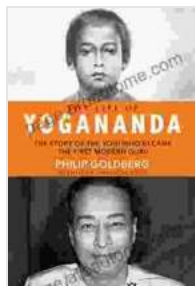


# The Story of the Yogi Who Became the First Modern Guru: Paramahansa Yogananda



## The Life of Yogananda: The Story of the Yogi Who Became the First Modern Guru by Philip Goldberg

★★★★☆ 4.6 out of 5

Language	: English
File size	: 25571 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 347 pages



Paramahansa Yogananda, the author of the spiritual classic "Autobiography of a Yogi," was not just a yogi but the first modern guru who bridged the gap between ancient wisdom and the contemporary Western world. His extraordinary life journey is a testament to the transformative power of yoga and meditation, and its ability to uplift and inspire seekers around the globe.

## Early Life and Spiritual Awakening

Born Mukunda Lal Ghosh in Gorakhpur, India, in 1893, Yogananda's spiritual quest began at an early age. He was drawn to the teachings of Swami Vivekananda, a renowned Indian monk, and longed for a deeper understanding of God. At the age of 16, he met his guru, Swami Sri Yukteswar Giri, who initiated him into the ancient Kriya Yoga tradition.

Kriya Yoga, a technique for accelerating spiritual evolution through breath control and meditation, became the cornerstone of Yogananda's spiritual practice. Under the guidance of his guru, he experienced profound spiritual awakenings and developed an unwavering devotion to the divine.

## **Mission to the West**

In 1920, Yogananda embarked on a mission to the United States, inspired by a vision to share the teachings of yoga and Kriya Yoga with the Western world. He arrived in Boston in 1925 and quickly gained a following among seekers and intellectuals.



Yogananda's teachings resonated with a yearning for spirituality and inner peace among many Americans. He established the Self-Realization

Fellowship (SRF) in 1925, which became a global organization dedicated to the spread of Kriya Yoga and the principles of Raja Yoga.

## **Autobiography of a Yogi**

In 1946, Yogananda published his magnum opus, "Autobiography of a Yogi." This spiritual autobiography became an instant bestseller and has since been translated into over 50 languages, reaching millions of readers worldwide.

Within its pages, Yogananda shares his personal experiences as a yogi, his interactions with great saints and masters, and his insights into the nature of God, reincarnation, and the path of spiritual evolution. The book has become a foundational text for many spiritual seekers, inspiring them to embark on their own journeys of self-discovery.

## **Yoga as a Path to Liberation**

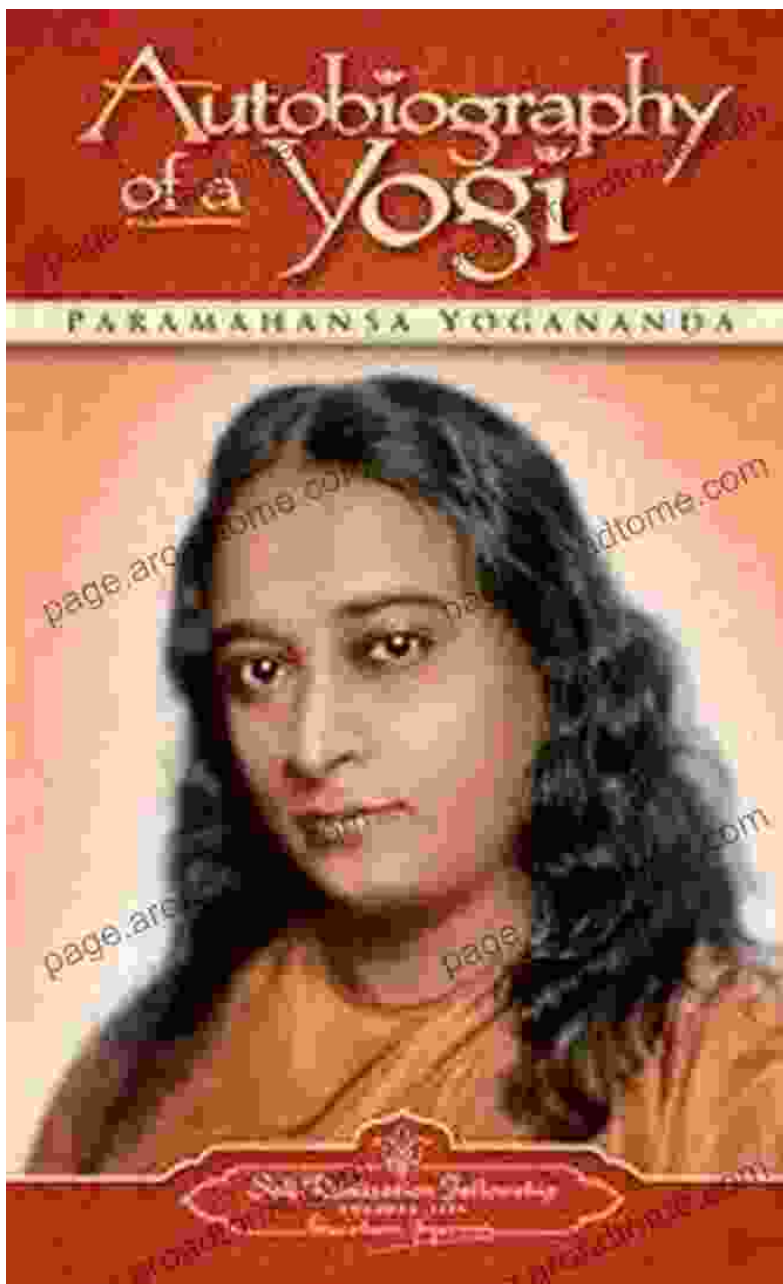
Yogananda believed that yoga was not merely a physical practice, but a comprehensive approach to spiritual enlightenment. He taught that by harmonizing the body, mind, and soul through meditation, breath control, and ethical conduct, individuals could break the cycle of birth and death and achieve liberation.

He emphasized the importance of controlling the mind through meditation, seeing it as the key to overcoming the ego and experiencing the true nature of the Self.

## **Legacy and Impact**

Paramahansa Yogananda's teachings have had a profound impact on the spiritual landscape of the 20th century and beyond. He introduced millions

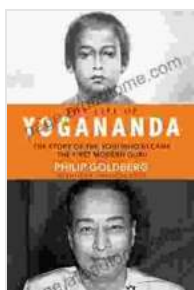
to the ancient practices of yoga and meditation, and his philosophy of "practical spirituality" continues to inspire seekers today.



Through his writings, teachings, and the work of the SRF, Yogananda's legacy lives on, transforming the lives of countless individuals around the world. He remains an iconic figure in the history of spirituality, bridging the

gap between East and West and reminding humanity of its boundless potential for spiritual growth.

The story of Paramahansa Yogananda is a testament to the power of the human spirit and the transformative potential of yoga and meditation. His journey as a yogi and modern guru continues to inspire seekers today, guiding them on a path of spiritual liberation and self-discovery. Through his teachings and his own life example, Yogananda showed the world that the divine is within reach, accessible to all who dare to seek it.



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