

Br. Allen - Sunday, December 27, 2009

Kriya Yoga

Controls mind directly thru life force. This is best to access the infinite.

When you concentrate, you lose awareness of the world around you. Sleep does this to us, too.

The veil between us and God becomes very thin.

Kriya – conscious concentration.

In order to know God, we need to let go of this world.

Stillness – calm the body, thoughts and emotions. We have to withdraw the life force within – to sit still – to feel God.

The breath, heart, mind automatically slow down. This brings us closer to the stillness we need to know God.

Kriya burns off karma.

Up to 2 million of natural years to get back to God. 1 kriya breath (30 seconds) equals one year of our evolution.

Hong Sau is very powerful, too.

Make meditation a habit – spend at least 3 minutes every day morning and evening so you are forming the habit of doing something 2 times a day.

Use time outside of meditation – practice the presence of God – this concentration helps our meditation.

If we learn to concentrate on what we do, we'll be able to concentrate better in meditation.

Kriya yoga and devotion – bring devotion to the science.

It requires 8 years to form a habit.