



Happiness



Success



*Health &
Healing*



Relationships



Meditation



An introduction to the
REVOLUTIONARY TEACHINGS
OF
PARAMHANSA YOGANANDA

Presented by Ananda Sangha Worldwide



*Realize joy within your daily life
as a tangible, loving reality.*



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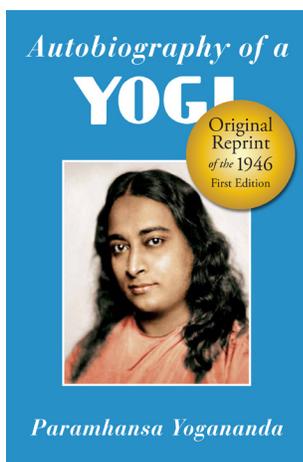
WHO IS PARAMHANSA YOGANANDA?

My sincere opinion is that Yogananda's life will have a major impact on the world—that, indeed, it will change the very course of history. The world will become a better place because he lived.

—Swami Kriyananda

Paramhansa Yogananda (1893-1952) was trained from his early years to bring India's ancient and liberating yoga teachings to the West. In 1920 he moved to the US to begin what was to become a worldwide work touching millions of lives. Americans were hungry for India's spiritual teachings, delivered in a way that would speak to their hearts and minds.

AUTOBIOGRAPHY OF A YOGI



In 1946 he published what has become one of the best-loved books of the 20th century, *Autobiography of a Yogi*, which many have come to know as the only book on Steve Jobs' iPad. His Autobiography has been translated into 19 languages and has inspired the spiritual awakening of millions. This book helped start and continues to sustain the current spiritual renaissance seen in the West.

*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.*

—The Shankaracharya of Kanchipuram

In addition, Yogananda established headquarters for a worldwide work, wrote a number of books and study courses, gave lectures to thousands in most major cities across the United States, wrote music and poetry, and trained disciples. He was invited to the White House by Calvin Coolidge, and he initiated Mahatma Gandhi into Kriya Yoga, his most advanced technique of meditation.

His autobiography is dedicated to scientist Luther Burbank, whom he considered an American saint. He corresponded with other high-minded thinkers of his time, including Henry Ford, with whom he shared an enthusiasm for inventions that would improve daily life for millions of Americans (including the motor home, vegetarian burgers, and meat substitutes).

THE PATH OF SELF-REALIZATION

Yogananda's teachings emphasize direct inner experience of the Divine, which he called "Self-Realization". These teachings are universal and offer a practical approach to inner awakening. His message highlights the unity of all religions, and the importance of spiritual devotion combined with scientific, liberating techniques of meditation.

Yogananda gave this definition to the term **Self-Realization**:

Self-Realization is the knowing in all parts of body, mind, and soul that you are now in possession of the kingdom of God; that you do not have to pray that it come to you; that God's omnipresence is your omnipresence; and that all that you need to do is improve your knowing.

IN PURSUIT OF UNIVERSAL UPLIFTMENT

In the best-known Indian scripture, *The Bhagavad Gita* (“The Lord’s Song”), the statement appears:



Bharata (Arjuna)! Whenever virtue (dharma, or right action) declines and vice (adharma, or wrong action) is in the ascendant, I (the Supreme Lord) incarnate Myself on earth (as an avatar, or divine incarnation). Appearing from age to age in visible form, I come to destroy evil, and to reestablish virtue. (IV: 7,8)

Yogananda was one of those few souls who come to Earth with the divine mission of guiding mankind out of the fog of delusion, into the clear light of divine understanding.

The incredible depth of Yogananda’s compassion for suffering mankind is evident in these lines from his poem, *God’s Boatman*:

*Oh! I will come again and again!
Crossing a million crags of suffering,
With bleeding feet, I will come—
If need be, a trillion times—
As long as I know
One stray brother is left behind.*

—Paramhansa Yogananda, *Whispers from Eternity*

Swami Kriyananda, one of the last living direct disciples of Paramhansa Yogananda, wrote in his biography, *The New Path*, of the great spiritual master:

That compassion is what I saw in his eyes every time I gazed into them deeply. It was no mere sentiment. It was the expression of his soul, as he reached out with yearning to help everyone who came to him with a desire to be lifted toward final liberation in God.

ETERNAL TRUTH UNDERLIES ALL GREAT RELIGIONS

God is one, but the paths to Him are many. Countless, too, are the ways in which He may be experienced, and described.

—Paramhansa Yogananda

Eternal truth underlies all great religions. The religions of the world are only denominations in the one, universal religion, Truth. The classifications of Hinduism, Buddhism, Christianity, Islam, and all the others are superficial, despite every claim to the contrary. True religion merits the name for religion in India: *Sanaatan Dharma*, “the Eternal Religion,” or, more exactly, “The Way to Eternal Enlightenment”.

Your religion is not the garb you wear outwardly, but the garment of Light you weave around your heart.

—Paramhansa Yogananda

Rightly understood, true religion offers hope and inspiration impartially. Its forms vary with different cultures and different social conditioning, but always its purpose is to raise human consciousness. In religion, the most important thing is to love selflessly.



Painting by Jyotish Novak

THE SCIENCE OF RELIGION

The truth simply is. It cannot be voted into existence. It must be perceived by every individual in the changeless Self within.

—Paramhansa Yogananda

Religion is a pragmatic science which gives practical results. This science of religion is called **Yoga**. Yoga means “union,” which is to say complete integration of body, mind, and soul, resulting in union with the Divine. Yoga brings us the liberating, scientific techniques to unlock the doors to direct experience of the Divine, to Conscious Bliss. Bliss is that final attainment which we are all seeking, whatever our path may be.

Belief is hypothesis; faith, on the other hand, is born of experience. The science of yoga is proven in the laboratory of our own experiences. Conditioned as we’ve become by scientific methodology, it is time we focused on the actual experience of spiritual truth, and on the wisdom brought by that experience. Faith is wisdom. Wisdom is understanding born of direct experience.

The sentiments of religious teachings that take us closer to this Bliss, and away from suffering, can be tested and proved. If experience demonstrates, for example, that kindness is more effective than selfishness at bringing us joy, wouldn’t it be foolish to toss the demonstration aside as irrelevant, pragmatically? If we know from experience that when we feel happy, our energy is uplifted, and when we feel sad, we see our heads hanging low and our energy dropping, is this to say that such experience is not founded in scientific evidence?

Science and religion should work hand in hand together. From religion, science can learn a more intuitive approach to reality: experiential, rather than only experimental. And from science, religion can learn to depend more on common sense—to be more reasonable, and less dogmatic. (Swami Kriyananda, *God is for Everyone*)

Religionists should learn above all to test their beliefs, just as science does. Religious leaders should encourage people to prove the teachings of their faith in their own lives, and not to remain satisfied with the claims of others. (Paramhansa Yogananda, *The Essence of Self-Realization*)

*“I certainly can’t offer proof of God’s existence. But I do know this:
What I seek in life, and what I think we all seek, is happiness.
I have found that when I experience love, I am happy; when I don’t experience it,
I am unhappy.”*

*Loving expands my sympathies; lack of it contracts them.
If in the continued expansion of love I choose to see a demonstration
of God's existence,
where is the harm? You can have your definitions.
I prefer to concentrate on what I've found by experience.
Frankly, I think that what we all want in life is not theories, but love.”*
—Swami Kriyananda, *A Place Called Ananda*



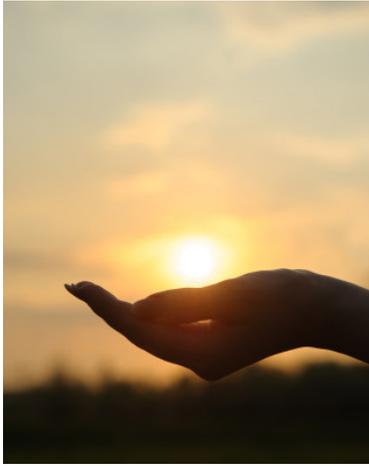
A PRACTICAL APPROACH TO SPIRITUALITY IN DAILY LIFE

At the time Yogananda came, a whole new approach to living was needed.

Openness to new, better ways of thinking was needed to bridge old ways to new ones. Books were needed on subjects that offered a new and practical, but at the same time, spiritual point of view: books on business, the arts, education, friendship, marriage, human love, success, psychology, self-acceptance, leadership, prosperity, raising children, bringing harmony to life and to relationships, overcoming harmful emotions, freeing the mind of subconscious “complexes,” and countless other topics.

Yogananda spoke on topics such as how to succeed in business, how to be a good marriage partner, how to develop common sense, how governments can achieve truer, spiritual ends.

In short, his mission was universal. He spoke of the underlying oneness of all religions. He spoke of incorporating spirituality into daily life. He described the ideal government of the future. He spoke a great deal, in fact, about the future, explaining how this new age of energy would affect everyone, and urging people everywhere to work toward world harmony, in keeping with the needs of this age. (Swami Kriyananda, *A Place Called Ananda*)



Such was the importance of why Yogananda came, to show that we must seek a meaningful relationship with God, a concept of which motivates us to love God unconditionally. A concept that brings God into our very homes: our kitchens, bedrooms, living rooms—yes, even when those living rooms are crowded with guests.

If God is everywhere, He must be quite as near to us as He is far away. We need to make God our immediate reality. We need to seek His guidance and inspiration in our most intimate thoughts and feelings; relate to Him when the world is most demanding our attention; seek His influence even in light undertakings; listen for His laughter behind our silliest jokes, and ask Him to infuse with His love our tenderest sentiments! (Swami Kriyananda, *God Is for Everyone*)

Yogananda spoke of oneness, cooperation, universal love, goodwill and kindness to all. The fundamental commandment Yogananda himself gave to his disciples: love.

—Swami Kriyananda

A REVOLUTIONARY APPROACH

Yogananda embraced everything. He brought great energy to life and his enthusiasm for improving life at every level was boundless. The entire emphasis of his teachings were centered in helping people. His message was to bring God into everything we do, with open heart and open mind.

His work was intended to guide and help humanity.

—Swami Kriyananda, *A Place Called Ananda*



With the opening of the earliest dawn and the lotus-buds, my soul softly opens in prayer to receive Thy light. Bathe each petal of my mind with Thy radiant rays! I saturate myself with the perfume of Thy presence, and I wait to waft with the breeze the aroma of Thy message of love to all. Bless me, that with the spreading dawn I may spread Thy love everywhere. Bless me, that with the awakening dawn I may awaken all souls with my own and bring them to Thee.

—Paramhansa Yogananda, "Prayer at Dawn", *Whispers from Eternity*

Yogananda's teachings, like seeds, are destined to grow and spread out, eventually to become like a vast forest. They are like the hub of a great wheel from which central truths radiate outward in all directions like spokes on a bicycle wheel. In his writings he showed how those spokes might

reach out to every aspect of life, providing fresh and meaningful insights. In effect, the hub that formed the center of his teachings had the potential to energize humanity's entire existence.

Above all, the simple rules of life he gave to the world can help everyone to achieve the universal goal of all life: happiness.

—Swami Kriyananda, *A Place Called Ananda*

HAPPINESS

The following section is from *How to Be Happy All the Time* by Paramhansa Yogananda:

Happiness Is a Choice

Happiness depends to some extent upon external conditions, but chiefly upon conditions of the inner mind. If you have made up your mind to find joy within yourself, sooner or later you will find it. If you want to be sad, no one in the world can make you happy. But if you make up your mind to be happy, no one and nothing on earth can take that happiness from you.

Happiness comes, not by helplessly wishing for it, but by dreaming, thinking, and living it in all circumstances. Persons of strong character are usually the happiest. They do not blame others for troubles that can be traced to their own actions and lack of understanding. They know that no one has the power to add to their happiness or to take away from it, unless they themselves allow the adverse thoughts or wicked actions of others to affect them.

A strong determination to be happy will help you. Do not wait for your situation to



change, thinking that therein lies the trouble. Try to be happy under all circumstances. If your happiness sometimes seems dependent on certain conditions, then change your circumstances so that you will be happy all the time.

Perhaps you say, "If this or that happens, I shall be very contented." Don't wait. Snatch the highest prize of happiness that is within your reach now, for the

will-o'-the-wisp of hoping for happiness, and thereby postponing it, leads you through many sloughs of disappointment.

Happiness grows by what feeds it. Learn to be happy by being happy all the time.

Make up your mind that you will be happy whether you are rich or poor, healthy or unhealthy, happily married or unhappily married, young or old, smiling or crying. Don't wait for yourself, your family, or your surrounding to change before you can be happy within yourself. Make up your mind to be happy within yourself, right now, whatever you are, wherever you are.

Simplicity Is the Key

In a life of balance between opposite extremes lies inner happiness. Too much luxury, instead of producing happiness, drives it away from your mind. Materialistic people, frantically pursue the butterfly of happiness, yet never succeed in catching it. Were they to possess everything their hearts ever craved, happiness would still elude them. It is foolish to expect true happiness from material things, for they are powerless to give it, and yet, millions of people die of broken hearts trying vainly to find the comfort in material things which God alone can impart.

On the other hand, happiness blooms naturally in the hearts of those who are inwardly free. It flows spontaneously, like a mountain spring after April showers, in minds that are contented with simple living and that willingly renounce the clutter of unnecessary, so-called 'necessities'—the dream castles of a restless mind.

Make a little money and be satisfied with it by living a simple life and expressing your ideals, rather than have lots of money and worries without end.

Happiness is a mental phenomenon exclusively. You must first establish it firmly within yourself and then, with an undying resolution always to be happy, go through the world seeking health, prosperity, and wisdom. You will find greater happiness if you seek success ever with a happy attitude than if you try to gain your heart's desire with an unhappy mind, no matter what the desire may be.

Happiness and Meditation

Meditate regularly, and you will find a joy inside that is real. The joyous rays of the soul can be perceived when you interiorize your attention during meditation. Make a steady effort to go within, and you will find your greatest happiness there. Even if you do not meditate, be silent and calm every night for at least ten minutes (longer if possible) before you retire, and again in the morning before rising. This will produce an undaunted, unbreakable inner habit of happiness that will make you able to meet all the trying situations of the everyday battle of life.

Seek happiness daily, by continuously deeper meditation within, and you will surely find everlasting happiness. For happiness is mankind's true and native state of being.

If you have given up hope of ever being happy, cheer up. Never lose hope. Your soul, being the reflection of the ever-joyous Spirit, is happiness itself.



SUCCESS

The following section is from *How to Be a Success* by Paramhansa Yogananda:

What is Success?

Success must be measured by happiness—by your ability to remain in harmony—rather than by health, prestige, or wealth. If you have lots of health and lots of wealth, but lots of trouble with everybody, including yourself, you have very little. The entire purpose of life becomes futile if you cannot find happiness.

See your success in inner rather than outer terms. Most people define success according to salary, title, or status—the social symbols of success. Whereas “inner success” has little to do with rewards or recognition. It is defined by what you are rather than what you have.

A truly successful person is happy and contented and lives according to his or her own principles.

The Stages of Success

1. The choice of a good material or spiritual vocation that suits you.
2. The performance of that work with attention, love, and interest.
3. Continued interest and superhuman patience in your work.
4. The thought of constant progress to neutralize the tendency toward mechanical habit.
5. Finding the Kingdom of Success.

Utilize Your Willpower to Obtain Success

The whole world stands aside for the person who knows where he is going and is determined to get there.



Your success in life does not depend only upon natural ability; it also depends upon your determination to grasp the opportunity that is presented to you. Opportunities in life come by creation, not by chance. A strong will, by its dynamic force, creates a way for its fulfillment. By its very strength, the will sets into motion certain vibrations in the atmosphere. Nature, with its laws of order, system, and efficiency, then creates circumstances favorable to the individual who exercises will power. Will derives its strength from an honest purpose, lofty motives, and the

noble concern to do good for the world at large. A strong will is never stifled—it always finds a way.

Use will power and continuous activity in order to be successful. Here are three rules for making your will power dynamic:

1. Choose a simple task or accomplishment that you have never mastered and determine to succeed in it.
2. Be sure you have chosen something constructive and feasible, then refuse to consider failure.
3. Concentrate on a single purpose, using all abilities and opportunities to forward it.

Be sure that your will power is used constructively, not for harmful purposes or trifling things. Always be sure that what you want is right for you to have, then use all the force of your will power to accomplish your object, always keeping your mind on God—the Source of all.

Power from the dynamic Source of your being will flow through you so that you will be creative in the world of business, the world of thought, or the world of wisdom.

Success and Meditation

When you want to create something important, sit quietly, calm your senses and your thoughts, and meditate deeply upon what you want to do or acquire. A man striving for permanent success must meditate every morning and night, in order to feel the guidance of Spirit. You will then be guided by the great creative power of Spirit. After that you must use all material resources to bring about whatever you wish to accomplish.

During meditation the yogi feels the power of concentration in the will center at the point between the eyebrows, and also experiences a feeling of complete peace throughout his body. In this way the brain cells become impregnated with peace and power, and their hereditary chemical and psychological composition is altered. Concentration is the key to success.

Your engagement with business is important, but your appointment with serving others is more important, and your engagement with meditation, God, and Truth is most important.

How to Realize Success

Divine Abundance follows the law of service and generosity. Give and then receive. Give to the world the best you have, and the best will come back to you. The law of prosperity is not governed by the law of selfishness, but by the law of unselfishness.

In the end, a successful life is judged by the simplest of questions: “Have I lived up to my ideals? Have I loved and been loved?”



MEDITATION

What is meditation?

Meditation is listening. It is going back to your own center. Meditation is learning to relate to life, to your environment, from who you are, not from the way other people try to define you.

Meditation will enable you to return to the peace you seek, at the center of your being.

—Swami Kriyananda, *Meditation for Starters*

Meditation is one of the most natural and most rewarding of all human activities. Paramhansa



Yogananda defined meditation as “deep concentration on God or one of His aspects.” Practiced on a daily basis it produces astonishing results on all levels of your being: physical, mental, emotional, and spiritual. It connects you with your own inner powers of vitality, clarity, and love. When done deeply, it also gives you an expanded sense of connection with life and an experience of profound joy.

Meditation has three aspects: relaxation, interiorization, and expansion. The process, stated simply, is:

- a. Relax completely, both physically and mentally.
- b. Interiorize your mind and concentrate one-pointedly, usually at the point between the eyebrows.
- c. Focus your concentrated mind on an aspect of your deeper self or of God, such as love, joy, or light. This will help to naturally expand your consciousness.

Although this process is simple to explain, the actual attainment of deeper states requires dedication and discipline. Yet even a little practice of meditation gives immediate results. Meditators find that practicing even a few minutes a day increases their sense of well-being and brings increased joy.

There is an innate yearning in each of us to expand our awareness, to know who and what we really are, and to experience union with God. At a certain stage in this “eternal quest,” as Yogananda called it, we are guided to find inner stillness through the practice of meditation. Restless thoughts are a kind of mental “static” that must be silenced if we are to hear the whispers of our own inner self.

Profound perceptions about the nature of reality come through intuition rather than logic, from the superconscious rather than the conscious mind. When the body is completely relaxed, the five senses internalized, and the mind totally focused, a tremendous flow of energy becomes available. That intense energy can lift us into superconsciousness, where our inner powers of intuition are fully awake. Deep meditation helps us become aware of personal and universal realities barely dreamed of before, while even a little internalization of the consciousness lifts us toward that state and brings great peace.

Physiologically, meditation has been found, among other things, to reduce stress, strengthen the

immune system, and help regulate many of the body's systems. During meditation the breath slows, blood pressure and metabolic rates decrease, and circulation and detoxification of the blood increase. Studies have found reduced signs of aging in long-time meditators. Meditation changes the frequency and intensity of brain waves in beneficial ways and has even been shown to increase the size of the frontal lobes of the brain, an area responsible for problem-solving and making positive lifestyle changes.

While the physical and mental benefits of meditation are great, it is first and foremost a spiritual art. Its purpose, ultimately, is to lead us to perfection, to the realization that we are one with the Infinite. We come from God and are made in His image, and our hearts are restless until we achieve unity with Him again. Meditation is the direct pathway to this unified state. (Jyotish Novak, *How to Meditate*)

The Path of Kriya Yoga

The Path of Kriya Yoga that Paramhansa Yogananda brought is the art and science for realizing Spirit as a tangible, loving reality in your daily life. It is the sure way to bliss and freedom in God. It was first made known in the west in Yogananda's autobiography:

Kriya is the easiest, most effective, and most scientific avenue of approach to the Infinite. In contrast to the slow, uncertain 'bullock cart' theological path to God, Kriya may justly be called the 'airplane' route.

—Paramhansa Yogananda

Kriya Yoga was handed down through Yogananda's spiritual lineage. It was an ancient technique reintroduced into this age of energy, given to Yogananda's *paramguru* (guru's guru¹), Lahiri Mahasaya in India, by the great Babaji.² Lahiri Mahasaya was a householder, or family man, and an accountant with duties and responsibilities in his daily life. The technique itself was given to such a one as to represent that in this new age, those seeking God are not bound by outward garb or roles, and that the Divine can be brought into any experience of our lives.

Kriya is more than a simple technique, it is a technique of energy control or pranayama. It makes up a comprehensive spiritual path, which includes additional meditation practices, right living, and is, in fact, an entire way of life.

Thus, Yogananda and his line of great gurus guide and inspire the path of Self-Realization.

Along with Kriya Yoga, Paramhansa Yogananda taught three other techniques of yoga and meditation: the Energization Exercises, Hong-Sau, and the Aum Technique.³

The Energization Exercises⁴

The whole purpose of true exercise is to awaken the inner source of energy which we have ignored throughout our lives.

—Paramhansa Yogananda

¹ Guru is sanskrit for spiritual teacher, root gur, to raise, to uplift (*Autobiography of a Yogi*)

² Babaji is considered a mahavatar (supreme avatar), who with Jesus Christ, has planned the spiritual technique of salvation for this age. (Paramhansa Yogananda, *Autobiography of a Yogi*)

³ These four techniques are given in the Ananda Course in Self-Realization (<http://www.ananda.org/meditation/ananda-course-in-self-realization-the-path-of-kriya-yoga/>)

⁴ These exercises are available at <http://www.ananda.org/meditation/meditation-support/meditation-techniques/the-energization-exercises-of-paramhansa-yogananda/>

Energization exercises are the unique contribution of Yogananda to the science of yoga. They are a system of exercises that teach us to use the power of the will to control the conscious life force or prana that flows through us.

By consciously directing the life force to certain parts of the body, we are able to send energy and awaken our body cells; revitalizing body, mind, and soul.

Energization Exercises include a series of muscle tensing and relaxing exercises that incorporate a revivifying “double breath” to oxygenate and detoxify the blood.



Yogananda gave a list of the benefits of these exercises, including resurrecting dying tissue cells and worn mental faculties, forming billions of new cells, treating bodily diseases and inharmonious conditions of the mind (depression, anxiety, etc.); healing nervous abnormalities, stomach, and abdominal troubles; cleansing and purification, harmonizing involuntary process of the body, increasing longevity, clarifying the mind, and strengthening willpower.

The Hong-Sau Technique of Concentration

The Hong-Sau Technique of Paramhansa Yogananda is the perfect tool for developing the concentration needed for practicing meditation. Its purpose is to help still the mind by calming the breath. By entering into this state of deep calmness, we forget the breath, and we forget the body, so that we may experience God in stillness at “the altar of spirit.”

The following is from, *How to Have Courage, Calmness, and Confidence* by Paramhansa Yogananda:

Breath is life. If you can live without breathing, you will prolong your life and rise above body-consciousness to soul-consciousness while still living in your physical body. To be truly breathless doesn't come about by suppressing the breath or holding it forcibly in the lungs. Rather, breathlessness lifts one to a state of inner calmness and relaxation, making it simply unnecessary for you to breathe for a time.

You can practice this technique at any time. Wherever you are, sit erect with your spine straight, and deeply relax. Relax your eyes (or fix the gaze, eyes half closed, at the point between the eyebrows). Now, with deep calmness, mentally watch your breath, without controlling it, as it enters and exits the body. As the breath enters, move the index finger of your right hand inward, toward the thumb, and mentally (without moving your tongue or lips) chant “Hong” (rhymes with song). As the breath exits, straighten the index finger, and mentally chant “Sau” (pronounced “saw”). (The purpose of moving the index finger is to become more positive in your concentration, and to differentiate the inhalation from



the exhalation). Hong-Sau is a *mantra* that means “I am Spirit.” It carries the meaning and vibration that we are one with spirit deep into our superconsciousness, so that we may become open to the direct experience of communion with God. Thus we may come to know Him as one of his divine qualities: peace, calmness, sound, light, love, joy, or bliss, power, or wisdom.

Do not in any way control the breath mentally. Assume, rather, the calm attitude of a silent observer, watching the breath’s natural flow as it enters and exits the body—a flow of which you are generally not particularly aware.

Practice this technique with great reverence and attention for at least ten minutes (to begin with). The longer your practice, the better. You can practice it at any time, day or night, during formal meditation or in your leisure time—for instance, while riding in a car (provided you aren’t driving!), or even while lying on your back in bed. It will give you a deep sense of inner calmness, and will bring you at last to the realization that you are not the body, but the soul—superior to and independent of this material body.

The purpose of the Hong-Sau technique is to help you to free your attention from outwardness, and to withdraw it from the senses, for breath is the cord that keeps the soul tied to the body.

Consider for a moment this extraordinary fact: The heart normally pumps about 12 tons of blood a day! It gets no rest even at night, when most of the other organs have a chance to suspend their activity at least partially. The most worked (and overworked) organ in the body is the heart. The Hong-Sau technique is a scientific method for resting the heart, increasing longevity thereby, and liberating a vast amount of Life Current, or energy, to be distributed over the whole body, renewing all the body cells and preventing their decay.

This marvelous, though simple, technique, is one of India’s greatest contributions to the world. It lengthens man’s lifespan, and is a practical method for rising above body-consciousness and realizing oneself as the Immortal Spirit.



HEALTH AND HEALING

The following is from *How to Achieve Glowing Health & Vitality* by Paramhansa Yogananda:

All-Round Healthy Living

Health does not mean mere existence. Keeping out of the hospital is not health. To be able to resist disease, to bear strain, to stimulate mental vitality, and to feel the body as a luxury— as a bird feels when shooting through the air, and as a child does always—is health.

What distilled water is to a wet battery, food is to the body battery. The life Energy in the



body battery is derived from Cosmic Energy, and from food. It is the intricate task of the life force to distill additional life force from the nourishment taken into the body, by breaking up foods and converting them into energy. Therefore, one's diet should be confined to foods that are easily converted into energy. Oxygen and sunshine should have a very important place in people's lives,

because of their direct energy-producing quality.

Just as electricity passing through a rod made of a conductive substance electrifies it, so life force derived from oxygen charges the body battery. People who perform breathing exercises (like the Energization Exercises) always have shining, magnetic eyes.

The magnetic diet consists of such food substitutes as sunrays and oxygen, which can be easily assimilated and converted into energy. Magnetic foods give energy more quickly than solids and liquids, which are less easily converted into life force.

Each one of the many billions of cells within the human body is a tiny mouth taking in nourishment. The life force identified with the body creates within us a desire to derive energy from meat and other foods taken into the stomach. The life force must be trained to draw from the abundance of energy all around us.

How to Draw on Limitless Cosmic Energy

Learn to concentrate on your Life Energy and willpower, and to experience your subtle spiritual nature. Life and strength do not depend solely on food or exercise, but are sustained from the powers within.

The more you depend on the will and on Cosmic Energy to sustain you, the less your food requirements; the more you depend on food, the weaker your will and the less your recourse to Cosmic Energy.

Our thoughts, will, feeling, muscular strength, proper action of organs and glands—all depend for their existence on the Life Force. Billions of body cells are kept alive properly working through this secret vital power. By consciously willing, you can draw Life

Energy into the body through the medulla oblongata to replenish the energy that is expended through thoughts, feelings, and physical activities. The will bridges the gulf between Life Energy in the body and the Cosmic Energy surrounding it. If you follow these teachings, you will learn to draw on Cosmic Life Energy to vitalize every body cell. You will experience yourself as *Life Energy*—and not merely as a body of bones and muscles. These teachings are based on the axiom: *The greater the will, the greater the flow of Life Energy.*

Man should depend more and more on the limitless inner source of Cosmic Consciousness and less and less on the other sources of body energy. The highest form of rejuvenation is to unite the human consciousness and Cosmic Consciousness through meditation.

By constantly holding the peaceful after-effects of meditation in mind, by feeling immortality in the body, by believing in eternal life instead of the illusory changes of life, and by feeling the ocean of immortal Bliss God underlying all experiences, the soul can find not only perpetual rejuvenation in the soul, but also in the body. As soon as the body is found to be not isolated from Spirit but vibrating currents in the ocean of Cosmic Consciousness, then the perpetual rejuvenation of the Spirit can be implanted in the body.

Mental Diet



We must also remember that good thoughts are nourishing food for the mind, and thoughts of any other nature are poisonous to the body and mind. Have you ever analyzed your mental diet? It consists of the thoughts you think as well as the thoughts you receive from close thought-contact with your friends. Peaceful thoughts and peaceful friends always produce healthy, magnetic minds.

Inner disquiet and worries, due to the wrong sort of friends or unappreciative relatives, produces an unwholesome, gloomy mind.

If you are suffering from mental ill health, go on a mental diet. Worries are often the result of attempting to do too many things hurriedly. Do not “bolt” your mental duties, but thoroughly masticate them one at a time with the teeth of attention, and saturate them with the saliva of good judgment. Thus you will avoid worry indigestion.

Super-Relaxation

People often talk of relaxation, but few know how to achieve it. Some people know how to relax physically but not mentally. Super-relaxation is complete, voluntary withdrawal of consciousness and energy from the entire body.

Complete mental relaxation consists in releasing the consciousness from the delusion of duality and resting the mind, identifying with one’s own true nature of unity in Spirit.

You have hypnotized yourselves into thinking that you are human beings, whereas in reality you are gods.

Rejuvenation through Relaxation

The mind must manifest calmness. Where the worries and trials of everyday life are concerned, the mind must be like water, which does not retain any impression of the waves that play on its bosom. Through the instruction on meditation, one can achieve complete calmness in the heart, lungs, and other inner organs. When the muscles and inner organs are freed from motion by relaxation, the breaking down of bodily tissues and decay is temporarily inhibited. This helps to keep the bloodstream pure, for when there is decay going on in the body the waste products are thrown into the venous blood and poison it.

When the body cells learn the art of living without blood and oxygen, they truly know to live by the life force coming in from the medulla.

When the energy is withdrawn from all the sensory nerves, the five sense-telephones are disconnected. The mind gains freedom from thoughts that begin in sensations, as well as the associated thoughts of subconscious memory. This leaves the scientifically freed mind unhampered to march Godward.

Enter into absolute silence every morning and banish thoughts for several minutes each time. Sit quietly and meditate on the joy of Silence. Think of that joy as communion with God. The more you meditate, the more you will realize that nothing else can give you that refined joy but the increasing joy of Silence. That joy-contact in meditation is contact with God. Pray deeply with devotion, first for God's love, then for wisdom, happiness, health, prosperity, and then for the fulfillment of any specific legitimate wish.



RELATIONSHIPS: HOW TO LOVE AND BE LOVED

How to Attract True Friends

The following section is from *Spiritual Relationships*, by Paramhansa Yogananda:



To have friends, you must manifest friendliness. If you open the door to the magnetic power of friendship, a soul or souls of like vibrations will be attracted to you. You attract those who are like you. That is the law of vibration. The more friendly you become toward all, the greater will be the number of your real friends.

Respect and love grow among friends with time. The greater the mutual service, the deeper the friendship. True friendship consists in being mutually useful, in offering your friends good cheer in distress, sympathy in sorrow, advice in trouble, and material help in times of real need. Friendship consists in rejoicing in the good fortune of your friends, and sympathizing with them in adversity. Friendship gladly foregoes selfish pleasures or self-interest for the sake of a friend's happiness, without consciousness of loss or sacrifice, and without counting the cost.

To attract friends you must possess the qualities of a real friend. Friendship is a manifestation of God's love for you, expressed through your friends, who constitute the most valuable possessions a human being can have.

Forgiveness

In pure friendship you will find God. God's effort to unite strife-torn humanity manifests itself within your heart as the friendship instinct.

You must be a friend even to your enemy, because if you become an enemy to your enemy you will increase his wrath and make him an even greater enemy. Every person who tries to injure others, first injures himself. You cannot hate others without first poisoning yourself. To hate anyone is against your own interest. Before the mellow light of your forgiveness all the gathered hatred of your enemies will melt away.

We forgive ourselves under all circumstances. Why should we not forgive others under all circumstances? When we are in error, we do not like to advertise our faults, but when anyone else is in error, we like to advertise his or her faults right away. When divine love possesses your heart, then you become a divine critic. A divine critic is a healer who has courage to undertake the unpleasant responsibility of correcting his own children, with only one object in view—to make them better.

Practice loving those who do not love you. Feel those who do not feel for you. Be generous to those who are generous only to themselves. If you heap hatred on your enemy, neither he nor you are able to perceive the inherent beauty of your soul.

Spiritual Marriage



The greatest secret of preserving matrimonial life lies in the art of self-control. Learn to love your wife or husband more on the spiritual plane, and associate with her or him as a close friend, without constantly focusing on the physical plane.

If you can do that, you will win the greatest of all battles in keeping your spouse inwardly loyal, respectful, and loving toward you.

How to Select Your Life Companion:

1. Never marry for money or social position.
2. Do not marry under the stress of emotion.
3. Do not let love of sense pleasures rule over your wisdom.

How to Create a Lasting Marriage:

1. Give serious thought before deciding to marry.
2. Seek complete unity—real soul marriage consists in an inborn, undying, unconditional mutual liking, which may be felt at first sight, or may be the result of protracted divine companionship and courtship. In soul union, unconditional love between married couples grows deeper and deeper.
3. Seek divine love in human expression.
4. Attract your partner by spiritual magnetic qualities of wisdom, understanding, thoughtfulness, presence of mind, true learning, and all-round efficiency.

The spiritual way to choose the right companion is to affirm deeply after meditation: "Heavenly Father, bless me that I choose my life companion according to Thy law of perfect soul union." If you practice this affirmation for six months with deep faith, you will marry your right companion, or the Divine Father will bring about sudden unfavorable circumstances which completely prevent your wrong marriage.

Spiritual Family Life

Real family happiness has its foundation on the altar of understanding and kind words. In order to be kind, it is not necessary to agree about everything, but if you disagree, always remain calm and courteous. It is human weakness to get angry and scold, but it shows divine strength to be able to hold the reins of the wild steeds of your temper and speech. No matter what the provocation, behave yourself, and by calm silence, or by genuine kind words, show that your kindness is more powerful than the other person's ugliness.

Parents should look upon their every child as an honored temple, where their conjugal love can be purified and expanded, to become reflected, in time, in filial love. Parents should never scold their children before others. If they are harsh or unkind to them, owing to lack of self-control or to bad habits in themselves, they will surely prevent God from expanding His love from those parental hearts to the hearts of their children.

The Friend of All Friends

Only our love for God is ever fully requited—indeed, far more than requited. For God understands us when all others misunderstand. God loves us when others turn against us. God's is a love greater than the combined love of all lovers who have ever loved. God remembers us when everyone forgets us. We are God's, and God's alone, for all eternity.

CONCLUSION

The true purpose of life is to find God: the greatest happiness.



The soul, being individualized Spirit, if given a chance to unfold, can manifest all the fulfillment and satisfaction of the Spirit.

The soul's nature is bliss—a lasting, inner state of ever-new, ever-changing joy which eternally entertains, even when one passes through the trials of physical suffering or death. Desirelessness is not a negation; it is rather the attainment of the self-control you need in order to regain the heritage of

all-fulfillment lying within your soul.

First, give the soul the opportunity to manifest this state, by meditation. Then, constantly living in this state, do your duty to your body and mind and the world. You need not give up your ambitions and become negative; on the contrary, let the ever-lasting joy, which is your true nature, help you to realize all noble ambitions. Enjoy noble experiences with the joy of God. Perform real duties with divine joy.

You are immortals, endowed with eternal joy. Never forget this during your play with changeable mortal life. This world is but a stage on which you play your parts under the direction of the Divine Stage Manager. Play them well, whether they be tragic or comic, always remembering that your real nature is eternal bliss, and nothing else. The one thing that will never leave you is the joy of your soul.

SHARING THE HEART OF YOGANANDA

If we open our hearts to God, He can do much through us. Become a warrior of the light now. That is what Yogananda wants of us and that ultimately is the meaning of his life.

—Swami Kriyananda



Yogananda had a mission to spread. Each one of us has the potential to become a channel for the Divine when we open our hearts to such a light as Yogananda.

We can change the world. As few and insignificant as we are, we can bring great light into this world if we are willing to be instruments for the light.

In difficult times such as we're living in today, there is great need for this light and for sharing love in the world.

—Swami Kriyananda, *We Can Change the World*, 2006 lecture in India

If you open your heart to the light and love of Yogananda and this path, you too can be inspired to live a life full of joy, full of purpose, and great meaning.

Yogananda once told a disciple, Dr. Lewis,

For everyone who has crossed my path in this life, there has been a reason.

(Swami Kriyananda, *Conversations with Yogananda*)

May this reason be to bring you ever closer to realizing your own true Self and ever-lasting joy.

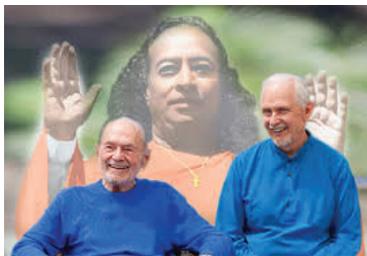


ABOUT ANANDA SANGHA WORLDWIDE

Joy Is Within You

One of the sweetest aspects of coming to Ananda is the opportunity it gives for sharing with others the joy of a meaningful existence.

—Member of Ananda Sangha



Ananda, a Sanskrit word, means, “Divine Bliss.” Ananda Sangha Worldwide (sangha means fellowship) is dedicated to sharing the heart of Paramhansa Yogananda. The organization was founded by a direct disciple of Yogananda, Swami Kriyananda, over 40 years ago. Nayaswami Jyotish Novak is the spiritual successor today, leading Ananda Sangha Worldwide with his wife, Nayaswami Devi, as spiritual directors.

Ananda has grown to include meditation centers in cities across America, Europe, Latin America, and India; nine spiritual communities, and online resources that serve over 200 countries.

Yet, Ananda is more than a physical location. It is a state of mind: the consciousness of inner joy. It is an awareness of the presence of God in every moment of one’s life.



The meaning of the Ananda logo, or Ananda Symbol of Joy:

The bottom portion of the symbol is that of a mountain peak aspiring up to meet God, recognizing the soul’s desire for upliftment. The lines are soft and demonstrate a joyous ascension. The direction the lines follow end with an outline of “A Bird of Paradise”. The lines are also representative of how the soul can move up and out and finally back and in. This movement suggests that the joy we are seeking comes from within.

RESOURCES FOR NEXT STEPS

Learn Online:

Visit Ananda Sangha Worldwide online at www.Ananda.org/HeartofYogananda

Online spiritual community, classes and webinars: www.OnlineWithAnanda.org

Learn In Person:

At Ananda's Spiritual Retreat for Yoga, Meditation, and Wellness: The Expanding Light Retreat in northern California: www.ExpandingLight.org

At Ananda Assisi in Perugia, Italy. Assisi, the "City of Peace" is the home of Saint Francis and Saint Clare. The International Spiritual Retreat of Yoga, Meditation, and Self-Discovery:

<http://www.ananda.it/en>

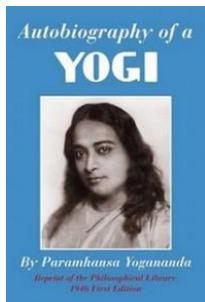
Find an Ananda Near You:

Locate a local meditation group or center with classes in meditation, energization, or hatha yoga:

<http://www.ananda.org/find-ananda>

SOURCES *(Books included in the writing of this ebook)*

The following books are available online at www.CrystalClarity.com:

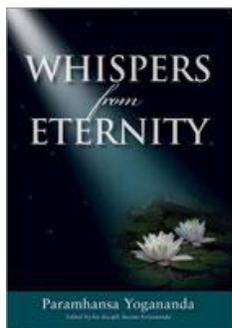


Autobiography of a Yogi

Paramhansa Yogananda

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 on the 20th century.

Only rarely does a sage of Paramhansa Yogananda's stature write a firsthand account of his life experience. His initial impact was truly impressive. But his lasting influence is greater still. This book, first published in 1946, helped launch, and continues to inspire, a spiritual revolution in the West.

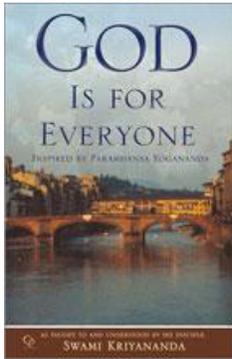


Whispers from Eternity

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 spiritual master, but a master poet, whose poems revealed the hidden divine presence behind everyday things.

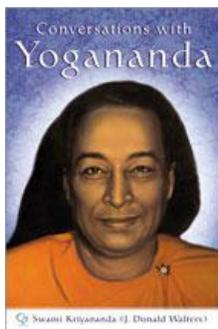
This book has the power to rapidly accelerate your spiritual growth, and encourages each of us to begin our own heartfelt conversation with God.



God Is for Everyone

Inspired by Paramhansa Yogananda, as taught to and understood by his disciple, Swami Kriyananda

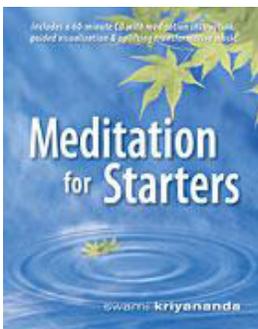
God Is for Everyone contains the heart of Paramhansa Yogananda's teachings, a compassionate exploration of the deepest human needs and how to truly fulfill them. God is presented as a real, ever-present, ever-conscious force, ever near to those who call upon it. Clearly and simply written, this perfect introduction to spiritual life emphasizes the underlying unity of all religions.



Conversations with Yogananda

Recorded, with reflections, by his disciple Swami Kriyananda

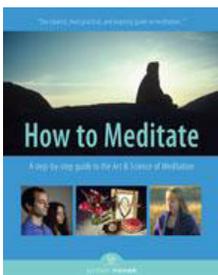
For those who enjoyed Paramhansa Yogananda's autobiography and hunger for more, this collection of conversations offers glimpses of life with the Master as never before shared. Kriyananda was often present when Yogananda spoke privately with others. Recording his Master's words, he preserved a treasure trove of nearly five hundred stories, sayings, and insights that would otherwise have been lost.



Meditation for Starters

J. Donald Walters (Swami Kriyananda)

Meditation brings balance into our lives, providing an oasis of profound rest and renewal. Doctors are prescribing it for a variety of stress-related diseases. This award-winning book offers simple but powerful guidelines for attaining inner peace. Learn to prepare the body and mind for meditation with simple breathing techniques and ways to focus and "let go"; develop superconscious awareness; strengthen your willpower; improve your intuition and increase your calmness.

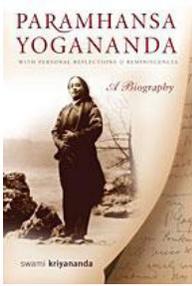


How to Meditate:

A Step-by-Step Guide to the Art & Science of Meditation

Jyotish Novak

This clear and concise guidebook contains everything you need to start your practice. This book teaches how to: relax your body, concentrate your mind, interiorize your awareness, develop and clarify intuition, expand your spirit, and experience peace, joy, and calmness.

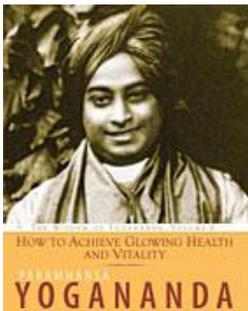


Paramhansa Yogananda
A Biography with Personal Reminiscences and Reflections

Swami Kriyananda

Winner of the International Book Award for Best Spirituality Book of 2012, and winner in the category of Best Spirituality Book of 2013 for the Next Generation Indie Awards!

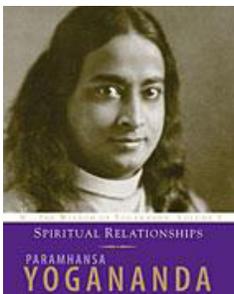
Paramhansa Yogananda's classic Autobiography of a Yogi was more about the saints Yogananda met than about himself. Now, one of Yogananda's close and direct disciples tells the untold story of this great spiritual master and world teacher: his teenage miracles, his challenges in coming to America, his national lecture campaigns, his struggles to fulfill his world-changing mission and incomprehension and painful betrayals, and his ultimate triumphant achievement. This book includes many never-before-published stories.



How to Achieve Glowing Health & Vitality
The Wisdom of Yogananda Series, Volume 6

Paramhansa Yogananda

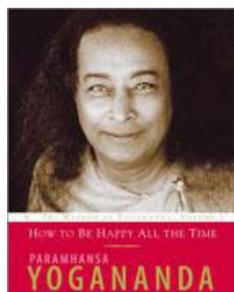
Who doesn't want more energy and joy in life? Here are practical, wide-ranging, and spiritual suggestions for how to live a radiantly healthy life. A dynamic new approach to energy and magnetism for keys to glowing health. Yogananda teaches how to draw energy into the body directly, through the use of will power. He shares how to gain the greatest energy from the food you eat and the life you live. And he shows how attuning to God will give you unparalleled healing in all ways.



Spiritual Relationships
The Wisdom of Yogananda Series, Volume 3

Paramhansa Yogananda

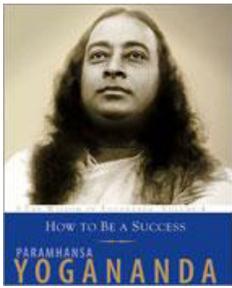
Discover how to express your own highest potential in relationships of friendship, love, marriage, and family. Warmly, realistically, with humor and humanity, Yogananda shows you the folly of selfishness and the practical steps toward expansive love for others.



How to Be Happy All the Time
The Wisdom of Yogananda Series, Volume 1

Paramhansa Yogananda

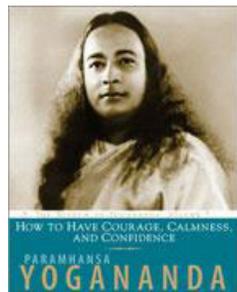
The human drive for happiness is one of our most far-reaching and fundamental needs. Yet, despite our desperate search for happiness, according to a recent Gallup Poll, only a minority of North Americans describe themselves as "very happy." It seems that very few of us have truly unlocked the secrets of lasting joy and inner peace.



How to Be A Success
The Wisdom of Yogananda Series, Volume 4

Paramhansa Yogananda

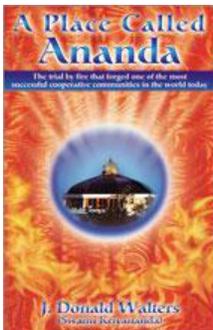
This book includes the complete text of *The Attributes of Success*, the original booklet later published as *The Law of Success*. In addition, you will learn how to find your purpose in life, develop habits of success and eradicate habits of failure, develop your willpower and magnetism, and thrive in the right job.



How to Have Courage, Calmness, and Confidence
The Wisdom of Yogananda Series, Volume 5

Paramhansa Yogananda

Absorb the power of the Master's words, practice his simple suggestions, and you will feel a new energy filling you, giving you the power to meet every challenge with joyful confidence, calmness, and courage. Topics include how to dislodge negative thoughts and depression; cure nervousness; systematically eliminate worry from your life; uproot fear and thoughts of failure—even in the midst of trying circumstances; overcome danger, sorrow, over-sensitivity, and other troublesome emotional responses; and learn to strengthen the heroic element in yourself.



A Place Called Ananda
The Trial by Fire that Forged One of the Most Successful Cooperative Communities in the World Today

J. Donald Walters (Swami Kriyananda)

Small communities seeking a new way of living can provide a model for the present age. This book is dedicated to all those who want inner freedom. It proves that such freedom is attainable. Little groups of individuals can accomplish what large social groups have never been able to achieve.

The Ananda communities, in their history of over thirty years, have demonstrated that attitudes of kindness, sharing, and cooperation actually work.

*For those who think me near,
I will be near.*

