

**HACKING THE UNIVERSE: THE PROCESS OF YOGIC  
MEDITATION**

Rachelle Adelman

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Forrest Knutson is an expert teacher (and still a student) of meditation. He left the safety of the ashram to pursue a self-reliant life as a yogi householder. [http:// noquyygafy.tk](http://noquyygafy.tk)  
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