



Kriya Yoga

Association of New Zealand



August 2009, Issue 13

Meditate
and
enjoy the
blessings of
God and
Guru's

Kriya Initiation Programmes for 2010

KYANZ has received news of proposed programme dates for 2010. It is awesome to see the Kriya technique and message being taken to new destinations. Next year programmes will also be held in Wellington, Fiji and Singapore.

It seems that Babaji's forecast to Lahiri Mahasaya, that Kriya Yoga will spread world wide, is ever coming into fruition.

2010 Kriya Programmes

Auckland: Oct 8,9,10 (Fri-Sun)

Wellington: Oct 11,12,13 (Mon- Wed)

Fiji Nadi: Oct 14,15,16 (Thurs-Sat)

Singapore: Oct 18,19,20 (Mon-Wed)

We look forward to these events and are happy to receive any help you can offer. Further details will be specified closer to the date.

Hari Om Tat Sat

May the blessings of God be upon you. May His love reign in all hearts.

Our 13th issue serves to bring the sweet nectar of Guru's timeless teachings as well as news of upcoming fundraising events and next year's scheduled Kriya initiation programmes.

We would also like to welcome back Vice President of KYANZ, Partha Roop after six months abroad.

Fundraising

Our continual aim to raise funds has progressed this year with a film fundraiser at Capitol Cinema in Balmoral. Funds raised will go towards the cost of producing a DVD presentation of Baba's discourses from the 2009 Kriya Yoga Retreat in Taupo.

Book Purchase

A reminder that Kriya books will be on sale at the film evening, Sunday 9th August (cash only). The books are also available for purchase at anytime, please visit http://www.kriyayoga.org.nz/p_shop.htm for a list of titles.

You will have received the emails about this event and we genuinely hope to see you there!

Membership

A reminder that you can help us to meet our ongoing expenses via the yearly membership fee. Fees are now due for 2009 -2010. Any support you give is greatly appreciated as it enables KYANZ to cultivate and maintain the propagation of our lineage's teachings.

Waged \$100 | Unwaged \$50 |
Out of Auckland \$45

Make your payment into the following KYANZ account: 38-9003-085259-000. Or post a cheque made out to KYANZ: Vijay Sethi, 1C Griffin Avenue, Epsom, Auckland 1023

Excerpt from

God Talks With Arjuna: The Bhagavad Gita

Translation and commentary by
Paramahansa Yogananda

Chapter 12, verse 8

Immerse thy mind in Me alone;
concentrate on Me thy discriminative
perception; and beyond doubt thou
shalt dwell immortally in Me.

The BODY-IDENTIFIED BEING keeps his mind and powers busy with sensory and material objects. Thus he undergoes untold dissatisfaction and trouble.

All yogis who disconnect their minds and discrimination from the senses and place them on inner perceptions attain the state of changeless soul consciousness.

The practice of yoga frees the mind (manas) and the discrimination (buddhi) from slavery to the senses, and concentrates these faculties of perception on the all-knowing intuitive wisdom of the soul – the microcosmic image of Spirit manifested in the body. In realising the oneness of Soul and Spirit, the yogi is then able to feel the blessedness of the Infinite Being existing not only in the material world, but also in endlessness beyond vibratory creation.

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Huka Falls, Kriya Retreat 2009

Chapter 12, Verse 9

O Dhananjaya (Arjuna), if thou art not able to keep thy mind wholly on Me, then seek to attain Me by repeated yoga practice.

From the eighth to 11th stanzas of this chapter, Krishna reveals various methods of attaining liberation – each path suitable to devotees who have attained a certain grade of spirituality. My guru, Sri Yukteshwarji, often remarked that the various modes of liberation mentioned in the Bhagavad Gita make its precepts so sweet, sympathetic, and useful in healing the manifold sicknesses of suffering humanity.

Thus Krishna says: "O Arjuna, if a devotee, through prenatal bad karma, cannot disconnect the mind and discrimination naturally and easily from the senses and remain unbrokenly in that God-knowing state of soul-realisation, he should faithfully engage himself in practicing repeatedly the scientific step-by-step methods of yoga for soul union."

When the fruit appears on the tree, the precedent flower falls away. The devotee who has permanently established his consciousness in God no longer requires the "flower"

of yoga practice; but for the aspiring devotee, regularity and continuity in yoga (abhyasa-yoga) is essential. Those who persist in meditation will ultimately succeed.

When a yogi again and again fights his restlessness and distractions, and with ever-increasing intensity tries to feel divine communion in meditation, he will form a good habit of calm interiorisation. In time this habit will displace the mortal habit of restive sensory bondage and will lead ultimately to realisation of Divinity.

Though I was born with the blessed perception of Spirit, once in a while during my youth, my mind became very restless when I was engaged in the practice of yoga meditation. During some of these periodic attacks, I would visualise myself as playing football – a game I very much enjoyed, and at which I was adept. At first it seemed that my habit of mentally playing football could not be erased. Nevertheless, I tried persistently to make my meditations longer and more intense, endeavoring to make each day's realisations deeper than the spiritual perceptions of the previous day. In this way, I became accustomed to remaining continuously in soul joy. The formation of this habit led to the experience of ecstatic bliss in omnipresent Spirit.

Chapter 12, Verse 10

If, again, thou art not able to practice continuous yoga, be thou diligent in performing actions in the thought of Me. Even by engaging in activities on My behalf thou shalt attain supreme divine success.

If a devotee falters in yoga practice, being habitually restless and materially active, then with devotion and faith in God, he should support his meditations by increasing efforts to perform in God's name all physical, mental and spiritual actions. His meditative activities and the outer work of physically, mentally and spiritually helping others should be motivated by the sole desire to please God. In time he will feel the presence of Him who is ever conscious of the struggling devotee's efforts.

The Bible tells us: "Faith is the substance of things hoped for, the evidence of things not seen." By performance of right actions with faith in the Lord, a devotee will ultimately find, through perceptible response from Him, proof of His unseen presence.

Even if the seeker is discouraged by lack of tangible results, with blind conviction he should keep on with his meditations and serviceful actions, out of awe and love for God. One who slackens or discontinues his efforts will find that his mind returns quickly to the sphere of matter, its habitual resting place. But the devotee, who perseveres with unabated zeal, desiring to please God, will ultimately find Him.

The cure for restlessness is continuous effort to be peaceful regardless of success or failure. Strong, die-hard restive habits at last are destroyed by the gradual strengthening of the good habit of practicing interiorised calmness in meditation.

I knew two extremely ignorant students in my high school days in Calcutta. Owing to their inability to grasp the class lessons, they were subjected to daily chastisement from the teachers. One of the students "couldn't take it": he quit school and remained uneducated. The

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"May God, Christ
and Masters bless
us all"

other boy, no matter what insults he suffered, kept on trying. Everybody was astounded when at the end of the year he passed creditably his final examinations.

Similarly, the Bhagavad Gita here advises even the most restless devotee – one who lacks a karmic predisposition that facilitates yoga practice – to meditate persistently anyway, out of love for God and a desire to please Him, for by that continuous spiritual activity he will ultimately succeed in God-realisation.

5th Residential Brahmachari Training Course

Some of you may not have heard the news that Paramahansa Prajnananandaji will hold the 5th Residential Brahmachari Training Course at the Hariharananda Gurukulam in India. It will run from 25 November 2009 until 25th February 2010.

Some of our readers may not know that such a course even exists! The RBTC is a divine opportunity to deepen ones understanding of how to live. That is, how to live a spiritual life as recommended in the scriptures (Upanishads, Yoga scriptures, Bible etc). The course focuses on this from a Kriya Yoga perspective and provides a rare opportunity to deepen meditation and introspection. While select applicants have already been chosen for this course, there is still opportunity to attend. For further details, visit: www.kriya.org and click on the link from the home page.



High spirits at the carboot sale fundraiser in summer. Raising funds for the visit of our beloved Guru in February.

Dates to Diary in 2009

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| 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 |
| 25th December | Birthday of Lord Jesus |

Contact Details

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