



Sadguru Mangeshda Kriya Yoga Foundation  
(Registered charitable trust)  
[www.mangeshda.org](http://www.mangeshda.org) ; [www.subtleconnection.com](http://www.subtleconnection.com)

**What is Kriya Yoga – from Los Angeles Kriya Yoga lecture – May 3<sup>rd</sup> 2013 by Sadguru Mangeshda**

The Body is actually representing the mind. Mind is behind the functioning of the body. What Kriya Yoga teaches us is to let the soul take the initiative and let the Mind follow the soul. Soul cannot directly control the physical body. Physical body is born with this mind. So in Kriya Yoga when the Soul takes the initiative, slowly the Mind follows that. See the chariot of Lord Krishna. Chariot represents our physical body. The Seven horses represent the Mind. Controlling part is Sri Krishna. Mind is controlled by Lord Krishna – The Soul.

Kriya Yoga is referred to by Krishna, India's greatest prophet, in a stanza of the Bhagavad Gita: 'Offering inhaling breath into the outgoing breath, and offering the outgoing breath into the inhaling breath, the yogi neutralizes both these breaths; he thus releases the life force from the heart and brings it under his control.' The interpretation is: 'The yogi arrests decay in the body by an addition of life force, and arrests the mutations of growth in the body by apan (eliminating current). Thus neutralizing decay and growth, by quieting the heart, the yogi learns life control.'"

**What will be taught?**

Kriya Yoga secret techniques will be personally taught by Sadguru Mangeshda: Kriya Yoga – the five-fold path – Kriya Hatha Yoga, Kriya Mantra Yoga, Kriya Kundalini Pranayam, Kriya Dhyana Yoga and Kriya Bhakthi Yoga.

**How Many Levels?**

There are 6 levels. Disciples will be initiated in the first level in this trip.

Sadguru will monitor the disciple's progress. Regular Kriya Yoga classes will be conducted in India and abroad to help the disciples clarify their questions and learn additional techniques. Sadguru Mangeshda will notify the disciples about when he will bestow progressive Kriya Yoga initiations/Diksha.

**Who can Practice Kriya Yoga?**

The entire base of Kriya Yoga is practical and easy to practice for anybody 12 years and above. It is truly a lifetime blessing to be guided by a Kriya Yogi from Impeccable direct lineage – Experience and reap the rich rewards of Kriya Yoga.

You can practice all the five-fold Kriyas or if you cannot do all of them, you can do any one part and still reach the ultimate Awakening – Aham Brahmasmi. Even if a person is in a wheel chair or physically challenged that person can still do the Kriyas – they can practice at least the Kriya Mantra Yoga – chanting or Kriya Dhyana Yoga. Kriya Yoga teaches you to do at least something according to your capacity. That is why Kriya Yoga is a beautiful and guaranteed path of "Self-realization".



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## **Duration of Practice**

Even if you practice for minimum 30 minutes per day regularly, you get maximum benefit and energy to keep going the whole day.

## **Kriya initiation is offered by a number of teachers and places in the world today. Are they all teaching the same thing?**

Kriya is a common spiritual word in India, and it has several meanings. We don't know the details of what others are teaching, but we are fortunate to have the experience and instruction of Sadguru Mangeshda, who learned Kriya personally from Babaji. He has taught Kriya many thousands of people and has been teaching for more than 30 years.

## **Can I teach myself Kriya Yoga?**

Kriya Yoga can only be learned directly from an authorized teacher or Guru. The initiation is a simple, safe and scientific process by which the entire physical and mental state of the student is purified and the technique of Kriya Yoga is taught.

## **Do I need to renounce my religion to receive Kriya initiation?**

The initiation is open to all seekers regardless of sect or creed.

## **How can I know which guru has been chosen for me?**

The guru will make himself known to his disciples at that moment in their lives when they are ready to perceive and receive him.