



ABOUT KRIYA YOGA

Kriya Yoga is a simple, extraordinarily powerful, and scientific system of meditation designed to accelerate spiritual evolution. Revived in 1861 by **Mahavatar Babaji**, this ancient practice offers a direct path to higher consciousness by harmonizing the body, mind, intellect, and soul.

The word **Kriya** signifies the unity of **work and worship** (activity and divinity). By maintaining a continuous awareness of the indwelling soul, practitioners can transform even the most mundane daily actions into acts of worship.

Kriya Yoga is fundamentally based on the **science of breath**. The technique emphasizes the reciprocal relationship where the breath influences the mind and vice versa. This reveals the secret to mental control: "**Breath control is self-control. Breath mastery is self-mastery**". By mastering the breath, a seeker stills the mind, ultimately allowing them to perceive God and attain self-realization.

This practice is:

- **Non-Sectarian:** It requires no religious conversion and can be practiced by individuals of any faith to deepen their personal connection with the Divine.
- **Accessible:** It requires no painful austerities, making it as suitable for all.
- **Transformative:** Sincere practice yields the immediate fruits of calmness, peace, joy, love, and compassion.

UNBROKEN LINEAGE AND TRANSMISSION

Authentic Kriya Yoga is preserved through a sacred **master-disciple relationship** passed down through an unbroken lineage of realized masters.

- **Our Lineage:** Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar Giri, Bhupendranath Sanyal Mahasaya, Paramahansa Yogananda, Swami Satyananda Giri, Paramahansa Hariharananda, and the current Guru, Paramahansa Prajnanananda.
- **Authentic Initiation:** To ensure the purity of the teachings, there are no correspondence courses. Initiation must be received directly from Paramahansa Prajnanananda or one of his authorized Yogacharyas (teachers).

YOUR INITIATION JOURNEY

The Kriya Yoga initiation is a significant spiritual step that unfolds over the course of a full weekend. To fully absorb the techniques and their benefits, **it is essential to clear your schedule and commit to the entire program.**

- **Friday Evening (Public Lecture):** An introductory session where the teacher explains how Kriya Yoga can transform your life, providing the philosophical foundation for the practice.
- **Saturday (Initiation & Instruction):** The formal initiation ceremony takes place from the morning into the early afternoon. Following the ceremony, the teacher provides step-by-step instructions on the techniques, explains their spiritual benefits, and holds an initial Q&A session.
- **Sunday (Refinement & Mastery):** Participation in the Sunday morning and afternoon sessions is **mandatory**. These guided meditations and spiritual lectures allow the teacher to ensure you have learned the techniques correctly and feel confident practicing them independently at home.

SACRED INITIATION CEREMONY

The path to learning Kriya Yoga begins with a sacred purification ceremony. Initially, basic techniques are taught to quiet the mind and prepare the seeker for the infusion of divine energy.

- **Direct Transmission:** The teacher initiates each person through direct contact, infusing three divine qualities—**sound, vibration, and light**—into the seeker. This process helps the initiate perceive the indwelling soul.
- **Fire Ceremony:** The event includes sacred mantras (explained in English) and a symbolic fire ceremony to cleanse the seeker on a deeper, subtle level.
- **Technique instruction:** The first level of Kriya techniques are taught for personal meditation.

To maintain the purity of the teachings, **initiates are asked not to share the techniques** with others. **No audio or video recordings are permitted** during the initiation program.

SYMBOLIC OFFERINGS & WHAT TO BRING ON SATURDAY

During the ceremony, the seeker presents certain **symbolic offerings to God** and the Gurus. Please review this list carefully and **bring all items with you on Saturday morning**.

1. **Five Flowers:** A variety of five of the same kind; these represent the five senses.
2. **One Long-Stemmed Red Rose:** In addition to the 5 flowers mentioned above, please bring a red rose. This is blessed during the ceremony and returned to you.
3. **Five Fruits:** A variety of five of the same kind; these represent the fruits of one's life actions.
4. **A one-time Financial Offering of \$200:** This represents the offering of the causal, astral, and gross bodies.
 - Payment Methods: Cash, Check (payable to "Kriya Yoga Institute"), or Zelle.
 - If paying via Check or Zelle, **please also bring a physical \$1 bill** to include in the traditional offering ceremony.
 - As a volunteer-run non-profit, all offerings directly support Kriya Yoga events, including venue rentals, teacher travel, and the expansion of our programs.
5. **Yoga Mat & Cushion:** While chairs are available, certain practices are best done on the floor. Please bring a mat and a cushion (or "back-jack") for your comfort.
6. **Notepad & Pen:** We encourage you to take notes throughout the session.

PREPARATION & MINDSET BEFORE THE INITIATION PROGRAM

While not mandatory, we encourage "preparing your field" by reading or watching videos on Kriya Yoga. **Please remember that your sincere desire and love for God is the best preparation.**

- **Videos:** Please watch this video <https://www.youtube.com/watch?v=XbNAY2rPaPI> to get a better understanding of Kriya yoga.
- **Books:** "Autobiography of a Yogi" by Paramahansa Yogananda or books by Paramahansa Hariharananda and Paramahansa Prajnanananda.

- **Contemplation:** On the night before and day of initiation, it is recommended to avoid unnecessary talking or TV, and to eat light meals.

DURING THE INITIATION PROGRAM

To foster a peaceful environment, guided by principles of inner awareness and respect, please observe these protocols:

- **Dress Code:** Please wear modest, comfortable clothing that allows for easy movement during practice. This includes loose-fitting long pants and sleeved blouses or shirts. **Please avoid shorts, sleeveless tops, skirts, or any tight-fitting clothes.**
- **Creating a Mindful Space:** Please remove your shoes upon entering the building. We also ask that you avoid the use of tobacco, vaping products, alcohol, or recreational drugs before or during your time here.
- **Fragrances:** For the comfort of all, we ask that you **refrain from wearing any perfumes/ fragrances** due to sensitivities some participants may have.
- **Communication:** To create an uplifting environment, please practice kindness and gentleness in all your interactions and refrain from gossip, arguments, cursing, and complaining about others.

ESTABLISHING A REGULAR PRACTICE AFTER INITIATION

After the program, **new initiates are expected to maintain a consistent daily meditation practice.**

Once initiated, you are warmly invited to our free weekly group meditations in **Castro Valley (Saturdays)**, **Saratoga (Sundays)**, and **Sebastopol (Monthly)**. These gatherings are a wonderful way to maintain a consistent routine and find support within our spiritual community.

If you have any questions, please don't hesitate to reach out to us at saratoga-ca@kriya.org.

Thank you!
Bay Area Kriya Team