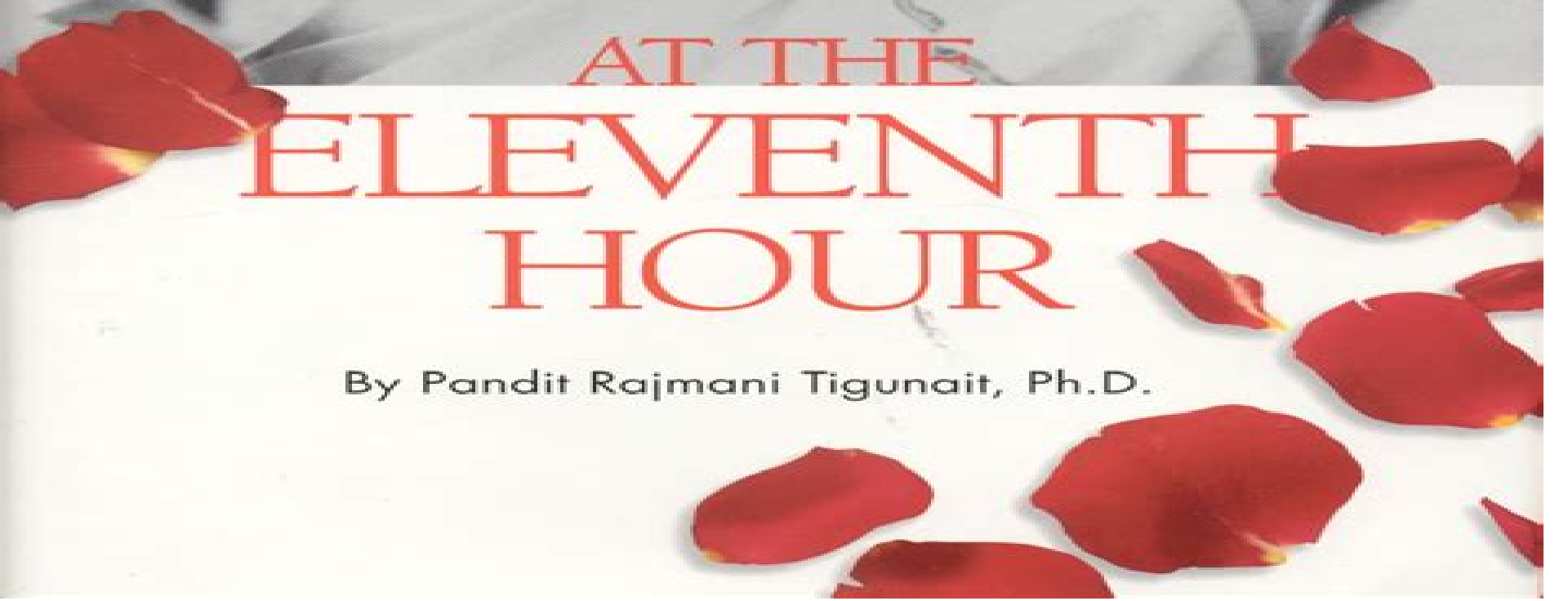


THE BIOGRAPHY OF SWAMI RAMA
AUTHOR OF "LIVING WITH THE HIMALAYAN MASTERS"

AT THE
ELEVENTH
HOUR

By Pandit Rajmani Tigunait, Ph.D.



At The Eleventh Hour The Biography Of Swami Rama

H. Wayne House



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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.

Will Yoga & Meditation Really Change My Life? Stephen Cope, 2003-01-01 As one of the largest and most successful yoga-based retreat and education centers in the world, Kripalu Center for Yoga Health in Lenox, Massachusetts, attracts many of the leading teachers of yoga and Buddhist meditation to its annual retreat. East meets East: Yoga Buddhism. In *Will Yoga Meditation Really Change My Life*, Stephen Cope brings to the printed page the fascinating dialogue that he has fostered in these retreats. Cope asks participating teachers to share their tales from the path, stories of how the long-term practice of these ancient traditions has changed their lives. The result is an inspirational volume featuring 26 distinct voices telling their stories: how they became interested in these traditions, the teachers who inspired them, and how the practice of yoga and meditation has shaped their lives and perspectives. The contributors, many of whom are authors of well-known books on these topics, speak of their experiences as real people living in our complex world, complete with spouses, children, aging parents, financial demands, illnesses, injuries, and all of the ordinary aggravations of everyday life. Many of these teachers have studied and explored the practice of yoga or meditation over the course of 30 years and have been pivotal in creating retreat centers, styles of yoga, and teaching techniques that have contributed to the widespread popularity of these practices in mainstream culture. The stories of these teachers ask the questions: What is possible for me in my life right now? How can my practice of yoga and meditation help me lead a more satisfying life? These are questions on which every spiritual seeker and practitioner of yoga and meditation inevitably must reflect.

The Four Desires Rod Stryker, 2011-07-26 Desire is here to stay. The challenge we all face and which I intend to guide you through is to learn how to take into account the full measure of who you are and use the positive force of all four of your soul's desires to lead you to your best life. Rod Stryker. According to ancient Yogic tradition, your soul has four distinct desires: The desire for purpose, the drive to become who you are meant to be; The desire for the means—money, security, health—to prosper in this world; The desire for pleasures like intimacy, beauty, and love; The desire for spiritual fulfillment and lasting freedom. Learning to honor these four desires is the key to happiness and

to a complete and balanced life But how can you discern what will truly satisfy your desires How can you increase your capacity to achieve them What if your desires seem to conflict with one another Is it really possible to live a spiritual life while also wanting material pleasures and success For more than three decades master teacher Rod Stryker has taught yoga in the context of its deepest philosophy His course called The Yoga of Fulfillment has helped thousands recognize their soul's call to greatness and to achieve their dreams Now in this wise and richly practical book he has distilled those broad teachings into a roadmap for becoming the person you were meant to be It is filled with revealing true stories provocative exercises and practices for unlocking your inner guidance And even if you've never done a yoga pose you can follow this step by step process to discover your soul's unique purpose the one you came into this world to fulfill recognize the goals you need to focus on at any given time and enliven your capacity to reach them overcome self-defeating ideas and behavior recruit your deepest energies and strengthen your resolve to meet any challenge learn to live with joy at every stage of your growth The Four Desires is nothing less than a complete path toward living your best life possible a life that is rich in meaning and in means a life that attracts and emanates happiness a life that is your unique gift to yourself and the world

Yoga for Men Thomas Claire, 2003-10-08 A comprehensive introduction to yoga geared to men of all ages and backgrounds whether they're athletic or sedentary young or old devotees of yoga seek new information to enhance their existing practices or neophytes just starting out of their yoga journals *The Evangelical Dictionary of World Religions* H. Wayne House, 2019-02-19 With all of the different religions sects denominations and belief systems out there it can be difficult to separate the facts from mere opinion especially if one is relying solely on online sources which may or may not be vetted and which often have an ideological or political slant to them How can we truly understand if we cannot even be sure we are getting the facts straight In this comprehensive resource more than 75 evangelical scholars offer a thoroughly researched guide to Christianity other world religions and alternative religious views including entries on movements theological terms and major historical figures Perfect for pastors students and anyone who wants ready access to information on today's religious landscape *Inner Quest* Pandit Rajmani Tigunait, 2007-02-08 Yoga is a philosophy of life and a systematic science that enables us to realize our true nature and experience union with the Divine Drawn from the dialogue of Pandit Tigunait's bi-monthly Yoga International magazine Q & A column this book weaves together hundreds of answers to the questions that face those on a spiritual path In this inspirational book Pandit Tigunait draws on knowledge he has gathered from the scriptures from accomplished teachers and from his own spiritual findings to answer profound questions on topics including Spirituality and finding the sacred in everyday life Reincarnation and karma Relationships Death and dying Meditation and understanding the mind Health and healing Mantra Overcoming obstacles Ayurvedic herbs Choosing a path Teachers and students Higher consciousness and enlightenment This second edition is more than twice as long as the first and incorporates new questions and answers that are guaranteed to deepen your insight on spiritual matters and yogic

philosophy *Yoga Journal* ,2001-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Happiness Is Your Creation** Swami Rama,2007 Inspirational teachings excerpted from Living with the Himalayan Masters that identify the causes of unhappiness and provide direction to keep centered and joyful **Lighting the Flame of Compassion** Pandi Rajmani Tigunait,2007-02-08 The study of the Vedas and the Upanishads has led many seekers and practitioners to profound realizations and experiences There is one core message that lies at the heart this ancient yogic wisdom know who you are and rejoice in being what you are In this heart warming and insightful book you will find essential verses from iconic Sanskrit scriptures including The Katha Upanishad where Death himself imparts secret teachings of existence The Bhagavad Gita which offers practical information on the nature of the human condition The Rig Veda which reveals the true nature of the all pervading life force Each selection includes the original Sanskrit in Devanagari script transliteration an original translation in English and original watercolor illustrations The translations by Sanskrit scholar Pandit Rajmani Tigunait PhD and illustrations by Roger Hill capture the true essence of each verse and invite the reader to enjoy deep contemplation of the love compassion and wisdom found in these sacred scriptures Lighting the Flame of Compassion will help you discover the best within yourself and in humanity for these verses flow from the heart of those who see no difference between the creator and his creation Experience the beauty of eternal wisdom in this poetic compilation of ancient texts Purchase your copy of Lighting the Flame of Compassion today **The Pursuit of Power and Freedom** Rajmani Tigunait,2008 This is a new and contemporary translation of one of India s most revered texts The Katha Upanishad Tigunait delights us with an understandable version of one of the most difficult texts of all religious traditions The story is of a young boy who compels the Lord of Death to reveal the secret of what happens after we die Tigunait s commentary and translation make this text ideal for anyone looking for inner growth and enlightenment

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