

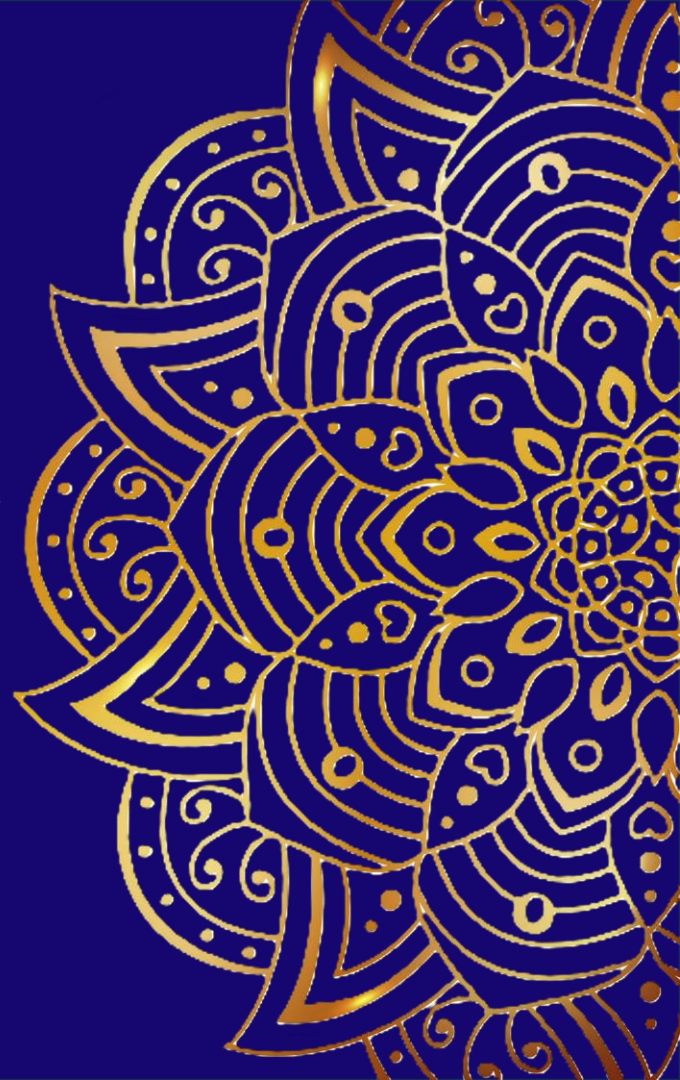
Living Kriya Yoga

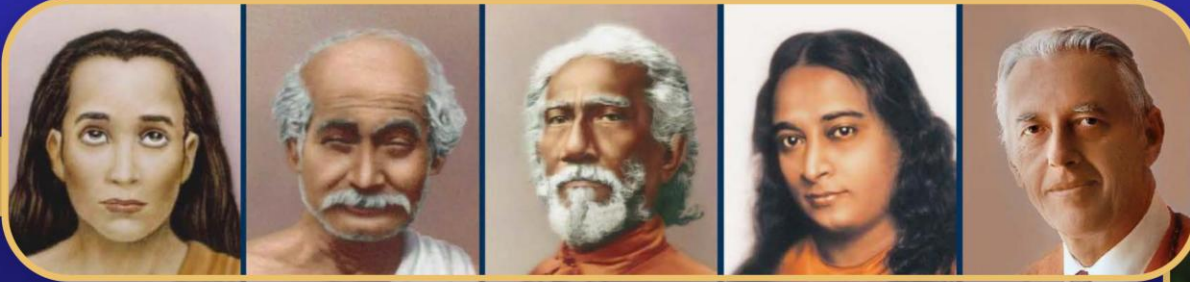
Insights and Practices for an Awakened Heart

with Yogacharya Ellen Grace O'Brian

2026 Meditation Retreat at Center for Spiritual Awareness

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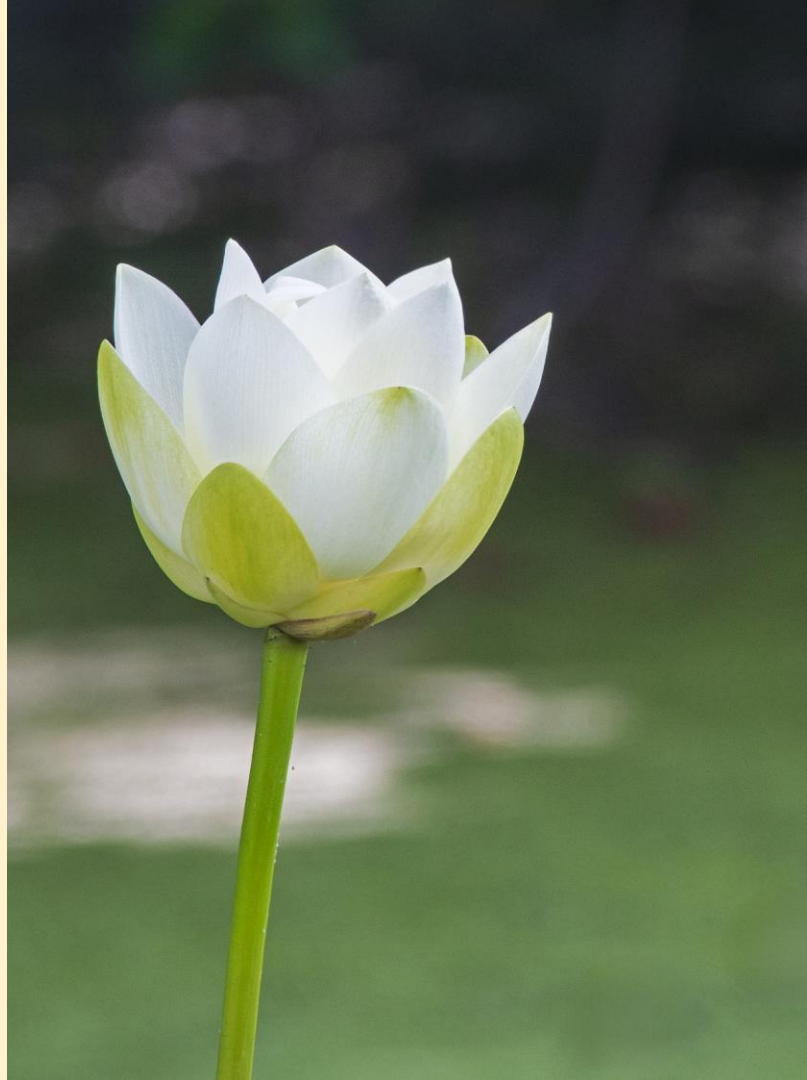
GRATITUDE TO GURUS

Mahavatar Babaji
Lahiri Mahasaya
Swami Sri Yukteswar
Paramahansa Yogananda
Roy Eugene Davis



***By Kriya Yoga,
one's consciousness
functions on a higher plane;
devotion to the Infinite Spirit
then arises spontaneously
in one's heart.***

—Paramahansa Yogananda



Living Kriya Yoga

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Yogacharya Ellen Grace O'Brian

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