

# Kriya Yoga: The Path to Liberation by Sri Sailendra Bejoy Dasgupta

## An to Kriya Yoga

Kriya Yoga is an ancient science of self-realization that has been passed down for centuries through a lineage of enlightened masters. The word "kriya" means "action" or "deed," and "yoga" means "union." Kriya Yoga is therefore a path of action that leads to union with the Divine.



### Kriya Yoga by Sri Sailendra Bejoy Dasgupta

★★★★☆ 4.2 out of 5

Language : English

File size : 1282 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 180 pages

Lending : Enabled



The practice of Kriya Yoga involves a combination of physical postures, breathing techniques, and meditation. These practices are designed to purify the body and mind, and to awaken the latent spiritual energy within us. Kriya Yoga is a powerful and transformative practice that can lead to profound spiritual experiences and lasting inner peace.

## Sri Sailendra Bejoy Dasgupta

Sri Sailendra Bejoy Dasgupta was a renowned Kriya Yoga master who dedicated his life to teaching and spreading the Kriya Yoga tradition. He was born in India in 1897, and he began practicing Kriya Yoga at the age of 12. He quickly attained a high level of spiritual realization, and he became a disciple of the great Kriya Yoga master, Swami Sri Yukteswar Giri.

After the passing of his guru, Sri Sailendra Bejoy Dasgupta continued to teach and spread Kriya Yoga throughout the world. He traveled extensively, and he gave lectures and initiations in over 60 countries. He was a prolific writer, and he authored several books on Kriya Yoga, including "Kriya Yoga: The Path to Liberation."

Sri Sailendra Bejoy Dasgupta was a true spiritual master who dedicated his life to helping others find their way to self-realization. He was a humble and compassionate teacher, and he had a deep love for all beings. He passed away in 1990, but his legacy continues to inspire and guide seekers of truth around the world.

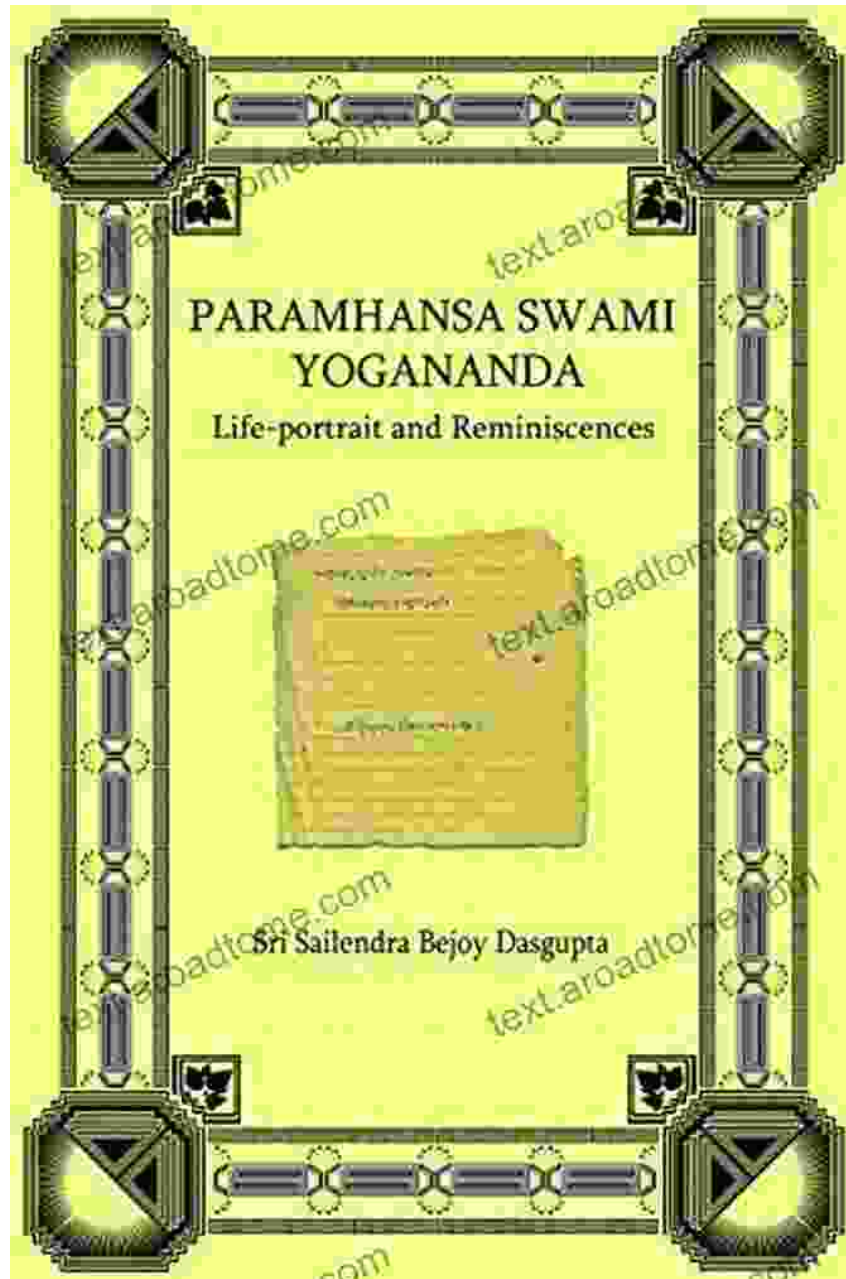
### **Kriya Yoga: The Path to Liberation**

In his book, "Kriya Yoga: The Path to Liberation," Sri Sailendra Bejoy Dasgupta provides a comprehensive overview of the Kriya Yoga tradition. He covers all aspects of the practice, from the physical postures to the breathing techniques to the meditation methods. He also discusses the philosophy of Kriya Yoga, and he explains how the practice can lead to self-realization and liberation from the cycle of birth and death.

"Kriya Yoga: The Path to Liberation" is a valuable resource for anyone who is interested in learning more about Kriya Yoga. It is a clear and concise guide that is written in a straightforward and easy-to-understand style. The

book is also illustrated with numerous photographs and diagrams that help to explain the practices.

Kriya Yoga is a powerful and transformative practice that can lead to profound spiritual experiences and lasting inner peace. If you are looking for a way to deepen your spiritual practice, then I highly recommend reading "Kriya Yoga: The Path to Liberation" by Sri Sailendra Bejoy Dasgupta. This book will provide you with everything you need to know to get started on the path to self-realization.



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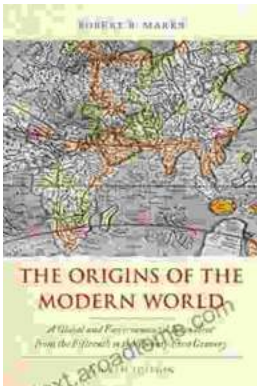
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