

TOUCH *of* LIGHT

LIVING THE
TEACHINGS OF
Paramhansa Yogananda

NAYASWAMI
JYOTISH and DEVI



NAYASWAMI JYOTISH and DEVI

TOUCH OF INNER POWER

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TOUCH OF LOVE

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TOUCH OF PEACE

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Touch of Peace Nayaswamis Jyotish, Nayaswami Devi, 2021-06-21 With all of the changes taking place in the world around us the need for inner peace is greater than ever before Learning to live in peace under all circumstances is the secret of a happy life This powerful collection of spiritual writings will change your life by guiding you through inspiration and new perspectives for facing life's challenges and finding peace within Drawing from the teachings of Paramhansa Yogananda author of the classic Autobiography of a Yogi Touch of Peace shares practical tools instructive stories and right attitudes to help you tap the wellsprings of peace inside you Who among us has not had to deal with his share of trials It is worry even more than the trial itself that usually does damage to our peace and happiness said author Nayaswami Jyotish Raising our consciousness is the true solution he continues for facing the battlefield of life to keep us from sinking into our worries so we may learn to overcome our trials In their newest release Touch of Peace co authors Nayaswami Jyotish and Nayaswami Devi show us the way forward to a brighter future Since the onset of the global tsunami of the COVID 19 pandemic and the resulting dramatic changes in people's lives around the world the passages within this book offer fresh perspective practices and ancient yoga teachings to help individuals deal with the special challenges we face After the success of their first three books Touch of Light Touch of Joy and Touch of Love Nayaswami Jyotish and Devi offer a lifeline in a sea of uncertainty within each letter found in Touch of Peace Based on their famous blog A Touch of Light this book is the compilation of profound and practical spiritual teachings faithfully shared in the spirit of their beloved guru Paramhansa Yogananda and his direct disciple Swami Kriyananda

Touch of Divine Wisdom Nayaswami Jyotish, Nayaswami Devi, 2023-07 This fifth installment in the Touch of Light series follows the authors as they share the wisdom they have gained through over fifty years on the spiritual path They offer the keys to how to live a happy fulfilled life no matter the challenges swirling around us these days through the ancient yogic teachings Nayaswami Jyotish and Nayaswami Devi share engaging and easy to read blogs such as Dealing with Change and Loss Hope for a Better World Keeping Your Balance and Faith Attunement and Courage The authors help to keep the spiritual journey lighthearted simple and down to earth With fifty two entries this book will guide you on your search for truth for an entire year Nayaswami Jyotish and Nayaswami Devi are recipients of the Global Ambassador Peace Award conferred at the United Nations for their contribution to world peace They are lifelong disciples of Paramhansa Yogananda and students of Swami Kriyananda Ananda's founder As Spiritual Directors of Ananda Worldwide they share the life changing wisdom of those two great teachers through their blogs books and lectures

You Can Be Happy In Spite of Everything Paramhansa Yogananda, 2025-12-01 You Can Be Happy In Spite of Everything First in the New Seeds of Light Series Small practical books filled with the luminous wisdom of the great spiritual master Paramhansa Yogananda Happiness is both a creative art and a concrete science which can be our reality despite all the difficulties of life Paramhansa Yogananda reminds us of this over and over again in these pages for example with these words which admirably

describe the art of happiness Happiness comes not by helplessly wishing for it but by dreaming thinking and living it in all the moods and actions of life In this book you will find enlightening authentic pure passages taken from the magazines published at the beginning of Yogananda s work They contain all the strength of his vibrations with the utmost adherence to the original text to preserve their power It is as if Yogananda were speaking directly to you without any filter Enjoy the gift of Yogananda s luminous teachings which are truly Seeds of Light How To Awaken and Direct It Paramahansa Yogananda,2021-01-01 How to Awaken and Direct It by Paramahansa Yogananda How to Awaken and Direct It offers profound insights and practical guidance for harnessing the power of the mind to achieve self realization and spiritual growth Paramahansa Yogananda a renowned spiritual teacher presents teachings and techniques to awaken and direct the latent powers of the mind fostering inner peace spiritual awakening and personal transformation Key Aspects of the Book How to Awaken and Direct It Mind Power and Consciousness Yogananda explores the immense potential of the human mind and its connection to consciousness He provides techniques meditative practices and principles to harness the mind s power expand awareness and transcend limiting beliefs unlocking the inner potential for spiritual growth and self realization Self Realization and Spiritual Awakening The book guides readers on a journey of self discovery and spiritual awakening Yogananda shares profound insights into the nature of the self the purpose of life and the attainment of higher states of consciousness He offers practical techniques for cultivating inner peace love and joy enabling individuals to live a more fulfilling and purposeful life Integration of Eastern Wisdom and Western Thought Yogananda s teachings bridge Eastern spiritual traditions with Western perspectives making his teachings accessible to a wide range of readers He blends ancient wisdom with modern insights presenting a holistic approach to personal growth spirituality and the integration of mind body and spirit Paramahansa Yogananda Paramahansa Yogananda born in 1893 in India was a spiritual teacher and the founder of the Self Realization Fellowship He introduced the teachings of Kriya Yoga to the Western world emphasizing the practice of meditation and the pursuit of inner realization Yogananda s autobiography Autobiography of a Yogi has become a spiritual classic inspiring readers with its profound insights into the nature of consciousness and the interconnectedness of all beings Yogananda s teachings continue to guide individuals on a spiritual path promoting self realization unity and the attainment of inner peace **A World in Transition** Yogananda (Paramahansa),1999 Paramahansa Yogananda and some of his foremost disciples provide heart satisfying explanations for our most challenging questions shedding a clarifying light on personal and global concerns Each chapter offers understanding reassurance and guidance for the turbulent times in which we live With acute insight A World in Transition shows how we can use the power of meditation and prayer for world peace and effect lasting spiritual transformation for ourselves our communities and our planet By identifying the universal principles and world cycles that influence the evolution of civilizations and individuals the authors help us develop those life skills we will need to chart our course in the times ahead Divine Will Healing Yogananda,Mary Kretzmann,2013-10 Mary Kretzmann

has practiced and taught the healing methods of Paramhansa Yogananda for many years She is currently writing another book sharing many inspiring stories of healing and transformation that have occurred over the years This new book combined with Divine Will Healing is used in a training course for aspiring healing practitioners Mary moved to Ananda Village at age twenty three with her husband Timothy Kretzmann They embraced the spiritual life and raised their three children with these spiritual ideals You can read about how to apply these ideals in your own family life in her free online book Finding God in Your Family Mary teaches online and at the Expanding Light Retreat and on the road These classes feature Paramhansa Yogananda s techniques for physical mental and spiritual healing **Where There Is Light (Finnish)** Paramahansa Yogananda,2021-07-30 This wisdom filled volume of selections from the writings and lectures of Paramahansa Yogananda author of Autobiography of a Yogi provides a wealth of practical guidance and inspiration for all who are seeking greater spiritual harmony and balance Where There Is Light brings the illumination of spiritual insight to bear on the many challenges of everyday living awakening a renewed awareness of the infinite potentials hidden within each one of us

Touch of Love John Jyotish Novak,Devi Novak,2020 This powerful collection of spiritual writings will change your life by guiding you through inspiration and new perspectives for facing life s challenges and living a life in joy and divine love In Touch of Love Nayaswamis Jyotish and Devi Novak reveal some of the many ways Yogananda s teachings can benefit us Each chapter contains a jewel of wisdom that can speed you forward on your spiritual path *Where There is Light* Paramahansa Yogananda,1988 For all who are seeking a spiritually harmonious and balanced life this volume of selections from the writings and lectures of Paramahansa Yogananda provides a wealth of practical guidance and inspiration Filled with powerful and encouraging wisdom conveniently arranged by topic Where There Is Light brings the light of spiritual insight to bear on the challenges of everyday living awakening a renewed awareness of the infinite potentials hidden within each one of us

Yogoda Swami Yogananda,Paramahansa Yogananda,2019-01-18 Will is the great dynamo lying within us The direction of Will is the fundamental principle of YOGODA The more you apply Will when asked to do so in the following exercises the better results you will get Never forget this If you neglect this while taking the exercises you will miss the thing of chief importance Remember whenever you direct your Will into any part of the body as you tense it you are sending down a quantity of nerve energy Pranic current or vital energy from the brain to that part The greater the flow of this Pranic current the stronger and better is its action on that particular part and the greater is the chance of the tissues of that part being revitalized by more rapid circulation and healthier Pranic adjustment Thus tissues will grow stronger and fresher In the tension of muscles by Will you turn on the Pranic current in them in relaxation you switch it off This Pranic current or motor nerve energy sent down by Will is not only an independent source of power to the muscles and other parts but it is also a most active agent in bringing about a better adjustment of the tissues It imparts more life to them too So remember while inducing high tension in a muscle or group of muscles to use maximum Will This is conscious Will as differentiated from

automatic will such as is used in walking etc But when you walk blind folded in the dark you have to use conscious Will and then you necessarily send down more nerve energy to the muscles and touch surfaces for better limb movement

Paramahansa Yogananda **Original Praecepta Lessons of Swami Yoganandaji - Step I** Paramhansa

Yogananda, 2025-03 Evidences of Praeceptas that it has come from Master Himself Swami Yogananda writes as fast as he receives them from the Infinite I am organizing a correspondence course here exactly like ours Dick is working hard setting up the correspondence course of Praecepta Lessons like that in America 1934 Footnote of the same letter Paramhansaji writes about the correspondence course the mailing from Ranchi of the printed Yogoda Lessons which he prepared with the assistance of Dick Wright when they were in India Paramhansa Yogananda to Rajarshi Janakananda in the book Rajarshi Janakananda A great Western Yogi letter of January 5 1936 Though CC correspondence course has not paid yet it has immortalized the Lessons which I would not have written without proper incentive Even in the circle of saints I hear highest praises about the Lessons for systematizing the steps of realization so scattered and buried in Yoga books An immortal work has been done Besides all our members and specially real seekers who cannot come in touch with me personally which is impossible to do life is too short and distances too great unanimously agree how well pleased they are with the Lessons I know from my experience in Europe and India that my Lessons are visible proof of the spreading of Lahiri Mahasaya's teachings Lectures evaporate from the minds of the many but written Lessons stand as permanent proof of the depths and practicality of a teaching We should never abandon the system of Lessons that is the only way of keeping our people steadily going on in this path Those that are thirsty would come to me or drink from my written teachings impregnated from my soul's perception

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