



The Essence of Self-Realization: The Wisdom of Paramhansa Yogananda

By Paramhansa Yogananda

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Yogananda was one of the most significant spiritual teachers of the 20th century. Since his classic, *Autobiography of a Yogi*, was first published in 1946, its popularity has increased steadily throughout the world. *The Essence of Self-Realization* is filled with lessons and stories that Yogananda shared only with his closest disciples, this volume offers one of the most insightful and engaging glimpses into the life and lessons of a great sage. Much of the material presented here is not available anywhere else.

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Editorial Review

Review

"A wonderful book! To find a previously unknown message from Yogananda now is an extraordinary spiritual gift." -- *Body, Mind, Spirit magazine*

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. In 1920 he founded Self-Realization Fellowship, to disseminate his writings and teachings worldwide. Through his best-selling classic, *Autobiography of a Yogi*, and his numerous other books, he has introduced millions throughout the world to the spiritual principles of yoga meditation and the universal truths underlying all world religions.

Hailed as the father of Yoga in the West, Paramahansa Yogananda - author of the spritual classic *Autobiography of a Yogi* - 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.

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Chapter 2-1

"Those who are immersed in body-consciousness are like strangers in a foreign land. Our native country is Omnipresence. On earth we are but travelers-guests on a brief visit."

"Unfortunately, most people make undesirable guests of themselves! They insist on monopolizing a small portion of this earth as their very own. Their constant thought is 'my home, my wife, my husband, my children.' Material entanglements, sweet and mysterious, keep them dreaming through the sleep of delusion. They forget who and what they really are.

"Wake up! before your dream of life vanishes into the infinite. When this body drops in death, where will your family be? your home? your money? You are not this body. The body is only a plate, given to you that you might eat from it the feast of spirit.

"Why not learn this essential lesson before death? Why wait? Don't tie yourself to the limitations of human consciousness, but remember the vastness of the spirit within."

Users Review

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