

SELF-REALIZATION FELLOWSHIP



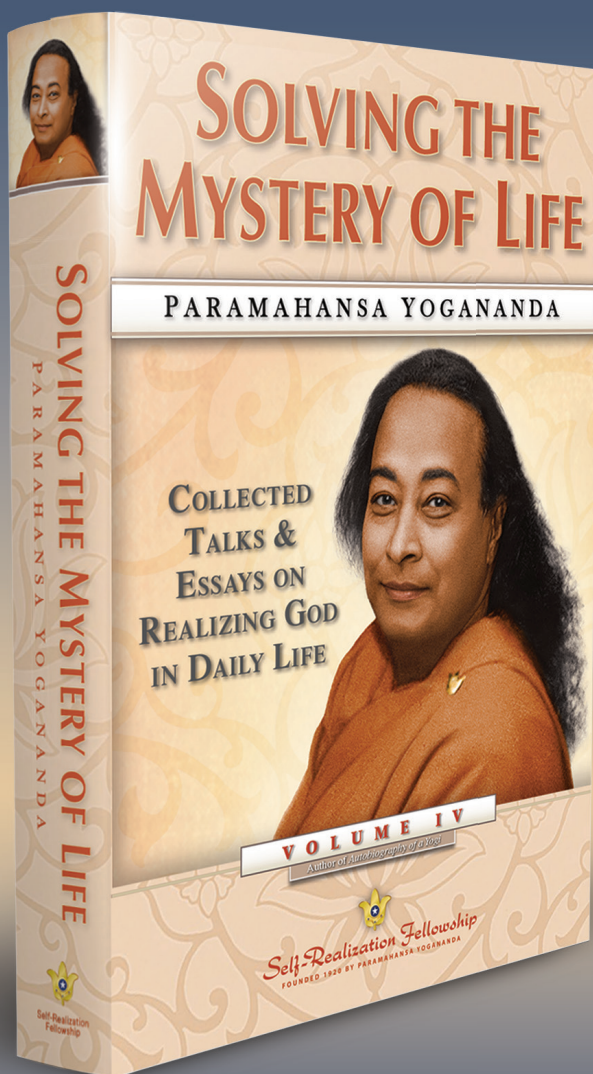
PUBLISHERS



2025 CATALOG

INSPIRATION, SPIRITUAL WISDOM, YOGA MEDITATION

BOOKS BY PARAMAHANSA YOGANANDA



Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

Paramahansa Yogananda

1893–1952

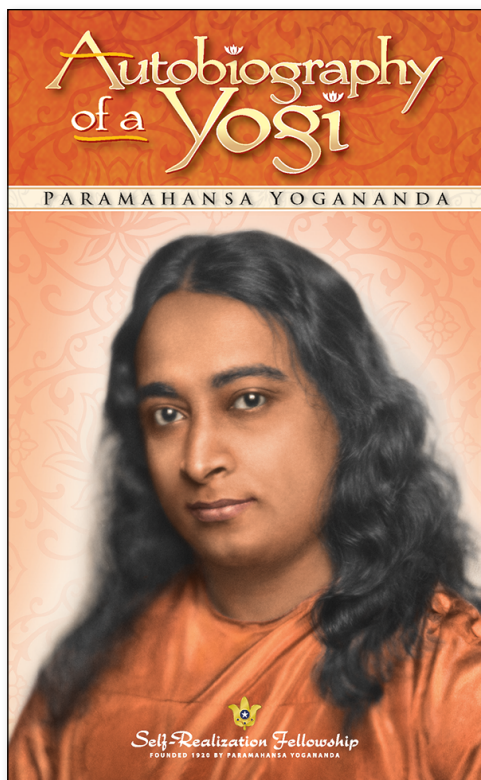


Paramahansa Yogananda writing his Autobiography of a Yogi, at the Self-Realization Fellowship Hermitage in Encinitas, California

Paramahansa Yogananda is widely regarded as one of the preeminent spiritual figures of our time and has been hailed as the “father of yoga in the West.” Born in northern India, Paramahansa Yogananda came to the United States in 1920.

For more than 30 years, Paramahansa Yogananda taught India’s ancient science of meditation and the art of balanced spiritual living. His numerous books have introduced millions of readers to the timeless truths underlying the world’s religious traditions. His spiritual and humanitarian work continue to be carried on today by Self-Realization Fellowship. An award-winning documentary film about his life and work, *Awake: The Life of Yogananda*, was released in October 2014.

A Spiritual Classic — More Timely Than Ever!



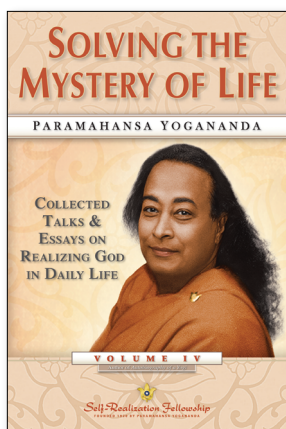
As the world continues to experience unprecedented changes, more and more people are turning to spiritual principles and practices such as meditation to help balance and bring greater understanding to their lives. In continuous print since its publication nearly 80 years ago, Paramahansa Yogananda's *Autobiography of a Yogi* stands as one of the timeless go-to books for millions of seekers and yoga enthusiasts around the world. A spiritual journey of love and enlightenment, this book continues to influence scientists, artists, engineers, business leaders, doctors, teachers, athletes, and people from every walk of life. With far-seeing wisdom Paramahansa Yogananda reveals truths about not only each soul's journey but how the world can and will evolve into a better age—delivering a potent message for our time.

See page 12 for information about the special Deluxe Edition of this classic of spiritual literature.

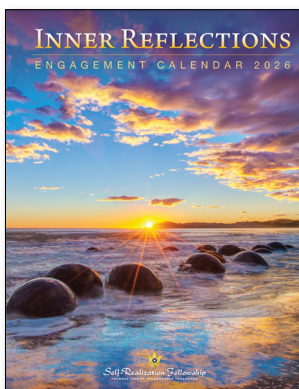
This catalog also features a variety of publications conveying Yogananda's timeless wisdom and inspiration that continue to touch and transform people's lives.

Contents

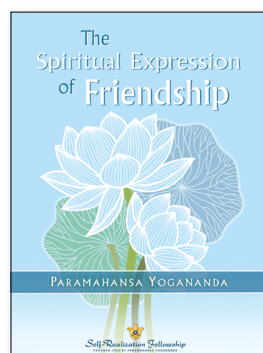
Essential Titles	4
Sales Representatives	5
Order Information	5
Frontlist—June 2025	6
Frontlist—October 2025	8
Inner Reflections Engagement Calendar	10
Best of Backlist	12
Spanish	34
Audio Compact Discs	48
Incense	50
Complete Product List	51



New—page 6



New—page 10
English and Spanish



New—page 8

Essential Titles Offering Strength and Solace During Challenging Times

AUTOBIOGRAPHY OF A YOGI (page 12)	
Mass Market Paperback	978-0-87612-079-8 \$8.50
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Paperback	978-0-87612-720-9 \$10.95
SOLVING THE MYSTERY OF LIFE (page 6)	
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Paperback	978-0-87612-456-7 \$6.50
2026 INNER REFLECTIONS (page 10)	
Engagement Calendar	978-1-68568-210-1 \$15.95

Spanish

AUTOBIOGRAFÍA DE UN YOGUI (Autobiography of a Yogi, page 34)	
Paperback	978-0-87612-098-9 US \$8.50
DONDE BRILLA LA LUZ (Where There is Light, page 43)	
Quality Paperback	978-0-87612-721-6 US \$12.95
LA BÚSQUEDA ETERNA (Man's Eternal Quest, page 40)	
Quality Paperback	978-0-87612-050-7 US \$17.95
AFIRMACIONES CIENTÍFICAS PARA LA CURACIÓN (Scientific Healing Affirmations, page 41)	
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POR QUÉ DIOS PERMITE EL MAL (Why God Permits Evil, page 44)	
Hardcover.	978-0-87612-285-3 US \$12.95

ORDER INFORMATION

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Solving the Mystery of Life

NEW

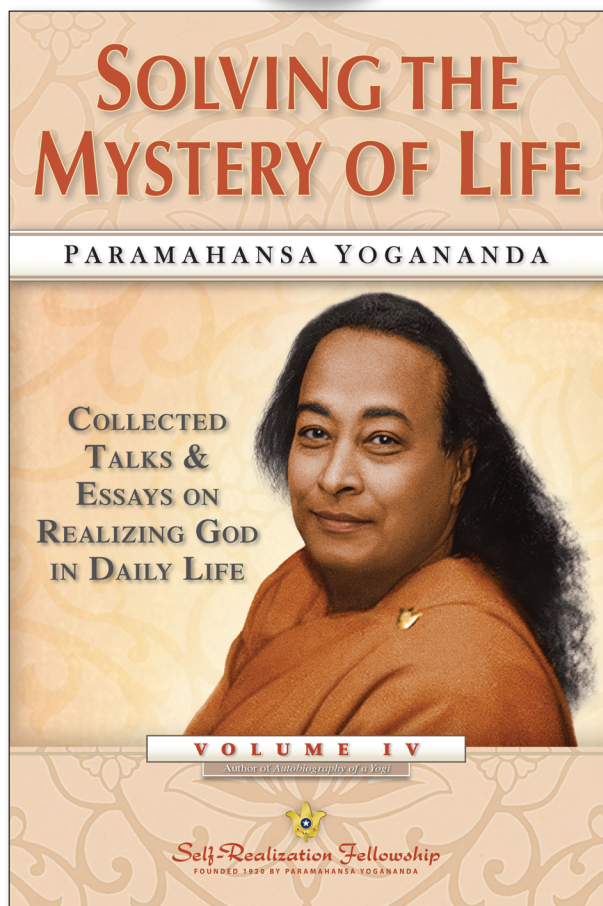
*Collected Talks and Essays on Realizing God in Daily Life—
Volume IV*

Paramahansa Yogananda

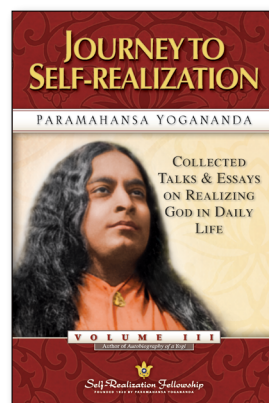
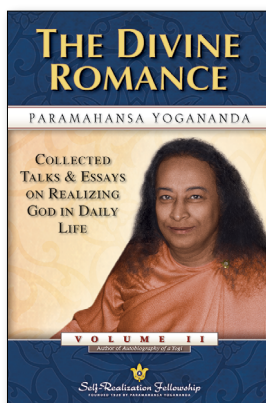
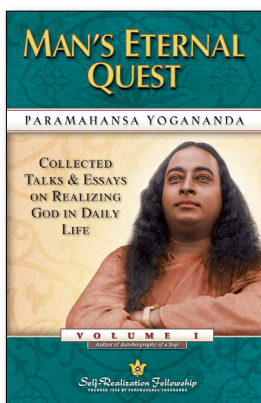
Solving the Mystery of Life is the fourth volume in the bestselling *Collected Talks and Essays on Realizing God in Daily Life* series from Paramahansa Yogananda.

This anthology of 39 lectures and informal classes, offers answers to those seemingly unanswerable questions such as: “Why are we here? What is our destiny, and how can we control it? What is God and if God is good, why is there evil in this world? How can we experience greater joy and security?”

Readers looking for answers to the myriad outer and inner challenges of life will find these talks alive with the unique blend of all-embracing wisdom, encouragement, and love for humanity that have made Paramahansa Yogananda one of our era’s most trusted guides to the spiritual life. As one who has solved the mystery of life himself, Yogananda lays out the divine laws at work in the universe, reminding the reader that we are immortal beings with infinite potential to realize and express more fully in our lives the beauty, nobility, and divinity of the human spirit.



See information for the other books in this series on page 20.



FEATURING

- The Art of Right Action
- Harmonizing Your Life With Spiritual Vibrations
- Training the Conscious and Subconscious Minds for Success
- Awakening Will Power for Success and Divine Accomplishment
- How to Get Out of Mental Ruts
- The Divine Art of Erasing Age and Creating Vitality
- The Mystic Tree of Life
- How to Smile Away Your Troubles
- Destroying the Consciousness of Fear
- Cultivate Friendship With God

SPECIFICATIONS:

Quality Paperback

Religion/Spirituality

424 pages

15 photographs

6 x 9

ISBN 978-1-68568-226-2

\$24.95

Hardcover

424 pages

15 photographs

6 x 9

ISBN 978-1-68568-225-5

\$34.95



The Spiritual Expression of Friendship

Paramahansa Yogananda

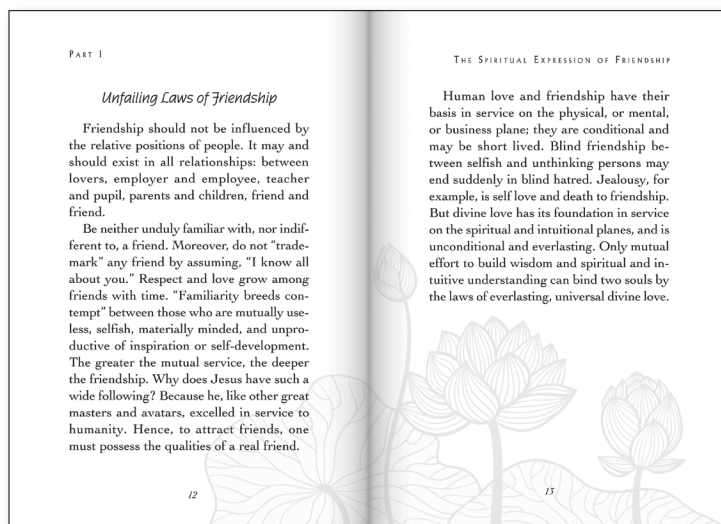
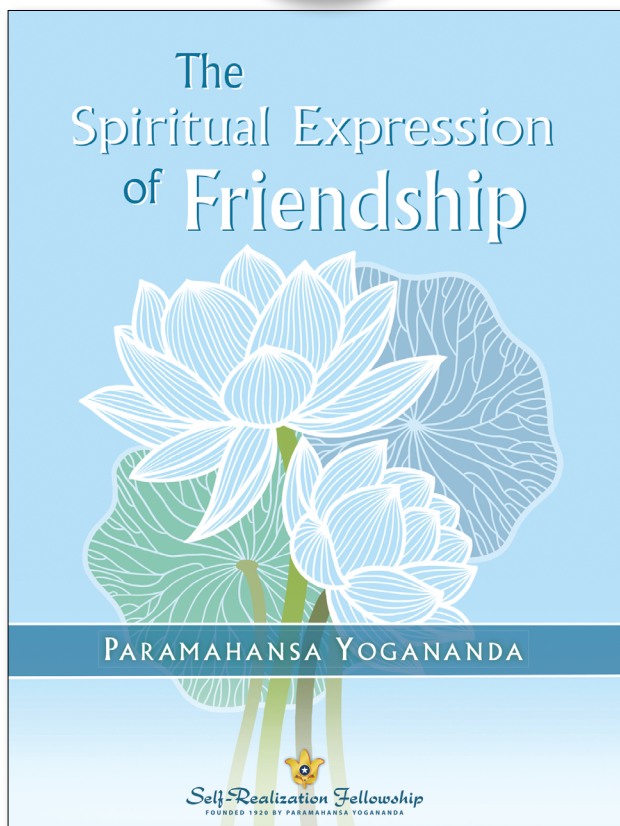
NEW

In this beautifully illustrated book, one of the most revered modern masters of yoga and spirituality unveils the profound spiritual depths waiting to be discovered in our relationships with others. He shows us how we can develop our capacity for friendship to the fullest—bringing not only an inwardly fulfilling harmony with those who are near and dear to us, but also an unfolding of our soul's highest potentials.

Outlining the universal practices underlying true friendship, Paramahansa Yogananda offers a timely prescription for strife-torn humanity. And he expands our understanding of friendship to embrace the joyful awareness of the One Friend who cherishes and supports us throughout all life's experiences—God.

TOPICS INCLUDE:

- How to apply the unfailing laws of friendship
- Recognizing friends from past lives
- Developing the magnetism that draws true friends wherever we go
- How to practice loving those who do not love us



"The relationship that exists between friends is the grandest of human loves....To wish for perfection for the loved one, and to feel pure joy in thinking of that soul, is divine love; and that is the love of true friendship."

— Paramahansa Yogananda



SPECIFICATIONS:

Hardcover

Religion/Philosophy

64 pages

4 3/4 x 6 3/4

ISBN 978-1-68568-228-6

\$14.95



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7 x 9

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Richard Day



Guy Edwardes/Minden Pictures

*If you keep open your eyes of wisdom
and calmness, you will see there is a lot
of enjoyment in this world —
just as though you are watching a motion picture.*

—Paramahansa Yogananda



Dennis Frates



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Gary Bell/Oceanwide Images

Autobiography of a Yogi

Paramahansa Yogananda

"One of the most recognizable books on the topic of yoga and India's spiritual wisdom..."
—Publishers Weekly

Paramahansa Yogananda is often referred to as the Father of Yoga in the West. His remarkable life story has become an acclaimed spiritual classic that has touched the hearts and minds of millions around the globe. Translated into over fifty languages, Yogananda's autobiography has served as an ambassador for India's ancient science of yoga and remains the definitive introduction to yoga meditation and an absorbing exploration of the true meaning of life.

EDITIONS:

Mass Market Paperback

Religion / Spirituality / Biography
606 pages, 57 photos, 4 1/2 x 7 1/2
ISBN 978-0-87612-079-8

\$8.50

Quality Paperback

520 pages, 80 photos, 6 x 9
ISBN 978-0-87612-083-5

\$16.00

Hardcover

520 pages, 80 photos, 6 x 9
ISBN 978-0-87612-082-8

\$27.95

Large Print Paperback (16-point font)

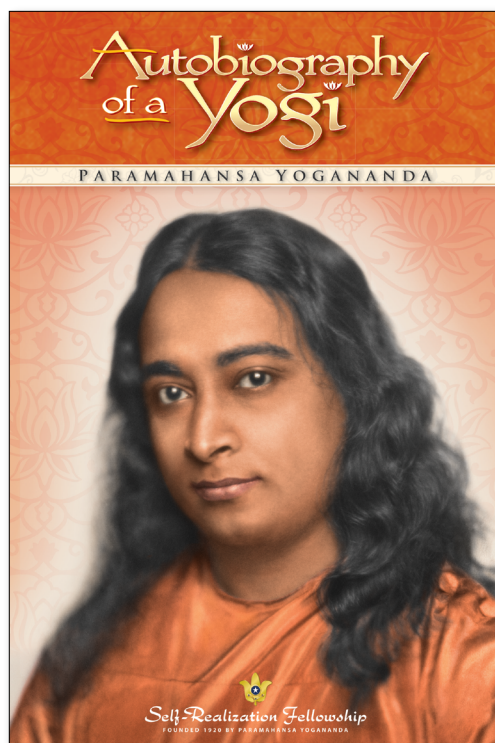
758 pages, 57 photos, 7 1/2 x 10
ISBN 978-0-87612-238-9

\$42.00

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\$48.00



What others are saying...

"One book in particular stayed with Steve Jobs his entire life...Autobiography of a Yogi, the guide to meditation and spirituality that he had first read as a teenager, then re-read in India and had read once a year ever since."

—Huffington Post review of the book *Steve Jobs*

"I first read Autobiography of a Yogi in the 1970s.... It started me on a path of yoga, meditation, and self-exploration that has continued until this day."

—Jack Canfield, Co-creator of the *Chicken Soup for the Soul* series

"Yogananda's Autobiography of a Yogi has become a timeless classic in spiritual literature. The extraordinary and miraculous experiences in his life are testimony that he was in God-consciousness. If you really want to understand the infinite possibilities inherent in the field of consciousness, then read this book."

—Deepak Chopra

The Complete Edition

Only Self-Realization Fellowship's editions incorporate all of the author's wishes for the final text, personally conveyed by him to the editor he worked with from 1924 until his passing in 1952, and to whom he entrusted all matters pertaining to the publication of his works.

Autobiography of a Yogi

DELUXE EDITION

Released in 2021 to commemorate the 75th anniversary of this spiritual classic, and designed to last a lifetime, this high quality edition includes:

- More than 100 photos, in sepia duotone and full color
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- Gilded page ends
- A ribbon bookmark
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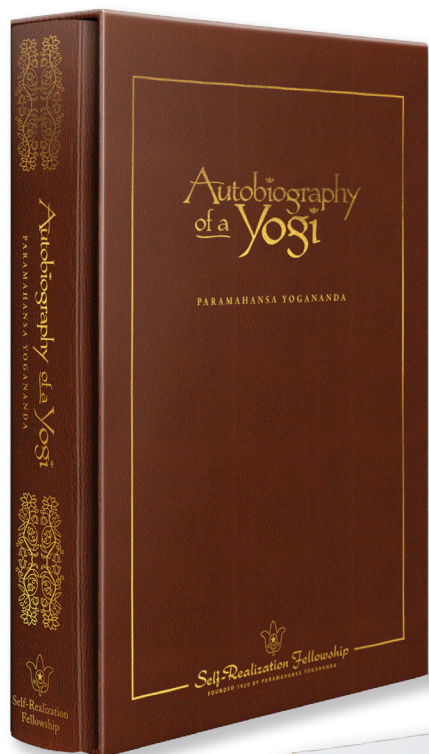
Deluxe Slipcased Hardcover

694 pages, 100+ photos

6 1/2 x 10

ISBN 978-0-87612-938-8

\$42.00



The Yoga of Jesus

Understanding the Hidden Teachings of the Gospels

Paramahansa Yogananda

Paramahansa Yogananda provides a revelatory introduction to the hidden yoga of the Gospels. A selection of material from his highly praised two-volume work, *The Second Coming of Christ: The Resurrection of the Christ Within You*, this concise book confirms that Jesus, like the ancient sages and masters of the East, not only knew the principles of yoga but taught this universal science of God-realization to his disciples.

Topics include:

- The “lost years of Jesus” in India
- The ancient science of meditation: how to become a Christ
- The true meaning of baptism
- How the principles and methods of yoga parallel the teachings of the greatest Christian saints and mystics

MORE THAN 100,000 COPIES SOLD

“Jesus went very deep in teachings that appear on the surface to be simple—much deeper than most people understand....In [his teachings] is the whole science of yoga, the transcendental way of divine union through meditation.”

— From *The Yoga of Jesus*

SPECIFICATIONS:

Quality Paperback

Religion/Spirituality

160 pages

6 x 9

“This fascinating, and highly thought-provoking book removes the centuries of dogma and misunderstanding that obscures Christ’s teachings.”

— Yoga Magazine

“[In The Yoga of Jesus]...Yogananda offers seekers their own experience of divine bliss.”

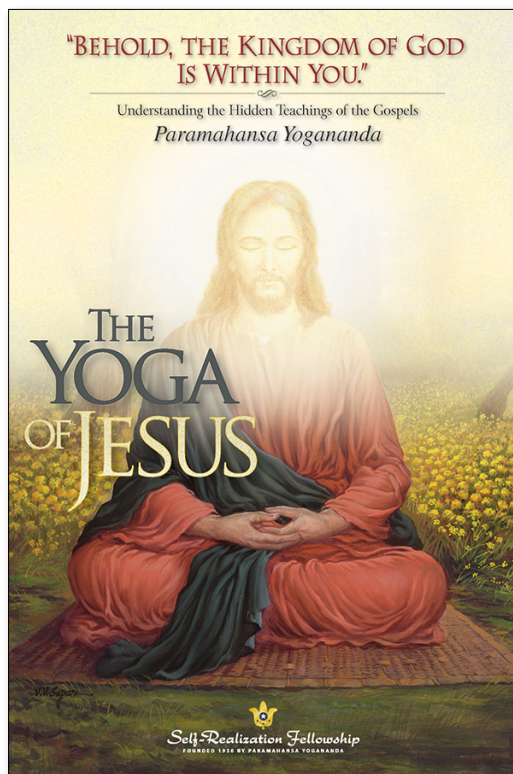
— Spirituality & Health

“Important syntheses of Eastern meditative yogic teachings and the more penetrating aspects of the life and sermons, parables, and lessons of Christ....Full of insight.”

— New Age Retailer

“A breath of fresh air....This book is for all those looking for information to take them beyond believing to knowing.”

— Lotus Guide Magazine



ISBN 978-0-87612-556-4

\$14.95

The Yoga of the Bhagavad Gita

An Introduction to India's Universal Science of God-Realization

Paramahansa Yogananda

Paramahansa Yogananda delves into the deeper meaning of the Bhagavad Gita's symbology, and sheds a fascinating light on the true intent of India's most beloved scripture. Showing that the Gita's warriors metaphorically represent negative tendencies of the human ego pitted against the divine qualities of the soul, Yogananda explains how the wisdom of yoga can help us achieve material and spiritual victory on the battlefield of daily life.

This concise and inspiring book is a compilation of selections from Paramahansa Yogananda's in-depth, critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (*God Talks With Arjuna*). Presented here for the first time is Yogananda's unique translation of the verses in their original unbroken sequence, offering readers a continuous poetic narrative of the entire Bhagavad Gita from a yogic perspective.

Topics include:

- Using self-analysis and introspection for continuous personal growth
- Understanding the psychological forces that help—and those that hinder—spiritual progress
- How to experience the deeper states of meditation and divine illumination

MORE THAN 35,000 COPIES SOLD

"We came from God and our ultimate destiny is to return to Him. The end and the means to the end is yoga, the timeless science of God-union."

— From *The Yoga of the Bhagavad Gita*

SPECIFICATIONS:

Quality Paperback

Religion/Eastern Philosophy

192 pages

6 x 9

"A concise yet in-depth exposition...Beautifully written...profound in its wisdom."

— LA Yoga

"Presents truth-seekers with an ideal introduction to the Gita's timeless and universal teachings."

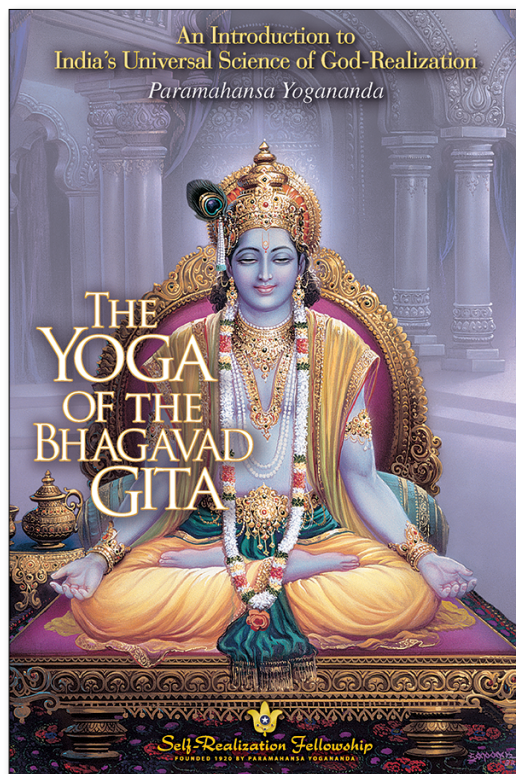
— Vision Magazine

"This book will appeal to anyone interested in the time-proven wisdom of the ages—including the millions of yoga practitioners who are ready to go beyond physical exercises to experience the spiritual depths and true essence of India's ancient science of inner peace, joy, and divine union."

— New York Yoga

"A deeply intelligent look at the true intent of the Bhagavad Gita."

— Yoga Magazine



ISBN 978-0-87612-033-0

\$14.95

The Second Coming of Christ: The Resurrection of the Christ Within You

A revelatory commentary on the original teachings of Jesus

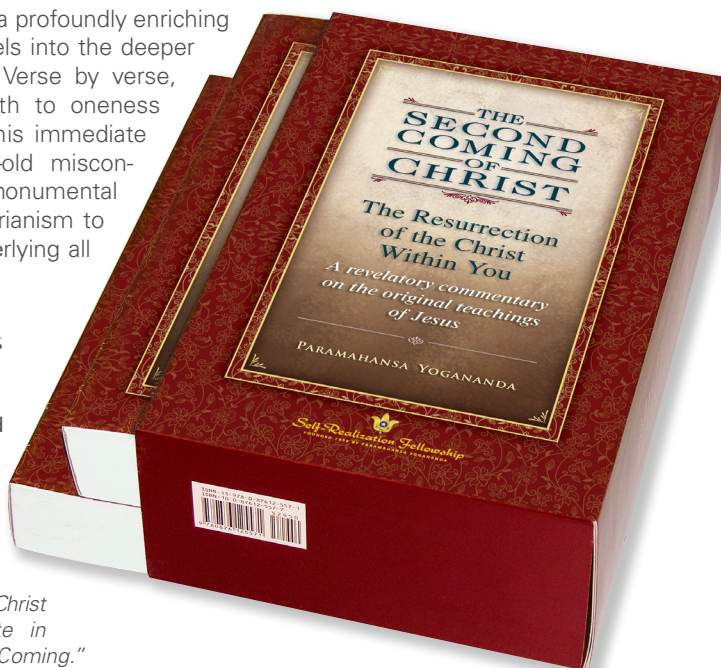
Paramahansa Yogananda

Yogananda takes the reader on a profoundly enriching journey through the four Gospels into the deeper meaning of Jesus' teachings. Verse by verse, he illumines the universal path to oneness with God taught by Jesus to his immediate disciples, dispelling centuries-old misconceptions and dogma. This monumental work transcends divisive sectarianism to reveal a unifying harmony underlying all religions.

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SOLD**

"In titling this work The Second Coming of Christ, I am not referring to a literal return of Jesus to earth....What is necessary is for the cosmic wisdom and divine perception of Jesus to speak again through each one's own experience and understanding of the infinite Christ Consciousness that was incarnate in Jesus. That will be his true Second Coming."

— Paramahansa Yogananda



ISBN 978-0-87612-557-1

\$29.50

SPECIFICATIONS:

Two-Volume Slipcased Paperback

Religion

1,684 pages

Slipcase 6 x 9 x 2 1/2

Subject annotations, 36-page index, glossary

"Offers startling ideas about the deeper meaning of Jesus' teachings and their essential unity with yoga....It has been praised as a groundbreaking work by comparative religion scholars."

— Los Angeles Times

"A masterpiece of spiritual revelation....As Yogananda delves into the life and background of Jesus, it becomes clear that the Gospels contain a universal esoteric message that has been awaiting full and systematic explication since the apostolic age. In Yogananda's commentary, what had been veiled, obscure, and oblique is fully disclosed."

— Yoga International

"Read The Second Coming.... You will be informed and inspired by the wisdom contained in this book, as I have been, and be able to understand the nature of life as Jesus did."

— Bernie Siegel, M.D., author of *Love, Medicine and Miracles*

"This is one of those rare bridge-building books that can truly change the way one sees a figure one thought one knew well."

— Robert Ellwood, Ph.D., Emeritus Professor of Religion, University of Southern California and author of *Many Peoples, Many Faiths*

"Paramahansa Yogananda's The Second Coming of Christ is one of the most important analyses of Jesus' teachings that exists.... Many interpretations of Jesus' words divide peoples, cultures, and nations; these foster unity and healing, and that is why they are vital for today's world."

— Larry Dossey, M.D., author of *Healing Words: The Power of Prayer and the Practice of Medicine*

"Shows the universal truth of Self-realization hidden in the Gospels, which is relevant to all people and can help unify all religions in a higher awareness beyond any sectarian boundaries."

— Dr. David Frawley, Director, American Institute of Vedic Studies

Two-Volume Slipcased Hardcover

With 32 high quality illustrations



SPECIFICATIONS:

Religion

1,690 pages

Slipcase 6 1/2 x 10 x 4

High-quality, acid-free paper

15 full-color prints: 17 sepia duotones

Subject annotations, 36-page index, 19-page glossary

ISBN 978-0-87612-555-7

\$65.00

God Talks With Arjuna: The Bhagavad Gita

Royal Science of God-Realization

Paramahansa Yogananda

God Talks With Arjuna, Paramahansa Yogananda's illuminating translation of and commentary on the Bhagavad Gita, is one of the most comprehensive books available today on the science and philosophy of Yoga.

This monumental work breaks new ground as a revelation of the Gita's profoundest spiritual, psychological, and metaphysical truths, long obscured by metaphor and allegory. Yogananda clearly outlines the Gita's balanced path of meditation and right activity, and shows how we can create for ourselves a life of spiritual integrity, serenity, simplicity, and joy. Includes in-depth discussions on Kriya Yoga—what it is, and how it hastens our spiritual evolution.

Of all the Eastern scriptures, the Bhagavad Gita is the most widely known and best loved in the West. In this eye-opening translation and commentary, Yogananda unveils for the first time the deeper meaning hidden within its symbology.

MORE THAN 100,000 COPIES SOLD

Two-Volume Slipcased Quality Paperback

SPECIFICATIONS:

Religion/Eastern Philosophy

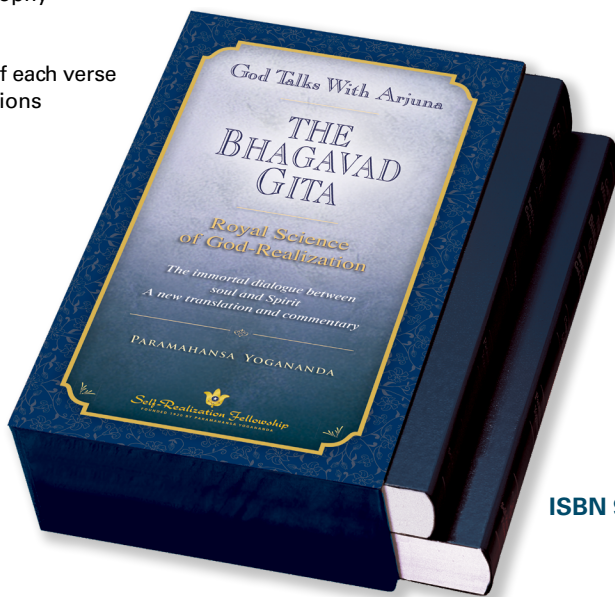
1,224 pages

6 x 9 1/4 x 2 1/4

Sanskrit transliteration of each verse

Subject guides, annotations

37-page index



ISBN 978-0-87612-031-6

\$29.50

"Yogananda's commentary penetrates to the heart of the Bhagavad Gita."

— Publishers Weekly

"I can wholeheartedly recommend this work to all yoga students who want to experience the true pulse of the Bhagavad Gita and be pulled into the luminous words of one of this century's great yoga masters."

— Yoga Journal

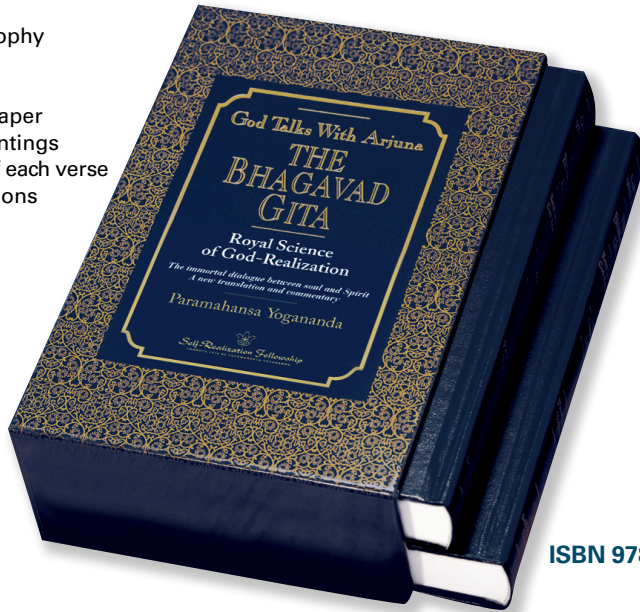
"What [Yogananda's] autobiography achieves in the realm of human experience, God Talks With Arjuna achieves as a complete teaching for the spiritual life.... This is a book that one can study and cherish for a lifetime."

— Yoga International

Two-Volume Slipcased Hardcover

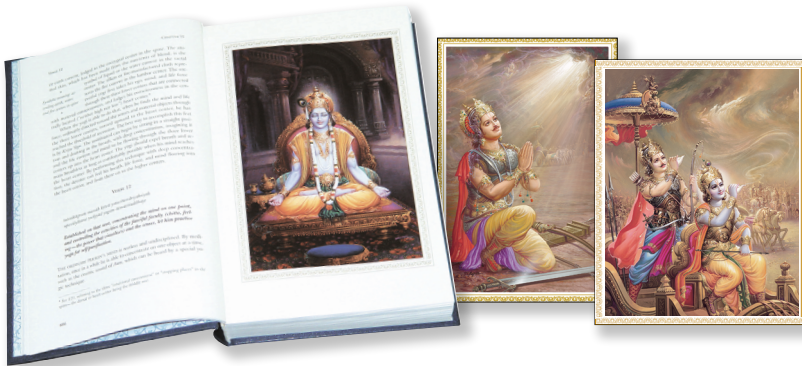
SPECIFICATIONS:

Religion/Eastern Philosophy
 1,250 pages
 6 1/2 x 10 x 3
 High-quality, acid-free paper
 20 full-color original paintings
 Sanskrit transliteration of each verse
 Subject guides, annotations
 37-page index



ISBN 978-0-87612-030-9

\$65.00



"All the writings of Paramahansa Yogananda demonstrate his cosmic wisdom, but his translation and commentary of the Bhagavad Gita reaches a unique and awesome level of metaphysical, scholarly, and practical knowledge.... A true watershed work in the ongoing cross-fertilization of modern science with Eastern wisdom."

— Stephen F. Brena, M.D., Clinical Professor of Rehabilitation Medicine, Emory University, author of *Yoga and Medicine*

"Add this one to your reference library now!... Yogananda's illuminating commentary is a treasure to behold.... Paramahansa Yogananda has unlocked the hidden psycho-spiritual meanings of this ancient text.... Accessible to both the Eastern spiritual seeker and the Western student of consciousness.... A story to be read and enjoyed, as well as a guidebook for the exploration of consciousness."

— International Journal of Yoga Therapy

"An illuminating addition to the vast literature on the Gita.... I found myself absorbed in some of the commentary of the great sage on verses that I have read many times before and that I thought I understood, and yet I kept picking up pointers. [He] was ahead of all of us who today integrate science and spirituality."

— Amit Goswami, Ph.D., Professor of Physics, University of Oregon

Collected Talks and Essays on Realizing God in Daily Life

Paramahansa Yogananda

Each book contains a collection of talks on the vast range of inspiring and universal truths that have captivated millions in Paramahansa Yogananda's *Autobiography of a Yogi*. Readers will find these talks alive with the unique blend of all-embracing wisdom, encouragement, and love for humanity that have made the author one of our era's most revered and trusted guides to the spiritual life.

(For more information, see page 6.)

VOLUME I

Man's Eternal Quest

TOPICS INCLUDE:

- Evenmindedness in a World of Change
- Reincarnation Can Be Scientifically Proven

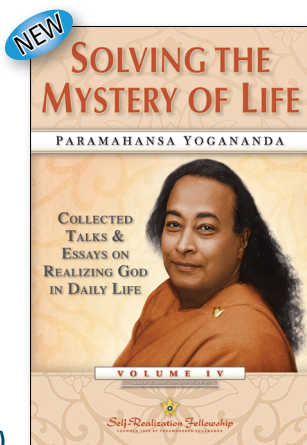
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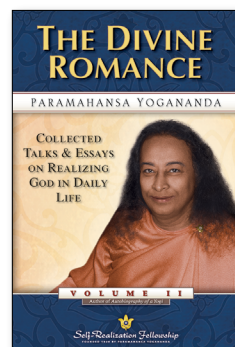
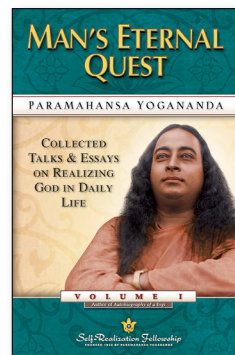
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- Where Is Jesus Now and What Is He Doing?
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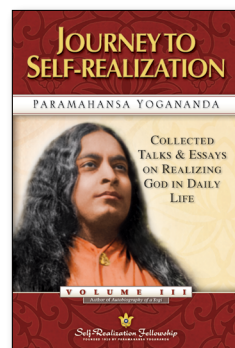
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- The Art of Getting Along in This World

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Wine of the Mystic

The Rubaiyat of Omar Khayyam: A Spiritual Interpretation

Paramahansa Yogananda

This illuminating work unveils the hidden meaning of a much-admired but long-misunderstood spiritual masterpiece. Yogananda's uniquely clarifying commentaries on the *Rubaiyat* are complemented by 50 original works of art, the Persian text of Khayyam's quatrains beautifully rendered in calligraphy, and the English text of FitzGerald's translation, making *Wine of the Mystic* the definitive edition of this perennially best-selling classic.

Critical praise for *Wine of the Mystic*:

"A glowing spiritual interpretation....Beautifully illustrated with full-page color plates and Persian calligraphy....Highly recommended."

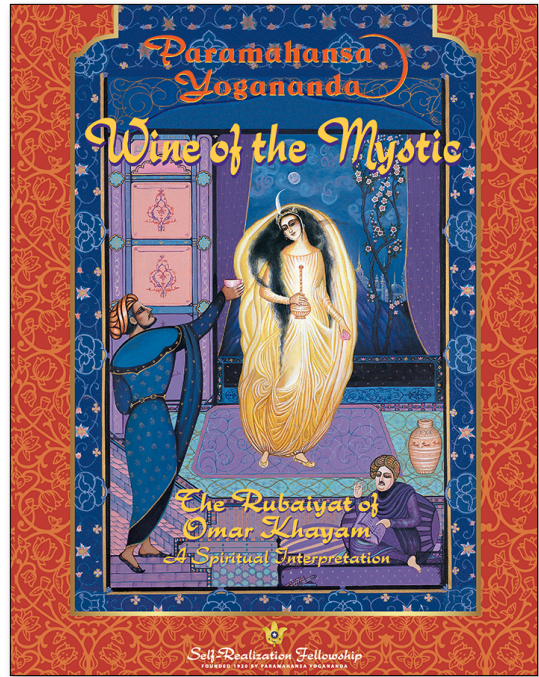
— Library Journal

"Inspires us to a higher level of consciousness without the restraining forces of narrow religious dogma."

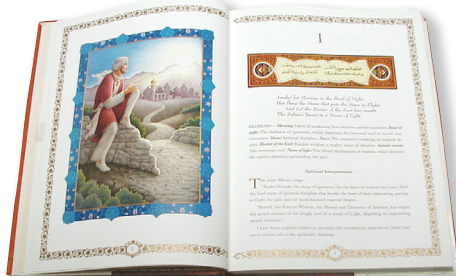
— India Currents

"A living treasure which can be read and reread, for each reading will unveil another truth in the infinite mystery of life."

— Yoga International



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SPECIFICATIONS:

Quality Paperback

Religion/Philosophy/Poetry

248 pages

50 original full-color illustrations

7 5/8 x 10 1/8

ISBN 978-0-87612-226-6

\$20.00

Hardcover

248 pages

50 original full-color illustrations

7 7/8 x 10 3/8

ISBN 978-0-87612-225-9

\$45.00

BEST OF BACKLIST

The Science of Religion

Paramahansa Yogananda

The year 2020 marked a profoundly significant milestone in the history of Self-Realization Fellowship—the 100th anniversary of Paramahansa Yogananda's arrival in America and the founding of Self-Realization Fellowship. In his maiden speech in America, on "The Science of Religion," Yogananda emphasized the universal spirituality underlying all religions. "Religion," he maintained, "is universal and it is one. We cannot possibly universalize particular customs and convictions, but the common element in religion can be universalized....As God is one, necessary for all, so religion is one."

To commemorate the SRF centennial, in 2020 we released a special edition of Paramahansa Yogananda's *The Science of Religion* to commemorate the SRF Centennial. *The Science of Religion* brought to its first audiences, and continues to bring to new audiences, a universal concept from India that is uniquely suited for our modern age—that the purpose of life is to permanently remove suffering and know oneself as Spirit, "the fountainhead of Bliss."

In clear, simple language, Yogananda describes how Yoga—India's universal science of the soul—can lead anyone to experience that Bliss for themselves. "If the methods here suggested are learned and earnestly practiced," the author explains, "you will know yourself to be a blissful spirit and will realize God."

Virtually unknown in America upon his arrival, Paramahansa Yogananda would later come to be regarded as "the father of Yoga in the West." Readers from all walks of life, faith traditions, and cultures have been drawn to his profound message of universal spirituality based on a scientific, nonsectarian approach to religion—one that is not only deeply relevant but eminently practical, capable of bringing a higher and more enlightened consciousness to our emerging global civilization.

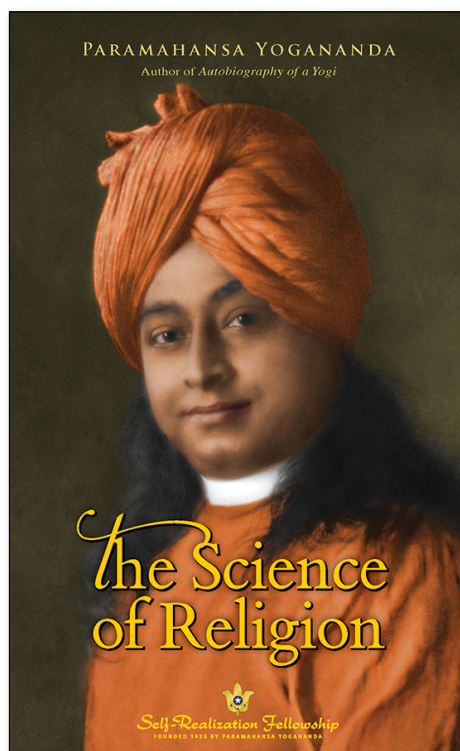
SPECIFICATIONS:

Paperback

Religion/Science

104 pages, 7 photos

4 5/8 x 7 1/2



ISBN 978-0-87612-005-7

\$10.95



October 1920, Paramahansa Yogananda with several of the delegates from the International Congress of Religious Liberals in Boston, Massachusetts, where he delivered his maiden speech on "The Science of Religion"

Where There Is Light

Insight and Inspiration for Meeting Life's Challenges

Paramahansa Yogananda

In the more than thirty years since its first publication, *Where There Is Light* has been well received as a popular overview and introduction to the spiritual teachings of Paramahansa Yogananda. Translated into many languages, it has found an enduring place in the lives of countless readers of *Autobiography of a Yogi* and other works by him.

This expanded edition, first released in 2016, offers practical methods by which readers can put into immediate practice the insights and inspiration from Paramahansa Yogananda's teachings found throughout this book.

This new edition brings light and hope to the ever-growing number of readers who are turning to the writings of this renowned world teacher as a beacon of universal and all-inclusive spiritual guidance for our emerging world civilization.

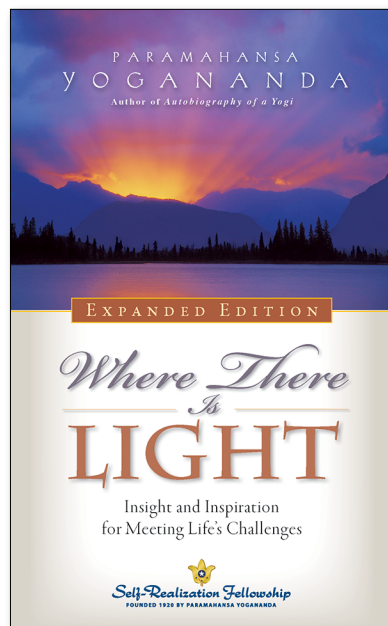
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Paperback

Spirituality/Inspiration

256 pages

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ISBN 978-0-87612-720-9

\$10.95

The Holy Science

Swami Sri Yukteswar

Referred to in *Autobiography of a Yogi*, this extraordinary treatise explores parallel passages from the Bible and the Hindu scriptures to reveal the essential unity of all religions. Swami Sri Yukteswar, the revered guru of Paramahansa Yogananda, outlines the universal path that every human being must travel to enlightenment. He also explains the vast recurring cycles of civilization, affording a profound understanding of history and the ever-changing panorama of turbulent world events.

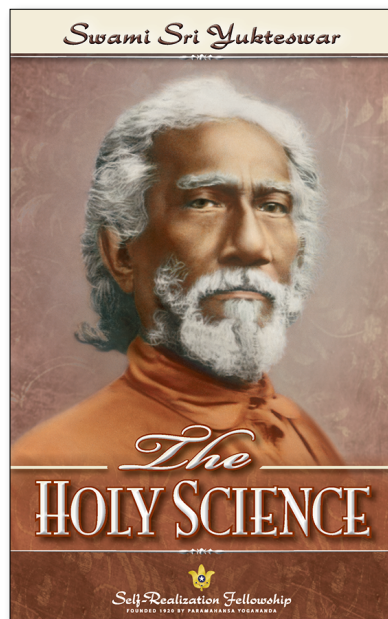
SPECIFICATIONS:

Hardcover

Religion/Philosophy

128 pages

4 7/8 x 7 7/8



ISBN 978-0-87612-051-4

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The Law of Success

Using the Power of Spirit to Create Health, Prosperity, and Happiness

Paramahansa Yogananda

This potent book can inspire us all to move through obstacles, overcome fears, and invite success into our own lives.

Topics include: creativity, positive thinking, dynamic will, self-analysis, the power of meditation, and much more.

- Attractively priced
- Convenient pocket-size

MORE THAN 675,000 COPIES SOLD

"...has helped hundreds of thousands of people to move through obstacles and invite all-around success fully into their lives. It explores the spiritual sources of creativity, positive thinking, and dynamic will."

— Arizona Networking News

"A slim but potent manual exhorting the reader to combine positive thinking with dynamic will."

— India West

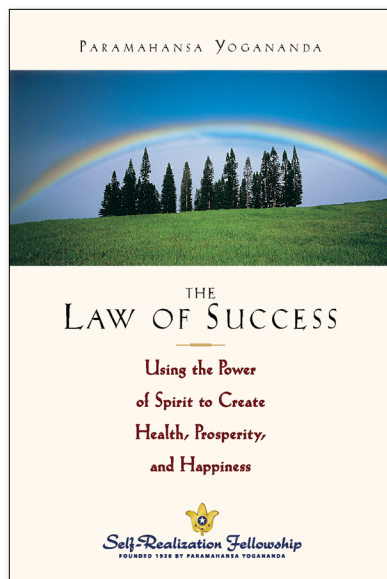
SPECIFICATIONS:

Paperback

Spirituality/Self-Improvement/Personal Growth

48 pages

3 1/2 x 5 1/4



ISBN 978-0-87612-150-4

\$4.95

How You Can Talk With God

Paramahansa Yogananda

How You Can Talk With God explains how we can all experience God's presence directly in our lives. This is a book to keep by the bedside, discovering with each reading new gems of inspiration and wisdom.

- Attractively priced
- Convenient pocket-size

MORE THAN 415,000 COPIES SOLD

"Yogananda dispels the notion held by most people that direct contact with God is beyond their reach....Millions of readers who were introduced to the spiritual wisdom of the East through Autobiography of a Yogi...will find the same deep inspiration and wisdom in the pages of How You Can Talk With God."

— Arkansas State Press (Little Rock)

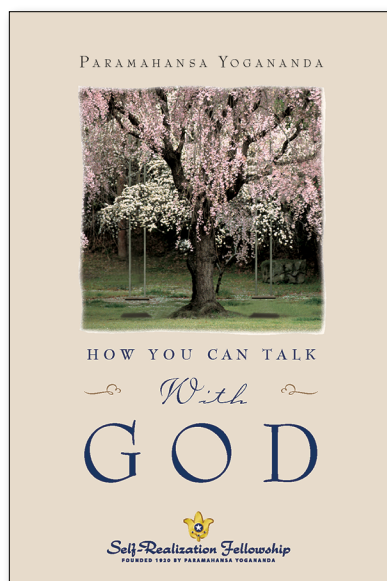
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40 pages

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Scientific Healing Affirmations

Paramahansa Yogananda

An indispensable guide for understanding and using the healing power within you. Included are comprehensive instructions in the technique of affirmation; an explanation of the metaphysical laws governing health; and more than 60 affirmations for healing the body, developing confidence, awakening wisdom, curing bad habits, and much more.

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- Convenient pocket-size

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103 pages

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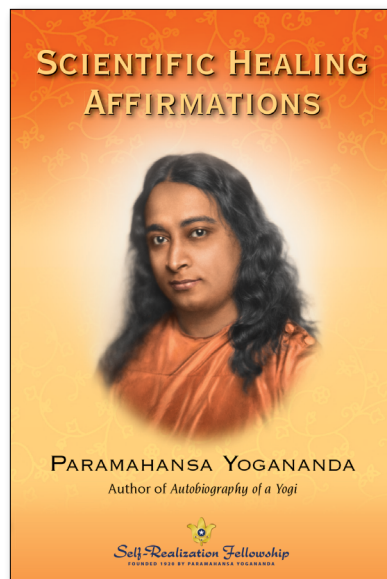
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ISBN 978-0-87612-145-0

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Metaphysical Meditations

Universal Prayers, Affirmations, and Visualizations

Paramahansa Yogananda

Features more than 300 uplifting meditations, prayers, affirmations, and visualizations.

In this book Paramahansa Yogananda offers prayers and affirmations that beginners and experienced meditators alike can use to awaken the boundless joy, peace, and inner freedom of the soul.

Includes introductory instructions on how to meditate. An encouraging guide that teaches us through our own experience how to spiritually enrich our everyday life.

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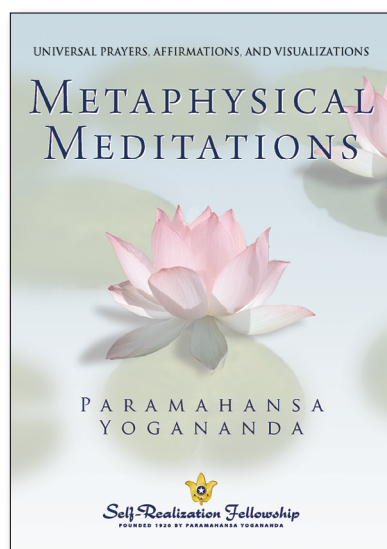
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160 pages

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ISBN 978-0-87612-047-7

\$14.95



Visiting the Saints of India With Sri Daya Mata

Sri Mrinalini Mata

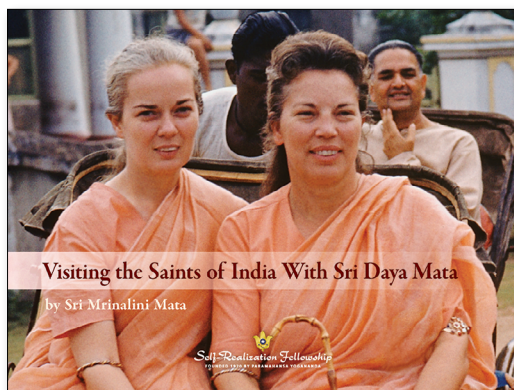
An unforgettable spiritual pilgrimage recounted by Sri Mrinalini Mata—one of Paramahansa Yogananda's foremost disciples and the president and spiritual head of Self-Realization Fellowship/Yogoda Satsanga Society of India from 2011 until her passing in August 2017—this book chronicles many of her profound experiences during a prolonged trip to India in the early 1960s.

Mrinalini Mata provides fascinating insights into two of India's most revered saints of the twentieth century, Sri Anandamoyi Ma and Sri Sitaranddas Omkarnath. Sri Daya Mata—SRF/YSS's president from 1955 until her passing in 2010 whom she accompanied on this trip—also emerges as a highly advanced disciple who manifested deep states of divine communion.

The fascinating narrative is complemented by dozens of vivid and soul-stirring photographs (many taken by Sri Ananda Mata, sister of Sri Daya Mata) with several taken by Mrinalini Mata herself.

SPECIFICATIONS:

Quality Paperback
Spirituality/Inspiration
118 Pages, 42 photos
8 x 6



ISBN 978-0-87612-797-1

\$16.00

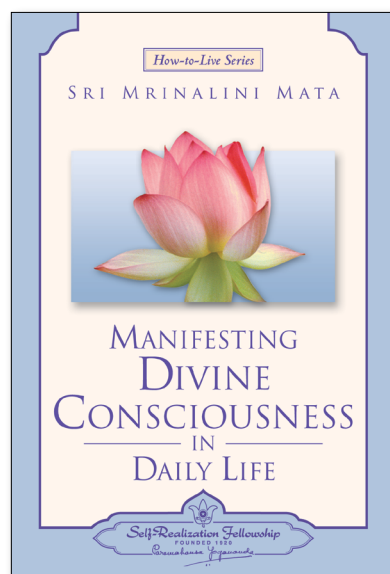
Manifesting Divine Consciousness in Daily Life

Sri Mrinalini Mata

In this inspiring and practical book, Sri Mrinalini Mata vividly brings to life her personal experiences of Paramahansa Yogananda's sublimely wise spiritual training and unconditional love. In exploring what it really means to seek God, Mrinalini Mata talks about the infinite potential of the mind, the cultivation of will power and even-mindedness, and how the practice of Kriya Yoga can uplift and transform our lives.

SPECIFICATIONS:

Paperback
Religion/Spirituality
114 pages
4 1/8 x 6 1/8



ISBN 978-0-87612-352-2

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Living Fearlessly

Bringing Out Your Inner Soul Strength

Paramahansa Yogananda

Paramahansa Yogananda teaches us how to break the shackles of fear and reveals how we can overcome our own psychological stumbling blocks. Filled with life-transforming counsel, this book features informal talks and personal anecdotes complemented by parable and prayer. *Living Fearlessly* is a testament to what we can become if we have faith in the divinity of our true nature as the soul.

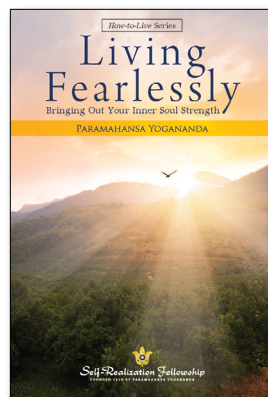
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Religion/Spirituality

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To Be Victorious in Life

Paramahansa Yogananda

In this powerful book Paramahansa Yogananda provides positive affirmations for achieving success, outlines definite methods of creating lasting happiness, and tells us how to overcome negativity and inertia by harnessing the dynamic power of our own will.

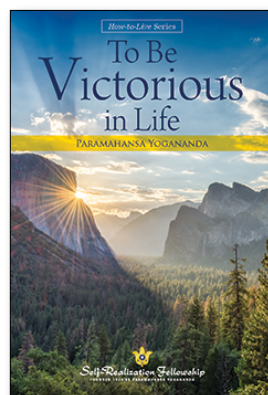
SPECIFICATIONS:

Paperback

Religion/Spirituality

104 pages

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Why God Permits Evil and How to Rise Above It

Paramahansa Yogananda

In these pages Paramahansa Yogananda provides strength and solace for times of adversity by explaining the mysteries of God's *lila*, or divine drama. Readers will come to understand the reason for the dualistic nature of creation—God's interplay of good and evil—and receive guidance on how to rise above their most challenging circumstances.

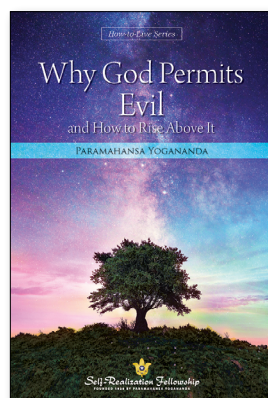
SPECIFICATIONS:

Paperback

Religion/Spirituality

72 pages

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ISBN 978-0-87612-461-1

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Whispers from Eternity

Paramahansa Yogananda

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In the tradition of the great lyric mystics of all religions, Paramahansa Yogananda's *Whispers from Eternity* offers a window on the devotional experience of ecstasy. Sharing prayers and affirmations directly inspired by his high state of God-communion, this beloved spiritual master helps modern seekers achieve their own mystical relationship with the Divine.

Now with a contemporary new look, these universal prayers and prose poems offer daily inspiration for seekers of all faiths. A uniquely devotional offering in the spirit of Yogananda's best-selling *Metaphysical Meditations*, this popular collection will inspire a new legion of readers seeking a nonsectarian, experiential relationship with God.

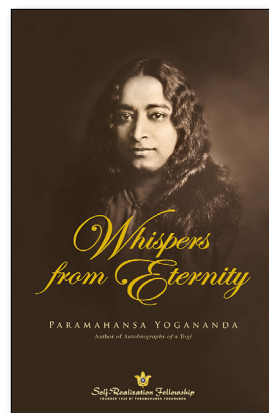
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How to Be Calmly Active and Actively Calm

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Wise and inspiring selections from Yogananda's writings on inner peace, with practical applications to help us stay calm, happy, and evenminded, in spite of world conditions. Practical and highly effective, this book empowers the reader to transform anxiety and stress into happiness and peace. *Inner Peace* offers a potent antidote to our fast-paced world.

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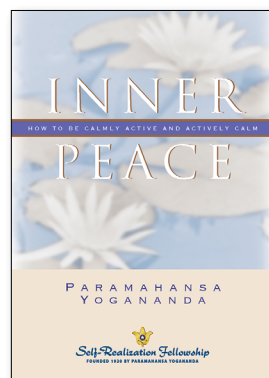
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A Guide to Effective Prayer

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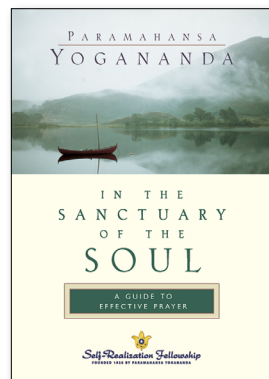
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Sayings of Paramahansa Yogananda

Paramahansa Yogananda

This collection of informal counsel provides intimate glimpses into the mind of one of the great spiritual figures of our time. In answering the questions of those who turned to him for guidance, Yogananda expressed himself with candor, spontaneity, and insight. He was able to transform philosophical truths into simple precepts for everyday living.

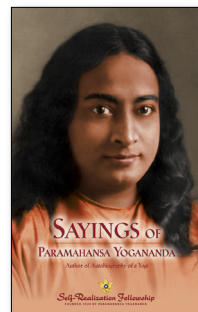
SPECIFICATIONS:

Quality Paperback

Religion/Spirituality

148 pages, 8 photos

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ISBN 978-0-87612-116-0

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Songs of the Soul

Paramahansa Yogananda

A collection of poems that were written during Yogananda's early years in the United States. His writings are not the considered renderings of a poet's fancies, but a revelation of the interior experiences of a soul ever awake in Spirit, above all to the divine realizations born of that soul's intimate communion with God.

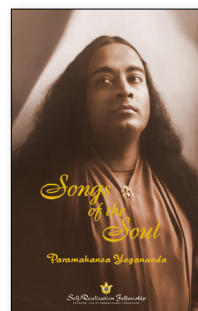
SPECIFICATIONS:

Hardcover

Religion/Inspiration

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An Inspirational Thought for Each Day of the Year

Paramahansa Yogananda and others

A pocket-size diary featuring daily inspiration drawn primarily from the writings of Paramahansa Yogananda. Covers more than 30 spiritual topics, including introspection, humility, will power, compassion, simplicity, prayer, discrimination, and divine love.

Ample space for personal notes and daily reflection.

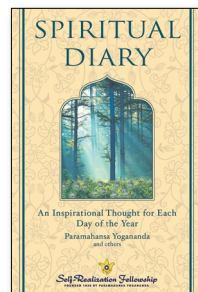
SPECIFICATIONS:

Paperback

Spirituality/Inspiration

377 pages

4 x 6



ISBN 978-0-87612-023-1

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"Mejda"

The Family and the Early Life of Paramahansa Yogananda

Sananda Lal Ghosh

An intimate account of the early years of Paramahansa Yogananda, written from the author's unique perspective as his younger brother. This fascinating biography relates many previously-unpublished stories, and presents a fresh view of numerous incidents recounted by Yogananda in his autobiography.

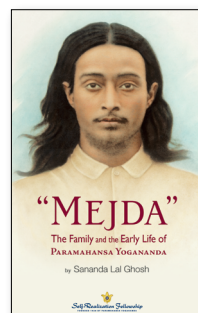
SPECIFICATIONS:

Hardcover

Religion/Biography

380 pages, 70 photos

4 5/8 x 7 1/2



ISBN 978-0-87612-265-5

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Rajarsi Janakananda

A Great Western Yogi

The dramatic life story of an American businessman who became a God-illuminated yogi and Paramahansa Yogananda's spiritual successor. Also includes more than sixty pages of Yogananda's letters of spiritual counsel to him.

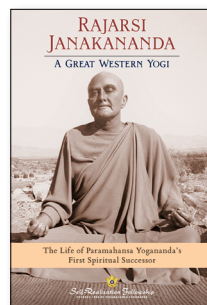
SPECIFICATIONS:

Paperback

Religion/Biography

192 pages, 71 photos

5 x 7 1/2



ISBN 978-0-87612-019-4

\$12.00

God Alone

The Life and Letters of a Saint

The life and letters of one of Yogananda's most advanced disciples—a cherished guide to the spiritual life for serious seekers.

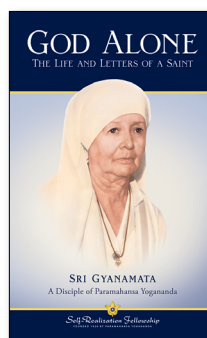
SPECIFICATIONS:

Hardcover

Religion/Inspiration

324 pages, 25 photos

4 1/2 x 7 5/8



ISBN 978-0-87612-200-6

\$22.00

Awake: The Life of Yogananda

The Companion Book

Based on the documentary film by Paola di Florio and Lisa Leeman

An exquisite companion book to the CounterPoint Films' award-winning 2014 documentary film, *Awake: The Life of Yogananda*, featuring more than 400 stunning images from the film, the entire film script, with commentary from filmmakers Paola di Florio, Lisa Leeman, and Peter Rader.

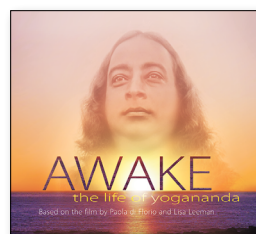
SPECIFICATIONS:

Hardcover

Biography/Spirituality/Religion/Cultural Studies

288 pages, over 400 Illustrations

11 x 10



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\$45.00

Two Frogs in Trouble

Based on a Fable Told by Paramahansa Yogananda

This tale of courage and determination is filled with delightful pictures that bring the story vividly to life, and shows children that nothing is impossible when they call upon their God-given inner strength.

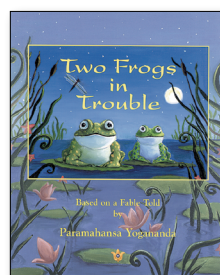
SPECIFICATIONS:

Paperback

Children's Illustrated Book (Ages 4–8)

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A series of pocket-size booklets presenting inspiring and practical guidance from the teachings of Paramahansa Yogananda on how to live with grace and simplicity, with inner equanimity, and above all with joy.

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48 pages

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SRI MRINALINI MATA

Sri Mrinalini Mata

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Sri Daya Mata (1914–2010), whose name means “Mother of Compassion,” inspired people of all faiths and from all walks of life with her wisdom and great love of God, conveyed through her writings, talks, and recordings. One of the foremost disciples of Paramahansa Yogananda, she entered his monastic order at the age of seventeen. For more than twenty years she was part of the small circle of his closest disciples, receiving his personal guidance on living the spiritual life. From 1955 until her passing in 2010 she was president of Self-Realization Fellowship, the spiritual and humanitarian society Yogananda founded in 1920.

She was one of the first women in modern history to be appointed head of a worldwide religious movement.



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— C.V. Narasimhan, Former Under-Secretary-General,
United Nations

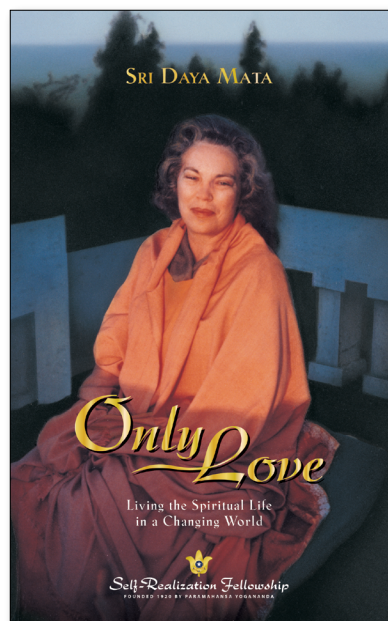
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Personal Counsel for God-Centered Living

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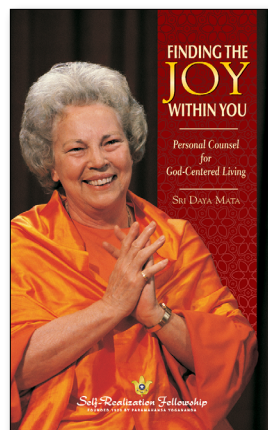
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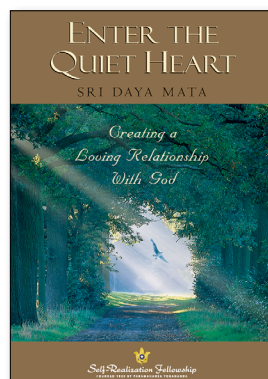
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Intuition: Soul-Guidance for Life's Decisions

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Whether we're concerned about our relationships, career, or spiritual growth, or are faced with a seemingly unsolvable problem, intuition is one of the most effective ways to overcome the challenge before us. Sri Daya Mata shares the invaluable wisdom she received from Paramahansa Yogananda on this important facet of the spiritual life, covering all aspects of developing intuition—the soul's direct perception of Truth.

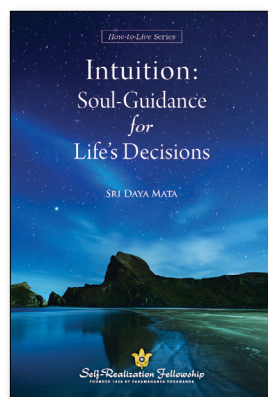
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Paramahansa Yogananda

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The Complete Edition of *Autobiography of a Yogi*

Only Self-Realization Fellowship's editions incorporate all of the author's wishes for the final text, personally conveyed by him to the editor he worked with from 1924 until his passing in 1952, and to whom he entrusted all matters pertaining to the publication of his works.

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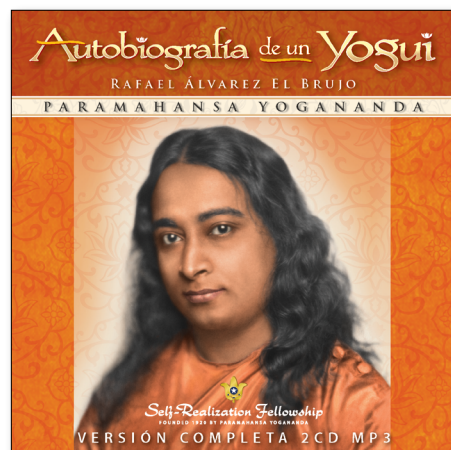
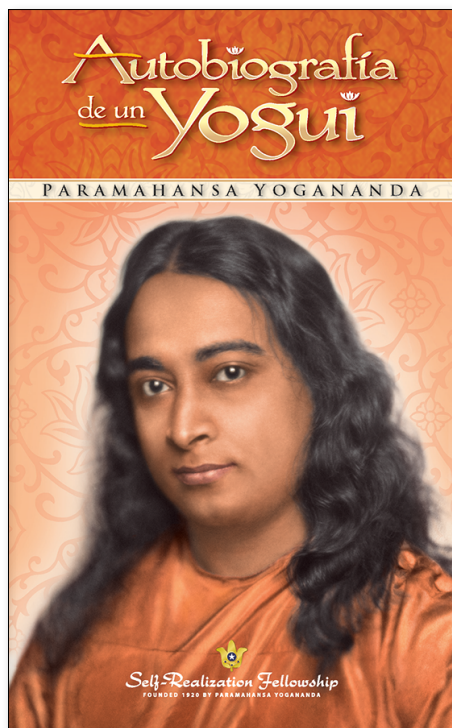
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Autobiografía de un yogui

Paramahansa Yogananda

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This audiobook edition, with the masterful reading of Rafael Álvarez El Brujo, contains the complete text of the *Autobiography of a Yogi* by Paramahansa Yogananda. The footnotes to the text not included in the recording appear, as a PDF, on the CD #2.

Rafael Álvarez El Brujo is an award-winning Spanish actor and playwright. In his extensive theatrical biography, the classics of the Golden Age and the Greco-Latin tradition occupy an important place. In recent years, he has specialized in theatrical productions based on the mystics of the East and West.

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Un gran yogui occidental

(Rajarsi Janakananda: A Great Western Yogi)

This book tells the story of James J. Lynn, a man who achieved tremendous success in the material world, and, at the same time, became a God-illuminated saint. This expanded edition includes a detailed account of his dramatic life story and more than sixty pages of excerpts from Paramahansa Yogananda's personal correspondence with him — words of guidance and love that offer glimpses of the intimate spiritual accord they shared, and powerfully conveys the depth of the guru-disciple relationship.

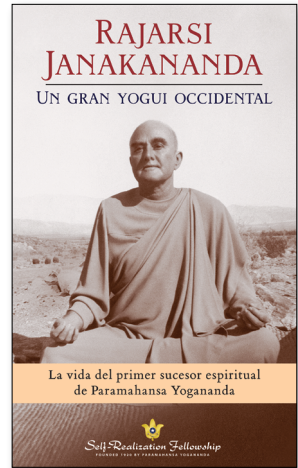
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Paperback

Religion/Biography

264 pages, 71 photos

6 1/2 x 4 5/8



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Encuentros con santos de la India *en compañía de Sri Daya Mata*

(Visiting the Saints of India With Sri Daya Mata)

Visiting the Saints of India With Sri Daya Mata takes the reader on an unforgettable spiritual pilgrimage. Recounted by Sri Mrinalini Mata — one of Paramahansa Yogananda's foremost disciples and president and spiritual head of Self-Realization Fellowship/Yogoda Satsanga Society of India from 2011 until her passing in August 2017 — the book chronicles many of her profound experiences during a prolonged trip to India in the early 1960s.

Mrinalini Mata provides fascinating insights into two of India's most revered saints of the twentieth century, Sri Anandamoyi Ma and Sri Sitaramdas Omkarnath. Sri Daya Mata — SRF/YSS's third president whom she accompanied on this trip — also emerges as a highly advanced disciple who manifested deep states of divine communion.

The fascinating narrative is complemented by dozens of vivid and soul-stirring photographs (many taken by Sri Ananda Mata, sister of Sri Daya Mata) with several taken by Mrinalini Mata herself.

SPECIFICATIONS:

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Spirituality/Inspiration

118 Pages, 42 photos

8 x 6



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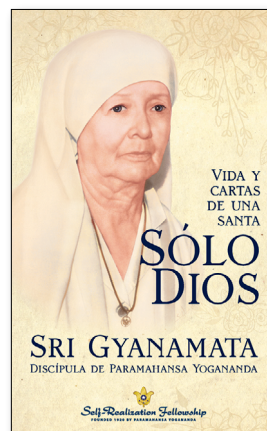
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Religion/Inspiration

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Cantos del alma

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A collection of poems that were written during Yogananda's early years in the United States. His writings are not the considered renderings of a poet's fancies, but a revelation of the interior experiences of a soul ever awake in Spirit, responding to the wonders of nature; to the memories of his beloved motherland; to the deep impressions made by new friends and acquaintances; above all to the divine realizations born of that soul's intimate communion with God.

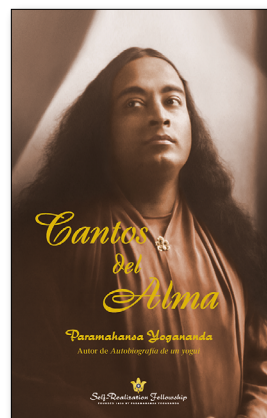
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El Rubaiyat de Omar Khayyam:

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Paramahansa Yogananda

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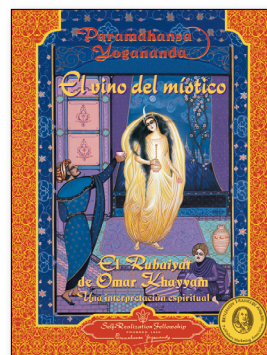
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Quality Paperback

Religion/Philosophy/Poetry

280 pages, 50 original full-color illustrations

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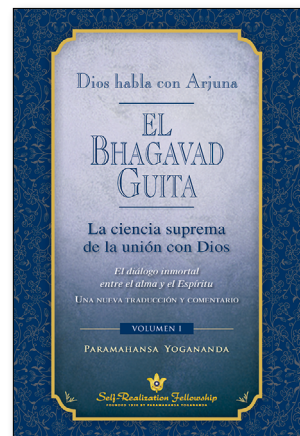
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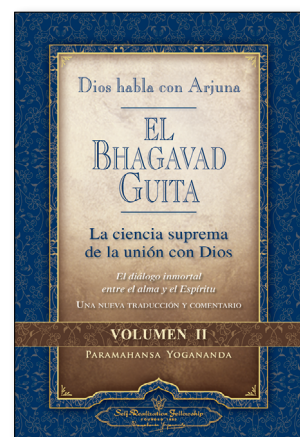
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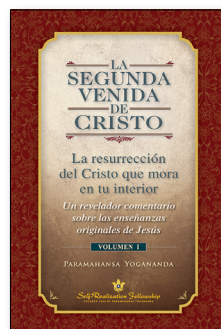
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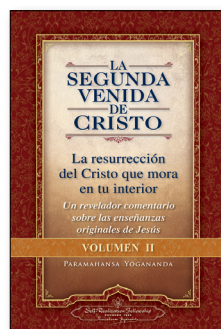
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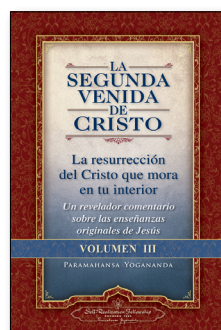
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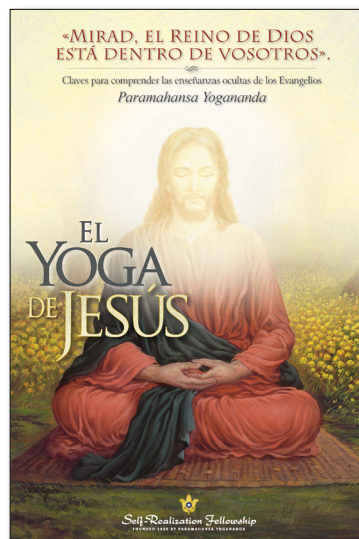
"Jesus went very deep in teachings that appear on the surface to be simple—much deeper than most people understand....In [his teachings] is the whole science of yoga, the transcendental way of divine union through meditation."

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Paramahansa Yogananda

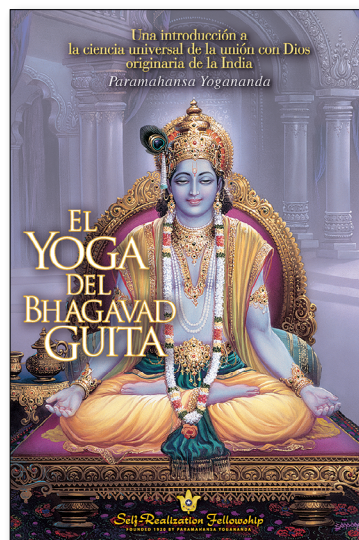
Paramahansa Yogananda delves into the deeper meaning of the Bhagavad Gita's symbology, and sheds a fascinating light on the true intent of India's most beloved scripture. Showing that the Gita's warriors metaphorically represent negative tendencies of the human ego pitted against the divine qualities of the soul, Yogananda explains how the wisdom of yoga can help us achieve material and spiritual victory on the battlefield of daily life.

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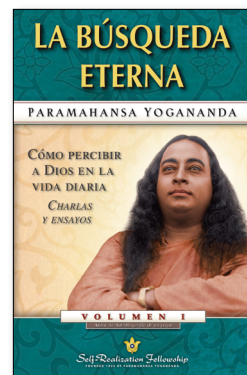
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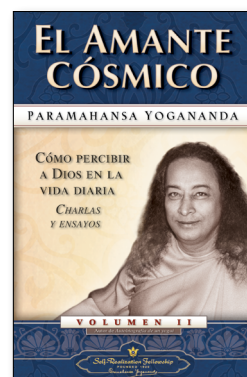
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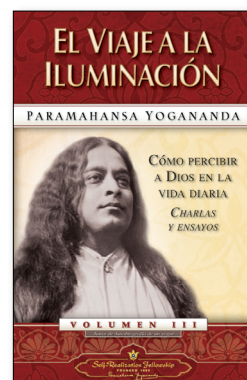
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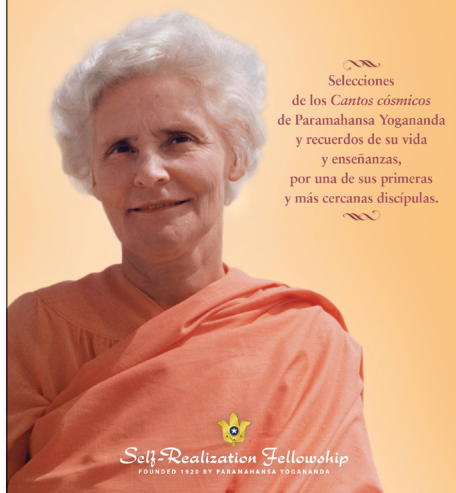
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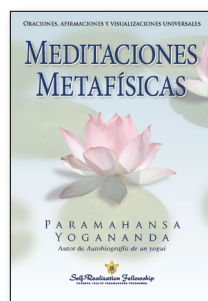
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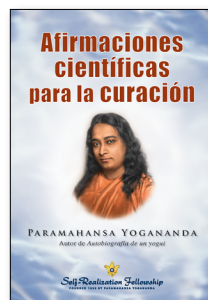
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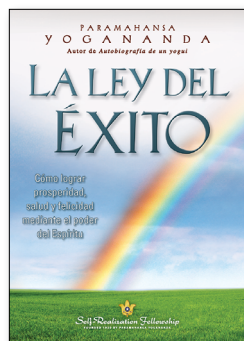
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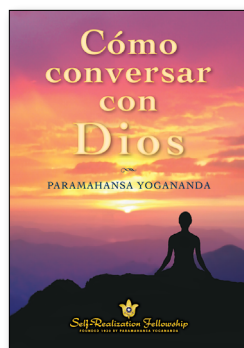
Cómo conversar con Dios

(How You Can Talk With God)

Paramahansa Yogananda

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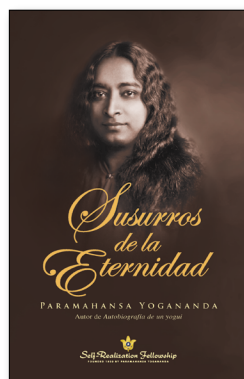
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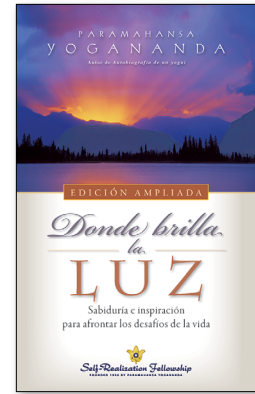
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Paramahansa Yogananda

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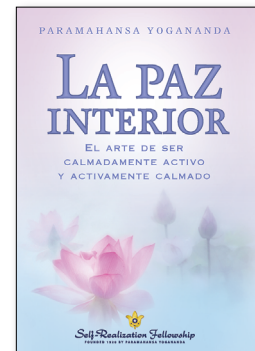
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Paramahansa Yogananda

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Spirituality/Inspiration
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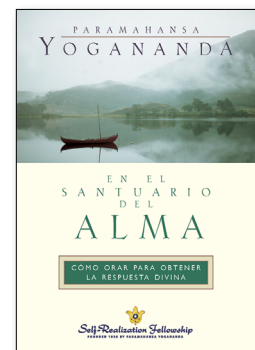
(In the Sanctuary of the Soul—A Guide to Effective Prayer)

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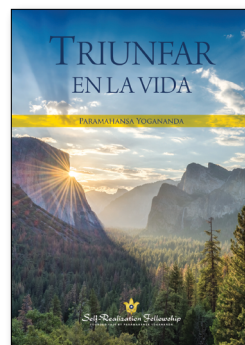
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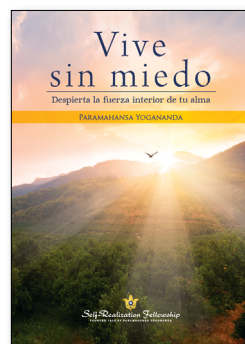
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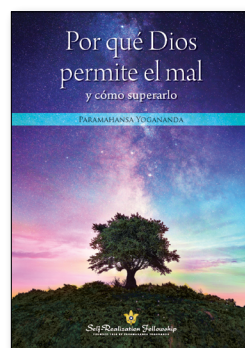
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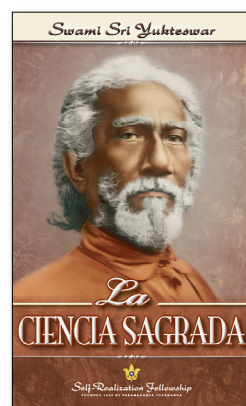
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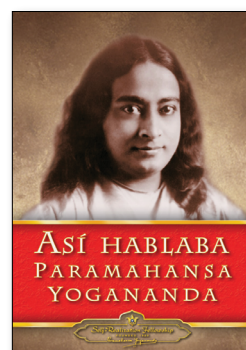
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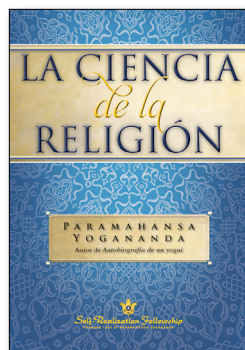
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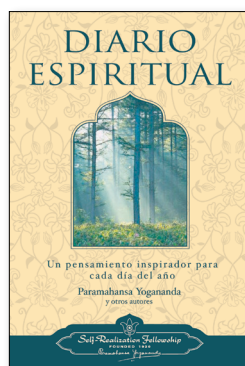
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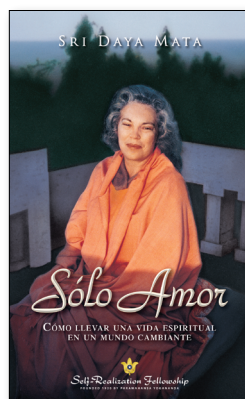
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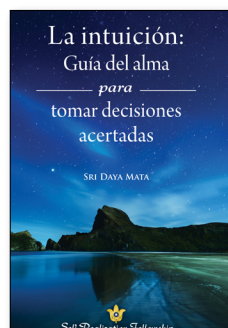
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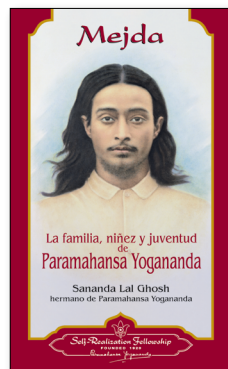
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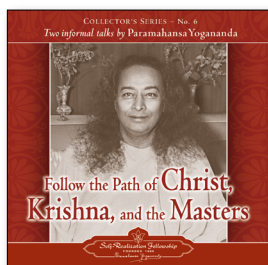
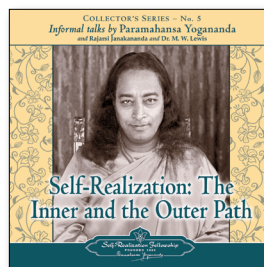


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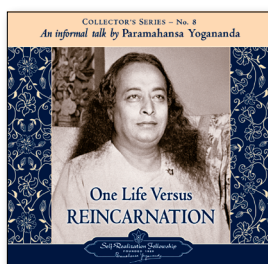
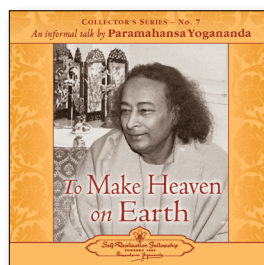
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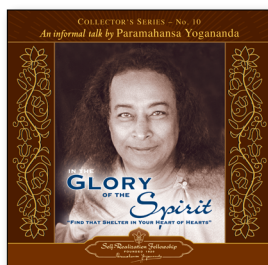
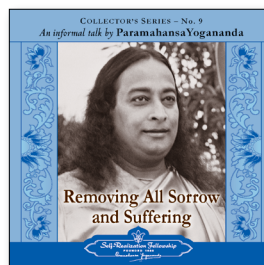
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