



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

Paramahansa Yogananda

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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.

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