



# Vijnana Bhairava: The Manual for Self-Realization

*Swami Lakshmanjoo*

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## **Vijnana Bhairava: The Manual for Self-Realization** Swami Lakshmanjoo

In the revelations that comprise this audio study set the God-realized master Swami Lakshmanjoo unfolds for us the hidden maps needed to traverse the sacred Tantric text Vijnana Bhairava. In his Manual for Self-Realization, Lord Bhairava, in answering the Divine Mother Bhairavi's question "What is the real essence of the way we have to read?" reveals 112 different spiritual practices for entering in the universal and transcendental state of consciousness. Recorded original audio includes revelations from the oral tradition of Kashmir Shaivism of the Vijnana Bhairava Tantra given by Swm Lakshmanjoo. Total time of audio is seven hours (mp3). Printed Pages: 315 with an audio CD.

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