

## Speeding Up Spiritual Evolution

Today's webinar will focus on the possibility of speeding up spiritual evolution using transformational meditation techniques. We will excerpt from some of Swami Charan Das' advanced teachings on this topic to help you better understand it.

Ever since Paramahansa Yogananda declared in his timeless classic, *The Autobiography of a Yogi*, that Kriya Yoga accelerates spiritual evolution, this has been a topic of great fascination and interest for seekers—and has led many to seek initiation into this sacred rite.

We will explore the role of Bija Mantra, Nada Yoga, and Kriya Yoga in bringing about transformation, and accelerating spiritual evolution.

Excerpted from "Speeding Up Spiritual Evolution"  
in *Question and Answers with Swami*

Q *"Is it really possible to speed up the process of spiritual evolution?"*

A The whole purpose of the inner work of the Yoga of the Seven Mudras, in the Mudrashram® Master and Advanced Course, is to accelerate the process of spiritual evolution... An overview of this process is summarized in the table below:

Highest Development	Shakti Operates on	Related Yoga/ Mudra	Essence Principle	Associated Karma	Function of Actuated Shakti
Liberation of ensouling entity	Soul	Mantra	Being	Adi	Evolution of Soul's potentials
Salvation – reunion with the spirit with its Source	Individual spirit	Nada	Love	Sinchit	Guidance, opening the channels of the Nada

Highest Development	Shakti Operates on	Related Yoga/ Mudra	Essence Principle	Associated Karma	Function of Actuated Shakti
Return to the Infinite Stage	Attentional Principle	Raja	Consciousness	—	Guidance, traveling on the inner Planes
Sat Guru Swami Desh	Kundalini	Kundalini	Energy and Awareness	—	Awakening the full awareness of the mind
Ascension and Illumination	Self and Super-conscious Mind	Jnana	Integration	—	Evolution of human personality, and illumination of the Soul's wisdom
Union with Divine Will	Will	Guru Kripa	Volition	Kriyaman	Opening higher octaves of the will; attunement with the Divine Will
Complete dissolution of all Pralabdha Karma	Causal Body	Agni	Human Life, Embodiment	Pralabdha	Working out issues of human destiny in everyday living
Liberation of a nucleus of identity (Manasa Jivan Mukta)	Higher Octaves of Being	Kriya	Cosmic Consciousness	Adi (Higher Octaves)	Evolution of potentials of the cosmic consciousness nucleus of identity

The function of the Grace-Bestowing One is to transfer the Shakti through Light Immersion and focus this energy through the Mudras, so that the aspirants, disciples, and Initiates can link up with the energy of the Divine. This linking up and immersion with the Divine Energy confers

- (1) Initiation
- (2) Illumination of the Soul Mind
- (3) Purification of the inner vehicles and the aura
- (4) Transmutation of karma
- (5) Opening of the channels of the Nada
- (6) Guidance for the spirit and the attentional principle
- (7) Awakening of the full potential of the mind
- (8) New powers, insights, and understanding
- (9) Authority for an Initiate to take on new spiritual ministerial responsibilities

To invoke this Grace-Bestowing energy before and during one's daily meditation—by prayer and request to the inner Master—greatly increases the efficacy of meditation.



Excerpted from “A Treatise on Spiritual Mathematics for Transformational Methods”  
in *Question and Answers with Swami*

**Q** *Can you give us some guidance differentiating the different transformational methods and when to use them?*

**A** To fully understand this question is actually quite complicated. First, you must understand how karma is layered in a succession of vehicles, beginning with what we call an entity, to a wheel, to a great form, to a Subplane, then to a Plane. There are a certain number of entities comprising a little form, and so on...

Next, you must understand that each transformational method, transformational mantra (also called Bija Mantra), Kriya (also called Kriya Yoga), and udgit (a technique from Nada Yoga) has an appropriate place in the spiritual work, where it can be used most effectively. We will give you some guidance concerning this matter. However, in a short treatise of this type, it will not be possible to give all of the details for using transformational methods, but we will give you a brief summary of key concepts.

### **Speeding Up Evolution with Kriya**

Kriya Yoga, in the First Cosmic Initiation, unfolds the cosmic consciousness nucleus of identity.

As Kriya Yoga unfolds this nucleus of identity along its track, each wheel represents 52.14 days of cosmic spiritual evolution, so seven wheels constitutes one year of cosmic spiritual evolution.

Seven Kriyas properly done are the equivalent of one year of cosmic spiritual evolution; twelve Kriyas, the equivalent of 1.71 years; 16 Kriyas, the equivalent of 2.9 years; 24 Kriyas, the equivalent of 3.43 years; 108 Kriyas, the equivalent of 15.43 years; 1,008 Kriyas the equivalent of 154.29 years.

From this you can see that Kriya yoga is an especially fast and powerful transformational method for unfolding the nuclei of identity and ensouling entities in its range of effectiveness.

### **Comparison with a Transformational Mantra**

Transformational mantra dissolves one entity per repetition, so that it takes 784 repetitions to turn one wheel. Each Kriya is therefore equal to 108 repetitions of transformational mantra.

### **Liberation**

This means that, in domains where Kriya Yoga is effective, it takes 2,408,448 Kriyas to obtain Liberation. At 112 Kriyas per day, it would take 21,504 days to complete this number or 58.92 years of practice. If more Kriyas per day are done, then this speeds up the time considerably. So the Kriya sadhaka can definitely achieve Liberation in one lifetime.

We should also note that the time is also usually shortened because most individuals do not begin progress in a domain at the lowest state, but begin at several Subplanes—or even several Planes—up from the beginning of the domain.

### **Effective Domains of Activity**

*A Comparison of Bija Mantra, Kriya Yoga, and Nada Yoga in Unfolding the Soul*

Domain #	Kriya yoga	Bija mantra	Nada Yoga
1	Inactive	Active	Inactive
2	Inactive	Active	Inactive
3	Active (for First Planetary Initiation and above)	Active	Inactive

Domain #	Kriya yoga	Bija mantra	Nada Yoga
4	Active (Third Planetary through First Cosmic Initiations)	Active	Inactive
5	Active (only in Cosmic and Supracosmic Bands)	Active	Active
6	Inactive	Active	Active
7	Inactive	Active	Active
8	Active	Active	Active
9	Inactive	Active	Active
10	Inactive	Active	Active
11	Inactive	Inactive	Active
12	Inactive	Inactive	Active

As you can see from this chart, Kriya is active in four domains, bija mantra is active in ten domains, and Nada Yoga is active in eight domains. Nada Yoga is the only active method in the two highest domains. An effective transformational technique may be chosen on this information, provided the sadhaka can identify in what domain he or she is operating.

### **Guidance for Practice**

In using any transformational method, you should seek to produce transformation, so that the ensouling entity is attuned to a nodal point. Depending on the structure of this the path that the ensouling entity is traversing (as each domain has unique characteristics), this nodal point may be established in (a) the little form, (b) the little wheel, or (c) a great form (also called vehicle).

*Use of transformational techniques should be performed until this state of attunement with a [new] nodal point is reached during any meditation session.*

This type of attunement allows orderly transmutation of the karmic material within each vehicle, and correctly aligns the vehicles to the Cosmic Order. This creates a state of inner harmony.

As the ensouling entity moves from nodal point to nodal point, there are key integration points that bring empowerment and enlightenment.

The highest level in any vehicle is called the *nexus point*. Mastery of the abilities, knowledge, and virtues of any vehicle through transformational methods is obtained when the ensouling entity is established in a nexus point.

Nodal points established at the nucleus of a Subplane or a Plane brings Mastery over the phenomena of the Subplane or Plane. Mastery of specific Planes may confer the ability to minister to others, and to act as a representative of the Divine—as God can be known at that level. We say that at this stage, an individual becomes an Initiate—established in a universal stage of consciousness, and is able to work with the ensouling entities and spirits at that level.



## Nada Yoga

The spirit opening up the channels of the Nada performs **udgit**. In this method, the spirit opens each channel active in its domain to the same nodal point. Channels in each domain can be ascertained from chart below.

### *Active Channels in Each Domain*

Domain	Light	Sound	Nectar	Life Force	Linked To Soul's Transformation
1	X	X			No
2	X	X			No
3	X	X			No
4	X	X			No
5		X			Yes
6	X	X			Yes
7	X	X			Yes
8	X	X			Yes
9	X	X			Yes
10	X	X	X		Yes
11	X	X	X	X	Yes
12	X	X	X	X	Yes

The spirit opens each channel to the corresponding nodal point: this produces transformation of the Soul in those domains where the spirit's practice of Nada Yoga is linked to the spiritual evolutionary process.

## **Comparing Nada Yoga to Bija Mantra as a Method of Transformation**

Nada Yoga has variable effectiveness depending on the spirit's ability to open the inner channels of the Nada. In all cases, we may describe it as a faster and superior method than transformational mantra.

Since the karmic obstruction within the Nadamic channels is of varying density at different stages of the path, initial progress may be slower. As the karmic material usually attenuates on higher Planes within a domain, progress in opening up the channels generally proceeds at a swifter rate.

As we have seen, *Nada Yoga is only linked to the Soul's transformational journey in the top eight domains.* In these domains it is more effective than either Kriya or transformational mantra.

The procedure of opening to a nodal point is identical for the three transformational methods we are considering. The particular level of a nodal point (e.g., little form, wheel, great form, Subplane, and Plane) that is chosen is a function of time available in each meditation session.

In Nada Yoga, the rate of the opening of the channels appears to be affected by the intensity of the spirit's zeal (devotion, longing for Liberation, love for the Divine) applied to its spiritual practice. The assistance of the Inner Master or Guide can also accelerate the relative progress of the spirit, as the rate at which the Guide leads the spirit can directly affect how swiftly these channels are opened.

### **Comparison of Effectiveness of Transformational Methods**

Generally, Kriya Yoga would be the fastest method in domains 3 through 5 and in domain 8 in the range of its effectiveness. However, since Kriya Yoga activates only nuclei of identity in the Planetary Initiations one through four and in Cosmic Initiation one, it is usually not selected as a transformational method for the ensouling entity until the First Cosmic Initiation has been completed.

[In the Mudrashram® system of Integral meditation, we develop nuclei of identity in synchrony with their overshadowing ensouling entities. Some other traditions teach their followers to identify with a particular nucleus of identity, and to unfold this center and its vehicles outside of alignment with the overshadowing ensouling entity, which can produce moderate to severe imbalances, and disrupt personality functioning.]

At the Cosmic Octave of Being, Kriya Yoga unfolds the Astral Soul. At the Supracosmic Octave, it unfolds the Supracosmic Soul. On domain 8, it unfolds the ensouling entity of T4.

Nada Yoga is also the quickest method for transformation in domains 6 through 12. It is also effective throughout domain 5, but transformational mantra is normally the preferred method of choice in Cosmic, Supracosmic, and Transcendental levels of the Bridge Path. Opening of the Nadamic path in domain 5, because of its great complexity, is reserved for later stages of spiritual work.

Transformational mantra, though it is a slower method than either Kriya Yoga or Nada Yoga, is the preferred method for certain types of inner spiritual work. It is the method of choice on certain Subplanes or Planes within a given domain, where Kriya Yoga or Nada Yoga does not operate. It can be reliably targeted to unfold the ensouling entity and its vehicles in the Subtle, Planetary, Cosmic, Supracosmic, and Transcendental Paths one through five, and on the Bridge Path. It is uniquely effective for spiritual inner work requiring great precision and delicacy, so it will often be chosen over the faster methods.

Spiritual transformation is an exact method. Correct use of the appropriate transformational method for the cutting edge of spirituality will effectively accelerate the process of spiritual evolution. Given that the ensouling entity will move forward only three to twelve nodal points on average through the normal processes of karmic processing in one lifetime, it is possible to do lifetimes of spiritual development in one life with practice of a transformational method.

Excerpted from “On Kriya Yoga as a Transformational Method in the Cosmic Sphere”  
in *Question and Answers with Swami*

**Q** *“What is Kriya Yoga?”*

**A** Kriya Yoga is a series of techniques that awakens the cosmic consciousness. Teachers of the Mudrashram® lineage recognize six Kriyas that are useful in unfolding the cosmic consciousness nucleus of identity, and the Astral Soul in the Cosmic Sphere.

*Kriya Yoga of the Cosmic Sphere  
as revealed by teachers of the Mudrashram® lineage*

Phenomena	Plane	Technique
➤ All Higher Initiations of the Cosmic Sphere up to Brahma Jyoti	2nd Cosmic Initiation to top of the Cosmic Sphere	Kriya 6
➤ Shabda Brahma – Liberation of Cosmic Consciousness ➤ Cosmic Brahma – All Pervading Consciousness ➤ Devi – The Divine Mother ➤ Ishwara – The Supreme	Origin of 1st Cosmic Initiation	Kriya 5
➤ Yogi Preceptor Throne ➤ Void – Maha Nirvana ➤ Nirguna Brahman – Sat ➤ World of the Gods	Guru Padam	Kriya 4
➤ Tat – Universal Consciousness	Cosmic Ideational Plane	
➤ AUM ➤ Causal World ➤ Individual Causal Body	Cosmic Causal Plane	Kriya 3

<ul style="list-style-type: none"> <li>➤ Golden “Egg” of Creation</li> <li>➤ Astral World</li> <li>➤ Individual Astral Body</li> </ul>	Cosmic Astral Plane	Kriya 2
<ul style="list-style-type: none"> <li>➤ Cosmos</li> <li>➤ Physical Body</li> </ul>	Cosmic Physical Plane	Kriya 1

Many supportive techniques have been developed by teachers in the Kriya yoga traditions to amplify these methods. These methods are revealed by meditation upon the Omkara—the AUM vibration—and upon Hansa Marga, the current of the Astral Soul’s path through the higher Planes. There are six basic techniques:

Kriya One - Pranayama
Kriya Two - Thokkar with Pranayama
Kriya Three - Pranayama with Mantra
Kriya Four - Pranayama with Mantra
Kriya Five - Essence Pranayama with Bija Mantra
Kriya Six - Breathless Kriya

Yogi Preceptors assign Kriyas based on the state of evolution of the cosmic consciousness nucleus of identity. The sixth Kriya is granted when the Astral Soul at has liberated the cosmic consciousness nucleus of identity. *Initiation into Kriya Five is given in the Mudrashram® Advanced Course in Meditation.*

Masters of the Mudrashram® lineage speak of these six essential techniques in the Cosmic Sphere as appropriate to their disciples’ progress, one at each level. The Kriya tradition is very rich and the Mudrashram® lineage teachers encourage disciples to study Kriya yoga as it has been taught classically. This will greatly enrich their understanding and appreciation for this ancient meditation form.

The Kriya Yoga meditation can be understood as a transformative method that speeds up spiritual evolution more efficiently than bija mantra. Each Kriya yoga technique is appropriate for dissolving karmic material in one vehicle: physical, astral, causal, ideational (to the Guru Padam), and to the origin of cosmic consciousness.

While the first five Kriyas are part and parcel of the First Cosmic Initiation, the giving of the sixth Kriya constitutes entering the Second Cosmic Initiation. This powerful technique is the passport to all worlds beyond, up to the top of the Cosmic Sphere. The sixth Kriya can be practiced in life and in death—it is therefore called the Immortal Kriya.

To practice this method requires being able to achieve the Breathless State at will. This has nothing to do with the forced holding of the breath—which we do not recommend as a practice—but a spontaneous, effortless cessation of the breathing that occurs as a result of meditation practice.



Thank you for attending our webinar today!

