



Meru Institute
Yoga ~ Ayurveda ~ Community Ministry

webinar

The Role of Discipleship and Initiation in the Kriya Yoga Tradition

Yogacharya Ellen Grace O'Brian, 2016





Discipleship in the Kriya Yoga Tradition

Discipleship is a great support for those who are inspired, dedicated to the path of Kriya Yoga, emotionally mature, stable, and ready to fully commit to a disciplined path of spiritual instruction and development.





Requirements for Discipleship

- Emotional maturity and stability
- Sincerity, honesty, willingness
- Understanding of the roles of guru and disciple
- Sufficient study and practice of Kriya Yoga
- Awakened discernment





Shankara on Discipleship

*[There is a necessity for] discrimination
between the eternal and the non-eternal;
dispassion for the enjoyment of the fruits (of work)
here and hereafter; a perfection of such practices as
control of the mind, control of the sense organs, etc.;*
and a hankering for liberation.

—from his commentary on the *Brahmasutras*



Four Essential Qualities

- **Viveka**—Discrimination
- **Vairagya**—Dispassion
- **Shat Sampat**—Six virtues
- **Mumukshuttva**—Zeal for Liberation



The Six Virtues

- Shama
- Dama
- Uparama
- Titiksha
- Shraddha
- Samadhana

Relationship with the Guru

Our relationship with the guru is based on mutual love for God and the goal of spiritual realization and liberation.

The greatest asset to our growth is truth—being truthful in our aspiration, our communication, and our interactions.

Don't hide. Integrity is everything.



Initiation



We say that initiation signifies a new beginning.

We must ask our self: what is begun?

What do I begin with initiation?

It is not simply a time to start again with the same approach.

If that were successful, there would be no need to begin again.

With initiation, we make a new beginning. New is the key word.

We purify the heart, mind, body and we begin to practice our mantra, Kriya pranayama, and disciplines with great devotion.



Meru Institute
Yoga ~ Ayurveda ~ Community Ministry

webinar

The Role of Discipleship and Initiation in the Kriya Yoga Tradition

Yogacharya Ellen Grace O'Brian, 2016

