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Kriyāyoga

jijñāsā and mīmāṃsā

SPIRITUAL INQUIRY AND THOUGHT ABOUT KRIYĀYOGA

SAMPLE

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KRIYĀYOGA

JIJÑĀSĀ AND MĪMĀṂSĀ

spiritual inquiry and insight about kriyāyoga

by YOGĀCĀRYA DR. SUDHIN RAY

Published by PRIME BOOKS

© RYKYM Introduction

Kriyāyoga, much like the scientific methods explored across the world, stands as a unique practice rooted in the knowledge-based yoga (*jñāna yoga*). This method delves deeply into the dimensions of the mind, unveiling the mystical layers of the transcendental world. The experiences of various masters and sages in this practice are presented here with a critical perspective, allowing seekers to understand the profound essence of this unique knowledge.

Through the practice of *kriyāyoga*, practitioners become capable of discerning the subtle differences between the inert and the conscious. The transformations that occur at various levels of the mind guide the practitioner toward both mental and spiritual advancement. With regular practice, they can comprehend mental states that remain unattainable in ordinary life.

Since the ancient times of the *Upanishads*, disciples have posed a timeless question to their gurus: 'What is the greatest and the most supreme knowledge of human life?' The Masters have consistently responded that the knowledge of *Advaita*—the knowledge that unites an individual with the Supreme Being—is the highest form of wisdom. This profound knowledge is attainable through the practice of *kriyāyoga*.

India, known as the land of the divine, holds spirituality as the foundation of its existence. For ages, this sacred land has been the birthplace of divine incarnations, who have emerged for the welfare of humanity. *Śrī Śrī Śyāmacaraṇa Lāhīrī Mahāśaya* reintroduced *kriyāyoga* into household life, making this supreme yoga accessible to ordinary people. Our revered Gurudev, with his infinite wisdom, addresses the questions of disciples and provides them with spiritual guidance. This knowledge flows like an unbroken stream within the guru-disciple tradition, with no beginning and no end.

It is as if the *Acārya* is seated near the holy banks of the Ganges, in a tranquil forest surrounded by trees, offering the nectar of knowledge to his worthy disciples. Together with his dedicated followers, he embarks on a quest for eternal light, where, upon arrival, seekers will attain boundless joy, infinite peace, and eternal rest.

Those who immerse themselves in this stream of knowledge consider themselves blessed. Gurudev, by illuminating the path to God-realization, selflessly dedicates himself to making the lives of *kriyāvāns* (someone who actively practices and lives by the principles of *kriyāyoga*) meaningful. The

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curiosity and its resolution between the guru and a disciple represent a significant step toward attaining the *Advaita* knowledge.

Through their questions, *kriyāvāns* compare their progress in practice with that of their guru. In the light of Gurudev's wisdom, they find solutions to their dilemmas, doubts, and unclear thoughts. The mind, once shrouded in darkness for ages, gradually begins to illuminate.

Advanced *kriyāvāns*, who are progressing on this infinite spiritual path, follow in the footsteps of their masters, guiding new practitioners toward their ultimate goal—a state of undoubted bliss: meditative bliss, the bliss of *Brahman*, and *Sat-Chit-Ananda*.

Acārya Dr. Sudhin Ray Mahāśaya, the founder of the *Raj yoga Kriyāyoga Mission*, provides guidance every Sunday, addressing the various queries of practitioners. This invaluable collection of his enlightening discussions and teachings published in this book is a precious treasure.

We believe that this book will serve as a guide for inquisitive practitioners who have embarked on the quest for eternal truth and the infinite spiritual path. It will be a significant companion on their journey toward discovering the source of this eternal light.

Guru Seva Maṇḍali
Raj yoga Kriyāyoga Mission

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Translator's Note

With the wishes and blessings of *Gurudev Dr. Sudhin Ray*, the translation of “*Kriyāyoga: jijñāsā and mīmāṃsā*” has been successfully completed. Readers of this valuable text should note that literature on *kriyāyoga* addressing the subtle aspects of practice through questions is extremely rare. Both new and experienced practitioners often encounter challenges in their worldly and spiritual journeys, seeking clarity and guidance. This book is a collection of such inquiries.

Gurudev has provided simple and relatable answers to complex questions rooted in the scriptures—answers that are often difficult for the ordinary mind to grasp. In many instances, he has offered symbolic responses to encourage readers to use their intellect for deeper contemplation.

Readers may notice some questions being repeated within the book. However, careful reading of each answer is essential, as Gurudev has responded to each question based on the *tanmātra* (subtle essence) of the questioner. As a result, even if the questions appear similar, the insights provided are distinct in perspective and depth.

This book will serve as a guide for all *kriyāvāns* walking the path of *kriyāyoga*. Through these words, practitioners will continually feel the presence of Gurudev, illuminating and inspiring them along their journey.

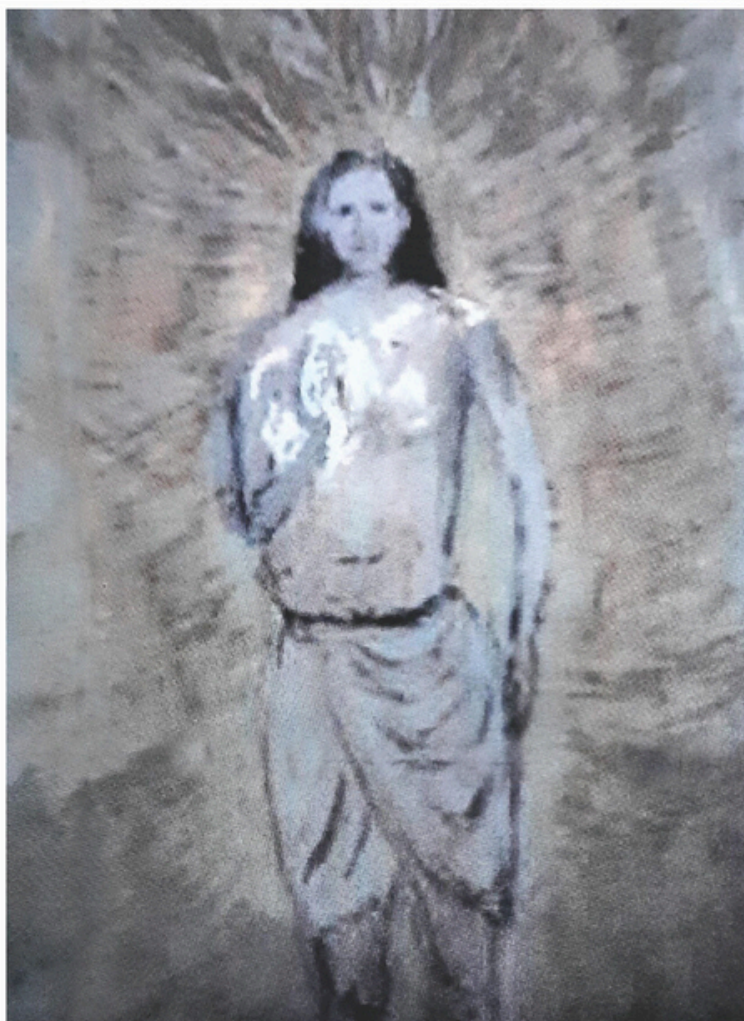
Jai Guru.

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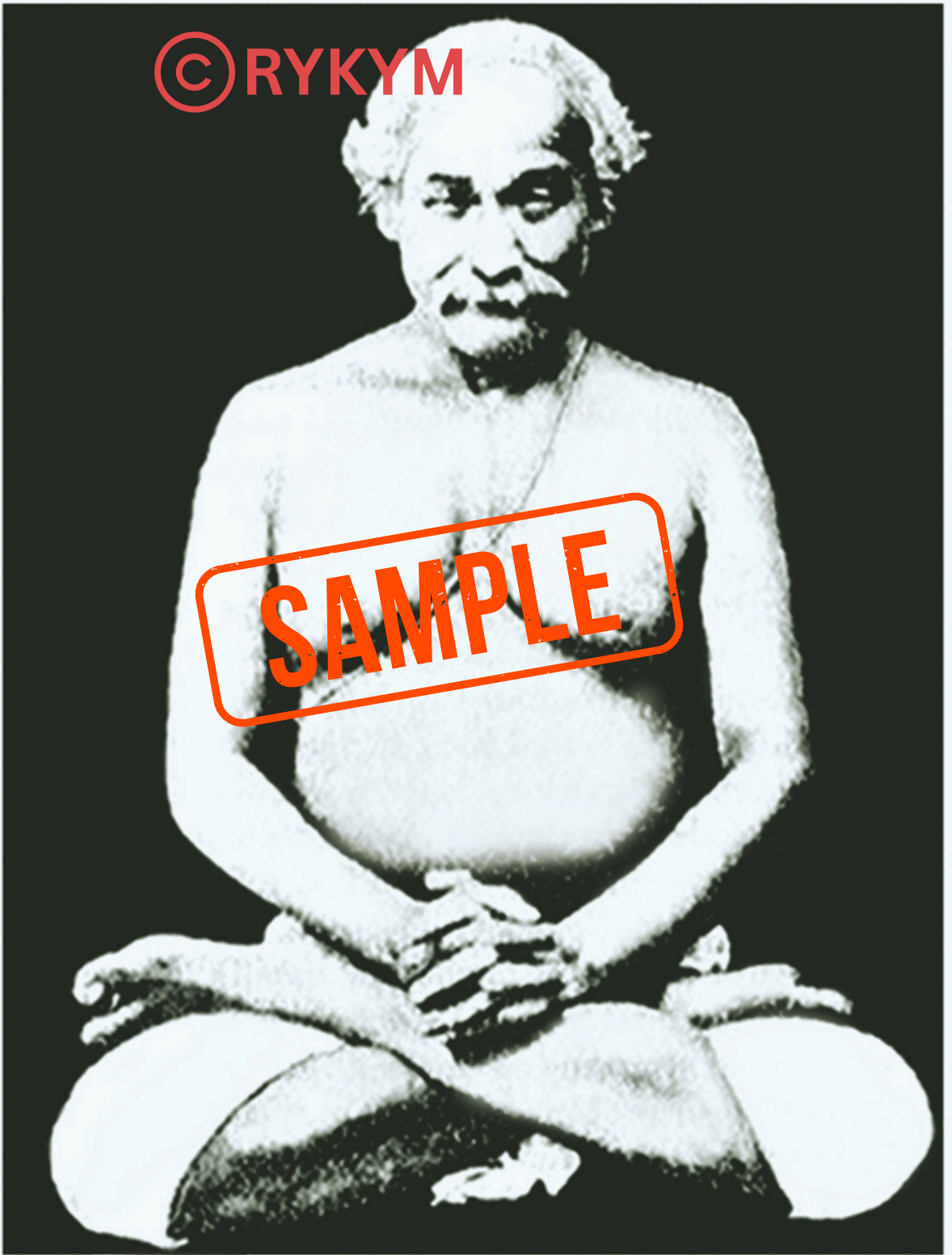
“As I saw Bābājī Mahārāj
during kriyā”

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- Illustration drawn by
Gurudev



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**“The God of Householders, Yogirāja Śrī Śrī Śyāmacaraṇa
Lāhirī Mahāśaya”**

He received initiation into kriyāyoga from Śrī Bābājī Mahārāj and propagated the path of kriyāyoga for ordinary householders. He promoted the spiritual interpretation of 26 scriptures, including the Gītā, in the light of kriyāyoga.

Guru kṛpā hī kevalam - "The grace of the Guru alone is absolute"



Gurudev, the words '*Kriyā*' and '*Kriyāyoga*' are very short, but the meanings are extremely profound. Could you explain the deep significance of these words?

'*Kriyā*' means 'action'—an act that affects a person physically, mentally, or spiritually. '*Kriyāyoga*' refers to a specific spiritual practice outlined in Maharishi Patanjali's Yoga Sutras. The goal of this practice is self-purification, self-realization, and ultimately union with God. As stated in the Yoga Sutras :

"tapas-svādhyāya-īśvara-praṇidhānāni kriyā-yogaḥ."

(*tapas*, *svādhyāya*, *īśvara-praṇidhānāni* are the practices of *Kriyāyoga*. Here *tapas* means self-discipline or austerity, *svādhyāya* means self-study or introspection, and *īśvara-praṇidhānāni* is the surrender to a higher power or divine will.)

The spiritual practice given by *Mahāvatāra Śrī Śrī Bābājī Mahārāj* to *Śrī Śrī Śyāmacaraṇa Lāhirī Ma- haśaya* is known as *kriyāyoga*. This sacred practice,

Depending on the subtlety of the mind at that moment, the inner sky may be seen in different colors.

🌸 Why are we encouraged to practice *kriyā* with patience?

Patience is a reflection of God. The mind, driven by excessive desires, often resists patience. When worldly desires and sensual cravings are strong, the mind lacks interest in attaining stability. However, by following the guru's guidance and instructions, a seeker gradually develops stability, and patience naturally arises in the mind over time.

🌸 The mind is not easily satisfied, so how can this satisfaction be attained?

True satisfaction is attained when after practicing *kriyā*, the mind enters the *parāvasthā* (after-state of I) and merges into the life force (*prāṇa*). In this state, no waves of thoughts arise, and the mind becomes calm and still. It is from this deep stillness that genuine satisfaction emerges.

🌸 How can one reduce the restlessness of the mind?

On the path of yoga, when a seeker attains depth in meditation, the breath naturally slows down and may even stop at times. In this state, restlessness ceases, the life force (*prāṇa*) becomes stable, and the presence of God within becomes more apparent.

Constantly focusing on faults or drawing comparisons creates mental suffocation, allowing *māyā* (illusion) to dominate. In such a state, it becomes difficult to attain the state of Brahman-realization.

❁ What is the result of worrying, and what adverse effect does it have on the mind? Please explain briefly.

Worrying has a negative impact on the mind. The more one worries, the more tendencies (*saṁskāras*) are formed. When there is no worry, there are no *saṁskāras*.

❁ How can one maintain the right attitude, Gurudev? During spiritual practice, one should resolve that regardless of the situation, they will not let their mind become disturbed. They will keep their mind steady and determined and witness every event while remaining calm. If there is a disruption in practice for any reason, one should not be discouraged. Instead, quickly identify the cause of the obstacle and remove it.

Maintaining the right attitude is extremely important. Equanimity is especially essential in *kriyāyoga* practice. One must remain steadfast in any situation, trusting wholeheartedly in the will of the Creator.

❁ How can one connect to the life force vibrations (*prāṇaspanda*) in the body, and what is the experience

Rajyoga Kriya Yoga Mission (RYKYM)

With the blessings of Paramguru Śrī Śrī Mahesvarī Prasāda Dūbeyji, Dr. Sudhin Ray established the Raj Yoga Kriyāyoga Mission (RYKYM) in October 2010. This mission continues the teachings of kriyāyoga as propagated by Śrī Śrī Lāhirī Bābā, carried forward through an unbroken lineage of Gurus—from Yogācārya Śrī Śrī Pāñcānan Bābā, Śrī Śrī Nītāi Bābā, and Śrī Śrī Dūbey Bābā to Śrī Śrī Dr. Sudhin Ray Mahāśaya.

The primary purpose of RYKYM is to guide self-inquiring individuals on the infinite path of kriyāyoga, aiming to refine human character and elevate consciousness. RYKYM serves as an open gathering space for Kriyāvāns, facilitating Satsang and discussions on Kriyā practices. Managed by a dedicated board of trustees, the mission also significantly contributes to various social service initiatives focused on enhancing the physical and mental well-being of individuals. Today, nearly three thousand Kriyāvāns from across the globe are connected with this mission.

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Service to Atmas is Service to Param Atman

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