

## Rhythms of Lahiri-Lore

At the outset, imagine a small beautiful snowy mountain. On both sides, there are towns and there are zigzag roads over the mountains to reach from one side to another. Then a tunnel road was made and people who took this road reached the destination much faster. Thus, those who adopt the truth of Lahiri-Lore of Kriya Yoga (Swadhyaya - Tapas - Ishwara Pranidhan) reach House of Divinity easily, effortlessly and quickly. Now the rhythms follow:

- I. **4 'T's between Guru & Discipleship Processes**
  1. **Trust** (Shraddha)
  2. **Time Together** (Paryupasana)
  3. **Touch** (Pranam and blessing by touching on the head & back)
  4. **Teachings** (Vaani)
  
- II. **3 'T's – Purposes of Guru Dakshina**
  1. **Travel**
  2. **Treatment**
  3. **Temple**
  
- III. **4 'P's – Blessings of Kriya Yoga**
  1. **Peace**
  2. **Protection**
  3. **Prosperity**
  4. **Pardon** (Not as helplessness arising from mind, but as affectionate response from Life)
  
- IV. **2 'M's – What is Meditation?**
  1. **Me-deletion**
  2. **(Not) Me-dictation**
  
- V. **2 'O's – What is Life?**
  1. **Opposites-free Awareness**
  2. **Omniscience – Omnipresence – Omnipotence**
  
- VI. **15 'N's for Kriyabans**
  1. **No Pratikriya** (reactions from mind), but Kriya (only actions from Life)
  2. **No Viyoga** (disintegration), but Yoga (integration)
  3. **No Vibhakti** (division), but Bhakti (division-free Awareness)
  4. **No Chittavritti** (activities of mind), but Chaitanya (Universal Intelligence)
  5. **No mindlessness**, but No-Mind
  6. **No wickedness**, but Wisdom
  7. **No concepts**, but Comprehension
  8. **No anger**, but Affection
  9. **No agitation**, but Awareness
  10. **No 'I'-ness**, but 'Is'-ness
  11. **No notoriety**, but Nobility
  12. **No following**, but Flowering
  13. **No lust**, but Love
  14. **No thought**, but Truth
  15. **No beliefs**, but Bliss

VII. **6 Paramitas of Bodhichetana (Buddha Awareness)**

1. Generosity
2. Discipline
3. Patience
4. Diligence without deviation
5. Samadhi or sunyataa
6. Wisdom beyond words, behind words

VIII. **4 'P's of Ganesh Baba**

1. **Pranav** (Divine Sound of Silence [*Aum*])
2. **Pranayam** (Kriya Pranayam)
3. **Posture**
4. **Pinnealisation** (Attention at Kuthastha; third-eye)

IX. **2 'C's**

1. **Cleanliness**
2. **Contentment**

X. **6 'D's**

1. **Dama** (Simplicity / Austerity)
2. **Daana** (Charity / doing something for nothing)
3. **Dayaa** (Compassion)
4. **Death**, 5. **Divinity**, 6. **Destiny**

Neither known nor unknown but Unknowable

XI. **3 'A's**

1. **Awareness Choice-less**
2. **Astitwa** (Natural state)
3. **Aananda** (Pure Joy)

XII. **3 'Y's**

1. **Sharvaka(y)ana**: Abandoning 'what should be', that is, awakening of 'What-Is'
2. **Bodhisattva(y)ana**: Transforming rituals into the Joy of the Spiritual
3. **Vajra(y)ana**: Freedom from knowledge for the flowering of knowing

All this leads to Natural State: -

*Uttamaa Sahajaavasthaa*

*Madhyamaa Dhyana Dhaarna*

*Japapaathascha Adhamaa*

*Shaastra charchaa dhamaa dhamaa*

When Krishna (Godhood or Divinity) speaks, time stands still; mind is time. Its activities (armies) stand frozen for Life – Divinity – Division-free Awareness – 'No-mind' – Un-nameable – Immeasurable – Omnipresence to flower!!!

**Jai Rhythms**