

Paramahansa Yogananda Kriya Yoga Lessons

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Paramahansa Yogananda Kriya Yoga Lessons

The basic series includes instruction in three powerful techniques taught by Paramahansa Yogananda — the Hong-Sau Technique of Concentration, the Energization Exercises, and the Aum Technique of Meditation — as necessary components in the comprehensive spiritual science of Kriya Yoga. This gradual introduction has a purpose.

Lessons in Kriya Yoga | Self-Realization Fellowship

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Kriya Yoga Lessons Course by Paramahansa Yogananda

Purpose of the Lessons: Teaching the Science of Kriya Yoga In his Autobiography of a Yogi, Paramahansa Yogananda introduced the lineage of illumined gurus behind the Self-Realization Fellowship work: Mahavatar Babaji, Lahiri Mahasaya, and Swami Sri Yukteswar. He describes how these fully God-realized masters chose and prepared him to bring the lost, ancient Kriya Yoga science of God ...

Lessons for Home Study Programs - yogananda.org

SRF Lessons Observe Sacred Guidelines for the Teaching of Kriya Yoga. In Autobiography of a Yogi, Paramahansaji relates the story of how, in 1861, Kriya Yoga came to be resurrected by Mahavatar Babaji for humanity at large. He instructed his disciple Lahiri Mahasaya in the ancient science, and told him that his role in life was to teach it openly to others (as had not been done for many centuries).

Self-Realization Fellowship Lessons | Self-Realization ...

Kriya Yoga Lesson 5: Be Steadfast Unwavering dedication to the goal of a Self- and God-realized life is a decision to live in the soul, to anchor our awareness in the true Self. Steadfastness on the path is refusing to put off the soul life. It is returning, again and again, to the truth of our being.

Kriya Yoga Lessons from Paramahansa Yogananda - Ellen ...

Paramahansa Yogananda taught a system of powerful meditation techniques as part of the science of Kriya Yoga. These techniques are available through the Yogoda Satsanga Lessons. Anyone wishing to learn and benefit from the highest techniques of meditation will find these lessons to be an invaluable resource and lifelong support.

Meditation & Kriya Yoga by Paramahansa Yogananda

The sacred science of meditation and art of balanced spiritual living taught by Paramahansa Yogananda Introduction Learn about the Kriya Yoga path of meditation, which leads to the inner realization of God.

Kriya Yoga Path of Meditation | Self-Realization Fellowship

According to Yogananda, Kriya Yoga is the most effective technique available to mankind today for reaching the goal of Yoga: union with the Divine. Kriya Yoga is so effective because it works directly with the source of growth — the spiritual energy deep in our spines. All yoga techniques work with this energy, usually indirectly.

Learn Kriya Yoga - Ananda

Kriya Yoga es un método científico psico-fisiológico mediante el cual los átomos de oxígeno son transmutados en energía vital, y en último término la respira...

Kriya Yoga descrito por Paramahansa Yogananda - YouTube

The Path of Kriya Yoga Kriya Yoga is a meditation technique that quickly accelerates one's spiritual growth — though ancient, it was first made widely known by Yogananda in his autobiography. “Kriya,” he wrote, “is the easiest, most effective, and most scientific avenue of approach to the Infinite.

Paramhansa Yogananda and the Path of Kriya Yoga

Learn Kriya Yoga. Yogananda said the Kriya Yoga meditation technique is “the fastest route to Self-realization.” ... Lessons in Meditation — Starting December 3. One of Our Most Popular Online Courses. Learn simple yet powerful techniques originally taught by Paramhansa Yogananda in this 10-week course starting soon.

Free: Autobiography of a Yogi by Paramhansa Yogananda

Paramahansa Yogananda's SRF Lessons for Home Study. The Self-Realization Fellowship Lessons are unique among Paramahansa Yogananda's published writings in that they give his step-by-step instructions in the yoga techniques of meditation, concentration, and energization that he taught, including Kriya Yoga . The goal of these simple yet highly effective yoga techniques is to teach you to deal directly with energy and consciousness enabling you to recharge your body with energy, to awaken ...

Paramahansa Yogananda's SRF Lessons for Home Study

The Self-Realization Fellowship Lessons present the methods of concentration, energization, and meditation taught by Paramahansa Yogananda that are an integral part of the Kriya Yoga science — including the technique of communion with Aum, the Holy Ghost. The techniques described below are presented in the Self-Realization Fellowship Lessons.

Self-Realization Fellowship Lessons - Paramahansa Yogananda

Paramahansa Yogananda The science of Kriya Yoga has been given to humankind to assist our evolution as we struggle to ascend into an age of greater harmony and understanding. A modern revival of the timeless science of Raja Yoga, the Kriya Yoga path of Paramahansa Yogananda and his spiritual lineage has been sent through the Self-Realization Fellowship teachings to all nations of the world.

History | Self-Realization Fellowship - yogananda.org

PARAMAHANSA YOGANANDA in his Autobiography of a Yogi gives an in-depth explanation of the scientific basis of Kriya Yoga, one of the most powerful and advanced meditation techniques ever available. Kriya Yoga is taught in Self-Realization Fellowship Lessons — unique step-by-step instructions in Raja Yoga, the 'royal' or highest path of Yoga.

Paramahansa Yogananda

This compilation presents selections from Paramahansa Yogananda's words on the nature, role, and efficacy of Kriya Yoga as the preeminent technique of salvation, sent on earth by God and the great Masters as a special dispensation for the current age. 150 Years Ago: The Renaissance of Yoga for Modern Times

Kriya Yoga Royal Technique by Paramahansa Yogananda

Paramahansa Yogananda (1893–1952) is considered one of the preeminent spiritual figures of modern times.. Author of the best-selling spiritual classic Autobiography of a Yogi, this beloved world teacher came to America in 1920 from his native India, and was the first great master of yoga to live and teach in the West for an extended period (more than 30 years).

SRF - NYC - Paramahansa Yogananda

Hardly could there be a better time to learn about vibrational healing. Cecilia and Vivek Sharma are amazing sources of knowledge and inspiration. Global healers on a grand scale, Kriya yogis and long time disciples of Paramhansa Yogananda, they learned his healing techniques from direct disciple Swami Kriyananda. Serving people from all walks of life, their vast experience includes working ...

Ananda New York | Living and sharing the teachings of ...

This promise was fulfilled when Lahiri Mahasaya transmitted the teachings to his disciple Swami Sri Yukteswar, who transmitted them to Paramahansa Yogananda whom he trained for 10 years, from 1910 to 1920, specifically with the dispensation to take Kriya Yoga to the West and to the world at large to help people attain Self-realization or God ...

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