

# auto biography of a yogi

Auto Biography of a Yogi: Exploring the Spiritual Journey of Paramahansa Yogananda

**auto biography of a yogi** is more than just a book title; it is a profound gateway into the mystical world of yoga and spirituality as experienced by one of the most influential yogis of the 20th century, Paramahansa Yogananda. This classic spiritual autobiography has inspired millions worldwide, offering a rare glimpse into the life and teachings of a man who bridged Eastern mysticism and Western science. If you've ever wondered about the deeper dimensions of yoga, meditation, and the quest for self-realization, then understanding the essence of this autobiography will undoubtedly enrich your perspective.

## The Significance of "Auto Biography of a Yogi" in Spiritual Literature

When Paramahansa Yogananda first published his book in 1946, it introduced Western readers to the ancient science of Kriya Yoga and the timeless wisdom of Indian spirituality. The book is not just a memoir but an illuminating narrative filled with stories of saints, miracles, and spiritual adventures that transcend ordinary experience.

## Why This Autobiography Stands Out

Unlike typical biographies that focus on chronological events, the auto biography of a yogi delves into the spiritual milestones and mystical episodes that shaped Yogananda's life. Readers encounter tales of his childhood spiritual experiences, his search for a guru, and his eventual meeting with his master, Sri Yukteswar. The book also highlights Yogananda's mission to bring yoga to the West, underlining his role as a pioneer in spreading meditation practices globally.

This book is cherished for its blend of practical guidance and inspiring narratives. It combines the essence of yoga philosophy with real-life accounts of spiritual discipline, miracles, and divine encounters. For anyone interested in meditation techniques, self-realization, or the history of yoga in the West, this autobiography remains an essential resource.

## Paramahansa Yogananda: The Man Behind the Story

To truly appreciate the auto biography of a yogi, it helps to understand the

life of Paramahansa Yogananda himself. Born Mukunda Lal Ghosh in 1893 in Gorakhpur, India, Yogananda displayed an early inclination toward spirituality, often experiencing moments of deep meditation and visions.

## **Early Life and Spiritual Awakening**

Yogananda's childhood was marked by a profound curiosity about the divine. He sought answers to life's big questions and was drawn to the teachings of various saints and sages. His family supported his spiritual quest, and by his teenage years, he was determined to find a guru who could guide him toward enlightenment.

## **The Guru-Disciple Relationship**

A pivotal moment in his life was meeting his guru, Sri Yukteswar Giri, who became his spiritual mentor. Their relationship epitomized the traditional guru-disciple bond in Indian spirituality, emphasizing discipline, devotion, and study. Sri Yukteswar's teachings deeply influenced Yogananda's understanding of yoga and prepared him for his future mission.

## **Impact of the Auto Biography of a Yogi on Global Yoga Culture**

Since its release, the auto biography of a yogi has been credited with igniting a global interest in yoga and meditation. It played a crucial role in introducing Eastern spiritual practices to Western audiences during a time when such ideas were relatively unknown.

## **Bridging East and West**

Yogananda's lucid writing style and candid storytelling made complex spiritual concepts accessible to people unfamiliar with Indian philosophy. His descriptions of meditation techniques, such as Kriya Yoga, provided practical tools for self-transformation that readers could apply in their daily lives.

## **Influencing Modern Yoga and Meditation Movements**

Many contemporary yoga teachers and spiritual leaders cite the auto biography of a yogi as a source of inspiration. The book's emphasis on direct experience and inner realization resonates with those seeking authenticity in

their spiritual journey. It has also influenced the development of meditation centers, yoga schools, and spiritual communities worldwide.

## **Key Teachings and Spiritual Insights from the Auto Biography of a Yogi**

One of the remarkable features of this autobiography is how it seamlessly weaves profound spiritual teachings into engaging stories. Here are some of the core lessons that readers often take away:

### **The Power of Meditation**

Yogananda stresses that meditation is the key to unlocking the inner self and experiencing true peace. He explains various meditation techniques that help calm the mind, enhance concentration, and connect with higher consciousness. This emphasis on meditation as a daily practice remains relevant for spiritual seekers today.

### **The Law of Karma and Reincarnation**

The book explores the Hindu concepts of karma (the law of cause and effect) and reincarnation, providing a spiritual framework for understanding life's challenges and opportunities. Yogananda's insights encourage readers to take responsibility for their actions and view life's experiences as part of a larger spiritual evolution.

### **The Unity of All Religions**

An important theme in the auto biography of a yogi is the underlying unity behind all religious traditions. Yogananda advocates for a universal approach to spirituality, emphasizing that all paths lead to the same ultimate truth. This inclusive perspective fosters tolerance and respect among diverse faiths.

## **How to Approach the Auto Biography of a Yogi for Personal Growth**

Reading the auto biography of a yogi is not just about absorbing information; it's an invitation to embark on your own inner journey. Here are some tips to make the most of this spiritual classic:

- **Read Mindfully:** Take your time with the book, reflecting on the stories and teachings rather than rushing through it.
- **Practice Meditation:** Try incorporating some of Yogananda's meditation techniques into your routine to experience their benefits firsthand.
- **Journal Your Insights:** Writing down your thoughts and spiritual experiences can deepen your understanding and personal transformation.
- **Explore Related Teachings:** Complement the autobiography with other works by Yogananda or his disciples to broaden your perspective.

## Legacy of Paramahansa Yogananda and the Enduring Appeal of His Auto Biography

Decades after its publication, this spiritual autobiography continues to inspire new generations. Paramahansa Yogananda's teachings remain alive through the Self-Realization Fellowship, the organization he founded, which promotes his message of love, meditation, and self-realization.

The auto biography of a yogi stands as a timeless testament to the transformative power of yoga and the human potential to experience divine consciousness. Its blend of autobiography, spiritual teaching, and mystical adventure invites readers not only to learn about Yogananda's life but also to embark on their own journey toward inner peace and enlightenment.

## Frequently Asked Questions

### What is 'Autobiography of a Yogi' about?

'Autobiography of a Yogi' is a spiritual classic written by Paramahansa Yogananda that chronicles his life, his spiritual journey, and his encounters with saints and sages in India and the West.

### Who is the author of 'Autobiography of a Yogi'?

The book was written by Paramahansa Yogananda, a renowned Indian yogi and spiritual teacher who introduced millions to meditation and Kriya Yoga.

### Why is 'Autobiography of a Yogi' considered an

## **influential book?**

'Autobiography of a Yogi' is influential because it bridges Eastern spirituality and Western audiences, inspiring countless readers with its teachings on yoga, meditation, and the pursuit of self-realization.

## **When was 'Autobiography of a Yogi' first published?**

The book was first published in 1946 and has since become a spiritual classic, translated into numerous languages worldwide.

## **What are some key themes in 'Autobiography of a Yogi'?**

Key themes include the power of meditation, the importance of a guru-disciple relationship, miracles, the unity of all religions, and the potential for human spiritual evolution.

## **Has 'Autobiography of a Yogi' influenced any notable figures?**

Yes, the book has influenced many prominent individuals, including Steve Jobs, who reportedly gifted copies to friends, and numerous spiritual seekers across the globe.

## **Are there modern editions or commentaries on 'Autobiography of a Yogi'?**

Yes, there are modern editions with added introductions, annotations, and commentaries that provide context and help contemporary readers better understand the book's spiritual teachings.

## **Additional Resources**

Auto Biography of a Yogi: A Timeless Exploration of Spirituality and Self-Realization

**auto biography of a yogi** is not merely a title but a gateway into one of the most influential spiritual autobiographies of the 20th century. Written by Paramahansa Yogananda, this seminal work has introduced millions to the profound depths of yogic philosophy, meditation, and the pursuit of higher consciousness. Its enduring legacy continues to resonate with readers across cultures and generations, making it a cornerstone for those interested in the convergence of Eastern spirituality and Western thought.

# Understanding the Significance of Auto Biography of a Yogi

Paramahansa Yogananda's *\*Auto Biography of a Yogi\** is more than a life story; it serves as an insightful narrative that bridges ancient Indian spiritual traditions with the modern world. First published in 1946, the book chronicles Yogananda's journey from his childhood in India to his establishment of the Self-Realization Fellowship in the United States. It offers an intimate look at his encounters with saints, sages, and spiritual masters, as well as his pioneering efforts to propagate yoga and meditation in the West.

The book's significance lies not only in its detailed recounting of a yogi's life but also in its accessible presentation of complex spiritual concepts. Yogananda's lucid explanations of Kriya Yoga, along with his personal anecdotes, make the teachings approachable for novices and advanced practitioners alike.

## Key Themes Explored in the Auto Biography of a Yogi

Several core themes permeate the narrative, shaping the reader's understanding of yogic wisdom and spiritual discipline:

- **Self-Realization and Enlightenment:** The pursuit of inner awakening and direct experience of the Divine is the central quest of the book.
- **Guru-Disciple Relationship:** Yogananda emphasizes the vital role of the spiritual teacher in guiding aspirants on the yogic path.
- **Interconnection of Science and Spirituality:** The text frequently highlights the harmony between scientific inquiry and mystical experience.
- **Miracles and Mysticism:** Accounts of extraordinary phenomena underscore the profound potentials of yogic practice.

## Paramahansa Yogananda's Life Journey: A Closer Look

The *\*auto biography of a yogi\** provides a detailed account of Yogananda's formative years, illustrating how his early spiritual experiences shaped his later teachings. Born Mukunda Lal Ghosh in 1893 in Gorakhpur, India,

Yogananda displayed an innate spiritual inclination from a young age. The narrative meticulously documents his search for a true spiritual master, culminating in his initiation by Swami Sri Yukteswar.

Yogananda's eventual mission to bring yoga to America marks a pivotal chapter in the book. His arrival in 1920 coincided with a growing Western curiosity about Eastern philosophies, and his lectures and writings significantly influenced the Western perception of yoga beyond mere physical exercise.

## **The Impact of Auto Biography of a Yogi on Western Spirituality**

The \*auto biography of a yogi\* has been credited with transforming Western attitudes towards yoga and meditation. Prior to its publication, yoga was largely misunderstood or exoticized in the West. Yogananda's articulate and heartfelt exposition presented yoga as a practical science for spiritual advancement.

His establishment of the Self-Realization Fellowship helped institutionalize these teachings, providing structured guidance in meditation and ethical living. Notably, the book has inspired prominent figures such as Steve Jobs, who famously gifted it to friends and colleagues, underscoring its cultural and intellectual influence.

## **Analyzing the Literary Style and Narrative Approach**

From a literary perspective, the \*auto biography of a yogi\* balances autobiographical storytelling with philosophical discourse. Yogananda's prose is both poetic and straightforward, making esoteric concepts understandable without diluting their essence. This blend appeals to a broad readership, from spiritual seekers to academics.

The narrative structure interweaves chronological events with thematic reflections, allowing readers to engage with the material on multiple levels. The inclusion of vivid descriptions of yogic practices and mystical experiences adds a compelling dimension to the text, inviting readers to contemplate the possibilities of human consciousness.

## **Strengths and Limitations of the Auto Biography of a Yogi**

While the book's strengths are numerous, it is important to examine its

limitations critically:

- **Strengths:**

- Comprehensive introduction to Kriya Yoga and meditation techniques.
- Rich historical context regarding Indian spiritual traditions.
- Engaging storytelling that humanizes a revered spiritual figure.
- Bridging the gap between Eastern and Western philosophical thought.

- **Limitations:**

- Some readers may find the accounts of miracles and supernatural events challenging to accept.
- The spiritual jargon and concepts might require additional background reading for full comprehension.
- At times, the narrative may appear idealized, reflecting the author's deep devotion.

## **The Role of Auto Biography of a Yogi in Contemporary Yoga Practice**

Today, as yoga continues to evolve globally, the \*auto biography of a yogi\* remains a foundational text for practitioners seeking a deeper philosophical and spiritual understanding beyond asana practice. Its influence is evident in the resurgence of interest in classical yogic teachings and the integration of meditation into mainstream wellness paradigms.

Yoga instructors and spiritual mentors often recommend the book as essential reading for those aspiring to grasp the roots of yoga philosophy. Furthermore, its emphasis on experiential knowledge encourages practitioners to engage with yoga as a holistic lifestyle rather than a mere physical regimen.



## Relevant Keywords and Their Natural Integration

In discussing the \*auto biography of a yogi\*, it is crucial to incorporate related search terms organically to enhance SEO relevance. Keywords such as "Paramahansa Yogananda biography," "Kriya Yoga techniques," "spiritual autobiography," "yogi life story," and "yoga and meditation teachings" naturally complement the article's focus. These terms appear throughout the analysis to align with search intent while maintaining an informative tone.

For example, references to "Kriya Yoga techniques" highlight the practical aspects detailed in the autobiography, while phrases like "spiritual autobiography" and "yogi life story" contextualize the genre and content. This approach ensures the article ranks well for diverse queries related to yogic literature and Paramahansa Yogananda's legacy.

## Conclusion: The Enduring Legacy of Auto Biography of a Yogi

The \*auto biography of a yogi\* stands as a monumental work that continues to inspire and educate readers worldwide. Its blend of personal narrative, philosophical insight, and mystical experience offers a unique window into the spiritual traditions of India and their relevance in the modern era. Far from being a mere historical document, it invites ongoing exploration and practice, encouraging readers to embark on their own journey of self-realization and inner transformation.

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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.

**auto biography of a yogi: Autobiography of a Yogi** Sri Sri Paramahansa Yogananda, 2008

**auto biography of a yogi:** *Autobiography of a Yogi* Paramahansa Yogananda, 1973-12 This audio edition contains the complete text of Paramahansa Yogananda's life story. Selected as One of the 100 Best Spiritual Books of the Twentieth Century, 'Autobiography of a Yogi' has been translated into 20 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 fifty consecutive years in print. Profoundly inspiring, it is at the same time vastly entertaining, warmly humorous and filled with extraordinary personages. This audio book version is given an inspired reading by Academy Award-winning actor Sir Ben Kingsley.

**auto biography of a yogi:** *Autobiography of a Yogi* Paramahansa Yogananda, Sheba Blake, 2022-01-10 The Autobiography of a Yogi details his search for a guru, during which he encountered many spiritual leaders and world-renowned scientists. When it was published in 1946 it was the first introduction of many westerners to yoga and meditation. The famous opera singer Amelita Galli-Curci said about the book: Amazing, true stories of saints and masters of India, blended with priceless superphysical information-much needed to balance the Western material efficiency with Eastern spiritual efficiency-come from the vigorous pen of Paramhansa Yogananda, whose teachings my husband and myself have had the pleasure of studying for twenty years.

**auto biography of a yogi: Autobiography of a Yogi** Paramhansa Yogananda, 2018-04-03

**auto biography of a yogi:** *Autobiography of a Yogi* Paramhansa Yogananda, 2014-07-25 Autobiography of a Yogi introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the East and West. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935 he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book. The book is an introduction to the methods of attaining God-realization and to the spiritual thought of the East, which had only been available to a few in 1946. The author claims that the writing of the book was prophesied long ago by the nineteenth-century master Lahiri Mahasaya.

**auto biography of a yogi:** *Autobiography of a YOGI* Paramhansa Yogananda, 2016-08-09

Autobiography of a Yogi is an autobiography of Paramahansa Yogananda (January 5, 1893-March 7, 1952) first published in 1946. Yogananda was born Mukunda Lal Ghosh in Gorakhpur, India, into a Bengali family. Autobiography of a Yogi introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the East and West. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935 he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book. The book is an introduction to the methods of attaining God-realization and to the spiritual thought of the East, which had only been available to a few in 1946. The author claims that the writing of the book was prophesied long ago by the nineteenth-century master Lahiri Mahasaya. It has been in print for seventy years and translated into at least forty-three languages by Self-Realization Fellowship. It has been highly acclaimed as a spiritual classic including being designated by Philip Zaleski, while he was under the auspices of HarperCollins Publishers, as one of the 100 Most Important Spiritual Books of the 20th Century. It is included in the book 50 Spiritual Classics: Timeless Wisdom from 50 Great Books of Inner Discovery, Enlightenment and Purpose by Tom Butler-Bowdon. According to Project Gutenberg, the first edition is in public domain and at least five publishers are reprinting it

and four post it free for online reading.

**auto biography of a yogi: Autobiography of a Yogi** Paramahansa Yogananda, 2016-08-14 My Parents and Early Life Mother's Death and the Amulet The Saint with Two Bodies (Swami Pranabananda) My Interrupted Flight Toward the Himalaya A Perfume Saint Performs his Wonders The Tiger Swami The Levitating Saint (Nagendra Nath Bhaduri) India's Great Scientist and Inventor, Jagadis Chandra Bose The Blissful Devotee and his Cosmic Romance (Master Mahasaya) I Meet my Master, Sri Yukteswar Two Penniless Boys in Brindaban Years in my Master's Hermitage The Sleepless Saint (Ram Gopal Muzumdar) An Experience in Cosmic Consciousness The Cauliflower Robbery Outwitting the Stars Sasi and the Three Sapphires A Mohammedan Wonder-Worker (Afzal Khan) My Guru Appears Simultaneously in Calcutta and Serampore We Do Not Visit Kashmir We Visit Kashmir The Heart of a Stone Image My University Degree I Become a Monk of the Swami Order Brother Ananta and Sister Nalini The Science of Kriya Yoga Founding of a Yoga School at Ranchi Kashi, Reborn and Rediscovered Rabindranath Tagore and I Compare Schools The Law of Miracles An Interview with the Sacred Mother (Kashi Moni Lahiri) Rama is Raised from the Dead Babaji, the Yogi-Christ of Modern India Materializing a Palace in the Himalayas The Christlike Life of Lahiri Mahasaya Babaji's Interest in the West I Go to America Luther Burbank -- An American Saint Therese Neumann, the Catholic Stigmatist of Bavaria I Return to India An Idyl in South India Last Days with my Guru The Resurrection of Sri Yukteswar With Mahatma Gandhi at Wardha The Bengali Joy-Permeated Mother (Ananda Moyi Ma) The Woman Yogi who Never Eats (Giri Bala) I Return to the West At Encinitas in California

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**auto biography of a yogi: Autobiography of a YOGI** Paramhansa Yogananda, 2020-07-02  
This life story of Yogananda was instrumental in introducing meditation and yoga to the West. It includes Yogananda's and Sri Yukteswar's attempts to explain certain verses and events of the Bible such as the Garden of Eden story, and descriptions of Yogananda's encounters with Therese Neumann, Mohandas Gandhi, and Nobel laureate Rabindranath Tagore. This acclaimed autobiography presents a fascinating portrait of one of the great spiritual figures of our time. With engaging candor, eloquence, and wit, Paramahansa Yogananda narrates 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. 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. 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 thus becomes the background for a penetrating and unforgettable look at the ultimate mysteries of human existence. Considered a modern spiritual classic, the book has been translated into more than twenty languages and is widely used as a text and reference work in colleges and universities. A perennial bestseller since it was first published sixty years ago, Autobiography of a Yogi has found its way into the hearts of millions of readers around the world

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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. *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. 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 thus becomes the background for a penetrating and unforgettable look at the ultimate mysteries of human existence. Considered a modern spiritual classic, the book has been translated into more than twenty languages and is widely used as a text and reference work in colleges and universities. A perennial bestseller since it was first published sixty years ago, *Autobiography of a Yogi* has found its way into the hearts of millions of readers around the world.

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**auto biography of a yogi:** The Autobiography of a Yogi Paramahansa Yogananda, 2016-09-15 As a young man, Paramhansa Yogananda embarked on a quest to find his spiritual master, which he did in the form of Swami Sri Yukteswar—together they achieved a oneness of silence, words seemed the rankest superfluities. A mixture of biography and scholarly reflections on the deepest mysteries of life, this is the classic text which introduced millions in the West to the teachings of meditation and kriya yoga.

**auto biography of a yogi:** *Autobiography of a Yogi (Deluxe Library Binding) (Annotated)* Paramahansa Yogananda, 2020-12-28 *Autobiography of a Yogi* introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the Eastern and the Western world. The book follows him through childhood, how he met his guru, and how he became a monk and established his teachings of Kriya Yoga meditation. He also chronicles his journey to speak in a religious congress in Boston, Massachusetts and his travels across America lecturing and establishing his teachings in Los Angeles, California. *Autobiography of a Yogi* has been in print for seventy years and translated into over fifty languages. It is highly acclaimed as a spiritual classic that serves as an introduction to the methods of attaining God-realization and to the spiritual wisdom of the East. One of the most famous advocates for the book was Steve Jobs, who ensured a copy was handed out to everyone at his memorial service.

**auto biography of a yogi:** Autobiography of a Yogi (Japanese) Paramahansa Yogananda, 2014-07-25 Selected as One of the 100 Best Spiritual Books of the 20th Century, Yogananda's *Autobiography of a Yogi* has been translated into over 33 languages, and is regarded worldwide as a spiritual classic. It reads like an adventure story while answering questions about religion, God, existence, yoga, higher consciousness, and the challenges of daily spiritual living.

**auto biography of a yogi:** Autobiography of a Yogi Yogananda (Paramahansa), Yogananda Paramahansa, 2010-01-30 The life story of spiritualist Yogananda from his childhood in India to the thirty years he lived and taught in America.

**auto biography of a yogi:** *The Autobiography of a Yogi* Paramahansa Yogananda, 2017 *Autobiography of A Yogi* tells the life story of Paramahansa Yogananda, one of the best spiritual books ever written. This introduces western readers to India's ancient science of Yoga. This book is a must read for anyone interested in spirituality, God-realization, and the laws behind miracles. The book covers Yogananda's remarkable childhood, and describes his search for his guru, Yukteswar Giri. Yogananda then spent ten years in training to become a yoga master. He taught many others The Science of Kriya Yoga, a technique that was initiated by Yukteswar. The Yogi also established a

school by the name of Yogoda Satsanga Brahmacharya Vidyalaya. About the Author: Paramahansa Yogananda was born in as Mukunda Lal Ghosh. He was an Indian yogi and guru. Some of the books written by him are Karma and Reincarnation, How To Have Courage, Calmness, And Confidence: The Wisdom Of Yogananda 1st Edition, The Bhagavad Gita 1st Edition, and Whispers From Eternity 1st Edition. At the age of 17, in the year 1910, he found his guru Swami Yukteswar Giri. Yogananda graduated with a B.A. from the Serampore College, and in 1915 took vows to join the Swami Order. Here, he was given the name Swami Yogananda Giri. The Yogi established the Yogoda Satsanga Society of India in Ranchi. In 1920, he was sent to Boston to attend the International Congress of Religious Liberals. He lived in America for the next thirty years (1920-1952), and taught the soul-awakening techniques of Kriya Yoga to many people. Yogananda visited India in 1935, where he was given the monastic title of Paramahansa, which represents the highest spiritual attainment. The Yogi passed away in 1952, and his funeral service was attended by with hundreds of people in Los Angeles. On his twenty-fifth death anniversary, the Indian government issued a special commemorative stamp in his honour.

**auto biography of a yogi: Autobiography of a Yogi** Paramahansa Yogananda, 2022

**auto biography of a yogi: Autobiography of a Yogi (Hungarian)** Paramahansa Yogananda, 2015-02-19 Selected as One of the 100 Best Spiritual Books of the 20th Century, Yogananda's Autobiography of a Yogi has been translated into over 33 languages, and is regarded worldwide as a spiritual classic. It reads like an adventure story while answering questions about religion, God, existence, yoga, higher consciousness, and the challenges of daily spiritual living.

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