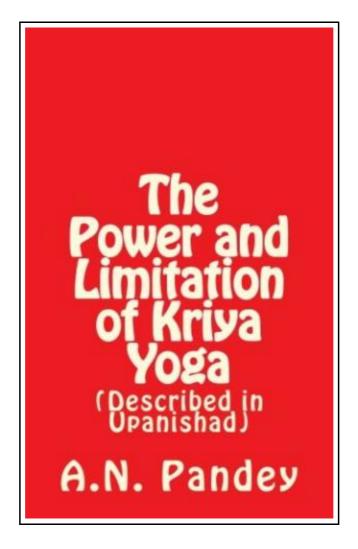
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THE POWER AND LIMITATION OF KRIYA YOGA: DESCRIBED IN UPANISHAD (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Kriya Yoga, widely known in Eastern Part of India, is given in different forms to aspirants by different Gurus. In Guru Shishya Parampra (tradition of Master - disciple), is existing in established traditions and the same is being transferred from one Guru to another. For example, Kriya Yoga was transmitted from Baba Ji to Lahari mahashaya to Yukteswar Swami to Paramhansa Yogananda Ji. But another form of Kriya Yoga is also developed by different Acharya based on their experiences. For example, Kriya Yoga given by SKY (Simplified Kundalini Yoga) in the form of Kaya Kalpa (to retain the youth hood of the body) and other associates of Yogada Satsang differ in certain extent. This made me conscious to know the actual or original concepts of Kriya Yoga described in Veda or in Upanishad. Fortunately, Yoga Chudamani Upanishad also known as Crown Jewels of Yoga provides the clear concepts of Kriya Yoga related to its basic principles, purpose, methodology, benefits, Limitation with precaution. In the age of internet, nothing can be kept secret; hence it is better to know its boons and banes fully while practicing the same (Kriya Yoga). Last few years, Kriya Yoga has become the hot cake in spiritual world as the aspirants have been given the exposure of its benefits only. The banes of Kriya Yoga (if not practiced correctly) have not been elaborated; hence the performer of Kriya yoga might get in trouble in due course. However, Yogada satsang provides all precautionary measures if the same (Kriya Yoga) is given by authentic masters. Because of curiosity and urgency to take up Kriya Yoga by the aspirants, there is probability to do some mistakes while...

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