



Kriya Yoga Association of New Zealand Newsletter

December 2006

Issue 3

Hari Om Divine All,

Welcome to the third newsletter of our young association.

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

We hope this Christmas and New year brings an abundance of peace and prosperity to you all.

Noble and Divine Souls,

How wonderful it is, to give a very warm welcome, to all those recently initiated in October. This is the fourth year Paramahansa Prajnanananda has visited New Zealand sharing the divine wealth of Kriya Yoga in this land of "New Zeal" (in Prajnananandaji's words).

The October 2006 program brought untold spiritual upliftment to all. Most inspiring was Friday night's public discourse. This was well attended, with over 200 people filling the Mt Albert War Memorial Hall to hear from one of India's most exalted Masters.

It was inspiring to hear that Guruji regards New Zealand as one of the few countries that brings him love and joy. He sees this country as an inspiring land that brings him *new zeal, new spirit, and new strength*. May we each do our part in bringing this "new zeal" to our life, our family and to all our fellow New Zealanders! We are here to stay for some time only. This

country is ours to serve, although our real home lies beyond this, in union with God.

Baba spoke deeply on Love during Friday's talk. He spoke of water as the milk from the Mother Earth, the symbol of pure love. He referred to the story of Jesus turning water to wine and gave its metaphorical interpretation as "transforming the love within to intoxicating love". He said *"Love begins with duality, love ends in unity, perfection of love is a perception of purity everywhere."*

The weekend proceeded nicely with the initiation of around 80 people. There were many peaceful meditations and a second public discourse at Wellpark College in Grey Lynn. At this talk, Baba spoke on practical ways to live healthily and stress free life.

"If we analyse our needs and distinguish from greed,

we can live a much simpler life."

The event was recorded on CD and DvD which the KYANZ is offering for sale at \$10 each or \$15 for both. Please contact Vijay at vssethi@xtra.co.nz or 0211 00 66 11 with your order and payment.

We attempt to have to these compiled and mailed by early January 2007.

Quote

An excerpt from the book "Kriya Yoga" by Paramahansa Hariharananda.

The Role of Guru

A *guru* or Preceptor is indispensable for any spiritual practice. The scriptures say that the *guru* is *Brahma* the creator, *Vishnu* the preserver and *Shiva* the destroyer. He creates new *samskaras* (tendencies), the longing for *moksa* (liberation). He preserves the physical, mental, and spiritual well

being of the disciple. He destroys the effects of bad *karma* and base desires and leads the disciple towards light. The *guru* is God in His manifest and personal aspect. 'Gu' means the Invisible, i.e. God, while 'ru' means the visible. The invisible uses the visible as Its instrument. The relationship between the *guru* and his disciples is eternal. He is responsible for his disciples until they attain *moksa* (liberation).

The real *guru* is one who has attained Self-realization, which means complete mastery over the pulseless and breathless state, i.e. *samadhi*. Only then one will be fit for the role of *guru*, not because one speaks elegantly or has a large following. If a person sincerely seeks enlightenment, God sees that he gets a true *guru*. Most people fail to find the Truth, because they get lost in the forest of theology and travel from one thicket of theory to another. True religious principles are found in good books. But their full meaning can not be grasped until their manifestation is seen in the life of a *guru*. Such an enlightened person can help his disciples, provided the latter are attuned to him. After that, the physical presence of the Master is not necessary for guidance. The real *guru* is God Himself. The human *guru* is only His instrument or agent.

EVERYTHING (Samarpana)
As I awoke to the beginning of a brand new day,
it seemed like waves of trials kept coming my way.
Problem after problem was all I could see,
I cried out, "Oh Baba, what is it you want from me?"

The answer that came from the One Most High,
was nothing but a very simple reply.
It was one unexpected, but yet rang so true,
It is something He desires, from me and from you.

He said, "EVERYTHING."

I want to be PART of EVERYTHING you do.
This way you can be PART of EVERYTHING I do.
Because I love you and everything about you.

I want you to know Me as your Savior and Guide,
The One who will always be right there at your side.
I want you to serve Me through the good times and bad,
To sing praises to My Name whether you're happy or sad.

I want your faith to grow stronger as each day goes by,
To trust Me when there's no answers to your questions of "Why?"
To learn of My love and to feel My embrace,
When you're called to endure the hardships you face.

I want no one or nothing to take My place in your heart,
In whatever you should do, I want to take part.
Stand on My promises, let nothing cause you doubt,
In the end you will see that all things will work out.

So you see, My dear child, I want to be your all in all,
To depend on My presence when you stand and when you fall,

So when you question just what is it that I want from thee?
My answer is EVERYTHING, as you are EVERYTHING to Me.

~ Author Unknown

POEM BY SHRI RABINDRANATH TAGORE*

Go not to the temple to put flowers upon the feet of God,
First fill your own house with the Fragrance of love...

Go not to the temple to light candles before the altar of God,
First remove the darkness of ignorance from your heart...

Go not to the temple to bow down your head in prayer,
First learn to bow in humility before your fellowmen...

Go not to temple to pray on bended knees,
First bend down to lift someone who is downtrodden...

Go not to temple to ask for forgiveness for your sins,
First forgive from your heart those who have sinned against you...

UPCOMING EVENTS

Kriya Christmas Celebration!

All are welcome!
Bring family and friends even if not initiated into Kriya.

Christmas is a time to come together in joy. A special time to remember the birth and life of Jesus, a divine master, saint, and saviour, who came and conquered all of life's tests. Jesus won the inner battle to reach that state of enlightenment in which he could say '*I and my Father are one*'. His life is our example to follow.

Where: The Pavilion Hall, St Peters College, Lion Place New Market.

When: Saturday 16th December, 7pm to 10pm

What: Begin with prayer and short silent meditation, followed by a sharing of

passages from the Bible (or any other related scripture/text/poem/prayer).

Please feel free to bring something along to offer the discussion. Following this we will have singing and then end with a shared meal.

Bring: Anyone you want, all are welcome! The Holy Bible (if you have one) ready with a verse or parable which you may like to read/discuss. A plate of food to contribute. A candle.

Overseas Programs

As you may know there are Kriya centers to be found all over the world. These centers welcome all Kriyavans (one who practices Kriya) to attend their programs, no matter which country they are from.

In particular there are two upcoming programs in India. One is the Intensive Kriya Yoga Seminar from 14 January 2007 until 20 January 2007. This will involve meditating three times a day, attending talks about Kriya Yoga philosophy, and discourses from various monks both within Kriya and from other orders. People from all over the world attend to intensify their practice and deepen their understanding of Kriya Yoga and spiritual life in general. It is a divine opportunity to gain the company of Paramahansa Prajnanananda during this time.

The other main event in 2007 is the closing ceremony of Baba Hariharananda's centennial year. This will take place from 24 May 2007 to 29 May 2007. For more information please check

www.kriya.org or www.prajnanamission.org.

If you go to the latter site you can find the details of the Intensive Kriya Yoga Seminar. Enter the site, then on the right hand bar below 'What's New' click on IKYS' 2007.

We are also fortunate to have one of our KYANZ members in India until October 2007. She has offered to liase with anyone wanting to visit the ashram or to attend any programs. Bibi Maa has given her cell phone number for us to call from NZ. Dial 0091(for India) then 9937408057.

VISION OF THE FUTURE

Events Calendar 2007

Halls will be booked ahead of time for the important dates to commemorate. So look out for the new yearly schedule to be posted on our website at www.kriyayoga.org.nz

KYANZ Center

Although the advent of a KYANZ Center/Ashram being built here in Auckland looks to be a distant project, it is definitely an idea simmering somewhere in the cosmos and also in the minds of devotees! For now we will be content with continuing to hire halls, but the desire for a more permanent premise to hold meditation and programs has been heard by the Lord and what better hands have we to leave this in but His!

Help

In order to develop and improve as an organisation we need your input, please email

Vijay, with any ideas, suggestions, or any skills you can offer.

Buddy

If anyone needs help with any aspect of Kriya there are many contacts and people willing to help.

Should you need help with the technique, rationale or practice, please contact Partha (p.roop@auckland.ac.nz), or Vijay (vssethi@xtra.co.nz) in the first instance.

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.

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 Sethi at vssethi@xtra.co.nz or 0211 00 66 11.

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

IMPORTANT DATES IN 2007



[5th January](#) - Birthday of Paramahansa Yoganandaji
[20th January](#) - Birthday of Sanyal Mahasaya
[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
[13th December](#) - Birthday of Bhagawat Gita (The day The Bhagawat Gita was completed by Maharishi Vyasa)
[25th December](#) - Birthday of Lord Jesus

"Never imagine that you can win God's love if you can't win the love of your fellow creatures. As you love Him, so should you love Him in all"
- Paramhansa Yogananda

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 Vijay at (vssethi@xtra.co.nz)

WEBSITE



www.krivavoga.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.

Saturday, 16 December 2006, will be the last meditation session for 2006. The meditation begins at 9:00am

In 2007, the first weekend meditation will be on **Saturday, 13 January 2007.**

Beginning 2007, meditation will commence from **8:00am and go through to 9.15am.**

Wednesday Meditation:

7:00pm, Taraire Room, Wellpark College, 6 Francis Street, Grey Lynn, Auckland.

The first midweek meditation resumes on **Wednesday, 21 February 2007**

Monthly Meditation

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

CONTACT DETAILS.

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

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(Bibi Maa is currently in India until October 2007)

QUOTE OF INSPIRATION

"Faith means expanding your intuitive awareness of God's presence within, and not relying on reason as your chief means of understanding".

**- Pramahansa
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.

In the last newsletter, we had requested suggestions from KYANZ members for a name for our newsletter. We have not received any suggestions so far.

So please put your thinking caps on and email your suggestions to Fern. (spearmintleaf@hotmail.com)

Future articles are always welcomed. If you wish to contribute to our next

newsletter please email Fern spearmintleaf@hotmail.com

"The supreme truth is established by total silence, not logical discussion and argument. He alone sees the truth who sees the universe without the intervention of the mind, and therefore without the notion of a universe"

- Maharamayana

In our Baba's immortal words

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