

# Thank the Evil Paramhansa Yogananda

Paramhansa Yogananda was born in Gorakhpur, India, in 1893. He was a precocious child, and by the age of eight, he had already begun to practice yoga and meditation. In his early twenties, he met his guru, Swami Sri Yukteswar Giri, who taught him the Kriya Yoga technique of meditation.



## Thank the Evil by Paramhansa Yogananda

★★★★☆ 4.8 out of 5

Language : English

File size : 2783 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 192 pages

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In 1920, Yogananda traveled to the United States, where he founded the Self-Realization Fellowship. He spent the rest of his life teaching yoga and meditation to Western audiences. He wrote several books, including his autobiography, which is considered a classic of spiritual literature.

Yogananda died in 1952 at the age of 59. He was a controversial figure, and his teachings have been criticized by some for being too simplistic and for promoting a cult-like mentality.

However, there is no doubt that Yogananda was a gifted spiritual teacher who helped to bring yoga and meditation to the West. His teachings have

inspired millions of people around the world, and his legacy continues to grow.

## **A Difficult Childhood**

Yogananda's childhood was not easy. He was born into a poor family, and his father died when he was young. He was often bullied by his classmates because of his small size and weak constitution.

Despite these challenges, Yogananda always maintained a positive attitude. He believed that everything happens for a reason, and that even the most difficult experiences can be turned into something positive.

Yogananda's faith was tested when he was 18 years old. He contracted tuberculosis, and the doctors told him that he would die within a year. However, Yogananda refused to give up. He continued to practice yoga and meditation, and he eventually recovered from his illness.

Yogananda's experience with tuberculosis taught him the importance of never giving up. He believed that anything is possible if you have faith and determination.

## **The Path to Enlightenment**

After recovering from tuberculosis, Yogananda met his guru, Swami Sri Yukteswar Giri. Yukteswar taught Yogananda the Kriya Yoga technique of meditation, and he quickly became one of Yukteswar's most advanced disciples.

In 1920, Yogananda traveled to the United States, where he founded the Self-Realization Fellowship. He spent the rest of his life teaching yoga and

meditation to Western audiences.

Yogananda's teachings were based on the belief that everyone has the potential to achieve spiritual enlightenment. He taught that meditation is the key to unlocking this potential.

Yogananda's teachings were well-received by Western audiences, and he quickly became a popular spiritual teacher. He wrote several books, including his autobiography, which is considered a classic of spiritual literature.

Yogananda died in 1952 at the age of 59. He was a controversial figure, but there is no doubt that he was a gifted spiritual teacher who helped to bring yoga and meditation to the West.

## **A Legacy of Service**

Yogananda's legacy continues to grow. The Self-Realization Fellowship, which he founded, now has over 100 meditation centers around the world. His teachings have inspired millions of people, and they continue to be studied and practiced today.

Yogananda was a true pioneer in the field of yoga and meditation. He helped to make these practices accessible to people all over the world. He also taught that everyone has the potential to achieve spiritual enlightenment.

If you are interested in learning more about Yogananda and his teachings, I encourage you to visit the Self-Realization Fellowship website:

<https://www.yogananda-srf.org/>



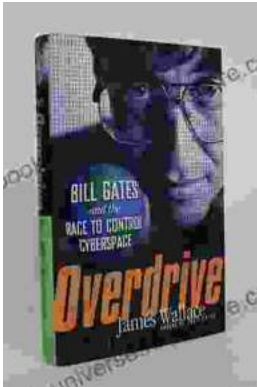
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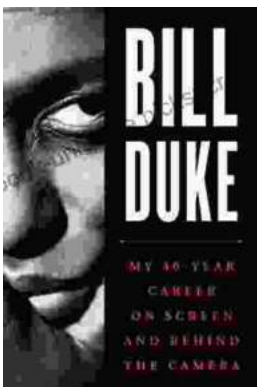
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