Sadhana, the Realisation of Life
By Rabindranath Tagore (1861-1941)

Rabindranath Tagore was a Bengali poet, philosopher, visual artist, playwright, composer, and novelist whose work reshaped Bengali literature and music in the late 19th and early 20th centuries. He became Asia’s first Nobel laureate when he won the 1913 Nobel Prize in Literature.

Sadhana is a collection of essays, most of which he gave before the Harvard University, describing Indian beliefs, philosophy and culture from different viewpoints, often making comparison with Western thought and culture. (Summary by Peter Yearsley/Wikipedia)

- Preface & Chapter 1: The Relation of the Individual to the Universe, read by Peter Yearsley – 00:38:06
- Chapter 2: Soul Consciousness, read by Peter Yearsley – 00:36:50
- Chapter 3: The Problem of Evil, read by Robert Garrison – 00:33:11
- Chapter 4: The Problem of Self, read by Robert Garrison – 00:38:34
- Chapter 5: Realisation in Love, read by ChipDoc – 00:42:28
- Chapter 6: Realisation in Action, read by Chip – 00:30:37
- Chapter 7: The Realisation of Beauty, read by Annie Coleman – 00:14:14
- Chapter 8: Realisation of the Infinite, read by ChipDoc – 00:32:02

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