



The Art & Science of Raja Yoga: How to Control Your Subconscious Mind

Swami Kriyananda

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The Art and Science of Raja Yoga audio companion set is a vast treasure trove of spiritual teachings. All 14 talks are taken from classes given by Swami Kriyananda on virtually every subject of the spiritual path. It directly corresponds with each step in *The Art and Science of Raja Yoga, Part II*, of the Ananda Course in Self-Realization.

Each talk contains profound teachings and clearly described techniques, with many enjoyable stories. Whether you listen to them in conjunction with the study of *The Art and Science of Raja Yoga*, or on their own, you will find these talks an invaluable aid in deepening your understanding of the spiritual path.

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