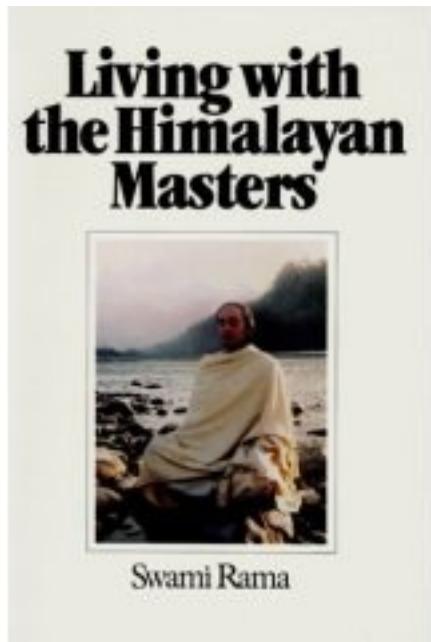


LIVING WITH THE HIMALAYAN MASTERS



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著者:Swami Rama

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The late Sri Swami Rama recalls his own spiritual journey in this memoir. Using specific incidents to illustrate spiritual truths, he presents a practical guide for those embarking on the Hindu path of enlightenment. Descriptions of rather incredulous occurrences such as levitating may tend to obscure the relatively mundane disciplines of fasting, meditation, and prayer. A few of the incidents recalled involve Gandhi, offering a different view of him than we normally see. D.C. Rao's reading improves as the work progresses; by the time he is warmed up, we are treated to a lively and energetic performance that reflects the sincerity and humanity of the author.

作者介绍:

Swami Rama is one of the most influential yoga masters of the 20th century

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