

## A SAMPLE OF OUR BOOKS AND MUSIC...

### BOOKS

#### **The New Path**

My Life with Paramhansa Yogananda  
Swami Kriyananda

The inspiring story of one man's search for truth that led him to the great master's door. Considered a companion to Yogananda's "Autobiography of a Yogi."

#### **The Essence Of The Bhagavad Gita:**

Explained by Yogananda, As Remembered by his disciple, Swami Kriyananda

An illuminating explanation of the deep allegorical meaning of this treasured scripture.

#### **Conversations With Yogananda**

Swami Kriyananda

Kriyananda was often present when Yogananda spoke with other close disciples; when he received visitors, and when he was discussing his important writings.

#### **God Is For Everyone**

Inspired by Paramhansa Yogananda, as taught to and understood by his disciple, Swami Kriyananda

A concept of God and spiritual meaning that will appeal to everyone. Clearly written, thoroughly non-sectarian and non-dogmatic in its approach~the perfect introduction to the spiritual life.

#### **The Essence of Self-Realization:**

The Wisdom of Paramhansa Yogananda, Edited by Swami Kriyananda

Lessons and stories that Yogananda shared only with his close disciples. Nearly 300 sayings rich with spiritual wisdom.

#### **Awaken to Superconsciousness:**

Meditation for Inner Peace, Intuitive Guidance, and Greater Awareness~Swami Kriyananda

A comprehensive, easy-to-understand program to help people tap into their creativity, unlock intuitive guidance, and hear the silent voice of their soul.

### VIDEO (VCD)

#### **Paramhansa Yogananda Rare Film Collection**

Three short films of Paramhansa Yogananda, recorded in the 1920's and 1930's. The unique combination of both seeing and hearing Yogananda is a life-changing experience.

### MUSIC

#### **Wave of the Sea**

A joyful collection of Yoganandaji's and Kriyanandaji's chants as well as some traditional Indian chants, with harp, flute, harmonium, tabla, guitar, and vocals. Pure joy!

#### **Relax: Meditations for Flute and Cello**

This beautiful music, written by Swami Kriyanandaji, will bring inspiration and joy, and deep relaxation.

#### **Steal Into My Heart of Hearts**

Let Yogananda and Kriyananda's chants, on guitar & harmonium, with drums & vocals, soothe and uplift your spirit. An antidote to stress of all types.

#### **Kriyananda Chants Yogananda**

Chants written and spiritualized by Yogananda, and sung by his direct disciple.

#### **Mantra**

Gayatri Mantra & Mahamrityunjaya Mantra, sung by Kriyananda, calms & purifies.

#### **1946 ORIGINAL EDITION**

A verbatim reprint of the original 1946 edition, free of the thousands of textual changes made after Yogananda's mahasamadhi. Included is a Foreword and Afterword by Swami Kriyananda.



# Ananda Sangha



PUNE, INDIA

**Sharing the teachings of Paramhansa Yogananda**

*Learn how to spiritualize your life*



**Guide to Programs and Satsangs 2010-2111**

*Kriya Yoga, Retreats, Meditation Classes, Special Events,  
Publications, Video, Audio*

# The Path of Self-Realization



*In the divine plan, Jesus Christ was responsible for the evolution of the West, and Krishna (later, Babaji), for that of the East. It was intended that the West specialize in developing objectively, through logic and reason, and that the East specialize in inner, intuitive development. But in the cosmic plan the time has come to combine these two lines into one. East and West must unite.*

—Paramhansa Yogananda

## About this line of Masters

### **Jesus Christ**

Yogananda said Jesus appeared to Babaji and asked him to send this teaching of Self-realization to the West. At that meeting, Yogananda tells us, Jesus said, “My followers have forgotten the art of divine inner communion.”

### **Babaji-Krishna**

The first in this direct line of gurus is Babaji, a master of great age, who still lives in the Himalayas, where he remains accessible to a few highly advanced souls. Yogananda called him “Babaji-Krishna,” because, he said, in a previous incarnation Babaji was Krishna. Babaji, feeling that in the present scientific age mankind was better prepared to receive higher knowledge, directed his disciple, Lahiri Mahasaya, to reintroduce to the world the long-hidden, highest science of Kriya Yoga.

### **Lahiri Mahasaya**

Even after his initiation by Babaji in 1861, this great master continued to live the modest life of a householder in Varanasi, India. He set an ideal example of harmoniously balanced living, attending to both his worldly and his spiritual duties. Over the years, as he meditated quietly in his front room,

thousands came to him for initiation into Kriya Yoga. One of his foremost disciples was Sri Yukteswar, the destined guru of Paramhansa Yogananda.

### **Sri Yukteswar**

Yukteswar, a Gyanavatar, received two commissions from Babaji. One was to write “a short book on the underlying unity between the Christian and Hindu scriptures,” which is called *The Holy Science*. The second was to train Yogananda for his mission to the West. Sri Yukteswar’s life embraced traditional and non-traditional renunciate roles. He was married when Babaji bestowed upon him the title of “Swami.” After his wife passed away, he lived as a traditional renunciate.

### **Paramhansa Yogananda**

In 1920, Yogananda was sent by his gurus to America, and was the first yoga master of India to take up permanent residence in the West. He conducted “spiritual campaigns” all across the country, lecturing to hundreds of thousands. His *Autobiography of a Yogi*, first published in 1946, launched a spiritual revolution in the West, and is one of the most influential spiritual books of all time. Yoganandaji was born in 1893 and passed away in 1952. Swami Kriyanandaji is Sri Yoganandaji’s direct disciple.



### **SWAMI KRIYANANDA**

Swami Kriyananda (J. Donald Walters), became a disciple of Yogananda at the age of 22, and has served him for over 60 years. Yogananda instructed Kriyananda to give Kriya Yoga Initiation, and told him that he would lead a life of “writing and teaching,” adding that he “had a great work to do.” Kriyananda spent 3 and 1/2 years living closely with his Guru, then, after Yoganandaji’s passing, went on to become vice-president of Self-Realization Fellowship, the organization Yogananda founded.

After his separation from SRF, Swami Kriyanandaji founded Ananda Sangha in 1968, a worldwide organization for the dissemination and practical application of Yoganandaji’s teachings. Towards that end Kriyananda has lectured all over the world for the last six decades, and has written more than 100 books, which have been translated into 27 languages. He has also composed over 400 pieces of music, several of which have won international awards.

### **WORLD BROTHERHOOD COLONIES**

The establishment of World Brotherhood Colonies was a long-held dream of Yoganandaji. He spoke enthusiastically up until the very end of his life about this dream. In his *Autobiography of a Yogi* he exclaimed, “An urgent need on this war-torn earth is the founding, on a spiritual basis, of numerous world-brotherhood colonies.” Yogananda envisioned a place where all people, not just monastics, could devote themselves to practicing the teachings of yoga in every aspect of their daily lives. Ananda Sangha



is the fulfillment of Yoganandaji’s dream, and is recognized as the most successful network of spiritual communities in the world today. About 1000 people reside

in eight Ananda communities across three continents. Kriyananda has also inspired the establishment of “Living Wisdom” schools for children in several of these colonies. The new community coming up in Pune, India, is the first in India. Come and visit, and see this vision become a reality.

### **KRIYA YOGA**

The path of Kriya Yoga, which Yogananda called the ‘airplane’ route to God, consists of ancient yoga techniques to hasten the spiritual evolution of the student. Yogananda’s techniques can be learned by taking a series of classes. After completion of the classes and establishing a regular, consistent meditation practice, a student may be eligible to receive Kriya Yoga initiation.

Ananda Sangha has helped thousands of people throughout the world to receive Kriya.

*The contemplative mind, attempting its return to divinity, is constantly dragged back toward the senses by the life currents. Kriya, controlling the mind directly through the life force, is the easiest, most effective, and most scientific avenue of approach to the Infinite. In contrast to the slow, uncertain, ‘bullock cart’ theological path to God, Kriya may justly be called the ‘airplane’ route.—Paramhansa Yogananda*



*This day marks the birth of a new era. My spoken words are registered in the ether, in the Spirit of God, and they shall move the West. . . Self-Realization has come to unite all religions. . . We must go on. . . not only those who are here, but thousands of youths must go North, South, East and West to cover the earth with little colonies, demonstrating that simplicity of living plus high thinking lead to the greatest happiness! — Paramhansa Yogananda*

## APRIL 2011

Sat. 2	10am - 4pm	seva day/satsang at Ananda community
Sun. 3	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 8 - SUNDAY 10		EXPERIENCE ANANDA, FIRST-TIMERS WEEKEND
Tues. 12	7pm - 9pm	RAMA'S BIRTHDAY CELEBRATION & KIRTAN - Vanshaj
Sat. 16	10am - 5pm	seva day/satsang at Ananda community
Sun. 17	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 22 - SUNDAY 24		REVELATIONS OF CHRIST: EASTER WEEKEND
Sat. 30	10am - 5pm	seva day/satsang at Ananda community

## MAY 2011

FRIDAY 6 - FRIDAY 13		FAMILY RETREAT WEEK-LONG PROGRAM
Tues. 10	7pm - 9pm	SRI YUKTESWAR'S BIRTHDAY
Sat. 14	10am - 5pm	seva day/satsang at Ananda community
Sun. 15	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
Thu. 19	7pm - 9pm	SWAMIJI'S BIRTHDAY
FRIDAY 20 - SUNDAY 22		DEEPENING DISCIPLESHIP & ATTUNEMENT WEEKEND
Sat. 28	10am - 5pm	seva day/satsang at Ananda community
Sun. 29	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments

## JUNE 2011

Sat. 4	10am - 5pm	seva day/satsang at Ananda community
Sun. 5	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 10 - SUNDAY 12		BUILDING SPIRITUAL COMMUNITY RETREAT
Sat. 18	10am - 5pm	seva day/satsang at Ananda community
Sun. 19	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 24 - SUNDAY 26		MONSOON SECLUSION RETREAT WEEKEND

## JULY 2011

FRIDAY 1 - SUNDAY 3		FINDING INNER FREEDOM RETREAT WEEKEND
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# CALENDAR OF EVENTS

## JULY 2010

Sat. 24	10am - 4pm 4pm - 5pm	seva day at Ananda community (1pm lunch) satsang at Ananda community, Watunde
Sun. 25	7am - 9:45am 10am - 11:15am 11:30am - 12:45am 7pm - 9pm	meditation at Vanshaj Apartments, Pashan satsang at Vanshaj Apartments, Pashan class at Vanshaj Apartments, Pashan GURU PURNIMA celebration in Vanshaj Apartments, Pashan
Sat. 31	10am - 5pm	seva day/satsang at Ananda community, Watunde

## AUGUST 2010

Sun. 1	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
Sat. 7	10am - 5pm	seva day/satsang at Ananda community
Sun. 8	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 13 - SUNDAY 15		DEEPENING DEVOTION RETREAT WEEKEND SUNDAY, INDEPENDENCE DAY
Sat. 21	10am - 5pm	seva day/satsang at Ananda community
Sun. 22	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
Sat. 28	10am - 5pm	seva day/satsang at Ananda community
Sun. 29	7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments

## SEPTEMBER 2010

Thu. 2	7pm - 12am	JANMASHTAMI/BABAJI CELEBRATION OVERNIGHT STAY
FRIDAY 3 - SUNDAY 5		MAHA SEVA DAY WEEKEND (preparing for Swamiji's arrival)
FRIDAY 10 - SUNDAY 12		SWAMIJI'S SPIRITUAL ANNIVERSARY WEEKEND
Sat. 18	10am - 5pm	seva day/satsang at Ananda community
Sun. 19	7am - 12:45pm 7pm - 9pm	meditation/satsang/class at Vanshaj Apartments GANESHA SATSANG~Vanshaj
THU 30 - SUNDAY, OCT 3		HONORING LAHIRI: GUIDED SECLUSION WEEKEND

NOTE: SATSANGS IN KOREGAON PARK MOST FRIDAY EVENINGS, 5:30 - 7PM  
CONTACT PROMILLA: PH 9822023123, C- 102, Kumar Presidency, Lane #7, Koregaon park

NOTE: SUNDAY SCHEDULE AT VANSHAJ REMAINS DURING MOST WEEKENDS  
CONTACT JAYA OR SADHANA FOR INFORMATION ABOUT SPECIFIC DATES

## OCTOBER 2010

(THU 30 - SUNDAY, OCT 3	HONORING LAHIRI: GUIDED SECLUSION WEEKEND)
Sat. 9 10am - 5pm	seva day/satsang at Ananda community
Sun. 10 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 15 - SUNDAY 17	INT'L ANANDA COMMUNITY/ALL CENTERS WEEKEND SUNDAY: DUSSHERA PUJA
FRIDAY 29 - SUNDAY 31	ALL SAINTS CELEBRATION WEEKEND: HOW TO BECOME A SAINT

## NOVEMBER 2010

Fri. 5 7pm	DIWALI CELEBRATION AT PROMILLA'S
Sat. 6 10am - 5pm	seva day/satsang at Ananda community
Sun. 7 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 12 - SUNDAY 14	KRIYA YOGA RETREAT (by invitation only)
Sat. 20 10am - 5pm	seva day/satsang at Ananda community
Sun. 21 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
Thu. 25 1pm potluck	"GIVING THANKS" POTLUCK: ANANDA COMMUNITY
FRIDAY 26 - SUNDAY 28	7-YEAR ANNIVERSARY OF ANANDA INDIA WEEKEND

## DECEMBER 2010

Sat. 4 10am - 5pm	seva day/satsang at Ananda community
Sun. 5 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 10 - SUNDAY 12	EXPERIENCE ANANDA, FIRST-TIMERS WEEKEND
Sat. 18 10am - 5pm	seva day/satsang at Ananda community
Sun. 19 8am - 4pm	ALTERNATE ALL DAY MEDITATION - Vanshaj
Thu. 23 8am - 4pm	ALL DAY CHRISTMAS MEDITATION - Community
FRIDAY 24 - SUNDAY 26	CHRIST CONSCIOUSNESS CELEBRATION WEEKEND
FRIDAY 31 - SUN. JAN. 2	NEW YEAR INNER RENEWAL RETREAT WEEKEND

## JANUARY 2011

(FRI. DEC. 31 - SUN. JAN. 2	NEW YEAR INNER RENEWAL WEEKEND)
Wed. 5 7pm - 9pm	MASTER'S BIRTHDAY CELEBRATION - Public Event
Sat. 8 10am - 5pm	seva day/satsang at Ananda community
Sun. 9 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 14 - SUNDAY 16	NATURE RETREAT FOR CHILDREN OF ALL AGES
Sat. 22 10am - 5pm	seva day/satsang at Ananda community
Sun. 23 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 28 - SUNDAY 30	DIVINE MOTHER RETREAT WEEKEND - Women's Retreat

## FEBRUARY 2011

Sat. 5 10am - 5pm	seva day/satsang at Ananda community
Sun. 6 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
FRIDAY 11 - SUNDAY 13 MONDAY 14, 6pm - 6AM	RENUNCIATION RETREAT WEEKEND GURURATRI/SHIVARATRI CELEBRATION
FRIDAY 18 - SUNDAY 20	MEN'S RETREAT: MASTERING CREATIVE ENERGY
Sat. 26 10am - 5pm	seva day/satsang at Ananda community
Sun. 27 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments

## MARCH 2011

FRIDAY 4 - SUNDAY 6	MASTER'S MAHASAMADHI WEEKEND MONDAY 7 - MAHASAMADHI
Sat. 12 10am - 5pm	seva day/satsang at Ananda community
Sun. 13 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
Sat. 19 9am - 5pm	HOLI CELEBRATION AT ANANDA COMMUNITY
Sun. 20 7am - 12:45pm	meditation/satsang/class at Vanshaj Apartments
Sat. 26 10am - 5pm	seva day/satsang at Ananda community
FRIDAY 25 - SUNDAY 27	CREATING HARMONY IN YOUR LIFE

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NOTE: SATSANGS IN KOREGAON PARK MOST FRIDAY EVENINGS, 5:30 - 7PM  
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