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No equivalent book on Kriya Yoga has yet been written. It is an in-depth study and exposition of the authentic Kriya Yoga by a master who had in his lifetime practiced it, mastered all of its highest techniques, and achieved the highest spirituality of nirvikalpa samadhi -- the pulseless and breathless state. He learned Kriya Yoga from the great masters and authorities like Swami Shriyukteshwar, Shri Bhupendranath Sanyal, Paramahansa Yogananda, and Swami Satyananda.

Paramahansa Hariharananda's discourse regarding the scientifically proven benefits of Kriya Yoga makes this book a rare treasure for any sincere seeker. The world-renowned master describes the stages of spiritual transformation in detail, including many experiences that sadhaks, even those in family life, may encounter while practicing. At the same time he uses his unique scientific approach to explain how physical and mental functions also improve. Revised and Augmented 6th Edition.

- Sales Rank: #390526 in eBooks
- Published on: 2015-08-14
- Released on: 2015-08-14
- Format: Kindle eBook

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Rare and comprehensive analysis of the authentic Kriya Yoga by a true Guru

By NK

Kriya Yoga is a sacred Yogic science that powerfully awakens a seeker's spiritual energy field and traditionally can only be revealed by a true Guru or through a designated teacher. "Kriya Yoga", by the great master, HH Paramahansa Hariharananda is a rare gem as it describes in fine detail the science, history, tradition, and inner experience of the authentic Kriya Yoga science as taught by Lahiri Mahasaya, Swami Sriyukteshwarji, and Paramahansa Hariharananda.

Do not be mistaken. This book does not reveal the techniques at all, but rather describes the power, the benefits, and the experiences of Kriya. Just through reading a book, you can't really practice a technique like Kriya. It contains many interesting and revealing diagrams which I have not seen anywhere else, many of which discuss how the chakras are affected by the Kriya technique.

Paramahansa Hariharananda, who left his body in December, 2002 was a realized master and direct disciple of Swami Sriyukteshwarji, Paramahansa Yogananda, Swami Satyananda and Sri Bhupendranath Sanyal. He was a resident and acharya of the Karar Ashram of Swami Sriyukteshwarji for over 40 years. He is well known for having attained Nirvikalpa Samadhi, the supreme stage of yogic consciousness. He was a world teacher in both the East and West, yet remained extremely humble. He was the president of the Karar Ashram, the Kriya Yoga Institute (USA) as well as Kriya Yoga organizations in Europe.

This is a great book which describes a great deal about the benefits and power of Kriya. Don't think that you can attain realization just by reading it, one should practice a technique. Instead, it provides an excellent introduction for the novice and will prove especially interesting for those who enjoyed "Autobiography of a Yogi" by Paramahansa Yogananda

1 of 1 people found the following review helpful.

A Roadmap to Realization

By ikituto

An inspiring and informative book on the Science of Kriya Yoga that demonstrates how the teachings can be applied to the daily practical life of all. A must read for practitioners and all those who search for deeper meaning in life .

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Amazing explanation of the creation of the universe

By Bruno Lago

A must have book for anyone practising Kriya Yoga. Amazing explanation of the creation of the universe.

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