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Seven Lessons in Conscious Living: A Progressive Program of Higher Learning and Spiritual Practice in the Kriya Yoga Tradition (v. 22)

Roy Eugene Davis

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A systematic manual for learning the history and lifestyle of Kriya Yoga, the tradition of Yogananda that goes back through Sri Yukteswar to Lahiri Mahasaya. Roy Davis was initiated by Yogananda himself 50 years ago and is thus in the direct line of transmission of this movement. The seven lessons are systematically set out with exercise at the end of each chapters. The serious student will gain a great deal from careful reading and following the practices outlines in the book.

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