



Kriya Yoga Association of New Zealand Newsletter

March 2008

Issue 8

**Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven;
but he that doeth the will of my Father which is in heaven.
Matthew 7:21**

Dearest members of the One World Family,

Easter has come and gone, yet what is the significance of Easter?

Easter is commemorated as the historical event of Christ's crucifixion, followed by His resurrection. In Christianity this event is significant in symbolizing Christ as "our savior". Jesus won the battle of life. Love had expanded in his heart so much so, that he was able to say "Father forgive them for they know not what they do" (Luke 23:34).

The Kriya masters teach that Christ as "our savior" lies within us, in the soul center. Through meditation we are to go beyond sense perception to experience Christ consciousness - the perception of soul, the sanctuary from illusion, delusion and error. Hence this is the place of salvation as taught by our Masters.

The bible verse quoted at the very top of this newsletter (Matthew 7:21), speaks of sincerity in ones spiritual practice. It also ties in with Kriya Yoga. Christ is telling: "he that doeth the will of my Father which is in heaven, shall enter into the kingdom of heaven". Gurudev has taught us to stay in the top, to do all our activities in the fontanelle. To perceive divinity in every activity, this is kri and ya. So to practice Kriya sincerely, to stay above in the Kingdom of Heaven, this is where the will of our Father becomes manifest in our consciousness. The question arises - if our awareness is not remaining for long periods in the soul center or the fontanelle, are we deemed to remain unaware of God's will? Guidance on what kinds of actions we are to perform, are given to us in the scriptures and in the teachings of the Masters. Loyalty and faith in the Master are therefore necessary qualities in the heart of a seeker. Read

from the scriptures, contemplate and practice. Surely we will gain harmony in thought, word and deed. Paramahansa Yogananda taught that for every hour that you read, write for two hours, for every two hours that you write, think for three hours, for all the hours spent thinking, meditate all the time!

To uncover the will of God in our life, we are to begin by following the teachings of those who have walked before us. Each day to meditate. Yogananda was teaching; start not a day without first communing with God, nor go to sleep at night without first contacting God. He encourages us to meditate morning and night. May we remain steadfast in spiritual practice and feel more love, peace and joy in every breath.

*Om
Amen.*

Easter Program 2008

**Song, meditation, prayer
and togetherness, was the**

essence of Saturdays Easter service.

In the evening a group of kriyavans met for the DVD screening and were blessed to hear the divine wisdom of Guruji. He spoke of the mind as a flow of thoughts, just like a river. We are to put a stop somewhere. The mind was described as an instrument. In order to understand and control our mind we are to do two things:

1. Reduce the quantity of thoughts
2. Increase the quality of thoughts

How? How to regulate this "mind" which is constantly flowing? Baba told that mastery of breath brings mastery of mind. To control your mind, love your breath. If we watch every breath, we can easily watch every thought. Baba also explained that the mind is the doubting faculty within us. Mind loves confusion. When there is doubt within you, remember it is mind that is creating the doubt. Finally, Baba told that "nothing other than mind is the cause of bondage and liberation".

With fresh insight into the nature of mind may we "kill therefore with the sword of wisdom the doubt born of ignorance that lies in thy heart. Be one in self-harmony, in Yoga, and arise, great warrior, arise" (Bhagavad-Gita 4:42).

A special thanks to Kanta ma, for providing a venue for our evening satsang. "The guest is God" is

evidently part of her philosophy! A peaceful evening was enjoyed by all.

Membership Fees Reminder

Membership fees are now due. Help to continue the Kriya Yoga mission in New Zealand. You can make a payment straight into the KYANZ account with Kiwibank:

38-9003-0855259-000

Or send a cheque to:

Vijay Sethi
1c Giffin Avenue
Epsom, Auckland 1023

Please make the cheques payable to The Kriya Yoga Association of New Zealand, or KYANZ.

Fees for 2008 are:

*Waged \$70
Unwaged \$45
Out of Auckland \$35*

A special thanks to those who have contributed this fee already.

Books arrived from India!

It is with great joy we announce that many books have arrived via boat from India! The available titles are as follows:

By Paramahansa Prajnanananda:

1. *Changing Nature of Relationships*
2. *Path of Love*
3. *The Universe Within*
4. *Life and Values*

5. Lineage of Kriya Masters

By Paramahansa Yogananda:

1. *The Divine Romance*
2. *Mans Eternal Quest*
3. *Autobiography of a Yogi*

By Sandra Herber-Percy:

1. *Sai Kriya and The Enlightened Masters*
2. *Its all 1 mans Job*

By Irene Watson:

1. *Who Am I Really Vol 1*
2. *Who Am I Really Vol 2*

On Saturday 19th of April, these titles will be available for sale **after** meditation. As we have no Eftpos facility, we can only accept cash or cheques.

More book news:

Vijay Sethi has purchased Ocean of Bliss: the Complete Works of Paramahansa Hariharananda, as well as The Complete Works of Swami Vivekananda.

Both are ten volume sets. Vijay baba has kindly offered these books as available to borrow, so please feel free to email him at ussethi@xtra.co.nz

Excerpt from "Kriya Yoga" by Paramahansa Hariharananda

Concentration and the Sublimation of Life Force (pg 85).

The mind is always restless and leads us into

illusion, delusion, and error. If you can introvert the five sense telephones with the help of Kriya Yoga, you can remain in the pinpointed state of concentration. With the mind, intellect, and thought under control, super consciousness, and cosmic consciousness can be attained.

This Kriya is based only on natural inhalation. There is no painful holding of breath or plugging of the nose. A Kriya yogi does not have to practice the various asanas or physical exercises. Normally, every person takes eighteen natural inhalations in a minute. During the sexual act the pace of respiration is accelerated and increases to twenty-four to thirty inhalations per minute. The heart also beats faster. During the time of anger the breathing is even faster. One breathes thirty to forty times per minute or even more, which is dangerous. A heart failure can be the consequence of extremely violent fits of anger. It is said that an elephant breathes only ten times a minute and so lives a long life. Crocodiles and tortoises take four inhalations a minute, and it is said that they live for more than a century. Through this Kriya Yoga we can increase not only our life span but also preserve sound health and an alert mind. During sleep we breathe only ten to twelve times per minute, and the result is complete rest of the body and mind. That is because

we completely forget our sense of the body and receive calmness. A sleeping person is almost a yogi; there is no body consciousness, but there is also no divine consciousness. If a person practices Kriya yogic breathing – deep, slow, and relaxed as in sleep – then surely he will get mental calmness. He will then enter into the center and will perceive divinity within.

When practicing Kriya we take deep inhalation and sufficient oxygen goes into the lungs, heart, and brain. Oxygen is the nutrition of the brain and, therefore, increases mental excellence, prompt understanding, ready wit, and quick receptivity.

The oxygen purifies the impure blood and the purified blood carries hemoglobin to the whole system. In every human being there are more than 72 billion vessels and fine tissues. This hemoglobin constantly passes through the blood vessels. The blood contains numerous chemicals: potassium, sodium, magnesium, zinc, phosphorous, copper, sulphur, and more. These chemicals are passing through the whole body in solution. The word globin means protein in solution. Albumin, globulin, and fibrogen are the three proteins running through the blood vessels keeping the body healthy and lustrous.

The Kriya Yoga technique is the combination of the three principle yogas: karma, jnana, and bhakti.

Bhakti Yoga means the yoga of divine love. After prayer or worship, devotion or meditation, if a person does not feel divine love, then there has not been real prayer or meditation. It is, of course, difficult to gain divine love. But through the guidance of a realized master or guru and through the practice of the Kriya technique, one can acquire bhakti. If a person has poor appetite, he should visit a doctor, get a prescription, and use the medicine in order to increase the appetite. But if the patient only reads the prescription, memorizes it and recites it loudly – no matter if he recites it a thousand times – he will not gain any benefit. One cannot achieve God-realization by only reading lessons or religious books and going to churches, temples, and mosques. The sick person has to follow the doctor's advice, purchase the medicine and take the medicine according to the doctor's instructions; then surely he will be cured. Similarly, if you follow the spiritual guide 100%, then surely you will get extreme calmness, which is godliness. Through this calmness you can reach God at the cross inside the brain where the light of God and the light of Christ-consciousness are always shining. So you require seclusion, because seclusion is the price of greatness. If, without distraction, you follow the advice of a realized Kriya yogi, then you can reach God very quickly. This Kriya Yoga technique is the quickest means of

success. It will lead to the acquisition of balance of mind, amity, and love. Through this you can always remain in the third circuit (i.e., inside the cranium above the pituitary), which is the Kingdom of God. The longer you remain there, the more you will hear a constant divine sound and feel a constant touch sensation of God and visualize an effulgent divine light that altogether will lead you to a blissful sojourn in the Kingdom of Heaven.

Shri Paramahansa Prajnanananda

The fourth annual Brahmachari Training Course came to a close at the end of March. Two new brahmachari's have subsequently joined the Hariharananda Gurukulam, becoming permanent ashram residents. At the end of the training time, in just four days, the trainees put together a drama about their time at the ashram. They performed it for Baba, the monks and guests. Baba watched with much love and humor, pleased with the play within the play!

For the next two weeks Baba will be travelling through India for various programs before flying to the Vienna Ashram (Austria) on the 16th April. Here he will preside over a four day program for 2nd Kriya initiates, then continue his ceaseless loving mission through Europe and America.

IMPORTANT DATES IN 2008



5th January - Birthday of Paramahansa Yoganandaji
20th January - Birthday of Sanyal Mahasaya
10th May - Birthday of Shri Yuktेश्वarji
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
25th December - Birthday of Lord Jesus

"Mind is the Lord of all Passions, but breath is the controller of the mind."

-Paramahansa Hariharananda

WEBSITE



www.kriyayoga.org.nz

CONTACT DETAILS

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

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"Each human being is complete in themselves, yet we feel incomplete. Always we try to do something and to get something. Why? Because we have not the knowledge of "who am I". So long as self knowledge has not come to us we feel incomplete."

- Paramahansa Prajnanananda

In our Baba's immortal words:

"May the blessings of God, Christ and Masters be upon us all."