

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 Paramahansaaji'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.