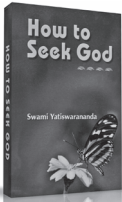


REVIEWS

For review in PRABUDDHA BHARATA,
publishers need to send **two** copies of their latest publications.



How to Seek God

Swami Yatiswarananda

Ramakrishna Math, Mylapore,
Chennai 600 004. 2009. E-mail:
srkmath@vsnl.com. x+310 pp. Rs 150.

Swami Yatiswarananda is a familiar name to readers of literature on meditation. *Meditation and Spiritual Life*, a voluminous compendium of his talks to diverse audiences, has long been considered one of the best and most comprehensive books on the subject. A monastic disciple of Swami Brahmananda, Swami Yatiswarananda had guided spiritual aspirants for about five decades, both in India and abroad. The present book is a collection of the notes of some of his lectures, which were published in thirty instalments in the *Vedanta Kesari*, an English journal of the Ramakrishna Order.

The book has been divided into two parts. The first contains sixteen chapters relating to control of the mind, continence, meditation, and the three yogas—karma, bhakti, and jnana—and lessons from the lives of great men. The second part contains four chapters on *Drig Drishya Viveka* and Patanjali's *Yoga Sutra*, apart from teachings and answers to questions on spiritual practice.

Establishing the importance of spiritual life and explaining the beginning of religion, the author proceeds to delineate the path of spiritual practice. The hypocritical tendencies of the mind are critically examined and values for spiritual life laid out. After stressing the importance of brahmacharya in spiritual life, we are taught the essential features of karma, bhakti, and jnana yoga. The chapters on continence and the unreality of the world are based on the author's lectures on *Vedanta-sara*. Similarly, the chapters on divine company and sublimation of instinctual tendencies are based on his talks on *Narada Bhakti Sutra*. The notes on *Drig Drishya Viveka* are striking and could well become a separate book.

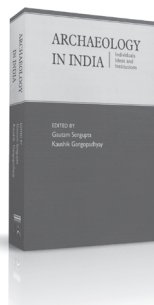
Spiritual life should not lead to disharmony with others. The joy arising within, out of spiritual progress, should percolate into our everyday activ-

ities and spread amongst our fellow beings. Contrary to the ordinary belief that spiritual aspirants are misfits in the world, the author exhorts us to live a life of harmony and breadth with love for others, basing our dealings on the inherent divinity of humanity.

The section on spiritual practice contains pointed questions on various practical aspects of japa and meditation and clear replies. The book has a befitting ending with the immortal lines of Swami Vivekananda's poem 'To a Friend': 'Who loves all beings, without distinction / He indeed is worshipping best his God.'

Just as the butterfly, shown on the cover of the book, goes about collecting honey from various flowers, the editor has done an excellent job of culling valuable words of wisdom spoken at different times and arranging them in a meaningful and elegant manner. The author brings in citations from various scriptures as well as from Ramakrishna-Vivekananda literature, and also adds incidents and anecdotes from the lives of great men, including his guru Swami Brahmananda. Printed on quality paper and nicely bound, this book could prove to be a valuable companion to seekers of God.

Swami Narasimhananda
Advaita Ashrama, Kolkata



Archaeology in India: Individuals, Ideas and Institutions

Ed. Gautam Sengupta and
Kaushik Gangopadhyay

Munshiram Manoharlal, Post Box 5715,
54 Rani Jhansi Road, New Delhi 110 055.
2009. E-mail: mrrml@mrrmlbooks.com.
xx + 396 pp. Rs 1,495.

The volume is an avowed attempt to look at individual and institutional initiatives, at processes rather than events, and to provide a multilinear rather than linear discourse, outside the official history of Indian archaeology. Three of the essays under the section 'Individuals' provide valuable insights into