



THE ESSENCE OF
Self-Realization

THE WISDOM OF PARAMHANSA YOGANANDA

Recorded, Compiled & Edited by his disciple
Swami Kriyananda

Essence Of Selfrealization The Wisdom Of Paramhansa Yogananda

Swami Kriyananda



Essence Of Selfrealization The Wisdom Of Paramhansa Yogananda:

The Essence of Self-Realization Paramhansa Yogananda, 2009-08-16 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 *The Essence Of Self-Realization: The Wisdom Of Paramhansa Yogananda* Swami Kriyananda, Swami, 2008 [Healing with Life Force, Volume 1—Prana](#) Shivani Lucki, 2024-03-01 The power of healing is the property of every individual soul Paramhansa Yogananda's Autobiography of a Yogi helped launch and continues to guide a global spiritual revolution Now for the first time his remarkable healing methods are available for all who seek to awaken within themselves the limited power of Life Force Shivani Lucki's search for Truth led her in 1969 to California and to the teachings of Paramhansa Yogananda She helped found two Ananda communities one in California one in Italy the Life Therapy School for Self Healing and the Ananda Raja Yoga School and co founded the Yogananda Academy of Europe Shivani lived with her husband at the Ananda community near Assisi Italy A Life Force trilogy to guide you in your healing journey Volume One Pranana Life energy is the real and direct healer of all diseases Tap into the inexhaustible source of Life Force to establish perfect harmony between soul mind and body Value Added Exclusive access to online Appendices with a treasure trove of unpublished articles by Yogananda and Kriyananda many available for the first time video instruction guides by the author and more Join the Life Force Healing Community insights inspiration and live sessions at www.healinglifeforces.com [Demystifying Patanjali: The Yoga Sutras](#) Paramhansa Yogananda, 2013-06-03 What happens as we grow spiritually Is there a step by step process that everyone goes through all spiritual seekers including those of any or no religious persuasion as they gradually work their way upward until they achieve the highest state of Self realization About 2200 years ago a great spiritual master of India named Patanjali described this process and presented humanity with a clear cut step by step outline of how all truth seekers and saints achieve divine union He called this universal inner experience and process yoga or union His collection of profound aphorisms a true world scripture has been dubbed Patanjali's Yoga Sutras Unfortunately since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjali's writings that have succeeded only in burying his pithy insights in convoluted phrases like becomes assimilated with transformations and the object alone shines without deliberation How can any reader understand Patanjali's original meaning when he or she has to wade through such bewildering terminology Thankfully a great modern yoga master Paramhansa Yogananda author of the classic Autobiography of a Yogi has cut through the scholarly debris and resurrected Patanjali's original teachings and revelations Now in *Demystifying Patanjali* Swami Kriyananda a direct disciple of Yogananda shares his guru's crystal clear and easy to grasp

explanations of Patanjali's aphorisms As Kriyananda writes in his introduction My Guru personally shared with me some of his most important insights into these sutras During the three and a half years I lived with him he also went with me at great length into the basic teachings of yoga I was able moreover to ask my Guru personally about many of the subjects covered by Patanjali His explanations have lingered with me and have been a priceless help in the writing of this book *The Meditation of Yogananda* Jayadev Jaerschky, 2025-10-01 In the teachings of yoga breath is the cord that ties the soul to the body If observing the breath is done with deep concentration this simple technique can take us to the highest state of awareness Paramhansa Yogananda the father of yoga in the West made it one of his central teachings Jayadev Jaerschky's book *The Meditation of Yogananda* explores this technique in great depth In Yogananda's teachings it is called Hong Sau after the sound made by the inner flow of prana as we inhale and exhale *The Meditation of Yogananda* is a very practical guide since the value of any technique comes from its practice Paramhansa Yogananda said amusingly If you go to a doctor to cure a disease and he hands you a prescription it does no good to take it home frame it and hang it on the wall The prescription in this book comes in the form of 18 weekly lessons If you practice these techniques it will help cure you of the disease of ignorance Some sage advice is that if you need to have a surgical procedure it is best to go to a doctor who has performed thousands of them Kriyacharya Jaerschky has given thousands of classes during his lifetime as a yoga practitioner and teacher If you are a beginner to meditation this book will give you all the guidance you need to establish a daily practice If you are an experienced meditator you will find everything you need to take you deeper in your practice For those who follow the teachings of Yogananda this book is filled with quotes and advice from him and from his direct disciple Swami Kriyananda **Healing with Life Force, Volume 2—Mind** Shivani Lucki, 2024-06-01 The power of healing is the property of every individual soul Paramhansa Yogananda's Autobiography of a Yogi helped launch and continues to guide a global spiritual revolution Now for the first time his remarkable healing methods are available for all who seek to awaken within themselves the limited power of Life Force Each chapter of Life Force defines a bold new paradigm of self healing in synergy with modern day understanding of the power of the Self Dr Vandana Jaisingh osteopath physical therapist Shivani Lucki's search for Truth led her in 1969 to California and to the teachings of Paramhansa Yogananda She helped found two Ananda communities one in California one in Italy the Life Therapy School for Self Healing and the Ananda Raja Yoga School and co founded the Yogananda Academy of Europe Shivani lived with her husband at the Ananda community near Assisi Italy A Life Force trilogy to guide you in your healing journey Volume Two Mind All disease has its roots in the mind Learn to use the superpowers of the conscious subconscious and superconscious dimensions of the mind to overcome past karma **The Essence of the Bhagavad Gita** Paramhansa Yogananda, 2008-02-04 Rarely in a lifetime does a new spiritual classic appear that has the power to change people's lives and transform future generations This is such a book *The Essence of the Bhagavad Gita Explained* by Paramhansa Yogananda shares the profound insights of Paramhansa Yogananda author of

Autobiography of a Yogi as remembered by one of his few remaining direct disciples Swami Kriyananda This revelation of India's best loved scripture approaches it from an entirely fresh perspective showing its deep allegorical meaning and also its down to earth practicality The themes presented are universal how to achieve victory in life in union with the divine how to prepare for life's final exam death and what happens afterward how to triumph over all pain and suffering This book is itself a triumph Swami Kriyananda worked with Paramhansa Yogananda in 1950 while the Master completed his commentary At that time Yogananda commissioned him to disseminate his teachings world wide Kriyananda has in his lifetime lectured taught and written eighty five books based on Yogananda's teachings The Essence of the Bhagavad Gita Kriyananda's eighty sixth book is the crowning achievement of his highly productive life In this his masterpiece he declares Yogananda's insights into the Gita are the most amazing thrilling and helpful of any I have ever read Healing with Life Force, Volume 3—Magnetism Shivani Lucki, 2024-10-01 The Power of Healing is the property of every individual soul PY Paramhansa Yogananda's Autobiography of a Yogi helped launch and continues to guide a global spiritual revolution Now for the first time his remarkable healing methods are available for all who seek to awaken within themselves the limitless power of Life Force This remarkable unprecedented collection of Yogananda's teachings is no mere intellectual compendium this is Truth explored experienced and shared by one who knows A gift for the ages Asha Nayaswami renowned author and speaker These books open doorways to transformative insights that will change your life profoundly making you the director of your life and master of your destiny Madhureeta Anand film director entrepreneur and author Every single word of these teachings is packed with truth and power Rashmi Krishnan formerly Secretary Social Welfare Govt of NCT of Delhi India Shivani Lucky's search for Truth led her in 1969 to California and to the teachings of Paramhansa Yogananda She helped found two Ananda communities one in California one in Italy the Life Therapy School for Self Healing and the Ananda Raja Yoga School and co founded the Ananda community near Assisi Italy Volume Three Magnetism Use the laws of cosmic vibration to achieve healthy relationships improve economic circumstances and protect yourself from harmful influences **Songs of the Soul** Paramhansa Yogananda, 2024-12-01 SONGS OF THE SOUL Original Writings of Paramhansa Yogananda Paramhansa Yogananda is best known for his Autobiography of a Yogi a book that he said the Lord Himself commissioned him to write in response to a silent call among many souls for a practical religion that would enable them to know the Divinity that dwells in their own hearts and souls Those who met Yogananda were overwhelmed by the magnetic power of his love Saints and sages recognized him as one of their own Sri Ananda Moya Ma Ramana Maharshi Sri Rama Yogi and Mahatma Gandhi these and many other great souls perceived in him an avatar God incarnated with the power to redeem not only a few close disciples but a vast flock who would be transformed by his divine ray As a bright light shining in the midst of darkness so was Yogananda's presence in this world Such a great soul comes on earth only rarely when there is a real need among men The Shankaracharya of Kanchipuram spiritual leader of millions of Hindus Though divinely tasked with bringing a practical

teaching Yogananda preferred to express his wisdom not in dry intellectual terms but as pure expansive feeling To drink his poetry is to be drawn into the web of his boundless childlike love Nor was his vision limited to this earthly plane in one moment his Songs of the Soul invite us to join him as he plays among the stars with his Cosmic Beloved Then they call us to discover that portion of our own hearts that is eternally one with the Nearest and Dearest Like his famous Whispers From Eternity this volume is a bubbling singing wellspring of spiritual healing that we can bring with us everywhere Also included is the addition of five poems not included in the original 1923 edition **Stories of Yogananda's Youth** Swami

Kriyananda,2017-11-15 Stories from the youth of Mukunda Lal Ghosh later known to the world under his monastic name of Paramhansa Yogananda author of the bestselling spiritual classic Autobiography of a Yogi Even in his youth the greatness of this master of yoga was revealed Complements beautifully Yogananda s own autobiography The author Swami Kriyananda a direct and close disciple of Yogananda writes In this book I have tried to depict Yogananda s spirit a spirit ardent with love for God tender with sympathy for all men forgiving kindly humorous yet resolute and forceful when strength was needed From the preface Paramhansa Yogananda was born in India in the last decade of the nineteenth century His father a high official in the Bengal Nagpur railway was in a position to offer his children worldly security and success Mukunda s heart however was set on another kind of security and another higher kind of success final victory over ignorance through loving union with God Spurning earthly comforts he sought rigorous training under one of India s greatest living gurus Swami Sri Yukteswar of Serampore Bengal People often make the mistake of equating the spiritual life with dullness and prudery These stories should help to dispel that illusion Mukunda s keen sense of humor and love of pranks often startled his more sedate neighbors out of their mental ruts The personality that emerges from these episodes is joyous compassionate childlike yet fiercely determined loyal deeply in love with God and capable of standing alone in his convictions against the very world These stories have been written from true episodes in the master s life from approximately the ages of six to seventeen Some of the accounts were related to me by his relatives others by childhood friends But the greater number were told me by the master himself I have taken no liberties with those accounts beyond adding superficial details for poetic emphasis an occasionally combining separate episodes too brief to stand alone into a single story Scientific Healing Affirmations

Paramhansa Yogananda,2021-12-15 Scientific Healing Affirmations is a beloved classic book of the great yoga master Paramhansa Yogananda 1893 1952 author of Autobiography of a Yogi This is a reprint of the original 1924 classic by Yogananda a pioneering work in the field of self healing and self transformation Yogananda explains that words are crystallized thoughts and have life changing power when spoken with conviction concentration willpower and feeling This book offers far more than mere suggestions for achieving positive attitudes Yogananda explains in simple language how affirmations can recreate us physically mentally and spiritually He offers us more than mere suggestions for a positive attitude showing us how to impregnate our words with spiritual force This little book will be a treasured companion on the

road to realizing your highest divine potential Added to this text are over fifty of Yogananda's well-loved Short Affirmations taken from issues of East West and Inner Culture magazines from 1932 to 1942 This little book will be a treasured companion on the road to realizing your highest divine potential **How to Face Life's Changes** Paramhansa Yogananda,2022-11-01 How Will Changes in Life Affect You Many feel that they come to break us down though changes come not to destroy us rather to help us grow in understanding and to learn the lessons we must to reach our highest potential In this book How to Face Life's Changes be guided by Yogananda tap into the changeless joy of your soul nature empowering you to move through life fearlessly and with an open heart Learn to accept change as the reality of life face change in relationships finances and health with gratitude and cultivate key attitudes like fearlessness non attachment and willpower The Wisdom of Yogananda series features writings of Paramhansa Yogananda not available elsewhere These books capture the Master's expansive and compassionate wisdom his sense of fun and his practical spiritual guidance This series includes writings from his earliest years in America in an approachable easy to read format The words of the Master are presented with minimal editing to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the twentieth century **Introducing World Religions** Charles E. Farhadian,2015-06-09 This beautifully designed full color textbook offers a comprehensive introduction to the world's religions including history beliefs worship practices and contemporary expressions Charles Farhadian a seasoned teacher and recognized expert on world religions provides an empathetic account that both affirms Christian uniqueness and encourages openness to various religious traditions His nuanced ecumenical perspective enables readers to appreciate both Christianity and the world's religions in new ways The book highlights similarities dissimilarities and challenging issues for Christians and includes significant selections from sacred texts to enhance learning Pedagogical features include sidebars charts key terms an extensive glossary over two hundred illustrations and about a dozen maps This book is supplemented with helpful web materials for both students and professors through Baker Academic's Textbook eSources Resources include self quizzes discussion questions additional further readings a sample syllabus and a test bank **How to Live Without Fear** Paramhansa Yogananda,2024-01-02 Remove The Mental Bacteria to Overcome Your Fear One of the greatest enemies of willpower is fear Avoid it both in thought and in action Fear doesn't help you to get away from the object of fear it only paralyzes your willpower In this eleventh installment in The Wisdom of Yogananda series the great yoga master Paramhansa Yogananda teaches us how to Eliminate the mental bacteria of fear Rid the mind of worry poisons Overcome stage fright Use chants and affirmations to overcome fear and Relax on all levels physical mental and metaphysical The first part of this book shows us how to recognize when we are acting from a place of fear The second part helps us to overcome fear's sometimes overwhelming presence in our lives through Paramhansa Yogananda's original teachings **Break Through the Limits of the Brain** Joseph Selbie,2025-09-12 A life changing guide to understanding your brain and how to change it for good Break Through the Limits of the Brain

explores the neuroscience of sacred superconscious experience. It offers proven ways to break through the brain's limits into a life-changing, life-enhancing awareness that is beyond our everyday consciousness—an awareness that is intuitive, creative, energized, joyful, and spirit-filled. Selbie explains how and why the brain's neural circuits reinforce thoughts, emotions, and behaviors that keep us immersed in limited conscious awareness and how radical neuroplasticity enables our innate ability to rewire the brain to break through to unlimited superconscious awareness. The book offers many practices: the Hong Sau technique of meditation for deepening concentration; energization exercises for increasing life force and vitality; methodical introspection techniques for identifying neurally reinforced negative patterns of thought, emotion, and behavior; and affirmations for directly rewiring them. These practices will help you bring superconscious awareness into your life that awakens and supports success, vitality, creativity, health, peace of mind, and lasting, fulfilling happiness.

Break Through the Limits of the Brain provides strong scientific support for superconscious awareness, scientific support provided by quantum physics and M-theory for the existence of a subtle, nonlocal reality—a reality in which we exist simultaneously with physical reality, a reality of which we can become aware by breaking through the limits of the brain. The book debunks scientific materialism's brain-based explanation for consciousness and intelligence, the brain as supercomputer model, and explains the view of many prominent and open-minded scientists that an all-pervading, intelligent consciousness is not only the source of our own consciousness but also the foundation of reality, an age-old sacred belief shared by saints, sages, mystics, and those who've had near-death experiences. Meditation is a central theme of the book: what it is, how to do it, why it works, its physical, mental, and emotional benefits as measured by neuroscientists, and how it rewires the brain for us to experience superconscious awareness and to achieve whatever we put our mind to.

How to Meditate Jyotish Novak, 2009-01-16

As Yogananda explains the operation of karma, death, and reincarnation, he also shares the deeper purpose of existence for every soul. Understanding these truths can bring clarity, confidence, and inspiration into your life.

Yoga Journal, 1992-03

For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

The Man Who Refused Heaven Paramhansa Yogananda, Swami Kriyananda, 2017-06-15

Joy Is Fundamental to Who We Are. Paramhansa Yogananda translated the classic definition of God given by Swami Shankarananda: Sat, chid, ananda—as Ever-existing, ever-conscious, ever-new joy. Yogananda added the concept of new to the ancient definition. Yogananda explained that God became His creation, which means that all of life exists, is conscious, and has the quality of joy innately within it. This is why human beings universally seek happiness. It is our nature to be happy, and the search for happiness motivates everyone. A master is one who has united his consciousness with Satchidananda, and so you see in the masters profound joy. Some share this joy outwardly through their personalities; others

may be more serious outwardly but great joy sparkles in their eyes and is felt in their presence Yogananda's experience of life his experience of the goal of all life was filled with joy He lived in joy always and sought to awaken it in others Though he could be intensely serious and deep as appropriate he also could express the greatest joy often in unexpected situations The humor in The Man that Refused Heaven arose spontaneously from Yogananda's deep joy Sometimes he used humor to express an important spiritual principle Sometimes he used it in training the disciples to help them learn in a way that reasoned lectures could never achieve Most of the humor in this book was taken from Yogananda's writings Also included are experiences with the master that demonstrate his playful spirit These were written by Swami Kriyananda from his years of being trained personally by Yogananda or from stories that were shared with him by other close disciples The message of this book is both playful and serious The serious message is that joy can be found within us always We should look for it there and share it with others

The Angel & The Abyss Gunther, J. Daniel, 2014-10-01 In this companion to Initiation in the Aeon of the Child now available in paperback author J Daniel Gunther provides detailed and cohesive analysis of the two major spiritual crises in the career of the aspirant in the Aeon of the Child the Knowledge Conversation of the Holy Guardian Angel and the Crossing the Abyss between the divine realms and the human Expounding on the sublime Formulas of Initiation confronting those who would aspire to these Mysteries the author draws deeply from Jungian psychology world mythology and religion and the doctrines of the classic Mystery traditions explaining how the revelations of Thelema apply to the individual The Angel The Abyss is written in clear precise language that will aid those students who seek to navigate the difficult terrain of this advanced stage of the Spiritual quest More knowledgeable students will find tantalizing clues to serve as guideposts and eventual confirmations of their direct experience The book offers copious illustrations including some in full color and numerous diagrams It features detailed references that encompass ancient Egyptian hieroglyphic texts the Old and New Testaments the Apocrypha Greek philosophy alchemy hermetic qabalah and tarot as well as the writings of Carl Jung Eric Neumann and Aleister Crowley

The Illumination Code Kim Chestney, 2024-04-02 Kim Chestney's codes bring you closer to the comprehension of a reality that was wholly hidden prior to the quantum discoveries Ervin Laszlo author of Science and the Akashic Field Intuition the extraordinary ability to access information from the quantum realms is fast becoming humanity's most advanced form of knowledge acquisition The Illumination Code presents seven keys to unlock your inner dimension so you can access expanded states of awareness that exist beyond the limits of the rational mind Kim Chestney reveals the deeply personal nature of the universe while offering a new way to know the unknowable and experience the seemingly impossible As you venture inward on this step by step journey you will gain profound insights and discover the true power of your own inner wisdom

Uncover the mysteries within Explore with is enigmatic creation, **Essence Of Selfrealization The Wisdom Of Paramhansa Yogananda** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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