

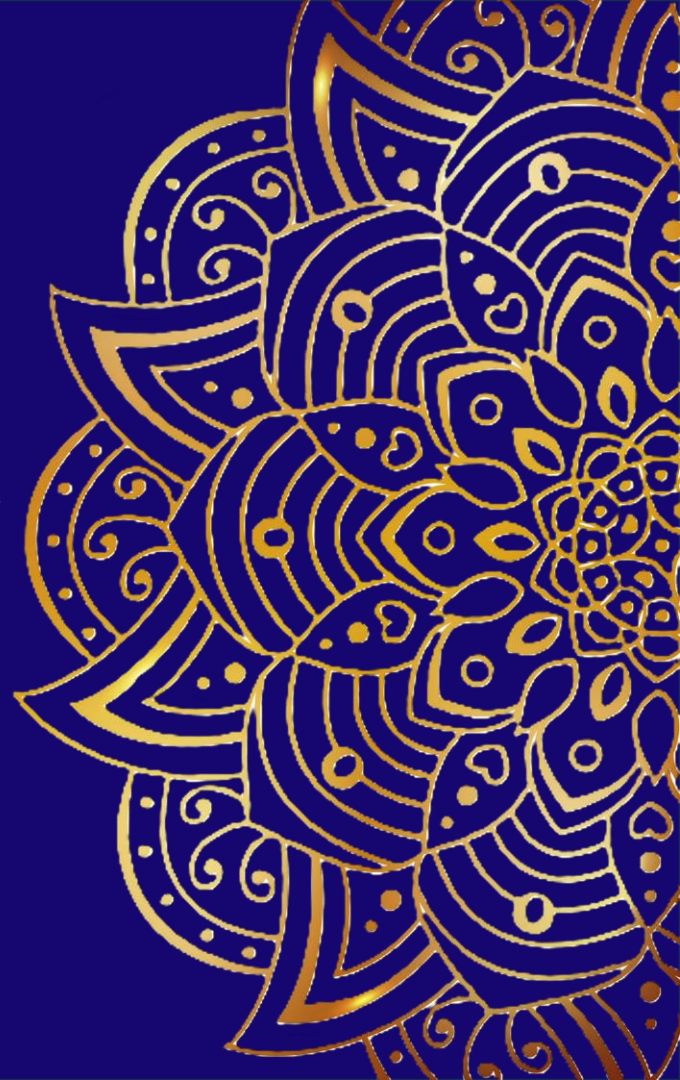
Living Kriya Yoga

Insights and Practices for an Awakened Heart

with Yogacharya Ellen Grace O'Brian

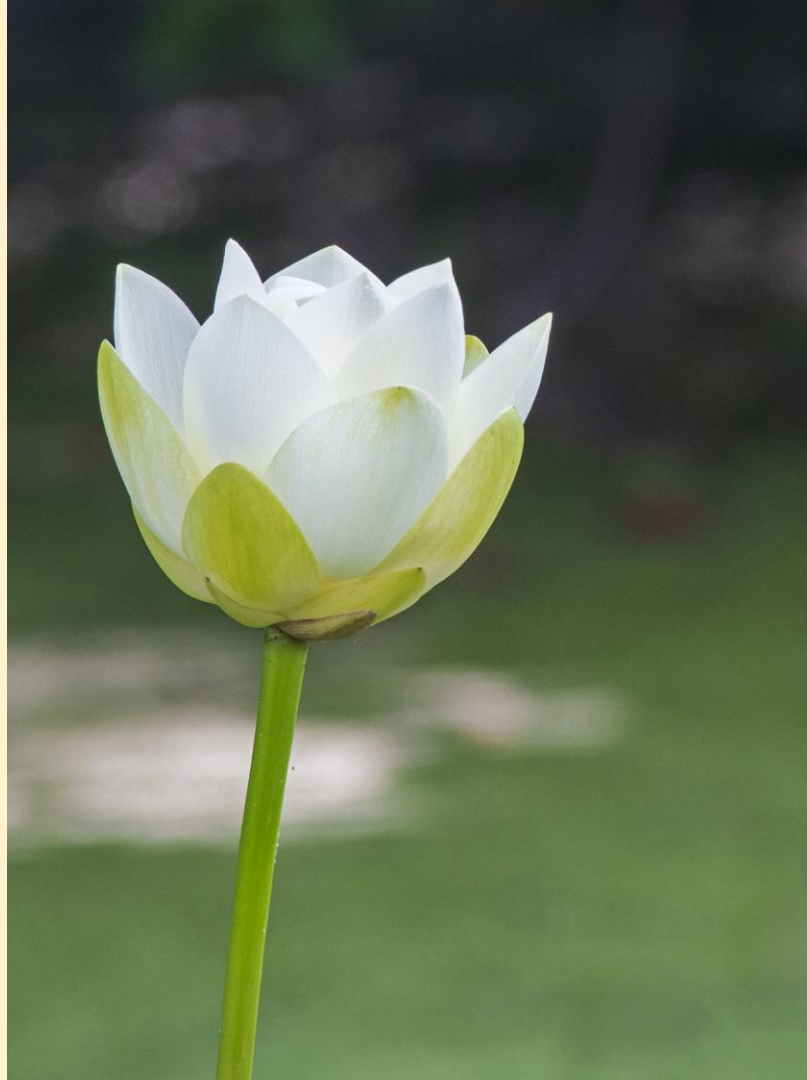
2026 Meditation Retreat at Center for Spiritual Awareness

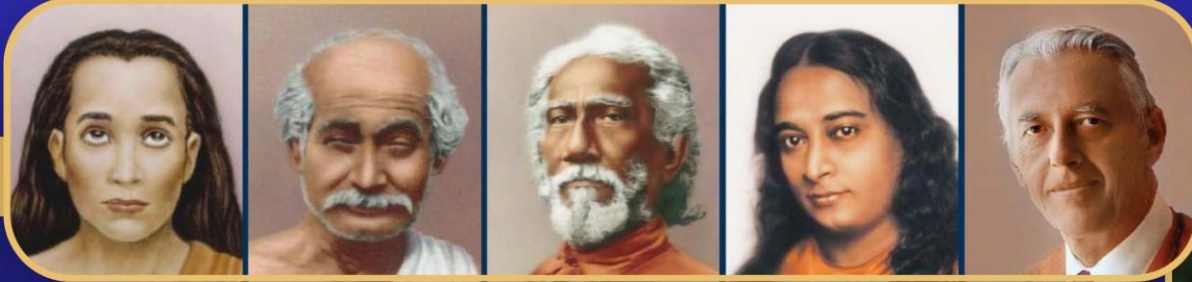
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***By Kriya Yoga,
one's consciousness
functions on a higher plane;
devotion to the Infinite Spirit
then arises spontaneously
in one's heart.***

—Paramahansa Yogananda





GRATITUDE TO GURUS

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

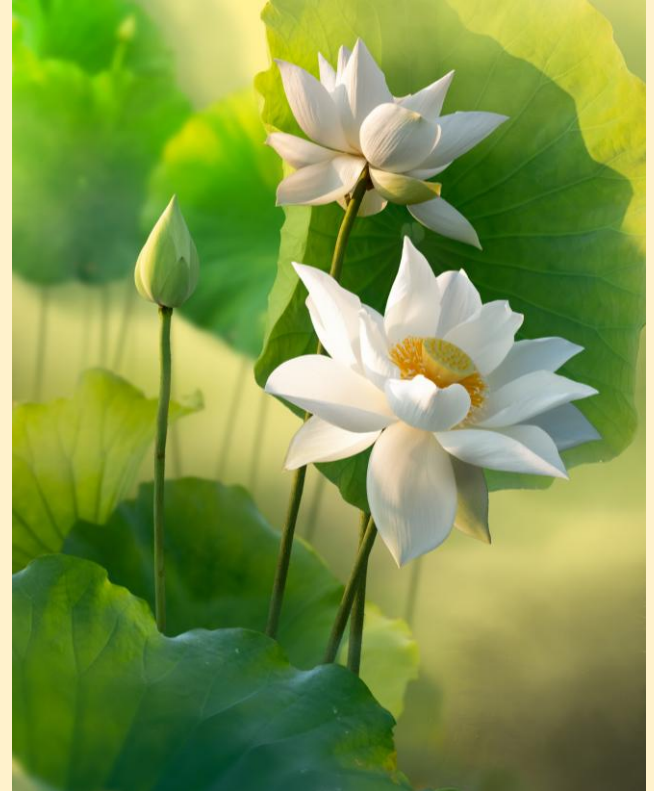


Essentials of Kriya Yoga Practice

Discipline, Discernment, Devotion

*Kriya Yoga consists of
body discipline, mental control
and meditating on Aum.*

– Patanjali





KRIYA YOGA MEDITATION ON OM

- self-discipline
- self-study
- self-surrender

The Spiritually Illumined Life

*The yogic key will not lose its efficiency
when I am no longer present in the body to guide you.
This technique cannot be bound, filed, and forgotten,
in the manner of theoretical inspirations.
Continue ceaselessly on your path to liberation through Kriya,
whose power lies in practice.*

—Lahiri Mahasaya

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Center for Spiritual Enlightenment • csecenter.org

