



# Scientific Healing Affirmations (Self-Realization Fellowship)

By Paramahansa Yogananda

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Long before the use of affirmations was embraced in mainstream settings as diverse as hospitals, recovery programs, sports arenas, and corporate suites, the renowned mystic Paramahansa Yogananda - author of the spiritual classic *Autobiography of a Yogi*, - understood and taught the deep spiritual principles that make this ancient scientific tool so powerfully effective. *Scientific Healing Affirmations* reveals the hidden laws for harnessing the power of concentrated thought - not only for physical healing, but to overcome obstacles and create all-around success in our lives. Included are comprehensive instructions and a wide variety of affirmations for healing the body, developing confidence, awakening wisdom, curing bad habits, and much more.

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### Editorial Review

#### About the Author

Born in India on January 5, 1893, Paramahansa Yogananda devoted his life to helping people of all races and creeds to realize and express more fully in their lives the true beauty, nobility, and divinity of the human spirit. After graduating from Calcutta University in 1915, Sri Yogananda took formal vows as a monk of India's venerable monastic Swami Order. Two years later, he began his life's work with the founding of a how-to-live school since grown to twenty-one educational institutions throughout India where traditional academic subjects were offered together with yoga training and instruction in spiritual ideals. In 1920, he was invited to serve as India's delegate to an International Congress of Religious Liberals in Boston. His address to the Congress and subsequent lectures on the East Coast were enthusiastically received, and in 1924 he embarked on a cross-continental speaking tour. Over the next three decades, Paramahansa Yogananda contributed in far-reaching ways to a greater awareness and appreciation in the West of the spiritual wisdom of the East. In Los Angeles, he established an international headquarters for **Self-Realization Fellowship**, the nonsectarian religious society he had founded in 1920. Through his writings, extensive lecture tours, and the creation of Self-Realization Fellowship temples and meditation centers, he introduced hundreds of thousands of truth-seekers to the ancient science and philosophy of Yoga and its universally applicable methods of meditation. Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of Sri Daya Mata, one of his earliest and closest disciples and president of Self-Realization Fellowship/Yogoda Satsanga Society of India since 1955. In addition to publishing his writings, lectures and informal talks (including a comprehensive series of Self-Realization Fellowship Lessons for home study), the society also oversees temples, retreats, and centers around the world.

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