



Discipleship Training

A lot of people are curious and interested in discipleship. Here are some thoughts that might help clarify some of the commonly asked questions or basic concerns.

Pre-requisites: To enter into this relationship, the requirements will vary from person to person. It is an individual, one-on-one relationship with the Guru. If you think you are ready or wish to discuss it, please set up an appointment. Generally, there will be a pre-discipleship training period.

Requirements

Student or disciple? That is up to you; the student chooses the Guru and asks to be initiated. Studentship is generally a more informal, spoken or unspoken relationship you have with a teacher with no obligations or responsibilities except of an obvious nature.

Discipleship carries with it a deeper commitment—to a path of spiritual growth to a path of service, a path of being part of the solution to the world's problem. Here, spiritual growth refers to the stages of yoga as written in the yoga sutras: a movement from human consciousness to divine. Along the way, our earth lives and inner lives—conscious and subconscious need to be greatly balanced. Initiation is the formalization of discipleship. It links you energetically to the Guru and his or her lineage.

The function and responsibility of a Guru is singular

It is primarily to set and guide the disciple on the path to their enlightenment. Techniques and methodology will vary depending on the Guru and the disciple.

(Though many teachings are done face-to-face, teachings can also occur via the written word or the spoken word. Also mystically, a guru-disciple relationship also can occur on the subtle realms—through the dream state e.g. or the meditative state.) Therefore, physical distance does not impede this relationship. However, spending time in the presence of the teacher when possible is advisable.

Secondarily, it is to point out to the disciple where the obstacles are, blind spots, compulsions and karmic conditioning that will limit their thinking, their actions and their spiritual growth.

The responsibilities of the disciple will vary from person to person, as set forth by the Guru and her insight into what needs to be balanced within the cosmos of the disciple.

General responsibilities of the disciple

1. Meditation—a primary technique is usually given prior to or at the time of initiation
2. Service to Life
3. Study of the science of Yoga, including the Horashastras (Astrology)
4. Tithing to the organization that supports the teaching within your means
5. Giving of time and talent to the teachings
6. To cultivate a sane lifestyle that will make the above possible
7. To cultivate greater compassion-in-action

Priscilla Potter, Swami Mahataramanda has been practicing Kriya Yoga for over 40 years, having met her Guru in 1976. She has been teaching Kriya Yoga ever since and at the behest of her Guru, Goswami Kriyananda, began initiating disciples over 25 years ago. If you would like to set up an appointment to discuss discipleship or have questions, please call 323-1222 or email yoga@yogaconnection.org.