

KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

Operated by Yog Satsang Samiti
Founder-President: Swami Shree Yogi Satyam

INDIA
Kriyayoga Ashram & Research Institute,
Jhansi, Allahabad-211019, Uttar Pradesh,
India
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

Feb 6, 2013 – Kriyayoga Kumbha Mela News

Kriyayoga meditation reveals the Truth behind Japa and Tapa



Kriyayoga meditation reveals the Truth behind Japa and Tapa. The greatest spiritual democratic nation, India, is rich in spiritual lifestyle. All people welcome each other by using the eternally Holy words, 'Jai Seeta Ram and Jai Radhey Krishna' instead of 'Hi' or 'Hello'. Without having the Holy dip in the Ganga, Sangam and Triveni present inside the Divine Cave of the brain in spinal cord, we cannot realize the Truth behind Jap or any name and form. Jap is wrongly translated as chanting. Chanting Seeta Ram-Seeta Ram is not Jap. This message was given by international spiritual leader, Swami Shree Yogi Satyam while imparting Kriyayoga to pilgrims at the Kriyayoga Camp at Mukti Marg in Kumbha Mela.

Page 1 of 2

Cont'd...

Dissecting the word 'Jap', using the scalpel of Intuition, Swami Satyam explained that 'ja' means gyan (Omniscient knowledge) and 'pa' represents paanaa (the act of getting). Seeta Ram Jap means experiencing the true knowledge behind Seeta and Ram. Seeta is demonstrated as white in colour and Ram is black in colour. White represents the visible Cosmos and black represents the invisible Cosmos. Therefore, Seeta Ram Jap means oneness with the visible and invisible Cosmos.

Through Kriyayoga meditation we experience the visible and invisible Cosmos very easily. After understanding this it is very clear that practicing Kriyayoga meditation is practicing Seeta Ram Jap.

While practicing Kriyayoga one realizes many pleasant and unpleasant changes within head to toes. The Holy act of accepting and experiencing both changes equally as Omniscient consciousness is known as 'Tapa'.

Many people have come from all over India and the world, including Russia, Canada, USA, Brazil, Italy, Germany, etc. to practice Seeta Ram Jap through the practice of Kriyayoga. Through this scientific practice they are able to get relief of the physical and mental illnesses. Many suffering from chronic illnesses such as diabetes, hypertension, coronary artery disease, osteoporosis and fibromyalgia have learned the technique of Kriyayoga as taught by Swami Shree Yogi Satyam and have been cured of their ailments.

Kriyayoga classes are available to the public, free of charge at three different locations. At Kali Road, classes are conducted from 6 a.m. to 7 a.m. At Mori Road, classes run from 6:30 to 7:30 am. and 11 p.m. to 1 a.m. At the Kriyayoga Camp at Mukti Marg in Kumbha Mela, classes are conducted at 8 to 10 a.m. and 2:30 to 5 p.m. All are most welcome to attend and participate in the Kriyayoga classes.

Taramata (Dr. Zena Bedessee, M.D., C.C.F.P.)
President – Yog Fellowship Temple, Canada
(North American Centre for Kriyayoga Meditation)

Kriyayoga Brings A United World Guided By God-consciousness