

A MANUAL TO INNER FREEDOM

Based on the Teachings of Paramhansa Yogananda

Meditation * Philosophy * Inspiration * Prayers * Daily Life

DISCOVER THE ANCIENT "AIRPLANE ROUTE" TO FREEDOM

The airplane of Self-discovery is ready for take-off. Who will come along?

This book offers you a chance to board the airplane of Kriya Yoga and fly straight to the eternal beauty of your own Self. Never before has the ancient liberating science of Kriya Yoga, long kept secret throughout the course of history, been presented so completely, deeply and yet accessibly.

In these pages you will find:

- The definitive history of Kriya Yoga
- Illuminating explanations on the philosophy and benefits of Kriya
- Guided meditations, affirmations and prayers of Yogananda
- Reflections by Swami Kriyananda
- Guidelines for a yogic life
- Helpful suggestions for Hatha Yogis

"Anyone passionate about the Kriya Yoga tradition will be surprised and delighted by this book, and those approaching Kriya for the first time will remain enthralled by the explanation of this spiritual technique." —MATA DEVI VANAMALI, Vanamali ashram, Rishikesh, author of The Play of God and other books

"Another pearl of wisdom and understanding for all those who wish to vigorously travel the path of yoga and spirituality."

-WANDA VANNI, President of the Mediterranean Yoga Federation



TESTIMONIALS

"This beautiful book will be a great help to kriyabans and those aspiring to kriya yoga initiation. It is filled with many inspiring examples, enlightening stories and devotional prayers which will aid in one search for truth through this sacred practice." —Nayaswami Dhyana, Kriyacharya, director of the Ananda Kriya Ministry in India, spiritual director of Ananda Gurgaon

"This text on Kriya Yoga is a new pearl of wisdom and understanding for all who want to rigorously follow the path of yoga and spirituality.

It is based on the tradition of Kriya Yoga from the lineage of Lahiri Mahasaya, Babaji and Paramhansa Yogananda, and follows the ancient teachings of Kriya Yoga and the fundamental prinicples of its techniques, presenting the multifaceted nature of an extraordinary teaching. It contains a detailed presentation of Kriya Yoga and transmits the ancient power, depth, authority and philosophy through numerous chapters which develop the various themes, always with reference, in love and devotion, to the great masters Sri Yukteswar, Swami Yogananda and Swami Kriyananda.

I believe that this text will be a invaluable contribution for all practitioners of yoga and I thank dear Jayadev for this important testimonial of his path."

-Wanda Vanni, President, Mediterranean Yoga Federation

"This book is unique in its completeness. Short of actually explaining the Kriya technique, which should be given in an initiation, the author has compiled an inspirational and practical exposition of Kriya for those who:

- have read the *Autobiography of a Yogi* by Paramhansa Yogananda, and are simply curious about why Yogananda called Kriya the "airplane path to God"
- want to know what Kriya is
- wish to prepare themselves for Kriya initiation
- are spiritual truth seekers

This book is a "must read" for any spiritual aspirant!"

-Nayaswami Kirtani Stickney, Kriyacharya, spiritual director of the Ananda Assisi community

"Sri Jayadev is really a bright star on the firmament of the Ananda community in Assisi. He is truly the mind-born disciple of Sri Paramahamsa Yogananda and Sri Kriyanandji.

Lovers of the Kriya Yoga tradition will be delighted by this inspiring book on Kriya and those to whom Kriya Yoga is a new technique will find in these pages a moving account of one of the oldest traditions in India.

Jayadev has rightly understood the need of the age and written the book in such a way that even a novice would be delighted and touched by his rendering of this ancient technique. May he be blessed by all the gurus of the tradition."

-Mata Devi Vanamali, Vanamali Ashram, Rishikesh, author of The Play of God and other books

"Kriya Yogis teach that the mind cannot be completely calm if the energy continues to go down the spine toward the senses. Jayadev correctly explained these truths in this inspiring and comprehensive book on Kriya Yoga. A must-read."

—Nayaswami Anand Stickney, Kriyacharya, co-director of the Ananda Spiritual Community in Assisi

"Jayadev has written a beautiful and inspiring book about the sacred path of Kriya Yoga. Paramhansa Yogananda gave just a short description of Kriya in his Autobiography of a Yogi. There is also a great deal of confusion about the technique of Kriya, how it is given and why. This book adds to what Yogananda wrote and helps to clarify what Kriya Yoga really is: a comprehensive spiritual path with the power to bring one to the greatest spiritual heights.

The reader will also learn some little known stories and spiritual lore about the history of Kriya, along with a clear understanding of the spiritual science that underlies the path of Kriya. Kriya Yoga is a science, which means that it must be learned and practiced correctly in order to get results. It is the spiritual practice that was brought especially for these complex modern times, and this book will inspire many to make Kriya a part of their life."

-Nayaswami Devarshi, Kriyacharya, director of the Kriya Ministry at Ananda Village



A MANUAL TO INNER FREEDOM

Based on the Teachings of Paramhansa Yogananda

👤 Kriyacharya Jayadev Jaerschky



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Please note that the choice and prescription of a correct therapy belong exclusively to an attending physician, who can also evaluate any risks. The suggestions, preparations, exercises, and tips in this volume have no therapeutic value. Therefore, the author and publisher are not responsible for any damage or accidents resulting from the use of this information without the necessary medical supervision (self-care, self-medication, self-prevention and so on).

"Even a little bit of this inner religion will save you from dire fears and colossal sufferings."

-Sri Krishna in the Bhagavad Gita





THIS BOOK IS DEDICATED

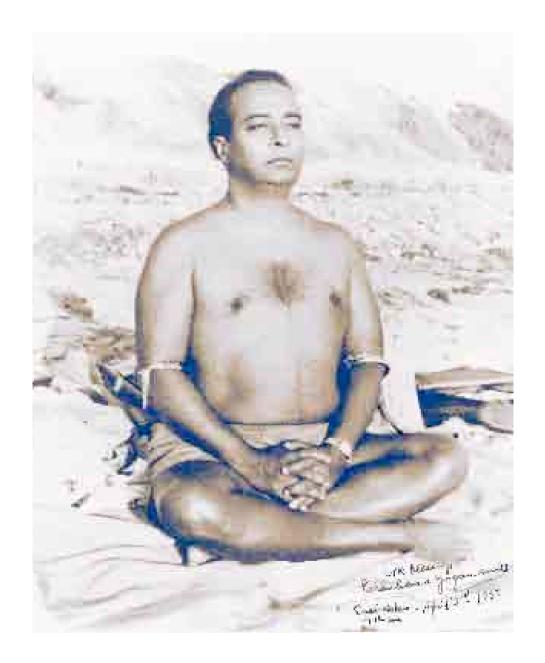
to Mahavatar Babaji, who, declaring "I perceive potential saints in America and Europe, waiting to be awakened", sowed the seed that brought Kriya Yoga to the West

AND

to my spiritual father, Swami Kriyananda (1926-2013), who, with his own inner strength, initiated me into Kriya Yoga and encouraged me to write, giving his blessings to this book just twelve days before his passing

AND ALSO

to all my yoga students, with love...



"With Blessings": **PARAMHANSA YOGANANDA** on the beach in Encinitas, California, April 3, 1951.

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EDITORIAL NOTE

Since this book can be used by the reader as a basis for further studies and investigations, the source of each quotation has been provided with the greatest possible care. In order not to burden the text, references (marked by Arabic numerals) were placed at the end of the book (on page 205), while at the bottom of the page the reader will find notes containing comments and additions to the text (marked by symbols).

FOREWORD

There are certain events in human history that are destined to change the world. At first they may not be widely known or even recognized to be important. For example, the wheel has been central to human affairs for millennia and is widely considered to be one of the most important inventions of all time. Yet, in Mezzo-America, it was used only as a toy!

Where will we find world-changing discoveries in the modern world? Some will come from science and technology. Our life is already healthier, more efficient, and more connected than ever before. But, are we happier? The real frontier today is not the science of technology, but the science of consciousness. Fortunately, we don't have to "re-invent the wheel" in the realm of consciousness. It has been explored for thousands of years, but many of its deepest discoveries have been hidden to all but a few.

A little more than a century ago, Kriya Yoga was only known to a very few yoga masters. Then the great saint, Lahiri Mahasaya, had a momentous meeting with the great yoga master, Babaji, in the foothills of the Himalayas. At that time, the secret science of Kriya Yoga was released to the world. At first, it spread slowly to a small group of deeply committed yogis in India. Then starting in the 1920s, through Paramhansa Yogananda, Kriya was introduced to the Western world. Now millions of people around the globe practice this sacred technique in their daily meditation. There is truly a revolution of consciousness happening before our very eyes.

Paramhansa Yogananda ends his spiritual classic, Autobiography of a Yogi, with these words: "In sending loving thought vibrations to the thousands of Kriya Yogis scattered like shining jewels over the earth, I often think gratefully: 'Lord, Thou hast given this monk a large family.'"

This family of Kriya Yogis has now spread to virtually every nation on earth and will continue to spread. Why? Because it works! It is a spiritual technique uniquely suited to our modern age.

In the Bible, it is written, "Be still and know that I am God."* For over two thousand years, those words have posed a challenge and a puzzle to sincere seekers. What does it mean to "Be still?" Let us assume that it means not only to quiet the body, but also to still the mind. How is it possible to still the ever-restless thoughts? -- only by controlling those forces that activate the mind in the first place.

^{*} Psalms 46,10. All biblical passages are taken from The King James's Bible.

Kriya Yoga is the central technique of the science of energy control, which gradually allows the mind to become deeply concentrated and profoundly quiet. The resulting stillness is the doorway to expanded consciousness, and thus to the highest happiness. Now there is a clear, easily practiced technique to help those who would seek to experience the highest states of consciousness.

Although there are several spiritual lineages that teach Kriya, the practice is essentially similar with only minor variations. As its center, Kriya Yoga, uses the breath to help one control the flow of subtle energy or "prana." By withdrawing the prana from the body and senses, one experiences expanded states of consciousness.

In this book Jayadev Jaerschky gives us a comprehensive look into many aspects of Kriya Yoga -- its history and purpose, as well as how to prepare for initiation. He is well qualified to do so, having practiced and taught meditation for his whole adult life. He now is one of a small group of people around the world who are authorized to give initiation into Kriya.

For the thousands of people around the globe who are thinking to explore Kriya Yoga, this book will be a perfect introduction. For those who already practice Kriya, this book will be a storehouse of information and inspiration. This book is also universal.

Some hundreds of years in the future, historians will look back at these times and say, "Ah yes, that was the time when Kriya Yoga became known, and mankind took the great leap forward in consciousness."

Nayaswami Jyotish

Spiritual Director of Ananda Sangha Worldwide



INTRODUCTION

Invocation

In the yogic tradition, a spiritual gathering (*satsanga*) begins with an invocation. Since this book, too, is a kind of *satsanga* in which the reader is invited to participate through his or her own inner search, let's begin with the following ancient verses:*

No birth, no death, no caste have I;

Father, mother, have I none.
I am He, I am He, Blessed Spirit, I am He!
Beyond the flights of fancy, formless am I,
Permeating the limbs of all life;
Bondage I do not fear; I am free, ever free,
I am He, I am He, Blessed Spirit, I am He!"

1

Welcome!

Welcome to the science of Kriya Yoga, the "airplane route to Self-realization", according to Paramhansa Yogananda. May you learn to soar swiftly toward the joy and freedom of your own true self. What could be more fulfilling than becoming aware of dimensions of yourself that you never knew? Self-discovery is the greatest adventure possible.

Here is a short visualization to illustrate the flight one takes toward the inner Self. Visualize yourself on a dark and rainy day, with thick clouds all around so that you are unable to see very far. Everything seems small. But suddenly you discover an airplane, jump into it, and within minutes you find yourself high

^{*} Verses from Adi Shankarachaya's *Atma-Shatakam*, which Paramhansa Yogananda sang when he was initiated into the ancient Swami order.

above the clouds. The view up here is spectacular, majestic. The sun is shining brightly in the firmament and you realize that, in truth, it is *always* shining once one leaves the clouds below. You feel at home in this expansive openness, in its freedom. Up here you begin to experience eight marvelous sensations: pure love; continuous joy, or bliss; profound peace; unshakable calmness; divine light; inner sounds; true wisdom; and untapped power. The more these sensations fill your being, the easier it is for you to come back down to earth, to carry out your daily responsibilities joyfully, because inwardly you remain filled with the beauty of the soul. Feel the freedom in such a life.

The above eight experiences are the qualities of the Self. They are real. The inner flight, too, is real. It takes you to the light of the spiritual eye, and beyond.

Our Self is naturally connected to the highest dimension of Life. Its potential for expansion is limitless. The deeper we go into that inner discovery, the more we intuit that our life is much greater that we knew, much less physical, and that it is naturally connected with an infinite Reality.

During the inner voyage of discovery, our choice (figuratively speaking) is to proceed on foot, by oxen-drawn cart, automobile, train, or by airplane. In this book we will describe the airplane route to Self-realization: Kriya Yoga. Are you not tired of hiking through jungles of theory, dogma, and unscientific practices? Why not take the airplane route of deep meditation, following the fast track to Spirit?



Namasté
The traditional Indian
greeting: «I bow to you»,
meaning: «I bow to
your immortal soul».

Our World

We are living in interesting and challenging times: people everywhere are searching for spiritual truth. For a long time, materialism has been our global "religion", which has resulted in greed, in the desire for power and, consequently, in war, but also in a celebration of sensuality, in increasing sickness, in a loss of values, in psychological crises and in unconstructive religious dogmatism. We need new solutions, and the good news is that they exist. The most effective solution lies within us, as the external situation is but a symptom of a spiritual sickness.

The prime need for our world is to reconnect with the Infinite God, in a free and enjoyable way. Without any such inner connection, society is like a

tree without its roots, destined to wither. With such an inner connection, however, lasting healing comes. Kriya Yoga provides a solution for all our suffering, as it opens us up to the Eternal Light, to the Light which shines behind all outer appearance. Where there is Light, darkness cannot exist.



Autobiography of a Yoqi

The spiritual classic that brought Kriya to the West.

A Diamond

This book presents the ancient Kriya Yoga teachings as taught by Paramhansa Yogananda and his disciple, Swami Kriyananda. It is based on the spiritual classic, *Autobiography of a Yogi* (first published in 1946). If you have not read it was a strongly advised to put down the book you.

read it, you are strongly advised to put down the book you are holding in your hands and read Yogananda's work first. He is the Master.

In the *Autobiography*, in the chapter entitled "The Science of Kriya Yoga," Yogananda explains the main principles of the Kriya technique. However, he offers his explanation in such a light story-telling manner – one gem after the other – that a good part of it is easily lost to the reader. In the present book, we will closely examine all these gems, discovering the many aspects of Kriya Yoga, as if we were marveling at all the facets of a sparkling diamond.

In fact, Yogananda once told a devotee, "Kriya is your *chintamani*" ²: a gemstone with the power to grant desires. However, a monkey who finds a diamond will see nothing more than just a stone. Someone ignorant when seeing that diamond might think it a piece of broken glass. But when the expert finds it, he knows he has found the most precious of all stones. This book is designed to help us understand Kriya Yoga as that invaluable diamond, because "he that receiveth a prophet in the name of a prophet shall receive a prophet's reward."*

These pages, however, won't teach the actual Kriya technique itself, which should never be learnt from a book, from the internet, or from an unauthorized teacher. It is a grave error when people squander the technique in such a superficial way. Could a book ever convey the ray of light which has been transmitted for centuries, from generation to generation, from yogi to yogi? Kriya Yoga is a precious gift to be received through sacred initiation, after thorough yogic preparation, and after having developed a sincere inner attunement with the Kriya gurus. Yogananda emphasizes this point in his *Autobiography*: "Because of certain ancient yogic injunctions, I cannot give a full explanation of Kriya Yoga in the pages of a book intended for the general public. The actual

^{*} Matt. 10,41

technique must be learned from a Kriyaban or Kriya Yogi; here a broad reference must suffice." ³

What will be found in these pages, therefore, is a detailed presentation of Kriya Yoga and an attempt to convey its ancient power, its depth, authority, and philosophy.

The Structure

The book is structured in the following way:

- **1)** Each chapter begins with a guided meditation by Yogananda (his unedited words), entitled "**Taste the Spirit A Meditation**", in order to create a suitable atmosphere for reading a book on Kriya Yoga. Practice this meditation for a little while, before you continue to read. In fact, Yogananda recommends meditating before undertaking any deep study, because wisdom is not assimilated through the eyes, but through the atoms.⁴
- **2)** The next part is entitled "**Kriya Yoga Philosophy**", which presents the specific topic of each chapter: one facet of the diamond.
- **3)** Also included in most chapters is a poem, introduced as "**Poetic Inspiration**", which is in almost all cases taken from Yogananda's book *Whispers From Eternity**. You are advised to read the poem aloud if circumstances permit, in order to fully absorb the vibration of the poem: it reflects a ray of high consciousness.
- **4)** You will then find an "Inspiration by Swami Kriyananda", taken from his informal talks on Kriya. This is an opportunity to inwardly attune with one of the great modern teachers of Kriya Yoga: a close disciple of Yogananda whom the guru authorized to bestow the Kriya *diksha* (initiation) after only eight months of being his disciple. It is notable that he never gave that sacred responsibility to any other disciple so quickly. Yogananda told him: "You have good karma," and, more importantly: "You will find God at the end of your life."
- **5)** This is followed by "**A True Story**", one which has been told by either Yogananda or Kriyananda. Stories make spiritual truths come alive.
- **6)** Next in each chapter is a powerful "**Soul Affirmation**", taken from Yogananda's *Metaphysical Meditations* (first published in 1932). Again, you are

^{*} The edition published by Crystal Clarity Publishers, 2010. (Full bibliographical references at end of book.)

advised to read it out loud, with sincerity, trying to absorb its vibration in full. Repeat it several times, each time a little more softly, and in the end mentally. In this way you will receive its effect on all levels of consciousness. Yogananda explains: "Words that are saturated with sincerity, conviction, faith and intuition are just like highly explosive *vibration bombs*, which when let out, are sure to explode the rocks of difficulties and create the change desired." ⁵

7) The final part of each chapter is a "Prayer Demand" by Yogananda, taken from various sources, all published before 1942. This is a perfect way to finish the chapter. Repeat these words with concentration, in order to uplift your consciousness. Such prayers have the power to draw energy from "Heaven".

Put simply, this is a living book, in which your active participation is essential. It is charged with Yogananda's vibrations and is designed to have a definite impact on your life.

God

The word "God" is frequently used in these pages. How should we understand the term? God is most certainly not "a venerable personage, adorning a throne in some antiseptic corner of the cosmos"!* God is that Eternal Transcendental Presence out of which all creation has emerged. Yogis refer to this Supreme Spirit as *Sat-chid-ananda*: Existence, Consciousness, Bliss, or as Yogananda translated it: ever existing, ever conscious, ever new bliss.

When God created, He, the One, became Three:

- God behind creation:
 Cosmic Consciousness, or SAT,
 or Brahman Chaitanya, the "Father"
- God within creation: Christ Consciousness, or TAT, or Kutashta Chaitanya, the "Son"
- God as creation: the "Word" creating Nature, or Aum, or Pranava, the "Holy Spirit"

^{*} A humorous remark by Sri Yukteswar, Yogananda's teacher, on a medieval concept of God.

Such an explanation may be intellectually illuminating, without, however, touching the heart. The mystery which *does* touch the heart and which can become the greatest inner romance, may be expressed as follows: God, the intelligent Eternal Consciousness, can assume any form the praying devotee visualizes. He is not limited to formlessness, He is beyond any limitation. In other words, we have complete freedom in the way we relate to God. The *Bhagavad Gita* (4.11) teaches such radical religious freedom: "In whatever way people accept Me, in that same way do I appear to them. All men, by whatever path, come to me." This heralds the defeat of dogmatism, and proclaims the victory of our religious originality. Swami Kriyananda made that point wonderfully when he stated: "If you sincerely love God in the form of a sacred crocodile, in this way He will come to you." This freedom opens the door to an unbound love, which flows from the individual heart upwards, without any rule: an authentic love for God which leads to ecstasy.

Such sincere personal love and prayer results first in inner communion with God, and later in *union*: at the culmination of our spiritual journey we will not only love and perceive Him, but will experience Him as our own infinite Self.

Kriya Yoga is truly a diamond, and only for one reason alone: because it is a tool for shining the *real* diamond, which is your soul. Our soul has always been this sparkling gem, even if it has been covered for ages with mud. Our task is to make it shine again in all its natural glory, and help others to do the same.

"To call yourself a sinner is the greatest sin before God," Yogananda insisted. We are made in the image of God. Nothing can diminish the value of our soul: no error, no judgment, no ugly trait of our personality. He told all his students: "If you only knew how beautiful you are!" So here is a suggestion: put down this book right now, and take a few moments to meditate on his statement. Meditate on your own soul as being brilliant, unique, and divinely beautiful. Feel the joy that this little meditation brings you: a joy which arises because you intuitively know that this message is true.

What is the difference between a saint and an ignorant person? The light of the Eternal Sun shines on both, but the ignorant man is like charcoal, from which little light is reflected. A saint on the other hand has discovered his pure soul, a diamond, which brilliantly reflects the Cosmic Light. This is what Kriya Yoga is all about.

"Loka samasta sukhino bhavantu": may all the world be happy. May all of us become a "smile millionaire".





"Self-realized masters in every century have hallowed [India's] soil;

in every century have hallowed [India's] soil; modern Christlike sages, like Lahiri Mahasaya and his disciple Sri Yukteswar, rise up to proclaim that the science of yoga is more vital than any material advances to man's happiness and to a nation's longevity."

Autobiography of a Yogi 1



Taste the Spirit: A Meditation The Joy of Silence

Sit quietly and meditate on the joy of Silence. Think of that joy as communion with God. The more you meditate, the more you will realize that *nothing* can give you that refined joy other than the increasing joy of Silence.



Kriya Yoga Philosophy A Sacred Tradition

Kriya Yoga is a technique for inner liberation. It is ancient and has been taught by the greatest yogis throughout history. In our modern age, it was reintroduced to the world by a line of spiritual giants: Mahavatar Babaji, Lahiri Mahasaya, Sri Yukteswar and Paramhansa Yogananda. It is assumed that the reader is familiar with their extraordinary lives, as they are described in depth in Yogananda's *Autobiography*. Here a few interesting characteristics will suffice to introduce them.

Essentially, the reason for the power of Kriya Yoga is twofold. On the one hand it provides a supreme inner technique of meditation, which represents the

culmination of yogic wisdom. And on the other hand, Kriya comes with the blessings of yogis of the highest level: incarnated Masters who came to earth not to learn, but exclusively to give, to enlighten, to liberate. Yogananda describes Lahiri Mahasaya in these words: "In his power to raise his close disciples to Christlike stature and in his wide dissemination of truth among the masses, Lahiri Mahasaya ranks among the saviors of mankind." ² All Kriya Masters described here belong to the same category.



Meditation

The soul loves to meditate, because through contact with Spirit it experiences the greatest joy.



Paramhansa Yogananda Premavatar

ogananda (1893-1952) is an authentic guide to Self-realization in our modern times. His teachings are fathomlessly deep, covering all aspects of human life. Yet he said, "I am not the guru. God is the Guru." Part of the greatness of true Masters is that they never see themselves as great. They are like a pure window through which the sun can fully shine, bringing light to everyone. In such souls there is no "I" left. Once, when Yogananda was praised for his humility, he answered, "How can there be humility, when there is no consciousness of ego?"

Paramhansa Yogananda has been described as "the father of yoga in the West." There is a reason for this designation: today millions

of Westerners practice yoga and meditation. It was Yogananda who, starting about a century ago, gave that yoga movement its first major impetus, spreading Vedic truths far and wide throughout modern society. The well-known Swami Shivananda from Rishikesh described him appropriately as "an ideal representative of the ancient sages and seers, the glory of India."

Yogananda was a spiritual pioneer and "conqueror". In 1920, when the Western world had hardly heard the word yoga, he suddenly appeared on the public scene, holding high the flag of yogic wisdom, inspiring and changing lives everywhere. The prediction of an Indian saint soon proved to be true. This saint had told Yogananda, just before he left India: "Son, go to America. Take the dignity of hoary India for your shield. Victory is written on your brow; the noble distant people will well receive you." That saint spoke truth, as Yogananda was received with appreciation and gratitude everywhere. Soon the yogic science started to enter the Western heart – a love that would never again wane.

Years before him, two other great Swamis had visited America, for a relatively short period: Swami Vivekananda between 1893 and 1897 and between 1899 and 1902; and later, Swami Rama Tirtha between 1902 and 1904. Yogananda, on the other hand, spent almost his entire adult life in the West, that is between 1920 and 1952. With his dynamic love, he conquered hearts wherever he went, as he spread the teachings of Self-realization. His message was a revelation for people, offering new horizons, new visions and unexpected inner experiences.

Not hundreds, but tens of thousands heard him. Yogananda's success as a foreign lecturer was unprecedented. His *Autobiography of a Yogi* conquered the world in similar fashion: it has been a continuous spiritual bestseller for almost 70 years and has been named as one of the 100 best spiritual books of the twentieth century. Now it's a recognized classic, a standard work wherever yoga is practiced.

Above all, Yogananda is a Master of Love. His guru Sri Yukteswar had told him: "All those who come to you with faith, seeking God, will be helped. As you look at them, the spiritual current emanating from your eyes will enter into their brains and change their material habits, making them more God-conscious." That current still continues to flow powerfully. Students and readers today testify to how they are touched and transformed by Yogananda's divine love, which radiates from his soul like a healing balm. He has justly been called *Premavatar*, an incarnation of love. Being a saint of the heart, he exemplifies *Bhakti Yoga*, the yoga of devotion.

Yogananda's earthly life was not a normal one: it was divinely ordained. When he was still newly born, a baby in the arms of his mother, Lahiri Mahasaya prophesized his future: "As a spiritual engine, he will carry many souls to God's kingdom." 5

Yet there was more to his life than enlightening specific disciples: his life was destined for an important spiritual mission on our planet. In 1894, when Yogananda was a little child of only one year, Mahavatar Babaji revealed that Yogananda's life would follow a specific plan. He told Yogananda's guru, Sri Yukteswar: "I will send you a disciple whom you can train for yoga dissemination in the West." Just before Yogananda left for America in 1920, Babaji confirmed: "You are the one I have chosen to spread the message of Kriya Yoga in the West."

Yogananda did so, with all his love and extraordinary energy. He founded *Yogoda Satsanga*, later named *Self-Realization Fellowship*, as an outer instrument for his mission, and trained disciples who could carry on and expand his great work.

As Yogananda's birth and life were secretly guided by a Heavenly Hand, so was his death: his body remained inexplicably incorrupt for three weeks after his passing. There was no sign of decay, nor any of the normal symptoms of physical deterioration. Yogananda seemed to remain peacefully asleep right up to the point when his coffin was closed. It was a public miracle, never before witnessed on American soil. The phenomenon was reported in America's TIME magazine (the world's largest weekly magazine) on August 4, 1952, and was attested in a notarized letter by the *Forest Lawn Mortuary* in Los Angeles, where

Yogananda's body was buried. Nobody knows if still today it has preserved its incorrupt state.

The Shankaracharya of Kanchipuram, a spiritual leader in India, understood Yogananda's true spiritual stature: "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."



SRI YUKTESWAR Gyanavatar

ogananda called his guru Sri Yukteswar (1855-1936) the "Lion of God": he was a majestic, powerful, and indomitable saint – even his physiognomy was characterized by a "leonine head".

Whereas Yogananda describes himself as having principally a devotional temperament, his guru was completely immersed in *gyana* (wisdom). His heart was unexpressive, but his mind was like a surgeon's scalpel, sharp and brilliant, which allowed no comfortable compromise. Every utterance of the "divine lion" was measured with truth. Sri Yukteswar fully personified *Gyana Yoga*, the yoga of discrimination, which is why Yogananda called him a *Gyanavatar*, an incarnation of wisdom.

It was Sri Yukteswar's task, given to him by Mahavatar Babaji, to train Yogananda for his Kriya Yoga mission in the West. As one can imagine, he was by no means an easy Master to follow. Sri Yukteswar "expressed himself only in terms of cold spiritual mathematics," Yogananda writes. His training "cannot be described as other than drastic." Many disciples fled from his "unsparing rod." For that reason the "Lion of Bengal" never had a large following. Yogananda saw the positive side of it: "By transforming me, he transformed millions."

Sri Yukteswar's second important task for the world, again given to him by Babaji, was to write a book, to show that Eastern and Western Scriptures essentially teach the same truth. That book, *The Holy Science*, is not easy to understand, but it served as a philosophic foundation for Yogananda's Kriya Yoga message: Yogananda worked tirelessly to bring Eastern and Western religion together, publically stating that his teachings present both the "original Yoga of Krishna" and the "original Christianity of Jesus". Blindness sees nothing but separation, while the enlightened eye perceives an underlying unity.

Yogananda's "majestic Master" was a married man and had a daughter. After his wife died, he officially joined the Swami order. A notable fact is that Mahavatar Babaji had bestowed the title of "Swami" on Sri Yukteswar already, long before his official vows, at a Kumbha Mela* in 1894, when he was still a married man. His wife died, as one reads in the *Autobiography of a Yogi*, after Lahiri Mahasaya's passing in 1895. In other words, Babaji made Sri Yukteswar a married Swami — a Swami living together with his wife. A married Swami was (and still is) revolutionary in India, even shocking. Sri Yukteswar however wisely took on that role, presenting himself in *The Holy Science* with his family name (which is usually renounced by Swamis): "Priya Nath Swami".†

In this way Babaji, through Sri Yukteswar, set the stage for a new development for Swamis, showing the need for reformation in the present age. Swami Kriyananda later formalized that direction by founding the *Nayaswami Order*, in which a Nayaswami (meaning "new Swami") may be married, may have possessions, and is not requested to renounce his family ties. A Nayaswami dresses in royal blue, the color of Christ Consciousness, or *Kutashta Chaitanya*.

Sri Yukteswar was also a fearless Vedic astrologer, explaining with his revolutionary calculations that our solar system has entered a new era: *Dwapara Yuga*, the age of energy. That teaching was a major offence for orthodox Indians, who far and wide believe still today that we are living in *Kali Yuga*, the dark age. It was no small thing: even Sri Yukteswar's printing press where he published his findings was stoned.

He founded an organization, the *Sadhu Sabha* (Society of Saints), inviting the cooperation of leaders of various sects and faiths, in order to inculcate a scientific spirit in religion. In his *Sadhusambad* journal he published various articles, as well as the various chapters of *The Holy Science*. At the time of his demise in 1936, he nominated Yogananda his successor as the president of *Sadhu Sabha*. Yogananda obviously didn't see any problem in heading two organizations. He himself, as we said, had founded "Yogoda Satsanga" in 1920, which in 1934 was renamed "Self-Realization Fellowship".

Yogananda certainly had a primary place among Sri Yukteswar's disciples. The "Lion of Bengal" who hardly showed any affection to his disciples and was rather feared, once addressed these tender words to him: "During my married

^{*} India's most important spiritual gathering, held every three years in four different places, the main one happening every 12 years in Allahabad. Saints living in seclusion go there to give their blessings. Millions attend.

^{*} Yogananda followed this example by naming his foremost disciple, James Lynn, who was a married man, as a Swami with a formal vow and ceremony, giving him an orange robe and a Swami name: Rajarshi Janakananda. He lived with his wife Frieda, who passed on after him, as is stated in *The Trilogy of Divine Love*, by Durga Ma. Thus Rajarshi, too, became an unorthodox "married Swami".

life I often yearned for a son, to train in the yogic path. But when you came into my life, I was content; in you I have found my son." Two clear teardrops stood in Sri Yukteswar's eyes. "Yogananda, I love you always." ¹¹

Yogananda reciprocated his love. He wrote in a Poetic Inspiration:

My Guru 12

Thou light of my life—
thou camest to spread wisdom's glow
over the path of my soul.
Centuries of darkness dissolved
before the shafts of thy luminous help.
As a naughty baby I cried for my Mother Divine,
and She came to me as my guru, Swami Sri Yukteswar....
I bow to thee—

I bow to thee—
to thy Master, Lahiri Mahasaya,
harbinger of Yoga in Benares;
and I lay the flowers of my devotion
at the feet of Babaji, our supreme Master!



Lahiri Mahasaya Yogavatar

ri Yukteswar described his guru Lahiri Mahasaya a (1828-1895), with these words: "Greater he was, as man and yogi, than any other teacher whose life came within the range of my investigations." ¹³

Lahiri Mahasaya has been named the "Father of Kriya Yoga," because it was he who spread it to society at large. The way he did so is highly significant. His guru Mahavatar Babaji told him: "A deep purpose underlay the fact that you did not meet me this time until you were already a married man, with modest business responsibilities." ¹⁴ That "deep purpose" was to show that Kriya Yoga was not meant primarily for monks and nuns, but

for ordinary men and women, in all walks of modern society. Babaji told him: "The millions who are encumbered by family ties and heavy worldly duties will take new heart from you, a householder like themselves." ¹⁵

Because of that specific purpose Lahiri Mahasaya lived a normal city life in restless Benares, with his (at times nagging) wife, his daily job as an accountant, his children, and a home to look after. Earning only a modest salary, the Master demonstrated



Our Temple

Our body is God's temple.
Our spine is the altar.
Kriya Yoga awakens
this awareness.

how to balance one's outer and inner life. Yogananda explains in his *Auto-biography* that such a lifestyle is in fact the best path to follow for the modern seeker: "To fulfill one's earthly responsibilities is indeed the higher path, provided the yogi, maintaining a mental non-involvement with egotistical desires, plays his part as a willing instrument of God." ¹⁶

Lahiri Mahasaya had expressed a deep desire to remain with Babaji in the Himalayas, but instead he followed the instruction to serve among the city crowds. For that reason, he could be described as a perfect example of *Karma Yoga*, the yoga of selfless action. Yogananda however gave a deeper description of the great Master, calling him *Yogavatar*, or "incarnation of Yoga".

Babaji had told Lahiri Mahasaya: "Give Kriya freely to all who humbly ask for help." ¹⁷ The words "to all" were taken seriously, resulting in social reform: Lahiri tried his utmost to dissolve the rigid caste bigotry of his time and broke ancient religious rivalries, giving Kriya Yoga to Hindus, Moslems, Christians, monists and dualists, to those of all faiths or of no established faith. Religion and caste didn't matter. Each soul was impartially received and instructed by the universal guru.

Kriya Yoga, it appears, has a quite revolutionary momentum to it: Babaji made Sri Yukteswar a married Swami, which is completely unorthodox. Lahiri Mahasaya fought against established social norms, tearing down the caste system and religious barriers. Sri Yukteswar established a revolutionary yuga system. Finally Yogananda revolutionized the way to give Kriya Yoga, as we shall see. "No man putteth new wine into old bottles," Christ declared, justifying the Master's spirit of reformation. Often it is the disciples who have a hard time getting out of their old orthodox ways. They might hide any "unbecoming behavior" or teachings of the gurus, to fit them into their little old bottles.



BABAJI Mahavatar

ahavatar Babaji is the deathless guru of Lahiri Mahasaya, and the supreme guru of all Kriya Yogis. *Mahavatar* means "great avatar", or "great divine incarnation."

Very few can comprehend him. Sri Yukteswar explains: "Babaji's spiritual state is beyond human comprehension. The dwarfed vision of men cannot pierce to his transcendental star. One attempts in vain even to picture the avatar's attainment. It is inconceivable." 18

Babaji is the main power behind the Kriya Yoga movement, working from behind the scenes, hidden from the public eye. As readers of the *Autobiography of a Yogi* know, his age is unknown, while his body remains perpe-

tually young. His skin is fair, his body beautiful and strong, radiating a perceptible glow. His eyes are tender, dark, and calm; his hair is copper-colored, his voice melodious. He is not only the supreme Master of Kriya Yoga, but is also secretly guiding various other paths, as his mission "has been to assist prophets in carrying out their special dispensations." ¹⁹

Babaji lives even today near Badrinarayan, or Badrinath, hidden from the human gaze. Fortunately, he appears from time to time to devotees, in varying forms. How little that physical form means to him can be seen from this remark:

"What is the difference if I wear a visible or invisible wave on the ocean of my Spirit?" 20

Numerous saints in the Himalayas have met him, and meet him even today. Swami Paramananda, a 124-year-old yogi, explained to pilgrims: "You too might have seen him, but it takes spiritual power to recognize him.

JESUS CHRIST AND KRISHNA

esus Christ and Sri Krishna both belong to the Kriya Yoga tradition. They taught Kriya, as we shall see. It can be assumed, however, that Kriya wasn't their exclusive mis-



Jesus

sion in the world, in the same way as Babaji today assists various prophets, not only one.

But who can ever understand the cosmic workings of souls like these? Christ reproved even his own apostles for not understanding him, so who would be bold enough to claim such an understanding? Krishna transformed himself into his formless Self in front of Arjuna to make him understand that he was far bigger than he seemed*. Arjuna couldn't handle that vision, begging him to return to the little form he knew. If it was too big for Arjuna, then who would dare to claim to understand Krishna?



KRISHNA

One can easily visualize Christ and Krishna smiling benignly at their own orthodox followers, who are convinced that they understand their intentions and workings and loudly proclaim their "wisdom". "Mine is the best" is a common conviction in many religions, an attitude which in time will be seen as childish and immature. The conviction of "I know!" is bound to transform into respectful humility. Old bottles must break. They are no longer able to hold the new wine.

These two towering saints, Christ and Babaji (an incarnation of Krishna) work together for the spiritual salvation of souls. It was Christ and Babaji who together sent Yogananda to the West as an "ambassador" of Kriya Yoga. Their common goal is to take seeker-souls to the culmination of human evolution: Self-realization, divine union, and final liberation.



Inspiration by Swami Kriyananda Liberation²¹

When the soul attains final liberation, it becomes a *siddha* ("perfected being"), or *param mukta* ("supremely free soul"). Even in this state, individuality is not lost, but is retained in the

^{*} See Bhagavad Gita, chapter 11

memory of omniscience... The soul, however, once it attains this state of supreme liberation, rarely reactivates its remembered individuality, and never does so except at the command of the Divine Will. When such a supremely free soul returns to this world, it comes only for the sake of humanity. Such an incarnation is called an *avatar*, or "divine incarnation."

Such, Yogananda told us, was Babaji, the first of our direct line of gurus. Such also were Lahiri Mahasaya—*yogavatar*, as Master [Yogananda] called him, or "incarnation of yoga"—and Swami Sri Yukteswar, whom Master identified as India's present-day *gyanavatar*, or "incarnation of wisdom."

"Sir," I asked Master one day at his desert retreat, "are you an avatar?" With quiet simplicity he replied, "A work of this importance would have to have been started by such a one."



A True Story To Those Who Think Me Near

Norman Paulson, a disciple of Yogananda, recounts this story: after his Master's passing, one night he was lying in his bed, when suddenly the door flew open. Yogananda walked in, as plain and as solid as any physical person. He gave Norman a few strong words of advice. Then he left. The door, which he never touched, closed behind him.

After their "death", Lahiri Mahasaya, Sri Yukteswar, and Yogananda have all appeared repeatedly to devotees, not only in vision, but in flesh and blood. The great Kriya Masters are never distant, never unreachable. Each in his own way has promised to always remain intimately close to the devotee:

Yogananda gave practical advice to those who want to feel his living presence: "To those who *think* me near, I will be near." ²²

Sri Yukteswar offered a lofty challenge to those who desire to meet him: "Tell all! Whosoever knows by *nirbikalpa* realization that your earth is a dream of God can come to the finer dream-created planet of Hiranyaloka, and there find me resurrected in a body exactly like my earthly one. Yogananda, tell all!" ²³

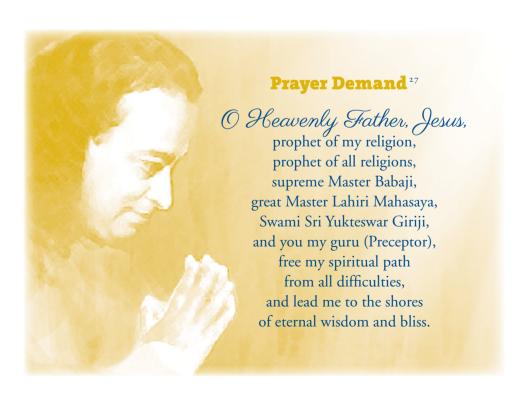
Lahiri Mahasaya gave this particular promise of his closeness: "I am ever with those who practice Kriya. I will guide you to the Cosmic Home through your enlarging perceptions." ²⁴

And Mahavatar Babaji expresses his nearness to devotees in yet a different way. Lahiri Mahasaya stated that "whenever anyone utters with reverence the name of Babaji, that devotee attracts an instant spiritual blessing." ²⁵

Soul Affirmation²⁶

Because I know that

my Father and I are one,
I am happy to know also
that my own spiritual ambition
to realize the oneness
has already been attained
through all great masters.





The Joy Symbol represents the flight of the soul, which is liberated in skies of joy, then returns and brings that joy into daily life



PARAMHANSA YOGANANDA

Paramhansa Yogananda (1893-1952) was the first yoga master of India to take up permanent residence in the West. He arrived in America in 1920, and hundreds of thousands filled the largest halls in major American cities to see the yoga master from India. Yogananda continued to lecture and write up to his passing.

His teaching was to unite East and West; to unite science and religion; to unite the soul and its infinite source: God, or Spirit. He taught "original Christianity" and "original yoga", which in essence teach the same truths. His *Autobiography of a Yogi*, first published in 1946, helped launch a spiritual revolution in the West. Translated into more than a dozen languages, it remains a best-selling spiritual classic to this day.

Yogananda's message was nonsectarian and universal: "The true basis of religion is not belief, but intuitive experience. Intuition is the soul's power of knowing God. To know what religion is really all about, one must know God" (from *The Essence of Self-Realization*). Yogananda gave this definition to the term Self-Realization: "Self-Realization is the knowing in all parts of body, mind, and soul that you are now in possession of the kingdom of God; that you do not have to pray that it come to you; that God's omnipresence is your omnipresence; and that all that you need to do is improve your knowing."

"Take the best advice I can give you," he said. "Gather together, those of you who share high ideals. Pool your resources. Buy land out in the country. A simple life will bring you inner freedom. Harmony with nature will bring you a happiness known to few city dwellers. In the company of other truth seekers you will find it easier to meditate and think of God" (quoted from *The New Path*, by Swami Kriyananda).

Yogananda's body showed the effect of such practices even in death: his body remained completely unaltered, never decaying, for three weeks, until his coffin was closed. This unprecedented event was reported in TIME Magazine.

Today Yogananda is loved and followed by seekers of truth all over the world.



SWAMI KRIYANANDA

Swami Kriyananda (J. Donald Walters) was born in Rumania of American parents. He was brought up internationally, attending schools and university in Switzerland, England, USA.

In 1948 he became Yogananda's disciple, who soon made him a primary representative of his teachings and of Kriya Yoga.

Later Swami Kriyananda spread his Master's teachings in a multiple way: through Ananda communities which he founded; lectures all over the globe; over a 100 books; 400 musical compositions; an educational system called "Education for Life"; the Hatha Yoga system called "Ananda Yoga; through various forms of art. He founded the "Nayaswami Order" for renunciants of the modern age.

Swami Kriyananda received the *Prize of Goodness* by Tara Gandhi Batthacharjee, grand-daughter of the Mahatma, and became a member of the prestigious *Club of Budapest International*.

In 1968 Swami Kriyananda founded the *Ananda Communities*, following the life-long ideal of Paramhansa Yogananda. The first community started near Nevada City, California, called *Ananda Village*. Others followed in America, Italy, India. Today about a 1000 members live in these communities. Their main ideal is spiritual growth by applying the teachings of Paramhansa Yogananda. Their main guidelines are two: "Where there is right action (dharma), there is victory." And: "People are more important than things."

To see this ideal of community living in action, the film *Finding Happiness* will be instructive and is recommended. You may also visit: www.ananda.it and www.ananda.org.



KRIYACHARYA JAYADEV JAERSCHKY

Jayadev Jaerschky was born in Germany. His inner search began during his adolescence, and in 1989, after a pilgrimage to India, he made the decision to join the Ananda center near Assisi and follow the tradition of Paramhansa Yogananda's Kriya Yoga through his direct disciple Swami Kriyananda. In 1991 he received initiation into Kriya Yoga by Swami Kriyananda, who encouraged him to teach and, later, to write books.

Each year Jayadev gives seminars in many parts of Italy. He has also taught in several other European countries and in India, Egypt, Russia, Ukraine and the United States

In 2007 he founded the *European School of Ananda Yoga*, of which he is the director, and where he teaches courses throughout the year, training new teachers of Ananda Yoga, a style of Hatha Yoga based on the teachings of Kriya Yoga.

Besides this book on Kriya Yoga, Jayadev is the author of other eight books on yoga (for the moment only in Italian): Awaken the Chakras (Risveglia i chakra); Yoga Postures as a Prayer (Yoga come preghiera); The Energization Exercizes of Paramhansa Yogananda with DVD (Gli Esercizi di ricarica di Paramhansa Yogananda); Breathe, It Will Pass! (Respira che ti passa!); The Eternal Present (L'eterno presente); and three books on Yoga Therapy. He also edited three collections of aforisms: 108 Heartbeats of Love (108 Palpiti d'Amore), Aforisms for Life (Aforismi per la vita), Like a Ray of Light (Come un raggio di luce).

He is an enthusiastic singer, plays the guitar and has published three devotional CDs: Cosmic Chants, Love God, The Eternal Now and OM. Meditations and practices whit according to Yogananda.

Jayadev leads a yearly pilgrimage to India, to the sacred places of the Himalayas. The main goal is the visit to Badrinath, the place where Mahavatar Babaji, the supreme master of the tradition of Kriya Yoga, resides.

In 2014 Jayadev was appointed a *Kriyacharya*, meaning he is authorized to give the sacred initiation into Kriya Yoga.



ANANDA

Founded in 1968 by Swami Kriyananda, Ananda is a movement consisting of spiritual communities with hundreds of centers and meditation groups throughout the United States, Europe, India, Latin America, Singapore. There is a thriving Ananda community in the hills adjacent to Assisi, with over one hundred and fifty people living the teachings of Paramhansa Yogananda together in harmony.

Every year, thousands of spiritual seekers from all over the world come to this peaceful place in search of rest and inner recharging. In the beautiful Temple of Light, dedicated to all religions, five-day and weekend courses are offered throughout the year, which include yoga practice, meditation and seminars given in an atmosphere of deep tranquility.

The teachings presented express the universal message at the base of the spiritual disciplines of East and West: the ancient teaching of Self-realization. Each program includes instruction in the basic techniques of Kriya Yoga, with a session of meditation each morning and evening, for both beginners and more experienced practitioners.

If you would like more information about Ananda in Italy, visit the website www.ananda.it or call us at +39 0742.813.620. For Ananda Worldwide: www.ananda.org.



ANANDA IN UK The Yogananda Holistic Centre, in Surrey, is a center for the spiritual uplifting of human consciousness, dedicated to the memory and teachings of Paramhansa Yogananda. Workshops, courses and retreats, including preparation for Kriya and meditation. Holistic therapies offered include: life coaching, massage, homeopathy, colonic hydration treatment, reiki, crystals, psychic readings, Angel and Tarot cards, Alexander technique, hypnotherapy, nutrition and ayurveda (over 30 classes per week).

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If you want to experience a training for teachers that is profound, professional, transformative ...

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The Ananda Yoga Academy includes two schools. They both offer training programs for teachers and lead to diplomas recognized at an international level. Founded in 2008 and based on the teachings of Paramhansa Yogananda and Swami Kriyananda, the school accepts students from all over Europe.



TRAINING FOR TEACHERS OF RAIA YOGA

This school was created for those who wish to deepen their meditation practice and share the benefits of meditation with others.

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- 3 intensive 6-day courses 3 intensive 5-day courses
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Among the topics covered: *Bhakti, Gyana, Karma* and *Raja Yoga; Ashtanga Yoga* of Patanjali; *Sanaatan Dharma*; the technique of *Hong-Sau*; the *Energization Exercises* of Yogananda; and methodology of teaching. The diploma is recognized by the *European Yoga Alliance*.



TRAINING FOR TEACHERS OF HATHA YOGA

The European School of Ananda Yoga offers two possibilities for training in classic Hatha Yoga::

- One for experienced practitioners who intend to embark on a journey of personal and professional growth and **become teachers**
- One for all those who want to **broaden or deepen their study and knowledge** of Hatha Yoga and all that lies behind and around the physical practice (philosophy, anatomy, pranayama, bandha, sequences, and much more)

The European School of Ananda Yoga is internationally recognized by the Yoga Alliance. The 1st level requires 448 hours, including 22 hours of training in an Ananda Yoga Center; the 2nd level includes 558 total training hours. In Italy it is also entered in the national register of A.S.D. held by CONI.

Those who successfully complete the training course will receive a diploma. The training offered is professional, comprehensive and inspiring; you will learn how to practice and teach yoga so as to receive maximum well-being on all levels and reach higher states of awareness. Find us on: www.anandayoga.eu | info@anandayoga.eu.

For more details on both of these schools, visit our website at www.anandayoga.eu





THE ART AND SCIENCE OF RAJA YOGA

Swami Kriyananda



This book contains fourteen lessons in which the original yoga science emerges in all its glory—a proven system for re-

alizing one's spiritual destiny. This is the most comprehensive course available on yoga and meditation today. Over 450 pages of text and photos give you a complete and detailed presentation of yoga postures, yoga philosophy, affirmations, meditation instruction, and breathing practices.

Also included are suggestions for daily yoga routines, information on proper diet, recipes, and alternative healing techniques.



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This popular guide includes everything you need to know about the philosophy and practice of meditation, and how to apply the meditative mind to resolve common daily conflicts in uncommon, superconscious ways.

Superconsciousness is the hidden mechanism at work behind intuition, spiritual and physical healing, successful problem solving, and finding deep and lasting joy.

"A brilliant, thoroughly enjoyable guide to the art and science of meditation. [Swami Kriyanan-da] entertains, informs, and inspires—his enthusiasm for the subject is contagious. This book is a joy to read from beginning to end." —Yoga International



AUTOBIOGRAPHY OF A YOGI

Paramhansa Yogananda

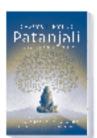


Autobiography of a Yogi is one of the best-selling Eastern philosophy titles of all time, with millions of copies sold, named one of the best and most influential books of the twentieth century. This highly prized reprinting of the original 1946 edition is the only one available free

from textual changes made after Yogananda's death. Yogananda was the first yoga master of India whose mission was to live and teach in the West.

In this updated edition are bonus materials, including a last chapter that Yogananda wrote in 1951, without posthumous changes. This new edition also includes the eulogy that Yogananda wrote for Gandhi, and a new foreword and afterword by Swami Kriyananda.

"In the original edition, published during Yogananda's life, one is more in contact with Yogananda himself. While Yogananda founded centers and organizations, his concern was more with guiding individuals to direct communion with Divinity rather than with promoting any one church as opposed to another. This spirit is easier to grasp in the original edition of this great spiritual and yogic classic."—David Frawley, Director, American Institute of Vedic Studies, author of Yoga and Ayurveda



DEMYSTIFYING PATANJALI

The Yoga Sutras (Aphorisms)
The Wisdom of Paramhansa Yogananda
Swami Kriyananda



What happens as we grow spiritually? Is there a step-bystep process that everyone goes through—all spiritual seekers—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 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.

Now, a modern yoga master—Paramhansa Yogananda—has resurrected Patanjali's original revelations. Swami Kriyananda shares Yogananda's crystal clear and easy-to-grasp explanations of Patanjali's aphorisms.



PARAMHANSA YOGANANDA

A Biography with Personal Reflections and Reminiscences by Swami Kriyananda



Paramhansa Yogananda's classic *Autobiography of a Yogi* is more about the saints Yogananda met than about himself—in spite of Yogananda's astonishing accomplishments.

Now, one of Yogananda's direct disciples relates the untold story of this great spiritual master and world teacher: his teenage miracles, his challenges in coming to America, his national lecture campaigns, his struggles to fulfill his world-changing mission amid incomprehension and painful betrayals, and his ultimate triumphant achievement. Kriyananda's subtle grasp of his guru's inner nature reveals Yogananda's many-sided greatness. Includes many never-before-published anecdotes.

"Swami Kriyananda's biography is a welcome addition to the growing literature on Paramhansa Yogananda. I especially like the author's chapter on Yogananda's legacy where he quotes Yogananda on his concept of 'world brotherhood colonies.' I am astounded to find that a consciousness-based theory of evolution predicts the evolutionary necessity of such colonies. Yogananda was a true seer and indeed, his words 'shall not die.'"

—Amit Goswami, PhD, quantum physicist and author of *The Self-Aware Universe, Creative Evolution*, and *How Quantum Activism Can Save Civilization*



THE NEW PATH

My Life with Paramhansa Yogananda Swami Kriyananda



Winner of the 2010 Eric Hoffer Award for Best Self-Help/Spiritual Book Winner of the 2010 USA Book News Award for Best Spiritual Book

This is the moving story of Kriyananda's years with Paramhansa Yogananda, India's emissary to the West and the first yoga master to spend the greater part of his life in America. When Swami Kriyananda discovered *Autobiography of a Yogi* in 1948, he was totally new to Eastern teachings. This is a great advantage to the Western reader, since Kriyananda walks us along the yogic path as he discovers it from the moment of his initiation as a disciple of Yogananda. With winning honesty, humor, and deep insight, he shares his journey on the spiritual path through personal stories and experiences.

Through more than four hundred stories of life with Yogananda, we tune in more deeply to this great master and to the teachings he brought to the West. This book is an ideal complement to *Autobiography of a Yogi*.

"Completely revised and updated, The New Path is filled with profound reflections, insights, experiences, challenges, and spiritual wisdom. Required reading for every spiritual seeker. I heartily recommend it."

—Michael Toms, Founder, New Dimensions Media, and author of True Work and An Open Life: Joseph Campbell in Conversation with Michael Toms



THE ESSENCE OF THE BHAGAVAD GITA

Explained by Paramhansa Yogananda As Remembered by his disciple, Swami Kriyananda



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.

This revelation of India's best-loved scripture approaches it from a fresh perspective, showing its deep allegorical meaning and 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; and how to triumph over all pain and suffering.

"It is doubtful that there has been a more important spiritual writing in the last fifty years than this soul-stirring, monumental work. What a gift! What a treasure!"

-Neale Donald Walsch, author of Conversations with God



REVELATIONS OF CHRIST

Proclaimed by Paramhansa Yogananda Presented by his disciple, Swami Kriyananda



The rising tide of alternative beliefs proves that now, more than ever, people are yearning for a clear-minded and uplifting understanding of the life and teachings of Jesus Christ.

This galvanizing book, presenting the teachings of Christ from the experience and perspective of Paramhansa Yogananda, one of the greatest spiritual masters of the twentieth century, finally offers the fresh perspective on Christ's teachings for which the world has been waiting. This work gives us an opportunity to understand and apply the scriptures in a more reliable way than any other: by studying under those saints who have communed directly, in deep ecstasy, with Christ and God.

"Kriyananda's revelatory book gives us the enlightened, timeless wisdom of Jesus the Christ in a way that addresses the challenges of twenty-first-century living."

—**Michael Beckwith**, Founder and Spiritual Director, Agape International Spiritual Center, author of *Inspirations of the Heart*



CONVERSATIONS WITH YOGANANDA

Recorded, Compiled, and Edited with commentary by his disciple, Swami Kriyananda



Here is an unparalleled, firsthand account of the teachings of Paramhansa Yogananda. Featuring nearly 500 never-before-released stories, sayings, and insights, this is an exten-

sive, yet eminently accessible treasure trove of wisdom from one of the 20th century's most famous yoga masters. Compiled and edited with commentary by Swami Kriyananda, one of Yogananda's closest direct disciples.

"Not many theologians can speak of Conscious bliss from a place of personal experience. Paramhansa Yogananda, a renowned twentieth-century spiritual teacher... can. His personal authority lends dramatic credibility to concepts and methods for spiritual aspirants from any tradition, from uncertain agnostics to fervent believers."—ForeWord Magazine



THE ESSENCE OF SELF-REALIZATION

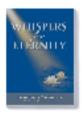
The Wisdom of Paramhansa Yogananda Recorded, Compiled, and Edited by his disciple, Swami Kriyananda



With nearly three hundred sayings rich with spiritual wisdom, this book is the fruit of a labaor of love. A glance at the table of contents will convince the reader of the vast

scope of this work. It offers as complete an explanation of life's true purpose, and of the way to achieve that purpose, as may be found anywhere.

"A wonderful book! To find a previously unknown message from Yogananda now is an extraordinary spiritual gift. Open up at random for an encouraging word from one of this century's most beloved spiritual teachers."—Body, Mind, Spirit Magazine



WHISPERS FROM ETERNITY

Paramhansa Yogananda Edited by his disciple, Swami Kriyananda



Many poetic works can inspire, but few, like this one, have the power to change your life. Yogananda was not only a spiritual master, but a master poet, whose verses revealed the hidden divine presence behind even everyday things.

This book has the power to rapidly accelerate your spiritual growth, and provides hundreds of delightful ways for you to begin your own conversation with God.

"This is one of my all-time favorite books"—Krysta Gibson, New Spirit Journal

~ The Wisdom of Yogananda series ~

This series features writings of Paramhansa Yogananda not available elsewhere—including many 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 his expansive and compassionate wisdom, his sense of fun, and his practical guidance.



HOW TO BE HAPPY ALL THE TIME



The Wisdom of Yogananda Series, VOLUME 1

Yogananda powerfully explains virtually everything needed to lead a happier, more fulfilling life. Topics include: looking for happiness in the right places; choosing to be happy;

tools and techniques for achieving happiness; sharing happiness with others; balancing success and happiness; and many more.

"The most important condition for happiness is even-mindedness, and here [Yogananda] brings some of this sense to a treatise on how to be happy under virtually any condition. [This book] is a fine starting point for reaching contentment."—Bookwatch



KARMA AND REINCARNATION



The Wisdom of Yogananda Series, VOLUME 2

Yogananda reveals the truth behind karma, death, reincarnation, and the afterlife. With clarity and simplicity, he makes the mysterious understandable. Topics include: why we see a

world of suffering and inequality; how to handle the challenges in our lives; what happens at death, and after death; and the purpose of reincarnation.

"Explains more clearly, and from a higher perspective, what happens when we die and afterwards, than any other book I've seen."—Richard Salva, author of The Reincarnation of Abraham Lincoln



HOW TO BE A SUCCESS



The Wisdom of Yogananda Series, VOLUME 4

This book includes the complete text of *The Attributes of Success*, the original booklet later published as *The Law of Success*. In addition, you will learn how to find your purpose

in life, develop habits of success and eradicate habits of failure, develop your will power and magnetism, and thrive in the right job.



SPIRITUAL RELATIONSHIPS

The Wisdom of Yogananda Series, VOLUME 3



This book contains practical guidance and fresh insight on relationships of all types. Topics include: how to cure bad habits that can end true friendship; how to choose the right

partner; sex in marriage and how to conceive a spiritual child; problems that arise in marriage; and the Universal Love behind all your relationships.

"[A] thoroughly 'user friendly' guide on how yoga principles can actually help relationships grow and thrive. Yogananda's keys to understanding yoga's underlying philosophy [teach] how to cure bad habits, expand love's boundaries, and understand relationship problems."—James A. Cox, Chief Editor, The Bookwatch



HOW TO HAVE COURAGE, CALMNESS, AND CONFIDENCE

The Wisdom of Yogananda Series, VOLUME 5



Winner 2011 International Book Award: Best Self-Help Title

This book shows you how to transform your life. Dislodge negative thoughts and depression. Uproot fear and thoughts of failure. Cure nervousness and eliminate worry from your life. Overcome anger, sorrow, oversensitivity, and a host of other troublesome emotional responses; and much more.



HOW TO ACHIEVE GLOWING HEALTH AND VITALITY

The Wisdom of Yogananda Series, VOLUME 6



Paramhansa Yogananda offers practical, wide-ranging, and fascinating suggestions on how to have more energy and live a radiantly healthy life. The principles in this book promote physical health and allround well-being, mental clarity, and ease and inspiration in your spiritual life. Discover the priceless Energization Exercises for rejuvenating the body and mind, the fine art of conscious relaxation, and helpful diet tips for health and beauty.

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Kriyacharya JAYADEV Jaerschky

ayadev Jaerschky was born in Germany. His inner search began during his adolescence, and in 1989, after a pilgrimage to India, he made the decision to join the Ananda center near Assisi and follow the tradition of Paramhansa Yogananda's Kriya Yoga through his direct disciple Swami Kriyananda. In 1991, he received Kriya Yoga initiation from Swami Kriyananda, who encouraged him both to teach and to write books.

Each year Jayadev gives seminars in many parts of Italy and Europe.

In 2007 he founded the *European School of Ananda Yoga*, of which he is the director, and where he teaches courses throughout the year, training new teachers of Ananda Yoga, a style of Hatha Yoga based on the teachings of Kriya Yoga.

Jayadev is the author of nine books on yoga and has recorded three devotional CDs.

Jayadev leads a yearly pilgrimage to India's sacred sites in the Himalayas. The main goal is the visit to Badrinath, the place where Mahavatar Babaji, the supreme master of the tradition of Kriya Yoga, resides.

In 2014 Jayadev was appointed a *Kriyacharya*, which means he is authorized to give the sacred initiation into Kriya Yoga.



Philosophy





[Inspiration]



A DIRECT WAY TOWARDS FINDING OUR TRUE INNER SELF

Kriya Yoga is an ancient and powerful technique of liberation, transformation and illumination. It has been taught over the centuries by the greatest yogis and was introduced in the West in our time by the great master Paramhansa Yogananda, who described it in his *Autobiography of a Yogi* as "the airplane route" and "the easiest, most effective and most scientific way to approach the Infinite."

This book presents the many facets of Kriya Yoga in a complete and accessible way for the first time: from its history to its philosophy, to the subtleties of the practice to how to prepare for initiation. It is an invaluable text for all those who wish to learn or to deepen their understanding of this ancient science, kept secret for so long. And not only that: it is a treasure trove of practical tools and techniques for all who wish to delve into the wonderful adventure of the inner journey!

"This book will inspire many people to make Kriya an integral part of their lives."

-NAYASWAMI DEVARSHI, Kriyacharya, Director of The Kriya Ministry at Ananda Village, California

"This book describes, with great attention, one of the most ancient and secret teachings in the history of yoga: Kriya Yoga. Even though Kriya is part of a very antique tradition, with deep roots hidden over the ages of time, it is still today a fountain of grace for the modern man whose heart holds the deep desire to refine his consciousness."

-ANTONIO NUZZO, Founder of the Italian Yoga Federation and of the Advaita Yoga Sangha, Yoga Instructor

"A must-read."

-NAYASWAMI ANAND STICKNEY, Kriyacharya, Co-director of the Ananda Assisi Spiritual Community









