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Nota di contenuto	1. Getting Yourself Together Swami Satchidananda 2. The Divine Name Sant Keshavadas 3. Stick to One Thing Swami Satchidananda 4. Questions and Answers on Different Spiritual Paths Swami Satchidananda 5. The Three Mirrors Sant Keshavadas 6. The Secret Behind All Religions Swami Satchidananda 7. Questions and Answers on Attachment Swami Satchidananda 8. Let Go of the Cats Tail Swami Nirmalananda 9. Undoism Swami Satchidananda 10. Questions and Answers on Self-Discipline and Meditation Swami Satchidananda 11. There is Only One Light Swami Satchidananda 12. The Tenth Man Swami Satchidananda 13. Questions and Answers on the Philosophy of Yoga Swami Satchidananda 14. Wholeness and Holiness Rabbi Joseph Gelberman 15. Internal Cleansing Swami Satchidananda 16. Questions and Answers on Health and Diet Swami Satchidananda 17. Practical Advice on Meditation Swami Nirmalananda 18. Questions and Answers on Meditation Swami Nirmalananda 19. The Mother and Her Children Swami Satchidananda 20. Questions and Answers on Women, Family Life and Monkhood Swami Satchidananda 21. A Great Morning Rabbi Shlomo Carlebach 22. Honoring Siva Ram Dass 23. The Three Gunas

and the Three Types of People Swami Satchidananda 24. Questions and Answers on Parents and Children Swami Satchidanand 25. Staying Together Brother David Steindl-Rast, O.S.B. 26. Questions and Answers on Yoga and Christianity Brother David Steindl-Rast, O.S.B.

Sommario/riassunto

The talks presented in this volume, first published in 1977, were originally delivered during a retreat in New York, in which speakers from a variety of spiritual traditions were represented. It aims to show the value of yoga in everyday life, and its relation to many other religions and philosophies.