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Feb 7, 2013 – Kriyayoga Kumbha Mela News

Understanding the Significance of Ritual Practice and Kriyayoga Practice in One's Life



Like the ascension within the modern education system from kindergarten to PhD, Kriyayoga (spiritual science) also has its ascension from ritual practice to Savikalpa Samadhi and Nirvikalpa Samadhi. In the beginning, rituals like image worship, fire ceremonies and music are essential for those who have a high grade of restlessness of the mind. As a beginner who is learning spirituality one should start practicing Kriyayoga meditation along with their ritual practices such as image worship, fire ceremonies and music, etc. This was explained by international spiritual leader, Swami Shree Yogi Satyam at the Kriyayoga Camp at Mukti Marg in Kumbha Mela today.

Elaborating on the topic of spirituality, Swami Satyam explained that a few years of ritual practice along with Kriyayoga practice increases high concentration and thereafter, ritual practice should be excluded. Advanced devotees of Kriyayoga are able to practice Kriyayoga alone in the absence of rituals, which enables them to spiritually progress swiftly compared to other practices.

Page 1 of 2

Kriyayoga Brings A United World Guided By God-consciousness

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The speed of spiritual progress of Kriyayoga meditation is likened to that of a jet plane speed. One is able to cover a million miles over a short period of time. With 50 minutes of practice of Kriyayoga, one is able to receive 100 years of natural evolution.

Explaining the effect of ritual practice, like fire ceremony and music, Swami Satyam said that in the fire ceremony, devotees experience the effect of high temperature and smoke emitted from the fire.

This exposure diverts the devotee's attention from the external environment towards their body (head to toes). From the body surface, the devotee is able to enter inside the divine cave existing within the brain and spinal cord. This is the internal site where the devotee experiences the Holy dip in the Ganga, Sangam and Triveni.

Describing the highest effect of Kriyayoga meditation, Swami Satyam explained that in natural day-to-day life a person needs one million years of diseaseless life to realize the ultimate Truth that God has become all. Kriyayoga practice reduces this very long period to a few years of a natural life. (50 minutes of practice brings about 100 years of natural evolution of a person.)

Many people have come from all over India and the world, including Russia, Canada, USA, Brazil, Italy, Germany, etc. to 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 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.

Taramata (Dr. Zena Bedessee, M.D., C.C.F.P.)
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Page 2 of 2
