

### **sadhana the path to pdf**

Paths. The term sādhanā means spiritual exertion towards an intended goal. A person undertaking such a practice is known in Sanskrit as a sādhu (female sādhuvi), sādhuḥ (female sādhuḥ) or yogi (Tibetan pawa; feminine yogini or dakini, Tibetan khandroma). The goal of sādhanā is to attain some level of spiritual realization, which can be either enlightenment, pure love of God (prema ...

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