



# Kriya Yoga: Its Mystery and Performing Art

*Swami Sadhanananda Giri*

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## **Kriya Yoga: Its Mystery and Performing Art** Swami Sadhanananda Giri

Kriya Yoga - Its Mystery & Performing Art, written by Swami Sadhanananda Giri is described by many of its readers as the Kriyayoga Samhita or the Holy book of Kriyayoga. The luminous words of this inspiring & empowering title are pregnant with spiritual wisdom, which has changed the lives in hundreds of its readers exposing the proper practice of Kriya as originally taught by Yogiraj Sri Sri Lahiri Mahasaya. It is highly recommended as a follow-up of the classic 'Autobiography of A Yogi' written by Paramahansa Yogananda. Paramahansa Yoganandaji's luminous words in 'Autobiography of a Yogi' have inspired millions of people across the world to taste the innermost essence, the nectar of Kriyayoga. But even with such huge number of followers, an ideal & authentic text book of Kriyayoga with both theoretical & practical details is in demand. The secret behind the success of the above title in reorienting its readers' outlook & lifestyle in general is nothing but translation of the divine powers of its author into its contents. The present title with its inspiring & empowering words is a gift to the mankind from another Sadguru - Swami Sadhanananda Giri - from the same lineage. It is a printed shape of his realizations emanating from highest level of spiritual wisdom. Kriyayoga is a novel science comprising of all the best techniques available in different traditional oriental systems of yoga for control of the innate breathing exercise or Pranayama. Yoga - in its totality - prepares the mind as well as the body for the ultimate goal of life - association & assimilation of the individual consciousness with the Supreme Consciousness. The path described for such a marvelous journey is same, simple & secret in every religion - control of the senses & concentration of the mental faculty through control over the respiratory process. Kriyayoga is mentioned in the ancient renowned philosophy of the great sage Patanjali, as a mean for communication with the Absolute by way of certain significant practices – intensely secret. Our revered Sri Sri Lahiribaba revived that sacred tradition & presented to us as the most advanced, up-to-date way of spiritual practice - suitable for both the familymen & renunciants, for any human soul beyond any barrier of religion, caste, age, sex or nationality. As in every art, practice of Kriyayoga too has to be performed under the supervision of an able Master - a self-realised Guru - in living, who himself has crossed all the stages of yogic sublimity. He is the sole origin & medium of transfer of spiritual energy to an obliged & obeisant disciple. Only He holds the key to self-realisation for the disciple. The insurmountable restlessness of human mind has to be focused in the way taught & tutored by the Guru. Any attempt to sail alone in spiritual practice is totally prohibited. Swami Sadhanananda Giri descends from a sacred Guruparampara, the traditional Indian lineage of Guru. Through this masterpiece he wishes to provide every spiritual practitioner in the path of Kriyayoga a 'practical guide', to satiate his inquisitiveness, for an insight into the knowledge necessary to allay all misgivings & also to help him appreciate his journey through newer stages of spiritual upliftment during sadhana.

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