



Over the course of seven weeks we will examine the sources, life, practice and purpose of Kriya. By its nature Kriya Meditation is composed of our own self-effort and self-unfoldment towards the direct realization of God. This Kriya meditation series is intended for all who aspire to the practice and ideal of yoga.

—Srimati Karuna

AWAKENING — April 20

One who earnestly aspires to reach that state of consciousness which transcends all conditions of duality; whose mind is steadfastly directed towards the highest ideal of self-perfection; and whose heart is subjectively free from attachment to sensory objects: Know him to be truly awakened... Those who are ever awake in the consciousness of the divinity of the Self live all the hours of their daily life by its guiding illumination.

—Dhammapada

In the practice of Yoga no effort is ever lost, nor is there any possibility of retrogression in it.

—Srimad-Bhagavad-Gita

INNER ABODES — April 27

Our knowledge may be likened to waves within our consciousness.

—Patanjali's Yoga Sutras (Raja Yoga: The Yoga of God-Realization)

In my Father's house are many mansions.

—John 14:2

PRANA: LIFE ENERGY — May 4

Life, Prana, is born of Atman, the absolute Self. As the shadow exists only in association with the body, so life abides with the absolute Self.

—Prashna Upanishad

MIND AND SELF-SUBJECTIVITY — May 11

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

—Romans

BREATH AND HONG SWA — May 18

God breathed into the nostril of man.

—Genesis

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.

—Svetasvatara Upanishad

EYE OF DIVINE ILLUMINATION — May 25

If thine eye be single, thy whole body shall be filled with light.

—Sermon on the Mount

God is the Light of the Heavens and the Earth.

—Qur'an

It is at the center between the eyebrows, at the root of the nose. It is the 'Kutastha, the Spiritual Eye,' the door of subjective revelation. Lift your inner vision and establish your consciousness on light.

—Jabala Upanishad

AUM— June 1

AUM is the symbol of the cosmic universe, the phenomenal as well as the noumenal. The past, the present, and the future, the origin, existence, and unfoldment in perfection, are all explained by the word AUM. And that which is beyond the category of time is also revealed by AUM. Verily, all is the manifestation of the Reality of AUM.

—Mandukya Upanishad

Prayer of Devotion by
Swami Yogananda Paramhansa

“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



**KRIYA YOGA
MEDITATION SERIES
2022**

Conducted by
Srimati Karuna, Minister

Wednesdays at 7:30pm

**April 20, April 27,
May 4, May 11, May 18, May 25,
June 1**



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