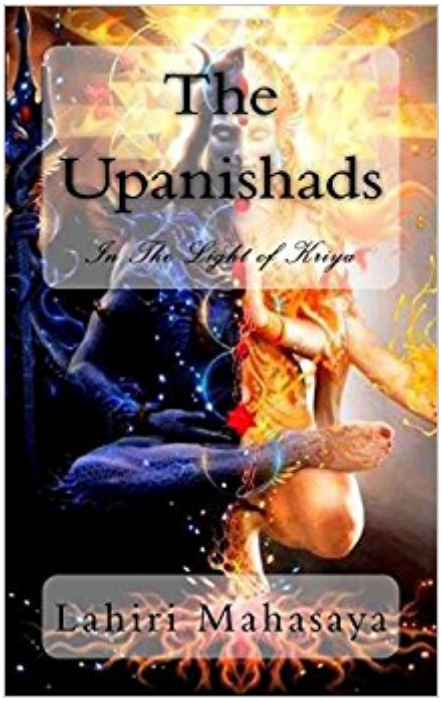
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The Upanishads: In The Light Of Kriya Yoga(Low Price Edition)



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Synopsis

This is a scriptural commentary of Lahiri Mahasaya on The Upanishads. If we scan the word Upanisad, we see that Upa means sitting and nisad means near. Thus, the very word Upanisad specifies personal relationship: the Guru-param-para, Master to Disciple learning from the living lips of a Guru.Ã¢â ¬Â© In ancient times, the disciples sat near the Guru to learn the spiritual discipline from the living lips of their Guru to realize the supreme Self. They practiced strictly in accordance with the instructor they received personally from the living lips of their Guru. This is a Kriya Yoga book intended to be read and practiced by everyone, with/without initiation.Ã¢â ¬Â© Please note that the Guru here means the Kutastha, i.e., the place between the eyebrows, also known as The Third Eye. Every word uttered by a Yogi has a special meaning that is totally unintelligible to even the highly intellectual people. This book is written in such a way that everyone can follow it up while trading the path of Kriya. People think that they are very intelligent, but if they try to understand very seriously, they realize perfectly that nothing is happening according to their intellect. Only those whose breath is not blowing in the left or right nostril are intelligent in this world. When breathing is faster, then in one day and one night respiration can flow up to 113,680 times. Normally during the same time, the figure is 21,600 times. During a day and night, if respiration is faster than usual, the breath can flow in and out 113,680 times. Normally, in the course of a day and night, there are 21,600 breaths. This figure is reduced by Kriya practice to 2,000 times. So, breathing 1,000 times in the day and 1,000 times in the night, in a normal course, provides greater Tranquility to a Yogi. One of his breaths takes about 44 seconds. Such a Yogi is matured in Kriya practice. Thoughts are inseparably related to breathing. So, when the number of breaths is reduced, thoughts are reduced proportionately. Eventually, with the tranquilization of breath, thoughts are dissolved. Thereby, the seeker can attain the After-effect-poise of Kriya, or eternal Tranquility, which is Amrita, nectar proper.

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Customer Reviews

Lahiri Mahasaya is a polestar of Kriya Yoga, a direct disciple of Mahavataar Babaji. In previous birth, he was Kabir. He is the Sadguru of Saint Shirdi Sai Baba.Ã¢â ¬Â©

The best! But you need some prior knowledge and a willingness to take time to digest this in order to benefit from it.

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