

Divine Teachings of Kriya Yoga Master Paramahansa Hariharananda Giri



Peace, Bliss and Joy

God is omnipresent. He is in the whole universe. He is in the body of every human being. In Bible it is written that He made man and woman in His own image and He breathed into the nostrils the breath of life and He became the living Soul. You all are the living power of God. Your whole body is the temple of God.

Have you felt God?

But if you ask your conscience you will never feel that you have realized God. You do not know the taste of the mango, if you have not eaten it in your life. Similarly your whole body is the power of God, but you are not feeling it. Everybody is busy with negatives in the whole body. There is delusion, illusion and error everywhere in human being.

Breath is the Bridge

Kriya Yoga is a special technique. Any work you all are doing from your birthday is Kri. That work is done by the breath. Breath is Ya.

Without breath you cannot do any work. You are busy with the body, but forgetting your breath. So you do not know what is God. You do not give any love to your breath. Anything you are eating joyfully or doing joyfully it is by the breath. There are fifty types of breaths. Forty nine types of breath give you extrovert stage, but one slow and feeble breath, that is for your God realization.

Eko deva sarva bhūtesu gūdhah — He is hiding in the fontanel of every human being. Sarva vyāpi — He is everywhere, in the whole universe. Sarva bhūtarantarātmā — He is the indwelling Self of every human being. But you are not after that. He is your witness - saksi. He is your life. In the body form He is formless everywhere.

Real Power of God

Jesus was whipped. Jesus did not scream. Why? Jesus was in God. Jesus was tortured. Jesus did not say anything. Why? They stripped him of his clothes and left him with only a small cloth around his waist. But Jesus said nothing. They were spitting on the body of Jesus shouting and ridiculing him: 'Son of God! Son of God! King of Kings! King of Kings!' Jesus is powerful but Jesus said nothing. Jesus told his twelve

disciples: "Until I am killed the enemy cannot come to know who I am. When they will kill me, then they can understand. But I cannot be killed. So I am to face the crucifixion."

Education is not important. What is important is that you should feel that you are the real power of God. Your breath is important. Without breath you cannot do anything. So, if you remain there in the cave of cranium, then you are free. Kriya Yoga is a special technique. Through every work watch Him. That He is within you. He is talking. You all are the power of God. But you all have not the desire. Your whole system is God. On the day of initiation, when your body is purified, you can feel the sensation even in the nail. You can hear the sound. You can see the light all over the universe. God is within you. So you are to watch Him. Search Him. Anything you are doing, it is done by Him. The feeble calm breath will give you peace, and bliss.

Balance of Mind

God is giving first thought on the right cerebrum, so people are getting anger, pride, cruelty, insincerity, all negatives. But on the left hand side you have judgment. If you practice the Kriya Yoga technique for two to five minutes and constantly watch Him you can be spiritual. Kriya Yoga is the foundation of the spiritual building. The strength of a building depends on the foundation. Similarly all religions depend on the calmness of the mind. Calmness is Godliness. Kriya Yoga can give you calmness within a short time.

You go to church, mosques, synagogues, temples and many places it is good. But simultaneously practice Kriya for two minutes. It will improve your skill and talent. Your memory will be sharp. You will be disease free.

If the technique for God realization is not easy and simple, then it is not a technique. It is just like the air which is your life. How much money do you spend for the air? No money. Similarly for your God realization just a little breath is needed. Then you will magnetize your spine in one minute. You will get pulsation everywhere. But you are to practice it. Only if you have the desire, that I am God in human being, I require God realization, I want peace, bliss, joy, you can get the Peace, Bliss and Joy.

I will tell you only one sentence: Opportunity must not be neglected. This is a golden opportunity. It may never return. It must not be neglected. Thank you very much. I want to bow to you all. You are the power of God. God bless you all.

The Place of Worship

In every religion people have their place of worship. The Hindus call it a Mandir, the Buddhists call it the Sthupa, the Christians call it a Church, the Jews call it a Synagogue, the Muslims call it a Mosque and the Sikhs call it a Gurudwara.

The concept of temple is very old. The temple by whichever name it may be called is a place of prayer, study and meditation. It is a holy place where devotees with religious belief come together to spend time in feeling the presence of God through their own way of communion.

Creation as the Temple

Ordinarily the temple is a man made structure of stone and brick but the real temple is the universe itself, which is the temple of God. Upanishad says, having created it, into it indeed, He entered. Thus the universe is the temple where the presence of God is everywhere. There is a beautiful prayer that says,

“O God, You are in all and all are in you. Your beautiful presence is seen in the endless sky, in brilliant stars, in the shining Sun and Moon, in the cool breeze and the beauty of the flowers and the chirping of the birds. Give me the ability and strength to see you in all and everywhere.”

In the Bible it is said, the earth is his foot stool. One should develop the ability to see the presence of God in nature and should not forget that the entire universe or creation is a holy temple.

The Body as the Temple

The Hindu Scriptures say, “Whatever is present in the universe is also present in the body.” Upanishad (Maitreyi 2:1) avers, “This body is verily the temple of God, in which He is present as the Soul. Those who worship Him with the attitude of “soham” can easily attain freedom and liberation.”

Worshipping in the awareness of soham means to feel, “I am He and I and He are one.” We must maintain this constant union of God in our daily life. This is the real worship. We are to feel the God in others too.

Another meaning of soham is “consciousness of breath — feeling your breath is the breath of God and your life is the life of God.

The Bible also says, “Do you know that you, yourself are God’s temple and that God’s spirit lives in you? If anyone destroys God’s temple God will destroy him. For God’s temple is sacred and you are the temple.”(I Corinthians, 3: 16-17)

It is also said, for we are the temple of the living God. As God said, “I will live with them and work in them, and I will be their God and they will be my people.” (II Corinthians, 6:16)

House as the Temple

Just as the body is the temple where God resides, your house in which you live is also a temple. Make your house so as to feel the love of God and to worship him with your daily activities.

Let the Temple be for all

Since God is omnipresent let all places of worship of the different religions be open to all. Let all feel that God is everywhere, but at the same time one must stick with and follow his or her own way of life and religious practices. Do not destroy temples means do not hurt others. Let us develop the fellow feeling of compassion and love in our daily lives. Just as there is a special altar in the Temple find a special place in your body temple let it be in the heart or the brain or the top of the head where you can feel the presence of God and consider this as the most holy place.