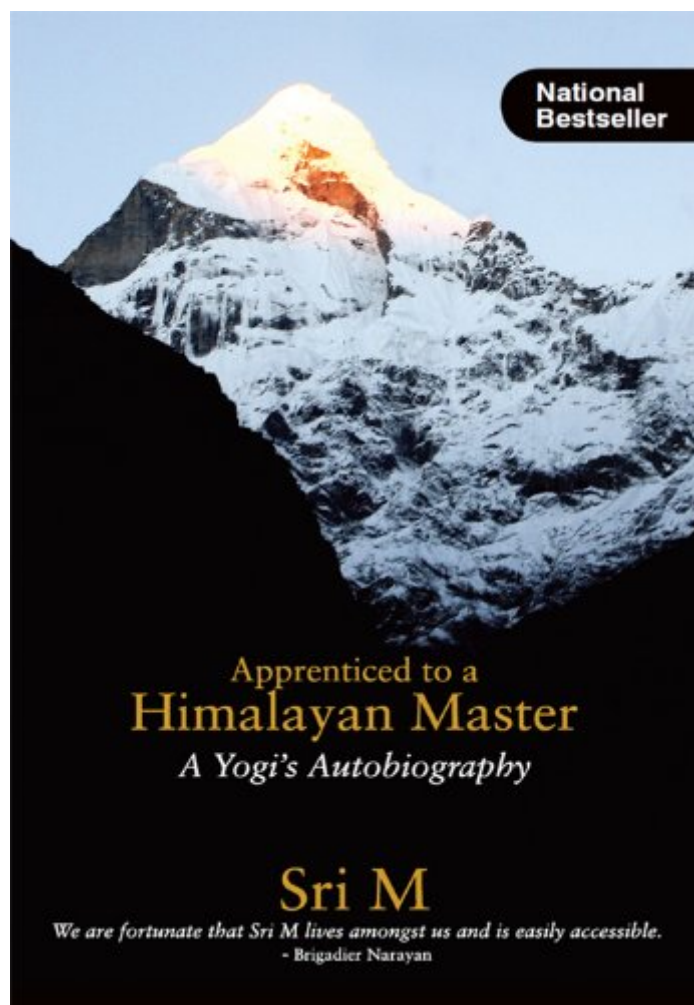


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Apprenticed To A Himalayan Master (A Yogi's Autobiography)



Synopsis

The author Sri â ^Mâ ™ is an extraordinary individual. His uniqueness lies not only in the fact that at the young age of 19 and a half, he travelled to snow clad Himalayas from Kerala, and there he met and lived for several years with a â ^real-timeâ ™ yogi, Babaji, but also that he should undertake such an unusual and adventurous exploration, given his non-Hindu birth and antecedents. The metamorphosis of Mumtaz Ali Khan into Sri â ^Mâ ™, a yogi with profound knowledge of the Upanishads and deep personal insights, born of first hand experiences with higher levels of consciousness is indeed a fascinating story. The bonus for those interested in the secrets of yoga, meditation and sankhyan metaphysics is that Sri â ^Mâ ™ is still living and easily reachable. He leads a normal life, married with two children, wears no special robes and conducts himself without pomp or paraphernalia. Someone who met him recently said, â œI expected a flashy godman and instead I saw a jean clad gentleman with a smile of his face, ready to discuss my problems. In five minutes flat, I said to myself, this is no ordinary man. The peace and tranquility that enters your system is tangibleâ •.

Book Information

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Customer Reviews

Chock full of stories about his time in the Himalayas, easy-to-read while making his mystical experiences seem accessible to the common person.. His Muslim background (he cannot be dismissed as a Hindu nationalist) allows him to show skeptical, modern-day, educated Indians that perhaps there is something in their traditions too, something they should cherish and leverage for themselves and the world. The world needs more people becoming spiritual. The only complaint I have is that it ends rather abruptly. I thought of giving it 4 stars for that, but reconsidered because really this book has achieved its purpose already. ps: apparently there's a sequel coming

I found this account intriguing and plausible, even if written in a somewhat dry style. Civilisations and artefacts change, but the rishi's journey is timeless. This story is indeed one for stepping into a 21st century lifestyle as a householder using technology and still engaged in Spiritual practice. I look forward to reading more of Sri M's works. Some angles on content perhaps are already suggested in reviews of this book. Each individual will take what they need from this book. My personal understanding of more mysterious or miraculous events that had occurred in my life has been enhanced through Sri M sharing experience through this book. This book reminds me that we, humanity, are becoming more aware of what we don't know and that there is a need to develop patience and clarity to live the knowledge after it is gained - through seva , in this 3rd dimension's denser time and space.

It has a strong pull as a story. Read it again as a diary and tried to reflect on it as a learner, researcher and enthusiast. It ended up as a smooth transition to the path of an experiential learner, at least to me. This is a book, an autobiography and more importantly a collection of experience of an elevated soul. Its a real opportunity to get a glimpse to a transparent life story of a yogi. It is a living example to us how a humble human being, a persistent seeker, a devoted disciple and moreover, a common man opened up to a special state of mind. There are few things which all of us may not be able to experience. The seeker and elevated, who ascends and descends from the common man's life, occasionally plunging it to supreme intellectual discussions of heavenly souls. He takes us through the path one travelled chasing the inner calling, yet grounded to full fill his masters wish, taking the divine lamp to another million hearts. Experience, destiny and an infinite power of human mind. Indeed a rare combination. After a read, i come back and stand with a boy named Mumtaz Ali Khan, somewhere close to his backyard jack fruit tree, enjoying the charismatic smile on that young boy's face. Everyone should begin somewhere! Mine is

here.

For the first time I have read a book that I have enjoyed more than *Autobiography of a Yogi* by Paramahansa Yogananda. The author takes you through this incredible journey in the Himalayas as well as other holy places such as Kanyakumari, Shiridi, Dakshineswar, Ramakrishna Mutts etc. Miracles galore - not just trinkets, but awesome miracles such as space-time travel, Levitation, mind-reading, remembering past lives, etc. Most importantly a poignant story about Guru-Disciple relationship and true divine love that is beyond material love that we know of. For a sincere seeker, God himself comes down to show us that we are no different from God, and that we have the full potential of Godliness within us. We just need to strive hard to awaken! For those who are into Sadhana, he gives a glimpse of techniques such as Kechari Mudra, Nabhi Kriya etc. For details, you have to read Swami Satyananda's *Kriya Yoga Manual and Practice* it. Reading alone will not give enlightenment! More importantly the journey starts only after getting enlightened. The journey of service to human kind and helping others live like a human.

If you're on a spiritual path, and are working on your liberation (although Ramana Maharshi used to say, we are liberated already, why work on it?) you will benefit immensely from this book. The author ("M") writes beautifully about his spiritual development. We meet the great deathless Babaji, Shirdi Sai Baba (who appears in person, although he has been dead many years), and many other saints too numerous to mention in a review. Sri Ramakrishna and Vivekananda are discussed, and we meet monks (swamis) of the Ramakrishna Order. Truth is eternal, which means it does not change. Knowledge is acquired, but truth exists. As Jesus said, the truth shall set you free. Or as Socrates put it, know thyself. The author lived all this himself, and warns us that much of it will be hard to swallow. There is so much to absorb in this book, it will take many readings. Thankfully, we don't have to deal with the likes of sloppy translations from the New Testament, where those who did the various translations had little real understanding of what Jesus taught.

Amazing tribute to Master Babaji. I could not put the book down until I was done. I feel like I witnessed the same phenomenon with Sri M. Then my niece who recommended the book to me personally met Sri M in India when she found out he was in his ashram at the same time I finished the book. She sent me her picture with him. Amazing! I recommend this book to anyone who also read *Autobiography of a Yogi* by Paramahansa Yogananda. Babaji is ageless and always around to support anyone in search of the Truth.

While refreshing and crisp in the details I felt a level of frustration at times that the deeper teachings were so quickly dismissed/not explained. I want to think there was a way to have explained more but perhaps not. Teachings I understand are sacred transmissions not meant for the lay person. I applaud the author style of story telling that was done with a minimum of words and explanations. We were given the guts without embellishment. This is a quick read which begs for more.

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