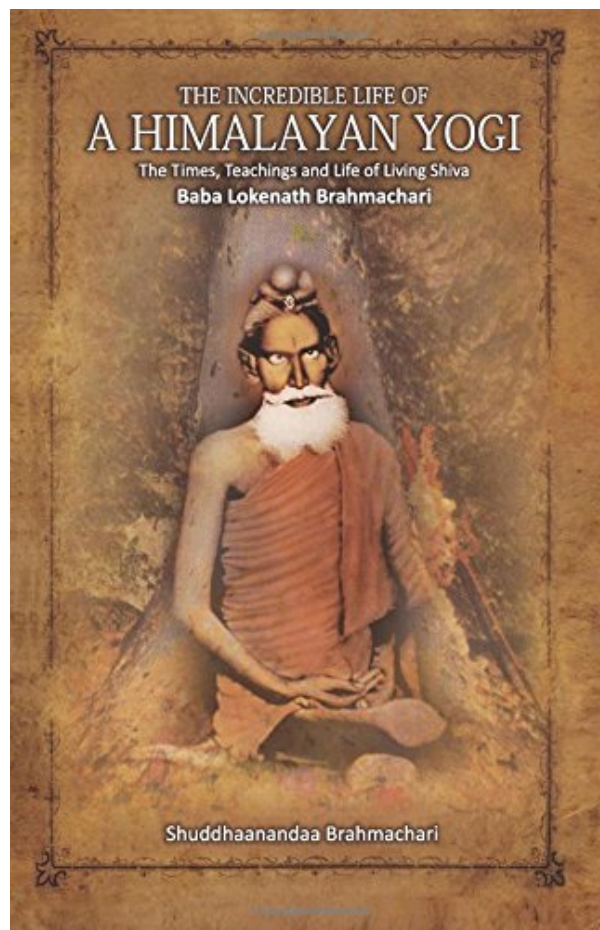
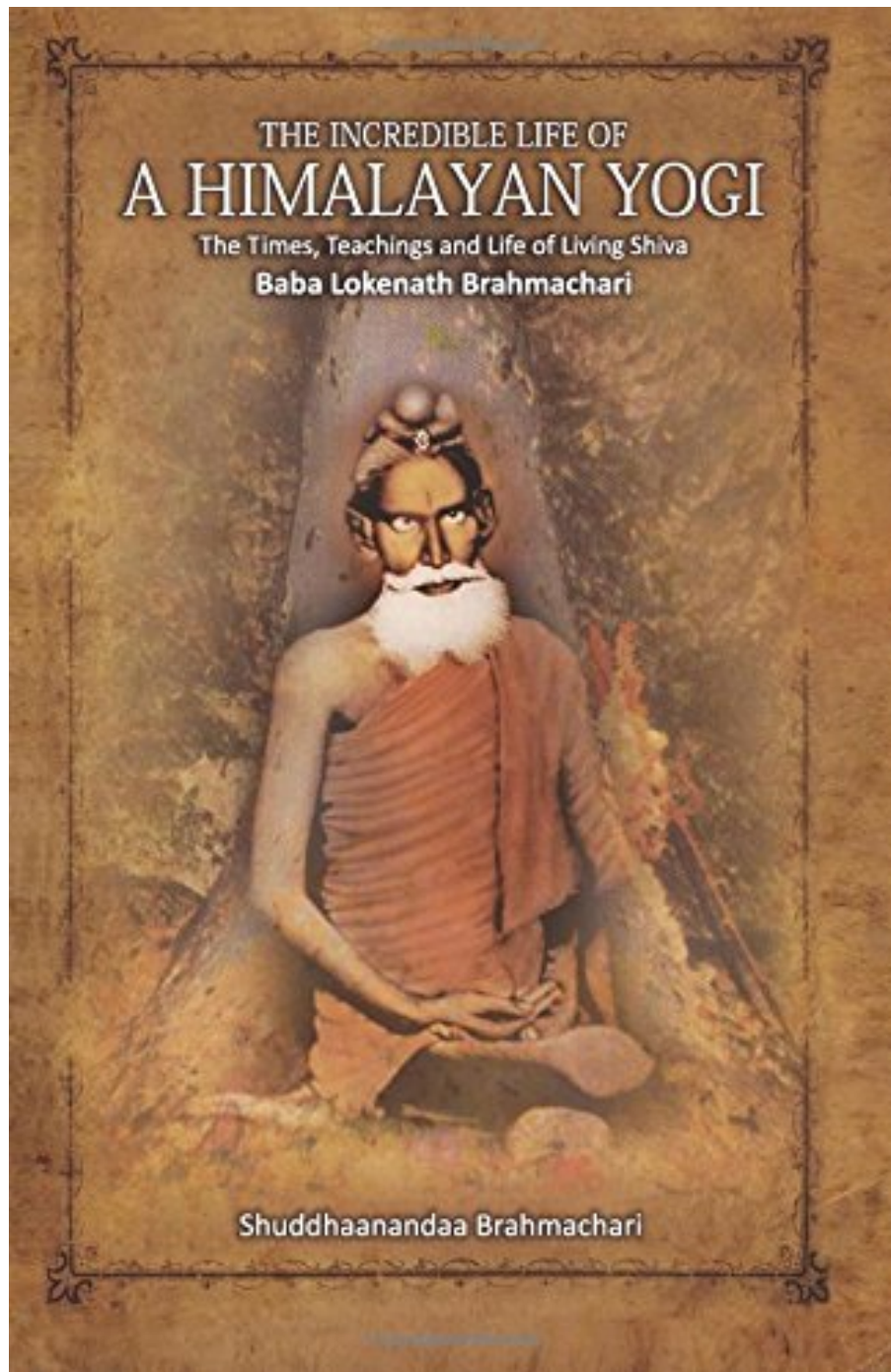


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About the Author

Shuddhaanandaa Brahmachari is a globally acclaimed motivational and inspirational speaker, author, spiritual teacher, social advocate and peacemaker. Founder of Stress Management Academy, his Simple Art of Managing Stress and Course in Mindfulness Programs are known worldwide, inspiring corporate leadership, students and spiritual seekers alike. He is recognized as a visionary social advocate for his development of groundbreaking programs that serve thousands of poverty-stricken individuals in slums of Calcutta, India and remote villages of West Bengal. He founded Lokenath Divine Life Mission in 1985. His self-authored books include: *Your Mind Your Best Friend*, *Cleaning the Mirror of Mind*, *Little Book of Meditation*, *The Heart of Meditation Practice*, and *The Incredible Life of a Himalayan Yogi*. He was awarded the Man of Peace Award by the World Organization for Peace in 2012 in Mexico. He has spoken at the Parliament of World Religions, United Nations Global Youth Conference and International Conference of Spiritualizing Leadership. He received a Lifetime Achievement Award from the S.T.A.R foundation at the House of Lords in the United Kingdom on July 21, 2015 for his invaluable and outstanding contribution to society and received the Iconic Leaders of Peace and Spiritual Change Award as a lead presenter at the All Ladies League Women's Economic Forum in May 2016. <https://www.courseinmindfulness.com> <https://www.facebook.com/srisri.shuddhaanandaa> <https://www.facebook.com/BabaLokenathji>

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The Incredible Life of a Himalayan Yogi brings to you, alive, the times and teachings of a rare Yogi who lived for 160 years (1730-1890), spending the major part of his life in the Himalayan caves and traveling the world on foot. Baba Lokenath, through his amazing penance and practice of hathayoga, rajayoga, and the synthesis of Yoga, reached a state of being one with the Divine. To thousands of followers who came to seek succor from the pains of worldly life, Baba showered his boundless grace and miraculous power, healing and redeeming them, and showing the simplest path of Yoga of Action. He never wanted the seekers to leave their home and comforts of life, but be where they are and practice meditation of self-enquiry and the path of devotional surrender to the Higher Reality. He supported Jnana-Mishra-Bhakti, the path of a balanced blending of Awareness and Love Divine. As you read this book, please know that very little is known about Baba Lokenath's long life of 160 years, for he was against any propaganda about him or his incomprehensible powers of manifesting miracles. But this book has his presence, for it is his divine grace that made this book possible. Whoever will read this book will feel the aura of his divine presence surrounding them. It is no coincidence that you have this book and you are reading the life of one who could say, "In danger, remember Me, I will save you". Please read his promises, his teachings and the lives of those who came in touch with him and the transformations they attained, particularly, his equanimity, his infinite love for animals and his boundless compassion for mankind. When you read this incredible life, Baba's Divine Presence works in your heart and soul and creates the ground that attracts his miraculous powers to heal you and bring fulfillment of your coveted desires of life. His Presence will cleanse your inner being to allow the awakening and opening of the petals of divine consciousness so that your human life is fulfilled. You are now on a journey to rediscovering yourself and finding your teacher who guides from within to the world of eternal light and Joy.

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About the Author

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24 of 25 people found the following review helpful.

One of the best books I've read

By Vladimir

Before I started I didn't expect this book would turn out so good. The book is full of bhakti (and is like darshan of baba) and precious lessons from the life of Baba Lokenath. I personally got very inspired to develop even more bhakti toward my own guru after I read about this great yogi.

One thing I need to clear is about one of the reviewers who saw Baba as closed hermit. The reason Baba Lokenath practiced so austerily was to make his all systems fit to receive the Grace which would later benefit all humanity as he became a Loka (World) Guru. He was not ordinary yogi who worked for his own salvation and this can be seen clearly in the book. Swami Vijaya Krishna Goswami, who is mentioned in the book, had met many great yogis including Trailanga Swami, Ramakrishna etc. so it is not accident that he held in such high esteem Baba Lokenath.

I personally felt blessed by Baba Lokenath by reading the book and I thank the author for the seva he has done in writing it.

18 of 19 people found the following review helpful.

Another spiritual giant from Bengal - In some ways on par with Autobiography of a Yogi

By SoundlessRoar

The life of Baba Lokanath recorded in this book may be difficult to believe for some. But there are enough references to other known individuals and correlation of known facts to help one surrender enough to get to the point where one's heart is melted.

Of particular note is his interactions with Trilanga Swami mentioned by Paramahansa Yogananda.

Lessons on bhakti & karma yoga are significant. His example of unflinching & one-pointed focus & determination until he reached The Goal at age 90 raise the bar for readers. Then after traveling the world he settled down to share his spiritual bounty. The book is highly motivating and a must read.

I wish it were available in print in the U.S.

18 of 19 people found the following review helpful.

A DIVINE NARRATION

By Akhilesh Prasad

Having grown up with Swami Yogananda " Autobiography of a Yogi", that book represented to me a "Gold Standard" on yogic writing, In the same manner Swami Shuddhaanandaa has given a very vivid account of a Divine Soul, whose powers are too high to be understood by mere mortals. The anecdotal references, the clear way of narration, depicts the force of the personality of Baba Lokenath Brahmachari. After reading this book, one feels as cleaned as after having taken a bath in the Ganges. May all those who read this book share

my experience. Akhilesh Prasad

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