



Treasures – Sharing the Heart of Yogananda



Talks by Swami Kriyananda

COURAGE AND CALMNESS

- ❖ Center Everywhere Affirmation From Master's Birthday
- ❖ Developing Inner Strength
- ❖ Fortitude in Seeking God
- ❖ How to Work With Your Emotions
- ❖ How to Deepen Your Spiritual Life
- ❖ How to Know God
- ❖ How to Raise Your Energy
- ❖ How to Use Your Emotions, parts 1 & 2
- ❖ Learning to Trust God
- ❖ Meditation - What It Is and How To Do It
- ❖ Nature of the True Self
- ❖ Overcoming Doubt
- ❖ Overcoming Obstacles to Spiritual Growth
- ❖ Overcoming Stress and Fear
- ❖ The Art of Superconscious Living

ESSENCE OF SELF REALIZATION

- ❖ Experience the Basis of True Understanding
- ❖ Need for Self-Realization
- ❖ Path to Divine Union
- ❖ Self-Realization – The Redemption
- ❖ The Soul's Voyage

HAPPINESS

- ❖ Be Honest With Yourself
- ❖ Finding True Happiness
- ❖ How to Be Happy
- ❖ Inner Experience of Truth
- ❖ Say "Yes" to Life
- ❖ Techniques for Joyful Living, parts 1, 2 & 3
- ❖ True Happiness
- ❖ The World is What You Make It
- ❖ Yoga Techniques for Health and Happiness

HEALTH AND HEALING

- ❖ Achieving Emotional Maturity
- ❖ Healing With Magnetism
- ❖ How Do We Really Heal?
- ❖ National Health Federation Talk, 1983
- ❖ Principles of Healing, parts 1 & 2
- ❖ Radiant Health and Well Being
- ❖ Secrets of Spiritual Healing
- ❖ The Law of Miracles

KARMA

- ❖ Book of Bhrigu and Free Will
- ❖ Can You Change Your Destiny?
- ❖ Can Karma be Changed?
- ❖ Change Your Life, parts 1 & 2
- ❖ Choose to Be a Cause, Not an Effect
- ❖ Divine Will, Karma and Miracles
- ❖ Karma and Reincarnation
- ❖ Karma Yoga and Intuition
- ❖ Reincarnation, Service and Love
- ❖ Spiritual Astrology

MEDITATION

- ❖ God Consciousness
- ❖ How to Awaken Kundalini
- ❖ How to Meditate, parts 1 & 2
- ❖ How to Commune with God
- ❖ Interiorize Your Mind
- ❖ Meditation - What it is and How to Do It
- ❖ Phenomena versus Experience

PARAMHANSA YOGANANDA

- ❖ A Message of Unity
- ❖ Guru-Disciple Relationship, parts 1 & 2
- ❖ Life with Master, parts 1,2 & 3
- ❖ Master's Mahasamadhi
- ❖ Master's Birthday, 1989, 1977 & 1990
- ❖ Paramhansa Yogananda, Incarnation of Divine Love
- ❖ Role of The Guru
- ❖ The Need For a Guru
- ❖ The Guru's Grace
- ❖ Tribute to Yogananda, Portland Talk
- ❖ Two Great Masters
- ❖ Two Master's Birthday Celebrations, parts 1 & 2
- ❖ Yogananda Mahasamadhi Pilgrimage, 1993

RELATIONSHIPS

- ❖ God's Impersonal Love
- ❖ Balancing Masculine and Feminine Energies
- ❖ Finding Your Spiritual Family
- ❖ How to Open Your Heart
- ❖ How to Spiritualize Your Relationships
- ❖ Human Relationships
- ❖ Lahiri and Householders
- ❖ Love: Human and Divine
- ❖ Male and Female Principles
- ❖ Questions and Answers on Relationships
- ❖ Relationships: A Spiritual Approach
- ❖ Spirituality and Sexuality
- ❖ Spiritualizing Relationships
- ❖ Spiritualizing Family Life
- ❖ Turning Human Love into Divine Love
- ❖ Unconditional Love
- ❖ Using Feminine Energy for Spiritual Growth
- ❖ Wisdom of the Heart

SUCCESS

- ❖ Aligning Self Will with Divine Will
- ❖ Art of Creative Leadership
- ❖ Bringing Yoga Into All Aspects of Life
- ❖ Concentrate Your Forces
- ❖ Find All You Have Been Seeking
- ❖ Following the Highest Dharma
- ❖ God – The Only Asset Needed
- ❖ How to Achieve Material and Spiritual Success
- ❖ How to Achieve True Prosperity
- ❖ How to Know and Do God's Will
- ❖ How to Find Your True Role in Life
- ❖ How to Rule the Kingdom of Mind, parts 1 & 2
- ❖ Leadership: a Spiritual Journey
- ❖ Limits of the Intellect
- ❖ Receptivity for God's Grace
- ❖ Recognize and Trust Inner Guidance
- ❖ Self-Effort versus Grace
- ❖ Self-Acceptance
- ❖ Service is Joy
- ❖ Success and Failure
- ❖ Success Through Attunement
- ❖ The Importance of Energy
- ❖ The Importance of Individual Effort
- ❖ What is Success?
- ❖ Your Own Highest Potential