

WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktishwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA
(photo on the left)

his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

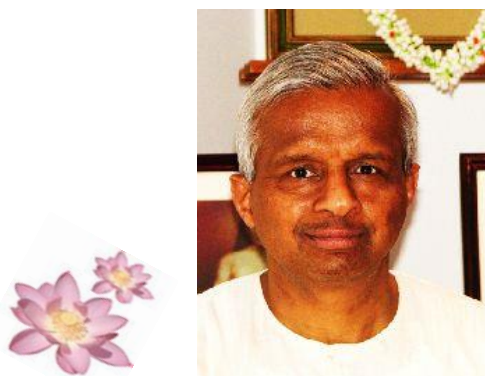
LINEAGE OF MASTERS



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Houston, Texas April 22-24, 2016



With
Yogacharya Srinidhi & Swami Chidrupananda Giri

Friday, April 22

7:00 – 9:00 pm Public lecture open to all

Saturday, April 23

9:00 – 12 noon First Kriya Initiation Ceremony
12:00 – 2:00 pm Lunch Break
2:00 – 5:00 pm Technique Instruction, Spiritual Discourse & Guided Meditation

Sunday, April 24

9:00 – 10:30 am Technique Review
10:30 – 11:30 am Guided Meditation
11:30 – 1:30 pm Lunch Break
1:30 – 3:30 pm Q&A and Spiritual Discourse
3:30 – 5:00 pm Guided Meditation & Closing

Location

SPECTRUM CENTER at The Preserve
2060 North Loop West, Suite 205
Houston, TX 77018

Contact

Please RSVP with Sri at Info@Houston.Kriya.Org if you plan to attend

Note: Meditations and Technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

Additional Information for Kriya Yoga Initiations and Meditations

Please bring on the initiation day (for new initiates only):

- A non-refundable one time donation depending on your means and capacity. A minimum donation of \$150 in cash or in check is requested. Please make checks payable to the Kriya Yoga Institute (or KYI). Note: There are no additional charges for group meditations after the initiation program.
- Five (5) fruits of your choice
- Five (5) flowers of your choice, **plus** one rose flower
- Pillows and/or mats to sit for meditation
- Pencil and paper (or notebook) to write down meditation steps

General Information:

- Wear loose clothing – no shorts please
- Be prepared to remove contact lenses
- Be prepared to stay the entire time specified for initiation or guided meditation
- Please plan to attend the **Friday through Sunday** sessions. You may skip the Friday session only if you have previously attended a Kriya Yoga information session

WELCOME TO KRIYA YOGA

THE PATH THAT IS DIRECTED BY THE REALIZED

The sincere spiritual seeker who follows the path of Kriya Yoga with desire for spiritual growth, love, and devotion can attain Self-realization — even within one lifetime. This powerful yoga stems from many yogas described in the Bhagavad Gita; but, primarily, from:

Karma Yoga — **actions of the soul** which means both outer actions in the world and, more importantly, inner actions of the mind and detachment from the fruits of these actions

Jnana Yoga — **intellect discipline** which leads to wisdom gained from the experience of spiritual knowledge that gives freedom and inner detachment from the fruits of actions

Bhakti Yoga — **unconditional love**, awakened by gratitude and joy experienced from oneness with all creation and cosmic consciousness

Kriya Yoga is non-sectarian. Its simplified techniques cause no hardships or austerities and were developed for aspiring householders as well as for monks. From Karma Yoga, Kriya Yoga teaches any action, '*kri*', is done by '*ya*', the indwelling soul; work is worship. Constant awareness of the power of the indwelling soul inhaling leads to mind control and liberation.

The Kriya technique highlights the relationship between breath and mind. Breath influences mind and vice-versa. Their mutual relationship has revealed the mystery of how to control the mind. Breath control is self-control. Breath mastery is self mastery. Breathlessness stage is deathlessness stage that brings the state of *samadhi*, the realization of the Absolute.

During initiation, the aspirant's body fields are purified and the triple Divine qualities of sound, light, and vibration are experienced. As meditation deepens, the aspirant goes beyond body sense and beyond mind; true meditation begins, and the ego-sense that 'I am the doer' is replaced by the experience of the indwelling soul as sole doer. Life's goal — variously known as liberation, enlightenment or Self-realization — grows closer.

Kriya Yoga is a golden opportunity to reach higher states of consciousness and change your life, gaining all-round development of body, mind, and soul. It is a quick and easy path. Kriya Yoga techniques are passed down from guru to disciple, master to aspirant, teacher to student.

There is no written record of when the ancient tradition of Kriya Yoga began. It is a spiritual technique which has been practiced by saints, seers, and sages from time immemorial. The *rishis* (seers) of the Upanishads, Shri Krishna in the Bhagavad Gita, Maharshi Patanjali in his Yoga Sutra, and many other masters of yoga, practiced and taught this scientific method through the ages. Kriya Yoga is a powerful tool to be used by people of all religions in order to hasten their own spiritual development. Shri Adi Shankara in the Viveka Chudamani wrote three things are very rare in the world: to get a human birth, to have desire for liberation, and to get the company of a great soul and realized master.

In modern times, an elusive and mysterious master, Mahavatar Babaji, in 1861 brought the Kriya technique to the general public through his able disciple, Shri Shyamacharan Lahiri, a pious householder. Lahiri Mahasaya, as he was popularly known, had many realized disciples. Foremost among them were Swami Shriyukteshwar Giri, who was well versed in the scriptures of both the East and West and attained the highest stage of realization, and Shrimat Bhupendranath Sanyal Mahasaya, a householder yogi most noted for his metaphorical interpretation of the Bhagavad Gita in the light of Kriya Yoga. Among the many disciples of Shriyukteshwar were Paramahansa Yogananda, author of *Autobiography of a Yogi*, and Swami Satyananda Giri, who until 1971 was the president of Karar Ashram founded by Shriyukteshwarji in 1903. Paramahansa Hariharananda, who became the head of the Kriya Yoga Institute USA as well as the international organizations, was also a direct disciple of Swami Shriyukteshwar. Both Paramahansa Yogananda and Paramahansa Hariharananda were not only Self-realized, but became instrumental in spreading the teachings of Kriya Yoga around the world.

Until the time of his mortal transition into spirit, December 3, 2002, at the age of 95 (1907-2002), Paramhansa Hariharananda — lovingly called "Baba" by his thousands of disciples and students around the world — oversaw each one's spiritual development. His divine love and compassion remain unparalleled.

Today, Paramahansa Prajnanananda, the realized disciple and successor of Paramahansa Hariharananda, travels the world as a powerful spiritual master, loving teacher, prolific author, and speaker on world religions. Under his loving direction, the Kriya Yoga international organizations, supported by its monks, yogacharyas and devotees, continue to thrive.

At Kriya Yoga ashrams and centers throughout the world, **guided meditations are open to those initiated by authorized teachers. Introductory programs and initiations are offered regularly.** We are happy for the opportunity to help you in any way we can with your Kriya practice or to learn more about Kriya Yoga. (Please see the listing of the ashram or center nearest you and call the contact person directly.)