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KRIYA

Editor: Yogi S. A. A. RAMAIAH, C. S. (Hons.)

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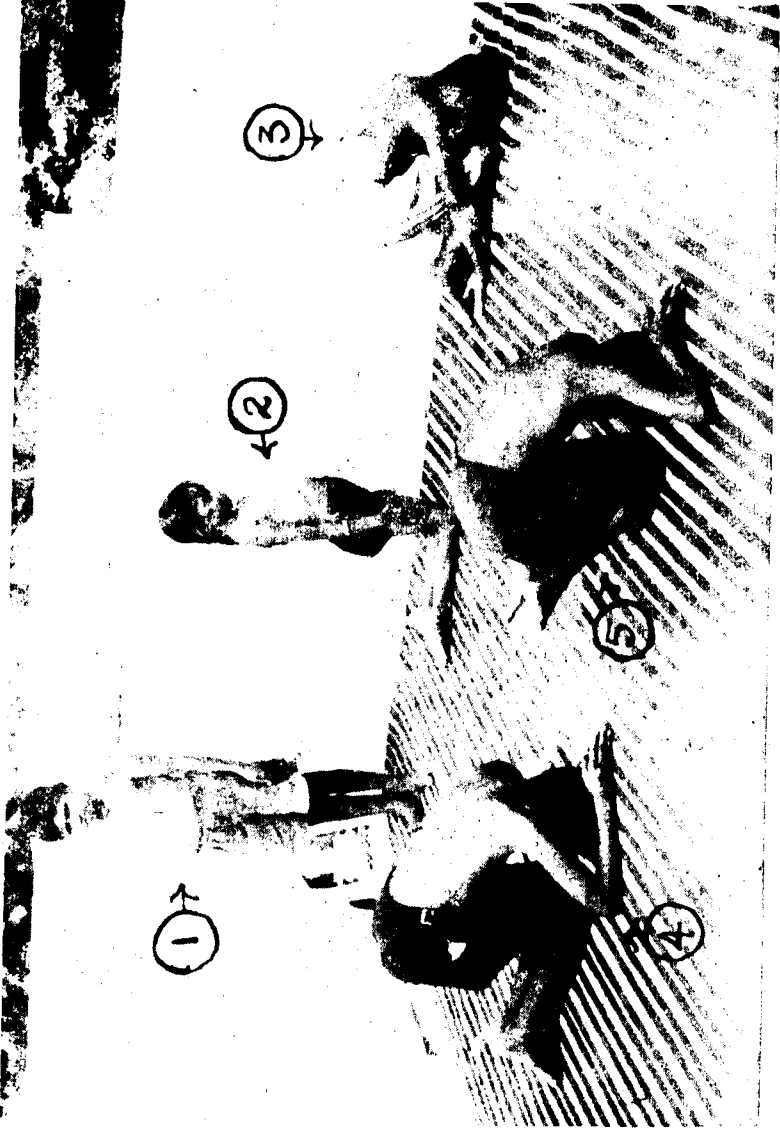
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Kriya Namaskara Mudrasana
(Pose of Salutation)

★ கிரியா நமஸ்கார முத்திராசனம்
(கிரியா ஆசன வரிசை)



KRIYA - கிரியா

“ நான் (ஒளங்) ஒழிந்து தானாக (துங்) வேண்டும் ”

“ I (Aung) should become Thou (Tung) ”

—Kriya Babaji

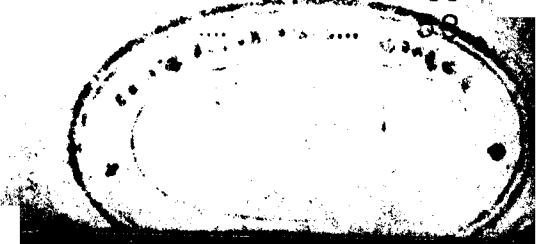
Vol. V }
மலர் 5 }

1957

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12 வரை

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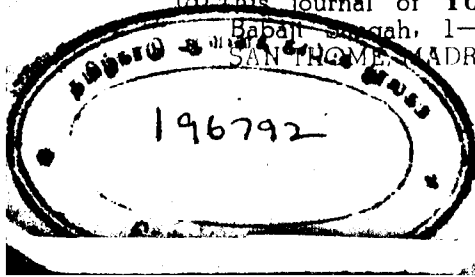
News:—A Vaishnavite Yogi, Thiru. S.V. Acharya of Andhra, aged 58 Years fasted for over 31 days within four cups of water and lost 28 lbs weight. His belly disappeared (!) and he survived the ordeal with Amrithapana Yoga. Dr. K. Narayanamurthi, M.B.,B.S.,M.D., consulting Allopathic Physician has noted the presence of Ketone (bodies) in the urine during the fast —1957

N.B.—(a) The editor does not accept responsibility for the views expressed by contributors

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31
@ 2. 11. 1952
N 52.5

யோக அமர கீதம்

கிரியா, கிரியா, கிரியா என்று ஒரு நாமம் சொல்லடா,

கெட்ட பாமரனே உனக்கு அதில் பாரம் என்னடா?

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Yogi S. A. A. RAMAIAH, B. Sc. (Hons.)

(from 1957)

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I, Yogi S. A. A. Ramaiah, hereby declare that the particulars given above are true to the best of my knowledge and belief.

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Geologist & Geochemist.

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Year	Name	Paper
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1956—	{ R.A. Howie, M.A., Ph.D., F.G.S., Manchester }	"The Geochemistry of the Charnockite Series of Madras"

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ஓம் கிரியா பாபாஜி நம ஓளம்

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பிராணச் சக்தியுள்ள ஜீவராசிகள், பிராணிகள் உயிர் போய்விட்டால் பிராணன் போய்விட்டது என்று சொல்லுகிறோம். இந்தப் பிராணனைச் செறிக்கவும் பிராண மயமான உடலுள் அனுவர்த்தைப் பெறவும் உதவும் ரகசிய கிரியா குண்டலினி பிரானாயாமச் சாதனத்தைத் தகுதியுடையவர்களுக்கு ஆறு வகுப்புகளில் போதிக்கிறோம். இச்சாத்தனம் 1700 ஆண்டுகளுக்கு முன்னர் தமிழ் சித்தர் மகாபிராகி பாபாஜி நாகராஜனால் இமயமலை குகையில் புதுப்பிக்கப் பட்டது.

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யோகி சா. அ. அ. ராமாயா, எம். ஏ.,

யோக சிகிச்சா நிலையம்:

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Pranavananda Yoga Asana Scheme

Kriya Yoga Asanas or Poses are simple but powerful exercises which have withstood the ravages of Time in the land of its birth—Tamil Nad. For thousands of years, ever since the Mohenjadarro Age, these Yogic poses have been practised in Bharat and lead to all-round development—physical, mental and spiritual. Babaji's Kriya Yoga belongs to all creeds and castes and has now transcended narrow national boundaries. To further popularise this international Science of Kriya Yoga Kriya Babaji Sangah has formulated the following scheme to encourage Kriya Yoga Asanas:—

I. Kriya Yoga Asana Prizes for (i) Gents (over 10 years) (ii) Children (under 10 years) and Ladies—Before May 9th (at a place to be specified later) every year this FREE competition will be held separately for the above two groups and a panel of judges will choose the winners.

Valuable prizes were awarded to the following on 8—5—56 by Thiru. S. Parthasarathy Iyenger, Commissioner of Police in the presence of Thiru. V. K. Narashiman, President, S.I.J.F.,

Gents' Group	Ladies-Children Group
First Prize: B.E. Munuswamy.	Rm. Valli.

On 15—4—56 the Raja of Ramnad, Hon. Minister for Public Works distributed the prizes to the following:

First: D. Sethuraman	R. Sita
----------------------	---------

On 11—8—57 Janab S. Khader MOHIUDDIN, Deputy Commissioner of Excise distributed the prizes (Silver cups) named after Saigon Seth N. Metharam to

First: Vikram Selvaraj	Mohan
------------------------	-------

In 1958 the gents' prize will be known as Asana Yogi Kumaraswami Memorial Cup and the Children-Ladies prize Saigon N. Metharam Cup

II. K.V. Al. M. Ramanathan Chettiar Student Asana Prize:—Scholarship to the tune of Rs. 101/- will be awarded to the winner of this separate competition

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to be held at the address given below before May 9th. Only students of all educational institutions can participate. No entry fee will be charged. The scholarship amount will be paid to the head of the educational institution who will use the same for paying the tuition fees, buying books and appliances and balance, if any, will be given as cash. The decision of the Founder-President is final in all matters. Those who are qualified will be advised to go in for a diploma of physical education in a college where emphasis is placed on these indigenous exercises, Yoga Asanas. Preference will be given to Students of S.A. Babaji Harijan Adi-Dravida Yoga Basic School and Alagappa College of Physical education from 1958. 1956 award went to Rm. VALLI, 1957 award to R. SITA

The heads of educational institutions (Schools, Colleges etc.) of all denominations are requested to extend their full, hearty support to the Pranavananda Kriya Yoga Asana Scheme which transcends the narrow limitations of caste, creed and nationality and contribute to the integral health of their wards. Full publicity may be given to this scheme. Their physical instructors may be sent to the Vepery and San Thome Centres of Kriya Babaji Sangah (address given below) for training on Saturdays and Fridays only. If necessary, the Founder-President can visit different institutions once a month on any day in the week except Thursdays, Fridays and Saturdays to coach students with the aid of Male and Female Assistants.

All correspondence on the above subject may be addressed to Yogi S. A. A. Ramaiah, B. Sc. (Hons.) Founder-President, Kriya Babaji Sangah, International Institute & Clinic of Yoga.

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கிரியா பாபாஜி சங்கம்

கிரியா யோகாசனங்கள் எளிய ஆனால் சக்தி வாய்ந்த உடற் பயிற்சி. மோகின்ஜ தாரோ காலம் முதல் பல நூற்றாண்டுகளாக இவை உருபெற்ற பாரதத்தின் தமிழ்நாட்டில் கணிக்காது ஸ்தூல, சூக்ஷ்ம, காரண தேக நோய்களை அகற்றி பூரண தேக ஆரோக்கியத்தோடு வாழ பயன்பட்டிருக்கின்றன. பாபாஜியின் கிரியா யோகம் ஜாதி, மத, தேச, பேதமற்றது. பிரபஞ்சத்தை உய்விக்கும் கிரியா யோக விஞ்ஞானத்தை வளர்க்கக் கிரியா பாபாஜி சங்கம் கீழ்க்கண்ட கிரியா யோகாசன திட்டத்தை வகுத்திருக்கிறது:—

I. கிரியா யோக ஆசன பரிசுகள்:—(i) ஆடவர் (10 வயதிற்கு மேற்பட்டவர்கள்) (ii) பெண்கள் (10 வயதிற்குட்பட்ட) குழந்தைகள்—இவ்விரு தொகுதியினருக்கும் தனித்தனியே இலவச போட்டி ஒவ்வொரு ஆண்டும் மே மாதம் 9-ம் தேதிக்குள் இனிக் குறிப்பிடப்படும் இடத்தில் நடத்தப்படும். பலர் கூடி சீரிய ஆசன யோகச் சாதகர்களை தேர்ந்தெடுப்பர்.

8—5—'55-ம் தேதி தென்னிந்திய பத்திரிகையாளர் சங்கத்தின் அதிபர் திரு. வி.கே. நரசிம்மன் முன்னிலையில் போலீஷ் கமிஷனர் திரு. எஸ். பார்த்தசாரதி ஐயங்கார் விலை உயர்ந்த பரிசுகளை வழங்கினார்:—

ஆடவர் தொகுதி முதல் பரிசு—பி. இ. முனுசாமி	பெண்கள்-குழந்தை தொகுதி ராம. வள்ளி.
---	---------------------------------------

கனம் மராமத்து அமைச்சர், இராமநாதபுரம் ராஜா 15—4—'56 அன்று பரிசுகள் வழங்கினார்:—

முதல் பரிசு: டி. சேதுராமன்	ர. சீதா
----------------------------	---------

11—8—57-ம் தேதி முன்னாள் உப-கமிஷனர் ஐனாப். எஸ். காதர் மோகீதின் சைகான் சேத் என். மேதாராம் வெள்ளி கோப்பைகளைக் கீழ்க்கண்டவருக்கு வழங்கினார்:—

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அளிக்கப்படும். எல்லா கல்வி நிலையங்களைச் சேர்ந்த மாணவர் மாணவிகள் மட்டும் கலந்து கொள்ளலாம். பிரவேச கட்டணம் இல்லை. உபகாரச் சம்பளத் தொகை கல்வி நிலையத் தலைவரிடம் கொடுக்கப்படும். அதனை அவர் கல்வி நிலைய மாதச் சம்பளம், புத்தகங்கள், உபகரணங்கள் வாங்க பயன்படுத்தி பாக்கி தொகை இருப்பின் ரொக்கமாகக் கொடுப்பார். எல்லா விவரங்களிலும் ஸ்தாபகத் தலைவரின் தீர்ப்பு முடிவானது. போதிய அளவு கல்வியறிவு இருப்பின் தேசிய பயிற்சியாகிய யோகாசனங்களுக்கு முக்கியத்துவம் கொடுக்கும் கலாசாலைகளில் உடற்பயிற்சி பட்டம் பெற முயற்சிப் பெறுவது நலம். தாற்காலிகமாக 1958-ல் இருந்து இப்பரிசைச் சா.அ. பாபாஜி அரிஜன ஆதி-திராவிட யோக பள்ளி, அழகப்பா உடற்பயிற்சி கல்லூரி மாணவர்களுக்கு வழங்க தீர்மானித்திருக்கிறது.

ஆசனமணி: 1956: ராம. வள்ளி. 1957: ர. சீதா.

எல்லா ரகத்தைச் சேர்ந்த பள்ளி, கலாசாலை இன்னும் மற்ற கல்வி நிலையங்களின் தலைவர்கள் சர்வமத சமரஸ சத்த பிரணவா-னந்த கிரியா யோகாசன திட்டத்திற்குத் தமது மனமார்த்த முழு ஆதரவை அளித்து பிள்ளைகளின் பல திறப்பட்டத் தேக ஆரோக்கியத்தை வளர்க்க கோருகிறோம். இத்திட்டத்தைப் பலரும் அறியும்-படி செய்யவேண்டும். வெள்ளி, சனிக்கிழமைகளில் மட்டும் கீழ்கண்ட வேப்பேரி செந்தோம் கிரியா பாபாஜி சங்க ஸ்தாபனங்களுக்கு உடற்பயிற்சி ஆசிரியர்களை அனுப்பி வைக்கலாம். அவசியம் இருப்பின் சனி, வியாழன், வெள்ளி நீங்கலாக மற்ற வாரத் தினங்களில் மாதமொருமுறை ஸ்தாபகத் தலைவர் பல்வேறு நிலையங்களுக்கு வந்து, கிரியா பாபாஜி சங்கத்தைச் சேர்ந்த பெண், ஆண் ஆசன யோகிகளின் ஒத்துழைப்போடு மேற்கண்ட பயிற்சிகளைப் போதிக்கலாம்.

எல்லா விவரங்களுக்கும் கிரியா பாபாஜி சங்க ஸ்தாபகத் தலைவர் யோகி சா.அ.அ. ராமய்யா எம். ஏ. க்கு எழுதவும்.

செந்தோம் விலாசம்:

கிரியா பாபாஜி சங்கம்

யோக சிகிச்சா நிலையம்

(கடற்கரை யோரம்) நம்பர் 1-1,

அருளானந்த முதலி தெரு,

(வின் பெரேரா தெரு வழியாக)

செந்தோம், மைலாப்பூர், மதராஸ்-4.

டெலிபோன் எண்: 71088 & 71220.

வெள்ளிக்கிழமை தோறும்

ஒளம்! ஏமன்!!

வேப்பேரி விலாசம்:

கிரியா பாபாஜி அச்சுக்கூடம்

(ஒப்பற்ற, மிக மலிவான, ஆங்கில-தமிழ்-

தேவநகரி, போஸ்டர், முவான புத்தக

வேலைகளும், ரூலிங், பைண்டிங்கும்

மேற்கொள்ளப்படும்.)

நம்பர் 3, டாக்டர் அழகப்பச் செட்டியார்

ரோடு, லாடர்ஸ் கேட் பஸ் ஸ்டாண்டு.

வேப்பேரி, சென்னை-7.

டெலிபோன் எண்: 61707.

சனிக்கிழமை தோறும்

ஆமன்!!! சாந்தி.

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புத்துயிர்

1953 ஆண்டு ஜனவரி மாதம் அற்புதமான முறையில் "கிரியா" என்ற சஞ்சிகை உருபெற்றது. வேறு பத்திரிகைகளின் மூலம் யோக பிரசாரம் செய்யலாம் என்று சிந்திக்குங்கால், சத்குரு தேவர் கிரியா பாபாஜி அவர்கள் சரியாக 6 மாதங்களுக்குள் நீ ஒரு பத்திரிகையின் ஆசிரியனாகத் தொண்டாற்றச் சந்தர்ப்பம் வாய்க்கும்', என்று ஹேஷ்யம் கூறினார்கள். அப்போது ஒரு பத்திரிகை நடத்தக்கூடிய எத்தகைய வசதியும் கைவசமில்லை. இச்சூழ்நிலையில் ஒரு புதிய பத்திரிகை ஆரம்பிக்கக் கூடுமென்று கணவிலும் நினைப்பது முடவன் கொம்பு தேனுக்கு ஆசைப்படுவதை ஒக்கும். மாதங்கள் உருண்டோடின நென் கிழக்கு ஆசிரியா சுற்றுபிரயாணம் மின்னல் வேகத்தில் நிறைவேறியது. பத்திரிகைக்கு வேண்டிய சகல வசதிகளும் அமைந்தன. தேதி 1953-ம் ஆண்டு மே 15. இரண்டு வாரத்திற்குள் "கிரியா" என்ற பத்திரிகை உருவாக வேண்டும் என்று கட்டளை இட்டார்கள் சத்குரு தேவர். ஓய்வையும் உணவையும் துச்சமெனக்கருதி அழகான மூவர்ண அட்டையுடன் கிட்டத்தட்ட 40 பக்கங்கள் கொண்ட முதல் இதழ் ஆர்ட் பேப்பர் அலங்காரத்துடன் மே மாதம் 30-ம் தேதி வெளியாயிற்று. பெருமூச்சு விட்டேன். மறந்து போன சத்குருதேவருடைய ஹேஷ்யம் ஞாபகத்திற்கு வந்தது. தேவ வாக்கு உண்மையாயிற்று. ஜூன் மாதம் முதல் தேதிக்குள் அவர் குறிப்பிடப்பட்ட ஒரு புதிய பத்திரிகை உருவாகி கிரியா யோகப் பிரசாரத்திலே ஈடுபட்டது சித்தர் பாபாஜி அகராதியில் 'முடியாது' என்ற சொல் இல்லை போலும்.

அக்காலத்தில் காட்டுச்செடி முளைப்பது போல பல்வேறு பாலைகளில் பல்வேறு ஊர்களில் நூற்றுக்கணக்கான பத்திரிகைகள் முளைத்துக் கொண்டு இருந்தன. ஆனால் அவைகளில் பல சில வாரங்களில் படுத்துவிட்டன. குறைந்தது ஒரு ஆண்டாவது "கிரியா" என்ற இந்த புது சஞ்சிகையை நடத்தி விடவேண்டும் என்று கங்கணங் கட்டிக்கொண்டு இத்தொண்டில் இறங்கியதுண்டு. பாபாஜியின் அருளினால் இந்தச் சங்கல்பம் நிறைவேறியது.

ஆனால் பழைய பத்திரிகைகளுடன் போட்டியிட்டு ஒரு புதிய சஞ்சிகை தலை தூக்குவது என்று சொன்னால் அது ஒரு ஆண்டில் நடக்கக்கூடிய காரியமல்ல. குறைந்தது ஐந்து ஆண்டுகள் கஷ்டத்தைப் பொருப்படுத்தாது, முதல் வருடத்துக் "கிரியா" பத்திரிகை போன்று அழகான மூவர்ண தோற்றத்துடன் இந்தப் புதிய சஞ்சிகையை நடத்தப் பண வசதி ஏற்பட்டு இருந்தால் யோகப் பிரசாரம் செய்திருக்க முடியும். இந்த புதிய பத்திரிகையின் மூலம் பல நாடுகளுக்குப் போகும் முன்னரே ஆனால் தீர்வு அளித்த வசமாகப் பொருள்குறை பாட்டுடன் உதவி ஆட்க்கள் குறைபாடும் இருந்தது. கிரியா பாபாஜி அச்சகத்தைப் பொறுப்பேற்று நடத்த ஆள் இன்மையினாலும் மாதச் சஞ்சிகை, "கிரியா"-ஆண்டு ஒரு முறை வெளிவரலாயிற்று.

சமீப வெற்றிகரமான கிழக்கத்திய சுற்று பிரயாண யாத்திரைக்குப் பிறகு பல் வேறு தேசங்களில் யோக ஆர்வம் மிகுந்த பெருமக்கள் ஒரு பத்திரிகை இடைவிடாது அடிக்கடி பிரசுரித்து வந்தால் தமிழ் நாட்டில் இருக்கும் தலைமை ஸ்தாபனத்துடன் தொடர்பு கொள்ள சிறந்த உபாயமாக அமையும் என்று வற்புறித்தினார்கள். இந்த விண்ணப்பத்தை நிறைவேற்றத்தான் கிரியா என்ற இந்த ஆங்கில தமிழ் சஞ்சிகையை மும்மாதங்கள் ஒரு முறை தவறாது பிரசுரிக்கத் தீர்மானித்திருக்கிறது. ஆண்டு சந்தா தபால் சிலவு உள்பட ரூபாய் 3/-, 4½ டாலர், 90 பியாஸ், 4½ கியாட். கிரியா பாபாஜி ஸ்தாபனங்கள் அத்துணையும் வியாபார நிமித்தம் நடத்தப் படவில்லையென்று அன்பர்கள் பலருக்குத் தெரியும்; சந்தாக்கள் கூடக்கூட பத்திரிகையின் பக்கங்களும் கூடும். ஆயுள் சந்தாதார் மேற்படி தொகை போன்று 20 மடங்கு செலுத்த வேண்டும். அவ்வாறு வருவாகும் பணத்தைக் கொண்டு ஒரு நிதி ஏற்படுத்தி குறைந்தது 20 ஆண்டுகள் இந்தப் பத்திரிகை வெளியாக ஏற்பாடுகள் செய்திருக்கிறது.

இந்தச் சஞ்சிகையின் லக்ஷியம் யோகம். போகத்தைக் குறைத்து யோகத்தை வளர்த்து ரோகத்தை அகற்ற வேண்டும். இதுவே சத்குரு தேவர் கிரியா மூலகுரு பாபாஜி அவர்கள் நமக்குக் காட்டியப் பாதை. இந்த லட்சியத்தை நிறைவேற்ற ஒவ்வொரு கிரியா சாதகனும் அல்லும் பகலும் உழைக்க வேண்டும். விழிமின்! எழுமின்! வெற்றி கிரியா யோகக் கொடி உலகெங்கும் பறக்கும் வரை உழைமின்!

யோகி சா.அ.அ. ராமய்யா

சத்குரு தேவர் கிரியா பாபாஜி அவர்களால் யோகி ராமய்யா, அனனை ராம, சோலச்சி ஐப்பன், மலாயா, இந்தோனேஷியா, வியட் நாம், கம்போடியா தாய்லாந்து, பர்மா, கிழக்கு இந்தியா முதலிய பிரதேசங்களில் 130க்கு, மேற்பட்ட சொற்பொழிவுகள் ஆற்றி, மூன்று மகாநாடுகளில் கலந்து கொண்டு, தியானம், பஜனை, இலவச யோகாசன வகுப்புகள் நடத்தி தமிழ்நாட்டு சென்னை தலைமை ஸ்தாபனத்திற்குச் சுகமாகத் திரும்பினார்கள். வெளிநாடுகளில் மூன்று கிளை நிலையங்கள் ஸ்தாபித்து சாதி, சமய, நிற பேதமின்றி மாணவர்களுக்குப் பாபாஜி பஞ்சாங்க கிரியா யோக வகுப்புகள் நடாத்தி இச்சுற்றுப்பிரயாண யாத்திரை வெற்றிகரமாக முடிந்தது.

அங்கு நாங்கள் வந்தபோது நீங்கள் யாவரும் காட்டிய அன்பிற்குப் பாபாஜி யோக சங்கத்தின் சார்பாக நன்றி. கிரியா யோகத்தையும், கிரியா பாபாஜி நிலையங்களையும் ஆர்வத்துடன் பேணி ஆதரிக்கவேண்டும்.

யோக சாதகர்கள் அனைவருக்கும் எமது அன்பும் ஆசியும். —ராம.



Yogi S. A. A. Ramaiah and Mother Rm. Solachi returned to the Headquarters here in Tamil Nad on 8-5-57 after delivering over 130 lectures in Eastern lands like Japan, Malaya, Indonesia, Viet Nam, Cambodia, Thailand, Burma, Eastern India etc. including three International Conferences with demonstration of Yogic Kriyas, bhajan (songs of devotion), meditation and free Yogasana classes. Three centres have been established in foreign countries and students, irrespective of caste, creed and colour, have been trained in the different phases of the five-fold path of Babaji's Kriya Yoga.

Thank you on behalf of Babaji Yoga Sangah for all the kindness shown to us during our stay there. Hope you will extend your whole-hearted material and moral support to the Cause of Kriya Yoga and Babaji Yoga Sangah.

—RM.

(1) Kriya Namaskara Mudrasan

(Pose of Salutation as illustrated in the second cover page by students of the headquarters)

Practise this pose as follows in stages:—

Stage 0: Standing Shanthi or Relaxation Peace Pose of ease common to all asanas or poses, i.e., standing at ease. (Vide illustration elsewhere in this book.)

Stage 1: Pada Sama Shanthi Asan or Standing Pose of equipoise. Keep heels together, toes apart.

Stage 2: Kneeling Pose (Toes heels and knees should be together)

Stage 3: Sasamgasan or Hare Pose or Kneeling Knee-Head Pose (Relax the stretched-out hands, plant the crown of the head on the floor and keep the posteriors well-lifted).

Stage 4: Mudrasan (There should be absolutely no pressure on the hands right through)

Stage 5: Kriya Namaskara Mudrasan (Complete the Kriya Pose of Salutation by lifting the feet with all the pressure on the knees and crown of the head but never on the hands.)

Chant the Mantra: Om Kriya Babaji Nama Om.

Reverse the Stages when getting up.

Counter Pose: Sava Shanthi Asan.

(1) கிரியா நமஸ்கார முத்திராசனம்

(கிரியா ஆசன வணக்கம், இரண்டாவது அட்டை பக்கத்தில் தமிழ் நாட்டு சென்னை மாணவர்கள் காட்டியபடி)

கீழ்க்கண்ட முறையில் படிப்படியாக செய்து பழகலாம்:—

நிலை 0: இது பாதச் சாந்தி ஆசனம். கால்களை அகற்றி, கைகளையும் உடலின் வேறு பகுதிகளையும் நன்கு தளர்த்தவும். எல்லா ஆசனங்களுக்கும் ஆரம்ப நிலை. (சித்திரம் இப்புத்தகத்தின் வேறு இடத்தில் காணப்படும்).

நிலை 1: நிற்கும் சாந்தி சமாசனம் (குதிகால்களைச் சேர்த்து, கால் விரல்களை அகற்றி அனுவசிய இறுக்கம் இல்லாது நின்று பழகவும்).

நிலை 2: மண்டி ஆசனம் (கால் விரல்கள், குதிகால்கள், முட்டிகள் சேர்ந்திருக்க வேண்டும்).

நிலை 3: ஸசங்காசனம் அல்லது முயல் ஆசனம் (நீட்டிய கரங்களை நன்றாகத் தளர்த்தி, உச்சந் தலையைத் தரையில் ஸ்திரமாக ஊன்றி, ஆசனப் பகுதியை உயர்த்தவும்).

நிலை 4: முத்திராசனம் (எக்கட்டத்திலும் கைகளில் எத்தகைய அழுத்தமும் இருக்கலாகாது).

நிலை 5: கிரியா நமஸ்கார முத்திராசனம் (பாதங்களை உயர்த்தி கரங்களை அழுத்தாது ஆசனத்தைப் பூர்த்தி செய்யலாம்).

‘ஓம் கிரியா பாபாஜி நம ஓம்’ என்ற மந்திரத்தை ஜபிக்கவும்.

எழுந்திருக்கும்போது படிப்படியாகக் கலைக்கவும்.

மாற்று ஆசனம்: சவ சாந்தி ஆசனம்.

Om Kriya Babaji Nama Aum

1956-57 REPORT

OF

KRIYA BABAJI SANGAH

San Thome Headquarters:

Kriya Babaji Sangah,

(Institute & Clinic of Yoga)

Near the Sea-Shore

No. 1-1, Arulananda Mudali Street,

Via Lin Pereira Street,

SAN THOME, MYLAPORE,

MADRAS-4.

(Tamil Nad, South India)

Telephone No. 71088 & 71220

On all Fridays

Vepery Centre:

Kriya Babaji Press,

(Best and cheapest English-Tamil

Devnagari Poster & Art Printers,

Rulers and Bookbinders.)

3, Dr. Alagappa Chettiar Road,

Near Lawder's Gate Bus-stand

Vepery, Madras-7.

(Tamil Nad, South India).

Telephone No. 61707

On all Saturdays

Thiruvavarunai Centre:

Babaji Yoga Sangah.

“Rama Vilas”

Near Karaikudi Sadhukkal

Choultry, Big Street,

Thiruvannamalai

(Railway Station)

South Arcot District.

(Venu of 1955 Parliament)

Virupaksha-Ramana Cave.

Arunachala Temple Hill

SLOPE.

Thiruvannamalai.

for Kriya Yoga Sadhana.

(Meditation Centre)

Malayan Centres:

National Headquarters:

Babaji Yoga Sangah

No. 5, Church Street,

& P. B. No. 65.

No. 75, Ampang Street,

Kuala Lumpur

(Federation of Malaya)

Affiliated Centre:

Babaji Yoga Sangah,

Chettiar's Dhandayuthapani

Temple,

Paul Street,

Seramban,

MALAYA.

From 24—3—56 to 15—4—56, the main celebrations of the Madras Centre namely, the asana festival and competitions during the birthday of the Founder-President placed emphasis on the practical side of Babaji's Kriya yoga. As usual there were free asana competitions:

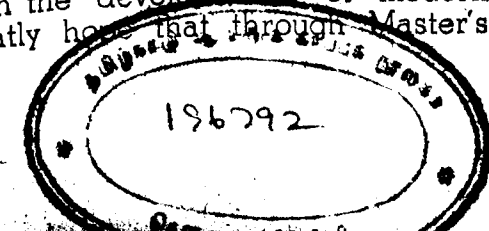
- a) K. V. Al. M. Rananathan Chettiar Asana Scholarship (for students) of Rs. 101/-
- b) Medal for gents (above 10 years;)
- c) Silver cup for children below 10 years and Ladies.

This year the competitions were a greater success. All, irrespective of caste, creed and colour participated on all Saturdays and one Friday (13—4—56) at the Vepery Centre and on all Sundays at the Mylapore Headquarters. There was a regular spiritual feast of lectures with demonstrations of Babaji's techniques with meditation, bhajan etc and the final competitions and prize distribution on 15-4-56. The function was well attended and served the purpose of placing emphasis on the importance of yoga asanas for material, mental and spiritual developments. On 24-3-56 Thiru. S. A. Ayyaswami Chetty, Chief Presidency Magistrate; was gracious enough to be present on the occasion and Head-Master Thiru. V. S. Gopala Krishna Aiyar of M. Ct. Muthiah Chettiar High School delivered the inaugural address on 'Yoga in the Geetha'. The ground was prepared for the festival by Yogi S. A. A. Ramaiah's lecture on 'Kriya Yoga & Bhoga' with demonstration of asanas, pranayam, mudra, etc.. Thrilling Nam Sankirtan Bhajan by Natt Annaji Rao and party was appreciated much and made the audience realise that Gymnastic feats alone do not constitute Kriya Yoga. The following day at San Thome the competition heats were well

attended and Professor Paul G. Dowie of the Geology Department, Presidency College and Reverend. Father Williamson, Chaplain, St. Patricks School, spoke briefly appreciating the work being done by the society. Mr. Eugene Robertson, now a giant of a man was once a weakling. He developed to the present state of a sandow by the systematic study and practise of physical cultural techniques and spoke briefly on 'Physical Culture'; his advanced talk was verily a feast to the adults who had assembled on that occasion. All these dignitaries were introduced by the Founder-President who spoke on 'Yogic Kriyas' with Kriya Yoga demonstration by the students of the Society.

On 31—3—56 Dr. V. Raghavan, Madras University Sanskrit scholar added lustre to the Kriya Dadaji Yoga Asana Festivals and Competition and spoke fluently on 'Raja Yoga'. The Founder-President's lecture on 'Yogic Cure of diseases' with particular reference to asanas led to a lengthy discussion and finally people were deeply impressed by the immense usefulness of Babaji's yogic kriyas, not only for preventing but also for curing the onslaught of diseases in the material plane. If sufficient interest is evinced by the public at large with their moral support and the substantial material support of philanthropists and the Governments, it is possible to prove systematically even to doubting Thomases that Kriyas or techniques of Babaji's Yoga are based on advanced scientific discoveries with a series of tests and experiments. For all this we need a congenial atmosphere, suitable building and expensive scientific apparatus and appliances, through which alone it will be possible to convince the most dogmatic and conservative opponents of Yoga that it is fully in accordance with the developments of modern science. We fervently hope that through Master's

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grace Siddha Purusha T. K. Rajagopalan and other sympathetic souls will extend their full support, moral and material, to make this scheme of scientific research a grand success.

The following Sunday at 3-30 p.m. Retd. Accountant General, Thiru. T. K. Rajagopalan spoke with authority on 'Siddhas' and his contacts with them and his thrilling experience in practising and mastering these different techniques held the audience spell-bound. On that occasion he also demonstrated an interesting technique of changing the trend of breath from one nostril to another. On this occasion Sri. K. S. Ramaswami Sastri, Retd. District Judge, spoke on 'Yoga Siddhanta' and Yogi S. A. A. Ramaiah's speech on 'Yogi Ramalingar' placing emphasis on the less known but not less important Yogic phase of Vadalur Siddhar Ramalingar's life and death and kriya yoga demonstration by the students made the enthusiasm of the audience take a more practical interest in the utilisation of Babaji's kriyas in day-to-day life. A special feature of the Day's celebrations was Bhajan by Thiru. Narayanasami, M.A. of Sadhana Samaj and his party including homeopath P. H. Ramakrishnan.

On 7-4-56 Saturday evening Swami Paramatmananda of Ramakrishna Mission was gracious enough to be present on the occasion and talked on the importance of yoga asanas and cautions that are to be noted in practising the same, while Sri N. Balasubramaniam Chetty spoke fluently on 'Atma Bhodam', turning out to be the only person to appreciate the great significance and importance of relaxation while practising asanas and the president has not come across any other soul who has understood the spiritual significance of **Shanthi Asan** not only on

the floor but also while on the move as illustrated well in the history of the great Siddha, Sadasiva Brahmam of Karur, South India about 150 years or so back and the talk of the day was 'Kriya Yoga and Self-Realisation' by the Founder-President with Yoga Kriyas' demonstration by many of the students present. Pandit Balu Kannappa Mudaliar spoke on 'Yoga and Sekiloor' with great enthusiasm and his fluent Tamil was greatly appreciated. There was Bhajan by the lady-members of 'Babaji Yoga Sangah'. Next day there was a monthly Kriya Yoga class for adults followed by the usual asana competition heats and the speech on 'Kriya Siddha Babaji' by the F.P. with demonstration of advanced poses like Mayurasana with and without Kriya movement was deeply appreciated by the audience, including the distinguished visitors like Thiru. P. S. Loganathan, former Hony. Presidency Magistrate who spoke on "Siddhanta" and Thiru. S. A. P. Annamalai, M.A., B.L., Editor, "Kumudam" who carried the audience with his fluent Tamil and enthusiasm. It is fervently hoped that all those who are deeply interested in the most ancient and practical philosophy the world has ever seen, namely, Yoga Siddhanta, will take seriously to Babaji's Kriya Yoga by utilising the same in their day-to-day life and giving full publicity to this practical yoga through all their means at their disposal so that suffering humanity may come to know that there is a beacon light of hope which has been burning for centuries through the grace of eminent siddhas like Kriya Babaji just for the sake of those who want to find the way out for the multifarious worries and sorrows in the present age of inhuman scientific barbarism of Cobalt, Hydrogen, Atom Bombs and inter continental missiles. On 13-4-56 **Tamil New Year's day** was celebrated at Vepery. On Friday with the usual heats in the distinguished presence of

Thiru. M. Subbaraya Iyer, famous Incometax lawyer who spoke with authority above his contact with divine souls like Ramakrishnananda and his experience in the field of yoga. Yogi S. A. A. Ramaiah's lecture on 'Yoga through the Ages', with particular reference to the remarkable Shiva Yogi seal discovered at Mohenjadaró was well understood and supplemented by the demonstration of the corresponding techniques in Babaji's kriya yoga. This went a long way to convince the audience that even thousands and thousands of years back at a time when other parts of the world were immersed steeply in Neolithic barbarism, Tamil Nad, the Dravidian land of Bharat had developed Yoga as a great science. The special feature of the day's celebrations was we were fortunate to have in our midst Dr. A. Aiyappan, the Curator of the Madras Museum who had also done some original works on the Mohenjadaró seals and he fully endorsed the findings of the earlier speaker and exhibited the photographs of some more seals which are quite interesting to study on the basis of yogic experiences and can throw further light on the the less known phases of history which are of special importance to all students of yoga.

Next day the last competition heats were held at the Vepery Centre and there was an interesting symposium on 'Yoga and Sciences' in the distinguished presence of Dr. U. Krishna Rao, former Minister and present speaker of the Madras Legislative Assembly who had witnessed in person the remarkable yogic demonstration of being buried alive for more than 24 hours by Swami Nithyananda in the presence of Omandur P. Ramaswami Reddiar and was thus convinced that yoga is not a myth but a reality with remarkable truths which are yet to be comprehended by modern scientists. Yogi S.A.A. Ramaiah led the symposium trying to explain the

scientific basis and grandeur of Babaji's yogic techniques and how it is immensely useful in curing even chronic cases of appendicitis and fortunately on that occasion was present a patient who had benefitted by these yoga asanas and had just escaped through sheer Providence from a surgical operation by utilising such techniques. This had a thrilling effect on the distinguished visitors as also the audience who felt there was really yet a lot to learn from the most ancient art of yoga. The members of the symposium included the well-known Neuro-Surgeon of Madras, Dr. B. Ramamuthy who delivered a very interesting lecture on his experiences in the field of Neuro-Surgery and he propounded the theory that nerve chords in the spinal column or rather the two nerves in the spinal chord corresponding to Ida and Pingala (according to some) can actually be removed by surgical operation and yet a man may continue to live! He evinced a deep and abiding interest in the great science of yoga and repeatedly expressed the hope that they will be able to come into contact with us more often and make his own contribution in this field. The other speakers were the Educationist, Dr. Sarma, Pauranic authority V. Somadeva Sarma, both of whom spoke well. The Doctor of Education had spent a number of months in Germany, a nation in Europe which has felt the strongest impact of Indian Yoga Siddhantha and the works of Germans of many generations are very akin and similar to Indian philosophy. V. Sarma with his past experiences in the study and exposition of Indian Mythology helped a lot in dispelling certain wrong notions about our great scriptures which are verily a treasure-house of pearls of truths. There was Bhajan by Dr. Ravaikannammal, Hamsaveni Selvaraj etc. The climax was the final day on 15-4-56 when the last asana competition led to Sow. Rm. Valli

winning the asana student's scholarship and the first prize of the Gent's section went to V. Sethuraman with Prabhu Lingayya a close second. In the ladies Section R. Seetha won the first prize with I. Shantha coming second. We were unusually fortunate to have in our midst the Raja of Ramnad, the Hon'ble Minister for Public Works and Sports who spoke extempore on the importance and value of yoga. The speech on 'Yoga in every day life' by the Founder-President as also the Kriya Yoga demonstration made the Minister promise that he will try his level best to develop and popularise this great science and art. His speech was applauded and his sentiments found an echo in the hearts of the audience, who listened with great interest to his speech which was in tune with the spirit of the occasion. The acme of the yoga festival was the unique demonstration by Hatha Yoga Sigamani O.R. Srinivasan of Ramakrishna Boys' School, Athur who carried the day by exhibiting a series of asanas as also pranayam techniques and muscle control which made every member of the audience stick to his seat and in spite of the time being 8-30 p.m. not a single soul stirred from its place. The celebrations were over with an interesting Bhajan by Sri K. Subba Rao and party of Mahamantra Bhajan Mandali which had a very soothing effect on the people around who returned home full of sweet memories of the Kriya Dadaji Yogasana festival and competition which is one of the best held so far. **Aum! Amen! Amin! Shanthi OM!!**

Soon after the festival, the Founder President and the mother of the Sangah undertook an extensive North Indian tour which took them into the depths of the Himalayas where they wandered for over two months. The thrilling experiences of Yogi S.A.A. Ramaiah at Pasupathinath in Neptal and the subsequ-

ent thrilling experiences at Kedar, Badri, Vasudhara, Triyuganarayan and other pilgrimage centres in the Kedarnath—Badrinarayan—Tungnath Region are too numerous to be included in this Report

Babaji's Yoga and will be recorded in vivid detail to the extent permitted by the great revival of Kriya Yoga, Babaji. More details will be available in the subsequent publication 'Babaji's Yoga in the Himalayas' (fully illustrated) which is renowned through the ages for its mystic grandeur nestling in its bosom advanced yogis who blossom like white flowers and are accessible to sincere fitting souls who can jump over the hurdles of strain, rain and biting cold which always stand in the way of Bhogis or materialists working havoc in this hidden home of yoga, untouched and uncontaminated by the so-called pseudo-scientific civilisation. This was followed by visits to a number of places which are of great importance to Buddhists, the world over and these experiences are reserved for another publication 'Babaji's Trail of the Buddha' which will be immensely useful to International pilgrims giving vivid details of many important places associated with Yogi Gautama Buddha.

Fresh from this enthralling pilgrimage, we were just in time for Bhajan-Mantra Week at the Headquarters in Tamil Nad and on that occasion the birthday of the Mother of the Sangah was celebrated and a series of lectures on the Himalayan centres Pilgrimage particularly Badrinarayan which is a doubly, sacred spot of sanctity with the hermitage of the great Master, Kriya Babaji. The experiences of the Founder in climbing the peak of Tunganath, 12,500 feet above sea level after being declared a cripple by an International authority on orthopaedics is of great scientific and experi-

mental value. This also proves that there is no word 'impossible' in the Master's dictionary and if He wills it He can give at least for a specific period of time enough vim, vigour and physical endurance to cut across the glaciers scantily dressed and depending upon his yogic grace and power. More about this in the future publications.

During Bhajan Mantra week on 4—8—56 Hams-aveni Selvaraj, General Secretary, read an address of welcome to the new Corporation Commissioner Thiru D. Balasundaram who has practised yoga asanas and has promised to do his level best to place at our disposal, the Corporation Schools' buildings for propagating the great science of yogic poses. We fervently hope that with the co-operation and co-ordination of all, it will be possible to introduce in all educational institutions Babaji's standard yoga asanas for which the moral, enthusiastic support of dignitaries like Commissioner D. Balasundaram are indispensable and essential to make this phase of Babaji's mission a grand success.

On the inauguration day, Thiru. Somasundara Thambiran of the Madras Dharmapura Atheenam spoke well on 'Yoga in Saivite literature' with particular reference to Thirumoolar. The ladies of Kriya Babaji Sangah thrilled the audience with ecstatic Bhajan songs. A special feature of this week was Kriya Panchakshra Japayagna when the sacred fire was lit on the floor and kept burning with the sacred oils and chanting of 'Om Kriya Babaji Nama Om' in which all joined including non-members and outsiders. It is unfortunate that many with their half-baked modern education should look down upon these Mantras as child's play whereas really it is a science fully compatible with physics particularly that part of it which comes under sound. There was a talk on

'Kriya Yoga-Triyugat Narayan' where for many generations the sacred fire has been kept burning in the depths of the Himalayas in the midst of snow by some ardent souls namely 'Purohits' who notwithstanding the biting snow stayed to keep this fire burning in the sacred shrine dedicated to Maha Vishnu. On 11—8—56 Saturday evening Dr. A. N. K. Menon accepted our invitation and spoke fluently in appreciative terms about the work being done by the society and the scientific importance of yoga which was explained by the Founder President in the earlier talk with demonstration of yoga techniques. There was an interesting Bhajan by Thirumathi J. Renuka Devi.

Last day was 12—8—56 when after kriya yoga classes which is an important and indispensable item of all our important celebrations, at evening 3-30 p.m. there was special Bhajan for hours on end. There was also a talk on 'Kriya Yoga-Badri'.

We had to hasten matters for the proposed extensive tour of oriental lands. Accordingly many of the obstacles which stood in the way of materialisation of this tour, melted away like the morning dew before the rising morning sun of Master's grace and all the delegates of Kriya Babaji Sangah were aboard S. S. Rajulu bound to Malaya to convene the third Kriya Babaji Parliament of Religions and Yoga at Kuala Lumpur, the Federal Capital. Maste had already hinted that there was a lot of work ahead and this was properly understood by us only as weeks rolled past and within a period of about 10 months over 130 lectures were delivered in Oriental countries extending from Japan to Indonesia. The first talk was aboard the ship itself with a film show on the recent Himalayan pilgrimage along with demonstration of a series of asana and pranayam techniques which thrilled the

passengers who till the ship touched Penang Harbour, overwhelmed the Founder-President with their deep and sincere attitude to practise Kriya Yoga. It was the starting point to a series of lectures and unabated enthusiasm, the like of which we have not seen all these years.

At Penang we were held up for about a week to clear and settle customs and immigration formalities so that we can take all our equipment for the 3rd Parliament of Religions and Yoga. The precious time was rightly utilised by Master's grace in delivering lectures preceding those throughout the length and breadth of the Federation of Malaya. But the most important development during this period was Master made us wake up to the proximity of the 8th World Religions Congress. The needful was done and during these days of so-called scientific development when a post card addressed to a local citizen sometimes takes as much as 14 years (!) to reach the addressee, it is indeed very surprising how all the postal vagaries, jarring visa restrictions, harassing immigration formalities were got over one after another in quick succession and by the time we reached Kuala Lumpur we had the surprise of our life in finding a telegram for us from Japan inviting us to cordially participate in the World Religious Congress convened by Annai Kyo, a mighty, wealthy organisation which believes promoting religious harmony by convening Parliaments like Kriya Babaji Sangah. After delivering some lectures at Kuala Lumpur we left for the most dynamic nation in the east, namely, Japan.

Landing in a strange land with a strange language and not a single friend known to us was a rather bewildering experience. Vague names resounded as we crawled into the International Air-port of Tokyo. Suddenly the loud-speakers in the

mighty Air-port rang with the message 'Hurry up Yogi Ramaiah — Mother Solachi Friends are waiting to welcome you at the exit' Then the truth gradually dawned on us how Master has been present with and for us right and through not only in spirit but also in the material plane. We jumped up to the forefront instead of forming the tail end got over the usual formalities and were one of the earliest to step out majestically be welcomed by a large gathering royal welcome for 13 days we were their guests. Then followed a number of lectures and discussions in the 8th World Religious Congress of Central Japan where it met in two sessions at two different places. Further details about these experiences will be found in other publications.

After the World Religious Congress we returned to Tokyo, the Capital of Japan and the greatest City in the East. Half an hour later, an urgent message came to the effect that we should positively attend the 6th Conference of the International Fellowship of Faiths which was being convened in the Japanese metropolis this year. Our participation in this conference which was inaugurated by Dr. S. Radhakrishnan, Indian Vice-President was a greater success in the sense it paved the way to a series of lectures at the Bahai Centre and also at the Imperial University when a personage none other than the well-known Japanese Professor of Indian philosophy translated Yogi S. A. A. Ramaiah's speech on 'The Practise of Kriya Yoga' with demonstration of techniques for over 3 hours to be appreciated and applauded by the very sincere and ardent Japanese students who ultimately expressed their heartfelt thanks for one of the most illustrative expositions of the great Indian philosophy of Yoga. We found our way ultimately to Indonesia where we visited the

Islands of Bali, Java and Sumatra. With sufficient time and money to pay for a Japanese translator one can evolutionise the land of the Rising Sun with the non-violent gospel of Kriya Yoga by establishing centres all over the country for a race squatting naturally in Vajrasana! There are found to this day the wonderful inanimate and animate remains of Indian culture and evidence of yoga siddhanta as profounded by our Paramaguru Agasthiya Maharishi and others.

From Jakarta, the capital of Indonesia we went to Palembang, the well known oil city of Sumatra and from where we were expected to fly to Singapore for a big lecture and meeting to be presided over by Sri Tandon, Indian High Commissioner in Malaya, for which elaborate preparations had been made by Editor G. Sarangapani, J. P. and other devotees. Just on that day riots broke out in Singapore, curfew was imposed cancelling all engagements and even the plane services from different lands were suspended just half an hour before the scheduled time as we returned to our residence, wondering and trying to probe the true significance of this new development. Master in his own epigrammatic fashion arranged for our return via Medan, and Penang so that we can be at Kuala Lumpur at least just in time for the Deepavali Sangah Anniversary. This surprising visit to Medan had a significance which we were able to appreciate only after we landed there for the Indian residents extended to us a right royal welcome though the time was very limited at our disposal. In spite of being thousands of miles away from the parent land of Bharat the Indians at Medan were kind enough to extend their help in spite of the disturbed conditions found in many of the regions in oriental countries. Within

about 24 hours we could not resist the temptation of expounding Babaji's Kriya Yoga in 3 societies some of them within about an hour before embarking on the plane which tore us away from noble souls whose enthusiasm and interest, we are sure through Master's grace, will ultimately lead to convening a Parliament of Religions and Yoga in that ancient land which had imbibed the key-note of Indian culture, namely, yoga.

After a brief stay of about few hours in Penang, through Master's grace the Malayan with their visa did not definitely stand in the way of our hastening to the Federal Capital just in time for the Sangah anniversary when the Master's order was to spread the light of the yoga to ailing humanity on the sacred occasion of Deepavali or 'Deepa Oli'.

The Assistant Indian Commissioner Malaya who studied the special kriyas of Babaji's yoga under the Founder-President in a special private session was kind enough to preside during these celebrations which makes one feel that the future of India with its great message of yoga is safe in the hands of Kriya Yogis like the Assistant Commissioner who in the midst of multifarious activities do set apart a specific amount of time for the practise of these yogic kriyas. He set an ideal example to all diplomats.

Then followed the third 1956 Kriya Babaji's International Parliament of Religions and Yoga at Chettiar's Hall, Ipoh Road, Kuala Lumpur. It was well attended by hundreds and was the starting point of the establishment of new centres in foreign lands. On 17-11-56 the session was inaugurated by Towkay Choo Kia Peng, C. B. E., J. P. veteran Chinese Leader who spoke on 'Indo-Chinese Culture'. There was a brief address of welcome by Penang S. N. A. S. Annamalai Chettiar, the Chairman of the Reception Committee and the presidential address

on 'Bhoga-Yoga=Roga' by S.A.A. Ramaiah with kriya yoga demonstration by the members of the Malayan Babaji Yoga Sangah made many understand that here was a message which was the crying need of the hour. As usual there were prayers from different religions including one by the Ceylonese Bhikku Ven. Pandit Pamaratna Thero, Bahai Bai Yan Kee Leong and many others. Technicolour film show and the speeches in the subsequent were days of a very high order pertaining to the genereal subject: Yoga and World Religions. On 18-11-56 Janab A. Abdullah, B. A. delivered the best speech on 'Islam' and the presidential address by Thiru. V. T. Sambanthan, the Hon'ble Minister for labour was classical. He rightly emphasised that we, Indians, have unfortunately forgotten our great traditon and culture and are made to wake up to its importance and heritage by being re-introduced via western channels and he went on to emphasise that LOVE is the key-note of all Religions and it should make every one of us serve suffering humanity through this great art and science of yoga. On the same day there were speeches on 'Kriya Yoga Therapy' by Yogi S. A. A. Ramaiah. 'The Faith of the Bahais' by a Chinese yogi and interesting talks on 'Hinduism' by Thiru. N. Ponniah, the Vice-President, of the Theosophical Society and 'The Yoga of Ramana Maharishi' by Thiru. T. Muthukumaran. There was a large scale feeding of devotees with recorded music.

The final session was on the same day at 2 p.m. when asana yogi Thiru. Sivanesan spoke with *arulpa* chanting and Inche Zulkifli Mohamad, of Muslim College spoke on "The Practice of Islam". Christianity was well represented by Rev. Joseph Harry Haines, Wesley Methodist Church and the ardent Dr. Ooi Keng Seng, President, World Fellowship of Buddhists, read paper on 'Buddhism' while Dr. S. C. Kwong spoke

on the less known bu not less important ancient Chinese philosophy, 'Taoism and Confucianism'. We were unusually fortunate to have in our midst Sardar Giani Inder Singh, President of the Gurudwar Prabh-andak Committe, who was the president of the session and Thiru. K. Ramanathan, B.A., B.L., Ex-President of the Malayan Congress, spoke very well on 'Yoga—Science or art?' and the Founder President on "The Light of Kriya Yoga" with salutations to Babaji's Karthigai Deepam. Then Thiru. K. V. Al. M. Ramanathan Chettiar, Rotary International, spoke with great fervour during the farewell address; the audience were thrilled and understood how Master's grace could work a wonder through the great scientific art of Kriya Yoga. In the light of the modern scientific developments, the common masses may realise that the ancient art of Yoga is not dead and gone and has a very vital role to play to salvage suffering souls from the Chaos that is found everywhere in spite of the remarkable developments that we have seen in the material plane. Without Babaji's yoga we are like searching for a black cat in a dark room where it does not exist. It is only through this practical gospel of yoga we can solve all the problems in the different planes of Existence—material, vital, mental, intellectual and casual. More details will be published in our Souvenir in due course with large number of illustrations.

Then there were roughly about 75 lectures in Malaya establishing one centre in Kuala Lumpur and another at Seramban. As we had to be back in the International Headquarters in early November in time for the asana festival and competition, in spite of pressing requests to stay behind we had to return to India via Viet Nam, Cambodia, Thailand and Burma. At Saigon, the capital of Viet Nam, we were surprised beyond words to find that the ground was ready for us to deliver within the brief period of about 17 days.

a series of lectures with free yoga asana classes, pranayam initiation etc. Within a few weeks through Master's Grace we were given enough facilities to do the work which took over 3 years to be completed in Tamil Nad. As time was very limited, after visiting the main remains of Indian culture in Angorwat, Cambodia and delivering some lectures in Bangkok, the capital of Thailand, we landed in Burma where eager devotees were kind enough to alter the dates as we were held up in Viet Nam to establish a dynamic centre of Babaji's Yoga Sangah as explained earlier. We undertook an extensive tour of Burma and prepared the ground for another Parliament at a future date and the Founder-President, as suggested by some Buddhists even undertook a very practical and deep study of Burmese kriya techniques at some places, about which a lot will be written in future publications. Then we came via Calcutta where we delivered some lectures with demonstrations through Master's grace. We paid homage to the veteran Kriya yogi Lahiri Baba Bhubendranath Sanyal. Thus after an absence of about 10 months we arrived at the Central Station, Madras, to be welcomed with open arms and garlands at a reception organised by beloved friends and resumed the activities in the International Headquarters.

Now all of you are wholeheartedly welcome to share free of cost this spiritual and material feast at the future and present 4th 1956—57 Kriya Babaji International Parliament of Religions and Yoga held in memory of the late lamented Philanthropist and educationist, Dr. R.M. Alagappa Chettiar M.A., Bar-at-law, who has been kind enough to extend, his full moral support to the Cause by serving as a member of the Reception Committee right from the beginning.

Jai Babaji! Jai Mathaji!! Jai Dadaji!!!
Jai Kriya Yoga!!!! Om Shanthi Amen Amin.

Om Kriya Babaji Nama Aum

1957 FOURTH KRIYA BABAJI INTERNATIONAL

Parliament of Religions and Yoga

KRIYA BABAJI SANGAH

In memory of Dr. Rm. Alagappa Chettiar, M. A.,
Bar-at-law, late member of the Parliament.

1957 RECEPTION COMMITTEE

Thiru. M. S. Ramasamy Chettiar, Prop. Hotel Oceanic,
Madras. (CHAIRMAN)

Thiru. C. V. Ct. Venkatachalam Chettiar, Kanadukathan.
(Vice-Chairman)

Ong. TRAN-VAN-LAN, His Excellency the President of the
Viet-Nam National Assembly.

Sri. S. A. Sugathadasa, M.B.E., J.P., Mayor of Colombo, Ceylon.
Thiru & Thirumathi K. V. AL. M. Ramanathan Chettiar, K.L.
Lahiri Baba Bhupendranath Sanyalji, Bihar.

Sri Krishnachand Thakurdas, Palembang, Indonesia.

Thiru. S.N.A.S. Annamalai Chettiar, Penang.

Sri K. V. Shenoy, Manager, Bank of Bikanir, Madras.

Dr. & Mrs. T. H. Somervelle, England.

Sri D. S. Dharmjyothi, Samchalar, ALL-NEPAL Vikrati
Mahamandali, (Buddhist).

Mrs. F. Talyerkhan, Ramana Ashram, Thiruvannamalai.

Janab S. M. Fossil, Youngmen's Crescent Society, Madras.

Thiru K. Ramanathan, B. A. B. L., Former President, Malayan
Indian Congress.

gardar Hargobind Singh, Dehra Dun.

Thiru P. V. Viswanatha Iyer, Bangalore.
 Thiru S. Shellasamy, B. A. B. L., Bar-at-law, Nagarcovil.
 Thiru S. Kasinathan, Saigon, Viet-Nam.
 Sri N. Metharam, Saigon, Viet-Nam.
 Ong. Vu Huy Hien, Magistrate, Viet-Nam.
 Mr. Yan Kee Leong, Assembly of the Bahais, Seremban, Malaya.
 Dr. C. H. Yeang, Theosophist, Penang, Malaya.
 Sri Bhattacharya & family, Industrialist, DUM DUM, Calcutta.
 Sri Paramanand, Viswa Yathan Yogashram, Calcutta, Lucknow.
 Delhi & Kashmir.
 Thirumathi Hamsaveni Selvaraj, General Secretary, K. B. S.
 Thirumathi Rm. Solachi, Mother, Kriya Babaji Sangah.
 Yogi S. A. A. Ramaiah, M. A., Geologist, Organiser.

Aum! SHANTHI Amin!! Amen!!!

SPECIAL NOTE

- (1) All speakers and reception committee members are requested to be at their seats by evening 3-30 (p.m.) daily. (2) There will be **Sadhu Seva** at 12-00 noon on December 8th, 1957. (3) All contributions in cash and kind will be received with thanks at the following address only:—

Yogi S. A. A. Ramaiah, B. Sc., (Hons.)
 Babaji Yoga Sangah,
 "Ananda Vilas",
 Kanadukathan,
 Chettinad Rly. Station,
 Near Karaikudi, Ramanathapuram Dist.
 Tamil Nad, South India.

- (5) Kriya literature is available at a booth during the Parliament.

Om Kriya Babaji Nama Aum 1957 FOURTH KRIYA BABAJI Parliament of Religions and Yoga

Babaji Yoga Sangah, Bhavnagar Stadium,
 Alagappa College Campus, KARAIKUDI. (Rly. Station),
 Ramanathapuram District, (Tamil Nad) South India.

INAUGURAL SESSION

(Provisional Programme)

1957 December 5th Thursday evening 3-30 (p.m.)

Recorded Music.

Meditation, **Bhajan**, Japa and Prayer.

Annual Report by Thirumathi **Rm. Solachi**, Mother of Kriya Babaji Sangah.

Prayers from Different Religions by Yogi S.A.A. Ramaiah, Mother **Rm. Solachi**, Asana Chelvi **Rm. Valli**, and Students of Kanadukathan Babaji Yoga Sangah Dr. **A. Joga Rao**, Sri **D. S. Venkanna**, Principal **Doraikan-
 noo Mudaliar**, Lt-Col. **S. Paul**, Janab **Ebrahim**, Moulvi **Khader Mohideen**, Thirumathi **G. Saraswathi**, Thiru **S. M. Ganapathi Iyer** etc.

"Kriya Yoga and Research" — **PRESIDENTIAL ADDRESS** by the Founder-President, Yogi S.A.A. Ramaiah, B. Sc. (HONS.), with Kriya Yoga Demonstration by the members of Babaji Yoga Sangah

Brief Address of Welcome.

INAUGURAL ADDRESS — by **Sri V. A. Sugathdasa**, M.B.E., J.P., Mayor of Colombo, Lanka in the distinguished presence of **Brahmakumari Rathna Mohini** of Mount Abu Municipal Chairman **Ar. Arunachalam**, Scout Commissioner, Sri **D. S. Venkanna** and Thiru. **Sa. Ganesan**, Kamban Kalhagam, Karaikudi.

Messages

Homage and Salutation to the Light of Kriya Yoga — **Sathguru Kriya Babaji Nagaraj** — during the **Karthikai Deepam Festival**.

Lighting the Lamps.

FIRST SESSION

(Provisional Programme)

1957 December 6th Friday evening 4 (p.m.)

Subject:	Chairman:
<i>Yoga and World</i>	<i>Yogi S.A.A. Ramaiah,</i>
<i>Religions</i>	<i>M. A.</i>

Meditation, Bhajan, Japa and Prayer

"Kriya Yoga and Piles" by Yogi **S.A.A. Ramaiah** with demonstration of Yogic Kriyas or techniques by the students of Kriya Babaji Sangah.

"Yoga and Theism," by Thiru **S.M. Ganapathi**, B.A.L.T., Headmaster, A.T.C.M. High School.

"The Practice of Islam" by Janab P.S. M. Ebrahim, Kallukatti.

"Science and Religion"—PRESIDENTIAL ADDRESS by Sri K. S. G. Doss, D. Sc., F. R.I. C., F. Inst. P., F. A. Sc., F. N. I. Deputy Director, Central Electro-Chemical Research Institute.

Homage to the Master.

Aum! SHANTHI Amin!! Amen!!!

SECOND SESSION

(Provisional Programme)

1957 December 7th Saturday evening 4 (p.m.)

Subject:	Chairman:
<i>Yoga and World</i>	<i>Yogi S.A.A. RAMAIAH,</i>
<i>Religions</i>	<i>M. A.</i>

Meditation, Bhajan, Japa and Prayer.

"Sat-Yuga and Kali Yuga"—by the official delegates, Rajsuva Aswamedh Avinashi Brahma-Gyan Yagya, North India.

"Kriya Yoga and Asthma" by Yogi S. A. A. Ramaiah, with demonstration of Yogic Kriyas or techniques by Mother Rm Solachi and other students of Babaji Yoga Sangah.

"Universal Brotherhood" by Dr. A. Rahaman, M.B.B.S. D.L.O., Otolaryngologist.

"Yoga and Preventive Medicine for Women" by Dr. G. Aaseervatham, L. M. P., Kanadukathan.

"Yoga and Women" by Thirumathi N. P. Pillai, M. A., Principal, College for Women.

"Tamil and Yoga"—PRESIDENTIAL ADDRESS by Thiru P. Doraikannoo Mudaliar, M. A. (History), M.A. (Tamil), Dip-Econo., Principal, Training College.

"Islam and Peace" by Janab N. Tamizudeen, Executive Officer, Kanadukathan.

Homage to the Master.

Aum! SHANTHI Amin!! Amen!!!

THIRD SESSION

(Provisional Programme)

1957 December 8th Sunday morning 8 (a. m.)

Subject:	Chairman:
<i>Yoga and World Religions</i>	<i>Yogi S.A.A. Ramaiah, M. A.</i>

Meditation, Bhajan, Japa, and Prayer

"Yogasanas" by Thiru S. Hariharan, B.A., D.P.E. Honorary Coach, Atheletic Federation of India and Asana Lecturer, College of Physical Education with Demonstrations by the Students of Alagappa College of Physical Education—Demonstrations by the students of Alagappa College of Physical Education.

"Kriya Yoga and Tuberculosis" by Yogi S. A. A. Ramaiah with Kriya Yoga demonstration

"Yoginis and Service" PRESIDENTIAL ADDRESS by Thirumathi Kamala Siva Subramaniam B. A. Chair woman, Welfare Extension Project.

"Yoga and Modern Medicine" by Dr. H. T. P. Sargunar, Dentist, Coimbatore.

"Yogic Physical Education" by Mr. M. Robson, B.A., M. P. E. (Spfld), Principal.

Homage to the Master.

Service of the Poor.

Aum! SHANTHI Amin!! Amen!!!

FINAL SESSION

1957 December 8th Sunday Afternoon 2-30 (p. m.)

Subject:	Chairman:
<i>Yoga and World Religions</i>	<i>Yogi S.A.A. Ramaiah, M. A.</i>

Meditation, Bhajan, Japa and Prayer.

Devotional Music by Dr. Alagappa Annamalai.
M.D.H., Monti-Dip., Asst. Dist. Scout Commissioner with brief speech.

"Physiotherapy and Yoga" by Thiru L. Vittal Rao, M. C. S. P., S. R. M., Physio-therapist, General Hospital, Madras.

"Sat-Yuga and Kali-Yuga" by the Official delegates, Rajasua Aswamedh Avinashi Brahma - Gyan Yagya, North India & Bangalore with tri-colour charts and group-demonstration of Meditation Pose.

"Aum, Amin, Amen" by Paramahansa Omkara Swamy, Gnanodaya Alayam with eight branches, Bharat.

"The Call of Yoga" by Sri. Upali Samarasekera "Times of Ceylon", Colombo, Lanka.

"Kriya Shanthi Yoga" by Yogi S. A. A. Ramaiah with Kriya Yoga demonstration.

Vote of thanks by Thiru. K. V. AL. M. Ramanathan Chettiar, Rotary International

Homage to the Master (Babaji Nagaraj)

Free Technicolour Film Show.

Jai Kriya Babaji! Jai Kriya Yoga!! Jai Alagappa!!!

Aum! SHANTHI Amin!! Amen!!!

இறுதிக் கூட்டம்.

1957 டிசம்பர் 8வ் ஞாயிறு மாலை 2—3() மணி.

மொழிகள்:

சபாநாயகர்:

யோகமும் உலகச் சமயங்களும் | யோகி சா.அ.அ. ராமய்யா, எம்.எ.

தியானம், பஜனை, ஜபம், பிரார்த்தனை.

நெய்விக்கப் பாடல்கள் — மழலை கவி இசைஞானி அழகப்பா அண்ணாமலை எம்.டி.எச்., மாண்டி. டிப், உப ஜில்லா சாரணர் கமிஷனர் (நெற்றுரைப்புடன்.)

“உடனடிநுதிபுறம் யோகமும்” — திரு. எஸ். விட்டல் ராவ், எம்.சி.எஸ்.பி., ஜெனரல் அஸ்பத்திரி, மதராஸ்.

“சத்திய யுகமும் கல்யாணமும்” — ராஜகவு அசுவமேத அவிஞ்ஞ பிரம்ம ஞான யாக்கிய நிபுணிகள், வடஇந்தியா, பெங்களூர் (முவர்ண படம் தியான சாதன முறைப்புடன்)

“ஒளம், ஆமின், ஆமென்” — பரமஹம்ஸ ஒங்கார சுவாமி, ஞானோதய ஆலயம், (எட்டு கிளைகளுடன்), பாரதம்.

“யோகத்தின் அழைப்பு” — ஸ்ரீ. உபாலி சாமரசேகரா “டைமஸ் ஆப் செனெல்”, கொலும்பு, இலங்கை.

“கிரியா சாந்தியோகம்” — யோகி சா. அ. அ. ராமய்யா, கிரியா யோக செய்முறை விளக்கத்துடன்.

நன்றியுரை — திரு. க. வீ. அள. மு. ராமநாதஞ் செட்டியார், உலக ரோட்டேரியன் சங்கம்.

இலவச முவர்ணத் திரைப்படம்.

கிரியா பரபாஜி வாழ்க!! கிரியா யோகம் வாழ்க!! அழகப்பா வாழ்க!!!

ஓம்! சாந்தி ஆமின்!! ஆமென்!!!

Camp:
DELEGATES LODGE,
“ Visalam ”,
Kanadukathan
December, 1957.

Babaji Yoga Sangah,
“ Ananda Vilas ”
Kanadukathan,
Chettinad Rly. Station,
Near Karaikudi.
4—12—1957.

MESSAGES

Messages, replies, letters, Telegrams etc. were received from the following, wishing a grand success the fourth **Kriya Babaji Parliament of Religions and Yoga** (of Kriya Babaji Sangah with Headquarters in Tamil Nad, India and branches in foreign countries) at Bhavnagar Stadium Montessory Hall, Alagappa College Campus, KARAUKUDI, in memory of the late Dr. Rm. Alagappa Chettiar, M. A., Bar-at-Law:—

1. Sri. V. V. GIRI, His Excellency, the Governor of Utra Pradesh Government Camp, Aghra, U. P.
2. Janab Zakir Hussain, Ph. D., His Excellency, the Governor of Bihar, Rajbhavan, Patna, Bihar.
3. Thiru. Swamy Sivananda Saraswathi, Founder, the Yoga Vedanta Forest University and Divine Life Society, Rishikesh, Himalayas.
4. Mr. M. Robson, B. A., M. P. E., (Spfld.), Principal, College of Physical Education.
5. Asana Yogi Thiru. S. Hariharan, B. A. D. P. E., Specialist in Indigenous activities and Honorary Coach Amateurs Athletic Federation of India, and Lecturer, College of Physical Education.
6. Thiru. V. Veerappan, M.B.B.S., Medical Officer, College of Engineering and Technology.
7. Thiru. S. Padmanabhan, M. Subbāraya Iyer and Sethuraman, Income-Tax Advocates, MADRAS-4.
8. Ven'ble B. Jinananda Thera, Director, Maha Bodhi Society of Ceylon, Founded by Anagarika Dharmapala in 1891, Dharmapala Mandir, MADRAS.

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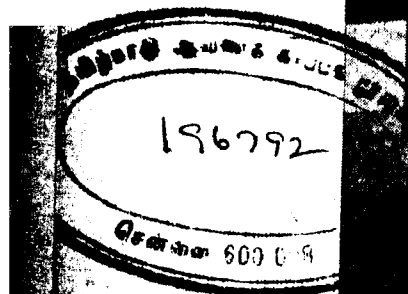
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