



## At the Feet of A Himalayan Master, Volume 1

By Swami Rama

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"Swami Rama of the Himalayas was one of the most influential spiritual teachers of the 20th century, helping launch the holistic health movement and spurring a surge of interest in yoga and meditation. Here two of Swami Rama's closest students describe their experiences with this legendary master. Inspiring, entertaining, and often genuinely astonishing, this marvelous account offers a glimpse of a modern sage at work and at play." Linda Johnsen, author, *The Complete Idiots Guide to Hinduism*, *Daughters of the Goddess: The Women Saints of India*

If you cannot meet the Master, meet the disciples this is a well known advice in the spiritual traditions. In the pages of *At the Feet of a Himalayan Master*, we meet the Master through two of his beloved disciples. One envies Kamal Didi who had the rare privilege of being in the Master's karma-burning presence day and night for so many years. Another dimension of the Master's presence is gifted to us by Dr. Prakash Keshaviah who provides us a glimpse of the spiritual ladder which one begins to climb as one meets the Guru. We are shown here the journey through daily events of...



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