



Kriyayoga for Life Long Learning & Growing With Dignity



“You are potentially vast and infinite ...
Not realizing this truth makes you realize
illness and sickness of all kinds.

Kriyayoga practice is an ancient yet ever-new
Master technique to make you realize your REAL NATURE.
Thus, Kriyayoga practice solves all problems of life.”

- Guruji Swami Shree Yogi Satyam

Science of Kriyayoga Meditation

Each and every person is in the process of constant learning. Most of the time the learning process is very slow. In the process of very slow learning, stress of various dimensions is produced in each and every part of our visible existence (our body from head to toes). This leads to various kinds of physical illness and mental disharmonies that are guided by dark ignorance. If you wish to remove all kinds of illness, sickness, disharmonies and ignorance and you have the deep desire of learning faster, then you are blessed to have the time-tested and proven scientific, spiritual technique, Kriyayoga, which fulfills all dreams and desires of incarnations and brings ever-new joy each moment.

Great realized masters, who have proven victory over death, have explained and taught very clearly that in the regular learning process of spiritual evolution, it takes one million years of normal, diseaseless evolution to realize the ultimate Truth behind all names and forms. It is also proven that the realization of Truth is the only solution to all kinds of problems on the personal, familial, social, national, international, universal and cosmic level.



Kriyayoga is the highest work for mankind to experience the ultimate reality that only God exists.



Many spiritual techniques available to humanity are running at a very slow pace similar to that of a bullock cart; whereas, Kriyayoga meditation is the most expeditious, non-dangerous and completely protective, cosmic jet plane route.

Whenever one is transformed from a reduced to an elevated level of understanding consciousness, the learning process escalates automatically. In this stage, a person realizes his presence in this world as a dignified person. The joy of such a person is not based on the evaluation of his personality by others. He himself understands his ever-growing and ever-expanding personality that does not permit the practice of jealousy, pride, anger and lust. In this stage of ever-growing consciousness, there is no infectious attack of bacteria, viruses and parasites.

Ever-growing consciousness makes people realize the true concept of spirituality and it saves them from dabbling into the dangerous effects of wrong and unsafe practices.

Generally, the majority of people, who experience very slow growth of understanding consciousness, misunderstand the concept of God and many religious practices. In this state, one understands yoga incorrectly. Yoga does not mean tortuous body postures, unnatural breath holding and excessive fast breathing exercises. Initially, these incorrect practices may produce a euphoric state but they can actually cause deleterious effects on the body and mind. When these wrong body postures (so-called asanas) and unscientific breathing exercises (so-called Pranayamas) are practised, it results in the practitioner suffering from illusion, fear, greed, anger and lust and in this state – the practitioner creates hell in other people's lives.

All animals who breath faster (such as the monkey and dog), have a shorter life span and all human beings that engage in fast breathing exercises, they, too, 'bark' like dogs and are 'restless' like monkeys. In Kriyayoga meditation, the breathing rate naturally decreases and becomes harmonious. This brings perfect understanding, increases power of body and mind and awakens intuition, which solves all problems in life.

The observation and practice of wrong concepts pertaining to spirituality, religion and yoga by a few persons in the world have created an atmosphere of violence in society. Illusionary concept is very easily accepted by the majority of people of the present age because Blind Mind is functioning as King within the brain and spinal cord. Therefore, people fight with each other, kill animals, cut down green trees, overeat and suffer from the presence of hell within. The practice of Kriyayoga transforms Blind Mind to Awakened Mind. Awakened Mind always receives and accepts guidance from Intuition (Voice of Soul) and therefore, creates an atmosphere of unity and non-violence.

In reality, Maharishi Patanjali never explained that asana means tortuous postures or that Pranayama is rapid breathing exercises. Excessively long or short breaths and unnatural breath holding injures the alveoli of the lungs and decreases the natural oxygenation of the blood. This state increases anxiety, anger and criminal behaviour within and allows one to freely change the true concept of scriptures. It also makes one feel proud in speaking lies, thinking that they have achieved great success in cheating others.

The practice of Kriyayoga brings a clear understanding about the scriptures, and transforms an individual to become perfect to follow the true concept of living and to realize a dignified life in serving and helping others daily. Practising Kriyayoga allows one to undergo complete rejuvenation of body and mind, which results in reversal of the aging process.

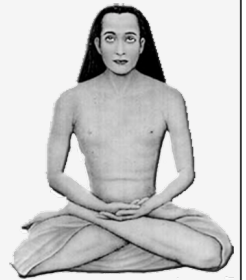
After practising Kriyayoga meditation, one realizes that yoga cannot be practised. In fact, yoga is not a technique. It is actually the state of realizing Truth in one's life - that there is no distance between anything on the platform of time and space. Time refers to past, present and future and space refers to the distance between any two things of creation. When one achieves the state of yoga (timeless and spaceless existence), a person realizes one's eternal existence and absence of death. One has the clear perception that death does not exist. It is actually the process of transformation from visible to invisible states and vice versa.

Kriyayoga meditation brings the realization of the state of yoga. Maharshi Patanjali, Bhagawan Ram, Bhagawan Krishna, Jesus Christ, Kabir Saheb, Guru Nanak Devaji, Yogavatar of Ascending Dwapar Yuga - Lahiri Mahasaya and other realized masters have all taught and explained the same philosophy and practice of Kriyayoga, using different names for the same technique, to realize that there is no distance between self and God which is known by the phrases, “I and God are one” in the Bible and “Aham Brahmaashmi” in Sanatan Dharma (Eternal Religion).

Kriyayoga is the simplest of simple and easiest of easy practice, which can be done in lying, sitting, standing, working or resting position. If it is practised with complete joy and sincere effort, then no one can create any mistake in the practice process. One should learn Kriyayoga with complete devotion to become an example of a happy and peaceful person, inspiring others to achieve the same.

Deathless Guru Mahavatar Babaji

Eternal Guru Mahavatar Babaji has been chosen by God to retain his pure body from time immemorial until the end of the present Visible Universe. The imperfect human mind cannot comprehend this truth because the unawakened mental and reasoning power of the human being is incapable of penetrating into the sphere of Eternal Truth. The work for Eternal Master is to help all creations with the plan of Universal COSMIC Law.



Yogavatar Lahiri Mahasaya



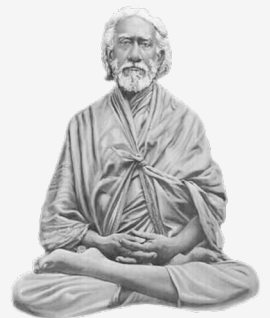
Lahiri Mahasaya is the Yogavatar of present Ascending Dwapar Yuga (1700 A.D. to 4100 A.D.). In 1861, Mahavatar Babaji fully awakened the Intuitive Eye of Lahiri Mahasaya and requested him to spread the teaching of complete lifestyle (Life Science) – Kriyayoga Science to everyone so that they may realize their Omnipresent, Omnipotent and Omniscient nature. As the Holy Ganges came down from heaven to Earth through the deep practice of Kriyayoga by Sage Bhageerath, so in 1861, the celestial holy river of Kriyayoga descended to Earth through the instrumentality of Lahiri Mahasaya.

Gyanavatar Swami Shree Yukteshwar Giri

Gyanavatar Swami Shree Yukteshwar Giri is an example of a true disciple of Lahiri Mahasaya. For the first time, a clear exposition of Truth hidden in the Bible and Sanatan Dharma (Eternal Religion) scriptures of India was revealed through the teachings and writings of Swami Yukteshwar Giri. He was blessed to have the holy privilege of bestowing his knowledge to Paramhansa Yogananda, a great incarnation of Truth and non-violence.

Yoganandaji spread the teachings of complete lifestyle (Kriyayoga Science) to the Western part of the world. His phenomenal achievement of spreading Kriyayoga to humanity is unsurpassed by anyone on Earth since Jesus Christ.

Swami Shree Yukteshwar Giri for the first time revealed clearly that the present age of the world is Ascending Dwapar Yuga and the human race is in a constant state of awakening to experience God more and more with the eternal message that God has become all – “Ekoahambahushyaami”.



“I bow to My Deathless Eternal Guru Mahavatar Babaji, Yogavatar of Ascending Dwapar Yuga Lahiri Mahasaya and Gyanavatar Swami Shree Yukteshwar Giri ji - my Guru of past and present life.”

-Swami Shree Yogi Satyam

About Our Divine Guruji

Kriyayoga Scientist, Swami Shree Yogi Satyam of India, a world renowned Master of Kriyayoga Science is Founder and President of Kriyayoga Research Institute, Allahabad, Uttar Pradesh, India, as well as the spiritual head of Yog Fellowship Temple in Kitchener, Ontario, Canada (North American Centre for Kriyayoga). Each institution is under his spiritual guidance to serve humanity. These centres work under one principle: that Kriyayoga practice is the complete teaching of humanity, which is able to solve all problems in life.



Guruji, Swami Shree Yogi Satyam, is a graduate biologist and a former medical student who has devoted his life to the science of Kriyayoga. He has developed an extremely simple and effective scientific approach to Kriyayoga, allowing one to quickly solve all problems of life, and to achieve complete wellness of body, mind, and ego. Kriyayoga is the 'highest, fastest and royal way' to God-realization. Guruji's ultimate goal is to make this science easily accessible to all.

Guruji has already taught this ancient science to millions of people all over the world. He encourages people to realize that there are no barriers preventing anyone from learning, practising and benefiting from Kriyayoga Meditation.

The government of India has awarded Guruji with several government initiatives such as the Teachers Training Program for all school teachers in Uttar Pradesh, India, rehabilitation programs for prison inmates, and learning and development programs for students of all grades and different learning institutions throughout India. The government of India has also awarded to Guruji, in recognition of his great humanitarian work, much of the land on which the Kriyayoga Research Institute is located. The government also has allotted free land and all facilities to impart Kriyayoga Meditation to all persons who are visiting Kumbha Mela and Magh Mela in Allahabad, UP, India.

Eliminate Illness Through Kriyayoga Meditation



Illness and sickness are illusion. If we do not love our metabolic changes in our body, which occur with the change in time, place and thought, we label it as illness or sickness. The practice of Kriyayoga Meditation gives realization of True Love present everywhere and because of this, we are able to love all kinds of changes occurring in our bodily cells and tissues experiencing them as a storehouse of Infinite power, knowledge and peace. It means these changes are the waves of Eternal Love, which is called Bliss Consciousness.



Guruji discussing problems regarding health to the Villagers

Kriyayoga Research Institute – India Centre

Kriyayoga Research Institute, situated on the bank of the Holy Ganga (Ganges River), is an international home for all to enjoy and experience the most complete lifestyle, an extraordinary blend of the ancient spirituality of India and modern science. Kriyayoga Research Institute was founded in 1983 under the name of Yog Satsang Samiti and Kriyayoga Satsang Samiti. The aim of the institute is to spread the ancient, original, yet ever-new Science of Kriyayoga to the world under the blessed instruction and guidance of Kriyayoga Master and Scientist, Founder and President - Guruji Swami Shree Yogi Satyam.



Kriyayoga Research Institute is primarily focused on spreading the original spiritual science - Kriyayoga Meditation, in India, and all over the world. By doing so, a dedicated and sincere community will be built to not only bring about national development, but also national and international peace and harmony. In this way, Kriyayoga Research Institute aims to build a United World community that crosses all egoistic boundaries - geographical, racial, religious and cultural.

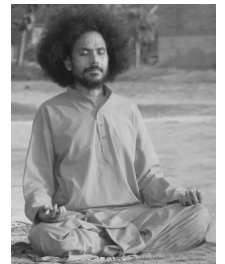


The Blessed Banyan Tree

Kriyayoga Research Institute, Allahabad, is a unique site because it features the Holy Banyan tree, which was consecrated by Mahavatar Babaji when he met and blessed Swami Shree Yukteshwarji during the Kumbha Mela in 1894. This auspicious event took place as described in the comprehensive spiritual classic - Autobiography of a Yogi by Paramhansa Yogananda. It was here that Mahavatar Babaji instructed Shree Yukteshwarji on specific Kriyayoga teachings and prophesied the future worldwide spread of Kriyayoga for the benefit of humanity.



Kriyayoga Meditation Hall



Each year, many people from around the world visit Kriyayoga Research Institute in Allahabad. Each of them arrives seeking something different, yet they all return home with much more than they ever anticipated – a deeper, true sense of their life purpose.



Ganga Site Area of Kriyayoga Research Institute
Allahabad, Uttar Pradesh, India

Yog Fellowship Temple – North American Centre for Kriyayoga



Yog Fellowship Temple (YFT), a non-profit organization, was built in 1983 by the late Dr Manwel Bedessee, to spread and promote the teachings of the scientific technique of Kriyayoga Meditation. Since the arrival of Swami Shree Yogi Satyam at the centre in 1995, the centre has grown significantly and many life-changing results have been experienced. Cures of all kinds – physical, mental, emotional, family and individual, have been observed without the use of any medications, nutritive herbs of any kind or any other external aid.

YFT currently serves as the North American centre for Kriyayoga which hosts classes throughout the week and has become popular for its retreats. Weekend retreats are offered monthly at Yog Fellowship and semi-annual Healing Programs conducted by Guruji are a popular event at the centre attracting people from all over the globe. Healing programs are condensed, intensive residential retreats, which allow participants to gain a deeper understanding of Kriyayoga in a group setting in a short period of time. Participants attend 4 to 5 Kriyayoga classes per day, learn to cook, serve and eat nutritious vegan meals in accordance with Kriyayoga dietary principles and learn to work physically and mentally employing Kriyayoga principles.



Pathway to
Meditation Hall



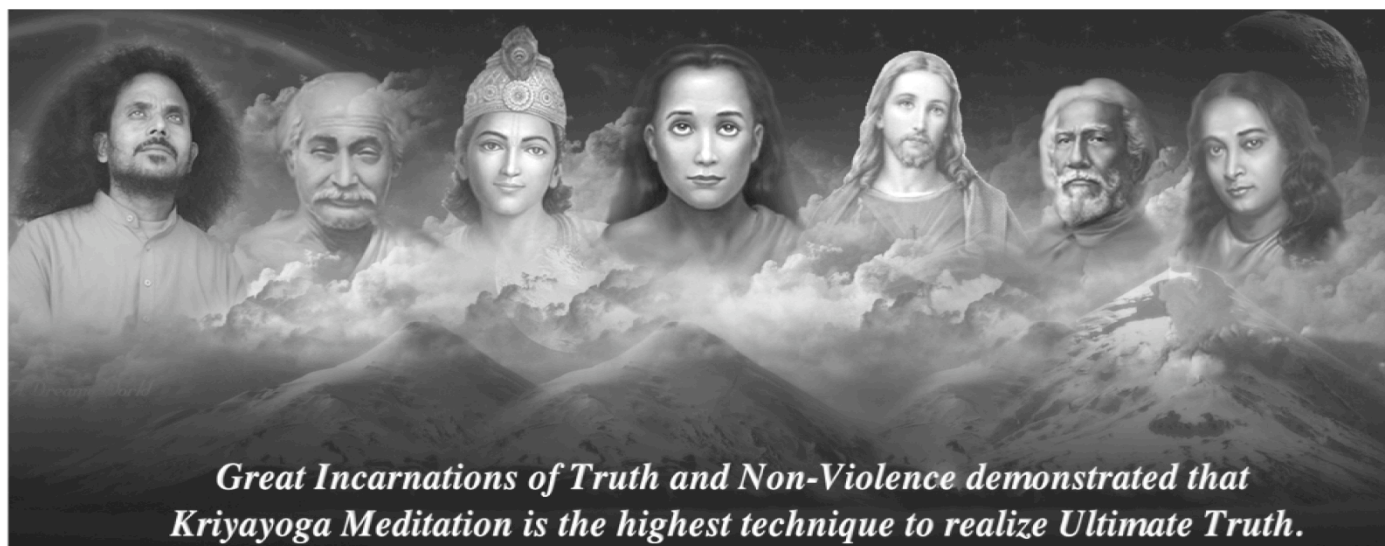
YFT Altar

YFT is beautifully situated on a scenic, country property in Kitchener, Ontario. The centre radiates a spiritual ambience immediately experienced by all who enter the premises. Its meditation centre is well known for its unique architecture, consisting of a geodesic dome beneath a pyramidal enclosure, which provides an ideal environment that is conducive for Kriyayoga programs and retreats.



Yog
Fellowship
Temple
(Indoor View
of Meditation
Hall)



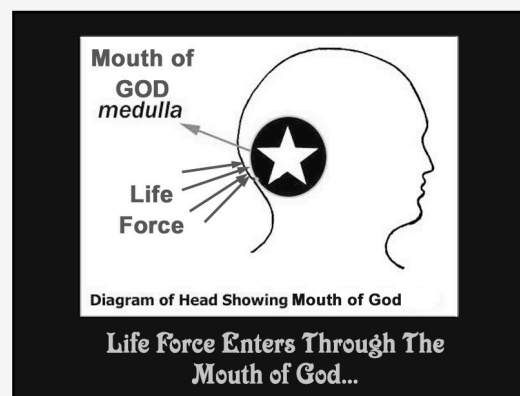
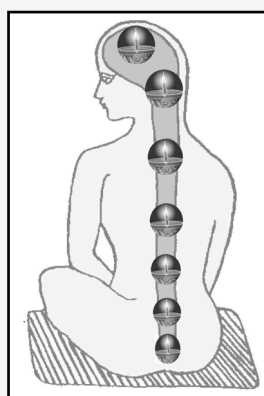


What is Truth ?

The real problem of mankind is unawareness of the Truth behind our thoughts and behind any of the objects we experience within us or around us. After realizing the Truth, a person enjoys a state of fearlessness, peace, bliss, power, and knowledge, which brings the realization of complete unity among all.

Kriyayoga Meditation is a proven, time-tested, complete scientific practice, which brings the realization of Truth behind sense perceptions, thoughts, ideas, and objects within and all around. Therefore, Kriyayoga is the most important education for all persons of the world, whether they are sick, healthy, poor, or rich.

Eternal Message...



Brain and Spinal Cord - Altar of God

“Kriyayoga Meditation is the Omnipotent, Omniscient and Omnipresent tool. It can be used by anyone to joyfully cross the successive strata of Self-knowledge in order to realize the ultimate truth that there exists only one consciousness (one Eternal Element), which has complete power and knowledge to become all. Upon realization of this truth, one remains permanently in the sphere of Immortal Consciousness. This state is called Moksha (Liberation from all kinds of Ignorance). To cure any kind of illness related to any part of Self and to solve any problem in our life, Kriyayoga Meditation is a complete technique that has to be practised by persons of all kinds and of all places of the world.”

- Swami Shree Yogi Satyam



*I want to ply my boat, many times,
Across the gulf-after-death,
And return to earth's shores from
my home in Heaven.*

*I want to load my boat
With those waiting,
thirsty ones who are left behind,*

O India, I will be there !

-Paramhansa Yogananda

"O India, I will be there! "

**- Promise of Paramhansa
Yogananda**

I bow to the eternal prophesy of Paramhansa Yogananda representing eternal love for all persons. The prophesy of Paramhansa Yogananda must be fulfilled with great success as never before in Ascending

Dwapar Yuga. Now Kriyayoga will spread in India with great Omnipotent power, which will shine as the eternal Sun of Truth and Non-Violence to bring peace and harmony among all creations of the Universe. With this holy work, egoistic divisions on the platform of religion, colour and caste, will be replaced by the great uniting power of love and Ahimsa.

All nations of the world will solve their problems by applying the practical method of Sanatan Dharma (Christ principles). With the growth of time, the human race will be more and more evolved and they will start searching for the best qualities of all persons living in different parts of the world. They will make a strong and common platform of lifestyle, which will be followed by all nations of the world. The great industrialists of the world will collect vast funds to help all needy nations. India and North America will gradually unite more and more, and science and technology of North America and spiritual science of India will blend together. This unity will create a model civilization that will eventually form one United World with God guiding them through their conscience. Each and every year, fights among people and war among nations will decrease. All human beings will show greater love for animals and plants. Worldwide acceptance of vegetarian and vegan lifestyle will gradually expand, and human beings will create a natural atmosphere for animals and plants.

---- With Eternal love and blessings,
Swami Shree Yogi Satyam

India Centre



Kriyayoga Research Institute

Jhansi, Allahabad, Uttar Pradesh - 211019, INDIA

Mobile No. +91-9415217277 to 81 &

+91-9415235084

Email:

KriyayogaAllahabad@hotmail.com

YogiSatyam@hotmail.com

Contact Information

Website:

www.Kriyayoga-YogiSatyam.org

Kriyayoga Messages Posted on

Youtube Channels:

www.youtube.com/Meeramata

www.youtube.com/Yogmata

www.youtube.com/Shaktimataji

North American Centre



Yog Fellowship Temple

388 Plains Road, Kitchener, Ontario,

N2R 1R8, CANADA

Phone – (519) 696-3869

Email:

Kriyayoga.Canada@yahoo.ca