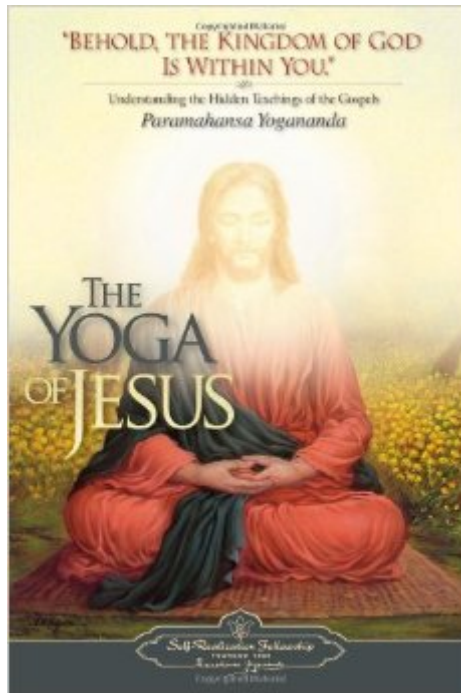


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The Yoga Of Jesus: Understanding The Hidden Teachings Of The Gospels (Self-Realization Fellowship)



Synopsis

In this remarkable book, Paramahansa Yogananda reveals the hidden yoga of the Gospels and confirms that Jesus, like the ancient sages and masters of the East, not only knew yoga but taught this universal science of God-realization to his closest disciples. Compiled from the author's highly praised two-volume work, *The Second Coming of Christ: The Resurrection of the Christ Within You*, this insightful and compact book transcends the centuries of dogma and misunderstanding that have obscured the original teachings of Jesus, showing that he taught a unifying path by which seekers of all faiths can enter the kingdom of God. Topics include: • The lost years of Jesus in India • The ancient science of meditation: how to become a Christ • The true meaning of baptism.

Book Information

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Customer Reviews

This book captures Paramanhanasa Yogananda's spoken words and writings and puts them into clear focus in one volume on the much misunderstood teachings of Jesus. This new book "The Yoga Of Jesus" is a hundred years in the making. The editors and publishers do a great job of putting Yogananda's thoughts in a logical order so that it reveals a much deeper message--one that shows the hidden yoga of the gospels. This book will awaken some people to new ideas while others may just have their inner truth reaffirmed. The book is a significant spiritual work and will remain a best seller (As does his classic "The Autobiography of a Yogi") for decades if not centuries. There is even a chapter devoted to the missing years of Christ's life, which were spent in India according to

Yogananda. The references and footnotes help build strong support for what this book is revealing about the life and teachings of Jesus. The book is an eye opener for non-yogis and a blissful confirmation of truth from those who follow the teachings of Yogananda. This is one of his best books. I would suggest reading this book along with "The Second Coming of Christ: The Resurrection of the Christ Within You" - which blazed huge new spiritual roads just a few years ago. This book, as with many of Yogananda's books, shows parallels between the teachings of all the great Christian saints, mystics and other enlightened founders of spiritual thought. This book should help unify and promote inter-faith understanding for those with open minds and hearts. This book is well worth adding to your spiritual library. It can be read in a full afternoon but it may take a lifetime or longer to full grasp all the truth that is within its pages.

I'm always a little disheartened by people who proclaim to "love" Jesus but do nothing to become like him. I have always had an affinity for Jesus. I remember when I was just a little boy of five, my mother gave me a beautiful picture of Jesus - not the blonde haired, blue eyed "surfer boy" Jesus, but a Jesus who was dark haired and dark eyed and had a look in his eyes like he knew something I didn't and I can remember just looking at that picture every night before bed and saying, "Teach me to be like you, Jesus...teach me to be like you..." I didn't know that this simple prayer was actually manifesting itself in me even though I had to go through a relatively painful process to lead me "full circle" back to that realization that I wanted to drop the burdens and the cares of the world off my mind and heart and reveal the Light and the Love and the Life of the Holy Spirit that were already within me waiting to come forth. And how, exactly, does one come to these inner revelations? Meditate. Meditate. Meditate. The cover of this book is absolutely stunning and really, if it didn't contain the always straight-to-the soul writing of Yogananda, I would've bought the book just for the cover. It pictures a meditating Christ which is refreshing because for centuries we have been bombarded by images of a crucified Christ, a mournful Christ, a betrayed Christ and I don't think we know the full implications of these "negative" images on our psyche. But the cover art of this beautiful book is that of a meditating Jesus...

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