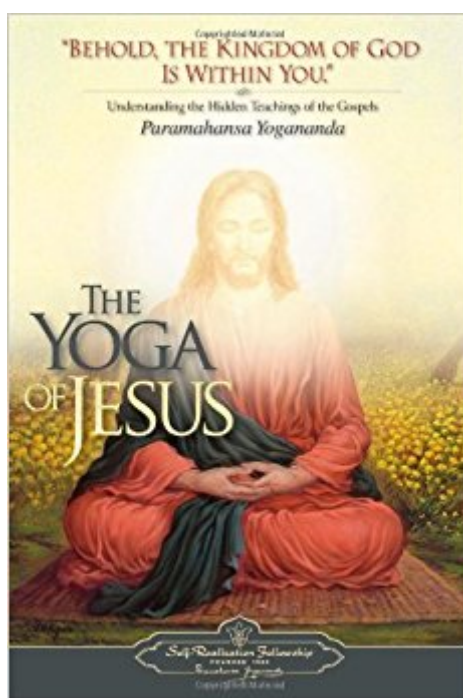


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# The Yoga Of Jesus: Understanding The Hidden Teachings Of The Gospels (Self-Realization Fellowship)



## Synopsis

In this remarkable book, Paramahansa Yogananda reveals the hidden yoga of the Gospels and confirms that Jesus, like the ancient sages and masters of the East, not only knew yoga but taught this universal science of God-realization to his closest disciples. Compiled from the author's highly praised two-volume work, *The Second Coming of Christ: The Resurrection of the Christ Within You*, this insightful and compact book transcends the centuries of dogma and misunderstanding that have obscured the original teachings of Jesus, showing that he taught a unifying path by which seekers of all faiths can enter the kingdom of God. Topics include: • The lost years of Jesus in India • The ancient science of meditation: how to become a Christ • The true meaning of baptism.

## Book Information

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## Customer Reviews

The writings of Paramahansa Yogananda have long been appreciated by practitioner and mystic alike. The Self-Realization Fellowship continues to make available these important syntheses of Eastern meditative yogic teachings and the more penetrating aspects of the life and sermons, parables, and lessons of Christ. The latter are often lost in didactic recitation over the centuries, but the work of Yogananda illuminates much of their likely original mystery and meaning with new perspective. This little work would revive the most, jaded who know the history of institutionalized religion. Questions such as "Who am I?" or "Why am I here?" are rarely directly addressed by dogma on baptism, sin, and heaven and hell. The Yoga of Jesus attempts to blend what is known

about the path of Christ, in union with the principles found in the Bhagavad Gita. It should be noted that in the brief introduction to this book a companion text is meant to accompany The Yoga of Jesus, entitled The Yoga of the Bhagavad Gita. For ease of reading, this book is divided into three parts and nine chapters. Chapter two, "Jesus the Yogi," relays Yogananda's understanding of ancient manuscripts and his belief that Jesus went to India and lived and ruminated among the yogis, gurus, and wise ones of that time. Chapter six helps to untangle the confusion many people have about doctrinaire religious practices and the metaphysics of Christ consciousness. The Yoga of Jesus essentially portends that one can clothe the path to enlightenment in various religious raiment, but the consciousness of infinite life and light is one and the same for all approaches. Simple enough, but as many people know, the world of Maya's everyday reality is powerful. We have to eat, have shelter, and cover our bodies for warmth. These requirements often obscure not only the object of life, but also the spirit, that is our birthright. This sweet treatise is ecumenical in nature and full of insight as it reminds us we can always be intoxicated with the divinely wondrous. The use of daily meditation will keep the seeker "in the zone" irrespective of any given stated religious preference. --New Age Retailer

Hailed as "the father of Yoga in the West", Paramahansa Yogananda is regarded as one of the great spiritual figures of our time. Born in northern India, he came to the United States in 1920, where for more than 30 years he taught the ancient science of Kriya Yoga meditation and the art of balanced spiritual living. That same year he founded Self-Realization Fellowship, to disseminate his writings and teachings worldwide. Through his best-selling classic, Autobiography of a Yogi, and his numerous other books, he has introduced millions throughout the world to the spiritual principles of yoga meditation and the universal truths underlying all world religions.

I read the two volume set of "The Second Coming of Christ Within You", first and I found this book to be a great summary of it, but happy to have this book for quick reference. Powerful profound words.

After reading Paramahansa Yogananda's "Autobiography of a Yogi" this comes as a natural second read. Some quite interesting perspectives on the connections between religions.

All of these books are a good read. Spiritual and informative.

I have read other books by this author so I knew the subject. Met my expectation. High level spiritual information. A must read if you want to actually understand Christianity.

Love love love love. Book was in perfect shape and the author and subject matter aren't too bad either. On a conscious spiritual path? This is a must read! OM Keep looking within.

If you are a follower of Jesus Christ this is a must read.

I had purchased the Spanish language version of this book for a friend in Mexico. He emailed me that he was enjoying it quite a lot. He is or was a Christian and this book was, he said, helping him in his search for a greater understanding of reality than his particular church teaches. So I bought the English version, which I had purchased previously but left with another friend after reading it the first time. It was equally interesting and nuanced when I read it the second time. I now look forward to seeing my Mexican friend and comparing ideas together. Oh my, what a wonderful book this is indeed. Not too long. Gets right down to the important points right away.

This is like the cliff notes to the Second Coming of Christ by Yogananda.

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