

APPLICATION TO STUDY  
*Self-Realization Fellowship*  
LESSONS



“Everything else can wait, but your search for God cannot wait.”

—*Paramahansa Yogananda*



# Important Information for Lessons Subscribers . . .

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The aim of Self-Realization Fellowship is to make known to all truth-seekers scientific techniques through which they may attain direct personal experience of God. The printed Self-Realization Fellowship Lessons are arranged from writings and recorded lectures of Paramahansa Yogananda, founder of Self-Realization Fellowship.

Students are sent two Lessons every other week and are encouraged to devote at least a week to studying each Lesson, whether or not they have had a background in metaphysical studies. This is in keeping with the guidelines for study given by Paramahansa Yogananda, who stressed the importance of practicing and assimilating the principles and techniques taught in the Lessons rather than merely studying them intellectually.

## — SUBSCRIPTION PLAN —

There are 180 Lessons numbering through 162/4 (some Lessons have multiple parts). The series covers a period of about 3½ years. To enable all sincere seekers to receive the teachings of Paramahansa Yogananda, the subscription rates given on page 4 have been kept to a minimum and cover only part of the costs of the publications and services you receive. Like other nonprofit religious organizations, we depend upon donations from members and friends to cover the balance of our many expenses in serving a worldwide membership.

Our society in India offers Lessons material identical to that in the American edition, but they are not in the same sequence. Those who reside in India, Andaman Islands, Bangladesh, Bhutan, Maldives, Nepal, Nicobar Islands, or Sri Lanka or who will be returning to these countries before completing the three-year course are encouraged to subscribe to the teachings through: Yogoda Satsanga Society of India; Yogoda Sakha Math; Paramahansa Yogananda Path; Ranchi, 834001, Jharkhand, India.

## — LESSONS IN OTHER LANGUAGES —

Those who do not know English are welcome to request information about Self-Realization Fellowship Lessons available in other languages. This application is for the Lessons in English only.

## — RECEIVING KRIYA YOGA —

After completing the first two steps of the Lessons and faithfully practicing the basic techniques learned in the first year, students are welcome to apply for the sacred technique of Kriya Yoga. Further information is included with Lesson 52/1.

## — FOR MEMBERS OF THE SAME HOUSEHOLD —

If another member of your family residing at the same address wishes to study your set of Lessons, he or she is welcome to enroll as a companionate student. This may be done by signing the Lessons Pledge at the bottom of page 3 (on the line designated for companionate students) and providing on a separate application or sheet of paper the information requested on page 3.

Those studying on the companionate plan share one set of Lessons and receive one copy of all other mailings. The companionate plan is offered to family members living at the same address who will be able to share the same set of Lessons for many years. Because the value of these teachings is realized through frequent study and review, and since one may wish to underline or make notations on sections one finds especially helpful and inspiring, the Lessons become a very personal as well as necessary possession. For these reasons friends or relatives living at the same address only temporarily, or who wish to study together but live at different addresses, are encouraged to enroll separately so that they may receive their own set of Lessons.

There is no additional subscription fee for companionate students—just the onetime enrollment fee of \$8.00 per person for those age 12 or older. Guidelines on introducing your children to the Lessons may be requested from the Mother Center.

# Lessons Application

Your brief replies to the following questions will help us to become acquainted with you as an individual, enabling us to better guide you in your practice of these teachings. *(Please note: All information is held in strict confidence.)*

PLEASE TYPE OR PRINT CLEARLY

Name \_\_\_\_\_  
                    First Name                      Middle Initial                      Last Name

Date of Birth \_\_\_\_\_ Present Age \_\_\_\_\_ Sex \_\_\_\_\_

Place of Birth \_\_\_\_\_ Nationality \_\_\_\_\_

Single    Married    Widowed    Divorced    No. of Children \_\_\_\_\_

Education *(After last school attended, state number of years completed.):*  
Grade School \_\_\_\_\_ High School \_\_\_\_\_ Business School \_\_\_\_\_ College \_\_\_\_\_

List degrees, if any, and where attained \_\_\_\_\_

In what religion were you reared? \_\_\_\_\_

Present religious affiliation *(if any)* \_\_\_\_\_

Do you believe in God or a Divine Universal Intelligence? \_\_\_\_\_

How did you learn about Self-Realization Fellowship? \_\_\_\_\_

My reason for wishing to study the Self-Realization teachings:

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## PHOTOGRAPH

We would appreciate having a small photograph of you, if you would like to send one. Please print your name on back of photo and staple here. Or you may send your photo at a later date if you prefer.

Occupation \_\_\_\_\_

Chief interests and activities \_\_\_\_\_

What is your main ambition in life? \_\_\_\_\_

What effort are you making at self-improvement? \_\_\_\_\_

\_\_\_\_\_

Present spiritual practices (if any) \_\_\_\_\_

\_\_\_\_\_

What religious or metaphysical philosophies have you studied? (Please include books found most helpful.) \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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Have you read *Autobiography of a Yogi*? \_\_\_\_\_ Other books by Paramahansa Yogananda? *(List those read.)* \_\_\_\_\_

\_\_\_\_\_

## LESSONS PLEDGE

Please read the pledge carefully; then sign below to indicate your acceptance. (Your enrollment cannot be completed without your signature on this pledge.)

*"I wish to study the teachings and to learn the nonsectarian principles and techniques of meditation for God-communion taught by Self-Realization Fellowship.*

*"I am undertaking this study in a spirit of deepest sincerity. I realize that in order to progress spiritually on the Self-Realization Fellowship path I should study the Lessons faithfully and practice the techniques attentively and regularly.*

*"To help preserve these sacred teachings in their pure form, and to prevent philosophical misinterpretations and incorrect practice of the techniques by persons who have not been adequately instructed, I promise to keep these Lessons solely for my own private use. I will refer interested persons to Self-Realization Fellowship headquarters, that they may receive the complete teachings, and benefit from the direct spiritual link with the society founded by Paramahansa Yogananda."*

(You may, of course, discuss the general philosophy of Self-Realization Fellowship with others, but the Lessons themselves, and the techniques, are for your personal use only.)

\_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)

\_\_\_\_\_ (Signature of companionate student, if any. Please include separate application.) \_\_\_\_\_ (Relationship to subscriber)

Note: If you are under 18 years of age please have your parent or guardian sign below, indicating approval for you to study the Lessons.

\_\_\_\_\_ (Signature of parent or guardian) \_\_\_\_\_ (Relationship to subscriber)

Please turn page over.

# Enrollment

The Self-Realization Fellowship Lessons are divided into six sections or steps of approximately 30 Lessons each. Two Lessons are mailed every other week. Students may subscribe for 20, 40, or 60 Lessons at a time. Several weeks before your subscription expires, a renewal notice will be sent to you for your convenience in renewing. (Please allow 4 – 6 weeks for your first Lesson to reach you.)

## UNITED STATES, CANADA, AND MEXICO

Enrollment fee (\$8.00) \_\_\_\_\_

Companionate fee (\$8.00 per person) \_\_\_\_\_

Please include information on page 3 for each companionate at the same address.

### Subscription fee (Please check one box.)

Lessons 1–19 (20 Lessons) \$14.00 \_\_\_\_\_

Lessons 1–36 (40 Lessons) \$28.00 \_\_\_\_\_

Lessons 1–53 (60 Lessons) \$42.00 \_\_\_\_\_

Total Amount in US \$ \_\_\_\_\_

(The series continues through Lesson 162/4.)

## ALL OTHER COUNTRIES:

Enrollment fee (\$8.00) \_\_\_\_\_

Companionate fee (\$8.00 per person) \_\_\_\_\_

Please include information on page 3 for each companionate at the same address.

### Airmail Subscription fee (Please check one box.)

Lessons 1–19 (20 Lessons) \$24.00 \_\_\_\_\_

Lessons 1–36 (40 Lessons) \$48.00 \_\_\_\_\_

Lessons 1–53 (60 Lessons) \$72.00 \_\_\_\_\_

Total Amount in US \$ \_\_\_\_\_

(The series continues through Lesson 162/4.)

## METHOD OF PAYMENT:

VISA     MASTERCARD     AMERICAN EXPRESS

Exp. Date \_\_\_\_\_ / \_\_\_\_\_  
Mo./Yr.

Card Number \_\_\_\_\_

Signature \_\_\_\_\_

Please detach pages 1–2 and keep for your reference. Send completed application (pages 3–4) and remittance to: Self-Realization Fellowship; 3880 San Rafael Avenue; Los Angeles, California 90065-3298. Our fax lines are open 24 hours a day for credit card enrollments; toll free from U.S.A./Canada: 800-801-1952; other countries: 818-549-5100.

- PERSONAL CHECK OR MONEY ORDER\*** (U.S.A. & Canada only. No Euro checks, please. **Canada only**—indicate "U.S. Funds")
  - Western Union:** Please remit in U.S. dollars using the blue *Quick Collect* (also called *Quick Pay*) form. For "Company name" use "Self-Realization Fellowship." For "Company code," use "SELFREALIZATION,CA." For "Country," U.S.A. Clearly print your name, address, phone number, and SRF reference number on the form. Leave "Account Number" blank. Please send a copy of the remittance along with this form.
  - Commerzbank:** From any European country, remittances can be sent through the Commerzbank in Frankfurt, Germany. For remittances from Germany: Account No.: 58 92542 00; Bank Code: 500 400 00; for remittances from other European countries: IBAN# DE 16 5004 0000 0589 2542 00; BIC: COBADEFFXXX. The remittances should be made **in Euros rather than U.S. dollars.** (The bank charges an extra fee for remittances made in dollars.) Please send a copy of the remittance along with this form.
  - International Postal Money Order:**\* For those countries for which this is possible, please remit in **U.S. dollars.** Clearly indicate your name, address and reference number on the International Postal Money Order.
  - International Bank Draft:**\* Please remit in U.S. dollars. Bank drafts **must** be drawn on a bank in the U.S.A. Enclose the Bank Draft with this form.
- We are unable to accept payment by cash, Euro checks, or MoneyGram.  
\* made payable to Self-Realization Fellowship

## PLEASE TYPE OR PRINT COMPLETE NAME AND MAILING ADDRESS:

Name \_\_\_\_\_  
Mr. Mrs. Ms. Miss    First Name    Middle Initial    Last Name (Surname)

Street \_\_\_\_\_

City and State \_\_\_\_\_

Zip (postal) code \_\_\_\_\_ Country \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Office \_\_\_\_\_

Cell \_\_\_\_\_ FAX \_\_\_\_\_

Email Address \_\_\_\_\_

Are there any other SRF students at the above address who are studying the SRF Lessons?     Yes     No

\_\_\_\_\_  
Name/Reference Number

\_\_\_\_\_  
Name/Reference Number

FOR OFFICE USE (Please do not write in this space.)

AP \_\_\_\_\_ WL \_\_\_\_\_

L \_\_\_\_\_ EXTL \_\_\_\_\_ PEND \_\_\_\_\_ FILE \_\_\_\_\_ COMP \_\_\_\_\_ MAIL TO \_\_\_\_\_

FOR OFFICE USE  
(Please do not write in this space.)  
**ENGLISH LESSONS**