Sadguru Mangeshda started the discourse with the topic of global oneness. Touching on the Big Bang theory, the spiritual angle of it and the God particle, he then explained the nature of fundamental elements. Explaining the difference between the sattvik (peaceful) and tamasic (destructive) guna (nature) of the 5 fundamental natural elements, he explained how the human being is also made of these five elements.

The five-fold path of Kriya Yoga consists of (1) Kriya Hatha Yoga – the physical postures (2) Kriya kundalini Pranayam (powerful breathing techniques), (3) Kriya Dhyan Yoga (meditation techniques leading to higher states of consciousness), (4) Kriya Mantra Yoga (chanting powerful syllables/sounds) and (5) Kriya Bhakthi Yoga (path of devotion, both towards one’s self and towards everything).

Explaining how Mahavatar Babaji revived Kriya Yoga in the modern age, Sadguru mentioned the lineage of Lahiri Mahasaya, and Yoganandaji as introducing Kriya Yoga to the west.

Detailing how asanas remove blocks in the physical body, he stressed the importance of listening to our body when it speaks to us, how we ignore it and go through physical ailments and suffering. He explained the connection between the Cosmic energy, magnetic energy, the major chakras and their connection to the endocrine system and how the energy blocks are removed through the practice of Kriya Hatha Yoga. Moving on to Kriya Kundalini pranayama, he explained how the practice moves the energy through the Sushumna nadi upwards to experience the ultimate truth and Samadhi. He also explained the significance of Lord Krishna’s flute and the 72,000 gopis. Lord Krishna plays the flute and the 72,000 gopis dance to his tune. The actual symbolism is that our human body has nine holes, through which the energy flows. The energy centers play the tune. The gopis are mythological references to the girls, but they are actually the 72,000 meridians in our body – raga raginis dancing to the musical composition of the energy moving through our body.

Sadguru explained in simple terms how our everyday activity like singing is also a meditation Narrating his personal experience in the Himalayas with Param Guru Mahavatar Babaji, he explained how you can make personal friendships with Nature and the 5 elements, leading to more and more awareness.

Explaining the simplicity of Kriya Yoga practice, Sadguru clearly stressed how even a person in a wheelchair can practice Kriya Yoga to experience the ultimate reality. Citing that there are no restrictions in the practice of Kriya Yoga, he went to explain the importance of breath, and how we misuse the breath under stress and add more and more carbon waste to our bodies.

In conclusion, Sadguru beautifully explained the simplicity of spirituality by citing how it is as simple as threading a needle, but much more difficult because we go everywhere else except towards the goal. To read the wonderful explanation of how the energy movement results in the state of Samadhi, please watch the videos of the discourse.

The discourse ended with a very powerful guided meditation.