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. An award-winning documentary film about his life and work, Awake: The Life of Yogananda, was released in October 2014. 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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## Essential Titles *(English)*

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### LA SEGUNDA VENIDA DE CRISTO *(The Second Coming of Christ, page 31)*
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To develop pure and unconditional love between husband and wife, parent and child, friend and friend, self and all, is the lesson we have come on earth to learn.

—Paramahansa Yogananda
**Autobiography of a Yogi**
Paramahansa Yogananda

“One of the most recognizable books on the topic of yoga and India’s spiritual wisdom...”

– Publishers Weekly

After more than 70 years in print, sales of Autobiography of a Yogi continue to grow each year. Hailed as a masterpiece from its first appearance in print, the book has inspired millions, including contemporary luminaries such as Steve Jobs, George Harrison, and Deepak Chopra. Autobiography of a Yogi is a true spiritual classic — translated in 50 languages, the book remains the worldwide definitive introduction to yoga meditation and an absorbing exploration of the true meaning of life.

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**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 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

**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.
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Autobiography of a Yogi was recently 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 DVD and online. 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.
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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- The ancient science of meditation: how to become a Christ
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- How the principles and methods of yoga parallel the teachings of the greatest Christian saints and mystics

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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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“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
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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.

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- Using self-analysis and introspection for continuous personal growth
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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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“A concise yet in-depth exposition…Beautifully written…profound in its wisdom.”

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“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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The Second Coming of Christ: The Resurrection of the Christ Within You

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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— 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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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 symbolism.

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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.”
—Yoga International
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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

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Critical praise for Wine of the Mystic:
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—Library Journal

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Awake: The Life of Yogananda

The Companion Book

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

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Paramahansa Yogananda

In the more than thirty years since its first publication, Where There Is Light has been well received as a popular overview and introduction to the spiritual teachings of Paramahansa Yogananda. Translated into many languages, it has found an enduring place in the lives of countless readers of Autobiography of a Yogi and other works by him.

This expanded edition, first released in 2016, offers practical methods by which readers can put into immediate practice the insights and inspiration from Paramahansa Yogananda’s teachings found throughout this book.

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256 pages
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Visiting the Saints of India With Sri Daya Mata

Sri Mrinalini Mata

An unforgettable spiritual pilgrimage recounted by Sri Mrinalini Mata—one of Paramahansa Yogananda’s foremost disciples and the president and spiritual head of Self-Realization Fellowship/Yogoda Satsanga Society of India from 2011 until her passing in August 2017—this book chronicles many of her profound experiences during a prolonged trip to India in the early 1960s.

Mrinalini Mata provides fascinating insights into two of India’s most revered saints of the twentieth century, Sri Anandamoyi Ma and Sri Sitaramdas Omkarnath. Sri Daya Mata—SRF/YSS’s former president from 1955 until her passing in 2010 whom she accompanied on this trip—also emerges as a highly advanced disciple who manifested deep states of divine communion.

The fascinating narrative is complemented by dozens of vivid and soul-stirring photographs (many taken by Sri Ananda Mata, sister of Sri Daya Mata) and several taken by Mrinalini Mata herself.

SPECIFICATIONS:
Quality Paperback
Spirituality/Inspiration
118 Pages, 42 photos
8 x 6

ISBN 978-0-87612-797-1
$16.00

Manifesting Divine Consciousness in Daily Life

Sri Mrinalini Mata

In this inspiring and practical book, Sri Mrinalini Mata 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
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116 pages
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$6.50
The Holy Science
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Referred to in Autobiography of a Yogi, this extraordinary treatise explores parallel passages from the Bible and the Hindu scriptures to reveal the essential unity of all religions. Swami Sri Yukteswar, the revered guru of Paramahansa Yogananda, outlines the universal path that every human being must travel to enlightenment. He also explains the vast recurring cycles of civilization, affording a profound understanding of history and the ever-changing panorama of turbulent world events.

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

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.

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Paperback
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Steve Jobs

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Sananda Lal Ghosh, hermano de Paramahansa Yogananda

(Sananda Lal Ghosh, brother of Paramahansa Yogananda)

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