

autobiography of yogini

Autobiography of Yogini: An Insight into the Life and Spiritual Journey of a Yogini

The autobiography of a yogini offers a rare glimpse into the spiritual, mental, and physical journey of a woman dedicated to the path of yoga and self-realization. Such autobiographies serve not only as personal stories but also as inspiring guides for those seeking spiritual growth, inner peace, and a deeper understanding of the yogic way of life. In this article, we delve into the significance of a yogini's autobiography, explore common themes, and highlight the profound lessons that can be gleaned from these inspiring narratives.

Understanding the Yogini: Who Is She?

Definition and Role of a Yogini

A yogini is a female practitioner of yoga, often revered for her spiritual dedication, discipline, and mastery over her mind and body. Unlike the commonly known male yogi, the yogini embodies a unique blend of feminine energy (Shakti) and spiritual power, often associated with tantric practices, goddess worship, and mystical traditions in India.

Historical and Cultural Significance

Historically, yoginis have played vital roles in spiritual traditions, especially within Tantric practices. Temples dedicated to yoginis, such as the famous Chausath Yogini Temple in India, illustrate their importance. Their stories are often intertwined with legends of divine power, mystical wisdom, and spiritual liberation.

The Significance of an Autobiography of a Yogini

Personal Transformation and Spiritual Awakening

The autobiography of a yogini typically chronicles her journey from an ordinary life to extraordinary spiritual heights. It often details her initial curiosity, struggles, moments of enlightenment, and ultimate transcendence. Such stories serve as powerful testimonies of the transformative potential of yoga.

Inspiration and Guidance for Seekers

For spiritual aspirants, these autobiographies act as beacons of hope and motivation. They illustrate that spiritual awakening is achievable through perseverance, discipline, and sincere practice.

Cultural and Philosophical Insights

These personal narratives also shed light on ancient philosophies, yogic practices, and cultural contexts, making them valuable resources for students and researchers.

Common Themes in the Autobiography of a Yogini

1. The Call to Spirituality

Most yoginis describe a pivotal moment or realization that prompts their journey into spirituality. This could be an inner longing, a life-changing event, or an encounter with a spiritual teacher.

2. Challenges and Obstacles

The path of a yogini is often fraught with difficulties—physical, emotional, and mental. Overcoming societal stereotypes, personal doubts, and physical hardships are common themes.

3. Discipline and Practice

A significant part of her story involves rigorous practice—meditation, pranayama, asanas, mantra chanting, and tantric rituals. The autobiography details her dedication and the evolution of her practice over time.

4. Divine Encounters and Mystical Experiences

Many yoginis recount experiences of divine visions, spontaneous awakening, and mystical phenomena, which reinforce their faith and commitment.

5. Inner Transformation and Liberation

The ultimate goal narrated in these autobiographies is often moksha (liberation) or self-realization. The stories highlight how inner peace, compassion, and wisdom blossom through dedicated practice.

Notable Autobiographies of Yoginis

While many yoginis have shared their stories through oral traditions and writings, some autobiographies stand out for their profound insights and influence:

- **Gargi Vachaknavi:** An ancient sage's disciple whose dialogues with her guru reveal her spiritual journey.
- **Amrapali:** A legendary courtesan turned yogini, whose transformation story is both inspiring and powerful.

- **Chitralekha:** A mystic yogini from Indian folklore known for her mastery over magic and devotion.
- **Contemporary Yoginis:** Modern women like Anandamayi Ma, Sri Anandamayi Ma, and others have shared their spiritual experiences through books and dialogues, inspiring countless followers worldwide.

Lessons from the Autobiography of a Yogini

1. The Power of Surrender

Surrendering to the divine and trusting the process is a recurring lesson. It emphasizes that spiritual growth often requires humility and faith.

2. Discipline and Consistency

Regular practice, perseverance, and discipline are crucial. The stories demonstrate that miracles happen through consistent effort.

3. Inner Strength and Resilience

Overcoming doubts, societal judgments, and personal fears requires mental resilience—a quality consistently highlighted in these narratives.

4. The Importance of a Guru

A guiding spiritual master often plays a critical role in the yogini's journey. Respect, humility, and receptivity towards the guru's wisdom are emphasized.

5. Embracing Feminine Power

Yoginis embody the divine feminine energy. Their stories encourage women to recognize and harness their inherent spiritual strength.

The Modern Relevance of Yogini Autobiographies

Empowering Women in Spirituality

In a world where women are often confined by societal roles, autobiographies of yoginis inspire women to pursue spiritual paths fearlessly, emphasizing that divine feminine energy is a source of power and liberation.

Promoting Holistic Well-being

These stories also highlight the importance of integrating physical, mental, and spiritual well-being—a concept increasingly relevant in today's health-conscious society.

Fostering Cultural Appreciation

They serve as cultural artifacts that preserve and promote ancient Indian spiritual traditions, fostering appreciation and respect worldwide.

Conclusion

The autobiography of a yogini is more than a personal narrative—it is a testament to the transformative power of yoga, divine feminine energy, and unwavering faith. Such stories inspire countless individuals to embark on their own spiritual journeys, reminding us that true liberation lies within. Whether ancient or modern, these autobiographies continue to illuminate the path for seekers, empowering women and men alike to realize their highest potential and achieve inner peace.

For those interested in exploring these inspiring stories, numerous books, documentaries, and oral traditions are available, offering valuable lessons and profound insights into the mystical world of yoginis. Embracing their wisdom can lead us closer to understanding ourselves and the divine energy that flows through all of existence.

Frequently Asked Questions

What is the autobiography of Yogini about?

The autobiography of Yogini details the personal spiritual journey, experiences, and insights of a yogini, sharing her path of self-discovery, meditation practices, and spiritual awakening.

Who is the author of 'Autobiography of Yogini'?

The autobiography is authored by a renowned yogini whose life story unfolds through her own words, often blending personal anecdotes with spiritual teachings.

What are the main themes covered in the autobiography?

The autobiography explores themes such as spiritual awakening, meditation, devotion, overcoming challenges, self-realization, and the transformative power of yoga.

How does the autobiography of Yogini inspire readers

interested in spirituality?

It provides an intimate look into the yogini's spiritual experiences, offering guidance, motivation, and practical insights for those on their own spiritual journeys.

Are there any unique practices or teachings shared in the autobiography?

Yes, the yogini shares specific meditation techniques, tantric practices, and philosophical insights that contributed to her spiritual growth.

Has the autobiography of Yogini received any notable recognition?

Yes, it has gained popularity among spiritual communities and has been praised for its candid storytelling and depth of spiritual wisdom.

Can beginners benefit from reading the autobiography of Yogini?

Absolutely, the book offers both inspirational stories and practical advice suitable for beginners and experienced practitioners alike.

Where can I find the autobiography of Yogini to read or purchase?

The autobiography is available in bookstores, online retailers, and spiritual bookshops, both in physical and digital formats.

What lessons can readers learn from the life story of the Yogini?

Readers can learn about perseverance, faith, self-discipline, and the importance of inner transformation on the spiritual path.

Additional Resources

Autobiography of Yogini is a profound literary work that offers a window into the spiritual journey, inner struggles, and enlightenment of a dedicated yogini. This autobiographical account not only captures personal experiences but also serves as an inspiring narrative for those interested in yoga, spirituality, and self-realization. Through its vivid storytelling, the book explores the path of a yogini from her early life to her ultimate spiritual awakening, weaving together elements of devotion, discipline, and introspection.

Overview of the Autobiography of Yogini

The Autobiography of Yogini is a compelling chronicle that blends personal memoir with spiritual teachings. It narrates the life of a woman who dedicates herself to the yogic path, revealing her inner transformations and the hurdles she faces along the way. The book is not merely a recounting of events but a philosophical exploration of yoga's deeper meanings, the role of devotion, and the pursuit of ultimate truth.

This autobiography is often celebrated for its honesty, emotional depth, and clarity in conveying complex spiritual concepts. It offers readers an authentic perspective of the yogini's inner world, her doubts, revelations, and the divine experiences she encounters.

Themes and Key Elements

Spiritual Awakening and Self-Discovery

One of the central themes of the autobiography is the journey toward self-awareness and spiritual awakening. The yogini narrates her initial curiosity about spiritual practices, her struggles with worldly distractions, and her eventual surrender to the divine. Her story underscores that spiritual growth is a gradual process marked by perseverance, humility, and unwavering faith.

Discipline and Practice

The narrative emphasizes the importance of discipline in yoga. The yogini shares her daily routines, meditation practices, and physical postures that helped her progress. The book highlights that consistent effort and dedication are essential components of spiritual advancement.

Challenges and Doubts

No spiritual journey is devoid of obstacles. The autobiography candidly discusses moments of doubt, fatigue, and despair. These candid reflections make the story relatable and authentic, illustrating that setbacks are integral to growth.

Divine Encounters and Mystical Experiences

Throughout her journey, the yogini recounts mystical experiences, divine visions, and moments of profound bliss. These encounters serve as milestones that reaffirm her faith and deepen her understanding of divine consciousness.

Role of Devotion

Devotion plays a pivotal role in her spiritual evolution. The book explores the importance of surrendering to a higher power and cultivating love and faith as tools for transcendence.

Structure and Style

The autobiography is structured chronologically, guiding readers through different phases of her life—from childhood to her mature spiritual realization. The narrative style is simple, heartfelt, and poetic, making complex spiritual ideas accessible to a broad audience. The language often employs metaphors and anecdotes that enrich the storytelling, making it both engaging and instructive.

Her candidness and humility shine through, creating a sense of intimacy that invites readers into her personal world. The use of vivid imagery and sensory descriptions helps evoke the spiritual experiences vividly.

Highlights of the Autobiography

Personal Transformation

The most compelling aspect of the autobiography is its portrayal of transformation. The yogini's evolution from a curious seeker to a realized yogini is inspiring. Her honesty about her weaknesses and her perseverance serve as motivation for aspirants.

Practical Insights

The book offers practical advice for practitioners of yoga and meditation, such as:

- Maintaining discipline in daily practice
- Cultivating patience and surrender
- Embracing doubts as part of the journey
- Balancing worldly responsibilities with spiritual pursuits

Philosophical Depth

While accessible, the autobiography does not shy away from exploring profound philosophical concepts like the nature of consciousness, the illusion of the material world, and the unity of all existence.

Inspirational Quotes

Throughout the narrative, the yogini shares memorable quotes and affirmations that resonate deeply, such as:

- "The divine dwells within; all else is illusion."
- "Surrender is the key that unlocks the divine door."

Pros and Cons

Pros:

- Authentic and heartfelt storytelling that fosters a connection with the reader.
- Accessible language making complex spiritual ideas understandable.
- Rich spiritual insights rooted in personal experience.
- Inspiration for practitioners at all levels of their journey.
- Emphasis on discipline and devotion as essential tools for spiritual growth.

Cons:

- Limited technical details about specific yogic practices, which may not suffice for advanced practitioners.
- Cultural and contextual specificity that might require some background knowledge for full appreciation.
- Narrative focus on personal experience might not appeal to readers seeking theoretical or philosophical expositions.

Features and Unique Aspects

- Personal and Relatable: The autobiographical format humanizes the spiritual journey, making it relatable and inspiring.
- Holistic Approach: Combines physical, mental, emotional, and spiritual dimensions of yoga.
- Cultural Richness: Offers insights into traditional practices and cultural contexts of yoga.
- Divine Feminine Perspective: Highlights the role of the yogini as a spiritual seeker and divine embodiment, emphasizing feminine spirituality.
- Practical Wisdom: Shares lessons learned through personal trials and triumphs that readers can apply in their own lives.

Impact and Reception

The Autobiography of Yogini has garnered praise for its sincerity and depth.

Spiritual enthusiasts, practitioners, and readers interested in personal growth find value in her honest recounting of the highs and lows of her path. Many have reported feeling motivated and reassured that setbacks are natural and part of the process.

The book also serves as a source of inspiration for women in spiritual pursuits, showcasing that dedication and faith can lead to profound realization regardless of societal constraints or personal doubts.

Conclusion

The Autobiography of Yogini stands as a testament to the transformative power of yoga and unwavering devotion. It bridges the gap between personal experience and universal truth, reminding us that the divine resides within each of us and that the journey toward self-realization is both challenging and deeply rewarding. Whether you are a seasoned practitioner or a curious reader, this autobiography offers invaluable insights and inspiration, encouraging you to embark on your own spiritual quest with courage, humility, and love. Its blend of honesty, depth, and practicality makes it a timeless addition to spiritual literature and a guiding light for those seeking inner awakening.

[Autobiography Of Yogini](#)

autobiography of yogini: Autobiography of a Yogini Kamala Easton, Kamala Easton Ph D, 2012-11-01 AUTOBIOGRAPHY OF A YOGINI is the story of the author's spiritual transformation and mystical and tempestuous 7-year relationship with one of the world's most renowned gurus, Sri Sri Ravi Shankar. I wasn't raised to become a devotee or follower. I was a black, single mother who was raised by a black, single mother. Education had been my path to enlightenment, pulling me up out of a chaotic childhood. With a psychology degree from UC Berkeley and a Ph.D. in Education from UCLA, I spent 20 years in the ashram of higher education. Although I had studied God, I was completely unprepared for contacting God the way I did through this famous and powerful spiritual leader and world figure who has over twenty million followers. Intellectual pursuits became irrelevant as I was consumed by an extraordinary relationship with a man who could read my mind and make his thoughts my own. Unbelievable spiritual powers opened within me. I became able to see, hear, and connect to the Divine at will. The unveiling of these powers was a continual source of surprise to me, as they expanded my consciousness of this world. But all of this transcendence occurred against a backdrop of heartache. Although he and I were living out this ancient love inside one of the largest spiritual organizations in the world, we were also just a man and a woman.

autobiography of yogini: Autobiography of a Yogi Sri Sri Paramahansa Yogananda, 2008

autobiography of yogini: Autobiography of a Yogini Mother Loving Kindness, 1972

autobiography of yogini: Autobiography of an Avadhoota - Part I Avadhoota Nadananda, 2016-10-10 This book presents the incredible journey of Avadhoota Nadananda as he transforms from an inquisitive, young man to one who achieves the highest spiritual awakening under the guidance of his spiritual Master. He takes the plunge into the relatively anonymous world of pure spirituality beyond all comfort zones and emotions that an average human being can never imagine. Join us on Nadananda's journey to the unfathomable, unimaginable and unthinkable as he travels

across the length and breadth of India overcoming all odds to finally reach Gyanganj (Shambala), the causal layer of earth and the world of Avadhootas located somewhere in Tibet. Walking without money, without shelter, without even any clear destination as a wandering monk surrendered completely to his spiritual Master, he elevates his awareness and establishes himself completely and firmly in the path of Avadhootas. Upon receiving the highest spiritual knowledge, he returns and dedicates his life to serving humanity. Welcome to the journey of a lifetime that takes us through the mind and life of a simple man, a staunch spiritualist, a man of uncanny tenacity and conviction, a super human, a complete disciple who never asked his Master "WHY?". The exceptional story of a living master, Avadhoota Nandananda. The Man. The Vulnerability. The Tenacity. The Determination. The Grace. The Purpose. The Miseries. The Masters! A Masterpiece beyond definitions! The journey of a thinking man into the unthinkable realms of true spirituality, guided by his powerful guru, chiseled through unforgiving lifestyles in the toughest terrains of Himalayas, to great heights of super conscious existence! A modern day epic. A must read indeed -- Mohanji

autobiography of yogini: The Yogini - A Bride in need Arbind Kumar, 2022-05-12 A traditional family from the tiny town of Bihar faced difficulties in the marriage of their only male child. The marriage failed thrice for different reasons. A well-qualified IITian lad, despite being well settled in a public undertaking in Bombay as an engineer, failed in his social life. He became frustrated. So were his parents. He left his job after ten years of a brilliant career at ONGC and joined a yoga ashram in Rishikesh run by a yogini named Gargi of American origin. He remained there for six months. And a day came when he was proposed by Gargi. Marriage was solemnized in Haridwar in presence of both the families--- one from India and the other from America. And her visit to a tiny town of Khizersarai as a bride got accolades for her not as a yogini but as a yakshini as fortune returned to the family of Shwetabh, the Hero of the novel, winking at the unfortunate moments of the past.

autobiography of yogini: Autobiography of an Avadhoota - Part II Avadhoota Nandananda, 2017-01-14 This book, a sequel to the bestseller Autobiography of an Avadhoota, covers memorable experiences of Avadhoota Nandananda's childhood and his later life as a sanyasi (renunciate monk), Guru, Avadhoota and a social worker. The reader travels with him as he determinedly journeys through the vicissitudes of his early life, climbing the lofty peaks of the Himalayas to Gyanganj, the land of the Avadhootas, sharing his overflowing joy in serving fellow human beings and eventually finding his successor. It outlines the multifaceted life of Avadhoota Nandananda through his memories as an Avadhoota with a vision, a sadhaka (spiritual practitioner) with a mission, a dreaming social activist with great love for the world, a guru with experiences to share, and a human being who only wanted to see his fellow beings live in eternal harmony and mutual love. Welcome to the journey of a lifetime that takes us through the mind and life of a simple man, a staunch spiritualist, a man of uncanny tenacity and conviction, a super human, a complete disciple who never asked his Master "WHY?". The exceptional story of a living master, Avadhoota Nandananda. The Man. The Vulnerability. The Tenacity. The Determination. The Grace. The Purpose. The Miseries. The Masters! A Masterpiece beyond definitions! The journey of a thinking man into the unthinkable realms of true spirituality, guided by his powerful guru, chiseled through unforgiving lifestyles in the toughest terrains of Himalayas, to great heights of superconscious existence! A modern-day epic. A must-read indeed - Mohanji

autobiography of yogini: Biography of a Yogini NISHK, 2024-11-28 This unique book tells about the life of two exceptional beings, one human, the other non-human. Both showed miraculous incorruptibility after death. Their bodies have been buried together after the Mauritian Health authorities conducted an independent investigation and certified the miracle. The miraculous incorruptibility of Yogini Shubh Veer's body created a sensation at the Lord Veer Siddha Ashram, on the island of Mauritius. She was kept at room temperature at the ashram from the 8th of August 2022 to the next new moon day on the 27th when the final rites were performed. Special permission was received for burial on the ashram premises from local health authorities, who had conducted an independent investigation. Yogini Shubh Veer was buried together with Jet, a German Shepherd

whose body had shown similar incorruptibility 28 years back. Jet had been her constant companion for a decade. After five months of burial, Jet's body was disinterred intact on July 9th, 1994. Jet was kept inside the ashram, waiting to be sent together with her eternal companion. One soul in two bodies. This is a gift revealed from the Absolute God for the whole of humanity. Edited by NISHK

autobiography of yogini: Autobiography of a Yogi Paramhansa Yogananda, 2005-11-01 A Top 100 Spiritual Book of the Twentieth Century This is a new edition, featuring previously unavailable material, of a true spiritual classic. Autobiography of a Yogi is one of the best-selling Eastern philosophy titles of all-time, with millions of copies published. New Bonus Materials added to this edition include: a) the last chapter that Yogananda wrote in 1951 covering the years 1946-1951 that was not originally available in the first edition (and without posthumous changes), b) the eulogy that Yogananda wrote for Gandhi, and c) a new afterword by Swami Kriyananda, one of Yogananda's closest direct disciples. Yogananda's masterpiece has been named one of the greatest and most influential books of the twentieth century. This highly prized verbatim reprinting of the original 1946 edition is (unlike other publishers' editions) free from textual changes made after Yogananda's death. Yogananda was the first yoga master of India whose mission brought him to live and teach in the West. His firsthand account of his life experiences in India includes childhood revelations, stories of his visits to saints and masters in India, and long-secret teachings of yoga and Self-realization that he first made available to the Western reader.

autobiography of yogini: A Yogini's Autobiography: My Divine Romance with God Vol Two Gina Kim, 2010-03-01 The story about the inner workings of the Master guiding my life . . . Then I inwardly heard a tender, loving voice say, Love everyone like you love me. My Beloved had spoken through my heart in an unexpected way, telling me to love everyone in the same way I loved Him. My heart automatically responded, Yes, beloved Babaji, because I love You so much, and because everyone is your beloved child, I shall love everyone like I love you - I do love everyone. That night, Babaji had spoken to my heart of pure unconditional love. I felt totally soothed and at peace after those moments of precious heart conversation with Babaji. My heart no longer ached. The ache was replaced by peace. My very private, beautiful, divine romance with God in the form of Babaji was flowing at a deeper level in my heart journey with Him. He had spoken to me in a very personal way, filling my heart with a beautiful divine heart message of Love. It is because I love Him so that I shall remember and continue to learn to love everyone unconditionally, just for Babaji. My being was totally embraced with the message of love.

autobiography of yogini: Autobiography of a Sadhu Rampuri, 2010-02-22 The first insider account of an ancient and secretive tradition • By the first foreigner to become a member, and later an elder, of the Juna Akhara, the oldest and largest grouping of Naga Babas • Filled with true accounts of magic, miracles, ghosts, and austerities • With lessons on Hindu gods, ayurveda, and Indian culture woven throughout After traveling at age 18 from his native California to India in 1969, Rampuri was drawn to the Naga Babas, an ancient and wild order of naked yogis whom he calls the "Hell's Angels of Indian Spirituality." Organized into a sect by Adi Shankara in the 5th century BC, the Naga Babas see themselves as the ultimate protectors of the Sanatan Dharma, or what we call the Hindu religion. Rampuri became a disciple of a Naga Baba--a master shaman sadhu--from Rajasthan and, as foretold by astrological prophecy, soon found himself the first foreigner to become an initiate of the Juna Akhara, the oldest and largest grouping of Naga Babas with more than 50,000 sadhu members. From drinking the "Nectar of Immortality" at the source of the Ganges River to allegations of tantric murder, this autobiography is filled with true accounts of magic, miracles, ghosts, and austerities, with lessons on Hindu gods, ayurveda, mantra, and Indian culture woven throughout. Through his journey of extremes, Rampuri takes us into the mystic heart of India.

autobiography of yogini: Autobiography of a Yogi Paramahansa Yogananda, 2019-11-19 In Autobiography of a Yogi, Paramahansa Yogananda offers a profound exploration of his spiritual journey and the quest for self-realization. Through a blend of autobiographical narrative and philosophical insights, Yogananda deftly interweaves his experiences in India with encounters

alongside the luminaries of the spiritual realm. The book is notable for its lyrical style, rich in metaphysical themes, that invites readers not only to learn about Indian mysticism but also to experience the transcendence it promises. As one of the first texts to introduce Eastern spiritual traditions to the Western audience, it holds a unique position in the literary canon of spiritual literature. Paramahansa Yogananda, born in 1893, was a pivotal figure in the introduction of yoga and meditation to the West. Having experienced veneration from a young age as a disciple of the legendary yogi Sri Yukteswar, Yogananda's deep spiritual insights were coupled with rigorous academic study. His travels to America and the establishment of the Self-Realization Fellowship were prompted by a desire to foster intercultural understanding and spiritual awakening among a diverse global audience. *Autobiography of a Yogi* is an essential read for those seeking spiritual enlightenment and a deeper understanding of yoga's transformative potential. Yogananda's eloquence and engaging storytelling create a bridge that connects Eastern philosophy with the Western pursuit of spiritual knowledge, making this book not just a memoir but a timeless invitation to explore the depths of one's own soul.

autobiography of yogini: Black Women's Yoga History Stephanie Y. Evans, 2021-03-01 How have Black women elders managed stress? In *Black Women's Yoga History*, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection, exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as mental health, healing, and wellness that is both compassionate and political.

autobiography of yogini: Autobiography of a Yogi (Unabridged Edition) Paramhansa Yogananda, 2024-03-13 The ORIGINAL edition of YOGANANDA'S MASTERPIECE. There are books that have the power to transform existence. Books capable of opening wide the windows of the soul. Rare books like this one. Ranked among the one hundred most important works of spiritual content of the twentieth century, Paramhansa Yogananda's *Autobiography of a Yogi* conveys to its readers the powerful vibrations of an enlightened Master who transformed and inspired millions with his own life. It is an exciting spiritual adventure, discovering the secrets of the ancient science of Kriya Yoga and the deepest truths of our soul. Yogananda worked on his work for twenty-five years so that every word would faithfully reflect his spirit and consciousness. This edition contains the purity and vibrancy of the original version, which Yogananda personally edited.

autobiography of yogini: The Yogini's Eye, 2012 *The Yogini's Eye: Comprehensive Introduction to Buddhist Tantra, Volume I: Systemization and Interpretation* introduces a new translation series, *Classics of the Early Sakya*, which will focus on the extensive literature of the Sakya Lamdre lineage of the Hevajra Tantra cycle of revelation. This first volume of introduction is the earliest book of its type and comprehensive treatment of the subject matter to have been written, and initiated the scholarly study of Tibetan Buddhist Tantra. Subsequent studies in all lineages were built on the foundation established by this book. *The Yogini's Eye* has served as the introductory textbook for the study of Sakya Tantra continuously for over 800 years. Over the centuries, the textbook has been supplemented by a total of fifteen commentaries and study guides written by the most learned scholars of the Sakya tradition, including Lama Dampa Sonam Gyaltzen (1312-1375), Yeshe Gyaltsen (1300's-1406), Ngorchen Kunga Zangpo (1382-1450), Lowo Khenchen Sonam Lhundrup (1456-1532), Ngorchen Konchok Lhundrup (1497-1547), Amezhap Ngawang Kunga Sonam (1597-1659), and Dezhung Chopel Jamyang Kunga Namgyal (1880's-mid-1950's). This first English edition contains the translation of thirteen of these study guides, excluding all repetitive sections, inserted into the original book in the appropriate context.

autobiography of yogini: Yin, Yang, Yogini Kathryn E. Livingston, 2014-07-01 Yoga's restorative power is revealed in this "uplifting" memoir about finding "an oasis of peace in the midst of crises large and small" (Publishers Weekly). At the age of fifty, author, parenting expert, and Huffington Post blogger Kathryn E. Livingston thought everything in her life would click into place. Instead, she felt like she was falling apart. She was consumed by panic and anxiety, neglecting her body, always expecting the worst. Until her discovery of yoga helped her find peace. This is a memoir about two transformative years in Kathryn's life, an account of her relationship with a compassionate teacher who taught her to trust herself and the universe, even while facing the death of her parents, her children leaving home for college, and breast cancer. It's about recognizing the mind-body connection and finding the way back to mental and physical health. The story of how yoga weaves its magic throughout a woman's life, yoga aficionados and beginners alike, as well as anyone who has ever faced tragedy head on, will benefit from Kathryn's journey. Above all, Yin, Yang, Yogini is a memoir about reinvention, with yoga as the backdrop for change—a blueprint for evolving in midlife and in midstride, learning to let go of the past, and living with trust in the present moment.

autobiography of yogini: Zen and the Art of Subration Ashoka Annamaya Ishaya, 2019-04-15 Zen and the Art of Subration is a three-part masterwork arising from the author's thirty-five-year journey to overcome cultural conditioning and achieve the ultimate transformation: living on light and oxygen. Ashoka Annamaya Ishaya shares an intimate look into how she discovered tantric and Taoist practices for cultivating immortality and integrated them into her life. She follows up this first-person account with a teaching guide distilling knowledge and practices aimed at readers on their own transformative path toward achieving your immortal jing cycle. Ishaya believes that if a critical mass of humans commit to the process of sustainable immortality, we can affect the evolution of our entire species. Ishaya pursues an illuminating range of questions: • Are we as a species destined to be enlightened? • Can we apply mindfulness skills to evolve our physiology? • How can our health-care system better support the maturation of our species? • Can we become an immortal species? The treatise concludes with a scholarly overview of noted prophets from varied traditions and times who have taught and fostered transformation of consciousness and sustainability of culture.

autobiography of yogini: Autobiography of Mrs. S. Muthulakshmi Reddy S. Muthulakshmi Reddi, 1964

autobiography of yogini: The Autobiography of Jamgon Kongtrul Kong-sprul Blo-gros-mtha'-yas, 2003-02-10 In addition to its inspirational value, Kongtrul's story is a rich source of information on the religion, culture, and political climate of Tibet during his times.

autobiography of yogini: Hero and Hero-Worship: Fandom in Modern India Rahul Chaturvedi, Hariom Singh, Anita Singh, 2021-01-05 In the aftermath of liberalization of Indian economy in 1991, the study of star-fan studies has experienced exponential expansion. Hero and Hero-Worship: Fandom in Modern India explores the areas of political, religious, film and cricket star fandoms; analyzing the rise of star formations and their consequent fandoms, star-fan bonds, as well as the physical and virtual space that both stars and fans inhabit. As perhaps one of the first book-length studies on Indian fandom, this volume not only draws on the works of Jenkins and other fandom scholars, but also explores the economic and cultural specificities of Indian fandom. This book will be of particular interest to scholars working in the field, as well as general readers interested in understanding star-fan interactions and intersections.

autobiography of yogini: Autobiography of a Yogi Yogananda (Paramahansa), 1956 Autobiography of a Yogi is at once a beautifully written account of an exceptional life and a profound introduction to the ancient science of Yoga and its time-honored tradition of meditation. Profoundly inspiring, it is at the same time vastly entertaining, warmly humorous and filled with extraordinary personages. Self-Realization Fellowship's editions, and none others, include extensive material added by the author after the first edition was published, including a final chapter on the closing years of his life. Selected as One of the 100 Best Spiritual Books of the Twentieth Century, Autobiography of a Yogi has been translated into more than 30 languages, and is regarded

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