

Book Review:

“Autobiography of a Yogi”

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Title & Author:

Autobiography of a Yogi by Paramahansa Yogananda

Introduction :

I picked up ‘Autobiography of a Yogi’ because I previously watched an interview of ‘Virat Kohli’ where he mentioned this book and said that this book was an ‘eye-opener’ for him in many ways. Then because of my curiosity, I searched for this book and found that great personalities like Jeff Bezos, Rajinikanth, George Harrison were also inspired by this book and this book changed their life completely. These people's opinions made me curious—how could a spiritual book touch such successful people?

I was searching for something more meaningful in life, so I decided to read this book.

Initially, I expected the book to be too spiritual or complicated. But as I read, I felt connected. It didn't feel like a lecture; it felt like a warm and wise conversation. The book surprised me with its clarity and peaceful message.

Due to the title of the book some people might misunderstand that this book is a kind of religious book, telling the story of a detached life of a yogi, and describing God. However, This is a very practical book in many aspects, especially for youth.

Summary :

This book tells the life story of Paramahansa Yogananda, a spiritual teacher from India who introduced the world to **Kriya Yoga (pranayama)** and meditation. He begins by sharing his childhood and his deep desire to find God. His journey leads him to his guru, **Sri Yukteswar**, who guides him with both strictness and love. Later, Yogananda travels to America to teach the spiritual path to a wider audience.

Throughout the book, he shares stories of his spiritual experiences, including his meetings with great yogis like **Lahiri Mahasaya** and **Babaji**. There are also many unusual events, like healing powers and inner visions. But beyond these stories, the real focus of the book is on our inner peace, devotion, and truth. The book also talks about how all religions lead to the same goal and encourages people to

look within for answers. It blends real-life moments with deep spiritual lessons. It's not just a

spiritual journey—it's a guide for anyone who wants to live a more meaningful life.

Analysis & Opinion :

One thing I really appreciated was how Yogananda explained big spiritual ideas using everyday words. He didn't try to impress with difficult terms. Instead, he used stories, emotions, and personal thoughts to make things clear. That made the book feel personal and real.

His devotion to his guru, Sri Yukteswar, was one of the most powerful parts for me. Sri Yukteswar was a strict teacher, but we can feel how deeply he cared for Yogananda. One moment that touched me was when Yogananda exclaimed, "*Guruji, I will follow you to the end!*" It showed his full trust and love. Later, he mentioned that he had never known anyone so full of wisdom and kindness. This shows Yogananda's devotion towards his guru.

Some of the miracle stories were hard to believe at first—like reading minds or healing people—but I understood they weren't shared to show off. They were meant to open our minds to the idea that life is more than what we see.

The most important message I took from this book is that true peace doesn't come from outside success, but from knowing your inner self. Meditation and self-awareness are keys to happiness. The book gave me inspiration to begin exploring myself more deeply.

Personal Connection :

Reading this book changed how I see life. I used to think success meant working hard and chasing goals all the time. But this book helped me **slow down** and ask myself: What's the point of all this if I'm not at peace inside?

It made me interested in trying meditation and pranayama, something I had been putting off for a long time. The teachings felt like a mirror, helping me **look back** on my life with more calmness. The book really proved to be '**food for thought**' for me. It truly '**opened my eyes**' to new perspectives.

Yogananda's words showed me that even in a busy life, we can stay connected to something deeper. His journey reminded me that faith and discipline can help us to find balance in life. Now, instead of rushing through life, I try to be more mindful and grounded—even in small things like everyday interactions with friends.

Conclusion :

Yes, I would definitely recommend this book to anyone. Whether you're into spirituality or not, this book has something to teach you about peace, self-control, and purpose. It's perfect for young adults, students, and even professionals feeling lost or stressed in life. It's not just a book—it's like a lifelong guide. I now understand why great personalities like Virat Kohli and Jeff Bezos found it so powerful. I'm really grateful I read it.

"Thank You!"