



BE TENSION FREE

(How to overcome tension and become peaceful and blissful)



EVER IN SERVITUDE OF
YOGIRAJADHIRAJ ANANTA SRI THAKUR OMKARNATH DEV

Kinkar Vitthal Ramanuja



As you begin to read Be Tension Free you will feel that the author is talking about you and some persons you know. As I did. All of us feel bodily distress to varying degrees sometime or other. Sometimes chronic illness make life an insufferable burden. Then there is the mind forever seething with discontentment and a variety of disturbances.

Then how does one become Tension Free? The approach discussed here by Kinkar Vitthal Ramanuja is a way of life that over time dissolves stress. Yogic exercises (Asana, Pranayama) have been prescribed as a means to maintain a sound body. Similarly, Meditation, Prayer, etc. have been described here as a means to keep up the sound equilibrium of the mind.

Kinkar Vitthal Maharajjee takes us from a negative fatalism to a positive fatalism which is an acceptance of Karma (deeds) as a tool for shaping destiny. He acquaints us with the true nature of wealth as consisting in the limitless Bliss which is already hidden within us. He reveals to us the process by which we may balance worldly activities with spiritual practice. By adopting it you too can lead a life free from stress and strain and replete with infinite Peace and Bliss.

- Raj Supe (Kinkar Vishwashreyananda)

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