



Kriya Yoga The Science of Life Force

By Swami Nityananda Giri

Download now

Read Online →

Kriya Yoga The Science of Life Force By Swami Nityananda Giri

The breath-based meditation "Kriya-yoga" is a familiar name after its reintroduction by Mahavatara Babaji to Lahidi Mahasaya and subsequent work of Paramahansa Yogananda in the western world. This work vividly explains "the Knowledge of Life-force" known as Pranavidya, which forms the basis of Kriya-yoga citing from Vedas, Upanisads, Srimad Bhagavadgita, Yogasutras of Patanjali and many other ancient scriptures, and analyzes how the breath technique quiets the mind, brings equanimity and results in development of discriminating intelligence that answers the questions and purpose of human life. This also gives an understanding on our inner reading, the principles and practices form auspicious resolves, noble faith, self-effort and austerities from righteousness, yama and observances, niyama, up to the transcendental state, samadhi, those form the appendages of this treatise, and describes how the breath-based practices and meditations described herein are necessary for a seeker to remain healthy and attain the Knowledge. The body principle, sarira tattva, is also anatomized using both biological and spiritual sciences to accelerate spiritual practice and to facilitate the understanding on life and death, gross to casual bodies, five sheaths, five vital breaths, three knots, seven energy centers and their working. The most important aspect for readers and seekers is that for the first time they will find the secret techniques of Kriya-yoga, viz., Nabhi Kriya, Khecari mudra, Guru Pranama, Hamsa, prana viksana, Mahamudra, Isvarapranidhana Kriya, Thokar Kriya, Jyoti mudra, Sambhavi mudra, and different techniques of meditation, e.g., Aum, twelve-lettered Vasudeva mantra, inner-matrka and outer-matrka meditations, etc. are revealed, and explained in details citing their illustrations in Upanisads and ancient yogic scriptures and enumerating the rationale and scientific approach behind such practices and benefits involved.

↓ [Download Kriya Yoga The Science of Life Force ...pdf](#)

📖 [Read Online Kriya Yoga The Science of Life Force ...pdf](#)

Kriya Yoga The Science of Life Force

By Swami Nityananda Giri

Kriya Yoga The Science of Life Force By Swami Nityananda Giri

The breath-based meditation "Kriya-yoga" is a familiar name after its reintroduction by Mahavatara Babaji to Lahidi Mahasaya and subsequent work of Paramahansa Yogananda in the western world. This work vividly explains "the Knowledge of Life-force" known as Pranavidya, which forms the basis of Kriya-yoga citing from Vedas, Upanisads, Srimad Bhagavadgita, Yogasutras of Patanjali and many other ancient scriptures, and analyzes how the breath technique quiets the mind, brings equanimity and results in development of discriminating intelligence that answers the questions and purpose of human life. This also gives an understanding on our inner reading, the principles and practices form auspicious resolves, noble faith, self-effort and austerities from righteousness, yama and observances, niyama, up to the transcendental state, samadhi, those form the appendages of this treatise, and describes how the breath-based practices and meditations described herein are necessary for a seeker to remain healthy and attain the Knowledge. The body principle, sarira tattva, is also anatomized using both biological and spiritual sciences to accelerate spiritual practice and to facilitate the understanding on life and death, gross to casual bodies, five sheaths, five vital breaths, three knots, seven energy centers and their working. The most important aspect for readers and seekers is that for the first time they will find the secret techniques of Kriya-yoga, viz., Nabhi Kriya, Khecari mudra, Guru Pranama, Hamsa, prana vikšana, Mahamudra, Isvarapranidhana Kriya, Thokar Kriya, Jyoti mudra, Sambhavi mudra, and different techniques of meditation, e.g., Aum, twelve-lettered Vasudeva mantra, inner-matrka and outer-matrka meditations, etc. are revealed, and explained in details citing their illustrations in Upanisads and ancient yogic scriptures and enumerating the rationale and scientific approach behind such practices and benefits involved.

Kriya Yoga The Science of Life Force By Swami Nityananda Giri Bibliography

- Sales Rank: #523233 in Books
- Published on: 2013-03-01
- Dimensions: .0" h x .0" w x .0" l, .0 pounds
- Binding: Hardcover
- 390 pages

 [Download Kriya Yoga The Science of Life Force ...pdf](#)

 [Read Online Kriya Yoga The Science of Life Force ...pdf](#)

Editorial Review

Users Review

From reader reviews:

John Tibbs:

What do you about book? It is not important to you? Or just adding material when you really need something to explain what the one you have problem? How about your time? Or are you busy man? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have time? What did you do? All people has many questions above. They have to answer that question since just their can do that will. It said that about publication. Book is familiar in each person. Yes, it is proper. Because start from on guardería until university need this kind of Kriya Yoga The Science of Life Force to read.

Nancy Baumgardner:

This Kriya Yoga The Science of Life Force book is simply not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book will be information inside this reserve incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This specific Kriya Yoga The Science of Life Force without we understand teach the one who studying it become critical in considering and analyzing. Don't be worry Kriya Yoga The Science of Life Force can bring if you are and not make your handbag space or bookshelves' come to be full because you can have it in the lovely laptop even cell phone. This Kriya Yoga The Science of Life Force having fine arrangement in word along with layout, so you will not truly feel uninterested in reading.

Ronda Hagerty:

Now a day folks who Living in the era everywhere everything reachable by interact with the internet and the resources included can be true or not need people to be aware of each details they get. How individuals to be smart in obtaining any information nowadays? Of course the solution is reading a book. Reading through a book can help men and women out of this uncertainty Information especially this Kriya Yoga The Science of Life Force book since this book offers you rich details and knowledge. Of course the knowledge in this book hundred percent guarantees there is no doubt in it you may already know.

Mason Childress:

The guide with title Kriya Yoga The Science of Life Force possesses a lot of information that you can understand it. You can get a lot of advantage after read this book. This kind of book exist new understanding the information that exist in this reserve represented the condition of the world now. That is important to yo7u to understand how the improvement of the world. This book will bring you in new era of the syndication. You can read the e-book on the smart phone, so you can read it anywhere you want.

**Download and Read Online Kriya Yoga The Science of Life Force
By Swami Nityananda Giri #97BNUQJ1YX2**

Read Kriya Yoga The Science of Life Force By Swami Nityananda Giri for online ebook

Kriya Yoga The Science of Life Force By Swami Nityananda Giri Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Kriya Yoga The Science of Life Force By Swami Nityananda Giri books to read online.

Online Kriya Yoga The Science of Life Force By Swami Nityananda Giri ebook PDF download

Kriya Yoga The Science of Life Force By Swami Nityananda Giri Doc

Kriya Yoga The Science of Life Force By Swami Nityananda Giri Mobipocket

Kriya Yoga The Science of Life Force By Swami Nityananda Giri EPub