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, Autobiography 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.
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Printed in the U.S.A.  12706-J4022
Where There Is Light (Expanded Edition)
Insight and Inspiration for Meeting Life’s Challenges
Paramahansa Yogananda

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The new chapters in this edition offer practical methods by which readers can put into immediate practice the insights and inspiration from Paramahansa Yogananda’s teachings found throughout this book.

This new edition brings light and hope to the ever-growing number of readers who are turning to the writings of this renowned world teacher as a beacon of universal and all-inclusive spiritual guidance for our emerging world civilization.

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256 pages
4 5/8 x 7 1/2

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If in deep meditation you penetrate the darkness behind closed eyes, you behold the Light from which all creation emerges.

— Paramahansa Yogananda
Autobiography of a Yogi
Paramahansa Yogananda

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

After 70 years in print, sales of Autobiography of a Yogi continue to grow each year—proof that its timeless message becomes ever more timely as the present begins to catch up with the ancient wisdom of the past. Hailed by contemporary luminaries such as Steve Jobs, George Harrison, Deepak Chopra, and Russell Simmons, Autobiography of a Yogi is a true spiritual classic—the definitive introduction to yoga and an absorbing exploration of the true meaning of life.

OVER 100,000 COPIES SOLD WORLDWIDE IN 2015

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:

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$8.50

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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.”
—Deepak Chopra
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*Autobiography of Yogi* has recently been featured in the award-winning documentary film *Awake: The Life of Yogananda*, which grossed over a million dollars at the box office and is now available on Netflix. The ongoing interest in the life of Paramahansa Yogananda and his work continues to shine a light on his *Autobiography of a Yogi* and other writings and will ensure continued strong interest for many years to come.
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 CounterPoint 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 supplemental 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:
Compact Disc with 12-page booklet
Playing time: 56 minutes

$14.00
The Yoga of Jesus

Understanding the Hidden Teachings of the Gospels

Paramahansa Yogananda

Paramahansa Yogananda provides a revelatory introduction to the hidden yoga of the Gospels. A selection of material from his highly praised two-volume work, The Second Coming of Christ: The Resurrection of the Christ Within You, this concise book confirms that Jesus, like the ancient sages and masters of the East, not only knew the principles of yoga but taught this universal science of God-realization to his disciples.

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

SPECIFICATIONS:
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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

“Important syntheses of Eastern meditative yogic teachings and the more penetrating aspects of the life and sermons, parables, and lessons of Christ…. Full of insight.”
—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:
• Using self-analysis and introspection for continuous personal growth
• Understanding the psychological forces that help—and those that hinder—spiritual progress
• 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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Quality Paperback
Religion/Eastern Philosophy
192 pages
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“A concise yet in-depth exposition…Beautifully written…profound in its wisdom.”
—L.A. Yoga

“Presents truth-seekers with an ideal introduction to the Gita’s timeless and universal teachings.”
—Vision Magazine

“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

“A deeply intelligent look at the true intent of the Bhagavad Gita.”
—Yoga Magazine

ISBN 978-0-87612-033-0
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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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“In titling this work The Second Coming of Christ, I am not referring to a literal return of Jesus to earth….What is necessary is for the cosmic wisdom and divine perception of Jesus to speak again through each one’s own experience and understanding of the infinite Christ Consciousness that was incarnate in Jesus. That will be his true Second Coming.”

— Paramahansa Yogananda

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Subject annotations, 36-page index, glossary

$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

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— 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

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— 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.”

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Subject annotations, 36-page index, 19-page glossary

ISBN 978-0-87612-555-7
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God Talks With Arjuna: The Bhagavad Gita

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.

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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“Yogananda’s commentary penetrates to the heart of the Bhagavad Gita.”
—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.”
—Yoga International
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Sanskrit transliteration of each verse
Subject guides, annotations
37-page index

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“All the writings of Paramahansa Yogananda demonstrate his cosmic wisdom, but his translation and commentary of the Bhagavad Gita reaches a unique and awesome level of metaphysical, scholarly, and practical knowledge…. A true watershed work in the ongoing cross-fertilization of modern science with Eastern wisdom.”

— 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
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The Rubaiyat of Omar Khayyam: A Spiritual Interpretation

Paramahansa Yogananda

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Critical praise for Wine of the Mystic:
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— Library Journal

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

“A living treasure which can be read and reread, for each reading will unveil another truth in the infinite mystery of life.”
— Yoga International

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Collected Talks and Essays on Realizing God in Daily Life

Paramahansa Yogananda

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Paramahansa Yogananda

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“Yogananda dispels the notion held by most people that direct contact with God is beyond their reach…Millions of readers who were introduced to the spiritual wisdom of the East through Autobiography of a Yogi…will find the same deep inspiration and wisdom in the pages of How You Can Talk With God.”

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—NAPRA ReView

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SPECIFICATIONS:
Hardcover
Religion/Philosophy
128 pages
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The Science of Religion
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
4 5/8 x 7 1/2
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*Bringing Out Your Inner Soul Strength*  
Paramahansa Yogananda

Paramahansa Yogananda teaches us how to break the shackles of fear and reveals how we can overcome our own psychological stumbling blocks. Filled with life-transforming counsel, this book features informal talks and personal anecdotes complemented by parable and prayer. *Living Fearlessly* is a testament to what we can become if we have faith in the divinity of our true nature as the soul.

**SPECIFICATIONS:**  
Quality Paperback  
Religion/Spirituality  
96 pages  
4 1/8 x 6 1/8

$6.50

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**To Be Victorious in Life**  
Paramahansa Yogananda

In this powerful book Paramahansa Yogananda provides positive affirmations for achieving success, outlines definite methods of creating lasting happiness, and tells us how to overcome negativity and inertia by harnessing the dynamic power of our own will.

**SPECIFICATIONS:**  
Quality Paperback  
Religion/Spirituality  
104 pages  
4 1/8 x 6 1/8

$6.50

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**Why God Permits Evil and How to Rise Above It**  
Paramahansa Yogananda

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**SPECIFICATIONS:**  
Quality Paperback  
Religion/Spirituality  
72 pages  
4 1/8 x 6 1/8

ISBN 978-0-87612-461-1  
$6.50
Whispers from Eternity
Paramahansa Yogananda

*Mystical Prayers of Poetic Beauty*

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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
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272 pages
5 1/2 x 8 1/2

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Inner Peace
*How to Be Calmly Active and Actively Calm*
Paramahansa Yogananda

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.

**SPECIFICATIONS:**
Hardcover
Spirituality/Inspiration
130 pages
4 3/4 x 6 3/4

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In the Sanctuary of the Soul
*A Guide to Effective Prayer*
Paramahansa Yogananda

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
- Religion/Biography
- 328 pages, 70 photos
- 4 5/8 x 7 1/2

$24.00

Spiritual Diary
*An Inspirational Thought for Each Day of the Year*
Paramahansa Yogananda and others

A pocket-size diary featuring daily inspiration drawn primarily from the writings of Paramahansa Yogananda. Covers more than 30 spiritual topics, including introspection, humility, will power, compassion, simplicity, prayer, discrimination, and divine love.

A great way to begin each day of the year, and a wonderful tool that enables us to supercharge our activities with the power of the Divine.

Ample space for personal notes and daily reflection.

**SPECIFICATIONS:**
- Paperback
- Spirituality/Inspiration
- 377 pages
- 4 x 6

ISBN 978-0-87612-023-1  
$10.95

Sayings of Paramahansa Yogananda
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
- Religion/Spirituality
- 126 pages, 8 photos
- 4 5/8 x 7 1/2

$10.95
Manifesting Divine Consciousness in Daily Life
Sri Mrinalini Mata

In this inspiring and practical book, Sri Mrinalini Mata, president of Self-Realization Fellowship, vividly brings to life her personal experiences of Paramahansa Yogananda’s sublimely wise spiritual training and unconditional love. In exploring what it really means to seek God, Mrinalini Mata talks about the infinite potential of the mind, the cultivation of will power and even-mindedness, and how the practice of Kriya Yoga can uplift and transform our lives.

**SPECIFICATIONS:**
- Paperback
- Religion/Spirituality
- 116 pages
- 4 1/8 x 6 1/8

Two Frogs in Trouble
Based on a Fable Told by Paramahansa Yogananda

This tale of courage and determination is filled with delightful pictures that bring the story vividly to life, and shows children that nothing is impossible when they call upon their God-given inner strength.

**SPECIFICATIONS:**
- Paperback
- Children’s Illustrated Book (Ages 4–8)
- 30 pages
- 8 x 10

Rajarsi Janakananda
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
- 5 x 7 1/2

God Alone
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.

**SPECIFICATIONS:**
- Hardcover
- Religion/Inspiration
- 324 pages, 25 photos
- 4 1/2 x 7 5/8
“How-to-Live” Booklets

Wisdom to Live by...

A series of pocket-size booklets presenting inspiring and practical guidance from the teachings of Paramahansa Yogananda on how to live with grace and simplicity, with inner equanimity, and above all with joy.

Spirituality / Self-Help  
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$2.50 each

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  48 pages  

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- **Where Are Our Departed Loved Ones?**  
  48 pages  

- **Healing by God’s Unlimited Power**  
  44 pages  

- **How to Cultivate Divine Love**  
  54 pages  

- **Remolding Your Life**  
  48 pages  
  ISBN 978-0-87612-399-7

- **Harmonizing Physical, Mental, & Spiritual Methods of Healing**  
  56 pages  

**SRI DAYA MATA**

- **How to Change Others**  
  46 pages  

- **Overcoming Character Liabilities**  
  48 pages  

- **The Skilled Profession of Child-Rearing**  
  48 pages  

**SRI MRINALINI MATA**

- **The Guru-Disciple Relationship**  
  60 pages  

**OTHER AUTHORS**

- **Closing the Generation Gap** (Brother Anandamoy)  
  46 pages  

- **Spiritual Marriage** (Brother Anandamoy)  
  70 pages  

- **Applying the Power of Positive Thinking** (Brother Bhaktananda)  
  36 pages  
  ISBN 978-0-87612-385-0

- **Bringing Out the Best in Our Relationships With Others** (Brother Premamoy)  
  46 pages  

- **A Forerunner of the New Race** (Tara Mata)  
  36 pages  
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.

“The message of Sri Daya Mataji is...one of great importance and relevance in this age of doubt and skepticism. Her talks published in this book stand out as a beacon of hope and faith. They are a proclamation, not only of the oneness of the human race, but also of the oneness of man with God.”

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

SPECIFICATIONS:

Hardcover
Spirituality/Inspiration
293 pages
4 5/8 x 7 1/2


$22.00
Finding the Joy Within You
*Personal Counsel for God-Centered Living*
Sri Daya Mata

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.

**SPECIFICATIONS:**
Hardcover  
Spirituality/Inspiration  
336 pages  
4 5/8 x 7 1/2

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Enter the Quiet Heart
*Creating a Loving Relationship With God*
Sri Daya Mata

Sri Daya Mata shares beautiful and penetrating insights garnered from over seventy years of seeking and loving God. *Enter the Quiet Heart* celebrates the wonder of God’s love and shows us how we can bring a rich and rewarding awareness of the Divine into our daily lives.

**SPECIFICATIONS:**
Hardcover  
Spirituality/Inspiration  
132 pages  
4 1/2 x 6 1/2

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Intuition: Soul-Guidance for Life’s Decisions
Sri Daya Mata

Whether we’re concerned about our relationships, career, or spiritual growth, or are faced with a seemingly unsolvable problem, intuition is one of the most effective ways to overcome the challenge before us. Sri Daya Mata shares the invaluable wisdom she received from Paramahansa Yogananda on this important facet of the spiritual life, covering all aspects of developing intuition—the soul’s direct perception of Truth.

**SPECIFICATIONS:**
Quality Paperback  
Religion/Spirituality  
80 pages  
4 1/8 x 6 1/8
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.

SPECIFICATIONS:
Quality Paperback
Religion/Eastern Philosophy
764 pages
6 x 9
Sanskrit transliteration of each verse
Subject guides, annotations

ISBN 978-0-87612-596-0
$18.95
La Segunda Venida de Cristo (in 3 volumes)

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(The Second Coming of Christ: The Resurrection of the Christ Within You)

Paramahansa Yogananda takes the reader on a profoundly enriching journey through the four Gospels. Verse by verse, he illumines the universal path to oneness with God taught by Jesus to his immediate disciples but obscured through centuries of misinterpretation: how to become like Christ, how to resurrect the Eternal Christ within one’s self.

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SPECIFICATIONS:
Paperback
Religion
724 pages, 14 photos
6 x 9

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Volume II

SPECIFICATIONS:
Paperback
Religion
646 pages, 10 photos
6 x 9

WINNER
BEST RELIGIOUS BOOK, SPANISH
2013 INTERNATIONAL LATINO BOOK AWARDS

$18.95

Volume III

SPECIFICATIONS:
Paperback
Religion
608 pages, 11 photos
6 x 9

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BEST SPIRITUAL BOOK, SPANISH
BEST TRANSLATION FROM ENGLISH TO SPANISH
2014 INTERNATIONAL LATINO BOOK AWARDS

$18.95
Autobiografía de un yogui
(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.


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

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 fifty original works of art, the Persian text of Khayyam’s quatrains beautifully rendered in calligraphy, and FitzGerald’s translation, making Wine of the Mystic the definitive edition of this perennially best-selling classic.

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

“A living treasure which can be read and reread, for each reading will unveil another truth in the infinite mystery of life.”
—Yoga International

SPECIFICATIONS:
Quality Paperback
Religion/Philosophy/Poetry
280 pages
50 original full-color illustrations
7 5/8 x 10 1/8

$19.95

WINNER
BEST SPIRITUAL/NEW AGE BOOK, SPANISH
2015 INTERNATIONAL LATINO BOOK AWARDS

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BEST BOOK – RELIGION
BENJAMIN FRANKLIN AWARD
El Yoga de Jesús
Claves para comprender las enseñanzas ocultas de los Evangelios
(The Yoga of Jesus—Understanding the Hidden Teachings of the Gospels)
Paramahansa Yogananda
Paramahansa Yogananda provides a revelatory introduction to the hidden yoga of the Gospels. A selection of material from his highly praised two-volume work, The Second Coming of Christ: The Resurrection of the Christ Within You, this concise book confirms that Jesus, like the ancient sages and masters of the East, not only knew the principles of yoga but taught this universal science of God-realization to his disciples.

“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:
Quality Paperback
Religion/Spirituality
160 pages
6 x 9

ISBN 978-0-87612-024-8
$14.95

WINNER
BEST SPIRITUAL BOOK
2010 INTERNATIONAL LATINO BOOK AWARDS

El Yoga del Bhagavad Gita
Una introducción a la ciencia universal de la unión con Dios originaria de la India
(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.

SPECIFICATIONS:
Quality Paperback
Religion/Eastern Philosophy
272 pages
5 1/2 x 8 1/2

$14.95

WINNER
BEST SPIRITUAL BOOK, SPANISH
BEST RELIGIOUS BOOK, SPANISH
2011 INTERNATIONAL LATINO BOOK AWARDS
La búsqueda eterna

Cómo percibir a Dios en la vida diaria. Charlas y ensayos—Volumen I

(Man’s Eternal Quest—Collected Talks and Essays on Realizing God in Daily Life—Volume I)

Paramahansa Yogananda

SPECIFICATIONS:
Paperback
Religion/Spirituality
608 pages, 12 photos
5 1/2 x 8 3/4

El Amante Cósmico

Cómo percibir a Dios en la vida diaria. Charlas y ensayos—Volumen II

(The Divine Romance—Collected Talks and Essays on Realizing God in Daily Life—Volume II)

Paramahansa Yogananda

SPECIFICATIONS:
Paperback
Religion/Spirituality
600 pages, 11 photos
5 1/2 x 8 3/4

El viaje a la iluminación

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

(Journey to Self-realization—Collected Talks and Essays on Realizing God in Daily Life—Volume III)

Paramahansa Yogananda

SPECIFICATIONS:
Paperback
Religion/Spirituality
600 pages, 14 photos
5 1/2 x 8 3/8

WINNER
BEST BOOK – RELIGION
2003 INTERNATIONAL LATINO BOOK AWARDS

WINNER
BEST BOOK – RELIGION
2005 INTERNATIONAL LATINO BOOK AWARDS
Meditaciones metafísicas
Oraciones, afirmaciones y visualizaciones universales

(Metaphysical Meditations—Universal Prayers, Affirmations, and Visualizations)
Paramahansa Yogananda

SPECIFICATIONS:
Quality Paperback
Spirituality / Inspiration
175 pages
4 1/2 x 6 1/2

$10.95

Afirmaciones científicas para la curación

(Scientific Healing Affirmations)
Paramahansa Yogananda

SPECIFICATIONS:
Quality Paperback
Spirituality / Inspiration
160 pages
4 1/2 x 6 1/2

$10.95

La ley del éxito
Cómo lograr prosperidad, salud y felicidad mediante el poder del Espíritu

(The Law of Success—Using the Power of Spirit to Create Health, Prosperity, and Happiness)
Paramahansa Yogananda

SPECIFICATIONS:
Hardcover
Spirituality / Self-Improvement / Personal Growth
56 pages
4 1/4 x 6 1/8

$10.95

Cómo conversar con Dios

(How You Can Talk With God)
Paramahansa Yogananda

SPECIFICATIONS:
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Spirituality / Self-Improvement / Personal Growth
56 pages
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Paramahansa Yogananda
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SPECIFICATIONS:
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Religion/Poetry
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Sabiduría e inspiración para afrontar los desafíos de la vida
(Where There Is Light—Insight and Inspiration for Meeting Life’s Challenges)
Paramahansa Yogananda

SPECIFICATIONS:
Paperback
Inspiration/Spirituality
272 pages
4 3/4 x 7 1/2

$12.95

La paz interior
El arte de ser calmadamente activo y activamente calmado
(Inner Peace—How to Be Calmly Active and Actively Calm)
Paramahansa Yogananda

SPECIFICATIONS:
Paperback
Spirituality/Inspiration
144 pages
4 3/4 x 6 3/4

$10.95

En el santuario del alma
(In the Sanctuary of the Soul—A Guide to Effective Prayer)
Paramahansa Yogananda

SPECIFICATIONS:
Paperback
Spirituality/Inspiration
160 pages
4 3/4 x 6 3/4

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Triunfar en la vida
(To Be Victorious in Life)
Paramahansa Yogananda

SPECIFICATIONS:
Hardcover
Religion/Spirituality
116 pages
4 1/8 x 6 1/8

Vive sin miedo
Despierta la fuerza interior de tu alma
(Living Fearlessly—Bringing Out Your Inner Soul Strength)
Paramahansa Yogananda

SPECIFICATIONS:
Hardcover
Religion/Spirituality
90 pages
5 x 6 3/4

Por qué Dios permite el mal y cómo superarlo
(Why God Permits Evil and How to Rise Above It)
Paramahansa Yogananda

SPECIFICATIONS:
Hardcover
Religion/Spirituality
80 pages
5 x 6 3/4

Dos ranas en apuros
Basado en una fábula relatada por Paramahansa Yogananda
(Two Frogs in Trouble—Based on a Fable Told by Paramahansa Yogananda)

SPECIFICATIONS:
Hardcover
Children’s Illustrated Book (Ages 4–8)
30 pages
8 x 10

$12.95
La ciencia sagrada
(The Holy Science)
Swami Sri Yukteswar

**SPECIFICATIONS:**
Paperback
Religion/Philosophy
113 pages
4 1/2 x 7 1/2

Así hablaba Paramahansa Yogananda
(Sayings of Paramahansa Yogananda)
Paramahansa Yogananda

**SPECIFICATIONS:**
Paperback
Spirituality/Religion
224 pages
4 1/2 x 6 1/2

La ciencia de la religión
(The Science of Religion)
Paramahansa Yogananda

**SPECIFICATIONS:**
Paperback
Religion/Philosophy
160 pages
4 1/2 x 6 1/2

Diario espiritual
*Un pensamiento inspirador para cada día del año*
(Spiritual Diary—An Inspirational Thought for Each Day of the Year)
Paramahansa Yogananda and others

**SPECIFICATIONS:**
Hardcover
Spirituality/Inspiration
377 pages
4 1/2 x 6 1/2
Sólo amor
*Cómo llevar una vida espiritual en un mundo cambiante*
(Only Love—Living the Spiritual Life in a Changing World)
Sri Daya Mata

**SPECIFICATIONS:**
Paperback
Spirituality/Inspiration
318 pages
4 5/8 x 7 1/2

En la quietud del corazón
*Cómo cultivar una relación amorosa con Dios*
(Enter the Quiet Heart—Creating a Loving Relationship With God)
Sri Daya Mata

**SPECIFICATIONS:**
Paperback
Spirituality/Inspiration
152 pages
4 1/2 x 6 1/2

La intuición: Guía del alma para tomar decisiones acertadas
(Intuition: Soul-Guidance for Life’s Decisions)
Sri Daya Mata

**SPECIFICATIONS:**
Hardcover
Religion/Spirituality
80 pages
5 x 6 3/4

Mejda
*La familia, niñez y juventud de Paramahansa Yogananda*
(*“Mejda”: The Family and the Early Life of Paramahansa Yogananda*)
Sananda Lal Ghosh, hermano de Paramahansa Yogananda
(Sananda Lal Ghosh, brother of Paramahansa Yogananda)

**SPECIFICATIONS:**
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Religion/Spirituality/Biography
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Autobiography of a Yogi

Read by Academy Award®–winner Sir Ben Kingsley

This audio edition contains the complete text of Paramahansa Yogananda’s life story—an absorbing account of a search for Truth. Yogananda describes his experiences with modern-day saints and illumined masters of India, and presents a definitive introduction to Yoga.

These CDs provide a rich dimension through the masterful narration of Sir Ben Kingsley, who came to international prominence with his Academy Award®–winning performance in the title role of Gandhi.

Footnotes are captured in an accompanying booklet.

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—Library Journal

“Superbly narrated….Kingsley’s distinctive voice brings Yogananda’s extraordinary and colorful story to life with wit, grace, and elegance.”
—NAPRA ReView

“Yogananda’s autobiography has long been regarded as a spiritual classic….Ben Kingsley’s voice embellishes this audio edition….[and] is excellent in enlivening the yogi’s account.”
—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.”
—Santa Fe Sun

SPECIFICATIONS:
Fifteen CDs slipcased in a handsome bookshelf edition
Playing time: approximately 18 hours

ISBN 978-0-87612-095-8
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Songs of My Heart
*Chants, Poems, and Prayers*
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**SPECIFICATIONS:**
Two-Compact Disc Set with Booklet
Music/Religion
64 pages
5 1/4 x 8

The Life of Paramahansa Yogananda DVD
*The Early Years in America (1920–1928)*
Narrate and subtitled in: English, Spanish, French, German, Italian, Portuguese, and Hindi
NTSC, all regions
Playing time: 30 minutes
Collector’s Series of Informal Talks by Paramahansa Yogananda

Our Collector’s Series of rare archival talks by Paramahansa Yogananda gives listeners the opportunity to sit at the feet of this great spiritual master as he shares his love of the Divine and inspires us to seek a life of inner joy and God-realization.

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Collector’s Series Compact Disc 2
Playing time: 77 minutes

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An informal talk by Paramahansa Yogananda
Collector’s Series Compact Disc 3
Playing time: 62 minutes
Be a Smile Millionaire
An informal talk by Paramahansa Yogananda
Collector’s Series Compact Disc 4
Playing time: 63 minutes

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Informal talks by Paramahansa Yogananda, Rajarsi Janakananda, and Dr. M. W. Lewis
Collector’s Series Compact Disc 5
Playing time: 53 minutes

Follow the Path of Christ, Krishna, and the Masters
Two informal talks by Paramahansa Yogananda
Collector’s Series Compact Disc 6
Playing time: 51 minutes
To Make Heaven on Earth
An informal talk by Paramahansa Yogananda
Collector’s Series Compact Disc 7
Playing time: 74 minutes

One Life Versus Reincarnation
An informal talk by Paramahansa Yogananda
Collector’s Series Compact Disc 8
Playing time: 49 minutes

Removing All Sorrow and Suffering
An informal talk by Paramahansa Yogananda
Collector’s Series Compact Disc 9
Playing time: 48 minutes

In the Glory of the Spirit
An informal talk by Paramahansa Yogananda
Collector’s Series Compact Disc 10
Playing time: 31 minutes
Krishna Prem
*Devotional Songs to Bhagavan Krishna Sung by Brahmacharini Mirabai*
Playing time: 59 minutes

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*Call of the Soul*
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Playing time: 55 minutes

Arpan
*Soul Offerings to the Divine*
Two-Disc Set
Playing time: 133 minutes

Anjali
*The Joy of Chanting the Divine Name*
Playing time: 67 minutes

Jai Ma
*Devotional Songs to the Divine Mother*
Two-Disc Set
Playing time: 93 minutes
Guru Sharanam
Devotional Chants From India
Playing time: 44 minutes

The Divine Gypsy
Instrumental Arrangements of Selections
From Paramahansa Yogananda’s Cosmic Chants
Playing time: 41 minutes

Where Golden Dreams Dwell
Instrumental Arrangements of Selections
From Paramahansa Yogananda’s Cosmic Chants
Playing time: 67 minutes

I Will Sing Thy Name
Devotional Chanting Led by Monks of Self-Realization Fellowship
Two-Disc Set
Playing time: 131 minutes

Light the Lamp of Thy Love
Devotional Chanting Led by Nuns of Self-Realization Fellowship
Two-Disc Set
Playing time: 137 minutes
When My Dream’s Dream Is Done
Devotional Chanting Led by Nuns of Self-Realization Fellowship
Playing time: 74 minutes

I Will Be Thine Always
Devotional Chants From Paramahansa Yogananda’s Cosmic Chants Sung by Nuns of Self-Realization Fellowship
Playing time: 33 minutes

When Thy Song Flows Through Me
SRF Monks Chanting Selections From Paramahansa Yogananda’s Cosmic Chants
Playing time: 33 minutes

Thou Art My Life
Instrumental Arrangements of Selections From Paramahansa Yogananda’s Cosmic Chants
Playing time: 58 minutes

In the Land Beyond My Dreams
Selections from Cosmic Chants, arranged for organ and played by SRF Minister Brother Premamoy (1910–1990)
23 Chants
Playing time: 72 minutes
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