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# Paramahansa Yogananda Kriya Yoga Lessons

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 Kriya Yoga Royal Technique by Paramahansa Yogananda  
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Yoga.Lessons for Home Study - Self-Realization FellowshipThe basic series includes instruction in three powerful techniques taught by Paramahansa Yogananda — the Hong-Sau Technique of Concentration, the Energization Exercises, and the Aum Technique of Meditation — as necessary components in the comprehensive spiritual science of Kriya Yoga. This gradual introduction has a purpose.Lessons in Kriya Yoga - Self-Realization

FellowshipThe technique is given to students of the Self-Realization Fellowship Lessons who apply to receive Kriya Yoga after a preliminary period of study and practice of the first three techniques taught by Paramahansa Yogananda listed above. Kriya Yoga is the highest method of God contact.Techniques - Self-Realization FellowshipWhat makes them unique among Yogananda's published works is the inclusion of his in-depth instruction in

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Meditation is a part of every SRF service. Denver Meditation Group of Self-Realization Fellowship Paramahansa Yogananda devoted a chapter in his Autobiography of a Yogi to "The Science of Kriya Yoga." In God Talks With Arjuna: The Bhagavad Gita, his commentaries on chapter IV, verses 1-2, 7-8, and 28-29, and chapter V, verses 27-28, give an advanced description of the yoga principles involved. Kriya Yoga Royal Technique by Paramahansa Yogananda The Temple of Peace is part of Kriya Yoga International Organization (KYIO) founded by Paramahansa Hariharananda. Paramahansa Prajnanananda founded and dedicated the Temple of Peace for contemplation, meditation, study, and selfless service. Temple of Peace - Rocky Mountain Ashram of Kriya Yoga ... Paramahansa Yogananda (born Mukunda Lal Ghosh; January 5, 1893 - March 7, 1952) was an Indian monk, yogi and guru who lived his last 32 years in America. He introduced millions to the teachings of meditation and Kriya Yoga through his

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The basic series includes instruction in three powerful techniques taught by Paramahansa Yogananda — the Hong-Sau Technique of Concentration, the Energization Exercises, and the Aum Technique of Meditation — as necessary components in the comprehensive spiritual science of Kriya Yoga. This gradual introduction has a purpose.

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lifelong support.

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