

KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

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Kriyayoga is an Omnipotent Tool to Solve All Problems

Without perfect discipline a person cannot realize his Eternal nature. Perfect discipline means using Intuition for the operation and function of the twenty-four elements, which are known as twenty-four elders. Intuition should guide and control Chitta, Ahamkara, Buddhi, mind, senses and all of the remaining elements, which comprise the twenty-four elements of creation. Through the practice of Kriyayoga meditation intuition-guided discipline is achieved in a short span of time (within 100 years). The same state is created in one million years of diseaseless life journey.

Kriyayoga practice reduces this big time span to an exceptionally short period of time. Fifty min of Kriyayoga practice covers one hundred years of regular life journey. This was explained by international spiritual leader, Swami Shree Yogi Satyam to pilgrims attending Kriyayoga Camp at Mukti Marg in Kumbha Mela.

Swamiji further said that the cause of all mental, physical and spiritual sickness is blind activity of the mind and reasoning power guided by Ego and supported by habit and dual concept. Kriyayoga meditation is the perfect, scientific teaching which is able to remove all kinds of problems such as fear, ignorance and illnesses of many kinds.

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Describing the various periods of time related to the Yugas, Swami Satyam further explained that the teaching and expansion of Kriyayoga is possible because of Ascending Dwarpar Yuga. The majority of people are able to grasp the true ideas, thoughts and concepts behind names and forms within the existing Cosmos. Kriyayoga meditation is the perfect solution to all problems of life and is available to all but can be practiced only by those who have one-pointed devotion in learning and practicing Kriyayoga meditation.

Kriyayoga classes are conducted at two locations. At the Kriyayoga Camp at Mukti Marg in Kumbha Mela, classes are conducted at 8 to 10 a.m. and 4 to 6:30 p.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. All classes are attended by people travelling from all over India as well as abroad from countries such as Canada, USA, Brazil, Germany, Russia, France, England, Australia, Lebanon, etc.

Taramata (Dr. Zena Bedessee, M.D., C.C.F.P.)
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