

Undreamed - of Possibilities

*An introduction to
Self-Realization Fellowship*



Self-Realization Fellowship

FOUNDED 1920

Paramahansa Yogananda

Undreamed - of Possibilities

*An introduction to
Self-Realization Fellowship*

*The teachings of
Paramahansa Yogananda*



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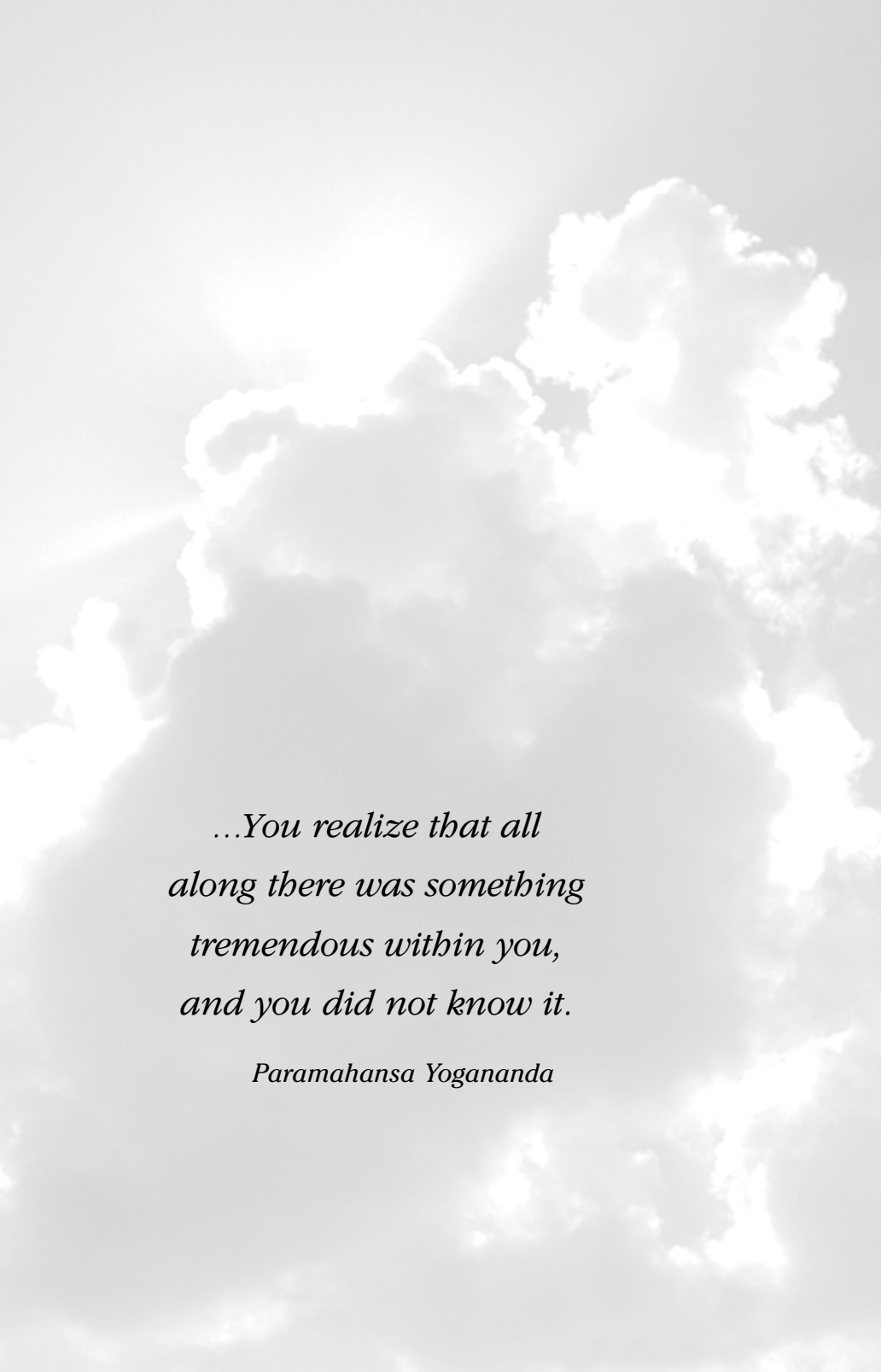


Paramahansa Yogananda
(January 5, 1893–March 7, 1952)

What human being has not longed to understand the meaning of existence, to fathom the ultimate purpose of creation? And who among us does not desire a sense of security and well-being, the self-confidence and strength to cope with life's problems? Who has never yearned for perfect love, a love that does not fade with time, old age, or death?

We all want to experience lasting satisfaction and perfection, but is it really possible? Or are such desires and longings merely an escapist's approach to the hard realities of human existence?

Through the example of his life and teaching, Paramahansa Yogananda shows that the inner fulfillment we seek *does* exist and *can* be attained. In truth, all the knowledge, creativity, love, joy, and peace we are looking for are right within us, the very essence of our beings. To fully realize this—not just as an intellectual philosophy but as an actual experience that brings strength and understanding into every area of our daily lives—is what Self-realization is all about.



*...You realize that all
along there was something
tremendous within you,
and you did not know it.*

Paramahansa Yogananda

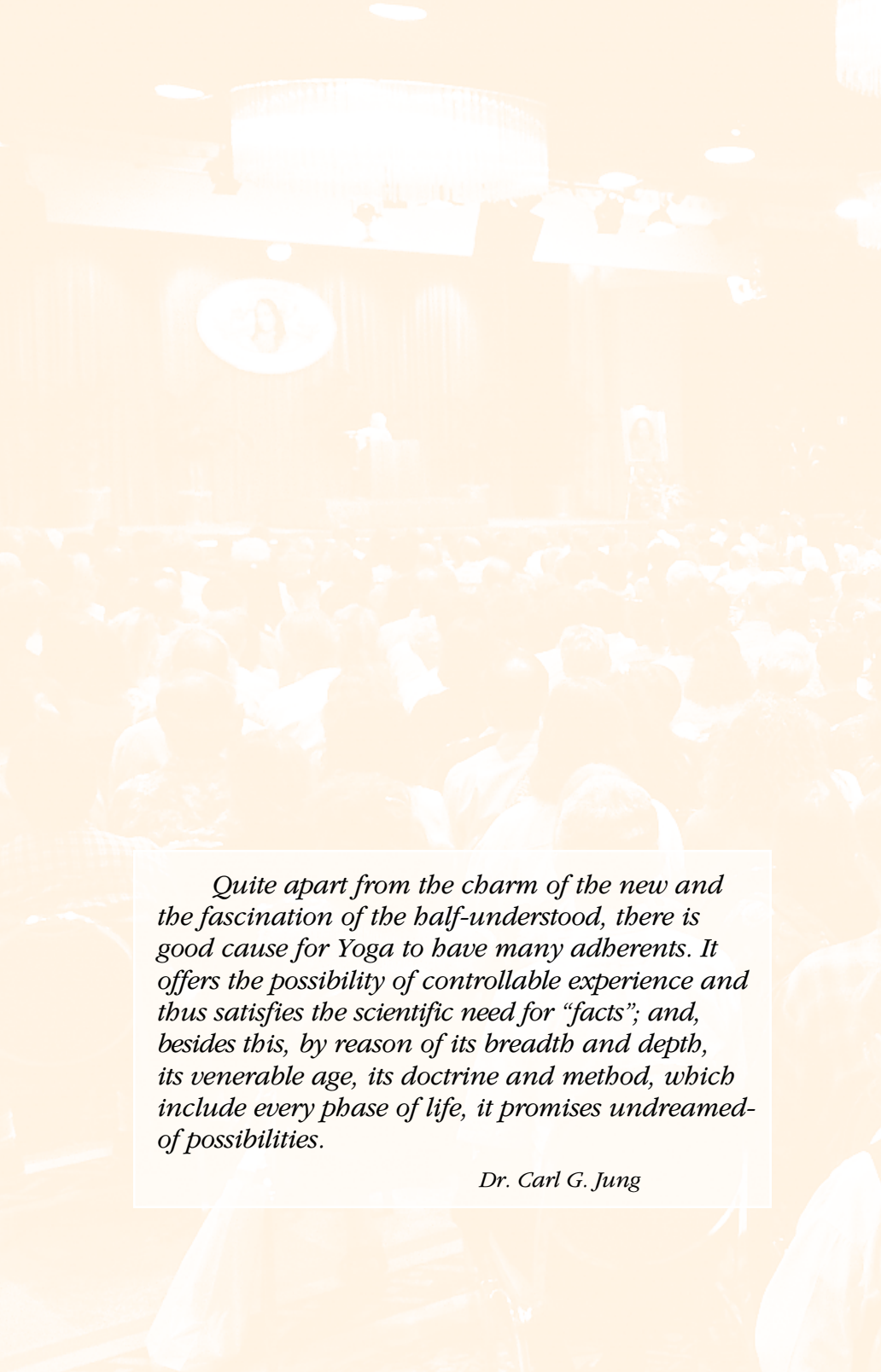
UNDREAMED-OF POSSIBILITIES

Most of us are accustomed to looking outside of ourselves for fulfillment. We are living in a world that conditions us to believe that outer attainments can give us what we want. Yet again and again our experiences show us that nothing external can completely fulfill the deep longing within for “something more.”

Most of the time, however, we find ourselves striving toward that which always seems to lie just beyond our reach. We are caught up in *doing* rather than *being*, in *action* rather than *awareness*. It is hard for us to picture a state of complete calmness and repose in which thoughts and feelings cease to dance in perpetual motion. Yet it is through such a state of quietude that we can touch a level of joy and understanding impossible to achieve otherwise.

It is said in the Bible: “Be still, and know that I am God.”* In these few words lies the key to Self-realization. The science of Yoga offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are. By practicing the step-by-step methods of Yoga—taking nothing for granted on emotional grounds or through blind faith—we come to know our oneness with the

* Psalms 46:10.

A large audience is seated in a hall, facing a stage. On the stage, a person is standing and speaking. Behind them, a large portrait of a man is displayed on the wall. The room is dimly lit, with a large chandelier hanging from the ceiling. The audience is diverse in age and appearance, all focused on the speaker.

Quite apart from the charm of the new and the fascination of the half-understood, there is good cause for Yoga to have many adherents. It offers the possibility of controllable experience and thus satisfies the scientific need for “facts”; and, besides this, by reason of its breadth and depth, its venerable age, its doctrine and method, which include every phase of life, it promises undreamed-of possibilities.

Dr. Carl G. Jung

Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Self.

Ordinarily our awareness and energies are directed outward, to the things of this world, which we perceive through the limited instruments of our five senses. Because human reason has to rely upon the partial and often deceptive data supplied by the physical senses, we must learn to tap deeper and more subtle levels of awareness if we would solve the enigmas of life—Who am I? Why am I here? How do I realize Truth?

Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception—no longer dependent upon the fallible senses but capable of actually experiencing Truth.

In past centuries many of the higher techniques of Yoga were little understood or practiced, owing to mankind's limited knowledge of the forces that run the universe. But today scientific investigation is rapidly changing the way we view ourselves and the world. The traditional materialistic conception of life has vanished with the discovery that matter and energy are essentially one: every existing substance can be reduced to a pattern or form of energy, which interacts and interconnects with other forms. Thus modern science is confirming the ancient principles of Yoga, which proclaim that unity pervades the universe.

The word *yoga* itself means “union”: of the individual consciousness or soul with the Universal Consciousness or Spirit. There are various paths of Yoga that lead

(Opposite) Self-Realization Fellowship members gather at an annual Convocation held each summer in Los Angeles.

toward this goal, each one a specialized branch of one comprehensive system:

Hatha Yoga — a system of physical postures, or *asanas*, whose higher purpose is to purify the body, giving one awareness and control over its internal states and rendering it fit for meditation.

Karma Yoga — selfless service to others as part of one's larger Self, without attachment to the results; and the performance of all actions with the consciousness of God as the Doer.

Mantra Yoga — centering the consciousness within through *japa*, or the repetition of certain universal root-word sounds representing a particular aspect of Spirit.

Bhakti Yoga — all-surrendering devotion through which one strives to see and love the divinity in every creature and in everything, thus maintaining an unceasing worship.

Jnana Yoga — the path of wisdom, which emphasizes the application of discriminative intelligence to achieve spiritual liberation.

Raja Yoga — the royal or highest path of Yoga, formally systematized in the second century B.C. by the Indian sage Patanjali, which com-

bins the essence of all the other paths. At the heart of the Raja Yoga system, balancing and unifying these various approaches, is the practice of definite, scientific methods of meditation that enable one to perceive, from the very beginning of one's efforts, glimpses of the ultimate goal—conscious union with the inexhaustibly blissful Spirit. Such methods are an integral part of the Self-Realization Fellowship teachings.

THE SCIENCE OF KRIYA YOGA

The quickest and most effective approach to the goal of Yoga employs those methods of meditation that deal *directly* with energy and consciousness. It is this direct approach that characterizes Kriya Yoga, the particular system of meditation taught by Paramahansa Yogananda. Specifically, Kriya is an advanced Raja Yoga technique that reinforces and revitalizes subtle currents of life energy in the body, enabling the normal activities of heart and lungs to slow down naturally. As a result, the consciousness is drawn to higher levels of perception, gradually bringing about an inner awakening more blissful and more deeply satisfying than any of the experiences that the mind or the senses or the ordinary human emotions can give.

All scriptures declare man to be not a corruptible body, but a living soul. The ancient science of Kriya Yoga reveals a way to prove this scriptural truth.

Referring to the sure and methodical efficacy

When you go beyond the consciousness of this world, knowing that you are not the body or the mind, and yet aware as never before that you exist—that divine consciousness is what you are. You are That in which is rooted everything in the universe.

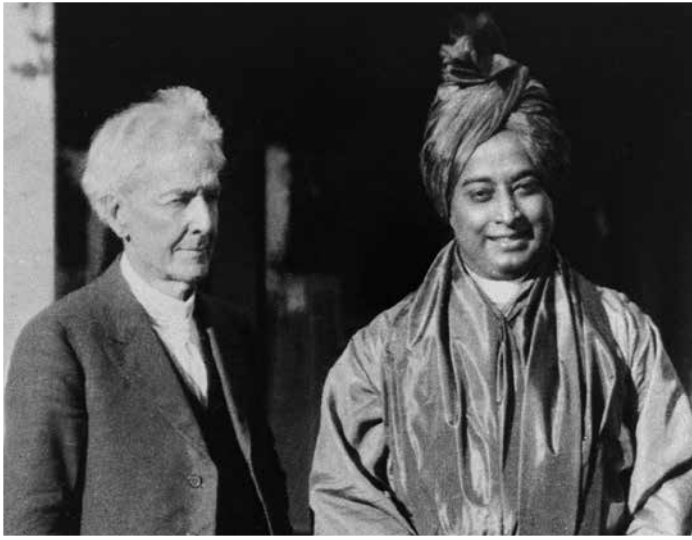


The aftereffects of Kriya bring with them the utmost peace and bliss. The joy that comes with Kriya is greater than the joys of all pleasurable physical sensations put together.



Through the use of the Kriya key, persons who cannot bring themselves to believe in the divinity of any man will behold at last the full divinity of their own selves.

***from the writings of
Paramahansa Yogananda***



Luther Burbank and Paramahansa Yogananda

Santa Rosa, California, 1924

Luther Burbank, world-renowned horticulturist and Kriya Yoga disciple of Paramahansa Yogananda, wrote: "The system is ideal for training and harmonizing man's physical, mental, and spiritual natures....By simple and scientific methods of concentration and meditation, most of the complex problems of life may be solved, and peace and goodwill come on earth."

of devoted practice of the Kriya science, Paramahansa Yogananda declared: "It works like mathematics; it cannot fail."

SELF-REALIZATION LESSONS

*T*hrough a series of printed lessons that can be studied at home, Self-Realization students devote themselves to a period of preliminary study and meditation in order to prepare themselves physically, mentally, and spiritually for Kriya practice. During this time they

Students' Comments

"The energization technique has improved my health markedly. What used to be a drab existence has changed to one of enthusiasm and new interests. It seems as if a new dimension has been added to my life.

"The benefits derived from the concentration technique must be experienced to be realized. While practicing the technique it seems as if I perceive the true meaning behind life, its order and righteousness. The practice has given me a new love and joy in life."—*D. F., East Canton, Ohio*

"Since I began practicing the technique of energization my friends say I look twenty years younger. But the joy of it is in the way I feel—wonderful! The exercises have made my mind clearer and more alert. The whole study has promoted an ability to relax such as I would not have believed possible before."—*G. F., Boston, Massachusetts*

"The technique of concentration is more and more becoming a part of my life, because it can be practiced at any time or place, and each practice takes me a step deeper....I feel a great peace within and without whenever I practice this simple but dynamic technique. It really proved its value when I was in college, where tension and strain are ever present. And whenever I practiced it before playing solos on my violin, instead of the usual stage fright I would feel serene peace beyond words."—*J. O., Jacksonville, Florida*

"I practice the technique of meditation before any special undertaking, or when guidance is needed; and help is always forthcoming....The peace of meditation flows into daily living. This peace and joy brings poise and a sense of security, with underlying vitality and strength."—*D. S., Victoria, Australia*

"After practicing your *Lessons* for six months, I have found all you have taught me to be true. You have proven the existence of God to me, something I once thought impossible."—*C. C., Vienna, Virginia*

learn three important techniques of the Self-Realization teachings:

1. ***Technique of Energization:*** enables one to draw energy consciously into the body from the Cosmic Source. This technique of life-energy control purifies and strengthens the body and prepares it for meditation, making it easier to direct the energy inward in order to reach higher states of consciousness. Regular practice also promotes mental and physical relaxation and develops dynamic will power.
2. ***Technique of Concentration:*** helps to develop one's latent powers of concentration. Through practice of this technique one learns to withdraw thought and energy from outward distractions so that they may be focused on any goal to be achieved or problem to be solved. Or one may direct that concentrated attention toward realizing the Divine Consciousness within.
3. ***Technique of Meditation:*** shows one how to use the power of concentration in the highest way—to discover and develop the divine qualities of one's own true Self. The technique expands the awareness beyond limitations of body and mind to the joyous realization of one's infinite potential.

Since Yoga is based on practice and experience rather than on adherence to a particular set of beliefs, followers of all religions can benefit from these tech-

niques. When practiced regularly, the methods of Yoga lead unfailingly to deeper levels of spiritual awareness and perception.

After the preliminary period of study and practice, which takes about a year to complete, students may decide whether they want to receive Kriya Yoga, which signifies the establishment of the disciple-guru* relationship. Before making such a decision, however, all students—whether already versed in metaphysics and meditation or just beginning—study the first two steps of the *Self-Realization Lessons* and practice the three techniques described above. These techniques prepare body and mind to receive the liberating power of Kriya Yoga. And such practice also gives students the opportunity to apply the teachings and make them a part of their lives and consciousness before deciding to go on to Kriya Yoga.

Should students wish, they may continue to study the teachings and practice the basic methods of meditation taught in the *Lessons* without receiving Kriya Yoga. All those who are sincere and earnest in their practice will realize for themselves the truth in Paramahansa Yogananda's assurance that one can reach the highest states of Divine Consciousness through any of the Self-Realization techniques of concentration and meditation.

* Spiritual teacher (from the Sanskrit *gu*, "darkness" and *ru*, "that which dispels"). The real meaning of the word *guru* is sometimes lost sight of. Today it is commonly misused to refer simply to a teacher or instructor. But a true, God-illuminated guru is one who, in his attainment of self-mastery, has realized his identity with the omnipresent Spirit. Such a one is uniquely qualified to lead the seeker on his or her inward journey toward perfection.



It is not a pumping-in from the outside that gives wisdom; it is the power and extent of your inner receptivity that determines how much you can attain of true knowledge, and how rapidly. You can quicken your evolution by awakening and increasing the receptive power of your brain cells.

Paramahansa Yogananda



Mahatma Gandhi's Ashram in Wardha

Yogananda is reading a note that Gandhi (*right*) has just written (it was a Monday, the Mahatma's day for observing silence). On the following day, August 27, 1935, at Gandhiji's request Sri Yogananda initiated him in Kriya Yoga.

Excerpts From the Writings

Mankind is engaged in an eternal quest for that “something else” he hopes will bring him happiness, complete and unending. For those individual souls who have sought and found God, the search is over: He is that Something Else.



Why should you think He is not? The ether is filled with music that is caught by the radio—music that otherwise you would not know about. And so it is with God. He is with you every minute of your existence, yet the only way to realize this is to meditate.



“It is not a question of *belief*,” [my guru said]. “The scientific attitude one should take on any subject is whether it is *true*. The law of gravitation worked as efficiently before Newton as after him. The cosmos would be fairly chaotic if its laws could not operate without the sanction of human belief.”



Your being has two sides—one visible, the other invisible. With open eyes you behold objective creation, and yourself in it. With closed eyes you see nothing, a dark void; yet your consciousness, even when dissociated from form, is still keenly aware and operative. If in deep meditation you penetrate the darkness behind closed eyes, you behold the Light from which all creation emerges. By deeper *samadhi*, your experience transcends even the manifested Light and enters the All-Blissful Consciousness—beyond all form, yet infinitely more real, tangible, and joyous than any sensory or supersensory perception.



In seemingly empty space there is one Link, one Life eternal, which unites everything in the universe—animate and inanimate—one wave of Life flowing through everything.

of Paramahansa Yogananda

Our great whirling planet, our human individuality, were not given to us merely that we might exist for a time and then vanish into nothingness, but that we might question what it is all about. To live without understanding the purpose of life is foolish, a waste of time. The mystery of life surrounds us; we were given intelligence in order to solve it.



Change yourself and you have done your part in changing the world. Every individual must change his own life if he wants to live in a peaceful world. The world cannot become peaceful unless and until you yourself begin to work toward peace. It is only by removing hate from our hearts that we can live a Christ-like life.



It is not your passing thoughts or brilliant ideas so much as your plain everyday habits that control your life....Live simply. Don't get caught in the machine of the world—it is too exacting. By the time you get what you are seeking your nerves are gone, the heart is damaged, and the bones are aching. Resolve to develop your spiritual powers more earnestly from now on. Learn the art of right living. If you have joy you have everything, so learn to be glad and contented....Have happiness *now*.



Birth, play, marriage, children, old age—life is finished. That is not living! Life is much deeper and more wonderful than that....When you know God, there is no more sorrow. All those you loved and lost in death are with you again in the Eternal Life.



You will tire quickly of all material things once you have them....But one thing you will never be tired of, either now or throughout eternity: the ever new joy realized in God-communion. Joy that is always the same may cause boredom, but joy that is ever new and continuous will entertain you forever. Such joy can be found in deep meditation.



Administration building, Self-Realization Fellowship International Headquarters, atop Mt. Washington overlooking the city of Los Angeles



Yogoda Math, headquarters and publishing center of Yogoda Satsanga Society of India (Self-Realization Fellowship), Dakshineswar, Calcutta

PARAMAHANSA YOGANANDA'S WORLDWIDE WORK

*P*aramahansa Yogananda's lifework and world mission began at the age of seventeen with the spiritual training he received from his guru, Swami Sri Yukteswar. In 1915, he was initiated into the ancient monastic Order of Swamis.* Shortly thereafter he founded a small school, which has since grown to twenty-one educational institutions in India.† He was encouraged in this undertaking by the counsel of his guru, who reminded the young monk that he who renounces the usual worldly duties must assume a greater responsibility: to love and serve as his own the larger family of humanity. Subsequently he established the Yogoda Satsanga Society of India, which now has centers throughout India. From its headquarters in Dakshineswar, YSS disseminates his teachings to students residing in India, Pakistan, Nepal, and Sri Lanka. It also oversees the administration of its many educational and charitable activities.

In 1920, Paramahansa Yogananda left India to serve as a delegate to an international congress of religious leaders in Boston. Soon after his arrival in the United States, he founded Self-Realization Fellowship so that the ancient teaching of Kriya Yoga might be made available in the West. Today Self-Realization

* The meaning of the word *swami* is "he who is, or is striving to be, one with the Self (*Swa*)."

† Ranging from primary through college level, these "How-to-Live" schools present, in addition to a standard academic curriculum, Paramahansa Yogananda's principles for the harmonious development of body, mind, and spirit. Class instruction in the schools is given in Hindi and Bengali. In time such schools will also be established in the West.



A few of the delegates to the International Congress of Religious Liberals, October 1920, Boston, Massachusetts, at which Yoganandaji gave his first speech in America



Los Angeles Times, January 28, 1925:

"The Philharmonic Auditorium presents the extraordinary spectacle of thousands...being turned away an hour before the advertised opening of a lecture with the 3000-seat hall filled to its utmost capacity. Swami Yogananda is the attraction. A Hindu invading the United States to bring God in the midst of a Christian community, preaching the essence of Christian doctrine."

Fortnightly Field Notes, Los Angeles, January, 1925:

"...The Philharmonic lobby looked like the New York subway Times Square station in the evening rush. By six-thirty every seat within the huge auditorium had been taken....Outside, the total number drawn by the event was swelled to an easy six thousand. And the occasion? Not the coming of Christ but of another oriental, Swami Yogananda."

Fellowship has centers and meditation groups on six continents.

In the more than thirty years that Paramahansa Yogananda lived and taught in the West, he traveled extensively in the United States and abroad, lecturing in principal cities and initiating thousands of sincere students in the science of Kriya Yoga. The lectures and classes he gave were transcribed and, at his direction, compiled to form the *Self-Realization Fellowship Lessons*. He also devoted much of his time to writings, such as *Autobiography of a Yogi*, through which many have been introduced to the infinite potentials of Yoga.

Most of his students, then as now, are men and women with responsibilities to work and family, who learn through the Self-Realization teachings how to balance their active lives with meditation. As a result, they not only find fulfillment within themselves, but are able to approach all their endeavors with a greater enthusiasm and efficiency.

During his lifetime, Paramahansa Yogananda also accepted for training those who wished to dedicate their lives to meditation and service within the monastic Self-Realization Order.* Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the guidance of disciples personally trained by

* Single persons who have studied the *Self-Realization Lessons* for at least a year, and who have no family obligations, may be in touch with Self-Realization Fellowship headquarters should they be interested in the monastic way of life.



The ten-acre SRF Lake Shrine in Pacific Palisades, California, is an ideal setting for quiet reflection and meditation. On the shore of the natural, spring-fed lake is a picturesque chapel housed in an authentic reproduction of a 16th-century Dutch windmill.

The Lake Shrine, with its Gandhi World Peace Memorial containing a portion of the Mahatma's ashes, was opened to the public in 1950. Addressing the assemblage during the dedication Sri Yogananda said: "We must recognize the unity of mankind, remembering that we are all made in the image of God. There must be world brotherhood if we are to be able to practice the

true art of living. This shrine has been created for all religions, that all may feel the unity of a common faith."



him to carry on his work, led by Sri Mrinalini Mata, president of Self-Realization Fellowship.

Monks and nuns of the Order serve in many capacities in the Self-Realization Fellowship ashram centers, and travel to Self-Realization Fellowship temples and meditation centers around the world to conduct lectures and classes. In addition to offering individual and group guidance in the teachings through such visits, they provide written counsel to thousands of students each month through correspondence.

In an ashram environment at the Self-Realization Retreat in Encinitas, California (located one hundred miles south of Los Angeles, overlooking the Pacific Ocean), SRF students and friends may stay for a few days or up to two weeks for a time of spiritual renewal. Monastic disciples also conduct retreats several times a year elsewhere in the United States and abroad.

Through its worldwide service, Self-Realization Fellowship seeks to awaken greater understanding of the harmony underlying all true religions, and a fuller expression in this world of the love that unites all peoples when they realize their oneness in God.

(Opposite) The Indian Ambassador to the United States, Mr. Binay Ranjan Sen, with Sri Yogananda at Self-Realization Fellowship International Headquarters, Los Angeles, March 4, 1952—three days before the passing of the great yogi.

In a eulogy at the funeral on March 11, Ambassador Sen said: "If we had a man like Paramahansa Yogananda in the United Nations today, probably the world would be a better place than it is."

**A SELECTION OF SUBJECTS COVERED IN
THE SELF-REALIZATION LESSONS**

The Dynamic Power of Will
Quickening Human Evolution
How to Meditate
Friendship
The Art of Developing Memory
Finding Your True Vocation in Life
Ideal Married Life
Developing Creative Ability
Overcoming Bad Habits
How to Rid the Mind of Worry
Banishing Fear
The Chemistry of Feelings
Overcoming Fear of Death
Correct Breathing
Physical and Mental Relaxation
How to Overcome Nervousness
Diet and Fasting
The Law of Divine Healing
How You Can Change Your Life
The Phenomena of Dreams
States of Consciousness
Life After Death
Reincarnation
Karma—The Law of Cause and Effect
How to Build World Unity

HOW YOU CAN STUDY THE SELF-REALIZATION TEACHINGS

In his *Autobiography of a Yogi* Paramahansa Yogananda has included a clear, comprehensive exposition of the science of Yoga, giving encouragement to all in quest of Self-realization. As a first step, you will find it helpful to read this book.

If you feel drawn to the philosophy and ideals presented in *Autobiography of a Yogi*, or other writings of Paramahansa Yogananda, and wish to begin an in-depth study of his teachings, you may do so by enrolling for the *Self-Realization Fellowship Lessons*. These *Lessons* were arranged from lectures and informal talks given by Paramahansa Yogananda over the years, and are mailed biweekly to students around the world. The *Lessons* present the techniques of energization, concentration, and meditation, and cover a wide range of other subjects, giving practical advice and spiritual insight for every aspect of life.

The lectures and classes from which the *Lessons* are drawn were originally given in English. Students are encouraged to receive the *Lessons* in this language if they can, so that they may study the actual words of the Guru. For those who do not understand English, translations are available in German and Spanish; and a *Meditation Summary Lesson* is available in French, Italian, Portuguese, Dutch, and Japanese.

You will find information about how you may subscribe for the English *Lessons* series in the application enclosed with this booklet. To request additional applications, or information about any of the *Lessons* available in translation, please contact us. (See page 32.)



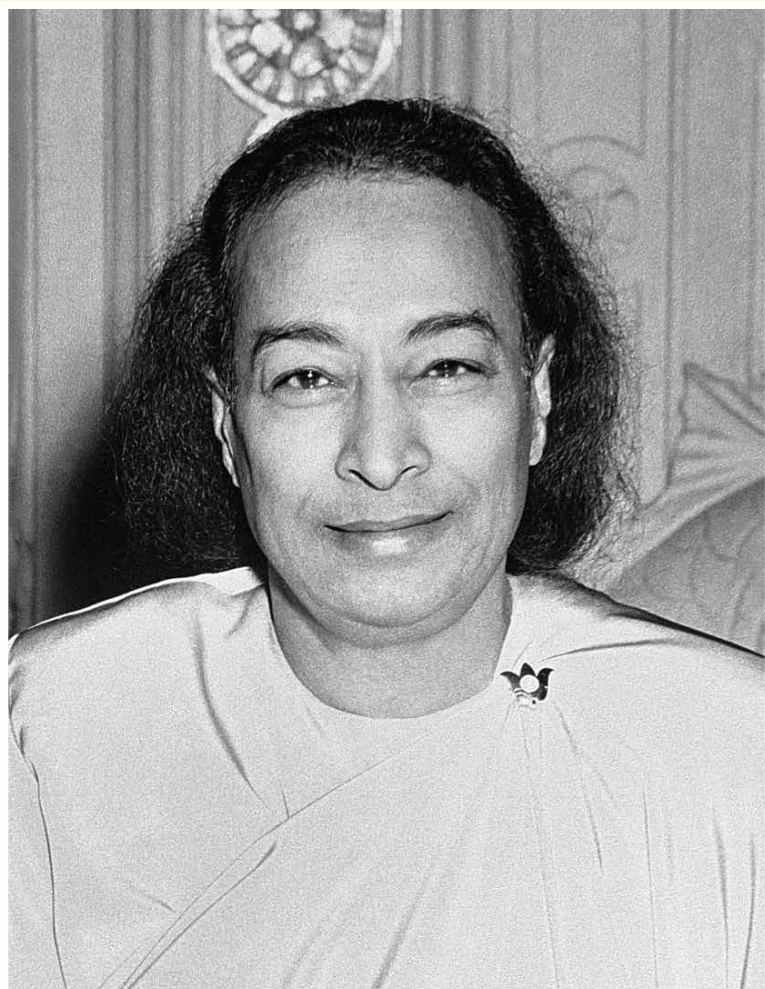
On March 7, 1977, the twenty-fifth anniversary of the passing of Paramahansa Yogananda, the Government of India issued a commemorative stamp in his honor. In announcing the issue, the Government paid tribute to him in a descriptive leaflet distributed with the stamp and first-day covers. Excerpt:

“The ideal of love for God and service to humanity found full expression in the life of Paramahansa Yogananda....He had but one goal: God-realization, and one program: to unite East and West by spiritual understanding....Though the major part of his life was spent outside India, still Paramahansa Yogananda takes his place among our great saints. His work continues to grow and shine ever more brightly, drawing people everywhere on the path of the pilgrimage of the Spirit.”

*P*erfect wisdom, perfect joy, and perfect love seem to have no reality in this world—yet the ideal of perfection is within each one of us. The path of Yoga that Paramahansa Yogananda has given to the world shows us the way to find this lost perfection within ourselves...to discover the wonder and joy of our own existence...to become convinced beyond any doubt that we are loved, cherished, and protected by that Invisible Power which upholds universes and gives beauty and place to the smallest living thing.

The yearning for our lost perfection, the urge to do and be that which is the noblest, the most beautiful of which we are capable, is the creative impulse of every high achievement. We strive for perfection here because we long to be restored to our oneness with God.

Paramahansa Yogananda



AIMS AND IDEALS

of

Self-Realization Fellowship

As set forth by Paramahansa Yogananda, Founder

Brother Chidananda, President

To disseminate among the nations a knowledge of definite scientific techniques for attaining direct personal experience of God.

To teach that the purpose of life is the evolution, through self-effort, of man's limited mortal consciousness into God Consciousness; and to this end to establish Self-Realization Fellowship temples for God-communion throughout the world, and to encourage the establishment of individual temples of God in the homes and in the hearts of men.

To reveal the complete harmony and basic oneness of original Christianity as taught by Jesus Christ and original Yoga as taught by Bhagavan Krishna; and to show that these principles of truth are the common scientific foundation of all true religions.

To point out the one divine highway to which all paths of true religious beliefs eventually lead: the highway of daily, scientific, devotional meditation on God.

To liberate man from his threefold suffering: physical disease, mental inharmonies, and spiritual ignorance.

To encourage "plain living and high thinking"; and to spread a spirit of brotherhood among all peoples by teaching the eternal basis of their unity: kinship with God.

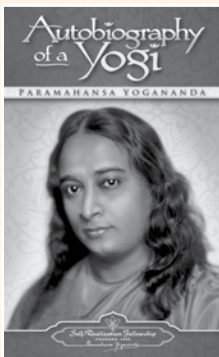
To demonstrate the superiority of mind over body, of soul over mind.

To overcome evil by good, sorrow by joy, cruelty by kindness, ignorance by wisdom.

To unite science and religion through realization of the unity of their underlying principles.

To advocate cultural and spiritual understanding between East and West, and the exchange of their finest distinctive features.

To serve mankind as one's larger Self.



The life story of Paramahansa Yogananda has become a classic in its field since its publication in 1946. It has been translated into more than thirty languages and is now used as a text and reference work in colleges and universities throughout the world.

Reviews:

"A rare account."—**New York Times**

"A fascinating and clearly annotated study."—**Newsweek**

"...earnest narrative that cannot but impress and interest the Western reader."—**Saturday Review**

"Yogananda presents a convincing case for yoga, and those who 'came to scoff' may remain 'to pray.'"—**San Francisco Chronicle**

"These pages reveal, with incomparable strength and clarity, a fascinating life, a personality of such unheard-of greatness that from beginning to end, the reader is left breathless...one is involuntarily taken back to the days of Jesus....In these pages is undeniable proof that only the mental and spiritual striving of man has lasting value, and that he can conquer all material obstacles by inner strength....This book makes credible to the layman truths that had previously seemed to him unbelievable. We must credit this important biography with the power to bring about a spiritual revolution."

—**Schleswig-Holsteinische Tagespost, Germany**

"There has been nothing before, written in English or in any other European language, like this presentation of Yoga."

—**Review of Religions,**

published by Columbia University Press

"Sheer revelation...intensely human account...should help the human race to understand itself better...autobiography at its very best...breathtaking...this book comes at a propitious time...told with delightful wit and compelling sincerity...as fascinating as any novel."

—**News-Sentinel, Fort Wayne, Indiana**

"Paramahansa Yogananda is...a man whose inspiration has been reverently received in all corners of the globe....There is something inexpressibly beautiful in the spiritual teaching which comes out of the East. It is able to heal and change the soul of the West. It is the teaching of Self-Realization."—**Riders Review, London**

"I am grateful to you for granting me some insight into this fascinating world."—**Thomas Mann, Nobel laureate**

Letters From Self-Realization Students

"After a lifetime of atheism, agnosticism, and not-too-successful attempts to 'believe,' I have found that Self-Realization Fellowship teachings go right to the heart of how to find and commune with God."—*H. R., San Diego, California*

"The *Lessons* have transformed my life as no other writings have. In this world of fads and 'quick cures,' it is an invaluable gift to have an extensive yet concise set of instructions on right habits of diet, exercise, thought, and spiritual development from a true master. There is a timeless quality about them."—*M. S., Boulder, Colorado*

"I have been a student of the Self-Realization teachings just one year and my life has completely changed. My health has improved 100%. Mentally I am calm and undisturbed. Spiritually I am becoming more and more aware of myself as a perfect manifestation of God, and have the blessed assurance that I am one with God and lack nothing needed."—*C. W., Pasadena, California*

"My *Lessons* mean a great deal to me. For the first time in my life I feel like a complete person—at peace with myself, with my friends, with my loved ones."—*E. B., St. Paul, Minnesota*

"The year with SRF has brought me more peace and spiritual wisdom and answers to problems than time spent in any other practice. The spiritual truths of the Christian Bible and of all other scriptures become increasingly clear."—*P. S., Agincourt, Ontario, Canada*

"Yogananda has made no false promises. Everything he has taught is true and real. I had a lot of doubts in the beginning, but I do not have them anymore."—*J. B., Camena, Tasmania, Australia*

How to Apply For the SRF Lessons

You are welcome to visit our website where you can apply for the *Self-Realization Fellowship Lessons*.

Full details and subscription/ mailing plans as well as *Lessons* available in translation are outlined on our website or on the *Lessons* application form.

www.srflessons.org

If you have any questions or if you prefer to receive an application by postal mail, please call us at:

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3880 San Rafael Avenue
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