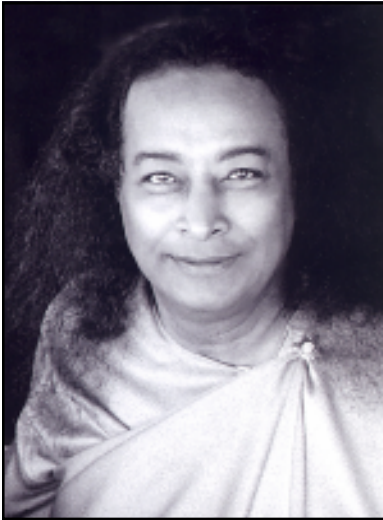


Ananda of Southern Maine presents:

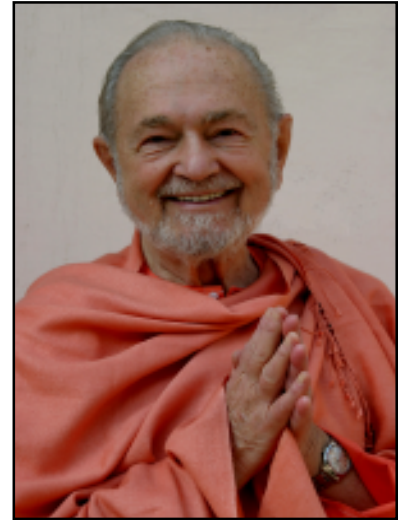
The Path of Kriya Yoga

Introduction to the techniques and teachings of Paramhansa Yogananda emphasizing one's personal inner communion with God.

"All scriptures declare man to be not a corruptible body, but a living soul: by Kriya he is given a method to prove the scriptural truth."



Paramhansa Yogananda
Author of the classic, *Autobiography of a Yogi*



Swami Kriyananda joy
Direct Disciple of Paramhansa Yogananda
Founder of Ananda

living soul

"Kriya, controlling the mind directly through the life force, is the easiest, most effective, and most scientific avenue of approach to the Infinite. In contrast to the slow, uncertain 'bullock cart' theological path to God, Kriya may justly be called the 'airplane' route."

"Hindu scriptures teach that the incarnating ego requires a million years to obtain liberation from the cosmic delusion Maya. This natural period is greatly shortened through Kriya Yoga."

divinity within

"Through the use of the Kriya key, persons who cannot bring themselves to believe in the divinity of any man will behold at last the full divinity of their own selves."

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

peace

The techniques and steps of the Path to Kriya Yoga initiation through Ananda will be presented and demonstrated in this class.

All are welcome!

Saturday, May 3, 2008
10 AM - 4 PM

(with break for lunch, *places to eat nearby*)

Cost: \$25 per person

Please call ahead to reserve a spot.

Ananda Yoga and Meditation Center of York Maine

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www.anandamaine.org

To do yoga just for the exercise, or to meditate just to lower your blood pressure, is like buying a beautiful house and then living on the porch.

It may be nicer than where you were before, but why not go inside?

The whole place is yours for the asking!

Yours, for the asking.

No dogma.

No institution.

No priestly intercession required.

The power of Self-transformation is inherent in the practices.

It is yours for the asking.

Why content yourself with less?

The spiritual journey begins at the point where you are now standing.

Your next step is wherever your heart guides you to move.

There is no single, right way that everyone must follow.

There are obvious starting and ending points, and milestones along the way, but the path is not linear.

spiritual journey

It is not a mere gathering of information.

It is spiraling inward to the center of your own being.

It is not, however, a journey into the unknown.

Many great souls have walked this way before you and have blazed a trail of wisdom that you can follow.

You have to make the journey yourself, but you need not walk alone.



Instructors: Kristy Fassler-Hecht and Chris Davies (long term practitioners of these techniques)

