



## Kriya Yoga Association of New Zealand Newsletter

July 2008

Issue 9

**Set thy heart on me alone, and give to me thy understanding:  
Thou shalt in truth live in me hereafter.  
Bhagavad Gita 12:8**

**Humble prostrations at the lotus feet of Sri Guru. May His blessings be upon us all.**

**Loving Kriyavans,**

Hope everyone is keeping great health and allowing God's infinite blessings to flow.

KYANZ would like to extend a very warm welcome to the new members of the Exec Committee. It is wonderful to have Arvind Agraval offer his services as Treasurer, Kanta Chandra as Secretary and Bernie Clensey helping with Events and Fundraising. Much appreciated is the service of Sanjay Tirodkar who also joins us on the committee.

Very shortly we will be printing a general Kriya Yoga flyer. This will serve to inform the public of our organization, the meditation technique and the lineage of Masters. Thanks to Kim ma's motivation on this front, soon we will be able to

drop these in cafes, libraries, community centers, and anywhere else you know that has a place for flyers. The aim here is to have a presence all year round that can point people in the direction of Kriya Yoga.

**Excerpt from Ocean of Bliss: Volume 4, Pg 373  
By Paramahansa Hariharananda**

**Practical life & Kriya Yoga**

Spiritual life is not a life of seclusion in caves or in the forest; rather, it is a practical life lived with all love and peace. It is the life of calmness and peace with love and devotion. To stay in this state despite all challenges and hazards, one needs to train and tune the mind to be in harmony and peace. It requires effort with steadiness and love.

**Remain in the Formless**

After doing several Kriya bows and with attention at the top in the fontanel, and with sincere prayer,

you will feel that you have no body, only that something is moving. If you remain in the formless state, all troubles, diseases, and frustration will disappear. You are watching in the soul centre. The soul centre is the centre of emptiness. It is also the centre of Christ-consciousness. Jesus proved that He was not the body, but the immortal soul. He was the formless body. You are not bowing, the power of God is bowing in you. As the mother protects the child, similarly God is willing to protect you, to give you peace and all round development. Pray, "Lord, I do not know how to love Thee. I am a naughty child, but please be happy with my love."

**Enjoy the cinema**

When you open your eyes, you are the seer and the seen. The seen is coming from the seer, the sight is coming from the seer. The seer is the operator, with sight as the operating system, the machine. Everything comes from

the operator. The operator is at the top – the seer, the Player. He is playing, moving the film, one shot after the other. The whole day is like watching films at the cinema where you see two things – the formless and the form. The film is run by the operator who remains behind. So, watch the operator.

### **Removing Dis-ease**

In any thought that you have or any work that you do, feel that God is doing it. This is Kriya Yoga in your daily life. Bad moods will arise and you are to remove them. Anger will come, but you will be free from its effect if you watch the Truth. If you open the door of your head daily, you open the door of God. You will see that in the nine holes of this body, God is working. Among all exercises, **mahamudra** is the best, since it frees you from diseases and restlessness. If you have time, do three cycles of it and then sit calmly. When the main electric power switch is turned on, then in every room, in every home, there is light.

### **Where is God?**

God is both far and near. It is said in the Upanishads, *tat dure and tad antike*. If you think He is far, then He is far and you will not perceive Him. *Tat antike*: He is also very near. *Tat sarvasya bantarasca*: He is everywhere. He abides as the formless power in every living being. There are fifty types of breath

and fifty propensities. Through their fifty qualities, you get delusions because the qualities are extroversions. So, for you God is very near.

If you follow any scripture, the Bible, the Torah, the Vedas, the Gita or any other scriptures, the same thing is said: that you are to raise yourself up.

### **The Camera**

The human brain is like a camera. Everything functions from the soul, just like a camera. So many scenes enter into the brain, and all are moving. You do not require any light. You just move the camera of the mind and eyes. Keeping the lens open. If you want to know God, then you must have battery power inside. Only then you can avoid trouble.

Bow to God mentally in every thought and action. Bow for purity, for good health, and even for emptiness. Without soul, one cannot have pleasure. My soul is giving pleasure to me because it is seeing through the eyes from within. So I am getting divine joy. If you meditate, then you will see your eyes are really in the brain.

### **Sun and Moon**

During the day we will see the sun at night the moon. Both give light and life. Both give strength to creation. Sun is the symbol of the intellect. So it is the life of intelligence

and discrimination. However, most people go with the moon, which represents the mind and emotional attitudes.

### **One God in All**

The Shvetashvatara Upanishad (6:11) says:

**Eko devah sarva  
bhuteshu gudhah  
Sarva vyapi sarva  
bhutantaratma  
Karmadyaksha sarva  
bhutadhipasah  
Sakshi cheta kevalo  
nirgunasca**

“One God hides in every living being. He is omnipresent too. He is the source of all actions. He is the witness, consciousness, and also formless.”

The one power of God is in all. It was His thought to be many and thus He manifested in the universe. He abides in each and every being, hiding Himself in the fontanel.

The definition of God is that He is all-pervading and omniscient. *Karmadyaksha* – In every moment He is working, even when you are sleeping or getting out of bed. It is He who is working through everyone. *Sakshi* – He is the witness and pure consciousness. *Cheta* – He is your life force. *Kevalam* – Constantly, He is inhaling breath. *Nirgunasca* – He is in the form, but He also remains in the formless state, in the pituitary.

### **Inner Peace**

You are fortunate to have been born in the West. You have wealth, pleasures of the senses, a good home, a car, prosperity, activity, and can enjoy life freely. You are able to get a good education and work. At the same time, you are also spiritual. That is why you have come here. But you have no peace and endure many ups and downs. Why is this so, when you have all you need? Although inner peace is our birthright, it is lacking.

### **Importance of the Container**

Suppose that a clay pitcher is not properly baked and you put water inside. How long will the water remain inside? Within a short time the pitcher will be completely broken and all the water gone. Similarly, your body is like that pitcher. This human constitution is the constitution of God, made in His own image. But unless you make it strong with the right spiritual practices, there could be many defects and leakages, physical sickness and mental disorders.

### **Today Truth Remains Far Away**

If you search your conscience, you will see that you have not really changed spiritually. You still have the same bad qualities in which you are engrossed, and have no real spirituality. You do not know what sincere love for God is. You do not know that living power of

God abides within you and the same potential for purity and perfection. These days, religious life is full of delusion, full of dogmatic views, and fanatical ideas. People eat the banana peel, while throwing away the real banana inside. So Truth is thrown away and is far away. You are the prototype of God's thought, but you do not feel it.

That is why every five or six hundred years, God sends a realized yogi to guide humanity. Kriya Yoga was brought in this manner.

### **Milk and Cream**

Kriya Yoga is practical. Suppose you churn a drum full of milk. You will see the cream of milk rising to the top. Similarly, all our power remains below, in the bottom chakras of money, family, food, emotions, and so forth. Matter and memory remain inside the cranium. By practicing Kriya Yoga, you make the "cream" rise up; after that, you cannot mix it with milk again: You are transformed and bring forth love and divinity, like milk and cream. Likewise, when a person becomes a doctor, that person is a doctor for good. Once realized, you are realized for good.

### **Humanity Is the Goal**

Each religion teaches how to get God-realisation, but Kriya Yoga also teaches how to get sound health, at the same time. It is not a religion. It only changes

negative qualities into good ones – generosity, purity, perfection, gentility, kindness and sweetness – resulting in true humanity. In true humanity you will perceive the Truth. Humanity means recognizing God within human beings, expanding your heart and loving God's creation. You do not exist merely for yourselves, but for all.

### **~Paramahansa Hariharananda**

### **Octobers Program**

Swami Samarpanananda's visit is confirmed for Friday 17th October until Sunday 19th October. The program will follow the format of previous years. Two free public discourses on Friday, initiation/technique training on Saturday, and technique practice on Sunday. If you know family or friends who wish to be initiated this is their opportunity. If you were initiated in previous years, we welcome your help with the program, and invite you to attend any part/s of the weekend's events. This is a great time to listen again to the technique being taught and simultaneously refine one's own practice.

### **Membership 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:

**38-9003-0855259-000**

Or send a cheque to:

Vijay Sethi  
1c Griffin Ave  
Epsom

Cheques are to be made out 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.

### **Donations Request**

When we host our Kriya teachers, we rely on people's generosity to fund the three day event. It costs money to fly Swamiji to New Zealand, to hire a venue for three days, to provide a meal after the initiation ceremony (for approximately 100-150 people), to arrange flowers for the stage/altar, to hire a P.A. system, microphones, A.V equipment etc, etc. This list goes on. **We provide this service for the love of God and Gurus and for the love of sharing the sacred Kriya technique with fellow New Zealanders. Please help us to raise funds for this year's Initiation program.** You can make donations by direct credit into our **Kiwibank account#:**  
**38-9003-0855259-000**

### **Books are still available!**

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*

Please contact Vijay at [vssethi@xtra.co.nz](mailto:vssethi@xtra.co.nz) for prices and to arrange purchase.

#### **More book news:**

Vijay has also purchased *Ocean of Bliss: the Complete Works of Paramahansa Hariharananda*, as well as, *The Complete Works of Swami Vivekananda*. Both are ten volume sets.

Please feel free to email him at [vssethi@xtra.co.nz](mailto:vssethi@xtra.co.nz) if you wish to borrow.

**Excerpt from the timeless book "Autobiography of a Yogi" by Paramahansa Yogananda**

#### **The Science of Kriya Yoga**

*Kriya Yoga* is a simple, psychophysical method by which the human blood is decarbonised and recharged with oxygen. The atoms of this extra oxygen are converted into life current to rejuvenate the brain and spinal centres. By stopping the accumulation of venous blood, the yogi is able to lessen or prevent decay of tissues; the advanced yogi transmutes his cells into pure energy. Elijah, Jesus, Kabir, and other prophets were past masters in the use of *Kriya Yoga* or a similar technique, by which they caused their bodies to materialize at will.

*Kriya* is an ancient science. Lahiri Mahasaya received it from his Guru, Babaji, who rediscovered and clarified the technique after it had been lost in the dark ages. Babaji renamed it, simply, *Kriya Yoga*.

"The *Kriya Yoga* that I am giving to the world through you in this nineteenth century," Babaji told Lahiri Mahasaya, "is a revival of the same science that Krishna gave, millenniums ago, to Arjuna; and that was later known to Patanjali and to Christ and his disciples."

*Kriya Yoga* is referred to by Krishna, India's greatest prophet, in two stanzas of the Bhagavad Gita. "Offering inhaling breath into the outgoing breath, and offering the outgoing breath into the inhaling breath, the Yogi neutralizes both these breaths; he thus releases the life force from the heart and brings it under his control." The interpretation is: "The yogi arrests decay in the body by an addition of *prana* (life force), and arrests the mutations of growth in the body by *apana* (eliminating current). Thus neutralizing decay and growth by quieting the heart, the Yogi learns life control." Another *Gita* stanza: "That meditation-expert (*muni*) becomes eternally free who, seeking the Supreme Goal, is able to withdraw from external phenomena by fixing his gaze within the mid-spot of the eyebrows, and by neutralizing the even currents of *prana* and *apana* (flowing) within the nostrils and lungs; and to control his sensory mind and his intellect; and to free himself from desire, fear, and anger."

Twice referring explicitly to a yogic technique – the only one mentioned in the *Gita*, and the same one as *Kriya Yoga*- India's most revered scripture thus gives practical as well as moral teaching. In the ocean of our dream world, the breath is the specific storm of delusion which produces the consciousness of individual waves – the forms of men and of all other material objects.

Knowing that mere philosophical and ethical knowledge is insufficient to rouse man from his painful dream of separate existence, Lord Krishna points out the ancient science by which the Yogi may master his body and convert it, at will, into pure energy. The possibility of this Yogic feat is not beyond the comprehension of modern scientists, pioneers of the Atomic Age. All matter (which includes, of course, the physical body) has been proved to be reducible to energy.

### IMPORTANT DATES IN 2008



2<sup>nd</sup> August – Mahasamadhi Swami Satyanandaji.

10<sup>th</sup> August -

***Birthday of  
Paramahansa  
Prajnanananda***

26<sup>th</sup> September – Gurudev Lahiri Mahasaya's Mahasamadhi.

30<sup>th</sup> September- Birthday of Lahiri Mahasaya

17<sup>th</sup> November - Birthday of Swami Satyananda Giri

3<sup>rd</sup> December - Mahasamadhi of Paramahansa Hariharanandaji

25<sup>th</sup> December - Birthday of Lord Jesus

***"The needle of the  
compass of your mind  
should always point to the  
north to His presence"***

**-Paramahansa  
Hariharananda**

### WEBSITE



[www.kriyayoga.org.nz](http://www.kriyayoga.org.nz)

### Monthly Meditation

We continue to hold 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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***"Constantly watch God in  
every breath and you will  
attain constant  
liberation."***

**- Paramahansa  
Hariharananda**

In our Baba's immortal words

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