



# Traditions in Sadhana

*Madhav Pundalik Pandit*

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# Traditions in Sadhana

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## **Traditions in Sadhana** Madhav Pundalik Pandit

These studies in Yoga, Philosophy and Mysticism underline the continuity of a discipline that is essentially spiritual. They trace the links of beliefs and practices in other climes with the Indian experience. The writings are governed by a harmonizing universal spirit. A well-known exponent of Yogic knowledge, the author Presents not only an intellectual scanning of the range of the great spiritual adventure that went on in the sub-continent, showing how spiritual truth takes its birth and works itself out in different molds. He has Put in this book his rich experience awakening the reader to the essentials of exposition of the many texts dealt with by him with a balanced judgment. The classical position he maintains in these studies is so perennial that its value is not affected in any way by any subsequent or recent research in the field. M. P. Pandit, a disciple in Sri Aurobindo Ashram for the five decades, wrote over a hundred books on Yoga, Spiritual Philosophy, Psychology, Veda, Upanishad, Gita, Tantra and problems concerning the human society. He edited three journals and was the Chairman of World Union International.

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