

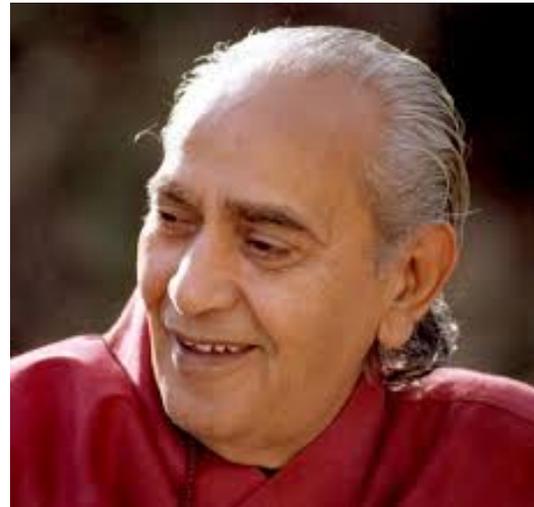
Swami Rama of the Himalayas

- Raised by his master in the Himalayan cave
- He was able to meet many spiritual great ones, including Mahatma Gandhi, Ananada Mayi Ma, Sri Aurobindo, Ramana Maharshi, Rabindranath Tagore
- Attended Oxford University
- Was Shankaracharya of India
- Homeopathic doctor
- Author of numerous books
- Founded the Himalayan Institute and its many branches
- Founded Himalayan Institute Hospital Trust
- A source of indescribable inspiration and love

Swami Rama of the Himalayas

“When the student is ready, the teacher will appear.”

Many of us had the great fortune to be ready when he walked the earth.



Some of His Major Teachings

- Sit with your head, neck, and trunk straight.
- All of the body is in the mind, but not all of the mind is in the body.
- Practice, practice, practice.
- Breath is the connecting link between the body and the mind.
- Meditation introduces you to yourself.
- That which is born is sure to die.

Memories from the Himalayan Institute

- Rocks and Roots
- Tennis Sadhana
- Individual Teachings



Swami Rama: Sadhu



Swami Rama: Sadhu



Swami Rama: Shankaracharya



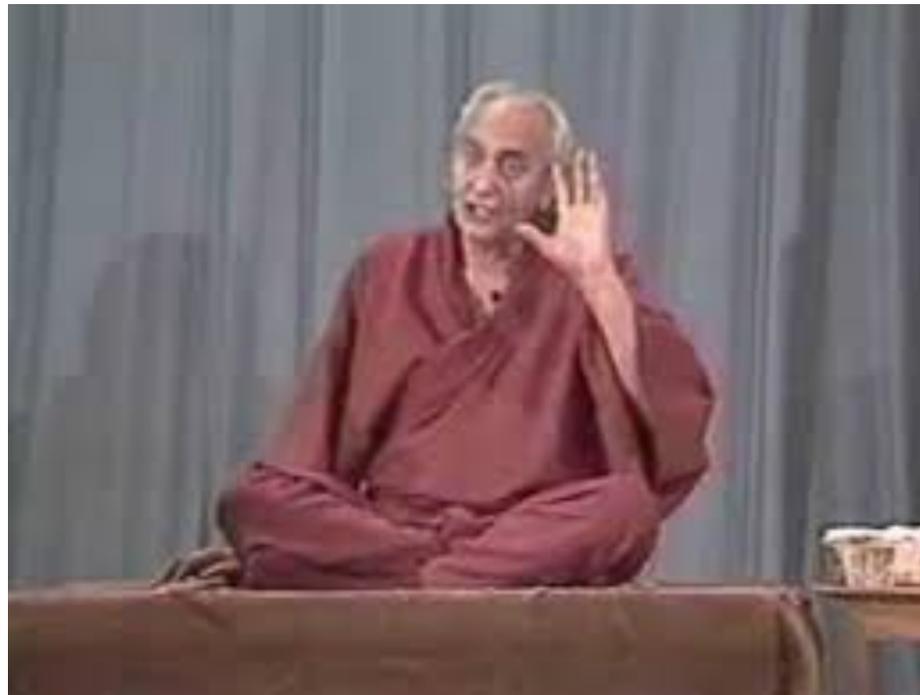
Swami Rama



Swami Rama



Swami Rama



Swami Rama

“I pray to the Divinity within you. This lecture should be interesting, provided you pay attention.”



Swami Rama: Meditating at Mother Ganga



Some Books by Swami Rama

- Living with the Himalayan Masters
- Science of Breath
- Meditation and Its Practice
- The Royal Path: Lectures on Yoga
- Yoga and Psychotherapy
- Freedom from the Bondage of Karma
- Path of Fire and Light, vols. 1 & 2
- Choosing a Path
- Life Here and Hereafter
- Book of Wisdom
- A Practical Guide to Holistic Health
- The Art of Joyful Living

Some Books About Swami Rama

- *At the Eleventh Hour*, Pandit Rajmani Tigunait
- *Swami Rama of the Himalayas*, Pandit Rajmani Tigunait
- *Living with the Himalayan Masters*, Swami Rama
- *Walking With a Himalayan Master*, Swami Jaidev
- *Respected Guru Dev Swami Ram*, Gurubhakt
- *At the Feet of a Himalayan Master, Vols. 1-6*, Himalayan Institute Hospital Trust

A Must Read!

