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Feb 3, 2013 – Kriyayoga Kumbha Mela News

Kriyayoga Practice Enlightens Samudra Manthan and Holy Dip in Kumbha Within

International Kriyayoga spiritual leader, Swami Shree Yogi Satyam stated at the Kriyayoga Camp at Mukti Marg, Kumbha Mela that all Kumbhas, Sangam and Prayag are found within our bodies.

He said that the performance of ritual practices in temples and churches helps but provides very little benefit to bring peace and joy in life. In the same way, taking regular 'holy' dips in the Ganga provides very little benefit.

Swamiji stated that by practicing Kriyayoga, one could take this holy dip within and perceive the Ganga, Yamuna, Sangam, Triveni and all Kumbhas within. He further said that the life current that ascends within the spinal cord and brain is referred to as, 'Ganga'. The life current that descends with the brain and spinal cord is called 'Yamuna'. The Ganga and Yamuna meet at 7 different centres within the brain and spinal cord, which are known as Prayag. Among all of the Prayags, the Kutastha centre is known as 'Prayag Raj', which is in Allahabad. Other Prayags, like Karna Prayag and Deva Prayag, etc. are located along the different sites on the bank of the Ganga.

Swamiji also stated, "All 4 Kumbhas are also perceived within." Discussing details of the origin of Kumbha, Swami Satyam explained that the visible and invisible existence of human consciousness is known as Samudra. Practicing of Kriyayoga meditation is the churning of Samudra (Samudra Manthan).

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In the course of Samudra Manthan, poisons and divine nectars are created. Shiva Shakti present within the human consciousness consumes these poisons. This consumption increases beauty par excellence. The divine nectars are allowed to flow within the body, head to toes. He further explained that in Kriyayoga practice, divine nectars are dripping at Bhrumadhya (Nasikagra – Nasik place) and throat (Kanth – Ujjain place), Aagyaa chakra within Medulla is Hardwar and Kutastha within Aagyaa is Prayag Raj, Allahabad.

In the course of practicing KY, the meditator has the opportunity to stay at 4 Kumbha Sites within and have continuous dips in the Sangam and Triveni. After this, if one has a dip in the external designated places of the Kumbha, Sangam, Triveni and Ganga, then one can have complete benefit. He further explains that without the inner dip, the outer dip gives very little effect, which is insufficient to experience joy, peace, security and bliss.

Many participants were delighted to learn about the true Holy dip within at the Kriyayoga camp class conducted by Swamiji. Kriyayoga devotees from all over India and other countries such as USA, Canada, Italy, France, Germany, Poland, Australia, etc. were in attendance.

Kriyayoga classes are offered to the public twice daily at the Kriyayoga Camp at Mukti Marg in Kumbha Mela (8:30 – 9:30 a.m. and 2:30 – 5 p.m.).

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