

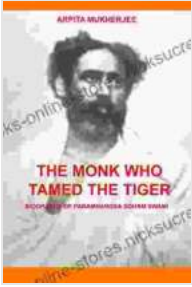
Biography Of Paramhansa Soham Swami

Early Life and Spiritual Awakening



Born on December 12, 1853, in a small village in West Bengal, India, Paramhansa Soham Swami was given the name Yatish Chandra Ghosh. From a young age, he exhibited an introspective nature and a deep thirst for spiritual truth. At the age of 16, he encountered a renowned spiritual teacher named Sri Maharshi Devendranath Tagore, who initiated him into the practice of meditation.

**THE MONK WHO TAMED THE TIGER: Biography of
Paramhansa Soham Swami** by Arpita Mukherjee



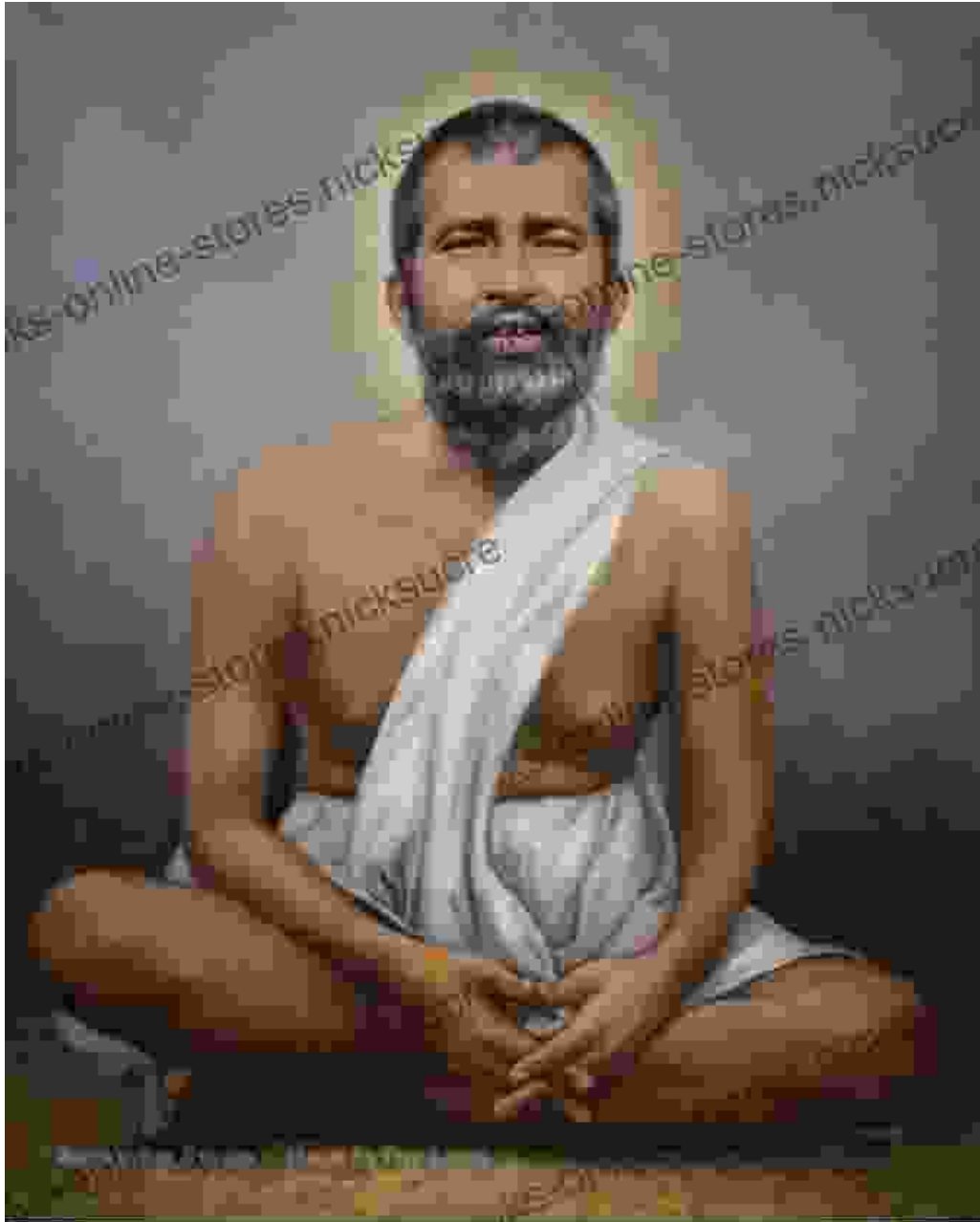
★ ★ ★ ★ ☆ 4.8 out of 5

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Yatish's spiritual journey accelerated when he met Swami Vivekananda, a direct disciple of Sri Ramakrishna. Vivekananda's teachings on Advaita Vedanta, a non-dualistic philosophy that emphasizes the unity of all existence, ignited a fire within him. Yatish renounced his worldly life and became a wandering ascetic, in search of the Ultimate Truth.

Enlightenment and the Attainment of Soham



After years of intense spiritual practices, including meditation, yoga, and selfless service, Yatish attained enlightenment. He realized the true nature of reality as non-dual, an eternal and infinite consciousness that pervades all existence. This profound experience transformed him completely, and he became known as Paramhansa Soham Swami, "soham" being the Sanskrit term for "I am That."

Paramhansa Soham Swami taught that the goal of spiritual life is to realize one's true nature as the Divine Self. He emphasized the practice of "Soham Japa," a meditation technique that involves repeating the mantra "Soham" to cultivate self-awareness and dissolve the illusion of separation.

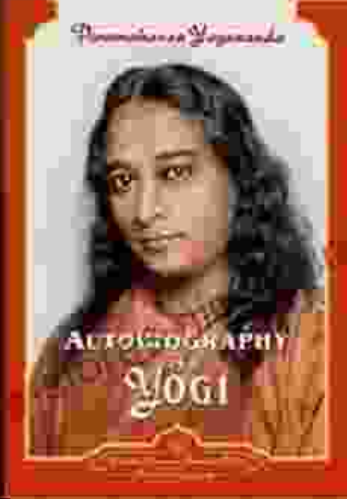
Teachings and Spiritual Legacy

Every morning and night go into silence or deep meditation, for meditation is the only way to discriminate between truth and error. Learn to be guided by your conscience, the divine discriminative power within you.

WHERE THERE IS LIGHT

PARAMAHANSA
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Paramhansa Soham Swami's teachings were rooted in the ancient wisdom of Advaita Vedanta and the universal principles of love, compassion, and non-violence. He taught that all beings are manifestations of the same Divine Consciousness and that the only true obstacle to spiritual realization is the illusion of ego and separateness.

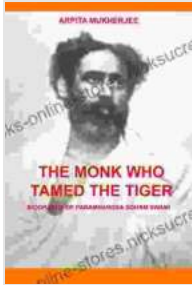
Soham Swami emphasized the importance of selfless service (seva) as a means of purifying the heart and awakening the divine within. He founded several charitable organizations dedicated to providing food, shelter, and healthcare to the needy. He also established numerous ashrams and meditation centers around the world, where people could come to learn, practice, and experience the teachings of Advaita Vedanta and the path of self-realization.

The Legacy of Love and Liberation



Paramhansa Soham Swami left his physical body on May 25, 1926, at the age of 73. However, his teachings and spiritual legacy continue to inspire and guide seekers around the world. His ashrams and meditation centers serve as points of pilgrimage and spiritual practice, where people from all walks of life can come to deepen their understanding of the nature of reality and find the path to self-realization.

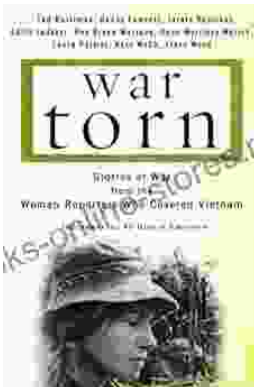
Paramhansa Soham Swami's life and teachings are a testament to the transformative power of spiritual awakening. He dedicated his life to reminding humanity of its divine essence and the possibility of liberation from the bonds of ignorance and suffering. His legacy of love, compassion, and non-duality continues to illuminate the path of spiritual seekers to this day.



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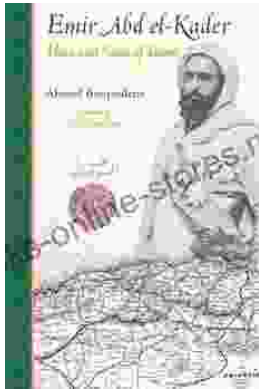
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