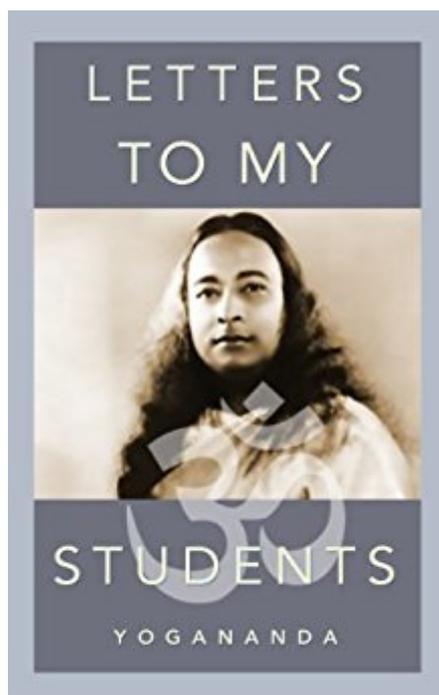


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Yogananda: Letters To Students Of Yogoda & Kriya Yoga



Synopsis

Messages to All Yogoda and Kriya Yoga Students. From Swami Yogananda. Kriya Yoga is traditionally exclusively learned via the Guru-disciple relationship. As Yogananda describes Kriya Yoga, "The Kriya Yogi mentally directs his life energy to revolve, upward and downward, around the six spinal centers (medullary, cervical, dorsal, lumbar, sacral, and coccygeal plexuses) which correspond to the twelve astral signs of the zodiac, the symbolic Cosmic Man. One half-minute of revolution of energy around the sensitive spinal cord of man effects subtle progress in his evolution; that half-minute of Kriya equals one year of natural spiritual unfoldment." Paramahansa Yogananda was an Indian yogi and guru who introduced millions of westerners to the teachings of meditation and Kriya Yoga through his writings and lectures.

Book Information

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Enlightenment to the soul

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