

*An introduction to
Yogoda Satsanga Society of India*



Undreamed-of Possibilities



Yogoda Satsanga Society of India

FOUNDED 1917

Paramahansa Yogananda

Undreamed-of Possibilities

*An introduction to
Yogoda Satsanga Society of India*

*The teachings of
Sri Sri Paramahansa Yogananda*



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Dear Friend,

We are happy that you are interested in knowing more about our Gurudeva, Sri Sri Paramahansa Yogananda and his sacred teachings. Paramahansaji was one of the great God-realized saints of modern India. His mission was to disseminate the knowledge of definite scientific techniques for attaining direct personal experience of God. This booklet, *Undreamed-of Possibilities*, will acquaint you with his life and teachings. It also mentions the techniques given by Paramahansaji and the eligibility requirements for Kriya Yoga.

During his lifetime Paramahansaji travelled extensively, giving lectures and classes; yet he knew that many more than he could teach in person would be drawn to the liberating yoga science and methods he taught. Thus he conceived the *Yogoda Satsanga Lessons*, a comprehensive home study series for seekers all over the world—to perpetuate in their original purity, and in written form, the teachings handed down to him by his lineage of gurus.

Yogoda Satsanga Society of India, by whom these *Lessons* are distributed in India, is a spiritual and charitable society founded by Paramahansaji in 1917. Like many other spiritual bodies, it performs a number of outward charitable works. Its chief mission, however, is to nourish with peace, love, and truth the millions of people who are starved for spiritual understanding. Paramahansaji said that the widespread lack of this understanding is the fundamental cause of disease,

poverty, physical and mental inharmony, and, indeed, of all the ills that beset mankind.

The *Yogoda Satsanga Lessons* contain the highest yogic techniques of energization, concentration, and meditation and guide the students to lead a truly successful and balanced life. These *Lessons*, sent by post from the Ranchi Ashram to the homes of devotees, are not an ordinary correspondence course. They are imbued with the divine blessings of a line of God-realized masters; their purpose is to awaken sincere, seeking souls to Self-realization. Hundreds of thousands of students, from all religions and cultures throughout the world, have been profoundly benefited through their study and practice of Paramahansaji's *Yogoda Satsanga Lessons*.

To enrol for the *Yogoda Satsanga Lessons*, please fill out the enclosed Application and Pledge Form and send it to us with your remittance. Soon after its receipt we will start sending to you four *Lessons* per month for your personal study and practice. You may also order YSS publications using the enclosed Book Order Form or through www.yssofindia.org.

We look forward with joyous anticipation to sharing with you the teachings of our divine Gurudeva, and through the years to come, to serving your spiritual needs.

May God bless you.

In divine friendship,
YOGODA SATSANGA SOCIETY OF INDIA

*W*hat human being has not longed to understand the meaning of existence, to fathom the ultimate purpose of creation? And who amongst 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, Sri Sri Paramahansa Yogananda shows that the inner fulfilment 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.

UNDREAMED-OF POSSIBILITIES

*M*ost of us are accustomed to looking outside of ourselves for fulfilment. 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 fulfil 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.

The scriptures say: “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 practising 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 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 centre 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 practised, 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 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 — centring 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 Maharishi Patanjali, which combines 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 Yogoda Satsanga teachings.

THE SCIENCE OF KRIYA YOGA

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

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.



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.

*from the writings of
Sri Sri Paramahansa Yogananda*

STUDENTS' COMMENTS

“I must express my deep gratitude for these soul awakening *Lessons*. While they enlighten spiritually, they do not advise one to shun the world and run away from it. They stress balanced development of the physical, mental, and spiritual. Besides, the *Lessons'* regular flow helps a lot in keeping a sustained interest. May God bless your efforts.”

—S. M., Amritsar

“Paramahansa Yoganandaji's Spirit-inspired, picturesque language, his use of idioms and the power of imagery, breathtakingly depict the highest realms of metaphysics. And the scientific clarity with which subtle spiritual subjects are presented leaves me wonder-struck. I am firmly convinced that this union of science and spirituality marks the beginning of a new age. Through the *Yogoda Satsanga Lessons*, Paramahansaji has brought nectar for the regeneration of mankind troubled by physical, mental, and spiritual ills.”

—M. J., Bareilly

“The *Yogoda Satsanga Lessons* have purified and beautified my soul and hence my life. At last I have realized that seeking and finding God is not the privilege of a chosen few! That Self-realization can be attained by any sincere seeker if he has a true Guru and a scientific sadhana given by him. God is now a reality — not a concept or dogma.”

—S. M., Kanpur

“I am a student of class IX. My parents receive the *Lessons* and are now planning to get Kriya Yoga diksha. Ever since they started, I have found that everything in our family has changed. It always seems to be full of love, joy, and peace. I know nothing about meditation, yet I too feel Guruji's love.”

—A. D., Kolkata

YOGODA SATSANGA LESSONS

*A*t Paramahansa Yogananda's direction, classes and lectures he gave on meditation and the art of balanced spiritual living were compiled to form the *Yogoda Satsanga Lessons*. Through this series of printed *Lessons*, which are to be studied at home, Yogoda Satsanga 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 learn three important techniques of the Yogoda Satsanga 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 techniques. When practised 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 and a half 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 *Yogoda Satsanga Lessons* and practise the three

* Sri Sri Paramahansa Yogananda stipulated Yogoda Satsanga Society of India/Self-Realization Fellowship, as the sole instruments for the propagation of the sacred Yogoda Satsanga teachings and Kriya Yoga as given by him. Therefore, only the President of YSS/SRF, as its spiritual head, can give (or nominate a Swami to give on his/her behalf) the Kriya Yoga diksha as the representative of Sri Sri Paramahansa Yogananda.

† 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.

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 practise 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 Yogoda Satsanga techniques of concentration and meditation.



Mahatma Gandhi's Ashram in Wardha

Yoganandaji is reading a note that Gandhiji (*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.

**A SELECTION OF SUBJECTS COVERED
IN THE YOGODA SATSANGA 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 YOGODA SATSANGA TEACHINGS

*I*n 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 *Yogoda Satsanga Lessons*. These *Lessons* were arranged from lectures and informal talks given by Paramahansa Yogananda over the years, and are mailed monthly to students in the Indian subcontinent. 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, the Hindi translation of the *Lessons* are available.

To request additional Application Form or further information, please write to Yogoda Satsanga Society of India, Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand. Telephone: (0651) 2460071, 2460074, 2461578. Website: www.yssofindia.org



Yogoda Satsanga Math, headquarters of Yogoda Satsanga Society of India,
Dakshineswar, Kolkata.



Administration building at International Headquarters of Self-Realization
Fellowship, established by Paramahansa Yogananda in 1925, atop
Mt. Washington, Los Angeles, California.

PARAMAHANSA YOGANANDA AND HIS WORLDWIDE WORKS

Sri Sri Paramahansa Yogananda was born Mukunda Lal Ghosh on January 5, 1893, in the holy city of Gorakhpur, Uttar Pradesh. From his earliest years, it was clear that his life was marked for a divine destiny. According to those closest to him, even as a child the depth of his awareness and experience of the spiritual was far beyond the ordinary. In his youth he sought out sages and saints, hoping to find an enlightened guru.

It was in 1910, at the age of seventeen that he met and became a disciple of the revered sage Sri Sri Swami Sri Yukteswar Giri. Sri Yukteswarji was one of a line of exalted gurus, with whom Yoganandaji had been linked from birth: Sri Yogananda's parents were disciples of Lahiri Mahasaya, guru of Sri Yukteswarji. When Yoganandaji was an infant in his mother's arms, Lahiri



The Yogoda Satsanga Sakha Math, Ranchi, distributes Paramahansaji's Kriya Yoga teachings throughout the Indian subcontinent.

EXCERPTS FROM THE WRITINGS OF

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.

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.

SRI SRI 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*.

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.

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.

Mahasaya had blessed him and foretold: “Little mother, thy son will be a yogi. As a spiritual engine, he will carry many souls to God’s kingdom.” Lahiri Mahasaya was a disciple of Mahavatar Babaji, the deathless master who revived in this age the ancient science of Kriya Yoga. Mahavatar Babaji revealed the sacred Kriya to Lahiri Mahasaya, who handed it down to Sri Yukteswarji, who taught it to Paramahansa Yogananda.



Yogoda Satsanga Sakha Ashram Dwarahat, Uttarakhand.

After Sri Yogananda graduated from Calcutta University in 1915, his guru bestowed on him the formal vows of a sannyasi of the venerable monastic Swami Order. He began his Yogoda Satsanga Society work in India with the founding of a Yogoda “How-to-Live” School and Ashram in 1917, offering balanced training in physical, mental, moral, and spiritual ideals for all-round success in life. These principles have expanded into his now worldwide mission and Kriya Yoga teachings. To



Yogoda Satsanga Sakha Ashram Noida, Uttar Pradesh.

serve the humanitarian needs of India, Yogoda Satsanga runs in the name and spirit of Paramahansa Yogananda a number of educational institutions and medical dispensaries. These include seventeen educational institutions for boys and girls, and many allopathic, ayurvedic, and homeopathic medical dispensaries throughout India: A college with degree programmes in arts, commerce, and science, boys' school, girls' school, Sevashram clinic with allopathic and homeopathic sections, and an eye clinic, all in Ranchi; a college with degree programmes in arts, commerce, science and education in Palpara; high schools and/or primary schools in Bherir Bazar, Chandigarh, Dwarahat, Ghatal, Ismalichak, Kulabahal, Lakhanpur, Palpara, and Payarachak; and medical dispensaries all over West Bengal and other states in India.

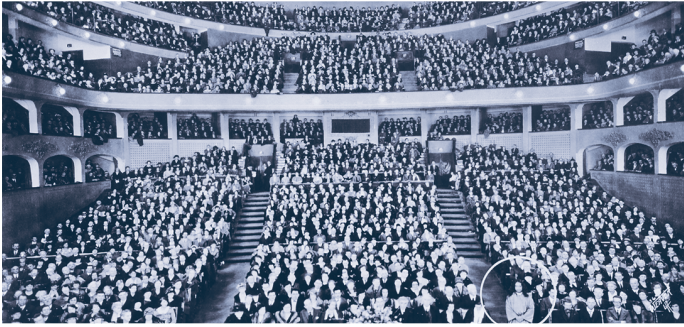
Three years later, in 1920, he was invited to serve as India's delegate to an International Congress of Religious Liberals convening in Boston, U.S.A. Just before his departure, Mahavatar Babaji blessed him and confirmed



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.

his divinely ordained world mission: “You are the one I have chosen to spread the message of Kriya Yoga in the West. Long ago I met your guru Yukteswar at a Kumbha Mela; I told him then I would send you to him for training. Kriya Yoga, the scientific technique of God-realization, will ultimately spread in all lands, and aid in harmonizing the nations through man’s personal, transcendental perception of the Infinite Father.”

Paramahansaji’s maiden address in Boston, on “The Science of Religion,” was enthusiastically received. For the next several years, Paramahansaji lectured and taught on the East coast of the United States, and in 1924 he embarked on a cross-continental speaking tour. In Los Angeles, he began a two-month series of lectures and classes in January of 1925. As elsewhere, his talks were



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.”

greeted with interest and acclaim. The Los Angeles Times reported: “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.”

Later that year, Yoganandaji established in Los Angeles the International Headquarters of Self-Realization Fellowship. Yogoda Satsanga Society of India and Self-Realization Fellowship were founded by Sri Sri Paramahansa Yogananda as the instruments for the dissemination of his teachings on the ancient science and philosophy of Yoga and its liberating Raja Yoga technique of meditation.

Paramahansaji returned to India in 1935 for a long-awaited reunion with his guru, Swami Sri Yukteswarji. It was while he was here that Sri Yukteswarji bestowed on him India's highest spiritual title "Paramahansa." During his eighteen-month trip, he also travelled through Europe and gave classes and lectures in London and Rome, as well as all over India. Reporting on one of Paramahansaji's



Swami Sri Yukteswar Giri and Sri Yoganandaji, Kolkata, 1935.

classes, a Mysore newspaper, The Daily Post wrote: “The audience was very enthusiastic and attentive... Town Hall, the largest hall in Bangalore... was packed to overflowing with 3,000... some on windowsills, in aisles, doorways, on the stage, and standing outside... seeking to know God.”

While in his mother land, Yoganandaji devoted much of his attention to the guidance of his disciples and his Yogoda Satsanga work. He established a permanent foundation for the Society and its centres in various parts of India.

Mahatma Gandhi invited Paramahansaji to his Wardha ashram. At Gandhiji’s request Yoganandaji initiated the Mahatma and a few satyagrahis into the liberating technique of Kriya Yoga. In the South the guru was an official guest of the State of Mysore. Here he was greeted by Sir C. V. Raman, Nobel laureate and President of the Indian Academy of Science. In Arunachala, the guru met the renowned sage Ramana Maharshi. Pandit Madan Mohan Malviya, founder of the Banaras Hindu University and many other educators and leaders greeted him. He also met the revered saint Ananda Moyi Ma.

Upon his return to America at the end of 1936, he began to withdraw somewhat from his nationwide public lecturing so as to devote himself to building an enduring foundation for his worldwide work and to the writings that would carry his message for future generations. His life story, *Autobiography of a Yogi*, was published in 1946 and substantially expanded by him in 1951.

On March 7, 1952, Paramahansaji entered *mahasa-madhi*, a God-illuminated master's conscious exit from the body at the time of physical death. His passing occasioned an outpouring of reverent appreciation from spiritual leaders, dignitaries, friends, and disciples all over the world. His Holiness Swami Sivananda, founder of The Divine Life Society, wrote: "A rare gem of inestimable value, the like of whom the world is yet to witness, Paramahansa Yogananda has been an ideal representative of the ancient sages and seers, the glory of India."



The Indian Ambassador to the United States, Sri Binay Ranjan Sen, with Paramahansa Yoganandaji 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. To my knowledge, no one has worked more, has given more of himself, to bind the people of India and America together."

Today the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the guidance of Sri Sri Mrinalini Mata, one of his closest disciples. As Sanghamata and President of Yogoda Satsanga Society of India/Self-Realization Fellowship Mrinalini Mataji faithfully carries out Paramahansa Yoganandaji's ideals and wishes for the dissemination of his teachings worldwide. In addition to publishing Paramahansa Yogananda's books, lectures, writings and informal talks



The ten-acre SRF 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 practise the true art of living. This shrine has been created for all religions, that all may feel the unity of a common faith."

—including a comprehensive series of *Yogoda Satsanga/Self-Realization Lessons* for home study—YSS/SRF guides members in their practice of Sri Yoganandaji’s teachings; oversees YSS/SRF ashrams, temples, retreats, kendras, and meditation centres around the world, as well as the YSS/SRF monastic communities; and coordinates the Worldwide Prayer Circle, which serves as an instrument to help bring healing to those in physical, mental, or spiritual need and greater harmony among the nations.

Perfect 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 Sri Sri 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.



Sri Sri Paramahansa Yogananda — “The Last Smile”

A photograph taken an hour before his *mahasamadhi*; at a banquet held in honour of Ambassador Binay R. Sen of India, March 7, 1952, in Los Angeles, California.

The photographer has here caught a loving smile that appears to be a farewell benediction for each one of Sri Yoganandaji’s millions of friends, students and disciples. The eyes that already were gazing into Eternity are yet full of human warmth and understanding.

Death had no power of disintegration over this incomparable devotee of God; his body manifested a phenomenal state of immutability. (see page 30)

PARAMAHANSA YOGANANDA: A YOGI IN LIFE AND DEATH

Paramahansa Yogananda entered *mahasamadhi* (a yogi's final conscious exit from the body) in Los Angeles, California, on March 7, 1952, after concluding his speech at a banquet held in honour of H.E. Binay R. Sen, Ambassador of India.

The great world teacher demonstrated the value of yoga (scientific techniques for God-realization) not only in life but in death. Weeks after his departure his unchanged face shone with the divine lustre of incorruptibility.

Mr. Harry T. Rowe, Los Angeles Mortuary Director, Forest Lawn Memorial-Park (in which the body of the great master is temporarily placed), sent Self-Realization Fellowship a notarized letter from which the following extracts are taken:

"The absence of any visual signs of decay in the dead body of Paramahansa Yogananda offers the most extraordinary case in our experience....No physical disintegration was visible in his body even twenty days after death....No indication of mold was visible on his skin, and no visible desiccation (drying up) took place in the bodily tissues. This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one....At the time of receiving Yogananda's body, the Mortuary personnel expected to observe, through the glass lid of the casket, the usual progressive signs of bodily decay. Our astonishment increased as day followed day without bringing any visible change in the body under observation. Yogananda's body was apparently in a phenomenal state of immutability...."

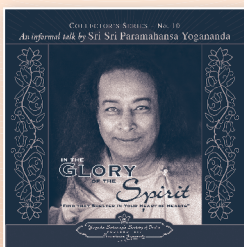
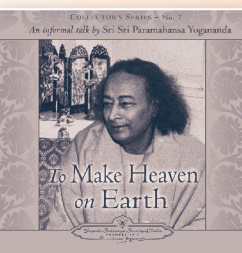
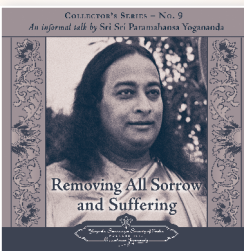
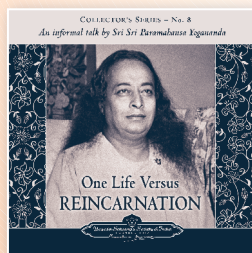
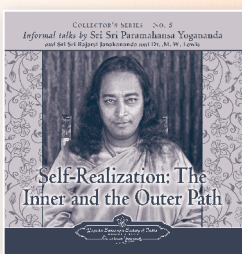
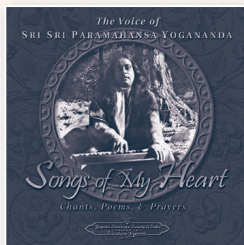
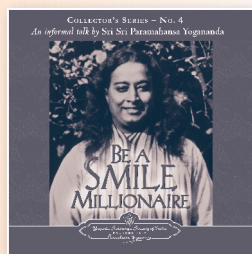
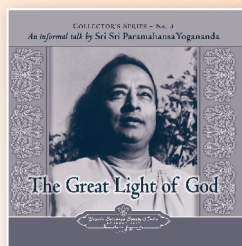
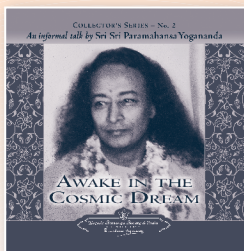
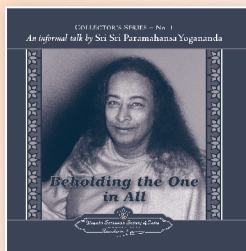
"No odour of decay emanated from his body at any time....The physical appearance of Yogananda on March 27th, just before the bronze cover of the casket was put into position, was the same as it had been on March 7th. He looked on March 27th as fresh and as unravaged by decay as he had looked on the night of his death. On March 27th there was no reason to say that his body had suffered any visible physical disintegration at all. For these reasons we state again that the case of Paramahansa Yogananda is unique in our experience."



On March 7, 1977, the twenty-fifth anniversary of the passing of Sri Sri Paramahansa Yogananda, the Government of India issued a commemorative stamp in his honour. 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 Sri Sri Paramahansa Yogananda....He had but one goal: God-realization, and one programme: 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.”

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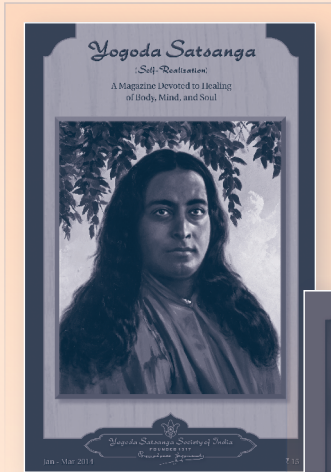
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AIMS AND IDEALS OF

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As set forth by

*Sri Sri Paramahansa Yogananda, Gurudeva and Founder
Sri Sri Mrinalini Mata, Sanghamata and 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 Yogoda Satsanga temples for God-communion, 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 Yoga as taught by Bhagavan Krishna and original Christianity as taught by Jesus Christ; 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.



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