

RECEIVING KRIYA YOGA INITIATION AND TECHNIQUE

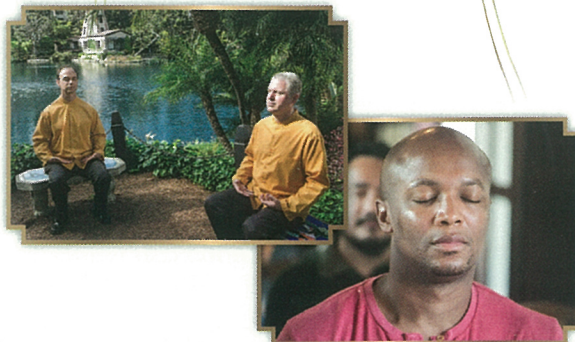
All sincere seekers of spiritual consciousness—regardless of religious affiliation—can receive the above techniques in the basic series of the *SRF Lessons*. After learning and practicing these three basic techniques during the first eight months of *Lessons* study, those who wish may apply for initiation into Kriya Yoga. Initiation entails a deeper commitment to this path. Study and practice of the basic Lessons will enable you to determine if you wish to make that commitment. (This is explained further in the free booklet, “An Overview of the SRF Lessons,” see back panel.)



Whether or not one decides to go on to receive Kriya Yoga, all who are earnest in their application of the techniques taught in the basic series of Lessons can build for themselves a profoundly rewarding meditation practice. They will be able to prove for themselves Paramahansa Yogananda's assurance that the highest states of divine consciousness can be attained through the basic techniques listed above—though Kriya Yoga is the fastest and most effective method.

A SAMPLING OF OTHER SRF LESSONS SUBJECTS

- Yoga: The Universal Science of Knowing God
- The Art of Relaxation: Doorway to Inner Silence
- The Cycles of Life and Death
- The Spinal Highway to the Infinite
- Yoga Principles of Health and Healing
- The Art of Balanced Spiritual Living



FREE INFORMATION PACKET AVAILABLE

Please visit our website to request a comprehensive complimentary information packet about the *Lessons*, which includes:

- “An Overview of the Self-Realization Fellowship Lessons: Information About Paramahansa Yogananda’s Home-Study Series”
- “Highest Achievements Through Self-Realization,” by Paramahansa Yogananda—a thorough introduction to the teachings presented in the SRF Lessons

HOW TO APPLY FOR THE SRF LESSONS

Enroll online at:
www.srflessons.org

If you prefer to receive an application by mail, or have any questions, please contact us:

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15005-J5916

Discover your soul's infinite potential

The Science of Kriya Yoga



PARAMAHANSA YOGANANDA'S
TEACHINGS ON MEDITATION AND
SPIRITUAL LIVING FOR HOME STUDY

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

—Paramahansa Yogananda


Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

We invite you to journey with us on a life-transforming discovery of the peace, joy, and wisdom of the soul through the teachings of Paramahansa Yogananda, author of the acclaimed *Autobiography of a Yogi* and widely regarded as the Father of Yoga in the West.

At the core of Paramahansa Yogananda's teachings is a powerful system of meditation techniques: the Kriya Yoga science of meditation. This ancient science of the soul—to which millions have been introduced by *Autobiography of a Yogi* and other books by him—provides powerful methods for awakening higher spiritual consciousness and the inner bliss of divine realization.

The actual techniques of the Kriya Yoga science are taught by Paramahansa Yogananda in the *Self-Realization Fellowship Lessons*. The *Lessons* are unique among his published writings, in that they provide his step-by-step instructions in meditation, concentration, and energization.

Newly enhanced and greatly expanded, the *SRF Lessons* contain a wealth of previously unpublished material from Paramahansaji's writings and classes on the SRF meditation techniques and how to live a spiritually balanced and successful life.

MEDITATION TECHNIQUES TAUGHT IN THE SRF LESSONS

The basic series of SRF Lessons consists of 18 lessons for home study—each from 24 to 40 pages long—which are mailed to students every two weeks. From the very first lesson, you receive instructions and definite methods by which you can experience the first benefits of meditation immediately.

While building a solid foundation for deep meditation, you will learn three powerful techniques taught by Paramahansa Yogananda as necessary first steps in the comprehensive spiritual science of Kriya Yoga.



Energization Technique and Exercises

The unique series of Energization Exercises developed by Paramahansa Yogananda 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.



Aum Technique of Meditation

Once the student has learned, through the practice of the previous techniques, to relax the body and focus the mind, this advanced meditation technique expands the awareness beyond limitations of body and mind to the joyous realization of one's infinite potential.



Hong-Sau Technique of Concentration

This ancient and powerful technique helps to develop the mind's latent powers of concentration. Through regular practice 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 the concentrated attention that results from successful practice toward realizing the Divine Consciousness within.

