



## I Am That: The Science of Hamsa from the Vijnana Bhairava

By Swami Muktananda

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In this commentary on verse 24 of the Vijnana Bhairava, a classic text of the nondual Shaivism of Kashmir, Swami Muktananda teaches about the power and practice of the hamsa mantra—the mantra that arises naturally and spontaneously with the breath. Swami Muktananda reveals the mystical secrets of this form of mantra repetition and explains how, through dedicated practice, one becomes established in the unwavering experience of inner divinity. The book includes an introduction by Gurumayi Chidvilasananda, the spiritual head of the Siddha Yoga path.

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#### About the Author

**Swami Muktananda** (1908–1982) was a Siddha Guru, a meditation Master with the rare power to awaken the inner spiritual energy within a human being. In the course of three world tours between 1970 and 1982, Baba (as he was affectionately known) initiated seekers around the globe, setting in motion what he referred to as a meditation revolution. By bringing together selected teachings and practices from the timeless wisdom of India that reflected his own experience of the unwavering state of inner freedom, Swami Muktananda gave form and articulation to a unique configuration of teachings and spiritual practices that is known as the Siddha Yoga path. Other books by Swami Muktananda include *From the Finite to the Infinite*, *Does Death Really Exist?*, and his spiritual autobiography, *Play of Consciousness*. For further information about Swami Muktananda and the Siddha Yoga path, visit [www.siddhayoga.org](http://www.siddhayoga.org).

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