

Meditation • Spirituality

In the Yoga of the Seven Mudras, volume one, Swami Prem Dayal reveals the source teachings from which the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program have been derived. This volume is an essential addition to the library of any serious student of Integral meditation, as it lays out the foundations of sadhana in a clear and comprehensive manner.

This text adds much new expository material to the fundamental guidance and instructions given in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program. It includes many new illustrations not available in either course, plus additional meditation techniques. It is especially valuable to students of the Accelerated Meditation Program, as it shows the mudras by which the Light is ministered during initiatory sittings.



This first volume of the Initiate's Library cannot be purchased in stores. It is only available by direct order from Mudrashram® Publishing for those who have completed the Accelerated Meditation Program, the Mudrashram® Master Course in Meditation, or the Individualized Program. We encourage you to acquire this important volume and practice the many additional techniques for meditation to enhance your understanding and mastery of the Mudrashram® System of Integral Meditation.

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THE YOGA OF THE SEVEN MUDRAS
Volume One • The Fundamentals of Meditation

George A. Boyd

MUDRASHRAM® PUBLISHING
Initiate's Library

The Yoga of the Seven Mudras

**Introducing the Mudrashram®
System of Integral Meditation**

Volume One

The Fundamentals of Meditation

By George A. Boyd, MA

As received from

Adi Sat Guru

Swami Prem Dayal