

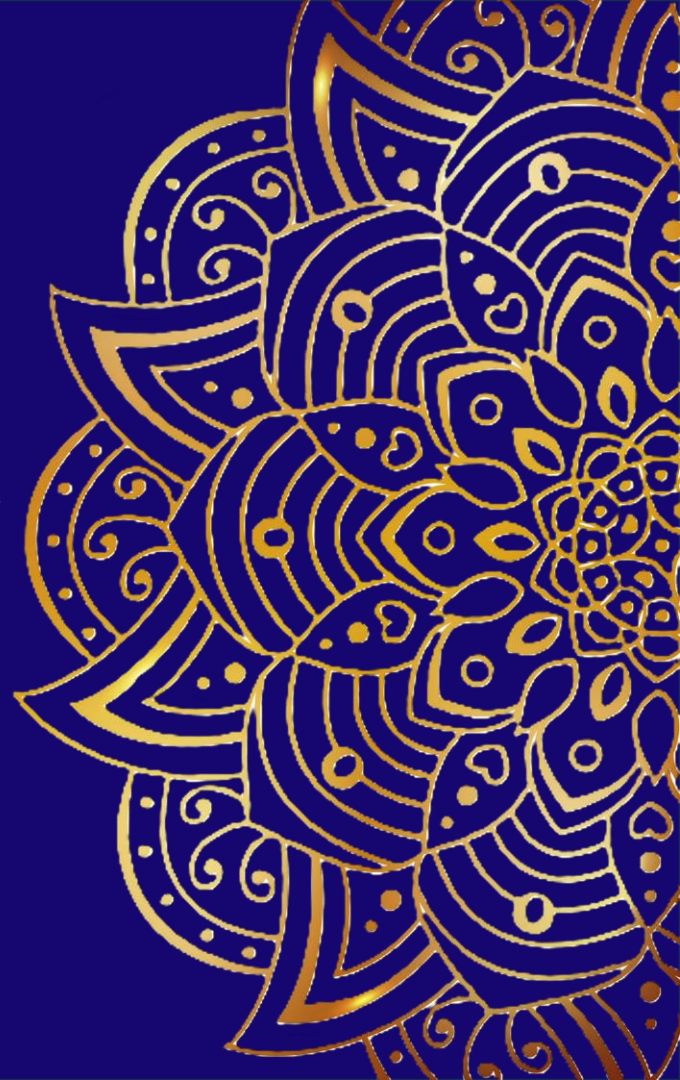
Living Kriya Yoga

Insights and Practices for an Awakened Heart

with Yogacharya Ellen Grace O'Brian

2026 Meditation Retreat at Center for Spiritual Awareness

Confidential for private use only. Do not duplicate.





***Kriya Yoga, the scientific technique of God-realization
will ultimately spread in all lands, and aid in
harmonizing the nations through man's personal,
transcendental perception of the Infinite.***

–Babaji's words to Paramahansa Yogananda



Babaji's Directive to Lahiri Mahasaya

*Repeat this majestic promise
from the Bhagavad Gita
to each of your disciples:*

*Even a little practice
of this dharma
will save you from great fear.*



Kriya Yoga as Purification

***Kriya Yoga* is the real fire rite
often extolled in the Gita.**

The yogi casts their human longings
into a monotheistic bonfire
consecrated to the unparalleled God.
This is indeed the true yogic fire ceremony,
in which all past and present desires
are fuel consumed by love divine.

—Paramahansa Yogananda



**The blessed role of Kriya Yoga
in East and West has
hardly more than just begun.
May all people come to know
that there exists a definite,
scientific technique of Self-
realization for the overcoming
of all human misery!**

—Paramahansa Yogananda



Be a Steadfast Yogi

*The very touch of the master
can elevate a sincere disciple
to an advanced stage,
but only their unceasing practice
combined with love, faith, and devotion
will lead them to God realization.*

—Lahiri Mahasaya

Encouragement from the Gita 2:40

*On this path,
effort never goes to waste,
and there is no failure.*



**O' God Beautiful, O' God Beautiful
At Thy Feet O' I Do Bow**

In the forest Thou art green
In the mountain Thou art high
In the river Thou art restless
In the ocean Thou art grave

**O' God Beautiful, O' God Beautiful
At Thy Feet O' I Do Bow**

To the serviceful Thou art service
To the lover Thou art love
To the sorrowful Thou art sympathy
To the yogi Thou art bliss



Living Kriya Yoga

Insights and Practices for an Awakened Heart

Yogacharya Ellen Grace O'Brian

Center for Spiritual Enlightenment • csecenter.org

