



Walking With a Himalayan Master: An American's Odyssey

By Justin O'Brian, Justin C'Brien, Justin O'Brien

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This autobiography of an American yogi is the story of the training of a Western scholar by a unique Himalayan Master, one of the greatest yogis of the era.

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- Rank: #3406245 in Books
- Brand: Brand: Yes Intl Pub
- Published on: 1997-10-01
- Original language: English
- Number of items: 1
- Dimensions: 1.34" h x 6.31" w x 9.36" l,
- Binding: Hardcover
- 300 pages

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Editorial Review

From Publishers Weekly

What must it be like to live in the entourage of a great spiritual teacher? What must it be like to be a disciple of this teacher? This splendid spiritual memoir addresses just such questions as O'Brien narrates his own travels and study with Swami Rama, a Yogi, scientist, philosopher, humanitarian and mystic poet who founded and heads the Himalayan International Institute of Yoga Science and Philosophy, whose headquarters are located in Honesdale, Penn. Through this institute, Swami Rama has worked to synthesize the ancient teachings of Eastern religions with the modern scientific theories of the West. Swami Rama has played a major role in bringing the insights of yoga psychology and philosophy to the attention of Western psychologists and physicists. As a student, O'Brien lived and traveled with Swami Rama as Rama journeyed through the world teaching his yogic principles. O'Brien's narrative is an admiring look at the human side of his revered teacher, and his book is a delightful experience for anyone longing for a glimpse into the life of a spiritual master.

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Review

I value this contribution making Swami Ramas teachings known to the public. He was trained in the arduous and austere discipline of the Himalayan yogis. His prowess in the body controlled by the will gave him notoriety amongst researchers. --Pir Vilayat Khan

Swami Rama championed the ability to inspire people with straight and simple truth. He served his students as a master. --Yogi Bhajan

Swami Rama was a rare giant, a masterful guru revealed masterfully in this book. It is rare to glimpse into this sacred journey by a soul who has studied for decades at the feet of a Himalayan Master. This book is a must for all who are interested in the spiritual path, whether a beginning student or an advanced disciple. --Goswami Kriyananda

From the Publisher

AWARD FINALIST for Best Books, Biography, by usabooknews.com.

AWARD FINALIST for Best Books, Multicultural Non-Fiction, by usabooknews.com.

Users Review

From reader reviews:

Donovan Houseman:

Often the book Walking With a Himalayan Master: An American's Odyssey has a lot details on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. The writer makes some research ahead of write this book. That book very easy to read you will get the point easily after scanning this book.

Salvador Swain:

The reason why? Because this Walking With a Himalayan Master: An American's Odyssey is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of advantages than the other book possess such as help improving your ability and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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Kathryn Hebert:

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