

# KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

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## **Kriyayoga is the Key to Freedom From Bondage of Habit Slavery**

Today, at the Kriyayoga Camp conducted by Swami Shree Yogi Satyam, many learned about the Science of Food and Nutrition and its relation to habit addiction. Swamiji intrigued the audience with his unique perspective on how to overcome our bad habits with the practice of Kriyayoga meditation.

Everyone has heard the saying, “An apple a day keeps the doctor away”. This old adage about the positive correlation between proper nutrition and good health is well known to many people worldwide. Despite this knowledge, the majority of people continue to eat wrong and injurious foods that lead to various disease processes. Swamiji explained that this occurs because people are governed by habit. Our parents, friends and the franchise system of restaurant food chains worldwide have nourished us with these wrong habits of eating. The result is that people over time have become slaves of habit addiction.

Many people find it is easier to die than change their habit to attain good health due to their addictive tendencies, Swamiji stated. He said, for example, that an alcoholic is unable to stop drinking alcohol and would rather die and suffer from illness due to strong habit addiction. Swamiji explained clearly that if we can't overcome bad habits then our angelic nature is incapable of expressing its divinity.

Swamiji explained clearly that in order to understand the science of overcoming habit easily, it is important to understand the spiritual epic, Mahabharata. He gave the

example of Dronacharya who was a great teacher of the Kauravas and Pandavas. He imparted all techniques to both parties and both became powerful. Kauravas began to misuse their power and started damaging the Pandavas and in this battle Dronacharya sided with the Kauravas. When the Pandavas were being defeated by Dronacharya and Kauravas then Yogeshwar Krishna came to their aid and taught the technique how to defeat Dronacharya and make him completely inactive. When we practice Kriyayoga meditation deeply then you find that Dronacharya, Kauravas, Pandavas and Yogeshwar Krishna are all present even today and exist all the time within and around our own bodily existence.

Dronacharya within our own existence is habit tendency and Kauravas and Pandavas represent bad and good karma, respectively. By the power of habit, we are increasing the strength of both good and bad karmas, which are known as good and bad habits. In this way, it is clear that as Dronacharya provided strength to both the Kauravas and Pandavas, in the same way habit nourishes both bad and good karmas. Dronacharya was defeated with the idea and thought of Lord Krishna. Krishna represents Vishnu consciousness, which is known as Ahimsa (Immortal consciousness). In Kriyayoga meditation we connect our existence with the concept of Immortality. We practice that each and every part of head to toes and its perception is Immortal consciousness like atoms, molecules, energies and thoughts. Through this practice habits become inactive and we start realizing intuition power within which is a great power through which we demonstrate that nothing is impossible. We can do whatever we decide to do.

Through the practice of Kriyayoga, it becomes very clear that the power of senses, mind and reasoning guided by habit makes us realize that we are weak and incapable of doing many things in life. We experience the consciousness of hopelessness. Through the Kriyayoga practice, when intuition is awakened and habits are erased then our each and every dimension of self becomes dynamic and demonstrates that nothing is impossible.

Swamiji stated that in the great epic, Mahabharata, Great Sage Vedavyas ji explained metaphorically about the relationships between habit and angelic versus evil forces. Vedavyas described that Dronacharya (habit) was a great person who taught both the Pandavas (angelic forces) and the Kauravas (evil forces). Dronacharya gave all power to both sides. Once both sides became powerful, they entered into conflict and fought against each other even though they belonged to the same family. Dronacharya chose to take the side of the Kauravas (evil forces). The Pandavas (angelic forces) experienced great difficulty to express their divinity and then Lord Krishna (Cosmic consciousness) came to their aid, assisting and enabling them to overcome Dronacharya (habit) and render him completely inactive, which resulted in the Pandavas ascension to divinity.

In the same way, we should not become a slave of habit. With the practice of Kriyayoga meditation, we can turn our life current inward and upward along the head and spine so that evil forces, ruled by habit, succumb to angelic forces supported by Cosmic consciousness. At the end of the battle within, evil forces remain dormant and bad habits are abolished with a greater understanding of the Kriyayoga philosophy regarding correct style of living and eating.

Kriyayoga classes are conducted at three different locations. At the Kriyayoga Camp at Mukti Marg in Kumbha Mela, classes are conducted at 8 to 10 a.m. and 2:30 to 6 p.m. At Kali Road, classes are conducted from 6:30 a.m. to 7:30 a.m. At Mori Road, class is at 11 p.m. to 1 a.m. All are most welcome to attend and participate in the Kriyayoga classes. Many Kriyayoga devotees have been attending these classes and have travelled from all over India and the world, including countries such as England, Russia, Canada, USA, Brazil, Italy, Germany, Bulgaria, Czech Republic, Australia, France, etc.

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