



A New Book by SRV Associations



Softcover, illustrated charts
6 x 9 / 128 pages / U.S. \$15
ISBN 978-1-891893-14-8

DISSOLVING THE MINDSTREAM

Withdrawing Name and Form in Meditation

by Babaji Bob Kindler

“When the human mind vibrates with thought, all worlds spring forth. It is all a matter of what level of mind one is speaking about - cosmic, collective, or individual. ...It is a mass of vibration - good, bad, and mixed.”

The second in Babaji Bob Kindler’s trilogy of essential Indian philosophical teachings, *Dissolving the Mindstream* is a deep exploration of the practical, metaphysical, philosophical, and spiritual processes involved in true meditation.

“Dissolution of the Mindstream is really what is taking place at the foundation of all other practices associated with spiritual life...”

Taking the traditional Yoga and Vedanta perspective that the universe has come from the mind, and that meditation should lead to absorption in the nondual Self, Babaji Bob Kindler explains the method of dissolving the mindstream with the help of charts and a guided meditation. A useful resource containing Babaji's commentary on all the charts designed for this teaching, and many related charts, he takes the reader from basic concepts pertaining to the nature of objective phenomena, to subtle philosophical points, and culminates with an example of an actual dissolution meditation in prose.

“...if the Mindstream can effectively be dissolved, so too will all the defects in the mind.”

A sampling of chapter titles: “Emptiness: Empty of What?”; “The Secret of Comprehensive Meditation”; “Emanation & Dissolution in Vedic Cosmology”; “The Unreal Never Is, The Real Never Ceases To Be.”

Babaji Bob Kindler, Spiritual Director

...has practiced and studied Yoga and Vedanta intensively since 1970. He received initiation into the Ramakrishna lineage from Swami Ashananda, and studied with other monks of the Ramakrishna Order. Babaji is the Spiritual Director of the SRV Associations and editor of *Nectar of Non-Dual Truth*, a journal of universal religious and philosophical teachings. His other books include: *An Extensive Anthology of Sri Ramakrishna’s Stories*; *Twenty-Four Aspects of Mother Kali*, *Reclaiming Kundalini Yoga*, and more.

