



## Kriya Yoga Association of New Zealand Newsletter

October 2008

Issue 10

**Yoga is a harmony. Not for him who eats too much, or for him who eats too little; not for him who sleeps too little, or for him who sleeps too much.**

*Bhagavad Gita 6:16*

### *Loving Soul,*

Welcome to our tenth newsletter, bringing you an update of KYANZ's activities, an article about Baba's ten day program in Vienna, as well as an excerpt from *Ocean of Bliss*.

### **Upcoming Events:**

KYANZ is very pleased to remind you of Swami Samarpananandaji's visit from Fri, 17 Oct 08 through to Sun, 19 Oct 08.

Swami Samarpananandaji will be holding two discourses on Friday:

1. Wellpark College, Francis Street, Grey Lynn from 11am to 12pm.
2. Green Bay High School, Godley Road, Green Bay from 7pm to 9pm.

Initiations are set to begin at 8:00am on Sat 18 Oct. A light lunch at 12pm will be followed by technique training until 5:30pm.

A guided meditation is scheduled for Sunday at 10am.

*Please note;* all those previously initiated are welcome to attend any of the events over the course of the weekend.

We will email a detailed schedule shortly to all those who are on our database.

### **Accommodation arrangements**

Since many of our Kriyavans and seminar participants are from outside Auckland, we looked for accommodation close to the main event venue - Green Bay High School.

If you need accommodation for the duration of the seminar, please review the following websites and see what suits you.

- [www.new-haven.co.nz](http://www.new-haven.co.nz)  
We spoke to Ian who is prepared to offer a 10% discount if you mention that you are there for the Kriya Yoga Seminar held at

Green Bay High School. This motel is a 5 min drive or 30 min walk to the school. You could also check:

- [www.avondalemotorinn.co.nz](http://www.avondalemotorinn.co.nz)
- [www.aucklandmotorpark.co.nz](http://www.aucklandmotorpark.co.nz)

### **Donations Request**

*As always, we'd like to make a request for donations to cover the costs of our annual Kriya Yoga seminar, which affords our fellow New Zealanders the opportunity to learn and practice the ancient technique of Kriya Yoga.*

***Please help us to raise funds for this year's Initiation program.***

*You can make donations by direct credit into our*

***Kiwibank account#:  
38-9003-0855259-000***

*Please remember to include your name in the reference field to allow us to receipt the donations.*



## Ten Days At His Lotus Feet

Kriya Yoga Centre  
Vienna, Sept 5 -15<sup>th</sup>

Recently the disciples in Europe flocked to the Vienna ashram to receive divine blessings from Paramahansa Prajnanananda. Daily He gave inspiring lectures on the mind and also imparted techniques for controlling the mind. During his talks Baba often mentioned that the teachings were based on *yogic* and *vedic* philosophy.

Below is a bullet point summary of what was taught during these lectures.

### Definitions of Mind:

- A flow of thoughts
- Mind is impressions - *samskara* (associated with our stored memories, gained by experiences through the sense organs).
- A bundle of desires
- Mind is associated with two, a desire and its alternative. One thought and its counter thought are playing within you, *sankalpa/vikalpa*.
- A gift of God

- The doubting faculty (not always negative as it can help us to discriminate and question)
- Mind is likes and dislikes.
- Mind is creative and imaginative.
- Mind is matter, it is subtle and it is object not subject.

To illustrate the point - *mind is imaginative*, Baba told the story of a wife who was accused by her husband of infidelity. In truth however, the wife was not unfaithful, but so devotionally entranced with Lord Krishna, she had attained self realization. You may know this story of Meera Bai, a 16<sup>th</sup> century lady saint of India. Her husband was caught in his imagination and believed her to be wicked. Enraged he sent her poison with the message it was nectar. Upon receiving the cup of poison, Meera worshiped Krishna and first offered Him the drink. As she drank, she found it to be nectar and no harm could be done to her. Baba described the mind as imaginative to speak of the mind's tendency to obscure the truth with its own imaginations. In the same manner the husband was blinded to his wife's purity.

After describing in great detail what the mind is, Baba proceeded to offer ways to control the mind in order to bring harmony and success in our life.

### Ways to control and clean the mind:

- The easiest way is by sincere prayer, humility and surrender. Offer all to God. Not me but Thee O Lord.
- Stay active, stay cheerful. Keep the mind busy.
- Discipline the senses and you will discipline the mind.
- Keep some high ideals
- Self inquiry. Who am I? From where do I come?
- *Pratiprakshabhavana*: this means to concentrate your thoughts in the opposite direction. For example, if restless, lead your thoughts to calmness, if tired focus on being energized.

Two more points can be added to the above list and for these Baba referred to the *Bhagavad Gita* chapter 6, verse 35.

*“Undoubtedly, O mighty-armed Arjuna, the mind is difficult to control and restless; but by constant practice and by dispassion, the mind in truth can be trained.”*

- By repeated practice the mind can be controlled.
- Practice *vairagya* – dispassion or detachment.

Baba also mentioned that *vairagya* comes from the root word *raga*, which means to like or to develop liking. He proceeded to say to be careful of your

own likes and dislikes, look at everything **impartially**. Be attached with God.

Not only did we hear words of infinite wisdom over the ten days, but there was also a special celebration for the ashrams tenth year anniversary.

In September 1998 the ashram was inaugurated in the divine presence of Gurudev Hariharananda. He performed a sacred fire ceremony, blessing the new ashram to become a center for the spiritual seekers in the West.

On the ashram's foundation day ten years later, Baba Prajnanananda who has lovingly continued the work of his *Guru*, also blessed us by performing a fire ceremony. This continued for four hours while *mantras* were constantly chanted. The fire burned as *ghee* and incense sticks were offered. The atmosphere was purified. Experiencing such a ceremony indeed reveals its power.

Baba has often said that the principle thing in *Kriya Yoga* is meditation. This ten day program was true to those words! Meditation was intensified. Four sessions were scheduled each day (sometimes even five – for those practicing 2<sup>nd</sup> Kriya). For this we were blessed with the presence of many *acharyas* (teachers) who helped to guide these classes.

On the busiest days there were up to 150 people,

otherwise ranging between 50-100. Everyone was accommodating and lived peacefully together for some days. It was a delight to see how harmoniously everything proceeded. So many helpers came forward to help with *seva* (service). Whether it was preparing vegetables for lunch (between 4.30-6am!), cleaning the ashram or harvesting fruit and veges from the garden, everyone worked with willing spirit.

After spending time in His holy presence, slowly the disciples left returning to a certain freedom, i.e. to define ones own daily schedule, but also to attend the duties of work and family life. Each carried forth a new resolve to increasingly implement Babas teachings in their practical life.

*A Kiwi Kriyavan  
At His Feet*

### **The Image of God**

The Bible (Genesis 1:27; 2:7) says, He made man and woman in His own image and breathed into their nostrils the breath of life. We are made in the image of God. When you look in the mirror you see your own image, but you do not think whether you look male or female. How does God really look? When you look at yourself, you should remember that there are always two aspects within you: your body, made of dust, and your soul, the formless image of God. The body is *prakriti*, Mother Nature,

and is female. The body is feminine in nature, irrespective of the physical gender. The soul abiding within the body is not nature, and is described as the *purusha* (indwelling spirit). It is masculine in gender. The body and the soul are united together as wife and husband, and remain together. The two are one. There is no easy separation. Once there is separation, there is an end to the drama of life. In the Bible, it is written in Genesis (2:7) that after breathing into the nostrils of man and woman, He became the living soul in the whole universe.

This is the image of God. God is one. Here in the body you see male and female as one. You should know thyself. The soul is the formless image of God. It is immortal and essentially divine. God is love, and being image of God, you are an image of God's love. Never forget it. Love is your own form. Wherever you go and whatever you do, you are moving and living in love.

Breath is the symbol of life. Breath is visible in plants, animals, and humans. Your breath is not really yours – it is the breath of God. In every breath you are to love Him. Breath is the real beauty of life, without breath you have nothing. Give value to your breath. Because of the soul in the body, you have breath, life and love. Only by meditation of Kriya Yoga can you come to know that the body and the soul are one. Meditate and feel that you are the image of God,

and that your breath is God's breath. God made us in His image, but God also created both good and bad, giving us divinity as well as delusion, illusion, and error. Out of ignorance, people are in the trap of the delusive play of nature. In two different chapters of the Bhagawat Gita, there is mention of this ignorance. The Lord says:

***tasmadajnana  
sambhutam hritstham***

“Therefore the ignorance is residing in the heart” (Bhagawat Gita 4:42).

In the heart there is ignorance in the form of anger, pride cruelty, and insincerity. It is said:

***Ishvarah  
sarvabhutanam  
hriddeshe'rjuna  
tishthati  
Bhramayan  
sarvabhutani  
yantrarudhani  
mayaya***

“O Arjuna, the Lord abides in the heart of all beings, causing them to evolve (according to their Karma) by His illusive power, as if fixed in a machine.” (Bhagawat Gita 18:61)

He who is residing in the heart of everyone has also given us delusion, illusion and error. The mother always gives toys to her children to keep them busy and entertained. Similarly, God has kept delusion in front of every person. When the baby gets tired of the doll or toy, he cries for the mother, and she always runs to the baby.

Busy with the play of maya we are forgetting the real Mother and Father. With ever breath, there is union between Mother Nature and Father Nature, the body and soul. For God-realisation, you need not go to a university. Jesus didn't, but people came to Him and He taught them, God is giving you everything. Everything is coming from Him and going back to Him. From the high hills, the water comes down. In the Bible, it is written that help will come from the high hill, but this allegory is not clearly explained. If you keep your attention on the fontanel, which is the high hill in the body, you will be loved by the whole world. The Bible is an ocean, and it is written that if you gain the whole world and lose your own soul, then what is your life? (Matthew 16:24-28) Do not ignore the value of human life. Make the best use of it. Time wasted is a life wasted. Use every breath. Use every moment of your time. Be sincere and try to achieve the goal of life. Time and tide wait for no one. Do not procrastinate, and do not postpone your practice.

Paramahamsa Hariharanada

**Ocean of Bliss**  
(Volume 8, Chap 19, Page 111- 113)

**Books for sale**

*We have the following titles available for sale:*

**By Paramahamsa  
Prajnanananda:**

1. *Changing Nature of Relationships*
2. *Path of Love*
3. *The Universe Within*
4. *Life and Values*
5. *Lineage of Kriya Masters*

**By Paramahamsa  
Yogananda:**

1. *The Divine Romance*
2. *Mans Eternal Quest*
3. *Autobiography of a Yogi*

**By Sandra Herber-  
Percy:**

1. *Sai Kriya and The Enlightened Masters*
2. *Its all 1 mans Job*

**By Irene Watson:**

1. *Who Am I Really Vol 1*
2. *Who Am I Really Vol 2*

Please contact Vijay Baba at [vssethi@xtra.co.nz](mailto:vssethi@xtra.co.nz) for prices and to arrange purchase.

**More book news:**

Vijay has also purchased *Ocean of Bliss: the Complete Works of Paramahamsa Hariharananda*, as well as, *The Complete Works of Swami Vivekananda*. Both are ten volume sets.

**Please feel free to email him at [vssethi@xtra.co.nz](mailto:vssethi@xtra.co.nz) if you wish to borrow a volume.**

**IMPORTANT DATES  
IN 2008**



17<sup>th</sup> November - Birthday of Swami Satyananda Giri  
3<sup>rd</sup> December - Mahasamadhi of Paramahansa Hariharanandaji  
25<sup>th</sup> December - Birthday of Lord Jesus

*na date kasyacit papam  
na cai 'va sukrtam vibhu  
ajnanena vrtam jnanam  
tena muhyanti jantavah*

**verse 61, chap 5  
Bhagawat Gita**

**Translation:**

You cannot commit a sin,  
or a meritorious deed of  
which the Lord takes note.  
The Light of the Basic  
knowledge is covered by  
the darkness of the ego's  
delusion, and thus makes  
the individual think in  
terms of sin and merit".

O'Arjuna! The Lord abides  
in the hearts of all beings.  
By His divine hypnosis, He  
causes all beings to  
Wander though life as  
though mounted on a  
machine"

**WEBSITE**



[www.kriyayoga.org.nz](http://www.kriyayoga.org.nz)

**WEEKLY  
MEDITATION**

**Saturday Meditation:**

**8 am, Newton Central  
Hall, 16 Waima Street,  
Newton.**

**Wednesday  
Meditation:**

**7:00pm, Ranfurly  
Room, Epsom  
Community Center,  
202-204 Gillies  
Avenue, Epsom.**

**Monthly Meditation**

We will also continue with  
the **two-hour  
meditation on the last  
Saturday of the month,  
from 8:00am until  
10:15am.**

**CONTACT DETAILS.**

For any information about  
KYANZ Inc. or Kriya Yoga  
in general please contact  
either of the following  
members.

*Vijay S. Sethi*  
[vssethi@xtra.co.nz](mailto:vssethi@xtra.co.nz)  
Phone: 09-520 5670  
Mob: 0211 00 66 11

*Partha Roop*  
[p.roop@auckland.ac.nz](mailto:p.roop@auckland.ac.nz)  
Phone: 09-577 1025  
Mob: 021 335 137

*"As the spider weaves its  
threads out of its own  
mouth, plays with it and  
withdraws it again into  
itself, so the eternal  
unchangeable Lord, who  
is without form, without  
attributes, who is absolute  
knowledge and absolute  
bliss, evolves the whole  
universe out of Himself,  
plays with it for a while  
and withdraws it into  
Himself "*

***Bhagawatam***

In our Baba's immortal  
words

**"May God, Christ and  
Masters bless us all"**



*Paramahansa  
Prajnanananda  
Auckland Program 2005*