



DHYANA
Meditation
for Inner Growth

Selections from the Works of
Sri Aurobindo and The Mother
Compiled with Introductions by
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APPROACH TO THE BOOK

Dear Reader,

Welcome to the book on 'Dhyana: Meditation for Inner Growth'.

The fast pace of life today and the pressures that we are constantly under, make the search for peace and self-mastery more urgent and necessary. Most of us have experienced a helpless inadequacy within ourselves and at one time or another the search for something that can put us in touch with our deeper self has arisen. This aspiration to lead a deeper, more significant life, brings us to the subject of this book:

Meditation for Inner Growth

How can one lead a deeper, more significant life? The answer that our sages give us is to become ourselves. According to the ancient science of yoga, we are not merely our body, mind and emotions, but the true ourselves, or the 'true I' is that which is within us. And it is only by growing and living from within that we can find it. It is here that Meditation holds the key to this self-finding for it helps one to live from within.

I invite you to discover for yourself potent and practical methods of meditation to enable you to make a beginning in this 'inner self-development'. The key to this book is PRACTICE. The meditation techniques and exercises will come alive only by their practice.

Ameeta Mehra

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