

## Brother Satyananda – “The Spiritual Science of Kriya Yoga”

July 17, 2011 – Lake Shrine Temple

Brother Satyananda always felt that he was in the middle of a soul journey. Progressive unfoldment with a great destination – a culmination of consciousness. A blissful awareness of who we are with spirit. Our life doesn't always seem this way and our minds don't always know this. Meditation helps to remove all the negative thoughts. Out of the stillness within comes “I am the immortal soul. I am cosmic consciousness.” In meditation, we must renew this affirmation of who we really are in spirit.

From the Vedas, the story of creation of the river Ganga. India was dry and needed nourishment. The river was created to purify evil deeds. Goddess Ganga was asked to come to earth. “I come from heaven to earth and will manifest as a river, but who will catch me and guide me?” Goddess Ganga descended upon Lord Shiva's woven matted locks of hair. Upon his head onto his locks, she flowed out to the rivers.

Rivers have a meaning and symbolism to people of those lands. In the Gita, Chapter 10 – “Among the greatest of rivers, I am the Ganges.” ~ Krishna

Symbolically, the Ganges represents the intuitive life force of the yogi.

Key metaphysical discoveries: Each one of us is on a personal soul journey that lasts many lifetimes. A journey of self-discovery, growth of self-awareness which culminates in a oneness with all life. This journey and teaching was given the name “yoga.” Yoga – union of our expanded human consciousness with the cosmic consciousness of all life.

There is a vital connection between our human breathing and our human life energy and our human consciousness. Each human breath we take has a current energy – rising and descending currents connected with inhaling and exhaling breath. Our life energy rises and falls in the spine. There's a slow expansion of our consciousness towards cosmic awareness. This growth is very slow – it takes many life experiences. There's a maturing of our energies and our cosmic consciousness begins to grow.

The ancient rishis discovered there's a secret passageway – the passage the soul uses upon death to exit the human body to return to spirit. This path is known only to the soul. The method of Kriya was developed to unite the breath. The method of Kriya leads us back to God.

Kriya yoga practiced deeply dissolves mind into breath – mind into intuition – intuition into soul – soul into the cosmic bliss of spirit – back to the mansion of omnipresence.

The Ganges River – from heaven to earth. In 1861, the celestial river of Kriya yoga began to flow to the masses. Babaji in 1861 brought back the teaching of Kriya. He instructed Lahiri Mahasaya to give the teachings to others. Lahiri Mahasaya told Sri Yukteswar, “You will have a disciple who will take Kriya to the west.” This was our Guru.

In the book of John, Jesus said, “Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God” (John 3:5).

Spiritual baptism – Master says that baptism is a symbol for something far greater. A spiritual baptism – born of water and spirit – baptizes in the river of consciousness. Born of water and spirit – “twice born.” The second birth is the attainment of higher states of consciousness in the spine. This awakening is the baptism through spirit – the true awakening. Kriya is an awakening experience and a method of meditation. It gives us a tangible experience of God. It brings God to us now.

Kriya – divine action for our realization.

Yoga – union with God.

The action we perform to experience union with God.

Kriya deeply calms the body, heart and mind. Harmonizes the energies. Works with the dual life forces to become one life force. To unify the life force and to purify our energy into Divine consciousness. To awaken intuitive perception. To realize divinity inside yourself.

With Kriya, you develop a new way of life that is conducive to having God in your life. A quiet experience of well-being that awakens new perceptions and dispels fears, creates a centeredness within ourselves and speeds up natural evolution of consciousness.

A student must seek first in order to discover. Invoke your divinity to see the truth. We’re on this long journey. We’re reaching for something more. Kriya is the “more”.

Eternal religion. Eternal righteousness. A universal religion. Direct perception of God. All things come from cosmic spirit and will return to cosmic spirit. The final ascension from body to spirit is the same for everyone.