

The Path of Kriya Yoga

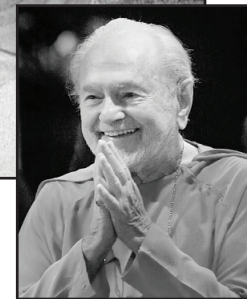
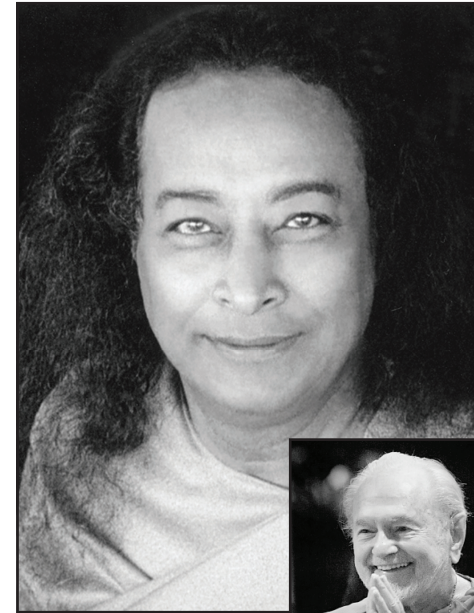
An Introduction

Based on the Teachings of Paramhansa Yogananda
And His Direct Disciple, Swami Kriyananda

Ananda Kriya Sangha

The Path of Kriya Yoga

Awakening to Divine Joy



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Welcome to Ananda Kriya Sangha

Over the years the Ananda Kriya Sangha has helped thousands of people throughout the world to receive initiation into Kriya Yoga. Guiding them in this extremely important step in their spiritual lives, the Kriya Sangha prepares qualified people through Kriya training programs at The Expanding Light and at Ananda colonies and meditation groups. We also offer a Kriya Preparation home-study course, and individual guidance through e-mail or phone.

Once a person has received initiation, the Kriya Sangha continues to offer support and guidance to help people advance in their practice of this sacred technique. We offer Kriya review classes, guided meditations, and Kriya Yoga retreats. We also provide a wide-range of study materials, including Kriya Yoga Technique lessons, audio and video tapes, question and answer booklets, and a Kriya website just for Kriya initiates. Kriya initiation ceremonies are held several times a year for first-time initiates as well as all Kriya initiates who wish to renew and deepen their practice.

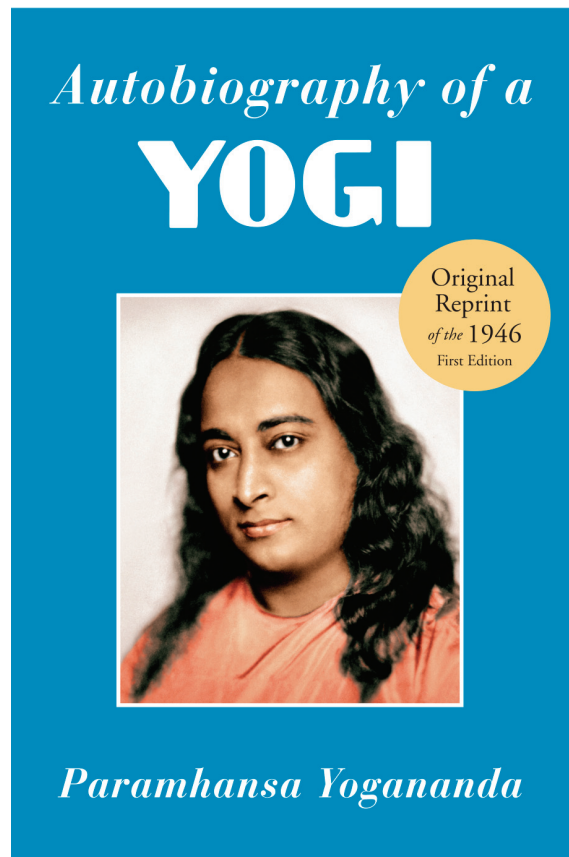
Swami Kriyananda, Ananda's founder, received direct authorization from our guru, Paramhansa Yogananda, to initiate people in Kriya. Over the years he has authorized several Ananda teachers to act in the same capacity, as instruments for Yogananda and Ananda's line of God-realized Masters.

This pamphlet is designed to help you get an understanding of Kriya, and how it is part of a comprehensive spiritual path. Take a moment to go within and see if this path of Kriya yoga is for you. If you feel drawn to begin the training for Kriya initiation, please contact us. We invite you to awaken to the divine joy within you through the power of Kriya Yoga. It is our joy to help you prepare for Kriya Yoga initiation.

Joy to you,

Brahmachari Sanjan

Ananda Kriya Sangha
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Frequently asked Questions

1 What is Kriya Yoga?

Kriya Yoga is a technique of pranayama (energy control) which, when practiced during meditation, greatly accelerates one's spiritual progress. A general description of the spiritual science behind Kriya is given by Paramhansa Yogananda, in his *Autobiography of a Yogi*. Kriya is one of the most effective techniques available for reaching the goal of Self-realization—union with the Infinite. The phrase “Kriya Yoga” means divine union through a certain act or technique. Paramhansa Yogananda taught the technique as part of a comprehensive spiritual path, which includes approximately one year of preparation and other techniques, leading eventually to initiation into the Kriya technique.

2 Why do you have to wait a year to receive Kriya through Ananda? Why can't you take Kriya initiation right away?

Kriya is a very effective technique that transforms the brain and remove blockages of energy along the spine—seeds of attachments and desires—that slow our spiritual progress. Its effectiveness is not merely mechanical, but also requires an inner understanding developed through the regular daily practice of other techniques Yogananda

"Introspection, or sitting in the silence is an unscientific way of trying to force apart the mind and senses, tied together by the life force. The contemplative mind, attempting its return to divinity, is constantly dragged back toward the senses by the life currents. Kriya, controlling the mind directly through the life force, is the easiest, most effective, and most scientific avenue of approach to the Infinite. In contrast to the slow, uncertain, 'bullock cart' theological path to God, Kriya may justly be called the 'airplane' route."

— *Paramhansa Yogananda*

taught as part of the Kriya path.

Ananda prepares you to receive Kriya initiation properly through regular practice of techniques that Yogananda taught—the Energization Exercises, Hong-Sau, the Aum technique and other Kriya preparation practices. One year also gives the student time to establish a regular, committed practice of meditation.

3 How does one prepare to take Kriya Yoga Initiation through Ananda?

Kriya Yoga preparation through Ananda includes:

- a. Taking Kriya preparation classes at any Ananda colony or through our home-study course—the Ananda Course in Self-realization. Or online, through taking the Path of Kriya Yoga courses, with onlinewithananda.org. The course of study and preparation normally takes about one year.
- b. Developing a daily practice of the meditation techniques of this path—the Energization Exercises, and the Hong-Sau and Aum meditation techniques. By the time you take Kriya Yoga initiation, you should have a daily meditation practice of about one and a half hours per day total.
- c. Making an inner commitment to this path and taking Discipleship Initiation.

4 What is Discipleship and why is it required for Kriya Yoga Initiation?

Discipleship means making an inner commitment to Paramhansa Yogananda and our line of God-realized Masters as your gurus, or spiritual guides. Attunement to the blessings and grace of God flowing through a Guru is essential to spiritual growth.

Discipleship Initiation Ceremonies, in which one takes this formal step, are offered at each Ananda colony. One can also do the ceremony at home.

5 Why do you have to receive Kriya Yoga initiation in person?

Taking Kriya in person adds the power and magnetism of the guru to your own efforts. Paramhansa Yogananda primarily gave Kriya Yoga in person in a formal initiation ceremony. Ananda gives the very same ceremony.

We offer Kriya initiations nearly every month at Ananda Village in California and periodically at other Ananda colonies throughout America and in Europe. We are now beginning to offer Kriya through the mail (through lessons and audio files) to those who would not otherwise be able to receive it.

6 What is the difference in the Kriya Yoga that Ananda and other yoga groups teach?

There are some teachers and groups who offer variations of the Kriya Yoga technique. At Ananda we give the Kriya technique exactly as Yogananda taught it. We've seen over the years that doing Kriya as he taught it is extraordinarily effective!

7 By what authorization does Ananda teach Kriya Yoga?

Paramhansa Yogananda authorized Swami Kriyananda in 1949 to initiate people into Kriya on his behalf. Kriyananda has authorized other Ananda teachers to act on behalf of Yogananda and our line of gurus to give Kriya initiations.

8 What happens after I take Kriya Yoga initiation? What support will I receive?

Ananda Sangha offers support to all our Kriya initiates through Kriya Yoga review materials—written lessons, question and answer booklets, CDs, as well as guided Kriya meditations and retreats. We also provide a web-site dedicated to Ananda Kriya initiates, as well as e-mail counseling and support.

On Kriya Yoga

Words of Paramhansa Yogananda

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

“In contrast to the slow, uncertain “bullock cart” theological path to God, Kriya may justly be called the “airplane” route.”



“Practice Kriya night and day. It is the greatest key to salvation. Other people go by books and lesser practices, but it will take them incarnations to reach God.

“Kriya is not only, as I’ve often said, the airplane route to Him, but also the greatest way of destroying present temptation. When you feel that joy within, no evil will be able to touch you. To you, sense pleasures will then seem like stale cheese compared to the nectar of God’s joy.”



“The influence of the guru is like that of a magnet. When you have a bar of steel that hasn’t been magnetized, its molecules are turned randomly, canceling each other out.

“When you place that bar of steel next to a magnet, the influence of the magnet gradually aligns all those molecules in a north-south direction. Thus, the unmagnetized bar of steel develops its own magnetism.”

Swami Kriyananda says that Yogananda urged his students to be steadfast in their practice of Kriya Yoga, saying, “Practice Kriya night and day. It is the greatest key to salvation. Other people go by books and outer disciplines, but it will take them incarnations to reach God that way. Kriya is the greatest way of destroying temptation. Once you can feel the inner joy it gives you, no evil will be able to touch you. It will seem like stale cheese, then, compared with nectar.”

Personal Accounts

From Ananda Kriya Yoga Initiates

The single most important event of my life was taking my first Kriya Yoga Initiation at Ananda in the summer of 1975. I have regularly and faithfully practiced Kriya since that time and I can say, without reservation, that all the promises that our Gurus make regarding Kriya Yoga and what it can do for your spiritual progress are very, very true — they are actually even more so than they say!

S. S., CA

This week [Kriya Preparation] has been of special significance and importance to me - a quantum leap in my spiritual path. Much has happened this weekend beyond formal instruction.

F. F.

You can't imagine how my life has changed since I decided to practice Kriya Yoga. Most of the time I feel joyful—joyful eyes, smiling face, energy flowing through my body, a strong outlook on life, a faith in something outside of myself, something much greater.

F.B.

This weekend was so special. Seventeen years ago I read Autobiography of a Yogi and know this was my way. But life sometimes is not easy and I walked away. This weekend I felt blessed and chosen to receive this sacred teaching. The results of increased peace were immediate. I believe they are true sensations—not psychological.

K.B. Monterey, CA



“I wasn’t sent here to the West by Christ and the great masters of India to dogmatize you with a new theology. Jesus himself asked Babaji to send someone here to teach you the science of Kriya Yoga, that people might learn how to commune with God directly. I want to help you to attain actual experience of Him, through your daily practice of Kriya Yoga.” —*Paramhansa Yogananda*



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