

Benefits and Practicing Steps Involved in Kriya Yoga

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DESCRIPTION

Kriya Yoga is a spiritual practice that originated in ancient India and was popularized by the great yogi paramahansa yogananda in the early 20th century. It is a powerful tool for self-realization and inner transformation, offering a comprehensive approach to spiritual growth and evolution. The word "kriya" means action or practice, and kriya yoga involves a series of techniques designed to purify the mind, body, and soul, and to awaken the dormant spiritual energy within us. These techniques include physical postures (asanas), breathing exercises (pranayama), and meditation (dhyana), as well as various internal practices aimed at awakening the subtle energy centers in the body known as chakras. Kriya Yoga is a path of self-discipline and self-realization that leads to the realization of the true nature of the self. It is based on the teachings of the ancient scriptures of India, including the Bhagavad Gita, the yoga sutras of patanjali, and the upanishads.

The practice of kriya yoga involves a systematic and gradual approach to spiritual evolution, starting with the purification of the body and the mind, and progressing to the awakening of the subtle energies of the chakras and the realization of the true nature of the self. The first step in the practice of kriya yoga is the purification of the body through physical postures (asanas) and breathing exercises (pranayama). The asanas help to stretch and tone the muscles, improve flexibility, and increase circulation, while the pranayama exercises help to control the breath and purify the energy channels in the body. The second step in the practice of kriya yoga is the purification of the mind through meditation. Meditation helps to calm the mind, reduce stress and anxiety, and improve mental clarity and focus. Through regular

meditation practice, one can develop greater awareness of the present moment and cultivate inner peace and tranquility. The third step in the practice of kriya yoga is the awakening of the subtle energy centers in the body known as chakras. The chakras are centers of energy located along the spinal column, and each chakra is associated with specific qualities and attributes. The practice of kriya yoga helps to awaken these chakras and channel their energy upwards towards the higher centers of consciousness. The final step in the practice of kriya yoga is the realization of the true nature of the self. This involves the direct experience of the innermost self, beyond the limitations of the ego and the intellect. This state of self-realization is often described as a state of pure awareness, or pure consciousness, in which the individual realizes that he or she is not separate from the universe, but is rather an integral part of it.

Kriya Yoga is a powerful tool for spiritual growth and self-realization, but it is not a quick fix or a magic solution. It requires dedication, discipline, and perseverance, as well as a deep commitment to inner transformation and spiritual evolution. To practice kriya yoga, it is important to find a qualified teacher who can guide you through the various techniques and practices. It is also important to approach the practice with an open mind and a willingness to explore and experiment with new techniques and practices. Kriya yoga is a comprehensive and systematic approach to spiritual growth and self-realization. It involves a series of techniques and practices designed to purify the mind, body, and soul, and to awaken the dormant spiritual energy within us. Through regular practice, one can achieve greater awareness, inner peace, and self-realization, and ultimately, a deeper understanding of the true nature of the Self.

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