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the present book by ak gandhi is based on the life of one of the most popular spiritual leaders of the present time in india and abroad sri sri ravishankar he is the founder of art of living foundation he started this foundation in year 1981 with an aim to relieve individual stress social problems and violence in

order to help people get rid of their anxieties and establish world peace he has been initiating several spiritual and charity programmes in different countries of the world one of such initiatives taken by guruji was geneva based ngo international association for human values that engages in relief work and rural development and aims to foster shared global values he has been the recipient of some of the highest honors and awards of several countries including the padma vibhushan from the government of india which he received in january 2016 the present book by ak gandhi is based on the life of one of the most popular spiritual leaders of the present time in india and abroad sri sri ravishankar he is the founder of art of living foundation he started this foundation in year 1981 with an aim to relieve individual stress social problems and violence in order to help people get rid of their anxieties and establish world peace he has been initiating several spiritual and charity programmes in different countries of the world one of such initiatives taken by guruji was geneva based ngo international association for human values that engages in relief work and rural development and aims to foster shared global values he has been the recipient of some of the highest honors and awards of several countries including the padma vibhushan from the government of india which he received in january 2016 biography of sri sri ravi shankar by a k gandhi this book provides a biographical account of sri sri ravi shankar the indian spiritual leader and founder of the art of living foundation with its focus on spirituality and personal growth biography of sri sri ravi shankar is a must read for anyone interested in indian philosophy and spiritual practices key aspects of the book biography of sri sri ravi shankar indian philosophy and spirituality the book highlights sri sri ravi shankar s teachings and practices in the areas of indian philosophy and spirituality providing valuable insights into his approach to spiritual growth and self realization personal growth and transformation the book focuses on the importance of personal growth and transformation in achieving spiritual enlightenment and inner peace inspiring story the book tells a captivating and inspiring story highlighting the power of devotion and discipline in achieving spiritual awakening a k gandhi is a spiritual writer and historian who has written extensively on indian philosophy and spirituality biography of sri sri ravi shankar is one of his most acclaimed works

this is the authorized biography of one of the most magnetic men in the world he is a man whose presence and grace have touched and transformed millions of followers all over the world from bangalore to bosnia surinam to south africa tamil nadu to trinidad a tireless traveler he has addressed the united nations the world economic forum and bright young minds at harvard university in a world torn with strife he has carried the eternal message of love and revival of human values wherever he goes people from all walks of life homemakers chiefs of industry politicians and film stars seek his blessings and advice amazingly he manages to make each one feel special and cherished who is this playfully profound childlike ever smiling guru whose avowed mission is to put a smile on the face of every person he meets he is sri sri ravi shankar the founder of the international art of living foundation

with centers in more than 140 countries of the world this book offers you hitherto unpublished material about his childhood his adolescence his spiritual development his organization and his healing breath workshop he has devised the sudershan kriya a transformative process that has miraculous healing powers this is a man who practices no religion but teaches through example the meaning if true spirituality being ever joyful

weekly knowledge sheets given by sri sri ravi shankar a practice which began from the year 1995 and now have been compiled into seven volume series of books this book volume i is a collection of weekly talks conversations and messages that sri sri ravi shankar gave between june 21 1995 to june 13 1996 an intimate note to the sincere seeker is a compilation of excerpts of talks by sri sri ravi shankar in the year 1995 1996 while these talks often discuss the state of the world at the time they were written because they discuss human life on the most basic levels love hatred trust peace silence happiness they are still valuable today they give us an insight into this knowledge that is so deeply profound yet so simple knowledge that does not just remain in the intellect but is beautifully and effortlessly integrated into daily life sri sri avoids lengthy discussions about the deeper philosophy of life yet his talks reflect these values to their very core this book is specially compiled to help readers going through an emotional phase or who need a guidance in life the reader can go through any one random page 365 chapters for 365 days for help or can follow as per ones discretion

biography of sri sri ravi shankar hindu spiritual leader

impressed and influenced by his teachings a large number of people are trying to make this world a better place to live he has been advocating to leave behind a world better than they inherited and he is actively involved in this mission he says we re not going to heaven we ll create it wherever we are he is a true ambassador of peace in the world today and is recognized as the harbinger of peace by all people including heads of states and governments the united nations and other world organisations so numerous are his attributes and so wide his approach and appeal that it is hard to bind him in a book of this size though we have endeavoured to make a solemn effort and hope that you will find it worthwhile

it was an era when the wisdom of yoga had been buried under years of ritual practices when religion outweighed human values when games were becoming wars and wars were being played like games it was at such a time that in a quaint village in south india a young boy was found in deep meditation he would say i have family everywhere people are waiting for me nobody believed him then time revealed the destiny of the millions who came to him to discover themselves over the years his sublime presence and pragmatic teachings would foster the values of joy peace and love across

the world his transformative art of breathing the sudarshan kriya became a household practice an alternative way of life that inspired people to seek self realization he became the guru who made the ethereal tangible who brought about a profound shift in every sphere of human endeavour from art to architecture health care to rehabilitation inner peace to outer dynamism from a carefree child to a teenager often found in the company of saints from a young meditation teacher to a revered spiritual master this book is an intimate and affectionate account of the life of gurudev sri sri ravi shankar by his sister bhanumathi narasimhan who witnessed his mystical life unfold up close gurudev on the plateau of the peak is an attempt to fit the ocean in a teacup offering readers a sip of infinity

in this book sri sri discusses topics ranging from doubt and fear to love and dispassion he describes what it means to be on the spiritual path a path of service sadhana and surrender he leads us through an understanding of god and back to our inner self what we really seek often without knowing some questions can only be answered in silence silence is the goal of all answers if an answer does not silence the mind it is no answer your soul is solidified silence and this solidified silence is wisdom knowledge when wisdom dawns it gives rise to celebration h h sri sri ravi shankar

power of love collection of simple talks by h h sri sri ravi shankar on love power of love refreshingly explores all facets of a subject that evokes a range of emotions makes life worth living and is the basis of all existence is love power of love refreshingly explores all facets of a subject that evokes a range of emotions makes life worth living and is the basis of all existence is love there is strength in peace there is strength in calm there is strength in love what you cannot win with a stick you can win with love what you cannot win with guns you can win through love this power of love often goes unnoticed it needs to be realised the most powerful thing in the world is love we can win the hearts of people through love the victory that comes out of ego is worth nothing even if you win in ego it is a loss but even if you lose in love it is a victory making people realise this innermost strength that we all have is a challenge

breathing has the power to rejuvenate and revitalize the body recognizing the power of the breath sri sri ravi shankar revived and popularized the ancient art of pranayama and created sudarshan kriya techniques of effective breathing that help unlock the power that lies within all of us sri sri and the art of living foundation seek to use these techniques to spread peace and harmony throughout the world modern living is fraught with stress and suffering and sri sri helps transform the negative emotions that come with that lifestyle into positive energy this book tries to understand how the science of breath along with meditation can offer a healing touch amidst the chaos of modern life the art of healing the healing breath is an attempt at

unravelling the enigma that is sri sri ravi shankar and spreading the message of peace that the art of living foundation propagates it would prove to be an invaluable guide for followers of sri sri for those who wish to understand the good work being done by his disciples in areas where people are afflicted and affected by disease trauma and disasters and for those who wish to understand the crisis of modern living and the way out of it

organisations the world over today are paying more and more attention to how to prevent their workforce from getting burnt out due to an unrelenting pace of work views are radically changing on these practices to ensure that employees perform consistently well over many years in this book sri sri offers valuable tips for managers and leaders to become more effective in their roles and also on how to develop a work environment that is conducive for both the employees and the organisation to add value to each other

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this book is a compilation of the seventh year of intimates notes of weekly knowledge and wisdom from sri sri ravi shankar founder and spiritual leader of the art of living foundation

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