Paramahansa Yogananda is widely regarded as one of the preeminent spiritual figures of our time and has been hailed as the “father of Yoga in the West.” Born in northern India, Paramahansa Yogananda came to the United States in 1920, where for more than thirty years he taught India’s ancient science of meditation and the art of balanced spiritual living. Through his best-selling classic, Auto-Biography of a Yogi, his acclaimed translation of and commentary on the Bhagavad Gita, God Talks With Arjuna, his revelatory commentary on the four Gospels, The Second Coming of Christ, and his numerous other books, he has introduced millions of readers to the timeless truths underlying the world’s religious traditions. His spiritual and humanitarian work is being carried on by Self-Realization Fellowship, the international society he founded in 1920 to disseminate his teachings worldwide.
Paramahansa Yogananda founded Self-Realization Fellowship in 1920 to disseminate his teachings worldwide and to preserve their purity and integrity for generations to come.

In accord with the author’s express wishes, Self-Realization Fellowship has continued the ongoing task of publishing and keeping permanently in print the complete works of Paramahansa Yogananda. These include not only the final editions of all the books he published during his lifetime, but also many new titles—works that had remained unpublished at the time of his passing in 1952, or which had been serialized over the years in incomplete form in Self-Realization Fellowship’s magazine, as well as hundreds of profoundly inspiring lectures and informal talks recorded but not printed before his passing.

The Self-Realization Fellowship name and the SRF emblem (shown above) were originated by Paramahansa Yogananda to identify the organization he founded in 1920 to carry on his worldwide spiritual and humanitarian work. These appear on all Self-Realization Fellowship books, audio and video recordings, films, and other publications, assuring the reader that a work conveys Paramahansa Yogananda’s teachings as he himself intended they be given.
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AWAKE: The Life of Yogananda

The Companion Book

Based on the documentary film by Paola di Florio and Lisa Leeman

An exquisite companion book to Counter-Point Films’ award-winning 2014 documentary film AWAKE: The Life of Yogananda, featuring:

- More than 400 stunning images from the film—including many large-format, rare archival photos of Yogananda (some never before published).
- The entire film script, with helpful supplementary exploration of key ideas.
- The film’s fascinating backstory, told by filmmakers Paola di Florio, Lisa Leeman and Peter Rader, and illustrated by many on-set photos not in the film.

The film and its coffee-table format, 300-page companion book present a unique pictorial biography of Paramahansa Yogananda, the highly esteemed author of the spiritual classic Autobiography of a Yogi. Through Yogananda’s own words and first-person accounts by those who knew him—as well as commentary from historians, scientists, and seekers—AWAKE follows Yogananda’s monumental achievement in making ancient Indian spirituality accessible to a modern audience, inspiring the millions who practice meditation and yoga today.

Praised by The New York Times as “compelling…enough to make a soul look inwards,” AWAKE was filmed over three years with the participation of thirty countries around the world. It examines the world of yoga, modern and ancient, East and West, scientific and spiritual. Ravi Shankar, Deepak Chopra, George Harrison, Russell Simmons, Krishna Das, physicist Anita Goel, neuroscientist Andrew Newberg, and author-historians Philip Goldberg, Robert Love, and Stefanie Syman are among those whose insights and commentary contribute to this transformational story.

SPECIFICATIONS:

Hardcover
Biography/Spirituality/Religion/Cultural Studies
288 pages, over 400 Illustrations
11 x 10

$45.00
AWAKE: The Life of Yogananda

Music from the Original Soundtrack

“A wonderfully attuned soundtrack…seamlessly transports us into the mystical heart of yoga.”

—Yoga City/Yoga Weekly NYC

Selections from the hauntingly beautiful soundtrack of the award-winning documentary *AWAKE: The Life of Yogananda* are featured on this new music CD, including several rare recordings of the voice of Paramahansa Yogananda. The album, which fuses classical Indian sounds with western symphonic melodies, includes original works from the film’s two composers, Michael Mollura and Vivek Maddala, as well as songs by Krishna Das, Jai Uttal, Anoushka Shankar, Benjy Wertheimer, and Alanis Morissette.

**SPECIFICATIONS:**
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By right living, right thinking, and meditation you can race to the Infinite.
—Paramahansa Yogananda
Autobiography of a Yogi
Paramahansa Yogananda

The one book that consistently appears on everyone’s spiritual must-read list.

What is the key to Autobiography of a Yogi’s enduring popularity after nearly 70 years in print? This beloved spiritual classic opens the mind and heart to the unlimited spiritual possibilities that exist in the lives of every human being. It reads like an adventure story while answering questions about religion, God, existence, yoga, higher consciousness, and the challenges of daily spiritual living. It is a book for people of all faiths—anyone yearning to know what life is truly all about.

Autobiography of a Yogi
The Complete Edition

Only Self-Realization Fellowship’s editions incorporate all of the author’s wishes for the final text, personally conveyed by him to the editor he worked with from 1924 until his passing in 1952, and to whom he entrusted all matters pertaining to the publication of his works.

EDITIONS:

Mass Market Paperback
Religion/Spirituality/Biography
604 pages, 57 photos
4 1/2 x 7 1/2
$8.50

Quality Paperback
520 pages, 80 photos
Subject index
6 x 9
$12.50

Hardcover
520 pages, 80 photos
6 x 9
ISBN 978-0-87612-082-8
$27.95

Large Print Paperback (16-point font)
758 pages, 57 photos
7 1/2 x 10
$29.95

What others are saying...

“One book in particular stayed with Steve Jobs his entire life...Autobiography of a Yogi, the guide to meditation and spirituality that he had first read as a teenager, then re-read in India and had read once a year ever since.”
—Huffington Post review of the book Steve Jobs

“I keep stacks of Autobiography of a Yogi around the house... When people need ‘regrooving,’ I say read this, because it cuts to the heart of every religion.”
—George Harrison

“I first read Autobiography of a Yogi in the 1970s.... It started me on a path of yoga, meditation, and self-exploration that has continued until this day.”
—Jack Canfield, Co-creator of the Chicken Soup for the Soul® series

“Yogananda’s Autobiography of a Yogi has become a timeless classic in spiritual literature. The extraordinary and miraculous experiences in his life are testimony that he was in God-consciousness. If you really want to understand the infinite possibilities inherent in the field of consciousness, then read this book.”
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(Please see page 40 for details.)
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Paramahansa Yogananda

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TOPICS INCLUDE:
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“Jesus went very deep in teachings that appear on the surface to be simple—much deeper than most people understand....In [his teachings] is the whole science of yoga, the transcendental way of divine union through meditation.”

—From The Yoga of Jesus

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Religion/Spirituality
160 pages
6 x 9

“This fascinating, and highly thought-provoking book removes the centuries of dogma and misunderstanding that obscures Christ’s teachings.”

—Yoga Magazine

“(In The Yoga of Jesus) ... Yogananda offers seekers their own experience of divine bliss.”

—Spirituality & Health

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—New Age Retailer

“A breath of fresh air....This book is for all those looking for information to take them beyond believing to knowing.”

—Lotus Guide Magazine

ISBN 978-0-87612-556-4
$14.95
The Yoga of the Bhagavad Gita
An Introduction to India’s Universal Science of God-Realization

Paramahansa Yogananda

Paramahansa Yogananda delves into the deeper meaning of the Bhagavad Gita’s symbology, and sheds a fascinating light on the true intent of India’s most beloved scripture. Showing that the Gita’s warriors metaphorically represent negative tendencies of the human ego pitted against the divine qualities of the soul, Yogananda explains how the wisdom of yoga can help us achieve material and spiritual victory on the battlefield of daily life.

This concise and inspiring book is a compilation of selections from Paramahansa Yogananda’s in-depth, critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (God Talks With Arjuna). Presented here for the first time is Yogananda’s unique translation of the verses in their original unbroken sequence, offering readers a continuous poetic narrative of the entire Bhagavad Gita from a yogic perspective.

TOPICS INCLUDE:
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- How to experience the deeper states of meditation and divine illumination

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“We came from God and our ultimate destiny is to return to Him. The end and the means to the end is yoga, the timeless science of God-union.”
—From The Yoga of the Bhagavad Gita

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“This book will appeal to anyone interested in the time-proven wisdom of the ages—including the millions of yoga practitioners who are ready to go beyond physical exercises to experience the spiritual depths and true essence of India’s ancient science of inner peace, joy, and divine union.”
—New York Yoga

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—Yoga Magazine

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A revelatory commentary on the original teachings of Jesus

Paramahansa Yogananda

Yogananda takes the reader on a profoundly enriching journey through the four Gospels into the deeper meaning of Jesus’ teachings. Verse by verse, he illumines the universal path to oneness with God taught by Jesus to his immediate disciples, dispelling centuries-old misconceptions and dogma. This monumental work transcends divisive sectarianism to reveal a unifying harmony underlying all religions.

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—Paramahansa Yogananda

$29.50

“Offers startling ideas about the deeper meaning of Jesus’ teachings and their essential unity with yoga….It has been praised as a groundbreaking work by comparative religion scholars.”

—Los Angeles Times

“A masterpiece of spiritual revelation….As Yogananda delves into the life and background of Jesus, it becomes clear that the Gospels contain a universal esoteric message that has been awaiting full and systematic explication since the apostolic age. In Yogananda’s commentary, what had been veiled, obscure, and oblique is fully disclosed.”

—Yoga International
“Read The Second Coming….You will be informed and inspired by the wisdom contained in this book, as I have been, and be able to understand the nature of life as Jesus did.”
— Bernie Siegel, M.D., author of Love, Medicine and Miracles

“This is one of those rare bridge-building books that can truly change the way one sees a figure one thought one knew well.”
— Robert Ellwood, Ph.D., Emeritus Professor of Religion, University of Southern California and author of Many Peoples, Many Faiths

“Paramahansa Yogananda’s The Second Coming of Christ is one of the most important analyses of Jesus’ teachings that exists….Many interpretations of Jesus’ words divide peoples, cultures, and nations; these foster unity and healing, and that is why they are vital for today’s world.”
— Larry Dossey, M.D., author of Healing Words: The Power of Prayer and the Practice of Medicine

“Shows the universal truth of Self-realization hidden in the Gospels, which is relevant to all people and can help unify all religions in a higher awareness beyond any sectarian boundaries.”
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ISBN 978-0-87612-555-7
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*Royal Science of God-Realization*

Paramahansa Yogananda

*God Talks With Arjuna*, Paramahansa Yogananda’s illuminating translation of and commentary on the Bhagavad Gita, is one of the most comprehensive books available today on the science and philosophy of Yoga.

This monumental work breaks new ground as a revelation of the Gita’s profoundest spiritual, psychological, and metaphysical truths, long obscured by metaphor and allegory. Yogananda clearly outlines the Gita’s balanced path of meditation and right activity, and shows how we can create for ourselves a life of spiritual integrity, serenity, simplicity, and joy. Includes in-depth discussions on Kriya Yoga—what it is, and how it hastens our spiritual evolution.

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—Publishers Weekly

“I can wholeheartedly recommend this work to all yoga students who want to experience the true pulse of the Bhagavad Gita and be pulled into the luminous words of one of this century’s great yoga masters.”
—Yoga Journal

“What Yogananda’s autobiography achieves in the realm of human experience, God Talks With Arjuna achieves as a complete teaching for the spiritual life…. This is a book that one can study and cherish for a lifetime.”
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—Stephen F. Brena, M.D., Clinical Professor of Rehabilitation Medicine, Emory University, author of Yoga and Medicine

“Add this one to your reference library now!…Yogananda’s illuminating commentary is a treasure to behold…. Paramahansa Yogananda has unlocked the hidden psycho-spiritual meanings of this ancient text…. Accessible to both the Eastern spiritual seeker and the Western student of consciousness…. A story to be read and enjoyed, as well as a guidebook for the exploration of consciousness.”
—International Journal of Yoga Therapy

“An illuminating addition to the vast literature on the Gita…. I found myself absorbed in some of the commentary of the great sage on verses that I have read many times before and that I thought I understood, and yet I kept picking up pointers. [He] was ahead of all of us who today integrate science and spirituality.”
—Amit Goswami, Ph.D., Professor of Physics, University of Oregon
Wine of the Mystic
The Rubaiyat of Omar Khayyam: A Spiritual Interpretation
Paramahansa Yogananda

This illuminating work unveils the hidden meaning of a much-admired but long-misunderstood spiritual masterpiece. Yogananda’s uniquely clarifying commentaries on the Rubaiyat are complemented by 50 original works of art, the Persian text of Khayyam’s quatrains beautifully rendered in calligraphy, and the English text of FitzGerald’s translation, making Wine of the Mystic the definitive edition of this perennially best-selling classic.

Critical praise for Wine of the Mystic:
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—Arkansas State Press (Little Rock)

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SPECIFICATIONS:
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Religion/Philosophy
128 pages
4 7/8 x 7 7/8

ISBN 978-0-87612-051-4
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Paramahansa Yogananda

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SPECIFICATIONS:
Quality Paperback
Spirituality/Inspiration
216 pages
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ISBN 978-0-87612-276-1
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Paramahansa Yogananda

An amplification of Paramahansa Yogananda’s 1920 maiden speech in America, given at the International Congress of Religious Liberals in Boston. With penetrating logic, Yogananda reveals the spiritual yearning that lies behind all human striving. Fulfillment of that ultimate longing for transcendence, he explains, is attainable through a science as universal and practical as the sciences on which we rely for material knowledge and attainments.

SPECIFICATIONS:
Paperback
Religion/Science
100 pages, 7 photos
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ISBN 978-0-87612-005-7
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Paramahansa Yogananda

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- Religion/Spirituality
- 96 pages
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To Be Victorious in Life

Paramahansa Yogananda

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Paramahansa Yogananda

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- Quality Paperback
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- 72 pages
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ISBN 978-0-87612-461-1
$6.50
Whispers from Eternity
Paramahansa Yogananda

*Mystical Prayers of Poetic Beauty*

In the tradition of the great lyric mystics of all religions, Paramahansa Yogananda’s *Whispers from Eternity* offers a window on the devotional experience of ecstasy. Sharing prayers and affirmations directly inspired by his high state of God-communion, this beloved spiritual master helps modern seekers achieve their own mystical relationship with the Divine.

Now with a contemporary new look, these universal prayers and prose poems offer daily inspiration for seekers of all faiths. A uniquely devotional offering in the spirit of Yogananda’s best-selling *Metaphysical Meditations*, this popular collection will inspire a new legion of readers seeking a nonsectarian, experiential relationship with God.

**SPECIFICATIONS:**
Hardcover
Religion/Inspiration
272 pages
5 1/2 x 8 1/2

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Inner Peace
Paramahansa Yogananda

*How to Be Calmly Active and Actively Calm*

Wise and inspiring selections from Yogananda’s writings on inner peace, with practical applications to help us stay calm, happy, and evenminded, in spite of world conditions. Practical and highly effective, this book empowers the reader to transform anxiety and stress into happiness and peace. *Inner Peace* offers a potent antidote to our fast-paced world.

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Spirituality/Inspiration
130 pages
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In the Sanctuary of the Soul
Paramahansa Yogananda

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Paramahansa Yogananda offers wisdom and insight that we can use to bring a new richness to our inner life. A remarkable blending of the East and the West, these teachings embrace universal spiritual laws that will inspire readers of all faiths to deepen their spiritual practice. In this beautifully-rendered book, he shows how to apply the power of prayer as a daily source of strength and guidance.

**SPECIFICATIONS:**
Hardcover
Spirituality/Inspiration
136 pages
4 3/4 x 6 3/4
“Mejda”
The Family and the Early Life of Paramahansa Yogananda
Sananda Lal Ghosh
An intimate account of the early years of Paramahansa Yogananda, written from the author’s unique perspective as his younger brother. This fascinating biography relates many previously-unpublished stories, and presents a fresh view of numerous incidents recounted by Yogananda in his autobiography. From this engrossing narrative emerges a new portrait of this great world teacher.

SPECIFICATIONS:
Hardcover
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328 pages, 70 photos
4 5/8 x 7 1/2

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An Inspirational Thought for Each Day of the Year
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SPECIFICATIONS:
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Spirituality/Inspiration
377 pages
4 x 6

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Paramahansa Yogananda
This collection of informal counsel provides intimate glimpses into the mind of one of the great spiritual figures of our time. In answering the questions of those who turned to him for guidance, Yogananda expressed himself with candor, spontaneity, and insight. He was able to transform philosophical truths into simple precepts for everyday living.

SPECIFICATIONS:
Quality Paperback
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126 pages, 8 photos
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A Great Western Yogi
The dramatic life story of an American businessman who became a God-illuminated yogi and Paramahansa Yogananda’s spiritual successor. Also includes more than sixty pages of Yogananda’s letters of spiritual counsel to him.

SPECIFICATIONS:
Paperback
Religion/Biography
192 pages, 71 photos
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The Life and Letters of a Saint
The life and letters of one of Yogananda’s most advanced disciples—a cherished guide to the spiritual life for serious seekers.

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Only Love

Living the Spiritual Life in a Changing World

Sri Daya Mata

Practical guidance from Sri Daya Mata on living the spiritual life in today’s challenging world. All spiritual seekers will find her words, illumined by direct personal realization, to be a source of helpful and compassionate guidance.

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— C. V. Narasimhan, Former Under-Secretary-General, United Nations

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The guidance and inspiration Sri Daya Mata received as a close disciple of Paramahansa Yogananda are featured in this compassionate and deeply encouraging book, for all who long to know that God is real, that He is near to us at all times, and that we can live every day in communion with Him.

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Religion / Spirituality
80 pages
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Dios habla con Arjuna: El Bhagavad Guita

La ciencia suprema de la unión con Dios

Volumen I

(God Talks With Arjuna: The Bhagavad Gita Volume I)

Paramahansa Yogananda

The first volume in a planned two-volume Spanish-language edition of Paramahansa Yogananda’s unparalleled translation and commentary on India’s beloved scripture, the Bhagavad Gita.

God Talks With Arjuna, Paramahansa Yogananda’s illuminating interpretation of the Bhagavad Gita, is one of the most comprehensive books available today on the science and philosophy of Yoga.

This monumental work breaks new ground as a revelation of the Gita’s profoundest spiritual, psychological, and metaphysical truths, long obscured by metaphor and allegory. Yogananda clearly outlines the Gita’s balanced path of meditation and right activity, and shows how we can create for ourselves a life of spiritual integrity, serenity, simplicity, and joy. Includes in-depth discussions on Kriya Yoga—what it is, and how it hastens our spiritual evolution.

Of all the Eastern scriptures, the Bhagavad Gita is the most widely known and best loved in the West. In this eye-opening translation and commentary, Yogananda unveils for the first time the deeper meaning hidden within its symbology.

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Subject guides, annotations

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Paramahansa Yogananda

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What is the key to Autobiography of a Yogi’s enduring popularity after nearly 70 years in print? This beloved spiritual classic opens the mind and heart to the unlimited spiritual possibilities that exist in the lives of every human being. It reads like an adventure story while answering questions about religion, God, existence, yoga, higher consciousness, and the challenges of daily spiritual living. It is a book for people of all faiths—anyone yearning to know what life is truly all about.


Only Self-Realization Fellowship’s editions incorporate all of the author’s wishes for the final text, personally conveyed by him to the editor he worked with from 1924 until his passing in 1952, and to whom he entrusted all matters pertaining to the publication of his works.

SPECIFICATIONS:

Mass Market Paperback
Religion/Spirituality/Biography
776 pages, 58 photos
Subject index
4 1/2 x 7 1/2
$8.50

Hardcover
660 pages, 82 photos
Subject index
5 3/8 x 8 3/8
$27.95

What others are saying...

“One book in particular stayed with Steve Jobs his entire life... Autobiography of a Yogi, the guide to meditation and spirituality that he had first read as a teenager, then re-read in India and had read once a year ever since.”

– Huffington Post review of the book Steve Jobs

“I keep stacks of Autobiography of a Yogi around the house... When people need ‘regrooving,’ I say read this, because it cuts to the heart of every religion.”

– George Harrison

“I first read Autobiography of a Yogi in the 1970s... It started me on a path of yoga, meditation, and self-exploration that has continued until this day.”

– Jack Canfield, Co-creator of the Chicken Soup for the Soul® series

“Yogananda’s Autobiography of a Yogi has become a timeless classic in spiritual literature. The extraordinary and miraculous experiences in his life are testimony that he was in God-consciousness. If you really want to understand the infinite possibilities inherent in the field of consciousness, then read this book.”

– Deepak Chopra
El vino del místico

El Rubaiyat de Omar Khayyam: Una interpretación espiritual

(Wine of the Mystic: The Rubaiyat of Omar Khayyam – A Spiritual Interpretation)

Paramahansa Yogananda

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Critical praise for Wine of the Mystic:

“A glowing spiritual interpretation….Beautifully illustrated with full-page color plates and Persian calligraphy….Highly recommended.”
—Library Journal

“Inspires us to a higher level of consciousness without the restraining forces of narrow religious dogma.”
—India Currents

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—Yoga International

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"Jesus went very deep in teachings that appear on the surface to be simple—much deeper than most people understand….In [his teachings] is the whole science of yoga, the transcendental way of divine union through meditation."

—From The Yoga of Jesus

SPECIFICATIONS:

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160 pages
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Una introducción a la ciencia universal de la unión con Dios originaria de la India

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Paramahansa Yogananda

Paramahansa Yogananda delves into the deeper meaning of the Bhagavad Gita’s symbology, and sheds a fascinating light on the true intent of India’s most beloved scripture. Showing that the Gita’s warriors metaphorically represent negative tendencies of the human ego pitted against the divine qualities of the soul, Yogananda explains how the wisdom of yoga can help us achieve material and spiritual victory on the battlefield of daily life.

This concise and inspiring book is a compilation of selections from Paramahansa Yogananda’s in-depth, critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (God Talks With Arjuna). Presented here for the first time is Yogananda’s unique translation of the verses in their original unbroken sequence, offering readers a continuous poetic narrative of the entire Bhagavad Gita from a yogic perspective.

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Paramahansa Yogananda

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Cómo percibir a Dios en la vida diaria. Charlas y ensayos — Volumen III
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—Midwest Book Review

“Kingsley is the perfect choice for this material… When he speaks, Yogananda speaks. Particularly moving are the chapters where Yogananda describes miracles performed by his Guru and other saints plus his own visions. They exemplify the universality underlying all religion and spiritual practice.”
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