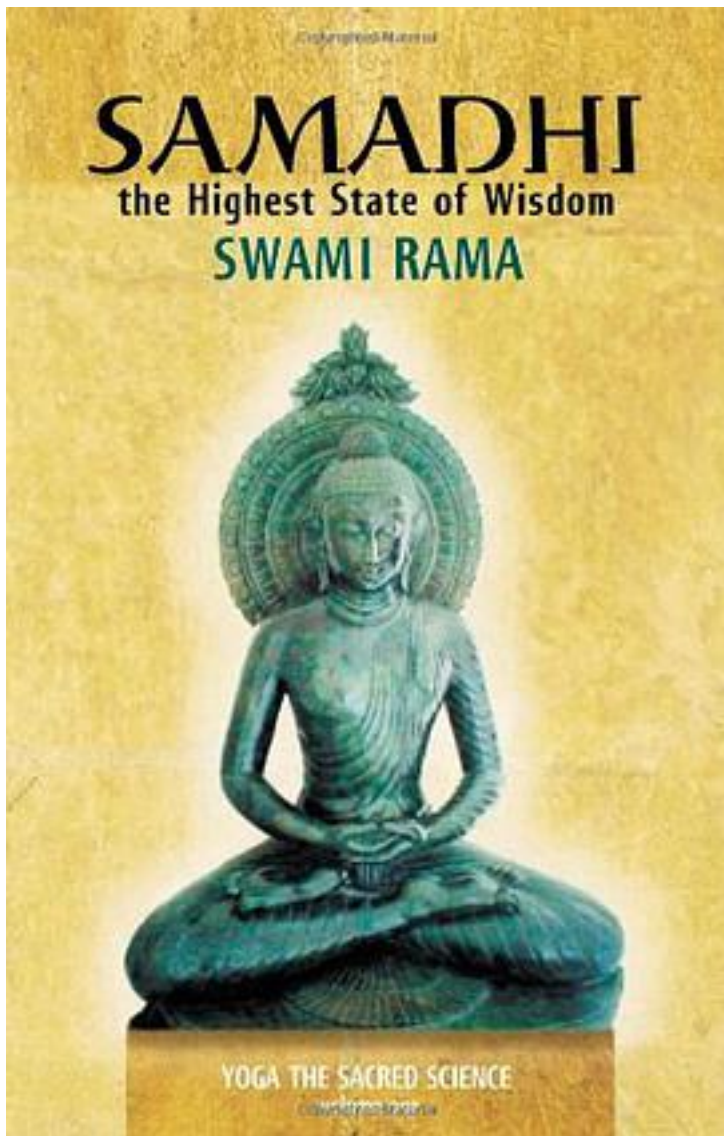


# Samadhi the Highest State of Wisdom



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The contents of this book have been taken from Swami Rama's lecture courses on Yoga Sutras. Swamiji states that Patanjali's Yoga Sutras are the basis of ancient psychology. The explanations in this book include many practical pointers on how we can work with the mind in daily life, as well as study and direct the mind when in quieter states of meditation. Swamiji's description of the totality of the mind, the functions of the mind, and the emotions, goes far beyond the concepts of modern psychology, and provides insight into the intricacies of yoga psychology, making this an invaluable edition from the therapeutic viewpoint as well as its practicality as a guide for living a healthy, balanced life.

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