

Autobiography Of A Yogi By Paramhansa Yogananda First

Autobiography of a Yogi is an immensely gratifying spiritual read that has altered and enriched the lives of millions across the world, since it was first published in 1946. An originative text that tells the story of Paramhansa Yogananda, this book has been revered for its memorable, incisive and instructive teachings. This spiritual autobiography will take you on an incredible journey of Indian mysticism and spirituality and deliver humbling, comforting truths about life and existence.

Selected as "One of the 100 Best Spiritual Books of the 20th Century," Yogananda's Autobiography of a Yogi has been translated into over 20 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. It is a book for people of all faiths - anyone yearning to know what life is truly all about. Self Realization Fellowship's editions, and no others, incorporate all of the author's significant revisions to the text of the 1946 first edition.

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This work takes the reader along on Yogananda's spiritual journey from his upbringing in Gorakhpur, India, to his search for his spiritual guru, Yukteswar Giri, and ultimately to the founding of the Self-Realization Fellowship in the United States. Not only a great chronicle of a deeply spiritual life, has also been hugely influential in disseminating the spiritual ideas of yoga and mediation in the Western world. Cited as an influence for such luminaries as Steve Jobs and Geroge Harrison. This book will surely inspire readers for years to come.

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.

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.

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"...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!

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.

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.

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"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.

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

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.

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 follows him through childhood, how he met his guru, and how he became a monk and established his teachings of Kriya Yoga meditation. He also chronicles his journey to speak in a religious congress in Boston, Massachusetts and his travels across America lecturing and establishing his teachings in Los Angeles, California.

Autobiography of a Yogi has been in print for seventy years and translated into over fifty languages. It is highly acclaimed as a spiritual classic that serves as an introduction to the methods of attaining God-realization and to the spiritual wisdom of the East. One of the most famous advocates for the book was Steve Jobs, who ensured a copy was handed out to everyone at his memorial service. This cloth-bound book includes a Victorian inspired dust-jacket, and is limited to 100 copies.

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 and harmony. 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 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

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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.

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.

A fascinating look at India's remarkable impact on Western culture, this eye-opening popular history shows how the ancient philosophy of Vedanta and the mind-body methods of Yoga have profoundly affected the worldview of millions of Americans and radically altered the religious landscape. What exploded in the 1960s, following the Beatles trip to India for an extended stay with their new guru, Maharishi Mahesh Yogi, actually began more than two hundred years earlier, when the United States started importing knowledge--as well as tangy spices and colorful fabrics--from Asia. The first translations of Hindu texts found their way into the libraries of John Adams and Ralph Waldo Emerson. From there the ideas spread to Henry David Thoreau, Walt Whitman, and succeeding generations of receptive Americans, who absorbed India's "science of consciousness" and wove it into the fabric of their lives. Charismatic teachers like Swami Vivekananda and Paramahansa Yogananda came west in waves, prompting leading intellectuals, artists, and scientists such as Aldous Huxley, Joseph Campbell, Allen Ginsberg, J. D. Salinger, John Coltrane, Dean Ornish, and Richard Alpert, aka Ram Dass, to adapt and disseminate what they learned from them. The impact has been enormous, enlarging our current understanding of the mind and body and dramatically changing how we view ourselves and our place in the cosmos. Goldberg paints a compelling picture of this remarkable East-to-West transmission, showing how it accelerated through the decades and eventually moved from the counterculture into our laboratories, libraries, and living rooms. Now physicians and therapists routinely recommend meditation, words like karma and mantra are part of our everyday vocabulary, and Yoga studios are as ubiquitous as Starbucks. The insights of India's sages permeate so much of what we think, believe, and do that they have redefined the meaning of life for millions of Americans—and continue to do so every day. Rich in detail and expansive in scope, American Veda shows how we have come to accept and live by the central teaching of Vedic wisdom: "Truth is one, the wise call it by many names."

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

NEW YORK TIMES, USA TODAY, and PUBLISHERS WEEKLY BESTSELLER "Full of valuable insights to guide you."—WILL SMITH "Thoughtful and life-affirming . . . a must-read."—TONY ROBBINS "This book will put you back in charge of your own life."—TOM BRADY A new perspective on the overused and misunderstood concept of "karma" that offers the key to happiness and enlightenment, from the world-renowned spiritual master Sadhguru. What is karma? Most people understand karma as a balance sheet of good and bad deeds, virtues and sins. The mechanism that decrees that we cannot evade the consequences of our own actions. In reality, karma has nothing to do with reward and punishment. Karma simply means action: your action, your responsibility. It isn't some external system of crime and punishment, but an internal cycle generated by you. Accumulation of karma is determined only by your intention and the way you respond to what is happening to you. Over time, it's possible to become ensnared by your own unconscious patterns of behavior. In Karma, Sadhguru seeks to put you back in the driver's seat, turning you from a terror-struck passenger to a confident driver navigating the course of your own destiny. By living consciously and fully inhabiting each moment, you can free yourself from the cycle. Karma is an exploration and a manual, restoring our understanding of karma to its original potential for freedom and empowerment instead of a source of entanglement. Through Sadhguru's teachings, you will learn how to live intelligently and joyfully in a challenging world.

The Planets Within asks us to return to antiquity with new eyes. It centers on one of the most psychological movements of the prescientific age--Renaissance Italy, where a group of "inner Columbuses" charted territories that still give us today a much-needed sense of who we are and where we have come from, and the right routes to take toward fertile and unexplored places. Chief among these masters of the interior life was Marsilio Ficino, presiding genius of the Florentine Academy, who taught that all

things exist in soul and must be lived in its light. This study of Ficino broadens and deepens our understanding of psyche, for Ficino was a doctor of soul, and his insights teach us the care and nurture of soul. Moore takes as his guide Ficino's own fundamental tool--imagination. Respecting the integrity and autonomy of images, *The Planets Within* unfolds a poetics of soul in a kind of dialogue between the laconic remarks of Ficino and the need to give these remarks a life and context for our day.

A gifted teacher reveals the miracle that is your body, combining science, yogic wisdom, and liberating movement practices. Updated all-new illustrations, chapters, and content. "Meta" means "beyond"—and in *MetaAnatomy*, celebrated yoga teacher Kristin Leal takes us far beyond our limited understanding of our amazing human bodies. In this information-rich and accessible resource, you'll do more than label parts of your physiology and identify your energy systems. You'll develop a new level of "body literacy"—a deep and vital relationship with the physical, emotional, and energetic aspects of your being. Kristin writes in an inviting, lighthearted style that makes complex concepts imminently understandable. Here, you'll explore:

- The Physical—meet the marvelous "meat suit" of your body's bones, muscles, joints, and nerves
- The Poetic—a deep dive into your breath, brain, heart, and the subtle energy systems that bring it all to life
- The Practical—how to make lasting changes to your health, spirituality, and relationship with the world around you
- Mini-practices, meditations, insights for students and teachers of yoga, and much more

What makes Kristin's approach so powerful is that you'll be learning about yourself as more than a collection of parts, but as a unified being of body, mind, and soul—interwoven and interdependent with the world around you. "You are a symphony of synapse and strength; valves and vulnerability; potential, power, and promise," she teaches. "It is my hope that these teachings and practices will ultimately lead you to remember and honor your fundamental wholeness."

See how a life spent largely outdoors—in the wilds of northern Canada, the underwater wonderland of the Caribbean, and throughout the untamed Himalayas—presented the challenges that shaped a timid mother's boy into a confident yogi and ambassador for self-transformation. Through humorous and poignant life stories--attending an all-male boarding school, coming out as a gay man, building a successful yoga career--here Yogi Aaron shares lessons in living with empowerment and authenticity. From the creator of Hot Nude Yoga, a global phenomenon during the early 2000's, a story of struggle and healing found through the practices of Tantric yoga. Today owner and yoga director at Blue Osa Yoga Retreat and Spa in Costa Rica and leader of world-wide retreats through Blue Osa Journeys, Yogi Aaron is known for his humorous yet vastly knowledgeable approach to teaching this centuries-old wisdom. A must-read for aspiring yogis, yoga teachers, world travelers, nudists, gay men, people wanting to manifest positive change in their lives.

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

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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.

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.

The autobiography of Paramahansa Yogananda (1893 - 1952) details his search for a guru, during which he encountered many spiritual leaders and world-renowned scientists. When it was published in 1946 it was the first introduction of many westerners to yoga and meditation. The famous opera singer Amelita Galli-Curci said about the book: "Amazing, true stories of saints and masters of India, blended with priceless superphysical information-much needed to balance the Western material efficiency with Eastern spiritual efficiency-come from the vigorous pen of Paramhansa Yogananda, whose teachings my husband and myself have had the pleasure of studying for twenty years."

As a young man Paramhansa 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."

"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...

With over four million copies in print, Parmahansa 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.

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