

# Yogavatar Lahiri Mahasaya

☸Kriyayoga is Truth ☸Kriyayoga is The Study of Vedas (Vedpaath) ☸ I am always with those who practice Kriyayoga.

Extracted from *Inner Culture, March 1937* by Paramhansa Yogananda

## What Is a Divine "Incarnation"?

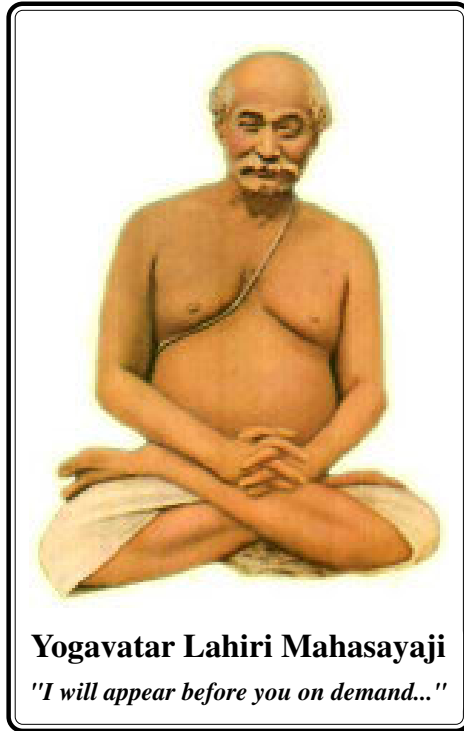
Incarnations of God are not souls who are dropped as perfect beings from heaven, imported into the world by God, but are those beings who by effort and meditation have removed all ignorance, knowing themselves in the earthly incarnation as perfect external manifestations of the potentially perfect images of God. One who truly knows God becomes God Himself.

The sunlight equally shines on the charcoal and the diamond lying side by side under the open sky during a clear day. In spite of the impartiality of the sun, the diamond, by its own transparency, reflects the light of the sun more than the charcoal. Thus, in spite of God's impartiality, wise men reflect His light more than the ignorant.

Prophets use their heaven-given independence to tune their free will with God's wisdom-guided will. Ignorant people use their free will to allow themselves to be controlled and misguided by their whims, moods, prenatal habits, and instincts.

## Meaning of "Yogavatar"

Lahiri is the family title of Brahmins to which Yogavatar Shyama Charan Lahiri Mahasaya belonged. Mahasaya signifies "high soul." Yogavatar means "the awakened incarnation of God," (Avatar) one who came to earth to demonstrate the technique which would enable students to accomplish the scientific union (yoga) of soul and Spirit by their own effort. I give Lahiri the title of Yogavatar because in him and through him the highest form of Yoga, or step-by-step scientific union with God, has been handed down to the world. God can be known through inner wisdom, not book-learning, and through royal Yogic union of soul and Spirit by different methods of consciously-pursued meditation, not blind meditation. It is by God-manifesting karma (action) and not by



**Yogavatar Lahiri Mahasayaji**

*"I will appear before you on demand..."*

*"Meditate Unceasingly that you quickly behold yourself as the Infinite Essence, free from every form of misery..."*

following any moral (but God-obliterating) action that Spirit is revealed. By inner soul-touching devotion and not by holy-rolling, muscle-contorting, insincere devotion, or blind devotion, one can know God.

Lahiri thus deserves the title Yogavatar, one of the greatest incarnations of God which descended in flesh. From flesh he ascended to complete realization of Spirit by step-by-step methods of realization. All human beings are His children, in whom God is potentially present in His fullness.

That is why Lahiri Mahasaya pointed the actual way by which each deluded man could bring out his potential Godhood into distinct consciousness, and reclaim his hidden Godhood, becoming one with Him.

## Hastening Evolution

Sunlight and food change the human body, brain, and mind every seven years (there is a twelve-year cycle also), provided there is no physical sickness. It takes one million solar years to evolve the healthy human body, brain, and mind so that they are able to manifest Cosmic Consciousness.

Since the human body cannot last so long, Lahiri Mahasaya devised the Kriya technique, which so changes the brain-cells, spine, and body that they can express Cosmic Consciousness in three, six, or twelve years (in determined, advanced students) and in twenty-four to forty-eight years (in ordinary students).

Christ gave techniques of salvation to St. John and the disciples, promising to send to them the Comforter, about which people understand little.

Lahiri Mahasaya's teaching is the Second Coming of Christ, not through a mere claim, but in actuality. His Kriya technique of meditation expands the cup of concentration so that it can be large enough to hold the ocean of Christ-consciousness (consciousness that was present in the life of Jesus).

Lahiri Mahasaya's technique can reveal to each soul that God belongs to him by divine birthright and has not to be evolutionarily attained. But actual step-by-step meditation is necessary in order to destroy self-created delusion. The prodigal son walked away from God. Each of his retracing footsteps back to God consists of a mental technique which actually enables him to return.



Office at school

Day after day the sublime guru initiated one or two devotees into Kriyayoga. In addition to these spiritual duties and to the responsibilities of his business and family life, the great master took an enthusiastic interest in education. He organised many study groups and played an active role in the growth of a large high school in the Bengalitola section of Banaras...

(Quoted from *Autobiography of A Yogi* By Paramhansa Yogananda)

The school at Bengalitola was established in 1854. Lahiri Mahasayaji had then approached the local British persons to help with funding to build the school.

The school was opened with the aim to promote educating girls...

Shown here are pictures taken in March 2003

