



Kriya Yog Sandesh

September 2012

श्रोत्रस्य श्रोत्रं मनसो मनो यद्वाचो ह वाचं
स उ प्राणस्य प्राणः चक्षुषश्चक्षुः |
अतिमुच्य धीराःप्रेत्यास्माल्लोकादमृता भवन्ति ॥ १-२ ॥

Shrotrasya Shrotram Manaso Mano Yadvaachoha Vaacham
Sa Oo Praanasya Praanah Chakshyusachchakshyuh |
Atimuchya Dheeraah Preytyaasmaa Llokaadmrutta Bhabanti ॥ 1-2 ॥

He (HE), who is the Ear of the ears, Mind of the minds, Power of the speech, is also the life Energy of the life, is also the Eye of the eyes. Those who realise this, thus, the wise seekers, give up their Self identification with the mind and organs of the senses, and become Immortal.

-kenopnishad

Proper Understanding of the BHAGAVAD GEETA - Part 104

MESSAGE BY PARAMAHANSA ATMANANDAJI

Dear Divine Friends,
Pranams, humble and loving greetings

Hope you are living the life in the right spirit and living in the present, every moment of it. Life has to be lived, healthily, happily, harmoniously, lovingly and helpfully, but the day to day experience shows that it is not so easy. In spite of our best intentions things do not always workout as per our planning and expectations. We are always subjected to actions, interactions and reactions. We are not an isolated entity. Every being, everything in the creation are part of Cosmic Whole. The Cosmic Whole itself is influenced by the Cosmic Holes, commonly known as the BLACK HOLES. These black holes are the direct instruments of Time and Space. The ever changing time and space are another scientific term and expression of Paraa Shakti or Mother Nature or Paraa Praan or Brahmam. But this eternal time and space, which appears to be ever changing, is itself under control of the Supreme, the Absolute, Eternal, from within itself. This Absolute Eternal known to the Yogis as SAT CHIT ANANDA. This SAT CHIT ANANDA is the inner Self, the soul, the spirit of all beings. This individual inner is in reality the ONE, the inner controller of all beings, including that of time and space.

Though It abides within every mortal being, Itself is formless, immortal and all pervading. Realizing this, the spiritual seeker (Yogi) goes beyond all sufferings. This is the real state of living in the right way and enjoying life. To achieve this state one needs three basic qualifications:-

- 1) Some degree of Inner detachment to the material life
- 2) Reasonable degree of Sense and Mind Control or Self-discipline
- 3) Sincere interest and love for the Inner Self

In this twelfth chapter of the Bhagabat Gita, known as Bhakti Yoga or the yoga of divine love (inner unity), Krishna speaks about non-sensual Spiritual Love, which gives the spiritual seeker, self or God realization and a stress free harmonious life.

Qualities Loved by God: In the following verses, Krishna Speaks about the qualities, which make a devotee dearest to God.



अद्वेषा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहंकारः समदुःखसुखः क्षमी ॥१२- १३॥

Adwaystaa Sarba Bhutaanaam Maitrah Karuna Eba Ch ।
Nirmamo Nirahankaarah Sama Duhkha Sukhah Khyami ॥12-13॥

अद्वेषा	Adwaystaa	Inability to hate
सर्वभूतानां	Sarba Bhutaanaam	To all beings, all creation
मैत्रः	Maitrah	Friendly
करुणः	Karunah	Compassionate
एव	Eba	Even
च	Ch	And
निर्ममः	Nirmamah	Without meanness
निरहंकारः	Nirahankaarah	Without Egoism
सम दुःख सुखः	Sama Duhkha Sukhah	Equal minded in Sorrow and Happiness
क्षमी	Khyami	Forgiving

General Meaning:

He who does not hate any being, who is friendly to all beings, who is compassionate, who is free from the feelings of me and mine, even minded in sorrow and happiness and is forgiving.

Explanation:

In this verse Krishna speaks about the qualities in a spiritual seeker, which make him or her dearest to God.



संतुष्टः सततं योगी यतात्मा दृढनिश्चयः ।
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः ॥१२- १४॥

Santustah Satatam Yogi Jataatmaa Dridha Nischayah ।
Majyarpita Manobudhirjyo Madbhaktah Sa May Priyah ॥12-14॥

संतुष्टः	Santustah	Satisfied, contented
सततं	Satatam	Always, constantly
योगी	Yogi	Practicing yoga
यतात्मा	Yataatmaa	Self-disciplined , self-control
दृढ	Dridha	Firm, strong
निश्चयः	Nischayah	Determination, Inner conviction
मयि	Mayi	To me
अर्पित	Arpita	Surrender, dedicated

मनोबुद्धि	ManoBuddhih	Mind and Intellect
यः	Yah	Who
मद्भक्तः	Madbhaktah	My devotee
सः	Sah	He, that
मे	May	To me
प्रियः	Priyah	Dear

General Meaning:

That devotee of Mine, who is always satisfied, firmly established in Yoga meditation with full self-control, firm determination and with mind and Intellect dedicated to Me, he, My devotee is dear to Me.

Explanation:

In these two verses; 13 and 14 of the chapter 12, Krishna describes the qualities of a sincere Yogi, devotee, who is dear to God. Highest form of Dearness is Oneness. The Yogi devotee, with these qualities, rises above his ego and realizes his Oneness with God. Such qualities cannot be attained without, full faith, positive attitude and wisdom and love. Daily sincere and correct practice of Kriya Yoga, under the guidance of a realized Master can get the devotee, these qualities and Oneness with God or Self-realization.



यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः ।
हर्षामर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः ॥१२-१५॥

Yasmaanno Dwijatey Loko Lokaanno Dwijatey Ch Yah ।
Harsaamarsa Bhayodbeygairmukto Yah Sa Ch Mey Priyah ॥12-15॥

यस्मात्	Yasmaat	From whom
न	Na	Not
उद्विजते	Udwijatey	Is agitated
लोकः	Lokah	The world, people
लोकत्	Lokaat	By the world
न	Na	Not
उद्विजते	Udwijatey	Is agitated, disturbed
च	Ch	And
यः	Yah	Who
हर्ष	Harsa	From joy
अमर्ष	Amarsa	Envy
भय	Bhaya	Fear
उद्वेगै	Udbeygaih	Anxiety
मुक्तः	Muktah	Freed
यः	Yah	Who
सः	Sah	That person
च	Ch	And
मे	Mey	To me
प्रियः	Priyah	Dearest

General Meaning:

That person who never disturbs anybody in the world and who is never agitated by the world and also such a person is free from the excitements of joy, free from envy, free from fear and free from anxiety, such person is dear to me.

Explanation:

Krishna describes the qualities of a person which make him dear to God. The person should be free from the bondage of egoism, which is the source of many evils, such as mental agitation, hyper excitement, jealousy, fear and anxiety.



अनपेक्षः शुचिर्दक्ष उदासीनो गतव्यथः ।
सर्वारम्भपरित्यागी यो मद्भक्तः स मे प्रियः ॥१२- १६॥

Anapey Khyah Shuchirdakhya Udaasino Gata Byathah ।
Sarbaarambha Parityaagi Yo Madbhaktah Sa Mey Priyah ॥12-16॥

अनपेक्षः	Anapeykhyah	Who does not feel deficiency of anything
शुचि	Shuchih	Pure
दक्षः	Dakhya	Expert
उदासीनः	Udaasinah	Unconcerned
गतव्यथः	Gatabyathah	Unworried
सर्वारम्भ	Sarbaarambha	Doer ship of undertaking
परित्यागी	Parityaagi	Renouncer
यः	Yah	Who
मद्भक्तः	Madbhaktah	My devotee
सः	Sah	He
मे	Mey	To me
प्रियः	Priyah	Dear

General Meaning:

He who does not feel the deficiency of anything, who is pure and expert in his work, who is unconcerned and unworried, who is free from the Sense of doer ship in all undertakings, such a person who is devoted to Me, is dear to Me.

Explanation:

In this verse, Krishna is describing the qualities of a devotee, dearest to God. It is interesting to note that God appreciates and likes a person, who is active, energetic, neat and clean internally and externally, cheerful, not at all worried, does not hanker for anything and expert in his duties and is free from personal egoism.

The picture of a devotee, doing nothing, frequently and publically chanting Gods names, with many sectarian paintings of the body and often special clothing is the favorite picture of God's devotee in the mind of most people. Such a person may not be dear to God at all. It is clear from this verse and verses before it and following it.



यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति ।
शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः ॥१२- १७॥

Yo Na Hrusyati Nadwesti Na Shochati Na Kaankhyati |
Shubhaashubha Parityaagi Bhaktimaan Yah Sa Mey Priyah ||12-17||

यः	Yah	Who
न	Na	Not
हृष्यति	Hrusyati	Excited in joy
न	Na	Not
द्वेष्टि	Dwesti	Hates
न	Na	Not
शोचति	Shochati	Worries
न	Na	Not
काङ्क्षति	Kaankhyati	Craves
शुभ	Shubh	Beneficial, good
अशुभ	Ashubh	Evil
परित्यागी	Parityaagi	Renouncer
भक्तिमान्	Bhaktimaan	Full of love
यः	Yah	Who
सः	Sah	He
मे	Mey	To me
प्रियः	Priyah	Dear

General Meaning:

That person, who never becomes over excited in joy, nor is hateful, is not a victim of worry and anxiety, is not influenced by considerations of good or evil, is full of love and devotion to God, such a person is dear to Me.

Explanation:

Here Krishna describes some more qualities in a person, which make him dear to God. The person should be free from the emotional excesses which are natural to non-spiritual worldly people, such as over excitement, over reaction, biological animal like qualities like anger, hostility, greed, value system based on auspiciousness and inauspiciousness and lack of reverence and devotion to God. The Spiritual people should overcome egoism, sense of me and mine and depend on God's Mercy.



समः शत्रौ च मित्रे च तथा मानापमानयोः ।
शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः ॥१२- १८॥

Samah Shatrou Ch Mitrey Ch Tathaa Maanaapamaanayoh |
She Etosna Sukhaduhkhesu Samah Sanga Bibarjitah ||12-18||

समः	Samah	The same
शत्रौ	Shatrou	To enemies
च	Ch	And
मित्रे	Mitrey	To friends
च	Ch	And
तथा	Tathaa	Also

मानापमानयोः	Maanapamaanayoh	In honor and dishonor
शीतोष्ण	Sheeta Usna	In cold and heat
सुखदुःखेषु	Sukhaduhkheysu	In happiness and unhappiness
समः	Samah	The same
सङ्गविवर्जितः	Sanga bibarjitah	Devoid of attachments

General Meaning:

That person, who is equal minded to enemy and friend and in honor and dishonor too, who is the same in cold and heat, in happiness and unhappiness, who is free from attachments.

Explanation:

In this verse Krishna describes some more qualities, which make a person dear to God.



तुल्यनिन्दास्तुतिर्मौनी सन्तुष्टो येन केनचित् ।
अनिकेतः स्थिरमतिर्भक्तिमान्मे प्रियो नरः ॥१२- १९॥

Tulyanindaastutirmouni Santusto Yeyna Kenachit ।
Aniketah Sthiramatih Bhaktimaan Mey Priyo Narah ॥12-19॥

तुल्यनिन्दास्तुतिः	TulyaNindaaStutih	Equal minded in Blame and Praise
मौनी	Mouni	Who practices Silence
सन्तुष्टः	Santustah	The content, satisfied
येन केनचित्	Yeyna Keyna Chit	Without any Fuss, somehow or other
अनिकेतः	Anikeytah	Possession less, without possessiveness
स्थिरमतिः	Sthiramatih	Cool mind, Firm inner conviction
भक्तिमान्	Bhaktimaan	Full of Devotion
मे	Mey	To Me
प्रियः	Priyah	Dear
नरः	Narah	Person, man

General Meaning:

The person who is equal minded in blame and Praise, who enjoys inner silence, is self-contented somehow or other, who has no sense of possessiveness, who is firm in his inner convictions and full of devotion, such a person is dear to Me.

Explanation:

In this verse Krishna is speaking about some more qualities of a person, whom God loves. The person should have even mindedness, is of cool brain and temperament, who does not hanker for anything, he should be free from the sense of me and mine, who has unshakable faith in his relationship with God and should be free from the habit of gossiping and unnecessary talk, such a person is dear to God.



ये तु धर्म्यामृतमिदं यथोक्तं पर्युपासते ।
श्रद्धधाना मत्परमा भक्तास्तेऽतीव मे प्रियाः ॥१२-२०॥

Yey Tu Dharmyaamritamidam Yathoktam Parjyupaasatey ।

Shraddhadhaanha Matparamaa Bhaktaasteyatiba Mey Priyah ||12-20||

ये	Yey	Whoever
तु	Tu	Indeed
धर्म्यामृतम्	Dharmyaamritam	Immortal codes of conduct
इदम्	Idam	This
यथा उक्तम्	Jathaa Uktam	As instructed
पर्युपासते	Parjyupaasatey	Practices, follows
श्रद्धधानाः	Shraddhadhaanaa	With faith and positive attitude
मत्परमाः	Matparamaa	Considering me as the supreme
भक्ताः	Bhaktaah	Devotees
ते	Tey	They
अतीव	Ateeba	Very very
मे	Mey	To me
प्रियाः	Priyah	Dear

General Meaning:

Those who obey and follow this Eternal, Immortal code of conduct with positive attitude and faith, thinking of Me as the Supreme goal and shelter and are devoted to Me, are very much dear to Me.

In these verses Krishna describes the qualities and conducts of the yogis, who are close to and dear to God. This whole Creation follows the Unity and oneness of the cosmic life, following the cosmic laws as set by the Supreme Spirit, God. Those who follow it sincerely, become one with the cosmic spirit, rising above the biological ego, they realize their oneness with the Supreme and go beyond all relativity (Maayah) and sufferings.

ॐ तत्सदिति श्रीमद्भगवद्गीतासूपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे
श्रीकृष्णार्जुनसंवादे भक्तियोगो नाम द्वादशोऽध्यायः ॥ १२ ॥

Om Tat Sat, Iti Srimadbhagbad Gitaasu Upanisadsu Brahma Vidyaayaam Yoga Shaastrey, Sri
Krishnaarjuna Sambaadey, Bhakti Yogo Naama Dwaadaso Addhyaah || 12 ||

OM THAT IS THE ONLY TRUTH. Thus ends, the personalized Spiritual Teachings of Lord Krishna to Arjun, reported in the Yoga scriptures chapter named, the Yoga of Divine Love or Bhakti.

Dear Divine Friends,

Reading and thinking of this Spiritual, educative conversation between Krishna and Arjun, will elevate you to a higher joyful life, but meditating on it and its meaning will take you closer to God and help you realizing your perfection in realizing the Supreme Spirit God, within you and everywhere.

NAANYA PANTHAA BIDYATEY AYANAAYA

There is no other way to eternal joy and the Supreme light of Knowledge. May that Supreme, joyful and loving spirit, bless, guide, protect and inspire you and remove your troubles, born of ignorance of your Inner Infinite Immortal Self.

**Humbly,
Paramahansa Atmanandaji**

INSPIRATIONS FROM THE INNER IMMORTAL INFINITY

YOG VEDANTA - UPANISHADS

KATHOPNISHAD

नाविरतो दुश्चरितान्नाशान्तो नासमाहितः ।
नाशान्तमानसो वाऽपि प्रज्ञानेनैवमाप्नुयात् ॥ १-२-२४ ॥

Naabirato Duscharitaannaashaanto Naasamaahitah ।
Naashaanta Maanaso Baapi Pragnyaaneynayina Maapnuyaat ॥ 1-2-24 ॥

That person cannot realise the Soul, by Intellect alone, if he has no control over his senses, has not disciplined his mind and has not desisted from bad conduct and has no control over the cravings for sense sense-enjoyments.

Explanation: To realise the Spirit or the Soul, the Seeker has to practice disciplining the mind, overcome the cravings for sense enjoyments, control the emotions and the senses, has to abstain from over indulgence and immoral conduct and activities. By intellectual and scholarly only, one cannot achieve Self Realisation.

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ASTABAKRA SAMHITA

कृतं न कति जन्मानि कायेन मनसा गिरा ।
दुःखमायासदं कर्म तदद्याप्युपरम्यताम् ॥१०-८॥

Krutam Na Kati Janmaani Kaayena Manasaa Giraa ।
Duhkhmaayaasadam Karma Tadaddyaa Pyuparamyataam ॥10-8॥

For many many previous births, you have been performing hard and unpleasant duties and work, with your body, mind and speech. Therefore, take a pause and reflect, atleast today (in this birth).

भावाभावविकारश्च स्वभावादिति निश्चयी ।
निर्विकारो गतक्लेशः सुखेनैवोपशाम्यति ॥११-१॥

Bhaabaa Bhaaba Bikaarascha Swabhaa Baaditi Nischayi ।
Nirbikaaro Gatakleyshah Sukheyinaibopa Shaamyati ॥11-1॥

The changes and modifications in the forms of existence and destruction are the basic nature of things. The person, who has realised this, easily enjoys, Peace and Calmness. He is no more disturbed and worried. He becomes free from sufferings.

~*~

THE BIBLE

Love never fails. But where there are prophesies, they will cease. Where there are tongues, they will be stilled. Where there is knowledge, it will pass away. For we know in part and we prophesy in part. But when perfection comes, the imperfect disappears.” (1 Corinthians, 13:8-10)

~*~

SANTH KABEER

Phooti Aankh Vivek Kilakhey Naa Sant Asant ।
Jaakey Sang Dus Bis Haintaako Naam Mahant ॥

The person whose wisdom eye is not open, he cannot recognise Sant or Asant. Due to his ignorance, with whichever person he sees ten or twenty disciples, he considers him as spiritual master.

Explanation: A person who has no wisdom or discriminatory knowledge, is easily befooled by any person who has few followers and disciples and considers him to be a spiritual saint.

Kabeeraa Yah Tan Jaat Hai Sakey Tow Thour Lagaa I
Kai Seyvaa Kar Saadhuki Kai Govind Goonaa Gaa II

O' Dear friend Kabeer, This body of yours is constantly going. Put it in the right track. Otherwise your whole life is getting wasted. Make proper utilisation of this degenerating body, by serving saints and sages and chanting God's names and meditating on Him.



KRIYA YOG CENTER NEWS

Hamburg and Braunlage (Harz), Germany, Europe:

Paramahansa Swami Atmanandaji reached in Hamburg and Braunlage in Germany on 8-16 and stayed there till 8-26-2012. The yoga teachers Christa Dittrich and Olaf Wendelken organized workshops including initiations, and group meditations. Delicious meal was served on two weekends. There were meditations for the 1st Kriya and for higher Kriya daily so that kriyabans can keep their promise of the Initiation, practice Kriya twice daily, could experience the blessings and energising through the master.

With the donations of the members it is possible to make a contribution to the travelling expenses of our Guruji. It supports charitable projects in India. This also fulfils the second promise, to practise charity daily. We thank all donors very much because it makes possible, that Paramahansa Swami Atmanandaji most likely comes to Germany in the 2nd half of April 2013 again to inspire us, teach us the techniques and to conduct us for spirituality and God realisation.

Furthermore we have promised in the initiation that we must not pass the techniques on. However, we can say that Kriya Yog is good for us; we feel calmer and happier and can handle the difficulties and worries of the life more easily. We get inwardly quieter in all circumstances and recognize the miracles and helps from God better, since our intuition develops further. All this could learn and be expressed within the meditation hours together. Many questions to the master about yoga in general and Kriya yoga in particular were put and answered.

Kriyabans from Germany, Friesland, Austria, Netherlands and China made the Kriya Yog workshop international. They came to get a practical and spiritual leadership by Paramahansa Swami Atmanandaji. The meditations were translated from English into German, if necessary. We thank the translators and also all others which have contributed to the success of the programs.

For its longer journey we wish Paramahansa Swami Atmanandaji health, a long life and all the best.

KRIYA YOG DHYANA KENDRA, ROURKELA, ODISHA INDIA:

Kriya Yoga Dhyana Kendra, Rourkela is situated at the tribal belt of Jagda, Jhirpani, Rourkela. The Kendra is functioning very sincerely with utmost serenity. Regular morning prayers starts at 5.30 AM followed by Bhagbat Gita path & Purana Purusha read by Yogacharyas and disciples followed by guided group meditation, guided by Yogacharyas. After meditation, special worship of God and Gurus is done. In the evening, the same routine is followed by group meditation guided by Yogacharyas.

Free medical Clinic is done twice in a week (Sundays and Wednesdays). Renowned doctors from Rourkela like Dr. Bansal Baba, Dr. Sanjeeb Das Baba, Dr. Niyati Swain Ma and Dr. Santanu Jena Baba from Bhawanipatna and many other Doctors give their free service for this charitable medical clinic, catering to the dire health needs of thousands to tribal people who come from nearby villages walking many a mile. Many visitors from far and near came to visit ashram and also contact for initiations. The Kendra is being ably managed by all Kriyabans specially Benu Baba, Rout Baba, Saha Baba, Jena Baba, Sahoo Baba and Ma, Praharaj Baba and Ma, Pujari Baba and Ma, Bansal Baba and Ma, Ramesh Baba, Shankar Baba, Panda Baba, Pradhan Baba, Tripathi Baba and many other Kriyabans.

KRIYA YOG DHYANA KENDRA, BHAWANIPATNA, ODISHA INDIA:

Kriya Yog Dhyana Kendra Bhawanipatna, in the district of Kalahandi, in the State of Odisha is in the process of growing leaps and bounds as a nodal point of spiritual development, social development and Kriya Yog practice, preaching and propagation for the entire region with the able management of Umesh Baba and Ma, Rao Baba and Ma, Panchanan Baba and Ma, Sunil Baba, Dr. Jena Baba, Kamala Kanta Baba and many other Kriyabans.

Daily Guided Group Meditation with prayers morning and evening is being religiously practiced. Dr. Jena Baba and Kamala Kanta Baba take special care to conduct it. Kriyabans from nearby places also come and join frequently.

Construction of the New Meditation Hall is in its final stages. Except for the flooring and fittings, all other works are almost complete. With the blessings of God and Gurus, in all likelihood the Annual Function of the center will be held in the New Meditation Hall, on the 10th and 11th of November, 2012.

All are requested to donate generously for this benevolent work. We further appeal to all KRIYABANS to give their helping hand for the noble cause

ATMANANDA INSTITUTE FOR HIGHER KRIYA YOGA, DETROIT, USA:

During the month of August, the institute organized two guided meditation sessions - one in the city of Rochester Hills and another in the city of Novi.

GREATER ATLANTA KRIYA YOG, ATLANTA, USA:

Regular group meditations are followed by Bhagabat Geeta readings every Sunday 5 PM.

APPEAL

AN APPEAL FOR THE DONATION FOR THE CONSUTRUCTION 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 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 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 YOGA 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"

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