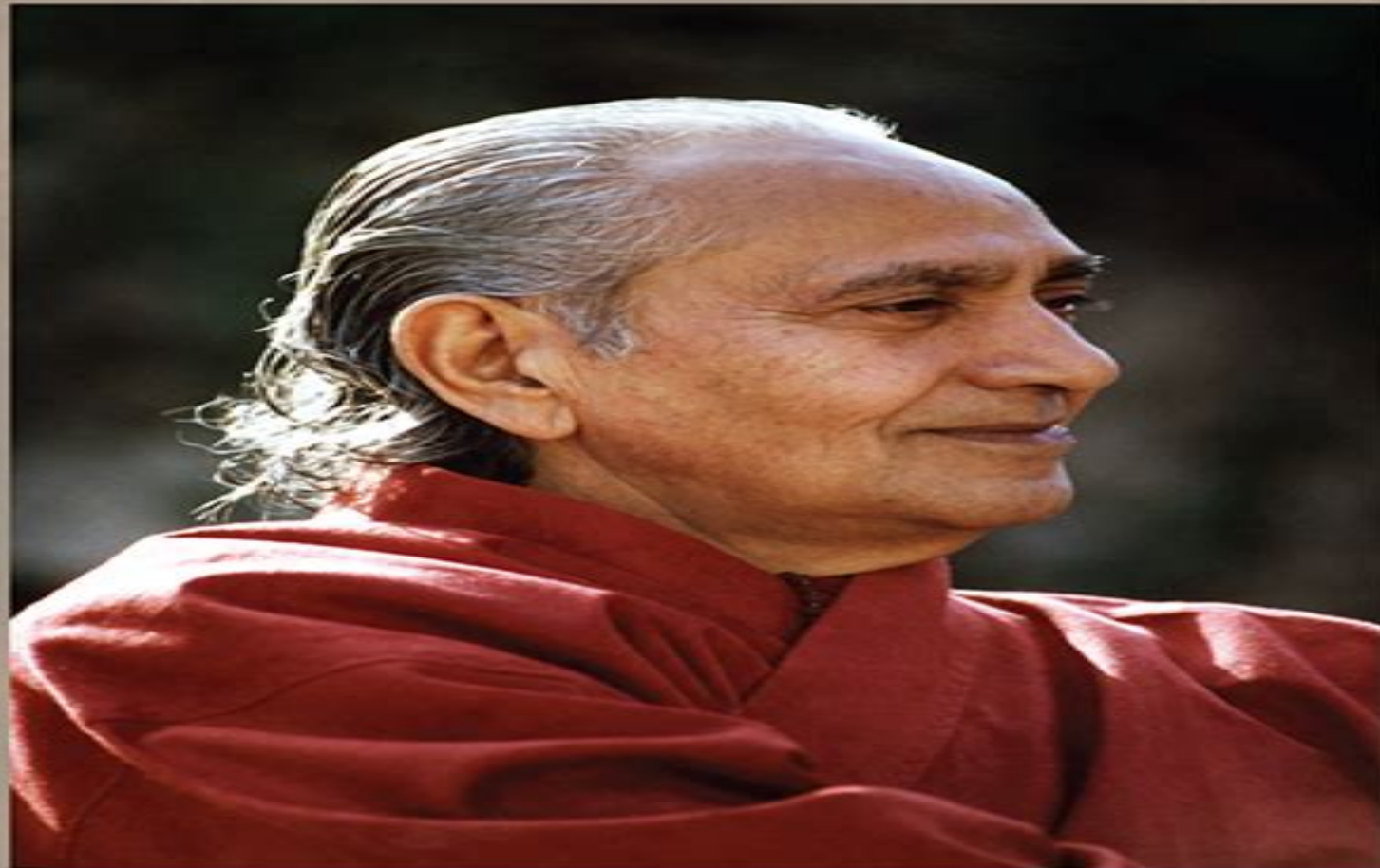


# At the Feet of A Himalayan Master



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Remembering Swami Rama  
*volume 7*

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# At The Feet Of A Himalayan Master Remembering Swami Rama Volume

**Swami Rama**



## **At The Feet Of A Himalayan Master Remembering Swami Rama Volume :**

**At the Feet of a Himalayan Master Volume 4** Prakash Keshaviah, The narrators in this volume include a Navy veteran turned computer programmer analyst a dutiful housewife bored by her humdrum life a young schoolboy eager to learn yoga and a purposeless college graduate with an unhealthy lifestyle      **At the Feet of a Himalayan Master Volume 3** Prakash Keshaviah,2013-08-07 This volume has five contributors of diverse nationalities and backgrounds but who share a common bond of great reverence and love for the Himalayan Master Swami Rama They approached him at different times for different reasons and with different aspirations Despite these differences in age background temperament and nationality they found in Swami Rama a true friend profound philosopher and compassionate guide The differences in the narrators and their narratives serve an important purpose the opportunity to view Swami Rama from many different perspectives from which one can try to construct for oneself a composite portrait of Seami Rama the multi faceted phenomenon who graced our lives

**At the Feet of a Himalayan Master Volume 7** Prakash Keshaviah,2018-07-16 This is Volume 7 of the series At the Feet of a Himalayan Master and includes the reminiscences of eight disciples of Swami Rama five women and 3 men three living in the US one from the UK and four from India This takes the total numbers of contributors to the series to 33 disciples who have generously shared their inspiring experiences with the Master As with previous volumes of this series readers will discover the many dimensions of Swami Rama The authors of this volume are from diverse backgrounds geographic cultural economic religious professional Despite these differences they were drawn by Swamiji s compassion love and caring mentorship he could be a tough taskmaster but knowing that this was also a manifestation of his love disciples were not discouraged or driven away but continued to work on their shortcomings It is now more than two decades since Wamiji dropped his mortal coil but his love guidance and presence continue to instruct and inspire May the younger generation of spiritual seekers who were born after Swamiji s mortal demise find inspiration in these volumes and learn to discover the divinity that dwells within them      *At the Feet of a Himalayan Master Volume 5* Prakash Keshaviah,2013-01-04 In these short narratives my fellow seekers write eloquently about their personal relationships and experiences with Swami Rama generously sharing stories about their lives and aspirations their struggles and inspirations Through these memoirs we learn not only how Swami Rama individually guided these students but also how we all can live better lives We learn that yoga meditation is not just a physical practice or an abstract philosophical tradition but a living breathing practical path that influences everything we do Excerpted from the Foreword by Wesley Van Linda      **At the Feet of a Himalayan Master Volume 1** Prakash Keshaviah,2010-02-16 There are very few first hand accounts available to us about living with a Himalayan Master This book offers unique contributions on the inner development and external lives of those who lived around him This book fortells of human potentials that may be available to us all of a purpose to our lives and of realms of inner development that can easily be overlooked in the pace and diversions of modern life      *At the Feet of a Himalayan Master Volume 2*

Prakash Keshaviah,2010-11-16 At the Feet of a Himalayan Master unfolds the secrets of personal sadhana and direct contact with a great guru that are rare to find in any published literature and with contemporary and western disciples facing the modern world and all of its limitations The book helps us understand the many facets and real nature of genuine spiritual practice in the Himalayan tradition and how it can transform the mind and heart      **At the Feet of a Himalayan Master**

**Volume 5** Prakash Keshaviah,2013-01-01 In these short narratives my fellow seekers write eloquently about their personal relationships and experiences with Swami Rama generously sharing stories about their lives and aspirations their struggles and inspirations Through these memoirs we learn not only how Swami Rama individually guided these students but also how we all can live better lives We learn that yoga meditation is not just a physical practice or an abstract philosophical tradition but a living breathing practical path that influences everything we do Excerpted from the Foreword by Wesley Van Linda

**At the Feet of a Himalayan Master Volume 6** Prakash Keshaviah,2015-10-07 Each story in this volume testifies to the brilliance of Gurudev's insight into human nature and the selflessness of his service to each individual      *Hymns to the Mystic Fire* Sri Aurobindo,2018-05-22 Sri Aurobindo has unlocked the secret of the Rig Veda and in this book he has provided the translations for all hymns to Agni the mystic fire from the Rig Veda Included for reference are the actual Sanskrit texts for each hymn The Doctrine of the Mystics reveals the underlying philosophical psychological and spiritual truths experienced by the sages This book is for the seeker the yogi and the sage as well as the philosopher or student of comparative religion

**Holistic Living Manual** Prakash Keshaviah,2018-05-22 The word holistic comes from the Greek root holos which means whole total entire Holistic means to understand the entire human being In holistic health the entire human being is considered paying attention to the interaction and integration of the biological and physiological body and breath psychological conscious and unconscious mind and philosophical soul dimensions The emphasis is on treating the whole patient and not just the symptoms of disease Man has to realize that he is not a body alone He is a breathing being and a thinking being with complex emotions appetites and desires To maintain good health the following guidelines must be considered Nourish and exercise the physical body Make the breath deep smooth even and continuous Discipline the senses Quieten the mind Calm the emotions Cultivate contentment Discover the inner being the soul or center of consciousness The purpose of life is to be happy and free from pains fears and miseries This can be achieved by practicing a self training program as set forth in this manual

*Indian National Bibliography* B. S. Kesavan,2016-05      **Journey with a Himalayan Master** Mohan Swami,2016      *Living with the Himalayan Masters* Swami Rama,2007-02-12 Inspirational stories of Swami Rama's experiences and lessons learned with the great teachers who guided his life including Mahatma Gandhi Tagore and more

**Living with the Himalayan Masters** Swami Rama,1980      **Walking with a Himalayan Master** Justin O'Brien,Swami Jaidev Bharati,2005-06 This autobiography of an American yogi is the story of the training of a Western scholar by a unique Himalayan Master one of the greatest yogis of the era Shri Swami Rama      *Walking With A Himalayan*

*Master, Swami Rama* Justin O'Brien, 2003-03 This autobiography of an American yogi is the story of the training of a western scholar by a unique Himalayan master one of the greatest yogis of the century      **Swami Rama** ,2015      **At the Eleventh Hour** Rajmani Tigunait, 2001 At the Eleventh Hour is more than just a biography about the accomplishments of Himalayan master Swami Rama and an overview of the profound system of yogic knowledge he brought to the West This book tells the story of Swamiji through the eyes of Pandit Rajmani Tigunait PhD his devoted student and successor as the spiritual head of the Himalayan Institute As you read Pandit Tigunait s account of life with his master you will gain insight into the guru disciple relationships Swami Rama had both with his master and with his own students This book serves as a guide to some of the more esoteric practices of tantra not commonly known or understood in the West It brings you to holy places in India to the source of the Himalayan Tradition revealing why these sacred sites are important and how to go about visiting them The wisdom in these stories penetrates beyond the power of words Discover the legacy of a true Himalayan master and the nature of the yogic wisdom he shared Purchase your copy of At the Eleventh Hour today      **Inspired Thoughts of Swami Rama** Swami Rama, 1983      *Fearless Living* Swami Rama, 2005 This book a collection of anecdotes from the life of the late Swami Rama helps us understand that there is a way to move beyond mere faith and into the realm of personal revelation Through the spiritual practice of meditation and yoga we can aspire to enter the world of spirit ourselves From back cover

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