

Spiritual Discourse by  
**Paramahansa Prajnanananda**  
Spiritual Head of Kriya Yoga International Organizations  
Keynote address by  
**Rev. Dr. Kathianne Lewis, DD**  
Spiritual Director, Center for Spiritual Living, Seattle



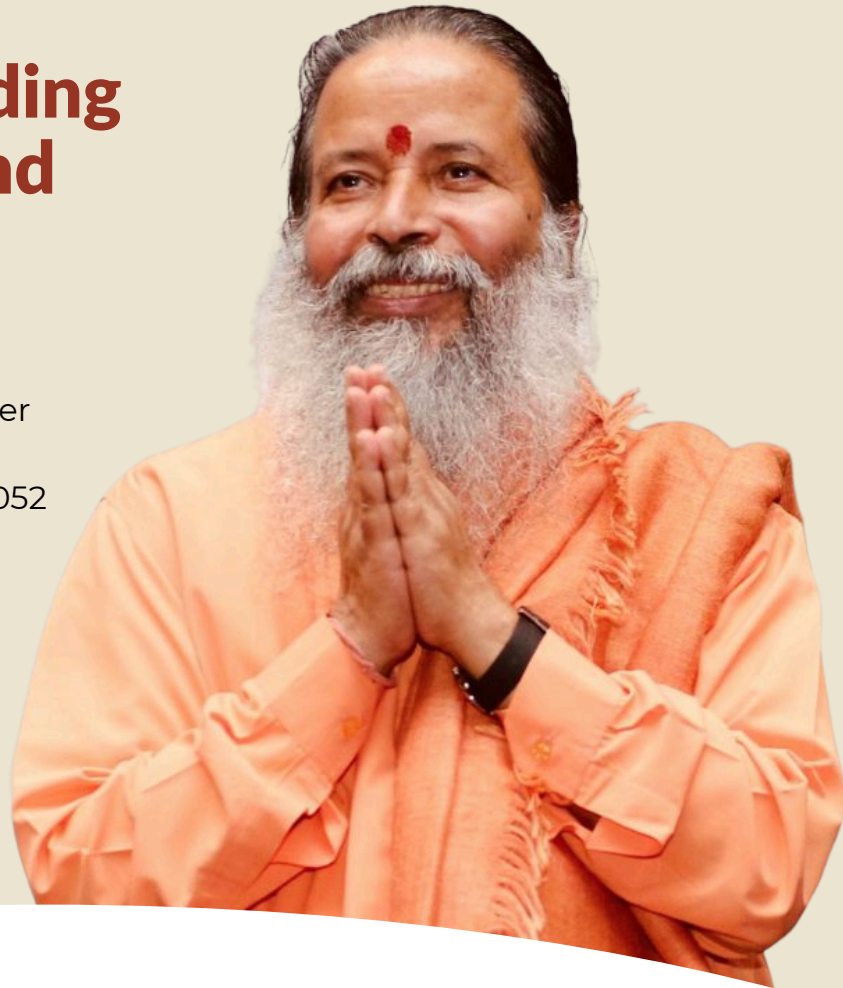
# Journey Within : Finding Strength, Peace, and Purpose

**Saturday, April 26, 2025**

Redmond Senior & Community Center  
Red Oak Community Room  
8703 160th Ave NE, Redmond, WA 98052

An opportunity  
to meet a renowned  
spiritual master

**Free Admission**



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## Schedule

4:30 pm Refreshments  
5:00 pm Prayer & keynote address  
5:25 pm Spiritual Discourse  
6:00 pm Guided Meditation  
6:20 pm Question & Answers

## Hosted by

Temple of Meditation  
22104 116th SE, Monroe WA 98272  
<http://templeofmeditation.org>  
(425) 309 7273  
templeofmeditation@kriya.org

## About Paramahansa Prajnanananda

- A renowned Self-realized master and disciple of Paramahansa Hariharananda
- Represents an unbroken lineage of Kriya Yoga masters that includes Mahavatar Babaji and Paramahansa Yogananda
- Conferred the title of Paramahansa (highest title for saints) by his Guru in 1998, when he was 39 years old
- A professor of Economics in his pre-monastic life
- A skillful orator, versatile in yogic interpretation of scriptures, and prolific author of more than 100 books
- Binds and bridges Eastern and Western cultures with a harmonious, fresh, practical, and non-sectarian approach
- Active in providing qualitative free education, health care, disaster relief, and other charitable services to humanity

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<https://The-Inner-Journey.eventbrite.com>