

Self Realization Fellowship Lessons

[#Self-Realization Fellowship](#) [#Paramahansa Yogananda teachings](#) [#Kriya Yoga lessons](#) [#SRF meditation techniques](#) [#spiritual growth lessons](#)

Dive into the profound Self-Realization Fellowship lessons, guided by Paramahansa Yogananda, to embark on a journey of spiritual growth. Discover practical Kriya Yoga and meditation techniques designed to deepen your inner connection and achieve lasting peace.

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Autobiography of a Yogi

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."

Swami Paramahansa Yogananda's Super Advanced Course

These are the Swami's complete courses In Self-Realization The Spiritual Teachings of Paramhansa Yogananda I.Christian yoga and the hidden truths in St. John's revelation interpreted according to intuitional experience II.Developing response-bringing mental whispers: the easiest and surest method of rousing the spirit in answer to your demands. III.Reversing the searchlights of the senses. Where is your consciousness centered? In what slums is your soul roaming? IV.Art of finding true friends of past incarnations what is friendship? V.The divine magnetic diet: physical and mental methods for rejuvenating the body cells and awakening the latent powers of the mind and the inner forces of the soul VI.Installing habits of success, health, and wisdom in the mind at will VII.Magnetism. VIII.Obliterating the malignant seeds of failure and ill health from the subconscious mind IX.Unique concrete psychological machines or inner devices for conquering fear, anger, greed, temptation, failure consciousness and inferiority complexes X.The art of super-relaxation XI.Converting the hands into healing batteries of life force: healing like Jesus by the laying on of hands healing stricken people from a distance XII.Esthetic way of developing cosmic consciousness. Yogananda emphasized the underlying unity of the world's great religions, and taught universally applicable methods for attaining direct personal experience of God. To serious students of his teachings he introduced the soul-awakening techniques of Kriya Yoga, a sacred spiritual science originating millenniums ago in India, which had been lost in the Dark Ages and revived in modern times by his lineage of enlightened masters. Among those whobecame his

students were many prominent figures in science, business, and the arts, including horticulturist Luther Burbank, operatic soprano Amelita Galli-Curci, George Eastman (inventor of the Kodak camera), poet Edwin Markham, and symphony conductor Leopold Stokowski. In 1927, he was officially received at the White House by President Calvin Coolidge, who had become interested in the newspaper reports of his activities. In the hundred years since the birth of Paramahansa Yogananda, this world teacher has come to be recognized as one of the greatest emissaries to the West of India's ancient wisdom. His life and teachings continue to be a source of light and inspiration to people of all races, cultures and creeds.

Journey to Self-Realization

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.

God Talks With Arjuna

"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...

The Essence of Self-realization

Yogananda was one of the most significant spiritual teachers of the 20th century. Since his classic, *Autobiography of a Yogi*, was first published in 1946, its popularity has increased steadily throughout the world. The *Essence of Self-Realization* is filled with lessons and stories that Yogananda shared only with his closest disciples, this volume offers one of the most insightful and engaging glimpses into the life and lessons of a great sage. Much of the material presented here is not available anywhere else.

Where There Is Light

Where There is Light is a wisdom-filled volume of selections from the writings and lectures of Paramahansa Yogananda. This New Expanded Edition includes two new chapters, beginner's meditation instructions, and additional quotations from works by Yogananda that had not yet been published when *Where There is Light* was first released in 1988. The book includes chapters on, finding wisdom and strength to make life's decisions, the antidote for stress, worry, and fear, transforming our failures into success, security in an uncertain world and understanding death.

Finding the Joy Within You

Sri Daya Mata shares the guidance and inspiration she received as a close disciple of Paramahansa Yogananda. A compassionate and deeply encouraging book that speaks to all who long to know that God is real, that He is near to us at all times, and that we can live every day in communion with Him.

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The Yoga of Jesus

"Contains selected excerpts from Paramahansa Yogananda's book *'The Second Coming of Christ: The Resurrection of the Christ Within You,'* which book is a commentary on the New Testament gospels and noncanonical source material, focusing on the quest to uncover the original teachings of Jesus"--Provided by publisher.

Man's Eternal Quest

In this first volume of the collected talks and essays of Paramahansa Yogananda, readers will journey through some little-known and seldom-explained aspects of meditation, life after death, healing, and the power of the mind.

Art of Super-Realization

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.

Cosmic Chants

This book contains words and music to more than 50 original chants. Chant traditions from many cultures are being recognized today not only for their intrinsic beauty but also for their spiritual power. Paramahansa Yogananda, a pioneer in introducing India's art of devotional chanting to the West, explains how it helps to quiet and focus the mind in preparation for meditation.

The Yoga of the Bhagavad Gita

"Contains selected excerpts from Paramahansa Yogananda's complete commentary on the Bhagavad Gita: 'God talks with Arjuna: the Bhagavad Gita--a new translation and commentary.' Also, Yogananda's original translation of the Bhagavad Gita into English is included in uninterrupted sequential form"--Provided by publisher.

Law of Success

A favorite of spiritual seekers across generations and around the world, the classic devotional guide is now available in this beautiful gift edition. Here, Yogananda presents his clear conviction that we can know and speak with God directly, and receive divine responses to our prayers.

How You Can Talk with God

Paramahansa Yogananda's Collected Talks and Essays present in-depth discussions of the vast range of inspiring and universal truths that have captivated millions in his Autobiography of a Yogi. Readers will find these talks alive with the unique blend of all-embracing wisdom, encouragement, and love for humanity that have made the author one of our era's most revered and trusted guides to the spiritual life. In this anthology of talks, Paramahansa Yogananda speaks to the deepest needs of the human heart and soul. He shows how we can meet the daily challenges to our physical, psychological, emotional, and spiritual well-being by awakening our divine nature, the neglected reality at the core of our being. The practical, how-to-live talks in this volume show how each of us can discover the limitless inner resources already present within our souls, and bring greater harmony to ourselves, our families, our communities, our world. Topics include: How to Cultivate Divine Love Do Souls Reincarnate? How to Free Yourself from Bad Habits The Yoga Art of Overcoming Mortal Consciousness and Death Practicing Religion Scientifically.

The Divine Romance

This guide teaches us how to break the shackles of fear and reveals how we can overcome our own psychological stumbling blocks. Filled with epigrams, lectures, and personal anecdotes, it is a testament of what we can become, if we have faith in the divinity of our true nature as the soul.

Self-realization Magazine

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.

Living Fearlessly

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.

Purana Purusha

In this powerful new book Yogananda provides positive affirmations for achieving success, outlines definite methods of creating lasting happiness, and tells how to overcome negativity and inertia by harnessing the dynamic power of our own will.

Your Praecepta

This is an unparalleled, first hand account of the teachings of Paramhansa Yogananda, who has hundreds of thousands of followers and admirers in North America alone.

Yogoda

The Nayaswami Order is a new movement in renunciation launched in late 2009 by Nayaswami Kriyananda, a direct disciple for over 60 years of the great yoga Master, Paramhansa Yogananda. He describes a new model based on positive aspects of renunciation - rather than the traditional world-negating approach. It is intended for people from all walks of life, married or single, who are committed to finding God, and is open to people of every religious affiliation.

Dr. M.W. Lewis

A collection of meditations reveal hidden laws for harnessing thought to heal the body, develop confidence, awaken wisdom, and cure bad habits.

To Be Victorious in Life

In this book, Sri Mrinalini Mata, president of Self-Realization Fellowship / Yogoda Satsanga Society of India, recounts her experiences of traveling with Sri Daya Mata during a trip to India in 1961. Sri Mrinalini Mata's experiences in India were truly remarkable, for she not only came in contact with two of India's most revered twentieth-century saints Sri Anandamoyi Ma and Sri Sitaramdas Omkarnath but she also was night and day in the presence of Daya Mata, who today is widely revered as a saint herself. There are more than 40 color and sepia tone images in this beautifully presented book. Many of the photos were taken by Sri Ananda Mata, sister of Sri Daya Mata, and also by Mrinalini Mata herself. As 2017 marks the centennial of Paramahansa Yogananda's work in India, it is a fitting occasion to bring out this inspiring account for the first time in book form.

Conversations with Yogananda

In *Converging Paths*, author Susan Santucci gathers the world's greatest religious insights into one volume that is easy-to-read, thought-provoking, and inspirational. Each short-entry focuses on a single aspect of the wisdom shared by major world religions. Quotations from mystics, philosophers, and contemporary writers help readers make connections between traditional teachings and their own spiritual path. The result is a quick, clear introduction to spiritual traditions from around the world without

lengthy, esoteric discussions. These wonderful examples of shared values and religious diversity will appeal to students of comparative religions and anyone seeking to further their spiritual journey.

A Renunciate Order for the New Age

"One of the best-loved scriptures in the world, the Bhagavad Gita has been translated by many scholars and poets over thousands of years. This new version, rendered in modern english prose by Swami Kriyananda, is based on the interpretations of his Guru, Paramhansa Yogananda, author of *Autobiography of a Yogi*." "The Gita is the heroic story of the battlefield counsel given by Krishna to Arjuna just prior to the start of a great war. Responding to Arjuna's moral dilemma over fighting against his beloved friends, family, and teachers, Krishna advises Arjuna on his duties as a warrior. Yogananda's insights reveal that The Gita is in fact a spiritual allegory, and that each character in the story symbolizes psychological traits and aspects of our own consciousness. As Arjuna looks upon the warriors on the battlefield, he is really facing his own inner battle between the forces of delusion and the forces of Spirit within. Krishna's advice to Arjuna on how to win the battle - using yogic tools of devotion, selfless service, and spiritual discrimination - gives each of us the guidance we need to move forward in dharma (right-action) in every material or spiritual test that life may bring."--BOOK JACKET.

God Alone

The book you are now examining can radically change your life, or if you are already a serious practitioner in one of the world's meditative traditions, it can accentuate the value of the changes you may have already experienced. It is for such rare individuals, unflinching in their commitment to truth, and uncompromising in their personal values, that this book has been lovingly written. Composed in the time-honored style of *The Tao Te Ching*, and *The Golden Sayings of Epictetus*, *Guideposts to the Heart* is a wise collection of individual "thought-nuggets" that can be easily read in a day, yet absorbed only through the course of a lifetime. It is best read slowly, a bit at a time, on a bus or train, at a lake or park, or during the interstices of a busy day. If you are sincere, you will discover the best of yourself in its pages. Garth J. Hallett is a nonfiction book and article writer, and a Certified Information Systems Security Professional (CISSP). His official credentials also include an MA in Political Science from the University of Connecticut, and a BA in History and English from Fairfield University. His spiritual quest began in earnest during his early-to-mid twenties, when he became an avid practitioner of insight meditation, and of the teachings and techniques of Paramahansa Yogananda, as imparted through *The Self-Realization Fellowship Lessons*. He came to experience, through his dedicated efforts, and through the insistent promptings of an evidently cooperative universe, the shock and wonder of a kundalini awakening. He thus became intensely aware, in a manner reminiscent of Hamlet in his words to Horatio, of how much more there was to life than was dreamt of in the world's (materialistic) philosophies. Though immersed in Eastern practices, he retains a respectful regard for his earlier Catholic training, and seeks to live his life from that spiritual center from which all true religions are one.

Scientific Healing Affirmations

An attractive and affordably priced new edition of our pocket-size diary featuring daily inspiration 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. A great way to begin each day of the year, and a wonderful tool that enables us to supercharge our activities with the power of the Divine.

Visiting the Saints of India with Sri Daya Mata

The Family and the Early Life of Paramahansa Yogananda.

Whispers from Eternity

'The impact of the *Autobiography* wasn't limited to musicians or spiritual seekers. Steve Jobs, Co-founder of Apple Inc., which became the world's most valuable company, was a big fan and went so far as to say it was one of his favourite books. Jobs first read it as a teenager and claimed to have re-read it every year since then.' Paramahansa Yogananda's *Autobiography of a Yogi* was one of the most impactful spiritual books of the twentieth century and has travelled around the world, inspiring millions to walk the spiritual path. But what are twenty-first-century spiritual aspirants, steeped in technology and science, to think of these classic tales of gurus, swamis and miracles in the Himalayas? Do these

tales have relevance today? In *Wisdom of a Yogi*, bestselling author, entrepreneur and venture capitalist Rizwan Virk brings out the lessons from Yogananda's classic and reinterprets them for the modern age. In fourteen unforgettable lessons, interweaving stories from the *Autobiography* with tales of college professors, students, entrepreneurs and modern seekers, Virk brings the ancient lessons of karma, yoga, meditation and siddhas into the modern age of YouTube, video games, mobile phones and social media. Whether you have never read the *Autobiography* or have read it multiple times, *Wisdom of a Yogi* will help enhance your spiritual practice in today's increasingly complex, cluttered and connected world.

Bringing Out the Best in Our Relationships

Yogananda provides strength and solace for times of adversity by explaining the mysteries of God's "lila, " or divine drama. Readers can come to understand the reason for the dualistic nature of creation--God's interplay of good and evil--and receive guidance on how to rise above their most challenging circumstances.

Answered Prayers

This *Handbook on Discipleship* explains why a guru is needed, what a true guru is, and how to follow the guru. It also clears up many common misunderstandings on the subject that are prevalent in current spiritual thinking. These lessons offer a rare opportunity to learn about discipleship from a lifelong disciple of a fully realized Master. Swami Kriyananda has been a disciple of Paramhansa Yogananda for over sixty years. For all of the extraordinary accomplishments of Swami Kriyananda's life — over one hundred books, over four hundred pieces of music, successful spiritual communities all over the world, and more — he gives full credit to Yogananda and to what he has gained as his disciple.

Converging Paths

The Bhagavad Gita