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~~ This is based on Ali's personal experience, after participating in - Babaji's Kriya Yoga 1st and 2nd Initiations.

Yoga reconnects us with the fact that we already have fullness within –many people feel a sense of coming home. Often the tricky thing is not realising this but integrating it into everyday life. This is a problem that Kriya Yoga – “Action with Awareness” – seeks to answer. Made famous by 'Autobiography of a Yogi', this integral system of Yoga, revived by Satguru Babaji Nagaraj, from ancient sources, enhances our 'being in the world', rather than its avoidance..

Kriya Yoga is taught only in the traditional manner of “initiation,” in a progressive series of seminars. Through the regular practise of the techniques, known as “**kriyas**,” you realize your true Self, and how to live from this new perspective continuously within the world. But first you have to find out who you are, and aren't, which is why “**sadhana**,” or regular practice of the of the prescribed Kriya techniques is necessary.

**The 1st initiation** itself is a biggie and may blow away many of your beliefs and cynicisms. It covers a lot of groundwork: a delicious two days of **Kriya kundalini pranayama** breathing, seven **dhyana** meditation **kriyas**, philosophy and learning the 18 key asanas. There is a daily practise schedule to take home. If you already have a strong self practise, whatever that may be, Kriya Yoga can be integrated into any style of Yoga or belief system.

**The 2nd initiation** teaches you “**how to make your life your Yoga**.” You will learn many new Kriya techniques involving the breath, meditation in daily life and during sleep, **bandhams** (muscular locks to awaken the **chakras** and **kundalini**) and also **mantra diksha** – the transmission of a personal mantra and mantras for the chakras. After a full 24 hours of silence, you will participate in a fire ceremony with chanting, to purify yourself, invoke the Satguru, Babaji and to empower a personal intention. During this weekend retreat and initiation you will learn how to integrate Yoga's practices and teachings into the life of the family, work and routine activities. Because its teachings open the door to continuous awareness and bring about a powerful shift in perspective, anyone committing to them can expect a transformation of their life.

Babaji's “Five fold path” of Kriya Yoga includes: **Kriya Hatha Yoga, Kriya Kundalini Pranayama, Kriya Dhyana Yoga, Kriya Mantra Yoga** and **Kriya Bhakti Yoga**. Their practise brings about an integrated development of the individual in all five planes of existence: physical, vital, mental, intellectual and spiritual. Their practise creates a wise balance in our lives, with a strong healthy body (through the practice of the 18 asanas, for example) which prepares us for the awakening of our potential power and consciousness, **kundalini**, a calm, purified mind and elevated consciousness through meditation, and a grounding in the here-and-now. Babaji's teachings promise us peace, happiness and truth of who we are through the practice of Kriya Yoga. It has been described as a fast-route to Self realisation, or a 'master key' for humanity.

Kriya Yoga adds to our lives a wonderful inner dimension. Its benefits quickly become evident. Its full potential may require years to fully appreciate. Through its practise, we can also change our energetic 'frequency' and attract people and situations with fortuitous synchronicity.

How does this happen? “Kriya” means “action with awareness.” It is the antidote to “Karma,” which is “action (or word or thought) with consequences.” By “letting go” of our mind's habitual responses, we can then act with awareness instead of reacting with old habitual patterns. We also learn to transform negative emotions such as fear into positive ones, such as unconditional love. And once we approach life from a new perspective it automatically reflects back in our experience; we are able to re-balance and re-direct energies from the pre-occupations of the ego to a aspiration of the higher Self.

The most powerful thing about Kriya Yoga is that it changes us from the inside, so there is no sense of rebellion against 'rules'. We can learn to be honest, remove egoistic self serving impulses and become aligned with the wisdom of our higher Self.

Practising Kriya is like taking a candle away from the draft for a few precious moments every day: everything slows down, we burn through life slower and appreciate its authentic flavour. As an integral path, we don't just 'do' Yoga on a mat or prop: every situation, every moment of our lives - whether sleeping, eating, working becomes our Yoga mat.

**Ali (Piriamvada) teaches akhanda and kundalini yoga and gong meditation in East London and travels regularly to India for inspiration. She has completed Level I and II Babaji's Kriya Yoga Initiations in India with Yogacharya Satyananda. You can find her schedule and follow her blogs about yoga and life on her narrow boat Bokissa at ([www.yoga-adrift.com](http://www.yoga-adrift.com)).**