

## Newsletter (Sandesh) – November, December 2012, Issue 107

जहाँ काम तहाँ नाम नहीं, जहाँ नाम नहीं वहाँ काम ।  
दोनों कबहूँ नहीं मिले, रिव रजनी इक धाम ॥

Jahaan Kaam Tahaan Naam Nahin, Jahaan Naam Nahin Wahaa Kaam  
Dono Kabahoon Nahin Miley, Ravi Rajani Ik Dhaam

When the mind is engrossed with desires and cravings, God's name (spirituality) does not exist, where there is God's name (spirituality), desires and cravings are banished. Like the Sun and the night cannot exist together, similarly when God is remembered, desires and cravings cannot remain.

-Sant kabeer

### MESSAGE FROM PARAMAHANSA ATMANANDAJI - PROPER UNDERSTANDING OF THE BHAGAVAD GITA

Dear Divine Friends,

Namaste, Greetings,

Hope you are doing fine. Hope you are treating the world well and the world too treating you well. It is wise to count ones blessings and not to dwell too much on the opportunities denied or missed.

The Bhagavad Gita is the most valuable practical and non-sectarian spiritual counselling, which deals both with material and spiritual aspects of life in a harmonious and balanced manner. To get maximum benefit from the study and understanding the teachings of the Bhagavad Gita, one should have positive attitude, faith and sincerity in one's own self and God. However, for best understanding one needs to practice Kriya Yog daily. This will improve concentration of the mind and the understanding power of the brain. Traditionally, at the commencement of the Gita, the greatness and usefulness of Gita is studied first. Before that, there should be deep slow rhythmic breathing, remembering the Gurus and God. The Gita should be studied and its meaning should be thought about. This gives better understanding of the text and the translated meaning.

In the last issue of the Kriya Yog Sandesh (Nov-Dec' 2012), we discussed about the verses 7 to 12 of the 13th chapter. It deals with self-realization, the Self and realizing it. The following verses describe the Self in some of its aspects.



सर्वतः पाणिपादं तत्सर्वतोऽक्षिशिरोमुखम् ।  
सर्वतः श्रुतिमल्लोके सर्वमावृत्य तिष्ठति ॥१३-१३॥

Sarvatah Paani Paadam Tat Sarvatoakhi Shiromukham  
Sarvatah Shrutimllokey Sarvamaavritya Tisthati (13-13)

सर्वतः	Sarvatah	In all places, Everywhere
पाणिपादम्	Paani Paadam	With hands and feet
तत्	Tat	That
सर्वतः	Sarvatah	Everywhere
अक्षिशिरोमुखम्	Akshi Shiroh Mukham	Having eyes, head and mouth
सर्वतः	Sarvatah	Everywhere
श्रुतिमत्	Shrutimat	Having ears
लोके	Lokey	In all the worlds
सर्वम्	Sarvam	Totality of All
आव्रत्य	Aabrutya	Enclosing, covering
तिष्ठति	Tisthati	Exists

**General Meaning:**

That supreme (The Self) has hands and feet everywhere, has eyes, heads and mouth everywhere, has ears everywhere. He exists enclosing everything and all.

**Explanation:**

God is known as the Inner Self of all beings to the spiritual seekers. God sees everything, everywhere, through the eyes of every being, movable and Immovable. Every form, every name is His form and His name. The five great elements which constitute the creation are His energy. These are - the Earth, the Water, the Fire, the Air, the Space and the Soul or the Spirit. These, in turn are the visible and invisible aspects of the whole creation.



सर्वेन्द्रियगुणाभासं सर्वेन्द्रियविवर्जितम् ।  
असक्तं सर्वभृच्चैव निर्गुणं गुणभोक्तृ च ॥१३-१४॥

Sarbendriya Goonaabhaasam Sarbendriya Bibarjitam  
Asaktam Sarbabhroo Cchaiba Nirgoonam Goonabhoktru Ch (13-14)

सर्वेन्द्रिय	Sarbaindriyas	All sense organs
गुणाभासम्	Goonaabhaasam	Manifested properties
सर्वेन्द्रिय	Sarbaindriyas	All sense organs
विवर्जितम्	Bibarjitam	Devoid of
असक्तम्	Asaktam	Unattached
सर्वभृत्	Sarbabhrut	Sustaining all
च	Ch	And
एव	Eba	Even
निर्गुणम्	Nirgoonam	Devoid of Gunas
गुणभोक्तृ	Goonabhoktru	Experiences of Gunas
च	Ch	And

**General Meaning:**

Through the actions and properties of all sense organs, He is expressed, yet He is devoid of all Sense Organs Himself. He is unattached, yet sustains all. Though, devoid of all qualities and actions, yet He is manifested as the qualities and actions of the Senses.

**Explanation:**

It is the power of God alone, which is manifesting as the actions of Sense Organs and their perceptions. But the beings are attached to the Sense Perceptions and their interpretations according to their experiences, through their ego, the doer ship, the sense of me and mine. Though God, the inner Self of all, yet, He is unattached to the actions and the experiences. Hence the Karma cannot bind Him. He is beyond the laws of Karma or Destiny. God is beyond the Goonas i.e. Nirguna, yet His power energizes the Goonas.



बहिरन्तश्च भूतानामचरं चरमेव च ।  
सूक्ष्मत्वात्तदविज्ञेयं दूरस्थं चान्तिके च तत् ॥१३-१५॥

Bahirantascha Bhootaanaamcharam Charamewa Ch  
Sookhmatwaattad Bignyeyam Doorastham Chaantikey Ch Tat (13-15)

बहिः	Bahih	On the outside
अन्तः	Antah	Inside
च	Ch	And
भूतानाम्	Bhootaanaam	Of the beings
अचरम्	Acharam	The Non Moving
चरम्	Charam	The Moving
एव	Eba	Also
च	Ch	And
सूक्ष्मत्वात्	Sookhmatwaat	Because of Its subtleness
तत्	Tat	That
अविज्ञेयम्	Abignyeyam	Unknowable
दूरस्थम्	Doorastham	Is Very Far
च	Ch	And
अन्तिके	Antikey	Quite Near
च	Ch	And
तत्	Tat	That

**General Meaning:**

He is outside of every being and also inside of every being. He is in the nonmoving and also in the moving beings. He is extremely subtle and hence very difficult to know. He is quite far away, yet he is quite near.

**Explanation:**

The whole creation, micro and macro, is made up of the five great elements (Panch Mahaabhut). These are, the Earth (Solids), the Water (Liquids), the Fire (Temperature), the Air (Air), the Space (Ether, Vacuum). All these are derived from the Soul or the Spirit. The Soul or the Spirit is everywhere, inside these and outside these. It supports them from inside and also from outside. Whatever one perceives or unable to perceive is pervaded by the Spirit, God's energy. It is so subtle that, the instrument of knowing (Sense Organ, mind, thought, intellect etc.) cannot reach it or comprehend it.

As the innermost support and entity, It is the nearest. As it is extremely subtle, the mind etc. cannot comprehend it, hence it is described as very far.



अविभक्तं च भूतेषु विभक्तमिव च स्थितम् ।  
भूतभर्तृ च तज्ज्ञेयं ग्रसिष्णु प्रभविष्णु च ॥१३-१६॥

Abibhaktam Ch Bhuteysu Bibhaktamiba Ch Sthitam  
Bhootabharttru Ch Taj Gnyeyam Grasisnu Prabhabisnu Ch (13-16)

अविभक्तम्	Abibhaktam	Undivided
च	Ch	And
भूतेषु	Bhoteysu	In all beings
विभक्तम्	Bibhaktam	Divided
इव	Iba	As if
च	Ch	And
स्थितम्	Sthitam	Abiding, Existing
भूतभर्तृ	Bhootabharttru	The Sustainer of all beings
च	Ch	And
तत्	Tat	That
ज्ञेयम्	Gnyeyam	Worth Knowing
ग्रसिष्णु	Grasisnu	Devouring
प्रभविष्णु	Prabhabisnu	Generating
च	Ch	And

**General Meaning:**

That Supreme Spirit, Pervades everything continuously, undivided, yet He appears to be divided as He is present in all different beings. He devours them and regenerates them.

**Explanation:**

God, the Supreme Self is formless and is present in all beings and also in everything and in the Space also. The Space which appears to be nothingness, is also pervaded by Him. It is He, who sustains every being and sustains them. As time, He eats up everything and during Creation, regenerates all beings. However, due to lack of understanding, He appears to be divided, because the different beings appear different and multiple.



Dear Divine Friends,

The Whole Creation is one cosmic unit. The one cosmic law as given by God regulates it. We are all the part of the same one unit, God (SAT CHIT AANANDA), who keeps all in Himself through Love. He is SAT CHIT AANANDA. This can be perceived by sincere practice of Kriya Yog daily. Life will be enjoyable, as all stress will disappear.

With Love and Best Wishes to you, humbly,  
Paramahansa Atmanandaji

**INSPIRATIONS FROM THE INNER IMMORTAL INFINITY**

**YOG VEDANTA - UPANISHADS**

**KATHOPNISHAD**

नित्योऽनित्यानां चेतनश्चेतनानाम् एको बहूनां यो विदधाति कामान् ।  
तमात्मस्थं येऽनुपश्यन्ति धीराः तेषां शान्तिः शाश्वती नेतरेषाम् ॥ २-२-१३ ॥

Nityo Anityaanaam Chetanaschetananaam Eko Bahunaam Yo Bidhadaati Kaamaan  
Tam Atmasthanam Yey Anupasyanti Dheeraa Steysaam Shaantim Shaaswati Neytareyshaam (2-2-13)

That person only enjoys constant, Infinite Peace and joy, who perceives, the Absolute among the relatives, who perceives the Absolute consciousness in the consciousness of the exalted and all beings. That Pure Absolute Consciousness is one and the only. Though One, He provides for the Infinite number of beings and sets in motion the law of karma or destiny. Those sincere, wise seekers realize Him in their hearts, they only enjoy the Bliss.

### SWETASWAATARA UPANISAD

नवद्वारे पुरे देही हंसो लेलायते बहिः ।  
वशी सर्वस्य लोकस्य स्थावरस्य चरस्य च ॥ ३-१८ ॥

Nabadwaarey Purey Deyhi Hamsa Leylaayatey Bahih  
Basi Sarbasya Lokasya Sthaabarasya Charasya Ch (3-18)

The Cosmic Self is the Supreme Master of the whole universe, of both, the moving and the non-moving, beings. This Cosmic Self, assumes a body, which has nine gates and appears as the Individual Self. Thus, It becomes involved in the external world of name and forms.

### TEJABINDUPANISAD

तद्ब्रह्मणस्तदध्यात्मं तद्विष्णोस्तत्परायणम् ।  
अचिन्त्यं चिन्मयात्मानं यद्व्योम परमं स्थितम् ॥ ९ ॥

Tad Brahmaanam Tadhyaatmam Tannisthaa Tat Paraayanam  
Achitta Chittamaatmaanam Tadvyom Paramam Sthitam (9)

It is That, which is known as Brahmam. That also is known as Adhyaatma (The inner most Self). That also is known as the limitless. That is considered as the ultimate shelter. It is the Supreme knowledge, beyond mind and thoughts. It is the Soul, the Spirit. It is the nature of Infinite Space, the innermost essence of all activities.

### ASTABAKRA SAMHITA

न निन्दति न च स्तौति न हृष्यति न कृप्यति ।  
न ददाति न गृह्णाति मुक्तः सर्वत्र नीरसः ॥१७-१३॥

Na Nindati Na Ch Stouti Na Hrusyati Na Kupyati  
Na Dadaati Na Grunhati Muktah Sarvatra Neerasah (17-13)

The Self realized person (liberated one), neither blames nor praises, neither rejoices nor is angry, neither gives nor accepts. He is free from attachment to all objects.

सर्वत्र दृश्यते स्वस्थः सर्वत्र विमलाशयः ।  
समस्तवासना मुक्तो मुक्तः सर्वत्र राजते ॥१७-११॥

Sarbatra Drusyatey Swasthah Sarbatra Bimalaashayah  
Samasta Baasanaa Mukto Muktah Sarbatra Raajatey (17-11)

The Self realized person is always abiding in the Self. He is pure in heart. He lives free from all desires, under all circumstances.

## THE BIBLE

But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.  
(Matthew, 6, 33-34)



OM TAT SAT OM  
(That is the Absolute Truth)

## KRIYA YOG CENTER NEWS

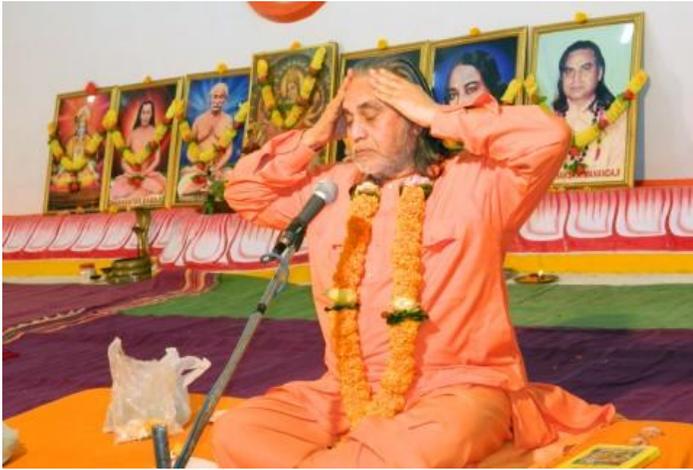
### **KRIYA YOGA DHYANA KENDRA, KALAHANDI, BHAWANIPATNA, ODISHA**

Regular morning and evening meditations are now being conducted in the New Meditation Hall. On the 5th of January, 2013, the birthday of Paramahansa Yoganandaji was observed with morning and evening prayers and guided group meditations.

The management of the ashram, with the approval of Pujya Gurudev, decided to construct a new living room which is required with urgency. Further a lot of work is still pending for complete completion of the new meditation hall. Works like, permanent electrical connections, doors and windows work and the dais finishing work are yet to be completed. With benevolent donations from many Kriyabans of both India and abroad, the new meditation hall has come into existence. I further request all Kriyabans to help generously for the above work.

Gurudev Paramahansa Atmanandaji's birthday was celebrated on the 27th of January as GURUDIVAS at the SHIVA TEMPLE near HERAMAL VILLAGE, nearly 70km away from Bhawanipatna. Kriyabans from around the area attended the function. After prayer by Yogacharya Umesh Panda Baba special guided group meditation was conducted. All the Kriyabans prayed to GOD and GURUS for a long and healthy life of Gurudev Paramahansa Atmanandaji to teach the true Kriya Yog around the WORLD for the spiritual enlightenment of mankind. Yogacharya Upendra Baba, a senior Kriyaban, Shiva Padhi Baba gave their valuable talk about Baba's great role in preaching, practicing and propagating Kriya Yog for the benefit of mankind around the World. The Kriyabans of HERAMAL and JAIPATNA area expressed their gratitude for his kind consent to come to this area during 30th and 31st of October, 2013. Panchanana Baba, Secretary, Kriya Yog Dhyana Kendra, Kalahandi, Bhawanipatna, in his address, appealed to the fellow Kriyabans to donate generously and benevolently for the completion of the Meditation Hall of KRIYAYOGA DHYANA KENDRA, KALAHANDI. Kriyabans from Bhawanipatna K. Chandra Sekhar Rao Baba, Rao Ma, Anita Mund Ma also attended the function and gave valuable support to make it a grand success. The celebration of the birthday ended with delicious vegetarian Prasad Sevanam.

May GOD and GURUS blessing flow to each and every Kriyaban in the NEW YEAR 2013.



### **KRIYAYOG ACADEMY, MOHANGIRI, ODISHA, INDIA**

Daily Prayers are being conducted in the academy with utmost devotion and sincerity. As the area is an agricultural area, due to the agricultural harvesting season, the repair and construction works have been postponed temporarily as all are busy with the harvesting. Shortly it will be restarted with full vigor.

On the 5th of January, 2013, Paramahansa Yoganandaji's Birthday was celebrated with devotion and zeal. The Golden touch of Sunny Winter Morning on the Green surroundings of Trees made the function spiritually more enjoyable. There was Trisul Pujan, Guru Pujan, Study of Spiritual Scriptures, Guided Group Meditation, Puspanjali and Prasad Sevan. Yogacharya Janakdhari Sahu Baba, Gandhi Baba, Hota Baba, Biswal Baba, Amiya Baba, Hanuman Baba, Bhima Baba and many other active members worked hard to make the function successful. Dr. Jena Baba from Bhawanipatna also attended the function and had a discussion on the life and teachings of the world renowned Sat Guru Paramahansa Yoganandaji. The function was very enjoyable and inspiring.



### **ROURKELA KRIYAYOGA DHYANA KENDRA, JAGDA, ROURKELA**

Regular Prayer to Gods and Guru's are performed at 5.30 AM and 6 PM daily followed by Geeta Patha and Purana Purusha Patha. This is followed by guided group meditation as per the path shown by our spiritual and self-realized Guru's. Besides the above regular activities, the following special events were also observed:

- On 8th December 2012, GEETA JAGYAN was performed at UTTAM BASTI, BONDOMUNDA, ROURKELA. Our beloved Guruji was present on the occasion and blessed everybody present.
- On 15th December 2012, a WORKSHOP on stress management was conducted at Ispat General Hospital, ROURKELA which was addressed by Paramahansa Atmanandaji for the Doctors.
- Birthday of Paramahansa Yoganandaji was celebrated at Ashram premises on the 5th of January, 2013. It was attended by around hundred persons and was also widely covered by the print media. Special meditation was carried out on the occasion. In morning, prayer to God and Gurus, Gita Patha, Puranapurusha Patha and Guided Group Meditation was performed. In the evening the function started with prayer at 6.00 PM followed by Guru

Vandana, Bhagabat Vandana by Manoj Baba of Bargaon. Dora Baba of Bargarh gave a good lecture. Yogacharya Benu Baba conveyed the blessings of Guruji Paramahansa Atmanandaji. Everybody was reminded to donate Istabruti benevolently and regularly for the wellbeing of the Ashram. Yogacharya Sharma Baba gave a valuable lecture and followed it up by guiding a brief meditation and pushpanjali. The function was followed by prasad sevan for all devotees. Puri, Mixed curry and tomtto khatta were prepared for prasad sevan. Hota Baba of Kalunga, William Baba, Manoj Baba, Benu Baba's family (mother, brothers, sisters, Sister-in-laws) were present. Although it was a cold day, there was a good gathering for the celebration. Santosh Tripathy Baba of Ahmedabad, Praharaj Baba from Delhi, Trinath Baba of Hyderabad, Sister of Shanti Maa of Ichhapur had called up to convey the pranam.

Sahu Baba, Saha Baba, Jena Baba, Pradhan Baba, Panda Baba, Rout Baba, N.P. Tripathy Baba, Bikram Panda Baba, Bansal Baba, P.K. Pujari Baba, Panigrahi Baba, Singdeo Baba and Maa come regularly to the Ashram and actively participate in the proper functioning of the Ashram.

#### **KRIYA YOGA MEDITATION CENTER, BHUBANESWAR, ODISHA, INDIA**

Bhubaneswar is the State Capital of Odisha (Orissa) in the eastern part of India. The Center has started from 2002 onwards. Regular guided group meditation sessions take place along with stress management, psychosomatic problems management and counseling sessions. Every day Prayers and Meditation session are conducted in the morning.

Special Group Meditation classes, counseling sessions and Pravachans took place during Gurudev Paramahansa Atmanandaji's visit in the third week of December, 20012. Special Prayers and Meditations were held on the 5th of January, 2013 to mark Paramahansa Yoganandaji's birthday and on the 27th of January, 2013, to observe our Puja Gurudev, Paramahansa Atmanandaji's birthday.

#### **ATMANANDA INSTITUTE FOR HIGHER KRIYA YOGA, DETROIT, USA**

During the month of December, the institute organized guided meditation sessions on every Thursday of the month. Meditation sessions for first Kriya were conducted on December 6th and 20th and second Kriya sessions on December 13th and 27th.

During the month of January, the institute organized guided meditation sessions once on every week. January 5th was celebrated as the birthday of Paramahansa Yoganandaji. On this occasion, there was a special meditation followed by a brief talk on the great Yoga Guru by Yogacharya Mihir Ray. Meditation sessions for first Kriya were conducted on January 17th and second Kriya sessions on January 10th and 24th. Starting from January 29th, the institute is organizing guided meditation sessions by Guruji Paramahansa Atmanandaji on every Tuesday through Saturday continuously for approximately a month. These sessions include a spiritual discourse by the Guruji followed by a guided meditation session by him. Tuesdays and Fridays are reserved for the practice of advance Kriya and are open only for the Kriyabans (Kriya Yog members) initiated into the higher techniques. The first Kriya sessions were organized on 30th and 31st of January and a second Kriya session on 29th of January.

#### **GREATER ATLANTA KRIYA YOG, ATLANTA, USA**

Gurudev Paramahansa Atmanandaji's birthday was celebrated on the 27th of January. Lot of members (Kriyabans) joined the celebration and group meditation which was followed by Prasad.

Every Sunday members (Kriyabans) practice Kriya with guided meditation.

## **APPEAL**

#### **AN APPEAL FOR THE DONATION FOR THE CONSUTRUCION OF MEDITATION HALL KRIYA 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 YOG 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 Yogacharyas 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 YOG throughout the length and breadth of the world.

**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 TO ACCOMMODATE THE INCREASING NUMBER OF KRIYABANS.**

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

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".

Contact within USA: 001-248.877.3740

Contact within India: 094372 94398,094382 63331,094371 88297,094371 40653,094372 02084

## NEW SECTION FOR KIDS

From the next issue a new section for the kids are going to be introduced.

### ASHRAMS

ROURKELA	BHAWANIPATNA	MOHANGIRI	DHARAMGARH
<b>KRIYA YOGA DHYANA KENDRA</b>	<b>KRIYA YOGA DHYANA KENDRA</b>	<b>KRIYA YOGA ACADEMY</b>	<b>KRIYA YOGA KENDRA</b>
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Contact: Yogacharya Aditya Chand # +91.661.2470956 adityachand@yahoo.co.in, kriyayogarourkela.yolasite .com	Contact: Yogacharya Umesh Chandra panda # +91. 094372 94398 umesh.panda21@gmail.co m,kriyayogkalahandi.blogs pot.com	Contact: Yogacharya Janakdhari Sahu, umesh.panda21@gmail.co m	Contact: Yogacharya Vasant Joshi umesh.panda21@gmail.co m

## CENTERS WORLDWIDE

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