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*Svami Krsnananda*

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Considerado un gran erudito y sabio, escribi? m?s de treinta libros sobre filosof?a y espiritualidad, yoga y vedanta. En esta obra expone, profunda y rigurosamente, las bases filos?ficas y psicol?gicas y la pr?ctica del yoga, la ciencia de la armon?a del individuo con el universo, insiste en la necesidad de entender el sentido de las diferentes pr?cticas y de realizarlas gradualmente y con prudencia, y acompa?a al aspirante, paso a paso, desde las etapas preliminares hasta la meta final: la comuni?n con todo cuanto existe.

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