



My Soul Remembers

SWAMI KRIYANANDA

Narayani Anaya

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*This book is dedicated to
all disciples who strive
to perfect their relationship
and attunement with
their guru.*



I'd like to thank in particular

*Daya Taylor, Andrea Roach, Barbara Bingham,
Aryavan Bryan McSweeney, Bhaktan Klippstein,
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*And to all my wonderful friends who so lovingly
helped me complete this book.*



Ananda Edizioni

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Preface

Many of you may have read Narayani's first book, *My Heart Remembers Swami Kriyananda*, which offered not only a glimpse into the extraordinary life and spirit of Swamiji, but also a quiet revelation of Narayani's own unfolding spiritual journey. I have witnessed that journey from the very beginning—from the moment she first arrived at Ananda Assisi to the devoted soul she is today. I have seen, up close, her unwavering discipleship, her tireless service, and the depth of her love for Swamiji. Now each of you can do the same.



For those of you who had the blessing of knowing Swami Kriyananda, this book—*My Soul Remembers Swami Kriyananda*—will surely bring back your own memories

of his laughter, his wisdom, and the practical life lessons that he brought into your life. And for those of you who never had the chance to meet him in person, this second offering from Narayani will carry you into the intimate world of a true disciple, bringing Swamiji alive through her eyes, her service, and her soul's devotion, while she served as his personal assistant and caregiver.

Swami Kriyananda was a direct disciple of the great yogi-avatar, Paramhansa Yogananda, author of the world-renowned *Autobiography of a Yogi*. After his guru's mahasamadhi, Swamiji dedicated his life to manifesting Yogananda's vision of spiritual communities—what he called world brotherhood colonies. He founded seven such communities across the globe, and Narayani had the grace to serve closely with him in many of them. This book is a tapestry woven from those sacred years: moments of joy, challenge, growth, and profound spiritual insight. Some of the lessons she learned came in a flash; others ripened over the years—but all of them remained etched in her soul, as timeless gifts from her beloved teacher.

Among Swamiji's many offerings to the world is his music—over four hundred original compositions born from divine consciousness. Narayani has included some of the lyrics throughout this book, hinting at the transformative messages to follow. These songs, like Swamiji's

life itself, carry the fragrance of deep spiritual realization and joy.

In one particularly moving story, “It’s Not Personal!,” Narayani shares a letter Swamiji once wrote to a friend,



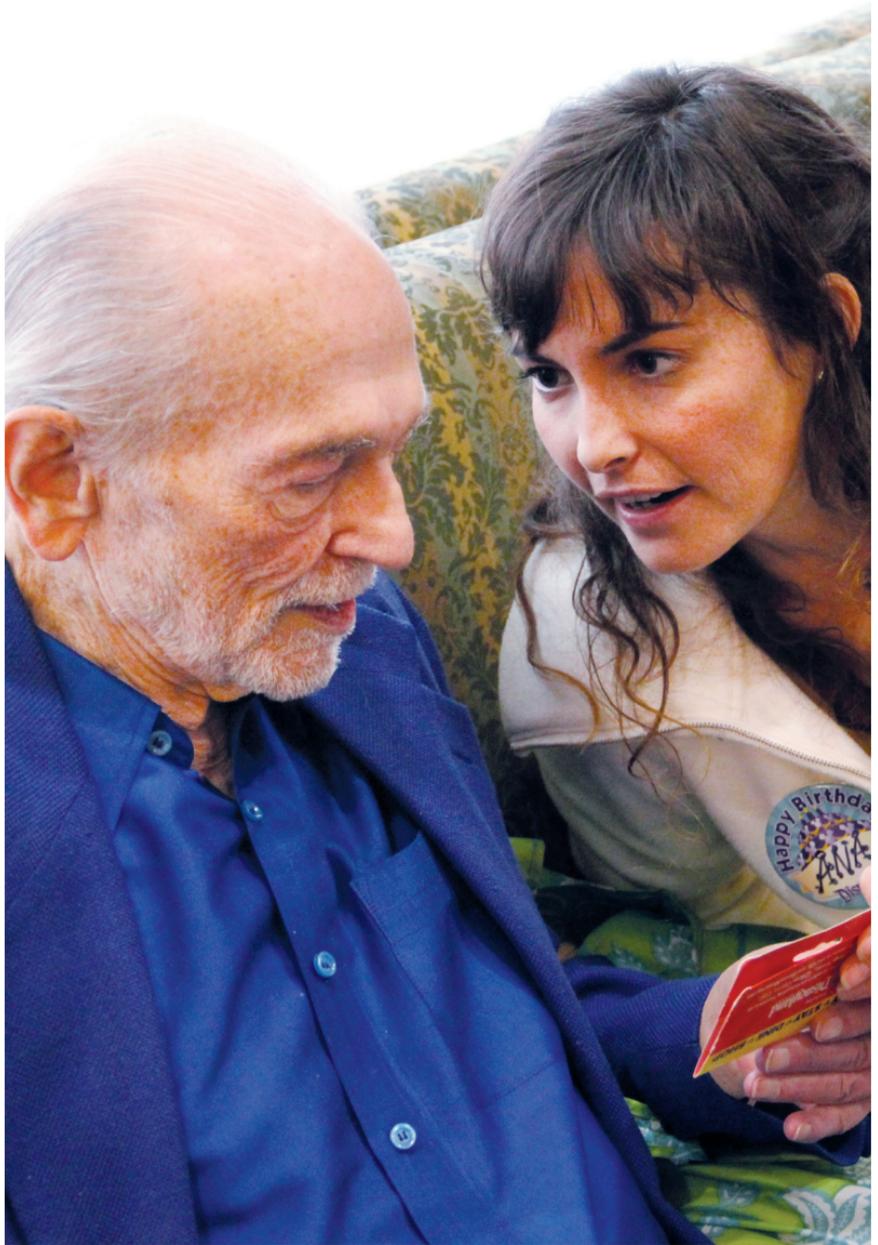
in which he said: “My highest duty, and my constant desire, as your soul friend is to take you beyond mere human friendship to a deeper awareness of the Eternal Friend who resides in our own souls.”

May this book serve as a sacred companion on your journey. May it awaken the longing to live more deeply from the soul, and to deepen your own awareness of that divine, eternal Friend who is ever with you.

Happy reading, and deeper still — happy remembering!

NAYASWAMI KIRTANI

Spiritual Director, Ananda Europe



Introduction

When Swami Kriyananda asked me to write a book about my time with him, my first thought was, “Does he know who he is talking to?” I am not a writer. At least I didn’t think of myself that way. Apparently Swamiji felt differently.

Where would I begin? Am I even capable of understanding the greatness of Swamiji’s life and mission? Who was I to share anything at all?

But he said he would help me, and I trusted that he would. So of course I said “Yes.”

It was some years after Swamiji’s passing that I was finally able to write. Just as he promised, Swamiji helped me remember and understand the meaning of my time with him.

The result was *My Heart Remembers Swami Kriyananda*. It tells my personal journey, how I met Swamiji and became his caregiver for the last years of his life, the lessons I learned serving him, and how they shaped me as a disciple. It was a deep blessing for me to remember, reflect, and share with others my experiences with him.

And to help them know Swamiji as well, and hopefully form their own inner relationship with him.

I thought I was done, that I had fulfilled my promise. But some years after the first book was published, long-buried memories started coming into my mind: clear, vivid, with full understanding of the lessons learned. It seemed Swamiji had more to say through me. And so this book was born, an evolution from heart-remembrance to soul-remembrance.

This book, also, is about my life with Swamiji, but the focus is more on the spiritual lessons all aspiring yogis have to learn: how to avoid the pitfalls of delusion, to receive and follow divine guidance, to understand our true nature, to find our way to freedom.

The stories are loosely organized around specific themes. Each section begins with the lyrics to one of Swamiji's songs, chosen to capture the essence and spirit of that theme. My intention is to encourage readers to view Swamiji's music as a complete teaching in itself, as well as a powerful vessel of his consciousness.

Swamiji is my Polestar. He is the Light that helped me see my highest potential when I couldn't see it for myself. This is the role that God assigns to all saints and masters, and that they willingly play out of compassion and unconditional love for us. They come not to show us how great they are, but how we, too, can become like them.



*“If you want to know me,
listen to my music.”*

~ SWAMI KRIYANANDA ~

With each section of the book, I offer you an opportunity to know Swamiji’s consciousness through one of his musical compositions. Each piece reveals a small aspect of who he is. Like a diamond, his nearly four hundred works present countless facets through which his light reflects back to us..

And so I invite you to listen to the song at the beginning of each section—before reading it—to open your receptivity to the messages within.

Just scan the QR code here or visit the link below to download your music... and enjoy!

[www.anandaedizioni.it/
la-mia-anima-ricorda-musica](http://www.anandaedizioni.it/la-mia-anima-ricorda-musica)







Lord, May We Serve You

*Lord, may we serve You all our days,
Ever rejoice to sing Your praise.
As we together Your wisdom seek,
Charge us with truth whene'er we speak.*

*Lord, may we ever know Your will:
Come to us when our hearts are still.
As we Your guidance with joy receive,
May we, as one, Your bliss achieve.*



More and Better

Soon after Swamiji finished recording a series of television programs about the Bhagavad Gita for the Aastha channel in India, a TV producer from Dubai expressed interest in airing these shows on his channel, too. This was too good an offer to pass up!

He wanted something unique, though, to distinguish his shows from the ones that would air on Aastha.

After much discussion, Swamiji came up with a creative solution: to make new introductions for each of the Dubai shows. The intros would be a slideshow of photographs he had taken during his travels around the world, with one of his musical compositions as the soundtrack. Swamiji had an astonishing collection of fifteen thousand photos!



At the same time, Swamiji was working on another ambitious project: to make a movie. He had already written the script. It was about a young man who had come to believe there was no purpose to life, but found hope and meaning again through Paramhansa Yogananda's teachings. Bringing these teachings to the big screen, Swamiji felt, was a way to share his guru's message with a wider audience.

Swamiji had invited a few devotees to assist with the film project. None of them had any experience in filmmaking. They didn't even know where to start. Still, progress was made. In fact, things were happening quickly! Swamiji met with several directors and producers, exploring the direction this energy could take, and seeking a professional team that could bring the project to life.

It wasn't unusual for Swamiji to move energy in many directions at the same time, sending out rays of inspiration to draw spiritually ready souls to a more meaningful experience of life.

During this period, though, Swamiji's health was not at its best. For those of us around him, it was a constant challenge to keep up with the energy he radiated while still ensuring that his medical needs were met. Miriam, a highly skilled nurse, was part of his staff, traveling with him wherever he went.

Swamiji's response to concerns about his health was always the same: "My life is to serve God." Or, "He will take care of this body." And, "I'm not afraid of death. As long as I'm alive, I won't stop serving my Guru." Balancing care for Swamiji's physical health with his indomitable spirit was always a delicate task.



At the time, we were staying at the Ananda community in Assisi, Italy. My own recollections of that period are vivid: I was always tired, struggling to keep up with the whirlwind of energy Swamiji had unleashed. Movies, TV shows, and more! I confess, not proudly, that occasionally I escaped downstairs to my bedroom, under the pretense of needing the bathroom, but really just to lie down for a few minutes and catch my breath. Then I would go back upstairs and dive into his energy again.

One night, just as I was *eagerly* anticipating getting some rest, Swamiji said, “You know, I need someone to put together the slideshow introductions for the Dubai TV shows. Maybe you could do that?”

I was exhausted, already juggling countless responsibilities. This project would mean working late into the night. It felt as though a heavy stone had been placed on my shoulders. It was like doing more homework after finishing all my homework. Besides, I wasn’t qualified! Technology and I were not friends. I often pressed the wrong keys, sometimes deleted important files, spent hours on tasks others could complete in minutes. It seemed like a recipe for disaster. I wanted to suggest that someone else do it.

Yet, I found myself replying, “Okay, Swamiji, I’ll give it a try.”

Dragging my feet, I retired to my room, wondering how I would summon the energy for this new responsibility.

The next day, Swamiji’s secretary, Lakshman, helped me locate the fifteen thousand photos. To create a two-minute introduction, I had to sift through all of them, select a few, and then match them with one of Swamiji’s four hundred pieces of music. It was a daunting task, far beyond what I felt capable of doing. But I was willing to try.

That evening, I rolled up my sleeves and began. It took two hours to create a single two-minute slideshow, but somehow I finished the first draft. The next morning, Swamiji was eager to see it. He liked it but suggested a few changes, explaining where and when he had taken each of the photos.

After that, each day followed the same pattern. During the day, I served Swamiji. Late into the night, I worked on the introductions. For each one, Swamiji offered feedback, helping me understand his artistic sense and the deeper meaning he sought to convey through the images.

To my surprise, the more I worked on the project, the more energetic I felt the next day. In two weeks, I created twenty introductions. By the end, Swamiji's feedback had dwindled to just a few minor adjustments. For the last few, he said simply, "Well done."

I was proud of what we had accomplished. All those late nights, all that effort. It was worth it. Then we received an email from the Dubai producer. Personal issues, he said, would delay the project indefinitely. The program never aired. The introductions were never used.

Still, I gained so much from the process.

The project taught me the huge impact visual images and music can have on our consciousness, without the



need for words or intellectual or philosophical explanations. Through Swamiji's feedback, I was able to refine my sensitivity and attune my consciousness to his.

Swamiji had asked me to do something I felt unqualified to do, stretching me beyond my perceived limitations. He was training me to say "Yes" when all I wanted to say was "No." And then to take it a step further. Right attitude alone isn't enough. We also have to learn to do things *well!*

I had discovered one of life's greatest secrets. Our level of willingness has a proportional effect on our level of energy and joy.

Swamiji writes about willingness in the following way:

Willingness must be cultivated deliberately. It is an attitude of mind, and depends not on outward conditions.

Most people are willing or unwilling depending on their likes and dislikes. This habit tends to develop a bias toward unwillingness, which gradually becomes chronic, and attracts to itself chronic failure.

Don't wait for favorable circumstances to awaken willingness in you. Train yourself in the attitude of saying yes to life! Often by this simple attitude you will find Success arriving, unexpected, at your door.

He also gave us a beautiful affirmation to overcome the “unwillingness monster”: “I welcome everything that comes to me as an opportunity for further growth.”

Living with Swami Kriyananda was a daily exercise in breaking free from self-imposed limitations and discovering one's highest potential. The key was learning to say YES!



Paramhansa Yogananda

Paramhansa Yogananda (1893-1952) was the first great Indian master to move to the West. Author of the famous *Autobiography of a Yogi*, first published in 1946, he is considered one of the leading spiritual figures of our time.



Yogananda played a key role in making yoga and meditation widely accepted and practiced in the West. His love, depth, and universality of his teachings have inspired millions of people.

Yogananda emphasized the eternal principles underlying all religions. His goal was to help sincere seekers of Truth, regardless of their creed, to attain an inner, direct experience of God. He taught that the inner essence of all religions is the same: the path to union with the Infinite, known as “Self-realization.” To help us achieve this goal, Yogananda transmitted the ancient science of Kriya Yoga, teaching spiritual practices that were easily accessible to Western seekers.

The great Master personally demonstrated the power of these practices in his victorious life and even at the moment of death: three weeks after his passing, when his coffin was closed, his body was still in a state of perfect incorruptibility.

Swami Kriyananda

Born in Romania in 1926 to American parents, Swami Kriyananda

(J. Donald Walters) studied first in Switzerland and England and later in America, at Haverford College and Brown University.

Becoming a disciple of Paramhansa Yogananda in 1948, Kriyananda spread Yogananda's teachings on Self-realization throughout the world, showing their application in every area of daily life: business, relationships with others, marriage, art, education, community life, etc. Kriyananda has written more than one hundred books on these subjects, published in twenty-six languages in ninety countries.

In addition to being a renowned author and spiritual teacher, Kriyananda was also an internationally acclaimed composer, who composed over four hundred pieces of inspirational music.

In 1968, Swami Kriyananda founded the first Ananda community. Since then, these communities—true living laboratories for simple living with high ideals—have spread throughout America, Europe, and India. Today they are home to over a thousand residents and are visited by thousands of spiritual seekers each year.

Kriyananda left his body on April 21, 2013, in Assisi, but his message of peace continues to inspire many souls everywhere.



Ananda



Founded in 1968 by Swami Kriyananda, a direct disciple of Paramhansa Yogananda, Ananda is a collection of spiritual communities with hundreds of centers and meditation groups in the United States, Europe, and India. One of the Ananda communities is located in the hills near Assisi.

About 150 people live there, harmoniously practicing the teachings of Paramhansa Yogananda.

Every year, hundreds of spiritual seekers from all over the world come to this peaceful place in search of rest and inner regeneration. In the beautiful Temple of Light, dedicated to all religions, five-day or weekend courses are offered throughout the year, with yoga practices, meditation, and classes in an atmosphere of deep tranquility.

The teachings presented express the universal message underlying 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 meditation sessions every morning and evening, for both beginners and more experienced practitioners.

Today Ananda is led by Spiritual Directors Nayaswami Jyotish Novak — whom Swami Kriyananda named as his spiritual successor — and his wife, Nayaswami Devi.

If you would like more information about Ananda and our programs, please visit www.ananda.it or call 0742.813620.

Narayani Anaya

Narayani, originally from Spain, was introduced to the spiritual path when she was 22. After reading *Autobiography of a Yogi*, her life was changed forever.

She was 24 when, in 2003, she first came to Italy and met Swami Kriyananda; he was 77, a global teacher and direct disciple of Paramhansa Yogananda. Recognition was immediate. Her heart declared, “My King!” He said, “She seems like a daughter to me.” She soon began following him around the world—India, America, Europe.

In 2005, Swami Kriyananda invited her to move to India and join the work. Without any hesitation, she left her life in Spain and moved to India, not even knowing English! But her faith was strong. She served during those first years as Ananda’s work became established in India.

In 2010 Swamiji asked her to become his personal assistant and caregiver. From that time until, literally, his last breath—the last four years of his life—she was by his side. Decades of spiritual training were compressed into a few short years. Thus, she was prepared by Swamiji to help carry his spirit and message of Self-realization to a new generation of devotees and to the world.

Before Swami Kriyananda’s passing, he requested Narayani to write a book about her personal experiences with him. Her first book, *My Heart Remembers Swami Kriyananda*, is available at crystalclarity.com.

Narayani currently lives and serves at the Ananda Assisi community, helping to spread Yogananda’s teachings throughout Europe.



Also by Narayani Anaya



MY HEART REMEMBERS SWAMI KRIYANANDA

Narayani Anaya

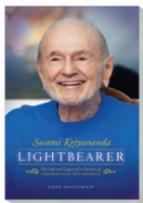


Halfway between a diary and a biography, Narayani Anaya offers us an intense and moving portrait of Swami Kriyananda, filtered through the loving eye that observed him closely and accompanied him during the last years of his earthly life.

With intimate and moving language, she helps us better understand the greatness of the man who was one of the most devoted and prolific disciples of the renowned Indian master Paramhansa Yogananda. A delicate but powerful testimony, it gives us a well-rounded portrait of an exceptional man as seen through the privileged eyes of someone who was close to him during his final years. With color photographs.



MORE BOOKS ABOUT SWAMI KRIYANANDA



SWAMI KRIYANANDA, LIGHTBEARER

*The Life and Legacy of a Disciple
of Paramhansa Yogananda*

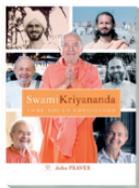
Asha Nayaswami

Also in
eBook

In the early 1970s, Swami Kriyananda asked Asha to start taking notes for the book he knew she would someday write. He explained himself to her in a way he did to only a few others. Since then, she was in constant contact with him, as a devotee, friend, personal assistant, and eventually, a spiritual teacher in her own right.

This first-hand account of life with Swami Kriyananda is more than a biography. It's a guidebook for spiritual living, a path of light that all may follow. And it's a labor of love by Asha that has been 44 years in the making.

It's a rare gift to live with a true teacher. Experience it for yourself, as Asha brings you into meetings, conversations, personal counseling, living rooms, classrooms, long walks, meetings, and meditations. As Asha writes, "A great wave of Divine Light is sweeping over the planet. If you tune in to that Light, you, too, will become an instrument of that Light."



SWAMI KRIYANANDA

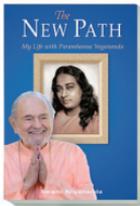
As We Have Known Him

Asha Nayaswami

Also in
eBook

In this "biography of consciousness," Swami Kriyananda's remarkable qualities are revealed with breathtaking clarity—love for God, divinely guided strength, joy in the face of adversity, humor, wisdom, compassion, and unconditional love.

Here, in some two hundred stories spanning more than forty years, Nayaswami Asha shares personal reminiscences, true stories, and private moments with this beloved teacher, offering universal life lessons for us all.



THE NEW PATH

My Life with Paramhansa Yogananda

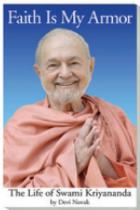
Swami Kriyananda

Also in
eBook

The New Path is a moving revelation of one man's search for lasting happiness. After rejecting the false promises offered by modern society, J. Donald Walters found himself (much to his surprise) at the feet of Paramhansa Yogananda, asking to become his disciple. How he got there, trained with the Master, and became Swami Kriyananda makes fascinating reading.

The rest of the book is the fullest account by far of what it was like to live with and be a disciple of that great man of God.

Anyone hungering to learn more about Yogananda will delight in the hundreds of stories of life with a great avatar and the profound lessons they offer. This book is an ideal complement to *Autobiography of a Yogi*.



FAITH IS MY ARMOR

The Life of Swami Kriyananda

Nayaswami Devi Novak

Also in
eBook

This is the story of a man who has achieved extraordinary victories in his life—not with weapons, but with moral and spiritual courage. The life of Swami Kriyananda is the story of a man who has, to an amazing degree, demonstrated spiritual courage, determination in the face of great obstacles, and personal sacrifice for an ideal.

Faith Is My Armor tells the complete story of his life: from his childhood in Rumania, to his desperate search for meaning in life, and to his training under his great Guru, the Indian Master, Paramhansa Yogananda. It also recounts the drama of the powerful opposition and attacks he faced as he strove to fulfill the mission his Guru had bestowed upon him.

This book will bring inspiration and hope to all who read it, and renewed faith in the power of God in our lives.



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A collection of stories about the deep connection between a young devotee and one of the great spiritual masters of our time

In this second volume of remembrances, Narayani Anaya shares cherished experiences with her master teacher Swami Kriyananda.

Years of reflection and meditation have transformed personal moments of revelation into universal lessons for all devotees.

For the last decade of Swami Kriyananda's life, Narayani lived side by side with him, as trusted friend, devoted student, and, in the last years, personal caregiver as his spirit expanded and his body faded.

Truth-seekers everywhere will be blessed, guided, and inspired by these firsthand accounts. When a great teacher passes from this world it is the beginning, not the end, of his mission, as devotees awaken to his ever-blessing, ever-living consciousness.



“One of the most beautiful and challenging aspects of a soul's journey to God is the guru's training of the disciple. In her book, *My Soul Remembers Swami Kriyananda*, Narayani Anaya shares many precious, deeply personal experiences that she had during her years of serving Swami. These can remind us of the unconditional, eternal love that God has for each of us, and how His grace carries us forward on our own journey.”

—*Nayaswamis Jyotish & Devi, Directors of Ananda Worldwide*



Another gift of love!

When Narayani looked back on her years of close association with her spiritual teacher, the joy and wonder of those moments returned, as shared in her first book, *My Heart Remembers Swami Kriyananda*. With time and deeper reflection, her soul awakened to the lessons learned through the tasks he entrusted



to her. In this profound second book, those lessons emerge anew, thanks to her effort, courage, and perseverance. As *her* soul remembers, so does ours, enriched by the guiding light of her journey.



“What a rare blessing to learn some of life’s most important lessons through the experience of such a sensitive and profound witness. Thank you, Narayani, for the gifts revealed in each story.” –*Shivani Lucki, author, Healing with Life Force trilogy*



Music to accompany your journey!

**FREE DOWNLOAD INCLUDES: EIGHT
SONGS OF INSPIRATIONAL MUSIC
COMPOSED BY SWAMI KRIYANANDA**



Ananda Edizioni



THE AUTHOR

Narayani Anaya

Born and raised in Spain, she first met Swami Kriyananda in 2003 at Ananda Assisi, during a visit to Italy. A year later, she decided to leave her job and her home in Spain to follow “Swamiji” wherever he went on his frequent trips between the Ananda communities in America, Italy, and India.

In 2010, Swami Kriyananda asked her to become his personal assistant. During the last three and a half years of his life, accompanying him until his last breath, Narayani was constantly at the side of one of the most important spiritual teachers of our time, with love and devotion.

Her first book, *My Heart Remembers*, was an instant classic. This is her second book.



“I know from experience that Swami Kriyananda was an extraordinary, highly advanced soul. This book offers a rare opportunity to step into his presence—his aura, his life, his greatness. Each episode Narayani shares not only reveals who Swami Kriyananda was, but also conveys instructive and transformative lessons for our own life.”

—*Jayadev Jaerschky*, Director of the Ananda Yoga Academy, author



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