

Kriya Yoga

Opening Prayer

This mantra reveres the Guru, and symbolizes that the Guru is not just a teacher but represents the entirety of cosmic creation (Brahma), sustenance (Vishnu), and dissolution (Maheshwara), and is ultimately seen as a guide to the highest truth, ultimate reality, Parabrahma.



Gurur Brahma Gurur Vishnu Gurur Devo Maheswara
Gurur Saak shaat Parabrahma Tasmai Shri Guruve Namaha
(Guru is indeed the Supreme Brahman. I bow to that revered Guru)

Om Kaur

Kriya Proper

Mudra on Manipura & Chin Lock

Mahamudra



Mudra on Ajna & Pray

Om Namoh Bhagavate Vasudevaya



Jyoti Mudra



Meditation

Closing Prayer



THE 8 LIMBS OF YOGA

From the Yoga Sutras
of Patanjali - Written 400 CE

1. YAMA Community Ethics

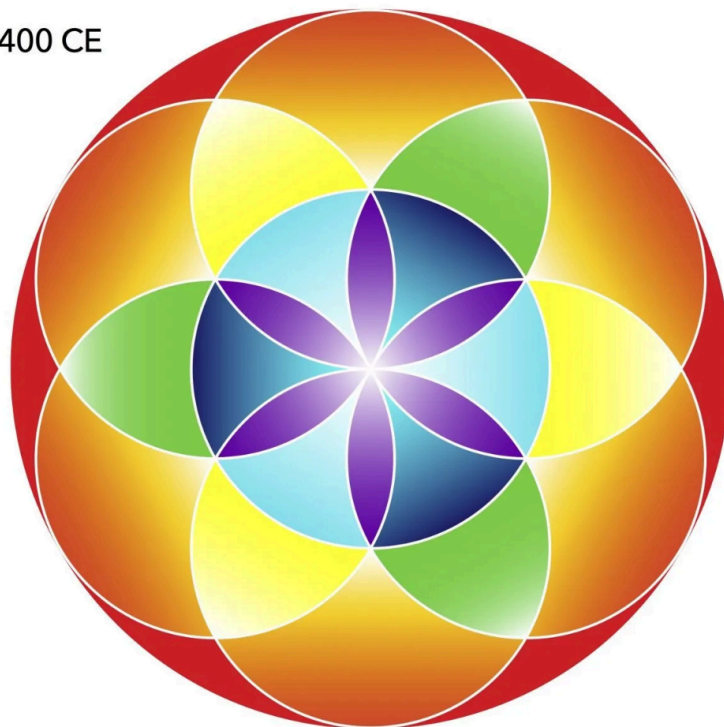


- Ahimsa: Non-Violence
- Satya: Honesty
- Asteya: Non-Stealing
- Brahmacharya: Sexual Integrity
- Aparigraha: Non-Grasping

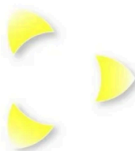
2. NIYAMA Personal Observances



- Saucha: Cleanliness
- Santosha: Contentment
- Tapas: Self Discipline
- Svadhyaya: Self Study
- Ishvarapranidhana: Surrender to Divinity



3. ASANA Seat/Posture



4. PRANAYAMA Breath Control



5. PRATYAHARA Inner Awareness



6. DHARANA Concentration



7. DYANA Meditation



8. SAMADHI Enlightened Living



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