

MEDITATIONS TO AWAKEN SUPERCONSCIOUSNESS



J. DONALD WALTERS

GUIDED MEDITATIONS
ON THE LIGHT

Meditations To Awaken Superconsciousness

Jyotish Novak



Meditations To Awaken Superconsciousness:

Awaken to Superconsciousness Donald J. Walters, 2000-01-01 ABOUT THE BOOK *Awaken to Superconsciousness* provides easy gentle guidance to help beginners quickly feel and benefits of meditation and allows long time practitioners to break through blocks and deepen their experience Drawing upon decades of experi **Superconsciousness Through Meditation** Dr. Douglas M. Baker, 2014-04-10 *Superconsciousness Through Meditation* During a superconscious state the individual is flooded with an intense radiance ten thousand times brighter than the brightest sun Time seems to stand still there is a feeling of power and a sense of possessing infinite wisdom and understanding at the moment of union Subjectively there is an intense feeling of ecstasy or bliss which makes the orgasm of sexual union seem as nothing compared to it To attain this state it is necessary to undertake certain disciplines that lead to non attachment the author provides eight progressive Yoga routines for this purpose Clear and precise instructions are given to aid the earnest seeker They are designed to eliminate mental emotional and physical disturbances from one s life The final stages outlined in this work consist of Dharana concentration and Dhyana sustained concentration which lead ultimately to the attainment of Samadhi or Cosmic Consciousness **Healing with Life Force, Volume 1—Prana** Shivani Lucki, 2024-03-01 The power of healing is the property of every individual soul Paramhansa Yogananda s Autobiography of a Yogi helped launch and continues to guide a global spiritual revolution Now for the first time his remarkable healing methods are available for all who seek to awaken within themselves the limitedly power of Life Force Shivani Lucki s search for Truth led her in 1969 to California and to the teachings of Paramhansa Yogananda She helped found two Ananda communities one in California one in Italy the Life Therapy School for Self Healing and the Ananda Raja Yoga School and co founded the Yogananda Academy of Europe Shivani lived with her husband at the Ananda community near Assisi Italy A Life Force trilogy to guide you in your healing journey Volume One Pranana Life energy is the real and direct healer of all diseases Tap into the inexhaustible source of Life Force to establish perfect harmony between soul mind and body Value Added Exclusive access to online Appendices with a treasure trove of unpublished articles by Yogananda and Kriyananda many available for the first time video instruction guides by the author and more Join the Life Force Healing Community insights inspiration and live sessions at www.healinglifeforces.com

Super Consciousness: a Guide to Meditation J. Donald Walters, 1998 **Two Souls: Four Lives** Catherine Kairavi, 2010-10-16 Is it possible that two of the greatest men of the Norman Conquest William the Conqueror and his son Henry I of England have recently reincarnated as Paramhansa Yogananda spiritual master and author of the classic Autobiography of a Yogi and his close disciple Swami Kriyananda and if so what are the subtle connections between the Norman Conquest and modern times How will these past lives influence our future In *Two Souls Four Lives* Catherine Kairavi describes a society much more primitive than our own in both knowledge and consciousness she depicts the days of William and Henry as having been far more brutal than our own despite the much greater capacity for destruction of modern

weaponry Historians will inevitably object that mankind was the same in William's day as it is today For they are intellectual scholars and there is no aspect of human consciousness more disposed to argument than the intellect It is kept vital and alive after all by argument It will probably be other historians who grow up with this new and broader perspective on their subject Catherine Kairavi devoted ten years carefully researching for this book For the rest maybe Paramhansa Yogananda's statement that he himself was William could outweigh for many readers any doubts and challenges that may be presented to disprove certain statements in this book It is a completely new take on present and future trends in modern society

Revelations of Christ Paramhansa Yogananda, 2007-05-22 This galvanizing book presenting the teachings of Christ from the experience and perspective of Paramhansa Yogananda one of the greatest spiritual masters of the twentieth century finally offers the fresh perspective on Christ's teachings for which the world has been waiting This book presents us with an opportunity to understand and apply the Scriptures in a more reliable way than any other by studying under those saints who have communed directly in deep ecstasy with Christ and God *The Meditation of Yogananda* Jayadev Jaerschky, 2025-10-01 In the teachings of yoga breath is the cord that ties the soul to the body If observing the breath is done with deep concentration this simple technique can take us to the highest state of awareness Paramhansa Yogananda the father of yoga in the West made it one of his central teachings Jayadev Jaerschky's book *The Meditation of Yogananda* explores this technique in great depth In Yogananda's teachings it is called Hong Sau after the sound made by the inner flow of prana as we inhale and exhale *The Meditation of Yogananda* is a very practical guide since the value of any technique comes from its practice Paramhansa Yogananda said amusingly If you go to a doctor to cure a disease and he hands you a prescription it does no good to take it home frame it and hang it on the wall The prescription in this book comes in the form of 18 weekly lessons If you practice these techniques it will help cure you of the disease of ignorance Some sage advice is that if you need to have a surgical procedure it is best to go to a doctor who has performed thousands of them Kriyacharya Jaerschky has given thousands of classes during his lifetime as a yoga practitioner and teacher If you are a beginner to meditation this book will give you all the guidance you need to establish a daily practice If you are an experienced meditator you will find everything you need to take you deeper in your practice For those who follow the teachings of Yogananda this book is filled with quotes and advice from him and from his direct disciple Swami Kriyananda *Superconscious Meditation* Justin O'Brien, Swami Jaidev Bharati, 2007 A guide to the art and science of mediation A manual for learning exactly who you are *Superconscious Meditation* by Justin O'Brien also known as Swami Jaidev Bharati is written with a simple direct and yet enthralling elegance that discloses the heart of the matter with such aplomb and down to earth practicality that the reader wants to get right down and practice the reality *Superconscious Meditation* *Healing with Life Force, Volume 2—Mind* Shivani Lucki, 2024-06-01 The power of healing is the property of every individual soul Paramhansa Yogananda's *Autobiography of a Yogi* helped launch and continues to guide a global spiritual revolution Now for the first time his

remarkable healing methods are available for all who seek to awaken within themselves the limitedly power of Life Force Each chapter of Life Force defines a bold new paradigm of self healing in synergy with modern day understanding of the power of the Self Dr Vandana Jaisingh osteopath physical therapist Shivani Lucki s search for Truth led her in 1969 to California and to the teachings of Paramhansa Yogananda She helped found two Ananda communities one in California one in Italy the Life Therapy School for Self Healing and the Ananda Raja Yoga School and co founded the Yogananda Academy of Europe Shivani lived with her husband at the Ananda community near Assisi Italy A Life Force trilogy to guide you in your healing journey Volume Two Mind All disease has its roots in the mind Learn to use the superpowers of the conscious subconscious and superconscious dimensions of the mind to overcome past karma **Awakening the Inner Self: The**

Spiritual Disciplines and Meditation of Swami Vivekananda Dr. Prashant Behl, Dr. Manoj Singh, Dr. M.N. Sondhi ,2023-06-05 Awakening the Inner Self offers priceless teachings and helpful advice whether you are a beginner wishing to start a spiritual journey or an experienced practitioner looking to expand your understanding Discover the transformational power of spiritual disciplines and meditation to awaken your inner self and live a life of meaning purpose and spiritual fulfilment as you immerse yourself in the timeless knowledge of Swami Vivekananda The book will take readers on a spiritual journey through Swami Vivekananda s teachings one of the most influential Hindu philosophers The book analyses and advises on many spiritual practices Sacrifice as a spiritual practice shows how selflessness can help one grow spiritually Readers will learn about self inquiry a powerful tool for self discovery and ego removal The book also discusses Raja Yoga a self control and meditation approach and its methods for inner peace Swami Vivekananda s meditation teachings are simplified in Patanjali s Yoga Sutras making it easier for people to implement meditation into their daily lives Pranayama the art of breathing helps focus the mind and recharge the body and the book covers it Vedanta philosophy emphasises divinity and meditation Vedanta meditation illuminates reality and the purpose of life Awakening the Inner Self concludes with Bhakti Yoga s devotional practises and philosophy Devotional practises can help people connect with God and discover spiritual fulfilment *Stephen Knapp Reading List: The Key To Real Happiness/ Yoga and Meditation/ Krishna Deities and Their*

Miracles Stephen Knapp, 2022-09-13 Stephen Knapp s Reading List is a transformative collection of three profound works by renowned spiritual author Stephen Knapp The books in this collection Key to Real Happiness and Meditation and Deities and Their Miracles offer insightful guidance on the path to spiritual growth inner peace and deeper understanding of the divine These works are not just for spiritual seekers but for anyone interested in unlocking their highest potential and gaining a deeper connection to the universe The Key to Real Happiness serves as a guide to understanding the true meaning of happiness Stephen Knapp explores spiritual practices that lead to inner joy and contentment By applying the principles discussed in this book readers are empowered to overcome life s challenges and uncover the lasting peace that comes from spiritual wisdom Yoga and Meditation explores the transformative power of ancient practices Knapp dives into the physical

mental and spiritual benefits of yoga and meditation offering tools for achieving greater self realization and inner harmony This book is an essential read for anyone seeking to cultivate a life of balance and mindfulness Krishna Deities and Their Miracles takes readers on a journey through the divine stories and miracles of Lord Krishna Knapp delves into the significance of Krishna s deities and their miraculous powers inspiring a deep reverence and devotion The book helps readers appreciate the divine presence in their lives and understand the timeless wisdom embedded in these spiritual narratives This collection is a gateway to spiritual awakening offering a roadmap to inner peace spiritual growth and a deeper connection with the divine Don t miss the chance to embark on a transformative journey with Stephen Knapp s profound wisdom Stephen Knapp s books offer a wealth of wisdom and practical advice for spiritual seekers His deep understanding of yoga meditation and devotion is evident in each of these works Knapp s Reading List is a must read for anyone serious about finding inner peace and connecting with the divine An enlightening collection that provides practical insights into happiness yoga and spiritual growth I particularly enjoyed the section on Krishna s miracles as it deepened my understanding of the divine Some parts were a bit heavy on philosophy but overall an enriching read Stephen Knapp s writing is always thoughtful and deeply rooted in spiritual wisdom This collection is a wonderful introduction to his teachings While the content could be challenging for beginners those already on a spiritual path will find much value in these works The content is good but felt a bit repetitive at times Knapp s Reading List offers valuable insights into happiness and spiritual practices but I was hoping for more practical guidance in applying these principles to everyday life Awaken to Superconsciousness Swami

Kriyananda,2008-05-20 Here is a fresh revolutionary approach to finding inner peace and expansive joy presented by one of the greatest exponents of yoga and meditation alive today We have all experienced our subconscious minds in our sleep dreams and through our unconscious thoughts and emotions And of course we re all intimately familiar with the normal conscious state of awareness from which we go about our daily lives But there is a third less well known state of awareness the superconscious The hidden mechanism at work behind intuition spiritual and physical healing successful problem solving and finding deep lasting joy superconscious awareness is the missed link to living richer more meaningful lives Though many of us have experienced fleeting moments of raised consciousness and enlightenment few know how to purposely enter such an exalted state Through meditation chanting affirmation and prayer Swami Kriyananda teaches us how to reach this state successfully and regularly and how to maximize its beneficial effects In Awaken to Superconsciousness Kriyananda shares his knowledge of the ancient yoga tradition details how to attain inner peace and provides inspiring meditative exercises Awaken to Superconsciousness provides a comprehensive easy to understand program to help us tap into our wellspring of creativity unlock intuitive guidance and hear the silent voice of our soul If you are looking to Find Inner Peace Enhance Your Creativity Unlock Intuitive Guidance Feel Deep and Lasting Joy Improve Your Concentration Expand Your Awareness Transcend Your Limitations Commune with the Divine Then you must read Awaken to Superconsciousness **The madness of reason.**

consciousness the product of collective unconsciousness Davide Appi, 2022-10-29 CONSCIOUSNESS OR SUPERCONSCIOUSNESS THIS IS THE DILEMMA The present society continues to run like a mad elephant toward global catastrophe Why do we continue on this road that leads us to a dead end with end view our own self destruction The answer to this question lies in human consciousness itself the cause of every problem while Superconsciousness is the solution to every difficulty What is the difference between consciousness and Superconsciousness Superconsciousness consciously connects us with everything that exists and to understand it better we can make the analogy of a network everything in existence is like a node that can have the illusion of being separate from the rest of the network Most people are like that they feel like a node separated from the rest like a single individual separated from the rest of Humanity This feeling of separation is the mode in which consciousness operates CONSCIOUSNESS OR SUPERCOSCIENCE THAT IS THE DILEMMA The present society continues to run like a mad elephant toward global catastrophe Why do we continue on this road that leads us to a dead end with end view our own self destruction The answer to this question lies in human consciousness itself the cause of every problem while Superconsciousness is the solution to every difficulty What is the difference between consciousness and Superconsciousness Superconsciousness consciously connects us with everything that exists and to understand it better we can make the analogy of a network everything in existence is like a node that can have the illusion of being separate from the rest of the network Most people are like this feeling like a knot separated from the rest like a single individual separated from the rest of Humanity This feeling of separation is the mode in which consciousness operates So it is normal for a world dominated by consciousness to be in perpetual conflict consciousness can only do so much by being a principle of division and separation And as long as it is the same that decides both our personal and Humanity s fate we will always be at risk of self destruction We can even say The very nature of consciousness directed toward separation and competition can only inevitably lead us into conflict with others It is the very nature of ordinary consciousness that leads us to violence and war Superconsciousness knows that it is both the node and the global network itself at the same time so it knows that it is deeply connected and interconnected to the Whole while consciousness thinks it is a node unto itself separate from the rest of the network Superconsciousness thus opens us to a wider reality than that of ordinary consciousness and we get a taste of it in moments of deep Inner Peace when the silent mind allows us to enjoy to the fullest the spectacle of the present moment Why is consciousness on the world s bridge of command and Superconsciousness all but ignored Superconsciousness is something unpredictable and original capable of subverting the established order The emergence on this planet of a minimum sufficient number of awakening Superconsciousnesses is the greatest nightmare for the system and for the Anti Awakening Dark Powers that rule the world This is the problem the ruling elites do not want Superconsciousness awakening because it would put an end to their millennial earthly Power Only by electing Superconsciousness as the Supreme Commander of human life will it be possible to change human destiny and put the extraordinary scientific progress

implemented by consciousness no longer at the service of consciousness itself in command which we might rather describe as unconsciousness ruling the world but to put technological progress at the service of Superconsciousness the only one capable of fostering development that is healthy sensible and truly aimed at the welfare of H Translator Nikkita PUBLISHER TEKTIME

Meditation for Starters Swami Kriyananda, 2008-08-04 Have you wanted to learn to meditate but just never got around to it Or tried sitting in the silence only to find your mind wandering or wanting to jump up after only a few minutes Do you wish you had a guidebook that explained clearly in plain English what to do step by step If so Meditation for Starters is just what you've been looking for This little book with companion CD provides everything you need to begin a meditation practice It is filled with easy to follow instructions beautiful guided visualizations and answers to important questions on meditation such as What meditation is and isn't How to relax your body and prepare yourself for going within Techniques for interiorizing and focusing the mind Author Swami Kriyananda's calm voice will carry your mind and spirit into a meditative mood a place of peace Learn meditation from a true expert with more than 60 years of experience Swami Kriyananda has helped many thousands of people to successfully start a regular meditation routine

How to Meditate Jyotish Novak, 2009-01-16 As Yogananda explains the operation of karma death and reincarnation he also shares the deeper purpose of existence for every soul Understanding these truths can bring clarity confidence and inspiration into your life

D. T. Suzuki on the Unconscious in Zen Art, Meditation, and Enlightenment Steve Odin, 2025-07-01 A comprehensive study of D T Suzuki's Zen philosophy and philosophical psychology in relation to his Buddhist understanding of the cosmic Unconscious This book explores how the Japanese philosopher D T Suzuki 1870-1966 developed an integral synthesis of Eastern and Western sources to establish a modern philosophical psychology of the cosmic Unconscious which he in turn used as the basis to interpret every aspect of Zen art meditation and enlightenment Beyond Freud's personal unconscious and Jung's collective unconscious according to Suzuki is the cosmic Unconscious of Zen which as absolute nothingness is the fountain of inexhaustible creative potentialities and the source of all Zen inspired arts The book demonstrates that like the Kyoto School of modern Japanese philosophy Suzuki's Zen endeavors to overcome the existential problem of nihilism or relative nothingness by shifting to the openness of absolute nothingness wherein emptiness is fullness and all things are disclosed in the evanescent beauty of their suchness Suzuki however formulates his scheme in terms of a depth psychology where the cosmic Unconscious is the encompassing locus of absolute nothingness Ultimately the book argues that by integrating both Eastern and Western views of the unconscious psyche including the different schools of Zen and Mahayana Buddhism as well as American French and German theories of the unconscious Suzuki's Zen concept of the cosmic Unconscious constitutes a significant original contribution to philosophical psychology

The Eternal Way Roy Eugene Davis, 2001 One of the earliest commentaries on the popular and highly respected yoga scripture known as the Bhagavad Gita Roy Eugene Davis explains the inner meaning in the light of Kriya Yoga in this new commentary on this scripture Its seven

hundred verses encourage the reader to acquire Self knowledge and to intentionally engage in constructive performance of personal duties along with dedicated spiritual endeavor to practice Kriya Yoga The Sanskrit word kriya means action Yoga can mean to yoke or unite soul awareness with God practice of procedures for this purpose or samadhi the realization of spiritual wholeness the culmination of successful practice

The Rubaiyat of Omar Khayyam Explained Paramhansa Yogananda,2008-06-11 Unlock the Mystery of One of the Great Spiritual Treasures of the Ages Omar Khayyam s famous poem The Rubaiyat is loved by Westerners as a hymn of praise to sensual delights In the East his quatrains enjoy a very different reputation they are known as a deep allegory of the soul s romance with God Even there however the knowing is based on who and what Omar Khayyam was a sage and mystic As for what the quatrains actually mean most of them have remained a mystery in the East as much as in the West After eight centuries Paramhansa Yogananda one of the great mystics of our times a master of yoga and the author of the now classic Autobiography of a Yogi explained the mystery behind Omar s famous poem This book contains the essence of that great revelation Unavailable in book form since its first penning more than sixty years ago The Rubaiyat of Omar Khayyam Explained is available at last edited by one of Yogananda s close disciples Swami Kriyananda

The Awakened Dreamer Kala Ambrose,2017-12-08 What makes this book magical is its wealth of sensible advice on preparing and caring for children and its emphasis on mothers taking care of themselves and honoring their own spirits Publishers Weekly Your dreams can be an important part of your decision making relationships and problem solving if you properly apply them This easy to use book shows how to strengthen the connection between your conscious and unconscious self helping you achieve your goals and discover valuable insight You ll explore dreams and sleep phenomena of all kinds including Recurring Prophetic Teaching Visitation Lucid Nightmare Daydream Sleep Walking Sleep Talking The Awakened Dreamer provides approachable exercises guided meditations example dreams and instructions for creating your own symbol guide You ll also learn how to combine daydreams with powerful visualizations that can be channeled into your nightly dreams allowing you to manifest your desires into reality

Religion in the New Age Swami Kriyananda,2009-03-16 That we live in a New Age seems an incontestable fact Just 100 years ago the world had no paved highways no speeding cars airplanes cell phones washing machines computers or satellite dishes to name only a few things that today we take for granted But the greatest change that has occurred has been our perception of reality which began with the discovery that matter is actually composed only of vibrations of energy and that energy is the reality behind everything around us Today we perceive everything in terms of energy we have become an energy conscious as well as an energy dependent society In this collection of fascinating essays on a variety of topics Swami Kriyananda a renowned and prolific writer presents an approach to modern life that may seem radically new The book s title essay Religion in the New Age shares the ancient teaching common to many cultures that time is cyclical and that we are now in an upward cycle coming into an age of energy awareness from a darker age of matter The author shows society political and social events and

religion and religious institutions from the viewpoint of different cycles of time

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