

# Reflections on Kriya Yoga Initiation & Sadhana

by Marina Kapur, London, May 2019

These reflections are a compilation of the essential teachings of Yogacharya Satyananda in his Kriya Yoga initiation workshop, combined with insights and experiences of students and me.

## **Kriya Yoga:**

Babaji's Kriya Yoga is the spiritual practice of the ancient Yoga Siddhas (the spiritual masters) for Self-awakening, realisation of the Absolute Reality and conscious creation of life, through the scientific art of Mastering Mind, Breath, and Life force with Consciousness.

To awaken, 're-member', realize, experience who YOU are, requires:

Yoga ≡ Union with Yourself, and

Kriya ≡ Action with Awareness.

That's probably why Kriya Yoga is termed as the complete integrated Yoga along the path towards 'realising the Self in search for the Infinite' (to paraphrase Patanjali's Yoga Sutras and Yogananda's Autobiography of a Yogi).

## **Inner Alchemy:**

Each person is universally unique, with untapped powerful human potential that awaits discovery and unfolding. Kriya Yoga is the 'aeroplane route' to realising this. All is energy. From alignment and connection comes unity in our Mind-Body-Spirit - the foundation for self-mastery and condition for inner energetic transformation of the body mind system on all subtle layers into the physical inside-outside.

Life flows. Magic happens. Miracles are possible.

Each Kriya is subtle yet powerful. Just as we can use a knife to either hurt or save, the intention is what matters. The transformation through Sadhana raises spiritual awareness, empowering us to be conscious about our choices and creation which transforms life for good.

The process of 'Internal Alchemy' starts with 'Kundalini Kriya' practice, which is taught right from the beginning. Yet, to be able to effectively do Kundalini Kriya practice, so that it is not just yet another mental occupation or physical exercise, and to turn it into alchemy, we need to purify our mind and body. This is where the Sadhana is vital.

## **Sadhana:**

The magic of Kriya is in its Sadhana. The knowledge, training and guidance provide a complete holistic framework for using the tools and techniques as a stand-alone or part of our regular spiritual practice, our personal self-love, self-care and self-empowerment ritual - our Sadhana.

With a sincere regular dedicated Sadhana, we resonate at a higher frequency which unfolds both invisible and visible benefits. Regular Sadhana deepens and expands our personal wisdom, vision and powers.

This is how:

- "You need to meditate to train your awareness;
- you need awareness to train your willpower;
- you need willpower to train your concentration;
- you need concentration power to train your focus;
- you need focus to train to draw and direct energy or Life force where your awareness goes;
- you need energy to travel to 'Shakti' (creation power) to be able to manifest and create beauty;
- you need beauty to create a sense of well-being in your world;
- you need energy to travel to 'Shiva' (Consciousness) to be able to witness and to detach;
- you need detachment and equanimity to not suffer and create a sense of well-being in yourself."

Detaching from identifying with and stilling the fluctuations of the mind is 'abiding in the Seer's own form' (Patanjali), so that 'nothing can disturb me anymore' (Ramana Maharishi), because we 'know' in essence that all is perfectly well as it is. Residing in the 'inner silent space' purifies, heals and balances at all levels of our 'being' - physical, emotional mental, intellectual, and spiritual. That subtle yet powerful awareness is the seed and start for the process of internal alchemy.

To embark on this path to our full potential power and consciousness, which the Siddhas, the ancient great Yoga masters describe, makes Kriya Yoga a path for life.

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## **The Benefits:**

Whatever the reason, need or situation, everyone can benefit from practicing and applying Kriya Yoga, irrespective of health, cultural background or personal beliefs.

We can

- release negative and limiting emotions, thoughts, concepts, behaviours, habits, influences and conditioning;
- decrease stress, pain, anxiety;
- improve stamina, strength, adaptability, vitality and quality of life;
- nurture, heal and balance at all levels of our existence, and all levels of our Being;
- experience inner love, peace, happiness, well-being, balance and harmony;
- increase our willpower, powers of concentration, discrimination, visualisation, intention, intuition and other subtle natural abilities of our human mind body system.

Experiences create the realisation that we do have emotions, a mind and body to experience life and we are not our emotions, mind and body but the one who is aware of them.

We learn to not “identify” with our emotions, mental movements and physical phenomena, rather we use them as tools to support us towards our purpose in life and to our wider purpose in realising our true Self and Ultimate Reality.

## **The Workshop:**

The Initiation Workshop gives you Kriyas in a framework which include subtle and powerful:

**Kundalini Pranayama (breathing techniques), Meditations (manifestation and transformation techniques and mental training), Hatha Yoga Asanas, Mantras, Mudras (energy gestures), and Puja (sacred ritual).**

The purpose of the workshop is to introduce 1) the profound ancient knowledge, wisdom and insight of the spiritual masters in a way that is easy to understand, and 2) the essential Kriyas (techniques & tools) which ignite and deepen our latent abilities, under the expertise of Yogacharya Satyananda, in an environment that supports the magical, mystical and spiritual experience, that awaits us. Our personal manual guides us with clear instructions and inspirations for our Sadhana.

While there are three progressive stages of workshops to advance in our Sadhana, students love to repeat the workshops when they realise, how much it gives them opportunity to experience what they may have missed previously, and helps to re-energise, re-establish and re-inspire their personal practise on their journey of Self-awakening, Self-awareness, Self-realisation, Self-acceptance and enlightenment.

*“Everyone deserves inner peace, love, happiness and wellbeing.  
When we shine brilliantly, we inspire others to sparkle brightly.”*

*Marina Kapur*

## **About Me:**

All these words are signposts to the sheer possibilities that I have realised, and experiences I have observed. As with me, I see how people’s inner beliefs, attitudes, behaviours and environmental conditioning often gets in the way of our purpose and meaning of life, sometimes clouding or shrinking our vision so we can ‘fit in’ and ‘survive’ life, instead of expressing our gift, our potential, and sharing it courageously with the world. To free ourselves to realise and live authentically requires knowledge, training and compassionate ‘inner self work’. Our world needs Leadership for Good, which makes a positive impact on business, society and our planet, as a force for good. As a trusted Leadership expert and volunteer for Babaji’s Kriya Yoga, I am lucky to facilitate and support people’s growth, evolution and transformation.



What we all share is the love for the ‘sacred silent space’ when we meet, connect and align with our true potential Self, which inspires us to let go of what we are not and to be who we really are. When we do, the ‘subtle secret smile’ that shines and reveals what a 1000 words cannot.