

The destination of Kriya Yoga is deep religiousness emerging from “Laya” (vanishing) of the mind i.e. embracing the religion of the “no-mind” or the new mind wherein the negativities of the mind have been negated. However, before embarking upon this profound religion (Sat-Chit-Ananda) which is mentioned briefly at the bottom of the First Kriya paper as Laya Yoga Teachings, it may be worthwhile to reflect upon the four kinds of religion of the mind as we should start from where we are.

*First is the product of ignorance*

Ego does not accept its ignorance. Hence it asserts aggressively that whatever it knows, is the final and the highest. This breeds fanaticism, fundamentalism and all the blood-shed in the name of religion. Perhaps more blood has been shed in the name of religion than in any other name. This “religion” says that even war can be religious —the holy war, crusade, Jihad! If war is holy, then what is unholy? This perverted religion of the mind has destroyed man’s integrity by turning him against the wholeness of life, by provoking him to destroy life. Belief-systems of this religion of the mind are mere strategies to deceive mankind and to keep man perpetually miserable.

*Second is the product of fear*

All kinds of fear and guilt are introduced through myths, stories and surmises. Man is here only to be punished, to repent for “Original Sin”. The idea of hell is the final fear!

*Third is the product of greed*

All kinds of fancy, fantasy, expectation, hope, ambition, cravings, and greed are generated to promote this kind of religion of the mind to keep man always in agitation and disturbance. The concept of heaven is the ultimate greed.

*Fourth is the product of theology*

All the thesis, anti-thesis, synthesis, all controversies and contradictions, all assertions and denials, all holy concepts and high-sounding phrases, all productions and postulates of the mind are nothing but pigs’ droppings.

There is no truth in all the above stated four kinds of religion of the mind.

Now let us try to understand the religion of “no-mind” in its three dimensions. This religiousness is only one, having three integral aspects. This deep religiousness removes all dark emotions and sentiments in the name of religion which are sick, ugly and nauseating. Mind corrupts you, “no-mind” (not mindlessness) corrects you. You can misuse mind, but not “no-mind”. This religion of “no-mind” is the science of deprogramming your mind. It needs no prophets, saviors, popes, avatars, paramhansas, mahamandaleshwars, etc. Energy of understanding and intelligence is enough. Mind provides information, “no-mind” provokes transformation.

*First dimension for the religiousness of “no-mind”*

*Sat*—pure living—*Atithi Bhava*. that is to live with an attitude of a guest. We are all guests. No body is a permanent resident of this world. A guest lives without attachment, but with all sense of proportion. He does not cause any disorder in the living quality of life.

*Second dimension for the religiousness of “no-mind”*

*Chit*—pure consciousness—*Sakshi Bhava*. That is to exist as an witness, without choice, without converting the consciousness into a battleground of competing thoughts. An awareness in which equanimity is never compromised.

*Third dimension for the religiousness of “no-mind”*

*Anand*—pure joy (not pleasure)—*Samapti Bhava*. That is to have the emphasis on ending and not get caught into the trap of the cultivation of opposites. The cultivated opposite of evil is not goodness. It is cunning calculation of the mind. Goodness flowers when the evil is utterly ceased. When sorrow due to selfish cravings and wantings comes to an end as a consequence of the “no-mind” phenomenon, the bliss of anand is.

Meditate on the above basic teachings of Laya Yoga which are shared during the proceedings of the Kriya Yoga Initiation for the first stage and try to understand the simple and straight forward message from the supreme house-holder yogi and do not get confused by the phoney baloneys of the spiritual market which are peddled as sayings of Lahiri Mahashay. Lahiri Mahashay did not visit this planet to keep you amused in poor and paralyzing consolations but to break the mental prison. Understand and practice Kriya Yoga, you are bound to find that what Lao Tzu and Lahiri Mahashay had found in Laya (no-mind).