

# KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

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

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Feb 8, 2013 – Kriyayoga Kumbha Mela News

## Kriyayoga Fulfills All Needs

To experience hidden complete knowledge, power, peace and bliss within is very easy if a person accepts with one hundred per cent devotion the philosophy and principles of Kriyayoga meditation, one should follow it in daily life.

“Kriyayoga philosophy and principles is the easiest of easy practices we know ‘til today”, said international spiritual leader, Swami Shree Yogi Satyam to pilgrims attending the session at Kriyayoga Camp at Mukti Marg in Kumbha Mela.

Swamiji further said that Kriyayoga principles and philosophy is ‘*Eko aham bahushyaami*’ which means One consciousness - Paramtattwa (God – Eternal Element) has become all. In spite of being so simple, it cannot be practiced by the majority because people try to comprehend Kriyayoga with the help of imperfect reasoning power. Using imperfect reasoning power cannot bring Self-realization and therefore a person encounters difficulty when practicing Kriyayoga. In order to practice easily, one should accept the Kriyayoga philosophy whole-heartedly.

In the present time, living a fast-paced life requires a lot of power, knowledge, peace and balanced attitude, which we are not able to acquire through traditional religious practices or by doing any job or business. Therefore, it has become prime importance for everyone to practice Kriyayoga.

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Kriyayoga Brings A United World Guided By God consciousness

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The Kriyayoga Ashram in Jhunsi, Allahabad is fully dedicated to all in providing Kriyayoga classes to all. Kriyayoga classes are conducted 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.)  
President – Yog Fellowship Temple, Canada  
(North American Centre for Kriyayoga Meditation)

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## **Kriyayoga Brings A United World Guided By God-consciousness**