

Kriya Yoga

by Paramahansa Prajnanananda Giri

Human life is a special gift of God. Man can make this life beautiful and make God's creation more attractive through manifestation of love. This depends upon the right attitude to life and at the same time the right art of living. *"Be happy and make others happy. Live healthy and help others to live healthy. Live in love and let others live in love"* - should be the attitude to our life. This outlook and practice depends mostly on the condition of the mind.

Mind is the greatest blessing of God to the human being. But unfortunately, man does not know how to utilize this powerful mind to achieve its highest advantage. The mind is always restless running here and there. The nature of the mind is to be fickle. The human mind is the fastest moving instrument, it moves faster than, even light. Mind is never- and can never remain idle.

Meditation is impossible with the restless mind. But how to control and regulate the mind? In the Bhagavad Gita the blessed Lord said: *"No doubt the mind is difficult to control and it is restless, but it can be curbed by constant practice and detachment."* (VI/35).

The breath and the mind are correlated and causally connected. Through breath control one can get calmness and inner peace. In the authentic Kriya technique, one gradually regulates the breathing pattern. Meditation is the means of achieving the state of ceasing physical and mental activities completely. You are to attain mastery over your breathing, by which life will be regulated and balanced because restless mind is the cause of restless breath, as is seen in the case of an angry or depressed person.

Kri and Ya

Kriya Yoga is the most ancient path of Soul-culture and spiritual life. The life of the entire creation is breath. The life force of the entire creation is God Himself. The entire creation is permeated and pervaded with His presence. Without God, there is nothing. Everything is born in God, lives in God and merges in God like waves in the ocean.

The God in every living being is the Soul. The Soul in every living being is God. Without the Soul, the body cannot remain; it will perish. The body is prone to birth, growth, decay, disease and death, but the Soul is immortal, deathless, pure and divine. Because of the Soul, the body is alive, beautiful and active. Because of the Soul, man is doing many types of work. Work in Sanskrit is derived from the root *Kri*. *Kri* means to do and *Ya* means the Soul. All work is done by the power of God, the living life of God, the breath; this is *Kriya*.

The word *Yoga* is from the root *yuj*. It has 32 meanings in Sanskrit. But the most appropriate here is to unite. The union of the individual Self with the cosmic Self, the child of God with God, the Father, Therefore, the body with the Soul is Yoga.

Kriya Yoga is the supreme science of Self-realization. Kriya Yoga is the scientific process of meditation and the perfect path of action with constant God-consciousness which ultimately leads to realization. It is the technique of transcendental meditation, of going beyond body, mind, intellect, thought, and even world, that is Soul-consciousness.

Kriya Yoga is the skill in action as Shri Krishna teaches in the Bhagavad Gita: "*Life is full of activities*", physical, mental, intellectual and spiritual. No one is idle and no one can remain idle. Any work that one does is really possible because of the Soul. In the word Kriya, there are two parts Kri and Ya, which means the action and the actor.

The example of electricity can bring a little understanding of this. Electricity is the cause of light in the bulb, heat in the oven, cold in the refrigerator, sound and sight in TV, air in the ventilator. Without electricity, no such work is possible, but without the apparatus, the electricity cannot manifest. Both are equally important. The body and the Soul is a divine combination and integration of God. To perceive the Soul in every breath, in every moment, in every action, in every thing and every being is Kriya Yoga.

Every action brings with it the result of every action. One seed planted in the soil brings manifold production. Similarly, every action brings forth multiple effects. The doer (**or actor**) is bound to enjoy the result. So any person, who leads a body-conscious and egocentric life, suffers from pleasure and pain, loss and gain, happiness and unhappiness. But, by the practice of Kriya Yoga meditation, one aspires to lead a constant God-conscious life, avoiding all emotions and negative qualities, wrong actions and ego, he is established in pure consciousness and truth, which ultimately brings love, purity and perfection.

The Tradition of Kriya Yoga

Kriya Yoga tradition is an age-old tradition. There is no record of its history. It is the technique of spirituality, which was practiced by saints, seers and sages from time immemorial. Even in Indian Mythology, it is mentioned that Rama and Krishna also practiced and taught this technique of Kriya Yoga.

After apparently being lost in the increasing spiritual decline of later epochs, towards the middle of the nineteenth century, a mysterious Master, the timeless Avatar Babaji Maharaj, brought the teaching into a new form and gave the ancient heritage the name "Kriya Yoga". Babaji is a renowned Yogi, who is supposed to have lived in the Himalayas since many hundred years until the present time, however he reveals himself only to a few people.

He handed the teaching of Kriya Yoga over to his student Lahiri Mahasaya, a family man from Benares, who reached the highest realization through the practice of this technique. This revolutionary aspect contributed to the proliferation of Kriya Yoga all over India.

Lahiri Mahasaya had many important students. One of the most outstanding was Swami Shriyukteshwar Giri, a true incarnation of divine wisdom. He was the Guru of Paramahansa Yogananda, who went to America by the order of Babaji in 1920, and who later became known in the West with his wonderful book "*Autobiography of a Yogi*", (Crystal Clarity, S.R.F. USA)

At present Paramahansa Hariharananda, who is 92 years young, is the greatest living master of Kriya Yoga. He is a direct disciple of Swami Shriyukteshwar Giri and Paramahansa Yogananda. He is the author of "Kriya Yoga" and other spiritual books and has memorized and fully understands all of the major scriptures including the Vedas, the Upanishads, the Bhagavad Gita, the Holy Bible, the Koran and the Torah. At the age of 40 he obtained the highest state of yoga, *nirvikalpa samadhi*, which means breathless- and pulse less state. Paramahansa Hariharananda has

been visiting European and American countries from 1974 and has been working to spread the message of Kriya Yoga to the seekers of the world. As Master in excellence he teaches the disciples by his own exemplary and pure character, sweet and divine behavior and language. His life and teaching is a burning example of spirituality, love, serenity and divinity. Paramahansa Hariharananda tries his utmost to aide the disciples to reach the highest state of spiritual experience.

Science and Spiritual Life

Science or material well being is never an obstacle for a truly spiritual life. The human being is a complex combination of body, mind and intelligence with the constant association of the Soul. Science has been a blessing, to some extent, for body, mind and intelligence, but without spirituality neither complete manifestation of the Soul, nor perfection of life is possible. Science and spirituality complement each other. Without science, spirituality is paralyzed and without spirituality, science is blind. Spirituality brings inner strength, regulation and dynamism. Kriya Yoga is the beautiful combination of science and spirituality.

Scientific Path of Soul-Culture

Kriya Yoga is the scientific technique of meditation that brings all-round development in man. The human being is a complex creation of God. The body of the human being is specially designed to bring perfection through complete manifestation and growth of body, mind, and intellect and can realize the Soul and therefore God. Although everything is created by God only the human being is created in the image of God.

The specialty of the human body that distinguishes man from other animals is the brain and the spine. The frontal lobe, cerebral hemisphere and cerebral cortex differentiate man from animal. The Human brain is a mystery to the scientists, even now. A complex mechanism of brain cells and the cerebral-spinal system not only regulates the human activities, but also the entire world. Man has immense capability of the brain. The physical, mental and intellectual growth can be accelerated through the practice of this scientific Kriya Yoga meditation. The brain cells are energized and rejuvenated, bringing good memory, control over the emotions through regulation of the neurons in the nerves.

The spine of man is vertical to the earth while the spine of other animals is horizontal. The brain and the spine can be magnetized and energized by the scientific technique of Kriya Yoga, which in turn hastens physical, mental, intellectual and spiritual change.

The nerve plexuses i.e. the *chakras* in Yogic language are situated in the spine and the glands like pons, pituitary, pineal are activated by this scientific technique of meditation. Kriya Yoga gives immediate transformation of body and mind into perfect health and calmness. It does not give attractive and alluring promises to be achieved in future. It gives immediate result. When one touches the fire, it burns the hand. When one touches a bare electrified wire, one gets the shock of the current. Similarly, when one practices this beautiful meditation technique one perceives the power of God in every breath and is feeling change in one's own life.

Kriya Yoga is one of the easiest, surest and quickest path for Self-realization. There is no stress, no strain, and no difficulty in practice of the technique. Anyone can practice this simple technique under the direct guidance of the Master or the teachers. Self-realization at every moment and in

every breath is the highest necessity for getting calmness and being free from the binding results of karma. Each human being is the child of the Heavenly Father. The all-pervading God is permeating and present in each one. The Soul is the innermost substance and core of one's being. In every step of one's life, one can perceive the Divinity.

Essentials for Kriya Yoga Practice

- Desire for spiritual life and God-realization should be the most essential factor for Kriya practice.
- One must come to the realized Master, to learn the technique of meditation and to start the life of love and God-consciousness.
- Regularity and sincerity in practice is inevitable.
- One should free oneself from hypocrisy, dogmatism and narrow-mindedness.
- One must love one's own religion, holy books, and own prophets. Kriya Yoga is not a religion. It is the common highway of all religions.
- Kriya Yoga brings a scientific understanding of one's own life, food, dress, and habit.
- One must be one's own friend, faithful and sincere.
- God is the real friend.
- One must keep his own spiritual experience treasured in one's own self.
- Kriya brings understanding. One must understand one's own nature, habit and mood.
- Drugs and intoxicating substances should be kept away.
- One must work in the material world with efficiency and love, perceiving that work is worship.

Kriya ~ just do it!

Meditate – and watch the transformation within ...