

# The Incredible Life of a Himalayan Yogi: The Times, Teachings and Life of Living Shiva: Baba Lokenath Brahmachari

*By Shuddhaanandaa Brahmachari*

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## **The Incredible Life of a Himalayan Yogi: The Times, Teachings and Life of Living Shiva: Baba Lokenath Brahmachari** By Shuddhaanandaa Brahmachari

The Incredible Life of a Himalayan Yogi brings to you, alive, the times and teachings of a rare Yogi who lived for 160 years (1730-1890), spending the major part of his life in the Himalayan caves and traveling the world on foot. Baba Lokenath, through his amazing penance and practice of hathayoga, rajayoga, and the synthesis of Yoga, reached a state of being one with the Divine. To thousands of followers who came to seek succor from the pains of worldly life, Baba showered his boundless grace and miraculous power, healing and redeeming them, and showing the simplest path of Yoga of Action. He never wanted the seekers to leave their home and comforts of life, but be where they are and practice meditation of self-enquiry and the path of devotional surrender to the Higher Reality. He supported Gnana-mishra-bhakti, the path of a balanced blending of Awareness and Love Divine.

As you read this book, please know that very little is known about Baba Lokenath's long life of 160 years, for he was against any propaganda about him or his incomprehensible powers of manifesting miracles. But this book has his presence, for it is his divine grace that made this book possible. Whoever will read this book will feel the aura of his divine presence surrounding them. It is no coincidence that you have this book and you are reading the life of one who could say, 'In danger, remember me, I will save you'.

Please read his promises, his teachings and the lives of those who came in touch with him and the transformations they attained, particularly, his equanimity, his infinite love for animals and his boundless compassion for mankind.

When you read this incredible life, Baba's Divine Presence works in your heart and soul and creates the ground that attracts his miraculous powers to heal you and bring fulfillment of your coveted desires of life. His Presence will cleanse your inner being to allow the awakening and opening of the petals of divine consciousness so that your human life is fulfilled. You are now on a journey to rediscovering yourself and finding your teacher who guides from within to the world of Eternal light and Joy.

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### **Editorial Review**

#### **About the Author**

Shuddhaanandaa Brahmachari is a globally acclaimed motivational and inspirational speaker, author, spiritual teacher, social advocate and peacemaker. Founder of Stress Management Academy, his Simple Art of Managing Stress and Course in Mindfulness Programs are known worldwide, inspiring corporate leadership, students and spiritual seekers alike. He is recognized as a visionary social advocate for his development of groundbreaking programs that serve thousands of poverty-stricken individuals in slums of Calcutta, India and remote villages of West Bengal. He founded Lokenath Divine Life Mission in 1985. His self-authored books include: Your Mind Your Best Friend, Cleaning the Mirror of Mind, Little Book of Meditation, The Heart of Meditation Practice, and The Incredible Life of a Himalayan Yogi. He was awarded the Man of Peace Award by the World Organization for Peace in 2012 in Mexico. He has spoken at the Parliament of World Religions, United Nations Global Youth Conference and International Conference of Spiritualizing Leadership. He received a Lifetime Achievement Award from the S.T.A.R foundation at the House of Lords in the United Kingdom on July 21, 2015 for his invaluable and outstanding contribution to society and received the Iconic Leaders of Peace and Spiritual Change Award as a lead presenter at the All Ladies League Women's Economic Forum in May 2016. <https://www.courseinmindfulness.com>  
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