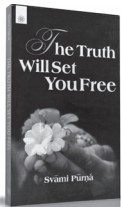


The last part has papers on cartography, Svārodaya Yoga, and agriculture. These are highly educative and present information not ordinarily available or known to the general public.

The institute should be complimented for bringing out this volume, first in 1997 and now in a revised edition. It gives the reader a comprehensive idea of the broad sweep of the Sanskrit language, which is now recognized as an international, and not merely Indian, heritage. It is the duty of every right-thinking person to preserve it for posterity.

*Dr N V C Swamy*

Dean of Academic Programmes  
Swami Vivekananda Yoga Anusandhana Samsthana  
Bengaluru



**The Truth Will Set You Free**  
Svāmi Pūrṇā

New Age Books, A-44 Naraina Phase I,  
New Delhi 110 028. Email: [nab@vsnl.in](mailto:nab@vsnl.in).  
2008. 151 pp. Rs 175.

**H**umanity has always striven to attain the truth that lies beyond mundane realities. This search has proved demanding and the supra-mundane truth elusive. Philosophers have debated the nature of truth and the means to its knowledge. That this knowledge will free one from all suffering has, however, been the settled conviction of many for ages. More than forty books available in the market with the words 'the truth will set you free' in the title confirm the human obsession with truth.

Svami Purna, with his knowledge of both science and Indian philosophy, has written yet another book on this subject. Stressing on the universality and uniqueness of truth, he coaxes the reader to see through the illusion or maya of the phenomenal world. He tells us how to transcend the petty ego by restraint of the senses and an unshakable faith in Divinity. Emphasizing that a strict moral discipline is a precursor to spiritual life, he advocates uncompromisingly holding on to truth. 'Adjustment' is a euphemism for moral laxity and will not help in our quest for truth.

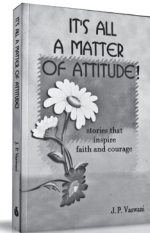
Celebrating brahmacharya and vegetarianism, Svami Purna, presents a holistic view of physical, mental, and spiritual health. He tabulates the features of the three *gunas*: *sattva*, *rajas*, and *tamas*. Portraying the interconnectedness of body and mind, he enumerates the five causes of all physical and mental

diseases as suggested by the Swiss Renaissance physician Paracelsus: bodily disharmony, environmental toxins, negative mental states, corrupted influences of the world-soul, and divine action and judgement manifest as karma. He reminds us that every action bears fruit and that even mass destruction is a play of the Divine and the result of collective karma.

We are told that all beings are interconnected like Indra's pearls: 'In one exquisite pearl in the chain shines the reflection of all the other pearls of Indra' (56). Bringing out nuggets of Indian spiritual wisdom through mythological anecdotes, the author gives us glimpses into the paths of bhakti, yoga, and jnana. Christening Kundalini Yoga as 'Poorna Yoga', he teaches the way to systematically bring the awareness of higher truth by controlling our body and mind.

Written in a lucid and gripping style, with examples from everyday lives, this slim volume gives a roadmap to attaining the knowledge of truth. It invites us to the process of 'seeking the lotus within'.

*Swami Narasimhananda*  
Advaita Ashrama, Kolkata



**It's All a Matter of Attitude!**  
J P Vaswani; comp. Dr Prabha  
Sampath and Krishna Kumari

Sterling Paperbacks, A-59 Okhla Industrial Area, Phase II, New Delhi 110 020. E-mail: [ghai@nde.vsnl.net.in](mailto:ghai@nde.vsnl.net.in). 2006. 160 pp. Rs 100.

**S**tories, in general, are interesting and educative, but not all of them inspire the reader to change their perspective or lead a better life. What is more, in today's world who has time for stories? Tales from epics, legends, and folklore are no longer narrated in family circles. Traditionally, verses from the Ramayana, Mahabharata, *Nitishataka*, or *Panchatantra* were taught to children at home. Today, they have been commercially produced and such serials only restrict the otherwise rich imagination of fresh and young minds. Transfer of culture from one generation to the next was never as neglected as it is today. But there is hope! Thinking people are striving to compensate for the loss by publishing books that carry noble ideas, in an appealing format.

Dada J P Vaswani has become a symbol of tolerance and love. He has been inspiring people to follow higher ideals in life and to give generously to the