



## **Newsletter (Sandesh) – Feb-Mar; 2014**

***“Plain living and high thinking should be your goal. Learn to carry all the conditions of happiness within yourself by meditating and attuning your consciousness to the ever-existing, ever-conscious, ever-new Joy, which is God.”***

**Paramahansa Yogananda**

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***Muktaabhimani mukto hi baddho baddhabhimanyapi,***

***Kim badantiha satyeyam ya matirsagatirbhabet .***

**If you think yourself to be bound, you are bound. If you think yourself to be free, you are free. As you think so you become. You are what you think yourself to be.**

**Astavakra Samhita 1:11**

### **SECTION-1**

#### **MESSAGE FROM PARAMAHANSA ATMANANDAJI**

#### **PROPER UNDERSTANDING OF THE BHAGABAT GITA—PART- 114.**

Dear God like friends,

Pranams, Namaste, Greetings. Hope you are doing fine, in spite of the fact that life is a mixed Blessing.

In many parts of the world, the winter has been severe. Millions of people have experienced lots of sufferings and hardship. The weather has become cruel and unpredictable. However, the Seasons change. The winter will be driven out by the spring season. With the advent of the spring season, the weather will be kinder and pleasant. People will forget the unpleasantness of the winter. But, Time marches on, even beyond the month of March. Soon it will be replaced by the Summer. The Summer, in some places on the Earth, could be as devastating as the severe winter in other parts of the world. Time takes its toll on the material aspects of the nature and the Creation. The spirit, the invisible, imperceptible, is the Master and is never influenced by Time. In fact, the Soul or the Spirit is the Master of Time, Space and Nature. In every Being, both, the matter and the spirit, exist together, like two identical birds living in the same tree.

Every person has two aspects to his identity. One, material or the destructible, and the other, the spirit which is indestructible. The material consists of the physical body, the mind, the intellect and the ego. The spiritual consists of the Soul or the Inner Self. These two co-exist together, harmoniously. The adhesive which binds them into one unit is love. Their actions, i.e. physical, mental, verbal become their destiny or Karma. The results they experience, depends on this Karma. Governed by Mother Nature or the Power of God, there are three qualities or Gunas to these actions. These are Saatwik, Raajsik and Taamasik. These activities of Mother Nature, through the Gunas, maintain the Creation and its continuity. The ultimate support and inspiration is Brahmam, God's direct, manifested, undifferentiated energy.

These knowledge are described in the Fourteenth Chapter of the Bhagabat Gita. In the last issue of the Kriya Yoga Sandesh of December-January, we covered up to Verse Ten of Chapter Fourteen of the Bhagabat Gita. We continue further, from Verse Eleven of Chapter Fourteen.

SARBA DWAARESU DEHE ASMIN

PRAKAASH UPAJAAYATEY

GNYAANAM JADAA TADAA VIDYAD

BIBRUDDHAM SATTWAMITY UTA

(B.G. CH-14; V-

11)

Verse Analysis:

SARBA DWAARESU----- FROM ALL GATES (SENSE ORGANS)

DEHE----- IN THE BODY

ASMIN----- IN THIS

PRAKAASH----- LIGHT OF WISDOM  
 UPAJAAYATEY----- SHINES FORTH  
 GNYAANAM----- KNOWLEDGE  
 JADAA----- WHEN  
 TADAA----- THEN  
 VIDYAAT----- SHOULD BE KNOWN  
 BIBRUDDHAM----- DOMINATING  
 SATTWAM----- SATTWA GUNA  
 ITI----- THUS  
 UTA----- INDEED; FOR SURE

General Meaning:

When the illumination of knowledge of God's Energy is perceived through the inlets and outlets of all the sense organs, it is then recognized that Sattwa Guna is dominating.

Explanatory Notes:

Any Sense Perception, uninfluenced by Ego based reactions and actions is known as Sattwik. The experiencer feels the harmonious and joyful presence of the soul or the Spirit. He has gone beyond the ego based fluctuations and dualities of experiences.

LOBHAH PRABRITTIRAA RAMBHAH

KARMANAAM SHAMAH SPRUHAA

RAJASYETAANI JAAYANTEY

BIBRUDDHEY BHARATSARBHA

(B.G. CH-14; V-

12)

Verse Analysis:

LOBHAH----- GREED  
 PRABRITTIH----- ACTIVITY PRONENESS  
 AA RAM BHAH----- INITIATIVE OF UNDERTAKING

KARMAAAM----- OF ACTIONS  
ASHAMAH-----RESTLESSNESS  
SPRUHAA----- LONGING  
RAJASI----- IN RAJAS  
ETANY-----ALL THESE  
JAAYANTEY----- ARISE  
BIBRUDDHEY----- BECOMING DOMINANT  
BHARATSARBHA----- O'BULL OF THE BHARATAS

General Meaning:

Greed, restlessness, taking initiatives for actions, tension, cravings; these arise and predominate, O' the best leader of the Bharat race, when Rajas become dominant.

Explanatory Notes:

When the Rajasik Guna dominates, there arise, greed, cravings, restless activities, giving rise to tenseness and lack of calmness and peace.

APRAKAASHO APRABRUTTISCH

PRAMAADO MOHA EVA CH

TAMASYETAANI JAAYANTEY

BIBRUDDHEY KURUNANDANA

(B.G. CH-14; V-

13)

Verse Analysis:

APRAKAASHAH----- DARKNESS  
APRABRUTTIH----- INERTNESS  
CH----- AND  
PRAMAADAH----- CARELESSNESS  
MOHAH----- DELUSION  
EVA----- EVEN  
CH----- AND

TAMASI----- IN INERTIA  
ETANI-----ALL THESE  
JAAYANTEY----- ARISE  
BIBRUDDHEY-----ARE DOMINATING  
KURUNANDANA----- O' DESCENDANT OF THE KURU RACE

General Meaning:

Lack of judgment and indiscrimination, inertness, carelessness, delusion; these originate , O' joy of the Kuru race, when Tamasik Guna or quality becomes predominant.

Explanatory Notes:

When Tamasik Guna or the basic quality of Mother Nature, originates and dominates; there arise, lack of judgment and indiscrimination, inertness, carelessness and delusions.

A Taamasik person possesses all these qualities. There is lack of intellectual quality and also lack of initiatives and actions.

JADAA SATTWEY PRABRUDDHEY TU  
PRALAYAM JAATI DEHABHRUT  
TADOTTAMABIDAAM LOKAAN  
AMALAN PRATIPADYATEY

(B.G. CH-14; V-

14)

Verse Analysis:

JADAA-----WHEN  
SATTWEY----- IN SATTWA  
PRABRUDDHEY----- HAVING INCREASED  
TU----- VERILY  
PRALAYAM----- DEATH  
JAATI----- GOES TO  
DEHABHRUT----- THE EMBODIED PERSON

TADAA-----THEN  
UTTAM BIDAAM-----OF THE KNOWERS OF THE BEST  
LOKAAN----- TO THE WORLDS  
AMALAN----- OF THE SPOTLESS  
PRATIPADYATEY-----ATTAINS; ACHIEVES

General Meaning:

If a person leaves the body at death, when, SATTWA is dominating, then the person (spirit) migrates to the best heavens, where live souls who have achieved the highest.

Explanatory Notes:

In a person, in whom Sattwik Guna or quality is dominating, and the person leaves this world at death, he migrates or his spirit proceeds to a higher heaven, which is inhabited by souls (Jeevatmas) who have realized the highest knowledge.

So Sattwa Guna, takes a person to the higher worlds, on way to attaining Perfection or God realization.

Dear divine friends, it is useful to maintain a calm mind under all circumstances. Only Kriya Yoga Pranayam and Meditation can give calmness of mind. If the mind is calm, it can easily observe its own workings. It is the three Gunas, which influence thoughts. The thoughts in turn, influence the actions. Actions bring results i.e. Karma Phal. The Karma Phal or the results of Actions is destiny or fate. It is only a calm mind, born of Pranayam and meditation, which can watch and control the functions of the three Gunas, which influence Actions or Karma and in turn, the Destiny.

We humbly and with love, thank Krishna, who kindly gave these knowledge to mankind, through Arjun, in the Bhagabat Gita. This is for better quality and quantity of life, to overcome sufferings and ultimately for Self Realization.

May God and Gurus Bless, Guide, Protect and Inspire you and remove your troubles.

OM TAT SAT OM

(God is the Only Truth)

With Love and Best Wishes,

Paramahansa Atmananda ji

## SECTION-2

### BLESSINGS FROM THE FORMLESS, IMMORTAL, INNER, INFINITY

A) YOG VEDANT

1) THE UPANISADS:

a) ATHAADHYAATMAM JADETAD GACCHATEEBA  
CH MANO ANENA CH ETADU PASMARATYA  
ABHIKHYANAM SANKALPAH

(KENOPANISAD; 4-30-5)

#### General Meaning:

All the teachings and knowledge about Brahmam (God) go again and again to Him, but cannot reach Him. Hence the spiritual seeker, by the help of his Pure (calm) Mind, remember Brahmam (God) constantly always. This is the only worthwhile duty.

b) UTTISTHATA JAAGRATA PRAAPYA  
BARAANNIBODHATA KHYURASYA DHAARA  
NISITAA DURATYAYAA  
DURGAM PATHASTAT KABAYO VADANTI

(KATHOPANISAD; 1-3-68-14)

#### General Meaning:

O' Seekers of Liberation, you please wake up and arise, from Taamasik and Raajsik qualities to Pure Saatwik State. Approach the suitable Guru (Master) and learn the tight Spiritual Knowledge and Practice according to his guidance. The progress to reach the Self may be slow and difficult due to many worldly obstacles; but never give up. Never admit defeat. This is the opinion of the wise Masters.

c) SARBAANANA SHIRO GREEVAH  
SARBABHUTA GUHAASHAYAH  
SARVA VYAAPI SA BHAGABAAN  
TASMAAT SARVAGATAH SHIVAH

(SHWETASWAATAROPANISAD; V-11)

General Meaning:

God has faces everywhere, heads everywhere, necks everywhere. He resides in the cave of the heart of all beings and He is all pervading. The Merciful Gracious God reaches everywhere transcending time and space.

2) VIVEKCHUDAAMANI (THE GREAT JEWEL OF WISDOM):

- a) KHYUDHAAM DEHA BYATHAAM TYAKTWAA  
BAALAH KRIDATI BASTUNI  
TATHAIBA VIDWAAN RAMATEY  
NIROMAMO NIRAHAM SUKHIM  
(SHANKARAACHAARYA ADI)

General Meaning:

The child, forgetting the hunger and pain keeps on playing with the toys.

Similarly, the Self Realized Master forgetting 'me' and 'mine', rejoices in the soul, with the soul.

- a) MAAYAA MAAYAA KARJYAM SARVAM  
MAHADAADIDEHA PARJYANTAM  
ASADIDAMANAAT MATATTWAM BIDDHI  
TWAM MARUMARI CHIKAKALPAM  
(VIVEKCHUDAMANI; V-123)

General Meaning:

It is all Maayaa (Relative), from the Avyaktam (Unmanifest) to the Individual Body. All this is unreal and Non-Self. Remember and realize this as water in the mirage.

- a) ASTABAKRA SAMHITA:  
a) AHAM KARTA ITI AHAM MAANA  
MAHAA KRUSNAHI DANSITAH  
NA AHAM KARTAA ITI BISWAASAMRUTAM  
PEETWAA SUKHI BHABA  
(CH-1; V-8)

General Meaning:

Have you been bitten by the great black serpent of Egoism of "I am the doer"? drink the Nectar of Faith. "I am not the doer", and be happy.

- b) ACHINTYAM CHINTYA MAANO API  
CHINTAA RUPAM BHAJATYA SOU  
TYAKTWAA TADBHABANAM  
TASMAADEBAMEBAAHAMAASTHITAH  
(CH-12; V-7)



### General Meaning:

If you think of the Unthinkable One, you have recourse to a form of thought only. Therefore, give up that thought and thus do thou firmly abide (in the Self).

#### B) THE HOLY BIBLE:

- a) 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)
- b) Fear not, for I am with you; be not dismayed, for I am your God: I will strengthen you, I will help you, I will uphold you with my righteous right hand.  
(ISAIAH; 41:10)
- c) Truly, Truly, I say to you, whoever believes has eternal life.  
(JOHN; 6:47)

#### C) LAHIRI MAHASAYA (IN PURAN PURUSA):

Listen to me, you are the child of Immortality. Sit with your spine straight. I am telling you with confidence and certainty. Practice Kriya Yoga. Liberation is possible, only by Kriya Yoga practice, otherwise it is bondage. Kriya is the only Truth. As long as one is not purified and energized by Kriya Yoga practice, even God's and Goddess's do not help.

## **SECTION-3**

### **CENTER NEWS**

#### **KRIYA YOGA DHYANA KENDRA, ROURKELA, ODISHA, INDIA:**

The Kendra observed Paramahansa Yogananda's birthday on 5th January. Many kriyabans attended the function. Initiation, Prabachan and Guru Pujanam were conducted. On 4th February, divine Mother Saraswati (incarnation of knowledge & devotion ) puja was observed in the presence of Gurudev Paramahansa Atmananda ji. The Holy Mahasivaratri Puja was observed on 27th February. The Yogacharyas of Kriya Yoga Dhyana Kendra, Rourkela gave Pravachans and guided the programs.

Regular routine job of ashram, functions smoothly. Mangal Aarati starts at 5.30am. Prabachan and Meditation starts on 6.30am. and 6.30pm everyday. Disciples attend the programs daily. The charitable clinic is running on every Sunday. Poor patients are getting free consultations and medicines.

### **KRIYA YOGA KENDRA, DEOBHOG, CHHATISH GARH, INDIA:**

The long cherished desire of the Kriyabans of Deobhog was fulfilled when Pujya Gurudev, Paramahansa Atmananda ji inaugurated the newly constructed Kendra having a Meditation Hall and a living room. The new building of Kriya Yog Dhyaan Kendra was inaugurated by Guru Shri Paramhans Astmananda jee on 28 January 2014. On this occasion 31 members were initiated by Gurujee. Guruji also addressed a public meeting and requested all to practice Kriya Yog daily.

The program was attended by the citizens of Deobhog and from around the vicinity. Gurujee blessed and addressed the devotees with his kind blessings and enlightened the souls.

Yogacharya Basanta Behera Baba and others had worked tirelessly for the mission. Yogacharya Shree Umesh Panda and Yogacharya Shree Panchanand Mund and Shree Sunil Kumar Behra from Bhavanipatna Kendra and Yogacharya Sunil Kumar and Patra Basant Kumar Joshi came from Dharamgarh Kendra to solicit the function.

Centre Address:

Kriya Yog Dhyaan Kendra Seva Samiti, Deobhog, Distt. Gariaband, Chhattisgarh.

### **KRIYA YOGA DHYANA KENDRA, BHAWANIPATNA, KALAHANDI, INDIA:**

Kriya Yoga Dhyana Kendra, Kalahandi is bubbling with activity with regular guided group meditation being conducted in the newly constructed big Meditation Hall with a beautiful garden surrounding it.

The 27th Annual Function of the Dhyana Kendra was celebrated on the 18<sup>th</sup> and 19<sup>th</sup> of January, 2014 with the grace of God and Gurus. Pujya Gurudev Paramahansa Atmananda jee guided and blessed the function. On the 18<sup>th</sup> January, the function started with morning Shiv Poojanam, Bhagbat Poojanam and Guru Poojanam, which were followed by guided meditation under the guidance of Pujya Gurudev, Paramahansa Atmananda ji. At 9 am, number of seekers of the spiritual were initiated to Kriya Yoga. The evening program started with Guru Poojanam and singing of devotional songs by renowned singers. Gurudev Paramahansa Atmananda jee orated and discussed about the importance of the Bhagbat Geeta and the relationship of Bhagbat Geeta with Kriya Yoga. Gurudev then guided a brief but concentrated public meditation and invited spiritual seekers to the path of spirituality, i.e. Kriya Yoga.

On the second day of the celebration, Gurudev guided the morning meditation class at 7 am. At 9 am, a seminar on Kriya Yoga was held where each and every aspect of kriya yoga techniques was discussed. At 11.30 am, the General Body meeting of Kriya Yoga Dhyana Kendra, Kalahandi, Bhawanipatna, was held with the blessings of life time Chairman Gurudev Paramahansa Atmananda jee. The President of the Kendra, Yogacharya Umesh Panda welcomed the kriyabans followed by prayer to God and Gurus for the departed souls. Yogacharya Panchanan Baba read the Secretaries Report and Yogacharya Rao Baba

gave the Treasurer's report. Besides many discussions, it was impressed upon all to raise more funds for the construction of a living room for Gurudev. Kriyabans from New Delhi, Baroda, Rourkela, Balangir, Dharamgarh, Mohangiri, Jaipatna, Belkhandi, Mathura, Deobhog and many other places, attended the function. Both the days delicious vegetarian breakfast, lunch and dinner were provided under the able guidance of Yogacharya Sunil Behera Baba. Yogacharya Aditya Baba, Yogacharya Dr.Jena Baba helped a lot in making the function a success.

Mahasivaratri was celebrated on the 27<sup>th</sup> of February, 2014. Apart from the prayers and morning and evening meditations, in the evening, school children from Sashtriji Sikhyaniketan came and participated in the function and chanted Shiva Stotra and Bhagbat Geeta. Parmananda Baba had arranged this program.





**KRIYA YOGA DHYANA KENDRA, DHARAMGARH, KALAHANDAI, ODISHA:**

During his auspicious visit to Kalahandi, Pujya Gurudev Paramahansa Atmananda jee attended the Annual Function of the Kendra held on the 25th and 26th of January, 2014. On 25<sup>th</sup>, Gurudev guided the group meditation class. In the evening, there was a spiritual discourse. Prior to the discourse, renowned flutist and kriyaban, Himansu Nanda played an enchanting spiritual tune with the flute. On 26th January, nearly 80 spiritual seekers were initiated to kriyayoga, Yogacharya, Dr.Jena Baba, Sunil Baba, Umesh Baba and Panchanana Baba

helped in the initiation program. The General Body meeting was held wherein new office bearers were selected with the approval of Gurudev. A large number of kriyabans from nearby places attended the annual function. Yogachary Basanta Baba, President, Yogacharya Sunil Patra and Sri Radhamohan Baba, Secretary, made the function a grand success. Mahashivaratri was celebrated on the 27<sup>th</sup> of February, 2014.

**OM SHAANTHI, ON SHAANTHI, OM SHAANTHI.**

**OM**



**OM TAT SAT OM**

**(That is the Absolute Truth)**

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