



Kriya Yog Sandesh

May 2011

तद्ब्रह्मणस्तदध्यात्मं तद्विष्णोस्तत्परायणम् ।
अचिन्त्यं चिन्मयात्मानं यद्व्योम परमं स्थितम् ॥९॥

Tad Brahmaanam Tadhyaatmam Tannisthaa Tatparayanam ।
Achitta Chittamaatmaanam Tadvyom Paramam Sthitam ॥9॥

The supreme is the Brahman. It is Brahman which is Adhyaatma (Inner most Absolute Reality). It is Brahman which is the highest limit (Limitless). It is That, which is supreme shelter, it is knowledge, which is beyond the mind stuff (consciousness). It is the soul (the spirit). Externally it resembles the infinite space (but the infinite space is within it). It is manifested through all actions.

-Tejavindupanisad

Proper Understanding of the BHAGAVAD GEETA - Part 88

MESSAGE BY PARAMAHANSA ATMANANDAJI

Dear Divine Friends,

Pranams, Loving and Humble Greetings,

Hope you are practicing this divine Kriya Yog technique and deriving the benefits of a stress-free, enjoyable life. The world is neither fully good nor fully bad. It is a combination of both. The perceptions and response and results are in the mind. If the mind is restless and weak and jittery and lacks power of understanding, it falls victim to the negative effects of day to day experiences. These day to day experiences of life may be pleasant or unpleasant, positive or negative. This is the source of sufferings and stress.

If the mind is calm, free from fear and anxiety, under all circumstances, it will never be subject to worry, anxiety, tension, fear and stress. Then life will be enjoyable. This can be achieved through the right work culture, and practice of Kriya Yog techniques.

Everything, in this creation is the manifestation of Praana, the undifferentiated Energy of God. By disciplining the creative energy of Praan, one can discipline the mind and regulate its indiscriminate activities. This is achieved easily through practicing the scientific Kriya Yog breathing techniques and daily dose of short periods of meditations.

One needs to live a full busy life. Make Kriya Yog practice, an integral part of this daily busy life. Remember the Glory of God in everything. This is described beautifully by Krishna in the tenth chapter of Bhagabat Gita.

We discussed up to the verse thirty-seven, in the Kriya Yog Sandesh of March issue. Now we start from the verse thirty eight of the tenth chapter.



दण्डः दमयताम् अस्मि नीतिः अस्मि जिगीषताम् ।
मौनम् च एव अस्मि गुह्यानाम् ज्ञानम् ज्ञानवताम् अहम् ॥१०-३८॥

Dandah Damayataam Asmi Neetih Asmi Jigeesatam I
Mounam Ch Eba Asmi Guhyaanaam Gnyaanam Gnyaanaavataam Aham ||10-38 ||

दण्डः	Dandah	Controlling power
दमयताम्	Damayataam	Controllers
अस्मि	Asmi	I Am
नीतिः	Neetih	Policy; Statesmanship
अस्मि	Asmi	I Am
जिगीषताम्	Jigeesatam	Of people desirous of victory
मौनम्	Mounam	Silence
च	Ch	And
एव	Eba	Also
अस्मि	Asmi	I Am
गुह्यानाम्	Guhyaanaam	Of all secrets
ज्ञानम्	Gnyaanam	The knowledge
ज्ञानवताम्	Gnyaanaavataam	Scholars; Knowers
अहम्	Aham	I Am

General Meaning:

Of the controllers I am the controlling power. I am the right policy of the people desirous of victory. Of all the secrets, I am silence of all the scholars, I am the knowledge.

Explanation:

The creative power of God is known as the Creator. The sustaining and maintaining Energy of God is known as the Maintainer. The dissolution energy of God is known as the Destroyer. These three are the source of all the energies, minor and major. The origin and source of all energies can be traced back to the one and the only one, the spirit, God. This is what Krishna is describing in detail in this and other verses of this chapter. It is the pure unadulterated, impartial Energy. The differentiation appears to be with different uses of the same power.

Nothing exists which is not God's Energy. The ordinary restless mind, does not realize it. Sincere yogis with faith, through right meditation, realize this in their heart, and go beyond all sufferings. If one can realize this, is God everywhere always. He feels God all the time and God feels him all the time.



यत् च अपि सर्वभूतानाम् बीजम् तत् अहम् अर्जुन ।
न तत् अस्ति विना यत् स्यात् मया भूतम् चराचरम् ॥१०-३९॥

Yat Ch Api Sarva Bhutaanaam Bijam Tat Aham Arjuna I
Na Tat Asti Binaa Yat Syaata Mayaa Bhutam Charaacharam ||10-39||

यत्	Yat	Which
च	Ch	And
अपि	Api	Also
सर्व	Sarva	All
भूतानाम्	Bhutaanaam	Among beings
बीजम्	Bijam	Seed
तत्	Tat	That
अहम्	Aham	I Am
अर्जुन	Arjuna	O Arjun

न	Na	Not
तत्	Tat	That
अस्ति	Asti	Is
विना	Binaa	Without
यत्	Yat	Which
स्यात्	Syaat	Exist
मया	Mayaa	By Me
भूतम्	Bhutam	Beings
चराचरम्	Charaacharam	Moving or unmoving

General Meaning:

O Arjun, I am, That, which is the seed of all beings, There is no being, that can exists without Me.

Explanation:

The source of creation of all beings also is the Energy of God. No beings whether movable or immovable can exist without God.



न अन्तः अस्ति मम दिव्यानाम् विभूतीनाम् परंतप ।

एषः तु उद्देशतः प्रोक्तः विभूतेः विस्तरः मया ॥१०-४०॥

Na Antah Asti Mama Divyaanaam Bibhutinaam Parantapa ।

Esa Tu Uddesatah Proktah Bibhuteh Bistarah Mayaa ॥10-40॥

न	Na	Not
अन्तः	Antah	End
अस्ति	Asti	Is
मम	Mama	My
दिव्यानाम्	Divyaanaam	Of divine
विभूतीनाम्	Bibhutinaam	Divine glories
परंतप	Parantapa	Destroyer of enemies
एष	Esa	This
तु	Tu	Really
उद्देशतः	Uddesatah	In Brief
प्रोक्तः	Proktah	Has been described
विभूतेः	Bibhuteh	Of divine glories
विस्तरः	Bistarah	Extent
मया	Mayaa	By Me

General Meaning:

O, Destroyer of Enemies, there is no end of my divine glories. This is a brief description of the extent of My divine glories.

Explanation:

God is Infinite, Omnipotent, Omniscient, and Omnipresent. His extent is endless and beginning less. It can never be described or discussed in full or completely. Description of all these glories in this chapter is only a brief report.



यत् यत् विभुतिमत् सत्वम् श्रीमत् ऊर्जितम् एव वा ।
तत् तत् एव अवगच्छ त्वम् मम तेजोऽशसम्भवम् ॥१०-४१॥

Yat Yat Bibhutim Sattwam Srimat Urjitam Eva Baa ।
Tat Tat Eva Abagachha Twam Mama Tejah Ansa Sambhabam ॥10-41॥

यत् यत्	Yat Yat	Whatever Whatever
विभुतिमत्	Bibhutim	Divine Glories
सत्वम्	Sattwam	Existence; Beings + Objects
श्रीमत्	Srimat	Prosperous
ऊर्जितम्	Urjitam	Powerful
एव	Eva	Also
वा	Baa	Or
तत् तत्	Tat Tat	That That
एव	Eva	Only
अवगच्छ	Abagachha	Remember; Know
त्वम्	Twam	Thou; You
मम	Mama	My
तेजो	Tejah	Energy
अंश	Ansa	Part
सम्भवम्	Sambhabam	Manifestation

General Meaning:

Whatever, whatever objects and beings of extraordinary energies, shining power, prosperity and good fortune are manifestations of a fraction of My Energies and glories, Remember this.

Explanation:

The source of all prosperity, good fortune success; shining personality, brilliance, power possessions is the power of God, a fraction of it when people forget it, they become victim of worry, anxiety, tension, egoism, arrogance, fear and stress. If they remember it, they become self realized and ever happy.



अथवा बहुना एतेन किम् ज्ञातेन तव अर्जुन ।
विष्टभ्य अहम् इदम् कृत्स्नम् एकांशेन स्थितः जगत् ॥१०-४२॥

Athavaa Bahunaa Etena Kim Gnyaatena Taba Arjuna ।
Bistabhya Aham Idam Kritsnam Ekaamsena Sthitah Jagat ॥10-42॥

अथवा	Athavaa	Or
बहुना	Bahunaa	Too many
एतेन	Etena	This
किम्	Kim	What
ज्ञातेन	Gnyaatena	Known
तव	Taba	Your
अर्जुन	Arjuna	Arjun
विष्टभ्य	Bistabhya	Supporting
अहम्	Aham	I Am
इदम्	Idam	This

कृत्स्नम्	Kritsnam	All; The Whole
एकांशेन	Ekaamsena	By a fraction of my parts
स्तिथः	Sthitah	Exists
जगत्	Jagat	Universe

General Meaning:

On the other hand Arjuna, there is no need for you to know all these details. I exist absolutely, supporting the whole universe, by the fraction of Myself.

Explanation:

No one can ever know too much, about the glories of God which is endless. So Krishna is advising Arjuna not to waste time in too much theoretical information, because it is futile.

As per the yoga scriptures, Vedanta and Upanishads, God is unknown and unknowable. He can be perceived in the heart only through Yoga Meditations.

Iti Srimad Bhagabat Gitaasu Upanisatsu Brahma Vidyaayaam
Yogshaastre Srikrisnaarjuna Sambaade Bibhuti Yogo Naama
Dasamo Adhyaayah ||10||

Thus ends the tenth chapter of the yoga scripture, Upanishads, Bhagabat Gita, dealing with knowledge of Brahman and the yoga of the Gods Glories.

Dear Divine Friends,

Study this chapter as a habit daily and you will never feel the absence of God and His blessings and the knowledge that God is always looking after you.

May God and Kriya Yog masters, bless, guide, protect and inspire you and remove your troubles.

With Love & Humbleness,
Paramahansa Atmanandaji

INSPIRATIONS FROM THE IMMORTAL INNER INFINITY

THE UPANISHADS

KENOPNISAD

इह चेदवेदीदथ सत्यमस्ति न चेदिहावेदीन्महती विनष्टिः ।
भूतेषु भूतेषु विचित्य धीराः प्रेत्यास्माल्लोकादमृता भवन्ति ॥५॥

Iha Chedvedidatha Satyamasti Na Chediha Vedinmahati Binastih ।
Bhutesu Bhutesu Vichitya Dheeraah Pretyaas Maallokaadmritaa Bhabanti ॥5॥

If the human being can realize the SELF (Brahman) in this life, then his birth is worthwhile. If he cannot realize the self, in this life, then he undergoes lots of sufferings.

Therefore, the wise saints, realize the self in the every beings and become the self after leaving the body.

~*~

ASTAABAKRA SAMHITAA

न मुक्तो विषयद्वेषा न वा विषयलोलुपः।
असंसक्तमना नित्यं प्राप्ताप्राप्तमुपाश्रुते ॥१७- १७॥

Na Mukto Visayadwestaa Na Vaa Visayalolupah I
Asamsakttamanaa Nityam Praaptam Praaptamupaasnute ॥17-17॥

The liberated (God realized) being neither shuns the sense objects nor craves for them. He always has a mind with inner detachment and experiences all these as they come to him.

~*~

THE HOLY BIBLE

JESUS answered them, Is it not written in your Law, I said, Ye are gods?
I have said, ye are gods; and all of you are children of the most High.
(John 10:34; Psalm 82:6)

~*~

KABEER DOHAVALI

जागन में सोवन करे साधन में लौ लाय ।
सुस्त डोर लागी रहे तार टट नहिं जाये ॥

Jaagan Me Sowan Kare Saadhan Me Lou Laaya I
Surat Dor Laagi Rahe Taar Tut Nahin Jaaya II

In the world, in wakefulness in also in sleep keep connection with God, Be careful that the wire of continuity of remembering God should not break. One should remember God all the time.

~*~



KRIYA YOG CENTER NEWS

ATMANANDA INSTITUTE OF HIGHER KRIYA YOG

Month long Kriya Yog program is being held in Farmington Hills, Detroit Area, in two phases. Phase I and II are concluded with Birthday celebration of SATGURU, Swami Sriyukteswar Ji, on the 10th of May 2011.

There were public lectures workshops; Initiations, guided mediations and counseling classes. The programs well appreciated, particularly the workshops on yoga and practical spirituality.

Phase III of the Kriya Yoga Program will be started from 2nd June 2011.

Yogacharya Mihir Baba and Manju Ma; Raghu Baba, Rahul Baba, Ravi Baba, Khajendra Baba, Sunitha Ma and family, Cathie Ma and Bob Baba, Diana Ma, Laura Ma, Suresh Baba, Vanajyothi Ma, Tilagamma and many others attended and helped.

Swami Sri Yukteswar Ji's Birthday was celebrated with love and great enthusiasm all over the world by Kriyabans.

KRIYA YOG DHYAN KENDRA, BHAWANI PATNA, KALAHANDI, ORISSA, INDIA

The construction of the new meditation hall is going on as per schedule. More financial help is required. Yogacharya Umesh Baba, the president has sent out appeals for the same. The routine activities and the daily meditation and prayer are going on nicely. The weekly charitable medical clinic is run efficiently by Dr. Jena Baba. Yogacharya Rao Baba and family, Yogacharya Sunil Baba, Bijaya Baba and family and many other Kriyabans are working hard to complete the projects in time.

KRIYAYOG DHYAN KENDRA, ROURKELA

Regular meditation, prayers, study of holy scriptures are going on daily charitable medical clinic and other charitable work are going on efficiently Yogacharya Benu Baba, Sahu Baba, Saha Baba, Jena Baba, Panda Baba, Ramesh Baba, Premananda Baba, Shankar Baba, Surya Baba are working efficiently. Sri Yuktेशwarji's birthday was celebrated nicely on the 10th of May.

APPEAL

AN APPEAL ON THE OCCASION OF CELEBRATION OF SILVER JUBILEE FUNCTION OF KARIYA YOGA DHYANA KENDRA (MEDITATION CENTRE) KALAHANDI, BHAWANIPATNA

Kriya yoga Dhyana Kendra, Kalahandi ,Bhawanipatna having Regd.No. 249/6-86-87 came into existence in the year 1986. This Dhyana Kendra (Meditation Centre) is dedicated to the spiritual upliftment of the whole mankind along with physical fitness through regular practice of Yoga in general and KRIYA YOGA in particular . This centre is one of the important sources of inspiration of a number of Kriya yoga Kendra's of Orissa, India, U.S.A, Germany, Indonesia and Canada etc. with the grace and guidance of His Holiness Gurudev Paramahansa Atmanandaji. This Dhyana Kendra has the honor of training many Yogacharya with the blessings of Gurudev. By now, there are thousands of Kriyabans initiated from this meditation Centre who are practicing and spreading the message of KRIYA YOGA throughout the length and breadth of the world.

On 15th August 2010 on the eve of Independence Day a special meeting of the Executive body of this Dhyana Kendra had been convened in the presence of Gurudev Paramahansa Atmanandaji. The Committee unanimously decided to host the Silver Jubilee function from 11th to 13th November 2011. **WITH DUE PERMISSION OF GURUDEV, A PERMANENT MEDITATION HALL HAVING SIZE OF 85'X35' WITH AN ESTIMATED COST OF APPROXIMATELY RUPEES FIFTEEN LAKHS HAS TO BE CONSTRUCTED BEFORE CELEBRATION OF THE SILVER JUBILEE FUNCTION TO ACCOMMODATE THE INCREASING NUMBER OF KRIYABANS.**

The main objective of the function is to practice and spread the message of Kriya Yoga for improvement of quality of life of the whole mankind. Hence, on behalf of the Kriya Yoga Dhyana Kendra, Kalahandi, we are cordially awaiting for your benevolent and generous help for the noble cause.

Thanking you,

Yours in divine friendship

Umesh Chandra Panda
For ORGANISING COMMITTEE
SILVER JUBILEE FUNCTION

Donors within India may donate through Cheque/Draft in favor of "KRIYA YOGA DHYANA KENDRA, KALAHANDI" and send to the address "Kriya Yoga Dhyana Kendra, Bahadur Bagicha Para, Bhawanipatna 766001, Dist Kalahandi, Orissa"

Donors from outside India may send their donations through Cheque/Draft in favor of "ATMANANDA INSTITUTE OF HIGHER KRIYA YOGA" and the address is "34600 Quaker Valley Rd, Farmington Hills, MI 48331".

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