

# [PDF] Autobiography Of A Yogi

## Paramahansa Yogananda - pdf download free book

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### Books Details:

Title: Autobiography of a Yogi

Author: Paramahansa Yogananda

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### Description:

**Review** One book in particular stayed with Steve Jobs his entire life, *Autobiography of a Yogi*... 'the guide to meditation and spirituality that he had first read as a teenager, then re-read in India and had read once a year ever since.' -- *Huffington Post*, review of Walter Isaacson's biography of Steve Jobs

Fabulous stories from Yogananda's life keep the reader inspired, informed, and thoroughly entertained from beginning to end. --*Yoga Journal*

This book is a must-read for the budding yogi, the spiritual veteran looking for a deeper

understanding, and everyone in between...*Yogi Times --Yoga Journal*

Fabulous stories from his life keep the reader inspired, informed, and thoroughly entertained from beginning to end. --*Yoga Journal*

**About the Author** Born in India on January 5, 1893, Paramahansa Yogananda devoted his life to helping people of all races and creeds to realize and express more fully in their lives the true beauty, nobility, and divinity of the human spirit. After graduating from Calcutta University in 1915, Sri Yogananda took formal vows as a monk of India's venerable monastic Swami Order. Two years later, he began his life's work with the founding of a how-to-live school since grown to twenty-one educational institutions throughout India where traditional academic subjects were offered together with yoga training and instruction in spiritual ideals. In 1920, he was invited to serve as India's delegate to an International Congress of Religious Liberals in Boston. His address to the Congress and subsequent lectures on the East Coast were enthusiastically received, and in 1924 he embarked on a cross-continental speaking tour. Over the next three decades, Paramahansa Yogananda contributed in far-reaching ways to a greater awareness and appreciation in the West of the spiritual wisdom of the East. In Los Angeles, he established an international headquarters for **Self-Realization Fellowship**, the nonsectarian religious society he had founded in 1920. Through his writings, extensive lecture tours, and the creation of Self-Realization Fellowship temples and meditation centers, he introduced hundreds of thousands of truth-seekers to the ancient science and philosophy of Yoga and its universally applicable methods of meditation. Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of Sri Mrinalini Mata, one of his closest disciples and president of Self-Realization Fellowship/Yogoda Satsanga Society of India since 2011. In addition to publishing his writings, lectures and informal talks (including a comprehensive series of Self-Realization Fellowship Lessons for home study), the society also oversees temples, retreats, and centers around the world.

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