

HEALING WITH
LIFE
FORCE

TEACHINGS AND TECHNIQUES
OF PARAMHANSA YOGANANDA

VOLUME  MAGNETISM

SHIVANI LUCKI

❧ *Previews* ❧

Our world today is filled with illness: mental, emotional, physical, environmental, and political. Sometimes things can seem hopeless, and we ourselves helpless to bring about any positive change. Yet there are subtle laws of healing, success, and harmony that have been discovered and used for millennia by people of higher awareness. In her trilogy, *Healing with Life Force*, Nayaswami Shivani explores the uses of subtle energy to heal us as individuals and rebuild the world as a whole.

In this third and last volume of the series, she explores how to build harmonious relationships, how to achieve prosperity and success, how to use vibratory healing, and the art of transitioning from the body at the time of death. Knowing how to work effectively in these areas brings not only health and happiness, but peace and fulfillment into our lives.

What makes these books exceptional are the countless personal accounts of how people have successfully used these techniques and attitudes. *Healing with Life Force* is a gift to the world at a time when the teachings it shares are desperately needed. We are most grateful to Shivani for this great offering which can bring healing to all those who read and practice its teachings.

—*Nayaswami Devi*, author, recipient of the United Nations Global Ambassador Peace Award; co-spiritual director of Ananda Worldwide

Brace yourself as you delve into this literary masterpiece, for its words possess an undeniable ability to unearth the hidden depths of your soul and reveal secrets of self-healing from one of the great masters of our times, Paramhansa Yogananda. The author seamlessly weaves together intricate threads of wisdom in such a way as to reshape the perception of our relationship to ourselves, to others, and to the divine healing power that lies within. —*Dr Ruchi Matta*, physical therapist, acupuncturist

Covering the vast spectrum of health from the moment of our conception, through the journey of life, to the soul's passing through the portals of death, *Healing with Life Force* is a clear,

in-depth, and engaging practical guide to health and self-healing. Shivani has beautifully explored and elaborated on the teachings of Paramhansa Yogananda. Embellished with real-life stories that aptly illustrate the principles, and examples on how to apply the teachings and techniques, Shivani draws from over fifty years of experience of sharing these teachings around the world. The result is deeply moving and inspiring.

—**Dr Aditya Gait**, MBBS DNB(1)

With more than five decades of spiritual knowledge and experience, the renowned author of the *Healing with Life Force* trilogy shares pearls of wisdom in a lucid, uplifting, easy-to-understand manner, welcoming to any individual exploring the journey of self-healing and soul freedom! In these pages you find step-by-step guidelines for achieving more dynamism in your physical, mental and spiritual health, in your relationships, and in your creative and economic endeavors—health at 360 degrees!

—**Dr Noopur Gupta**, MS, MNAMS, PhD, additional professor of ophthalmology, AIIMS, Delhi

What you are holding is not just a book: it is a treasure chest of wisdom that will make you healthier, happier, more confident in yourself, and enthusiastic about your life. Like everything that Shivani creates, this compendium of Yogananda's teachings broadens our perspective so that we see ourselves as creators of our destiny. The personal stories of people's struggles and victories included throughout the books hearten us to make every circumstance in our life a springboard for greater success.

—**Andrey Skakodub**, business operation advisor, Baku, Azerbaijan

In both its concept and scope, *Healing with Life Force* is a veritable *magnum opus*. It should and will become a valuable reference book for those interested in spiritual wellbeing and self-healing and, more generally, in the teachings of Paramhansa Yogananda. Those who already follow his teachings, and those who will come to follow them as a result of reading this book, owe an immense debt of gratitude to the author.

—**Sanjaya David Connolly**, author, retired professor of translation studies, University of Salonica, Greece

HEALING WITH
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TEACHINGS AND TECHNIQUES
OF PARAMHANSA YOGANANDA

VOLUME **3** MAGNETISM

SHIVANI LUCKI

**HEALING WITH
LIFE FORCE**

VOLUME THREE: MAGNETISM

Author: Shivani Lucki

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The Magnetism of **DIVINE LOVE**



*Magnetism of every kind is born of
the magnetic power of God's love...*

*Divine love, though perhaps the least-known
force in the universe, and the one most apt to be
scoffed at by men as "impractical, unrelated
to mundane affairs, ineffective," is in fact the
most powerful—indeed, in the last analysis
the only—force in the universe.*

*By the magnetic power of divine love,
all things can be accomplished—
even that most seemingly impossible of
all tasks, our salvation from delusion.*

*What man by his own power alone
cannot accomplish, divine love accomplishes easily.
And its task, once accomplished, is accomplished
forever. The most important thing, therefore, is
for us by meditation to attune ourselves to that
subtlest ray... God's love flows to you always.*

*It is you, by your love, who must complete
the circuit, thereby generating the magnetism
that can draw to yourself the very
consciousness of Infinity.^[26]*

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FOREWORD

LATHA EMMATTY GUPTA

Years ago, when I first attended Shivani's seminars on meditation, prosperity, and healing, I found her to be an exceptional teacher and guide. Since then, she has influenced me deeply through her wisdom, and the immense body of practical knowledge and spiritual inspiration which she has assembled here in *Healing with Life Force*. Insights contained in these three volumes have given me invaluable guidance and practical solutions for my life and career.

How we approach success and fulfilment in our work life and career must be counted as a major contributor to our health profile. Having served for three decades in leadership and executive positions with multinational corporations, and now as an independent coach for global technology and consulting firms, I resonate deeply with the importance Shivani gives to the Laws of Magnetism. Readers will doubtless be aware of the increasing challenges and stresses of the modern workplace. These teachings empower us to attract inspiration, opportunities, and collaborators that can make the real difference between success and failure for ourselves and for our businesses.

Shivani skilfully blends Western scientific methods with Eastern wisdom to help us heal ourselves on all levels of our lives. Her many decades of devoted study and practice of the teachings of her guru, Paramhansa Yogananda, add deep authenticity and authority to these volumes. She has a wonderful way of blending scientific practicality with intuitive wisdom to reveal how we can transform ourselves and become dynamic co-creators of our destiny, instead of helpless victims of our circumstances.

In this increasingly busy, scary, pushy and insecure world – as robots and AI threaten to deprive us of our livelihood – mental health concerns are spiralling, and depression and anxiety are precipitously increasing. There is an urgent need for the practical wisdom of these volumes. Like a sturdy raft, this work can rescue us from confusion and suffering and carry us safely over the stormy seas of our modern lives.

*Latha Gupta, MBA, is an executive and life coach,
PCC International Coaching Federation, USA*

INTRODUCTION

The book you have in hand is the third volume in the *Life Force* trilogy—*Prana, Mind, Magnetism*—three guidebooks for your journey to better health. Together they represent an overarching view of Paramhansa Yogananda’s teachings and techniques for self-healing and Self-realization.

Volume One, *Prana*, takes us back to the very beginning, when Life Force becomes the power that fashions creation. Yogananda shows us how to harness that power and use it to infuse our bodies with vitality. That force also gives rise to the eternal struggle between the soul and the ego, the root cause of all disease. Through the pages and practices of this book, you will learn how to reconcile these two protagonists through techniques of meditation; how to regenerate the cells and organs of your body with Yogananda’s Energization Exercises; and how to nourish yourself and keep your body free from impurities with his dietary and detox recipes. A fascinating section in this volume presents Yogananda’s techniques for utilizing the sun’s power for self-healing.

Volume Two, *Mind*, highlights the superpowers of the conscious, subconscious, and superconscious dimensions of the mind. It offers extensive advice for breaking the stranglehold of negative habits, for using affirmations to carve new thought habits in the brain, and for learning to cooperate with the highest source of healing—Divine Love.

Volume Three, *Magnetism*, reveals how the Law of Attraction operates in our lives: how it draws us into contact with friends from past lives; and how we can use it to attract the economic and human resources for a successful career.

The final chapter of the trilogy demonstrates how we can attune ourselves to the subtle, vibratory healing frequencies of mantra and music; of nature, holy places, and inspiring people. Important techniques are given to reinforce the magnetic aura which protects us from negative influences that threaten our physical, mental, emotional, and spiritual health and well-being.

We are not alone in this quest. Some of those who have come before us, in ages past and in our times, those who have reached the summit of what it means to be a fully Self-realized being, have left for us guidelines for our own achievements.

One such recent guide is Paramhansa Yogananda.

Paramhansa Yogananda

Author of the enduring spiritual classic, *Autobiography of a Yogi*,^[1] Yogananda is universally regarded as an enlightened spiritual master of modern times. He had the remarkable gift of distilling the essential wisdom of India's great scriptures and presenting them in what he called "how-to-live teachings," useful and accessible to us today.

Yogananda was born in India in 1893, on the cusp of the beginning of Dwapara Yuga, the Age of Energy, which according to his guru, Swami Sri Yukteswar, started in 1899. Ushering in this new age were the discoveries of Albert Einstein and Nicolai Tesla on the nature of matter and energy.

In the first decade of the twentieth century alone, the landmark inventions included radio, radar, and the electrocardiogram, to name a few. Energy now powers all our systems of transportation, communication, and the countless gadgets that simplify and enhance our daily lives.

When Yogananda arrived on the shores of the New World in 1920, around the time the Wright brothers had taken flight and Henry Ford had produced the Model T, the timing was right and people were eager to learn techniques of self-improvement that were based on principles of Energy.

Although Yogananda is not remembered primarily as a miracle healer, in his early lecture tours across America he gave many public demonstrations of the power of self-healing. On October 21, 1924, he held a first "public divine healing meeting" in Portland, Oregon. During a healing program at his headquarters at Mt. Washington in Los Angeles on November 1, 1925, he healed a woman of crippling neuritis, after which she was able to walk without crutches.

In Washington, D.C. in 1927, a reported 5000 people attended his healing program. It was at this time that he was invited to the White House where he met with President Calvin Coolidge.



Titles of his public talks reflect the scientific spirit of the new age:

Practicing Religion Scientifically

Scientific Spiritual Healing

Law of Attracting Abundance and Health Consciously

The Mind: Repository of Infinite Power

Harmonizing Physical, Mental, and Spiritual Methods of Healing.

When divinely guided, Yogananda would occasionally perform a healing, but his intention as a spiritual guide was to teach others the methods by which they could draw upon the inexhaustible Life Force to heal themselves. The gift that Yogananda gives us in these pages is the key to unlock the mysteries of life.

In addition to the five million copies of his *Autobiography* in circulation, his other books are widely read. Included in these volumes are important writings about health and healing which are not easily available. Of special note are his early correspondence lessons, written by his own hand between 1923 and 1935; the articles he wrote for his organization's magazines (*East-West* and *Inner Culture*), including his "Health, Intellectual and Spiritual Recipes," and his parallel commentaries on the Bhagavad Gita and the Christian Bible.

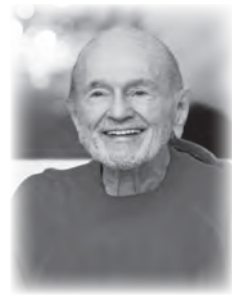
I draw on these sources abundantly in these books. It is Yogananda's



wisdom, in his voice and his words that I strived to convey as compiler, organizer, and annotator. All of his quotations are indicated in the text with a symbol of the spiritual eye.

Swami Kriyananda

J. Donald Walters, later to become Swami Kriyananda, was accepted by Yogananda as a monastic disciple in 1948. On the master's request, Kriyananda carefully studied his writings, especially his commentaries on the Bhagavad Gita and the Christian Bible. He took copious notes of the master's public talks and their private conversations, which he later incorporated in his books *The New Path* and *Conversations with Yogananda*. Yogananda designated him as head of the monks, authorized him as a minister and teacher, and gave him the authority to initiate people into the science of Kriya Yoga. His life work, Yogananda told him, would involve teaching and writing.



During his sixty-five years as a disciple (1948-2013), Kriyananda gave lectures around the world, including daily talks on major Indian television channels. He published approximately 140 books in which he showed how his guru's teachings can be applied to improve and elevate our daily life activities—in business and leadership, relationships, education, music and the arts, and for achieving dynamic health and well-being.^[2] Excerpts from these and unpublished articles and letters are included in the text, the Endnotes, and the Appendices.

I was trained by Kriyananda from 1969 until his passing, and have been practicing and sharing these teachings for the past fifty years. In addition to those of Yogananda, I have drawn profusely from Kriyananda's writings. Each of his quotations in the text is indicated with the Joy Symbol.



Interactive

Throughout the three volumes you will find exercises to help you practice what you are learning. Your own experience of the techniques will give you an immediate awareness of their benefits.

Each exercise is aligned with a self-improvement goal, such as identifying our positive and negative, helpful and harmful habits. Doing the exercises at the points indicated will help you bring their benefits into your daily life.



Most of the exercises can be done, at your choosing, as you move through the book. Some of them are writing exercises that you will find in the online Appendices to download and complete electronically, or print and complete on paper.

Value Added: A Treasure Trove of More Inspiration!

Available exclusively for readers of this volume is access to an online site: _____ (or scan the QR code below) where you will find:

- Paramhansa Yogananda's original lessons from the 1920s and 1930s
- The marriage vows exchanged at the spiritual wedding ceremony written by Swami Kriyananda

- Articles by Yogananda and Kriyananda on material and spiritual success, death, rebirth, and life after death
- Guidelines for helping those who are gravely ill, and preparing for our own transition
- Twenty musical compositions by Swami Kriyananda
- and much more!

You're also invited to join the Online Healing Community for regular healing tips, interactive sessions, and seminars with the author. Come visit us at www.healinglifeforces.com.

Stories

Especially engaging, inspiring, and instructive are the stories that I have included throughout the books from people who have used these techniques for their own healing. Some of the stories are allegorical, some are drawn from mythology, while most of them tell of real-life experiences.

Terminology

Because this is a handbook of spiritually based practices for improving health and finding healing, the central importance of “**Spirit**” cannot be overstated. Regardless of how we personally conceptualize and relate to the Supreme Reality, it must occupy a central position if we hope to understand and make effective use of these principles and practices.

Can an atheist find value in these teachings? Yes, because they are thoroughly grounded in the way human beings are made. Even if we reject the concept of “God,” we may recognize the presence of a higher source of wisdom and inspiration. Many scientists, including physicist and cosmologist Stephen Hawking, and science-fiction writers like Isaac Asimov, have denied the existence of God while endorsing and popularizing cosmological principles that touch on the spiritual.

Yogananda urged us to be “spiritual scientists.” He said that while the scientist approaches the Infinite from the outside, the spiritual scientist approaches it from the inside.^[3]

Psychologist and researcher David DeSteno writes about “the science behind the benefits of religion.”

“I’ve come to see a nuanced relationship between science and religion. I now view them as two approaches to improving people’s lives that frequently complement each other...If we ignore that body of knowledge, if we refuse to take these spiritual technologies seriously as a source of ideas and inspiration to study, we slow the progress of science itself and limit its potential to benefit humanity.” [4]

Whether we think of ourselves as scientists, technologists, or believers, we can all experience the practical results of these scientific healing practices.

Energy

Yogananda uses a variety of phrases to refer to energy in its varied forms. His term “Cosmic Energy” refers to the universal energy by which all creation is manifested, and that is the source of all life. He describes this source also as the “Cosmic Electric Force,” and the “Cosmic Intelligent Energy.” [5]

As cosmic energy descends through the three universes and the three bodies that the soul inhabits (see Part I), it becomes what Yogananda termed “Life Force” or “Life Energy.” When it enters the physical body, it becomes the “Lifetric Force,” synonymous with the Sanskrit term *prana*.

When quoting Yogananda directly, I have always used his exact words. In my commentaries and explanations, I generally refer to the healing force in the body as Life Force; interchangeably as *prana*.

Energization Exercises

The primary Life Force healing technique described in these books is a practice that Yogananda developed in the 1920s that he originally called Yogoda Exercises. He later referred to them as Energization Exercises. Citations from Yogananda in the 1920s and 1930s use the term Yogoda, but I refer to them as Life Force Energization Exercises, and often simply as “energization exercises.” Instruction in the practice of these exercises, in easy-to-follow videos, is included in the Appendices.



Sanskrit words appear sparingly throughout the text, usually when they capture a concept that is difficult to render in other languages. A glossary of Sanskrit terms is included at the back of each volume.

LEGEND OF CITATIONS

*Each citation is referenced in the Endnotes.
These are the symbols used within the text.*



PARAMHANSA
YOGANANDA



HOLY BIBLE
(King James)



SWAMI
KRIYANANDA



SWAMI SRI
YUKTESWAR



BHAGAVAD
GITA



MAHAVATAR
BABAJI



*Now it's time to start your journey of self-healing.
May you make steady progress as you strive to
become what Yogananda describes as
"The master of your destiny."*

A black and white photograph of a mountain valley. In the foreground, a river flows through a valley, with a rocky bank on the left. The middle ground is filled with dense evergreen forests covering the slopes of the mountains. In the background, several sharp, rocky mountain peaks rise against a cloudy sky. The overall scene is serene and majestic.

PART X
**HEALTHY
RELATIONSHIPS**

Countless are the forms in which God comes to man.

In each, He seeks to teach man something of His infinite nature. Through your parents He cares for you, supports you, and protects you. Through your friends He shows you that love is a free sharing, without any hint of compulsion. Through the beloved He helps one to find the selfless intensity of divine love. Through people's children He helps them to understand love as something precious, as a thing to be protected from harmful influences and nourished with devotion The lessons are there, for anyone whose heart is open to receive them.^[1]

—YOGANANDA

❄ THE RABBI'S ADVICE ❄

The monastery was ancient, and the few remaining monks were well along in years. The monastery had seen better times when a host of young men waited eagerly to be admitted and the chapel resounded with angelic voices at Vespers.

Those times had since passed, and the handful of elderly monks were no longer robust in their devotions. The abbot had struggled to attract novices, but to no avail. He fretted that the monastery would not survive after its residents had passed on.

The abbot was good friends with a rabbi who lived nearby, and who, rumor had it, talked with God daily. At their next visit, the abbot told the rabbi about his concerns and pleaded, "The next time you talk with God, please ask Him what can be done to save the monastery?"

The rabbi agreed, and at their next meeting he greeted the abbot with surprising news. "God has told me that Jesus Christ is living among you."

The abbot was flabbergasted. "If it's true," he stammered, "who could it be?"

"That is for you to discover," the rabbi said.

As he walked back to the monastery, the abbot thought of each of the monks. "It can't be Brother Joseph, the gardener. He is a simple soul, not good with his Latin, and irritatingly tone-deaf at Vespers."

"Could it be Brother Francis, the cook?" he pondered. "Doubtful," he decided. "Jesus would give us better fare."

That evening, he gathered the brothers and told them what the rabbi had said, whereupon they immediately began to treat each other with great respect and reverence. Brother Joseph the gardener expressed the common thought: "If my brother is Jesus, I want Him to know that I love Him."

As the brothers continued to look for Jesus in each other, the atmosphere in the monastery became vibrant with devotion, and it wasn't long until the cells were filled with dedicated young novices, their voices sweetly adding to the glorious harmony at Vespers.



The Relationships Challenge

You must love everyone. You love those who are dear to you so that you may give that love to the whole world. On the soil of your heart the seeds of love are grown, and you must cultivate those seeds with the water of universal love and universal sympathy. As soon as you love all people with the intensity of the love that you have for your family, then you express Divine love.^[1] –YOGANANDA



From the moment we are born, we are surrounded by people – during our first years, primarily parents, siblings, and close relatives. But as we grow, we acquire friends, classmates, colleagues, and others with whom we share common interests.

The social exchange of ideas and energy is important for our health and happiness. Emma Seppala, PhD is a lecturer in the Yale School of Management, and Science Director of Stanford University's Center for Compassion and Altruism Research and Education. Dr. Seppala summarized the results of studies on the links between health and social connectedness:

Social connection improves physical health and mental and emotional well-being....One landmark study showed that lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure. On the other hand, strong social connection:

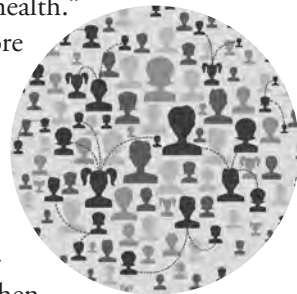
- leads to a 50% increased chance of longevity,
- strengthens your immune system, and
- helps you recover from disease faster.

People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional and physical well-being.^[2]

Wide-ranging research suggests that strong social ties are linked to a longer life. In stark contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death. Researchers have found that having a variety of social relationships may help reduce stress and heart-related health risks. These connections may improve our ability to fight off infection and give us a more positive outlook on life.

Dr. Sheldon Cohen, a psychologist at Carnegie Mellon University, has explored the links between relationships and health for more than three decades. “It’s generally healthy for people to try to belong to different groups, to volunteer in different ways, and be involved with a church or involved in their neighborhood,” Cohen says. “Involvement with other people across diverse situations clearly can have a very potent, very positive effect on health.”

In a study, Cohen’s team exposed more than 200 healthy volunteers to the common cold virus and observed them for a week in a controlled setting. “We found that the more diverse people’s social networks – the more types of connections they had – the less likely they were to develop a cold after exposure to the virus,” Cohen



said. His team has since found evidence that people with a greater diversity of connections also tend to have better health behaviors (such as not smoking or drinking) and more positive emotions.^[3]

Social interaction, especially with people of varied ages, combined with physical movement such as dancing, is effective in warding off the onset of dementia.^[4]

Our health is also strongly affected by the atmosphere in the home. Home life can nourish each family member, giving them

strength to weather life's storms; but when the home becomes a battlefield, physical and mental health will suffer.

Workplace environments that are dominated by ambition and competition can be severely detrimental to health and unfavorable to creativity. Mutual respect, support, and collaboration create a workplace dynamic that encourages initiative and stimulates productivity.

In addition to improving our physical and mental health, meaningful contact with others contributes to our spiritual well-being. For it is God's love that calls to us through our human friendships.

God ... Himself took the form of parents
in order to protect the baby Not satisfied
with only protecting man through the compelling
instincts of parents, God also took the form of
unlimited friends in order to extend unlimited
love to [them]. Thus God's Love is playing
hide-and-seek in human hearts.^[5]



In our human relationships, we have an opportunity to discover God's unconditional love, and to develop our ability to love Him in others.

In his ground-breaking research¹ into what he dubbed the “near-death experience,” Dr. Raymond Moody interviewed 150 patients who were able to recall the events they experienced while in a state of clinical death. Although each person's experiences were unique, there were nine common themes. They included a “life review” during which the dying person saw everything they have done, and every one of their interactions with others. The purpose of the review, they were led to understand intuitively, was to examine what they had learned in their most recent life, and to observe how much or how little they had loved.

In this Part we will consider how our interactions with other people can provide either a healing balm for our human distress, or contribute to mental and physical illness. When our relationships are loving and supportive, we are far better equipped to survive life's storms, but when our relationships are a battleground, there are bound to be casualties.



Make a list

Before we continue, it may help to pause and list five people:

1. ***An intimate relationship***
2. ***A family member***
3. ***A friend***
4. ***A colleague***
5. ***Someone with whom you have a conflict***

Keep these people in mind as you read on. Recalling your personal experiences will help make the concepts clearer. In Chapter Five, we will consider an exercise that can help us improve these relationships.

Friendship

Friendship is God's trumpet call, bidding the soul to destroy the partitions which separate it from all other souls and from Him Friendship is God's love shining through the eyes of your loved ones, calling you home to drink His nectar of all differences-and selfishness-dissolving unity

When Divine Friendship reigns supreme in the temple of your heart, your Soul will merge with the vast Cosmic Soul, leaving far behind the confining bonds which separated it from all of God's animate and inanimate Creation. ^[1] –YOGANANDA

Friendship is the purest of all love. In the love of parents for their children there is compulsion; in filial love there is compulsion; in the love of lovers there is compulsion; but in true friendship there is no compulsion. ^[2] –YOGANANDA



In this chapter we will discover God's healing love hidden in our family, friends, adversaries, colleagues, and lovers. We will explore ways to develop qualities of friendship that can make our home life and our work more nourishing, and we will look at the ego's evolutionary progress through many lives as it relates to our human relationships. It takes many lifetimes for the ego to evolve to a point where we can enjoy mature, loving friendships.



PARAMHANSA YOGANANDA



Known worldwide as the author of *Autobiography of a Yogi*, and revered as India's "spiritual ambassador to the West," Paramhansa Yogananda brought the ancient teachings of *Sanatan Dharma* into the modern age as the "Science of Self-realization."

He lived in the United States from 1920 until his passing in 1952. From his original center in Boston, he travelled widely across the country, giving lectures in most of the major cities. So popular were his lectures that as many as 5000 people attended them in some of America's largest auditoriums.

Unique among spiritual masters who possess the gift of healing, Yogananda rarely displayed his spiritual powers, preferring instead to help others learn to become their own healers.

During his early years in America, he often focused his lectures on healing-related topics, such as "Scientific Spiritual Healing," and "Magnetic Healing." His written lessons gave practical advice on such topics as "The Divine Magnetic Diet," "How to Convert the Hands into Healing Batteries of Life Force," and "Amazing Health Recipes for Healing and Prolonging Life." As a regular feature of his monthly magazines, he wrote "Health, Intellectual and Spiritual Recipes," practical advice for creating harmony between body, mind, and soul.

One of his earliest and most popular books, *Scientific Healing Affirmations*, remains a pillar of his teachings.

Through his writings and the exemplary lives of those who live and teach his methods, Yogananda continues to influence and uplift people all over the world, by showing them the way to a happier, healthier, and more deeply fulfilling life.

"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."

– HIS HOLINESS THE SHANKARACHARYA of KANCHIPURAM –

SWAMI KRIYANANDA



Directly after reading *Autobiography of a Yogi*, young Donald Walters (soon to become Swami Kriyananda) traveled from New York City to Los Angeles to meet the author, Paramhansa Yogananda. Yogananda accepted him as a disciple at their first meeting. For the next three and a half years Kriyananda was trained by Yogananda in the two missions the master gave him: to write and to lecture.

To prepare him for these responsibilities, Yogananda had Kriyananda study all of his writings, including his books, correspondence lessons, and his commentaries on the Bhagavad Gita and the Christian Bible. Yogananda appointed him as head of the monks, as a main speaker at his churches, and conferred on him the authority to give initiation into Kriya Yoga.

Kriyananda was present when Yogananda spoke passionately about the importance of establishing “world brotherhood colonies,” based on principles of “simple living and high thinking.” He silently vowed to make Yogananda’s vision a reality, and in 1969 he founded the first such community, the Ananda World Brotherhood Village in northern California, to be followed years later by sister communities in America, Italy, and India.

Faithful to his Guru’s wishes, Kriyananda gave thousands of lectures, and published more than 140 books teaching people everywhere how they can integrate their daily lives with spiritual ideals.

From 2003 until his passing in 2013, Kriyananda lived and taught in India. His daily talks on Indian television were viewed by millions. They include “A Way to Awakening” based on his book *Conversations with Yogananda*, and a second series of talks based on Yogananda’s commentaries on the Bhagavad Gita.

“Not only did Kriyananda walk in the footsteps of an enlightened master, it [is] obvious that he himself became an embodiment of Yogananda’s teachings.”

– MICHAEL BERNARD BECKWITH, author, *Spiritual Liberation* –

ABOUT THE AUTHOR



SHIVANI LUCKI left her legal studies and a promising career in Washington, D.C. when she realized her quest for truth and justice would not be fulfilled in the classroom or courtroom. Her gypsy journey across the United States eventually led to California where she began a serious practice of yoga and meditation with Swami Kriyananda, who introduced her to the idea of intentional communities through his book, *Cooperative Communities—How to Start Them and Why*.

With a small backpack, a sleeping bag, and a heart full of hope, she arrived on June 22, 1969, at the fledgling Ananda community. She was twenty-four years old. Recognition was instantaneous: This was the way of life she had long been seeking. She resolved to dedicate her life to Yogananda's ideal of "World Brotherhood Colonies," for "plain living and high thinking."

Her special passion has always been the self-healing techniques of Yogananda, taking as her unique mission to find and share these mostly out of print or never published teachings. One day she hoped to found an institute for healing based on Yogananda's methods.

Shivani has earned a worldwide reputation as one of the foremost teachers of meditation, specifically Kriya Yoga, an ancient method Yogananda re-introduced to the world in modern times. She helped establish two Ananda communities—one in California, and one near Assisi, Italy—and the Yogananda Academy of Europe. Fulfilling her dream, she founded the Life Therapy School for Self-Healing. Since 1985 she and her husband have lived in the Ananda Assisi community.



"Shivani possesses a luminosity that disperses all self-doubt and fear. To know her is to exchange endless ego traps for clarity, joy, and inner security."

—Jagadish, Thailand



◁ *In Appreciation* ▷

Every creative endeavor is a journey. We may believe we know where we are headed and how to get there – but it doesn't always work out that way. Inspiration is never static, and the creative process, like life itself, develops through many stages.

While my goal was crystal clear for me at the outset – to present the full scope, depth, and practical healing power of Paramhansa Yogananda's techniques for achieving physical vitality, mental peace, and spiritual realization – the path to the goal became a profound process of personal discovery. Discoveries came, of course, through meditating on the principles and practicing the techniques, and through the many people who kindly commented on the text, and shared their personal stories of healing. As the book grew from infancy to adulthood, it gradually discovered its destiny as a trilogy instead of a single encyclopedic tome.

I have acknowledged the true authors of these books in the Dedication. Here, I add my deep appreciation to **Nandini Cerri**, director of Yogananda Edizioni in Italy, who for years encouraged me to write, and supported me at every step of the way.

Many friends, teachers, and healthcare practitioners read parts of the book, offering their thoughtful insights and suggestions. My thanks to them all, especially to: **Jagadish Photikie, Jennifer Hansa Black, Hana Mukti Božanin, Dr. Donatella Caramia, Dr. Abhilash Kumar, Latha Gupta, Nayaswami Lakshman**, and **David Sanjaya Connolly**.

Of exceptional note, I offer my deepest appreciation to my Aquarian brothers: **Rambhakta Beinhorn**, who sensitively and expertly edited the books; and **Tejindra Scott Tully**, whose inspired design for the covers and text makes the book a pleasure to read and a brilliant exemplar of graphic artistry.

Let me not forget my husband, **Arjuna Lucki**, who endured long absences while I was sequestered in my writing hideaway; and my many friends and colleagues who, during my absence from usual duties, took the helm and taught my classes with masterful skill.

May I presume to thank you as well, **dear reader**, for sharing the inspiration you garner from these pages with those in need of healing?

Together may we bring Light and Healing to the world!



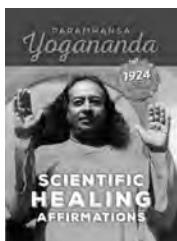
Autobiography of a Yogi

Paramhansa Yogananda

One of the world's most acclaimed spiritual classics, with millions of copies sold, and named one of the Top 100 Spiritual Books of the Twentieth Century, this book helped launch, and continues to inspire, a spiritual awakening throughout the Western world.

Yogananda was the first yoga master of India whose mission brought him to live and teach in the West. His firsthand account of his life experiences in India includes childhood revelations, stories of visits to saints and masters in India, and secret teachings of yoga and Self-realization that he first made available to the Western reader.

This reprint of the original 1946 edition is free from textual changes made after Yogananda's passing in 1952. In this updated edition are bonus materials, including a last chapter that Yogananda wrote in 1951, also without posthumous changes. This new edition includes as well the eulogy that Yogananda wrote for Gandhi, and a new foreword and afterword by Swami Kriyananda, one of Yogananda's close, direct disciples.



Scientific Healing Affirmations

Paramhansa Yogananda

This is a reprint of the original 1924 classic by Paramhansa 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. The book offers far more than mere suggestions for achieving positive attitudes. Yogananda shows how to impregnate words with spiritual force to shift habitual thought patterns of the mind and create a new personal reality. 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.



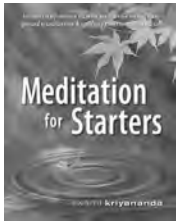
How to Achieve Glowing Health and Vitality

THE WISDOM OF YOGANANDA SERIES, VOLUME 6

Paramhansa Yogananda

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 all-round well-being.

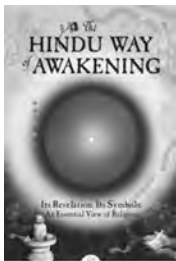
mental clarity, and inspiration in one's spiritual life. Readers will discover the fine art of conscious relaxation, and find many helpful diet tips for health and beauty.



Meditation for Starters

Swami Kriyananda

Have you wanted to learn to meditate, but just never got around to it? Or tried “sitting in the silence” only to find yourself too restless to stay more than a few moments? If so, this book is just what you’ve been looking for—it provides everything you need to begin a meditation practice. Filled with easy-to-follow instructions, beautiful guided visualizations, and answers to important questions on meditation, this book includes: what meditation is (and isn’t); how to relax your body and prepare yourself for going within; and techniques for interiorizing the mind.

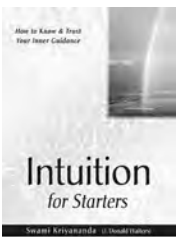


The Hindu Way of Awakening

ITS REVELATION, ITS SYMBOLS:
AN ESSENTIAL VIEW OF RELIGION

Swami Kriyananda

Swami Kriyananda brings order to Hinduism’s vast array of symbols and imagery and draws forth the underlying teachings from which they arise, verities inherent in all true religions. He explains that the basic purpose of Hindu iconography is gaining direct inner experience with God. By showing the transcendent unity of all religions, this perspective promotes genuine tolerance and an appreciation of a new kind of religious diversity sorely needed in today’s world.



Intuition for Starters

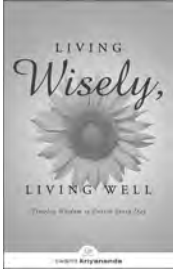
HOW TO KNOW & TRUST YOUR INNER GUIDANCE

Swami Kriyananda

Every day we face difficult problems and complicated situations without having the information we need to make clear-cut decisions. Is there no other way to make the right choice? Yes, there is one: using your *God-given intuition*.

Many people mistakenly assume intuition cannot be understood or developed, yet it is one of the most important human faculties. Swami Kriyananda explains that intuition is as much a part of mental capacity as logic and discrimination—in fact, the best tool for decision-making.

He describes what true intuition is; where it comes from; practices and attitudes necessary for its development; accessing intuitive guidance at will; and how to cultivate and apply it “reasonably” and successfully in your life.



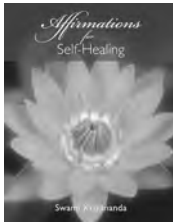
Living Wisely, Living Well

Swami Kriyananda

Winner of the 2011 International Book Award
for Self-Help: Motivational Book of the Year.

Want to transform yourself? This book contains 366 practical ways to improve your life—a thought for each day of the year. Each saying is warm with wisdom, alive with positive expectation, and provides simple actions that bring profound results.

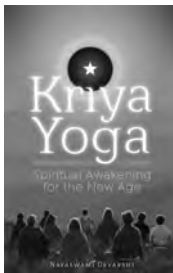
See life with new eyes. Discover hundreds of techniques for self-improvement. This distillation of a lifetime of wisdom will wake you up to dynamic inner growth. So take time off from the “same old you.” Read this book, put into practice what it teaches, and in a year’s time you won’t recognize yourself.



Affirmations for Self-Healing

Swami Kriyananda

This inspirational book is the ultimate self-help manual, a powerful tool for personal transformation. These 52 affirmations and prayers—one for each week of the year—will help you strengthen positive qualities in yourself such as good health, willpower, forgiveness, security, happiness, and many others. Affirmation is a proven method of influencing the subconscious mind and replacing those negative thoughts with positive statements of well-being. Each of the affirmations in this book reaches the subconscious in a language it can hear and understand. Where other methods fail, these affirmations are sure to succeed.



Kriya Yoga

SPIRITUAL AWAKENING FOR THE NEW AGE

Nayaswami Devarshi

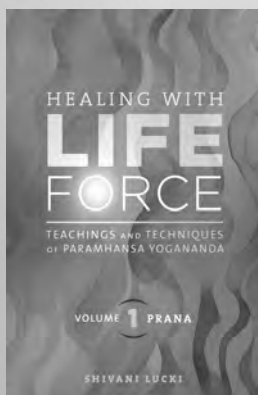
Both instructive and inspiring, this book shows the aspiring devotee both how and why to take up the life-long practice of Kriya Yoga. Learn the pitfalls to look out for along the way, and how to reach ultimate success on your journey to Self-realization.

Simultaneously, this book is a roadmap for those already practicing Kriya Yogi. Through real-life stories from longtime Kriyabans, learn the attitudes and practices that help or hinder your progress on the spiritual path.

“I wasn’t sent to the West by Christ and the great masters of India to dogmatize you with a new theology,” Yogananda often told his audiences. “I want to help you toward the attainment of actual experience of Him, through your daily practice of Kriya Yoga.”

He added, “The time for knowing God has come!”

🌿 *Your* **HEALING JOURNEY** *with* 🌿
PARAMHANSA YOGANANDA *continues!*



HEALING WITH LIFE FORCE
VOLUME ONE

1

PRANA

Volume One, *Prana*, takes us back to the very beginning, when Life Force becomes the power that fashions creation. Yogananda shows us how to harness that power and use it to infuse our bodies with vitality. That force also gives rise to the eternal struggle between the soul and the ego, the root cause of all disease. Through the pages and practices of this book, you will learn how to reconcile these two protagonists through techniques of meditation; how to regenerate the cells and organs of your body with **Yogananda's Energization Exercises**; and how to nourish yourself and keep your body free from impurities with his dietary and detox recipes. A fascinating section in this volume presents Yogananda's techniques for utilizing the sun's power for self-healing.

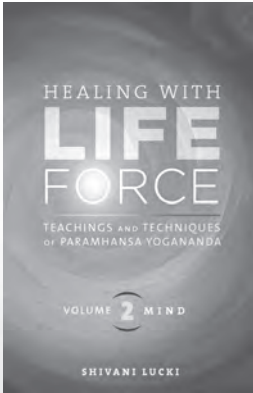
"All methods of healing are really indirect ways of rousing the life energy, which is the real and direct healer of all diseases."

—YOGANANDA

***"The greater the will,
the greater the flow of energy."***

**"Remember it. Emblazon it in your mind.
Repeat it to yourself several times a day.
This single truth can revolutionize your life."**

—KRIYANANDA



HEALING WITH LIFE FORCE
VOLUME TWO

2

MIND

Our mind is the most important self-healing instrument that we possess – once we learn to be its master. In Volume Two you will be introduced to its multi-dimensional capacities that can be developed and used to prevent illness and reverse symptoms of disease.

SUPERPOWERS OF THE CONSCIOUS MIND:
Concentration, willpower, visualization

SUPERPOWERS OF THE SUBCONSCIOUS MIND:
Memory and Habit development

SUPERPOWERS OF THE SUPERCONSCIOUS MIND:
Intuition

Using these superpowers, you will learn to:

- *Eradicate unhealthy habit grooves and establish good ones*
- *Create a positive mental outlook with the use of scientific healing affirmations*
- *Attract divine grace and receive inner guidance for aspects of your life.*
- *Channel healing life force to others*

“All disease has its roots in the mind. If the mind can produce ill health, it can also produce good health.”

–YOGANANDA



THE **LIFE FORCE** TRILOGY

Acquire each volume individually, or purchase the entire trilogy in this handsome collectors' box set.
Brought to you by ANANDA SANGHA PUBLICATIONS

“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 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, author, internationally renowned 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 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 lives with her husband at the Ananda community near Assisi, Italy.

A Life Force trilogy to guide you on your healing journey

VOLUME ONE: PRANA “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.

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.

VOLUME THREE: MAGNETISM Use the laws of cosmic vibration to achieve healthy relationships, improve economic circumstances, and protect yourself from harmful influences.



Boxed set

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.