Self-Realization Fellowship Lessons

By Paramahansa Yogananda

The basic series includes 18 in-depth Lessons, ranging from 24 to 40 pages, one sent every two weeks.

Lesson 1	The Way to Self-realization
Lesson 2	Yoga: The Universal Science of Knowing God
Lesson 3	Meditation: How to Know God
Lesson 4	The Hong-Sau Technique: Yoga Science of Concentration
Lesson 5	Communing With God Through Prayer
Lesson 6	The Art of Energization (Parts 1 and 2)
Lesson 7	The Art of Relaxation: Doorway to Inner Silence
Lesson 8	Meditation on God as Aum
Lesson 9	God and His Universe: The Spiritual Genesis of Cosmic Creation
Lesson 10	The Cycles of Life and Death
Lesson 11	The Spinal Highway to the Infinite
Lesson 12	The Spiritual Eye
Lesson 13	Divine Laws of Health and Healing
Lesson 14	Preventive and Curative Techniques for Good Health
Lesson 15	The Art of Balanced Spiritual Living
Lesson 16	The Guru-Disciple Relationship
Lesson 17	Kriya Yoga Technique of God-Realization: Introduction
Lesson 18	The Self-Realization Way of Life

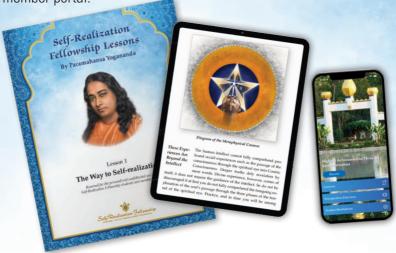
"Thy Self-realization shall blossom forth from thy soulful study."

—Paramahansa Yogananda

The SRF Lessons app and member portal:

providing you with a wide array of exclusive content

The new edition of Paramahansaji's *SRF Lessons* offers a rich library of multimedia content to help you apply the teachings in your daily life. These items are accessible through the Lessons app and the member portal:



- Digital access to the Lessons, in easy-to-navigate, searchable format (app only)
- Audio recordings of Paramahansa Yogananda, including some that are now being made available for the first time
- Inspirational talks, instruction, and guided meditations led by SRF monastics
- Study and introspection guide for each Lesson
- Energization Exercises instructional videos (available to you now in the member portal)

The SRF Lessons app is available free from Google Play and Apple's App Store. You will be able to access some of the above features right away when you download the app. A complete list of the featured content is available in the member portal.