

the autobiography of a yogi pdf

the autobiography of a yogi pdf is a phrase that resonates deeply with spiritual seekers and readers interested in the profound journey of self-realization through the lens of yoga and Eastern philosophy. This seminal work, authored by Paramahansa Yogananda, has been a cornerstone in bringing the ancient wisdom of yoga and meditation to the Western world. The availability of the autobiography of a yogi pdf format has made it accessible to a global audience, allowing readers to explore the life, teachings, and spiritual insights of one of the most influential yogis of the twentieth century. This article delves into the significance of the autobiography, its key themes, how the pdf version has impacted its reach, and tips for readers who wish to engage deeply with this classic text. Additionally, it covers important aspects such as the author's background, the book's historical context, and its enduring legacy in spiritual literature.

- Overview of The Autobiography of a Yogi
- Paramahansa Yogananda: Life and Legacy
- Key Themes and Teachings in the Autobiography
- The Importance of the Autobiography of a Yogi PDF Format
- How to Access and Use the Autobiography of a Yogi PDF
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Overview of The Autobiography of a Yogi

The autobiography of a yogi pdf offers a unique and intimate glimpse into the life of Paramahansa Yogananda, a pioneering spiritual teacher who introduced millions to the practice of Kriya Yoga. First published in 1946, this book is considered a spiritual classic that combines autobiography, philosophy, and mystical experiences. The narrative chronicles Yogananda's early life in India, his spiritual quests, encounters with saints and sages, and his eventual mission to promote yoga and meditation in the West. The book is not only an account of personal transformation but also a comprehensive introduction to the yogic philosophy and its practical applications.

Historical Context and Publication

The autobiography was published during a time when Eastern spirituality was just beginning to attract attention in the West. Yogananda's eloquent storytelling and authentic portrayal of yogic practices helped bridge cultural gaps and fostered greater understanding of Eastern wisdom traditions. Over the decades, the autobiography has been translated into numerous languages, continually expanding its reach. The pdf version has further facilitated this accessibility in the digital age.

Structure and Content

The book is organized into chapters that each focus on significant events or teachings in Yogananda's life. It includes detailed descriptions of his guru, Swami Sri Yukteswar, various miracles, spiritual philosophies, and practical advice for meditation and spiritual growth. The autobiography balances narrative with didactic elements, making it both engaging and educational.

Paramahansa Yogananda: Life and Legacy

Understanding the author behind the autobiography enriches the reader's experience and appreciation of the text. Paramahansa Yogananda was born Mukunda Lal Ghosh in 1893 in Gorakhpur, India. He demonstrated an early inclination toward spirituality and was dedicated to seeking God from a young age. Yogananda's life was marked by profound spiritual experiences and a commitment to spreading the teachings of yoga worldwide.

Early Life and Spiritual Quest

Yogananda's formative years were influenced by Indian spiritual traditions and his search for a guru. His meeting with Swami Sri Yukteswar was pivotal, as it shaped his understanding of Kriya Yoga and his approach to spiritual enlightenment. This relationship is extensively detailed in the autobiography, highlighting the guru-disciple dynamic.

Mission in the West

In 1920, Yogananda traveled to the United States to attend a religious congress in Boston. This marked the beginning of his lifelong mission to introduce yoga and meditation to Western audiences. He founded the Self-Realization Fellowship, an organization dedicated to disseminating his teachings. His efforts significantly contributed to the global spread of yoga and meditation practices.

Key Themes and Teachings in the Autobiography

The autobiography of a yogi pdf is rich with spiritual insights and teachings that have influenced countless readers. Its themes encompass the nature of the self, the power of meditation, the unity of all religions, and the pursuit of direct experience of the divine.

Yoga and Meditation Practices

A central aspect of the book is the detailed exposition of Kriya Yoga, a meditation technique that accelerates spiritual growth. Yogananda explains how disciplined practice leads to mental clarity, physical health, and ultimately, self-realization. The autobiography serves as both an inspirational narrative and a practical guide for spiritual aspirants.

Miracles and Spiritual Experiences

The book recounts numerous mystical experiences and miracles attributed to Yogananda and his guru. These stories illustrate the profound possibilities of yogic practice and reinforce the book's spiritual authority. They also serve to inspire faith and devotion among readers.

Philosophy of Unity

Yogananda emphasizes the essential unity underlying all religions. The autobiography advocates for respect and understanding among different faiths, presenting yoga as a universal path to God that transcends sectarian boundaries.

The Importance of the Autobiography of a Yogi PDF Format

The availability of the autobiography of a yogi pdf has revolutionized the accessibility of this spiritual classic. The digital format allows for easy distribution, reading on various devices, and the ability to search and reference specific content quickly.

Accessibility and Convenience

With the pdf version, readers can access the autobiography anytime and anywhere, whether on smartphones, tablets, or computers. This convenience has broadened the book's reach to a younger, tech-savvy generation and international audiences who may not have access to printed copies.

Preservation and Sharing

The digital format aids in preserving the text for future generations and facilitates sharing within spiritual communities. The pdf's portability supports study groups, spiritual classes, and personal reflection without the limitations of physical books.

How to Access and Use the Autobiography of a Yogi PDF

Accessing the autobiography of a yogi pdf is straightforward, with many reputable sources offering free or authorized versions. Readers are encouraged to obtain the pdf from legitimate sources to ensure accurate and complete content.

Recommended Reading Practices

To maximize the benefits of the autobiography, readers should approach the text with openness and

patience. It is advisable to read slowly, reflect on the teachings, and incorporate meditation practices described in the book. Taking notes and revisiting chapters can deepen understanding.

Utilizing the PDF Features

The pdf format often includes searchable text, bookmarks, and annotations, which can enhance study and retention. Readers can highlight passages, make personal notes, and organize their reading to suit their spiritual journey.

Influence and Impact on Spiritual Literature

The autobiography of a yogi pdf continues to be a foundational text in the field of spiritual literature. Its impact extends beyond yoga practitioners to scholars, spiritual teachers, and general readers interested in mysticism and personal transformation.

Global Reach and Cultural Influence

Since its initial publication, the autobiography has inspired numerous spiritual movements and teachings worldwide. It played a crucial role in popularizing yoga and meditation in the West, influencing notable figures and contributing to the rise of holistic health and wellness practices.

Legacy in Modern Spirituality

Yogananda's autobiography remains relevant as a source of inspiration and guidance. Its messages of self-realization, peace, and universal love resonate with contemporary spiritual seekers and continue to shape modern interpretations of yoga philosophy.

Key Reasons for Enduring Popularity

- Authentic personal narrative combined with profound spiritual teachings
- Bridging Eastern and Western spiritual traditions
- Practical guidance on meditation and self-discipline
- Inspiring accounts of miracles and divine experiences
- Promotion of religious harmony and universal spirituality

Frequently Asked Questions

Where can I legally download 'The Autobiography of a Yogi' PDF?

You can legally download 'The Autobiography of a Yogi' PDF from the official Self-Realization Fellowship website or authorized publishers that offer free or paid digital copies.

Is 'The Autobiography of a Yogi' available for free in PDF format?

Yes, 'The Autobiography of a Yogi' is sometimes available for free in PDF format through authorized sources like the Self-Realization Fellowship, as the author encouraged wide distribution of his work.

What is the significance of reading 'The Autobiography of a Yogi' in PDF format?

'The Autobiography of a Yogi' in PDF format allows readers to access the book conveniently on digital devices, making it easier to carry, search, and read anytime.

Who is the author of 'The Autobiography of a Yogi'?

The author of 'The Autobiography of a Yogi' is Paramahansa Yogananda, an influential Indian yogi and spiritual teacher.

Does the PDF version of 'The Autobiography of a Yogi' include photographs and illustrations?

Yes, many PDF versions of 'The Autobiography of a Yogi' include the original photographs and illustrations that enhance the reader's understanding of Yogananda's journey.

Can I find an audiobook version along with the PDF of 'The Autobiography of a Yogi'?

Yes, audiobook versions of 'The Autobiography of a Yogi' are available on platforms like Audible and sometimes come bundled or referenced alongside PDF editions.

Is 'The Autobiography of a Yogi' suitable for beginners interested in yoga and spirituality?

Yes, 'The Autobiography of a Yogi' is considered a foundational text that is accessible and inspiring for beginners interested in yoga, meditation, and spirituality.

What are some key themes covered in 'The Autobiography of a Yogi' PDF?

Key themes include spiritual awakening, yoga philosophy, meditation practices, encounters with saints and sages, and the pursuit of self-realization.

Additional Resources

1. *Autobiography of a Yogi* by Paramahansa Yogananda

This classic spiritual memoir details the life of Paramahansa Yogananda, who introduced millions to the teachings of Kriya Yoga and meditation. The book offers profound insights into Indian spirituality, yogic philosophy, and the guru-disciple tradition. It is widely regarded as a foundational text in the West for understanding yoga and self-realization.

2. *The Journey Home: Autobiography of an American Swami* by Radhanath Swami

This inspiring autobiography recounts the journey of an American seeker who embraces the spiritual traditions of India and becomes a respected swami. It explores themes of devotion, self-discovery, and the challenges and rewards of a spiritual quest. Readers gain a heartfelt perspective on Bhakti Yoga and Indian culture.

3. *Be Here Now* by Ram Dass

A seminal work on spirituality and mindfulness, this book chronicles the transformation of Richard Alpert into Ram Dass after meeting his guru in India. It blends autobiography, philosophy, and practical guidance on meditation and living in the present moment. The book has been influential in introducing Eastern spiritual concepts to the Western audience.

4. *The Science of Self-Realization* by A.C. Bhaktivedanta Swami Prabhupada

This text delves into the philosophy and practices of Bhakti Yoga as taught by the founder of the Hare Krishna movement. It emphasizes the importance of devotion, meditation, and understanding the soul's relationship with the Supreme. The book serves as an accessible guide for those interested in devotional yoga and Krishna consciousness.

5. *Living with the Himalayan Masters* by Swami Rama

An autobiographical account of the author's experiences with various Himalayan yogis and sages, this book offers rare insights into advanced yogic practices and spiritual wisdom. It combines stories of mystical encounters with practical lessons on meditation and self-discipline. Readers gain a deeper appreciation for the spiritual heritage of the Himalayas.

6. *The Heart of Yoga: Developing a Personal Practice* by T.K.V. Desikachar

While not an autobiography, this book is a comprehensive guide to the philosophy and practice of yoga as taught by the author's father, the legendary yogi T. Krishnamacharya. It emphasizes adapting yoga to individual needs and includes detailed explanations of postures, breath control, and meditation. It is highly recommended for those seeking a personalized approach to yoga.

7. *My Life and Yoga* by Swami Sivananda

This autobiography shares the life story of Swami Sivananda, a prominent Indian yogi and spiritual teacher. It covers his early life, spiritual awakening, and the founding of the Divine Life Society. The book offers inspiration and guidance on the path of selfless service, meditation, and ethical living.

8. *The Yoga Sutras of Patanjali: Commentary by Sri Swami Satchidananda*

This revered commentary explains the ancient aphorisms of Patanjali's Yoga Sutras, a foundational text for understanding the philosophy behind yoga. Swami Satchidananda's interpretations make the sutras accessible for modern readers, emphasizing mental discipline, meditation, and spiritual growth. It complements autobiographical readings by providing theoretical context.

9. *Wheels of Life: A User's Guide to the Chakra System by Anodea Judith*

Focusing on the energetic anatomy of the chakras, this book is a detailed exploration of the subtle body's energy centers and their significance in yoga and meditation. It blends Eastern wisdom with contemporary psychology to offer practical tools for healing and personal transformation. This guide enriches the understanding of yogic practices described in autobiographical works.

[The Autobiography Of A Yogi Pdf](#)

The Autobiography of a Yogi: A Journey to Self-Discovery

Uncover the secrets to inner peace and unlock your hidden potential. Are you feeling lost, overwhelmed by stress, and disconnected from your true self? Do you yearn for a deeper understanding of life's purpose and a path towards lasting fulfillment? If so, you're not alone. Millions struggle with finding meaning and inner harmony in today's fast-paced world. This timeless classic offers a transformative path towards self-discovery and spiritual awakening.

Meet Paramahansa Yogananda and embark on his extraordinary life journey. Within these pages, you'll discover:

A life less ordinary: Explore the profound spiritual experiences of a man who dedicated his life to sharing the transformative power of yoga.

Practical techniques: Learn about Kriya Yoga and other powerful techniques for self-realization and spiritual growth.

Ancient wisdom for modern life: Discover timeless wisdom applicable to navigating the challenges of modern existence.

Inspiration and hope: Find renewed purpose and a deeper connection to your inner self.

"The Autobiography of a Yogi" by Paramahansa Yogananda - A Comprehensive Guide

Introduction: An introduction to the life and teachings of Paramahansa Yogananda and the context of his autobiography.

Main Chapters (covering key themes & teachings):

Chapter 1: Early Life and Spiritual Awakening: Yogananda's childhood, his early spiritual

experiences, and his initiation into the path of yoga.

Chapter 2: Seeking the Masters: Yogananda's encounters with various spiritual teachers and his journey to find his guru.

Chapter 3: The Science of Kriya Yoga: A detailed explanation of Kriya Yoga, its techniques, and its benefits for spiritual development.

Chapter 4: Encounters with Western Culture and its impact: Yogananda's journey to the West, his interactions with influential figures, and his efforts to bring yoga to a wider audience.

Chapter 5: Miracles and Divine Manifestations: Accounts of miraculous events, highlighting the spiritual power and potential of human beings.

Chapter 6: The Path to Self-Realization: Practical steps for achieving spiritual self-realization, including meditation, self-discipline, and devotion.

Conclusion: Reflections on Yogananda's legacy, his teachings' enduring relevance, and the ongoing impact of his life's work.

The Autobiography of a Yogi: A Deep Dive into Chapters and Themes

This in-depth article explores the key themes and chapters of Paramahansa Yogananda's Autobiography of a Yogi, providing a comprehensive overview suitable for both new readers and seasoned students of his teachings.

1. Introduction: Setting the Stage for a Spiritual Journey

The introduction immediately establishes the unique nature of Yogananda's life and the book itself. It's not just a biography; it's a spiritual testament, showcasing the possibility of divine realization within the context of a seemingly ordinary life. The introduction sets the tone, hinting at the extraordinary experiences and profound wisdom contained within. It introduces the concept of Kriya Yoga and its significance in the larger framework of Yogananda's spiritual path. This initial grounding prepares the reader for the transformative journey that unfolds in subsequent chapters. SEO keywords: Autobiography of a Yogi introduction, Paramahansa Yogananda introduction, Kriya Yoga introduction, spiritual journey.

2. Chapter 1: Early Life and Spiritual Awakening - The Seeds

of Enlightenment

This chapter lays the foundation for Yogananda's spiritual development. It details his childhood, marked by profound spiritual experiences and an innate yearning for the divine. This early exposure to the spiritual world shaped his life's trajectory. We see glimpses of his exceptional qualities, highlighting his intuitive connection to the spiritual realm and the intensity of his spiritual quest. Key events during this period, such as early encounters with spiritual figures and the development of his profound connection to the divine, are expertly woven to demonstrate the early manifestations of his spiritual gifts. SEO keywords: Yogananda childhood, early spiritual experiences, spiritual awakening, divine connection.

3. Chapter 2: Seeking the Masters - A Pilgrimage of Self-Discovery

This chapter describes Yogananda's relentless pursuit of a true guru. His journey exemplifies the dedication and perseverance required on the spiritual path. He encountered numerous spiritual teachers, each experience contributing to his overall spiritual growth and eventual encounter with his guru, Sri Yukteswar Giri. This chapter emphasizes the importance of finding a qualified teacher to guide one's spiritual progress, showcasing the challenges and rewards of this essential search. SEO keywords: Spiritual teachers, Guru, Sri Yukteswar Giri, spiritual quest, finding a guru.

4. Chapter 3: The Science of Kriya Yoga - Unveiling the Techniques

This pivotal chapter focuses on Kriya Yoga, a central tenet of Yogananda's teachings. He meticulously explains the techniques and their transformative effects on the body, mind, and spirit. The description goes beyond simple instruction; it explores the scientific and spiritual principles underlying Kriya Yoga, offering a deeper understanding of its mechanics and profound impact on one's spiritual evolution. This chapter makes the practice accessible to readers, enabling them to potentially incorporate it into their own lives. SEO keywords: Kriya Yoga techniques, Kriya Yoga benefits, Kriya Yoga science, spiritual practices, meditation techniques.

5. Chapter 4: Encounters with Western Culture - Bridging East and West

Yogananda's journey to the West and his interactions with various figures in Western society

showcase the adaptability and universal appeal of yoga and meditation. This section highlights his efforts to reconcile Eastern spirituality with Western culture, demonstrating the universality of spiritual truths and their applicability across diverse backgrounds and belief systems. The cultural exchange depicted illuminates the challenges and triumphs of introducing Eastern spiritual practices to a Western audience. SEO keywords: Yogananda in the West, East-West spirituality, yoga in the West, spiritual influence.

6. Chapter 5: Miracles and Divine Manifestations - Glimpses of the Divine

This chapter features numerous accounts of seemingly miraculous events, emphasizing the spiritual potential inherent in human beings and the power of faith and devotion. These accounts, while seemingly extraordinary, serve to illustrate the tangible effects of spiritual practice and the interconnectedness of all things. This is not presented as mere superstition, but as a testament to the power of the divine presence in the world. SEO keywords: Spiritual miracles, divine manifestations, spiritual power, faith, devotion.

7. Chapter 6: The Path to Self-Realization - A Practical Guide to Enlightenment

This chapter offers practical advice and guidance for those seeking spiritual growth and self-realization. It outlines the necessary steps, including meditation, self-discipline, and devotion, providing a roadmap for spiritual progress. This chapter emphasizes the importance of self-awareness and self-reflection in the pursuit of enlightenment, providing actionable steps readers can integrate into their daily lives. SEO keywords: Self-realization, spiritual growth, meditation practice, self-discipline, spiritual path.

8. Conclusion: A Legacy of Inspiration - Enduring Impact

The conclusion summarizes Yogananda's life and the lasting impact of his teachings. It reiterates the core principles and emphasizes their continuing relevance in the modern world. This section serves as a call to action, inspiring readers to embark on their own journeys towards self-discovery and spiritual growth, drawing inspiration from Yogananda's life and teachings. SEO keywords: Yogananda legacy, spiritual inspiration, spiritual teachings, self-discovery.

FAQs:

1. What is Kriya Yoga? Kriya Yoga is a powerful meditation technique taught by Paramahansa Yogananda, designed to accelerate spiritual progress.
2. Is this book suitable for beginners? Yes, it's accessible to readers of all spiritual backgrounds.
3. How long does it take to read? The length varies depending on reading speed, but it's a rewarding investment of time.
4. What are the key takeaways from the book? Discovering inner peace, understanding self-realization, and learning practical spiritual techniques.
5. Are there any exercises or practices in the book? Yes, Kriya Yoga techniques are described, though proper instruction may be needed.
6. Is this book religious? While rooted in Hinduism, its message is universally applicable.
7. What makes this autobiography different? Its profound spiritual insights and practical guidance for spiritual growth.
8. Where can I find more information about Kriya Yoga? You can research online resources and consider seeking instruction from a qualified teacher.
9. Can I apply these teachings to my daily life? Absolutely, the principles promote peace, self-awareness, and a more fulfilling existence.

Related Articles:

1. Kriya Yoga for Beginners: A Step-by-Step Guide: An introduction to the practice of Kriya Yoga.
2. Paramahansa Yogananda's Life and Teachings: A Comprehensive Overview: A deeper exploration of his philosophy and influence.
3. The Benefits of Meditation: A Scientific Perspective: Examining the scientific evidence supporting meditation's benefits.
4. How to Find Your Spiritual Path: A Guide to Self-Discovery: Tips and advice on discovering one's spiritual purpose.
5. Overcoming Stress and Anxiety Through Yoga and Meditation: Exploring the role of yoga and meditation in managing stress.
6. The Power of Self-Realization: Unlocking Your True Potential: A discussion on the concept of self-realization and its significance.

7. The Importance of a Guru in Spiritual Growth: The role of a spiritual teacher in guiding one's journey.
8. Comparing Different Meditation Techniques: An overview of various meditation techniques and their unique benefits.
9. Spiritual Awakening: Signs, Stages and Practices: Identifying the signs of spiritual awakening and techniques to nurture it.

the autobiography of a yogi pdf: Autobiography of a Yogi Paramahansa Yogananda, 2009-01-01 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.

the autobiography of a yogi pdf: Autobiography of a Yogi by Paramhansa Yogananda *Illustrated Edition* Paramhansa Yogananda, 2021-12 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. Profoundly inspiring, it is at the same time vastly entertaining, warmly humorous and filled with extraordinary personages. Self-Realization Fellowship's editions, and none others, include extensive material added by the author after the first edition was published, including a final chapter on the closing years of his life.

the autobiography of a yogi pdf: Autobiography of a Yogi Yogananda (Paramahansa), 1956 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. Profoundly inspiring, it is at the same time vastly entertaining, warmly humorous and filled with extraordinary personages. Self-Realization Fellowship's editions, and none others, include extensive material added by the author after the first edition was published, including a final chapter on the closing years of his life. Selected as One of the 100 Best Spiritual Books of the Twentieth Century, Autobiography of a Yogi has been translated into more than 30 languages, and is regarded worldwide as a classic of religious literature. Several million copies have been sold, and it continues to appear on best-seller lists after more than sixty consecutive years in print. With engaging candor, eloquence, and wit, Paramahansa Yogananda tells 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. 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 becomes the background for a penetrating and unforgettable look at the ultimate mysteries of human existence.--Amazon.com.

the autobiography of a yogi pdf: Apprenticed to a Himalayan Master Sri M, 2022-07-18 In this tell-all autobiography, Sri M writes about his fascinating journey as a young man from the southern coast of India to the mystical Himalayan Mountains. At the age of nineteen and a half, he felt an irresistible urge to go to the Himalayas in quest for his great Master. He finally met his Master at the Vyasa Cave, beyond the Badrinath shrine. After spending three and half years with his Master, wandering freely across the length and breadth of the Himalayan ranges, he was instructed

to go back to live in the plains and lead a normal life. He started working for a living, fulfilled his social commitments and prepared himself to teach others all that he had learned and experienced. This book reveals the spiritual journey of a young lad from Kerala, who by his sincerity and dedication evolved into a living yogi. Sri M shares his knowledge of the Upanishads and spiritual insights born out of first hand experiences in his autobiography. Apprenticed to a Himalayan Master will make for an engaging and riveting read for those interested in the life and teachings of Sri M.

the autobiography of a yogi pdf: The Autobiography Of A Flea Anonymous, 2022-05-29 The Autobiography of a Flea is an unsigned erotic novel. A flea recounts the story of a stunning youthful girl called Bella, whose flourishing sexuality is explored by a number of men and even her best friend Julia.

the autobiography of a yogi pdf: The Life of Shabkar , 2001-02-06 The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

the autobiography of a yogi pdf: The Life of Yogananda Philip Goldber, 2018-04-24 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.

the autobiography of a yogi pdf: *Finding God Through Yoga* David J. Neumann, 2019

the autobiography of a yogi pdf: *Sadhguru, More Than a Life* Arundhati Subramaniam, 2010 'The thirst to be boundless is not created by you; it is just life longing for itself.' —Sadhguru This is the extraordinary story of Sadhguru—a young agnostic who turned yogi, a wild motorcyclist who turned mystic, a sceptic who turned spiritual guide. Pulsating with his razor-sharp intelligence, bracing wit and modern-day vocabulary, the book empowers you to explore your spiritual self and could well change your life. It seeks to re-create the life journey of a man who combines rationality with mysticism, irreverence with compassion, ancient wisdom with a provocatively contemporary outlook and a deep knowledge of the self with a contagious love of life. Described as 'a profound mystic, visionary humanitarian and prominent spiritual leader of our times', he is equally at home in a satsangh in rural Tamil Nadu as at the World Economic Forum in Davos. In his early years, Jaggi Vasudev (or Sadhguru as he is now known) was a chronic truant, a boisterous prankster, and later a lover of motorbikes and fast cars. It is evident that the same urgency, passion and vitality echo in his

spiritual pursuits to this day, from his creation of the historic Dhyanalinga—the mission of three lifetimes—to his approach as a guru. In Sadhguru's view, faith and reason, spirituality and science, the sacred and the material, cannot be divided into easy binaries. He sees people as 'spiritual beings dabbling with the material rather than the reverse', and liberation as the fundamental longing in every form of life. Truth for him is a living experience instead of a destination, a conclusion, or a matter of metaphysical speculation. The possibility of self-realization, he strongly believes, is available to all. Drawing upon extended conversations with Sadhguru, interviews with Isha colleagues and fellow meditators, poet Arundhati Subramaniam presents an evocative portrait of a contemporary mystic and guru—a man who seems to pack the intensity and adventure of several lifetimes into a single one.

the autobiography of a yogi pdf: The Amazing Secrets of the Yogi Charles F. Haanel, 2004
The important facts contained in this volume will place a sceptre of power in your hands with which you can open a pathway to health, success, and the life abundant. Synopsis Charles F. Haanel, the author, writes in the introduction The important facts contained in this volume will place a sceptre of power in your hands with which you can open a pathway to health, success, and the life abundant. You will find that they contain a priceless message that will bring solace to your mental wounds in times of distress. You will come to feel that you have realized a lifelong dream and will often regret that this information did not come to you much earlier. And, what is best of all, you will find nothing in these lessons that will in any way conflict with any religious principles that you may hold. On the other hand, your spiritual convictions will be strengthened because you will find that Truth is the same in all lands and in all times regardless of the name it may take or the manner of its presentation. The Amazing Secrets of the Yogi is your gateway to a wonderful new world that has been hidden from you for far too long. With the techniques taught in this book, such as proper breathing and breath control, using the Law of Attraction, and controlling thoughts, you will be able for the first time to understand and take charge of your life in a way that before this would have been unbelievable. Join Mr. Haanel and millions of others as you learn these amazing secrets and begin to experience life like you never have before.

the autobiography of a yogi pdf: The Holy Science Swami Sri Yukteswar, 2020-09-26
The Holy Science is a book of theology written by Swami Sri Yukteswar Giri in 1894. The text provides a close comparison of parts of the Christian Bible to the Hindu Upanishads, meant to show as clearly as possible that there is an essential unity in all religions...and that there is but one Goal admitted by all scriptures. Swami Sri Yukteswar Giri was born Priya Nath Karar in 1855 to a wealthy family. As a young man, he was a brilliant student of math and science, astrology and astronomy. He joined a Christian missionary school where he studied the Bible and later spent two years in medical school. After completing his formal education, Priya Nath married and had a daughter. But he continued his intellectual and spiritual pursuits, depending on the income from his property to support himself and his family. After the death of his wife, he entered the monastic Swami order and became Sri Yukteswar Giri, before becoming a disciple of famed guru Lahiri Mahasaya, known for his revitalization of Kriya Yoga. Then in 1894, Sri Yukteswar Giri met Mahavatar Babaji, an ageless wise man who is said to have lived for untold hundreds of years. At this meeting, Mahavatar Babaji gave Sri Yukteswar the title of Swami, and asked him to write this book comparing Hindu scriptures and the Christian Bible. Swami Sri Yukteswar obeyed. He also founded two ashrams, including one in his ancestral home. He lived simply as a swami and yogi, devoted to disciplining his body and mind, and thus to liberating his soul. Among his disciples was Paramahansa Yogananda, credited with bringing yoga and meditation to millions of Westerners. The Holy Science consists of four chapters. The first is titled The Gospel, and is intended to establish the fundamental truth of creation. Next is The Goal, which discusses the three things all creatures are seeking: Existence, Consciousness, and Bliss. Chapter three, The Procedure, is the most practical of the sections. It describes the natural way to live for purity and health of body and mind. The final chapter is called The Revelation, and discusses the end of the path for those who are near the three ideals of life. Swami Sri Yukteswar also displays his impressive knowledge and understanding of astrology by proposing his theory of the Yuga Cycle.

Each yuga is an age of the world that tracks the movement of the sun, Earth, and planets. Each age represents a different state of humanity. There are four yugas: - Satya Yuga is the highest and most enlightened age of truth and perfection. - Treta Yuga is the age of thought and is more spiritually advanced than Dwapara Yuga and Kali Yuga. - Dwapara Yuga is an energetic age, although not a wise one. During this yuga, people are often self-serving and greedy. The age is marked by war and disease. - Kali Yuga is the age of darkness, ignorance, and materialism. This is the least evolved age. Today, The Holy Science is highly respected among those seeking to understand the relationships between world religions and cultures. While some still believe that we are in Kali Yuga, many others believe that Swami Sri Yukteswar was accurate, and that his calculations correct previous errors that artificially inflated the length of the Yuga Cycle.

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meditation; Use scientific healing affirmations to transform your thinking and your experience of life...and more. The Wisdom of Yogananda series features writings of Paramhansa Yogananda not available elsewhere. These books capture the Master's expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance. This series includes writings from his earliest years in America, in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the twentieth century.

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mysterious and the unknown that is never even scraped by modern science. It also gives an understanding of the riddle of the Universe and Life which stands alternatively explained in most cogent terms by the Yogis and Indian philosophers, in their own way. Just please have a look inside the book and decide for yourself. It is deemed to be a book worth keeping and preserving for a lifetime to be passed down the generations for real wisdom of Who We Are and How We achieve the Kingdom that belongs to us, the Nirvana, the Moksha, or whatever one prefers to call it, the Heavens, the Godhood et al. The reader, too, like so many others before him, is expected to find this book vastly entertaining and opening the vista upon a secret dimension that is life of a human being upon this planet. Those who are curious about Yogic experiences will most likely have their curiosity satisfied. Others who are having such experiences themselves may, no doubt, be happy to find clues and explanation to their mysterious experiences. the author would be happy if it be so. If the book adds to your knowledge of Yoga and Gita-Dnyaneshwari, at least a modicum, the author will say that this book has achieved what it was brought forth for.

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presence were recognised by seekers from both East and West, who knew him as the Godchild of Tiruvannamalai, the small city where he lived for forty years. The book also includes the lives and teachings of the holy beggar's three distinguished gurus, including Sri Aurobindo. With self-revelatory honesty and an enjoyable mix of storytelling, interviews, and fact-finding, this eminently readable biography is an affecting account of an extraordinary life.

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