





Lord Jagannath, Balabhadra and Subhadra – the three deities of the temple Lord Jagannath

to different deities and started walking towards the main temple of the Lord. But alas, upon reaching there he found that the main temple was closed. When he enquired from one of the priests, he was told that the temple will remain closed for many hours due to a special worship.

Usually, the temple remains closed during such worship periods, when the Lord is bathed, decorated and fed Mahaprasad – a special consecrated food that is cooked in a most unique manner. It is cooked in a stack of earthen pots, where the largest pot sits on the fire and the smaller pots are stacked on top of this larger pot. All food is cooked purely through the steam emerging from the lower pot that is channeled up through a special mechanism.

As Guruji heard the news of the temple remaining closed for a long time, he offered a mental prayer, "I came to see you Oh Lord. However, you seem to be busy now. As you know, I can't end my fast until I see you. I will come again tomorrow to pay my homage and will end my fast then." Praying and thanking the Lord, the two monks started retreating back to the Ashram. They were proceeding slowly through the crowded side temples. Suddenly, from nowhere, a priest appeared before them. He first saluted the monks and then enquired if they had the Darshan (the vision) of the Lord. Guruji responded in the negative, describing how the temple will remain closed for a long time due to a special worship. Upon hearing this, the priest said, "Please follow me. These rules are for common people, not for special devotees of the Lord." Then he guided the two monks through the crowded alleyways again back to the entrance of the main temple. There, he took them inside the sanctum sanctorum through a small entrance. When they reached inside, the two monks were led to a place that was directly opposite the three images of Jagannath, Balabhadra and Subhadra. It was the experience of a lifetime. When people come to worship the Lord, they have the opportunity to see the deities from very far. The temple complex is packed with devotees and there is no space at all between people. Here people are just merged with each other as they try to merge with the Lord in divine fervor.

Unlike this usual vision of the Lord, here the two monks were standing directly in front of the deities with no one

Continued over,



## Baba visits NZ - next week!

It is with great pleasure that we await the arrival of our beloved Guru, Paramahansa Prajnananandaji next week.

Our Sadguru - Sriguru Lahiri Mahasayaji used to say, "...all spiritual seekers must endeavour to spend at least a month in the company of a self realised Master. If that is not possible, one must try to spend at least a week with the Master. The spiritual growth one experiences in this time is extraordinary and many obstacles in the path of meditation will be removed by the grace of the Guru".

About Paramahansa Prajnananandaji, His great Gurudev Paramahansa Hariharanandaji said, "On his birthday in 1998, I decided that his name should be Paramahansa Prajnanananda - supreme sa and supreme ham. His whole ham (body) is God. Prajnananandaji is that person - Supreme Almighty - param, ham, and sa. He is free from all negatives and has attained this highest spiritual state." Sometime later Gurudev said, "....You are only at the door of God. Prajnananandaji is beyond, in the formless stage. I felt this about him long before. It is why at the time he received sanyasa, I gave him the name Prajnanananda - prajnam braham, ayamatma brahma....".

This is a fantastic opportunity to be with and learn from the beloved Master Paramahansa Prajnananandaji and we urge you all to participate.

All Kriyavans, experienced and new, are most welcome.

### Books for sale

During the retreat, our loving Nicky and Matthias will continue to manage the sale of books, pictures of the Gurus and other resources - the details of which are available on our website: [www.kriyayoga.org.nz](http://www.kriyayoga.org.nz). Payment may be made in cash or cheque but eftpos facilities will not be available.

but a few priests and the two monks. As they stood in silent prayer, they watched the deities being decorated with special flowers, sandal paste and Tulsi leaves. The priest who led them inside suddenly disappeared for a short while to again return with some steaming Kachedi (a special type of rice, lentils and spices cooked together) that had just been offered to the Lord. He then asked the monks to show their hands. Even before they could realise, they were asked to eat this consecrated food and were forced to break their fast! Then this priest disappeared in a flash and was nowhere to be seen. The two monks just stood there in bewilderment, tears rolling down their cheeks, saying thank you to this all knowing, all pervading Lord of the Universe. What a way to end a divine fast!

Partha Roop

## Divine Glimpses

At first before the ashram, I was, frankly, a scared cat. I was afraid of being in India, afraid of cows, afraid of dung, snakes, lizards, the list goes on and on. Basically, I was afraid, of everything. When I arrived, I was sick, and tired, and totally opposed to the idea of spending 19 days in a forest. I walked down to the building we were assigned, with my camera in hand, and walked up the three flights of stairs. When I opened the door to our room, I saw two single beds, 2 itchy woollen blankets, and lots of bugs. I freaked out. After my big bedroom, with clean EVERYTHING, this was a wake-up-and-appreciate-what-you-have call.

The first few days I was sick, but after that we went for one walk that I will never forget. A walk down Unity Trail. It was a trail in the forest, surrounded by tons of birds, trees, and



greenery. There were statues as I went along, Gods of Jewish, Muslim, Hindu, Christian, Buddhism, almost all the religions' Gods were on this trail. I remember Mother Mary, Lord Krishna, and many more. Every time I looked at these statues, it was like it stretched my mind more and more, and made it absorb all the love light that was being offered to me. It was like looking into sunlight, but the kind that wouldn't kill your eyes. The last monument, though, is the one that made the biggest impact. It was a big circle, with all the religions' symbols on it, (e.g. the symbol for Om), and in the middle were two hands in the prayer position. It made me realise that no matter who we pray to, as long as we're praying, God is in everything we do.

I met many monks, but the one who made the biggest impression on me was Brahmachari Premanandaji baba, or, as I liked to call him - the Smiling Saint. There was not one time where he wasn't happy, unless he was being empathetic to someone's great loss. He spoke little English, but when he was talking, you could understand by the tone of his voice and the look in his eyes, what he was saying, even if you didn't understand the language he was speaking. What surprised me the most about all the monks, was they had materially nothing to their name, except for 2-3 pieces of clothing, and the money Baba gives to them to run the ashram; yet they seem to be the happiest and most content people in the world. They serve and do things for everyone, eat last, give up their relaxation time to help.

Another thing that struck me as different was the kindness and compassion of people, and how they were willing to do anything to make someone feel better. I was sick and as soon as dad had told his friends, medicines, lozenges and herbal remedies were pouring in from left, right, and centre. By the end of the day, I had about six types of tablets, homeopathic medicines, fennel tea, and three syrups to take. Someone who was sick herself gave me her medicine. That is love if I've ever seen it.

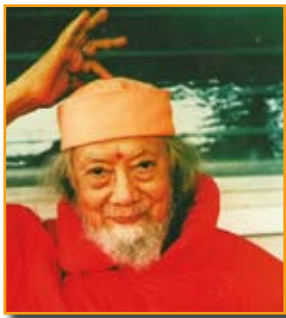
The meditation room was the coolest part of all. When you walked in, no matter the weather outside, that room remained constant temperature - "warmth." The love radiated around the room, and sometimes, you couldn't help smiling, no matter how sad you were. The eternal masters of the lineage radiate love from their presence on the stage, with a life size picture of Gurudev in the middle. There were lights that showed every one of them, Babaji at the top, then Lahiri Mahasaya, Swami Sriyukteshwarji, Baba Bhupendranath Sanyal, Paramahansa Yoganandaji, Gurudev and Pramahansa Prajnanandaji.

No matter how much I could write, it would not do the experience I had justice. There was a lot I learned over the days I was there, but the biggest change in my personality was that I wasn't afraid anymore. Any time I felt a little hesitant, I remembered the love I experienced in the Ashram. If I can survive cows, dung, bees, and India as a whole, I can take anything on. The other thing I learnt was to appreciate what I have. New Zealand is so clean, un-populated, and beautifully green. When I came back I saw that in a whole new light. I'm glad I went; it's given me the inner confidence I've always wanted.

**Alisha Sethi**

# Isha Upanishad

## by Paramahansa Hariharananda



Among the Upanishads, the Isha Upanishad, although small in size, has become a very important one, as it speaks of the direct spiritual experience of manifesting divinity. It is one of the major Upanishads in which Shri Adi Shankara wrote his beautiful commentary. Its spiritual fervour excels its size. This beautiful Upanishad speaks only about Isha. Isha means Ishwara, the power of God. God was alone and desired to be many. So God made men and women in His own image, and breathed into their nostrils the breath of

His life. God became the living Soul in the whole universe. So everything you see in the whole universe is the manifestation of the power of God.

### MANTRA 7

#### Unity of the Divine

*yasminsarvanibhutany  
atmaivabhudvijanatah  
tatrakomohahkahshoka  
ekatvamanupashyatah*

#### Translation

When one knows that all beings become one with his own Self, then what delusion and sorrow can there be for the seer of oneness.

#### Metaphorical Interpretation

In this mantra the rishi explains about the advancement of the person who perceives that matter, memory, and the soul are all Isha. A person who seeks the soul should find a realized guru from whom to take direct training. Then one can really perceive that the whole material world is Isha, the soul. Family life is not its own end

and purpose; through family activities you perceive your spouse as a living soul, your child as a living soul, your work as living soul, and everything as the living soul. Then you speak less, meditate more, always remain in the soul, and merge with the soul. Radha (a devotee of Lord Krishna) was absorbed with thoughts of Lord Krishna; night and day her mind was fixed on Him. After that she had no longing for Lord Krishna, for she constantly perceived his living presence within her and was transformed. She had nothing to say, she was only absorbed in him. Similarly, when you meditate and feel that your soul is all-pervading, then you find the soul in the whole universe, even in the high heaven. Your mind will transform into cosmic consciousness and wisdom. At that time you will not feel the presence of worldly objects. You will not repent or lament. You will only remain in the unity of God. comes from the soul.

## Contact Details

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

Parth Roop, Vice President & Editor  
Ph 09 577 1025, Mb 021 335 137,  
partha&bindu@orcon.net.nz

Auckland - Vijay Sethi  
Ph 09 520 5670, Mb 021 100 6611  
vssethi@xtra.co.nz

Wellington - Renee Simpson  
Mb 021 722 492,  
Kriyawgtn@gmail.com

#### EXECUTIVE COMMITTEE

Parth Roop, as above

Kanta Chandra, Secretary  
Mb 021 166 8940,  
kmchandra@xtra.co.nz

Arvind Agraval, Treasurer  
Ph (09) 837 3156, Mb 021 027 20181  
agraval@slingshot.co.nz

Kim Knight, Website & Promotion  
Ph (09) 833 6553, Mb 021 410 633,  
kk@xnet.co.nz

Nicki O'Conner  
Merchandising/Book Sales  
Ph (09) 473 1018, Mb 021 299 1054  
nima1@xtra.co.nz

Matthias Sudholter  
Book Sales, Audio and Video  
Ph (09) 473 1018, nima1@xtra.co.nz

Sanjay Tirodkar  
Ph (09) 577 3530, Mb 0274 818 861  
stirodkar@xtra.co.nz

Cynthia Crosse  
Ph (09) 820 9693, Mb 021 238 5631  
cynthia@mymarketingassistant.co.nz

## Brahmarpanam

This prayer was said before each meal at the Tauhara retreat and you may like to learn in advance of next week's retreat at Kowai Purapura.

Brahmarpanam Brahma Havir  
Brahmagnau Brahmana Hutam  
Brahmaiva Tena Ghantavyam  
Brahmakarma Samadhinaha

Aham Vaishvanaro Bhutva  
Praninaam Dehamaa Ashritaha  
Prana Pana Samayuktah  
Pachamyannam Chaturvidham

The two verses are from the Bhagavad Gita: Bhagavad Gita, Chapter IV, verse 24, Bhagavad Gita, Chapter XV, verse 14.

#### Meaning (Wikipedia)

The whole creation being the gross projection of Bramham, the Cosmic Consciousness itself; the food too is Brahman, the process of offering it is Bramhan it is being offered in the fire of Brahman.

He who thus sees Brahman is action, reaches Bramham alone. I, the Supreme Spirit, abiding in the body of living beings as the Fire (Vaiswanara) in their stomach I am associated with their

Praana and Apaana, digest the four type of foods (solids, fluids, semi-fluid and liquid) which they eat.

#### Explanation

We should partake of food with a sathwic (pure, serene) mind. Food taken in this way becomes prasad (consecrated offering).

The food thus offered to God is digested by 'Vaishwanara' in the digestive system. Since God exists in the form of fire as Vaishwanara, He digests the food along with the impurities. So, man will not be affected even if the impurities enter the food.