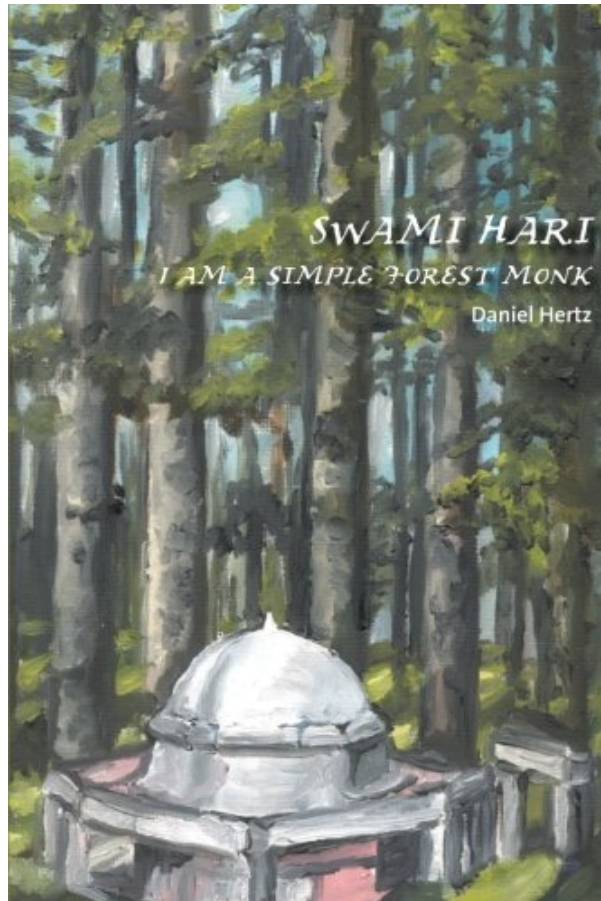
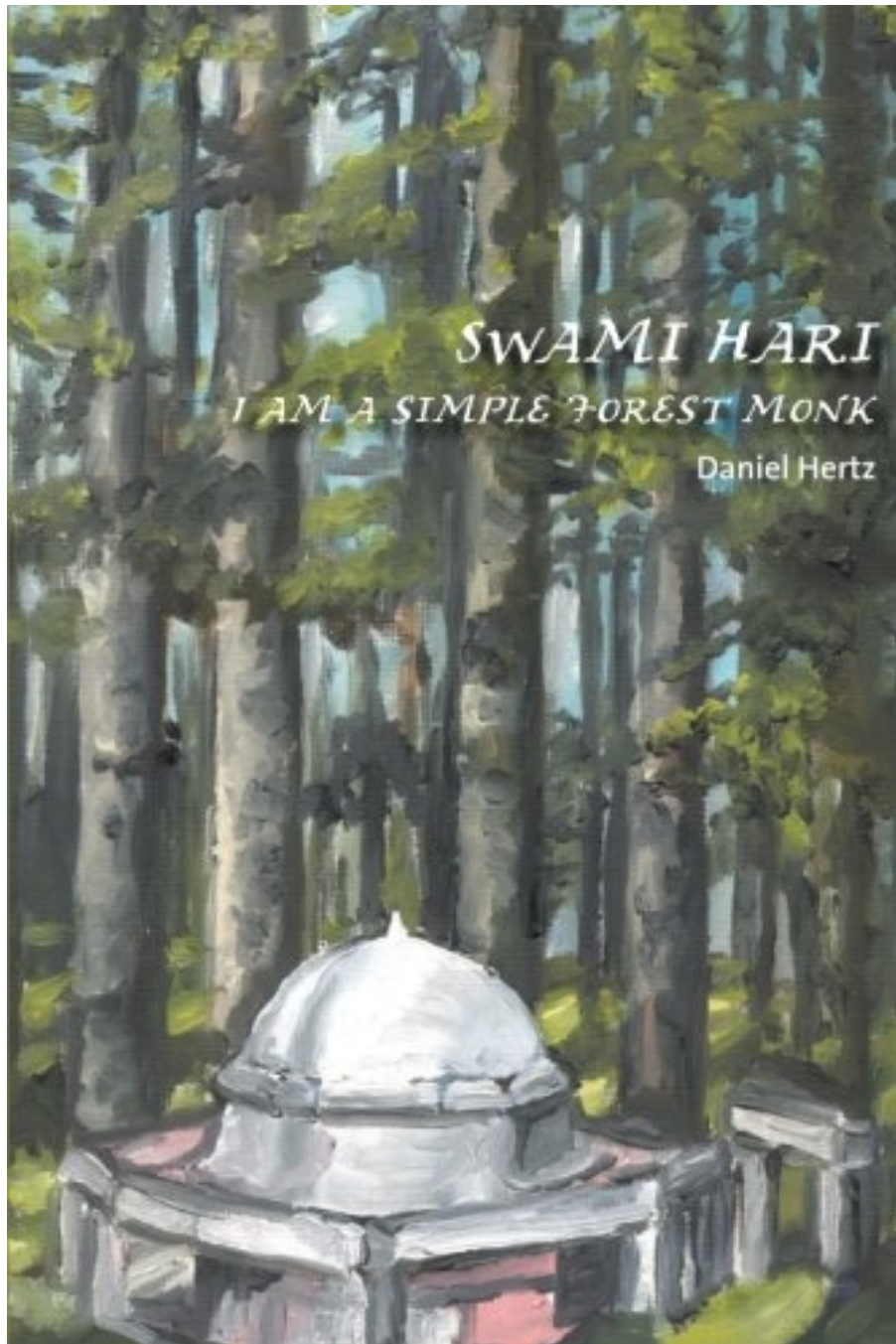


SWAMI HARI: I AM A SIMPLE FOREST MONK BY DANIEL HERTZ



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About the Author

Daniel Hertz is also the author of **WE ARE ONLY VISITORS**. He is an award winning teacher and counselor in the Minneapolis Public Schools and is on the faculty of The Meditation Center in Minneapolis, Minnesota, USA. The Meditation Center is associated with the Himalayan Tradition of Yoga and Meditation. He is an Internationally Certified Yoga and Meditation Teacher (E-RYT 500) and an Internationally Certified Biofeedback Practitioner (bcia.org). His Biofeedback protocol specializes in integrating the practice of Yoga and Meditation with Biofeedback.

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SWAMI HARI: I AM A SIMPLE FOREST MONK BY DANIEL HERTZ PDF

Daniel Hertz first met Swami Hariharananda Bharati in Rishikesh, India in 1998. He spent extended periods of time in India together with Swami Hari, as well as served as his personal assistant during Swami Hari's travels in the U.S.. Daniel's essays are true stories and a rare first-hand glimpse into the life and teachings of a great Himalayan Meditation Master. Daniel skillfully weaves the Himalayan Yoga and Meditation Tradition teachings of Swami Hari, his many years of close relationship with him, and his own discoveries through years of personal practice of yoga and meditation, to leave the reader with a view of life that is practical, beautiful, and elevating.

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Swami Hari: I am a simple forest monk

By C. Crawford

This collection of essays and poems written around the life and teachings of Sri Swami Hariharananda Bharati is a personal, insightful, and thought provoking journey into spiritual answers about how best to live one's life. Daniel skillfully weaves the Himalayan Yoga Meditation Tradition teachings of Swami Hari, with his own many years of personal practice of yoga and meditation, to leave the reader with a view of life that is practical, beautiful and elevating. Swami Hariharananda was an amazing and beloved Himalayan Master, who after living in isolation in the sacred Tarkeshwar shrine in the Himalayan Foothills for 11 years, was suddenly turned into a world traveler. Swami Hari traveled many times to the US, Canada, Europe, and other

countries where his great love and laughter (which earned him the name, the laughing swami) and profound teachings made life richer and more joyous for hundreds of people. In India Swami Hari devoted himself to building schools for the poor Himalayan children so they could learn English in the English Medium School and learn trades to use in the local communities in the Technical and Vocational school at Malaithi. Having spent years in intimate contact with Swami Hari Daniel is able to bring the very presence of this Sage to the pages of his book. I highly recommend Daniel's book to all of those who would like to have a glimpse into the joyous life and teachings of this humble Himalayan monk.

4 of 4 people found the following review helpful.

Review of Swami Hari: I am a simple forest monk

By R. Krause

Swami Hariharananda Bharati was one of the most amazing people I've ever met. Seeming so simple yet wise, and so very big-hearted and funny. When I'd see him, my heart would smile and laugh as he did so often.

This lovely book captures the Swami Hariharananda I and so many others knew and loved. Swami Hariharanda's laugh can be heard from the pages, as can his wonderful way of speaking. More than this, the book shares wisdom gleaned from Daniel's own practice of yoga and from time spent with this mountain Sage.

Swami Hari was a real Himalayan Sage. If you've not experienced one, read this book. As much as a book can, it gives a feeling for this amazing man.

4 of 4 people found the following review helpful.

An Important New Title for Students of Yoga

By Dr. L. Martin Jerry

This book is a wonderful tribute to a remarkable sage, who those of us who knew him called the laughing swami. The book has excellent photos and presents not only his story but also his important teachings. It makes a great gift, and is a "must read" for all students of Yoga.

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