Kriya Yoga

BY SADHGURU

‘Kriya’ means internal action. Inner action does not involve either the body or mind because both are still external. External activity is karma; internal activity is kriya. Traditionally, karmas are those that bind you, kriyas are those that release you.

Your emotions are not reliable. At any given moment they can change. But your energies are different. Once we start working with energy in a certain way, it has a different kind of depth to life. Suddenly, there is a different dimension to every aspect of your life, because your energies have been touched and activated in a completely different way.

Kriya yoga is a very powerful way to walk the spiritual path, but it is a very demanding way. It needs discipline and exactness about everything. Most people don’t have the body, mind or stability of emotion for the kriya yoga path anymore because right people have too many comforts. Physical comfort is not the obstruction. It is that your whole being seeks comfort always and that is a great obstruction. That kind of mind and emotion is unsuitable for kriya yoga path.

On the kriya yoga path, if I tell you sleep with your legs up and head down, that is how you should sleep. No questions asked because it can never be explained. You may understand as you go along, but it can never be explained. If people start asking stupid logical questions for everything, kriyas cannot be imparted.

If we want to teach you kriyas just as practices, I can write a book about it, and you can read and learn it. But if you want the kriya to be a live process, if we want the kriya to be imprinted on your system, then it needs a certain discipline and dedication. It needs a certain amount of trust to open up your energies to the other person so that you become absolutely vulnerable. Initially, you will wonder what the person is doing with you because the initial stages of kriyas can be such that you don’t know whether you are getting enlightened or you are going mad. You must have enough trust to sustain that period.

Kriya yoga is important only if you want to do things beyond realisation.

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