

# KRIYAYOGA ASHRAM & RESEARCH INSTITUTE

Operated by Yog Satsang Samiti

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## The True Meaning of Yogi and Sanyasi

Kriyayoga meditation brings the true thought within each and every letter, word and sentence of the Scriptures. The majority of people do not understand the written scriptures because they take the literal meaning of the words used in daily life. This message was delivered by international spiritual leader, Swami Shree Yogi Satyam attending the Kriyayoga Camp at Mukti Marg in Kumbha Mela.

Swami Satyam said that the true concept of Sanyasi and Yogi is very well explained in the Srimad Bhagavad Gita but the general understanding of this concept is incorrect. Sanyas or renunciation of a person emphasizes the general conditioning of desirelessness and nonattachment in order to maintain the consciousness of God in all activities. In fact, Sanyas is the state of complete nonattachment and renunciation from nine devil tendencies (lust, anger, attachment, aversion, illusion, pride, habit, ego and ignorance.) Sanyasi is fully charged with the concept of singularity that only God exists.

Swami ji further stated that many people misunderstand the concept of Yogi. Generally, one thinks that a person who practices body postures (asana), breathing exercises (pranayama) and thoughtlessness (dhyana) is a yogi. In fact, a yogi first practices the inner perception of God by practicing Kriyayoga meditation. After that, the yogi performs all outward activities without the desire of fruit of action. In fact, the true yogi is Sanyasi and the true Sanyasi is yogi. They are both one. This conclusion can be easily experienced when a person becomes one with the Kriyayoga

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meditation. A real yogi and sanyasi does not need to perform external fire ceremonies, which is known traditionally as yagya. This traditional fire ceremony is a high-class children's spiritual play. The state of the true yogi is the state of oneness with God achieved by the inner fire rite of ecstatic Kriyayoga meditation. The highest form of yagya is explained in the 29<sup>th</sup> verse of the 4<sup>th</sup> chapter of the Srimad Bhagavad Gita where a yogi performs the internal fire ceremony in which he experiences the union of praana and apaana within.

Swami Satyam stated that in the same way, Karma Yoga, Gyan Yoga and Bhakti Yoga described in the Srimad Bhagavad Gita are misunderstood by the majority of people. In the 1<sup>st</sup> verse of the 6<sup>th</sup> chapter and in the 17<sup>th</sup> and 19<sup>th</sup> verses of the 3<sup>rd</sup> chapter of the Bhagavad Gita explains that Karma and Kaarya are two different things. Kaarya means the performance of external duties with the concept of loss and gain. Karma is explained as the internal work of the conversion of devil's thoughts into angelic thoughts and the ascension of angelic thoughts into Cosmic consciousness.

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, Poland, etc.

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