

Kriya Yoga – the Highway to Freedom

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The subject this morning, "Kriya Yoga – the Highway to Freedom.

Freedom from what? We should ask right off. Freedom from the attachment of God's great Power and His Consciousness to this bodily vehicle. God in us, as the great Cosmic Energy and Consciousness, is our soul. But it has become attached to this body. And becoming attached to the body, it is limited by the functions and the abilities of this body. And so, Kriya Yoga must be that practice of yoga, which eliminates the attachment of God in us, as Cosmic Energy and Consciousness, to the body.

Now the highway part of it means that Kriya Yoga takes you to the great highway, which leads back to God. The spinal highway spoken of in many scriptures. And I will give you one in a few minutes.

And so, Kriya Yoga is that practice of yoga, which breaks the attachment of God's Presence in us, as His Cosmic Energy and Consciousness, and frees it that it may return, and travel the Royal Highway, the spinal highway, wherein God resides in us, and through which highway we pass from this limited bodily consciousness, attached to the body, to the great Ocean of Spirit, of which we sang this morning.

So Kriya Yoga is a very valuable asset to those who really want the fastest way back to God. "Kriya Yoga is the fastest spiritual accelerator known to man," these are the Master's words. And so, Kriya Yoga takes us, remember, to the spinal highway, the traveling of which, gives us freedom from attachment to the body.

Now, attachment to the body simply means that our soul, which is God's Presence in us, "His great Omniscience is our omniscience," our Master has said. Therefore, our soul is that Omniscience. But what has happened? It has been attached to this bodily vehicle. Our soul, as God's Consciousness, and Energy, and Power, has become attached to this bodily vehicle. Therefore, it now becomes the pseudo-self, or the ego. And as long as we dwell in that ego consciousness, we cannot break the limitations which keep us separated from the one Eternal Father, His great Love, and His Power, His Strength, and His Solace. Realize that, that Kriya Yoga is one of the greatest adjuncts to free you, your soul, from attachment to this bodily vehicle. As long, as long as we are in the ego consciousness, we are prevented by knowing God "as the Light beyond the atoms," of which the Master spoke; the great Cosmic Light, which science has shown, and has proved exists, and which is the one Eternal Reality spoken of in the scriptures as the Holy Ghost.

Now, until you attain that oneness with that, by passing up and through the great spinal highway back to God, you cannot know that. Kriya Yoga helps you to travel that spinal highway. Kriya Yoga takes you from attachment to the body, with its limitations, into

that realm right within you, in your spine and brain, and in the region of this mysterious Kundalini power, of which we spoke this morning, it takes you to that, and gives you the opportunity to arouse it. Shake it up, so to speak, so that it becomes dynamic to your consciousness. Then you can go back to God and freedom.

Now to eliminate this attachment of God's Presence in us – imagine, God, the great God in us, attached to this limited vehicle, without any power to amount to anything – it takes a million years to break the attachment of ordinary evolution. It has taken, as I understand it from reading those who know, that it has taken eight million life times as a definite organism, from a little tiny cell, to become a human being. Now it's going to take another million years to get out of this attachment. Who wants to wait that long? You don't have to wait that long, if you will follow those who broke the attachment, who eliminated the ego consciousness, as did our Master. It can be done, as I will point out, even in one lifetime. And, if you're pretty nearly a saint when you arrive here, it can be done in a much shorter time. But most of us are not, we're just ordinary human beings. But, we can, if we follow the techniques given by one who had broken the attachment of the ego to the body – freed the ego, if we follow them, we can do it. Even in a lifetime. So it's worth knowing something about this Kriya Yoga.

Now, as I have said, it has taken a long time to reach this position of a human being. But, we shouldn't sacrifice what we have. When we have reached this position of a human being, we have the ways and the means, the ability, due to our unique construction with the spinal centers, and the great thousand-rayed lotus of the brain, plus the sleeping static power of God at the base of the spine; we have the ability, to get out of this delusion, and to free the ego in a much shorter time than it would take by ordinary evolution. We have that ability. That's God's gift to us as His children. We have that self-consciousness, which other forms of life do not have. And having that, we have the power to direct the energy within us, break the attachment to the body, senses, and the mind, and intellect, free it, that it return to the spine, awaken the sleeping Kundalini, arouse the different spiritual powers there in the centers of the spine, and then we become, not just ordinary human beings, but human beings like our Master, and the great saints, and the great yogis.

And so, remember, we are uniquely made by the gift of God by having the ability to arouse these sleeping centers within our spine, the spinal centers, and especially the static Presence of God in us, His great Cosmic Energy, sleeping at the base of the spine. We have the ability to arouse that, and that awakens the spinal centers to the highest degree, and then we become as our Master. Not just human beings, but real children of God. That's what makes the saints different from ordinary human beings. They have done something, which we have not done. Kriya Yoga helps us to do that something.

Now that brings us to the spinal highway. The spinal highway, the way of freedom. Now you think, "Well, that's all right." But in the scriptures we have definite, definite, reference to this spinal highway, which the practice of Kriya Yoga enables us to travel. That's the way we go back to God. In sleep, at night, you go there. Who knows it? Nobody knows it. Very few know it. But you go there. We must go there consciously.

And so this spinal highway, as I have said, has been spoken of. First in Isaiah, Isaiah the 35th Chapter, 1st, 8th, and 9th Verses; 1st, 8th, and 9th Verses; the 35th Chapter of Isaiah. Definite reference, without question of a doubt, to just what we are talking about this morning. "The wilderness and the solitary place shall be glad for them, and the desert shall rejoice, and blossom as the rose." Do you remember the first time you meditated? Wasn't it the desert within? Wasn't it a wilderness? Was there anything there but darkness? Very few find anything but the darkness of delusion. And so that's what it refers to.

Then it goes on in the 8th and 9th Verse: "But a highway shall be there, a way, and it shall be called the way of holiness. . ." because God's Spiritual Consciousness is there. "The unclean shall not pass over it. . ." that is, those in worldly consciousness, that's all. They're unclean compared to the great high elevated Spiritual Consciousness of God, that's what it means. But they cannot pass over that, because when they have that unclean consciousness, it means that their consciousness is attached to the vehicle, that's all. And it's impossible to mix oil and water. It's impossible to mix worldly consciousness with the Spiritual Consciousness of the spine and brain, and the sleeping Kundalini. They don't mix because the vibration is different. That's all. Kundalini helps you to elevate the vibration of worldly consciousness, that it become the same as God's Presence within us, the great Spiritual Consciousness.

And so it says that, ". . .the unclean shall not pass over it, but it shall be for those, the redeemed, they shall walk there." Redeemed from what? Redeemed from attachment to the body, as I said in the beginning. Freedom from what? Freedom from attachment to this limited body which keeps us circumscribed. Not like children of God, but ordinary human beings - redeemed from that. Those who are redeemed from that consciousness can travel the highway back to God.

And finally, in the 10th Verse. "And the ransomed of the Lord shall return. . ." They shall return to Him. And in God's consciousness is freedom, without question of a doubt. "And the ransomed of the Lord shall return, and they shall come singing songs of everlasting joy, and of everlasting joy on their heads, they shall obtain joy and gladness. . ." Only in the Spiritual Consciousness within, the Presence of God in the spine and in the brain, the Sensorium, where your soul resides, only in that, shall you have true Bliss and Joy – not in outward consciousness. "And sorrow and sighing shall flee away."

And so, this spinal highway is necessary, because in the spinal highway, remember, is the seat of your soul, my soul, our consciousness, and also the reservoir of the great Power of God, the great Cosmic Energy in the centers of the spine, in the thousand-rayed lotus, the brain, and in the sleeping Kundalini power, the great Static Presence of God within us. That's where Spiritual Consciousness is. And that's where we must go, if we are to arouse it. And Kriya Yoga enables you to go there, in a conscious way.

Now, remember, consciousness and energy go there, go together, they always go together. That's why we can utilize, utilize, the Cosmic Energy in us, and regulate it,

because consciousness goes along with it. Now an illustration of that is this: in sleep we go back to God. We go back to the Cosmic Region in us in the spine and brain. We go there. But do you remember it? Yet your consciousness went there in an unconscious way. In sleep, remember, we go to the spinal highway, that great highway, which leads back to God. We go there, and we mix with God. That's why when you wake up, you're different. A little bit. It takes a long time. But, if you can do it consciously, then when you wake up, you're entirely changed. So, in sleep, remember, we go back to God, we go to the spinal highway.

But the yogis said, if somehow, we could withdraw the energy, like we do in sleep, only in a more complete way, and consciously go into the spine, don't you see, we would go there consciously, and know God residing in us as the soul, with its Omniscient Consciousness and the great Power of God as energy. So that's what the yogis realized. And so they devised ways and means. And one of the greatest means is Kriya Yoga, to consciously break the attachment of the cosmic Power of God in us, from the senses, and from the muscles, and from the internal organs, and allow it to be placed in the spinal region, the great Highway of God. It is a very scientific method. It is not difficult, but it's absolutely scientific. And if you do it, you will break that attachment of Life Force to the senses, and the muscles, and the different organs, and free it, and place it in the spine.

Now you can understand, with that extra energy – which was diffused throughout your body, and my body, and throughout all the muscles, and the senses, and the thoughts, and all those things, and the different organs within us, as the heart, and the respiratory organs – if we can free that, don't you see we've got a lot of energy to place in the spine, and the Royal Highway, and arouse that sleeping Kundalini. That's what Kriya Yoga does. That's why it is so wonderful. It is an absolute, direct method whereby everyone, who will do it, will arouse within them the sleeping consciousness, if we can call it of God, especially at the base of the spine, the Kundalini power.

That's why Kriya Yoga is so wonderful, because it enables you, and me, ordinary human beings, if we do it, to arouse the Spiritual Consciousness within our spine, and that, when it is aroused, will make us not just ordinary human beings, but will put us in the class of the great saints, and even the saviors. Now these are not just my words, these are the words of the prophets themselves. Why? Why is a saint, or a prophet different from an ordinary human being? Why? He's done something, that's all. If you're different than I am, you've done something to make you different. And so the saints have done something. What have they done? They've done Kriya Yoga. They've taken the energy, placed it in the spinal region, in the spinal highway, which leads back to God, they've aroused, the sleeping Kundalini. And it is that extra power that passes up through the centers of the spine and their brains. It is that which enlivens it, arouses the sleeping power in those places. And that's why they are different. That's why they are different from ordinary human beings.

Now, that is not just limited to them. It can be accomplished by every one of us. Didn't Jesus say, "The things I do ye shall do, and greater things." Why? Because he knew

each one of us was a sleeping child of God. Each one of us is a potential Christ, each one of us, if we do as the great saints have done, as our Master has done, and aroused the sleeping Power of God within us, and awakened to the greatest possibilities, which are within our spinal regions, and the different centers of the spine, if we do that, we too become as they are – saints and even masters. So don't belittle yourself. Don't have an inferiority complex. The Master used to say, "Each one of you is a sleeping child of God."

Now, going on just a little bit. The key is this. . .the key to the process is simple. It is based on sensation. Sensation. Remember, when we were created, the great Creative Power of God came into us, and it first formed the brain and nervous system – the spine. And then it formed the sympathetic nervous system. And, finally, it was diffused throughout this being as sensation, and activity of the different organs, and muscles, and so forth. That's in a few words the way we were made.

Now you can see that that sensation was taken from the spinal region, and the brain, and the different centers of the spine, and placed outward in this body. Now, that's the first step. Now, by reversing the process – do you understand the depth of those yogis – by reversing the process, and taking sensation, and placing it in the spine, what happens? The Life Force and energy run back to where the sensation is. Is that clear? You go like that, you'll feel it. Or a mosquito bites you, you'll feel it. Why? Because consciousness and energy are there. So the yogis said, if we can reverse the process, and consciously place it in the spinal highway, then the Life Force will return there, according to law.

Now, that's just what they did, and that's what this practice of Kriya Yoga does. It takes the Life Force, which is distributed throughout the body, it returns it, first through the sympathetic nervous system, which is more superficial than the cerebral spinal nervous system – the spine and brain – it places it first in the sympathetic nervous system. It accumulates it there. Then it passes in through the Spiritual Eye, into the deep spine; into the royal highway that leads back to God; and arouses these sleeping powers.

Now it is done by sensation. And, realize, sensation is the key – that simple thing. Those yogis realized, if they could consciously place sensation in the spinal region – first in the sympathetic region, and then carry the released Life Force in through the Spiritual Eye to the deep spine – then they could arouse that sleeping Kundalini, and that's just what Kriya Yoga does in a few short words. By the aid of sensation, it takes the Life Force from outward attachment, passes it – reverses the current, so to speak – through first, the sympathetic nervous system, then through the deep spine, into the realm where God dwells.

Now, if you can do that, and do it consciously, don't you see, that you will know God in you as your soul? And isn't God freedom? Isn't the Presence of God in you all, freedom? The Ocean of Spirit as we sang this morning? But, as long as that Life Force and consciousness, the water and the blood of which Jesus spoke, nothing but consciousness and energy, as long as that is attached to this vehicle, it remains attached, we cannot be wholly free. But when that attachment is broken, and the Life Force and

consciousness is released, and carried back to the spinal highway in a conscious way, not in sleep - we do it in sleep – but in a conscious way, which can be done through Kriya Yoga, when that is done, then we are consciously in the realm of God's Presence, our souls, and from there on it's not too difficult to be one with Him. And the natural road is back to His great Ocean of Spirit, because that's spiritual law.

As Moses lifted up the serpent in the wilderness, so do we have to be like Moses. "Lifting up the serpent in the wilderness" simply means that Moses did what? He aroused the sleeping Kundalini, and it comes up in a spiral motion, because God made it that way, that's all. All great reference books and scriptures speak about that. And so Moses did just that.

Now I know this is true. You say, "Well, you've read that." That's right, I read it. And then I meditated when I first met the Master, deeply, and I felt this whirling business. When I'd come out to outward consciousness, it would pass away – then I'd go in, it would come again. So I said to him, "Sir, what is that?" He says, "When Moses lifted up the serpent in the wilderness." Therefore, I knew, knowing what he was, that that was the truth, that that was the arousing, perhaps the beginning – we won't go into that – of the arousing of the Kundalini power.

Now Kriya Yoga will do that. Kriya Yoga will take you back to the spine, the Sensorium, the Seat of the Soul, the Seat where God dwells in you. He doesn't dwell in sensation. Of course, He's in sensation, otherwise, how could we feel. But He's back there, deep within your soul. That's how you know sensation, that's how you know taste, and touch, and smell, because of the Presence of God in your spinal region, in these different locations where He is present.

Now, if we can know that consciously, don't you see, we know God in a conscious way – not just in theory. We know Him consciously. Knowing God consciously, then we can pass on into His higher regions of Consciousness, the great Diffused Light of God, which is the Holy Ghost. Then we can know. As the Master said, "The light beyond the atoms, the Holy Ghost." And realize that "Not by works of righteousness are we saved, but by the washing and regeneration of the Holy Ghost." Now that cannot be done in sensation, outward sensation. It can be done in God's Presence within you as the Holy Ghost. And you contact that through the Spiritual Eye, passing in through that, through the aid of Kriya Yoga, you enter into that great spinal highway, which leads back to God. There you will contact and feel the presence of the Holy Ghost, which washes you, and regenerates you, so that, instead of reflecting God's great Light, you absorb it.

In your meditations you will see different aspects of God's great Light, but they're always there. Why? Because you're not receiving the Light. Kriya Yoga will take you in through the spinal highway, and then instead of reflecting God's great Light – not in imagination, in reality – you will see it coming into you. Isn't that real washing by the Holy Ghost? Isn't that quite different than just singing a hymn, and say "the Holy Ghost is washing me?" Certainly. That's reality. That's what Kriya Yoga will give to you, will give you the ways and the means whereby you can receive God's Light. And receiving

God's Light, not in imagination, in actuality, you are free, because God is free. God is all-pervading. His Omniscience is not limited by anything, because from that Omniscience this body has come. God is true freedom, and His great Love is All-Pervading. Kriya Yoga will take you into the spinal region whereby you, too, also, can follow, and travel that one highway back to God and freedom.

Now, in conclusion, just one thing is this. Remember, Jesus said, "My kingdom is not of this world." And so, those of you who feel you are trying to find happiness in this world – forget it! Change it! I don't mean to do nothing. That's not right. That's the second commandment, is to help your neighbor. But the first commandment is what? Attain the freedom of God's Presence in you, through Kriya Yoga. That's the first commandment, "To love God with all your heart, and soul, and strength." And you cannot do it unless you know Him; unless you feel Him; unless you are one with Him "as the Light beyond the atoms." That's what Kriya Yoga will do. Now that's the first thing that we must do.

Kriya Yoga will change you. It will change the whole vibration of your body, because when you contact and merge in that high spiritual vibration of God's Presence in the spine, every cell in your body is changed. In other words, the outward consciousness of this body is superseded by a high Spiritual Consciousness of vibration. And so, this scientific practice of Kriya Yoga changes the rate of vibration of every cell in your body, and that's why you are different.

Now secondly, Kriya Yoga is such a wonderful thing because as it takes the Spiritual Consciousness into the spine and arouses this extra consciousness, it burns out those old grooves of habit, which you have in your brain, and in the Sensorium, and in the spine. It takes away those undesirable latent impulses, which keep you tied to matter. That's why Kriya Yoga's so wonderful. It allows you to eradicate those things which keep you doing the same old things over, and over, and over again, which keep you tied to this world, and this bodily consciousness. But, Kriya Yoga gives you contact with God's Spiritual Consciousness, which frees you from those attachments.

And finally, Kriya Yoga burns out the latent seeds of karma. We all have - I don't know how much karma I've got, I don't wanna know, neither do you. But, this you do know, that, if you get in the Presence of God, in His Light, nothing can stay. All karma must be eradicated by the power of the Fire of God. And so Kriya Yoga does that.

Now doing these things, changing the rate of your vibration from a worldly being into a spiritual being, eradicating the causes, which keep you tied to the body as the different latent impulses and habits, and, finally, taking you into the Presence of God, what can stay to keep you attached to matter? Nothing. Then you, being one with God, you are His great Omniscience and Consciousness. That is true freedom, and that is what Kriya Yoga will give.

Remember, Kriya Yoga enables you to know, as Jesus said, "My kingdom. . . my kingdom is not of this world." It is not of outward consciousness. That's why all the saints in finality say, "Seek God Alone." Not outward consciousness. They know that

you'll be disappointed. Only in His great Light and His Love, in His great Omniscient Consciousness will you find complete Peace and Joy. Kriya Yoga will give you that, and Kriya Yoga, to those who are faithful, will give you that in a surprisingly short time.

Just to take a moment, so that you will have the story complete, I have a chart here, wherein it shows, if you do a certain amount of Kriya Yoga, you get a certain result. And, if you do a certain amount, even in one lifetime, you can attain the liberation of ego consciousness. You can eradicate the ego, which keeps us tied to the body.

And so, just for your information, if you do 25 Kriyas, morning and night – now, that only takes 15 minutes, imagine it, 15 minutes – I mean to do them correctly; not just do the Kriya with your mind all over the place, that isn't it; you must do it correctly, and you must have fairly good health. If you do 25 Kriyas morning and night, it takes or equals 30 minutes. Now, in one year, in one year, you can attain roughly 17, 000 years of evolution. In 36 years – imagine, that's only 30 minutes, 15 minutes, 15 minutes in the morning and 15 at night – but, if you do it with deep concentration, and love of God you can, in 36 years, attain 621,000 years of evolution. And in 48 years, one lifetime, you can attain practically the one million years of evolution. That's what Kriya Yoga will do. And as the Master used to say, "If you can't get it in one lifetime, you better get a new model – get a new car."

Now, going on. If you do 50 Kriyas, morning and night – which takes only 30 minutes in the morning and 30 at night – WOW! Imagine one hour for God. That's why the Master said, "At least give one hour for God." If you do this, in one year you will get 36,000 years of evolution; in 12 years, 438,000 years of evolution; in 30 years over one million years of evolution. Imagine, 30 years, that's all, to attain the freedom of God's Presence.

And finally, the ultimate, if you can do 100 Kriyas, morning and night – and that equals an hour in the morning, that's all, and an hour at night – if you can do that; in one year, 73,000 years of evolution; in 12 years over, over 900 [,000] years of evolution. Imagine!

And you say Kriya Yoga is useless. Listen, it's the most scientific way. And that's why this Kriya Yoga is the way to freedom. And when you do that, when you eliminate the ego, as I have said, then, then you attain real freedom. Not given by orthodox study of religion; not given by theoretical religion; but tasting God in you, seeing His Light. Not reflecting the Spiritual Light, but receiving God's Light. That alone will save us. That alone will redeem us. That alone will give us true freedom.