LIVING WITH THE HIMALAYAN MASTERS

“A complete and practical guide to the foundations of the spiritual journey...
The vividness of the stories is absorbing...”
—New Age Book Review

Read by Dr. D.C. Rao

Swami Rama
INTRODUCTION by Pandit Rajmani Tigunait, Ph.D. (5:50 minutes)

CHAPTER ONE (1 hour and 7 minutes)
SPIRITUAL EDUCATION IN THE HIMALAYAS
  The Sacred Himalayas
  My Gurudeva and Parents
  My Master and the Prince Swami
  Footprints of Delusion
  How We Live in the Caves

CHAPTER TWO (38:05 minutes)
THE MASTER TEACHES
  Learning to Give
  How a Master Tests His Students
  An All-Night Journey Through the Forest
  Crossing a Flooded River
  My Offering to My Master
  Loneliness
  Maya, the Cosmic Veil
  Bitter Truth with Blessed Effects
  You Teach Others but Deprive Me
  Discipline Is a Must
  Blessings in a Curse

CHAPTER THREE (54 minutes)
THE PATH OF DIRECT EXPERIENCE
  Direct Experience Alone Is the Means
  Real Knowledge Alone Removes Suffering
  A Mantra for Happiness
  A Mantra for Bees
  Misuse of Mantra
  I Receive a Beating
  Unique Practice of Tantra
  You Have Committed Many Thefts
  A Firethrower Swami
CHAPTER THREE (continued)

An Astounding Mystic
My Mother Teacher
An Ageless Yogi

CHAPTER FOUR (31:08 minutes)

LEARNING HUMILITY

Ego and Vanity Are in Vain
My Swollen Ego
Cultivating Inner Qualities
I Thought I Was Perfect
Practice Makes Perfect
The Sage from the Valley of the Flowers

CHAPTER FIVE (21:16 minutes)

CONQUERING FEAR

The Devil
Mistaken for a Ghost
My Fear of Snakes
In a Tiger’s Cave

CHAPTER SIX (1 hour and 5 minutes)

THE PATH OF RENUNCIATION

My Whole Being Is an Eye
My Experience with a Dancing Girl
Transformation of a Murderer
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
Should I Get Married?
Spiritual Dignity Is Also Vanity
A Miserable Experiment
Charms of the World
Two Naked Renunciates
In the World and Yet Above
To Lose Is to Gain
CHAPTER SEVEN (1 hour and 31 minutes)
EXPERIENCES ON VARIOUS PATHS
  A Renowned Lady Sage
  With My Heart on My Palms & Tears in My Eyes
  Karma Is the Maker
  In the Ashram of Mahatma Gandhi
  “Not Sacrifice but Conquest”—Tagore
  Setting History Straight
  Maharshi Raman
  Meeting with Sri Aurobindo
  The Wave of Bliss
  Three Schools of Tantra
  The Seven Systems of Eastern Philosophy
  Soma

CHAPTER EIGHT (34:25 minutes)
BEYOND THE GREAT RELIGIONS
  A Christian Sage of the Himalayas
  My Meeting with a Jesuit Sadhu
  Jesus in the Himalayas
  A Vision of Christ
  Judaism in Yoga
  I Belong to None but God

CHAPTER NINE (52:10 minutes)
DIVINE PROTECTION
  Protecting Arms
  Lost in the Land of Devas
  Land of Hamsas
  An Atheistic Swami
  An Appointment with Death

CHAPTER TEN (24:54 minutes)
POWERS OF THE MIND
  Lessons on the Sands
  Transmutation of Matter
  Where Is My Donkey?
  Who Was That Other Gopinath?
  An Experience with a Psychic
CHAPTER ELEVEN  (34:41 minutes)
HEALING POWER
My First Exposure to the Power of Healing
My Master Sends Me to Heal Someone
Unorthodox Ways
Healing in a Himalayan Shrine
At the Feet of the Masters

CHAPTER TWELVE (1 hour and 2 minutes)
GRACE OF THE MASTER
Guru Is a Stream and a Channel of Knowledge
A Weeping Statue
My Master’s Photograph
Who Can Kill the Eternal?
Half “Here” Half “There”
How a Young Widow was Rescued
My Master Saves a Drowning Man
Shaktipata—Bestowing Bliss
My Grandmaster in Sacred Tibet
Preparing to Tear the Veil

CHAPTER THIRTEEN (46:22 minutes)
MASTERY OVER LIFE AND DEATH
Birth and Death Are but Two Commas
Attitudes Toward Dying
The Techniques of Casting Off the Body
Living in a Dead Body
My Master Casts Off His Body

CHAPTER FOURTEEN (21:55 minutes)
JOURNEY TO THE WEST
A Doctor’s Recurring Vision
Transformation in the Cave
Ways of East and West
Our Tradition
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