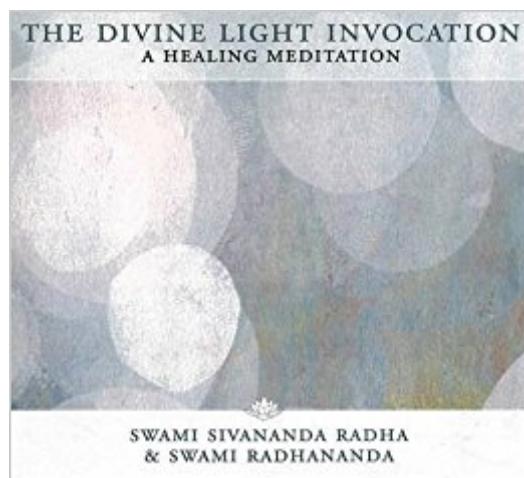


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# The Divine Light Invocation: A Healing Meditation



## **Synopsis**

The Divine Light Invocation is a powerful healing meditation that cultivates concentration, compassion, and an increased sense of awareness in daily life. Blending visualization, affirmation, and breathing with tension and relaxation exercises, the Divine Light Invocation is an ancient practice ideal for bringing Light, healing and well being to yourself and others. In 1956, Swami Radha received this spiritual practice in a mystical encounter with an Indian saint on the day of her initiation into sanyas. In her forty years of personal practice and teaching, Swami Radha shared the Divine Light Invocation with everyone she met and provided the instructions included in this CD as an inheritance for future generations. This recording features directions and instructions for the practice by Swami Radhananda and an exploration of the meaning and historical context of the Light by Swami Radha.

## **Book Information**

Audio CD

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## **Customer Reviews**

Swami Sivananda Radha (1911-1996) is one of the foremost spiritual leaders of our time. Teacher and author, Swami Radha dedicated her life to selfless service and disseminating the ancient wisdom of yoga. She founded Yasodhara Ashram in British Columbia, Timeless Books, and Ascent, a yoga magazine for inspired living. Her published works represent a living legacy of yoga practice based on forty years of personal study and compassionate teaching. As spiritual director of Yasodhara Ashram in British Columbia, Canada, Swami Radhananda is the successor of her guru, Swami Sivananda Radha. Inspiring, warm and practical, she lives her yoga with commitment and enthusiasm.

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