

# KRIYA-YOGA FOR A HAPPY AND CONTENT LIFE

Werner Metzger

The world is in a global economical and financial crisis which affects millions of people: loss of their jobs and loss of their saved money for which they worked hard which can lead them to the verge. In addition to that there is a crisis of consciousness which leads in connection with religious motivation to terroristic attacks and following wars. Globalisation faces people of different cultures and ideologies leading to tensions with their behaviour among themselves. The reasons for all this lies within people themselves. They also do not happen just by chance but are the result of their unreflected behaviour, which is found in the dualism of the existence. Since such are good and bad, day and night etc., etc. the human mind is of dual being which needs cultivation and transformation. **KRIYA-YOGA\*** is the program which offers the solutions for all the difficulties and problems today and also in future to control them and to avoid their coming up. Man has to know and accept certain facts in order to live a happy and content life.

## **The Dualism of Creation**

Since men exist there is peace and quarrel, love and hate, understanding and misunderstanding, etc., etc. among them. This fact lies in the nature of creation regardless if it refers to nature on the whole or to man in particular. It seems that there is at a glance no escape out of this antagonism. And lo the way out of this dilemma is present. The slogans for this are: evolution and transformation.

## **With Evolution out of Dualism.**

Evolution means development, that is de-winding from entanglement to enable change. Evolution enables adaptation or further development of >the status quo< of being like that with the aim of a transformation with the background of changing lifeconditions and circumstances. Evolution is a permanent essential part of creation, of nature to which everything is subjected.

## **Sense of Evolution**

Creation has its origin in a source of creation with the intention that everything that has been created develops consciously with full sense and with focus towards the source of creation. This has to happen on an evolutionary way out of material bindings and entanglements. Creation is not the outcome of a big bang at the origin but the result of the highest spiritual creation power that creates with light and love creation, sustains it, develops it and transforms it. A decisive essence of creation is consciousness which is immanent in all that has been created. Consciousness is not the outcome of bang effects, it requires spirit.

## **Evolution and Transformation**

To achieve peace in the world evolution and transformation of man mentally and spritually as well are the conditions. Consciousness, conscious being, is preliminary to be able to know and estimate conditions of life. For this dualism of manifestations and their way of appearances is required. Pains for instance are an important signal for any misfunktion in the body. They help man to know that something is out of order. Pains cause the individual to seek for the reason, to change behaviour and seek for help. With this transformation occurs for a new consciousness.

---

\* see Patanjali Yoga-Sutras II.1

On this occasion transformation leads to a new consciousness. By using this example health and illness are dual manifestations and a means to an end.

### **Why Transformation of Man ?**

Within the memory of man efforts are seen in social communities to form the lives of individuals peaceful and harmonious. It has been proved that life in chaos is unbearable. Laws and rules for behaviour are suitable to bring order in the chaos. Since man is an outcome of creation sensible and clever minds asked themselves ever and ever again what the purpose of human life is.

All cultures finally came to the conclusion that there must be a source of creation for which different names were given. Widespread are the names God, Brahma, Allah, Great Spirit, Manitu and others. Since creation is endowed with spirit it existed as an immaterial part before the material creation. Also and even the laws of nature presuppose an legislator. This is the reason why in the past and in future man's efforts were and are to find this creative spirit or to know him respectively. This possibility the creator of the universe has provided. Transformation of prevailing conditions can result with the help of spiritual training to higher that means spiritual levels whereby de-entanglement of material involutions take place and the transcendental reality of creation is known and becomes part of daily life.

### **Preconditions for Spiritual Transformation**

Every human being has the capacity of thinking, feeling and action which are qualities of human mind. These capacities are supported by the senses and the possibility of selfpreservation. Human mind clearly shows the dualism in the form of positive and negative dispositions and passions. There are pride and discretion, greed and generosity, hatred and love, jealousy and tolerance, envy and favour, lust and restraint, greed of power and forbearance just to mention some which appear in all varieties. The stronger the negative passions are the less bearable life is in a society. Therefore the need exists to create a harmonious living together for people which requires cultivation of negative passions of the mind to make life more pleasant.

### **Energetic Elements for Cultivation of the Mind**

The properties of the mind exist of energetic vibration-patterns . The lower the vibrations of a property are the more instinctively they appear. It's control will be very less or not at all by the intellect in regard of effect and outcome and will be set into action spontaneously. With an animal-like human nature normally the superimposition of a negative feature is missing by cultivated strain with higher value like charity. Therefore it is important that people not only reflect their own patterns of character but think all the time to cultivate and socialize them to make life in the society for the benefit of each and all individuals as pleasant as ever possible. The more positive the properties of the mind develop, the higher their value and therefore their vibration-patterns become – reduction of egotism included – the better the individual will understand the order of creation and therefore get knowledge of the spirit of creation. In such a society charity is the prevailing mentality and agent of the members. This is the aim and it was proved and known by exceptionally persons within the memory of man.

### **Means of Cultivation the Mind**

The means of cultivation man's mind are based on psychological facts. They can be proved by the individual at any time and following they can be verified scientific and empiric as well. The means of cultivation and socializing the mind and its passions are known to man since ever. They were in practise sometimes more sometimes less according to the circumstances in

which mental and spiritual interests were prevailing or at times when materialism determined social life. In our days materialism in connection with capitalism predominate the spiritual culture which however destroys itself since they do not know man's designation and following do not respect it. We talk here about eternal and timeless laws, which are in force always and for ever. They were revealed to man at the beginning of creation by the creator and are known as **Vedas which means knowledge. In the shortest form they are known as FIVEFOLD PATH.** With five principles it comprehends the possibilities to disentangle the mind step by step from its passions, transforming them into positive qualities and giving them a higher spiritual orientation with the aim of charity, the precondition for a pleasant and prosperous living together of people. As already mentioned above purification of the mind enables knowledge of the spirit of the order of creation and following knowledge of the Creator – GOD. **The Fivefold Path of Vedas is according to a several thousand years old definition known as KRIYA-YOGA.** Who in life has never had anything do with Yoga, to him / her it is said, Yoga is a very old science which is practised for bodily and psychig health to get peace of mind, contentness, harmony for him/her and the world, happiness and love for all that has been created. These are no mere wish-dreams but experiences of many thousands of people at all times who strived for a higher spiritual culture regardless under which name they have done it. **For a practical, scientific, intellectual and spiritual activity and spiritual training Sanskrit knows the word YOGA.**

## **THE FIVOLD PATH -- KRIYA-YOGA**

### **1. AGNIHOTRA**

The first discipline of the Fivefold Path comprehends purification of the atmosphere and therefore the mind from negative energy vibrations and is called Agnihotra. Atmosphere and mind are like the two sides of the same coin. One should always remember that between atmosphere and mind there exists a correlation which has an effect of both the sides. This is valid for the domestic, operational, social, economical, political and so on atmosphere and also for the biosphere, the whole sphere of life on earth and above earth. Agnihotra is practised at sunrise and sunset whereby in a pyramid-shaped copperpot natural ingredients are burnt and at the same time one has to sing two short Sanskrit verses. Sanskrit is a language of scientists with high potential vibrations and was never the motherlanguage of any nation.

Sunrise and sunset are especial strong and important energetic times of a day which have a great effect on life as everybody knows and is able to see. The purer, healthier and more loving the atmosphere is, the more pleasant life is in it. Practise of Agnihotra raises the vibrations of environmental energy, makes positive qualities of the mind stronger and at the same time reduces the negative qualities of the same under which the mind suffers.

An especially distinct passion of the mind is attachment for everything that people can lose. This is the reason for persons troubles beyond words whose supposed happiness lies within the possession of goods like money, jewels, cars, houses and so on. This happiness melts like ice in the heat and can be destroyed when the origin is a misery, death or a natural catastrophe like people face them daily round the world, like tsunamies in eastern Asia, periodically fires in Europe, America or Australia, vulcanic eruptions, heavy earthquakes, airplane crashes, wars, lack of jobs for what the reasons are economical and /or financial crashes and so on. To minimize people's suffering which can happen at any time they have to make themselves conscious that life keeps ready many imponderable things which can hit them all of a sudden.

### **2. DAAN**

KRIYA-YOGA knows according to Vedas a second discipline which in Sanskrit is called DAAN. Daan means the habit of sharing one's material goods with others. One who follows

this practise regularly learns to loose attachment to his material possessions - be they large or small. Finally this practise leads to the attitude that not only material things but also persons finally are no possession of duration. Loss is then much better bearable and is no “end of the world”. Such persons are able to find very quick a new orientation and their further life will be quickly newly organized.

### 3. TAPA

To minimize the negative nature under which the mind suffers, to make life healthier, more harmonious, more happy and loving it is imporant, to reduce these negative nature and transform it to a higher vibrational level. Anger, greed, attachment, pride, jealousy, intolerance, malice, etc., etc. are the reasons for much suffering which people do against themselves and at the same time are suffering from it. These habbits are also seen with animals. Man however is born of higher valence and endowed with it. Therefore it is required to overcome the animal-like instinct by transforming the negative nature into a positive one.

**The third discipline is called TAPA** in Sanskrit. Literally it means glow, heat, selfdiscipline. For the practise of Tapa first of all regular practise of AGNIHOTRA is required in connection with metidation to purify the atmosphere and therefore the mind which is useful for the practise of Daan as well. Regular meditation after Agnihotra promotes the introspection which means how far the negative passions of the mind have an influence and power over actions in daily life professional and also private. What only is perceived and conscious can be controlled and changed. TAPA relates also to habbits which are overtaken without reflection and are hindering on the spiritual path. This refers generally to drugs and eating habbits. Food should exist of ingredients which were produced without using force. Life would be unbearable if people could hear the animal’s cries of pain and for help for they are tormented for experimental purposes and food. The spiriual world knows the creatur’s cries of pain and also of tormented people and is very sad about it.

TAPA refers not only to what goes into the mouth but also what comes out of it. Words and sayings are the signs of recognition of a person’s mind and are sometimes more harmful than weapons. The latter only hit “material”, words hit the mind. Be therefore careful what goes into the mouth but be more careful what kind of words come out of it! **TAPA is the key for purification of the mind from its negative passions and for Knowledge of the Self!**

### 4. KARMA

In the course of life people meet events whose reasons they cannot find. It may be a sudden death of a relative, a misfortune, disease, a fate or what ever it may be. Such events are the result of a natural law, **the law of cause and effect, which is called KARMA** in Sanskrit language. Since everything is connected with eachother and since the whole universe consists of enerygy of different vibrational states, it is understandable that each cause (action) has an effect (reaction), it may be as small es ever. Seen from the point of view of this law of nature each event in life is the reaction of a previous cause, even if it is not seen at the first glance. Each action has a reaction wherever and whenever it may be, whereby the motivation of any action is most important. If the motivation is of a lower level, that means of negative passions of the mind, the following will be accordingly. The more positive and loving the motivation of an action is, the more positive is the result of the same. Man is the creator of his own fate and nobody else than he himself is quilty for it. Neighbours and events are partners and/or executors of the law of Karma. Following people should be aware that each action should be done in the spirit of charity without attachment for the results of it. One has to act with love and with a sense of duty without reservation. Then one is free from karmig bonds of actions.

## 5. SWADHYAYA

Swadhyaya is **the thing** that people have been looking for since a long time. It is the knowledge of: **Who or what man is? What is the purpose of life? Is there any life after death? What keeps the world together? Does GOD exist? Is nature only the result of a mere accident?** Etc. The Sanskrit word **Swadhyaya means Knowledge of the Self: Who am I?** The solution is the answer of all the above mentioned questions. If you, dear reader, wants to know who you really are, then start moving on the FIVEFOLD PATH with great eagerness and once you get the answers to your questions you will become a new person who does not move in the darkness of ignorance like a piece of wood swimming in the river, but become someone who moves in the light of knowledge serving everyone with love. Light and love are boundless for you and are waiting for you to know yourself so that you lead a happy, blessed and contented life with the realization of GOD as your reward.

\* \* \*

---

If you want to know more please contact:

1. Kriya-Yoga-Schule Fünffältiger Pfad e.V., Institut für Vedische Wissenschaften,  
D-78234 Engen, Friedhofstraße 4, Tel.: (+) 49 7733-7654,

E-mail: [Metzger.Werner@t-online.de](mailto:Metzger.Werner@t-online.de) or visit: [www.Kriya-Yoga-Schule.de](http://www.Kriya-Yoga-Schule.de)

2. Institute for Studies in Vedic Sciences, Shivapuri / Akkalkot, Distr. Solapur,  
Maharashtra, India, Phone: (02181) 220708, Fax: (02181) 220833.

E-mail: [spr\\_shivpuri@sancharnet.in](mailto:spr_shivpuri@sancharnet.in) URL: [www.agnihotrindia.com](http://www.agnihotrindia.com)