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# Paramahansa Yogananda Kriya Yoga Lessons

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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**

The basic series includes instruction in three powerful techniques taught by Paramahansa

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**Kriya Yoga Lessons  
Course by  
Paramahansa**

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## **Yogananda**

This series of 5 Lessons gives instruction in the technique of Kriya

Yoga for those who qualify by having established a regular practice of the three principal meditation techniques given in the basic YSS Lessons.

Initiation in Kriya Yoga is a sacred step that involves a deeper commitment to the spiritual path of

Yogoda Satsanga



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Society of India and the establishment of the guru-disciple relationship with Paramahansa Yogananda.

## **Meditation Lessons & Kriya Yoga by Paramahansa Yogananda**

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

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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 ...**

The sacred science of meditation and art of balanced spiritual living taught by  
Paramahansa

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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**

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Yogananda taught a  
system of powerful  
meditation techniques  
as part of the science

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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**

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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

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had not been done for  
many centuries).

## **Self-Realization Fellowship Lessons | Self-Realization ...**

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

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spiritual energy deep in our spines. All yoga techniques work with this energy, usually indirectly.

### **Learn Kriya Yoga - Ananda**

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

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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**

Kriya Yoga (Sanskrit:  
क़्रिया योग) is  
described by its  
practitioners as the  
ancient Yoga system  
revived in modern



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times by Mahavatar  
Babaji through his  
disciple Lahiri  
Mahasaya, c.  
1861. Kriya Yoga was  
brought to  
international  
awareness by  
Paramahansa  
Yogananda's book  
Autobiography of a  
Yogi and through  
Yogananda's  
introductions of the  
practice to the west  
from 1920.

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## **Kriya Yoga -**

## **Wikipedia**

The technique is given to students of the Self-Realization Fellowship Lessons who apply to receive Kriya Yoga after a preliminary period of study and practice of the first three techniques taught by Paramahansa Yogananda listed above. Kriya Yoga is the highest method of God contact.

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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.

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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**

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## Paramahansa **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-

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**Self-Realization  
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Kriya Yoga  
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

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ever available.

## **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

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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**

If you stream yoga  
classes online,  
meditate to alleviate  
stress, or consider  
yourself more spiritual



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than religious, you  
have Paramahansa  
Yogananda, in part, to  
thank, said Diana Eck,  
professor of ...

### **Practice yoga? Thank Paramahansa Yogananda, who lived in L ...**

This promise was  
fulfilled when Lahiri  
Mahasaya transmitted  
the teachings to his  
disciple Swami Sri  
Yuktswar, who  
transmitted them to

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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 ...

**Yogananda's Kriya  
Yoga Lessons Enter  
the 21st Century -  
LA ...**

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Yogananda Kriya  
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Yogananda talks about  
the benefits of Kriya  
Yoga meditation  
technique,

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