



# A Hermit in the Himalayas: The Journal of a Lonely Exile

*Paul Brunton*

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## **A Hermit in the Himalayas: The Journal of a Lonely Exile Details**

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Author : Paul Brunton

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## **From Reader Review A Hermit in the Himalayas: The Journal of a Lonely Exile for online ebook**

### **Ashutosh Chouksey says**

Paul has very beautifully described the immense beauty and grandeur of the Himalayas. One feels like packing his bags right away and make to the Himalayas when reading this masterpiece of a sojourn journal.

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### **Renuka Govind says**

This book is one of the most spiritually enlightening book that I have come across. If I would have read it even a year back, I don't think I would have been able to grasp its message. As it is, reading it once was not enough. I want to re-read it.

It is a journey of a man in a quest for spiritual peace which he quite successfully achieves. The best part about this book is its language. Paul Brunton has set the standard so high that I worry if any other author will be able to compete with him.

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### **Moitreyi says**

the himalayas... only place of serenity and peace..

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### **SivaAnanth Muthuveeranan says**

Paul Brunton's spiritual desire reflects in this book.

I quiet enjoyed his description about Tibet and it's secluded notions. Not sure why my thoughts go frenzy when i read about Tibet. Being still is his motive and that leads him to withdraw from the society for a while.

Mention about Thiruvannamalai, Bodhidharma during 1850 gives me goose bumps, that too by a westerner. He acknowledges the fact the men with real power does exist with no significance in the society and that's their prerogative. They never wish to show-off.

Just like Sanga tamil sends me roundabouts, feel the same way while reading this book sometimes.

His travelogue is exhaustive to my brain sometimes :....

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## **Abhishek says**

One would read another's journal either out of curiosity about the writer or about the writers research pursuit. For me it was latter. Though the two are tightly intertwined. It's a great treatise on spiritual pursuit and of the beauty and lure of the Himalayas. It is also too detailed at times, which I don't have the wisdom yet to truly savor. I am grateful to have come across Paul's writings.

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## **Sandy says**

A truly absorbing, beautiful little book that takes you into the very heart of the tranquility of the Himalayas at a time before the conquest of Everest.

This is Paul Brunton's journal of his time in search of stillness; the inner silence of a higher state meditation. It is a book full of insight and wisdom as he pens his daily musings on life and Nature with beautiful, vivid descriptions of a time spent surrounded by breathtaking beauty.

He is a philosopher talking of many things, travel, politics, religion, a chapter in which he replies to his correspondence and, in answer to a man on the brink of suicide, a letter so uplifting and full of compassion that it touched my heart. Another on silent movies and Charlie Chaplin, that lovable funny character of the silent era.

I loved this little book, only 192 pages - but it has a very big heart!

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## **cdpc44 says**

Um livro sem espinhas.

Um pequeno exagero (parece-me) do autor em querer defender-se dos críticos.

perspectivas interessantes nas págs 35, 52, 64 (pequena incursão na teoria apresentada no livro "Fórmula de Deus") 79, 83, 100, 102, 127 ("Os homens dizem que o tempo passa; o tempo diz que os homens passam"), 132, 149 (calor interno semelhante às teorias da medicina chinesa), 153-154, 162, 168, 169 (pormenor interessante do sistema de castas), 188 (basti - prática antiga de yogis que me parece ser utilizada para curar), 200 ("Um nepalês não tem consciência de qualquer antagonismo entre as duas crenças e com frequência rezará num templo hindu num dia e num templo budista no dia seguinte."), 210 (frase de que discordo totalmente "Não poderia e não adoraria a Lua, essa esfera fria e fantasmagórica" - Paul tu não sabes o que dizes...), 211 (flor de lotus e seu significado e comparação com o sol), 225 ("...) casca de coco, esse estranho sucedâneo indiano do tabaco"), 249 ("a derradeira mensagem dos Himalaias é SILÊNCIO, esse silêncio que carrega consigo o sopro de Deus")

Não sei se tenho maturidade espiritual suficiente para perceber a totalidade deste livro. Outros poderão ler nele muito mais do que eu não consegui, sem dúvida.

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## **Dennison Berwick says**

Paul Brunton was born in London in 1898 and died in Switzerland as recently as 1981. This book is part travelogue through what is still a fairly remote region of the world and part spiritual experience. The book was originally published in 1938, at a time when few outsiders ventured as far as Mount Kailas.

For more reviews, essays and stories, please visit my website:  
Serendipities of a Writer's Life [www.dennisonberwick.info](http://www.dennisonberwick.info)

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## **Guida says**

"A vacuidade espiritual da nossa época e a pobreza dos nossos recursos interiores expressam-se de modo suficiente claro no caos, na angústia que vemos por toda a parte e na dolorosa subserviência dada a ideais indignos e homens indignos".

Dificilmente não gostaria de um livro sobre ioga, meditação e espiritualidade. É uma obra que vale a pena ler, pois não se aproxima dos livros inóspitos de auto-ajuda. De qualquer forma julgo que poderia ser mais completa e abrangente. Fiquei com curiosidade de ler mais livros do mesmo autor.

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