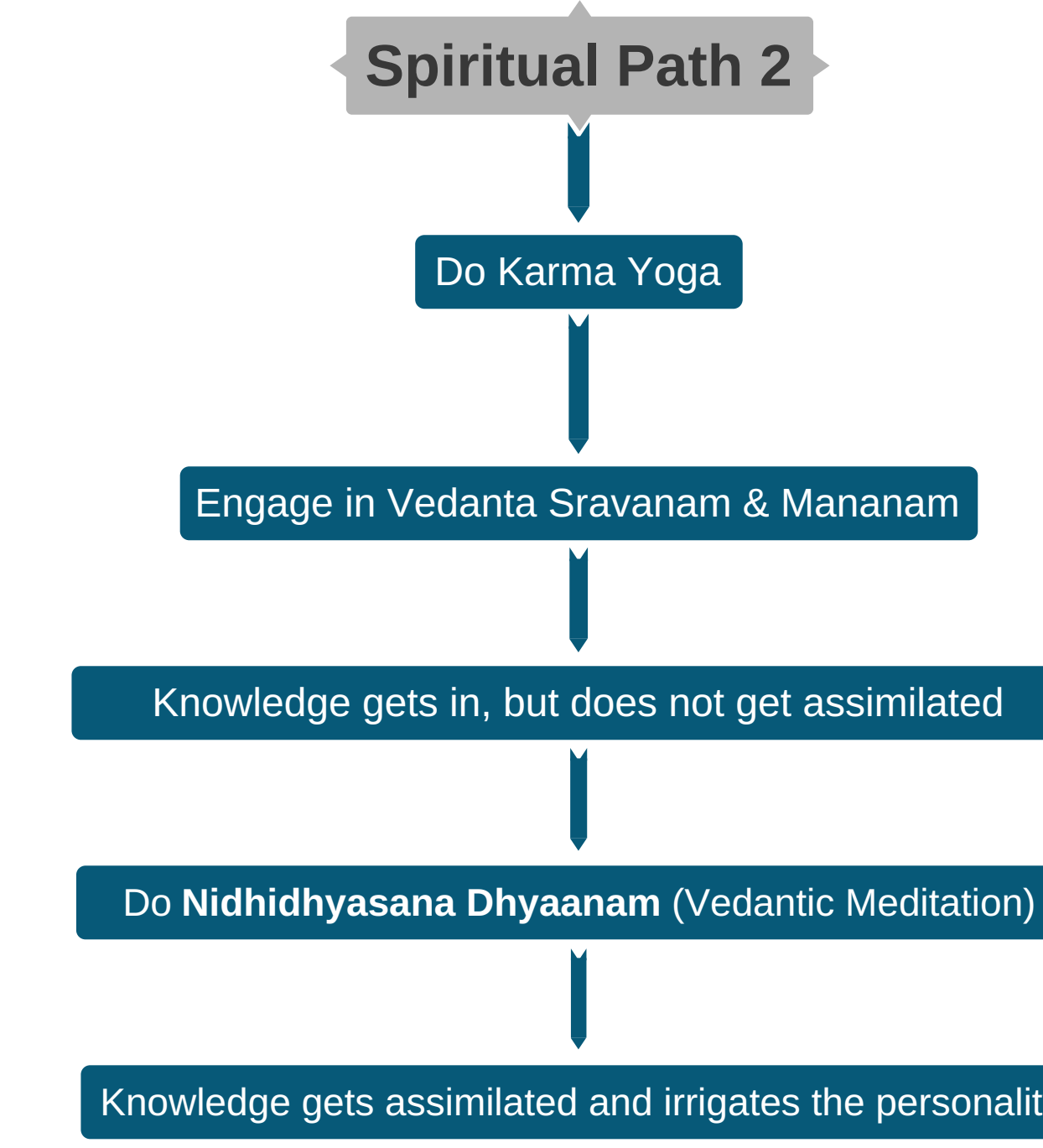
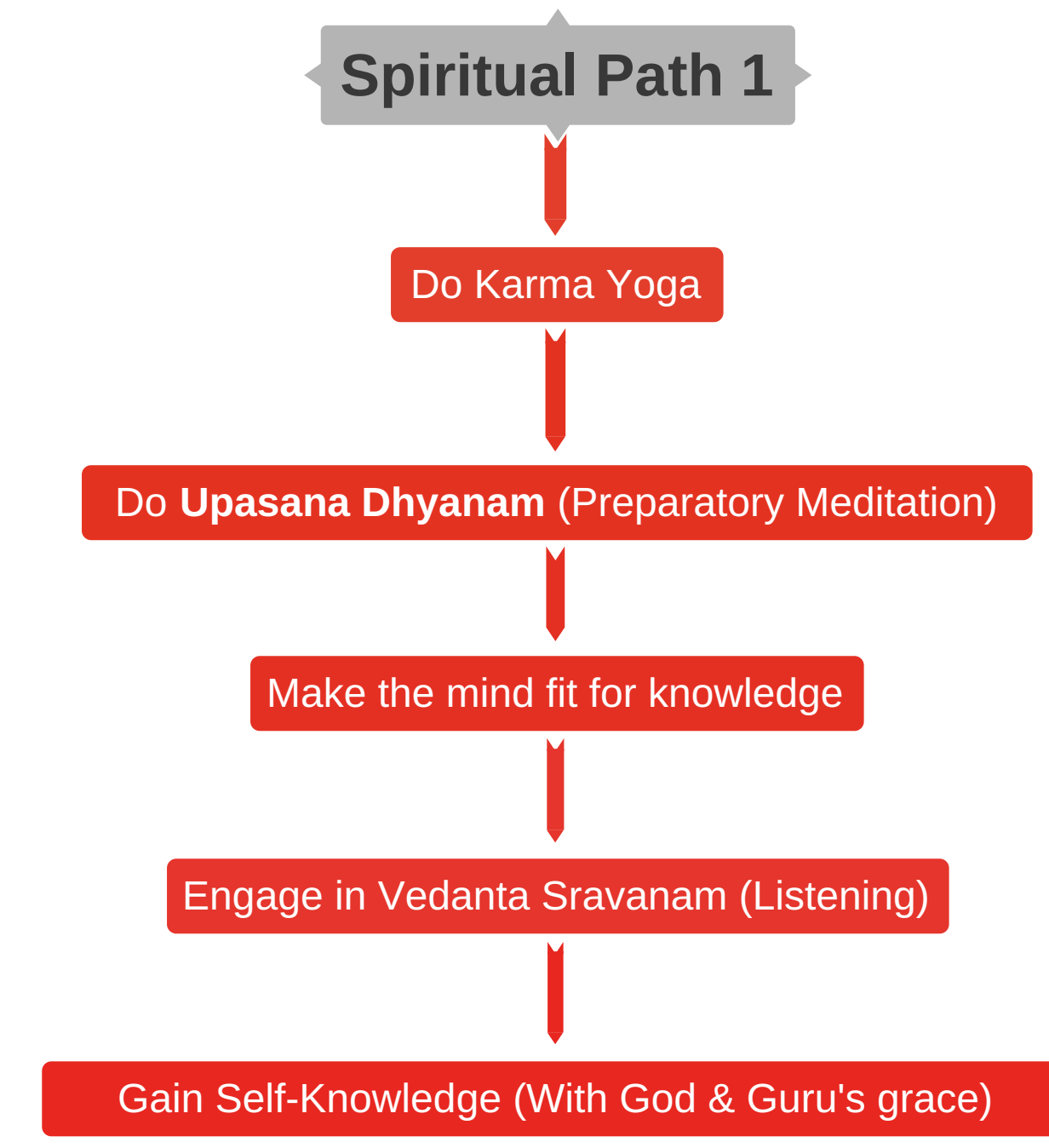
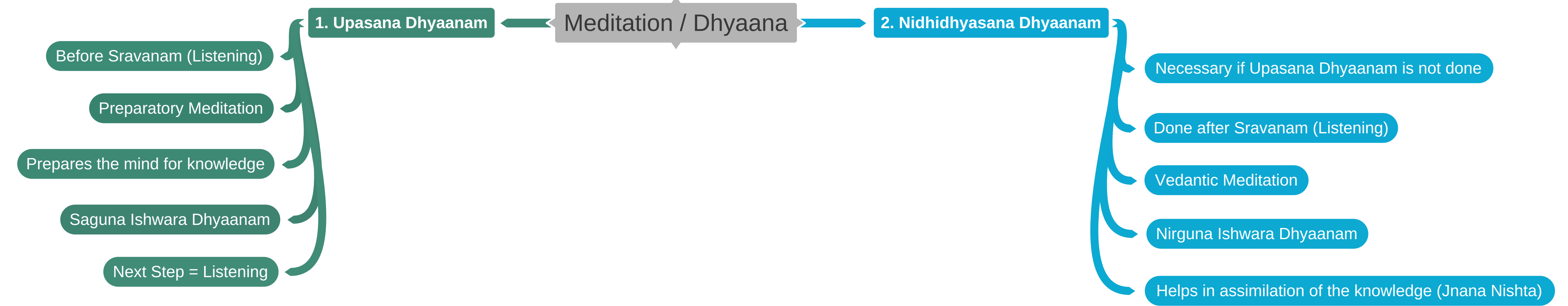
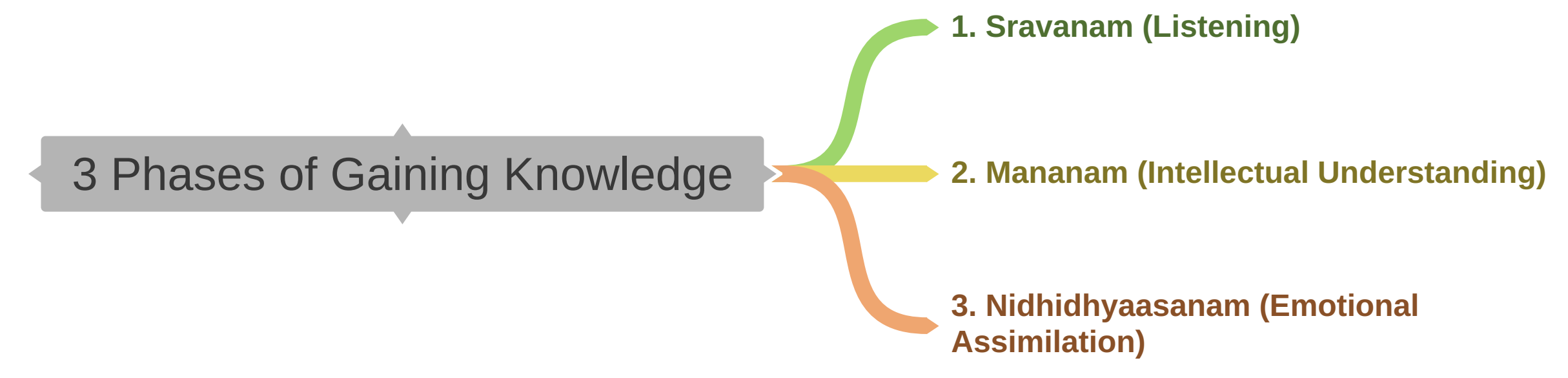




Chapter 6 - Dhyaana (Atma Sanyama) Yoga



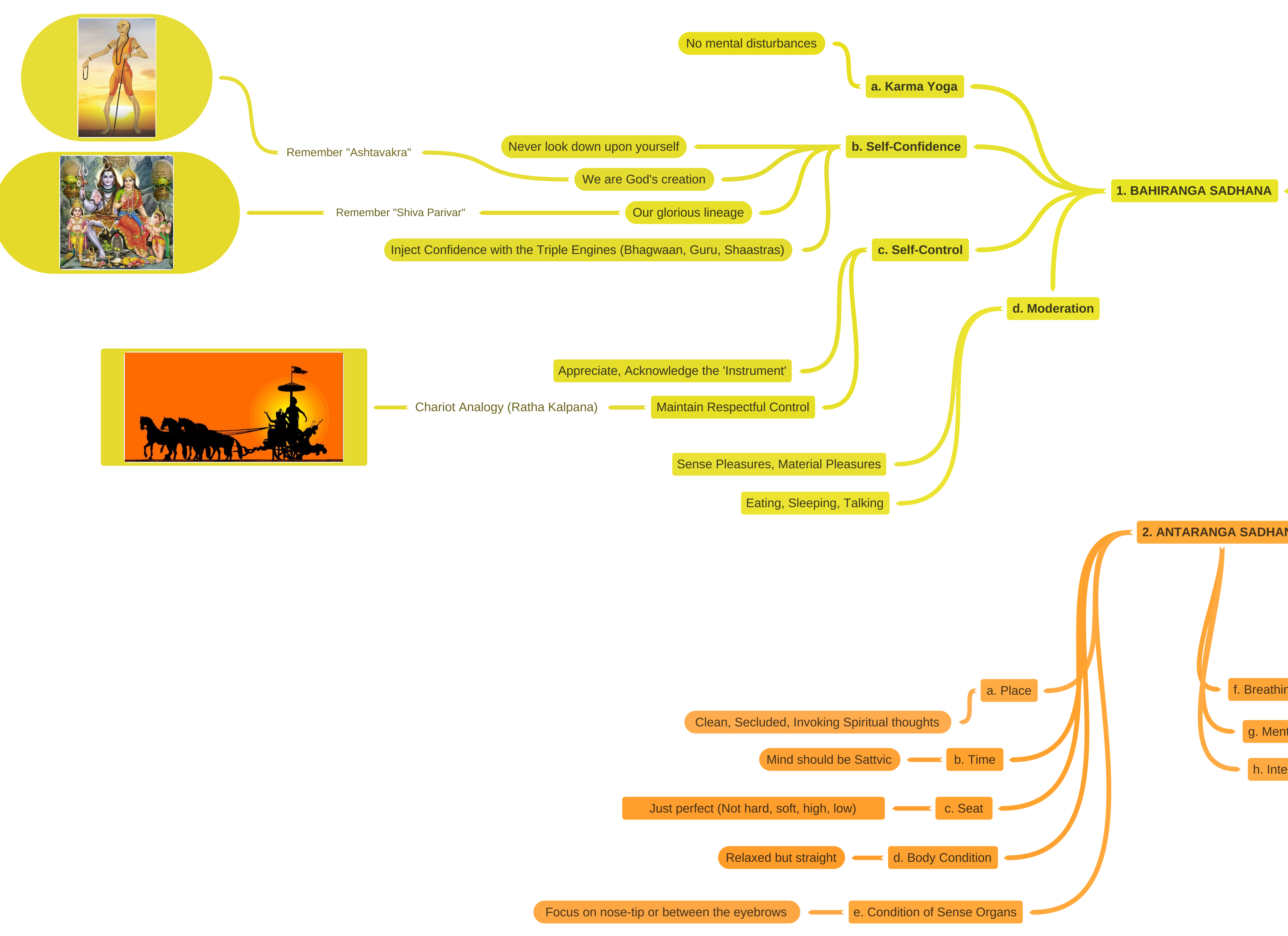
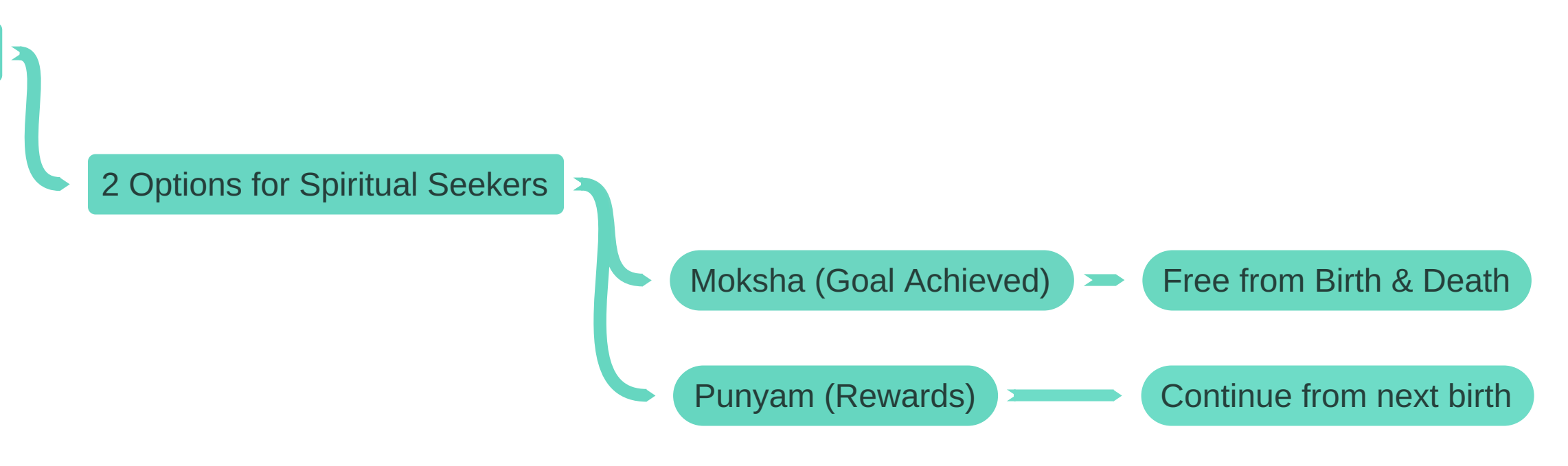
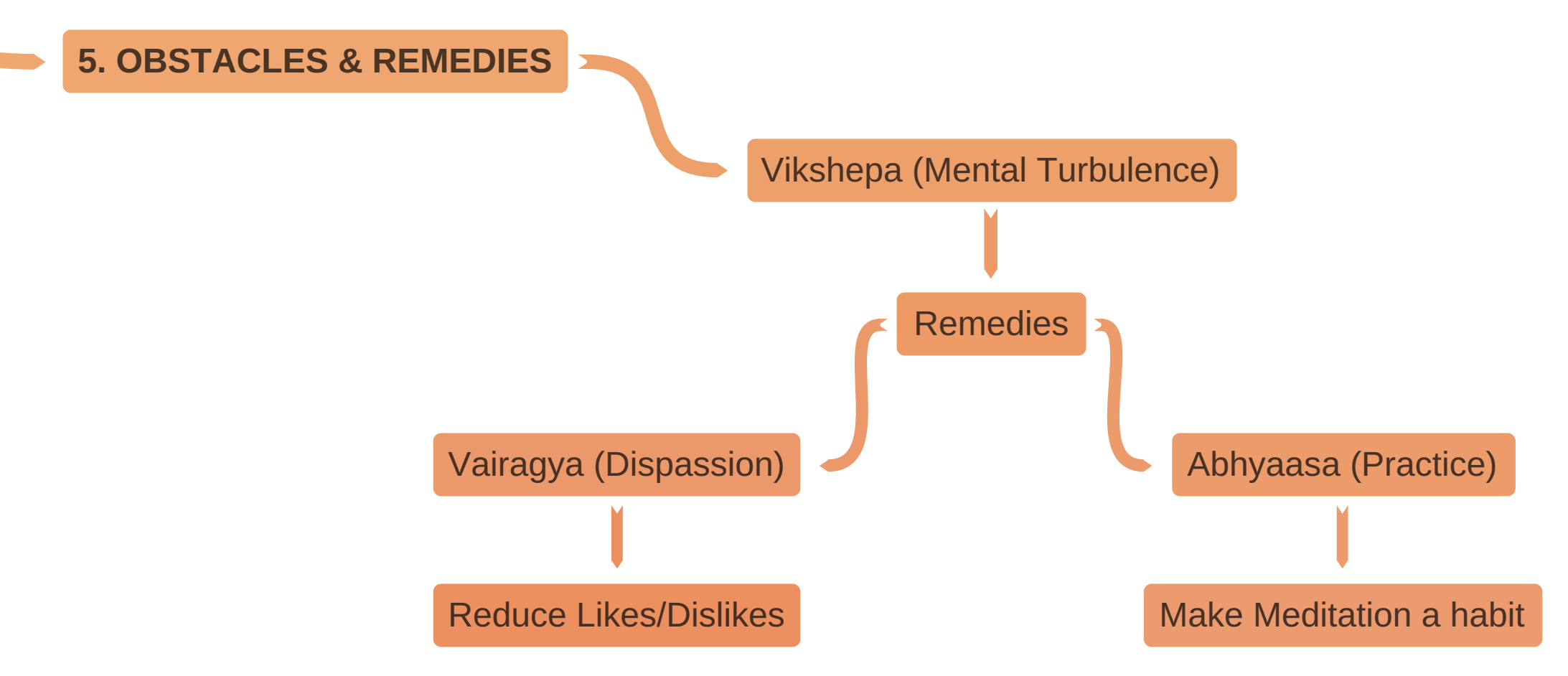
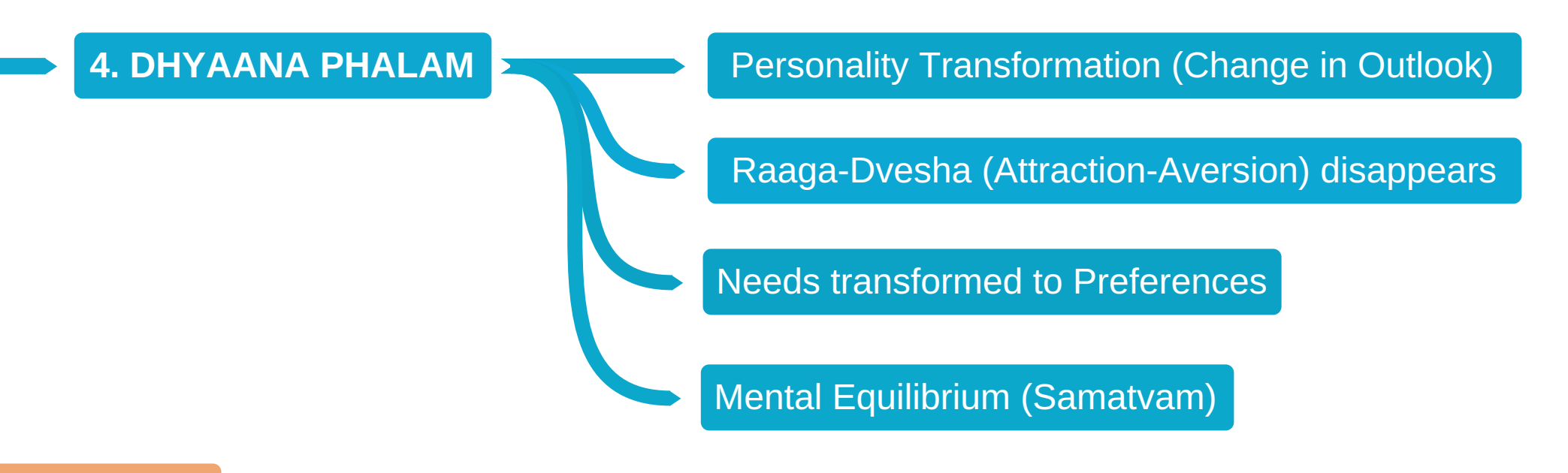
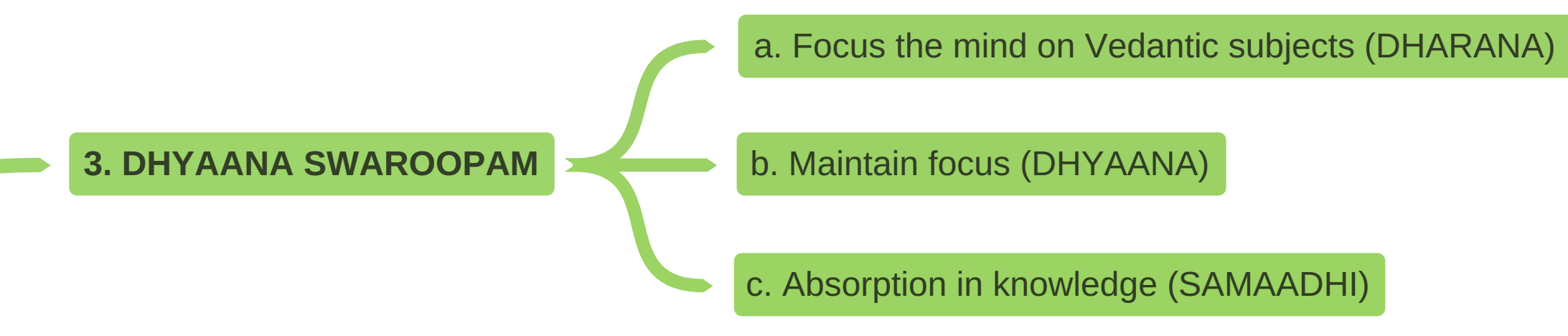
Chapter 6 - Dhyaana Yoga

Deals with Nidhidhyasana Dhyaanam (Vedantic Meditation)

6 Sections

General Disciplines

Specific Disciplines



Final Statement

Verses 46 & 47

Vedantic Meditator is the highest Yogi

Why ?

