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Kriya Secrets Revealed J.C. Stevens has written an excellent book on the Kriya Yoga of Lahiri Mahasaya called " Kriya Secrets Revealed: Complete Lessons and Techniques ". It is similar to the free book by Ennio Nimis except that it presents the practices in an easy to follow lesson format.

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Kriya Yoga Course 4 Kriya Secrets Revealed

<http://goldenagejourney.blogspot.ca/2013/11/kriya-secrets-revealed.html> Lesson 1:

Find Your Meditation Seat Kriya ...

This is not your ordinary Kriya book! It includes all the techniques from several different main-line Kriya schools, the full 7 steps of Lahiri's Kriya, the 1930's version of Swami Yogananda's Kriya and other lineages. Every piece of material that could possibly assist in helping you maximize results from your Kriya practice is in this workbook. This material has been carefully crafted to protect anonymous sources and to respect all copyrights. It is, essentially, a synthesis of every possible concept or technique, which will help you understand Kriya yoga as never before. All the material used here has been meticulously arranged into lessons with step-by-step instructions, including quotes from Lahiri Mahasaya, which have been freshly translated into an easy-to-understand style. New graphics have also been devised to better help explain the techniques. In addition to exacting instruction in various Kriya techniques, the book also discusses the theory and philosophy of Shyama Charan Lahiri, in order to help you get to the core of the Kriya yoga philosophy. From beginning to end, it was written in order to help you break free from anything

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hindering your Kriya practice. If you are already a member of an existing Kriya organization, the information in this book may surprise you or even challenge your beliefs. Please understand that I am simply relaying the complete path of Kriya, techniques and philosophy exactly as I believe that the originator, Lahiri Mahasaya, understood it. To this end, I researched every possible source and compiled it, saving you the time of endlessly seeking and deciphering instructions from different Kriya schools, which are spread across all corners of the Earth. Some people may ask, "How does this book differ from that information presented on various websites?" It isn't the fact that some of this information could not be found in other places. That could be said of any book. However, this book saves you the time of finding, collecting and deciphering this information for yourself. It is a self-contained workbook. Everything you need to achieve the highest goals of Kriya is in this book. Here is what some people are saying: "Just received my book yesterday, and so far I am really enjoying it. I had a hard time putting it down last night and ended up staying up a lot later than I should have. I have a feeling It's going to be another late night tonight." - M.B. "I took delivery of your book yesterday and would like to thank you for collating this information from various sources. ... In summary, thank you for your book. I am impressed by both the content and the presentation." - Doctor M.

By the correct practice of Kriya fourteen times, Maha Mudra twice, and Yoti Mudra twice, twelve years of evolution of body, mind and soul will be gained in a few minutes. Mind can do everything. Through this practice, the time limitation in

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evolution is overcome, and the receptive power of the spine, brain and mind is increased, so that the Yogi knows, sees and feels all form within. Yoga is the super-method by which the evolution of body, mind and soul can be quickened. That is how the attainment of wisdom and realization, which usually takes a million years and numerous incarnations of natural evolution, is possible in one lifetime. By this exercise, the consciousness which is in the body, and which is identified with the senses, is transferred to the spine and the brain, and thus transmitted into Superconsciousness and Cosmic Consciousness. Kriya is an initiation into Cosmic Consciousness, or the transfer of consciousness from the body to the spirit. In order to do this, one must transfer consciousness from the senses to the spine. After practicing Kriya and resting for a short while, one is able to do inspired work in connection with literature, art of science . then intuition develops of itself, without effort, because one ' s consciousness is transferred from the senses to the spine and brain. Realization can come only by the development of one ' s intuition. Remember that through the practice of this lesson you will contact Christ, and the prophets of this world, and through them you will find your union with God the Infinite Spirit.

This book contains the following works of Lahiri Mahasaya translated into English by Yoga Niketan: CONTENTS 1. Manu Samhita or Manu-Rahasya 2. Krishna-Yajurvediya Tejabindu Upanishad 3. Krishna-Yajurvediya DhyanaBindu Upanishad 4. Krishna-Yajurvediya Amritabindu Upanishad 5. Niralamba Upanishad 6. Patanjali Yoga Sutras 7. Garland of Letters (Patravali) In the middle of the eyebrows, at the

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root of the nasal passage, is the abode of Nectar; if one abides there--the One Who resides there--it is He that is Eternal; He is Omnipresent; thus Supreme. - Yogiraj Lahiri Mahasaya from Commentary on Krishna-Yajurvediya DhyanaBindu Upanishad
Throw vayu up into space, abide as no-self in the par avastha of Kriya, remain only in Brahman with breath sealed in Brahman and do yunjana. Via this, there will be rechak--meaning: you will be Still. - Yogiraj Lahiri Mahasaya from Commentary on Krishna-Yajurvediya Amritabindu Upanishad
Remain steadfast in the poise of Kriya and proceed accordingly and all will be good. - Yogiraj Lahiri Mahasaya from the Garland of Letters 307 pages

This is not your common guide to Kriya Yoga. It is something you've never seen before. This is for those who are sick of the secretiveness of Kriya Yoga and all the taboos. They just want the end of misery and are sick of this human-ego-game played by most Kriya Gurus and Kriya organizations. This is not a publication with cliché yoga theory and no practice instructions. It gives very powerful direct teachings and actual instructions. These themes will be addressed: Current Kriya Yoga Masters and organizations will be exposed without any biased filter; The often misunderstood "Inner Guru" and its nature will be revealed; The whole Spiritual Process of Kriya Yoga and Spirituality, in general, will be explained; The sharing of a new discovery regarding the Higher Kriyas, the Final Special Kriya, never shared before in the literature of Kriya, will boost your practice beyond belief; It also includes the techniques of the First Kriya, with an in-depth explanation on how to

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quickly achieve Kechari Mudra that is not found anywhere else; The most powerful Kundalini awakening technique that Gurus and organizations rarely teach will be given at the end of the First Kriya; The ultimate question whether Kriya Yoga can lead you all the way to True Enlightenment will be answered; Lahiri Mahasaya and other True Masters' words will be used throughout the book to support what is written; And much more. This book will help you become free from the dogmas and beliefs created by the Kriya Gurus, organizations and Kriya literature, and also help you awaken the essential discernment needed to take that very important step forward, toward yourself, toward your True Self, the Infinite Consciousness within you. By exposing the truth about some organizations and Gurus, I'm sure their followers will want to give bad reviews to this book. Either that or their newly awakened discernment will help them make a huge breakthrough toward True Enlightenment. I will take that risk. And so should you.

Stephen Sturgess draws on decades of study and practice to present a comprehensive and engaging account of Raja and Kriya Yoga. These authentic forms represent true Yoga, and their practice provides spiritual seekers with the ultimate pathway towards self-realisation, inner freedom and ineffable peace and joy. The book begins by providing a complete view of Yoga and its spiritual dimensions, including an account of the history and philosophy of all Yoga traditions. It then covers Raja and Kriya Yoga in depth, with instruction on the asanas, breathing techniques and meditations of each tradition. With a glossary and an introduction to

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Sanskrit, this book provides everything a truth-seeker needs to embark on the journey to spiritual awakening. A complete guide to Raja and Kriya Yoga, this book is an incomparable resource that will be a valued addition to the shelves of yoga practitioners and yoga teachers as well as anyone with an interest in yogic or Vedic traditions.

Revealing the Fastest Path to Enlightenment, with a remarkable approach never seen before in the history of Kriya Yoga. Each chapter is infused with the powerful Lightning of Kriya, the infinite Love of Bhakti and the timeless Wisdom of Jnana Yoga. This book will share teachings no other Kriya Yoga book ever shared. Do not expect to find superficial and common Kriya teachings in this it. It exposes the direct yogic path, without unnecessary pages full of useless information that is not relevant to your awakening and Self-Realization, leaving no stone unturned. No more detours, distractions and lifetimes. It is now that we are going to do it. After exposing Kriya Yoga, in the first volume of this collection, Kriya Yoga Exposed, we will now unleash its tremendous power, as the basis for all Yogas to come into fruition, going beyond our apparent existence and mortality, into the realmless realms of the Absolute beyond comprehension. That is our destination, going faster than light, faster than anything conceivable, into the inconceivable beyond nothingness. Do you dare to go that deep inside? Are you ready to unlock all the secrets of the Universe and

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Existence? You are. Because you are already It. Here and now you will recognize your forgotten infinity. These themes will be addressed: All the Samadhi mysteries will be revealed The disclosure of a secret no Kriya Yoga Guru will ever tell you. Answering the most relevant Kriya questions like "What kind of Kriya Yoga is the best?" or "Do I need a Guru?" Slight Upgrade on Kriya practices for a more powerful energetic boost toward Kundalini awakening. Crystal clear practical explanation of how Jnana Yoga and Bhakti Yoga can turbo-charge your Kriya practice beyond the unimaginable. Breaking free from duality, through the sharing of authentic non-dual teachings accompanied with the essential words of the Self-Realized Masters. Clear and direct pointers to who you really are, awakening true Wisdom-Discernment and revealing the imperishable, everlasting happiness and peace that is the natural fragrance of the Absolute. And much more.

An illustrated, lay flat reference guide to hatha yoga as it was originally intended: as a way to uplift consciousness and aid spiritual development. Kriyananda's approach follows the tradition of the great Indian master Paramhansa Yogananda, bringing hatha yoga back to its central focus as an integral part of the meditative science of Raja Yoga. Inspiring affirmations and clearly written instructions demonstrate how to attune oneself to the consciousness of the poses, so that each one becomes a doorway to greater emotional well-being, inner clarity, and radiant health.

Illustrates various stages in different postures, and explains with easy-to-follow

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instructions. This title indicates the many benefits of these postures in the healing and prevention of various disorders.

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