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# The Yoga Of Jesus Paramahansa Yogananda

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## REDISCOVERING THE LOST TEACHINGS OF JESUS: A JOURNEY THROUGH PARAMAHANSA YOGANANDA'S MASTERPIECE

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For centuries, the life and teachings of Jesus Christ have been the cornerstone of Western spirituality. Yet, for millions of seekers around the world, a profound question lingers: were Jesus's teachings intended solely as a path of faith and worship, or did they also contain a hidden, universal science of divine realization? In **The Yoga Of Jesus Paramahansa Yogananda**, the revered Indian master offers a revolutionary perspective. He presents Jesus not as a distant, miraculous figure, but as a fully realized **Yoga** master—a *Jivanmukta*—whose every word and action was a living demonstration of the ancient science of **Kriya Yoga**.

This book is far more than a simple commentary on the New Testament. It is a spiritual bridge, connecting the practical, inner-directed techniques of Eastern meditation with the devotional, outer-directed faith of Western Christianity. By understanding **The Yoga Of Jesus**, readers unlock a deeper, more experiential dimension of the Gospels, transforming them from historical

documents into a personal, scientific manual for God-communion.

## Who Was Paramahansa Yogananda and Why His Interpretation Matters

To appreciate the depth of **The Yoga Of Jesus**, one must first understand its author. Paramahansa Yogananda (1893–1952) was a pioneer who brought the ancient science of **Kriya Yoga** to the West. His classic *Autobiography of a Yogi* remains a global spiritual phenomenon, introducing millions to the concepts of **meditation**, **reincarnation**, and the scientific approach to God-realization.

Yogananda did not come to America to establish a new religion. He came to reveal the **universal principles** underlying all great faiths. Raised in a devout Hindu household, he was also deeply familiar with the Bible from his youth. Later, under the guidance of his guru, Swami Sri Yukteswar, he undertook a systematic comparative study of the **Hindu scriptures** and the **New Testament**. The result was a series of lectures and

commentaries that eventually formed the core of **The Yoga Of Jesus**.

What makes Yogananda's interpretation so powerful is its radical inclusivity. Instead of seeing division between the "Eastern" teachings of **Krishna** and **Patanjali** and the "Western" teachings of Jesus, he saw a perfect harmony. He argued that Jesus, like the ancient **Rishis** of India, was a **Yogi** who had mastered the inner laws of consciousness. His miracles were not violations of nature, but demonstrations of a higher natural law—the law of **spiritual energy**.

## Unveiling the Hidden Yoga in the Gospels

The central thesis of **The Yoga Of Jesus Paramahansa Yogananda** is that Jesus's teachings, when translated correctly from the original Aramaic Greek, reveal a step-by-step path to **Self-realization**. Yogananda focuses on key phrases from the Gospels and reinterprets them through the lens of yogic philosophy and practice.

### THE LORD'S PRAYER: A SCIENTIFIC MANTRA

Perhaps the most famous example is Yogananda's analysis of the Lord's Prayer. He does not view it merely as a petition to God, but as a precise, condensed **mantra** for high states of **meditation**. For instance, the line "Our Father which art in heaven, Hallowed be thy name" is reinterpreted as a call to the **Om** vibration—the

cosmic sound that is the name of God. "Thy kingdom come" is a prayer for the descent of **divine consciousness** into the meditator's spine and brain, to be experienced as **Kriya Yoga**.

Yogananda explains that the "kingdom of God" which Jesus promised is not a distant physical location, but a state of **cosmic consciousness** that can be realized right here, in the **spine** and **brain**—the *Kutastha* or "seat of the soul." This is the "broad way" that leads to life eternal, which Yogananda redefines as the **astral spine**, the central channel for spiritual energy.

### "THE KINGDOM OF GOD IS WITHIN YOU"

This famous verse from Luke 17:21 is a cornerstone of Yogananda's teachings. He argues that Jesus was not speaking metaphorically, but literally. The Kingdom of God is hidden within the body, in the **sahasrara** (crown chakra) and the **spine**. To enter this kingdom, one must learn to **withdraw** the life force from the senses and the body and direct it upwards through the **sushumna** channel. This technique is the essence of **Kriya Yoga**.

Yogananda states: "Jesus said, 'Be still, and know that I am God.' Be still from the senses, be still from the breath, be still from the restless thoughts. When the mind is absolutely still, then the **Atman** (the soul) reveals itself." This stillness is not mere relaxation; it is a highly dynamic state of **meditation** achieved through the scientific practice of **Kriya**.

# The Scientific Technique: How Kriya Yoga Fulfills Jesus's Promise

**Kriya Yoga** is the practical heart of **The Yoga Of Jesus**. Yogananda explains that Jesus taught a specific **technique** for hastening human evolution. He called it the "Resurrection" technique. Yogananda teaches that the "body of Christ" is the **cosmic consciousness** that is attained when the life force is united with the spiritual eye (the *ajna chakra*) and the **Holy Ghost** is the **Om** vibration.

The method involves a simple, powerful **meditation** technique that gently **energizes** the spine and **calms** the breath. By rotating the life energy up and down the spine, the practitioner **accelerates** their spiritual evolution, effectively "dying" to the ego and "rising" into **Christ consciousness**. In this sense, every **Kriya Yogi** can literally experience the **Resurrection** and **Ascension** of Jesus on the altar of their own spine.

## THE LOST PARABLE OF THE PRODIGAL SON

Yogananda offers a stunning reinterpretation of the Parable of the Prodigal Son. The "far country" to which the son travels is not a physical land, but the **material world** of the senses and the **ego**. The "husks" he eats are the empty pleasures of **illusion**. His return to his father's house is the journey back to **spiritual**

**consciousness** through **meditation**. The "ring" and "robe" given to him by his father symbolize the **spiritual body** and the **divine love** that are his true inheritance.

# Bridging the Divide: Yoga, Christianity, and Universal Truth

One of the most profound contributions of **The Yoga Of Jesus Paramahansa Yogananda** is its ability to reconcile the apparent contradictions between **Eastern** and **Western** spiritual paths. Many Christians initially struggle with concepts like **reincarnation** and **karma**. However, Yogananda demonstrates that these ideas were not absent from early Christianity. He points to verses such as Matthew 11:14, where Jesus says of John the Baptist, "he is Elijah who was to come." This, Yogananda explains, is a clear reference to the law of **reincarnation**.

He argues that the doctrine of a single lifetime and eternal heaven or hell was a later addition to Church dogma, heavily influenced by the Roman Emperor **Justinian** and the **Second Council of Constantinople** in 553 AD. The original, esoteric teachings of Jesus included a full understanding of the soul's journey through many births, each one an opportunity for growth and ultimate liberation through **God-realization**.

This is not a replacement of Christianity, but a restoration of its

original, **universal** essence. Yogananda teaches that **Christ consciousness** is the same as **Krishna** consciousness, the same as **Buddha** nature. It is the one, undivided intelligence of God, which expresses itself through different **avatars** and **saviors** for different ages and cultures.

## Practical Application: Reading the Bible as a Yogic Guide

How can a modern reader apply the teachings of this book? **The Yoga Of Jesus Paramahansa Yogananda** is not a book to be merely read; it is a book to be practiced. Here are key practical takeaways:

1. **Meditate on the Verses:** Read a passage from the Gospels, then sit in **silence** and try to **feel** the energy behind Jesus's words. Use the verse as a **seed** for your **meditation**.
2. **Practice Kriya Yoga:** The ultimate way to understand Jesus is to follow his example. **Kriya Yoga** is the scientific method for **accelerating** your spiritual growth, as taught by Yogananda. It is available through the **Self-Realization Fellowship** (SRF) lessons.
3. **Cultivate Devotion: Bhakti Yoga** (the path of devotion) is essential. Jesus's entire life was a lesson in **surrender**

and **love**. Integrate prayer, chanting, and heartfelt devotion into your practice.

4. **See the Symbolism:** Read the Bible anew. See the **crucifixion** as the **ego's** surrender to the **soul**. See the **resurrection** as the **soul's** victory over **maya** (illusion). View the **Holy Spirit** as the **Om** vibration you feel during **deep meditation**.
5. **Live the Ethics:** The **Yoga of Jesus** is not a mental exercise. It requires living the **Beatitudes**: humility, purity, mercy, and peacemaking. These are the **Yamas** and **Niyamas** of the yogic path.

## Why This Book Matters Today More Than Ever

In an age of religious division, **The Yoga Of Jesus Paramahansa Yogananda** offers a powerful antidote. It provides a common ground where a devoted Christian and a lifelong **Yogi** can sit together and understand each other. It moves beyond dogma into direct, personal **experience** of God, which is the true meaning of **Yoga** (union).

It also addresses the deepest human hunger: the longing for meaning and connection. By showing that the **Kingdom of Heaven** is a tangible, attainable state of **cosmic consciousness**, Yogananda gives hope that we are not simply waiting for a future salvation, but