

kriya yoga by swami yogananda 1930 art of super

Kriya Yoga by Swami Yogananda: 1930 Art of Super

Kriya Yoga, as introduced by Swami Yogananda, is a spiritual discipline that combines techniques of meditation, pranayama (breath control), and proper lifestyle practices to promote self-realization and inner peace. In 1930, Yogananda's teachings gained significant traction, emphasizing the profound benefits of Kriya Yoga as a pathway to the divine. This article delves into the principles of Kriya Yoga, its historical context, techniques, and its impact on spiritual seekers worldwide.

Historical Context of Kriya Yoga

Origins and Development

Kriya Yoga has its roots in ancient Indian spiritual practices, but it was popularized in the West by Swami Yogananda in the early 20th century. He was born in Gorakhpur, India, in 1893 and was a disciple of the revered yogi, Swami Sri Yukteswar Giri. Yogananda's journey to the West began in 1920, when he was invited to speak at the International Congress of Religious Liberals in Boston, Massachusetts.

1. Introduction of Kriya Yoga to the West:

- Yogananda's lectures and writings captured the Western audience's attention, leading to the establishment of the Self-Realization Fellowship in 1920.
- His seminal work, "Autobiography of a Yogi," published in 1946, further spread the teachings of Kriya Yoga.

2. The 1930s Era:

- The 1930s saw a significant increase in interest in Eastern spirituality.
- Yogananda's teachings during this period emphasized practical techniques that could be easily integrated into daily life.

Philosophical Underpinnings

Kriya Yoga is grounded in the philosophy of achieving self-realization and experiencing divine consciousness. Its core tenets include:

- Unity of All Religions: Yogananda taught that all religions ultimately lead to the same truth, which is the realization of God within.

- Scientific Approach to Spirituality: He emphasized the need for a scientific approach to spirituality, advocating for techniques that could be empirically tested through personal experience.
- Mind-Body Connection: Kriya Yoga recognizes the interconnectedness of the mind, body, and spirit, aiming to harmonize them through disciplined practices.

Principles of Kriya Yoga

Kriya Yoga is not merely a set of practices; it embodies a comprehensive lifestyle aimed at achieving spiritual enlightenment. The main principles include:

1. Meditation: Central to Kriya Yoga is the practice of meditation, which helps quiet the mind and connect with higher states of consciousness.
2. Breath Control (Pranayama): Through specific techniques, practitioners learn to control their breath, which in turn helps control their energy (prana) and mental states.
3. Self-Discipline: Yogananda emphasized the importance of self-discipline in maintaining a consistent practice and living a life aligned with spiritual principles.
4. Devotion and Surrender: Recognizing the divine presence within oneself fosters a sense of devotion, leading to surrender and trust in the universal wisdom.

Kriya Yoga Techniques

The practice of Kriya Yoga incorporates various techniques, each designed to elevate the practitioner's consciousness. Some key techniques include:

Kriya Pranayama

Kriya Pranayama is a fundamental technique that combines breath control with meditation. This practice involves:

- Long, Deep Breathing: Focusing on slow and deep breaths to calm the mind and body.
- Energy Control: Directing the breath to circulate energy through the chakras (energy centers) in the body.
- Mindfulness: Maintaining awareness of the breath and sensations to deepen the meditative state.

Hong Sau Technique

The Hong Sau technique is a method of concentration and meditation that helps practitioners focus their minds. Key aspects include:

- Mental Repetition: Silently repeating the sound "Hong" on the inhalation and "Sau" on the exhalation.
- Focus on the Breath: Enhancing concentration by bringing attention solely to the breath and the sound.

Self-Realization through Meditation

Yogananda taught various meditative practices aimed at achieving self-realization:

- Guided Visualizations: Using imagery to connect with the divine.
- Silent Sitting: Spending time in silence to foster inner peace and awareness.
- Devotional Prayer: Combining meditation with prayer to deepen the connection with God.

Impact of Kriya Yoga

Kriya Yoga has had a profound impact on countless individuals around the world. Some of the significant contributions include:

Global Reach and Popularity

- Spiritual Centers: The establishment of Self-Realization Fellowship centers across the globe has made Kriya Yoga accessible to many.
- Workshops and Retreats: Regular workshops and retreats provide opportunities for individuals to learn and practice Kriya Yoga in a supportive environment.

Personal Transformation

Many practitioners report transformative experiences as a result of their Kriya Yoga practice:

- Increased Inner Peace: Regular meditation and breath control lead to a calmer, more centered state of being.
- Enhanced Clarity and Focus: Practitioners often experience improved mental

clarity and focus in their daily lives.

- Deepened Spiritual Connection: Kriya Yoga fosters a greater awareness of the divine presence within, resulting in a profound sense of purpose and fulfillment.

Conclusion

In conclusion, Kriya Yoga as taught by Swami Yogananda represents a unique fusion of ancient wisdom and modern practicality. The art of super, as described in the 1930s, invites individuals to embark on a journey towards self-realization and inner harmony. Through its techniques of meditation, breath control, and disciplined living, Kriya Yoga empowers practitioners to find peace amidst the chaos of modern life and connect with their highest selves. As interest in spirituality continues to grow, Yogananda's teachings remain a guiding light for those seeking deeper understanding and connection in their lives.

Frequently Asked Questions

What is Kriya Yoga as taught by Swami Yogananda in the 1930s?

Kriya Yoga is a spiritual practice that emphasizes meditation, breath control, and self-realization. Swami Yogananda introduced it to the West in the 1930s, focusing on techniques to accelerate spiritual growth and connect with the divine.

How did Swami Yogananda's teachings on Kriya Yoga influence modern spirituality?

Swami Yogananda's teachings popularized Kriya Yoga in the West, inspiring many to explore meditation and spiritual practices. His emphasis on personal experience and direct connection with God has influenced countless spiritual seekers and teachers.

What are the core techniques of Kriya Yoga?

The core techniques of Kriya Yoga include pranayama (breath control), meditation, and specific physical postures aimed at enhancing spiritual awareness and energy flow. These practices help to calm the mind and deepen the practitioner's connection to the divine.

What is the significance of the 'Art of Super' in Kriya Yoga?

The 'Art of Super' refers to achieving a higher state of consciousness and realization through Kriya Yoga practices. It emphasizes mastering the mind and emotions to experience greater spiritual insights and a deeper connection with universal consciousness.

Can Kriya Yoga be practiced by beginners?

Yes, Kriya Yoga can be practiced by beginners. Swami Yogananda encouraged individuals of all backgrounds to explore these teachings, and many organizations offer introductory courses to help newcomers learn the techniques safely and effectively.

What role does meditation play in Kriya Yoga?

Meditation is a foundational aspect of Kriya Yoga, as it helps practitioners attain inner peace, focus, and a deeper understanding of their true selves. Swami Yogananda emphasized the importance of regular meditation to experience the full benefits of Kriya Yoga.

How does Kriya Yoga address the concept of self-realization?

Kriya Yoga addresses self-realization by guiding practitioners to recognize their divine nature and the interconnectedness of all life. Through disciplined practice, individuals can transcend the ego and experience oneness with the universe.

What are the benefits of practicing Kriya Yoga?

Practicing Kriya Yoga can lead to numerous benefits, including reduced stress, improved mental clarity, enhanced spiritual awareness, emotional balance, and a greater sense of inner peace and fulfillment.

How can one learn Kriya Yoga today?

One can learn Kriya Yoga today through various resources, including classes offered by organizations like the Self-Realization Fellowship, online courses, books by Swami Yogananda, and local meditation groups that focus on these techniques.

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