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# **Autobiography of a Yogi**

Paramahansa Yogananda

**Insights & Analysis**



# The Autobiography Of A Yogi

**Paramahansa Yogananda**



## **The Autobiography Of A Yogi:**

Autobiography of a Yogi Sri Sri Paramahansa Yogananda, 2008      **Autobiography of a Yogi** Paramahansa Yogananda, 2022-05-28 Paramahansa Yogananda's Autobiography of a Yogi stands as a seminal work in spiritual literature weaving a narrative that bridges Eastern spirituality and Western thought. Written in a conversational and introspective style, Yogananda recounts his journey from his early life in India to his mission in the West, incorporating profound insights into yoga, meditation, and the quest for self-realization. The text not only chronicles his encounters with revered spiritual figures but also serves as a comprehensive introduction to the philosophy of Kriya Yoga, illuminating the path to inner peace and divine consciousness amidst the tumult of modern existence. Paramahansa Yogananda (1893-1952) was pivotal in bringing the ancient teachings of India to the West, and his personal experiences shaped the vivid accounts within this autobiography. His diverse upbringing, steeped in spirituality and education, fueled his quest for truth, ultimately compelling him to become a cultural ambassador of yogic philosophy. His establishment of the Self-Realization Fellowship further showcased his dedication to sharing these teachings widely, asserting the universal need for spiritual understanding in a rapidly evolving world. Autobiography of a Yogi is not merely a memoir; it is a transformative guide suitable for readers seeking inspiration and deeper understanding of spiritual practice. This book's rich tapestry of anecdotes and philosophies makes it an essential read for those interested in the intersection of spirituality and personal development.      Autobiography of a Yogi Paramahansa Yogananda, 2022      **Autobiography of a Yogi** Paramahansa Yogananda, 2013-04-02 The value of Yogananda's Autobiography is greatly enhanced by the fact that it is one of the few books in English about the wise men of India which has been written not by a journalist or foreigner but by one of their own race and training. In short, a book about yogis by a yogi.      Autobiography of a Yogi Paramahansa Yogananda, 2023-07-23 Reproduction of the original      **The Autobiography of a Yogi** Paramahansa Yogananda, 2016-09-15 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.      **Autobiography of a Yogi** Paramahansa Yogananda, 2016-08-09 Autobiography of a Yogi is an autobiography of Paramahansa Yogananda. January 5, 1893-March 7, 1952. First published in 1946. Yogananda was born Mukunda Lal Ghosh in Gorakhpur, India, into a Bengali family. 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 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 It has been in print for seventy years and translated into at least forty three languages by Self Realization Fellowship It has been highly acclaimed as a spiritual classic including being designated by Philip Zaleski while he was under the auspices of HarperCollins Publishers as one of the 100 Most Important Spiritual Books of the 20th Century It is included in the book 50 Spiritual Classics Timeless Wisdom from 50 Great Books of Inner Discovery Enlightenment and Purpose by Tom Butler Bowdon According to Project Gutenberg the first edition is in public domain and at least five publishers are reprinting it and four post it free for online reading

*The Autobiography of a Yogi* Paramahansa Yogananda,2017 Autobiography of A Yogi tells the life story of Paramahansa Yogananda one of the best spiritual books ever written This introduces western readers to India s ancient science of Yoga This book is a must read for anyone interested in spirituality God realization and the laws behind miracles The book covers Yogananda s remarkable childhood and describes his search for his guru Yukteswar Giri Yogananda then spent ten years in training to become a yoga master He taught many others The Science of Kriya Yoga a technique that was initiated by Yukteswar The Yogi also established a school by the name of Yogoda Satsanga Brahmacharya Vidyalaya About the Author Paramahansa Yogananda was born in as Mukunda Lal Ghosh He was an Indian yogi and guru Some of the books written by him are Karma and Reincarnation How To Have Courage Calmness And Confidence The Wisdom Of Yogananda 1st Edition The Bhagavad Gita 1st Edition and Whispers From Eternity 1st Edition At the age of 17 in the year 1910 he found his guru Swami Yukteswar Giri Yogananda graduated with a B A from the Serampore College and in 1915 took vows to join the Swami Order Here he was given the name Swami Yogananda Giri The Yogi established the Yogoda Satsanga Society of India in Ranchi In 1920 he was sent to Boston to attend the International Congress of Religious Liberals He lived in America for the next thirty years 1920 1952 and taught the soul awakening techniques of Kriya Yoga to many people Yogananda visited India in 1935 where he was given the monastic title of Paramahansa which represents the highest spiritual attainment The Yogi passed away in 1952 and his funeral service was attended by with hundreds of people in Los Angeles On his twenty fifth death anniversary the Indian government issued a special commemorative stamp in his honour **Autobiography of a Yogi** Yogananda (Paramahansa),1946 **Autobiography of a Yogi - With Pictures** Paramhansa Yogananda,2018-04-03

Immerse yourself in the artistry of words with Experience Art with its expressive creation, **The Autobiography Of A Yogi** . This ebook, presented in a PDF format ( PDF Size: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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