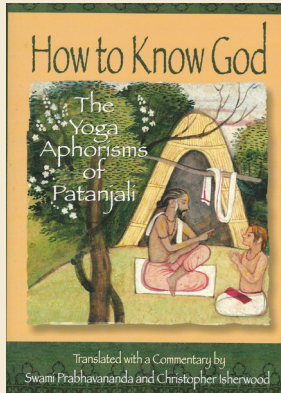


# Vedanta Catalog

An introduction to the many books we carry  
on Vedanta Philosophy & Hinduism



## How to Know God: The Yoga Aphorisms of Patanjali

Translated by Swami Prabhavananda & Christopher Isherwood

Our most popular title and most recommended.

A major work on the practice of yoga and meditation. Learn how you can control your mind and achieve inner freedom and peace through methods taught for over 2,000 years.

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Uses the beauty of verse to express the highest truths of Vedanta. The critics have singled out this translation: "This book is self-contained ... A complete stranger to the Hindu gospel can pick it up and in one or two evenings follow the poem from its terrific beginning to its sublime end." –*New York Times*

"A distinguished literary work." –*Time Magazine*

179 pages US quality paperback \$12.95

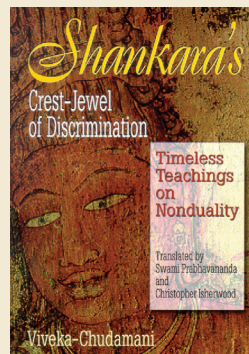
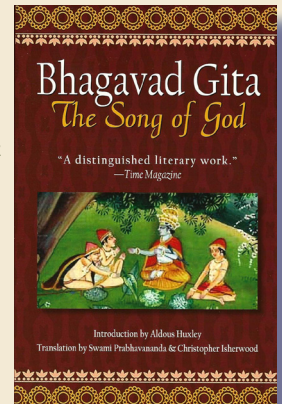
179 pages US hardback \$22.95

343 pages Small Indian pocketbook Reprinting

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## Shankara's Crest-Jewel of Discrimination (The Viveka-Chudamani)

Translated by Swami Prabhavananda & Christopher Isherwood

A classic text on the path to God through knowledge. The basic teaching is that God is an all-pervading reality; the individual soul is none other than the universal soul. Shankara was under no illusions about this world. For this reason, he is able to describe so powerfully the complete transformation of the universe that takes place before the eyes of the illumined seer, when the world indeed becomes a paradise.

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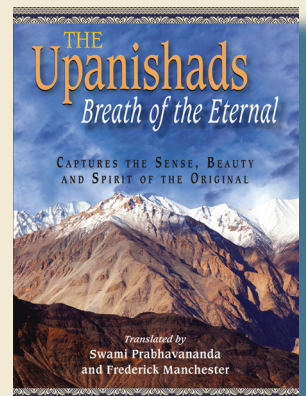
## The Upanishads: Breath of the Eternal

Translated by Swami Prabhavananda & Frederick Manchester

The Upanishads reflect pure Vedanta, the highest aspect of spiritual truth. There are no personal Gods. The teachings are very ancient, back from before the written word. The Rishis, whose insights they embody remain wholly in the background, impersonal as the truth they stood for, their individual lives lost forever. Even their names have disappeared in the dark backward and abyss of time. Covers the 12 principal Upanishads. "Our aim in this translation has not been to achieve a literal rendering but rather ... to convey the teachings in clear and simple English."

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## Recommended Vedanta Titles

### Eight Limbs of Yoga—DVD

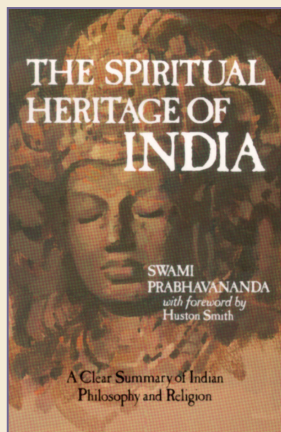
Two lectures on Patanjali's Yoga Aphorisms  
by Swami Prabhavananda

The sole purpose of spiritual disciplines is to remove the obstacles to divine sight that keep us from seeing God. The practices include non-injury of others, truthfulness, control of the prana or vital energy, and control of the mind.

2 lectures – approximately 100 minutes US DVD black and white sepia-toned  
Filmed in 1971. \$19.95

### The Spiritual Heritage of India

by Swami Prabhavananda



A resource that covers India's major scriptures, religions, and religious personalities.

"Around the middle of this [20th] century, Arnold Toynbee predicted that at its close, the world would still be dominated by the West, but that in the 21st century, India will conquer her conquerors (culturally, not politically).

"His prediction provides an exceptionally forceful rationale, if one were needed, for reissuing the book at hand. For *The Spiritual Heritage of India* is one of the most useful summaries in print of the tradition Toynbee saw as destined to figure

prominently in the long-range human future."

—From the foreword by Huston Smith, author of *The World's Religions*

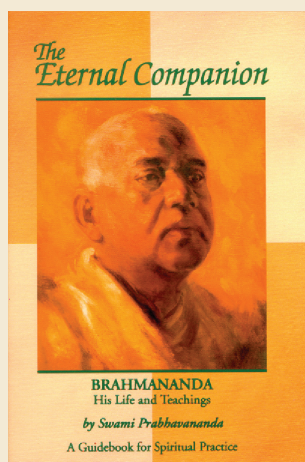
374 pages US quality paperback \$12.95

### The Eternal Companion

Brahmananda: His Life and Teachings

A Guidebook for Spiritual Practice

by Swami Prabhavananda



At first glance, this is a biography and teachings of Swami Brahmananda, the spiritual son of Sri Ramakrishna. Yet the book is much more than that. The teachings grow as you grow spiritually. New meanings appear that you didn't see before, important instructions are noted that now make more sense.

The book is in essence an indispensable book for spiritual aspirants that covers material you won't easily find elsewhere. The key is to re-read it on a regular basis, maybe once a year, if not more often.

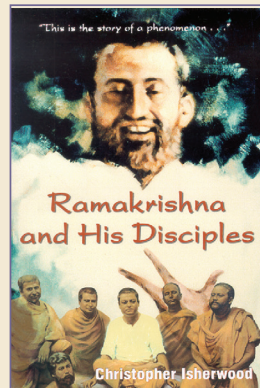
Sample Teaching: "Banish all fear and weakness. Never weaken your

mind by thinking of past mistakes. Sin? Sin exists only in man's eye. In God's eye there is no sin. One glance of the divine and the sins of many births are wiped away..."

302 pages US paperback \$10.95

### Ramakrishna and His Disciples

by Christopher Isherwood



Excerpt: "This is the story of a phenomenon. I will begin by calling him simply that, rather than 'holy man', 'mystic', or 'saint'; all emotive words with mixed associations which may attract some readers, repel others.

"A phenomenon is always a fact, an object of experience. That is how I shall try to approach Ramakrishna ...I only ask you to approach Ramakrishna with the same open-minded curiosity you might feel for any highly unusual human being: a Julius Caesar, a Catherine of Sienna, a Leonardo da Vinci."

—Christopher Isherwood

"Christopher Isherwood unfolds a fantastic story with a calm finesse... This is a fresh and important contribution to the history of religious mysticism, a subject of ever-increasing interest in a psychology-conscious age."

—New York Times

368 pages US quality paperback \$18.95

### Seeing God Everywhere

A Practical Guide to Spiritual Living

by Swami Shraddhananda

"Swami Shraddhananda is a deep and original thinker. His book conveys the beauty and joy of mystical experience, while giving practical suggestions for navigating the search. To say that it is worth reading doesn't begin to do justice to the book."

—Huston Smith, author of *The World's Religions*

"Here at last are the scattered writings of this great teacher drawn together as a guide to spiritual life.... a well-designed volume that opens out as a wonder of spiritual guidance."

—Publishers Weekly

Indian paperback 226 pages \$11.95

### The Wishing Tree

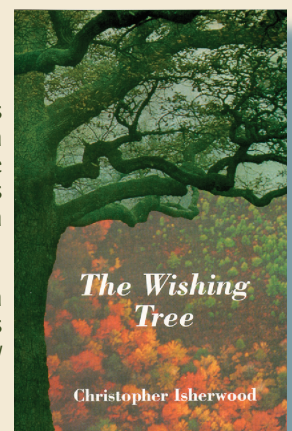
by Christopher Isherwood

What is the role of religion? What happens to those of us who don't have "faith"? Can religion be rational and sensible? These and other questions are answered in this intelligent and warm-hearted exploration of the best of Vedanta philosophy.

"Very British essays, calm, wise, with an almost holy understatement of the things that contributed to Isherwood's very holy experiences." —*The Book Reader*

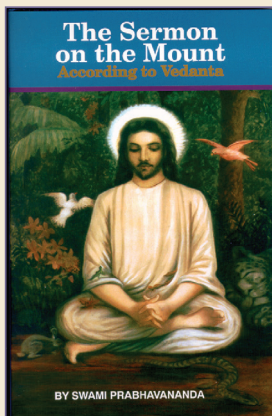
"A fascinating collection of articles... personal, reflective, moving essays that gently nudge the reader towards an understanding of Eastern thought. As lean and elegant as Isherwood's better-known work, these pieces bristle with provocation." —*Krkus Reviews*

229 pages US quality paperback \$9.95, now \$5.95



## The Sermon on the Mount According to Vedanta

by Swami Prabhavananda

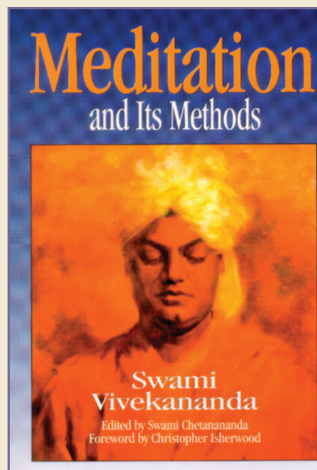


The Sermon on the Mount represents the essence of both Christ's teachings and the teachings of Vedanta. Christ said, "Blessed are the pure in heart, for they shall see God." "The kingdom of God is within." "Be ye perfect...."

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## Meditation and Its Methods

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edited by  
Swami Chetanananda

"This book is a collection of notes on the value of meditative practices. It is common sense rendered with good humor. Through these selections, even the casual reader will be able to appreciate the vitality of a tradition that has produced both saints and scholars."

—Books West Magazine

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## Straight Talk on Religion by Swami Vivekananda

Excerpts from The Complete Works of Swami Vivekananda

You may believe in all the churches in the world, you may carry in your head all the sacred books ever written, you may baptize yourself in all the rivers of the earth, still, if you have no perception of God, I would class you with the rankest atheist.

*It's good to be born in a church, but bad to die there.*

And you may have never entered a church or a mosque, nor performed any ceremony, but if you feel God within yourself and are thereby lifted above the vanities of the world, you are a holy person, a saint, say what you will.

As soon as you stand up and say that you are right or your church is right, and all others are wrong, you are yourself all wrong. You do not know that upon the proof of all the others depends the proof of your own. The test of true religiousness is love and charity for the whole human race. I do not mean the sentimental statement that all men are brothers, but that one must feel the oneness of human life.

So far as they are not exclusive, I see that the sects and creeds are all mine; they are all grand. They are all helping men and women towards the real religion. I will add, it is good to be born in a church, but it is bad to die there. It is good to be born a child, but bad to remain a child. Churches, ceremonies, and symbols are good for children, but when the child is grown, he or she must burst the church himself.

*You have to realize truth and work it out for yourself according to your own nature.*

We must not remain children forever. It is like trying to fit one coat to all sizes and growths. I do not deprecate the existence of sects in the world. Would to God there were twenty millions more, for the more there are, there will be a greater field for selection. What I do object to is trying to fit one religion to every case.

Though all religions are essentially the same, they must have the varieties of form produced by dissimilar circumstances among different nations. We must each have our own individual religion, individual so far as the externals of it go.

...He who only studies books for religion reminds one of the fable of the ass which carried a heavy load of sugar on its back, but did not know the sweetness of it.

The whole point is to discipline the mind. That truth which you swallow from others will not be yours. You cannot teach truth from my mouth; neither can you learn truth from my mouth. None can teach another.

You all talk [about] and get distracted over losing your "individuality." You are losing it every moment of your lives by this eternal swallowing. If any one of you believes what I teach, I will be sorry. I will only be too glad if I can excite in you the power of thinking for yourselves... My ambition is to talk to men and women, not to sheep. By men and women, I mean individuals.

*The test of true religiousness is love and charity for the whole human race.*

You have to realize truth and work it out for yourself according to your own nature... All must struggle to be individuals – strong, standing on your own feet, thinking your own thoughts, realizing your own Self. No use swallowing doctrines others pass on – standing up together like soldiers in jail, sitting down together, all eating the same food, all nodding their heads at the same time. Variation is the sign of life. Sameness is the sign of death.

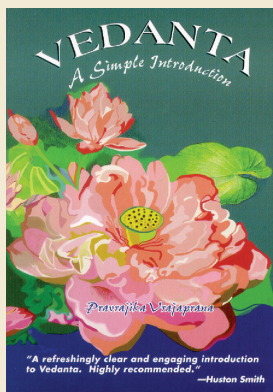
### Faith in Ourselves

The idea of faith in ourselves is of the greatest help to us. If faith in ourselves had been more extensively taught and practiced, I am sure a very large portion of the evils and miseries that we have would have vanished. Throughout the history of humanity, if any one motive power has been more potent than others in the lives of great men and women, it is that of faith in themselves. Born with the consciousness that they were to be great, they became great.

Let a man go down as low as possible, yet there must come a time when out of sheer desperation, he will take an upward curve and learn to have faith in himself.

But it is better for us to have that knowledge from the very first. Why should we have all these bitter experiences in order to gain faith in ourselves? Faith in ourselves will do everything. I have experienced it in my own life, and am still doing so, and as I grow older, that faith is becoming stronger and stronger.





### Vedanta: A Simple Introduction

by Pravrajika Vrajaprana

A delightful introduction to Vedanta, the philosophical backbone of Hinduism. Written with verve and charm by a Western nun for a Western audience, this brief book gives a comprehensive overview of Vedanta philosophy.

"A refreshingly clear and engaging introduction to Vedanta. Highly recommended."

—Huston Smith, author of *The World's Religions*

92 pages US paperback \$6.95

### A Brief Dictionary of Hinduism

Definitions and pronunciation of words you may encounter while reading our literature.

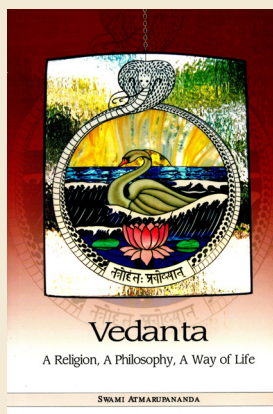
92 pages US paperback \$7.95

### Vedanta: A Religion, A Philosophy, A Way of Life

by Swami Atmarupananda

A concise introduction to the major concepts of Vedanta presented in a question and answer format that addresses both the central teachings and misconceptions about Vedanta. The book was written by an American swami who, as a Westerner, understands our concerns and interests regarding Vedanta Philosophy.

106 pages US paperback \$10.95



## Yoga Methods

### Karma-Yoga and Bhakti-Yoga

by Swami Vivekananda

**Excerpt (Karma Yoga):** "The ideal person is the one who in the midst of the greatest silence and solitude finds the most intense activity, and in the midst of activity, the silence and solitude of the desert. That person has learned the secret of restraint and controlled him or herself... If you have attained to that, you have understood the secret of work. But we have to start from the beginning... and slowly make ourselves more unselfish every day... In the first years we shall find that almost without exception our motives are selfish, but gradually this selfishness will melt through persistence."

**Excerpt (Bhakti Yoga):** "The person who aspires to be a bhakta must be cheerful. In the Western world, the idea of a religious man is that he never smiles, that a dark cloud must always hang over his face, which, again, must be long-drawn, with the jaws almost collapsed. People with emaciated bodies and long faces are fit subjects for the physician, they are not yogis. It is the cheerful mind that can persevere. It is the strong mind that can hew its way through a thousand difficulties."

326 pages US paperback \$15.00

### Raja-Yoga

by Swami Vivekananda

Raja Yoga is known as the "royal path" to God since it is a synthesis of all the yogas. See <https://www.vedanta.com/store/QuickLinks.htm> for link to excerpt on pranayama, or breathing exercises.

327 pages, \$15.00

### Jnana-Yoga

by Swami Vivekananda

**Excerpt:** "The essence of Vedanta is that we are divine. The soul was never born and will never die. There may be weakness, but never mind. We want to grow. We all know our weaknesses, says Vedanta, but being reminded of weakness doesn't help much. Give strength."

"Instead of telling us that we are sinners, Vedanta takes the opposite position and says, 'You are pure and perfect. What you call sin does not belong to you.'"

327 pages US quality paperback \$15.00, Indian edition \$9.95

### Walking the Walk: A Karma Yoga Manual

by Swami Tyagananda

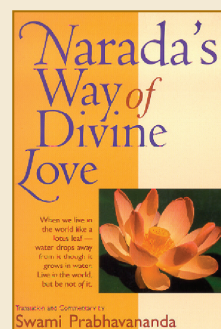
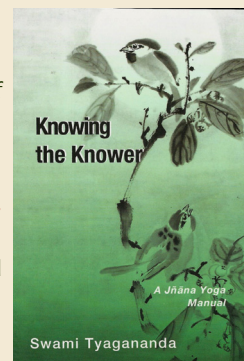
A commentary on the karma yoga teachings of Swami Vivekananda.  
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### Knowing the Knower: A Jnana Yoga Manual

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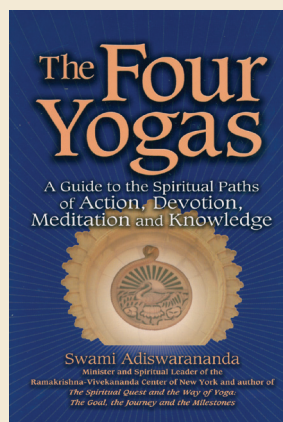
130 pages Indian paperback \$4.95

### Personality Development

by Swami Vivekananda

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### The Four Yogas\*

by Swami Adiswarananda

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## Sri Ramakrishna



1836 - 1886

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—Mahatma Gandhi

### The Gospel of Sri Ramakrishna

by M. (Mahendra Nath Gupta), translated by Swami Nikhilananda  
Edited by Joseph Campbell  
Foreword by Aldous Huxley

Recorded conversations of the central inspirations of our movement. This book has attracted interest from many diverse religious groups. Large edition includes biography, photos, glossary and index. Abridged edition includes a biography. "One of the world's most extraordinary documents."

— Time Magazine

"There emerges out of it a saint who is not only saintly, but witty and wise, at times most humanly mischievous, and always entertaining."

— Saturday Review of Literature

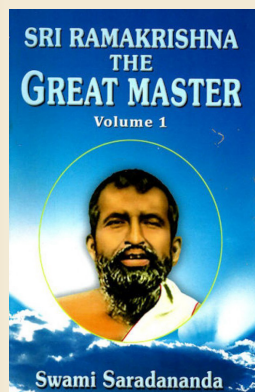
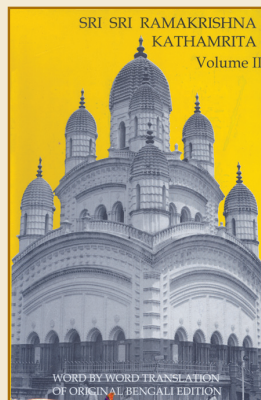
1,106 pages Large US hardback \$39.95  
Abridged Ed. 640 pages US hardback \$17.50

### Sri Sri Ramakrishna Kathamrita

by M. (Mahendranath Gupta), Translated by Dharm Pal Gupta

This edition is another translation of the Gospel. It is also a word-for-word translation from the Bengali but by a different translator. If you have read the Nikhilananda version, this translation will in some ways seem like a new Gospel. The translator uses the expression "lust and gold" or "lust and greed" instead of "woman and gold" throughout the translation that we find in the Nikhilananda translation.

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Volume IV: 590 pages Indian hardback \$16.95  
Volume V: 536 pages Indian hardback \$16.95  
Volumes I-V (5-volumes set) 2719 pages  
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### Sri Ramakrishna: The Great Master

(Sri Sri Ramakrishna Lilaprasanga)

by Swami Saradananda in Bengali  
Translated into English by Swami Jagadananda

This is the original translation of the epic biography written in Bengali by Swami Saradananda. A definitive biography of Sri Ramakrishna.

The emphasis of the translation is on faithfully keeping to the spirit of the original.

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Volume 2 \$21.95

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A new translation of *Sri Ramakrishna: The Great Master* (Sri Sri Ramakrishna Lilaprasanga) by Swami Saradananda  
Translated & edited by Swami Chetananda

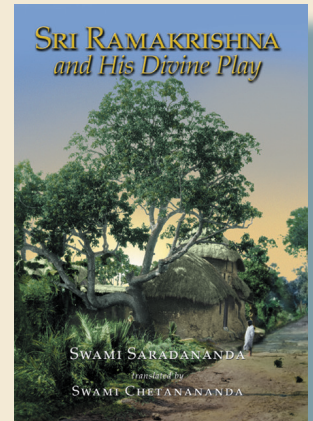
"This new translation... offers fresh insight into Ramakrishna, his contemporaries and disciples. For newcomers, it will be eye-opening; for those long familiar with the Master and his disciples, it will be a welcome opportunity to approach anew this unique figure."

—Francis X. Clooney S.J. Theology Department, Boston College

"...a splendid translation of the source biography from which all previous accounts of Sri Ramakrishna have drawn."

—Huston Smith,

Author of *The World's Religions*



1007 pages large US hardback \$39.95

### Ramakrishna and His Disciples

by Christopher Isherwood

We recommend this biography of Sri Ramakrishna for Westerners who wish to know more. It is based in part on the massive work: *Sri Ramakrishna: The Great Master*. See page 2 for a full description of *Ramakrishna and His Disciples*.

368 pages US quality paperback \$18.95

## Sri Sarada Devi

1853 - 1920



Known as the Holy Mother, Sarada Devi was the wife of Sri Ramakrishna and regarded as an equal to him in their spiritual mission. Her personality combined an intense wisdom and deep compassion for all. In her own life she showed the highest ideals of the monastic and householder way of life.

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Recorded conversations and reminiscences of the Holy Mother. These can help you sense the spiritual power of the Holy Mother. The most complete collection available.

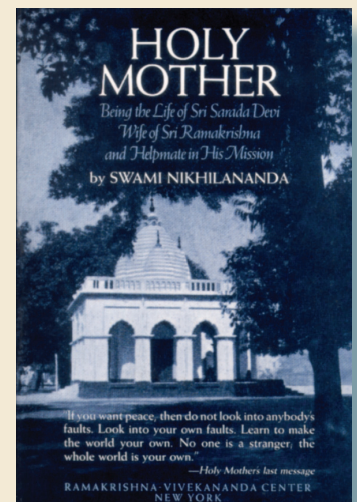
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by Swami Nikhilananda

A highly regarded biography written by a disciple of the Holy Mother. Best introduction to her life for Westerners.

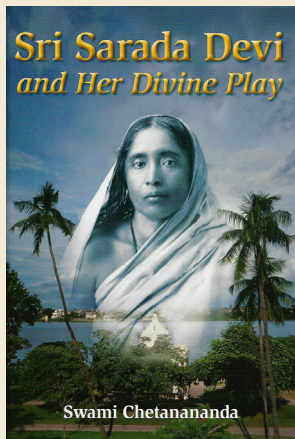
334 pages US paperback \$15.50





## Sri Sarada Devi and Her Divine Play\*

By Swami Chetanananda



This is an account of one of the most extraordinary spiritual lives of modern India. Swami Chetanananda has gathered materials from a wide range of sources and woven them together in a compelling, highly readable biography of Sri Sarada Devi. This book combines authentic scholarship with deep spiritual understanding of the events. Readers from the East and the West will be gripped and transformed by the narrative.

—Lance E. Nelson,  
University of San Diego

Sarada Devi was one of India's most unlikely saints, an unassuming Bengali village girl who blossomed into an epitome of spirit. This is the remarkable story of Sarada's transformation and her extraordinary contributions. Superb!

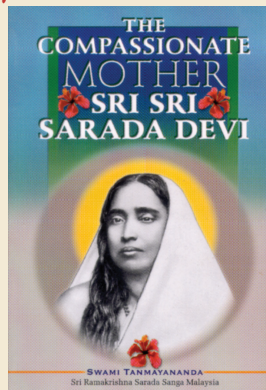
—Linda Johnsen, author, *Daughters of the Goddess: The Women Saints of India*  
876 pages 125 illustrations Hardback \$39.95

## The Compassionate Mother: Sri Sarada Devi

Based on the Bengali edition  
Translation by Swami Tanmayananda

Every so often a book arrives that stands out from the rest. The material here is truly inspiring, and gives a sense of the kind of person the mother was – filled with common sense and not caught by the rigidity of religious teachings. Her stories were carefully collected by the author from many people who met the Mother.

401 pages Indian paperback \$12.95

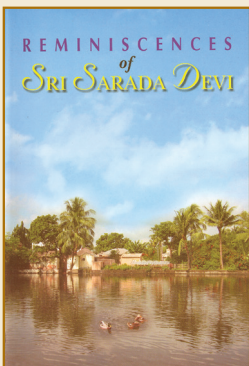


## Sri Sarada Devi

The Great Wonder

Just reprinted, an important compilation of memories by the apostles of Sri Ramakrishna and the disciples of Sri Sarada Devi. Includes essays on the Western view of the Holy Mother.

526 pages Indian hardback \$19.95



## Reminiscences of Sri Sarada Devi

by Monastics, Devotees and Others,  
Compiled by Swami Purnatmananda

We are happy to add another outstanding collection of stories about Sri Sarada Devi. This book contains 28 reminiscences, mostly taken from the Bengali original. Westerners will find that there is much new material.

331 pages hardback \$19.95

You are a living god. Who is able to renounce all for God's sake. Even the injunctions of destiny are canceled if one takes refuge in God. Destiny strikes off with her own hand what she has written about such a person.

—Sarada Devi

## Swami Vivekananda



1863-1902

The most prominent of Ramakrishna's disciples, Swami Vivekananda came to the U.S. as the representative of Hinduism at the World Parliament of Religions held in Chicago in 1893. His overwhelming success resulted in the founding of a number of centers throughout America, and many believe, the emergence of Eastern philosophy in the West.

## Vivekananda: A Biography

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A well-written introduction to Swami Vivekananda's life. Includes 28 photographs and an appendix containing some of the swami's most important statements on religion and philosophy.

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## Swami Vivekananda on Himself

by Swami Vivekananda

The life of Swami Vivekananda, written by the author himself, gathered through letters he wrote and lectures he gave as he traveled throughout the world.

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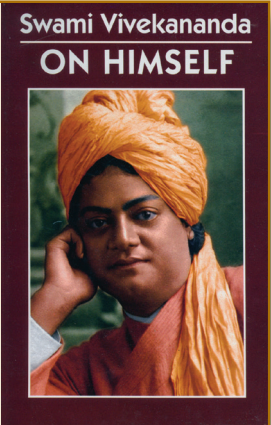
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## Strength Is Religion

There may be weakness, says Vedanta, but never mind, we want to grow. Thinking all the time that we are diseased will not help us. Medicine is necessary. In our heart of hearts, we all know our weaknesses. But, says Vedanta, being reminded of weakness does not help much. Give strength. And strength does not come by thinking of weakness all the time, but by thinking of strength.

Teach people of the strength that is already within them. Instead of telling them that they are sinners, Vedanta takes the opposite position and says, "You are pure and perfect, and what you call sin does not belong to you." Sins are very low degrees of Self-manifestation; manifest the Self in a high degree. That is the one thing to remember. All of us can do that. Never say "no," never say "I cannot," for you are infinite. Even time and space are as nothing compared to your nature.

Never say "no," never say "I cannot," for you are infinite.

These are the principles of ethics; but we shall now come down lower and work out the details. We shall see how Vedanta can be carried into our everyday life...For if a religion cannot help a man or woman wherever they may be, it is not of much use.

...The old religion said that he who does not believe in God was an atheist. The new religion says that he is the atheist who does not believe in himself. But it is not selfish faith, because Vedanta, again, is the doctrine of Oneness. It means faith in all because you are all. Love for yourself means love for all - love for animals, love for everything, because you are all. This is the great faith that will make the world better. I am sure of that.

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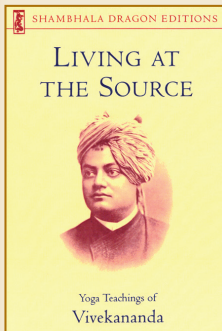
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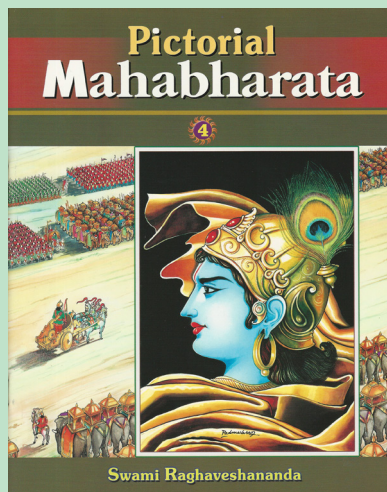
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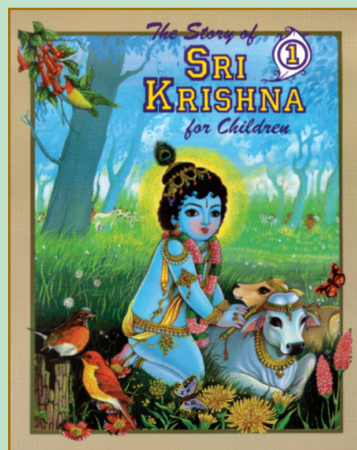
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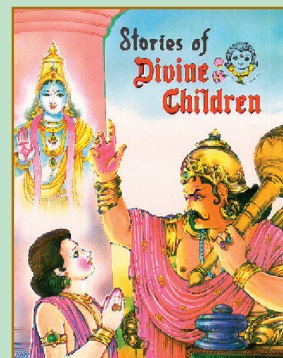
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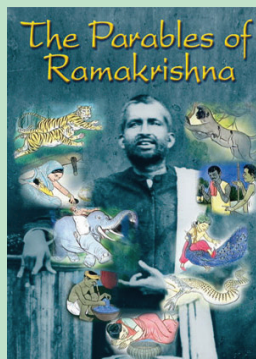
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