

Auto Biography Of A Yogini

A direct disciple of the spiritual master author of Autobiography of a Yogi reveals the deep allegorical meanings of India's best-loved scripture from a new perspective, sharing practical advice on such topics as achieving victory in life in union with the divine, preparing for life's end, and what happens after death.

Swami Vivekananda revealed to the world the true foundations of India's unity as a nation. He taught how a nation with such a vast diversity can be bound together by a feeling of humanity and brother-hood. Vivekananda emphasized the points of drawbacks of western culture and the contribution of India to overcome those. Netaji Subhash Chandra Bose once said: "Swamiji harmonized the East and the West, religion and science, past and present. And that is why he is great. Our countrymen have gained unprecedented self-respect, self-reliance and self-assertion from his teachings." Vivekananda was successful in constructing a virtual bridge between the culture of East and the West. He interpreted the Hindu scriptures, philosophy and the way of life to the Western people. He made them realize that in spite of poverty and backwardness, India had a great contribution to make to world culture. He played a key role in ending India's cultural isolation from the rest of the world.

Selected as "One of the 100 Best Spiritual Books of the 20th Century," Yogananda's Autobiography of a Yogi has been translated into over 33 languages, and is regarded worldwide as a spiritual classic. It reads like an adventure story while answering questions about religion, God, existence, yoga, higher consciousness, and the challenges of daily spiritual living.

This is the 70th-anniversary edition of Autobiography of a Yogi. Designated one of the 100 most important spiritual books of the 20th century, this book is the reprint of the 1946 first edition, with all its intact inherent power. Autobiography of a Yogi is the autobiography of the realized master Paramahansa Yogananda and his encounters with spiritual figures of both the East and the West. The autobiography begins with Yogananda's childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. Autobiography of a Yogi is both an engaging narrative of Yogananda's life, as well as a monumental work of spiritual teaching. It has been in print for seventy years and has been highly acclaimed as a spiritual classic. A timeless masterpiece. One Volume, 502 pages.

Providing a complete manual for the study and practice of Raja Yoga--the path of concentration and meditation--a new deluxe printing of a collection of timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. Reprint.

The autobiography of an Hindu saint.

Enter a new dimension of spiritual self-discovery when you probe the mythic archetypes represented in your astrological birth chart. Myth has always been closely linked with astrology. Experience these myths and gain a deeper perspective on your eternal self. Learn how the characteristics of the gods developed into the meanings associated with particular planets and signs. Look deeply into your own personal myths, and enjoy a living connection to the world of the deities within you. When you finally stand in the presence of an important archetype (through the techniques of dreamwork, symbolic amplification, or active imagination described in the book), the god or goddess will have something to tell you.

"One of the best-loved scriptures in the world, the Bhagavad Gita has been translated by many scholars and poets over thousands of years. This new version, rendered in modern english prose by Swami Kriyananda, is based on the interpretations of his Guru, Paramhansa Yogananda, author of Autobiography of a Yogi." "The Gita is the heroic story of the battlefield counsel given by Krishna to Arjuna just prior to the start of a great war. Responding to Arjuna's moral dilemma over fighting against his beloved friends, family, and teachers, Krishna advises Arjuna on his duties as a warrior. Yogananda's insights reveal that The Gita is in fact a spiritual allegory, and that each character in the story symbolizes psychological traits and aspects of our own consciousness. As Arjuna looks upon the warriors on the battlefield, he is really facing his own inner battle between the forces of delusion and the forces of Spirit within. Krishna's advice to Arjuna on how to win the battle - using yogic tools of devotion, selfless service, and spiritual discrimination - gives each of us the guidance we need to move forward in dharma (right-action) in every material or spiritual test that life may bring."--BOOK JACKET.

"Contains selected excerpts from Paramahansa Yogananda's book "The Second Coming of Christ: The Resurrection of the Christ Within You," which book is a commentary on the New Testament gospels and noncanonical source material, focusing on the quest to uncover the original teachings of Jesus"--Provided by publisher.

Yogananda provides a scientific explanation of the use and power of prayer affirmations for health, success and happiness. The book contributes to conscious understanding and application of the laws governing the super-consciousness. Paramhansa Yogananda was an Indian yogi and guru who introduced millions of westerners to the teachings of meditation and Kriya Yoga through his book, 'Autobiography of a Yogi'. Included are comprehensive instructions and a wide variety of affirmations for healing the body, developing confidence, awakening wisdom, curing bad habits, and much more.

He was called "the 20th century's first superstar guru" (Los Angeles Times), and today, nearly a century after he arrived in the United States, he's still the best known and most beloved of all the Indian spiritual teachers who have come to the West. Now, finally, Paramahansa Yogananda has the authoritative biography he deserves. Yogananda, considered by many to be the father of modern yoga, has had an unsurpassed global impact thanks to the durability of his teachings, the institutions he created or inspired, and especially his iconic memoir, Autobiography of a Yogi. Since its publication in 1946, that book has sold millions of copies and changed millions of lives. But it doesn't tell the whole story. Much of Yogananda's seminal text is devoted to tales about other people, and it largely overlooks the three vital decades he spent living, working, and teaching in America. Huge chunks of his life —challenges, controversies, and crises; triumphs, relationships, and formative experiences —remain unknown to even his most ardent devotees. In this captivating biography, scholar and teacher Philip Goldberg fills the gaps, charting a journey that spanned six decades, two hemispheres, two world wars, and unprecedented social changes. The result is an objective, thoroughly researched account of Yogananda's remarkable life in all its detail, nuance, and complex humanity. But this is more than a compelling life story. "Yogananda would, I believe, want any book about him to not only inform but transform," Goldberg writes. "It is my hope that readers will be enriched, expanded, and deepened by this humble offering." That is sure to be the case for both Yogananda enthusiasts and those who discover him for the first time in these illuminating pages.

"...a small, beautifully produced book, that is a perfect gift to oneself or to another. Each excerpt, which is coupled with a lovely

and delicate scene from nature, is indeed a treasure consisting of maybe only a sentence or two, yet they are words enough to take one to a very deep place..". -- New Age Retailer, National Review Network A beautiful gift book filled with inspirational sayings taken from Yogananda's original 1946 version of Autobiography of a Yogi. With black and white photographic art, and a beautiful 4-color cover complementing the original blue cover of Autobiography of a Yogi. A volume to cherish for all truthseekers!

By the correct practice of Kriya fourteen times, Maha Mudra twice, and Yoti Mudra twice, twelve years of evolution of body, mind and soul will be gained in a few minutes. Mind can do everything. Through this practice, the time limitation in evolution is overcome, and the receptive power of the spine, brain and mind is increased, so that the Yogi knows, sees and feels all form within. Yoga is the super-method by which the evolution of body, mind and soul can be quickened. That is how the attainment of wisdom and realization, which usually takes a million years and numerous incarnations of natural evolution, is possible in one lifetime. By this exercise, the consciousness which is in the body, and which is identified with the senses, is transferred to the spine and the brain, and thus transmitted into Superconsciousness and Cosmic Consciousness. Kriya is an initiation into Cosmic Consciousness, or the transfer of consciousness from the body to the spirit. In order to do this, one must transfer consciousness from the senses to the spine. After practicing Kriya and resting for a short while, one is able to do inspired work in connection with literature, art of science . then intuition develops of itself, without effort, because one's consciousness is transferred from the senses to the spine and brain. Realization can come only by the development of one's intuition. Remember that through the practice of this lesson you will contact Christ, and the prophets of this world, and through them you will find your union with God the Infinite Spirit.

Shakti is the Sanskrit term for the feminine energy of the Divine. Yogini is created for, and by, women, and all who have a passion for yoga as a path and a way of life. There is no other yoga book which addresses women s issues and concerns; while 90% of yoga students are women, the majority of yoga leaders have been men. Yogini traces the rise of women teachers in modern yoga and offers women stories and ideas for what can be done off the mat to integrate yoga practice into daily life. Here is an inspirational guide for the modern yogini offering a fresh perspective for everyone s yoga or spiritual practice. The candid photos and personal stories of intention, intuition and devotion of many of today s leading yoga teachers; Angela Farmer, Nischala Joy, Sarah Powers, Shiva Rae, Donna Farhi, Anna Forest, Rama Jyoti Vernon, and Tenzin Palmo. Contributing essayist Linda Sparrowe is the author of many bestselling yoga titles and is the former managing editor of Yoga Journal"

This acclaimed autobiography presents a fascinating portrait of one of the great spiritual figures of our time. With engaging candor, eloquence, and wit, Paramahansa Yogananda narrates the inspiring chronicle of his life: the experiences of his remarkable childhood, encounters with many saints and sages during his youthful search throughout India for an illumined teacher, ten years of training in the hermitage of a revered yoga master, and the thirty years that he lived and taught in America. Also recorded here are his meetings with Mahatma Gandhi, Rabindranath Tagore, Luther Burbank, the Catholic stigmatist Therese Neumann, and other celebrated spiritual personalities of East and West. Autobiography of a Yogi is at once a beautifully written account of an exceptional life and a profound introduction to the ancient science of Yoga and its time-honored tradition of meditation. The author clearly explains the subtle but definite laws behind both the ordinary events of everyday life and the extraordinary events commonly termed miracles. His absorbing life story thus becomes the background for a penetrating and unforgettable look at the ultimate mysteries of human existence.

Autobiography of a Yogi is an eloquently written story of an extraordinary life and an inspiring meditation on the art of yoga. Written decades ago, this poignant autobiography still has ample vigor and relevance in today s world.

Mind, body, spirit.

Autobiography of a Yogi introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the East and West. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935 he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book.

Describes the late 1960s spiritual quest of a California surgeon's son that took him to India and into an ashram, and his initiation into ancient yoga traditions; and discusses how his western background and views affected his journey.

Autobiography of a Yogi introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the Eastern and the Western world. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935 he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book. The book is an introduction to the methods of attaining God-realization and to the spiritual thought of the East, which had only been available to a few in 1946. The author claims that the writing of the book was prophesied long ago by the nineteenth-century master Lahiri Mahasaya (Paramguru of Yogananda) also known as the Yogiraj and Kashi baba. Before becoming a yogi, Lahiri Mahasaya's actual name was Shyama Charan Lahiri.

The faster the world moves, the more important it becomes to slow down and look within for what makes us truly happy. If you measure success by the quality of your life rather than just by material achievements, then the timeless wisdom of this book will speak directly to your heart and soul. For more than fifty years, this classic inspirational guide has helped hundreds of thousands of people to move through obstacles and invite all-round success fully into their lives. Filled with sensible down-to-earth wisdom, The Law of Success explores the spiritual sources of creativity, positive thinking, and dynamic will, as well as the success-producing power of self-analysis and meditation. It shows how each one of us can naturally attract happiness an harmony.

Discover the all-time classic books that have helped millions of people achieve success in their work and personal lives.

"The words of Lord Krishna to Arjuna in the Bhagavad Gita," writes Paramahansa Yogananda, "are at once a profound scripture the science of Yoga, union with God, and a textbook for everyday living." The Bhagavad Gita has been revered by truth seekers of both the Eas...

Written by Paramahansa Yogananda, Autobiography of a Yogi is one of the most popular spiritual book of the Twentieth Century. In this book he explained memorable findings of the world of saints and yogis and also explained science and miracles, death and resurgence. It is a spiritual treasury that will make you understand the meaning of life. Yogananda brought yoga to the West,

spending nearly three decades teaching yoga and meditation. The book gives a compelling insight into the spiritual leader as he takes us on his journey from his early childhood in Gorakhpur to California in the 1940s. This spiritual autobiography will take you on an incredible journey of Indian mysticism and spirituality and deliver humbling, comforting truths about life and existence. This is a book of inspirational stories of Swami Rama's experiences and lessons learned with the great teachers who guided his life including Mahatma Gandhi, Tagore and more. "Buy this book for yourself. Each page is filled with joy and cheer. What I like best is that Swami Rama's message does not require us to transform ourselves, it teaches that we are already perfect." -- Judith Benn Hurley, author of *The Good Herb, Savouring the Day and Healing Secrets of the Seasons* "One of the great spiritual classics of all time. An insider's view of hidden adepts who live outside time and space as we know it, yogis and yoginis who can't possibly exist- but do!" -- Linda Johnsen, author of *The Living Goddess: Reclaiming the Tradition of the Mother of the Universe* A Treasure of stories, unexpected humor, and practical and scientific explanations of the great yoga wisdom of the East. Throughout the decades, one book that continues to appear on best-seller lists is *Autobiography of a Yogi* by Self-Realized Master Paramahansa Yogananda. This timeless book remains a seminal work in the field of Eastern spirituality - the definitive introduction to the science and philosophy of yoga meditation that draws more readers with each passing year. Paramahansa Yogananda thrilled and inspired readers from the throughout the world with the 1946 publication of this landmark memoir, *Autobiography of a Yogi*. Millions of people have deepened their spiritual pursuits and learned about the branches of yoga, inspired by Yogananda's life and example as detailed in this work. George Harrison, Steve Jobs, Ravi Shanka and even Elvis Presley have all cited *Autobiography of a Yogi* as a life-changing read. *Autobiography of a Yogi* remains the greatest selling spiritual autobiography of all time (nearly 4.5 million copies had been sold as of Spring 2011, according to author Philip Goldberg in his book, *American Veda*). This definitive edition of *Autobiography of a Yogi* includes extensive material added by the author after the first edition was published, including a final chapter penned in the closing years of his life. Also included are numerous photographs and a complete subject index. This newly-available edition of *Autobiography of a Yogi* brings Yogananda's work, words, writings and vision deeply into the 21st century, for the benefit of millions of readers and followers worldwide.

This collection debates the path and purpose of life. The author discusses such topics as whether it is possible to hasten human evolution, the possibility of a scientific method to ensure a pathway to life's highest fulfillments and what guidelines help mediators find genuine spiritual progress.

A Top 100 Spiritual Book of the Twentieth Century This is a new edition, featuring previously unavailable material, of a true spiritual classic. *Autobiography of a Yogi* is one of the best-selling Eastern philosophy titles of all-time, with millions of copies published. New Bonus Materials added to this edition include: a) the last chapter that Yogananda wrote in 1951 covering the years 1946–1951 that was not originally available in the first edition (and without posthumous changes), b) the eulogy that Yogananda wrote for Gandhi, and c) a new afterword by Swami Kriyananda, one of Yogananda's closest direct disciples. Yogananda's masterpiece has been named one of the greatest and most influential books of the twentieth century. This highly prized verbatim reprinting of the original 1946 edition is (unlike other publishers' editions) free from textual changes made after Yogananda's death. Yogananda was the first yoga master of India whose mission brought him to live and teach in the West. His firsthand account of his life experiences in India includes childhood revelations, stories of his visits to saints and masters in India, and long-secret teachings of yoga and Self-realization that he first made available to the Western reader.

As a young man Paramahansa Yogananda embarked on a quest to find his spiritual master, which he did in the form of Swami Sri Yukteswar together they achieved 'a oneness of silence, words seemed the rankest superfluities'. A mixture of biography and scholarly reflections on the deepest mysteries of life, this is the classic text which introduced millions in the West to the teachings of meditation and kriya yoga."

With over four million copies in print, Paramahansa Yogananda's autobiography has been translated into thirty-three languages, and it still serves as a gateway into yoga and alternative spirituality for countless North American practitioners. This book examines Yogananda's life and work to clarify linkages between the seemingly disparate aspects of modern yoga, and illuminates the intimate connections between yoga and metaphysically-leaning American traditions such as Unitarianism, New Thought, and Theosophy. Instead of treating yoga as a stable practice, Anya P. Foxen proposes that it is the figure of the Yogi that give the practice of his followers both form and meaning. Focusing on Yogis rather than yoga during the period of transnational popularization highlights the continuities in the concept of the Yogi as superhuman even as it illuminates the transformation of the practice itself. Skillfully balancing traditional yogic ritual, metaphysical spirituality, physical culture, and a flair for the stage, Foxen shows, Yogananda taught a proto-modern yoga to his American audiences. His Yogoda program has remained under the radar of yoga scholarship due to its lack of reliance on recognizable postures. However, as a regimen of training for the modern Yogi, Yogananda's method synthesizes the spiritual and superhuman aspirations of Indian traditions with the metaphysical and health-oriented sensibilities of Euro-American progressivism in a way that exactly prefigures present-day transnational yoga culture. Yet, at the heart of it all, Yogananda retains a sense of what it means to be a Yogi: his message is that the natural destiny of the human is the superhuman.

Autobiography of a Yogi Diamond Pocket Books (P) Ltd. *Autobiography of a Yogi (With Pictures)* Simon and Schuster

Draws on more than forty interviews with Steve Jobs, as well as interviews with family members, friends, competitors, and colleagues to offer a look at the co-founder and leading creative force behind the Apple computer company.

The metamorphosis of Mumtaz Ali Khan into Sri 'M', a yogi with profound knowledge of the Upanishads and deep personal insights, born of first hand experiences with higher levels of consciousness is indeed a fascinating story. He traveled to snow clad Himalayas at 19 where he met and lived for several years with a real yogi, Babaji.

One of the most beloved popular musicians of our time tells the story of his extraordinary life. This is Willie Nelson's complete, unvarnished story, told in his voice and leaving no significant moment or experience untold, from Texas, Nashville, Hawaii, and beyond. Having recently turned 80, Nelson is ready to shine a light on all aspects of his life, including his drive to write music, the women in his life, his collaborations, and his biggest lows and highs--from his bankruptcy to the founding of Farm Aid. An American icon who still tours constantly and headlines music festivals, Willie Nelson and his music have found their way into the hearts and minds of fans the world over, winning ten Grammys and receiving Kennedy Center Honors. Now it's time to hear the last word about his life -- from the man himself. "Every page radiates authenticity." --Washington Post

The life story of spiritualist Yogananda from his childhood in India to the thirty years he lived and taught in America.

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