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# From The Himalayan Institute

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Perennial Psychology of the Bhagavad Gita  
 Love and Family Life  
 The Himalayan Masters  
 Swami Rama of the Himalayas  
 Seven Systems of Indian Philosophy  
 Touched by Fire  
 Walking with a Himalayan Master  
 A Practical Guide to Holistic Health  
 At the Eleventh Hour  
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 The Quiet Mind  
 Meditation and Its Practice  
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 Living with the Himalayan Masters  
 The Art of Joyful Living  
 Science of Breath  
 The Royal Path  
 Sadhana: The Path to Enlightenment  
 Healing the Whole Person  
 The Practice of the Yoga Sutra  
 Love Whispers  
 At the Feet of a Himalayan Master Volume 6  
 Book of Wisdom

From The Himalayan  
Institute

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## NEWTON DAVIES

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*Perennial Psychology of the Bhagavad Gita*  
Himalayan Institute Press

A comprehensive view of how mind, body and emotions interact to create stress and what can be done to control it.

*Love and Family Life* Himalayan Institute Press

In Western therapies, mind, body, and spirit are separated into three distinct areas, with specialists who deal with each facet of the human being independently. However, in the yogic model of well-being, medical, psychological, and spiritual needs are dealt with synergistically. Elements of yoga practice have become increasingly popular with both medical and mental health professionals, as well as the subject

of much empirical research. Meditation, one of yoga's most important practices, has been found effective in the treatment of a wide variety of physical and psychological problems, including coronary artery disease, chronic pain, anxiety, and depression. *Healing the Whole Person* is a guide to help individuals improve bodily and behavioral functions through the integration of holistic yoga, meditation, and ayurveda practices. This book also takes a look into spiritual facets of psychotherapy and the role of a collective consciousness in personal well-being.

*The Himalayan Masters* Lotus Press  
Swami Rama's commentary on one of the most celebrated Upanishads. Serves as an introduction to yoga philosophy.  
*Swami Rama of the Himalayas* Yes International Publishers

The Yoga Sutra is the living source wisdom of the yoga tradition. Using it as a guide, we can unlock the hidden power of yoga, and experience the promise of yoga in our life. The Yoga Sutra is as fresh today as it was 2200 years ago when it was discovered by the sage Patanjali. It is the first practitioner-oriented commentary which is fully grounded in a living tradition. By applying its living wisdom in our practice, we can achieve the purpose of life: lasting fulfillment and ultimate freedom.

**Seven Systems of Indian Philosophy**  
Himalayan Institute Press

In *Wisdom of the Ancient Sages*, Swami Rama shares with the modern world the powerful and inspiring teachings of one of the worlds greatest spiritual texts: the Mundaka Upanishad. This beautiful translation and commentary affirms

human nature as peaceful, creative, and transcendent. Its message will assist anyone who seeks to walk the path of personal and spiritual development.

**Touched by Fire** Himalayan Institute Press

Provides illustrated instructions and guidelines for starting a new meditation practice or enhancing and existing one.

**Walking with a Himalayan Master**

Himalayan Institute Press

In this tell-all autobiography, Sri M writes about his fascinating journey as a young man from the southern coast of India to the mystical Himalayan Mountains. At the age of nineteen and a half, he felt an irresistible urge to go to the Himalayas in quest for his great Master. He finally met his Master at the Vyasa Cave, beyond the Badrinath shrine. After spending three and half years with his Master, wandering freely across the length and breadth of the Himalayan ranges, he was instructed to go back to live in the plains and lead a normal life. He started working for a living, fulfilled his social commitments and prepared himself to teach others all that he had learned and experienced. This book reveals the spiritual journey of a young lad from Kerala, who by his sincerity and dedication evolved into a living yogi. Sri M shares his knowledge of the Upanishads and spiritual insights born out of first hand experiences in his autobiography. Apprenticed to a Himalayan Master will make for an engaging and riveting read for those interested in the life and teachings of Sri M.

[A Practical Guide to Holistic Health](#)

Himalayan Institute Press

Practical information on the advanced practices of yoga presented in straightforward language.

[At the Eleventh Hour](#) Himalayan Institute Press

The biography of Swami Rama complete with over 300 photographs.

**Fearless Living** Himalayan Institute Press

At the Eleventh Hour is more than just a biography about the accomplishments of Himalayan master Swami Rama and an overview of the profound system of yogic knowledge he brought to the West. This book tells the story of Swamiji through the eyes of Pandit Rajmani Tigunait, PhD, his devoted student and successor as the spiritual head of the Himalayan Institute. As you read Pandit Tigunait's account of life with his master, you will gain insight into the guru-disciple relationships Swami Rama had both with his master and with his own students. This book serves as a guide to some of the more esoteric practices of tantra not commonly known or

understood in the West. It brings you to holy places in India, to the source of the Himalayan Tradition, revealing why these sacred sites are important and how to go about visiting them. The wisdom in these stories penetrates beyond the power of words. Discover the legacy of a true Himalayan master and the nature of the yogic wisdom he shared. Purchase your copy of *At the Eleventh Hour* today!

**Vishoka Meditation** Penguin Random House India Private Limited

Each story in this volume testifies to the brilliance of Gurudev's insight into human nature and the selflessness of his service to each individual.

**Apprenticed to a Himalayan Master** M A Center

Excerpts from the diary of Swami Rama - his personal and inspired writings.

*Yoga* Himalayan Institute Press

*Himalayan Histories*, by one of India's most reputed historians of the Himalaya, is essential for a more complete understanding of Indian history. Because Indian historians have mainly studied riverine belts and life in the plains, sophisticated mountain histories are relatively rare. In this book, Chetan Singh identifies essential aspects of the material, mental, and spiritual world of western Himalayan peasant society. Human enterprise and mountainous terrain long existed in a precarious balance, occasionally disrupted by natural adversity, in this large and difficult region. Small peasant communities lived in scattered environmental niches and tenaciously extracted from their harsh surroundings a rudimentary but sustainable livelihood. These communities were integral constituents of larger political economies that asserted themselves through institutions of hegemonic control, the state being one such institution. This laboriously created life-world was enlivened by myth, folklore, legend, and religious tradition. When colonial rule was established in the region during the nineteenth century, it transformed the peasants' relationship with their natural surroundings. While old political allegiances were weakened, resilient customary hierarchies retained their influence through religio-cultural practices.

*Path of Fire and Light* Himalayan Institute Press

"... this practical guide teaches us how to slip beyond the mental turbulence of our ordinary thought processes into an infinite reservoir of consciousness from which we can draw guidance, creative power, joy, and tranquility"--Cover back

[The Power of Mantra & the Mystery of](#)

[Initiation](#) Himalayan Institute Press

The autobiography of Pandit Rajmani Tigunait. Provides tremendous insights to Eastern culture and traditions.

*The Secret of the Yoga Sutra* Himalayan Institute Press

Meet Jim Barton-new CEO of Santa Monica Aerospace. Jim's job won't be easy: the company's hemorrhaging cash, struggling to regain investors' trust after an accounting scandal, and striving to transform its military and manufacturing culture to become a global aerospace integrator. Jim isn't real; *Harder Than I Thought* is a novel. But his story-developed in consultation with seasoned, flesh-and-blood CEOs-contains crucial lessons for all chief executives. Walk in Jim's shoes, and engage in challenges including: Formulating and executing strategy Cultivating a management team capable of outlier performance Working with a multi-generational board Managing financial and labor crises Fostering a culture of innovation and continuous transformation Forging global partnerships Making ethical choices in an increasingly transparent environment As events in each chapter push Barton to the edge of his abilities, he seeks council from a panel of expert advisors. These collaborative reflections invite you to apply the lessons to your own situation. Experts agree that many 20th century leadership practices are inadequate to the stormy 21st century present. This engaging and provocative audio book equips you with the insights you'll need to rise with the occasion of a rapidly shifting business landscape.

[Tantra Unveiled](#) State University of New York Press

The use of sacred words for their transformative powers lies at the core of countless traditions, and transcends the barriers of geographic location and time. In this book, Pandit Tigunait draws from his comprehensive knowledge of ancient yogic scripture, and his personal experiences with great Himalayan sages, to make this esoteric science accessible to a 21st-century audience. The wisdom Pandit Tigunait shares in this book explains: What mantras are and the nature of their practice The various classes of mantras and their specific effects How to use the inherent power of mantra to awaken inner peace and fuel spiritual enfoldment Seekers in all times and from all traditions have made the journey from transitory pleasures to eternal joy with the science of mantra. Purchase your copy of *The Power of Mantra and the Mystery of Initiation* today and discover the profound change mantra meditation can make in your life.

**Samadhi the Highest State of Wisdom**

Lotus Press

Sri Swami Rama teaches that holistic health depends on answering two questions: "What is the purpose in life?" and "How are you going to achieve that purpose?" Each of us already possesses the tools to regulate our own well-being, but through the wisdom in this book you can learn how to achieve optimum clarity and health through cleansing and nourishing, exercise and stillness, and understanding your emotions. A Practical Guide to Holistic Health is the perfect book for those who feel stuck, or are simply looking to improve the quality of their lives in a holistic way.

*Yoga and Psychotherapy* Himalayan Institute Press

Pain is a harsh reality we all are familiar with. At times, many of us can feel mired down by the daily struggles and stressors of life, unsure if there is anything such as true peace. Patanjali's Yoga Sutras has long been recognized as an infallible guide to discovering the eternal joy and ultimate freedom that the great masters declare to be the birthright of every human being. In *The Practice of the Yoga Sutra: Sadhana*

Pada, Pandit Tigunait elaborates on Patanjali's succinct and straightforward plan to transcend pain and embrace lasting happiness. He points out the obstacles, both known and unknown, that prevent us from creating and living the life we dream of, and assures us that we are destined to discover our pure being and experience lasting joy. In this much anticipated sequel to *The Secret of the Yoga Sutra*, Pandit Rajmani Tigunait combines his rigorous scholarly understanding of yoga philosophy with the knowledge gained through decades of advanced yoga practice. Through this lens he demonstrates how Patanjali's systematic 8-part plan for mastering the roaming tendencies of the mind opens the door to infinite possibilities, ushering us into a vibrant experience of ourselves as the highest expression of the joy of our creator.

*Exercises for Joints and Glands* Himalayan Institute Press

Much of the Western world was completely unaware of the profound impact of the breath on the body and mind until the 1970's. It was during this time that Swami

Rama astonished physiologists by demonstrating perfect control over his heart rate and brain waves--something Western scientists didn't believe humans could possibly achieve. In this book, Swami Rama shares some of the basic breathing techniques practiced by Himalayan yogis, so that you too can experience the profound effects of pranayama and breath control. The goal of *Science of Breath* is to present knowledge and practices regarding the breath in a way that can be applied to personal growth. This book is a masterful guide to systematically identifying bad breathing habits, replacing those habits with healthy breathing patterns, and developing control over pranic flow. Learn how to develop and master the link between your body and mind through the understanding of the breath. With increased awareness and control of the subtle aspects of breathing, one can effect deep physical and psychological changes and begin to master the roaming tendencies of the mind. *Science of Breath* opens the door to a new way of being, providing a powerful tool in the pursuit of holistic health and personal growth.

Best Sellers - Books :

- [Outlive: The Science And Art Of Longevity](#)
- [Dog Man: Twenty Thousand Fleas Under The Sea: A Graphic Novel \(dog Man #11\): From The Creator Of Captain Underpants By Dav Pilkey](#)
- [Lord Of The Flies By William Golding](#)
- [The Subtle Art Of Not Giving A F\\*ck: A Counterintuitive Approach To Living A Good Life](#)
- [Can't Hurt Me: Master Your Mind And Defy The Odds By David Goggins](#)
- [The 5 Love Languages: The Secret To Love That Lasts](#)
- [Guess How Much I Love You](#)
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- [Are You There God? It's Me, Margaret. By Judy Blume](#)
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