

*Prayer of Devotion by*  
**Swami Yogananda Paramhansa**  
Guru-Preceptor

“Heavenly Father, may thy love shine forever on the sanctuary of my devotion, and may I be able to awaken thy love in all hearts.”

AUM PEACE AMEN



Meditation is the key to spiritual life and illumination. It is the only way to know God and our soul, our true self. Meditation is much more than study and discussion. Intellectual understanding and thoughtful deliberation are most vital and fundamental prerequisites to the attainment of subjective knowledge and wisdom. But they must lead to meditation. Meditation is the ultimate means of attaining the direct perception of spiritual truths.

From time immemorial man has sought to find the way which leads to the realization of God, and he has discovered the path of God within himself and has called it Kriya Yoga. Literally Kriya Yoga is a Sanskrit expression of two words, Kriya and Yoga. Kriya means work. Yoga signifies union or oneness. In its spiritual connotation Kriya Yoga is the subjective method of meditation whereby the realization of soul's oneness with God is attained.

—Swami Premananda



### **Self-Revelation Church of Absolute Monism**

4748 Western Avenue, Bethesda, MD 20816

301-229-3871

[selfrevelationchurch@gmail.com](mailto:selfrevelationchurch@gmail.com)

[www.selfrevelationchurch.org](http://www.selfrevelationchurch.org)



## **KRIYA YOGA MEDITATION SERIES 2021**

**Conducted by**  
**Srimati Karuna, Minister**

**Wednesdays at 7:30pm**  
**April 7, April 14, April 21, April 28**  
**May 5, May 12, and May 19**



*in the* **GOLDEN LOTUS TEMPLE of the**  
**SELF-REVELATION CHURCH OF ABSOLUTE MONISM**

Swami Premananda, Founding Minister

Swami Kamalananda

**Live-Streamed audio and recordings will be available at:**

**[www.selfrevelationchurch.org/kriya](http://www.selfrevelationchurch.org/kriya)**



### THE GAYATRI PRAYER:

*“AUM. Let us meditate on the glory of that effulgent Reality from whom the whole universe is projected. May He enlighten our minds. AUM.”*



Kriya is composed of our own self-effort and self-unfoldment towards the direct realization of God through meditation. In the course of these seven weeks we will draw from the Upanishads as we renew our dedication to the life of yoga. This Kriya meditation series is intended for all who aspire to the practice and ideal of yoga.

—Srimati Karuna

**Wednesdays at 7:30pm EST in the Golden Lotus Temple and online**

### MEDITATIVE LIVING — April 7

“There are two ways of human life. One is the path of the senses and the other is the path of the Self. Each differs from the other. The traveler on the path of the senses loses himself in the wilderness of sensory pleasures. The path of the Self leads to the supreme good.”

—*Katha Upanishad*

### FORMS OF LIFE ENERGY AND PRANA — April 14

“It (the Self) is serene; yet It is more active than the mind or the sense faculties. Because of Its presence, Prana, the life-force, awakens and sustains the functioning powers of the body.”

—*Isha Upanishad*

### ABODES OF CONSCIOUSNESS — April 21

“Effulgent in self-illumination, subtler than the subtle, the abode of all planes of existence and of all beings, is the imperishable Brahman, the absolute Self. He is cosmic life, cosmic love and cosmic consciousness. O my illumined friends, realize him by becoming one with his perfection.”

—*Mundaka Upanishad*

### MIND AND SELF-SUBJECTIVITY — April 28

“O thou Light of Life, grant me the power that by my illumined mind I may be able to guide all my cognitive faculties to gain the direct vision of the divine Self. The initiates unite their minds and cognitive faculties with the supreme Self, and meditate upon the glory of the omniscient and omnipotent reality of pure consciousness. That effulgent one is the law of life and the giver of illumination.”

—*Svetasvatara Upanishad*

### RADIANT LIGHT — May 5

“The innermost radiant light within the spiritual eye is the mystic door of God revelation. When the mind remains firmly established on that radiant light, it is gradually absorbed by the ever expanding effulgence pervaded with the pure self-consciousness that finally leads to the realization of the absolute Self, Brahman.”

—*Kaushitaki Upanishad*

### BREATH AND HONG SWA — May 12

“The flame of pure-consciousness is eternally ignited within this body. By the meditation of Hong-Swa, all delusion having been dispelled, the Self is revealed in its effulgent glory. In the realization of oneness with Brahman, the Self, man transcends death. There is no path other than this to the attainment of immortality and bliss.”

—*Svetasvatara Upanishad*

### AUM - LIGHT ON THE COSMIC MANIFESTED WORD— May 19

“By meditating on AUM, the Word, within the effulgence of each of the seven lotuses, the mystic centers of spiritual revelation, is gained the inner illumination of the self which consumes the causes of all finiteness and self-limitation.”

—*Kaivalya Upanishad*

“The Self is symbolized by the word AUM. The entire concept of the Self is concealed in the meaning of AUM. AUM is composed of three mystic sound vibrations. These also signify the first three states of consciousness in the self of man.

—*Mandukya Upanishad*