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The Authentic
and Original
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Lineage [Simply**

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**Explained in 12
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~~Books Into~~

~~Sculptures What~~

~~is Himalayan~~

~~Kriya Yoga?—My~~

~~Initiation into~~

~~the System~~

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a Yogi,

Paramahansa

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1-24) The

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Uplift Chant The

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**Learn THIS! The*

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**is Real Kriya
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the Hype)**

**Mahavatar Babaji
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to Practice

Kriyayoga? HINDI

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Yogananda's

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Chidananda **Kriya**

Yoga, the

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realization

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After watching

this, your brain

will not be the

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same | Lara Boyd

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attainment of

wisdom and

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Initiation
which usually
takes a million
years and
numerous
incarnations of
natural
evolution, is
possible in one
lifetime. By this
exercise, the
consciousness
which is in the
body, and which

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Initiation

is identified
with the senses,
is transferred
to the spine and
the brain, and
thus transmitted
into Superconsci
ousness and
Cosmic Conscious
ness. Kriya is an
initiation into
Cosmic
Consciousness,
or the transfer

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from the body to
the spirit.

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postures and

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techniques.

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super-method by
which the
evolution of
body, mind and
soul can be
quickenened. That

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is how the attainment of wisdom and realization, which usually takes a million years and numerous incarnations of natural evolution, is possible in one lifetime.

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According to
Yogananda, "Self-
realization is
the knowing - in

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body, mind, and
soul - that we
are one with the
omnipresence of
God; that we do
not have to pray
that it come to
us, that we are
not merely near
it at all times,
but that God's
omnipresence is
our
omnipresence;

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that we are just
as much a part
of Him now as we
ever will be.

All we have to
do is improve
our knowing."

According to an
Amazon Reviewer:

"This is an
excellent little
booklet which
was originally
given to

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Yogananda's
initiates after
initiation. It
is of great
value to those
researching the
legacy of Swami
Yogananda. If
you've ever
wondered whether
the techniques
currently taught
by SRF are the
same as the

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Realization
techniques

Initiation
taught by

Yogananda to his
early disciples,
then this

booklet is for
you. The major

differences
between the

kriya yoga of

this booklet and
that of the

current SRF

initiation is as

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Realization
Initiation
follows: 1)

Mantra is "sung"
in each chakra

2) Khechari (not
by name) is
discussed. 3)

The path of the
breath ("life
force") is
elliptical as it
is explained in
Autobiography of
a Yogi. The
techniques of

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this little
booklet brought
many of
Yogananda's
early disciples
to Samadhi and
beyond.

By the correct
practice of
Kriya fourteen
times, Maha
Mudra twice, and
Yoti Mudra

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twice, twelve
years of
evolution of
body, mind and
soul will be
gained in a few
minutes. Mind
can do
everything.

Through this
practice, the
time limitation
in evolution is
overcome, and

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the receptive
power of the
spine, brain and
mind is
increased, so
that the Yogi
knows, sees and
feels all form
within. Yoga is
the super-method
by which the
evolution of
body, mind and
soul can be

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quickened. That
is how the
attainment of
wisdom and
realization,
which usually
takes a million
years and
numerous
incarnations of
natural
evolution, is
possible in one
lifetime. By

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this exercise,
the
Initiation
consciousness
which is in the
body, and which
is identified
with the senses,
is transferred
to the spine and
the brain, and
thus transmitted
into Superconsci
ousness and
Cosmic

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Realization
Initiation
Consciousness.

Kriya is an
initiation into
Cosmic
Consciousness,
or the transfer
of consciousness
from the body to
the spirit. In
order to do
this, one must
transfer
consciousness
from the senses

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Realization
Initiation
to the spine.

After practicing
Kriya and

resting for a
short while, one
is able to do
inspired work in
connection with
literature, art
of science .

then intuition
develops of
itself, without
effort, because

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one's realization

consciousness is
transferred from
the senses to
the spine and
brain.

Realization can
come only by the
development of
one's intuition.
Remember that
through the
practice of this
lesson you will

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Realization
Initiation
Christ,
and the prophets
of this world,
and through them
you will find
your union with
God the Infinite
Spirit.

This 1930
pamphlet is
offered in the
hope that many
people will

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enjoy once again
the insight
provided in the
Kriya
instructions
contained
herein. In this
pamphlet
Yogananda gives
the Kriya
technique,
describing the
path of the
kriya breath as

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elliptical.

However there is
no teaching of
kechari
technique in
this 1930
brochure,
contrary to what
is said in a
description of
an unOCR'd book
of the same
name.

Interestingly

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there were
changes in this
presentation of
Kriya which were
authorized by
Yogananda after
he published it.
In the 1954
Convocation SRF
President James
J. Lynn
announced that
Yogananda had
received

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permission

Initiation
shortly before
his Mahasamadhi
to change the
kriya path from
going up inside
the spinal
column and going
down outside the
spinal column,
to the breath
being kept
inside the
spinal column on

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the down breath.

Initiation

"By the correct practice of Kriya fourteen times, Maha Mudra twice, and Yoti Mudra twice, twelve years of evolution of body, mind and soul will be gained in a few

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minutes. Yoga is
the super-method
by which the
evolution of
body, mind, and
soul can be
quickenened. That
is how the
attainment of
wisdom and
realization,
which usually
takes a million
years and

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numerous
incarnations of
natural

evolution, is
possible in one
lifetime." -

Swami Yogananda,
Kriya Yoga

Kriya Yoga is an
instrument
through which
human evolution
can be

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quicken^{ed}. Learn
the essence of
this spiritual
science from its
greatest
proponent,
Paramhansa
Yogananda, in
his own words.
Heed his vibrant
call, "Awaken!
Arise from
dreams of
littleness to

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the realization
of the vastness
within you." A
compilation and
selection of the
original
writings of the
a spiritual
Master whose
life-work was to
spend over 30
years in the
West as the
Fountain of

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Life, from which
countless have
drunk. This
volume consists
of the complete
1925 versions of
"The Science of
Religion" and
"Songs of the
Soul" as well as
critical
excerpts from
the 1946 1st
edition of the

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"Autobiography
of a Yogi."

Included are
also other
excerpts from
his writings in
the 1920's which
are still
helpful to the
spiritual
seekers of the
world.

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including 39
illustrations as

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outlined in the
1925 course on
energization and
will power. This
work is the
exercise book
for those who
enrolled in
Yogananda's
course at the
Yogoda Sat-Sanga
Society in
Boston. Though
later modified,

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these are the
original first
three lessons as
Yogananda
thought to his
students. The
book includes
the exercises
with diagrams
and complete
instructions as
well as the
first three
written lessons.

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Teachings of
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Yogananda
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and the hidden
truths in St.
John's
revelation

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according to
intuitional
experience

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rousing the
spirit in answer
to your demands.

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the searchlights

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of the senses.

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centered? In
what slums is
your soul

roaming? IV. Art
of finding true
friends of past
incarnations

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friendship?

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magnetic diet:

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mental methods
for rejuvenating
the body cells
and awakening
the latent
powers of the
mind and the
inner forces of
the soul

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habits of
success, health,
and wisdom in

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the mind at will
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the malignant
seeds of failure
and ill health
from the
subconscious
mind IX.Unique
concrete
psychological
machines or
inner devices
for conquering

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fear, anger,

greed,

temptation,

failure

consciousness

and inferiority

complexes X.The

art of super-

relaxation

XI.Converting

the hands into

healing

batteries of

life force:

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Realization like
Initiation
Jesus by the
laying on of
hands healing
stricken people
from a distance
XII. Esthetic way
of developing
cosmic
consciousness.
Yogananda
emphasized the
underlying unity
of the world's

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great religions,
and taught
universally
applicable
methods for
attaining direct
personal
experience of
God. To serious
students of his
teachings he
introduced the
soul-awakening
techniques of

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Kriya Yoga, a
sacred spiritual
science

originating
millenniums ago
in India, which
had been lost in
the Dark Ages
and revived in
modern times by
his lineage of
enlightened
masters. Among
those whobecame

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his students
were many
prominent
figures in
science,
business, and
the arts,
including
horticulturist
Luther Burbank,
operatic soprano
Amelita Galli-
Curci, George
Eastman

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(inventor of the
Kodak camera),
poet Edwin
Markham, and
symphony
conductor
Leopold
Stokowski. In
1927, he was
officially
received at the
White House by
President Calvin
Coolidge, who

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had become
interested in
the newspaper
reports of his
activities. In
the hundred
years since the
birth of
Paramahansa
Yogananda, this
world teacher
has come to be
recognized as
one of the

Acces PDF Art Of Super

greatest

emissaries to
the West of

India's ancient
wisdom. His life
and teachings
continue to be a
source of light
and inspiration
to people of all
races, cultures
and creeds.

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"Kundalini &
Kriya Yoga" is a
complete,
comprehensive
practical guide
& work-book,
which covers in
detail all the
eight aphorism
of Patanjali Yog-
Sutras: Yam,

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Niyama, Asana,
Pranayama,
Pratyahara,
Dharana, Dhyana,
Samadhi,
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Nadis, Chakras,
Siddhis &
Riddhis,
Mantras, Yantras
and the sacred
technique of
Kriya-Yoga. To

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surely help the

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Knowledge. They
will be blessed
with Joy, Bliss,
Peace and may
also get
mystical powers
known as Siddhis
and Riddhis. The
questions like
who really we
are. From where,

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we have come to
this world? Who
has imprisoned
us in our body?
What will happen
after our death?
Book will answer
such
questions. But
this book will
work as an
instant
searchlight to
guide the

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sitting at their
homes at their
convenient time.

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