



Kriya Yoga Association of New Zealand Newsletter

January 2009

Issue 11

May Peace Be With You for 2009 and Beyond

Om Gurave Namah

Divine greetings everyone!
Hope you have been enjoying the glory of God's summer in peace and joy. While we bask in the sun our brothers from the other side of the globe wrap up warm for winter. Such is the nature of His creation. Seasons change and a new year arrives every 365 days. The one constant is God alone. In the *Bhagavad Gita*, Lord Krishna is telling Arjuna:

I am the Master who watches in silence, thy friend and thy shelter and thy abode of peace. I am the beginning, and middle, and end of all things, their seed in eternity, their spirit supreme.

9:18

At the outset of a new-year let us remember anew the transient nature of the material world. May we set our hearts on God alone and endeavor to please the giver of our Life Breath.

The Kriya Yoga Association of NZ would like to extend its body,

heart and Soul to all the new initiates from last October. This newsletter aims to provide its readers with spiritual food by including the Master's teachings. It also keeps you updated on the year's events. We welcome your input for the newsletter. Feel free to email Fern on spearmintleaf@hotmail.com with any feedback, articles, stories or Kriya testimony you may like to share.

March '09 Retreat

As you know from Vijay's emails beloved Baba Prajnananandaji will visit New Zealand to hold a Kriya retreat from Wednesday 18th until Sunday 22nd March. We recently received great news: Swami Samarpananandaji will be joining us for the retreat!!! We will enjoy the company of Baba, Swamiji, and Brahmachari Sudhir Baba.

Car Boot Sale Sunday 8th February

As you also know, with an additional Swami visiting, additional costs are incurred. We remind you that Bibi has offered to

organise a car boot sale at Browns Bay.

If you have a box of (suitable) used or pre-loved items/clothes please bring them to meditation at the Newton Central Hall on *Saturday 31st Jan*, or *Saturday 7th Feb*. Alternatively drop them to Bibi ma's house at 24A Avondale Rd, Avondale. We also need volunteers to help manning the stall, as well as set-up and dismantling. Please phone Bibi on 09 828 2918 if you can help.

Please keep an eye out for emails regarding further fundraising ventures in the near future.



*Baba Prajnananandaji
lovingly teaches.*

New Zealand 2004

Weekly Meditations Begin Again

Lovely to see familiar faces at the first Saturday meditation of 2009. We look forward to a beautiful year of meditation, seeking the Truth together, armed with the sacred technique of Kriya yoga. May God's love for His children be felt every step of the way.

Paramahansa Prajnananandaji Maharaj's Satsang

7th March, 2004 -
Amaliegade
Copenhagen, Denmark

(Lecture is transcribed from a VCD recording. It is recorded here without any corrections to Baba's spoken English. Nor have I filled in or added words/phrases which could possibly have helped to convey fuller meaning, this I deemed unnecessary as it risked subtly changing Baba's message - even more so than what the punctuation may already have done.)

What is Ego?

We have three things in our life: one is body, which is physical and tangible - we see this. We have the soul. The soul we can compare with the energy, which is always pure. In between

the body and the soul, third, is the mind. Mind has four aspects. One is the doubting confused aspect and that is ordinarily what the mind is. The second is the memorising aspect, something in you memorises all the events. Third is deciding aspect. Within you when you are confused, should I do this or should I not? Should I do? Should I not? Again you take a decision - yes I'll go. So you have a quality to take a decision - that is the deciding aspect. The fourth is ego. These are the four aspects of the same mind, and the fourth is ego.

Ego has two aspects. The first is individuality - *I am...* So when you say that *I am a man.....*for our relative experience, for communication, it is okay, *but* if your attitude when you say *I am a man*, is *I am not a woman and I am superior*. This is individuality associating with the body, with the mind, with the language, with nationality, with financial status, complexion, religion, hair style, these are all individuality. So ego has two aspects, one is individuality - I associate myself with this imaginary person - the first aspect of ego. The second is the doership activity.

Suppose words are coming from the mouth, who is speaking? ... *I* told this. Always to think that *I am doing, I am doing, I am doing...*this doership activity. These are the two things associated with ego.

So by grace of God I am born in this family so there is nothing to bring ego to me that *I am born in such a nice family*. By grace of God I speak this language. It came to me. I could have been in Africa speaking some other language. By grace of God I have this complexion or gender. It is nothing that I did so I can take pride to my possession. It has nothing to do... So in this way if I analyse... whatever I have... I thought of my own individuality, with my identity to show near everybody that *I am this*. It is nothing mine. It is a gift given to me through parents, through culture, and it is from God, so my ego goes down. Second is activity. Suppose I am talking. Whatever I am speaking from where this thought is coming? Who directs this thought to come out? Suppose I am talking on God. Is it all my own creation? I learnt it from my Guru's, I experienced something through meditation, I read from the scriptures, all this together I am

talking with you. It is nothing that, it is all that *I* created, and this is what *I* speak. Nothing mine.

Anything we do, if we analyse, it is all through grace of God, through grace of masters, through grace of the parents, through grace of the society... we do something. Suppose you are a technical person. Suppose he's a good technical person, he can make nice video. Is it his own creativity? He learned this skill. This machine is the invention of some people... and the technique they learned from somebody. So in this way if we see whatever we do, it is again the gift.

So when I accept my life, my individuality, my activity, as a gift, what is there to say that *I do this, I did this for you* – can I tell?

When I say *I, I, I*.....there is two: *I* with the ego is unripe, unripe fruit. *I* with God consciousness.....

Also one will tell, Jesus will tell, *I have taken food*. Jesus said in the bible when they brought some food, he is telling *I have taken food*. He is also using *I*, that *I* is ripe. There are two; ripe/unripe. Ripe is pleasant, delicious, good. Unripe is painful. Ok. Ego

Ego is very interesting and it comes in such a subtle way, and ego is

the barrier, nothing else. Ego is the barrier between you and me.

Ego is the barrier between God and myself, only ego.

Ramana Maharishi used to always say erase your ego slowly. Just like you draw a line on the paper, a pencil line, slowly you erase it. By mistake I drew something or did something, and that is my ego, my ignorance and I am to erase it. Erase your ego.

How to Erase Ego?

If your breath will stop?
If your breath will stop where are you?

I am thinking: *I am a swami, I am an Indian, I know scriptures, I am intelligent*. Whatever I was thinking, when my breath stops where is that? Ok.

All play of life is possible because of little breath, nothing else. If the link of breath is cut everything is finished. If

you realise your life is nothing but the play of little breath – you speak because of breath, you think because of breath, you act because of breath. If breath stops everything is finished. And if you just begin starting to love your own breath, and with breath to love God, 'it is because of *You*'.

I am sleeping, who is breathing within me?

When I am sleeping/tired who is breathing within me?

And if I really understand the significance of breath, when breath stops where is ego? When breath stops where is anger? When breath stops where is enmity? When breath stops where is my possessive nature – 'I want to hold this'?

Understand the significance of breath, with breath love God, moment to moment, there will be no chance for ego to come. Where is the time? Breath might stop now. You might have billions of dollars, when breath stops where is your money? Others will take. So just love your breath. Understand the value of breath. With breath love God. How much God loves us through this breath, in spite of our millions of mistakes. So if you understand this, life will be really beautiful, ego will decrease.

Along with this, good company, self analysis, regular meditation, praying to God - 'Oh God I don't want'. More ego more suffering. We will give the example if there is good pressure in the football/soccer ball. If there is good pressure get good kick. If there is no pressure in the football will you kick that ball? If there is no pressure in the ball, it is flat, will you kick? No. So more ego, more kick, no ego, no kick. In our

life, if we get any kick, trouble, it is because of our ego.

An Excerpt from the Book 'Kriya Yoga' by Paramahansa Hariharananda

The mind is always restless and leads us into illusion, delusion, and error. If you can introvert the five sense telephones with the help of Kriya Yoga, you can remain in the pinpointed state of concentration. With the mind, intellect, and thought under control, super consciousness and cosmic consciousness can be attained.

This Kriya is based only on natural inhalation. There is no painful holding of breath or plugging of the nose. A Kriya yogi does not have to practice the various asanas or physical exercises. Normally, every person takes eighteen natural inhalations in a minute. During the sexual act the pace of respiration is accelerated and increases to twenty-four to thirty inhalations per minute. The heart also beats faster. During the time of anger the breathing is even faster. One breathes thirty to forty times per minute or even more, which is dangerous. A heart failure can be the consequence of extremely violent fits of

anger. It is said that an elephant breathes only ten times a minute and so lives a long life. Crocodiles and tortoises take four inhalations a minute, and it is said that they live for more than a century. Through this Kriya Yoga we can increase not only our life span but also preserve sound health and an alert mind. During sleep we breath only ten to twelve times per minute, and the result is complete rest of the body and mind. That is because we completely forget our sense of the body and receive calmness. A sleeping person is almost a yogi; there is no body consciousness, but there is also no divine consciousness. If a person practices Kriya yogic breathing — deep, slow, and relaxed as in sleep — then surely he will get mental calmness. He will then enter into-the center and will perceive divinity within.

When practicing Kriya, we take deep inhalation and sufficient oxygen goes into the lungs, heart, and brain. Oxygen is the nutrition of the brain and, therefore, increases mental excellence, prompt understanding, ready wit, and quick receptivity.

The oxygen purifies the impure blood and the purified blood carries

hemoglobin to the whole system. In every human being there are more than 72 billion vessels and fine tissues. This hemoglobin constantly passes through the blood vessels. The blood contains numerous chemicals: potassium, sodium, magnesium, zinc, phosphorous, copper, sulphur, and more. These chemicals are passing through the whole body in solution. The word globin means protein in solution. Albumin, globulin, and fibrinogen are the three proteins running through the blood vessels keeping the body healthy and lustrous.

The Kriya Yoga technique is the combination of the three principal yogas: karma, jnana, and bhakti. Bhakti Yoga means the yoga of divine love. After prayer or worship, devotion or meditation, if a person does not feel divine love, then there has not been real prayer or meditation. It is, of course, difficult to gain divine love. But, through the guidance of a realized master or guru and through the practice of the Kriya technique, one can acquire bhakti. If a person has poor appetite, he should visit a doctor, get a prescription and use the medicine in order to increase the appetite. But, if the patient only reads the prescription,

memorizes it and recites it loudly --no matter if he recites it a thousand times — he will not gain any benefit. One cannot achieve God-realization by only reading lessons or religious books and going to churches, temples, and mosques. The sick person has to follow the doctor's advice, purchase the medicine and take the medicine according to the doctor's instructions; then surely he will be cured. Similarly, if you follow the spiritual guide 100%, then surely you will get extreme calmness, which is godliness. Through this calmness you can reach God at the cross inside the brain where the light of God and the light of Christ-consciousness are always shining. So you require seclusion, because seclusion is the price of greatness. If, without distraction, you follow the advice of a realized Kriya yogi, then you can reach God very quickly. This Kriya Yoga technique is the quickest means of success. It will lead to the acquisition of balance of mind, amity, and love. Through this you can always remain in the third circuit (i.e., inside the cranium above the pituitary), which is the Kingdom of God. The longer you remain there, the more you will hear a constant divine sound and feel a constant

sensation of God and visualize an effulgent divine light that altogether will lead you to a blissful sojourn in the Kingdom of Heaven.

In darkness you cannot walk properly on the road. However, if you carry a light in your hand, you can go everywhere without difficulty. In the same way, when you perceive constantly the divine light in your body, you can constantly feel cosmic consciousness in you. When the battery of a motorcar goes down, you take the battery for recharging; then afterwards you can again drive the car, even in the darkest night on a serpentine road. So, every morning if you charge the used-up battery of your system through the practice of Kriya Yoga, then throughout the day you will experience the presence of God within and feel that His power is guiding you in every action.

All religious organizations teach how to attain salvation. One says to pray jointly and loudly, while another says to offer flowers and fruits at the altar and chant mantras and hymns so that one can perceive God. Others say that only by chanting the names of Rama, Krishna, and Shiva will you be realized. But the Kriya Yoga system (as

taught by Lahiri Mahasaya, Shriyukteshwarji, and Paramahansa Yoganandaji in India) aims not only at salvation or Self-realization, it also secures simultaneous development of body, mind, intellect, and soul.

This is the scientific age and educated people do not accept fanatic ideas, orthodox views, dogmatic moods, blind faith, or religious play. They possess the yearning for God-realization, but they do not like to attach the wheels of a bullock cart to a motorcar. Comparably, the pattern of religion practiced during previous centuries cannot be satisfactory to the temperament of the modern times. Science aims at the acquisition of supreme knowledge and ultimately, cosmic consciousness. The Kriya Yoga technique is a scientific technique. Through deep and steady inhalation, you feel God in the pituitary gland and fontanel. If you keep pinpointed attention there, you will feel heaviness, which is the touch sensation of God on the top of your head. It is said to be like a cash payment; each inhalation gives you the immediate sense of creeping heaviness on the top of your head. Also, by the intake of

more oxygen with deep inhalation, you will get physical, mental, and spiritual development.

It is necessary to withdraw the senses from the body and thus get God-consciousness, cosmic consciousness. So, if you pray loudly in the mosque, temple or church, your attention will remain tied to the words of the prayer or to the rhythm of the chant, and you will not be able to withdraw your senses from the material world. But Kriya is such a powerful technique that any person irrespective of caste, creed, or color can practice it and will immediately obtain extreme calmness. The aim of every religion is to get calmness and go into the center of the sensorium. With the Kriya Yoga technique, we can be peaceful, remain in the center, and realize the Self.

IMPORTANT DATES IN 2009



[7th March](#) – Paramahansa Yogananda Mahasamadhi
[9th March](#) - Swami Shri Yukteshwar Mahasamadhi
[10th May](#) - Birthday of Shri Yukteshwarji
[17th May](#) - Establishment of Prajnana Mission
[27th May](#) - Birthday of Paramahansa Hariharanandaji
[2nd August](#) – Mahasamadhi Swami Satyanandaji.

[10th August](#) - Birthday of Paramahansa Prajnananandaji
[26th September](#) – Gurudev Lahiri Mahasaya's Mahasamadhi.
[30th September](#) - Birthday of Lahiri Mahasaya
[17th November](#) - Birthday of Swami Satyananda Giri
[3rd December](#) - Mahasamadhi of Paramahansa Hariharanandaji
[22th December](#) - Birthday of Bhagawat Gita (The day The Bhagawat Gita was completed by Maharishi Vyasa)
To be confirmed
[25th December](#) - Birthday of Lord Jesus

"You are Soul in truth, you should live for truth, live in truth and realize the truth."

**-Paramahansa
Hariharananda**

WEBSITE



www.kriyayoga.org.nz

WEEKLY MEDITATION

The opportunity to attend guided meditation as given by Gurudev is unique. We have two CDs which guide you through Kriya practice.

**Saturday Meditation:
Newton Central Hall,
16 Waima Street,
Newton.
8am – 9.15am.**

**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.

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"Love your breath, this is the simplest and best teaching."

**- Paramahansa
Prajnanananda**



Baba holding one of the Balashram children.

"May God, Christ and Masters bless us all"