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Through his nishkama seva he gained an enlightened understanding of the secrets of spiritual life and became an authority on yoga, tantra, Vedanta, Samkhya and kundalini yoga. Sri Swami Sivananda said of Swami Satyananda, "Few would exhibit such intense vairagya at such an early age.

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Kriya, Kundalini and Tantra. Swami Satyananda Saraswati. We have been hearing about kriya yoga for many years. We have heard and also experienced that there are many yogic and tantric techniques which can be practised without having to fight very much with the mind in concentration and meditation.

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