



Kriya Yoga Association of New Zealand Newsletter

January 2008

Issue 7

O' Lord, leave us not in ignorance a moment more, but bless our life to be transformed by Thy supreme light and radiant love.

Loving Kriyavans,

I hope everyone has enjoyed a divine Christmas full of peace, with spiritual aspirations in the forefront. A sincere and joyous welcome to all who were initiated in the October 2007 program. It has been great to meet new aspirants, and mingle with souls who are drawn to the path of love, spirituality, and meditation. We look forward to another year of meditating together and sharing in the divine wealth flowing from the masters.

It seems 2008 has arrived while 2007 is now left to play in the breeze of memory. 2007 was a successful year full of beautiful group meditations and celebrations. Octobers three day program is cherished in the hearts of all who attended. Swami Samarpananandaji showed us all how to live a life of love, and dazzled us with divine stories. Such an abundance of loving inspirations made it feel like a spiritual camp

where we were all merged in the Oneness of Spirit.

This year we will be working to provide more books and DVD's of the masters teachings. Weekly meditations have commenced and the new Epsom location for Wednesday meditations has also begun. A video for the KYANZ organization is currently in mid production to go on Youtube.com, and steps have been put in place to start a prayer circle as inspired by Samarpananandaji last year. So look out for these creations in the next month or so.

Since three of our five committee members have been overseas (Partha, Kim & Vijay) we have dearly missed their presence. However, we will be back in the full swing of things when Kim Ma returns in February. We are also looking for two additional exec committee members, so if you are interested read the information further on in this newsletter.

Vijay has recently returned from India after

spending four weeks at Hariharanandas' Balighai Ashram. He was witness to Gurudev Prajanaananadaji in divine action, leading the fourth Brahmachari training program. Partha also had Guruji's darshan (divine vision/blessing) while also visiting India.

This year gives us an opportunity to continue our growth in every way, together walking forward in Gods light, my heart warms every week to meet with Kriyavans and meditate with the mutual aim of manifesting more love.

*May God and Guru be ever in our thoughts,
See you at meditation,*

~~Fern Watson

Invitation to serve in the Executive Committee

KYANZ was formed as an Incorporated society in 2005 and currently has about 280 Kriya Yoga initiates all throughout New Zealand. We are an organization in its infancy. However, we have been a

very active though small organization. We have always had a small executive committee (a set of core members who are extremely dedicated to our beloved Masters and view the KYANZ work as an extension of their Kriya practice). KYANZ exec members have served the organization selflessly as a service to the Masters. We currently have five active members in this committee.

In 2008, we are looking to embark on two new initiatives to serve our members better. The first one is the establishment of a library and the second one is to plan for a Kriya retreat with one of the Masters within the next few years. We are also working on improving our membership base and to better engage with our members.

In order to do this we seek to induct a few more members into the executive committee (a maximum of 3). If you are interested to serve the cause of Kriya Yoga in New Zealand by directly working for our Masters, please let us know by sending a mail to Partha Roop (p.roop@auckland.ac.nz). Please tell us why you are interested and what new ideas you would like to bring.

Time Commitments:

The work includes the attendance of most of the committee meetings (which is around six, 1 to 2 hour meetings in a year). In addition, you will be

involved with the planning of the annual Kriya seminar with the Master (which usually happens during October). This may take around 10 hours of your time (depending on the role you want to take). The peak workload is therefore during September-October period.

Main role of the executive committee:

- spread the message of the Kriya Masters in New Zealand,
- reach out to all Kriya Yoga initiates and create a larger Kriya Yoga family in New Zealand, involving all Kriya Initiates in Kriya and Spiritual activities and
- lead activities and planning the visits by Paramahansa Prajnanananda and other Kriya Masters to New Zealand.

Here is a quick recap of the objectives of KYANZ.

- to promote the authentic original Kriya Yoga as taught by Paramahansa Hariharananda, Paramahansa Prajnanananda or by their authorised Kriya Yoga teachers.
- to promote integrated physical, emotional, intellectual and spiritual growth through yoga, meditation, study, discussion and prayer throughout New Zealand.
- KYANZ is affiliated with the Prajnana

Mission of India which was founded by Paramahansa Prajnanananda on the advice and divine guidance of his Guru Paramahansa Hariharananda in 1993.

- In the lineage of Kriya philosophy Paramahansa Prajnanananda is the president of these Kriya organizations started by Guru Hariharananda Maharaj, as well as the current head of the great lineage of Kriya Yoga Guru Tradition.

Excerpt (introduction) from The Universe Within by Paramahansa Prajnanananda

When we look at the world around us, we are stunned by the sheer multiplicity of creation. The stars, the planets, the oceans, the forests, the thousands of species of flora and fauna, the vastness of space and the incredible beauty of our own planet Earth with its soaring peaks, its lush valleys, its magnificent oceans and its fertile plains, all these are breath taking wonders. We are usually too busy with our lives, with our daily routine-business of working, having fun, eating and sleeping, to look around and take notice of God's handiwork. We only seem to notice nature's powerful beauty on those rare occasions when we are particularly struck by the beauty of a sunset or overwhelmed by the view

of a sapphire expanse of water, when we look at a glittering rainbow peeping through black clouds or when, on a summers day, we sit on a soft green lawn and we happen to feel the warmth of the sun caressing our skin. Perhaps we react even more when we are frightened out of our complacency by the sudden shock of an earthquake and thousands die, or by the news of a hurricane which has left millions of people floundering in disaster and made billions of dollars damage. Finally we are forced to come face to face with the power and presence of the elements.

Nature's beauty always surrounds us, it always is around us and within us, but we walk through it blindly, lost in the maze of our convoluted thoughts, desires, hopes and fears. God gave us the Earth where to live, filling it in abundance with trees, flowers, fruits, animals, mountains, rivers, snow, rain, wind and fire...but what did we do?

We shunned the freedom man had been gifted with, we ran away from it almost in fear and started building small or huge cages made of steel and concrete and many-storied sky scrapers; we built cages which stand still and even metal cramped cages which move us from place to place, which keep us firmly imprisoned until we die. We have shunned the wide open spaces and having retreated from that lack of restrictions,

we hide away in our burrows, like frightened rabbits, emerging only to eke out our livelihood in similar burrows or to shop for necessities. We have built huge malls, where we spend our free time wandering among those high-tech tunnels, we ourselves have built and are so proud of. How can the glitter and glamour of the man made world compare to the majesty of God's creation?

The Earth watches patiently while we destroy her inch by inch, burning down forests, polluting the air, creating deadly weapons and poisoning her waters. God watches sadly, waiting for us to stop and open our eyes, still the frenzied thoughts which drive us to run madly about and listen...listen to the music which is more beautiful than any symphony, look at the beauty which is more riveting than any work of art and breathe deeply the celestial air which is scented by love. Love is always there, even in cities, even in crowds, but we drown it with our own noise and all our activity and commotion. We act and we react, we want and we despise, we desire and we hate, due to our selfish, narrow and blind approach towards this very precious life we were given, forgetting that to love and being loved by God is the most marvelous gift.

Our minds are full of desires. What are desires? Desires are nothing more than an itch that needs to be scratched and,

although there is relief in removing what momentarily troubles us, surely that cannot be real happiness. What is happiness? What most people normally call happiness is the cessation of misery, but real supreme happiness is far more than this. God wanted to give us much more, therefore He gave us all we needed in order to achieve the state of supreme happiness. Not only did God gift human beings with the stunning phenomena of the outer universe, but He also gave man the magnificence of that very phenomenal universe reflected within man himself.

“THAT IS THE PATH WHICH IS DIRECTED BY THE REALIZED.” This is the maxim of the Kriya Yoga Institute. It lies beneath the Kriya Yoga symbol of the third eye chakra in the shape of eyebrows. It points our attention towards the path we all have to take; that each one of us little human beings must become self-realized. In fact is it not the ultimate destiny of human evolution that the people of the world will be self-realized? What a thought!

This important maxim points also to the fact that self-realization is directed by the realized. This is perhaps what marks the Kriya Yoga path from so many others; that I am not on my own. I have the guidance of a Guru. This is the focus for a piece of writing that is especially dedicated to people who

are newly initiated into this path.

Prajnananandaji is our Guru. Even after four years he still shows me new things each day about myself. Each day I love him more. When I think of him, he connects to me and pours his love over me. I gather a sense of such peace and joy in my meditations and daily life. I also gather a sense of how much work I have to do to cultivate more love for him, for God and my life. Love disappears from my consciousness because of my material and mental diversions. When I think of Guruji or see a picture of him I gather such a sense of calmness and introspection. I have to watch every thought, word and deed. They must be spiritualised. I have to cultivate more loving thoughts for others. I have to cultivate more loving words when I speak to people. I have to cultivate more loving deeds.

Observing one's consciousness can be painful and discouraging if one is not aware of who is actually doing the observing. When I walk this path it is not I who is observing these thoughts, words and deeds. It is Guru. It is God. Guru is God. God is Guru. I think there is no difference between the two. They are not separate. Guruji is omnipresent, omniscient and omnipotent. So too is God. They are one. Guruji is observing these thoughts, words and deeds. He does not react to them the same way I

react to them. He loves me and understands that the path of self-realization is slow and steady. It requires lessons and experiences to show me how to love more. He loves me and expects me to love him and my life more, each day. Using the techniques help purify this body and mind every day. Every day I think of the Gurus who direct this process of self-realization. First of all I learn to love my Guru more. I feel his love. It changes my life and how I experience love. I learn how to love others, like Guru loves me, and this love, in turn, spiritualises my new thoughts, words and deeds. Ultimately I transform my life because I love more and learn to love people more. Guru transforms my life. I love my Guru more. More love is cultivated in turn until some days I say to Guru, "Guruji, this is too much love, too much joy, I am in ecstasy. No more."

The more I see good in others the more love is cultivated. Criticism does not cultivate more love. Guruji said once, "When I point a finger at someone, there are three pointing back at me." I must be careful of what I see in others. They are only a reflection of me. I am what I see in others. I must watch my thoughts, words and deeds. The more I think of God-Guru the more my thoughts, words and deeds become spiritualised, the more I become loving. I love my Guru. I love God. I love all human beings. I love this creation. I love this life.

Love always. God, make me more like my Guru.

~~**Martin Handy.**

Past Issues of the Newsletter

If any of the recent initiates are interested please feel free to request past issues of our newsletter. Contact Vijay by email and these can be forwarded to you.

Shri Paramahansa Prajnanananda

Currently Gurudev is in Hariharananda Gurukulam at Balighai, Orissa teaching the Brahmachari Training Course.

IMPORTANT DATES **IN 2008**



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
[22th December](#) - Birthday of Bhagawat Gita (The day The Bhagawat Gita was completed by Maharishi Vyasa)
To be confirmed
[25th December](#) - Birthday of Lord Jesus

"To meditate means to be one with God"

-Paramahansa Hariharananda

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.**

Wonderful attendance continues to create the uplifting group vibration.

Wednesday Meditation:

**7:00pm, Ranfurly
Room, Epsom
Community Center,
202-204 Gillies
Avenue, Epsom.**

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

**"karmendriyani
samyamya
ya aste manasa smaran
indriyarthan vimudhatma
mithyacarah sa ycyate"**

**Ch 3 Verse 6 The
Bhagawad Gita**

Translation:

**"The person who
outwardly controls the
five organs of action, but
mentally recalls the objects
of the senses is a person of
delusion, a hypocrite"**

**- Paramahansa
Hariharananda**

In our Baba's immortal words

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