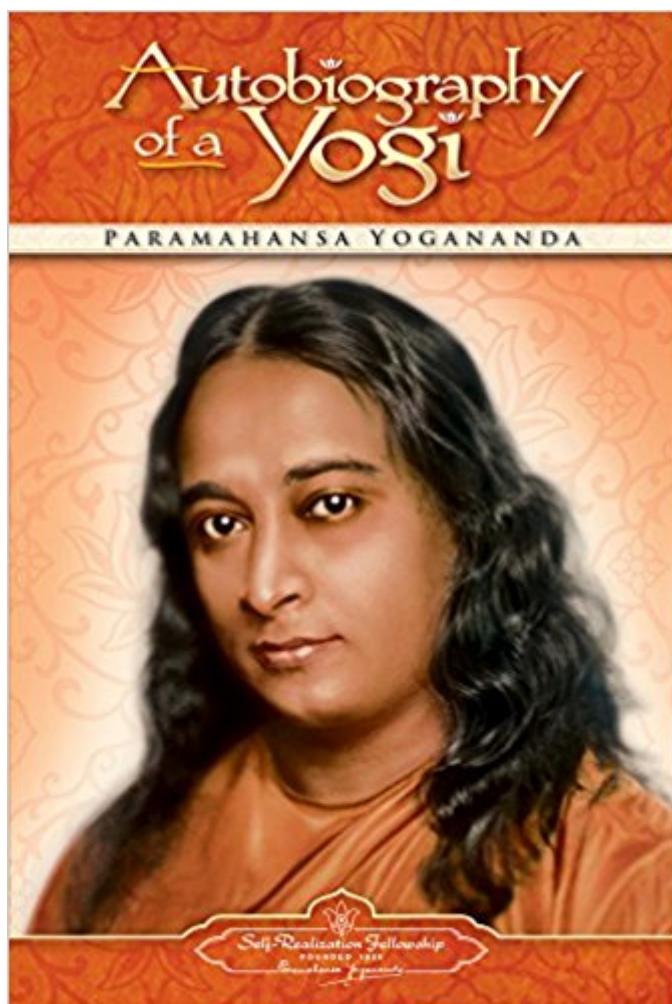


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# Autobiography Of A Yogi (Self-Realization Fellowship)



## Synopsis

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.

## Book Information

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## Customer Reviews

This book is a must-read for the budding yogi, the spiritual veteran looking for a deeper understanding, and everyone in between... --Yogi TimesOne book in particular stayed with Steve Jobs his entire life, Autobiography of a Yogi...‘the guide to meditation and spirituality that he had first read as a teenager, then re-read in India and had read once a year ever since.’ --Huffington Post, review of Walter Isaacson’s biography of Steve JobsFabulous stories from his life keep the reader inspired, informed, and thoroughly entertained from beginning to end. --Yoga Journal

1893 1952 Hailed as the father of Yoga in the West, Paramahansa Yogananda is regarded as one of the great spiritual figures of our time. Born in northern India, he came to the United States in 1920, where for more than 30 years he taught the ancient science of meditation and the art of balanced spiritual living. That same year he founded Self-Realization Fellowship, to disseminate his writings and teachings worldwide. Through his best-selling classic, Autobiography of a Yogi, and his numerous other books, he has introduced millions throughout the world to the spiritual principles of yoga meditation and the universal truths underlying all world religions.

It's hard to give this book less than 5 stars because I highly recommend it and it can completely change your life. I originally read the version with the blue cover which I found out later is apparently the one that wasn't edited after Yogananda's death. Many years later I repurchased this red cover version because it came with the free CD and I figured.. how different can it be? Well, it is very different. The pictures are different. It has more recent pictures of what is apparently the newer leaders of SRF after Yogananda's death. Some of the amazing older pics from the original book were removed which is just heartbreaking for me. I can tell it just isn't the same vibration. I wasn't getting the same feel. So a few days into it, I put the book down and just bit the bullet, got over my penny pinching self, and re-ordered the blue version. I would say, if you are interested more in the SRF organization, buy this one. If you want the more original version that Yogananda himself wrote, get the blue one. The blue version is also free online, I downloaded it, but nothing like having a book in your hands. Especially one that has a healing vibrational quality to it.

Love it. Since it's an autobiography there many bits and pieces of his normal personal life mixed in among his amazing Spiritual Walk, which serves nicely to keep it human. Some amazing stories and still he makes it plain that he's not above anyone else. Will read it again.

I first encountered this book in my early twenties and have had the privilege to live in Encinitas, CA

where one of his temples is. Yogananda writes so clearly and though I have read a lot of his books, the Autobiography is a classic. As one of the first Eastern mystics/gurus to come to the West, Yogananda never was immersed in scandals the way many gurus were who followed decades later. A true lover of the Divine as well as humanity. His beautiful heart and love for all is clearly shown throughout this book revealing not only his journey on the spiritual path, but putting us in touch with many of the Masters and gurus who followed him. As for the legendary Babaji who he introduces the West to in this book, I can say that I myself had a very mysterious experience with this teacher that led me to one of the greatest experiences of my life. Though I never got fully involved in Kriya Yoga and the teachings at one of his ashrams, I was lucky enough to be trained by a woman who used to be a student of his. What a thrill. Though I have since moved on to study many other spiritual teachers, Yogananda remains a stand out, and I suspect he always will.

Why is that so many Indians and Hindus have started looking into Hinduism with reverence after reading this book? Because, The supposed to be ten thousand years old (atleast) religion has lost so many connecting strings that gets re connected through this book. The many magician's tricks are laid open to view and left unjudged for the reader to justify the True-Magic of nature. Many of the practical problem the Hindu yogis face are brought into light (Most important is the renunciation) Any reader can see that the author is a common man in search who is tested, who is validated by the nature's agents and certain junctures, He is chosen to be blessed and raised. To any Non-Hindu~~~~~ Hindu system of Yoga is multifold, multi dimensional. The goal would be to become one with the God of no birth, no death. The first step of that would be the desire to become desireless!!! This book has been an eye opener for many millions Try it.

I don't care who you are or what you believe, read this book. I have given this book to a dozen people in the two years since I first read it. As in my own case, reading it has gone along with a string of small and occasionally major miracles that have added so much to their lives. I don't get how this comes about, but it has been so powerful that I now understand why Steve Jobs had it as the only book on his iPad.

Love this book and continually order as gift for friends. Anyone interested in yoga, spiritual adventures or the history of such in the states will like this book. Caution though, it is written in a very learned, early 20th century English. But the content supersedes the writing and the price cannot be beat. Just buy the book!

Autobiography of a Yogi by P. Yogananda

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Possibly the most important book written in the English language. A Rosetta Stone for world religions and metaphysics. Life changing is an understatement.

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