

The Essence Of Bhagavad Gita Explained By Paramhansa Yogananda As Remembered His Disciple Swami Kriyananda

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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

a remarkable story of devotion and attunement between a young devotee and a spiritual master narayani anaya was twenty four when she first met swami kriyananda in 2003 he was seventy seven a global teacher and foremost disciple of paramhansa yogananda recognition was immediate her heart declared myking he said she seems like a daughter to me soon she began following swami around the world india america europe in 2010 he asked her to become his personal assistant and caregiver since that day and literally until his last breath narayani was always by his side decades of spiritual training were compressed into a few short years preparing her to carry his spirit and message of self realization to her generation of seekers and to all who would know god

in the higher civilizations of ancient vedic india the great spiritual teachers known as rishis created the four ashrams or stages of life as a way for people to instill their lives with deeper meaning these four stages were designed to bring people more inner peace happiness and greater health and longevity in this book a western yogini brings the four ashrams to life for the modern day the four stages of yoga highlights stories and conversations that encompass the journey yogis take from birth to the last moments of life though yoga philosophy has been around far longer than most realize the deeper nuances of its effects on our own lives is revealed in this modern day expose here we see how vedic india s classic four ashrams of life are experienced in the context of a yoga community in the foothills of the sierra nevada mountains just as vedic myths have been carried down through eons to entertain and enlighten us the true stories and visions encompassed herein speak to the very heart of living yoga in an everyday world the first stage includes stories of childbirth and how yogis can draw a spiritual soul into their family to rites of passage for children and how yogic schools for young adults help instill and deepen compassion during the creation of a unique yoga college come stories of visits with the dalai lama at his home in mcleod ganj as well as experiences with yogis rishis and mystics throughout india in the second stage of life we explore how householder relationships evolve conscious work for those with monastic tendencies how vedic astrology can assist our lives as well as how yogis approach love romance and celibacy and the mysticism that surrounds a yogic marriage ritual in the third stage we are introduced to how yogic couples singles and monastics are living their lives in creative new ways we read stories of how yogis develop devotion personal experiences with great souls like mother teresa of calcutta and how married couples and singles can live more fulfilling lives the fourth stage offers reports of those embracing the vedic sannyas vows and how they live their lives during this remarkable and powerful stage of surrender and transcendence conversations with rishis yogic psychics and those experiencing this cycle provide a lens that offers hope and satisfaction for the last stages of life and the final preparation for death and the afterlife

a history of yoga s transformation from sacred discipline to exercise program to embodied spiritual practice identifies the origin of exercise yoga as india s response to the mania for

exercise sweeping the west in the early 20th century examines yoga's transformations through the lives and accomplishments of 11 key figures including Sri Yogendra K. V. Iyer, Louise Morgan, Krishnamacharya, Swami Sivananda, Indra Devi, and B. K. S. Iyengar. Draws on more than 10 years of research from rare primary sources and includes 99 illustrations in the path of modern yoga. Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime for middle class Indians in the early 20th century and then gradually transformed over the course of the 20th century into an embodied spiritual practice. A yoga for our times drawing on more than 10 years of research from rare primary sources as well as recent scholarship. Goldberg tells the sweeping story of modern yoga through the remarkable lives and accomplishments of 11 key figures: six Indian yogis: Sri Yogendra, Swami Kuvalayananda, S. Sundaram, T. Krishnamacharya, Swami Sivananda, and B. K. S. Iyengar; an Indian bodybuilder: K. V. Iyer; a Rajah: Bhavanarao Pant; Pratinidhi, an American born journalist; Louise Morgan, an Indian diplomat; A. P. Pant, and a Russian born yogi trained in India: Indra Devi. The author places their achievements within the context of such Western trends as the physical culture movement, the commodification of exercise, militant nationalism, jazz age popular entertainment, the quest for youth and beauty, and 19th century New Age religion. In chronicling how the transformation of yoga from sacred discipline to exercise program allowed for the creation of an embodied spiritual practice, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga.

Hare Krishna Ghosh, the only living son of Paramhansa Yogananda's brother, Sananda Lal Ghosh, was born in Calcutta at 4 Garpar Road where Yogananda lived from the time he was 12 until he met his guru, Swami Sri Yukteswar, after ten years of training in his guru's hermitage. Yogananda left India for America in 1920 to begin his life's mission demonstrating to truth seekers around the world the essential oneness of the religions of East and West. In 1935 Yogananda returned to India to be reunited for a time with his guru, his beloved father, and other family members and his friends and disciples. It was during this visit that Hare Krishna, age 15, met him for the first time. That meeting and the subsequent months spent with the master changed Hare Krishna's life forever. We met Hare Krishna and his wife, Anjali, on our first pilgrimage to India in 1986 when they graciously hosted us in their home. It was our pleasure then also to meet their son, Somnath, and their daughter, Papia, both of whom are married and have children of their own. On first entering the house where our guru lived and where he later stated, "I found God, we could feel his vibrations everywhere as a small boy running up and down the staircases laughing and playing pranks on his sisters and brothers as a young man diving deeper and deeper into God communion as an avatar for this age for any of you who find yourselves longing to go to India to experience Yogananda's presence there we highly recommend that you go to Hare Krishna's home at 4 Garpar Road. Their doors are always open for meditating in Yogananda's attic room, talking with the family, or just quietly soaking in the spiritual vibrations that are felt throughout the house. In the following pages Hare Krishna has very beautifully described many of his experiences with Yogananda in his unique relationship to him as uncle and guru. We hope that you will find the same inspiration and joy we have felt in reading these glimpses into Yogananda's life and into the deep effect he had on all those around him.

the fascinating journey of an accomplished lawyer whose passion for self examination yields an

unexpected wealth of psychological and spiritual insight even a flower brings the author's keen intellect into dialogue with his fervent intuition the result is an astonishingly fruitful marriage of thought and feeling a soulful outpouring of fresh spirituality rooted in the conflicts and uncertainties of everyday life dedicated to every heart so foolish as to have no doubt and every mind so arrogant as to have no faith this remarkable work offers a new psychospiritual paradigm one that speaks to and through mind and heart left brain and right simultaneously those who have longed for such a synthesis won't be able to put this down about the author the author is a former law professor and leading member of the bar he has also served as cantor of a large metropolitan synagogue

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50 spiritual classics captures the diversity of life journeys that span centuries continents spiritual traditions and secular beliefs from the historical the book of chuang tzu to modern insight from the kabbalah from kahlil gibran's the prophet to eckhart tolle's recent the power of now the first and only bite sized guide to the very best in spiritual writing this one of a kind collection includes personal memoirs and compelling biographies of such diverse figures as gandhi malcolm x and black elk eastern philosophers and gurus including krishnamurti yogananda chogyam Trungpa and Shunryu Suzuki and western saints and mystics such as St. Frances of Assisi Hermann Hesse and Simone Weil the last fifteen years have been a golden age in the genre of personal spiritual awakening with names such as Eckhart Tolle Neale Donald Walsch and James Redfield breathing new life into the literature 50 spiritual classics showcases these newer works alongside traditional classics such as St. Augustine's Confessions and Teresa of Avila's Interior Castle and conveys the great variety of spiritual experience in its commentaries of both the conventional classics as well as new writings destined to endure 50 spiritual classics makes universal the human spiritual experience and will inspire spiritual seekers everywhere to begin their own adventure

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how to be a success paramhansa yogananda is there a power that can reveal hidden veins of riches and uncover treasures of which we never dreamed is there a force that we can call upon to give success health happiness and spiritual enlightenment the saints and sages of india taught that there is such a power in this volume of all new never before released material paramhansa yogananda who has millions of followers around the world shares how we can achieve the highest success of material and spiritual efficiency

i believe in kimberly's program and philosophy she is brilliant drew barrymore as hollywood's go to nutritionist and new york times bestselling author of the beauty detox solution and the beauty detox foods kimberly snyder knows that there is so much more to being truly healthy and achieving and maintaining weight loss than counting calories and working out the secret is

aligning your mind and body in the beauty detox power she shares the diet and lifestyle changes that are the foundation of her signature program and will nourish your mental and emotional well being heal your mind and body to let go of excess weight discover and conquer the root of specific food cravings overcome plateaus and blocks to gain inner and outer beauty balance your entire being with over 60 recipes for youthful vitality health and glow the beauty detox power is filled with revolutionary advice inspiring personal stories and powerful tips and tools embrace your true power to create your best body beauty and life

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