

HEALING WITH
LIFE
FORCE

TEACHINGS AND TECHNIQUES
OF PARAMHANSA YOGANANDA

VOLUME **2** MIND

SHIVANI LUCKI

❧ *Previews* ❧

Healing with Life Force by Shivan Lucki is a book which will inspire many people to make important life-changing decisions. The hints given there will be of great benefit to all those who are sincerely interested in changing their life from one of pure materialism to one of pure spirituality. This is a change which has to be made by every individual if we want a new world.

I have known Shivani for more than twenty years. She is a true disciple of a realized master, Sri Paramhansa Yogananda. I congratulate her on her initiative in reaching out to the countless souls who are at a loss to know how to get out of the labyrinth of delusion in which they are entrapped.

—*Vanamali Mataji, Vanamali Ashram, Rishikesh*

With clarity, precision, and depth of understanding, Shivani has delivered a masterpiece that in my opinion must be made part of medical curriculum. Modern medicine recognizes all diseases as psychosomatic, thus emphasizing the importance of thoughts patterns engrained in subconscious mind as the origin of ill health. The many case studies presented in the book confirm my experience as a clinical psychiatrist: the practices of affirmations, meditation and positive attitudes not only help patients with disease remission but also prevention. A must read for all who want to live a healthy life in this maddening world.

—*Dr. Mona Choudhary, MBBS, MD psychiatry,
founder of Parentingmantra.com*

Healing with Life Force highlights a capacity unique to humans: free will. It invites us to apply this instrument to create good habits to replace unhealthy ones and to consciously choose positive thoughts to combat anxiety, negativity, and fear. We discover healing tools we never knew existed. I speak from experience when I say that what you find here will transform you.

—*Dr. Kriti Maroli, MDS*

This book is a marvelous blend of science and spirituality, both necessary for a perfectly healthy life. Shivani has zealously endowed the Life Force trilogy with the elixir of the transformative self-healing teachings of Paramhansa Yogananda, which she herself has practiced and taught for half a century.

The delightful personal experiences of people from around the world add a dimension of immediacy, demonstrating that the practices in the book are effective even and especially in times of physical and emotional peril. As a teacher of preventive medicine, I know the importance of maintaining a healthy lifestyle. If we adopt even some of the wise suggestions in this book for both our physical and “mental diet,” we can develop strong immunity and enjoy better health.

—Dr Pallavi Shukla, MBBS, MD, PhD, assistant professor, preventive oncology, AIIMS, New Delhi

This book is the definitive compendium of the teachings on healing of Paramhansa Yogananda, teachings that not only set us on the path of curing ourselves from the fundamental cause of disease—spiritual ignorance—but that provide highly practical and immediately applicable methods that anyone can use in whatever situation life brings. Shivani has spent decades studying, applying and sharing these teachings, and these exhaustive volumes are the fruit of her profound dedication to the path of spiritual healing, as taught by the great masters of Self-realization.

—Hana Mukti Božanin, meditation instructor, english teacher, and translator

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**HEALING WITH
LIFE FORCE**

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My Intuitive
HEALING JOURNEY



I have always been cautious about selecting solutions for my medical care. Before choosing a doctor I will always do extensive research. Yet I was finding now that neither my carefully chosen endocrinologist, gynecologist, or gastroenterologist could offer solutions to relieve my debilitating symptoms.

For the last nine months I had suffered from hypocortisolemia, a condition where the adrenals don't make enough cortisol, resulting in profound fatigue and acute pain all over my body. I took the medications my doctors prescribed, but I was getting more and more tired, and there were days when I hadn't the strength to get out of bed. Adding to this sad situation, my pancreas began to malfunction.

Not knowing where else to turn, I prayed for guidance.

I am a specialist in reconstructive dental surgery, and one day while practicing in a colleague's studio I was suddenly drawn to the bookshelves that held medical journals and books. Not looking for any book in particular, I reached out and took a random book in hand.

Strangely, it had nothing to do with dentistry, but even before I opened it I knew with a sure intuition that it contained the answers to my health problems. I brought it home and read it from cover to cover that evening. It described a recent area of research called "functional medicine" and described all of the symptoms I was experiencing, as well as the reasons I had become ill, and the therapy that would bring my body back into balance.

The next day I found the phone number of the author, who was president of two Italian associations dedicated to functional medicine. Yet even though he had the most impressive credentials, an intuitive feeling prevented me from calling him. Instead, I googled “functional medicine in Como.” Several names appeared, and while none seemed to specialize in my symptoms, I was intuitively drawn to one name. Incongruously, it was an ENT (ear, nose, and throat) specialist, yet I knew somehow that he would cure me.

When I described my symptoms, he suggested a treatment called neural therapy. Surprisingly, I – the careful researcher – immediately agreed to the therapy, not knowing what it was. Back home, I looked it up: “Neural therapy consists of deep injections of procaine diluted with bicarbonate at the orthosympathetic nerve ganglia to calm their activity (and thus dampen the whole hormonal cascade of stresses and catabolism) to promote normal parasympathetic action.” This sounded rather frightening, but I knew it was the right therapy for me.

After only a few sessions, all of my symptoms disappeared and I was feeling better than ever. It turned out that this humble ENT was the president of a functional medicine association and that he had written numerous books on it and was a pioneer of neural therapy.

I have returned to work and to my spiritual life with renewed vigor, with a fresh appreciation for the superiority of intuitive guidance over rational research, and with gratitude that I had the courage to follow my intuitions.

–**Valentina**, *Como, Italy*



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FOREWORD

DR. MARIA DONATELLA CARAMIA

Healing with *Life Force* is imbued with the power and spirit of a great world teacher. The author shares with us the essence of Yogananda's timeless teachings, which were first articulated nearly a century ago, and are even more relevant today.

We now know that our thoughts can change our bodies in accordance with the brain's formidable neuroplastic powers. And we cannot separate these newly discovered truths from the effects of spiritual practices on our minds, emotions, and immune system. The techniques in this volume, particularly the scientific healing affirmations for healing of mind and body, put us in the driver's seat when it comes to maintaining our health and healing ourselves. They enable us to create a reality in which we are strong, resilient, and capable of navigating life with grace and fortitude - one positive thought at a time.

I have long admired Shivani as a personal friend and a profoundly inspiring teacher. She combines keen intelligence with intuition and a generosity that aspires to help everyone be supported, recognized, and healed.

Shivani had the great good fortune to learn the principles and practices of Self-realization from one of the greatest thinkers of our times, Swami Kriyananda, who himself received them directly from Yogananda. She very generously shares the wisdom of these masters, augmenting them with insights that she has gained from fifty years of personal practice.

As you read these pages, I urge you to take the time to follow the exercises, as they will help you exchange harmful habits for healing ones, and receive the unfailing guidance of your own higher Self.

Dr. Caramia is a neurologist, psychologist, professor of humanistic neurology at the University of Rome Tor Vergata.

INTRODUCTION

The book you have in hand is the second 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: www.healinglifeforces.com/volume-2/ (or scan this QR code) where you will find:



- Articles by Paramhansa Yogananda and Swami Kriyananda, including previously unavailable material about:
 - ⇒ Overcoming harmful emotions
 - ⇒ The significance of dreams
 - ⇒ How to develop creative intuition

- ⇒ How to overcome fear and anger
- ⇒ How to eliminate negative habits and create healthy ones
- A class with Shivani in Kriyananda's Superconscious Living Exercises
- Talks by Shivani on "Healing Prayers and Affirmations."
- 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."*



PART VI

HEALING POWERS OF THE MIND

All disease has its roots in the mind...
If the mind can produce ill health
it can also produce good health.^[1]

—YOGANANDA

Thought is the brain of the cells and [of the]
units of Life Force present in every particle
of bodily tissue. Hence, a disease thought upsets
the entire government of the Life Force in
the cells, whereas the thought of health corrects
any disorder in the cellular system.^[2]

—YOGANANDA

✧ SAVING FACE ✧

Lorraine had been married very happily for thirty years to the beloved pastor of the city's largest Protestant church. She was well respected, a dynamo of compassion and service, and her life was a perfect complement to his.

And now this – out of the blue, a divorce. Ugly thoughts of pain, humiliation, and desperation assailed her. They will talk: How had she not known? They will judge: If she couldn't keep her house in order, how could she counsel others?

Lorraine sought shelter in the fortress of the house that for three decades had served as a warm and loving home. She had counseled and comforted many in similar situations. How valid had her counsel been?

She resolved to travel, to meet new people and have new experiences. Before embarking, she saw the family physician. As unexpected and shocking as her divorce, there was a facial melanoma that needed urgent treatment.

Why was she now facing a serious illness, so soon after fighting off the gathering clouds of depression? The answer came in a flash of clarity: she had been so fixated on the thought of losing face that she was now literally at threat of losing her face!

She recalled what she had always told others – that life's unavoidable changes are God's way of gently nudging us to grow. As a chapter ends, so another begins. Her prayer was answered – now, knowing the deeper meaning of these events, she no longer feared the thoughts of others, and she was ready to turn the page.

Feeling that the root cause of the melanoma had been removed from her mind, she departed on her trip against her physician's strenuous objections. Travel brought an expanded perspective, and awakened aspects of herself that had long lain dormant. On her return, her doctor confirmed that the melanoma had vanished. Her confidence restored, she resumed her loving service to her many friends in the congregation.



We Are What We Think

Thought has the power of materialization. Change your process of thought. There is no other technique. In this short span of life, by the power of your thought, you can go faster than the airplane, faster than all animals, and be more powerful than any mechanism man has invented. You are made in God's image, and He gave to you the indomitable power of thought.

—YOGANANDA ^[1]



While there is a great deal of truth in the adage, “We are what we eat,” an even more penetrating saying is “We are what we think.” Every great accomplishment has its origin in the mind.

Flying machines existed in Leonardo da Vinci's mind in 1490, but would not take to the air until four centuries later in, with the Wright Brothers's first flight in 1903.

In 1964 Eugene Roddenberry imagined the mobile communicator used by the cast of Star Trek. Nine years later, Martin Cooper introduced the first portable telephone.

In a 1898 short story, “From the London Times of 1904,” Mark Twain visualized a communications network that scientists could use to share their findings and to work cooperatively. The exact purpose for which the internet was started, in the 1980s.

Astronauts visualize themselves working in space even before they start their training.

Athletes routinely pre-visualize their performances, finding it extremely effective for preparing their bodies and programming their brain pathways for success. They see themselves on the winners' platform and feel the coolness of the medal around their neck.

Tunnels, under-water communications cables, satellites, organ transplants, a tree bearing different varieties of fruit, the Hubble telescope, the Mars rover – all were born first in the fertile mind of visionaries.

The house you now inhabit possibly began its life as your “dream home,” which only you believed in.

The mind that can conceive such amazing inventions is capable of helping us to manifest health, success, and happiness.

The quantum mind

The inventor, the scientist, the artist, the athlete – they come to know that the inception of their reality, and the foundation for their success, begins in the mind. According to today’s understanding of quantum physics, our subjective mind produces perceptible changes in the objective physical world.

Your thoughts are a form of energy that transmits a signal from your individual radio tower out to everything and everyone around you...Unlike a radio tower, the energy that comes from your thoughts isn’t limited to a geographic location. Your thoughts are connected to the *energy web of all reality*, which is all around us... The universe reads the vibrational frequency of your thoughts and attracts the people, places and circumstances that make them a reality. ... We all have the capacity and power within ourselves to utilize the energy of our thoughts to shape our reality. ^[2]

This is the Law of Attraction – the truth that our thoughts, which are patterns of subtle energy, have a power to attract experiences and objects.

The law of attraction will certainly and unerringly bring to you the conditions, environment, and experiences in life, corresponding with your habitual, characteristic, predominant mental attitude.^[3]

In practical terms, the Law of Attraction means that our positive or negative thoughts attract the corresponding results. If during a job interview our thoughts are entirely focused on images of being hired, their energy will influence the outcome. Visualizing ourselves per-

forming well increases the probability of success. But if we fill our mind with thoughts that we are ill and weak, there will be a considerably lower possibility that we will be strong and well.

In this section we will learn techniques for engaging our quantum power of “mind over matter” to help us create and maintain good health.

The psychology of the Vedas

An understanding of how the mind works is part of the rich tradition that comes down from ancient times in India. The scriptures of *Sanatan Dharma** – the Vedas, the Upanishads, the Bhagavad-Gita, the *Yoga Sutras of Patanjali*, and other scriptures and treatises – give detailed guidelines for maintaining a healthy body-mind-soul equilibrium.

Yogananda interpreted this ancient wisdom for the modern age, showing us how the mind can be used as a powerful tool for healing. He introduces us to the four aspects of human consciousness and to the three dimensions of awareness. The techniques he taught, many of which are included in this chapter, are practical means of developing the mind’s powers and harmonizing its dimensions.



Patanjali

The four aspects of human consciousness

The mind (as distinct from its physical container, the brain) has four functions: it perceives through the senses, it distinguishes what it perceives, it relates its perceptions to the individual, and it assigns a degree of desirability or lack of desirability to the objects of its perceptions.

As the physical brain functions in more or less the same way in all human beings, the mind functions similarly in all humans. The manner in which each individual chooses to utilize these universal mental capacities is a matter of free choice, which will be influenced by the totality of his previous individual choices (his karma) and his current environmental and familial circumstances.

**Sanatan Dharma* means that truth which is eternal, and which is expressed in varying ways in all the great religions of the world. –Kriyananda, Swami, *Keys to the Bhagavad Gita*, 2.

Perception. We perceive the world through our five senses. Our physical perceptions supply the mind with data from the external world. What the mind can perceive depends on what it can see, hear, smell, taste, and touch. In Sanskrit, this function of the mind is called *mon*, or *manas*. This is the stage at which the mind sees a horse but doesn't define it – so far, the mind merely perceives a visual image of a horse.

Discrimination. Once the mind perceives something, it tries to make sense of it by using the faculty known in the Vedas as *buddhi*. This is the aspect of the mind that becomes aware of something and tries to identify it and understand whether it is beneficial or harmful. At this stage the mind identifies the object of perception: “That is a horse.”

Personalizing. From its countless perceptions, the mind tries to discern which are useful to help it obtain its desires and ensure its survival. This function is called *ahankara* and denotes the egoic will. The egoic mind now defines its relationship to the horse: “This is *my* horse.”

Feeling or emotion. The final function of the mind is known as *chitta*, which is the mind's capacity to assign an emotional value to its experiences, labeling them as either pleasing or displeasing. The feeling aspect of the mind is a two-edged sword. On one hand, when the feeling is impartial and impersonal, it works in harmony with *buddhi*. But when the feeling is ego-directed, it traps us in desires and personal attachments. “I *like* my horse!”

To summarize: *manas* connotes sensory awareness: like a mirror, it receives and reflects impressions from the senses. These impressions are then interpreted by the intelligence, *buddhi*, reacted to by the feelings, *chitta*, and finally assigned a value by the personal will, *ahankara*.

The three dimensions of the mind

As the mind coordinates its perceptions, degrees of awareness are created. In psychology, much is made of the **subconscious** level of awareness, especially the darkness that supposedly lurks there. But Yogananda emphasizes the usefulness of the subconscious mind: it serves as a place to store our *memories* and *habits*. When we are able to manage our subconscious memories and habits wisely, they serve as powerful tools for self-healing; but if we aren't careful, they can trap us in unwholesome habits and unbridled emotional reactivity.

We are most familiar with the **conscious mind** with its executive abilities to reason, analyze, and organize. In the next chapter, we will explore the superpowers of the conscious mind: *concentration*, *will-power*, and *visualization* – and discover how we can work with them to improve our health and wellbeing.

Less well known is the dimension of **superconsciousness**, a state of awareness that is superior to and independent of the physical senses and mental reasoning. Its superpower is *intuition*, an invaluable tool in our quest for health and healing, which we will discuss in the third chapter.

The descent of consciousness

COSMIC CONSCIOUSNESS



SUPERCONSCIOUSNESS

“The tree of superconsciousness has its roots in Cosmic Consciousness. Its trunk consists of superconsciousness and its branches consist of superconscious perception, subconscious perception, and conscious perception. This tree of superconsciousness, when perceived, will be found to bear fruits of superconscious intuition.”^[4]

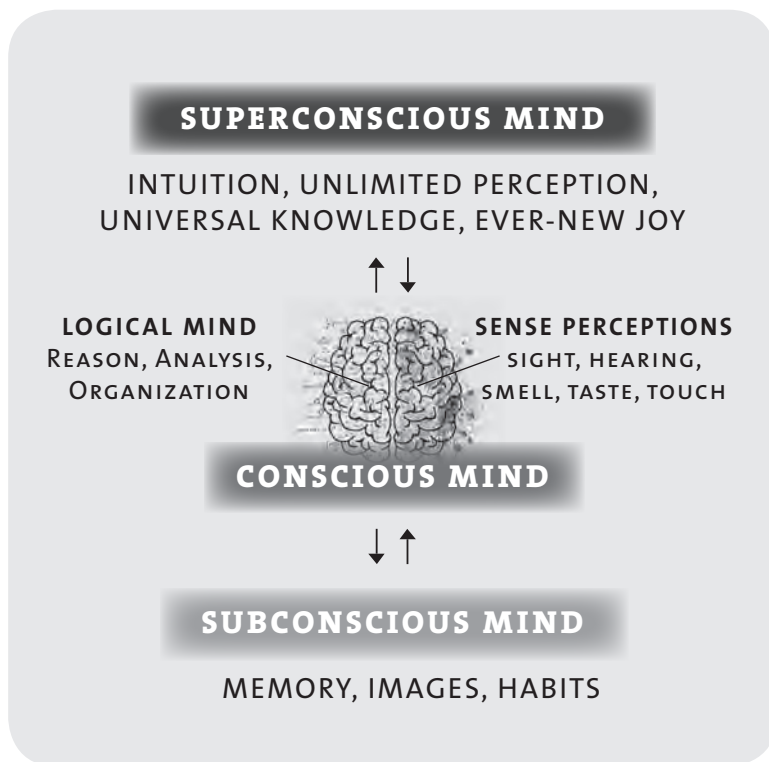
SUBCONSCIOUSNESS

“The subconscious mind is the memory repository for the conscious mind. Being automatic, it reproduces good and bad memories equally. Hence the subconscious mind must be trained through the conscious mind.”^[5]

CONSCIOUSNESS

The ordinary tree of consciousness has its roots in the intelligence in the brain. Its trunk consists of the mind and its branches consist of reason, will, and feeling. The conscious mind, dependent on the intellect, seeks reasonable solutions to its problems. It is subordinate to superconsciousness, not superior to it.^[6]

Interplay between the three dimensions



Each of the dimensions of consciousness perceives reality in its own way. We bring all of them to bear on the innumerable decisions we must make each day.

The **subconscious**^[7] mind is active when we are sleeping, but its labors aren't confined to our slumbers. During waking hours, the subconscious will bypass the rational conscious mind and impose automatic reactions based on our past experiences.

For example, if when walking you see a dog and in the past you have been bitten by a dog, a subconscious reaction might make you tense your muscles ready to flee, or, more constructively, tell you to cross the street and avoid the dog.

Our subconscious impressions can collaborate with the conscious mind, submitting memories that are useful in the present.

It is surprising and humbling to realize how many of our decisions are dominated by these subtle influences.

The **conscious** mind dominates our waking hours. It operates on the basis of the information it receives from the five senses, but also from external sources. While the conscious mind is influenced by our subconscious memories, it can turn the tables and impress new thoughts and behaviors on the subconscious, using its powers of concentration, will, visualization, and imagination.

The **superconscious** is always awake, perceiving reality from a multi-dimensional vantage point, much as the view from a helicopter is broader and more inclusive than the view from the ground. Superconscious perceptions are accessible to the conscious mind when our thoughts and emotions are calm.

We can achieve the state of inner harmony that Patanjali defines as yoga – “*Yogas chitta vritti nirodh*” (“Yoga is the neutralization of the vortices of emotional feeling”) by stilling the waves of agitated thoughts and emotions so that the conscious mind becomes the receptacle of superconscious perception.

The superconscious... represents a much higher degree of awareness. Indeed, it is the true source of all awareness. The conscious and subconscious minds filter that higher awareness, merely—stepping it down, so to speak, like the transformer that converts a high voltage to a lower and makes it available to our homes.^[8]



In the chapters that follow, we will consider each level of consciousness and learn to use its unique powers to improve our health.

Your Mental Diet

There is no disease of the body
apart from the mind. –SOCRATES

Psychological diseases give birth to physical diseases.
In fact, most physical diseases derive their roots in
the mind through disease convictions.^[1] –YOGANANDA

While we know that material foods supply
the body with energy, we must also remember
that good thoughts are nourishing food for
the mind, and thoughts of any other nature are
poisonous to the health of body and mind.
Have you ever analyzed your magnetic mental diet?
It consists usually of the thoughts which you are
thinking as well as the thoughts you are receiving
from the close thought contact with your friends.
Peaceful thoughts and peaceful friends always
produce healthy, magnetic minds.^[2] –YOGANANDA

Most people cannot heal themselves because their
own thoughts are poisoned by the habit of thinking
of chronic sickness...Thought is the brain of the
cells and units of Life Force present in every particle
of bodily tissue. Hence, a disease thought upsets
the entire government of the Life Force in the cells,
whereas the thought of health corrects any disorder
in the cellular system. –YOGANANDA ^[3]



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 or 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!



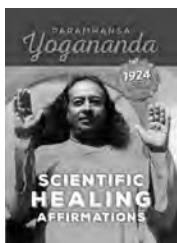
Autobiography of a Yogi

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 first-hand 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.



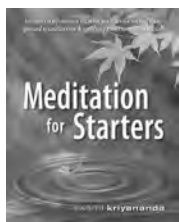
How to Achieve Glowing Health and Vitality

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.

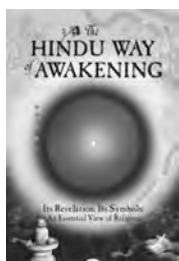
mental clarity, and inspiration in one's spiritual life. Readers will discover the fine art of conscious relaxation, and find many helpful diet tips for health and beauty.



Meditation for Starters

Swami Kriyananda

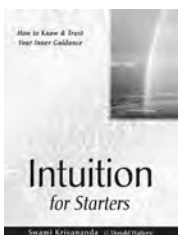
Have you wanted to learn to meditate, but just never got around to it? Or tried “sitting in the silence” only to find yourself too restless to stay more than a few moments? If so, this book is just what you’ve been looking for—it provides everything you need to begin a meditation practice. Filled with 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.



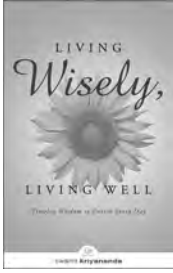
Intuition for Starters

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.



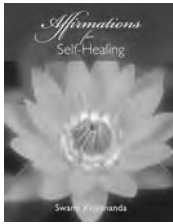
Living Wisely, Living Well

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.

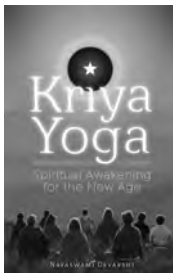
See life with new eyes. Discover hundreds of techniques for self-improvement. This distillation of a lifetime of wisdom will wake you up to dynamic inner growth. So take time off from the “same old you.” Read this book, put into practice what it teaches, and in a year’s time you won’t recognize yourself.



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

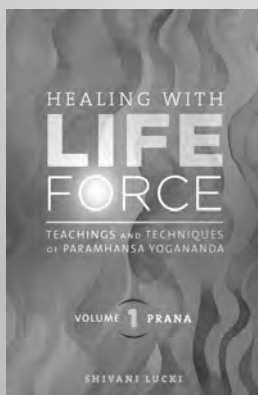
Both instructive and inspiring, this book shows the aspiring devotee both how and why to take up the life-long practice of Kriya Yoga. Learn the pitfalls to look out for along the way, and how to reach ultimate success on your journey to Self-realization.

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.

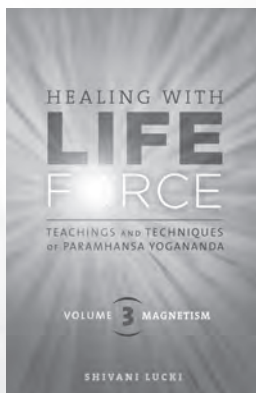
“All methods of healing are really indirect ways of rousing the life energy, which is the real and direct healer of all diseases.”

—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 THREE



MAGNETISM

This volume 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. *Chapters include:*

- ***The Relationships Challenge***
- ***Characteristics of Healthy and Unhealthy Relationships***
- ***Soulmates***
- ***Separation and Divorce***
- ***Prosperity and Success***
- ***Healing Habitats***
- ***Transition and Transcendence***

“A strong, positive magnetic aura around your body will prevent not only people’s negative thoughts from affecting you, but also negative or harmful circumstances and happenings, even disease.” –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.

“We discover healing tools we never knew existed. I speak from experience when I say that what you find here will transform you.” —**Dr. Kriti Maroli, MDS**

“Shivani guides us through the mind's intricate networks, showing how, with Yogananda's incisive techniques, we can use the mind's capacities to create for ourselves a healthier and much happier reality.” —**Hana Bozanin, teacher, translator, editor**

“The personal stories of people's struggles and victories included throughout the Life Force trilogy hearten us to make every circumstance in our life a springboard for greater success.” —**Andrey Skakodub, business operation advisor, Baku, Azerbaijan**



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.



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.