

What is Kriya Yoga?

- Kriya Yoga is the authentic meditation technique as taught by Babaji Maharaj, Lahiri Mahasaya, Swami Shri Yukteshwar-ji and Paramahansa Hariharananda.
- Paramahansa Hariharananda is a disciple of Swami Shri Yukteshwar-ji and Paramahansa Yogananda. He reached the stage of *nirvikalpa samadhi* at the age of 45; this is the breathless stage with full control over all bodily functions, including heartbeat. Baba Hariharananda-ji has reached the age of 95.
- Kriya Yoga is a scientific meditation technique which simultaneously develops body, mind, intellect and soul.
- This technique combines the essence of several yoga techniques by which the practitioner can go beyond body sense, beyond the sense organs and beyond thoughts.
- The technique of Kriya Yoga consists of several breathing and concentration exercises and also includes some simple body exercises. The practise of these techniques results in the transformation of the life energy into a higher state of awareness: the supreme state of cosmic awareness.
- By the practise of Kriya Yoga one can experience divine light, sound and vibration and divine knowledge.
- “Kri” means to act and “Ya” means the Soul. “Kriya” means the experience of the Divine in the whole creation.
- Kriya Yoga is not sectarian or dogmatic. It can be considered as the essence of all religions.
- To be able to practise Kriya Yoga one should first receive an initiation. This means that body and soul will be purified energetically, so that one will be able to experience the divine manifestations of light, sound and vibration.
- Everyone who has been initiated into Kriya Yoga can participate in all the Kriya programmes; donation minimum 6 €per meditation.
- Paramahansa Prajnanananda, Swami Shuddhananda, Swami Mangalananda, Yogacharya Christine Jacobsen, Rajarshi Peter van Breukelen, and Yogacharyas Claudia Cremers, Petra Helwig and Ushi Schmidtke are entitled to give initiation into Kriya Yoga. They are participating in many Kriya programmes throughout Europe.