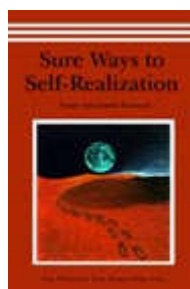


## Yoga Philosophy

These publications deal with yogic concepts and do not contain any practical techniques.

- Sure Ways to Self Realisation
  - Yoga Darshan
- 

### Sure Ways to Self Realisation



*Swami Satyananda Saraswati*

Sure Ways to Self-Realization is a practical and informative text on systems of meditation from cultures all over the world. To assist today's seekers to find a suitable path back to the source, the real self, and to find stability of mind in a rapidly changing world, Swami Satyananda Saraswati describes the path of meditation, the obstacles confronting the practitioner and the means to overcome them.

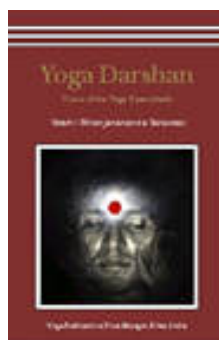
Both theory and practical instructions for a vast range of age-old meditation practices are presented, including yogic techniques such as antar mouna, yoga nidra and ajapa japa, as well as meditations from ancient Egypt and Greece, the Celtic and Taoist traditions, Tibetan and Zen Buddhism, Sufism and alchemy. Moving meditations as well as meditation techniques for children and for the dying are included.

NOTE: Sure Ways to Self-Realization is an easy read and suitable for all levels. It is an informative and ideal reference book for yoga teachers.

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### Yoga Darshan (Vision of the Yoga Upanishads)

*Swami Niranjanananda Saraswati*



*Yoga Darshan* gives a contemporary yogic vision of the Upanishads as expounded by Swami Niranjanananda Saraswati. Taking a holistic and practical view of spiritual life, this text provides a picture of yoga that is both panoramic and precise. In the theoretical section the different traditions and philosophies of yoga are clearly identified and explained along with clear expositions on hatha, raja, mantra, karma, jnana, laya and esoteric yogas. The practical section highlights classical practices from the Yoga Upanishads and the yogic perspective on physiology and health

Note: *Yoga Darshan* is a detailed study text intended for teachers and advanced practitioners.

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## Manuals and Training Texts

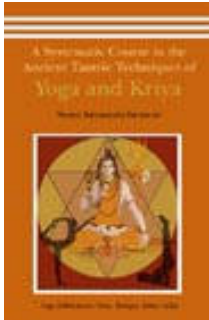
These publications are practical texts that contain the theory and philosophy of yoga practice combined with detailed guidelines on the practice of yoga techniques.

- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya
- Asana Pranayama Mudra Bandha
- Dharana Darshan
- Dynamics of Yoga
- Hatha Yoga Pradipika
- Kundalini Tantra
- Meditations from the Tantras
- Moola Bandha
- Prana Pranayama Prana Vidya
- Surya Namaskara
- Swara Yoga
- Tattwa Shuddhi
- Yoga Education for Children
- Yoga Nidra
- Nawa Yogini Tantra (for women)

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### A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya

*Swami Satyananda Saraswati*



This is the most comprehensive text ever published on yoga. It contains a complete course of 36 structured lessons on all the practices of integral yoga. The lessons were compiled from the teachings given by Swami Satyananda and are useful as a practical and theoretical guide to all levels of yoga teachers and aspirants. The book presents a synthesis of yoga in a scientific and systematic manner. The different branches of hatha yoga, raja yoga, mantra yoga, karma yoga, bhakti yoga, jnana yoga and kriya yoga are progressively introduced with special emphasis on practice, theory and application in day to day life.

NOTE: An advanced study that can only be appreciated if the 36 lessons are practiced as instructed. The complete course requires a 3 year commitment and is intended for serious practitioners. Beginners and most yoga students will keep this text as a reference book.

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### Asana Pranayama Mudra Bandha

*Swami Satyananda Saraswati*

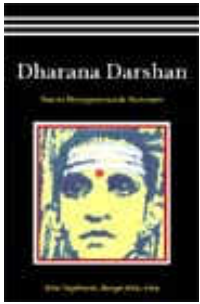


Asana Pranayama Mudra Bandha is recognised internationally as one of the most systematic yoga manuals available today. Since its first publication by the Bihar School of Yoga in 1969, it has been reprinted thirteen times and translated into many languages. It is the main reference text used by yoga teachers and students of Bihar Yoga/Satyananda Yoga within the International Yoga Fellowship Movement, and many other traditions as well. This comprehensive text provides clear illustrations, step by step directions and details of chakra awareness. It guides the practitioner or teacher from the simplest to the most advanced practices of the hatha yoga system. A therapeutic index is included for use by doctors and yoga therapists incorporating recent information from research into yoga.

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## **Dharana Darshan**

*Swami Niranjanananda Saraswati*



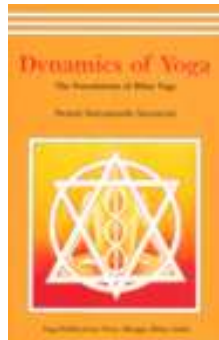
Dharana Darshan includes as yet unpublished classic meditation practices derived from the Upanishads, the Tantras and other traditional yogic texts. The core of the book is Swami Niranjanananda's adaptation of the complex upanishadic akasha (space) dharanas for modern practitioners, including chidakasha, hridayakasha, daharakasha and vyoma panchaka dharanas, along with advanced stages of the classic ajapa japa and trataka practices. Also included is an introduction explaining the theory and purpose of concentration, psychic symbol, visualisation, and the obstacles commonly encountered by students.

NOTE: This book is designed for those already familiar with the fundamentals of meditation. Students who study this manual should have a degree of mastery in the pratyahara (sensory withdrawal) practices.

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## **Dynamics of Yoga**

*Swami Satyananda Saraswati*

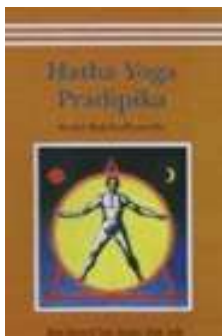


Dynamics of Yoga outlines the original yogic concepts and practices which form the foundations of Bihar Yoga, or Satyananda Yoga. Ideal as an introduction to Bihar Yoga, these early teachings of Swami Satyananda Saraswati aim to give the reader a deeper understanding of yoga and its practical application in daily life. The core practices of yoga and meditation are highlighted, with emphasis on mind management and the development of awareness. The book remains a timeless work on the art and science of yoga as seen through the eyes of a master. Included in this edition is a new chapter outlining the history and development of Bihar Yoga.

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## **Hatha Yoga Pradipika (Light on Hatha Yoga)**

*translation and commentary by Swami Satyananda Saraswati and Swami Muktibodhananda*

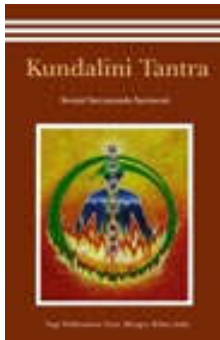


This book is a thorough commentary on the original text by Maharishi Swatmarama. It elucidates the entire science of hatha yoga as it was conceived and practised, not for health and fitness only, but for awakening the pranas, chakras and kundalini shakti. This text points out that hatha yoga is not just a physical practice but a process of cellular transmutation from gross, to subtle to divine. Thus hatha yoga was considered the foundation of all higher yogas. This text clearly shows the link between tantra and hatha yoga, and also emphasises that hatha yoga leads to raja yoga, otherwise it is practised in vain.

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## **Kundalini Tantra**

*Swami Satyananda Saraswati*



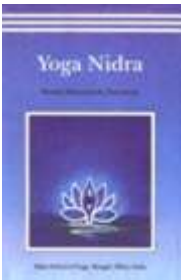
Kundalini Tantra is Swami Satyananda Saraswati's seminal work on kundalini, chakras and kriya yoga. Defining and explaining kundalini, this book provides a detailed account of kundalini awakening, including the signs and effects of such experiences and ways to both elicit and manage them. The book contains a comprehensive description of each chakra and the significance of the chakras in tantric and yogic practice. Techniques are given to balance each centre for greater harmony in mind, body and spirit, and in preparation for the rising of kundalini shakti. The 20 kriyas and their preparatory practices are fully elucidated.

NOTE: This book is a great read and contains practical techniques for practice at home.

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## **Yoga Nidra™**

*Swami Satyananda Saraswati*



People feel that they are relaxing when they collapse in an easy chair with a drink or a cigarette and read a newspaper or switch on the television. But this, in fact, is merely a sensory diversion; true relaxation is an experience far beyond all this. For complete relaxation you must remain aware.

This experience is known as Yoga Nidra™, the state of dynamic sleep. This book introduces the practice of Yoga Nidra™ explaining how it works in both yogic and scientific terms. It includes several class transcriptions and covers the many applications of this versatile technique which has been used for deep relaxation, for educational purposes and to harmonise the deeper unconscious. "In my early childhood I was guided through Yoga Nidra™ by Swami Satyananda Saraswati and it is only now that I am becoming aware of the depth of the instructions and training I received." (Swami Niranjanananda)

NOTE: Suitable for all practitioners.

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## Commentaries

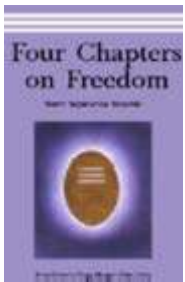
These texts contain the original script and translations in english followed by a commentary on the meaning of each passage.

- Four Chapters on Freedom
- Ishavasya
- Nine Principal Upanishads
- Prashnopanishad
- Sri Vijnana Bhairava Tantra
- Yoga Chudamani Upanishad

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### Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali)

*Swami Satyananda Saraswati*



This text contains the full Sanskrit text of Rishi Patanjali's Yoga Sutras, along with transliteration, translation and commentary. The Yoga Sutras, containing 196 epithets or threads of yoga, is the most respected treatise on yoga. This extensive commentary on each sutra fully explains the text and the path of raja yoga.

Serious yogic aspirants and spiritual seekers will find invaluable guidance within these pages.

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### Ishavasya Upanishad

*Swami Satyananda Saraswati*



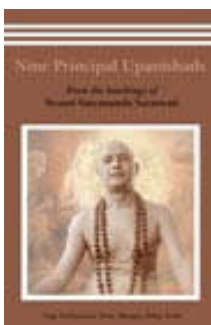
This text is a study on the nature and origin of the universal force or creator known as Isha or God.

The commentaries expand the concepts in a simple and clear manner suitable for all students who enjoy the study of scripture

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### Nine Principle Upanishads

*Swami Satyananda Saraswati*



The Nine Principal Upanishads are the culmination of vedic thought and contain the essence of the original vedantic teachings. They impart sublime truths about the nature and destiny of mankind revealed by great sages and seers during informal discussions with disciples and spiritual seekers. These upanishads describe the direct experience of transcendence which results in the unity of the individual with the highest consciousness. They also provide methods of meditation to realize the nature of Atman, the supreme soul, and to attain the immortal Brahman. This text includes the original Sanskrit verses, transliteration and translations of the following nine major Upanishads.

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## Prashnopanishad

*Translation and commentary by Swami Niranjanananda Saraswati*



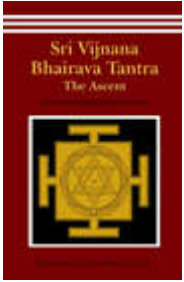
This book contains the complete Sanskrit text of Prashnopanishad, the 'Upanishad of Questions', along with the transliteration, translation and commentary of a modern master. Subjects covered are tapasya (austerity), brahmacharya (celibacy), faith, the process of creation, the supporters of life, the senses and prana, and how the life force originates. The text is thoroughly explained from the yogic and scientific points of view, and many points relating to yoga philosophy are clarified. The commentary of Adi Shankaracharya is also given in Sanskrit with each verse and an explanation of the Vedantic interpretation. The practices necessary to understand and experience the teachings are distilled in the final section.

NOTE: Suitable for advanced practitioners, yoga teachers and scholars.

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## Sri Vijnana Bhairava Tantra (The Ascent)

*Swami Satyasangananda Saraswati*



The theme of Vijnana Bhairava Tantra is dharana, or concentration, a subject most relevant today. This new translation and commentary of a classical tantric text sheds much light on the practice of dharana, which until now has been revealed only by peripheral explanations. The text comprises 112 different dharanas, or techniques of concentration, which can easily be incorporated into one's daily life. Although dharana is a practice intended for an adept, whose mind is steady and controlled, the techniques contained within this book provide a way even for the aspirant with a distracted mind to gradually develop concentration and meditation.

This work is the result of an in-depth study of dharana in relation to the tantric view of meditation, substantiated by the personal experience of the author. Included is a detailed introduction followed by the original Sanskrit slokas, with transliteration, translation and extensive commentary.

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**Discourses:** These books contain transcripts of talks and discussions of various topics of yoga.

*Swami Satyananda*

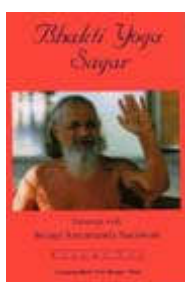
- Bhakti Yoga Sagar Vols 1-7
- Early Teachings of Swami Satyananda
- Steps to Yoga
- Teachings of Swami Satyananda Vols 1-6
- Taming the Kundalini

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## **Bhakti Yoga Sagar**

Vols. 1 & 2

*Swami Satyananda Saraswati*



After many years of intense yoga practice, Swami Satyananda came out of seclusion and thousands travelled from all over the world to be in his presence. His talks and answers to questions from that one-month period were all recorded and transcribed. These volumes are dedicated to all spiritual seekers particularly those who have been inspired by his teaching or by his teachers. These intimate revelations from a Spiritual Master have the power to transform one's life.

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## **Bhakti Yoga Sagar (Volumes 3 – 7)**

*Swami Satyananda Saraswati*

In 1995, the Sat Chandi Maha Yajna took place under the auspices of Swami Satyananda. This was a 10 day Tantric fire ceremony – the origins of which go back millennia – invoking the blessings of the Cosmic Creatrix. The stages, imagery and purpose of the ritual were explained in detail in discourses by the great spiritual adept, Swami Satyananda, along with other topics of interest to all spiritual seekers.



*“The yoga of the future will be the discovery and management of the mind and personality. When we are at peace with ourselves, positive qualities manifest. This harmony is then projected onto the social environment. Thus a qualitative change in the individual as well as in society becomes possible. Our combined efforts to discover our nature and potential in order to enrich our lives will lead us to see a new dawn for the whole of humanity.”*

*Swami Satyananda*

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## Early Teachings of Swami Satyananda Saraswati

Swami Satyananda Saraswati

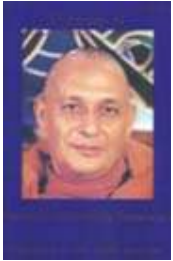


Early Teachings contains satsangs and talks along with meditation practices as taught by Swami Satyananda at Bihar School of Yoga. The theory and practice of trataka, chidakasha, dharana, japa, ajapa japa, prana vidya and pranic healing are given here. Other topics include: aura, astrology, death, nature of god, education and anarchy, Kali, kundalini and the unconscious, unrecorded life of Christ in India, samadhi and psychic breathing, world brotherhood and bhakti yoga, Sanskrit and ethics, Gita, ahimsa and criminals, karma and destiny, seclusion, sleep and others.

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## Teachings of Swami Satyananda Saraswati (Volumes 1-6)

Swami Satyananda Saraswati



This illuminating series of books contains the formal and informal talks of a world renowned master and authority on yoga. For those yogic aspirants and spiritual seekers who are unable to be in the presence of a great master to hear his teachings directly, these books are an incomparable gift of knowledge and inspiration. Each volume contains spiritual truths and practical guidelines conveyed simply and from the heart. This series is suitable for all levels of aspirants and seekers from beginners to advanced.

**Volume 2** contains talks on choosing a yoga teacher, tantra and yoga, tantra and vedanta, karma, karma yoga, yoga nidra, satsang and psychotherapy, learning through transmission, poverty, ashram culture, sexual life, brahmacharya, yoga for children, kirtan and many more.

**Volume 3** contains talks and satsangs on scientific research on yoga, Sri Rama, the awakening of kundalini, dynamic awareness, yoga and concentration, sadhana for the mind, yoga and religion, self-discovery, witnessing the volcanic mind and others.

**Volume 4** topics include: the spontaneous awareness of consciousness, the withdrawal and expansion of consciousness, the relationship between the mind and senses, kriya yoga, kundalini yoga and tantra, guru and spiritual life, how to use a mantra, pain and pleasure, how to progress in yoga, solutions to the human spiritual crisis, the will of God, breaking through illusions and many more.

**Volume 5** topics include: the tantric tradition and modern science, introduction to advanced kriya course, mantra yoga, awakening the inner experience, inner Christmas, meditation for higher evolution, the purpose of ashram life, dealing with the mind, yoga research, meditation and many



**Volume 6** contains satsangs, interviews and talks on yoga and hypertension, revitalising the nervous system, exoteric and esoteric yoga, transcending karma, tattwa shuddhi, attachment, Bhagavad Gita, death, destiny, freewill, incarnation, guilt, jealousy, responsibility, truth and many others.

## **Steps to Yoga (Yoga Initiation Papers)**

*Swami Satyananda Saraswati*



This text contains letters from Swami Satyananda Saraswati to a disciple. This little known work addresses problems and challenges faced by the more advanced householder sadhaka.

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## **Taming the Kundalini**

*Swami Satyananda Saraswati*



Taming the Kundalini is a collection of letters written by Swami Satyananda Saraswati to a close disciple, during the period 1959–62. Through this detailed and intimate account of yogic and spiritual training, the reader is given a rare glimpse into the unfoldment of the guru-disciple relationship and the implementation of progressive sadhana as a powerful tool to awaken consciousness. In this book Swami Satyananda offers to all his spiritual advice and encouragement and leads the reader into a deeper understanding of the human place within the universe.

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**Discourses:** These books contain transcripts of talks and discussions of various topics of yoga.

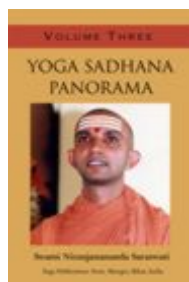
*Swami Niranjananda*

■ Yoga Sadhana Panorama Vols 1-3

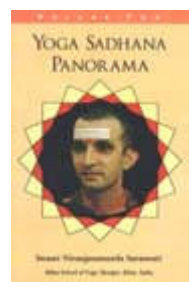
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**Yoga Sadhana Panorama (Vols 1, 2 & 3)**

*Swami Niranjanananda Saraswati*

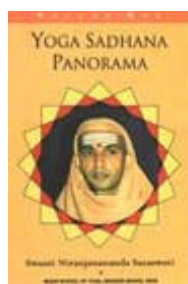


**Volume 1:** In 1994, Swami Niranjanananda Saraswati gave a month long programme in Australia. This book includes the edited transcripts of the discourses (satsangs) given at that time. The main themes are sannyasa and meditation, including commentary on chapters 1 to 5 of the Bhagavad Gita, and in depth expositions of sannyasa as lifestyle, spiritual life, sadhana, the four great teachings (Yoga, Vedanta, Samkhya and Tantra), prana, enlightenment, and mind.



**Volume 2:** The second volume of this series consists of satsangs and the famous Laya Yoga practices transmitted by Swami Niranjanananda Saraswati during his 1994 European tour. The main themes covered are Laya Yoga, meditation, aspects of the mind, spirituality in daily life, self evolution, teaching yoga, and ways of using and applying yoga in society.

Laya Yoga is an advanced practice and should only be attempted under the guidance of a master.



**Volume 3:** The third volume of Yoga Sadhana Panorama presents discourses and satsangs given by Swami Niranjanananda Saraswati in 1997 in Mumbai, India; in Aix-les-Bains and Aube, France; and in Slovenia. Covering a broad spectrum of yoga, including philosophy, practice and lifestyle, this book is a valuable source of guidance and teaching for all yogic aspirants. Topics include awakening the dormant potential of the mind; evolving the awareness through pratyahara, dharana and dhyana (including class practices); health and applied yoga; spiritual life; and karma yoga in Chapter three of the Bhagavad Gita.

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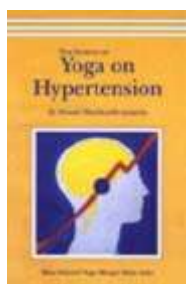
## Health Management

These books contain detailed research on the effects of yoga practice and offer a practical section with techniques to manage each of the topics discussed.

- Effects of Yoga on Hypertension
  - Practices of Yoga for the Digestive System
  - Yoga and Cardiovascular management
  - Yogic Management of Asthma and Diabetes
  - Yogic Management of Common Diseases
- 

### The Effects of Yoga on Hypertension

*Dr. Swami Shankardevananda*



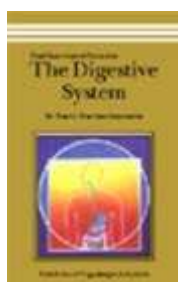
This book is divided into three sections: cause, cure and practices. The first section describes the basic physiology of the cardiovascular system and the various causes of hypertension including psychological and pranic influences, lifestyle, stress and heredity. The yogic view is discussed in depth along with that of modern medicine. The second, section on management, explains the yogic way to reduce blood pressure to normal levels through the practice of yoga, supplemented by lifestyle and mind management.

The last section contains a weekly chart of yoga techniques, followed by clear instructions for individual practices. Finally low blood pressure is dealt with in an appendix along with diet.

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### The Practices of Yoga for the Digestive System

*Dr Swami Shankardevananda*



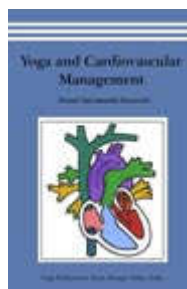
Faulty diet, tension and lack of exercise are the chief causes of most digestive disorders. This book explains how the practices of yoga and yogic diet can be utilized to balance these factors and eliminate digestive problems. Written by Dr Swami Shankardevananda Saraswati under the guidance of Swami Satyananda Saraswati, The Practices of Yoga for the Digestive System combines the traditional medical view with the ayurvedic and yogic views of healthy digestion.

Includes practical information on food and digestion; a medical section on digestive disorders, their causes and cures; and a practice section complete with detailed instructions and diagrams.

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## **Yoga and Cardiovascular Management**

*Swami Satyananda Saraswati and Dr Swami Karmananda*



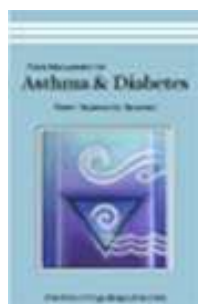
This book compiles the discussions between Swami Satyananda Saraswati and a group of French medical experts, physicians and yoga teachers who shared their views on Yoga and Medical Management of Cardiovascular Disease at Tenon Hospital, Paris in September 1981. A yogi discusses the whole range of heart and vascular diseases plus the relevant co-existing diseases like diabetes mellitus and pulmonary disorders from the modern scientific as well as yogic viewpoints.

Topics covered are the causes, patho-physiology and management of cardiovascular disorders such as hypertension, coronary heart disease, cardiac arrhythmia, stroke, cerebral degenerative diseases, peripheral vascular disease and arteriosclerosis, followed by the yogic explanation and in-depth yogic management with scientific back up. The research data was correlated by an Australian doctor and the scientific disposition and language make the book ideal for both medical scientists and lay people alike.

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## **Asthma and Diabetes**

*Dr. Swami Shankardevananda*

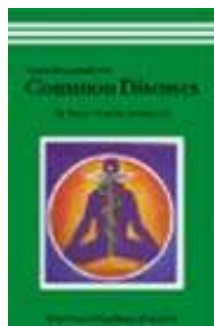


Yogic Management of Asthma and Diabetes, written by Dr Swami Shankardevananda Saraswati, under the guidance of Swami Satyananda Saraswati, explores two common disorders from a yogic perspective. The book discusses the background, nature and cause of each disease, medical and yogic treatments, diet and the yogic path to health. Yogic research into asthma and diabetes is presented, with details of clinical trials, case histories and yoga therapy camps. Yoga's holistic approach to therapy and the effectiveness of yogic methods in establishing good health are explained. This new edition includes revised yogic practice programs for each disorder.

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## **Yogic Management of Common Diseases**

*Swami Satyananda Saraswati and Dr. Swami Karmananda*



Yogic Management of Common Diseases deals with 36 common as well as serious diseases afflicting the human body. Diseases covered include those affecting the head and neck, the cardiovascular and respiratory systems, the gastro-intestinal tract, the joints and musculo-skeletal system, and the uro-genital system. Basic information is provided about the causes and effects of each condition from both the yogic and medical viewpoints. In depth yogic management of each disease is also presented along with the current medical treatment, dietary recommendations and other advice. This informative text offers a way of managing disease and regaining health the yogic way.

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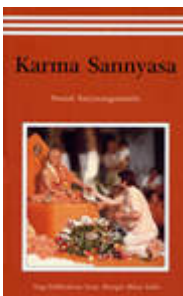
## Books on Spiritual Life

These books contain the spiritual discussions and advice by the authors on the various aspects of spiritual life.

- Karma Sannyasa
  - Light on the Guru-Disciple Relationship
  - Sannyasa Darshan
  - Yajna (A Comprehensive Survey)
- 

### **Karma Sannyasa (The Noble Path for the Householder)**

*Swami Satyananda Saraswati and Swami Satyasangananda*



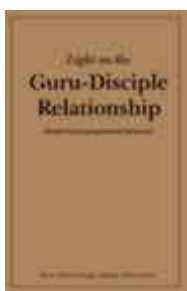
How is it possible to live the life of a householder and yet maintain a balance between external and internal growth? In the Bhagavad Gita, Krishna tells Arjuna, there is no harm in action, the danger lies in attachment and dependence on the fruits of the actions performed. If you can understand this concept and implement it in your daily life, then you will gradually experience a higher quality of experience. This is essentially the concept of karma sannyasa; live life fully, participate in all events externally, but internally maintain an attitude of non-doership.

Explaining how closely our lives are governed by attachment, desire and ambition, Karma Sannyasa describes methods to transform these patterns and realise a happier outlook through the blossoming of spiritual awareness. The book focuses on family life and relationships, wealth, karma, self-respect and lifestyle, describing the process of realising spirituality through everyday life experiences.

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### **Light on the Guru and Disciple Relationship**

*Swami Satyananda Saraswati and Swami Satyasangananda*



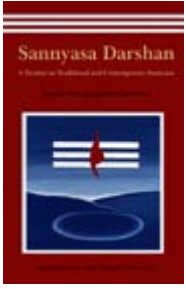
Many people have argued that a guru is not necessary, because the real guru is already within us. This is true, but how many of us can claim to hear, understand or follow his instructions? In fact, most of us even tend to doubt his existence. How many of us can discriminate between the real inner guru and the monkey mind, acting out the dictates of the ego? This inspiring book is written in two parts: the first by Swami Satyasangananda, who accompanied her guru, Swami Satyananda, on his tours as he enlightened his followers on the science of yoga.

This book contains chapters on: how to recognise a guru, types of gurus, types of disciples, negativity towards the guru, initiation, and many more. The second section contains a selection of satsangs and talks on: linking with the spirit of the guru, surrendering the ego, secret of transmission, every guru is a light, guru is not a policeman, and many more

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## **Sannyasa Darshan** (A Treatise on Traditional and Contemporary Sannyasa)

*Swami Niranjanananda Saraswati*



Sannyasa is a universal tradition representing the original thoughts of humanity. Sannyasa Darshan covers the ancient and modern sannyasa tradition of renunciation and dedication to spiritual life. This book discusses the sannyasa lineage, including the origins of sannyasa, the ashrama system, stages of sannyasa, traditional rules and requirements, as well as the modern concept of sannyasa as it has evolved and is being lived today.

The book contains detailed accounts of the life, work and teachings of four major pathfinders in the sannyasa lineage:

1. Sage Dattatreya
2. Adi Shankaracharya
3. Swami Sivananda
4. Swami Satyananda Saraswati

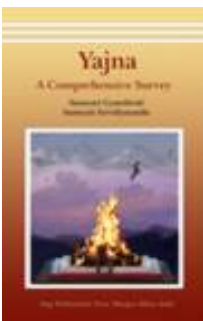
Translations of five Sannyasa Upanishads (with commentary by Swami Niranjanananda Saraswati) comprise the final section of the book.

1. Kundikopanishad
2. Bhikshukopanishad
3. Avadhootopanishad
4. Paramahansa Parivrajakopanishad
5. Nirvanopanishad

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## **Yajna** (A Comprehensive Survey)

*Sannyasi Gyanshruti & Sannyasi Srividyananda*



Yajna is the most ancient ritual connecting human beings with the divine essence. It is not merely a fire sacrifice, but a combination of esoteric and exoteric elements to propitiate the cosmic energies. The spirit inherent in yajna is service and sacrifice as a way of life. In ancient Vedic society, yajna was an integral part of daily life and played a vital role in providing communal prosperity, social peace and harmony with nature. This book offers a comprehensive survey of yajna as embodied in the Vedic tradition, looking at the structure, source and significance of the rituals and their relevance in this century. Rediscovery of the classical methodology and purpose of yajna can be a powerful tool for the transformation of human consciousness.

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