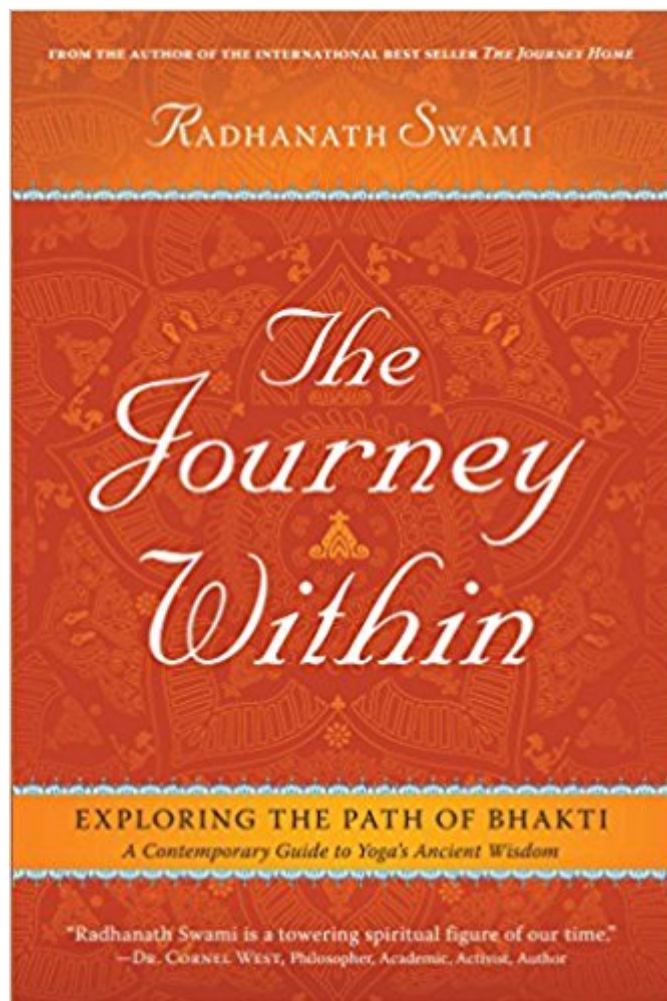


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# The Journey Within: Exploring The Path Of Bhakti



## Synopsis

With illuminating references to Western religions and ideologies, *The Journey Within* invites readers from all backgrounds to discover the simple truths that unite us. The mysteries of the soul have evaded mystics, sages, and gurus for centuries. Humanity has long yearned to discover the answer to our existence, and many spiritual traditions have evolved to provide those answers through sacred texts that facilitate journeys of transformation and discovery. Yet, never before have all of the spiritual traditions been distilled so simply into one easy-to-follow path—a path of love and devotion. In this long-awaited follow-up to *The Journey Home*, New York Times bestseller *The Journey Within* guides readers through the essential teachings of bhakti yoga. World-renowned spiritual leader Radhanath Swami draws from his personal experiences to demystify the ancient devotional path of bhakti, capturing its essence and explaining its simple principles for balancing our lives. His down-to-earth writing simplifies spiritual concepts and answers timeless questions in a heartfelt narrative that brings this sacred philosophy beautifully to life. What is love? What is the soul? Who is God? How can we live in the physical world without losing touch with the spiritual? In concise and approachable language, Radhanath Swami sheds light on how to answer these vital questions and offers solutions to life's challenges with the simplest of resources. Reach beyond the material world and journey within to discover the beauty of the true self.

## Book Information

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## Customer Reviews

"The Journey Within" was blurbed by Russell Brand and Cornel West. Radhanath is, for all his humbleness, an intellectual ambassador for a movement, a general in the saffron

army,â as one of his friends described him to me. Radhanath later tells me that heâs spoken at Princeton and Oxford, before the British Parliament, and at the Milken Conference in Beverly Hills. Heâs even chatted with President Obama." â New York Magazine onlineâ Radhanath Swami is a towering spiritual figure of our time.â He is a masterful teacher and a wise leader whose knowledge inspires me. Donât miss the gems of wisdom and courage that comprise this powerful book.â • â Dr. Cornel West "Radhanath Swami has conveyed The Divine Light through his writing with the gentle and seductive effortlessness that he does in person. This book is a joyful way to move closer to the truth within youâ • â Russell Brand "Radhanathâs teaching here is highly accessible and a delight to read; newcomers will feel welcome to bhakti and intrigued by his conviction and compassion." â Publisherâs Weekly

New York Timesâ best-selling authorâ Radhanath Swami was born in Chicago in 1950. At age nineteen, he traveled overland from London to India, where he lived in Himalayan caves, learned yoga from revered masters, and eventually became a world-renowned spiritual leader in his own right. His acclaimed memoir, *The Journey Home*, has been translated into over twenty languages and sold in over forty countries worldwide. Radhanath Swami presently travels in Asia, Europe, and America teaching devotional wisdom but can often be found with his community in Mumbai, where he works tirelessly to help develop communities, food distribution initiatives, missionary hospitals, schools, ashrams, emergency relief programs, and eco-friendly farms.

If youâre looking for an introduction to bhakti yoga and the meditative life, then this is a great read. I havenât read the predecessor, so I am new to the author. I am also not an expert in bhakti yoga, so I canât speak to the veracity of his ideas. To clarify for a newbie, bhakti yoga is a way of thinking and living, not a form of exercise. The book is an engrossing read with plenty of food for thought. The author intersperses discussion and explanation of original texts such as the Bhagavad Gita with modern-day experiences and stories. The balance between the two makes the book easy to follow and engaging. It also makes me want to go back and read/reread the original texts such as Bhagavad Gita and the Upanishads. Much time is spent in the early chapters asserting that religious divisions are false, that each religion essentially centers on the same god/God with its own cultural context and interpretation. Much time and text is spent showing the similarities across religions and setting apart extremism from devotion in each given religion. Obviously appropriate and many would argue much needed in todayâs world. There are self-help books and then there are books that take you on a journey of reflection as you read (to quip the title itself). Brene Brownâs works also come to

mind. The books aren't prescriptive; rather, they guide you through a series of ideas and questions at the end of which you come out with your own plan, your own intentions, and a renewed sense of optimism. That is essentially the stated purpose of this book--to reconnect people with one another and to renew our sense of purpose as one dedicated to love in the broadest sense.

This book is an inspirational exploration of the path of bhakti yoga - the yoga of love and devotion to the Supreme/God. The swami shares his own personal journey alongside teachings of yogic gurus and experiences of others who follow this path of inner awakening to Divine love. This book provides many reminders of our essential nature and the value of realigning ourselves with that pure loving essence. This is both a philosophical book as well as a practical one. It shares some helpful practices that help kindle the spiritual process, while it shares the wisdom and insights of various sages and mystics who have explored the nature of reality and the deeper meaning of Life. Overall, this is a nice read for anyone looking to commit themselves to go deeper into their spiritual exploration and spiritual practice.

I found this a very enjoyable book to read. While the author is a Hare Krishna, and often misunderstood religion in the west, I found his insights to be universally true. In fact his wisdom applies to every religion from Christianity to Judaism and even pagans. Because he hits upon universal truth that I have come to know in my own heart through decades of spiritual searching. Namely that there is one God that we're all trying to connect with, and we are rather miserable trying to live without God in our lives. While the book wasn't one that you just can't put down because it's so exciting and you're learning so much new information every moment, I did find it very interesting to read. The author puts things very well and my favorite parts were the personal stories that he told about people he met to make his point. In fact, most of those stories, like the one about the Indian woman forced to marry at 10, make most of our problems seem insignificant.

This book is a blessing. A well balanced presentation of ancient wisdom and contemporary applications. It is filled with parables that explain and highlight the truths. It is a gentle message, seeking to unite on that which is shared as opposed to emphasizing that which divides. I found it best read in bits. Although it has the hallmarks of a fast and easy read, that is it is not buried under dry and complex pedagogy, it is worth the time to ponder. Pushing too fast seems to obscure the message. It is uplifting and inspiring no matter the belief system.

The Journey Within is a truly fascinating book. So much is explained about Hinduism and Bhakti yoga. Radhanath Swami moved to India in the 1950's and learned an incredible amount.

Throughout this book there are parables from the Vedic Scriptures. I learned so much from this and found the book to be quite inspiring. Mainly how the spirit of loving kindness should infuse your daily life. Although I was raised a Catholic I find so many parallels in this book. Beautifully written and a source of inspiration.

This is one of the most wonderful book I came across recently. Author is native of Chicago. He is best known for his book "The Journey Home" and this book was a natural progression of his personal and spiritual development. I need to disclose that I am a yoga teacher, so I am hooked to reading inspirational texts - regardless if they are ancient, or contemporary. But in our modern word, there are so many people who have to say so much and their messages turn out to be some sort of watered down version of self - help book. This is not the case with this book. If one is looking for inspirational work, even Deepak Chopra would have to bow down and take the second place to Radhanath Swami. There is so much wisdom in his writing. I thought I should underline to most inspiring pieces, only to realize that virtually every page of the book had some marking on it. Stories are almost life lessons that I love to share with my yoga students. My own yoga teacher is friends with swami and she has been invited to his book signing event scheduled in Chicago. I must say one does not have to be a yogi, or a follower of any yogic teaching. Swami's teachings and lessons in this book are universal and can be applied to any person of any age and from any culture. This book is a gem and I will continue to re-read it until it is turned in tethers.

This is an amazing book. Sometime we read a book it only stays in our memory for very short time but this is the book which is a long haul and has the potential to change our perspective on the human life. Really wonderful book and definitely worth the reading.

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