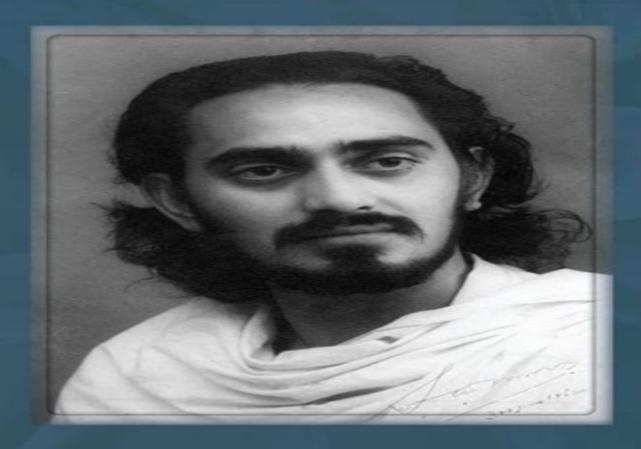
At the Feet of A Himalayan Master



Remembering **Swami Rama** volume 3

At The Feet Of A Himalayan Master Remembering Swami Rama Volume 1

Prakash Keshaviah

At The Feet Of A Himalayan Master Remembering Swami Rama Volume 1:

At the Feet of a Himalayan Master Volume 3 Prakash Keshavia, 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 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 At the Feet of a Himalayan Master Volume 1 Prakash Keshaviah,2010-02-16 There are very few unhealthy lifestyle 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 At the Feet of a Himalayan Master Volume 5 Prakash Keshaviah, 2013-01-01 In these short narratives my modern life 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 **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

At the Feet of a Himalayan Master Volume 6 Prakash Keshaviah, 2015-10-07 Each story in this volume testifies to the brilliance of Gurudevs insight into human nature and the selflessness of his service to each individual 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 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 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 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

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