



# Kriya Yog Sandesh

January 2012

कामी, क्रोधी, लालची, इनसे भक्ति न होय ।  
भक्ति करे कोइ सूरमा, जाति वरन कुल खोय ॥

Kaame Krodhi Laalchi Insey Bhakti Na Hoya I  
Bhakti Karey Koi Surama Jaati Baran Kul Khoye II

Kabeer Dasji says: Those who are full of desires for sense enjoyments, full of anger and greed can not possess bhakti or divine love and devotion. Those who are pure, valorous and heroic and have gone beyond the considerations of caste, creed, family and social status and their attractions can possess divine love and devotion.

-SANTH KABEER

## Proper Understanding of the BHAGAVAD GEETA - Part 96

MESSAGE BY PARAMAHANSA ATMANANDAJI

Dear Divine Friends,

Pranams, Humble and Loving Greetings,

May the New Year 2012 be healthier, happier, less stressful and more fortunate for you. No work (no action) no result. Actions (work) are in your hands but results are not. Results are in the hands of God or the Spirit or the Inner Self.

In actions (work) both internal and external are achieved. This causes better blood circulation in all the organs both internal and external. This improves health and fitness. Health and fitness, both mental and physical are the basis of all the types of spiritual and material practice.

Dharmaartha Kaamamokhyaanaam Shariram Moolamuttamam  
(For performing duties, material life and spiritual practice, health and fitness are must)

However activities done with a selfish motive and is ego based for personal gains lead to stress or sins. The same done as service to God or the supreme spirit leads to spirituality and self-realization. Through the teachings of the Bhagabat Geeta, Krishna tries to impress Arjun the benefits of this stress free actions. But Arjun's mind overwhelmed with stress is unable to understand this cosmic law. So Krishna gave him divine vision and enabled him to perceive God's cosmic vision. The power and energy manifesting in the cosmic vision (Vishwa Roop) was much that the sense perception oriented Arjun was terrified. He could not tolerate it. His eyes opened to the extra ordinary mind boggling personality of Krishna. He humbly prays to Krishna. He asked Krishna: "O Lord who are you what is your real nature? I wish to know you. Kindly enlighten me". Krishna replies:



कालः अस्मि लोकक्षयकृत् प्रवृद्धः लोकान् समाहर्तुम् इह प्रवृत्तः ।  
ऋते अपि त्वाम् न भविष्यन्ति सर्वे ये अवस्थिताः प्रत्यनीकेषु योधाः ॥११-३२॥

Kaalah Asmi Lokakhyayakrit Prabridhdhah Lokaan Samaahartum Iha Prabrittah ।  
Rite Api Twaam Na Bhabhsyanti Sarbe Ye Abasthitaah Pratyaneekesu Yodhaah ॥11-32॥

कालः	Kaalah	Time
अस्मि	Asmi	Am I
लोकक्षयकृत्	Lokakhyayakrit	Destroyer of the worlds
प्रवृद्धः	Prabridhdhah	Most ancient
लोकान्	Lokaan	The worlds
समाहर्तुम्	Samaahartum	To destroy
इह	Iha	Here
प्रवृत्तः ।	Prabrittah	Busy; Engaged
ऋते	Rite	Without
अपि	Api	Also
त्वाम्	Twaam	You, Thee
न	Na	Not
भविष्यन्ति	Bhabhsyanti	Exist, Will live
सर्वे	Sarbe	All
ये	Ye	These
अवस्थिताः	Abasthitaah	Positioned, Arrayed
प्रत्यनीकेषु	Pratyaneekesu	In the enemy camp, Hostile army
योधाः	Yodhaah	Warriors, Combatants

#### General Meaning:

I am the most ancient world destroying TIME, at this moment I am busy in destroying the worlds. Even if you do not fight none of the hostile warriors of the enemy army will survive.

#### Explanation:

In the ancient yog scriptures, God is considered as combination of Brahma the creator, Vishnu the sustainer and Shiv the destroyer. All these three are the three aspects of Gods work on Gods nature. These three, trinity are not different, they are one. These are conceptions of ancient Masters, to have some idea about God who is unknown and unknowable by human mind and senses. The ultimate destroyer is Time whatever may be the cause of the destruction. God is also known as controller or Master of Time (Kaal and Mahakaal). God is the ultimate regulator of life and death and both are concepts of Time.



तस्मात् त्वम् उत्तिष्ठ यशः लभस्व जित्वा शत्रून् भुङ्क्ष्व राज्यम् समृद्धम् ।  
मया एव एते निहताः पूर्वम् एव निमित्तमात्रम् भव सव्यसाचिन् ॥११-३३॥

Tasmaat Twam Uttishtha Yashah Labhaswa Jitwa Shatrun Bhundkhyaba Rajyam ।  
Sambriddham Mayaa Eba Eite Nihataah Poorbam Eba NimittaMaatram Bhaba Sabyasaachin ॥11-33॥

तस्मात्	Tasmaat	Therefore
त्वम्	Twam	You
उत्तिष्ठ	Uttishtha	Arise, Stand up
यशः	Yashah	Fame
लभस्व	Labhaswa	Attain; Gain
जित्वा	Jitwa	Having conquered, Conquering
शत्रून्	Shatrun	Enemies
भुङ्क्ष्व	Bhundkhyaba	Enjoy
राज्यम्	Rajyam	Kingdom
समृद्धम्	Sambriddham	Prosperous
मया	Mayaa	By Me
एव	Eba	Even
एते	Eite	These
निहताः	Nihataah	Have been killed
पूर्वम्	Poorbam	Before
एव	Eba	Even
निमित्तमात्रम्	Nimitta Maatram	Agent, Instrument
भव	Bhaba	Become
सव्यसाचिन्	Sabyasaachin	O Ambidextrous person

#### General Meaning:

You therefore arise and stand up and gain fame. Conquer your enemies and enjoy the prosperous kingdom. All these enemies have already been killed by me. Be my instrument O Ambidextrous Arjun.

#### Explanation:

Krishna encourages and inspires Arjun to perform his warrior's duties. He should overcome his enemies and enjoy the prosperous kingdom without any fear. Time has already destroyed these warriors who have assembled in this battle field. He should overcome his ego and be the instrument of God, the cosmic Master.

The only thing that matters is the cosmic law as set by the supreme cosmic Being (God). This works through the infinitely varied agencies, circumstances and person, human beings and other beings. One should overcome the limitations of the ego and be the part of cosmic current, become the agent or representative of the Timeless Supreme.

Like a coiled spring unwinding in slow motion the creation is unfolding itself powered by God's energy. Everything is part of God. To remember this constantly in thought speech and action is overcoming the ego and become the instrument of God.



द्रोणम् च भीष्मम् च जयद्रथम् च कर्णम् तथा अन्यान् अपि योधवीरान् ।  
मया हतान् त्वम् जहि मा व्यथिष्ठाः युध्यस्व जेतासि रणे सपत्नान् ॥११-३४॥

Dronam Ch Bhisam Ch Jayadratham Ch Karnam Thatha Anyaan Api Yodha Viraan I  
Mayaa Hataan Twam Jahi Maa Bhathisthaa Yudhyaswa Jetaasi Rane Aspatnaan ॥11-34॥

द्रोणम्	Dronam	Drona (Guru)
च	Ch	And
भीष्मम्	Bhismam	Bhisma (grandfather)
च	Ch	And
जयद्रथम्	Jayadratham	Jayadratha (A king)
च	Ch	And
कर्णम्	Karnam	Karna (mighty general)
तथा	Thatha	Also
अन्यान्	Anyaan	Others
अपि	Api	Also
योधवीरान्	Yodha Viraan	Heroic warriors
मया	Mayaa	By Me
हतान्	Hataan	Killed
त्वम्	Twam	You
जहि	Jahi	Kill, Finish off
मा	Maa	Not
व्यथिष्ठाः	Bhathisthaa	Be fearful, distressed with fear
युध्यस्व	Yudhyaswa	Fight
जेतासि	Jetaasi	Will win, Conquer
रणे	Rane	In the battle
सपत्नान्	Aspatnaan	The enemies

#### General Meaning:

Drona, Bhisma, Jayadrath, Karna and all other brave warriors these are already killed by Me. Finish them off. Do not be scared. Put up your best fight and surely you will conquer your enemies in battle.

#### Explanation:

Drona the military Guru, Bhisma the grandfather, for these two Arjun had respect and sentimental weakness tinged by subtle fear. For Jayadrath, the brother in law and hostile king, he had sentimental weakness. For Karna his arch rival and antagonist, he had subtle fear and few other heroes of the enemy camp for whom; Arjun had special consideration which could have compromised his quality fight against them.

Krishna purposefully mentions these names knowing Arjun's psychological weakness for them informing him that these people have already forfeited their lives by being present there with hostile intentions. They are as good as dead. So Arjun should complete the cosmic duty on behalf of the cosmic law.



एतत् श्रुत्वा वचनम् केशवस्य कृताञ्जलिः वेपमानः किरीटी ।  
नमस्कृत्वा भूयः एव आह कृष्णम् सगद्गदम् भीतभीतः प्रणम्य ॥११-३५॥

Etat Sritwaa Vachanam Kesabasya Kritaanjali Bepamaanah Kiriti I

Namaskritwaa Bhuyah Eba Aaha Krishnam Sagadradam Bheeta Bheetah Pranamya ॥11-35॥

एतत्	Etat	This
श्रुत्वा	Sritwaa	Having heard
वचनम्	Vachanam	Speech, Talk
केशवस्य	Kesabasya	Of Kesaba (Krishna)
कृताञ्जलिः	Kritaanjalih	With joined palms
वेपमानः	Bepamaanah	Trembling
किरीटी	Kiriti	Arjun
नमस्कृत्वा	Namaskritwaa	Bowing down
भूयः	Bhuyah	Again and again
एव	Eba	And
आह	Aaha	Spoke
कृष्णम्	Krishnam	To Krishna
सगद्गदम्	Sagadradam	Emotionally choking voice
भीतभीतः	Bheeta Bheetah	Fearfully, Hesitantly
प्रणम्य	Pranamyaa	Having bowed

#### General Meaning:

Sanjay speaks: Having heard this speech of Krishna, Arjun with joined palms, trembled, bowed his head in devotion and prayed to Krishna in emotionally half choked utterances, bowed down again and again frightened to the warriors.

#### Explanation:

Krishna utterances were extra ordinarily direct, clear and powerful. It had the ring of cosmic destiny and supreme authority. Out of nervousness and fear, Arjun was trembling. He felt carried away in the cosmic current. His senses and mind were overwhelmed. He bowed again and again with joined palms. His voice was choking with emotions. He started praying to Krishna. He was sure that Krishna is God.



स्थाने हृषीकेश तव प्रकीर्त्या जगत प्रहृष्यति अनुरज्यते च ।  
रक्षांसि भीतानि दिशः द्रवन्ति सर्वे नमस्यन्ति च सिद्धसंघाः ॥११-३६॥

Sthane Hrishikesh Taba Prakeertyaa Jagat Prahrisyati Anurajyate Ch ।

Rakhyaansi Bheetani Dishah Drabanti Sarbe Namasyanti Ch Siddha Sanghaah ॥11-36॥

स्थाने	Sthane	Justified
हृषीकेश	Hrishikesh	Name of Krishna
तव	Taba	Your
प्रकीर्त्या	Prakeertyaa	By praising
जगत	Jagat	The universe; The worlds
प्रहृष्यति	Prahrisyati	Is joyful
अनुरज्यते	Anurajyate	Rejoices
च	Ch	And
रक्षांसि	Rakhyaansi	The demons
भीतानि	Bheetani	In fear
दिशः	Dishah	In all directions

द्रवन्ति	Drabanti	Running away
सर्वे	Sarve	All
नमस्यन्ति	Namasyanti	Bow down
च	Ch	And
सिद्धसंघाः	Siddha Sanghaah	Groups of perfected beings

**General Meaning:**

Arjun speaks: O controller of the mind and the senses it is justified that the whole world becomes joyful and rejoice in your praise; demons run away in fear in all directions and all divine saints bow to you humbly.

**Explanation:**

Through his illuminating and inspiring talk, Krishna transmitted His blessings and grace to Arjun. Arjun had a glimpse of the immense and infinite power of the Master of the cosmos. Arjun became a seer and poet and saturated with divine love and faith. He gives expression to his realizations. Krishna is also known as Govind, the bestower of love and joy to the whole creations and remover of sorrow and sufferings caused by the evil and demoniac forces.



According to saints and sages and incarnations of all time and places the supreme Master God appears among human beings in human forms to protect and sustain spiritual people who love God and his creations and to eliminate the evil and devilish people. Whose life is dominated by hatred, anger and tyranny.

It is wise to be spiritual not out of fear but out of love, knowledge and harmony and peace. Daily practice of Kriya Yog will help in achieving this more i.e. Self-realization.

May God and the Masters bless, guide protect and inspire you.

With Love and Humbleness,  
Paramahansa Atmanandaji

## INSPIRATIONS FROM THE IMMORTAL INNER INFINITY

### YOG VEDANTA - UPANISHADS

### KATHOPNISHAD (कठ उपनिषद्)

एतद्ध्येवाक्षरं ब्रह्म एतद्ध्येवाक्षरं परम् ।  
एतद्ध्येवाक्षरं ज्ञात्वा यो यदिच्छति तस्य तत् ॥ १६ ॥

Etaddheybaakhayaram Brahman Etaddheybaakhayaram Param ।  
Etaddheybaakhayaram Gnyaatva Yo Yadicchati Tasya Tat ॥ 16 ॥

This symbol Om the monosyllable is Brahman (God Energy). This monosyllable Om is Supreme Brahman, realizing this Om who ever want whatever obtains that. This Om is the Mother Nature. It is also the creation and the un-manifested supreme. By meditating on this Om (Brahman), one can achieve everything both material and spiritual.

एतदालम्बनं श्रेष्ठमेतदालम्बनं परम् ।  
एतदालम्बनं ज्ञात्वा ब्रह्मलोके महीयते ॥ १७ ॥

Etadaalambanam Shrestham Etadaalambanam Pram I  
Etadaalambanam Gnyaatwaa Brahmalokey Maheeyate II 17 II

To realize God, mediation on Om is the best technique and path. This is the highest technique. Having realized this Brahman as Om (Aum) by this support and techniques one attains Brahman and become one with it.

~\*~

### SWETAASWATARA UPANISHAD (श्वेताश्वतर उपनिषद्)

स एव काले भुवनस्य गोप्ता विश्वाधिपः सर्वभूतेषु गूढः ।  
यस्मिन् युक्ता ब्रह्मर्षयो देवताश्च तमेवं ज्ञात्वा मृत्युपाशांश्छिनत्ति ॥ १५ ॥

Sa Eba Kaale Bhubanasya Goptaa Biswaadhipah Sarbabhutesu Gudhah I  
Yasmin Yuktaa Brahmarsayo Debataasch Tamebam Gnyaatwa Mrityupaashaascchinati II 15 II

Creation exists as long as God upholds it. God is the Lord of all and also He is the innermost being of every being. The great saintly devotees and gods of heavens always exist in Him. If you realize your oneness with Him you are liberated from the bondage of death.

~\*~

### ASTABAKRA SAMHITAA

कूटस्थं बोधमद्वैतमात्मानं परिभावय ।  
आभासोऽहं भ्रमं मुक्त्वा भावं बाह्यमथान्तरम् ॥१- १३ ॥

Kootastham Bodhamadwaitamaatmaanam Paribhaabaya I  
Aabhaasoaham Bhramam Muktwaa Bhaabam Baahyamathaantaram II 11-13 II

Giving up modifications of the soul both internal and external and becoming free from the delusion. I am the reflected soul, think deeply of the AATMAN, as immutable, pure consciousness and non-dual.

~\*~

### THE HOLY BIBLE

Therefore be merciful just as your father is merciful.

Judge not and you shall not be judged. Condemn not and you shall not be condemned. Forgive and you will be forgiven.

Give and it will be given to you. Good measure, pressed down, shaken together and running over will be put into your bosom.

(Luke: 6:36, 37, 38)

~\*~



## **KRIYA YOG CENTER NEWS**

### **KRIYAYOGA DHYANAKENDRA ROURKELA**

Regular meditation, prayers, study of Holy Scriptures going on daily. Charitable Medical clinic and other charitable works are also going on efficiently.

**PARAMAHANSA YOGANANDA'S BIRTH DAY CELEBRATION:** On 5th January 2012, the auspicious birthday of Paramahansa Yoganand was celebrated nicely with devotion and love. Following programs were organized: Bhagvat Gita Patha, Puranapurush Patha, Guru Vandana, Bhagvat Vandana, Pravachana, Dhyanam, Puspanjali and Prasad sevan.

In this occasion, message from Pujya Gurudev Paramahansa Atmanandaji was read out by Yogacharya Benudhara Tripathi Baba. There were also valuable lectures on the life & teachings of Paramahansa Yogananda by Yogacharya Sharma Baba, Yogacharya Rout Baba and Dr. Jena Baba from Bhawanipatna. Yogacharya Aditya Baba from Bhubaneswar visited the Ashram and stayed more than a week, attended the function and helped a lot.

Guru Vandana and Bhagvat Vandana were presented by Hota Baba and Praharaj Baba. Pujari Baba, Bansal Baba, Saha Baba, Sahu Baba, Jena Baba, Naik Baba, Ramesh Baba, premanada Baba, Sankar Baba and other sincere Kriyabans work hard to make the function successful. Hundreds of kriyabans attended and enjoyed the Blessings of God and Gurus.

### **KRIYA YOGA DYANAKENDRA KALAHANDI**

Regular prayers, Meditations and study from the Holy Yoga Scriptures. The Holly Bhagvat Gita and Spiritual Diary of Yogiraj Lahiri Mahashaya are held regularly.

**PARAMAHANSA YOGANANDA'S BIRTH DAY CELEBRATION:** The auspicious birthday of Sat Guru Sri Paramahansa Yogananda was celebrated on 5th January 2012. In the morning session there was Guru Pujanam, Study of Holly Scriptures and Dhyanam. The evening session was celebrated with Arati, Bhagvat Gita Patha, Purana Purusha Patha, Meditation and Puspanjali followed by Prasad sevan. Many Kriyabans attended and enjoyed the blessings of God and Gurus.

### **CUNSTRUCTION WORK OF PERMANENT MEDITATION HALL**

The main construction works of the ground floor i.e. Plinth, pillar & roof were completed and pillars of first floor were also competed up to roof level. The Board of Directors of the Ashram, appeal for funds, to make it compete and operational.

### **ATMANANDA INSTITUTE FOR HIGHER KRIYA YOGA, DETROIT, USA**

The institute conducted the following meetings During the month of December 2011:

Saturday, December 10, 2011: 07:00 AM: Organizing Meeting for Institute's public lecture on Dec. 17 in Bloomfield hills library, Bloomfield Hills Michigan.

Saturday, December 17, 2011 10:30 AM: Public discourse by Chairman of the institute Sri Gurudev Parmahansa Atmanandaji on the subject "Kriya Yoga: the Ultimate Path for Practicing Meditation and Spirituality". About 35 people attended this free lecture.

The institute conducted guided Kriya Yoga meditation sessions on 12/15, 12/16, 12/18, 12/22, 12/23, 12/24, 12/25, 12/29, 12/30, 12/31 and 01/01/2012. The guided meditation sessions are meant for the Kriyabans formally initiated into Kriya Yoga. These sessions were guided and blessed by Gurudev Sri Paramahansa Atmanandaji.

### **GREATER ATLANTA KRIYA YOG, ATLANTA, USA**

The auspicious birthday of Sat Guru Paramahansa Yogananda was celebrated on January 5th 2012. Many kriyabans joined, performed Guru Vandana, meditated in a group followed by prasad sevanam.



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