



Awakening: Aspiration to Realization Through Integral Yoga

Swami Karunananda

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Within the human heart exists a universal yearning for peace and happiness. There is a common aspiration for greater meaning and fulfillment in life. In *Awakening: Aspiration to Realization through Integral Yoga*, Swami Karunananda explores the wisdom teachings of Yoga that provide a roadmap for this journey. In a clear and compelling fashion, she leads us from philosophy to practice, from intellectual understanding to applying the teachings in our daily lives. We discover how to move through sorrow, fear, and suffering and find our way to faith, forgiveness, and healing. It is a transformative process that begins with the search for a new way of seeing or moving through life and culminates when we awaken to the peace, joy, and freedom of our own true nature.

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