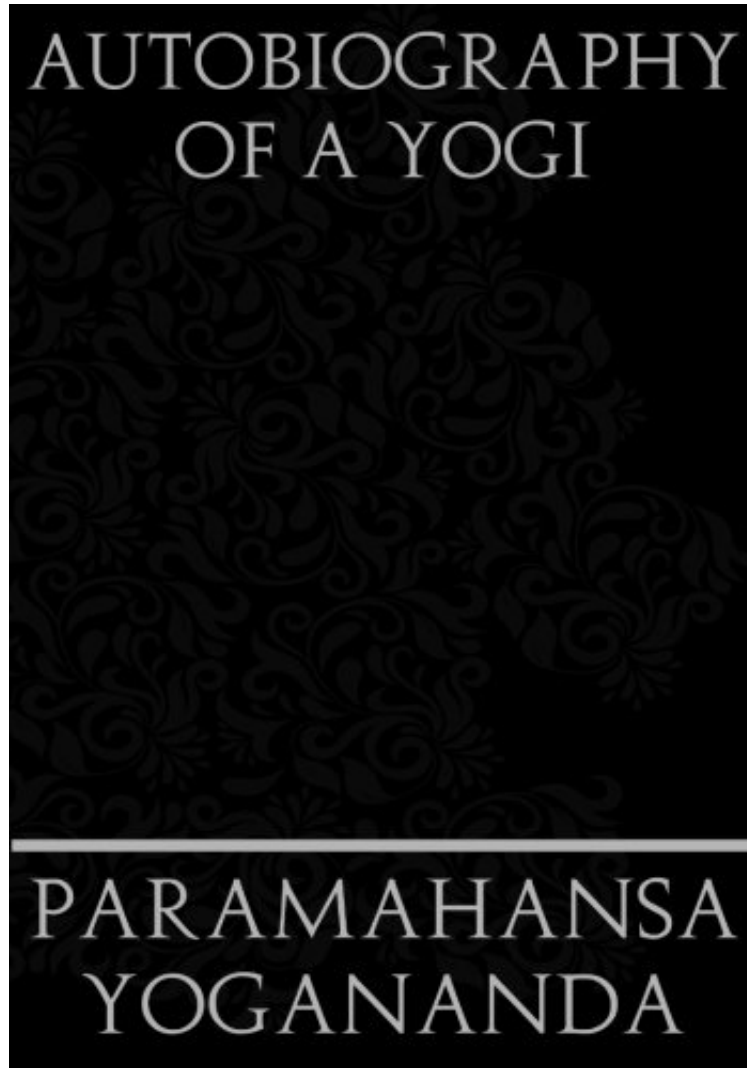


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## Autobiography of a YOGI

*Paramhansa Yogananda*

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**Paramhansa Yogananda : Autobiography of a YOGI** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Autobiography of a YOGI:

108 of 117 people found the following review helpful. Good but the original version with the blue cover better. 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.<sup>2</sup> of 2 people found the following review helpful. Great BookBy Charles L. LaurenziLove 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.<sup>2</sup> of 2 people found the following review helpful. I don't care who you are or what you believe ...By CustomerI 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.

Autobiography of a Yogi is an autobiography of Paramahansa Yogananda (January 5, 1893March 7, 1952) first published in 1946. Yogananda was born Mukunda Lal Ghosh in Gorakhpur, India, into a Bengali family. Autobiography of a Yogi introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the East and West. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935 he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book. The book is an introduction to the methods of attaining God-realization and to the spiritual thought of the East, which had only been available to a few in 1946. The author claims that the writing of the book was prophesied long ago by the nineteenth-century master Lahiri Mahasaya. It has been in print for seventy years and translated into at least forty-three languages by Self-Realization Fellowship. It has been highly acclaimed as a spiritual classic including being designated by Philip Zaleski, while he was under the auspices of HarperCollins Publishers, as one of the "100 Most Important Spiritual Books of the 20th Century." It is included in the book 50 Spiritual Classics: Timeless Wisdom from 50 Great Books of Inner Discovery, Enlightenment and Purpose by Tom Butler-Bowdon. According to Project Gutenberg, the first edition is in public domain and at least five publishers are reprinting it and four post it free for online reading.

From Publishers WeeklyThe original text of Yogananda's classic introduction to Eastern mysticism. Copyright 1993 Reed Business Information, Inc.From Library JournalAfter half a century in print, this widely acclaimed autobiography is now available in a superb audio translation narrated by Academy AwardR-winning actor Ben Kingsley. The work is enduringly popular because it introduces millions of readers to Eastern spiritual thought. Yogananda's masterly storytelling epitomizes the Indian oral tradition with its wit, charm, and compassionate wisdom. The yogi begins by showing how his childhood experiences in turn-of-the-century India produced a spiritual youth in search of an enlightened teacher, continues with an account of his years of training in the hermitage of a revered master, and concludes with the highlights of a period, beginning in 1920, during which he lived and taught in America. Yogananda sensitively interprets not only his own spiritual evolution but also his relationship with elements of the West's spiritual tradition, such as the story of Adam and Eve, providing a penetrating look at the ultimate mysteries of human existence. Bibliographical footnotes, which would have interrupted Kingsley's magnificent narration, are thoughtfully included in an accompanying booklet. This extraordinary work will greatly enrich any library. James Dudley, Copiague, N.Y. Copyright 1997 Reed Business Information, Inc. "In the original edition, coming from the period of Yogananda's life, one is more in contact with Yogananda himself. It is prior to his institutionalization that often follows many great personalities once they have passed on. While Yogananda founded centers and organizations, his concern was more with guiding individuals to direct communion with Divinity rather than with promoting any one church as opposed to another. This spirit is easier to grasp in the original edition of this great spiritual and yogic classic." -- David Frawley, Director, American Institute of Vedic Studies