



Kriya Yoga New Zealand Incorporated Newsletter

June 2006

Issue 2

Hari Om Divine All,

Welcome to the second newsletter of our young association.

May this endeavor continue to blossom in the years to come.

We hope your year so far has been a peaceful journey full of spiritual progress.

A warm welcome to you all during this chilly time.

With more breath awareness lifting us from body consciousness to the untouched peace of Spirit I trust we are all surviving winter with a smile!

It is a joy to bring you news of events – both past and future.

In Sanskrit one word for food is **ahara**. This is formed by the combining of the word **a** which means in front of us and **hryate** which means taken inside. So ahara is not limited to the food we eat but includes everything we are in contact with that we take within. Everything we choose to read, to see, to hear and touch. In order to achieve spiritual growth it is important that we surround ourselves with spiritual food. May this news letter dedicated, to God and Gurus, provide inspiring words to keep our minds alive and attuned to the spiritual goal.

[6 Months with the Master](#)

In November 2005 Bibi Hamel and I left the familiar comforts of our New Zealand life to attend the third Brahmachari Training Course in Balighai, India. The Hariharananda Gurukulam is an ashram in Balighai which was started by Paramahansa Hariharananda and is now under the care and guidance of Paramahansa Prajnanananda. The goal of the training is to prepare students for living a wholesome and integrated life through the practice of discipline, meditation and moderation. Brahmachari literally means one who roams in God consciousness; it also refers to any spiritual aspirant who maintains celibacy and strives for purity in thought, word and deed.

To give you an idea of the training lets take a walk through a typical day at the ashram. Rise'n'shine from your hard bed (no mattress!) at 4am. Then take a bath, that is to say, wash yourself under a cold tap, readying yourself to be at the

meditation hall at 4.45am. This was the start time for Exercise class, thirty minutes of stretches and yoga asana. Following this was Chanting Class then the morning's meditation. Particularly in the first two months it was not unusual to hear one or two people snoring during this time! Breakfast was next at 7.15am then from 8-10am we would be blessed to sit before Baba in the classroom. Here we would receive the wisdom that naturally pours forth from his Divine being, not just from his words but even from simply beholding his presence. To watch how a realized master walks, talks, sits acts, listens, interacts and gives, is an opportunity to learn in itself. 10-11.15am was time given *seva*. *Seva* is selfless loving service and this included things like gardening, kitchen work, office work, or physical labour needed to help with the construction of the new temple. 11.30am saw everyone head back to the meditation hall for more Kriya practice. This meditation was not guided.

12.30pm was lunch time, followed by some free time and rest before getting back to work at 3pm. Another opportunity to be in the holy presence of Gurudev was in the afternoon class at 5.15pm. This class went for an hour followed immediately by the evening chanting and guided meditation. Dinner followed at 7.45pm then again we would return to the meditation hall for satsang, arti, and closing prayer. Satsang is a Sanskrit word formed from the word sat (truth) plus sanga (association or company). So satsang means keeping good company and can be a gathering of seekers of truth where a spiritual talk is given along with prayer and devotional singing. The metaphorical meaning of satsang is to be united with the soul. Arti is an external form of worship. By the time the last line of the evening prayer was sung we were more than happy to retire to our rooms with lights out at 10pm, exhausted from the day's activities. They say an idle mind is the devil's playground and with this understanding the course schedule was kept full.

The days highlight for everyone was class time with Baba. An unparalleled teacher, He would arrive in class and sit in a firm strict silence. Either eyes closed or open and fixed on eternity. There was no "Hi, how are you all this afternoon?" Immediately our minds would be drawn to the serious effort and sincere devotion necessary on the spiritual path. His presence would challenge you to forget any complaints, thoughts and

restlessness. His arrival spoke volumes, saying be present, rise up, waste time with none but God. Each class would begin with a prayer then more often than not we were suddenly carrying on where we left off from yesterday's text and you'd be scrambling to find the page! A lesson in itself.

Sometimes after the strict silence he would suddenly smile, a pure, childlike, immensely loving smile. He might say he didn't feel like discussing the text and then spend the next hour or so telling us stories of his childhood or Hariharanandji's life or stories of other saints and sages.

This training was such a rare and incredible opportunity to be immersed in such a positive God oriented environment. Nearly everyday we could witness the manifestation of God in Guru, the Divine example urging us to wake up. Everyday one heard words of truth, everyday one sung the glory of God and everyday was spent striving to practice the teachings of the scriptures. This experience really exemplified the single minded devotion needed to attain God realization. Three main lessons came across very clearly from seeing how Baba lives. One was the importance of time management and the potential in how much one could actually do and give. Sometimes Baba would travel somewhere else in India for a program and he might travel by train through the night to return to the ashram. He might reach the ashram at 7.45am, skip

breakfast and be teaching us at 8am as if it was all in a day's work. Which it was for him!

The second striking quality about Baba was his ability to be so very detached yet never cold or distant. His ways urged you to put God first, align yourself with Guru, worry not about trivial matters and simply play your role with devotion.

Thirdly discipline, discipline, discipline your life! In class Baba once said "Spirituality and discipline are two sides of the same coin." He constantly spoke of its importance and was obviously the epitome of this in his actions.

Before going to the ashram I had read that it is not so easy to stay in the company of the master. I have to say, I now see why this is said! In Baba's presence there is no excuses. His example outshines and denies all weaknesses. He doesn't cushion anyone's ego nor meet you at an ordinary human level, no, he is constantly resting in the heights of purity and his message is to inspire you to be stronger, be wiser, be established in truth, rise up, wake up and realize who you are.

There seems to be endless stories to tell of this experience and what's mentioned is an overview from just one angle. The seven months at the ashram was a most challenging and stirring time but also immensely positive, satisfying, eye opening and life changing.

Bibi Ma is still in the wondrous spiritual land of

India reaping the benefits of such a rich culture. We look forward to more inspiration from her on her return to New Zealand. May she have safe and smooth travels.

It is a delight to be back and involved with the progression of our new association. I dream of seeing a Kriya yoga ashram in New Zealand one day, but for now I keenly await Babas visit in October! Let us all work together to make this four day program a success. May we all be blessed with the wisdom to bring more devotion into our daily practice and “meditate nicely” as Baba often writes.

An overwhelmed Disciple
Fern

UPCOMING EVENTS

Coming up are two special days to inspire more focus in our practice and dedication to the teachings of the Masters.

Guru Purnima – 11 JULY

July 11th is Guru Purnima. This is a sacred day in Hindu tradition to spend in prayer and devotional worship of the Guru- the preceptor. It is a day dedicated in memory of Sage Vyasa the editor of the Vedas, who also wrote the 18 puranas and the great epic Mahabharata. It is celebrated on the full moon day in the Hindu month Ashad (July-August). The guru is considered as the physical embodiment of God and it is recognised that it is only possible to unite with the Supreme through the grace of the Guru. On this auspicious occasion spiritual practices are increased

through intensified japa (chanting the name of God), meditation and prayer. Many also fast, or take just milk and fruits.

We might ask why should we adopt this tradition. If we are from the west with no history or identification with Indian culture of what benefit is it to us? How can we relate?

Any opportunity to exemplify any aspect of spiritual practice is a blessing. All time given to prayer, meditation and reflection on Gods glory as seen in the lives of His Divine messengers helps to keep us inspired and humble. It is a day we can spend with our thoughts more in tune with Paramahansa Prajnanananda, the Divine Guru who upon initiating us into Kriya Yoga has accepted the immeasurable responsibility of guiding us in all aspects of our life.

We invite you all to attend Guru Purnima celebrations on Tuesday 11th July at 7pm. Join in a short silent meditation and the screening of Guru Purnima celebrations at the Balighai Ashram in 2005.

Fern will also tell of some experiences with Baba during the Brahmachari Training Course. A light meal will be provided. For more details and to R.S.V.P please contact Fern at spearmintleaf@hotmail.com or (09) 817 7245.

Baba's Birthday – 10 August

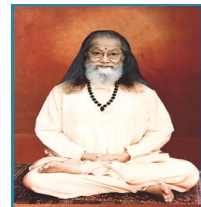
Another date to be aware of and keep the evening free is Thursday August 10th. On this special day in 1960 our beloved Gurudev came to this world taking physical form. We will email details of the birthday celebrations closer to the date.

Baba's visit: October 6 to 9



October will bring a monsoon of blessings with Babas return to New Zealand. Also accompanying him this year is the revered Swami Samarpanananda.

Centennial Celebrations



On May 27th of this year the Centenary Celebrations dedicated to the beloved Kriya master, Paramahansa Hariharanandaji began. Born in 1907 his life saw him pursue and achieve the highest goal of a yogi, nirvikalpa samadhi. He was known as an Incarnation of Compassion and he lived a complete life, a life dedicated to God, dedicated to all. He would often say “This life is not for

Hariharananda it is for you all.”

During this visit we will commemorate the glory of Hariharanandas life teachings and his service to mankind. Baba will initiate newcomers into first kriya and for those already initiated there will be an opportunity to receive second kriya initiation.

For program details visit www.kriyayoga.org.nz. Also for anyone interested in helping towards the organization of this event please contact Partha Roop at p.roop@auckland.ac.nz or 021 335 137.

[BOOKS AND CENTENNIAL MERCHANDISE](#)

It is great to be able to mention that a number of books written by Paramahansa Hariharananda and Prajnananandaji have been brought back from India and will be available for purchase at the centenary celebrations in October.

Many beautiful Kriya articles (calendars, key rings, altar photos etc) are available for sale from now on. Details will be available soon on our website.

[MEMBERSHIP OPPORTUNITY](#)

The Kriya Yoga Association of New Zealand (KYANZ) offers a wonderful opportunity for you to be part of a positive environment for spiritual growth. As mentioned earlier it is important to discriminate as to what we take in as food.

What experiences do we want to avail ourselves to? What company do we wish to surround ourselves with? Becoming a member of KYANZ opens a door to new associations and becomes a pillar in ones life supporting the journey to Self realization. It is a supreme blessing to be connected to such a glowing lineage. Each master is rich with practical teachings and timeless wisdom.

As we are an organization in its infancy it is a superb time to be involved. It is a special time to bring progressive ideas to the forefront and contribute to the divine will of Mahavatar Babaji who foretold the widespread proliferation of Kriya Yoga throughout the world. To become a member either go to our website at www.kriyayoga.org.nz or contact Vijay S. Sethi at vssethi@xtra.co.nz or 0211 00 66 11.

The membership applications forms are available on website or Vijay will be quite happy to forward to you.

[IMPORTANT DATES](#)



27th May – Birthday Gurudev Baba Hariharanandaji.

2nd August – Mahasamadhi Swami Satyanandaji.

10th August – Paramahansa Prajnanandaji’s birthday.

26th September – Gurudev Lahiri Mahasaya’s Mahasamadhi.

30th September – Birthday Lahiri Mahasaya.

17 November – Birthday Swami Satyanananda.

30th November – Mahaavatar Babaji’s Birthday.

3rd December – Mahasamadhi Gurudev Baba Hariharanandaji.

“Meditate on God and be God”.

Meditate on Guru and be Guru”.

[LIBRARY](#)



KYANZ is organizing the list of Kriya Yoga books, CDs and DvD’s. A software is presently being written to manage the lending services. We expect the software to be ready for testing shortly.

Also among the Kriya family there is lots of literature available to anyone wanting to read up on Kriya Yoga and related topics. Just ask any one of the committee members if you are looking for a particular book. If we do not have it, we will point you in the right direction.

Spiritual books by other great holy masters and certain titles of Kriya Yoga books can be purchased via **Sai Library**. These books are imported from India. Rajan Maa can help you here if you give her the book details or want a list of available titles Please email Rajan Maa at: rajan.bedi@clear.net.nz

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.

Wednesday Meditation:

7pm, Taraire Room, Wellpark College, 6 Francis St., Grey Lynn, Auckland.

Saturday Meditation:

9am, Newton Central Hall, Waima St., Newton.

COMMITTEE MEMBERS

With the approval of Paramahansa Prajnanananda the following initiates have been appointed to the Executive Committee,

President: Paramahansa Prajnananda

Vice President: Partha Roop

Secretary: Natasha Boyack

Treasurer: Vijay S. Sethi.

Committee Members:

Fern Watson
Kim Knight
Ranjan Misra
Natasha Boyack
Deven Pillay
Dinesh Lal
Swarup Chattergee
Priyabrata Behera

Advisors:

Lisa Er
Jerome Hartigan

All future appointments will be determined at the next annual general meeting.

CONTACT DETAILS.

For any information about KYANZ Inc or Kriya in general any of the Committee Members can be contacted.

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QUOTE OF INSPIRATION

The Master usually insisted on silence among those around him.

He explained: "From the depths of silence the geyser of God's bliss shoots up unflinching and flows over man's being."

From Sayings of Paramahansa Yogananda.

SUGGESTIONS & COMMENTS



The purpose of this newsletter is to keep all initiates and members informed of the associations activities. We would love your feedback, ideas and suggestions on how to best enhance the look and feel of the newsletter.

It goes without saying that a newsletter is not a Newsletter if it does not have a proper name. So please put your thinking caps on and email your suggestions to Fern Ma.

Future articles are always welcomed. If you wish to contribute to our next newsletter please email Fern at

spearmintleaf@hotmail.com

"May God, Christ and Masters bless us all"