



Introduction to the Ananda Health and Healing Course

with Devalila Veenhof

Good Health —Swami Kriyananda

“Good health is more than the state of not being ill!

It is a radiant state of inner well-being...



Good Health —Swami Kriyananda

Physical illnesses may be cured by medicines.

No medicine, however, can induce that state of boundless energy which comes when every cell in the body cooperates with the mind willingly, joyfully, in all that it seeks to do...



Good Health —Swami Kriyananda

Such radiant well-being comes after the mind has been cleared of every shadow of unwillingness, of fear, and of doubt; when one has learned to say ‘yes’ to life; and when one has learned to love.”

—Affirmations for Self-Healing



Ananda Health and Healing Course

- 1. Learning to Focus**
with Nayaswami Jyotish
- 2. Principles of Energy and Energization**
with Nayaswami Devi
- 3. Developing Intuition for Health and Healing**
with Nayaswami Devi
- 4. Change Your Attitudes, Heal Your Life**
with Nayaswami Pranaba
- 5. Affirmations for Self-Healing**
with Mary Kretzmann
- 6. Yogananda's Healing Prayer Techniques**
with Mary Kretzmann
- 7. Healing Through the Chakras**
with Nayaswami Savitri
- 8. Karma and Reincarnation**
with Devalila Veenhof
- 9. Diet and Nutrition**
with Avital Miller
- 10. Stress Management**
with Dr. Shikha Sehdev
- 11. Healing with Sound and Music**
with Bhagavati and Ramesha Nani
- 12. How to Help Others**
with Nayaswami Durga



1—Learning to Focus

ॐ Internalizing our energy

ॐ Tuning into higher realities

ॐ Developing a meditation practice



▼ Lesson 1: Learning to Focus

"Healing depends on the power of the healer and the receptivity (or faith) of the patient." —Paramhansa Yogananda

Therefore, must do our part by becoming more powerful instruments for divine energy to flow through us. There are very real ways that we can do this and the best way to start is by taking up the practice of meditation or to go deeper in your current meditation practice.

The techniques and principles given in this section will be the foundation for your healing work. Please take your time and don't rush through, even if you already meditate.

Video

 [Video: Learning to Focus with Nayaswami Jyotish](#)

Activities

 [Meditation Exercise](#)

Discussion Forum

 [What is Your Current Practice of Inner Communion?](#)

Resources

 [Free Meditation Support](#)

 [Online Course: Lessons in Meditation](#)



2—Principles of Energy and Energization

ॐ Becoming aware of subtle energy flows

ॐ Learn to control and direct energy

ॐ Paramhansa Yogananda's "Energization Exercises"



▼ Lesson 2: Principles of Energy and Energization

"Cosmic Energy is within and around you, recharging the body at all times with vitality. You can call on that eternal supply to make the body fit in every respect." —Paramhansa Yogananda

Video

 [Video: Principles of Energy and Energization with Nayaswami Devi](#)

Activities

 [Energy Awareness Exercise](#)

Resources

 [Video: Guided Energization Exercises](#)



3—Developing Intuition for Health and Healing

ॐ The art of listening

ॐ Trusting and acting on guidance

ॐ Tools for learning the difference between true guidance and ego-driven guidance



▼ Lesson 3: Developing Intuition for Health and Healing

Intuition is a key element to your healing practice. Without it, we are stuck relying on our very limited five senses. With it, we tap into the Infinite Source of Wisdom and Love. This section will help you tap into your intuitive nature and learn to trust the guidance you receive. You will learn step-by-step how to attune to the Divine Will in everything you do.

Video

 [Video: Developing Intuition with Nayaswami Devi](#)

Activities

 [Intuition Exercise](#)

Discussion Forum

 [In What Ways Does Intuition Guide You?](#)

Resources

 [Audio: Recognize and Trust Inner Guidance: Part 1 with Swami Kriyananda](#)

 [Audio: Recognize and Trust Your Inner Guidance: Part 2 with Swami Kriyananda](#)

 [Online Course: Developing Intuition](#)



4—Change Your Attitudes, Heal Your Life

- ॐ Attitudes that promote health and healing
- ॐ Techniques for shifting negative attitudes
- ॐ Healing power of cultivating acceptance and gratitude for all that comes to us



▼ Lesson 4: Change Your Attitudes, Heal Your Life

How we live our lives is essential to being channels for Divine energy to flow through us.

"You can't love God and at the same time be unkind to your associates. You can't love Him and be full of wrath. How you behave toward others both reflects your inner consciousness and conditions it. Never imagine that you can win God's love if you can't win the love of your fellow creatures. As you love Him, so should you love Him in all." —Paramhansa Yogananda

Video

 [Video: Change Your Attitudes, Heal Your Life with Nayaswami Pranaba](#)

Activities

 [Working with Attitudes Exercise](#)

Discussion Forum

 [What Attitude Do You Feel is Most Important?](#)

Resources

 [Online course: How to Be Happy All the Time](#)



5—Affirmations for Self-Healing

- ॐ Paramhansa Yogananda's technique for “spiritualizing thought” through affirmations
- ॐ Learn sacred affirmations for drawing divine assistance and for overcoming and transcending life's challenges



▼ Lesson 5: Affirmations for Self-Healing

Just about everyone has heard of affirmations and many people have worked with them but Paramhansa Yogananda gave very specific techniques of how to work with affirmations and gain the most benefit. In this section, we will explore those techniques and use some of his most powerful healing affirmations, as well some written by Swami Kriyananda.

Video

-  [Video: Affirmations with Mary Kretzmann](#)
-  [Video: All Purpose Self-Healing Affirmation with Mary Kretzmann](#)
-  [Video: Affirmation for Material Success with Mary Kretzmann](#)

Activities

-  [Affirmation Exercise](#)

Discussion Forum

-  [Working with an Affirmation](#)

Resources

-  [Relationship Prayers and Affirmations](#)



6—Yogananda's Healing Prayer Techniques

- ॐ Learn Paramhansa Yogananda's "Divine Mother" prayer and how to send healing energy through your hands
- ॐ Increase healing prayer magnetism
- ॐ Tune into subtle guidance through your prayer practices



▼ Lesson 6: Yogananda's Healing Prayer Techniques

"Convert yourself into a divine battery, sending out through your hands divine healing rays whenever and wherever they may be needed."
—Paramhansa Yogananda

Video

 [Video: Yogananda's Healing Prayer Techniques with Mary Kretzmann](#)

 [Video: Divine Mother's Healing Prayer Technique with Mary Kretzmann](#)

Activities

 [Tuning Into the Energy of Healing Prayer](#)

Resources

 [Articles on Prayer and Healing](#)

 [Tools to Go Deeper in Healing](#)

 [Online course: Healing with Divine Energy](#)



7—Healing Through the Chakras

ॐ What are the Chakras?

ॐ Become aware of energy in the chakras and how it manifests in the physical realm

ॐ Learn exercises and techniques for clearing and transforming energy in the chakras



▼ Lesson 7: Healing Through the Chakras

In this section, you will learn why the chakras are so important to healing and how they can serve as road maps to your healing process.

Video

 [Video: Healing Through the Chakras with Nayaswami Savitri](#)

Activities

 [Exploring the Chakras Exercise](#)

Discussion Forum

 [Pick a Chakra, Any Chakra!](#)

Resources

 [Chakra Attitudes and Qualities](#)

 [Chakra Awareness Exercise](#)

 [Healing with the Chakras](#)

 [Online course: Understanding the Chakras](#)



8—Karma and Reincarnation

ॐ Karma as a unique pathway to true healing

ॐ Gain a broader perspective on current life situation

ॐ Tools and techniques to work with karma and transcend it



▼ Lesson 8: Karma and Reincarnation

What does karma have to do with healing? Everything! The tendencies we were born with, the strengths, weaknesses, likes, and dislikes, all are directly related to karma. We can act as channels for healing energy for others but ultimately it all goes back to the person's individual karma. It is also important to remember that the person's karma is what brought him to you! Needless to say, this is a very important section of the course! Always remember that the Law of Love is above and beyond even the Law of Karma.

Video



[Video: Karma and Reincarnation with Devalila](#)



[Video: How to Overcome Karma with Swami Kriyananda](#)



[Video: What Happens When A Person Dies? with Swami Kriyananda](#)

Activities



[Karma Exercise](#)

Discussion Forum



[Beliefs on Karma and Reincarnation](#)

Resources



[Visualization: Karma - An Expression of Divine Love](#)



[Meeting Karmic Challenges Cheat Sheet](#)



[Paramhansa Yogananda's Letter to Devotees](#)



[Online course: Make Lasting Change in Your Life](#)



9—Diet and Nutrition

- ॐ Paramhansa Yogananda's recommendations on diet and exercise
- ॐ Learn spiritual qualities of specific foods
- ॐ Create your own daily diet based on these teachings



▼ Lesson 9: Diet and Nutrition

"To have faith in God's healing power through the mind and to obey dietary laws is better than just to have faith in God and mental power and to disregard dietary laws." —Paramhansa Yogananda

Video

 Video: Diet and Nutrition with Avital Miller

Activities

 Introspection on Eating Exercise

Discussion Forum

 Create Your Own Daily Diet

Resources

-  Diet and Nutrition Presentation Slides
-  Yogananda's Principles of Diet and Proper Eating
-  Spiritual Qualities of Specific Foods
-  Paramhansa Yogananda's Menu Suggestions
-  Sample Recipes from "Global Kitchen"
-  Paramhansa Yogananda's 9-Day Cleansing Diet
-  Online course: How to Achieve Glowing Health and Vitality

10—Stress Management

ॐ Scientific studies of the effects of stress on the body and mind

ॐ Clear, simple steps you can take to release tension and stress

ॐ Tips on diet, exercise, breathing exercises for creating an internal healing environment for body and mind



▼ Lesson 10: Stress Management

"Simplicity of living and high thinking lead to the greatest happiness!" —Paramhansa Yogananda

Video

 [Video: Stress Management with Dr. Shikha Sehdev](#)

Activities

 [Simplifying Your Life Exercise](#)

Resources

 [Online course: Achieving Inner Peace and Tranquility](#)



11—Healing with Sound and Music

- ॐ Power of sound and music on our consciousness
- ॐ How to use music for healing and spiritual upliftment
- ॐ Exercises for observing results of music choices – helping you choose the music for your highest evolution



▼ Lesson 11: Healing with Sound and Music

"Music instantly expresses what we are, reinforces what we are and creates a new reality in the process." —Swami Kriyananda

Video

 [Video: Healing with Sound and Music with Ramesha and Bhagavati](#)

Activities

 [Healing with Music Exercise](#)

Resources

 [Swami Kriyananda Chanting AUM](#)

 [Online course: Music and Consciousness](#)



12—How to Help Others

- ॐ What it means to be a true and pure channel for healing energy
- ॐ Importance of giving and receiving in our healing journey
- ॐ Learn skills in the art of spiritual counseling



▼ Lesson 12: How to Help Others

"The channel is blessed by that which flows through it." —Paramhansa Yogananda

Video

 [Video: How to Help Others with Nayaswami Durga](#)

Activities

 [Giving and Receiving Energy Exercise](#)

Discussion Forum

 ["The channel is blessed..."](#)

Resources

 [Audio: Art of Spiritual Counseling with Swami Kriyananda](#)

 [Book: How to Be A True Channel](#)

Certificate of Completion



Webinar Series

ॐ April 16, 2015:

Radiant Health Pyramid with Nayaswami Mangala

ॐ April 23, 2015:

Yoga and Health with Tyagi Maitri

ॐ April 30, 2015:

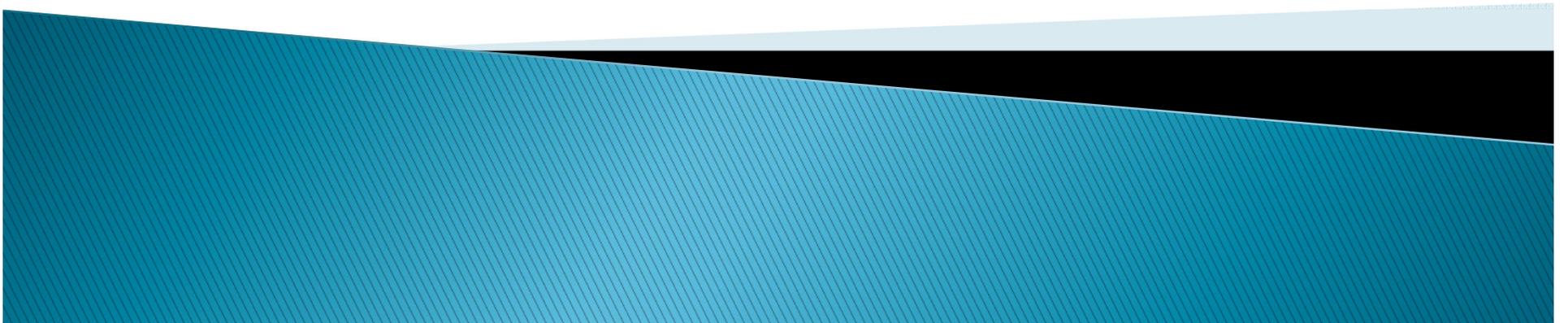
Karma and Healing with Nayaswami Anandi

ॐ May 7, 2015:

Affirmation and Prayer with Mary Kretzmann



Time for Questions





[Enroll in Ananda Health and Healing Course](#)