

Paramhansa Yogananda on Kriya Yoga



Inspirations from the
Autobiography of a Yogi, 1946

Published by
yoganandaharmony.com

~ ~ ~ 1 ~ ~ ~

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.

~ ~ ~ ~ ~

~ ~ ~ 2 ~ ~ ~

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.

~~~~~

~~~ 3 ~~~

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.

~~~~~

~~~ 4 ~~~

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

~~~~~

~ ~ ~ 5 ~ ~ ~

Kriya may justly be called  
**the airplane route.**

~~~~~

~~~ 6 ~~~

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.**"

~~~~~

~ ~ ~ 7 ~ ~ ~

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.

~~~~~



~ ~ ~ 8 ~ ~ ~

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.

~~~~~

~ ~ ~ 9 ~ ~ ~

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

~ ~ ~ ~ ~

~~~~ 10 ~~~~

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.

~~~~~

~~~ 11 ~~~

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!

~~~~~

~~~ 12 ~~~

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.

~~~~~

~~~ 13 ~~~

"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."

~~~~~

~~~ 14 ~~~

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)*

~~~~~