

Born in Habibpur, Bengal, India, in 1907, Paramahansa Hariharananda displayed a remarkable grasp of esoteric scriptures and took a vow of celibacy at the age of 11. At age 24, he was initiated into Kriya Yoga by Swami Shriyukteshwar who was impressed with his vast knowledge of Hindu and Western scriptures.

The modern rebirth of Kriya Yoga started with Mahavatar Babaji who taught it to Lahiri Mahasaya. It was then passed to his disciple, Swami Shriyukteshwar, also the beloved guru of Paramahansa Yogananda. Higher Kriyas were taught to Hariharanandaji by Yoganandaji, Swami Satyananda Giri, and Shri Bhupendranath Sanyal. Having achieved the highest state of a realized yogi in 1948, the rare breathless-pulseless state called nirvikalpa samadhi, Hariharanandaji is reverently regarded as the Master Saint in the Self-realized lineage of masters.

In 1974, he left India to share his radiant love, blessings, and knowledge with the whole world. He also trained designated monks and teachers to carry on this spiritual heritage.

Practical and easy to learn for householders, Kriya Yoga is an efficacious, modern-day vehicle for the complete development of body, mind, and intellect through the revelation of the true Self.



KRIYA YOGA World Wide Centers

Kriya Yoga Institute (www.kriya.org)

can be contacted for more information about ashrams and centers in the following countries:

USA

Arizona, California, Colorado, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Michigan, Missouri, New Mexico, New York, Ohio, Oregon, Tennessee, Texas, Utah, Washington, and Puerto Rico

CANADA

British Columbia

SOUTH AMERICA

Brazil, Colombia, Costa Rica, Peru

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#### INDIA

Our organization has ashrams in the following places:

Balighai, Bhisindipur, Cuttack, Pattamundai, Kolkata, Uttarkashi (Himalayas), and Amarkantak.

#### EUROPE and other countries

Kriya Yoga Zentrum ([www.kriyayoga-europe.org](http://www.kriyayoga-europe.org)) can be contacted for more information about ashrams and centers in the following countries:

Australia, Austria, Belgium, Croatia, Denmark, England, France, Germany, Greece, Hungary, Iceland, Luxembourg, Netherlands, New Zealand, Poland, Sweden, Switzerland



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## KRIYA YOGA

as taught

by the guiding force of

Paramahansa Hariharananda

*Breath control is self control.*

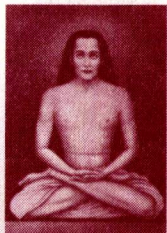
*Breath mastery is self mastery.*

*Breathlessness stage is deathlessness stage.*

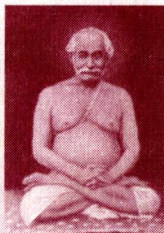




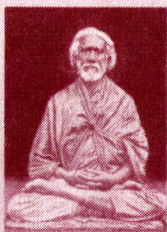
## Unbroken Lineage



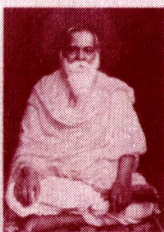
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Babaji



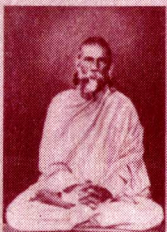
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Mahasaya



Swami  
Shriyukteshwar Giri



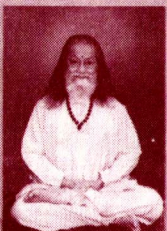
Shrimat  
Bhupendranath  
Sanyal



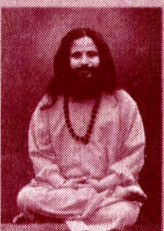
Swami  
Satyananda Giri



Paramahansa  
Yogananda



Paramahansa  
Hariharananda



Paramahansa  
Prajnanananda



## What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient and divinely provided method of living and meditation. The teachings and techniques of Kriya Yoga have been directly handed down through a lineage of Kriya masters from master to disciple.



Currently, Paramahansa Prajnanananda succeeds Paramahansa Hariharananda, who left his physical body in 2002, as the head of this lineage.

Kriya Yoga simultaneously cultivates body, mind, and intellect using powerful meditative and yogic disciplines. The guiding principle of Kriya Yoga is that each human being is a miniature version of the whole cosmos, a microcosm, an evolving universe within the macrocosm. Furthermore, Kriya Yoga teaches that the all-pervading Supreme Creator is hiding within us, activating our every action via our breath. Hence the name "kriya". All activity, "kri," is done by the power of the indwelling Creator or soul, "ya." Kriya Yoga helps us to realize the truth of the union of the microcosm and the macrocosm, so we can experience ourselves as the supreme Self.

## Kriya Yoga

- ◆ teaches meditation techniques, breath control, and calmness
- ◆ provides direct and immediate spiritual experience
- ◆ helps to purify and cultivate the mind, and to eradicate bondage to desire and ego
- ◆ gives strength and vigor to the body
- ◆ is non-sectarian and teaches that all activity can be worship
- ◆ is only taught through direct contact with an authorized and empowered teacher
- ◆ came to us through an unbroken chain of Self-realized masters



## The benefits of Kriya Yoga

Kriya Yoga helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.

Diligent practice evolves us in three ways. First, the mind is calmed and freed from internal chatter by the practice and manifestation of calm breathing. Second, observing the triple divine qualities helps us eradicate the bondage of subtle desires. Third, through the cultivation of body, mind, and intellect it is possible to attain better health, a more effective intellect, and increasing inner peace, love, and joy.

## Kriya Yoga initiation

Each seeker is initiated as an individual through direct contact with a yogacharya of the lineage.

At the time of initiation, the seeker offers three symbolic gifts to God and the Kriya Yoga masters: five fruits represent the fruits gained from activities of life; five flowers represent the five senses; and a financial donation represents the physical body.

The yogacharya purifies and energizes the spine and the body of the seeker and infuses the triple divine qualities.

With practice, the seeker will learn to perceive the inner light of the soul, to hear divine sound, and to feel the divine movement throughout the body. Sacred mantras are chanted throughout the initiation ceremony and the meanings are explained in English.

At the completion of the sacred initiation ceremony, Kriya technique is thoroughly taught so that new initiates can meditate correctly and continue the process of purification on their own. New initiates attend at least three follow-up meditation sessions with the yogacharya. To support initiates in their practice, weekly-guided group meditations are held at numerous centers.

Paramahansa Hariharananda's yogacharyas regularly tour the United States, South America, Canada, Europe, Australia, New Zealand and India to deliver lectures, give initiations, conduct guided meditations, and provide spiritual counseling.