



Kriya Yoga by Swami Yogananda (1930)

Swami Yogananda

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Swami Yogananda (January 5, 1893 – March 7, 1952), born Mukunda Lal Ghosh and later known also as Paramahansa Yogananda, is attributed with introducing Kriya Yoga science to the West. This is an exact reproduction of his 1930 work (now Public Domain), formatted for Kindle devices. It contains detailed descriptions and instructions in the following techniques:

- (1) Kriya Proper - The basic Kriya Pranayama technique
- (2) Maha Mudra - Preparatory technique for Kriya Proper
- (3) Jyoti Mudra - Technique to see the Spiritual Eye

Kriya Yoga by Swami Yogananda (1930) Details

Date : Published March 18th 2013 by Golden Swan Publishing

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Author : Swami Yogananda

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Genre : Spirituality, Self Help, Nonfiction, Health

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From Reader Review Kriya Yoga by Swami Yogananda (1930) for online ebook

Eduardo Martinez says

Consistent with live kriya initiation but cannot replace a live teaching initiation

Very good intro and cheat sheet. I recommend a live initiation and study group. Amazing that 1kriya cycle equals a year of spiritual evolution

Arturo says

Excellent

Great way to start your meditation practice twice a day. Very impressed with the author's autobiography, highly recommend. Will not disappoint.

Dan says

First there was the word

Truly inspirational and a message that will find those who walk the path
Open your heart and not let the conditioning of life stop your growth

Susan Janke says

Very interesting to read the correct way to practice yoga from Yogananda. It takes all of 15 minutes to read!

Susan Mills says

Simple Description of a yogic breathing technique

This short book by Swami Yogananda describes a very potent breathing technique that will amaze you. He stresses the need to be precise in its practice. The benefits are many. Use this book well and change your life.

Jeevan Anandaskaran says

No matter how well the intention, over time organizations tend to distort and externalize what would be an

internal journey. I'm glad this simple guide is available to those who seek it but do not want to join an organization to do so.

Helvegr Suttungr says

Waste of a dollar

There's four or five pictures and a few numbers. That's it. There's no text and no explanation. Just throw a dollar in the trash and don't bother.

Kirby Coe says

Very cool book

Had just watched a documentary on Yogananda on Netflix called "Awake" ---have become more and more interested in yoga, meditation and so on.

Danielle says

Easy and quick read

I love all of Yogananda's works. This book is a quick instructional guide on how to meditate using Kriya yoga techniques.

Edward Culp says

Sourcebook

Excellent kindle contribution for students on the path to self-realization. JC Reeves has brought the original words and diagrams of the 1930 version through space and time to your now.

A M Flamand says

Kriya

A simple illustration of the basic exercises involved in moving the energy from spirit to body, or vice versa. It takes patience and repeated practice to realize but can be done.

Patricia Suncircle says

To the point

After reading other works by Swami Yogananda and following his teachings, I find this a good lead into the exercises.

Marcel Armstrong says

Concise Instructions on Kriya Yoga

Not a word is wasted. These instructions are to the point. There is also a brief introduction to the lineage of Yogananda's Masters as well as some other important terms. For all those serious about this ancient science, this instruction manual is invaluable.

sabrina aird says

Once again, life changing, life enhancing and a practice i want to continue as long as i am alive<3
