



# Manu Gita (Mystery of Manu): In The Light Of Kriya

*Lahiri Mahasaya*

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**This is a scriptural commentary of Lahiri Mahasaya on Manu Gita, also known as Manu Samhita, Mystery Of Manu, in The Light Of Kriya.**

- Those who are good Kriya practitioners breathe once every hour.
- If Kriya is practiced in the world according to the Vedic rules, then in all Yugas longevity would be four hundred years.
- The Veda is the Understanding of the state of Silence beyond sound.
- Smriti is the Remembering it afterwards through the practice of Kriya.
- One who listens to the sound of OM until death realizes the ultimate Self (Brahma).
- Kutastha is the Great Self. Pranayam is the great meditation. There is no greater Truth than holding the mind inward by practicing Kriya.
- The body does not decay in Yoga.
- Seeing the supreme Being always is the religion and nothing else. Not to make the mind outward, staying at the perfect state of absolute Knowledge to dissolve the intellect in Brahma, seeing the Form, practicing Omkar Kriyas and seeing Brahma in all beings: in fact, that is called religion.
- One can tell about the previous life if one stays at Kutastha and does not commit violence. The seeker is advised to practice Kriya even during sleep.
- The Spinal Cord is the secret source of mystic Energy of the ultimate Self. It is secretly created in that way for that purpose.
- The results of three Vedas, namely: Rig (Talabya Kriya), Sama (Pranayam with sound) and Yaju (Omkar Kriyas based on Tranquil Breath) : provide eternal Realization.

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