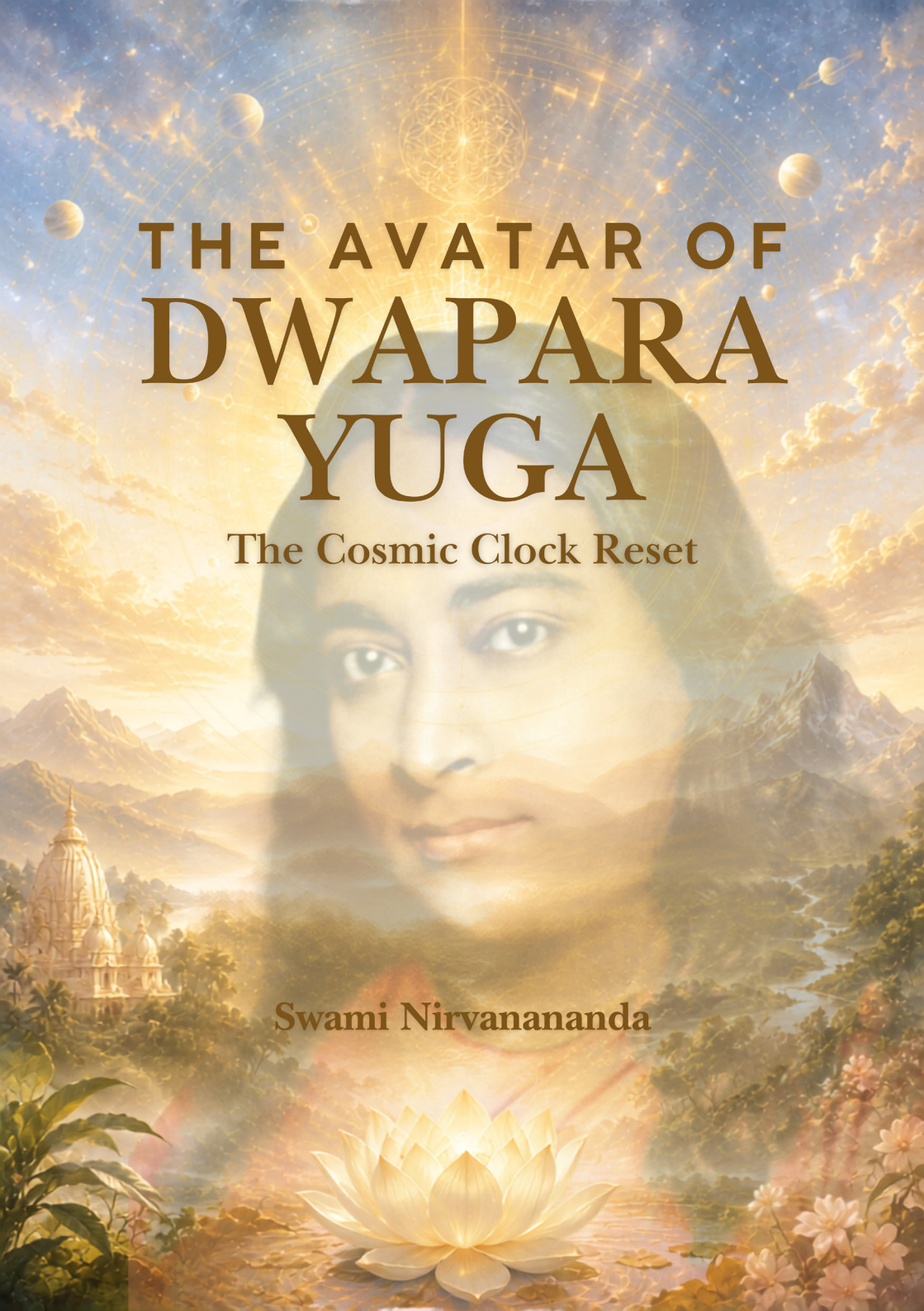




THE AVATAR OF DWAPARA YUGA

The Cosmic Clock Reset

Swami Nirvanananda

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Modern civilization operates under a profound and arrogant illusion. It is the unquestioned belief that human history is a straight unbroken line of progress. A steady climb from primitive cave dwellers to the absolute pinnacle of technological supremacy we believe we occupy today. But according to the esoteric transmissions of P. Yogananda and his master Sri Yukteswar, this linear model of history is completely false. Humanity is not currently at the apex of its evolution.

In fact, we are merely wiping the sleep from our eyes, slowly awakening from a brutal 1200-year period of planetary amnesia. To understand the hidden prophecies of P. Yogananda, one must first understand the cosmic clock that governs human consciousness. In his groundbreaking work, the Holy Science, Sri Yukteswar mathematically decoded the ancient system of the Yugas or world ages. He revealed that the solar system does not just drift aimlessly through space. It is bound to a jewel-star-system revolving in a massive 24,000-year elliptical orbit around an unseen cosmic center.

In Vedic astronomy, this grand magnetic center of universal intelligence is known as Vishnu Nabhi, the Vishnu Navel. As our solar system travels along this vast orbit, its distance from this cosmic center dictates the exact vibratory frequency of the planet earth and consequently the limit of human intelligence. When the sun is closest to this grand magnetic center, human consciousness reaches its absolute zenith capable of easily comprehending the most subtle spiritual and causal laws of the universe. When the solar system swings to the furthest point in its orbit, human intelligence plunges into its lowest, densest state.

The furthest lowest point of this cosmic cycle occurred in the year 500 AD. This was the absolute depth of Kali Yuga, the dark age. During this agonizing 1200-year epoch, the vibratory frequency of the planet was so low and the cosmic light so faint that the human mind completely lost its connection to the subtle universe. Intelligence

collapsed into pure materialism.

Humanity could only perceive and manipulate gross physical matter. It was an era defined by brutal physical conquests, widespread disease, the suppression of ancient sciences, and the total loss of esoteric technologies that had been mastered by earlier, more advanced civilizations. The spirit was forgotten and the flesh was exalted.

The history we are taught in schools today, the entirety of our globally accepted timeline is almost completely mapped across the darkest, most primitive segment of this cosmic cycle. Modern historians dig up the ruins of fallen empires and mistakenly believe they are looking at the dawn of human intelligence. In reality, they are merely excavating the debris of a fallen amnesiac age.

But the cosmic clock does not stop in the dark. The solar system inevitably continued its orbit beginning its long slow ascent back toward the grand center of cosmic intelligence. According to the precise astronomical calculations of Sri Yukteswar, the dark age of Kali Yuga officially ended in the year 1700 AD. Following a necessary 200-year period of energetic transition, the Earth officially crossed a massive cosmic threshold in the year 1900 AD.

Humanity did not suddenly invent the modern world through a random stroke of luck. The earth itself physically shifted into a completely new vibratory frequency in space. The heavy veil of gross matter was lifted, and the planet entered the ascending age of Dwapura Yuga, the age of energy. The prophecies of P. Yogananda regarding the future are not vague psychic guesses. They are precise predictions based on the inescapable mathematics of this newly dawned era and what he foresaw for the coming centuries is both breathtakingly hopeful and terrifyingly dangerous.

To comprehend the sheer magnitude of Yogananda's prophecies, one must look at the undeniable explosive anomaly of modern history. For thousands of years, human civilization remained virtually stagnant in its technological capabilities. An emperor in the year 500 AD and a king in the year 1600 AD lived essentially the same physical existence. They relied on muscle power, rode horses, burned wood for heat, and

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fought with forged metal. Human intelligence was entirely locked within the parameters of gross physical matter.

Then the cosmic clock struck. As Sri Yukteswar precisely calculated, the 200-year transitional twilight period ended in the year 1900 AD, and the earth fully crossed the threshold into Dwapara Yuga, the age of energy. What followed was not a gradual evolution of human intellect, but a violent, unprecedented eruption of discovery. In a mere fraction of a cosmic second, humanity leaped from horsedrawn carriages to splitting the atom, harnessing electricity, mapping the human genome, and communicating instantaneously across the globe through invisible electromagnetic waves.

Mainstream science attributes this sudden explosion to the genius of the industrial revolution and the scientific method. But the esoteric teachings of Yogananda reveal a far more profound truth. Humanity did not suddenly become smarter. The planet itself moved into a region of space bathed in a higher frequency of cosmic radiation. This higher vibratory field actively stimulated the human nervous system, unlocking dormant centers in the brain capable of perceiving forces that were previously invisible.

Dwapara Yuga is mathematically defined as the epoch in which humanity awakens to the realization that matter is an illusion and that energy is the true underlying reality of the universe. The foundational discoveries of the 20th century perfectly mirror this cosmic mandate. When quantum physicists finally peered deep into the heart of the atom, they did not find solid building blocks. They found empty space and vibrating fields of probability. They discovered exactly what ancient Vedic seers, the Rishi, had claimed millennia prior. Physical matter is nothing more than frozen light. It is condensed slowed down energy.

P. Yogananda frequently emphasized that the sudden mastery of electricity, radio frequencies, and nuclear energy was the undeniable proof that Earth had entered this second ascending age. The heavy isolating barriers of space and time that defined the dark age began to collapse through telephones, airplanes, and internet. What Yogananda termed space annihilators are the physical manifestations of a planetary

consciousness waking up to its interconnected energetic nature.

However, entering a higher age does not guarantee immediate paradise. In fact, Yogananda warned that the transition into Dwapara Yuga would be the most volatile and dangerous period in recorded human history. Because the sudden influx of cosmic energy accelerates everything, both the good and the evil, humanity has been handed the immense power of the gods while still possessing the emotional maturity of the dark age. The realization of energy has outpaced the realization of the soul, setting the stage for a terrifying imbalance. P. Yogananda looked at the dawn of the atomic age, not with unbridled optimism, but with a profound terrifying caution.

He understood the lethal mathematics of asymmetrical evolution. Science had sprinted violently forward while human consciousness remained stubbornly chained to the primitive tribal instincts of the dark age. This severe imbalance is the crux of his most urgent prophecies for the modern world.

Yogananda warned that entering Dwapara Yuga merely grants humanity the knowledge of energy. It does not automatically grant the wisdom to wield it. We are currently witnessing the catastrophic friction of this amalgamation: we see a civilization possessing the technological capabilities of the gods but still driven by the territorial greed, nationalism and separatist egos of Kali Yuga. When the atom was split and the foundational building blocks of the universe were weaponized, Yogananda delivered a stark warning. He stated that humanity had unlocked a cosmic secret meant only for highly evolved beings.

The universe operates on a strict law of energetic resonance. If a species discovers how to manipulate the absolute baseline of physical reality, atomic energy, while still harboring hatred and a desire for conquest, it sets the stage for its own potential annihilation. The two world wars of the 20th century were not political anomalies. They were the initial violent birth pangs of this energetic clash.

Yogananda foresaw that as Dwapara Yuga progressed, the weapons would become increasingly subtle and devastating. The danger

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is no longer just physical armies marching across borders. The danger is the invisible manipulation of energy itself. He warned of the potential for global devastation brought about by the misuse of atomic power, electromagnetic forces, and technological systems built on the premise of exploitation rather than elevation.

This is the hidden danger of the new era. Technology is inherently neutral. It is an amplifier of the consciousness that wields it. If an unevolved mind is given an airplane, it drops bombs. If a greedy consciousness is given instantaneous global communication, it creates systems of mass manipulation and economic enslavement. Yogananda explicitly stated that unless humanity makes a conscious collective effort to match its spiritual evolution to its technological prowess, the resulting friction will tear the fabric of civilization apart.

The universe is not a chaotic void. It is a highly regulated intelligent system. It will not permit a technologically advanced yet spiritually cancerous species to spread its destructive frequency unchecked. If humanity refuses to voluntarily raise its consciousness, Yogananda prophesied that the cosmic laws of Karma would initiate a brutal planetary recalibration to force the issue. The systems built on greed and division are structurally incompatible with the ascending frequencies of the age of energy and they are destined to collapse under their own heavy outdated weight.

Yet for all the severe warnings regarding the misuse of energy, P. Yogananda's vision for the immediate future of human development was ultimately one of breathtaking liberation. If humanity can survive its own technological adolescence and navigate the violent friction of the current transition, the prophecies for the ascending Dwapara Yuga reveal a radical dissolution of physical boundaries. The very nature of how human beings interact with their bodies, with each other, and with the universe is destined to fundamentally change.

The first great revolution Yogananda predicted will occur within the medical sciences. Currently, humanity treats the physical body through the lens of Kali Yuga as a purely mechanical and chemical machine. When a machine breaks, we attempt to fix it with dense matter,

surgical instruments, synthetic chemicals, and heavy pharmaceuticals. But Yogananda explicitly prophesied that the future of medicine lies not in chemistry, but in the direct manipulation of life force and light.

As Dwapara Yuga progresses, mainstream science will be forced to recognize the existence of the astral body, the luminous blueprint of Prana or life energy that underlies the physical nervous system. Medical technology will shift entirely toward energetic healing. Yogananda foresaw a time when disease will be cured not by poisoning the physical body with chemicals but by bathing the energetic body in specific frequencies of light, sound and electromagnetic radiation.

Doctors will become engineers of the subtle anatomy, capable of instantly diagnosing energetic blockages and repairing the electronic matrix before a disease can even manifest in the physical flesh. This dissolution of boundaries will not be limited to medicine. It will completely revolutionize human communication.

Currently, society relies on external hardware, smartphones, satellites, and fiber optic cables to transmit information across the globe. We consider this the peak of technological achievement. But Yogananda viewed these devices merely as clumsy temporary crutches. He prophesied that within the ascending Dwapara Yuga, the scientific validation of telepathy is inevitable.

The human brain when properly calibrated is the most advanced bioelectric transmitter and receiver in the universe. Yogananda stated that as the ambient frequency of the planet continues to rise, the latent centers of the human mind will naturally awaken.

Humanity will realize that thoughts are not private localized phenomena trapped inside the skull. They are measurable vibratory frequencies that travel through the ether. The reliance on external technology will slowly be replaced by the internal mastery of the mind. Communication across vast distances entirely independent of physical devices will become a standard scientifically verifiable human capability.

Ultimately, this points to the most profound prophecy of the new era. The complete collapse of the artificial wall dividing science and spirituality. In the dark age, religion was based on blind belief, and science

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was based on physical measurement. The two were deeply opposed. In Dwapara Yuga, Yogananda predicted that physics and mysticism will inevitably merge into a single unified discipline. Quantum physicists will not just theorize about the interconnectedness of the universe. They will mathematically prove the mechanics of consciousness.

The esoteric concepts of the soul, Karma, and the astral plains will be dragged out of the realm of mythology and firmly established as measurable scientific realities. Humanity will stop looking up at the sky in blind faith and will instead turn the instruments of science inward, mapping the vast multi-dimensional architecture of the human spirit. P. Yogananda did not sugarcoat the transition between world ages. He prophesied that moving from the dense ignorance of Kali Yuga into the high-frequency reality of Dwapara Yuga requires a violent global recalibration.

The Earth simply cannot hold a new higher energetic charge while still supporting infrastructures built on dark age greed, exploitation, and division. Because humanity has largely resisted voluntary spiritual evolution, Yogananda warned that cosmic law will force this purification through global upheaval. He foresaw the inevitable collapse of traditional economic and political structures that prioritize power and profit over human life. Financial systems built on illusion, infinite growth, and debt are structurally incompatible with the transparent energy of the new age. And he predicted they will shatter under their own outdated weight.

This recalibration is not limited to human society. It extends to the planet itself. As the earth's foundational vibratory rate increases, Yogananda predicted corresponding geographical and climactic upheavals. He viewed these natural shifts not as random tragedies but as the literal physical friction of a planet shedding its lower density.

However, he explicitly stated this is not the Apocalypse. It is a cosmic surgery. The old diseased tissue of a separatist materialistic civilization must be cut away to make room for a society that understands the universal laws of energy. The economic collapses and global turbulence we are witnessing are not the end of the world. They are the chaotic necessary dismantling of the old paradigm.

Despite the severe warnings and the necessary global turbulence, P. Yogananda's ultimate prophecy for Dwapara Yuga is one of profound liberation. As the heavy friction of the transition period eventually settles, he foresaw the inevitable rise of a genuine world brotherhood. This will not be a fragile political alliance forged by treaties, but a literal energetic recognition of our shared cosmic origin. When humanity finally understands that all life is operating within the same interconnected field of "lifetronic" energy, the primitive divisions of race, radical nationalism, and dogmatic warfare will become mathematically and scientifically obsolete.

To survive and thrive in this ascending era, Yogananda emphasized that our mastery of external technology must be matched by an absolute mastery of internal energy. This is precisely why he brought the ancient science of Kriya Yoga to the world. He described it as the airplane route to

Self-realization, a highly advanced mathematical method of accelerating human evolution by consciously directing life force through the spine.

In the new age, religion will shed its blind dogma and fully transition into this internal verifiable science of energy manipulation. The grand trajectory of the coming centuries is not destruction. It is an incredible cosmic ascension. The global chaos of the present moment is merely the planetary alarm clock ringing. The only true sanctuary during this shift is individual consciousness. By turning inward and mastering the energy within your own biological matrix, you don't just survive the changing of the Yugas, you actively participate in the awakening of the universe.

This inner transformation is necessary and urgent: everyone must participate with full awareness and consciousness. The cycle of ascending Yugas will necessarily lead us toward ever higher spiritual goals.

Daya Mata said: "Yoganandaji foresaw all this, years ago, and repeatedly told us: "The day will come when the world has to return to simple living. We must simplify our lives to make room for God. We must live with the consciousness of brotherhood, for as civilization

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evolves into a higher age, we will find that the world has become smaller. Prejudice and intolerance must be banished.”

We have now entered the Dwapara Yuga, the age of electricity and the atom power. This will be followed by the third era, the Treta Yuga, the age of mental strength. The ascending Treta Yuga will last for 3,600 years. That is the mental age when most people will use their mind power. The power of the mind will be much more highly developed than it is now.

To a great extent, everything will be accomplished by that power. There will be an increase of wisdom and therefore more safety. In that age, people will make a stronger effort to use peaceful means for settling their problems. There will be less use of electricity and atomic power and growing use of the power of the mind.

This is not to say that everyone will be able to know other minds. But just as there are powerful radios that can tune in even weak stations and weak radios that can pick up only strong stations. So, some people will have stronger mental powers than others in the age of the mind. In that mental age, by the power of the mind, we will be able to know our fellow beings better. So that it will be difficult for anyone to be wicked.

There will be very little hypocrisy because people are hypocritical only when they think others do not know their real feelings. As a result of greater understanding, humanity will learn to live more peacefully with one another. Mind power will be used for also healing and as food for the body.

After the third age will come Satya Yuga or the age of truth. Then the mind of men will be able to comprehend all mysteries of creation and to live in communion with God. People of this age will find no barrier between the material world and the astral heaven. They will be able to enter the astral world and commune with those souls who have gone on to that sphere.

The ascending Satya Yuga will last for 4,800 years. Many fully evolved souls will find liberation in that Yuga more than in any of the other ages. But even the end of Satya Yuga will not signal the end of

the world. The cycle will be continuous descending and reascending through all four ages again and again. Intermittently cataclysms will occur in which the world will die and then begin a new its continuous cycle.

The earth was created to bring souls to their divine destiny. It is carrying a heavy burden. Until all our work is done, until our souls evolve back to God, this earth will never totally dissolve. It is only when God no longer needs it for the evolution of souls that the world will be no more. Only then will come the real end of the world.

So, we never must fear that our earth will tumble into the oven of the sun which is so hot that all things would melt and vaporize in just a few seconds. The ultimate end of the world is far off. It has a lot of work to do yet.

We do not have to wait for the end of the world in order to be free. There is another way: to rise above the age in which we are born. In the

material age, the majority of mankind is materially minded. But we can also find those who are living ahead of their times. The Christlike souls.

In the mental and electrical ages, we will find predominant the mentalities characteristics of those yugas. At the same time, there are other mentalities, some that are more highly evolved and others not yet as highly evolved. Thus, in this electrical age, we can find people who are still living in the stone age. There's always a balance. Some who are living ahead and some who are living behind the age of civilization in which they are born. Through repeated incarnations, those of lesser development will gradually advance until they express the mentality of the age in which they reincarnate and eventually the quality characteristic of the higher ages yet to come.

The cycles of this world are like a seesaw going up and down. But when we hasten our evolution through right living and a spiritual technique such as Kriya Yoga, we live ahead of our time and can find freedom in God within this or only a few lifetimes.

Another way in which we experience the end of the world is in the detachment that is felt in sleep, in dreams, in losing one's mind

and in death.

These conditions are forced on us. The world ends for us when our minds are detached. Its purpose is to teach us the delusive nature of the world and the true nature of our self. The soul comes on earth and becomes entangled in the mesh of delusion through the suffering that comes to us. When the world is not perfect, it helps us to break our attachment to it. God is trying to make us realize through nonidentification with it, how delusive our existence here is. The more we see the world and its defects, the greater become our determination to know God.

The world ends for us when we are free from desires. In a metaphysical sense, the end of all earthly desires is the end of the world. For our own happiness, we must strive to live free of worldly desires. If there is anything we can't do without, we still have a terrible lesson to learn. If we are taken away from this earth with all of our desires unfulfilled, then

we must return here many times enduring heartaches and disappointments again and again to cure ourselves of those desires.

We don't want to be sent back here to suffer anymore. We don't want to go on endlessly returning: sometimes as a rich man, sometimes as a poor man, sometimes with ill health and disease, sometimes with sorrows, sometimes with snatches of happiness. We are not a mortal being. We are the immortal soul.

We can enjoy everything but then have no desire for anything. So, there is never any pain or disappointment from unfulfillment. The way to true happiness is to do our best in the role in which God has placed us without creating further desires.

We must remember that we are here in this world to be entertained. When we go to a movie, whether we see a tragedy or a comedy or a drama, we say afterward, "It was a good movie." So, we must look upon life. We must have no fear. If we live in fear, health will go. We must rise above disease and troubles while trying to remedy our condition and be inwardly untouched by it.

If we are strong inside with full faith in God, then we will conquer all the limitations of the world. We will be a king of peace and

happiness. That is what we want to be.

P. Yogananda's prayer was: "O Lord, Thou hast put me here to watch thy movies of life, tragedy and laughter, health and disease, life and death, wealth and poverty, war and peace. These are not but dreams to entertain me. Untouched, I rest in the thought of Thee, the only reality."

P. Yogananda was sent by Babaji to the West not only to spread the teachings of Kriya Yoga, but also to demonstrate that the teachings of the Vedic tradition, as the Bhagavad Gita, and of the Mystic Christian tradition, as the Gospel, are expressing the same universal truth. Yogananda did not present sophisticated theories and studies to prove his teachings but rather manifested these eternal truths by drawing directly from the infinite source of the Spirit.

Indeed, of all the truths he expounded, perhaps the most important and wonderful was when he taught us to personally seek contact and direct dialogue with God; because the Heavenly Father is not seated on some throne in the heavens, but He is here, close to us, within us, the closest of the closest. Like a child who's speaking with his Mother, without intermediaries, directly, we can talk to God.

"God, he said, is not far from you. It is your mind that creates that distance. For ages, people have sought God on mountaintops, in churches, in rituals, but have forgotten that He is right there in their breath, in their gaze, in their heartbeat."

When Yogananda wrote the Autobiography of a Yogi, he revealed that communication with God is not a plea to an external force, but a union of individual consciousness and universal consciousness, where there is no longer a boundary between you and I. Usually, we think that we have to be better, more worthy to be able to talk to God. But we need to realize that God does not require us to be perfect. He only requires us to be present.

When we are present, all of life becomes a sacred language, like a wind blowing through the leaves, a child laughing or light reflecting on the water. All are answers. Because God does not speak in words, He speaks in vibrations. And when our mind is quiet, we hear it. The

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ancients called it self-realization, not an intellectual knowing but a soul realization that we and God are one. It is the moment when we no longer search because we become. Then we no longer ask for anything. We simply listen and live in his rhythm.

The art of communication with God in everyday life.

As seekers, we think that God only listens in meditation, in the silence of a temple or in the sound of temple bells echoing on a sacred mountain. But after many years of meditation and experiencing the depths of consciousness, we can understand that God never waits for us to come to him. He is always here in every breath, in every thought, in every heartbeat.

P. Yogananda said, “Don’t wait until you are on your knees in prayer to talk to God. Talk to him as you would to your closest friend in every moment of your life.” God doesn’t need rituals. He needs the frequency of love and sincerity. When we eat, work, walk, or simply sit quietly, He is with us, waiting for a whisper in our heart, a moment of remembering Him.

One. We need to make every action a meditation and meditation becomes alive. Most people think of meditation as being separate from life. But for Yogananda, meditation is the deepest integration with the present moment. We can communicate with God while washing dishes, writing letters, or cooking as long as we do it with presence and gratitude.

When we eat, let’s be aware that the energy entering our body is a gift from God. When we work, let’s see it as our way of serving Him in human form. When we speak, let’s our words be a flow of kindness. Because God is not a form, He is an intention. When our actions are infused with the energy of love, even the smallest act becomes a sacred ritual.

Yogananda once taught that when we sweep the floor with love, we are cleaning our own mind; when we serve others, we are serving God. That is the art of living in meditation, living with the awareness

that everything is God working through us. Then we no longer have to pray to connect with Him, because our whole life has become a living prayer.

Two. Divine signals. The language of cosmic synchronization. God does not speak in words. He speaks in signs, feelings, and frequencies. He sends us miraculous coincidences, divine synchronicities; a song we happen to hear that resonates at the right moment; a stranger saying the sentence we were thinking; an event that changes our direction. These are all God's secret languages.

An awakened soul will realize nothing is accidental. Everything is the word of the universe. Let's remember that God speaks on the frequency of attention. When we are awake, everything becomes a message. When we are unconscious, every message becomes an accident. And then, when our mind begins to quiet down, we will realize He speaks not only in prayer, but also in the song of a bird in the morning, in the breeze in our hair, in the sunlight through the trees, or in a drop of water on our hand. He speaks with presence, not with sound. And when we are quiet enough to listen, we will see that He is always there, never far away.

Three. We need to listen to God in silence. Yogananda said, "God does not speak with words. He speaks with intuition." When we sit in silence, no longer resisting, no longer seeking, a deep sense of knowing begins to arise within us, not through the mind, but through intuition. In that moment, we no longer need to ask, "How can I hear God?" Because we become the very frequency through which God speaks.

Silence is not emptiness. Silence is the condition through which the universe can speak. In the silence of the soul, every breath becomes sacred. Every heartbeat becomes the language of the creator. Then we no longer speak of God. We become the flow through which God speaks. Breath is the doorway to God's presence.

There is nothing closer to God than breathing. He is not far away in the sky. He is coming in and out with every breath we take. P. Yogananda revealed that breath is the invisible thread that connects

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the soul to the body. When the breath is regulated, the mind is quiet. And when the mind is quiet, God is revealed. When we breathe without awareness, we just exist. But when we breathe with awareness, we begin to live as a soul.

Four. Breath, the ancient language of the soul. From the time of the Vedas, Upanishads to the Bhagavad Gita, breath has always been considered the sacred language of the soul. Because breath is the expression of Prana, the life energy, the spiritual force that pervades the universe. When we inhale, we receive Prana, the divine light that flows into every cell. When we exhale, we release all the old energy residue, making way for new light.

Let's try to pause for a moment and breathe in deeply. Let's feel the pure energy entering from the top of our head and breathe out gently. Let's leave all worries dissolve into nothingness. In that moment, we are no longer the breather. We are the breath. Ourselves and God merge in that breath. There is no separation, there is no boundaries.

Five. Kriya Yoga. The science of uniting the soul and God. Yogananda calls Kriya Yoga the science of uniting with God through the energy of breath. It is not just a meditation technique, but an energy map of enlightenment. In Kriya, the breath is no longer physical but becomes a cosmic current that flows through the Chakras purifying the mind, the body and awakening the light of the soul. When the flow of Prana energy is regulated, the mind becomes calm like a lake. Intuition opens and the feeling of "I and you are one" appears.

Many Kriya practitioners say that they feel the sacred current running down the spine like a sweet light spreading throughout the body. That is shaky, the energy of God circulating within us. It is no longer a belief; it is no longer a philosophy; it is a direct experience of God through life energy.

Six. When breath becomes prayer, we don't need to pray with words. Let's breathe with love. Breathing in, let's say to God, "I open my heart to you". Breathing out, let's say to God, "I surrender all boundaries". Every breath becomes a sacred melody between the soul and the Creator. And when we maintain this awareness, we will see

that every breath is a “thank you”. Every moment is a communion. Every experience is God’s embrace. Breath is the eternal language of the soul. When we breathe with presence and gratitude, we are not just alive, we are awake.

When the mind is silent, God speaks the sacred language of silence. P. Yogananda once said, “When you stop talking, you will hear God. When the mind stops making noise, you will see him everywhere.” God has never been silent. He speaks constantly with light, with breath, with the life energy in every cell of our being. We are just too noisy to hear.

Seven. Silence, the bridge between the soul and God. The silence Yogananda speaks of is not ‘no sound’, but a state of no vibration where the soul becomes crystal clear. In deep meditation, when all thoughts disappear, when all desires cease, a new energy arises, the energy of pure knowing. It is not intellectual understanding; it is a visceral knowing.

It’s like when we’re watching a sunrise and we don’t need to explain why it’s beautiful. Because we and the sunrise are no longer separate. That’s inner communion, where our soul and God breathe together in unison. In that moment, there are no words. There’s no more ‘we’re praying’. There’s just a direct communion where love and light merge.

Eight. How to quiet your mind. We can’t force our mind to be quiet because that effort itself is a form of resistance. We can only observe it until it lets go. When we sit down, breathe, and simply watch the flow of thoughts without attachment, we’re stepping out of the mind and returning to the observer. That observer is not affected by fear, not controlled by time or memory. That is the soul, the immortal part of us where God resides. The longer we observe, the weaker the energy of thinking becomes.

A quiet space gradually opens inside. That is this sacred room where God has been waiting for us to return for many lifetimes. In that space we don’t need to say anything. Our existence is already a prayer; our presence is already a proof that God lives within us.

Nine. The whispering of the soul. P. Yogananda called it the

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whispering of Spirit. The whisper of the Holy Spirit. It does not resonate with the ears but vibrates with intuition. Sometimes it is a hunch that stops us. A flash of light in the heart. A feeling that this is right even without a reason. When we live in silence, God will speak to us through that hunch with the energy of guidance. If we listen, the light grows and we begin to live in the divine flow where everything is in cosmic order. If we ignore it, God does not blame us. He just waits, waits until we are tired of the noise of the world and find the peace to be able to hear Him again.

Yogananda once said, “Don’t tell God what you want. Let him tell you what you need.” When we go into deep silence, God doesn’t just speak to us. He speaks through us, acts through us, loves through us, and then the concept of ourselves disappears. There is only a pure stream of consciousness. God contemplating himself through us. The experience of enlightened souls, divine encounters throughout human history, great souls have experienced divine union where they not only spoke to God but lived with Him as Him. P. Yogananda called it God realization, direct experience of God. It is not a religion, but a science of the soul.

Ten. Lahiri Mahasaya was the man who brought heaven into everyday life. Lahiri Mahasaya was a marvelous master, a civil servant, a father, a simple man among society, but who lived in constant communion with God. He proved that we don’t need to retreat to the mountains to meet God. God is present in the market, in the kitchen, in the office. If our heart is pure enough to recognize it, every word Lahiri speaks is the word of God; every gesture is the energy of unconditional love. He teaches work as if God is working through us. It is meditation and action where every earthly task becomes a sacred ritual.

Eleven. Mahavatar Babaji, the calling from the eternal. Mahavatar Babaji the immortal teacher who exists beyond time. He does not teach through words but through energy vibrations. Babaji communicates with his disciples through light, sound and intuition. Those who are pure enough will feel his presence as a wave of love all around. No form, no words, just infinite light. Like God, he is not somewhere. He is the

space in which everything exists. When we touch Babaji's energy, we no longer see ourselves as a body. We feel ourselves as breathing light, as radiating consciousness. When the soul dissolve into God, all the Masters, from Lahiri to Yogananda, from Jesus to Krishna reach the same state of conscious unity.

It is no longer: we speak to God, but God speaks through us. It is no longer we pray but we are the prayer. It is no longer we love God, but God loves Himself through us. It is the moment when the drop of water dissolves into the ocean and the ocean knows that the drop of water becomes one in the cosmic consciousness. It is the state where we realize that we are the universe, where God's experiencing Himself, where everything is "Only Love".

Each master who comes into the world is one with the same Truth. When Yogananda was asked if he had brought a new religion, he replied, "It is a new expression." God has blessed the world with a new expression of timeless truths, and all of us must work together to do our part to fulfill the great mission that Paramhansa Yogananda brought. He repeatedly said: "I killed Yogananda many lives ago. No one can dwell in this temple except God."

Swami Kriyananda often stated: "I sincerely believe that Yogananda's life will have a considerable impact on the world; indeed, I believe Yogananda's legacy is destined to transform the world changing the very course of history. Yogananda's mission was to change world consciousness. He needed an indomitable spirit of conquest to be able to bring God's message to the world for this new age of energy—the age of Dwapara Yuga. The model he set on all levels of life has been so all encompassing, that I think in the future he will be called, "The Avatar of Dwapara Yuga."

Asatoma Sat Gamaya
Tamasoma Jyotir Gamaya
Mrityorma Amritam Gamaya
Lead us from the unreal to the Real,
lead us from darkness to Light,
lead us from death to Immortality.

OM Shanti Shanti Shantihi.



SWAMI
NIRVANANANDA
SARASWATI

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