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KEY=OF - RAYMOND BRAIDEN

Spiritual Relationships

Crystal Clarity Pubs Learn how selfless love is the central ingredient in spiritual growth, and discover how to practice it. This third book in The Wisdom of Yogananda series captures the teachers expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance.

Rays of the One Light

Weekly Commentaries on the Bible & Bhagavad Gita

Crystal Clarity Publishers Parallell passages from the Judeo-Christian Bible and the Bhagavad-Gita of India reveal a single unified teaching. East meets West and theological barriers tumble. Two Scriptures become one Truth.

Self-Expansion Through Marriage

A Way to Inner Happiness

Crystal Clarity Publishers Marriage, understood and lived expansively, is a path to transcendent love—to realization of one's higher spiritual potential. This book is a practical and inspiring guide to help you follow the deeper call of your relationship. It will enrich not only your marriage, but your life.

How to Love and Be Loved

Wisdom of Yogananda

Crystal Clarity Publishers Have More Harmony in Your Life. Friendship, love, marriage, and children can offer us our greatest joys in life or our greatest sorrows. Selfless love is the essential key to happiness in all our relationships, but how do we practice it? This is the third book in The Wisdom of Yogananda series. The series features writings not available elsewhere, that capture the Master's expansive and compassionate wisdom. In this book Paramhansa Yogananda, one of the best-loved spiritual teachers of the twentieth century, shares fresh inspiration and practical guidance on: Friendship: broadening your sympathies and expanding the boundaries of your love; How to cure bad habits that spell the death of true friendship: judgment, jealousy, over-sensitivity, unkindness, and more; How to choose the right partner and create a lasting marriage; Sex in marriage and how to conceive a spiritual child; Problems that arise in marriage and what to do about them; Experiencing the Universal Love behind all your relationships. The Wisdom of Yogananda series features writings of Paramhansa Yogananda not available elsewhere. These books capture the Master's expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance. The books include writings from his earliest years in America, in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the twentieth century.

A Fight for Religious Freedom

A Lawyer's Personal Account of Copyrights, Karma and Dharmic Litigation

Crystal Clarity Publishers The compelling story of a groundbreaking, 12-year legal battle launched against the smaller Ananda Church by the established and wealthy Self-Realization Fellowship—both followers of spiritual master, Paramhansa Yogananda, author of the classic Autobiography of a Yogi. SRF's intent was, as the

judge observed, “to put Ananda out of business.” Includes rare vignettes that offer a timeline glimpse into the challenges of Yogananda's own mission to the West.

Paramhansa Yogananda

A Biography with Personal Reflections and Reminiscences

Crystal Clarity Publishers Paramhansa Yogananda’s classic Autobiography of a Yogi was more about the saints Yogananda met than about himself—in spite of the fact that Yogananda was much greater than many he described. Now, one of Yogananda’s few remaining direct disciples, Swami Kriyananda, author of award winning book The New Path, 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 amid incomprehension and painful betrayals, and his ultimate triumphant achievement. Kriyananda’s subtle grasp of his great guru’s inner nature reveals Yogananda’s many-sided and extraordinary greatness. Includes many never-before-published anecdotes.

Chakras for Starters

Unlock the Hidden Doors to Peace & Well-Being

Crystal Clarity Publishers Unlock the Hidden Doors to Personal and Spiritual Growth The chakras are the body's invisible energy centers that store information and distribute life force. When out of balance, they hold the root cause of a variety of physical illnesses, emotional disturbances, and general unhappiness with life. Understanding and awakening the chakras will help you achieve a state of well being on every level. In Chakras for Starters, Savitri Simpson demystifies the chakras. She explains in easy-to-understand terms what they are, shows you how to work with them, and describes the many benefits you will experience. Using the wisdom, techniques, and exercises in this book, you can increase your calmness and will power, expand your heart and intuition, develop a greater sense of personal security and self-control, and experience spiritual transformation. This simplified, yet deeply meaningful, exploration of each chakra offers powerful keys to personal growth and inner peace.

Intuition for Starters

How to Know and Trust Your Inner Guidance

Crystal Clarity Publishers Practical Guidance for Daily Life Every day we are confronted with difficult problems or complicated situations for which we either don't have enough information to make clear-cut decisions or for which there is no easy intellectual answer. At these moments, we all wish for another way to know how to make the right choice. There is another way: through using our intuition. More than just a "feeling" or a guess, true intuition is one of the most important-yet often least developed- of our human faculties. Often thought of as something vague and undefinable, many people mistakenly assume that intuition cannot be understood and developed. Intuition for Starters straightforwardly explains what true intuition is and where it comes from, describes the attitudes necessary for developing it, and gives you easy-to-understand practices and guidelines that will help you tap into intuitive guidance at will.

Stories of Yogananda's Youth

True Episodes from the Boyhood of the Author of Autobiography of a Yogi

Crystal Clarity Publishers Stories from the youth of Mukunda Lal Ghosh, later known to the world under his monastic name of Paramhansa Yogananda, author of the bestselling spiritual classic Autobiography of a Yogi. Even in his youth the greatness of this master of yoga was revealed. Complements beautifully Yogananda's own autobiography. The author, Swami Kriyananda, a direct and close disciple of Yogananda, writes: "In this book I have tried to depict Yogananda's spirit; a spirit ardent with love for God, tender with sympathy for all men, forgiving, kindly, humorous, yet resolute and forceful when strength was needed." From the preface: "Paramhansa Yogananda was born in India in the last decade of the nineteenth century. His father, a high official in the Bengal-Nagpur railway, was in a position to offer his children worldly security and success. Mukunda's heart, however, was set on another kind of security and another, higher, kind of success: final victory over ignorance through loving union with God. Spurning earthly comforts, he sought rigorous training under one of India's greatest living gurus, Swami Sri Yukteswar, of Serampore, Bengal. "People often make the mistake of equating the spiritual life

with dullness and prudery. These stories should help to dispel that illusion. Mukunda's keen sense of humor and love of pranks often startled his more sedate neighbors out of their mental ruts. The personality that emerges from these episodes is joyous, compassionate, childlike yet fiercely determined, loyal, deeply in love with God, and capable of standing alone in his convictions against the very world. "These stories have been written from true episodes in the master's life from approximately the ages of six to seventeen. Some of the accounts were related to me by his relatives; others, by childhood friends. But the greater number were told me by the master himself. I have taken no liberties with those accounts beyond adding superficial details for poetic emphasis, an occasionally combining separate episodes (too brief to stand alone) into a single story."

Two Souls: Four Lives

The Lives & Former Lives of Paramhansa Yogananda and His Disciple Swami Kriyananda

Crystal Clarity Publishers Is it possible that two of the greatest men of the Norman Conquest—William the Conqueror and his son, Henry I of England—have recently reincarnated as Paramhansa Yogananda (spiritual master and author of the classic *Autobiography of a Yogi*) and his close disciple, Swami Kriyananda—and if so, what are the subtle connections between the Norman Conquest and modern times? How will these past lives influence our future?

Parents and Children: Relationships Born from Love. Inspired By the Wisdom of Yoga

Lulu Press, Inc Parents and children will be inspired to develop a true love for each other with the wisdom of yoga shared in this text. In *Parents and Children: Relationships Born from Love*, you'll learn meditation techniques to calm emotions, yoga postures that promote a healthier body, and ways people of all ages can use yoga to alleviate the harmful effects of a wide spectrum of physical and emotional conditions. "This is a clear, comprehensive, easy to understand and follow guidebook for creating happy, harmonious, loving family relationships. The book is written with such kindness and compassion, exactly the qualities the author hopes to awaken in her readers. This book could do immense good to help individuals and families find their way to the fulfillment of heart we all seek." — Nayaswami Asha, spiritual director of Ananda Palo Alto, CA; teacher; counselor; author.

<http://www.nayaswamiasha.org>

How to Awaken Your True Potential

The Wisdom of Yogananda

Crystal Clarity Publishers Are you ready to discover the hidden resources of joy, love, and power within you? Paramhansa Yogananda, one of the best-loved spiritual teachers of modern times, offers step-by-step guidance to help you awaken your potential and to prepare you for the inner journey of awakening. You will discover the untold power that lies within, and learn how to take steps daily to live life with greater joy and meaning. Paramhansa Yogananda (1893-1952) was a great spiritual master and world teacher. His classic Autobiography of a Yogi has inspired millions throughout the world.

Meditation for Starters

Crystal Clarity Publishers Have you wanted to learn to meditate, but just never got around to it? Or tried "sitting in the silence" only to find your mind wandering, or wanting to jump up after only a few minutes? Do you wish you had a guidebook that explained clearly in plain English what to do, step-by-step? If so, Meditation for Starters is just what you've been looking for. This little book with companion CD, provides everything you need to begin a meditation practice. It is filled with easy-to-follow instructions, beautiful guided visualizations, and answers to important questions on meditation such as: * What meditation is (and isn't) * How to relax your body and prepare yourself for going within * Techniques for interiorizing and focusing the mind Author Swami Kriyananda's calm voice will carry your mind and spirit into a meditative mood, a place of peace. Learn meditation from a true expert, with more than 60 years of experience. Swami Kriyananda has helped many thousands of people to successfully start a regular meditation routine.

Affirmations for Self-Healing

Crystal Clarity Publishers Scientists now acknowledge that an individuals thoughts influence their physical, mental, and emotional health. People routinely enlist the help of psychologists and drugs to overcome their deeply rooted, harmful thoughts. This book contains 52 affirmations and prayers devoted to strengthening positive qualities such as will power, good health, forgiveness, security, and happiness.

Demystifying Patanjali: The Yoga Sutras

The Wisdom of Paramhansa Yogananda as Presented by his Direct Disciple, Swami Kriyananda

Crystal Clarity Publishers What happens as we grow spiritually? Is there a step-by-step process that everyone goes through—all spiritual seekers, including those of any or no religious persuasion—as they gradually work their way upward, until they achieve the highest state of Self-realization? About 2200 years ago, a great spiritual master of India named Patanjali described this process, and presented humanity with a clear-cut, step-by-step outline of how all truth seekers and saints achieve divine union. He called this universal inner experience and process “yoga” or “union.” His collection of profound aphorisms—a true world scripture—has been dubbed Patanjali's Yoga Sutras. Unfortunately, since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjali's writings that have succeeded only in burying his pithy insights in convoluted phrases like “becomes assimilated with transformations” and “the object alone shines without deliberation.” How can any reader understand Patanjali's original meaning when he or she has to wade through such bewildering terminology? Thankfully, a great modern yoga master—Paramhansa Yogananda, author of the classic *Autobiography of a Yogi*—has cut through the scholarly debris and resurrected Patanjali's original teachings and revelations. Now, in *Demystifying Patanjali*, Swami Kriyananda, a direct disciple of Yogananda, shares his guru's crystal clear and easy-to-grasp explanations of Patanjali's aphorisms. As Kriyananda writes in his introduction, “My Guru personally shared with me some of his most important insights into these sutras. During the three and a half years I lived with him, he also went with me at great length into the basic teachings of yoga. “I was able, moreover, to ask my Guru personally about many of the subjects covered by Patanjali. His explanations have lingered with me, and have been a priceless help in the [writing of this book].”

The Meaning of Dreaming

The Deeper Teachings of Yoga on Why We Dream as Explained by Paramhansa Yogananda

Crystal Clarity Publishers From ancient to modern times, seers and psychoanalysts have conjectured about why we dream. Now, in this book, we have an explanation both timely and timeless. Yoga is an ancient spiritual science that has much to say about subtle realities. Why do you dream, and what do your dreams mean? Let

Paramhansa Yogananda open the doors of your mind as he reveals the hidden yogic teachings that provide a new pathway to inner growth.

The Art of Supportive Leadership

A Practical Guide for People in Positions of Responsibility

Crystal Clarity Publishers A Proven Approach to Successful Leadership Do you want to improve your leadership skills and learn how to bring out the best in your employees, co-workers, or students? Then The Art of Supportive Leadership can help you! Large and small companies of every kind—from well-established industrial corporations to sparkling new tech firms—are using this proven approach to leadership with great success. It has become equally indispensable to the non-profit organizations, schools, and military personnel who also use it. The Art of Supportive Leadership is defining the new cutting edge of leadership training. Drawn from the author's many years of successful leadership in numerous contexts, this book gives you clear and practical techniques that quickly produce results—even if you're new to leadership, and even if you can only devote limited time to improving your skills. Each chapter ends with short, concise summaries that serve as quick reference guides when you need them.

Money Magnetism

How to Attract What You Need When You Need It

Crystal Clarity Publishers This book can change your life by changing how you think and feel about money. Offering simple, powerful techniques for attracting material and spiritual success, Money Magnetism is a practical, easy-to-understand guide that will help you quickly realize results. With its fresh, new insights Money Magnetism goes far beyond the scope of other "money" books. According to Walters, anyone can attract wealth—"there need be no limits to the flow of your abundance." Through numerous stories and examples from his own life and others', Walters vividly—sometimes humorously—shows you how and why the principles of money magnetism work, and how you can immediately start applying them in your own life.

A Pilgrimage to Guadalupe

The Final Journey of the Soul

Crystal Clarity Publishers As he seeks answers to life's deepest questions, a pilgrim experiences seemingly chance meetings with an atheist, a social activist, Catholic monks, and others. While accompanying the pilgrim on his journey, the reader finds his own mind expanding, and discovers a universal and liberating life philosophy.

Your Sun Sign as a Spiritual Guide

Crystal Clarity Publishers What sets this book apart from other astrology titles is Kriyananda's focus on the spiritual potential of each "sun sign," rather than focusing mainly on the karmic limitations. It is so common to hear generalizations such as: Leo is proud, and Taurus is stubborn. In his book Kriyananda shows how, with awareness, attention, and will, one can cultivate the higher potential of his sign, leading to greater fulfillment and success. Leo can shine as a channel of light and creativity, without pride, if he remembers that Spirit (not ego) is the doer. Taurus can be the essence of loyalty and perseverance, without being stubborn, if he develops an inner fixity of purpose while practicing an outward flexibility. In other words, the horoscope shows karmic patterns of energy. We can learn to work with these energies and develop their more refined, higher octaves, which will then magnetize new possibilities into our lives. The fundamental point is that the horoscope shows one's karmic energy situation, but not who he really is—the spiritual Self within. Kriyananda's approach is to encourage and inspire one's Self to awaken, and to express itself through the sun sign. Within each of us is vast potential to be awakened. Your Sun Sign as a Spiritual Guide is a beautifully inspiring book that will open doors and encourage one in this direction. This book also guides the seeker to an understanding of the subtle aspects of the spiritual path as it manifests for him through his particular sun sign. Yogic understanding is rich and often runs counter to prevailing thought. So too with astrology, the reader will find vistas of understanding opening as he takes the words and guidance of this yogic view of astrology to heart. This book reassures the reader that sun-sign weaknesses can be spiritual strengths if pursued rightly. It also warns one not to rest on the laurels of sun-sign strengths, but to go much deeper. Concentrated, deep wisdom is available to the seeker in this brief, easy-to-digest book that helps the reader to understand himself and others from a higher perspective.

The Rubaiyat of Omar Khayyam Explained

by Paramhansa Yogananda, edited

by Swami Kriyananda

Crystal Clarity Publishers Unlock the Mystery of One of the Great Spiritual Treasures of the Ages. Omar Khayyam's famous poem, The Rubaiyat, is loved by Westerners as a hymn of praise to sensual delights. In the East, his quatrains enjoy a very different reputation: they are known as a deep allegory of the soul's romance with God. Even there, however, the knowing is based on who and what Omar Khayyam was: a sage and mystic. As for what the quatrains actually mean, most of them have remained a mystery in the East as much as in the West. After eight centuries, Paramhansa Yogananda, one of the great mystics of our times, a master of yoga and the author of the now-classic Autobiography of a Yogi, explained the mystery behind Omar's famous poem. This book contains the essence of that great revelation. Unavailable in book form since its first penning more than sixty years ago, The Rubaiyat of Omar Khayyam Explained is available at last, edited by one of Yogananda's close disciples, Swami Kriyananda.

Karma and Reincarnation

Understanding Your Past to Improve Your Future

Crystal Clarity Publishers Many people share theories on reincarnation, or karma, or what happens at death. Paramhansa Yogananda, a master of yoga, writes from his own true knowledge and experience.

The Book of Chakras & Subtle Bodies

Duncan Baird Publishers Escape the humdrum of daily life and reawaken your true essential Self with Stephen Sturgess' sensational Yoga and meditation techniques. Learn about fascinating subtle bodies, chakras, nadis, and kundalini with the in-depth section on Yoga philosophy, then follow Stephen's variety of practices and techniques for removing any obstacles that may be standing in the way of you uniting with your true nature. The book includes a wealth of Hatha Yoga techniques using asanas, mudras, bandhas, pranayama, and kriya purification, as well as Raja and kriya Yoga techniques - mantras, concentration and meditation.

Religion in the New Age

And Other Essays for the Spiritual Seeker

Crystal Clarity Publishers That we live in a "New Age" seems an incontestable fact. Just 100 years ago the world had no paved highways, no speeding cars, airplanes, cell phones, washing machines, computers or satellite dishes, to name only a few things that today we take for granted. But the greatest change that has occurred has been our perception of reality, which began with the discovery that matter is actually composed only of vibrations of energy, and that energy is the reality behind everything around us. Today we perceive everything in terms of energy—we have become an energy-conscious as well as an energy-dependent society. In this collection of fascinating essays on a variety of topics, Swami Kriyananda, a renowned and prolific writer, presents an approach to modern life that may seem radically new. The book's title essay, Religion in the New Age, shares the ancient teaching, common to many cultures, that time is cyclical, and that we are now in an upward cycle, coming into an age of energy-awareness from a darker age of matter. The author shows society, political and social events, and religion and religious institutions from the viewpoint of different cycles of time.

How to Meditate

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

Crystal Clarity Publishers As Yogananda explains the operation of karma, death, and reincarnation, he also shares the deeper purpose of existence for every soul. Understanding these truths can bring clarity, confidence, and inspiration into your life.

The Essence of the Bhagavad Gita Explained by Paramhansa Yogananda as remembered by his disciple, Swami Kriyananda

Crystal Clarity Publishers Rarely in a lifetime does a new spiritual classic appear that has the power to change people's lives and transform future generations. This is such a book. The Essence of the Bhagavad Gita Explained by Paramhansa

Yogananda shares the profound insights of Paramhansa Yogananda, author of Autobiography of a Yogi, as remembered by one of his few remaining direct disciples, Swami Kriyananda. This revelation of India's best-loved scripture approaches it from an entirely fresh perspective, showing its deep allegorical meaning and also its down-to-earth practicality. The themes presented are universal: how to achieve victory in life in union with the divine; how to prepare for life's "final exam," death, and what happens afterward; how to triumph over all pain and suffering. This book is itself a triumph. Swami Kriyananda worked with Paramhansa Yogananda in 1950 while the Master completed his commentary. At that time Yogananda commissioned him to disseminate his teachings world-wide. Kriyananda has in his lifetime lectured, taught, and written eighty-five books based on Yogananda's teachings. The Essence of the Bhagavad Gita, Kriyananda's eighty-sixth book, is the crowning achievement of his highly productive life. In this, his masterpiece, he declares, "Yogananda's insights into the Gita are the most amazing, thrilling, and helpful of any I have ever read."

Shaped by Saints

Crystal Clarity Publishers Shaped by Saints Author, Devi Mukherjee takes the reader on a profoundly inspiring pilgrimage to meet saints and realized masters of modern India in forest ashrams, mountain caves, holy places, and shrines. He shares many insights and lessons from the great ones and tells many previously unpublished stories of Yogananda's early life and return visit to India in 1935-36. While a young man, he worked with Mahatma Gandhi in the Indian resistance movement and was imprisoned for five months. After release, Devi began a spiritual quest throughout India, traveling some 45 years at various times. This beautifully written book takes you on a deeply inspiring pilgrimage to visit saints and God-realized masters of modern-day India. Devi Mukherjee—a disciple of the great yoga master, Paramhansa Yogananda (1893-1952)—invites you to walk in his footsteps and experience India's spiritual richness, preserved in forest ashrams, mountain caves, and in holy places and shrines. Throughout his many years of travel, Devi meditated with some of India's great souls and felt their transforming spiritual power. From all, he received the same soul guidance—to love God with every fiber of one's being. One of Yogananda's closest boyhood friends, Tulsi Bose, is the father of Devi's wife, Hassi. From Bose and others, Devi obtained previously unpublished stories of Yogananda's early life and 1935 visit to India that give the reader inspiring new glimpses of Yogananda's generosity, courage, loyalty to friends, and spiritual power.

Autobiography of a Yogi

The Original 1946 Edition plus

Bonus Material

Crystal Clarity Publishers A Top 100 Spiritual Book of the Twentieth Century This is a new edition, featuring previously unavailable material, of a true spiritual classic. Autobiography of a Yogi is one of the best-selling Eastern philosophy titles of all-time, with millions of copies published. New Bonus Materials added to this edition include: a) the last chapter that Yogananda wrote in 1951 covering the years 1946-1951 that was not originally available in the first edition (and without posthumous changes), b) the eulogy that Yogananda wrote for Gandhi, and c) a new afterword by Swami Kriyananda, one of Yogananda's closest direct disciples. Yogananda's masterpiece has been named one of the greatest and most influential books of the twentieth century. This highly prized verbatim reprinting of the original 1946 edition is (unlike other publishers' editions) free from textual changes made after Yogananda's death. Yogananda was the first yoga master of India whose mission brought him to live and teach in the West. His firsthand account of his life experiences in India includes childhood revelations, stories of his visits to saints and masters in India, and long-secret teachings of yoga and Self-realization that he first made available to the Western reader.

Loved and Protected

Stories of Miracles and Answered Prayers

Crystal Clarity Publishers If we ask God for help, will He respond? The stories in this book answer loud and clear: "YES!" In extraordinary and eye-opening accounts, we see the Divine Hand: • Physically and instantaneously moving people out of harm's way • Healing life-threatening injuries and diseases • Providing important guidance for life-and-death, split-second decisions • Illuminating hearts and spirits darkened by fear or despair . . . and so much more. This book is for those who want a deeper, more trusting relationship with God, and who find inspiration in the experiences of others who seek also to know Him.

Secrets of Meditation and Inner Peace

Crystal Clarity Publishers This concise book brilliantly encapsulates the essential keys to meditation with seed thoughts for each day of the month. Each affirmation is presented in a straightforward manner that allows the reader to repeat and remember it before meditating. This potent guide to meditation will help readers tap the well-spring of joy and inner peace with them. This little book can change your life. Open it to any page to unlock the hidden power within you. In this collection of

pity and profound sayings, readers will find wise guidance and key insights to the practice of meditation, and secrets for bringing the peace of meditation into the trials and clamor of their daily life. Drawing on his bestselling Secrets book series, Swami Kriyananda offers sage advice for going within. This lovely edition offers speedy counsel and enlightenment, on the spot. A treasure trove of uplifting affirmations, it is a book to be dipped into and savored again and again. The inspired secrets are contained in one small miracle of a book—perfect as a gift, or as a cherished addition to one's own bookshelf.

The Man Who Refused Heaven

The Humor of Paramhansa Yogananda

Crystal Clarity Publishers Why is humor so deeply appreciated? Laughter is one of the great joys of life. Joy is fundamental to who we are. Yogananda translated the classic definition of God given by Swami Shankarananda, “Sat-chid-ananda,” as, “Ever-existing, ever-conscious, ever-new joy.” Yogananda added the concept of “new” to the ancient definition. Yogananda explained that God became His creation, which means that all of life exists, is conscious, and has the quality of joy innately within it. This is why human beings universally seek happiness. It is our nature to be happy, and the search for happiness motivates everyone. A master is one who has united his consciousness with Satchidananda, and so you see in the masters profound joy. Some share this joy outwardly through their personalities; others may be more serious outwardly, but great joy sparkles in their eyes and is felt in their presence. In Yogananda's magnificent poem, “Samadhi,” he describes his experience in the highest state of consciousness, ending with the lines, Eternity and I, one united ray./ A tiny bubble of laughter, I/ Am become the Sea of Mirth Itself. Yogananda's experience of life, his experience of the goal of all life, was filled with joy. He lived in joy always, and sought to awaken it in others. Though he could be intensely serious and deep as appropriate, he also could express the greatest joy, often in unexpected situations. The humor in this book arose spontaneously from Yogananda's deep joy. Sometimes he used humor to express an important spiritual principle. Sometimes he used it in training the disciples, to help them learn in a way that reasoned lectures could never achieve. Most of the humor in this book was taken from Yogananda's writings. Also included are experiences with the master that demonstrate his playful spirit. These were written by Swami Kriyananda, from his years of being trained personally by Yogananda, or from stories that were shared with him by other close disciples. The message of this book is both playful and serious. The serious message is that joy can be found within us always. We should look for it there and share it with others.

The Supreme Art and Science of Raja and Kriya Yoga

The Ultimate Path to Self-Realisation

Singing Dragon Stephen Sturgess draws on decades of study and practice to present a comprehensive and engaging account of Raja and Kriya Yoga. These authentic forms represent true Yoga, and their practice provides spiritual seekers with the ultimate pathway towards self-realisation, inner freedom and ineffable peace and joy. The book begins by providing a complete view of Yoga and its spiritual dimensions, including an account of the history and philosophy of all Yoga traditions. It then covers Raja and Kriya Yoga in depth, with instruction on the asanas, breathing techniques and meditations of each tradition. With a glossary and an introduction to Sanskrit, this book provides everything a truth-seeker needs to embark on the journey to spiritual awakening. A complete guide to Raja and Kriya Yoga, this book is an incomparable resource that will be a valued addition to the shelves of yoga practitioners and yoga teachers as well as anyone with an interest in yogic or Vedic traditions.

How to Have Courage, Calmness and Confidence

The Wisdom of Yogananda

Crystal Clarity Publishers This powerful book shows you how to transform your life: - Dislodge negative thoughts & depression - Uproot fear and thoughts of failure ? even in the midst of trying circumstances - Cure nervousness - Systematically eliminate worry from your life - Overcome anger, sorrow, over-sensitivity, and a host of other troublesome emotional responses - Learn to strengthen the heroic element in yourself.

How to Awaken Your True Potential

The Wisdom of Yogananda

Wisdom of Yogananda Are you ready to discover the hidden resources of joy, love, and power within you? Paramhansa Yogananda, one of the best-loved spiritual teachers of modern times, offers step-by-step guidance to help you awaken your

potential and to prepare you for the inner journey of awakening. You will discover the untold power that lies within, and learn how to take steps daily to live life with greater joy and meaning.

How to Achieve Glowing Health and Vitality

Crystal Clarity Pubs "Paramhansa Yogananda, a foremost spiritual teacher of modern times, offers practical, wide-ranging, and fascinating suggestions on how to have more energy and to live a radiantly healthy life. The principles in this book promote physical health and all-round well-being, mental clarity, and ease and inspiration in your spiritual life. Readers will discover: ? Priceless Energization Exercises for rejuvenating the body and mind ? The art of conscious relaxation ? Diet tips for health and beauty"--

Journey to Self-Realization

Collected Talks and Essays on Realizing God in Daily Life

Self Realization Fellowship Pub This collection debates the path and purpose of life. The author discusses such topics as whether it is possible to hasten human evolution, the possibility of a scientific method to ensure a pathway to life's highest fulfilments and what guidelines help mediators find genuine spiritual progress.

Where There Is Light

Insight and Inspiration for Meeting Life's Challenges

Self-Realization Fellowship Publishers Where There is Light has sold over 200,000 copies since it was first published nearly thirty years ago. Its appeal and success stems from the fact that it provides a popular overview into the writings and teachings of Paramahansa Yogananda and is often considered a second book to read after Autobiography of a Yogi. This New Expanded Edition includes two new chapters, including one offering beginner's instructions on how to meditate. Topics include: [[Finding wisdom and strength to make life's decisions [[The antidote for stress, worry, and fear [[Transforming our failures into success [[Security in an uncertain world [[Understanding death

The Second Coming of Christ: The Resurrection of the Christ Within You Volume 1

Kalki Mahavatar In this unprecedented masterwork of inspiration, Paramahansa Yogananda takes the reader on a profoundly enriching journey through the four Gospels. Verse by verse, he illumines the universal path to oneness with God taught by Jesus to his immediate disciples but obscured through centuries of misinterpretation: how to become like Christ, how to resurrect the Eternal Christ within oneself. Never before available in its entirety, this landmark work by one of the most revered spiritual teachers of our time transcends divisive sectarianism to reveal a unifying harmony underlying all true religions. A groundbreaking synthesis of East and West, it imparts the life-transforming realization that each of us can experience for ourselves the promised Second Coming - awakening of the all-fulfilling Divine Consciousness latent within our souls.

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