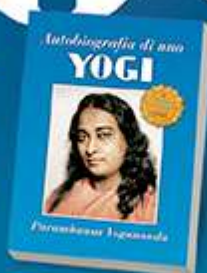


LIVING

the Autobiography of a

YOGI

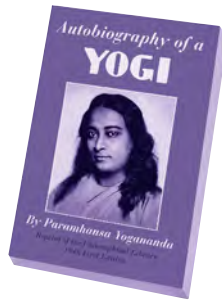
108 DAYS with
► EXERCISES
INSPIRATION



YOGANANDA
AFFIRMATIONS
TRANSFORMATION

Jayadev Jaerschky
& Sahaja Ellero

LIVING *the* **AUTOBIOGRAPHY** ***of* a YOGI**



108 days with Yogananda

Jayadev Jaerschky & Sahaja Mascia Ellero



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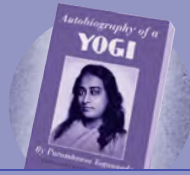
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Please be reminded that the choice and advice of proper therapy rests solely with the treating physician, who may also assess any side risks. Notions, recommendations, recipes, exercises, and suggestions contained in this volume have no therapeutic value. Therefore, the author and publisher are not responsible for any damages or accidents resulting from the use of this information without the necessary medical supervision.



This book is dedicated to our beloved Guru,
PARAMHANSA YOGANANDA,
*with gratitude for the Light he shares
to bring about a better world.
And for his Autobiography of a Yogi,
a constant source of inspiration and guidance.*



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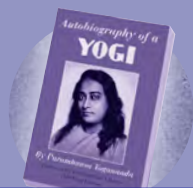
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INTRODUCTION

Why This Book?

Dear reader,

As you may know, the *Autobiography of a Yogi* has become a veritable spiritual classic throughout the world. More importantly, it has inspired and transformed millions of lives. Maybe yours too?

Yogananda, in fact, stated that it would be his “messenger”. The main message of its pages is Self-realization (experiencing and manifesting one’s true Self), Kriya Yoga, and the yogic pathway to God, which is purely experiential, never dogmatic or theological.

But it is much more than this! The *Autobiography of a Yogi* is truly a living book: “It has my vibrations in it,” Yogananda stated. These high vibrations are like a vibrant balm for our soul, and come to us tangibly from one of the great yoga masters of our times.

One of Yogananda’s advanced disciples, Swami Kriyananda, testified that the book was “almost alive in its power to convey not merely ideas, but a new state of awareness.” He added: “The grace of the *Autobiography of a Yogi* just gets down inside, and it works bit by bit.”

Has that happened to you too? If not, maybe now, with this present book, *108 Days with Yogananda*, it will!

This book is, in a way, a celebration of the *Autobiography of a Yogi*.

We are celebrating, first of all, 75 years since its first publication in 1946. In other words, 75 years of luminous inspiration. It's a glorious anniversary! Secondly, in a way this is also a centennial celebration, as Yogananda stated that it took him 25 years to write his masterpiece. In other words, it was begun 100 years ago, in 1921.

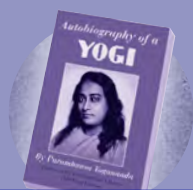
And we plan to celebrate in a very special way! The *Autobiography of a Yogi* is written in story-telling fashion. Within those stories are carefully—almost imperceptibly—woven gems of yogic wisdom. In fact, you can read the book again and again, always finding new pearls of wisdom, which you had never noticed before. It is a veritable, but inconspicuous, treasure trove.

With this book we will carefully unearth these hidden gems in the *Autobiography of a Yogi*, bringing them into the clear light of our awareness so that they may shine with their splendid brilliancy.

We wish you a deep and joyful experience with this book. The principles you will be working with have been part of our lives for decades and have guided and transformed them. May Yogananda bless your life too.

In joy,

Jayadev & Sahaja



HOW TO USE THIS BOOK

Below you'll find some pointers on how to get the most benefit from this book and from the exercises it contains. We know it's tempting to skip these pages and start reading and doing the exercises right away, but we encourage you to bear with us because, if you do, your experience will be more profound.

THE STRUCTURE OF THE BOOK

Each day—for 108 days—you'll find a gem of wisdom “extracted” from the *Autobiography of a Yogi*. Along with each of these 108 phrases you will find:

- a brief “context” indicating where the phrase appears in *Autobiography*;
- a philosophical reflection by Yogananda, with a brief introduction by Jayadev;
- one or more exercises, designed by Sahaja, to make the theme of the day practical;
- an affirmation by Yogananda (fortunately, he wrote many).

Before examining, one by one, all these elements that will accompany you in the next 108 days, we should first address four questions that, perhaps, have already popped into your mind:

1. Why 108 days?

Because it is a number considered sacred in many religions, including Hinduism, the tradition in which Yogananda grew up. Hindu deities have 108 names, and there are 108 beads in a *mala*, the oriental “rosary” used for *mantra* recitation and the practice of *Kriya Yoga*. We consider this to be auspicious for the inner transformation this book wants to help you accomplish.

2. Is it necessary to follow the progressive order of the days as proposed?

No, it's not. But it might help you not to inadvertently skip some days!

3. Is it necessary to complete the course in exactly 108 days?

No, you may want to devote more than one day to a topic, exercise or statement, and that's fine!

4. Is it possible to do the 108-day cycle multiple times?

Absolutely! And, just as each time we read the *Autobiography of a Yogi* we discover new “pearls”, probably also by re-reading this book, repeating the exercises and the affirmations, you will have a new and ever deeper experience.

Here, then, are the treasures that await you:

THE THEME OF THE DAY

As we said, each day is dedicated to a different theme, inspired by a phrase (or passage) from the *Autobiography of a Yogi*. Please treat it with love and care, for you will have received a truly precious gem. Repeat that phrase or passage a few times and absorb its vibrations. If it is significant in your life, copy it down and hang it on your mirror or refrigerator, or take a picture of it and save it on your cell phone. Make it truly yours.

You'll notice that some themes recur multiple times, with slightly different nuances. This is not surprising, because the concepts to be understood and the attitudes to be developed on the path of Life are, in reality, relatively few; what makes them seem so different from each other are the countless nuances and applications. Each new perspective, then, with its accompanying exercises and affirmations, will allow you to explore the topic a little deeper and bring it more concretely into your daily life.

THE CONTEXT

The context will help you to place the sentence or passage in the larger picture of which it is a part. If you are already familiar with the *Autobiography*, we hope it will be a pleasant way to recall familiar episodes. In any case, our aim is to make you want to reread (or read for the first time) the chapter from which the passage is taken. There are so many hidden gems waiting for you!

PEARLS OF REFLECTION

The phrases of the *Autobiography* are sometimes a bit hermetic and it's not always easy to understand their deeper meaning on your own. It means you have to dig deep to extract the treasures they contain. Who better than Yogananda himself can help you do this? For this

reason, you will find every day another passage of his, taken from mostly unpublished writings, that expands or deepens that same theme. You will also find a short introductory commentary by Jayadev, which will act as a “bridge” to help you feel the Master’s words closer to your life.

Savor these excerpts calmly, even reread them several times. Try to feel how they resonate within you and what meaning they have for your life.

THE EXERCISES

The main intention of this book is to help you “live” the *Autobiography of a Yogi*: to discover its gems daily and to bring them concretely into your life. For this reason, you will find some practical exercises for every day. We advise you to take a new notebook and devote it entirely to these exercises. Keep some paints or colored pencils handy too, because on some days you will be asked to draw (it doesn’t matter if you are not a Van Gogh, you can even keep your notebook hidden from others! The important thing is that you give free rein to your creativity).

You’ll find many different types of exercises:

- **Meditations and visualizations**, including some by Yogananda himself.
- **Breathing and energy control exercises.**
- **Guided introspection exercises:** questions, questions, questions! To get to know yourself better, to reflect on your life, to define your goals.... “Self-analysis is the key to success,” Yogananda used to say.

When answering questions, try not to use only your rational mind, but also your “gut”, your feelings and intuitions. And don’t cheat! It’s not a contest, there won’t be a prize if you give the “right” answers. In fact, every answer is right, as long as it’s honest and reflects your truth. Deceiving yourself, trying to conform to expectations—yours or others’—will not truly make you grow. Gyanamata, Yogananda’s most advanced female disciple, used to say, “I want to know everything about myself, even—indeed, especially—when it is painful. For I cannot become what I want if I do not see what I am.”

- **Creative exercises:** letters, dialogues, drawings, in order to use the right hemisphere of the brain as well and face the issues from new perspectives.
- **Practical exercises:** concrete actions to implement immediately in your life. “Someday? Why not now?” was the spirit Yogananda liked!

AFFIRMATIONS

Yogananda spoke a great deal about the power of affirmations to reshape our brains and change the habits that keep us from being free. Affirmations combine the transformative power of vibration with that of repetition and, when used with intensity and constancy, can create new “grooves” (Yogananda’s term for neuronal circuits) in our brains, like an old vinyl record. The journals published by Yogananda in the 1920s, 1930s and 1940s are overflowing with powerful and creative affirmations, most of them unpublished even in English: another treasure you can use in these 108 days.

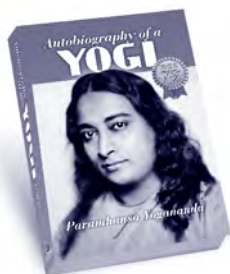
THE GUIDES

Another special feature of this book: during these 108 days you will be accompanied by 27 enlightened yogis and their teachings. They will be your loving Guides. In other words, not only Yogananda, but also many of the other holy souls we meet in *Autobiography of a Yogi* will share their wisdom and enlightened words with you. These include Sri Yukteswar, Mahavatar Babaji, Ananda Moyi Ma, Mahatma Gandhi, and many others.

To help you welcome them, these illustrious figures will be briefly introduced before their yogic gems are offered to you. A little tip: try to tune into their living presence by holding their photograph in front of you, imagining yourself in their presence, talking to them, addressing your prayers to them, and receiving their luminous vibrations. They will then become “living” friends with whom you can create a true relationship. They all want to help you realize your highest potential. This will be an extraordinary satsanga (a Sanskrit term meaning “being together in Truth”).

THE SOURCES

All of Yogananda’s texts cited in this book come from original sources, most of which are not currently available to the public even in English, such as his live and correspondence lectures from the 1930s and early 1940s, and his articles in his journals *East-West* and *Inner Culture* (published before 1943).



Other sources—in addition to *Autobiography of a Yogi*—are books written directly by Yogananda or collections of his sayings compiled by Swami Kriyananda, one of his main direct disciples. To make the reading easier, only the title of the work has been given in the footnotes, while the complete bibliographical

information can be found in the “Index of Sources” at the end of the book.

As for *Autobiography of a Yogi*, all quotations are taken from the original first edition of 1946. Under each sentence, you will find the page number on which it appears. Once again, we encourage you, if you can, to read not only the sentence of the day, but also the complete passage in *Autobiography of a Yogi*. It will be an opportunity to re-read the book or explore it for the first time.

Now it's time to switch off your cell phone, pick up your notebook and pen, and begin this adventurous journey of transformation in the company of *Autobiography of a Yogi* and its living treasures. May your work be inspired and... don't forget to have fun, because, as Yogananda said, life is meant to “educate and entertain us”!





Introduction to Our Guide for the next few days



MUKUNDA

Mukunda was Yogananda's boyhood name. His youth was characterized by a passionate zeal to visit saints, to know truth, to meditate, and most of all to experience God, to Whom he even wrote a letter when he could still barely write.

Even as a child he had outstanding inner experiences, revealing him as a highly advanced soul.



From early youth, Mukunda (far right) meditated for many hours at a time.





The attic room at number 4 Gurpar Road, in which Mukunda would often hide away in order to meditated!

As we read in the *Autobiography of a Yogi*, Indian saints called him *choto Mahasaya*, which he humbly translated as “little Sir”, while actually it means “little great-minded one.” “Mahasaya” is an expression of deep respect. They knew that Mukunda, even though he was still young, was also a saint.

Mukunda loved experimenting with all kinds of yogic teachings. He also played naughty yogic pranks, for example stopping his heart in front of his family (a skill advanced yogis have learned), pretending to be dead. He did so especially to scare “Maid Ma”, a woman who helped in the household and who sometimes argued with him. After great lamentation he “awoke” from death again, laughing and joking.



Mukunda at six years of age.



THE POWER of WORDS

Guide: Mukunda



“By the power of will in me, I say that tomorrow I shall have a fairly large boil in this exact place on my arm; and *your* boil shall swell to twice its present size!” Morning found me with a stalwart boil on the indicated spot; the dimensions of Uma’s boil had doubled... I understood, later, that the explosive vibratory power in speech could be wisely directed to free one’s life from difficulties, and thus operate without scar or rebuke.”

Autobiography of a Yogi,

CHAPTER I



Context: *Young Mukunda spoke these words to his sister Uma, feeling indignation, because she had repeatedly called him a liar when he told her about his premonition that he would have a boil on his forearm the next day. His words came true and he was scolded by his mother, who told him to never use the power of words for doing harm.*



APPLICATION to DAILY LIFE

Our thoughts and words, if expressed with focused concentration, have a far greater power that we usually realize. With them, we can shape our health, our success, our victories, and the conditions in our life. Yogananda explains:

“ Man’s word is Spirit in man. Words are sounds occasioned by the vibrations of thoughts. Thoughts are vibrations sent forth by the ego or soul. Every word that leaves your mouth ought to be potent with your genuine soul vibration. Words in most people are lifeless because they are automatically put forth into the ether, without being impregnated with soul force. Too much talking, exaggeration or falsehood used in connection with words is just like shooting bullets out of a toy gun, without the gun-powder. That is why the prayers or words of such people do not produce any desired definite change in the order of things. Every word you utter you must mean it, i.e., every word you put forth must represent not only Truth, but some of your realized soul force. Words without soul force are husks without the corn.

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.*”

TODAY’S EXERCISE

- Make a list of the words you most frequently use when you speak about:
 - ▶ yourself
 - ▶ others
 - ▶ the things that happen to you.
- What kind of reality are the “vibratory bombs” creating in your life?
- Is there some change you want to bring about, beginning now?



**AFFIRM with
YOGANANDA**

I will think only perfect thoughts,
and speak only true words,
for I know that my thoughts and words are
the seeds I am planting for my future harvest.†

* *Scientific Healing Affirmations*, 1924. † *East-West Magazine*, August 1933.

GOD FIRST

Guide: Mukunda



“God first;
money is His slave!
Who can tell?
Life may be too short.”

Autobiography of a Yogi,

CHAPTER II

***Context:** Mukunda spoke these words as a spontaneous answer to his materialistic brother, Ananta, who had opposed him in his spiritual endeavors, saying: “Money first; God can come later! Who knows? Life may be too long.” As a matter of fact, Ananta’s life ended prematurely not long afterwards.*

———— **APPLICATION to DAILY LIFE** ————

We all have both a materialistic and a spiritual voice within us, and should nourish, as much as we can, the latter, to find true happiness.

Yogananda explains why:

“ The soul cannot find its lost happiness in material things for the simple reason that the comfort they offer is counterfeit. Having lost contact with divine bliss within, man hopes to satisfy his need for it in the pseudo-pleasures of the senses. On deeper levels of his being, however, he remains aware of his former, supernal state in God. True satisfaction eludes him, for what he seeks, while rushing restlessly from one sense pleasure to another, is his lost happiness in the Lord. Ah, blindness! How long must you continue before, suffering from satiety, boredom, and disgust, you seek joy within, where alone it can be found?*

TODAY'S EXERCISE

- What are the three main fears, attachments or limiting convictions that keep you bound to matter and distance you from “Divine magnetism”?
- For each of these, write down what you can do specifically to overcome it.



**AFFIRM with
YOGANANDA**

Dear Father, I will not waste my life
begging for perishable prosperity.
I will not chase the rainbow
of elusive material riches.
I will seek true prosperity,
which consists in
the peace-contact of Thee.†

* *The Essence of Self-Realization*, 1, 11. † *Inner Culture Magazine*, August 1941.

UNMASKING our
MORTAL SELF

Guide: Mukunda



«He who would find the Deathless Essence must not be dismayed by a few unadorned skulls. Human inadequacy becomes clear in the gloomy abode of miscellaneous bones».

Autobiography of a Yogi,

CHAPTER 10

Context: *Mukunda, instead of regularly attending university, often went to meditate in Kolkata's crematory grounds, which, he writes, "are considered highly attractive by the yogi," because they are a strong reminder of the transitory nature of our body and personality.*

APPLICATION to DAILY LIFE

The main cause of suffering in our life is that we are ignorant of who we really are. We identify as a mortal body, while in truth we are a marvellous eternal soul.

Yogananda explains our true nature in this way:

“ The soul is a true reflection of the Spirit, and therefore is pure. When the soul becomes identified with the body, it converts it-

self into the ego.... The Spirit-soul never felt birth even though born. It exists everlastingly, untouched by the death-dealing fingers of change. It is ever the same as it has always been. This deathless soul, dwelling in the destructible body, does not taste death even when the body embraces death.* ”

TODAY'S EXERCISE

During the day, whenever you observe yourself striving for worldly, egoic, or sensual goals, practice this visualization of Yogananda:

“Picture that your very dear sensitive pleasure-loving body eventually will have to be dumped into the grave or cast into the hungry crematory flames, and make a stronger effort to contact God through deep meditation to get acquainted with the forgotten, deathless, indestructible, real soul which is hidden behind the false pleasure-infested, perishable, pretending-to-be-your-own, body.”†



AFFIRM with YOGANANDA

May I know that I am not the body,
not the blood, not the energy,
not the thoughts, not the mind, not the ego,
not even the astral self;
but that I am the immortal soul
which illumines them all,
remaining unchangeable
in spite of their changes.‡

* Original *Bhagavad Gita* interpretations. † Praecepta Lessons, VOL. 2.

‡ *East-West Magazine*, June 1932



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 helping yoga and meditation to become widely known and practiced in the West. His love, and the depth and universality of his teachings have inspired millions of people.

Yogananda emphasized the eternal principles underlying every religion. His aim was to help sincere seekers of Truth, regardless of their beliefs, to obtain the inner, direct experience of God. He taught that the innermost essence of each religion is the same: the path to union with the Infinite, known as “Self-realization”.

To help us reach this goal, Yogananda passed on the ancient science of Kriya Yoga, teaching spiritual practices easily accessible to Western seekers. People of all ages, religions and backgrounds can apply these techniques, which are based on scientific principles. From the very first steps, they allow the spiritual seeker to create a harmonious balance between the physical, mental, emotional and spiritual aspects of his or her nature, and to infuse this balance into all of life’s activities.



SWAMI KRIYANANDA

Born in 1926 in Romania to American parents, Swami Kriyananda (J. Donald Walters) studied first in Switzerland, England, and later in America at Haverford College and Brown University.

After becoming a disciple of Paramhansa Yogananda in 1948, Kriyananda spread Yogananda's teachings on Self-realization throughout the world, demonstrating their value in all areas of daily life: education, relationships, marriage, business, art, community life, etc. Kriyananda wrote 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 renowned composer, and writer of over four hundred pieces of inspirational music.

In 1968, Swami Kriyananda founded the first Ananda community. Since then, these communities – true living laboratories for a simple life 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.

Swami Kriyananda passed away on April 21, 2013 at Ananda Europa, near Assisi, Italy, but his messages of peace and love continue to inspire many souls, of all paths, everywhere in the world.



ANANDA

Founded in 1968 by Swami Kriyananda, Ananda is a network of spiritual communities with hundreds of centers and meditation groups in the United States, Europe and India. One such community is located in the Umbrian hills close to Assisi. It is home to over one hundred people who follow and practice the teachings of Paramhansa Yogananda.

Every year, thousands of spiritual seekers from all over the world come to this peaceful place in search of respite and inner renewal. In the splendid *Temple of Light*, dedicated to all religions, five-day and weekend courses are offered throughout the year, with Ananda Yoga practices, meditation and theoretical classes, in an atmosphere of profound peace and harmony.

The teachings presented express the universal message underlying the spiritual disciplines of East and West: the ancient path to Self-realization. Each program includes instruction in the basic techniques of Kriya Yoga, with meditation sessions every morning and evening for both beginners and advanced practitioners. Numerous Ananda Yoga courses are offered at all levels: from introductory weekends and intensive programs to teacher training and specialized courses.

If you would like more information about Ananda and our Ananda Yoga programs, please visit www.ananda.it or call (+39) 0742.813.620.



JAYADEV JAERSCHKY

Jayadev Jaerschky was born in Germany. He began his inner search in his teens and, in 1989, following a pilgrimage to India, he decided to settle in the Ananda center near Assisi and follow the Kriya Yoga tradition of Paramhansa Yogananda as conveyed by his direct disciple Swami Kriyananda. In 1991, he received initiation into Kriya Yoga from Swami Kriyananda, who encouraged him to teach and, later, to write books.

Jayadev holds annual seminars in various parts of Italy. He has also taught in several 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 director and where he holds courses throughout the year, training new Ananda Yoga teachers. Jayadev is the author of numerous books on yoga: *Awakening the Chakras*; *Yoga as a Prayer*; *Kriya Yoga*; etc.

He sings with passion, plays the guitar and has published several music CDs: *Cosmic Chants* (in Italian), *Love God, Meditations and Practices with OM* and *Open the Heart Chakra* (the latter two with Peter Treichler).

Every year Jayadev leads a pilgrimage to India, to the sacred places of the Himalayas. The main destination is Badrinath, where Mahavatar Babaji, the supreme master of the Kriya Yoga tradition, is said to reside.

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



SAHAJA MASCIA ELLERO

Disciple of Paramhansa Yogananda, Sahaja has been involved in the translation and editorial revision of the works of Yogananda and his direct disciple Swami Kriyananda for over 20 years. Since 1995 she has been a part of the Ananda Sangha spiritual movement founded by Swami Kriyananda, and is a spiritual teacher, therapist and counselor in the tradition of Paramhansa Yogananda.

Sahaja is particularly appreciated for her enthusiasm, clarity and ability to help people find practical solutions for their personal struggles. She specializes in Yogananda's spiritual psychology and self-healing techniques, which she applies on an individual level and in highly successful courses in Italy and abroad.

She has designed two powerful self-healing methods based on Yogananda's techniques, with which she has helped thousands of people consciously recreate their lives: the spiritual life-coaching method *Il Prossimo Passo*® ("*The Next Step*"), and *Liberi dai vecchi solchi* ("*Freed from Old Grooves*"), to transform limiting beliefs.

For Ananda Edizioni, a publishing house in Italy, Sahaja has written *How to Manifest Your Soul's Desires*, the DVD/book *The Next Step of Your Life*, *Yogananda's Cards for Inner Guidance*, and *The Happy Steps Notebook*, written with Jayadev. Follow her at www.accendilataluce.it.

Sahaja and Jayadev have been walking the path of spiritual search and life together for more than two decades.



ANANDA COMMUNITIES: *a solution for today's world*

Do you dream of living with others in peace and harmony, in a place where people are more valued than things and profit? A place where everyone shares the ideal of becoming a better person and developing his highest, divine potential?

Ananda is a Conscious Community, made of like-minded people sharing a way of life that benefits and uplifts everyone. They are spreading all over the world as an alternative to current social systems, based on cooperation not competition, sustainability not exhausting resources, and treating all life with respect and kindness.

Ananda is known throughout the world as one of the most respected and successful spiritual communities, and has a stable base in Europe, America and India of thousands of residents from all walks of life and from many diverse countries.





Study



Meditation



Work



Self-Discovery



Yogananda

*Come for a weekend,
a week, a month, or stay
and create with us...*

Share the experience of a simple life with high ideals, in harmony with each other and the environment. Discover new friendships, new ways of thinking, and new levels of awareness. We invite you to get to know us and spend some time with us, studying, meditating, working, and above all ... rediscovering your "role" in the universe.



Friendship



Laughter



Painting



Yoga Practice



Music



Having Fun



Recharging

Putting spirituality first

The secret of a successful community is to rediscover and share high values that help us to live with joy and respect, putting people and their well-being before everything else.

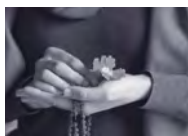
The Ananda community is based on the principles of putting spirituality at the center of our lives. To find out more, please visit www.ananda.org in America or www.ananda.it in Europe.



Healthy Nutrition



Healing



Love for God



Service



Self-Sufficiency



Education

OTHER BOOKS BY *Jayadev Jaerschky*

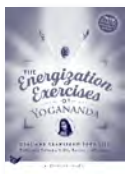


KRIYA YOGA

Kriya Yoga is an ancient and powerful technique of liberation, taught +over the centuries by the greatest yogis and was introduced in the West in our time by Paramhansa Yogananda, who described it in his *Autobiography of a Yogi* as “the more effective and more scientific approach to the Infinite.”

This book presents Kriya Yoga in a comprehensive and accessible manner: its history, its philosophy, its subtle functioning, the techniques of preparation to initiation.

Also
available in
EBOOK



THE ENERGIZATION EXERCISES OF YOGANANDA:

Heal and Transform Your Life

Paramhansa Yogananda brought to the West an ancient yogic practice in a new form: the *Energization Exercises*. These exercises are a technique for channeling the primary force of nature, prana (life force), into the body, to heal and transform it. This practical book will help you to develop a deep understanding of this powerful practice and to learn how to apply its principles in your daily life. It offers you the key to a profound inner transformation through energy control so that your life will acquire a new radiance.

Also
available in
EBOOK



AWAKEN THE CHAKRAS

Principles and Exercises for Body, Mind, and Soul

One of the most complete books about chakras you will ever find: learn how to locate them, *perceive* them, stimulate them and open them. Our chakras and their development apply to everything that surrounds us: yoga postures, music, art, scriptures, etc. You will obtain profound benefits by learning their secret ways. This is a treasure for both beginners and advanced students, and is inspired by the writings of two great masters of yoga, Paramhansa Yogananda and Swami Kriyananda.

Also
available in
EBOOK

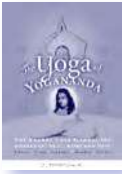


THE MEDITATION OF YOGANANDA

A Practical Handbook for Finding Yourself... and the Joy You Seek.

A fundamental manual for both beginner and advanced spiritual seekers, bringing together all the precious teachings on meditation taught by Paramhansa Yogananda. The first part describes basic techniques and how to practice meditation successfully. The second part helps deepen your practice in seven weeks, adding yogic philosophy to daily life. The third section is dedicated to the highest attainment, Self-realization: what it means and how to attain it.

Also
available in
EBOOK



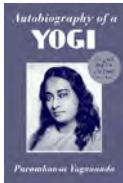
THE YOGA OF YOGANANDA

The Ananda Yoga Manual for Awakening Body, Mind and Soul



The first complete manual of Ananda Yoga, with every position detailed, in color, accompanied by the teachings of Yogananda and Kriyananda on this ancient practice. Includes: • 84 yoga asanas with affirmations • 7 yoga sequences • the art of *pranayama* • the practice of the *asanas* according to Patanjali • meditation techniques • and the art of bringing yoga into daily life.

RECOMMENDED READING: YOGANANDA *and* KRIYANANDA



The original 1946 unedited edition of this spiritual masterpiece

AUTOBIOGRAPHY OF A YOGI

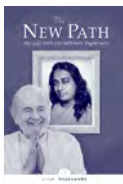


Paramhansa Yogananda

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, one of Yogananda's close, direct disciples.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.



THE NEW PATH

My Life with Paramhansa Yogananda



Swami Kriyananda

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*.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.



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.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.



REVELATIONS OF CHRIST

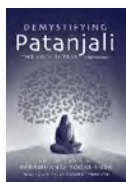
Proclaimed by Paramhansa Yogananda,

Presented by his disciple, Swami Kriyananda



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 exalted perspective of Paramhansa Yogananda, finally offers the fresh perspective on Christ's teachings for which the world has been waiting. This book gives us an opportunity to understand the scriptures in a more reliable way than any other: by studying under those saints who have communed directly with Christ and God.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.



DEMYSTIFYING PATANJALI: The Yoga Sutras (Aphorisms)

The Wisdom of Paramhansa Yogananda,

presented by his direct disciple, Swami Kriyananda

Winner of the 2014 International Book Award in the "Spirituality: General" category. A great spiritual master of ancient times—Patanjali—enlightened humanity through his *Yoga Sutras* with a step-by-step outline of how all spiritual aspirants achieve union with God. Since then, scholars have written commentaries that bury Patanjali's insights in confusing terms. Now, a modern yoga master—Paramhansa Yogananda—has resurrected Patanjali's original revelations



THE RUBAIYAT OF OMAR KHAYYAM EXPLAINED

Paramhansa Yogananda, Edited by his disciple, Swami Kriyananda



The *Rubaiyat* is loved by Westerners as a hymn of praise to sensual delights. In the East its quatrains are considered a deep allegory of the soul's romance with God. For centuries the meaning of this famous poem has remained a mystery. Now Paramhansa Yogananda reveals the secret import and the "golden spiritual treasures" hidden behind the *Rubaiyat's* verses.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.



THE ESSENCE OF SELF-REALIZATION

The Wisdom of Paramhansa Yogananda

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

Nearly three hundred sayings rich with spiritual wisdom offer as complete an explanation of life's true purpose, and of the way to achieve that purpose, as may be found anywhere. *From the book:* "Live in this world as a guest. This world is not your true home. The deed to the house you live in may be written in your name, but whose was it before you acquired it? And whose will it be after you die? It is only a wayside inn, a brief halt on the long journey to your home in God."

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.

Also in
audiobook
MP3

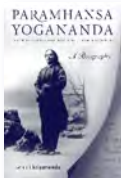


CONVERSATIONS WITH YOGANANDA

Recorded, with Reflections, 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 extensive, 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.

Also in
audiobook
MP3



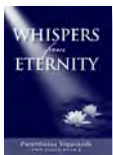
PARAMHANSA YOGANANDA

A Biography with Personal Reflections and Reminiscences
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. Includes many never-before-published anecdotes.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.

Also in
audiobook
MP3



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 master poet, but a spiritual master whose verses revealed the hidden divine presence behind even everyday things. *This wonderful collection includes:* Sacred demands to the Infinite • Prayers of devotion • Chants and poems • Invocations to great world teachers • *as well as prayer-demands for:* Illumination and Bliss • Wisdom and Prosperity • Health and Guidance • Divine Love ... and much more.

Also available in unabridged audiobook (MP3) format, read by Swami Kriyananda.

Also in
audiobook
MP3



The WISDOM of YOGANANDA series

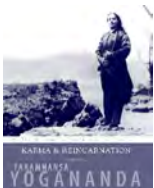
This series features writings of Paramhansa Yogananda not available elsewhere—including many from his earliest years in America—in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture his expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance.

Also
available in
EBOOK



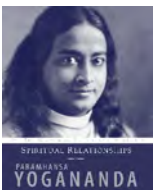
HOW TO BE HAPPY ALL THE TIME, VOLUME I

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; and many more.



KARMA AND REINCARNATION, VOLUME 2

Yogananda reveals the truth behind karma, death, reincarnation, and the afterlife. With clarity and simplicity, he makes the mysterious understandable. *Topics include:* how to handle the challenges in our lives; what happens at death, and after death; and the purpose of reincarnation.



SPIRITUAL RELATIONSHIPS, VOLUME 3

This book contains practical guidance and fresh insights 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; problems in marriage; and the Universal Love behind all your relationships.



HOW TO BE A SUCCESS, VOLUME 4

This volume includes the complete text of *The Attributes 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.



HOW TO HAVE COURAGE, CALMNESS, AND CONFIDENCE, VOLUME 5

This book shows you how to transform your life. Dislodge negative thoughts and depression. Uproot fear and thoughts of failure. Cure nervousness and systematically 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, VOLUME 6

In this book, Yogananda offers practical, wide-ranging suggestions on how to have more energy and live a radiantly healthy life by following principles that promote all-round well-being, mental clarity, and ease and inspiration in your spiritual life. Readers will 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.



HOW TO AWAKEN YOUR TRUE POTENTIAL, VOLUME 7

Yogananda rouses you to awaken your true nature, beginning by looking at the habits that hold you back and how best to change them. He gives practical steps to prepare you for the inner journey of awakening. Once you begin to discover the power of your soul nature, you can use higher consciousness to live more productively and successfully.



THE MAN WHO REFUSED HEAVEN, VOLUME 8

Yogananda's experience of life, his experience of the goal of all life, was filled with joy. He lived in joy always, and sought to awaken it in others. Sometimes he used humor to express an important spiritual principle. Sometimes he used it in training the disciples, to help them learn in a way that reasoned lectures could never achieve.



HOW TO FACE LIFE'S CHANGES, VOLUME 9

Changes come in life not to destroy us. They come, rather, to help us grow in understanding and to learn the lessons we must if we are to reach our highest potential. Yogananda will help you tap into the changeless joy of your soul-nature, empowering you to move through life fearlessly and with an open heart.

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A book for **LIFE**, a book for **TODAY**!

WHAT you are holding in your hands is not a simple book. Be very careful when you open it because it's **VIBRANT** and full of power! In fact, it contains the **distilled strength of one of the greatest spiritual classics of all time**: the *Autobiography of a Yogi*

by Paramhansa Yogananda, who has transformed the lives of millions of people throughout the world. A great master, regarded as the father of yoga in the West, Yogananda himself said that he had infused the *Autobiography* with his vibrations.



With this book, the *Autobiography* enters for the first time **into modern life**: every day you, too, can tangibly experience its transformative power!

Whether you have read the *Autobiography of a Yogi* or not, you will find in this book **108 yogic teachings of great relevance**, on topics such as the power of the spoken word, forgiveness, intuition, compassion, positive thinking, emotional healing, energy... and 100 more!

WAITING FOR YOU EACH DAY:

- ▶ one **inspiring passage** from the *Autobiography*;
- ▶ **unpublished writings** by Yogananda on each topic;
- ▶ **exercises** for developing self-awareness and creativity;
- ▶ a powerful **affirmation** by Yogananda;
- ▶ **27 living saints**: antique photos with anecdotes.



With Yogananda's loving guidance – and that of the 27 powerful saints and yogis in this immortal book – the *Autobiography of a Yogi* takes on a whole new life... for 108 days!