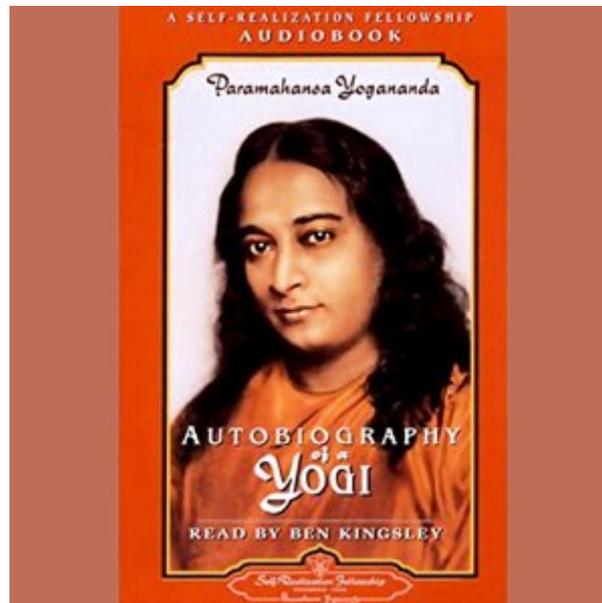


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# Autobiography Of A Yogi



## Synopsis

This life story of Yogananda was instrumental in introducing meditation and yoga to the West. It includes Yogananda's and Sri Yukteswar's attempts to explain certain verses and events of the Bible such as the Garden of Eden story, and descriptions of Yogananda's encounters with Therese Neumann, Mohandas Gandhi, and Nobel laureate Rabindranath Tagore. Show Excerpt ount. He thought so little about it that he overlooked any mention to the family. Much later he was questioned by my youngest brother Bishnu, who noticed the large deposit on a bank statement. "Why be elated by material profit?" Father replied. "The one who pursues a goal of evenmindedness is neither jubilant with gain nor depressed by loss. He knows that man arrives penniless in this world, and departs without a single rupee." [Illustration: MY FATHER, Bhagabati Charan Ghosh, A Disciple of Lahiri Mahasaya--see father1.jpg] Early in their married life, my parents became disciples of a great master, Lahiri Mahasaya of Benares. This contact strengthened Father's naturally ascetical temperament. Mother made a remarkable admission to my eldest sister Roma: "Your father and myself live together as man and wife only once a year, for the purpose of having children." Father first met Lahiri Mahasaya through Abinash Babu, an employee in the Gorakhpur office of the Bengal-Nagpur Rail --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Like Gandhi, Yogananda writes humbly and includes his foibles and the pratfalls he takes as he journeys through life's lessons. In fact, unless you read elsewhere about his life you won't realize how much he understates his own accomplishments while he honors other spiritual seekers and

teachers he encounters. His stories of encounters with amazing saints of all regions and religions are spell-binding, and you may find yourself (like me) devouring the whole book on your first read -- just reveling in the wonders of these true spiritual seekers. On successive readings I delved deeper into the equally fascinating footnotes, learning about the exotic realms of Indian spirituality and its unexpected parallels with the original Christian teachings of Christ, St. John, and St. Paul. In fact, the countless strata of insights and implications that surface with repeated readings of *Autobiography of a Yogi* argue for spending a few more dollars on the trade paperback rather than the mass market paperback edition, since you'll want to return numerous times over the years. The Self-Realization Fellowship editions are to be preferred over others. Yogananda himself started that organization (SRF), and the award-winning quality of SRF editing and printing shines through them - in contrast to bootlegged editions printed up by renegade outfits. In all my reading in spirituality, yoga, and comparative religion, I have discovered no work that so completely fulfills Carl Jung's prophecy that yoga science (the whole science, not just the athletic postures) will offer you "undreamed-of possibilities" as Yogananda's autobiography.

Twenty-five years after my first discovery of this transformative volume, I would like to supplement my original review with a few additional considerations for prospective readers. Always averse to things religious (as being arbitrarily authoritarian) and spiritual (as being delusional), I was at an initial loss to explain why this book riveted my attention. Yoga was way too 'airy-fairy' for my hard-headed mind. Somehow I was won over within a few sentences, spellbound by a spiritual author who wrote humbly, declined to adopt the self-righteousness of many a preacher, and yet related astounding spiritual events and principles - dating back to his infancy. I was impressed to hear deep respect for the paths of all truth-seekers: of Hindus, Buddhists, Moslems, Christians, Jews; of humanists and scientists, transcendentalists and missionaries. His accounts were so personable and reasonable, his interdisciplinary insights so compelling, that I found myself questioning all materialist prejudices and weighing seriously his other-worldly claims. During the first few chapters, in the background of my mind, I was quietly weighing explanations for this book, this mind, this spirit: was he a liar? a lunatic? or can the world really hold such miracles of life and Spirit as he depicts here? With liars and lunatics I'd had way too much acquaintance and knew: this was written by neither of these. I confronted myself: must I not overthrow my narrow, long-entrenched scientist's view of world and life, origin and death, reality and truth? Through college and graduate school I'd always craved to meet a real leader - one who embodied Truth, exuded wisdom, lived a Gandhi-like life - that might transform this modern world.

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