



Autobiography of a Yogi - Audio Book narrated by Sir Ben Kingsley (Self-Realization Fellowship)

By Paramahansa Yogananda

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This 15 CD boxed-set audio edition contains the complete text of Paramahansa Yogananda's life story, read by Academy Award-winning actor Sir Ben Kingsley. Footnotes are captured in an accompanying booklet.

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 worldwide as a classic of religious literature. Several million copies have been sold, and it continues to appear on best-seller lists after more than sixty consecutive years in print.

With engaging candor, eloquence, and wit, Paramahansa Yogananda tells the inspiring chronicle of his life: the experiences of his remarkable childhood, encounters with many saints and sages during his youthful search throughout India for an illumined teacher, ten years of training in the hermitage of a revered yoga master, and the thirty years that he lived and taught in America. Also recorded here are his meetings with Mahatma Gandhi, Rabindranath Tagore, Luther Burbank, the Catholic stigmatist Therese Neumann, and other celebrated spiritual personalities of East and West. The author clearly explains the subtle but definite laws behind both the ordinary events of everyday life and the extraordinary events commonly termed miracles. His absorbing life story becomes the background for a penetrating and unforgettable look at the ultimate mysteries of human existence.

Sir Ben Kingsley came to international prominence with his Academy Award-winning performance in the title role of Gandhi. He has received high praise as

well for his work in other films - among them the critically acclaimed Schindler's List. Mr. Kingsley is also known for his inspired readings of books on tape, including a series on the great religions of the world.

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Review

Enduringly popular...a penetrating look at the ultimate mysteries of human experience. ---Library Journal

Kingsley is the perfect choice for this material...When he speaks, Yogananda speaks. Particularly moving are the chapters where Yogananda describes miracles performed by his Guru and other saints plus his own visions. They exemplify the universality underlying all religion and spiritual practice. ---Santa Fe Sun

Superbly narrated...Kingsley's distinctive voice brings Yogananda's extraordinary and colorful story to life with wit, grace, and elegance. --NAPRA Review --NAPRA Review

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About the Author

Hailed as "the father of Yoga in the West", Paramahansa Yogananda is regarded as one of the great spiritual figures of our time. Born in India on January 5, 1893, he 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, 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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