

The Key to Meditation

By Rudra Shivananda

Whether we are searching for some peace, a measure of happiness, less stress, or self-realization, we are informed that meditation is the solution. Some of us may even have tried meditating.

However, when we sit for meditation, the experience is usually discouraging because of all the thoughts that seem to come exactly at that time. Our minds wander. Books will tell us that one needs to be single-minded or even “no-minded” for meditation to be beneficial. Now the question is how can we control or free our mind from troublesome thoughts?

Of course we quickly find that it is not a matter of will-power, and no amount of force can stop thoughts rising from our sub-conscious. When we are awake, our thoughts determine our actions. Even when we are asleep, our thoughts shape our dreams.

Babaji’s Kriya Yoga is a process, enabled by a set of techniques called Kriyas, which gradually will free our minds from control by our passing thoughts. Like clouds in the sky, thoughts come and go, but cannot hide the sky for very long. Sooner or later just as there is a clear sky bereft of clouds, so the subconscious mind can be cleansed of all thoughts. By the practice of Kriya Yoga, one can enter into the super-conscious state of thoughtless awareness.

In the term Kriya Yoga there are two syllables, one is Kri, the other is Ya. Kri means action and is also work, any work that we are mindful of. Ya means awareness and is also signifying the Soul, the only doer in the body, without which, the body is but an inert lump of matter. Watching the Soul in our every action is the real Kriya. Our every action is sanctified. Through the sincere practice of the scientific Kriya Yoga techniques, there is simultaneous development of body, mind, and Soul.

It is common experience that one’s mind and breath are closely linked together. When the mind is agitated, the breath becomes more rapid and shallow. When the breath is calm, long and deep, the mind becomes tranquil. That is why the perfected immortal master of Yoga, Babaji, has taught that breath mastery is self-mastery and breath control is self-control. Kriya Yoga techniques provide scientific methods of mastering the breath. By the practice of Kriya Yoga, one effortlessly enters into the breathlessness state, which is the deathlessness state of immortality.

There are techniques in Kriya Yoga by which we can keep our body and organs healthy and free from disease. Longevity and a strong body enable one to practice better and longer, giving endurance to reach the goal. The practitioner will be less likely to get diseases such as diabetes, gastric problems, or heart problems.

The sages say that God is walking through our feet, seeing through our eyes, talking

through our mouths and working through our hands. Kriya Yoga enables us to become aware of the Divine within us.

Kriya Yoga is regular practice. This practice is called sadhana. Just as it takes effort to make a fire from rubbing two sticks together, so it takes effort to achieve the effects from the techniques of Kriya Yoga, to build the inner fire to burn away all illusion and obstructions.

If we sincerely practice Babaji's Kriya Yoga, then in our every action we will feel that the presence and power of the Divine is doing everything through our body and mind. This will lead to a greater sense of happiness in our lives, and even periods of that bliss which the saints and sages have written about. If we maintain constant awareness in our every action, we will eventually achieve states of super-consciousness called samadhi, liberation from suffering and Self-realization.