

Kriya Yoga (Brief Excerpt)

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Kriya yoga is one of the most important, practical aspects of tantra. Therefore, when we talk about kriya yoga, we must know something about tantra as well. In the science of tantra, the body, mind and spirit are comprehended as a continuous process of evolution and movement. This physical body is a manifestation of consciousness. It is not different from spirit, but a state of spirit.

Within this physical body flow the channels of energy or shakti. On the material plane shakti is known as prana and mind. Mind is one form of energy and prana is another. These twin energies are known in tantra as Shiva and Shakti, and in hatha yoga as ida and pingala. Ida and pingala represent the mental and pranic energies permeating through and through this body. It is by these energies that we think and move.