

Swamiji's Sivaratri Talk: "Purpose of Meditation"

On the occasion of Sivaratri, Swamiji gave a special talk on March 3, 2019. The topic of the talk is Purpose of Meditation. You can listen to this talk at the following link:

<http://www.yogamalika.org.in/free-talks/sivaratri-talk-2019-the-purpose-of-meditation-04-03-2019/>