

Demystifying Patanjali The Yoga Sutras The Wisdom Of Paramhansa Yogananda As Presented By His Direct Disciple Swami Kriyananda

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Original I Ching - Margaret J. Pearson 2012-02-07

First among the ancient classics, the I Ching or Book of Changes is one of the world's most influential books, comparable to the Bible, the Koran, and the Upanishads. The I Ching's purpose is universal: to provide good counsel to its users in making decisions during times of change. Since its origins about 3,000 years ago, it has become a compendium of wisdom used by people of many cultures and eras. This groundbreaking new translation by Dr. Margaret Pearson is based on the text created during the first centuries of the Zhou Dynasty, study of documents showing how it was used in the dynasty, and on current archaeological research findings. Her translation removes centuries of encrusted inaccuracies to better reveal the I Ching's core truths for today's readers. Whether you are interested in trying this millennia-tested method of making wise

choices or in understanding the world view of the early Chinese, this edition is essential reading.

The Art of Supportive Leadership - J. Donald Walters 1987

Learn how to achieve your goals, not by driving the people under you, but by supporting them. Here is a new approach, one that views leadership in terms of shared accomplishment rather than of personal advancement. Perfect for managers, teachers, parents, and anyone who leads others. Recommended by Kellogg and other corporations in their management training programs. Chapters include: -- The Art of Leadership; The Need for Action -- Giving Support; The Importance of Flexibility -- Working with People's Strengths

The Energization Exercises of Yogananda - Jayadev Jaerschky
2022-07-13

KRIYACHARYA JAYADEV JAERSCHKY Jayadev Jaerschky was born in Germany. He began his inner search in his teens and, in 1989, following a pilgrimage to India, he decided to settle in the Ananda center near Assisi and follow the Kriya Yoga tradition of Paramhansa Yogananda as conveyed by his direct disciple Swami Kriyananda. In 1991, he received initiation into Kriya Yoga from Swami Kriyananda, who encouraged him to teach and, later, to write books. Jayadev holds annual seminars in various parts of Italy. He has also taught in several European countries and in India, Egypt, Russia, Ukraine and the United States. In 2007, he founded the European School of Ananda Yoga, of which he is director and where he holds courses throughout the year, training new Ananda Yoga teachers. Jayadev is the author of numerous books on yoga: *Awakening the Chakras*; *Yoga as a Prayer*; *Kriya Yoga*; etc. He sings with passion, plays the guitar and has published several music CDs: *Cosmic Chants* (in Italian), *Love God, Meditations and Practices with OM and Open the Heart Chakra* (the latter two with Peter Treichler). Every year Jayadev leads a pilgrimage to India, to the sacred places of the Himalayas. The main destination is Badrinath, where Mahavatar Babaji, the supreme master of the Kriya Yoga tradition, is said to reside. In 2014, Jayadev was appointed Kriyacharya, that is, he was authorized to give the sacred initiation into Kriya Yoga.

The Essence of Self-Realization - Paramhansa Yogananda 2009-08-16
Yogananda was one of the most significant spiritual teachers of the 20th century. Since his classic, *Autobiography of a Yogi*, was first published in 1946, its popularity has increased steadily throughout the world. *The Essence of Self-Realization* is filled with lessons and stories that Yogananda shared only with his closest disciples, this volume offers one of the most insightful and engaging glimpses into the life and lessons of a great sage. Much of the material presented here is not available anywhere else.

Pick Your Yoga Practice - Meagan McCrary 2013-11-01

On the surface it may appear that yoga is yoga is yoga, but take a closer look and you'll discover myriad different yoga systems and lineages. There are dozens of yoga styles to choose from, and while yoga is for

everyone, not every style is the perfect fit for every person. But how do you choose between mysterious-sounding names such as Ashtanga, Kundalini, Bikram, and Kripalu? As Meagan McCrary discovered when she began exploring different classes, finding the right style is essential for establishing a steady yoga practice. *Pick Your Yoga Practice* is the first book to describe the most prominent yoga styles in depth, including teaching methodology, elements of practice, philosophical and spiritual underpinnings, class structure, physical exertion, and personal attention. Those new to yoga will discover they have options and can confidently attend a class of their choosing, while experienced practitioners will expand their understanding of the vast world of modern yoga, and perhaps find themselves venturing into new territory. Ashtanga * Iyengar * Kundalini * Integral * Kripalu Bikram * Jivamukti * Sivananda * Ananda Viniyoga * Svaroopaa * Power * Forrest * ISHTA Anusara * Moksha * AcroYoga

Touch of Light - John Novak 2016-02-01

Demystifying Patanjali: The Yoga Sutras - Paramhansa Yogananda 2013-06-03

What happens as we grow spiritually? Is there a step-by-step process that everyone goes through—all spiritual seekers, including those of any or no religious persuasion—as they gradually work their way upward, until they achieve the highest state of Self-realization? About 2200 years ago, a great spiritual master of India named Patanjali described this process, and presented humanity with a clear-cut, step-by-step outline of how all truth seekers and saints achieve divine union. He called this universal inner experience and process “yoga” or “union.” His collection of profound aphorisms—a true world scripture—has been dubbed Patanjali's *Yoga Sutras*. Unfortunately, since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjali's writings that have succeeded only in burying his pithy insights in convoluted phrases like “becomes assimilated with transformations” and “the object alone shines without deliberation.” How can any reader understand Patanjali's original meaning when he or she

has to wade through such bewildering terminology? Thankfully, a great modern yoga master—Paramhansa Yogananda, author of the classic *Autobiography of a Yogi*—has cut through the scholarly debris and resurrected Patanjali's original teachings and revelations. Now, in *Demystifying Patanjali*, Swami Kriyananda, a direct disciple of Yogananda, shares his guru's crystal clear and easy-to-grasp explanations of Patanjali's aphorisms. As Kriyananda writes in his introduction, "My Guru personally shared with me some of his most important insights into these sutras. During the three and a half years I lived with him, he also went with me at great length into the basic teachings of yoga. "I was able, moreover, to ask my Guru personally about many of the subjects covered by Patanjali. His explanations have lingered with me, and have been a priceless help in the [writing of this book]."

Intuition for Starters - Swami Kriyananda 2004-06-10

Practical Guidance for Daily Life Every day we are confronted with difficult problems or complicated situations for which we either don't have enough information to make clear-cut decisions or for which there is no easy intellectual answer. At these moments, we all wish for another way to know how to make the right choice. There is another way: through using our intuition. More than just a "feeling" or a guess, true intuition is one of the most important-yet often least developed- of our human faculties. Often thought of as something vague and undefinable, many people mistakenly assume that intuition cannot be understood and developed. *Intuition for Starters* straightforwardly explains what true intuition is and where it comes from, describes the attitudes necessary for developing it, and gives you easy-to-understand practices and guidelines that will help you tap into intuitive guidance at will.

Touch of Peace - Nayaswami Jyotish 2021-10-20

Touch of Peace is a powerful collection of spiritual writings that will change your life by guiding you through with inspiration and new perspectives for facing life's challenges and finding peace within.

Spiritual Yoga - Rich McCord 2013

Many thousands of Yoga practitioners yearn to explore the spiritual

dimensions of the poses they practice every week. *Spiritual Yoga* fills a gap left by most modern Yoga manuals, which explain about bodily alignment, but leave out Yoga's higher dimensions: energy-control, meditation, and inner enlightenment. Now, Nayaswami Gyandev McCord shares these spiritual teachings as originally imparted by the great Yoga master, Paramhansa Yogananda (author of *Autobiography of a Yogi*), and Yogananda's direct disciple, Swami Kriyananda.

Sculptum Est Prosa (Volume 2) - Ivan Kireevskii 2018-11-07

This volume explores the range and uses of quotations, echoes, and allusions drawn from thousands of intertextual instances that Kireevskii has recognized in his work. The principal interest of the echoes examined here lies in the revaluation of the poet and the theoretical issues his varied use of them suggests. Through echoing, Kireevskii embodies and explicates his assertions of continuity in human development, his vision of interchange between the mind and nature. As a poet, he is a person who constantly experiences, sees, hears, suspects, hopes, and dreams extraordinary things; is struck by his own thoughts as if from outside or from above and below, as if by his type of events and lightning bolts; is perhaps a storm himself, pregnant with new lightning; and is a fatal person in whose vicinity things are always rumbling, growling, gaping, and acting in uncanny ways. Listen very carefully because Kireevskii writes in a very symbolic form, and unless you are very alert in reading his words, you may miss all the implications. The reason why he is so symbolic is that he is so full of new insights and he has so much he desires to share and to give. As with a hermit's writings, you can always hear something of the echo of the desert, something of the whisper and the timid sideways glance of solitude—a concealed philosophy where every opinion is also a hiding place, every word is also a mask.

Don't Polish Your Ignorance ...It May Shine - Sadhguru 2011

The persistent questions of seekers fill this book. It's all here - the pain, the confusion, the raging gut-level thirst, all that it means to be human and alive and wanting. And through it all are the clear, strong, unwavering tones of a master who reminds us that the only thing that lies between the human and the divine, the finite and the boundless, the

seeking and the finding, is choice. What does that choice entail? Not the acquisition of any path-breaking wisdom, but a determined refusal to strengthen one's ignorance, to reinforce one's deceptions, to 'gold-plate one's limitations'. The danger, Sadhguru tells us, does not lie in being in the dark - that can be dispelled for anyone who genuinely desires it - but in settling for an easy brilliance, a spurious radiance. The danger does not lie in seeking urgently, but in arriving cheaply. "Don't polish your ignorance," he warns aphoristically, unforgettably, recurrently in the course of this book. "It may shine."

Life of Mahavira - Mānikyachandra Jaini 1908

The End of India - Khushwant Singh 2017-10-25

'I thought the nation was coming to an end' When Khushwant Singh witnessed the violence of Partition nearly seventy years ago, he believed that he had seen the worst that India could do to herself. But after the carnage in Gujarat in 2002, he had reason to feel that the worst, perhaps, was still to come. Analysing the communal violence in Gujarat in 2002, the anti-Sikh riots of 1984, the burning of Graham Staines and his children, the targeted killings by terrorists in Punjab and Kashmir, Khushwant Singh forces us to confront the absolute corruption of religion that has made us among the most brutal people on earth. He also points out that fundamentalism has less to do with religion than with politics. And communal politics, he reminds us, is only the most visible of the demons we have nurtured and let loose upon ourselves. A brave and passionate book, *The End of India* is a wake-up call for every citizen concerned about his or her own future, if not the nation's.

Awaken to Superconsciousness - Donald J. Walters 2000

ABOUT THE BOOK: *Awaken to Superconsciousness* provides easy, gentle guidance to help beginners quickly feel and benefits of meditation and allows long-time practitioners to break through blocks and deepen their experience. Drawing upon decades of experi

Money Magnetism - J. Donald Walters 2004-06-17

This book can change your life by changing how you think and feel about money. Offering simple, powerful techniques for attracting material and

spiritual success, *Money Magnetism* is a practical, easy-to-understand guide that will help you quickly realize results. With its fresh, new insights *Money Magnetism* goes far beyond the scope of other "money" books. According to Walters, anyone can attract wealth—"there need be no limits to the flow of your abundance." Through numerous stories and examples from his own life and others', Walters vividly—sometimes humorously—shows you how and why the principles of money magnetism work, and how you can immediately start applying them in your own life.

The Essence of the Bhagavad Gita - Swami Kriyananda 2006

This commentary on the *Bhagavad Gita*, the daily scripture for over 1 billion people, is designed to unlock its depthless wisdom with striking clarity and focus for a modern audience.

Swami Kriyananda - Asha Praver 2006

The greatness of a spiritual teacher is only partially revealed by the work of his own hands. The rest of the story is one he cannot tell for himself. It is the influence of his consciousness on those who come in contact with him. Here, in some two hundred stories spanning more than forty years, personal reminiscences and private moments with this master teacher become universal life lessons for us all.

Tibetan Yoga of Movement - Chogyal Namkhai Norbu 2013-07-23

Tibetan Yoga of Movement introduces the method of Yantra Yoga, a traditional Tibetan form that is one of the oldest recorded systems of yoga in the world. Derived from an eighth-century Tibetan Buddhist text, Yantra Yoga includes many positions similar to those of Hatha Yoga in form, but different in the dynamics of the way in which they are practiced, especially in the coordination of movement and breathing. The Yantra Yoga system encompasses 108 sets of movements (yantras) and several types of breathing to be learned at your own pace. Due to its emphasis on uniting breathing and movement, Yantra Yoga can deepen the experience of yoga practitioners from any tradition and profoundly benefit anyone seeking authentic balance, harmony, and the understanding of our true nature. Since the eighth century, this yoga teaching has been passed down from teacher to student in an unbroken lineage. Chögyal Namkhai Norbu, the current lineage holder, began

transmitting Yantra Yoga in the West in the 1970s. Presenting detailed instructions accompanied by over 400 instructional photos, the book describes the sequences of movements, methods of breathing, and the concrete health benefits of the practice.

An Introduction to Confucianism - Xinzhong Yao 2000-02-13

Introduces the many strands of Confucianism in a style accessible to students and general readers.

The New Path - Swami Kriyananda 2009

Mind, body, spirit.

Making of Librarianship in Pakistan - Syed Jalaluddin Haider 1987

Demystifying Patanjali - Paramhansa Yogananda 2013

A great spiritual master of ancient times, Patanjali, presented humanity through his Yoga Sutras with a step-by-step outline of how all spiritual aspirants achieve union with God. He called this universal experience "yoga" or "union." Since then, scholars have written commentaries that bury Patanjali's insights in confusing terms like "mental modifications." Thankfully, a modern yoga master--Paramhansa Yogananda--has resurrected Patanjali's original teachings and revelations. In *Demystifying Patanjali*, Swami Kriyananda shares Yogananda's crystal clear and easy-to-grasp explanations.

Your Sun Sign as a Spiritual Guide - Swami Kriyananda 2013-10-07

What sets this book apart from other astrology titles is Kriyananda's focus on the spiritual potential of each "sun sign," rather than focusing mainly on the karmic limitations. It is so common to hear generalizations such as: Leo is proud, and Taurus is stubborn. In his book Kriyananda shows how, with awareness, attention, and will, one can cultivate the higher potential of his sign, leading to greater fulfillment and success. Leo can shine as a channel of light and creativity, without pride, if he remembers that Spirit (not ego) is the doer. Taurus can be the essence of loyalty and perseverance, without being stubborn, if he develops an inner fixity of purpose while practicing an outward flexibility. In other words, the horoscope shows karmic patterns of energy. We can learn to work with these energies and develop their more refined, higher octaves,

which will then magnetize new possibilities into our lives. The fundamental point is that the horoscope shows one's karmic energy situation, but not who he really is—the spiritual Self within. Kriyananda's approach is to encourage and inspire one's Self to awaken, and to express itself through the sun sign. Within each of us is vast potential to be awakened. Your Sun Sign as a Spiritual Guide is a beautifully inspiring book that will open doors and encourage one in this direction. This book also guides the seeker to an understanding of the subtle aspects of the spiritual path as it manifests for him through his particular sun sign. Yogic understanding is rich and often runs counter to prevailing thought. So too with astrology, the reader will find vistas of understanding opening as he takes the words and guidance of this yogic view of astrology to heart. This book reassures the reader that sun-sign weaknesses can be spiritual strengths if pursued rightly. It also warns one not to rest on the laurels of sun-sign strengths, but to go much deeper. Concentrated, deep wisdom is available to the seeker in this brief, easy-to-digest book that helps the reader to understand himself and others from a higher perspective.

The Art of Supportive Leadership - J. Donald Walters 2004-06-04

A Proven Approach to Successful Leadership Do you want to improve your leadership skills and learn how to bring out the best in your employees, co-workers, or students? Then *The Art of Supportive Leadership* can help you! Large and small companies of every kind—from well-established industrial corporations to sparkling new tech firms—are using this proven approach to leadership with great success. It has become equally indispensable to the non-profit organizations, schools, and military personnel who also use it. *The Art of Supportive Leadership* is defining the new cutting edge of leadership training. Drawn from the author's many years of successful leadership in numerous contexts, this book gives you clear and practical techniques that quickly produce results—even if you're new to leadership, and even if you can only devote limited time to improving your skills. Each chapter ends with short, concise summaries that serve as quick reference guides when you need them.

Tao Te Ching - Lao Tzu 2021-04-06

Although translations and interpretations of the Tao te Ching abound and new editions are released yearly, few accomplish the hard work of linking and bridging the Tao's profound message to the needs of modern readers. There may be a profusion of versions, but our lives and our world reflect little of the deep, transformative potential of this important text. Marc S. Mullinax's new translation grows from extensive teaching experience and combines a deep understanding of the Tao's fourth-century BCE Chinese context with an exciting two-part application of that text to contemporary life. First, each of the eighty-one verses is joined by a richly curated array of quotes, sayings, poems, and stories from wisdom traditions around the globe. With quotes ranging from Emerson to Pink Floyd, and from the apostle Paul to Margaret Atwood, the Tao's meaning comes alive in conversation with others. Second, a brief reflection puts the verse in historical context and highlights the transformative power of Wu-Wei, the "non-interfering action, perfectly timed, to promote peace and prevent injury," to bring joy and justice to a hurting world.

Love Perfected, Life Divine - Swami Kriyananda 2013-10-07

Inspired by Marie Corelli's book, *The Life Everlasting*, Swami Kriyananda—direct disciple of the great world teacher, Paramhansa Yogananda (author of the classic *Autobiography of a Yogi*)—retells the dramatic story of a woman's discovery of her twin soul—a discovery that propels her to undertake an arduous and perilous climb to the loftiest heights of spiritual awakening. Fueled by her love, the heroine must overcome harrowing challenges before she realizes the goal of her yearning in union with God. *Love Perfected, Life Divine* is a timeless tale that carries the reader to the heart of the inner quest. As Swami Kriyananda wrote in his introduction: *The Life Everlasting* is the only novel Paramhansa Yogananda ever finished reading. I can understand why he did so. It has a deep spiritual potential. I myself have enjoyed it, and have read it many times. I would not have undertaken this endeavor, however, if Yogananda himself had not also addressed the subject [of soul-mates] once, so obliquely as to cry for clarification. He said—and, to

the best of my knowledge, once only—that everyone, before attaining oneness with God, must be united with his soul dual, even if that dual is living on another planet and the union can be achieved only in vision. . . . *The Life Everlasting* . . . exerts an undeniable spell. . . . [It is] not afraid to express openly the author's devotion to God without enclosing the reader in a narrow box of sectarianism. . . . I have rewritten [this] story because, with all its faults, I have always loved it. I have cleared out massive amounts of excessive verbiage; introduced a note of greater kindness; cut out many pages as unnecessary and, indeed, deleterious to the lofty mood of the book. I have rewritten the book also to make it correspond to my own beliefs. I think, as you read, you will understand my reasons for the countless changes I have made. And I conclude by saying I am happy with the results. I hope you, dear reader, will be happy also.

The Bhagavad Gita - Yogananda (Paramahansa) 2008

"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 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 - Paramhansa Yogananda 2005-11-01

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.

The Essence of the Bhagavad Gita - Paramhansa Yogananda 2008-02-04 Rarely in a lifetime does a new spiritual classic appear that has the power to change people's lives and transform future generations. This is such a book. The Essence of the Bhagavad Gita Explained by Paramhansa Yogananda shares the profound insights of Paramhansa Yogananda, author of Autobiography of a Yogi, as remembered by one of his few remaining direct disciples, Swami Kriyananda. This revelation of India's best-loved scripture approaches it from an entirely fresh perspective, showing its deep allegorical meaning and also its down-to-earth practicality. The themes presented are universal: how to achieve victory in life in union with the divine; how to prepare for life's "final exam," death, and what happens afterward; how to triumph over all pain and suffering. This book is itself a triumph. Swami Kriyananda worked with Paramhansa Yogananda in 1950 while the Master completed his commentary. At that time Yogananda commissioned him to disseminate his teachings world-wide. Kriyananda has in his lifetime lectured, taught,

and written eighty-five books based on Yogananda's teachings. The Essence of the Bhagavad Gita, Kriyananda's eighty-sixth book, is the crowning achievement of his highly productive life. In this, his masterpiece, he declares, "Yogananda's insights into the Gita are the most amazing, thrilling, and helpful of any I have ever read."
Bani Of Bhagats - Dr. G.S. Chauhan 2006

The Art and Science of Raja Yoga - Swami Kriyananda 2011-05-16
MIND, BODY, SPIRIT: MYSTICISM & SELF-AWARENESS. This text, is a comprehensive course on yoga and meditation. Reap the physical benefits of these age old teachings and find the joy in your soul. Included with this book is a CD containing: a guided yoga postures session, a guided meditation and an inspiring talk by Kriyananda on the art of meditation.

A Pilgrimage to Guadalupe - Swami Kriyananda 2013-07-13
As he seeks answers to life's deepest questions, a pilgrim experiences seemingly chance meetings with an atheist, a social activist, Catholic monks, and others. While accompanying the pilgrim on his journey, the reader finds his own mind expanding, and discovers a universal and liberating life philosophy.

A MANUAL OF SELF UNFOLDMENT - Swami Chinmayananda 2007-07
In an age where scientific minded youngsters are turning away from religion, there is a great need for a clear, systematic and logical explanation of the ancient spiritual teachings of Hinduism. That is exactly what Pujya Gurudev Swami Chinmayananda has given us in Self Unfoldment - a step-by-step analysis of the thought development of Vedanta. In precise, simple and profound language, Gurudev takes us from the fundamental principles of life to the very highest philosophical truths in this spiritual masterpiece. Self Unfoldment has inspired thousands of young people over the years, bringing out the noblest and best in them. Swami Chinmayananda, pioneered the art of conveying sublime knowledge intricately wrapped in Sanskrit scripture through the medium of English discourse and commentary. On realising the true purpose of life he worked tirelessly and with tremendous energy for

more than four decades to spread the message of Vedanta. A great writer, leader, patriot and spiritual giant: He brought about a spiritual renaissance of the Vedantic heritage to the world. A powerful orator with his own brand of wit and humour; he paints vividly the wisdom of the ages in front of us. His commentary on the Bhagavad Geeta and Upanishads are considered one of the best ever for their clarity and crisp logic.

The Yoga-Sutra of Patanjali - Chip Hartranft 2019-12-10

A classic work of Indian philosophy that succinctly spells out how the mind works and what is needed to attain liberation. In 196 short aphorisms, this classic work of Indian philosophy succinctly spells out how the mind works and how it is possible to use the mind to attain liberation. The Yoga-Sūtra is a road map of human consciousness and a helpful guide to the mental states that one encounters in meditation, yoga, and other spiritual practices. Chip Hartranft's translation and extensive, lucid commentary bring the text beautifully to life. He also provides useful auxiliary materials, including an afterword on the legacy of the Yoga-Sūtra and its enduring relevance for us today.

Rays of the One Light - Swami Kriyananda 1996-12-01

Parallel passages from the Judeo-Christian Bible and the Bhagavad-Gita of India reveal a single unified teaching. East meets West and theological barriers tumble. Two Scriptures become one Truth.

Letters from the Yoga Masters - Marion (Mugs) McConnell 2016-06-07

This intimate and insightful account of the life of Dr. Harry (Hari) Dickman, referred to by Swami Sivananda as "the yogi of the West," features more than fifty years of correspondence between Dickman and well-known yoga masters such as Swami Sivananda, Ramana Maharshi, Paramhansa Yogananda, and almost one hundred others. Marion (Mugs) McConnell, Dickman's student, has created a brilliant and loving tribute to her teacher, who founded the Latvian Yoga Society in the early 1930s and later spread his knowledge in the U.S. with the blessings of Paramhansa Yogananda, author of *Autobiography of a Yogi*. Offering a broad range of information on yoga history, theory, and techniques from

a variety of different paths, *Letters from the Yoga Masters* contains a treasure trove of previously unavailable material and presents detailed teachings about pranayama, mudras, diet, and much more, all interwoven with stories and personal anecdotes. Taken together, the rare correspondence and personal chronicles provide an unparalleled glimpse into the life of a yogi, the development of yoga in the West, and the ways that spiritual wealth is disseminated across generations.

Shiva Mahavatar Babaji - Pola Churchill 2006-09

In the Kumaon foothills of the Indian Himalayan mountains, where great saints and yogis of the past and present have made their ancestral homes since the beginning of creation, resides Shiva Mahavatar Babaji, known to millions in the West through Paramahansa Yogananda's book, *Autobiography of a Yogi*. In 1970, Shri Babaji, the deathless Master, appeared as a youth of 18 years old in a cave at the foot of Mount Kailash in the state of Samadhi. He displayed great wisdom and divine powers and was recognized by people as the great Mahavatar reincarnated. His coming was foretold both by saints and ancient scriptures. He came to reform the hearts and minds of men, uplift humanity during troubled times, and to teach and restore the Sanatan Dharma (eternal religion) of truth, simplicity, love, unity, and selfless service to God. (Karma Yoga). This book records His teachings and the extraordinary accounts of people's dreams, visions and encounters that bear witness to His omnipresence. This book is written with the intention for people to experience Babaji through these pages, so it will inspire you to investigate this fascinating Being for yourselves.

Affirmations for Self-Healing - Swami Kriyananda 2015-01-01

Scientists now acknowledge that an individual's thoughts influence their physical, mental, and emotional health. People routinely enlist the help of psychologists and drugs to overcome their deeply rooted, harmful thoughts. This book contains 52 affirmations and prayers devoted to strengthening positive qualities such as will power, good health, forgiveness, security, and happiness.

Conversations with Yogananda - J. Donald Walters 2003