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The Yoga Of Jesus Paramahansa Yogananda

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Rediscovering the Lost Teachings of Jesus: A Journey Through Paramahansa Yogananda's Masterpiece

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

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**The Yoga Of Jesus**, readers unlock a deeper, more experiential dimension of the Gospels, transforming them from historical documents into a personal, scientific manual for God-communion.

Who Was Paramahansa Yogananda and Why His Interpretation Matters

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

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

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

Unveiling the Hidden Yoga in the Gospels

The central thesis of **The Yoga Of Jesus Paramahansa Yogananda** is that Jesus's teachings, when translated

Self-realization. Yogananda focuses on key phrases from the Gospels and reinterprets them through the lens of yogic philosophy and practice.

Perhaps the most famous example is Yogananda's analysis of the Lord's Prayer. He does not view it merely as a petition to God, but as a precise, condensed **mantra** for high states of **meditation**. For instance, the line "Our Father which art in heaven, Hallowed be thy name" is reinterpreted as a call to the **Om** vibration—the cosmic sound that is the name of God. "Thy kingdom come" is a prayer for the descent of **divine consciousness** into the meditator's spine and brain, to be experienced as **Kriya Yoga**.

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

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

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

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

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

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

Yogananda offers a stunning reinterpretation of the Parable of the Prodigal Son. The "far country" to which the son travels is not a physical land, but the **material world** of the senses and the **ego**. The "husks" he eats are the empty pleasures of **illusion**. His return to his father's house is the journey back to **spiritual consciousness** through **meditation**. The "ring" and "robe" given to him by his father symbolize the **spiritual body** and the **divine love** that are his true inheritance.

Bridging the Divide: Yoga, Christianity, and Universal Truth

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

He argues that the doctrine of a single lifetime and eternal heaven or hell was a later addition to Church dogma, heavily influenced by the Roman Emperor **Justinian** and the **Second Council of Constantinople** in

553 AD. The original, esoteric teachings of Jesus included a full understanding of the soul's journey God-realization. through multiple births, each one an opportunity for growth and ultimate liberation through

This is not a replacement of Christianity, but a restoration of its original, **universal** essence. Yogananda teaches that **Christ consciousness** is the same as **Krishna** consciousness, the same as **Buddha** nature. It is the one, undivided intelligence of God, which expresses itself through different **avatars** and **saviors** for different ages and cultures.

Practical Application: Reading the Bible as a Yogic Guide

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

1. Meditate on the Verses: Read a passage from the Gospels, then sit in silence and try to feel the energy behind Jesus's words. Use the verse as a seed for your meditation.
2. Practice Kriya Yoga: The ultimate way to understand Jesus is to follow his example. Kriya Yoga is the scientific method for accelerating your spiritual growth, as taught by Yogananda. It is available through the Self-Realization Fellowship (SRF) lessons.
3. Cultivate Devotion: Bhakti Yoga (the path of devotion) is essential. Jesus's entire life was a lesson in surrender and love. Integrate prayer, chanting, and heartfelt devotion into your practice.
4. See the Symbolism: Read the Bible anew. See the crucifixion as the ego's surrender to the soul. See the resurrection as the soul's victory over maya (illusion). View the Holy Spirit as the Om vibration you feel during deep meditation.
5. Live the Ethics: The Yoga of Jesus is not a mental exercise. It requires living the Beatitudes: humility, purity, mercy, and peacemaking. These are the Yamas and Niyamas of the yogic path.

Why This Book Matters Today More Than Ever

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

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

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