



Kriya Yoga Association of New Zealand Newsletter

September 2007

Issue 6

Glory to Guru! Glory to Kriya Yoga! Stop not until the goal is reached

Shining Eternal Soul,

Is the spring blowing new vigor into your life? If not, never fear, for next week we are ready for three days of spiritual upliftment. Swami Samarpanananda's visa has been confirmed and the program details are underway. On Friday 19th October at 11am we will commence the weekend event with the first public discourse at Wellpark College in Grey Lynn. Then at 7 pm in the Fale Pasifika Complex (University of Auckland), devotional singing will lead us into the second public talk. Past initiates are also invited to attend the Saturday and Sunday program, to refresh technique instruction, attend the group meditations, and enjoy like-minded company. After the Saturday morning initiation ceremony (for new comers to Kriya Yoga), a lunch will be provided for both past and new initiates. If you think you may attend, please email Vijay on vssethi@xtra.co.nz so we can get an idea of numbers to cater for. The

schedule of meditations possible to attend during this weekend, is found further in this newsletter.

--Fern Watson

Lahiri Mahasaya

September is a special month to remember the great Guru and householder Yogi, Shri Lahiri Baba. The work He did to spread Kriya Yoga at the behest of Babaji Maharaj, began the line of Masters which has presently brought us to our beloved Baba and the precious technique of Kriya. Shri Shyamacharan Lahiri was born on September 30th 1828. He left the mortal covering, having attained Mahasamadhi, on September 26th 1895. The following are a few stories from Paramahansa Prajnananandaji's book "Lahiri Mahasaya":
No Sense of Body
Every morning Shri Lahiri Baba was going to Ranimahal Ghat to bathe in the Ganga along with his loyal devotee Krishna Ram. One day after his bath, while returning home with Krishna Ram,

he suddenly shouted "Krishna Ram tear the cloth".

Krishna Ram could not understand the implications of these words. After a few more steps, a brick from the rooftop of a house fell on Baba's foot making a wound on one of his toes with blood coming out. Immediately he tore a piece of cloth and bandaged his wounded toe.

With folded hands Krishna Ram asked him, "Baba if you knew before hand that a brick would fall on your foot, then why did you not budge a little to avoid injury?" Shri Baba with a beaming face replied, "What is the gain? It is good to exhaust 'karma-phala', fruits of one's own actions. If I had moved aside from the place I would have had to repay it with principle and interest. It is good to exhaust very soon what is due to one".

Yogiraj Shri Lahiri Baba sometimes after practicing Kriya with khechari mudra throughout the night

would go to the Ganga in the morning for a bath. The intensity of spiritual intoxication not being diminished, his walk was not balanced and looked like that of a drunkard swinging from one side to another. A betel shop owner on the roadside seeing him in such a state ridiculed him saying, "See the Bengali Babu, he is fully drunk early in the morning". Shri Lahiri Baba was oblivious to this remark, but his attendant disciple Krishnaram was saddened by it. Later on the same shopkeeper became a staunch devotee of Shri Lahiri Baba.

A disciple of Shri Lahiri Baba, living close to his house, one day invited him to his house for food. He served his Gurudev many sumptuous dishes and fish curry. Shri Baba was taking food with great delight. Another disciple who was present there prayed to Baba to come for food to his house also. Baba finally agreed. The disciple prepared many dishes with fish and with great love was serving Shri Gurudev. Shri Baba was eating with great delight and joy. The disciple was describing to Baba the various fish preparation and asking him to try them. When he heard the word fish, Baba stopped eating and got up. The disciple who did not know the reason was worried if there was a mistake on his part and with all humility asked him why he got up before finishing the food. Shri Lahiri Baba replied, "Do I

take fish? Why did you give me fish to eat?" The disciple trembled with fear and said, "Baba the other day I saw you taking fish in the house of another disciple. Therefore I prepared fish curry for you". Expressing surprise at these words, Shri Baba said, "Have I taken fish in anybody's house? I am a pure vegetarian". Shri Baba was leading his life this way without any sense of body or mind. Great yogiraj you are!! Your sadhana is a lesson for us all.

UPCOMING EVENTS

October 2007 visit

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

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

Fri, 19 Oct 07

Two free public discourse are scheduled:

First: 11:00am to 12:00pm at Rimu Room, Wellpark College of Natural Therapies, 6 Francis Streetm Grey Lynn, and the

Second: 7:00pm to 9:00pm at the Fale Pacifika Complex, University of Auckland, 273-275

Wynyard Street, Auckland

Sat, 20 Oct 07

Initiation: 8:00am to 12:00pm

Lunch: 12:30pm to 2:00pm

Technique training: 3:00pm to 6:00pm

Sun, 21 Oct 07

**Guided meditation: 10:00am to 11:00am
Guided Group**

Questions: 11:00am-11:30am

Annual General meeting: 11:30am – 12:30am

All paid-up members of KYANZ are invited to the AGM.

Kriya Yoga Forum

Kriya Yoga Association of New Zealand has organised a Kriya Yoga Forum on Sat 10 November 2007 from 10:00am to 12:00am at our regular Saturday meditation venue @ Newton Central Hall.

More details about the forum will be sent out after the initiation weekend.

Shri Paramahansa Prajnanananda

Currently Gurudev is residing at the USA mother centre, where a 21 day retreat is being held. Later in October, up until the 6th of November, Baba will lead the Mt Sinai Trek

to raise funds for the Hariharananda Balashram. Also happening this year, is the 4th Residential Brahmachari training course to be held at the Hariharananda Gurukulam from November 22nd until March 22nd 2008. A couple of our devotees from New Zealand will visit the ashram during this time and we await stories of their meeting with the Master!

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

"Passion and attachments pull the devotee down, below the heart center. Just as Arjuna took up his bow to fight his opponents, when this happens the devotee must straighten the spine, control the breath and start to meditate."

Paramahansa
Hariharananda

WEBSITE



www.kriyayoga.org.nz

DONATION REQUEST UPDATE

We are positively on the way to meeting the required costs for October's program. A further \$600 is needed. Many thanks to all who have contributed thus far. If anyone would still like to make a donation they can do so by direct credit into our Kiwibank account # **38-9003-085259-00**, Account Name: Kriya Yoga Association of New Zealand Inc. or by sending a cheque payable to KYANZ to Vijay @ 1C Griffin Avenue, Epsom, Auckland 1023.

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.

Wednesday Meditation:

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

Change to Wednesday Meditation

From January 2008, Wednesday meditation will move from Wellpark College to Epsom Community Centre. The timing from 7:00pm-8.15pm will remain the same. This change has been made due to the opportunity to secure a full years booking at Epsom. Here we will face no interruptions like we did at Wellpark College which closed for term holidays four times per year.

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.

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“You were born in joy. You are to spend your life in joy. You are the meet death **with joy.**”

- Paramahansa Hariharananda

In our Baba's immortal words

“May God, Christ and Masters bless us all”