

## 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.

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

Overzichtelijk opgebouwd wordt instructie gegeven over de wijze van aanpak, het opbouwen van conditie en kracht, het werken aan lenigheid en trainen thuis of op de sportschool. Ook zijn er vele tips m.b.t. goede investeringen en waarschuwingen voor misleidende informatie en apparatuur.

Selected as "One of the 100 Best Spiritual Books of the 20th Century," Yogananda's Autobiography of a Yogi has been translated into over 50 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.

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."

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 Yoganandya'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.

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Written by Paramahansa Yogananda, *Autobiography of a Yogi* is one of the most popular spiritual books 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.

With over four million copies in print, Paramahansa Yogananda's autobiography has served as a gateway into yoga and alternative spirituality for North American practitioners since 1946. Balancing traditional yoga, metaphysical spirituality, and a flair for the stage, Yogananda inspired countless people to practice Yogoda, his own brand of yoga. His method combined the spiritual and superhuman aspirations of Indian traditions with the health-oriented sensibilities of Western practice. Because the Yogoda program does not rely on recognizable postures and poses, it has remained under the radar of yoga scholarship. *Biography of a Yogi* examines Yogananda's career and Yogoda in the wider context of the development of yoga in the twentieth century. Focusing on Yogis during this early period of transnational popularization, Foxen highlights the continuities in the concept of the Yogi as superhuman and traces the transformation of yoga from a holistic and spiritual practice to its present-day postural practice.

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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.

Lekker lezen ondanks dyslexie Dit ebook uit de serie PrismaDyslexie bevat het lettertype Dyslexie. De letters van dit lettertype zijn zodanig aangepast dat dyslectici minder moeite hebben ze van elkaar te onderscheiden, waardoor er minder leesfouten gemaakt worden en het lezen gemakkelijker wordt. De enige geautoriseerde en volledige biografie van Steve Jobs Walter Isaacson heeft de afgelopen drie jaar exclusieve en unieke gesprekken voerde met Jobs, zijn familie en vrienden. Isaacson kreeg zo een beeld van de mens Steve Jobs. Maar Isaacson heeft ook gesproken met collega's bij

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Apple en met zijn concurrenten, om een beeld van de zakenman te krijgen. Wie is de man die de wereld aan zijn voeten kreeg met Apple? Walter Isaacson is de voorzitter van het Aspen Institute. In het verleden was hij onder meer hoofdredacteur van Time Magazine en CEO van CNN. Hij schreef eerder gezaghebbende biografieën van Benjamin Franklin, Henry Kissinger en Albert Einstein.

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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.

"...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!

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If a swami clad in ochre robes told you to forsake your family and study yoga to achieve eternal enlightenment, would you do it? In Autobiography of a Yogi (1946), Indian monk and guru Paramahansa Yogananda describes the spiritual path that led him to leave India for the United States to spread the practice of kriya yoga in the early twentieth century... Purchase this in-depth summary to learn more.

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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.

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 meditation in the Western world. Cited as an influence for such luminaries as Steve Jobs and George Harrison. This book will surely inspire readers for years to come.

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 Shankar 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

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21st century, for the benefit of millions of readers and followers worldwide.

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