

## The Science of Kriya Yoga

In contradistinction to most prophets, Lahiri Mahasaya did not try to inspire people with improved doctrines. He showed them the step-by-step methods of Self-Realization, by which truth-thirsty people would redeem themselves by properly living them in life and bring out the ignorance-shrouded image of God into distinct human consciousness.

### **Hastening Evolution**

Sunlight and food change the human body, brain and mind every seven years (there is a twelve-year cycle also), provided there is no physical sickness. It takes one million solar years to evolve the healthy human body, brain and mind so that they are able to manifest Cosmic Consciousness.

Since the human body cannot last so long, Lahiri Mahasaya devised the Kriya technique which so changes brain-cells, spine and body that they can express Cosmic Consciousness in three, six or twelve years (in determined, advanced students) and in twenty-four to forty-eight years (in ordinary students.)

Christ gave techniques of salvation to St. John and the disciples, promising to send to them the Comforter, about which people understand little.

Lahiri Mahasaya's teaching is the Second Coming of Christ, not through a mere claim, but in actuality. His Kriya technique of meditation expands the cup of concentration so that it can be large enough to hold the ocean of Christ-consciousness, (consciousness that was present in the life of Jesus.) Lahiri Mahasaya's technique can reveal to each soul that God belongs to him by divine birthright and has not to be evolutionarily attained. But actual step-by-step meditation is necessary in order to destroy self-created delusion. The prodigal son walked away from God. *Each of his retracing footsteps back to God consists of a mental technique which enables him to return.*

## The Essence of Kriya Yoga

### **Praying Unceasingly**

Jesus Christ spoke of praying unceasingly or with ever-increasing concentration until God was realized. Do most of the modern Christians try to meditate as Jesus commanded? Most of them pray for a little while, with an automobile ride or a chicken dinner remaining in the background of their minds.

Christ spoke of Holy Ghost or Great Sacred Ghostlike Invisible Intelligent Cosmic Vibration which is responsible for creation of all solid, liquid, gaseous and energy substances.

In the beginning of the creation of finite things like solids, liquids, gases and energy substances was the Word (the combination of Cosmic Vibration and Cosmic Intelligence) and God is the Word or Intelligent Cosmic Vibration. Science agrees with this fact, that Intelligent Cosmic Vibration differentiates itself into an ordered creation of solids, liquids, gases, etc.

This Cosmic Vibration manifests as Cosmic Light, Cosmic Sound and Cosmic Ever-New Joy of which St. John speaks: "I was in the Spirit (God contact) and heard (realized thru intuition) behind me the voice of a great trumpet (Cosmic Sound)."

### **The Comforter**

Lahiri Mahasaya's Kriya technique is the fulfillment of Jesus Christ's promise to send the Comforter. Through Kriya the devotee can expand his consciousness from the body to infinity, without losing consciousness, by tuning in with the actual Cosmic Sound or the Holy Ghost sound emanating from the vibration of all atoms and electrons. When the devotee tunes himself with this sound, he finds the greatest all-sorrow-quenching Comfort and perceives his Spirit present not only in his little body but in all vibrating space.

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Patanjali speaks of listening to this Cosmic Om. Science knows that there is a Cosmic Hum emanating from all atoms. St. John says, "I heard behind me..... a great trumpet." Lahiri Mahasaya speaks of tuning and expanding the soul into Cosmic Vibration. All Christians and truth-seekers need not believe forever what Lahiri Mahasaya taught, but need to believe only for the purpose of demonstrating the truth of the teachings in their own Self-Realization.

After the passing of a prophet, his inspiration usually is changed into a dogmatic creed by his blind adherents, but the followers of Lahiri Mahasaya are given step-by-step wonderful methods of meditation which work and which yield results of ever-increasing divine joy from the beginning, if practiced intensely. Therefore, Self-Realization of Divine Bliss-contact of God and not beliefs holds the followers of Self-Realization Fellowship together.

Hence Christians and all truth seekers who have suffered long from theological indigestion ought to try Lahiri Mahasaya's world-emancipating technique with scientific steadiness, just as they might join a university, and find for themselves that God can be contacted in this life, *now*.