

Living with the Himalayan Masters

Swami Rama

The Art of Joyful Living
Love Whispers
Meditation and Its Practice
The Royal Path: Practical Lessons on Yoga
Happiness Is Your Creation
Love and Family Life
A Practical Guide to Holistic Health
Path of Fire and Light, Vols. I and II
Spirituality: Transformation Within & Without
The Valmiki Ramayana Retold in Verse, Vols. I and II
Book of Wisdom: Ishopanishad
Celestial Song/Gobind Geet
Choosing a Path
Freedom from the Bondage of Karma
Perennial Psychology of the Bhagavad Gita
Wisdom of the Ancient Sages: Mundaka Upanishad
Japji: Meditation in Sikhism
Nitnem: Spiritual Practices of Sikhism
Philosophy/Faith of Sikhism
Sikh Gurus—Lives and Teachings

Joints and Glands Exercises

Meditation and Christianity
Science of Breath
Yoga and Psychotherapy

Guided Meditation for Beginners

A Guide to Intermediate Meditation
A First Step Toward Advanced Meditation
Guided Meditation for Initiates
Inner Peace in a Troubled World

Stressless Living

Spiritual Origins of Health

Finding Meaning in Life

How to Tread the Path of Superconscious Meditation

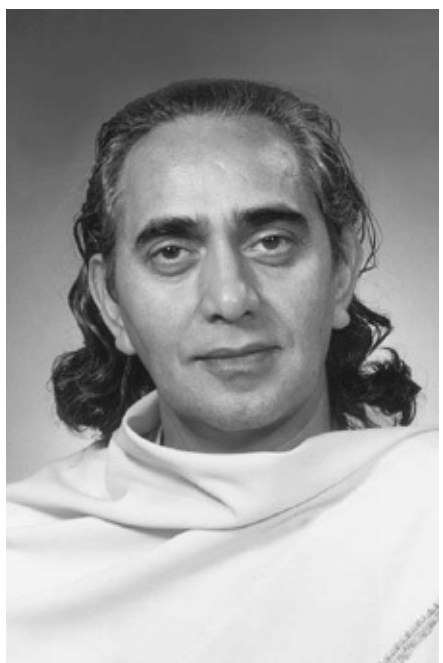
Living with the Himalayan Masters



HIMALAYAN
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Contents

by Pandit Rajmani Tigunait



Introduction

Living with the Himalayan Masters

Himalayan Masters

Living with the

Living with the Himalayan Masters

At thy lotus feet

This is not my life but the gift
of experiences which I gathered from
the sages of the Himalayas and from
Thee, my beloved master.

One lonely evening it seemed
to me as if a ray of light all of a
sudden broke through the mist and
I wondered what it might mean.

The same eve thou gavest me
a glimpse of the love divine.

And then I heard His name
uttered from thy lips shedding a
new light over my destiny.

In the dark chamber of my
heart the lamp was lit which always

goes on burning like the lamp on the
altar.

who has, like thou, mingled the
strains of joy and sorrow into the
song of my life, enabling me to realise
"The joy that sits still on the lotus
of pains and the joy that throws
every thing it has upon the dust
and knows not a word"?

To those who understand thy
message there shall be no fear
left on the earth.

Therefore today the flower
of undying gratitude offers its
petals at thy lotus feet.

Suamibhava.





I

Spiritual Education in the Himalayas

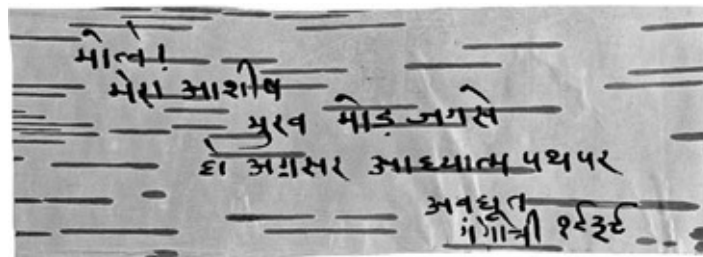
The Sacred Himalayas

Himalaya

hima

alaya

bhoja patra





ida pingala

sandhya sushumna Sushumna

sushumna

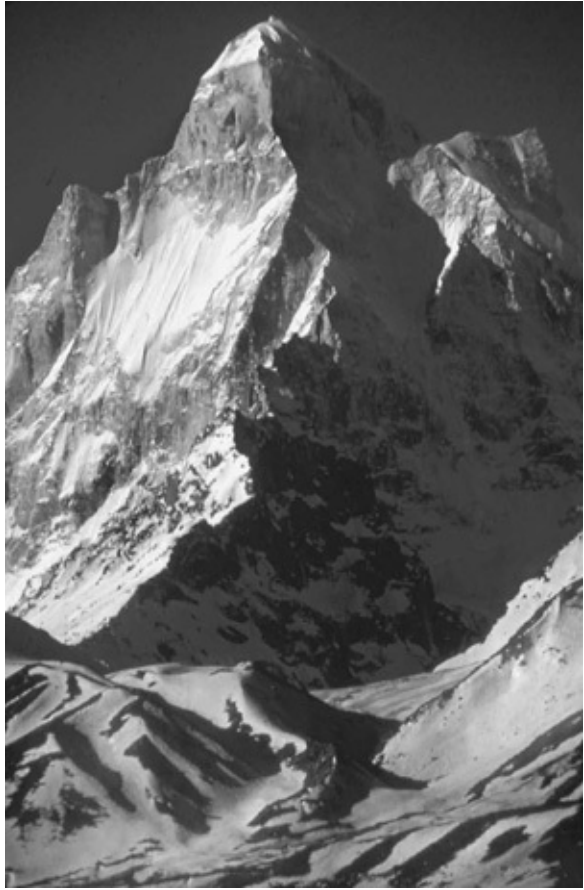
Nirukta

Sundaram

usha

sandhya

*Satyam, Shivam
devas*



Meghadoota

Mahabharata

Ramayana

Mahimna-stotra

Pahari

himkamal

himkamal





devadaru

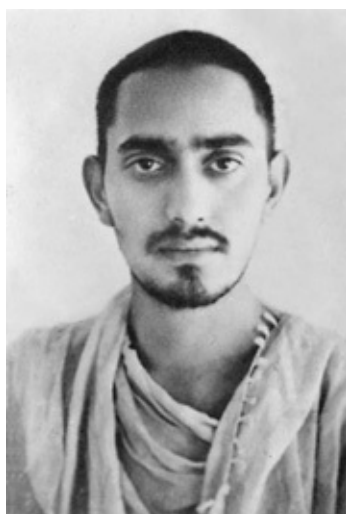
bhoja patra

Hamsa

sadhu

Bhagavad Gita

My Gurudeva and Parents



shyama

sahaja-samadhi

My Master and the Prince Swami

Footprints of Delusion

yeti

avidya

How We Live in the Caves

dhoop

devadaru

dhooni

lingora *ogal*

tarur *genthi*



II

The Master Teaches

Learning to Give

How a Master Tests His Students

An All-Night Journey Through the Forest



Crossing a Flooded River

sankalpa shakti

shakti

My Offering to My Master

Loneliness

Brahmachari



Maya, the Cosmic Veil

anadi vidya

Ma

ya

shakti

shakti

Vairagya

abhyasa

Bitter Truth with Blessed Effects

You Teach Others but Deprive Me

Discipline Is a Must

nantin



Blessings in a Curse

Satsanga

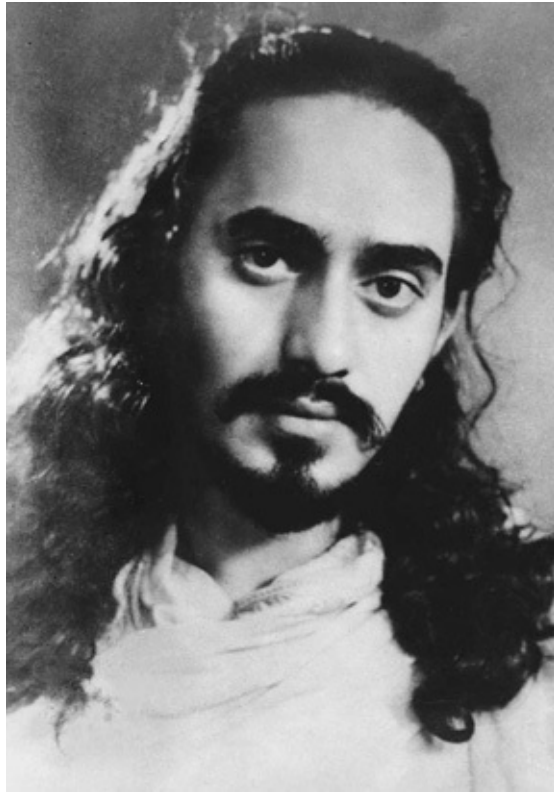
III

The Path of Direct Experience

Direct Experience Alone Is the Means

Real Knowledge Removes Suffering

Brahma Sutras



A Mantra for Happiness

Aum

laya

A Mantra for Bees

apta



Misuse of Mantra

Prayoga Shastras

mala

I Receive a Beating



sankalpa

Unique Practice of Tantra

maulavi

You Have Committed Many Thefts

haji

haji

Yoga Sutras

siddhis

A Firethrower Swami

An Astounding Mystic

ja, ja, ja, ja

I



My Mother Teacher

Mandukya Upanishad

turiya

Mandukya

An Ageless Yogi

darshan



IV

Learning Humility

Ego and Vanity Are in Vain

Yoga Vasishtha

My Swollen Ego

Cultivating Inner Qualities



I Thought I Was Perfect

ajagar-vritti

Practice Makes Perfect

The Sage from the Valley of Flowers

gudari



guru dwara

V

Conquering Fear

The Devil



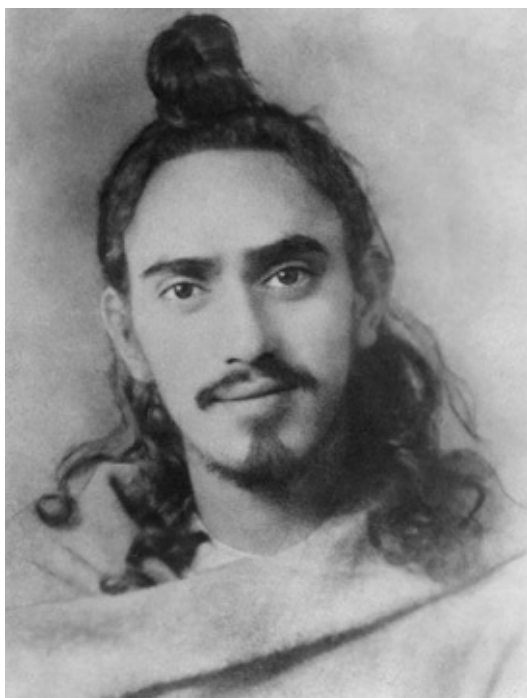
Mistaken for a Ghost

My Fear of Snakes

Brahma Sutras

Yoga Sutras
ahimsa

In a Tiger's Cave



VI

The Path of Renunciation

My Whole Being Is an Eye

rogi

bhogi

My Experience with a Dancing Girl

sadhana

Ramayana

Transformation of a Murderer

satsanga

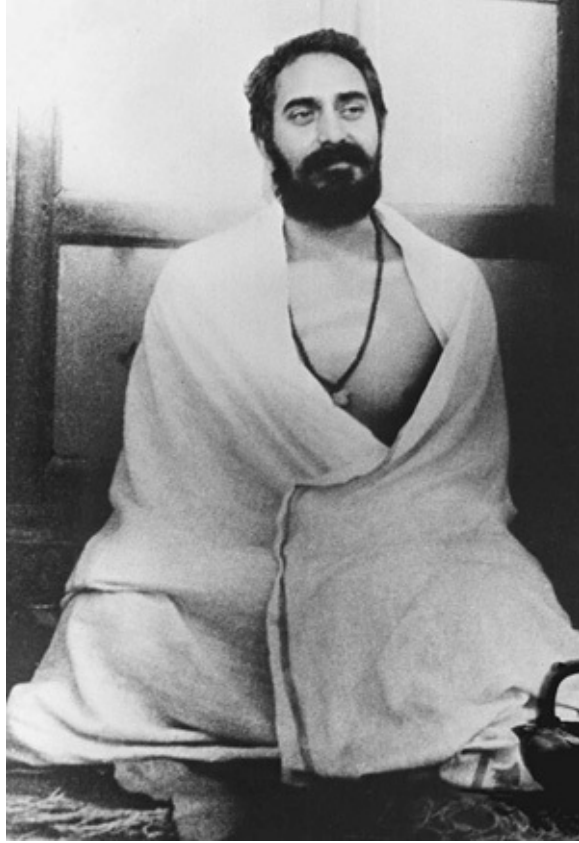


A Lesson in Non-attachment

Taste the World and Then Renounce

Jewels or Fire?

My First Days as a Swami



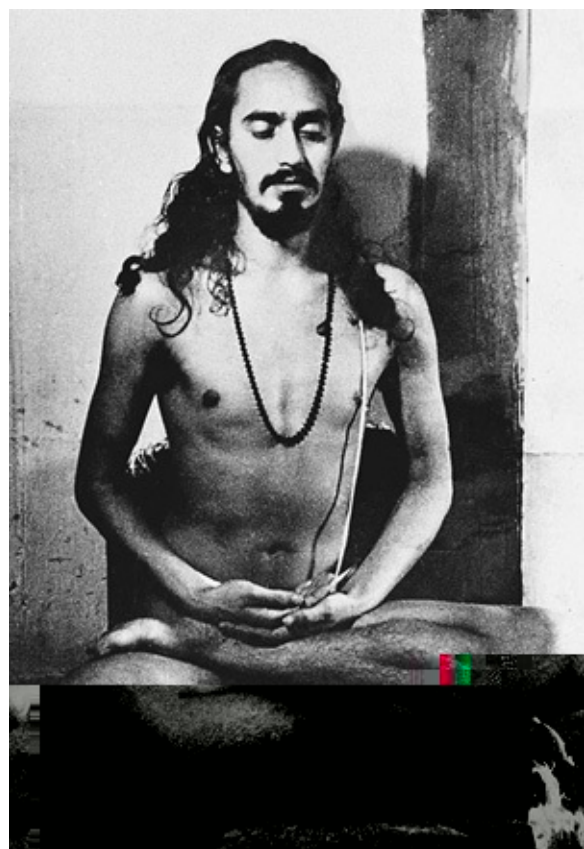
A Constant Persecution

Living on a Mount of Pebbles

Temptations on the Path

siddhis

Should I Get Married?



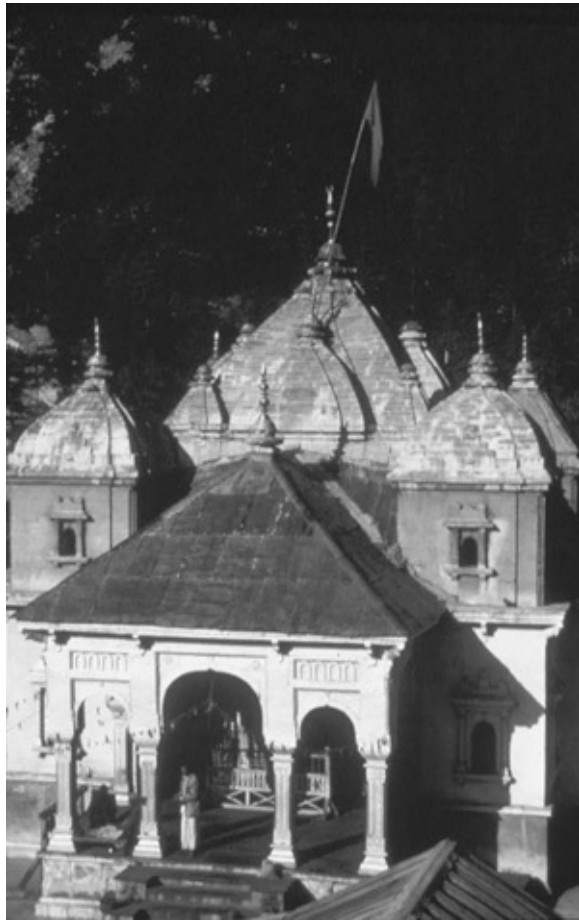
Spiritual Dignity Is Also Vanity

Gita-Rahasya



A Miserable Experiment

Charms of the World



samskaras

Two Naked Renunciates

In the World and Yet Above

Sankalpa

To Lose Is to Gain

VII

Experiences on Various Paths

[This section of the book is primarily from Swamiji's diaries.]

A Renowned Lady Sage

bhakti yoga

Jñana yoga

Karma yoga

Kundalini yoga

sushumna

Sushumna

Raja yoga

Sri Vidya



satsanga

With My Heart on My Palms and Tears in My Eyes

dargah

rooh

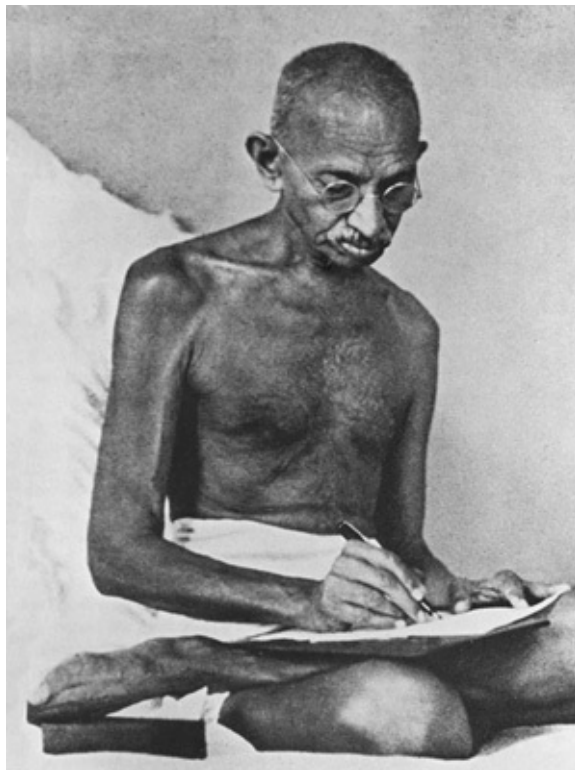
Karma Is the Maker

darshan

samskaras

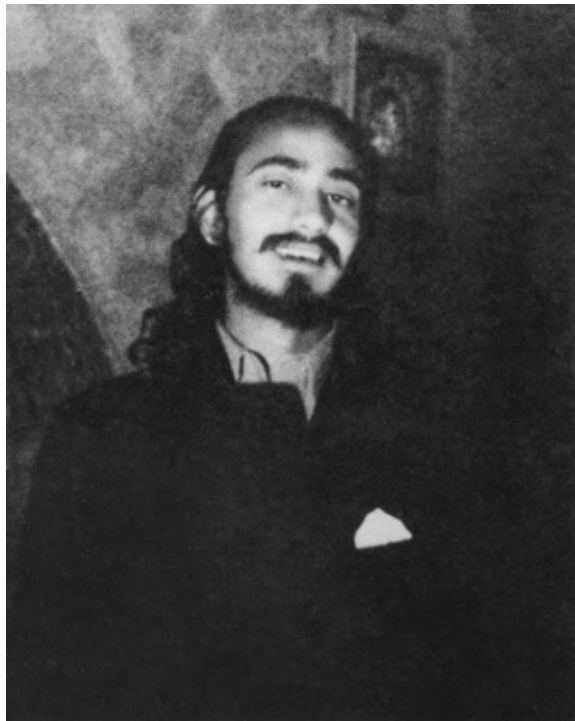
ichchha shakti

In the Ashram of Mahatma Gandhi

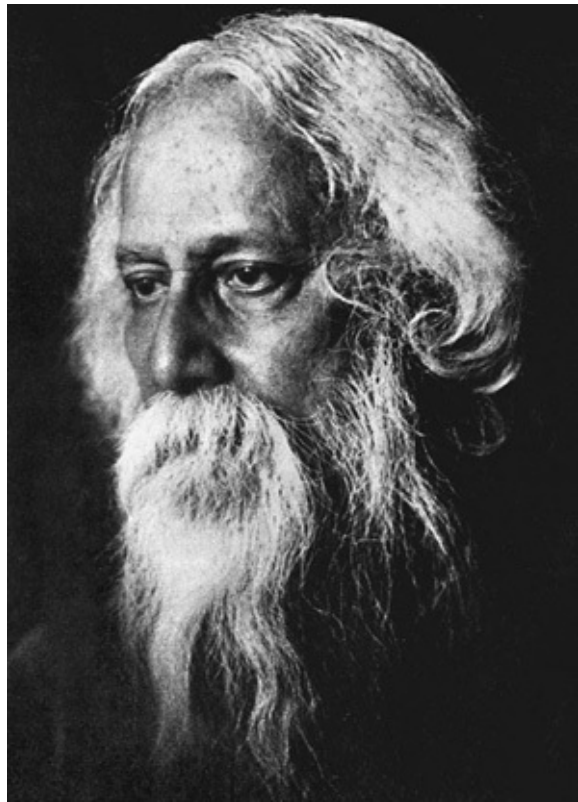


ahimsa

“Not Sacrifice but Conquest”—Tagore



sadhaka



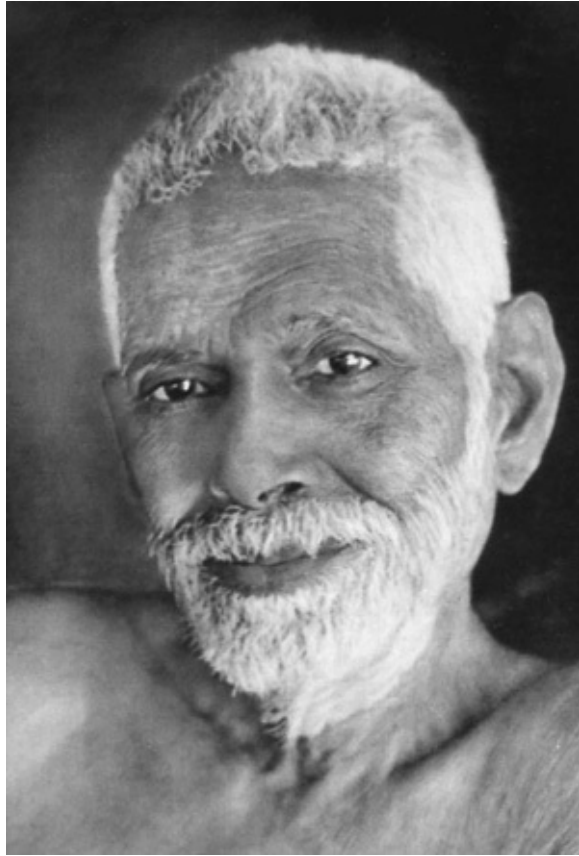
Setting History Straight

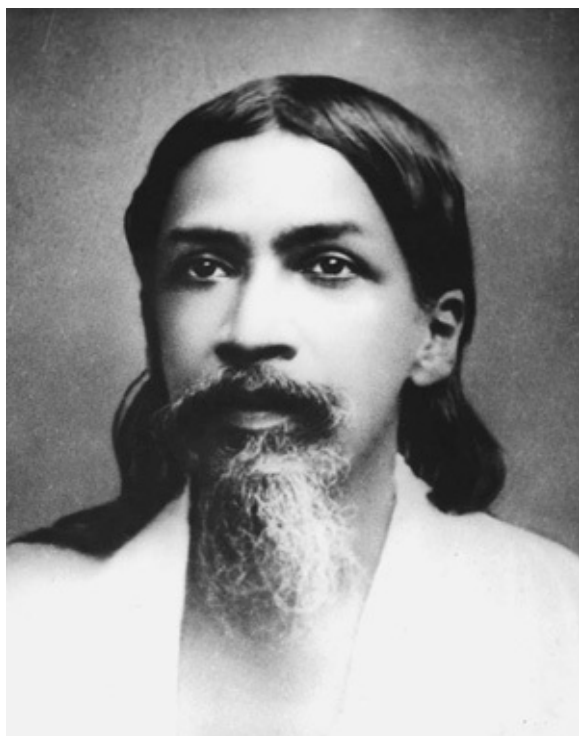
Maharshi Raman

darshan

savikalpa samadhi

darshan





Meeting with Sri Aurobindo

(advaita)
Brahman
Tao

Shunyata

Nirguna
Tattvatita

sadhaka

advaita

The Wave of Bliss

Ramayana

Vairagi

sadhaka



The Wave of Beauty

The Wave of Bliss
Saundaryalahari
Prayoga Shastra

(anahata)

siddhas

Bhagavad Gita

Three Schools of Tantra

muladhara

anahata

antaryaga

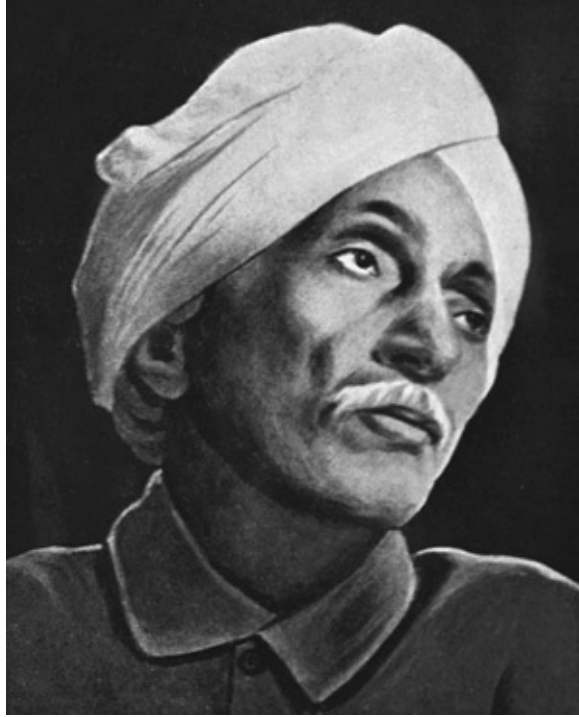
nadis

pranas

(Anandalahari)

The Wave of Beauty (Saundaryalahari)

The Wave of Bliss



The Seven Systems of Eastern Philosophy

acharyas

kaivalya

Yoga Sutras

Purusha

Prakriti

(jiva)

(Ishvara)

rajas

tamas

gunas

sattva,

acharya

Sankhya Karika

Yoga Sutras
anatta
rishis

neti

bodhi

para-nirvana

puja

shunya
alaya-vijñana *vijñana-vadin*

Dharma-kaya *Shukla Brahman*
Sambhoga-kaya *Shabala Brahman*
Ishvara
Nirmana-kaya

majjhima patipada

tanha *avidya*

Mahabharata *Ramayana* *Puranas*

Soma

Yoga Sutras

ausadhi

sutra

soma-rasa

(nadis)

ashtha varga

VIII

Beyond the Great Religions

A Christian Sage of the Himalayas

Bhagavad Gita

My Meeting with a Jesuit Sadhu

Jesus in the Himalayas

The Unknown Life of Jesus Christ



spanda
shaktipata

brahmachari

bandhas

sattva

satsanga



A Vision of Christ

Gita

Bhagavad Gita

ahimsa

Judaism in Yoga

Gita

anahata chakra

I Belong to None but God

IX

Divine Protection

Protecting Arms



siddha

siddha



Lost in the Land of Devas

devas

devas

devas

devas

The Land of Hamsas

Hamsas



(Artemisia cina)

gangatulsi

An Atheistic Swami

Philosophy

Khat-Dharshana

Six Systems of Indian

Mahimnastotra—Hymns of the Lord

An Appointment with Death

Durga-puja

X

Powers of the Mind

Lessons on the Sands

Chakravarti's Mathematics

(trataka)

siddhis

Transmutation of Matter

aghorī baba Aghor

your

rasgula

Atharva Veda

Where Is My Donkey?

Krishna, Hari Krishna

Hari Rama, Hari Rama, Hari

Who Was That Other Gopinath?

malas

malas

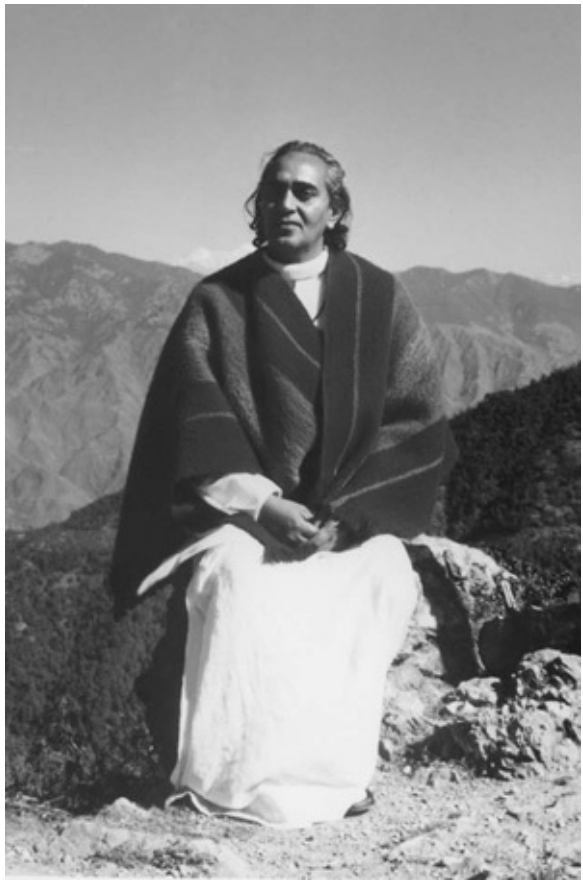
An Experience with a Psychic

XI

Healing Power

My First Exposure to the Power of Healing

My Master Sends Me to Heal Someone



Unorthodox Ways of Healing

deva *vakya*
vakya

suchi vedha, sui

Nidana *Pathya*

Healing in a Himalayan Shrine





bichitra veena

veena

nada

nada

nada

anahata nada

anahata nada

para-bhava

anahata

nada

veena

At the Feet of the Masters

siddha

Panchagni Siddhi



XII

Grace of the Master

Guru Is a Stream and a Channel of Knowledge

guru

Gu

ru

Guru

gu ru

guru

deva Deva

A Weeping Statue

satsanga

The Yoga of the Kathopanishad
The Yoga of the Bhagavad Gita

sadhana

sadhana

My Master's Photograph

Who Can Kill the Eternal?

shakti

kriya shakti
jñana shakti *Shakti*

ichchha

kriya shakti *do*
jñana shakti *decide*

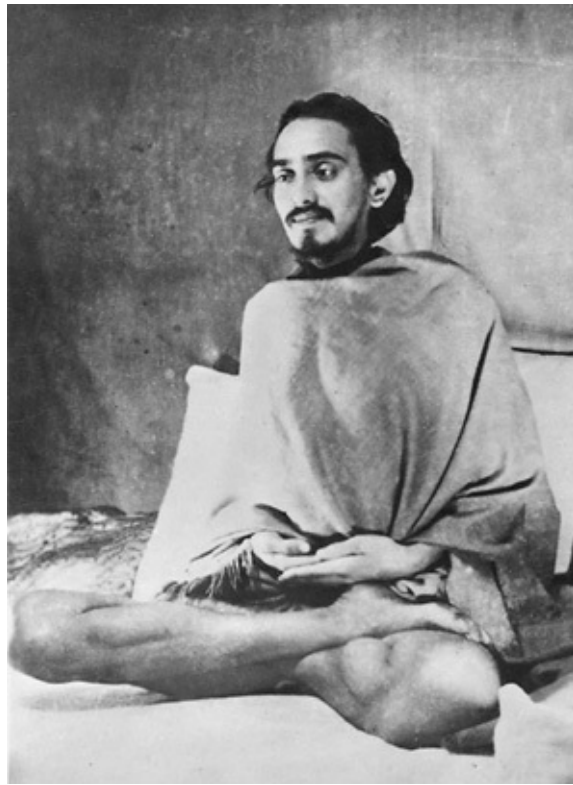
ichchha shakti *will*

prajña *buddhi*

shakti

ichchha shakti

Half “Here,” Half “There”



How a Young Widow Was Rescued

My Master Saves a Drowning Man



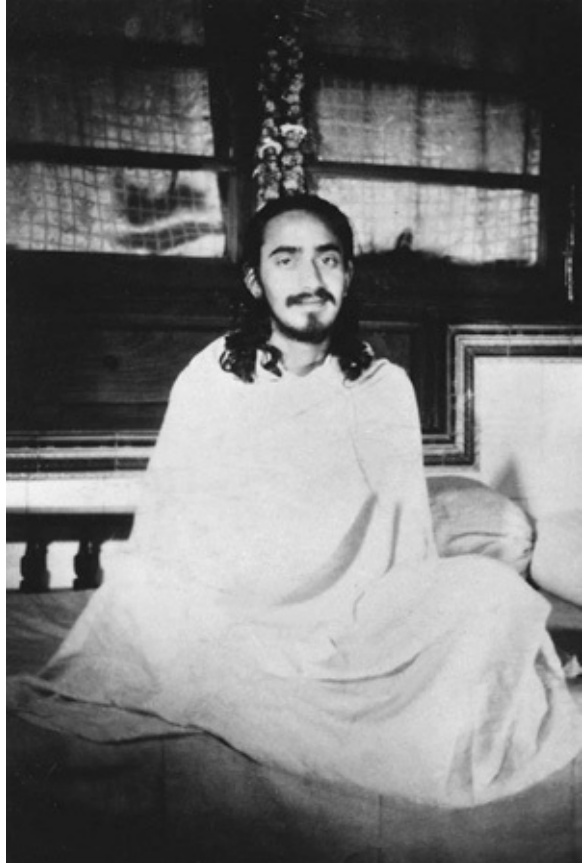
he

Shaktipata—Bestowing Bliss

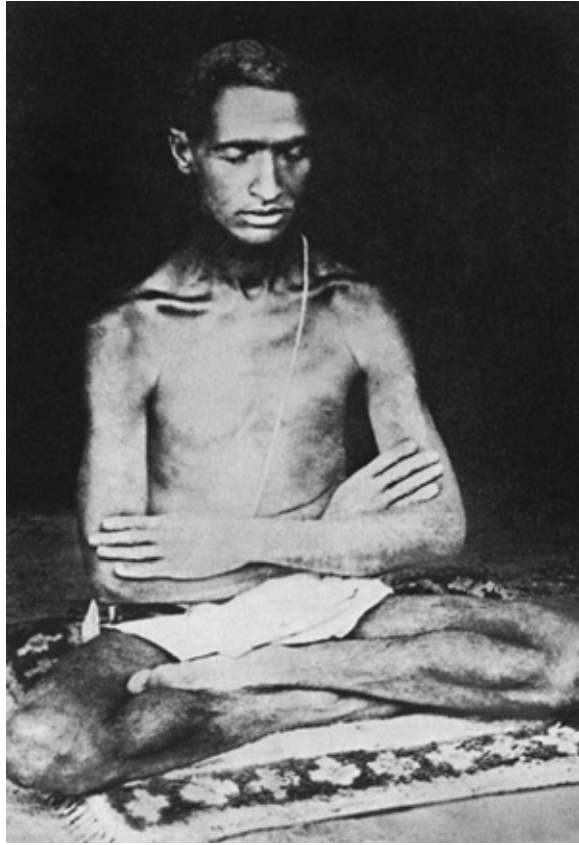
Shaktipata *shaktipata* *Shakti* *pata*

sadhana

My Grandmaster in Sacred Tibet



Bhotiya



vama marga

Linga Purana

para-kaya pravesha

kriya

siddhis

siddhis

Yoga Sutras

sadhana

manipura chakra

udaragni

arani

arani



bindu

vidya
bindu bhedana

vidya

vidya

advaita

advaita

advaitins
advaita

Asadva idam agra asit

Mandukya Upanishad

Sankhya

Karika

Preparing to Tear the Veil

sahaja-bhava

XIII

Mastery over Life and Death

Birth and Death Are but Two Commas

Aumm

Brahmarandhra

Attitudes Toward Dying

Brahmarandhra



The Techniques of Casting Off the Body

samadhi

hima-samadhi

maha-samadhi

devas

Mahabharata

jal-samadhi

Sthal-samadhi

Kathopanishad

Mahakala Nidhi

Living in a Dead Body

boorhe

para-kaya pravesha

[Yogi Guru, Tantric Guru Vedanta Guru]

My Master Casts Off His Body

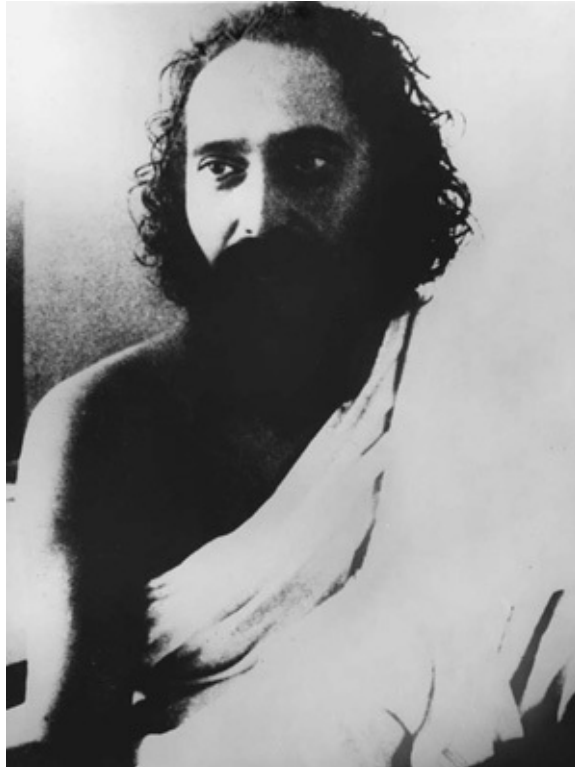
Aumm

para-kaya pravesha

XIV
Journey to the West

A Doctor's Recurring Vision

sannyasi

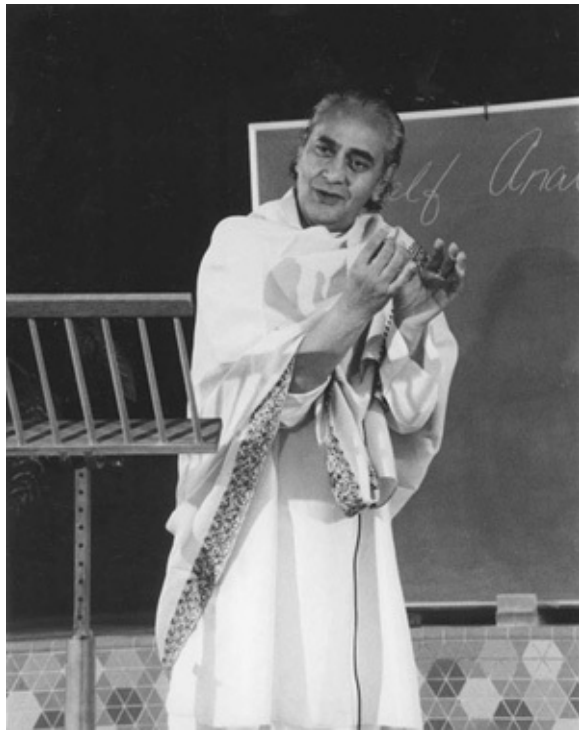


Transformation in the Cave

samyama



Ways of East and West





Our Tradition

*Bharati
Bharata*

Bharati Bha

рати

Mandukya Upanishad

Prayoga Shastra

bindu bhedana

*shaktipata
sahasrara chakra*

Shastra

Na datavyam, na datavyam, na datavyam

Prayoga

advaita

Om Shanti Shanti Shanti

Glossary

Acharya

Advaita

Ahimsa

Anahata Chakra

Ashram

Brahman

Brahmachari

Chakras

Darshan

Devas

Gurudeva

Hamsa

Kundalini

Mala

Mantra

Maya

Parsis

Prayoga Shastra

Sadhaka

Sadhana

Sadhu

Sankhya

Samskaras

Sankalpa

Satsanga

Sattva

gunas

Shakti

Shaktipata

Shiva

Shiva-linga

Siddha

siddhi

Siddhi

Sikh

Sri Vidya

Sri Yantra

Sushumna

Swami

Swamiji

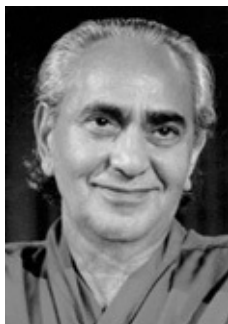
Tantra

Turiya

Upanishads

Vedanta

About Swami Rama



Himalayan Masters

Living with the

THE HIMALAYAN INSTITUTE



The main building of the Institute headquarters near Honesdale, Pennsylvania

Yoga Joyful Living





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SPIRITUALITY / INSPIRATION

Living with the Himalayan Masters

by Swami Rama

"I will tell you how I grew up and how I was trained, about the great sages with whom I lived and what they taught me, not through lectures and books but through experiences," writes Sri Swami Rama in the opening pages of this timeless saga. These stories record his personal quest for truth and enlightenment. Inspiring, illuminating, entertaining, mystifying, and frequently droll and humorous, they bring you face-to-face with great Himalayan masters, including:

- Mataji of Assam, a ninety-six-year-old lady sage who never slept
- Gudari Baba, who taught Swami Rama the value of direct experience
- Yogi Sri Aurobindo, who integrated meditation with action
- Uria Baba, who taught that every human being has the potential for healing
- Mahatma Gandhi, the Father of the Nation

"One of the great spiritual classics of all time. An insider's view of hidden adepts who live outside time and space as we know it, yogis and yoginis who can't possibly exist—but do!"

—Linda Johnson, author of *The Living Goddess: Reclaiming the Tradition of the Mother of the Universe*

"Buy this book for yourself. Each page is filled with joy and cheer. What I like best is that Swami Rama's message does not require us to transform ourselves, it teaches that we are already perfect."

—Judith Benn Hurley, author of *The Good Herb, Savoring the Day, and Healing Secrets of the Seasons*



One of the greatest masters from the Himalayas, Swami Rama is the founder of the Himalayan Institute. Born in India, he studied in both India and Europe and received his spiritual training in the Himalayan cave monasteries and in Tibet. His best known work, *Living with the Himalayan Masters*, reveals the many facets of this singular adept and demonstrates his embodiment of the living tradition of the East.



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