

© RYKYM

Kriyā Yoga Rahasya

(The Secret of Kriyāyoga)

Volume I & II

Maheshwari Prasad Dubey

SAMPLE



RAJ YOGA KRIYA YOGA MISSION

Service to Atman is Service to Param Atman

स उ प्राणस्य प्राणः



Kriyāyoga Rahasya (The Secret of Kriyāyoga)

Author: Shri Maheshwari Prasad Dubey

English translation by Raj Yoga Kriya Yoga Mission

Copyright © Raj Yoga Kriya Yoga Mission

401, S.R.K. Paramhangsa Apartment

6, Dargahtala Ghat Lane,

Post: Bhadrakali, Uttarpara,

West Bengal 712232

Website: www.rykym.org

ISBN:

Published by:

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the Copyright holder, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact Raj Yoga Kriya Yoga Mission at www.rykym.org.

Published on: 13th July 2022 (Guru Purnima)

Printed by: Sanskrit Pustak Bhandar,

38, Bidhan Sarani, Kolkata, West Bengal, 700006



A Few words on this Edition

This book by revered Shri Maheshwari Prasad Dubeyji is one of the most authentic books available on *Kriyāyoga*. It can be regarded as a treatise for disciples and *kriyāvāns*, who are inquisitive and new on this path, or are experienced *kriyāvāns* having practiced Kriya for many years. Whatever Dubeyji has expressed in this book about Kriya in a very simple manner, cannot be found elsewhere. Rarely does an Acharya of the stature of Shri Dubeyji share their personal experiences during Sadhana. Here Dubeyji has very clearly stated his experiences during Kriya practice. Thus, this book is very precious and close to the heart of *kriyāvāns*. 'Kriya Yoga Rahasya' was published by Dubeyji, originally in Hindi, from Gorakhpur, Uttar Pradesh. Later, it was translated into Bengali by Shri Barindranath Das, a senior disciple of Dubeyji, and Smt. Bandana Ghosh. This first Bengali edition was published by Smt. Mira Das. Since then, the book remained in circulation mostly among a few limited disciples. After some years, due to huge demand for the book, reprinted versions were published by RYKYM both in Bengali and Hindi languages. Later, requests from Kriyabans and seekers started coming from all over the world for an English translation of the book. The requests from the number of people have increased since then over the years. Thus, with revered Dubeyji's blessings, the English translation of 'Kriya Yoga Rahasya' is being published for the very first time by RYKYM. The original book was published in two volumes. The current book is a compilation of both volumes.

A few words need to be said regarding this edition. Firstly, the translation provided here is an almost literal translation of the original work, so that the reader can have the feeling

Banerjee (Bandyopadhyay). It was through Bhattacharya Saheb that Dubeyji came into contact with Netai Baba who being attracted by the simple and spiritualistic personality of Dubeyji expressed his desire to initiate him (Dubey Baba) into Kriya Yoga. Thus, in the first week of March 1968, Yogacharya Maheshwari Prasad Dubey received initiation into Kriya Yoga from Yogivar Netai Charan Banerjee (Bandyopadhyay). While discharging all his household duties faithfully, Dubeyji under the guidance of Netai Baba practiced kriya with intense devotion and achieved rare feats of yogic expertise in the first stage of kriya alone. Being impressed by his performance, Netai Baba allowed Dubeyji, who was then practicing the second stage of Kriya, to initiate others into kriya yoga, for which he transmitted Guru Shakti to him through Shaktipat. In this way, while discharging duties as a kriya teacher, Dubeyji completed the higher stages of kriya. Dubey Baba was an expert on the Gita and Vedas and his book Kriya Yoga Rahasya based on kriya yoga sadhana is one of the most authentic books available on kriya yoga in the market. In the later years of his life, he settled down permanently in his paternal village at Gorakhpur. Like his Guru, Dubey Baba too used to visit the houses of his disciples as per need, with an intention to boost their sadhana and wipe out negative energy from their houses.

Dubey Baba gave up his earthly body on 17.07.2004 to dissolve into panch tattvas (five elements) but his presence and essence is even felt today by sincere kriyabans. His eminent disciples include Barindra Nath Das, Dr. Sudhin Ray, Arun Mukherjee, Haradhan Bhattacharya, Jyotirmoy Chowdhury, Rudra Bhattacharya, Bhaskar Bose, Ashok Kr Singh, and others.

SAMPLE

Kriyā Yoga Rahasya

Volume I



SAMPLE



Salutation to Master

Salutation to Lord *Ganeśa*

What we perceive through our eyes, we believe, is our world. Since the inception of this creation, innumerable species living in this world are enduring the fruits of their *karmā*. From micro-organisms to divine beings, every being is enduring the results of his or her *karmā* in his/her own way. Each organism is under the influence of God's delusion called *Māyā*. According to our scriptures, even before the start of this creation, what existed was the indestructible, imperishable, and all-pervasive *brāhman*. Gradually through the *triguṇātmaka prakṛti* (Three-fold Quality of nature) of *brāhman*, this universe was created.

According to the old Hindu philosophy of *Sāṃkhya* "*satya rajastmasya sāmyavastha prakṛti*", meaning, the equilibrium state of the three qualities or *guṇas*: *satvaguna*, *rajoguna*, and *tamoguna* is the *Prakṛti*. *Satvaguna* indicates goodness, *Rajoguna* indicates passion, and *Tamoguna* indicates dullness. Together these three *guṇas* constitute what we know as *Prakṛti*.

Among these three *guṇas*, firstly *sātvikguṇa* or *satvaguna* evolved, and *devas* (Divine being) were created. The first God in Trinity, *Brahmā*, came into existence. Through his volition, he created sages and other divine beings. To expand his creation further, he transformed it from a wilful creation to a creation arising from copulation. For a further expansion of this creation, he created the first couple – a

“

... those kriyābans who worship kūtastha daily during kriyā practice using the method prescribed by the Guru, there is no doubt in their salvation. Prāṇayama plays a pivotal and important role in the entry passage of kūtastha. Therefore, our advice to the kriyābans is to do prāṇayama diligently and faithfully. Shri Lahiri Mahashaya and his disciples have fulfilled all the worldly responsibilities like an ideal householder, and by doing spiritual practice (kriyā) at night, they also attained God. During the day, you can spend time completing your worldly duties and service to the family, and after resting 4-5 hours at night, devote the rest of the time to your spiritual practice. By doing this, your life will be complete otherwise it will be lopsided. This human body is very precious. It is not wise to exhaust it completely in insignificant worldliness... ”