



Newsletter (Sandesh) – Dec-Jan, 2014-15

1. **KURU PUNYAM AHORAATRAM**
2. **SMARA NITYA ANITYATAAM**
3. **KIRTANIYAA SADAA HARIH**
4. **TAT TWAM ASI**

General Meaning:

1. **Do good to others and be positive day and night. Perform all activities as service to the Supreme (God).**
2. **Remember daily the temporariness of the Creatiion and everything in the World.**
3. **As much as you can, remember God and positively perform all Actions as Service to Him.**
4. **That Thou Art .**

SECTION-1

MESSAGE FROM PARAMAHANSA ATMANANDAJI

PROPER UNDERSTANDING OF THE BHAGABAT GITA—PART- 119.

Dear Divine Friends, Dear Kriyabans,

Humble Pranams. Loving Greetings. Namaste. Guten Tag.

A Very Happy New Year 2015 to you.

The auspicious arrival of the New Year, 2015, uncovered joyful, enlightening, promising, successful Satsang oriented time for spiritual seekers in general and Kriya Yoga in particular.

The joyful occasion was the joyful occurrence of Kriya Yoga Retreat Seminar at the foothills of the ancient spiritual mountains, the Girnar Mountains, near Junagarh, in the famous state of Gujarat in North Western India. It was held for four days. Selected Kriyabans from all over India attended and participated in the memorable event.

The ancient Girnar Mountains is the home and source of inspiration for the followers of the Vedic Sanaatan Dharma, i.e. Hinduism, Jainism, the famous Yogis of the Ancient Saivaites Naath Sampradaaya. It is also famous as the ancient seat of the most famous Ancient Saint, Mahamuni Dattatreya. Bhagawan Dattatreya is considered as the Incarnation of Lord Brahma, Lord Visnu and Lord Shiv, all combined. He was a great source Vedic Teachings also. Mount Girnar is a chain of mountains with peaks as high as two to four thousand feet. Many ancient Ashrams and Temples and Meditation Caves, dotted all over the higher parts. The top most. Dattatreya Ashram is approachable by ten thousand steps. Many adventurous seekers visit the ashram and are greatly inspired and feel hugely blessed.

The Kriya Yoga Retreat Seminar was held in the premises of a great Ashram cum guest house situated in nearly over one hundred acres of forest land. The beautiful landscaping provides furnished accommodation, parking's, open air conference cum meditation places. There is a huge kitchen with more than three huge dining halls. These provide free vegetarian meals at least twice a day, i.e. lunch and dinner. There are also many temples, picnic spots and walking areas in the property. All these are towered over by the great Girnar Mountains.

The state of Gujarat also is the home state of Lord Krishna and his Jaadav empire. Lord Krishan's capital city was in Dwarka on the sea, later known as the Arabian Sea, a part of the Indian Ocean.

Lord Krishna is the Aadi Guru of Kriya Yoga and practical spirituality. He taught this to Arjuna, in the great battle field of Kurukhetra, situated near Hastinapur, now known as Delhi and New Delhi. These teachings of Lord Krishna is known as the Holy Bhagabat

Geeta, the song divine, which has eternal value regarding stress free blessed lifestyle and higher spirituality and philosophy.

The basic message of the Bhagabat Geeta is, “Life is to be lived – Lived in all its Panorama – Lived Happily, Healthily, Positively, Lovingly, Harmoniously, Helpingly, Fearlessly and Magnanimously”.

In every issue of the Kriya Yoga Sandesh, we discuss the message of the Bhagabat Geeta, in a Simple, Practical Style, so that these are properly understood and put to practice in the daily busy life. Care is taken to see that the spirit of the message of Lord Krishna is preserved and unadulterated.

In the Kriya Yoga Sandesh of October-November, 2014 issue, we covered upo the verse eight of the chapter fifteen of the Bhagabat Geeta.

Now we follow up the discussion from the Verse Nine of Chapter Fifteen of the Bhagabat Geeta.

These few vital verses describe the individual soul, leaving one body at death and occupying a new body to work out its Karma or Destiny or Actions, physical, mental and verbal. The individual soul is known as Jeevaatma or being, the Supreme Soul is known as Paramaatma or God.

SHROTRAM CHAKHYUH SPARSANAM CH

RASANAM GHRAANAMEBA CH

ADHISTHAAYA MANASCHAAYAM

BISAYAANUPASEBATEY

(B.G. CH-15; V-9)

Verse Analysis:

SHROTRAM----- THE EARS

CHAKHYUH----- THE EYES

SPARSANAM----- THE ORGAN OF TOUCH SENSATION

CH----- AND

RASANAM----- THE ORGAN OF TASTE

GHRAANAM----- THE ORGAN OF SMELL

EBA-----EVEN

CH----- AND

ADHISTHYAAYA----- PRESIDING; BOSSING OVER

MANAH----- THE MIND

CH----- AND

AYAM----- HE (THE SELF)

BISAYAAN----- THE OBJECTS OF SENSES

UPASEBATEY----- ENJOYS; EXPERIENCES

General Meaning:

The individual soul, Jeevaatma, presides over the organs of eyes, ears, the touch sensation, the taste sensation, the smell and the mind too. Using these, he experiences and enjoys the objects of the senses.

Explanatory Notes:

The individual Self, Jeevaatma, is the boss of the organization, of the different biological, physiological and psychological organs put together by Nature. This is known as being. This is comparable to a microcosmic corporation. Using these different departments or organs, the Jeevaatma gathers information, processes them and executes orders and in the process enjoys the experiences.

In a wise state the Jeevatma, Lords over the organization of the organs and bossing over them wisely, keeps them under discipline and never suffers or never gets stressed.

However things go wrong, when the discipline is neglected and ignored, these different units of the organization, ignore the Boss and become uncontrollable and chaos occur with negative experiences known as sufferings.

UTKRAAMANTAM STHITAM BAAPI

BHUNJAANAM BAA GUNANWITAM

BIMOODHAA NAANU PASHYANTI

PASHYANTI GNAYAANACHAKHYUSAH

(B.G. CH-15; V-10)

Verse Analysis:

UTKRAAMANTAM----- DEPARTING
STHITAM----- STAYING; RESIDING
BAA----- OR
API----- ALSO
BHUNJAANAM----- ENJOYING
BAA----- OR
GUNAANWITAM----- IN ASSOCIATION WITH GUNAS
BIMOODHAA----- DELUDED PERSONS
NA----- NOT
ANUPASHYANTI----- DE PERCEIVE; SEE (HIM)
PASHYANTI----- PERCEIVE; SEE (HIM)
GNYAANA CHAKHYUSAH----- WITH THE WISDOM EYE

General Meaning:

The soul, when exiting the body, or, abiding in it and enjoying the experiences, or is in association with the Gunas, the deluded are not able to perceive It. Only those, in whom, the wisdom eye are activated, perceive it.

Explanatory Notes:

The soul or Jeevaatma cannot be perceived by the sense organs. Because It is much more subtle than these. Even the mind cannot perceive It. Though in the time of Its own choosing, the soul either exits the body at death or enters it at conception, and experiencing and enjoying life, through the sense organs and in association with three Gunas, these can only be perceived through the third eye or the spiritual eye of the wise. The unwise deluded persons cannot perceive It and hence become victim of law of Karma and suffer a lot in their lifetime and become stressful due to their conditioned mind. The deluded are blinded by Maayaa or relativity. Only a true Guru can help the seeker to activate his wisdom or spiritual eye and enable him to perceive this truth.

JATANTU JOGINA SCHAINAM

PASHYANTYATMANYA BASTHITAM

JATANTOAPYAKRUTAATMAANO

NAINAM PASHYANTYA CHETASAH

(B.G. CH-15; V-11)

Verse Analysis:

JATANTAH----- STRIVING, KEEP TRYING

JOGINAH----- THE YOGIS

CH----- AND

ENAM----- THIS

PASHYANTI-----PERCEIVE; SEE

AATMANI----- IN THE SOUL

ABASTHITAM----- ABIDING; DWELLING

JATANTAH----- KEEP TRYING; STRIVING

API-----ALSO

AKRUTAATMAANA----- UNPURIFIED; UNREFINED

NA----- NOT

ENAM----- THIS

PASHYANTI----- PERCEIVE; SEE

ACHETASAH----- UNINTELLIGENT

General Meaning:

The spiritual seekers, who, keep on trying for perfection, realize Him, dwelling in their own heart. However, those, whose mind is not purified, remain unwise and unintelligent and even if, they keep trying, they cannot perceive the self.

Explanatory Notes:

In addition to sufficient Practice, Power of Understanding (Intelligence) is required to perceive the Self in the self. Restlessness of the mind is known as impure mind. Calm and concentrating mind is pure mind. Kriya Yoga practice daily makes mind calm and

pure, thereby improving intelligence and power of understanding. To achieve this, to have a Guru is necessary.

JADAADITYAGATAM TEJO

JAGADBHAASAYATEAKHILAM

JACCHANDRAMASI JACCHAAGNAU

TATTEJO BIDDHI MAAMAKAM

(B.G. CH-15; V-12)

Verse Analysis:

JAT----- WHICH
AADITYAGATAM----- ABIDING IN THE SUN
TEJAH----- LIGHT
JAGAT----- WORLD
BHAASAYATE-----SHINES; ILLUMINES
AKHILAM----- ENTIRE; WHOLE
JAT----- WHICH
CH----- AND
AGNAU----- IN THE FIRE
TAT----- THAT
TEJAH----- LIGHT
BIDDHI----- KNOW THAT
MAAMAKAM----- MINE

General Meaning:

That light which is residing in the Sun and illumines the whole world, and that light which is in the Moon and also the light and energy, which are in the fire. Know that, those light and energy to be Mine.

Explanatory Notes:

The Sun's brilliant light which enlightens the whole world, is borrowed light, from God. The soothing joyful light of the Moon is borrowed light of God. The light, heat and energy of the Fire, belongs to God. One should remember this and attain wisdom. In other words, the Sun, the Moon, the Fire are parts of God. The Real Master is God.

GAAMAABISHYA CH BHUTAANI

DHAARAYAAMYAHAMOJASAA

PUSNAAMI CHAUSADHEEH SARBAAH

SOMO BHUTWAA RASAATMAKAH

(B.G. CH-15; V-13)

Verse Analysis:

GAAM-----THE WORLD; THE EARTH

AABISHYA----- PERVADING

CH----- AND

BHUTAANI----- ALL BEINGS

DHAARAYAAMI----- UPHOLDING; SUPPORTING

AHAM----- I

OJASAA-----BY MY ENERGY

PUSNAAMI----- I NOURISH

CH----- AND

AUSADHIH----- THE MEDICINAL HERBS

SARBAAH----- ALL

SOMAH----- THE MOON

BHUTWAA----- HAVING BECOME

RASAATMAKAH----- LIFE GIVING

General Meaning:

I pervade the Earth and uphold all beings by My Energy. I become the joyous life giving Moon and nourish the healing herbs.

Explanatory Notes:

It is God only, whose life and Energy permeates the Earth and all beings and supports and uphold all beings. The very life which energizes and pulsates in all beings, enabling them to survive and flourish is God's Life Energy or Praan. It is God only, who appears as the soothing and healing benevolent Moon, who nourishes the healing life giving herbs.

Explanatory Notes:

It is God only, whose life and energy permeates the earth and all beings and supports and upholds all beings. The very life which energizes and pulsates in all beings, enabling them to survive and flourish is God's life energy or Praan. It is God only, who appears as the soothing and healing benevolent Moon, who nourishes the healing life giving herbs.

AHAM VAISWAANARO BHUTWAA

PRAANINAAM DEHAMAASHRITAH

PRAANAAPAANA SAMAAJUKTAH

PACHAAMIYANNAM CHATURBIDHAM

(B.G. CH-15; V-14)

Verse Analysis:

AHAM----- I

VAISWAANARAH----- A SPECIAL FIRE VAISWANARA

BHUTWAA----- HAVING BECOME

PRAANINAAM----- OF LIVING BEINGS

DEHAM----- THE BODY

AASHRITAH----- RESIDING

PRAANAAPAANA SAMAAJUKTAH----- IN COMBINATION WITH PRAAN AND APAAN

PACHAAMI----- I DIGEST

ANNAM----- FOODS

CHATURBIDHAM----- FOUR TYPES

General Meaning:

I become the Vaiswaanar fire and reside in all living beings. In combination with Praan and Apan, i digest the four types of food.

Explanatory Notes:

I reside in all beings as the digestive fire (Vaiswaanara Agni). The four types of food (chewable, sucking, licking and drinking) enjoyed by all beings are digested, assimilated and metabolized by Me, using the combination of the specific Praans, known as Praan and Apan.

Dear Divine Friends, if you study these verses with a calm mind, with positive attitude and being free from Prejudice and partiality, you can understand clearly, that. The source of life, light, energy and function in all beings is one only – the Soul, the Spirit, God. Nothing exists without Him (the I).

This is the unity in diversity. In reality, there is no separateness. The only ONE, pervades and upholds, the apparently appearing Creations and Creatures as too many multiples. Daily Kriya Yoga practice will make the mind calm and concentrating and pure. This will enable us to have refined vision, perception and wisdom, to realise the Truth, which is Eternal. Every being is potentially divine. The main purpose of life is to realise this unity with divinity SAT-CHIT-AANANDAM. This is attaining perfection.

On the occasion of Happy New Year, 2015, we wish you, very happy, healthy, prosperous, harmonious and successful New Year.

May God and Gurus Bless, Guide, Protect and Inspire you.

With Love and Best Wishes,

Humbly,

Paramahansa Atmananda ji

SECTION-2

INSPIRATIONS FROM THE INNER, IMMORTAL, INFINITY

A) YOGA VEDANTA:

1) THE UPANISADS:

- a) “DWAA SUPARNAA SAYUJA SAKHAAYAA
SAMAANA BRUKHYAM PARISASWAJAATEY
TAYORANYAH PIPPALAM SWADWATYA—
NASHNNNNYO ABHICHAAKASHITI”
(MUNDAKOPANISAD; 3-1-1)

General Meaning:

Here, the human body is compared to a Peepul Tree. On this tree live, two similar friendly birds—one is the Supreme Soul and the other is the biological self. In this Self same tree, both reside in the cave of the heart. The Biological Self (Jeevaatma) is addicted to actions and fruits of actions and becomes a victim to the cosmic law of Karma and is bound. The other spiritual self or soul is not interested in experiences and enjoyments. Is not addicted to actions and their results. Is not bound. Is ever free. Is the witness only.

- b) “SAMAANE BRUKHYE PURUSO NIMAGNO—
ANISHAYAA SHOCHATI MUHYAMAANAH
JUSTAM JADAA PASHYATYANYAMISHA—
MASYA MAHIMAANAMITI BEETASHOKAH”
(MUNDAKOPNISAD; 3-1-2)

General Meaning:

The first verse and the second verse are complementary and supplementary to each other. In the self same body tree, in its cavity of the heart reside the God Self and the biological Self (Jeevaatma). As long as the biological Self is not aware of the God Self and does not see It, it remains bound, by the Law of Karma, reward and punishment. Never free, which is the essence of the spiritual self. As a result, the biological self, feels limited, bound, sometimes fears and

sufferings. When the biological self becomes aware of the other spiritual self, it gets interested in it and pays attention to it and knows about Its glory, greatness and illumination and immortality. Its light enlightens it and it realizes the Truth and immediately becomes free from bondage and sufferings.

- c) YADEWAYHA TADAMUTRA
YADAMUTRA TADANWIHA
MRUTYOH SA MRUTYUMAAPNOTI
YA IHA NAANEBA PASHYATI
(KATHOPNISAD; 2-1-10)

General Meaning:

That All Mighty, All Knowing, Formless, yet Totality of all forms, the cause of all causes, Param Brahmam, Supreme Being is present everywhere on this and in this earth. Also He is there in the Heavens and all other worlds. That Supreme, who is there, is present here too. That one and the only Supreme Being, God is abiding in all the universes and worlds. That person, who sees, these appearances in endless different names and forms, due to ignorance and imagines multiplicity, he falls a victim to endless cycles of birth and death. He cannot easily escape from the clutches of repeated cycles of Birth, disease, decay and death.

So therefore, one should firmly and with strong inner conviction, should understand that, the one and the only one Supreme Being, God, with his unimaginable, power and glory, manifests as various, different names and forms. This whole creation is pervaded both inside and outside by that Supreme Soul. And hence, all these and those, are forms of the formless, His manifestations.

2) ASTAAVAKRA SAMHITAA:-

- a) "ANTASTYAKTA KASAAYASYA
NIRDWANDWASYA NIRAASHISAH
YDRUCCHAYAAGATO BHOGO
NA DUHKHAAYA NA TUSTAYEY"
(Astaavakra Samhita; Ch-3; V-14)

General Meaning:-

That person who has renounced worldly attachments from his mind, and is free from the pairs of opposites, and is free from desires and cravings, to such a

person, no experience, coming as a matter of course, can cause either pain or pleasure.

- b) “TADAABANDHO YADAA CHITTAM
KIMCHIDBAAN CHHATI SHOCHATI
KIMCHINMUNCHATI GRUNWHATI
KIMCHIDRUSYATI KUPYATI”
(Astaavakra Samhita; Ch-8; V-1)

General Meaning:-

It is bondage, when the mind, desires or craves or grieves or laments at any thing or situation, either accepts or rejects anything, feels happy or angry at anything.

- c) TADAA MUKTIRYADAA CHITTAM
NA BANCHHATI NA SHOCHATI
NA MUNCHATI NA GRUNWHATI
NA HRUSYATI NA KUPYATI
(Astaavakra Samhita; Ch-8; V-2)

General Meaning:

Liberation is achieved, the moment, the mind is free from desires and cravings and grievances. Liberation is achieved, when the mind does not reject or accept, or feel happy or angry.

B) THE HOLY BIBLE:

- 1) THE LORD IS MY LIGHT AND MY SALVATION; WHOM SHALL I FEAR? THE LORD IS THE STRONGHOLD OF MY LIFE, OF WHOM SHALL I BE AFRAID?
(Pslams; 27:1)

- 2) MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE IN BELIEVING, SO THAT BY THE POWER OF THE HOLY SPIRIT YOU MAY ABOUND IN HOPE.

(Romans; 15:13)

- 3) KNOW THEREFORE THAT THE LORD YOUR GOD IS GOD, THE FAITHFUL GOD WHO KEEPS COVENANT AND STEADFAST LOVE WITH THOSE WHO LOVE HIM AND KEEP HIS COMMANDMENTS TO A THOUSAND GENERATIONS.

(Deuteronomy; 7:9)

C) FROM RAMANA MAHARSI:-

- 1) Hence I say, know that you are really Infinite, Pure Being—The Absolute.
- 2) Leave it all to the Master. Surrender to Him, without reserve.
- 3) When the wrong identification of oneself with the body ceases, the Master will be found as none other than the SELF.

D) FROM LAHIRI MAHASAYA :

In all human beings there are six chakras—these are termed as SAT CHAKRAS. These SAT CHAKRAS have kept all beings bound. If you, by practicing Praanaayam, make your mind free from support, meaning, remain in formlessness, then, these chakras cannot imprison you any more. Then you will understand, that the six chakras have been overcome.

Formless means Shunyam, void, nothing at all. If you can remain in this supportless voidness, then there is no obstacle at all.

The conscious company of the Inhalations and the Exhalations is known as spiritual company, or, Satsang or company of the Truth. If one can keep the conscious company of the Inhalations and Exhalations, one can abide in Shunya or Voidness and only then egoism, worries, sins, virtues, desires, cravings, all will vanish and Self Realization only remains.

Kundalini is the foundation and support. She is sleeping, dormant. She is engrossed in the gross physical awareness. She has to be disturbed and banished from her physical shelter. Only she will approach Shunyam (Shivam) void for shelter and will be supportless and unite with shivam.

NIRAASHRAYAM MAAM JAGADEESHA RAKHYA

General Meaning:- O'God, I am shelterless, supportless and helpless. Please O Lord of the Creation, Bless me, Guide me, Protect me and Inspire me.

SECTION-3

CENTER NEWS

KRIYA YOGA DHYANA KENDRA, BHAWANIPATNA, KALAHANDI:

Pujya Gurudev Visited Bhawanipatna in about middle of November and stayed till quarter of December with busy schedule of extensive programs at different Ashrams and Centers in Kalahandi, Koraput district of Odisha and also in Chhatishgad. Kriyayoga Dhyanakendra Kalahandi has been performing its core rule, on Guidance, management and arrangement of programs on various centres and places.

Annual function of Kriyayoga Dhyanakenda Kalahandi was celebrated on 15th and 16th of November; the details had been given on the previous issue of Kriyayoga Sandesh.

KRIYA YOGA DHYANA KENDRA SEVA SAMITI, DEOBHOG, CHHATISHGAD:

The sincere and energetic Kriyabans of Deobhog, Chatisgarh, have a registered Kriya Yoga Organization and have also succeeded in building their own Ashram building. Pujya Gurudev, accompanied by a team of active Yogacharyas of Bhawanipatna Ashram and Dharmagarh Ashram had a trip to Deobhog on 21st November, 2015, to attend the annual function. There is a unique combination of culture and language of Odisha and Chhatishgad States, as this place is situated at the border of the two states. Gurudev was received cordially and after, Arati, a large number of people were initiated into Kriya Yoga. There was Pravachanam class by Gurudev in the afternoon session. People there, showed a great interest and the function was a great success. Gurudev and the team return to Dharmagarh in evening to attend the Annual function of Dharmagarh Ashram which was scheduled to be celebrated during next two days.

KRIYA YOGA KENDRA, DHARMAGARH, KALAHANDI:

Kriyabans of Dharmagarh, Kalahandi, with the guidance of Yogacharya Basanta Baba and Sunil Baba, celebrated the Annual function of the Ashram on 22nd and 23rd of November, 2014.

Now the Ashram has its own building with sufficient land around for gardens and expansion of the meditation hall. All the Kriyabans are highly motivated to practice and propagate Kriya Yoga and practical spirituality.

A sacred fire ceremony was held (Yagnya) with chantings of Vedic mantras and Kriya Yoga practice, prayers and seminars.

Also there were many initiations and separate classes for first Kriya and Higher Kriyas.

Sattwik vegetarian meals were provided to all who attended, which was more than a few hundreds.

Every week, once or twice, regular guided group meditation are held under the guidance of Yogacharyas. Special functions are also held on auspicious occasions.

Yogacharya Umesh Baba, Yogacharya Panchanan Baba, Yogacharya Sunil Baba and Yogacharya Dr.Jena Baba also frequently visit and provide guidance and support.

KRIYA YOGA CENTER, JAYAPATNA, KALAHANDI:

This, up and coming Kriya Yoga Center, deep in the rural area of the famous district of Kalahandi is gaining in importance.

Though relatively young, the membership here is growing fast. People are motivated, energetic and hospitable and have great appreciation for God, Gurus and Kriya Yoga.

Under the able guidance of Kriyaban Subas Mund Baba and family and Yogacharya Upendra Baba, Kriya Yoga is making rapid progress here.

There are a few nice temples here. They have thrown open their doors to Kriya Yoga and offer lots of help.

Kriya Yoga Center Jaypatna also spreads the message of Kriya Yoga and practical spirituality in the surrounding villages and towns.

Pujya Gurudev visit them regularly and gives his blessings and guidance. Yogacharya Umesh Baba, Yogacharya Panchanan Baba, Yogacharya Sunil Baba also visit and provide help and guidance.

There was a Program on 30th November,2014, at Jaipatna. The program was arranged at Gayatri Mandir. There were Initiation, class, Pravachan, and Prasad Sevanam.

KRIYA YOGA ACADEMY, MOHANGIRI, KALAHANDI:

Under the able guidance of Yogacharya Umesh Baba and Janakdhari Baba, the Center celebrated its Annual Function on 3rd December, 2014, with the holy presence of Gurudev Paramahansa Atmananda ji Maharaj. Many people took initiation. Some school and college students both, boys and girls, were initiated. They were specially advised to attend different programs on Kriyayoga on district level, state level and, if possible, on national level also. Then there was a seminar and general body meeting and Pravachana by Gurudev. Prasadasevan with delicious khichidi was also there. Large number of people attended the function and was a great success.

The Ashram is situated on a nice location, on a river bank and surrounded by mountains and jungles. There is a great determination among the Kriyabans and their families to improve the infrastructure and add many charitable activities in addition to practice of Kriya Yoga and practical spirituality.

KRIYA YOGA PRAVACHANA CLASS AT JEYPUR, ODISHA:

There was a Pravachan program at Jeypur in Koraput district. Gurudev went there on 5th December, 2015, with Umesh Baba and other Yogacharyas. The program was arranged at Geeta Bhawan. Large number of audience attended the Pravachana class by Gurudev and got lots of information about Kriyayoga and its benefits.

KRIYA YOGA PRAVACHANA CLASS AT KINERKELA, KALAHANDI:

Kinerkela, a well educated and well organised village by the side of the national highway is about a few miles from Kesinga, in the district of Kalahandi, Odisha. Gurudev was invited for a pravachan class there. Almost all the villagers out numbering thousands gathered to receive Gurudev with traditional sankirtana groups. The people of the village including children and women attended the pravachan class with utmost interest. All were blessed with Pujya Gurudev and The program was a grand success.

KRIYA YOGA DHYANA KENDRA, ROURKELA, ODISHA:

Kriya Yoga Dhyana Kendra ,Rourkela can be captioned as the womb of the Kriya Yoga movement of Pujya Gurudev, Baba Atmananda ji. Our regular activities are running properly. Mangal arati starts at 5.30 a.m., meditation at 6.30 a.m., followed by Chandi path, Gita path and Puranapurush path. In the evening arati starts at 6.00p.m.. After Arati, Chandi path, Gita path and Puranapurush path and finally, meditation follows.

There was a Pravachan programme on 27th Dec, 2014 at Udit Nagar, Rourkela . Gurudev Paramahansa Atmananda ji gave the pravachan about how Kriya Yoga is a scientific way for Self Realization. Many kriyabans and non Kriyabans attended the programme.

On 4th January, 2015, we observed a special health check-up camp in the Ashram in memory of Paramahansa Yogananda. We distributed biscuits to every patient.

We observed Paramahansa Yogananda's Birthday on 5th Jan, 2015. We worshipped God and Gurus at the gate and in the meditation hall and did meditation in the morning . In the evening, Arati started at 6.00 PM. Then Chandipath, Gita Path, Puranpurush Path. Prabachan were given by some Yogacharyas. We also arranged Prasad Sevanam. Many disciples attended the function. Aditya Baba from Bhubaneswar and Dora Baba from Bargard were also present.

There is a charitable clinic running once in a week i.e. on Sunday. Donations from one and all are requested for the maintenance and proper functioning of the Ashram.

KRIYA YOGA CENTER, BANGALURU, INDIA:

Bangalore or Bangaluru, in South India is the Indian equivalent of the Silicon Valley of the USA. It boasts of two Kriya Yoga Centers, one near the old Airport, Vinayak Nagar and the second is in the campus of the Indian Institute of Science, near the city Railway Station. Yogacharya Peetabasa Baba and Rout Baba are in charge and guide. The city is famous for its high earning young executives and managers. Accordingly, stress level is high, divorce rate and suicide rates are high. There is great appreciation of Kriya Yoga and meditation techniques and other stress management outlets.

Pujya Guru ji visits the Kriya Yoga Center atleast twice a year. Initiations, group meditations, go on regularly on weekly basis. Many scientists are also trained in Kriya Yoga and practice regularly. Though people are over busy, yet, they make time to practice Yoga, meditation. Many come to meditation class with children, who also get opportunity to get introduced to Kriya Yoga and practical spirituality at a very tender age.

KRIYA YOGA CENTER, AHMEDABAD, GUJARAT:

The highlight of many activities was a four day long retreat seminar at the ancient and historical Girnar mountains in Junagadh of Gujarat State, India. It was a very well planned, efficient retreat seminar, organized by Yogacharya Munjal Baba and the sincere and efficient Kriyabans of Ahmedabad, Gujarat.

There were guided meditation classes of first group of Kriya and higher Kriyas too.

The whole seminar was held in the campus of a great Ashram Complex with beautiful natural surroundings. There were sightseeing and walking sessions too in addition to the meditation and prayer classes.

At the headquarters of the Kriya Yoga Center at Ahmedabad, regular weekly sessions are held under the guidance of Yogacharya Munjal Baba.

Pujya Guruji, Paramahansa Atmananda ji visited and guided and blessed the noble activities.

There were initiations to higher Kriya and practice sessions.

KRIYA YOGA CENTER, BHUBANESWAR, INDIA:

Kriya Yoga center, Bhubaneswar can be termed as a nodal Center for the Global Kriya Yoga movement. From this Kriya Yoga Center, Baba Aditya ji co ordinates the activities and programs of the global forums of Kriya Yoga, founded and guided by Sat Guru, Paramahansa Atmananda ji. Baba Aditya ji helps pujya Gurudev in organizing Kriya Yoga programs and actively helps in the management of four other Kriya Yoga Ashrams in addition to the Bhubaneswar Center.

Almost daily, there are guided group meditations, after initiation by appointment , counseling classes.

This Center is also the frequent camping place for Pujya Gurudev, on his various Kriya Yoga tour programs. Slowly but steadily, more and more people are approaching this Center for information, learning and practicing Kriya Yoga.

God and Gurus are great.



KRIYA YOGA SANDESH

SPECIAL SECTION

MESSAGE FROM KRIYABANS:

What is Kriya Yoga?

It is a technique which allows me to get a date with God.
The vehicle which we choose to go to meet Him is Love.
On the altar of my heart I offer all my love to Him, all joy and every experience I have. And, while doing the Kriya Techniques, I feel that there is no difference between me and the whole thing.
Not that I am able to reach the oneness with God in Samadhi, but practicing the techniques allows me to hope and to be confident to experience this oneness, oneday.

PETRA

KRIYABAN FROM HAMBURG, GERMANY.

For me the Kriya Technique means a opportunity for God (The Supreme Being) to present me moments of (and in) eternity.
Of course, The Supreme Being has unlimited opportunities to present me moments of eternity. But with the Kriya method I can most suitably show my willingness to accept His Gift.
So, Kriya means for me, the method to clear/drain/empty my hands to accept the present (and presence) of God.

G.S.

KRIYABAN FROM HAMBURG, GERMANY.

To be in you, God means everything. He is whole, the perfection, the healing.
Close your body-based eyes, open the eyes of the heart and enter into your presence.
I collect myself out of all diversions and I do trust in you. I give myself into you as in a big hand.
I do not have to talk in order to be heard by you. I do not have to list what is missing or to tell you what happens in this world and where we need your help.
To be in you, God means everything, what I am asking for. This way I have been asking for everything I need from time and eternity.

JOERG FINK

MESSAGE FOR KRIYABANS

Dear Godlike friends, you are so very fortunate, that, you need to remind yourself about it for your own health, happiness and quality of life. It is because you have been initiated into Kriya Yoga and you have learnt it and are practicing it. The benefits of Kriya Yoga are immense and cannot be fully described. Each Kriya Yoga technique has, physical, mental, intellectual and spiritual benefits.

Maha Avatar Babaji frequently quotes from the Bhagabat Geeta, which Paramahansa Yogananda took care to repeat frequently.

NEHAABHI KRAMANAASHOASTI
PRATYABAAYO NA BIDYATEY
SWALPAMAPYASYA DHARMASYA
TRAAYATEY MAHAJO BHAYAAT
(B.G. CH-2; V-40)

General Meaning:

The investment of Time, Energy and Effort in this Yoga is never wasted, nor it decreases. There is no adverse effect.

Even a little or limited practice of this great divine technique saves one from the great fear of disease, decay and death.

BENEFITS OF OM KRIYA:

In this issue let us discuss about the benefits of the OM technique of Kriya Yoga. Few important salient points are:

- 1) At the physical level—it is a great self healing and self strengthening technique. It is also known as Praanic Healing Technique.
- 2) At the astral level—it prevents and alleviates the adverse Astrological effects of the Stars and Planets, which are mediated through the Sukhma or Astral aspects of the Chakras.
- 3) At the spiritual level—it helps in overcoming the body and mind consciousness which are obstacles to deep meditation to the formless (real meditation or Paraabasthaa).

COUNTERPARTS:

Each Chakra has Physical, Astral, Taattwik counter parts.

- 1) At the physical and physiological level, the following is the corresponding anatomy and physiology:
 - a) Mooladhara Chakra (Bottom Center)—Sacro-coccygeal nerve plexus—regulating the health and functions of the organs of Excretion and Procreation (seat of Apaana).
 - b) Swadhisthan Chakra (Hypogastric Nerve Plexus)—regulating the functions and health and efficiency of the internal organs of Procreation and Excretion (seat of Apaana).

- c) Manipura Chakra (Coeliac or Solar Plexus)—regulating the functions and health of the vital organs of digestion, assimilation, metabolism and energy production, immune system, endocrine system etc. (seat of Samaana).
 - d) Anahata Chakra (Cardio-pulmonary Plexus)—regulating the functions and health of the heart, lungs and the great vessels inside the chest. Deals with blood circulation, purification, nutritional and oxygen supply to every cell, tissues and organs. Above, below and in the middle. It is life and living itself (seat of Vyaana).
 - e) Visuddha Chakra (Laryngo-pharyngeal and cervical)—regulating breathing, speaking, eating, swallowing, coughing, sneezing etc and maintains their efficient functioning (seat of Praana).
 - f) Aagnyaa Chakra (Hypothalamo-pituitary complex mother Plexus)—regulating the functions of the whole body, in close association with the brain. Helps in survival, both in normal and abnormal circumstances. This presides over all other chakras and plexus. It collects feedback from different parts and systems of the body. Submits it to the brain (cerebral cortex, the Sahasrar Mahachakra) and takes orders from it for efficient, appropriate functioning (seat of Praana)
 - g) Sahasrar Mahachakra (cerebral cortex, the Master controller of life and living, plays the roles of Brahma, Visnu and Maheswara, i.e. Creativity, Maintenance and Protection, and, Elimination and Preservation (seat of Udaan).
- 2) Chakra Balancing:
The health and vitality of all these internal organs can be improved, individually and collectively by the right and correct practice of Om Kriya. If there is dysfunction or imbalance in the respective region of the chakras, proper performance of Om technique, there can bestow balance and healing in the body parts there.
- 3) Better Memory and Concentration:
Om technique performed more in Sahasraar area and Aagnyaa Chakra Area, can calm the restless and irritability of the mind and improve memory and concentration power of the mind.
- 4) CHAKRAS AND TAATTWIK CONSIDERATIONS:
According to Yoga philosophy, the Creation is made up of the five great Elements – These are the Earth, the water, the Fire, the Air and the Space or Vacuum. The order or sequence is – Before Creation, nothing was existing except the unmanifest God. God willed to create. From His will space came into existence, from space, came Air, from air came Fire, from fire came water, from water came Earth. From Earth came plant life, animal life and so on. So, each plant and animal life is made up of these five great elements or Pancha Mahaa Bhuta.
Accordingly, these are represented through the Chakras in the spine and brain of the Human Beings.
- 5) Chakras and the Chakras:

The Mooladhaar Chakra at the bottom of the spine represents the Earth Element.

The generative Chakra represents the water element.

The navel chakra represents the fire element.

The heart chakra represents the air element.

The neck or cervical chakra represents the space element.

The chakra behind the head represents the soul.

The top most chakra at the crown of the head represents God.

Leaving the topmost two chakras, the rest five chakras can behave erratically and their functions can become imbalanced causing diseases and obstructions to spiritual progress.

Proper application of the Om technique or Om Kriya (under the guidance of the Guru) can heal and correct the imbalance. This helps in accelerating the spiritual progress leading to Self Realization.

These are in brief, some aspects of the Om technique or Om Kriya.

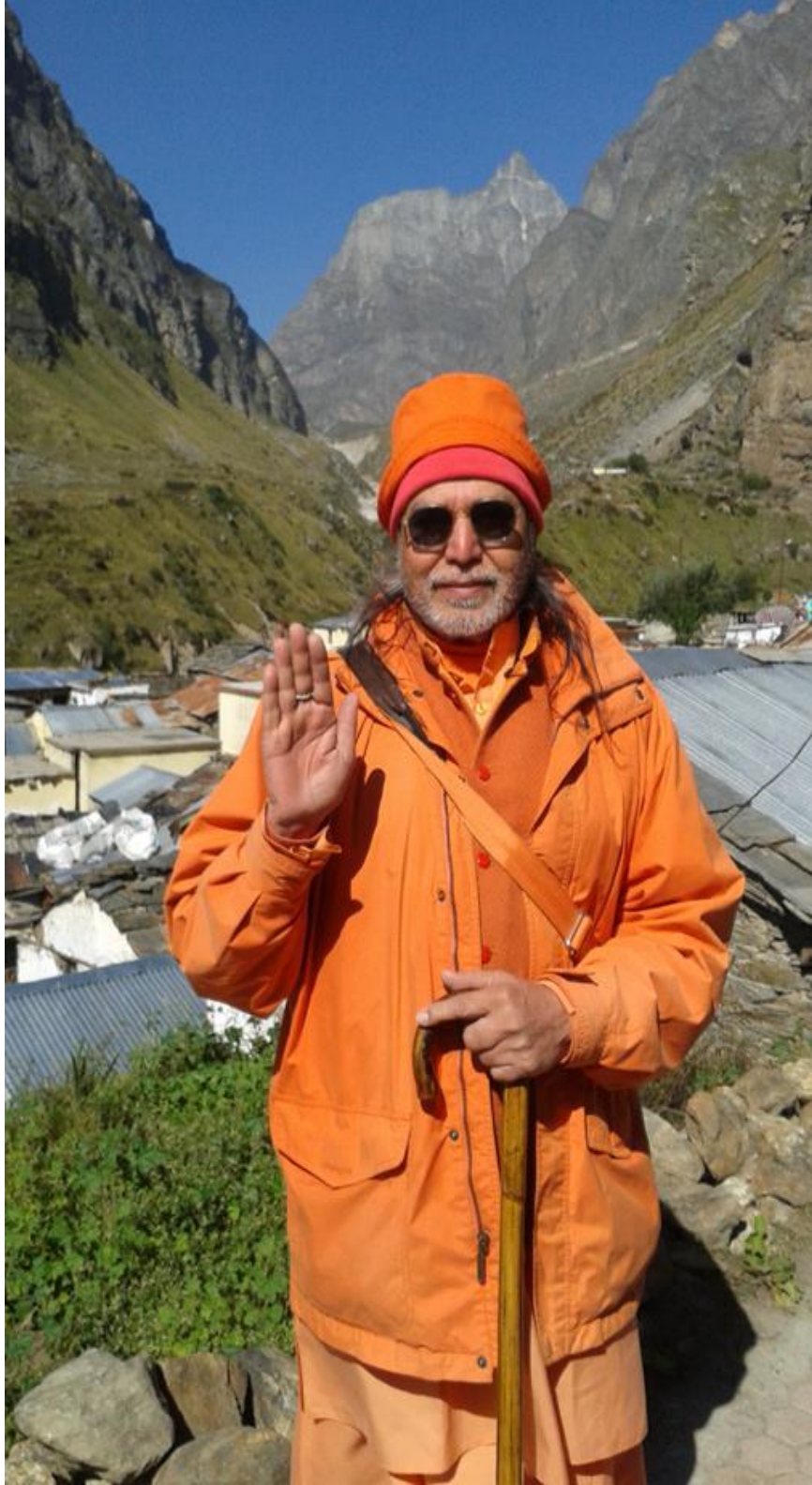
OM TAT SAT OM
(God is the Only Truth)

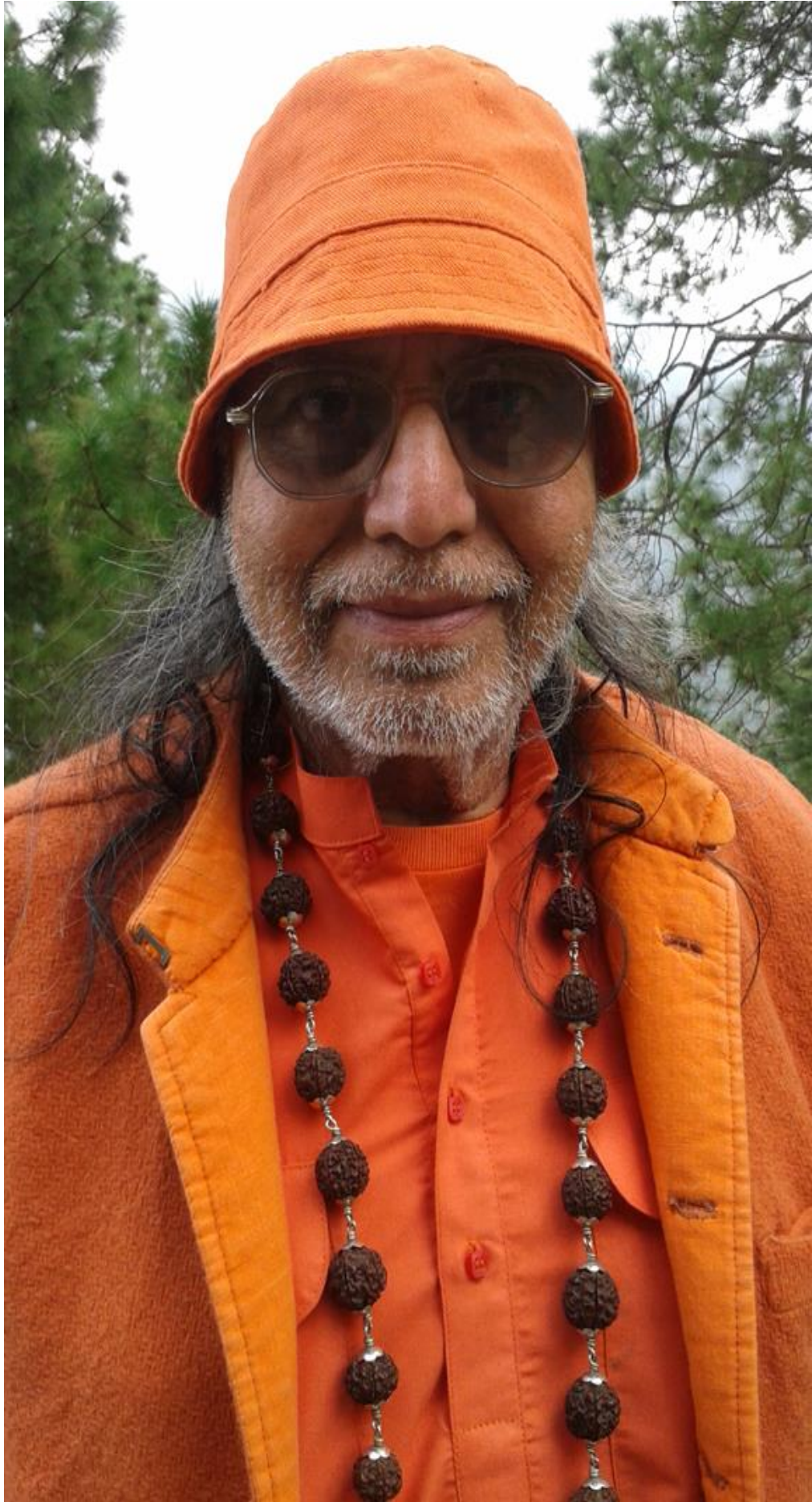
TAT TWAM ASI
(That Thou Art)

With Love and Best Wishes,
Humbly,
Baba Atmananda ji

PHOTO SECTION













OM TAT SAT OM

(That is the Absolute Truth)

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