



Kriya Yoga Association of New Zealand Newsletter

March 2007

Issue 4

May loving inspiration fill our lives, as the blessings of the Masters guide us in every breath. May KYANZ continue to progress harmoniously, creating a spiritual environment for our inner development.

Hari Om Divine All,

Greetings for 2007 everyone!

Can you believe we are already in the third month? One quarter of the year has nearly passed and shall never return! Time is God say the Masters. "Waste time with none but God then time will not be wasted," tells Paramahansa Hariharananda.

It is good to follow the teachings of the Guru, we can then ask ourselves; what do we really value in life? What activities do we hold as important and hence dedicate much of our time to? Why are the Masters showing that the fundamental treasure in life lies in our relationship with God? Jesus tells us in the book of Matthew 7: 24 – 29

Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:

And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.

And everyone that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:

And the rain descended, and the floods came, and the winds blew, and beat upon that house: and it fell: and great was the fall of it.

And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine:

For he taught them as one having authority, and not as the scribes.

It seems that maya, wants months rolling into years, and years rolling into decades. She seems to tell us that life is simply a wave of experience after experience. We are born, we then learn, grow, laugh, cry, enjoy, and create, then to end the experience comes death. Paramahansa Yogananda tells us that: "In God's plan and play (lila), the sole function of Satan or maya is to attempt to divert man from Spirit to matter, from Reality to unreality. Maya is the veil of transitoriness in

Nature, the ceaseless becoming of creation; the veil that each man must lift in order to see behind it the Creator, the changeless Immutable, eternal Reality."

Our lifeTIME is passing. We have read theory, we have heard wise council, and we have seen living proof of divinity in Baba Prajnananandaji. Let us all try and apply in our life this small trinket of very practical theory: Baba suggests taking Kriya breaks throughout the day. Stop for five minutes when you can and practice one or some cycles of Kriya breathing.

Intensive Kriya Yoga Seminar

*January 14th - 20th 2007
Hariharananda Gurukulam
Balighai, India*

Six graceful days were spent immersed in Kriya teachings, meditation, contemplation and service. This was the experience of those who attended the recent Intensive Kriya Yoga Seminar in India. Attending the seminar were people from Peru, Brazil, Switzerland, Germany, Austria, Holland, New

Zealand, Australia, USA, Hawaii and undoubtedly other countries I have missed!

I think I can safely say that the highlight for all, was the mornings discourse on scriptures and spiritual life, then the afternoons question and answer session. Both of which were imparted by our beloved Paramahansa Prajnanananda. His limitless wisdom satisfied and inspired everyone. Although, perhaps there was also frustration (!) with some of Baba's simple answers which thwart the ego and the mind and really put the question back into the hands of the inquirer to 'quest in' to find their real answer. One such example was Baba's answer to the question: **"How can I get peace?"** His response was:

"I will ask a question to the questioner. Can you say 'I want peace'? You are asking the question so you must want peace. I WANT PEACE. 'I' is the ego, 'want' is unnecessary desire, if you take away the two you will find peace." He then repeated: "I WANT PEACE. 'I' is the ego, 'want' is unnecessary desire, if you take away the two you will find peace."

Three Kriyavans, from New Zealand, Bibi Maa, Natasha Maa and I, attended the seminar this year.

--Fern Watson

"My memory of Baba is of a light filled being....."

I remember one moment in his presence where I realised what he was doing was to uplift us all. No one left out side the perimeter of his

loving grace and the uplifting effect that had on all of us, to me that is a beautiful memory of Baba.

To be around someone that in his wholeness simply radiates love because that's who they are.....I really don't know how to describe my memory of my time in India and of Baba!"

--Natasha Boyack

"Experiences with Baba. Well they are so subtle and unless you are vigilant you would miss the lessons that Baba teaches. My best lessons are gained from sevas (service). Yes, seva teaches you to be humble. Such issues as self righteousness, indignation and being judgmental are highlighted during seva time. At the time of seva, you don't realise it. It is only afterwards when you reflect that you realise your failings - so next time you try harder to be a nice person. It is a growth when this happens.

10 days prior to Baba's arrival, a resident brahmachari had approached me to help him with the cleaning of the ashram. I was the only mother with one other baba from Australia. Together we tackled high dusting of Bhakti Nivas, Matru Nivas, Gayatri Nivas, cleaned the toilets, bird droppings, washed the meditation hall, floors, Shiva Temple etc. It was full on for 7 days. We left the cleaning of the dining hall to the last - a day before Baba arrived.

As you know the ashram does not provide you the necessary cleaning equipment. So once again I had to organise these and purchase them.

The night before Baba was to arrive at the ashram at 10pm there was no one to help clean the dining hall. I told the resident brahmachari that I was not doing it on my own and that he better find some people to help me. None of the other resident brahmacharis would help. Anyway the brahmachari in question found some contract labourers to help me. I had to get inside the trench to show the men how to scrub the trench wall. They did not understand English and I could not communicate in Hindi or Oriya. So it was all by sign and example that I had to work with. The men must have thought who is this crazy Indian foreigner. However bless them together we got the job done and we finished by 11.30pm.

I was saddened that the other residents would not work as a team for the love of Baba. I was judging and being self righteous. I realised this the next day. God and Guru test you by putting you in situations and with people most likely to push your buttons. Well seva is the best way to get me. Plenty to learn and grow.

I also found out that Baba says thank you by giving you opportunity to be in his presence. It was during Christmas at Sambalpur, he gave me the opportunity to be with him two nights in a row when he asked me to massage him. I was over the moon when his request came through. Also there were opportunities to lunch with him at disciples' houses.

So yes, I whole heartedly encourage each and every

kriyavan in NZ to do seva. You don't have to come to India or go anywhere. Do seva while you are at home - Make an effort to attend the group meditations regularly, encourage and help those who are having difficulty getting to the group meditation - offer to transport them, help the Exec members to carry out their duties with love and harmony. Do not gossip, spread rumours or compare. These are all negative energies and they do not serve higher purposes.

It is only by making the changes within that we can make changes without. So to quote Baba "Meditate nicely, Help Ever Hurt Never".

--Bibi Hamel

Excerpt from the book "Mysticism of Religious Symbols" by Paramahansa Hariharananda

"Hindu practices in India include the art of bowing to God and elders by bending down. Many times people ask why we bow. Bowing is not only the practice of Hindus, but is a common practice in all religions. If you read the Old Testament you will find verses in which people are touching and kissing the feet of Jesus. It was also the tradition to wash the feet.

In Islamic prayer, they bend their body and bow down to the Lord, praying to Allah. The same is done in other religions like Sikhism and Jainism. When people bend their body, it gives more circulation in the brain, and the brain power increases.

Bowing is a philosophy

The act of bowing brings real success and joy. It shows an understanding of the reality of life. In Sanskrit there are a few words used for bowing down. Let us understand their meaning. In Sanskrit, bowing is known as *pranama*, *namaskara*, *namah*. *Pranama* means to bend and be humble. Without humility, one can not grow spiritually. *Namaskara* is an action of bending or bowing with folded hands. The word *namah* is commonly used in mantras. *Namah* or *nama* means, "I bow to you." It is the short form of *na mama*, which means "nothing is mine." When we live in this world we develop ego. Ego develops in many forms - ego about one's own body, beauty, intellect, worldly possessions, achievement, success, and so on. All these factors, which lead to developing ego in the person, bring a lot of trouble in daily life. However, a truly spiritual person remembers that everything is a gift of God, and that nothing belongs to him or her. Even the body, mind, and intellect, which are so close, are so near and dear to me and could belong to me, are also not mine. So it is *namama* or *namami* – it is complete surrender, nothing is mine.

When bowing, we sometimes bend our heads. The head implies our knowledge or ego, and to bend it means to surrender everything. Sometimes we kneel down and pray or bow. Kneeling down is to cease all of our restlessness, all of our activities. Bowing is surrender to God – there is no

activity except complete surrender."

UPCOMING EVENTS

Overseas Programs

Closing ceremony – Paramahansa Hariharananda birh centennial year.

From the 24th –29th May, the life of Baba Hariharananda will be highlighted with six days of satsang, meditation, and celebration, bringing to a close the birth centenary year, to which Baba Prajnananandaji has dedicated immense love and devotion. It will be held in Cuttack, India. Check the website www.kriya.org for details.

Balasharam Trek to Mt Sinai

Another soul stirring adventure, in the holy presence of Baba, and for a noble cause, is the trek in the Sinai Desert from the 1st – 8th November.

For detailed information on the trek and access to the necessary registration forms, please go to www.balashramtrek.org If you do not have access to the internet, contact Michael Mannion on 020 7498 5929. Please let Michael know by email

admin@balashramtrek.org or post as soon as possible if you are planning on going. **Please send your registration form and fee to him before 19th March 2007.** They will then send you the pack so that you can commence your fundraising.

October 2007 visit

Swami Samarpanandaji will be visiting Auckland from Friday, 19 October 2007 to Sunday 21 October 2007.

Fale Pacifika of the University of Auckland has been confirmed as the venue. We will send out directions and parking details as soon as they are available.

A free public discourse is scheduled from 6:00pm to 8:00pm on Friday 19 October. Initiation and technique training is expected to be held from 8:00am to 6:00pm on Saturday 20 October and upto two guided meditation sessions on Sunday 21 October 2007.

Once the details are finalized, we will post the details on the website and advise you all by email.

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.

As an association, we offer weekly meditations, the means for hosting Baba and / or other Kriya Yoga Swamis' at the annual program, this newsletter, and various smaller programs through out the year. For any organization to flourish, it needs members!

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.

Existing members – please note that for those who are paid up to March 2007, membership fees will be due on 1 April 2007. Vijay / Deven Baba will be contacting existing members for renewals.

IMPORTANT DATES IN 2007



[5th January](#) - Birthday of Paramahansa Yoganandaji
[20th January](#) - Birthday of Sanyal Mahasaya
[10th May](#) - Birthday of Shri Yuktेशwarji

[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

"Tie a very tight knot with me and I will take you through this worldly ocean towards everlasting peace, joy, happiness, and bliss".

- Paramahansa Hariharananda

LIBRARY



KYANZ has organised a list of Kriya Yoga books, CDs and DVD's.

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. Please email Vijay at (vssethi@xtra.co.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.

Saturday Meditation:

Newton Central Hall, 16 Waima Street, Newton.

The earlier start at 8:00am has met a positive response. Wonderful attendance continues to create the uplifting group vibration.

We have been advised by the Auckland City Council that from 1 July 2007, bookings at this hall will be managed by Newton Central School and that we are to wait for the school to contact us.

We have been assured that there will be no disruption to our regular bookings. Vijay will keep you posted on developments on this.

Wednesday Meditation:

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

We encourage you to come to a session! The timing and venue (Wellpark College) seem to make for a very peaceful meditation, those who come on a Wednesday are in agreement. So let this be, that tipping bit of info. that motivates you to come along!

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.

Vijay S. Sethi
vssethi@xtra.co.nz
Phone: 09-520 5670
Mob: 0211 00 66 11

Partha Roop
p.roop@auckland.ac.nz
Phone: 09-577 1025
Mob: 021 335 137

**"I am always with you.
You can never erase my
love. Your breath is my
presence"**

**- Paramahansa
Hariharananda**

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.

Future articles are always welcomed. If you wish to contribute to our next newsletter please email Fern spearmintleaf@hotmail.com. Deadlines for articles are 28 February, 31 May, 31 August & 30 November each year.

Let us all become good jugglers - nicely balancing work, family life and spiritual development. As always, we look forward to Wednesdays and Saturdays and the good company that entails.

**"It is easy to renounce
the family and the
world, but difficult to
renounce the ego that
is so firmly established
and so willing to grow.
Always be humble and
meek"**

**-Swami
Satyananda**

In our Baba's immortal words

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