

KRIYA YOGA

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Kriya Yoga - Wikipedia

Kriya Yoga (?????? ???) is described by its practitioners as the ancient Yoga system revived in modern times by Mahavatar Babaji through his disciple Lahiri.

Kriya Yoga Step 1: Introduction

Kriya Yoga, the scientific art of God, Truth union and Self-Realization received by Babaji Nagaraj.

Kriya Yoga - Wikipedia

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So the seeker needs this initial period to acclimatize his or her habits and thoughts, condition the mind with concentration and devotion, and practice directing the body's life energy. Kriya Yoga philosophy Bhagavad Gita Yoga Vasistha.

Thus neutralizing decay and growth, the yogi learns life-force control. The Kriya shortcut, of course, can be taken only by deeply developed yogis. The suffusion of life Kriya Yoga becomes so powerful that the whole body loses its delusive solidity and actually levitates. The atoms of this extra oxygen are transmuted into life current to rejuvenate the brain and spinal centers.

Correct practice of Kriya Yoga enables the normal activities of the heart and yogis discovered that by revolving the life current continuously up and down the spine by the special technique of Kriya Yoga, it Kriya Yoga possible to greatly accelerate one's spiritual evolution and awareness.