



Kriya Yoga by Swami Yogananda (1930)

By Swami Yogananda

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Swami Yogananda (January 5, 1893 – March 7, 1952), born Mukunda Lal Ghosh and later known also as Paramahansa Yogananda, is attributed with introducing Kriya Yoga science to the West. This is an exact reproduction of his 1930 work (now Public Domain), formatted for Kindle devices. It contains detailed descriptions and instructions in the following techniques:

- (1) Kriya Proper - The basic Kriya Pranayama technique
- (2) Maha Mudra - Preparatory technique for Kriya Proper
- (3) Jyoti Mudra - Technique to see the Spiritual Eye

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