

KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

Operated by Yog Satsang Samiti

Founder-President: Swami Shree Yogi Satyam

INDIA

Kriyayoga Ashram & Research Institute
Jhunsi, Allahabad,
Uttar Pradesh, India, 211019
PHONE: 011-91-532-2569-243
CELL: 9415217278/9415235084



NORTH AMERICA

Yog Fellowship Temple
388 Plains Road, Kitchener,
Ontario, Canada, N2R 1R8
PHONE: 001-(519) 696-3869

Website: <http://www.kriyayoga-yogisatyam.org>

E-mail: yogisatyam@hotmail.com

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Kriyayoga is the Practice of Supreme (Prakishta) Yagya

Everywhere you go you will find various kinds of spiritual practices. People perform and participate in many fire rituals traditionally known as Yagya. During these rituals many substances like dried fruits, nuts, grains, ghee, camphor, etc. are put into the fire creating various perfume-like fragrances and they are accompanied by chanting. This practice is generally referred to as 'Yagya'. The purpose of Yagya is to realize the ultimate Truth. Taking a dip in the holy Ganga, Sangam and Triveni is also known as a form of Yagya. When one provides unconditional service to others, this is another form of yagya. International Kriyayoga spiritual leader, Swami Shree Yogi Satyam, explained this to pilgrims attending the Kriyayoga Camp at Mukti Marg in Kumbha Mela.

Swami ji continued to explain to the devotees that Kriyayoga meditation is the highest form of Yagya. This is known by the technical name, **Prakishta Yagya**. Prakishta means supreme. It is known that wherever Prakishta Yagya exists, that area is referred to as Prayag. Allahabad is known as Prayag in ancient time and as well as today.

Swami Shree Yogi Satyam stated further that practicing Kriyayoga meditation is known as Prakishta Yagya. In this form of Yagya we do not need any fireplace. We don't have to purchase anything like puja supplies, oil, ghee, wood, fragrant objects, etc.

Many believe that performance of puja purifies the mind when we inhale all of these fragrant perfumes from the fire ritual. Does it purify our minds??

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It purifies the mind in some way that when you sit in front of the fire ritual and experience the heat and smoke emitted from the fire, one does not have the opportunity to stay with evil thoughts. At that time you can't think of bad works for others. At that moment the brain, mind and reasoning powers are purified up to a certain extent. This purification is very little however. It does not fulfill our aim. After all of the effort to purchase puja supplies and perform great work, one reaps very little benefit. At present, we are aware that we are evolving and the need for peace and balanced life is in higher demand than in the past. We need more power in our body and mind as well.

Swami Satyam ji further said that our body from head to toes needs more power, peace and bliss consciousness. We cannot obtain this by reading Scriptures. We need to be able to read and follow scriptures but we aren't able to do this. By simply reading, memorizing, speaking and writing about what is extolled in the scriptures doesn't help. We have to live the scriptures.

How can one live the Scriptures? The subject of truly living the Scriptures is called the Science of Perfect Living, which is known as Kriyayoga Meditation. This is also known as Prakishta Yagya – the highest form of Yagya, which is described in the 29th verse of the 4th Chapter of the Srimad Bhagavad Gita.

Swami ji stated that when you practice this form of Yagya, all of the life current, which radiates outward (Apaana) returns inward to meet the life current flowing within the brain and spinal cord. This inward life current is called Praana. When radiations of apaana are returned inward to meet the praana flowing within, this union is known as Prakishta Yagya. In this yagya, we create Yog-agni within. This keeps all cells and tissues within the body in a purified state. When one practices Kriyayoga meditation, then all life force which is radiating from the body outwards, start returning back. When these outward radiations return back, they unite with the life current flowing within each of the body parts. This union between apaana and praana synthesizes bliss, peace and creative principles. This union creates more peace, joy and bliss within a person. It creates the desired strength in our senses, mind and reasoning power that is needed for any required work. Therefore Kriyayoga meditation is called the highest spiritual ceremony, Prakishta Yagya.

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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.)
President – Yog Fellowship Temple, Canada
(North American Centre for Kriyayoga Meditation)