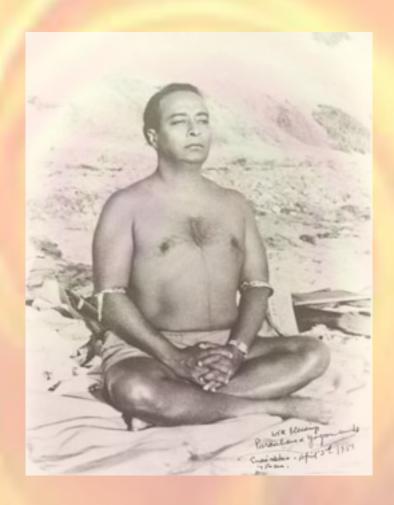
Paramhansa Yogananda on Kriya Yoga



Inspirations from the Autobiography of a Yogi, 1946

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The Kriya Yogi mentally directs his life energy to revolve, upward and downward, around the six spinal centers (medullary, cervical, dorsal, lumbar, sacral, and coccygeal plexuses) which correspond to the twelve astral signs of the zodiac, the symbolic Cosmic Man. One-half minute of revolution of energy around the sensitive spinal cord of man effects subtle progress in his evolution; that half-minute of Kriya equals one year of natural spiritual unfoldment.

By Kriya,
the outgoing life force
is not wasted and abused
in the senses,
but constrained to reunite
with subtler spinal energies.
By such reinforcement of life,
the yogi's body and brain cells
are electrified
with the spiritual elixir.

The advanced yogi, withholding all his mind, will, and feeling from false identification with bodily desires, uniting his mind with superconscious forces in the spinal shrines, thus lives in this world as God hath planned, not impelled by impulses from the past nor by new witlessnesses of fresh human motivations. Such a yogi receives fulfillment of his Supreme Desire, safe in the final haven of inexhaustibly blissful Spirit.

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Kriya, controlling the mind directly through the life force, is the easiest, most effective, and most scientific avenue of approach to the Infinite.

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Kriya may justly be called the airplane route.

Kriya Yoga is an instrument through which human evolution can be quickened,
Sri Yukteswar explained to his students.
"The ancient yogis discovered that the secret of cosmic consciousness is intimately linked with breath mastery."

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The Kriya Yogi uses his technique to saturate and feed all his physical cells with undecaying light and keep them in a magnetized state.

He scientifically makes

breath unnecessary,

without producing the states of subconscious sleep or unconsciousness.

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Kriya Yoga is a simple, psychophysiological method by which the human blood is decarbonized and recharged with oxygen.

The atoms of this extra oxygen are transmuted into life current to rejuvenate the brain and spinal centers.

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Untying the cord of breath which binds the soul to the body, Kriya serves to prolong life and enlarge the consciousness to infinity.

All scriptures declare man to be not a corruptible body, but a living soul; by Kriya he is given a method to prove the scriptural truth.

Kriya Yoga is the real fire rite
often extolled in the Bhagavad Gita.
The purifying fires of yoga
bring eternal illumination,
and thus differ much
from outward and little-effective
religious fire ceremonies,
where perception of truth is oft burnt,
to solemn chanted accompaniment,
along with the incense!

A yogi who dies
before achieving full realization
carries with him the good karma
of his past Kriya effort;
in his new life
he is harmoniously propelled
toward his Infinite Goal.

"The Kriya Yoga
which I am giving to the world
through you
in this nineteenth century,
Babaji told Lahiri Mahasaya,
"is a revival of the same science
which Krishna gave,
millenniums ago,to Arjuna,
and which was later known
to Patanjali, and to Christ,
St. John, St. Paul,
and other disciples."

O Spirit,
beloved Father,
Oversoul of the Universe,
Spirit of Spirits,
Friend of Friends,
teach me the mystery
of my existence!
Teach me to worship Thee
in breathlessness,
in deathlessness.

(Whispers from Eternity, 1949)