

The masters' names are reverently invoked during each regular meditation session at  
*Song of the Morning*

Heavenly Father, Divine Mother, Friend, beloved God. Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, Sri Yukteswar, Paramahansa Yogananda. Saints and sages of all religions, we bow to all of you.



Jesus Christ

**Jesus Christ** and **Bhagavan Krishna** are generally recognized in the West and East, respectively, as supreme *avatars* (divine incarnations). Krishna, enlightened king of ancient India, is estimated to have lived about 3000 B.C.



Bhagavan Krishna

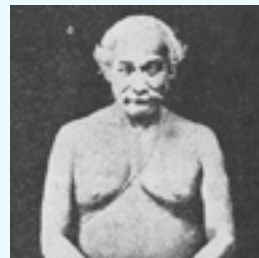
In 1861 **Mahavatar Babaji**, a secluded Himalayan master of high spiritual attainment, initiated **Lahiri Mahasaya** into *kriya yoga* (method taught by the SRF masters) at a remote location in northeastern India.



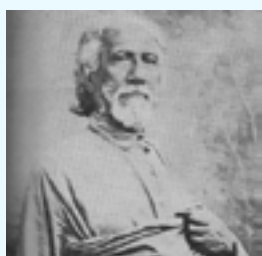
Mahavatar Babaji

Those who visited Lahiri Mahasaya (1828-1894) at his Banaras, India home had their lives profoundly transformed. "All knew they had received the silent blessing of a true man of God." (*Autobiography of a Yogi*)

Lahiri Mahasaya's disciple, **Swami Sri Yukteswar**, (1855-1937), recognized as a preeminent sage and yogi, continued the spread of *kriya yoga* from his chief ashram in Serampore, India.



Lahiri Mahasaya



Sri Yukteswar

**Paramahansa Yogananda** (b. 1893) began his training with his guru, Sri Yukteswar, in about 1910 and became a monk of the swami order in 1915. Yogananda came to the West upon accepting an invitation to speak in the United States at the Congress of Religious Liberals in Boston in 1920. He subsequently taught and lectured throughout the country and founded **Self-realization Fellowship** (SRF). His writings are voluminous and display a rare

quality of presenting the deep wisdom of the East, including the art & science of yoga, to English readers in a way that is undiluted yet easy to understand. Paramahansa Yogananda taught, healed, and initiated thousands into *kriya yoga* before his passing (*mahasamadhi*) in Los Angeles in 1952. His prayers, poems, affirmations and chants are included during meditation sessions at



Yogananda

*Song of the Morning.*

