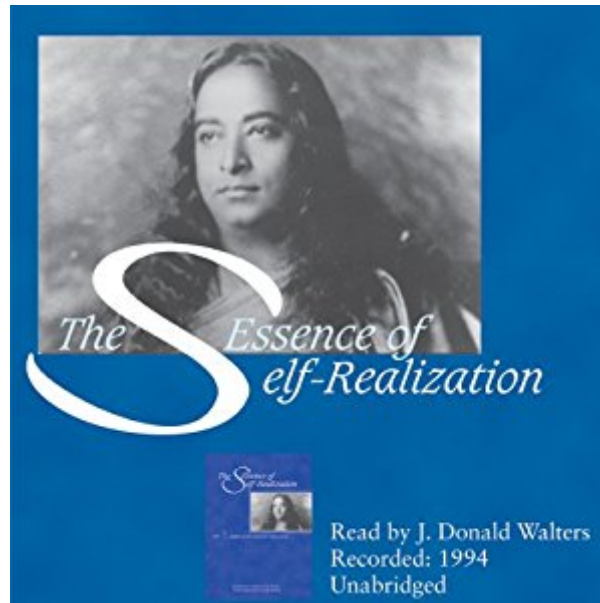


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# The Essence Of Self-Realization: The Wisdom Of Paramhansa Yogananda



## Synopsis

The scope of this book is vast; it offers as complete an explanation of life's true purpose, and the way to achieve that purpose, as may be found anywhere. A few of the chapters include The True Purpose of Life, On Meditation, How to Pray Effectively, The Law of Karma, The Lesson of Reincarnation, and Ways in Which God Can Be Worshipped. 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. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Luckily for us, Swami Kriyananda wrote down in his journals practically everything beautiful and wise that his guru, Paramhansa Yogananda, said to him in private conversation. The Essence of Self-Realization, a compilation of many of these private teachings, gives us an idea of what it was like to speak with an enlightened master on a variety of spiritual topics. Yogananda didn't go in-depth into these things with every disciple. He tried to encourage many to develop a silent, inner attunement. But he foresaw that Kriyananda would share what he learned with many thousands of people, so he blessed him with these pearls of wisdom. This is a book that should be read and mentally digested slowly. Take your time, read a little bit, and meditate on it. At least, that is how I've

gotten the most out of it. And there is a great deal here to absorb. Richard Salva--author of Soul Journey from Lincoln to Lindbergh [UNABRIDGED]

What a wonderful tool this book is for any spiritual seeker. The author has recorded quotes from his great guru, Paramhansa Yogananda, and has presented them in such a way as to bring the reader very close to the consciousness of Yogananda. Each of the twenty chapters focuses on a theme, for instance, "The Lesson of Reincarnation", and covers many aspects with numerous quotes, some of which cover multiple pages. The author must have an amazing memory to be able to produce such volumes of quotes, or a great ability to tune in to the wisdom of his great guru.

I first bought this book in 2006, and the wisdom contained in it REALLY resonated with me, IMMEDIATELY. I fell in love with the teachings of Paramhansa Yogananda, and ended up buying just about every book he ever wrote. I was so unhappy with myself and with life in general at the time that I bought this book. But shortly after I started reading the book, my perspective on everything started to completely change. I have often said that Yogananda ended up "saving me from myself", and this book was what started the whole process. I HIGHLY recommend it. (It's easy reading too. The wisdom is in short segments.)

A beautiful presentation of Paramhansa Yogananda's teachings. One can feel that they are sitting at the feet of the Master, soaking in the truths passed down through the ages.

A friend of mine once described this book as being like what Yogananda would have said, had someone sat down with him and asked him, "What do you believe?" The answers are in this book, in sections that are grouped by topic. The Essence of Self-Realization is enjoyable, readable, and very inspiring. Swami Kriyananda does a good job of guiding the reader through the quotes from Yogananda, by placing them in an order that helps to clarify their meaning, and deepen the understanding of the reader. The result is a book that can be read through in order, or opened at random, and still offer a good reading experience. Highly recommended! (In fact, I just recommended it to a friend, who is interested in finding out more about the teachings of Paramhansa Yogananda.)

I am a big fan of Paramhansa Yogananda. I believe what he has to say is not only spiritual but very accurate. This book is an easy read, with short chapters. However do not let the short chapters and

sentences fool you. There is enough wisdom in this book for a lifetime. This book is a great read for the novice, a faithful practitioner or even if you never heard of Paramhansa Yogananda. I have read so much about Paramhansa Yogananda and sometimes his books can be a bit overwhelming. Not this book! I highly recommend this book and if taken as a spiritual study can have positive profound influence on you. I would have loved to have met Paramhansa Yogananda in person, he is needed now more than ever.

Paramhansa Yogananda once again demonstrates his abounding joy, grace, wisdom and warmth through this rapturous work. Master Yogananda has the uncanny ability to reach his readers/students with a most liberating and evocative style of teaching that melds unabridged clarity with singular wit. I don't mean to imply that he is flippant, but he will use the humor of irony to illuminate one's proclivities towards constipated thinking. 5 stars.

This book, like all things relating to Yogananda, is a priceless gem. What more can I say? Words cannot adequately describe it.

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