
Paramahansa Yogananda Kriya Yoga Lessons

Based on the Teachings of Paramhansa Yogananda
Preparation for Kriya Yoga
Swami Paramahansa Yogananda's Super Advanced Course
Metaphysical Meditations (Japanese)
The Science Of Religion
Dr. M.W. Lewis
Seven Lessons in Conscious Living
Number 1 Divided in Twelve Lessons
Initiation
Journey to Self-Realization
Art of Super-Realization
Based on the Teachings of Paramhansa Yogananda, and His Direct Disciple, Swami Kriyananda
Understanding the Hidden Teachings of the Gospels
An Introduction to India's Universal Science of God-Realization
Collected Talks and Essays on Realizing God in Daily Life
The Family and Early Life of Paramahansa Yogananda
The Spiritual Science of Kriya Yoga
Life Surrendered in God
A Progressive Program of Higher Learning and Spiritual Practice in the Kriya Yoga Tradition
Awakening the Spine
A Handbook on Discipleship
Yogoda
Whispers from Eternity
Kriya Yoga Vichara
Lessons in Meditation
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Spiritual Diary
The Yoga of Jesus

The Life Story of One of the Earliest American Disciples of Paramahansa Yogananda

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Based on the Teachings of Paramhansa Yogananda Self Realization Fellowship Pub

The autobiography of Paramahansa Yogananda (1893 - 1952) details his search for a guru, during which he encountered many spiritual leaders and world-renowned scientists. When it was published in 1946 it was the first introduction of many westerners to yoga and meditation. The famous opera singer Amelita Galli-Curci said about the book: "Amazing, true stories of saints and masters of India, blended with priceless superphysical information-much needed to balance the Western material efficiency with Eastern spiritual efficiency-come from the vigorous pen of Paramhansa Yogananda, whose teachings my husband and myself have had the pleasure of studying for twenty years." *Preparation for Kriya Yoga* Self Realization Fellowship Pub

Paramahansa Yogananda presents an illuminating explanation of Lord Krishna's sublime Yoga message that he preached to the world - the way of right activity and meditation for divine communion.

Swami Paramahansa Yogananda's Super Advanced Course Crystal Clarity Publishers

Religion or faith in fundamental principles is the foundation upon which the edifice of reasoning or science is built upon. While it is a religion that binds us into courses of action consistent with those fundamental principles, it is a science that enables us to stay clear of inconsistent systems of guiding principles and to practically attain the goals posited by our principles. *The Science of Religion* by Paramahansa Yogananda arrives by analysis at inner happiness or bliss as the goal that binds all men.

Metaphysical Meditations (Japanese) Self Realization Fellowship Pub

By the correct practice of Kriya fourteen times, Maha Mudra twice, and Yoti Mudra twice, twelve years of evolution of body, mind and soul will be gained in a few minutes. Mind can do everything. Through this practice, the time limitation in evolution is overcome, and the receptive power of the spine, brain and mind

is increased, so that the Yogi knows, sees and feels all form within. Yoga is the super-method by which the evolution of body, mind and soul can be quickened. That is how the attainment of wisdom and realization, which usually takes a million years and numerous incarnations of natural evolution, is possible in one lifetime. By this exercise, the consciousness which is in the body, and which is identified with the senses, is transferred to the spine and the brain, and thus transmitted into Superconsciousness and Cosmic Consciousness. Kriya is an initiation into Cosmic Consciousness, or the transfer of consciousness from the body to the spirit. In order to do this, one must transfer consciousness from the senses to the spine. After practicing Kriya and resting for a short while, one is able to do inspired work in connection with literature, art of science . then intuition develops of itself, without effort, because one's consciousness is transferred from the senses to the spine and brain. Realization can come only by the development of one's intuition. Remember that through the practice of this lesson you will contact Christ, and the prophets of this world, and through them you will find your union with God the Infinite Spirit.

The Science Of Religion Crystal Clarity Publishers

Autobiography of a Yogi The Floating Press

Dr. M.W. Lewis Createspace Independent Publishing Platform

Achieve Success and Prosperity through the Principles of Yoga

Although millions of Westerners practice yoga simply for its health benefits, the philosophy and wisdom behind the multifaceted discipline have far more to offer. In *The Jewel of Abundance*, award-winning author and Kriya Yoga teacher Ellen Grace O'Brian reveals an overlooked aspect of yoga: its powerful teachings on prosperity. She draws upon the ancient Vedic tradition of yoga philosophy and practice and shows how spirituality and earthly success can complement each other, leading to realization of the higher Self. O'Brian presents a clear explanation of both the philosophy of yoga and the nuts and bolts of practice, such as setting up a daily meditation routine, incorporating mantras, discerning how to cooperate with universal principles for complete well-being, and cultivating mindfulness in action. Along the way, she illustrates her lessons with personal stories and timeless sayings from great sages, both Eastern and Western.

With O'Brian's insightful guidance, readers will discover an inexhaustible source of abundance that is available to them whenever they look within.

Seven Lessons in Conscious Living Penguin

An inexpensive pocket-size daybook featuring inspiring thoughts drawn primarily from the writings of Paramahansa Yogananda. Covers more than 30 spiritual topics, including Introspection, Humility, Will Power, Compassion, Simplicity, Prayer, Discrimination, and Divine Love. Space for daily notes and personal reflections.

Number 1 Divided in Twelve Lessons Autobiography of a Yogi

"This is the most complete book available on the practices, techniques and philosophy of Kriya Yoga. It is an invaluable guide which takes the student step by step through the eight stages of Patanjali, from the yamas and the practice of ahimsa to samadhi, the ultimate realization of the yogic path.

Initiation Self Realization Fellowship Pub

This collection debates the path and purpose of life. The author discusses such topics as whether it is possible to hasten human evolution, the possibility of a scientific method to ensure a pathway to life's highest fulfillments and what guidelines help mediators find genuine spiritual progress.

Journey to Self-Realization Crystal Clarity Pubs

An illustrated, lay flat reference guide to hatha yoga as it was originally intended: as a way to uplift consciousness and aid spiritual development. Kriyananda's approach follows the tradition of the great Indian master Paramhansa Yogananda, bringing hatha yoga back to its central focus as an integral part of the meditative science of Raja Yoga. Inspiring affirmations and clearly written instructions demonstrate how to attune oneself to the consciousness of the poses, so that each one becomes a doorway to greater emotional well-being, inner clarity, and radiant health.

Art of Super-Realization Self Realization Fellowship Pub

The practice of Kriya Yoga Vichara integrates techniques based on the teachings of Paramahansa Yogananda and the method of Self-Inquiry presented by Sri Ramana Maharshi. In this book, you will find descriptive reviews of the methods taught during Kriya Initiations, how to effectively practice Vichara, and how to integrate the two for optimal results. Beginner, intermediate and

advanced routines are provided. This book strips away the fantasy surrounding the spiritual path and describes the intensive, yet subtle, work required to master one's own consciousness and realize our timeless being. Kriya Yoga Vichara is for those advanced individuals willing to put forth the required Self-effort that results in the realization of Eternal Grace. "It is the internal knowledge of the Self, which never waivers or dims, that is the true mark of a realized being. And no one will ever know that but you. This is the way of yoga. This is the result of Vichara (Self-inquiry) supported by Kriya (yogic techniques)."

Based on the Teachings of Paramhansa Yogananda, and His Direct Disciple, Swami Kriyananda Self Realization Fellowship Pub
ANANDA COURSE IN SELF-REALIZATION complete, practical training program in the path of Kriya Yoga, meditation, the fundamentals of the spiritual path, good healthy, vitality, and affirmations. Lessons in Meditation includes an illustrated complete guidebook, the Companion Audio CD--with guided meditations and visualizations--and a guided Energization Exercises DVD. What This Course Includes: - Yogananda's Hong Sau technique of concentration.- Simple, "do-able" suggestions of how to sit comfortably for meditation.- How to still the restless mind.- How to take experiences of peace and joy into daily life.- Experience the importance of the breath/mind connection and the power of the focused mind.- Learn Yogananda's Energization Exercises, a unique system of exercises for controlling and increasing your energy level and overcoming fatigue.

Understanding the Hidden Teachings of the Gospels Self

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Realization Fellowship Pub

A systematic manual for learning the history and lifestyle of Kriya Yoga, the tradition of Yogananda that goes back through Sri Yukteswar to Lahiri Mahasaya. Roy Davis was initiated by Yogananda himself 50 years ago and is thus in the direct line of transmission of this movement. The seven lessons are systematically set out with exercise at the end of each chapters. The serious student will gain a great deal from careful reading and following the practices outlines in the book .

An Introduction to India's Universal Science of God-Realization Createspace Independent Publishing Platform

This is the beginning of a massive editing and republishing of the lessons on Self-realization brought from India in association with the Masters of the East. These original lessons manifest the glowing warmth and fellowship into which Self-realization students are invited by Paramhansa Yogananda and the lineage of Self-Realization gurus.

Collected Talks and Essays on Realizing God in Daily Life

Self Realization Fellowship Pub

"The words of Lord Krishna to Arjuna in the Bhagavad Gita," writes Paramahansa Yogananda, "are at once a profound scripture the science of Yoga, union with God, and a textbook for everyday living." The Bhagavad Gita has been revered by truth seekers of both the East...

Crystal Clarity Pubs

This is the First Book reviving the Ancient Knowledge of Kriya Yoga The Science of Immortality and going back to Heavens

written by Immortal Himalayan Master and Siddha Kriya Yogi Swami Yogananda who is Reincarnation of Revered Master Paramahansa Yogananda of Autobiography of a Yogi fame. The Family and Early Life of Paramahansa Yogananda Colchis Books

2014 Reprint of Original 1925 Edition. Exact facsimile of the original edition, not reproduced with Optical Recognition Software. This edition reprints the first three lessons including 39 illustrations as outlined in the 1925 course on energization and will power. This work is the exercise book for those who enrolled in Yogananda's course at the Yogoda Sat-Sanga Society in Boston. Though later modified, these are the original first three lessons as Yogananda thought to his students. The book includes the exercises with diagrams and complete instructions as well as the first three written lessons.

The Spiritual Science of Kriya Yoga HarperCollins

We live in an age of fibreglass but we're still looking for the sacred values of life. In this second anthology of writings and talks, Yogananda addresses the deepest needs of the human heart.

Life Surrendered in God Self-Realization Fellowship Publishers
The original 12 Yogoda Lessons "YOGODA" SYSTEM OF PHYSICAL, MENTAL AND SPIRITUAL PERFECTION " prior to Yogananda's 'Advanced Lessons'

A Progressive Program of Higher Learning and Spiritual Practice in the Kriya Yoga Tradition Xiaomina

The Family and the Early Life of Paramahansa Yogananda.