



Yoga – A Way of Life

Kriya Yoga: Yoga of Action

We all are well aware inside that Spiritual practice is our First Preference...

Patanjala Yoga Sutras and Bhagavad Gita Explains it well in terms of:

Our true nature is being Active!

Now this activeness can manifest in the forms of the following:

- ✓ Activity of the senses
- |
- ✓ Activity of the Mind
- |
- ✓ Activity of Thoughts
- |
- ✓ Activity of Speculation

Once we know and get aware of this constant Activeness within us we start questioning –

How to channel this activeness within us to right channel?

The Foremost thing is to Start Where you are NOW!