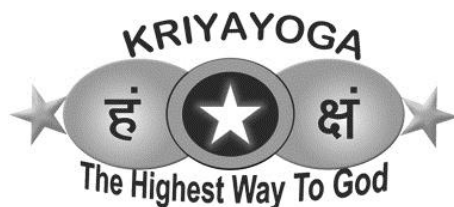


Kind Attention to the Illustrious Reader:

1. The following article is extracted from the teachings of **Gurudev Swami Shree Yogi Satyam** presented by Kriyayoga Research Institute, Jhunsi, Allahabad, U.P., India.
2. Each and every word written below needs further great explanation. If anyone doesn't understand clearly it is not the mistake of that person because clear understanding only comes with the deep practice of Kriyayoga Meditation, which awakens intuitive reasoning power.



Rooting Out Disorders of the Immune System

***The etiology of Immune Disorders is due to
The incorrect idea, thought and concept
About observed things within and around.***

I am delighted to be here and I feel great honour to bow down to my perception of Eternal Unity with God in the glorious forms of various incarnations of existence within and around. I express my infinite love and honour to all dignitaries glorifying and spiritually charging the congregation present here today. I again bow down to God existing in the form of this blessed congregation who is searching the Truth behind the structure and function of the immune system.

It is very important to read, meditate and have a clear understanding about the growth of Omnipotent intelligence, which eradicates the cause, signs and symptoms of immune disorders. Human evolution (growth of Omnipotent intelligence) is governed by the position of the Sun in relation with the Great Grand Creative Centre – creative principles and science of creation. (See Figure 1)

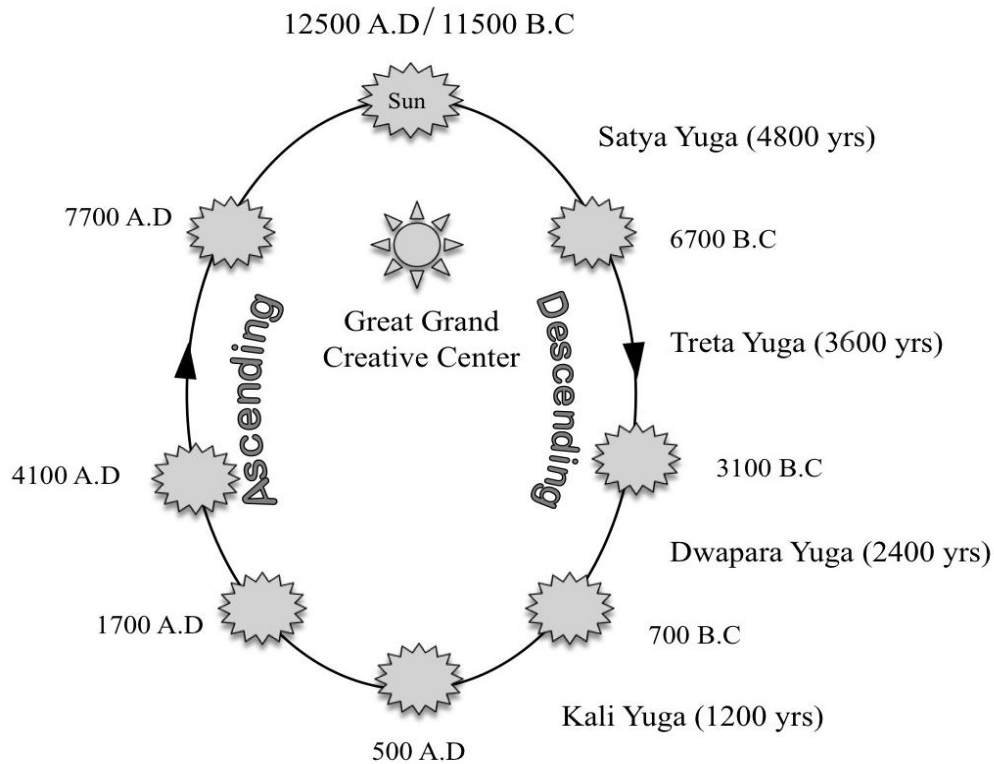
Whenever the Sun is nearer to the Great Grand Creative Centre, the structure and function of the human nervous system is at its peak and able to comprehend all mysteries of creation. In contrast, when the position of the Sun is furthest away from the Great Grand Creative Centre, then the structure and function of the human nervous system is at its minimum level, which results in realization of non-reality as reality and reality as non-reality.

The structure and function of the human nervous system started declining after 700 B.C. and reached its lowest level at 500 A.D. The period around 500 A.D. was the darkest period of human history. History proves that ignorance and suffering were widespread in the world around the time of 500 A.D. (Human slavery and bondage, barbarism, etc.)

There was too little knowledge of science and technology to understand anything. Mystical explanations were given for many incidents existing in nature. For example, if there were a little whistling breeze in the forest or mountain, one would say it was caused by a ghost. In

the same way, if fire were created by pieces of wood rubbing against each other, it would be explained by saying that a ghost came and caused the fire. Human intellect was not able to comprehend anything beyond the gross material of creation during this dark time period. (Kali Yuga – from approximately 700 B.C. to 1700 A.D. – see Figure 1)

All research and discoveries during Kali Yuga were based on illusionary concepts in the field of medical science. The first incomplete concept of immunity was discovered during the plague of Athens in 430 B.C.



CYCLE OF YUGAS

(Figure 1)

Before 700 B.C., the human nervous system was more evolved in structure and function and humans were able to understand the concept of Truth that only life exists. Therefore, there was only one education in medical science, the Science of Life, called '**Ayurveda**'. The word '**Ayurveda**' itself explains its true meaning. (**Ayur + veda**) **Ayur** means life and **veda** means science or detailed knowledge (complete knowledge of life). Therefore, **Ayurveda** means complete science of Life.

Gospel is the revelation of Truth in all scriptures of all ages and lands. Gospel is the Vedas (Hindu Bible), which represents the concept of true knowledge. Starting from 11,500 B.C., human intellect was in its highly evolved condition and the majority of people were experiencing their existence both in the visible and invisible forms. They were perfectly realizing the absence of death (the concept that death does not exist).

In Satya Yuga (11,500 B.C. to 6,700 B.C.), each and every person was so charged with the vibration (consciousness) of Truth that they were not able to experience illness and sickness of any kind. The concept of Immortality, which was present in Satya Yuga, still flows in people's minds today. Therefore, the majority of people today have the intuitive belief that they enter into heaven or hell after leaving their physical body.

When the Sun starts moving away from the Great Grand Creative Centre, then the structure and function of the human nervous system start changing gradually and after 700 B.C. we lost the perception of Immortality. Humans started experiencing hatred and aversion towards various perceptions they experienced within and around.

Therefore, people started realizing after 430 B.C., that the transmission of infectious diseases was caused contact (physically via touch, airborne, vector-borne, etc.). From 11,500 B.C. to 700 B.C., people had the concept that through the realization of oneness with all kinds of creation there is growth of vitality, life, power and peace. However, after 700 B.C. the reverse concept started to expand in human civilization resulting in the growth of division on the basis of colour, language, custom, religion, etc.

Before 3100 B.C., there was no observation of caste system (based on birth lineage) and racial system, which exists today. Various people were recognized according to their power of understanding and stages of true knowledge. **Kshatriyas** had knowledge of Immortality and possessed all power to protect others by using the principles of Truth and Non-violence. Kshatriyas were the elite members of the **Brahmin** groups and Brahmin groups were those people who knew the science and technology of all creations of the Cosmos. **Vipra** were people approaching to achieve the knowledge of science and technology of all creation to become Brahmin. **Dwija** were people trying to experience the knowledge of the Vipra persons and **Sudra** were people who had the incorrect concept of understanding. They believed that whatever they perceived and witnessed through their senses was reality and accepted it as truth.

Today we are in the transition state and we have begun to realize that Truth is more than what we perceive through our senses. Therefore, this article presented to the illustrious audience at the University of Lucknow has great importance. It clearly explains how to achieve eternal health and peace.

The present system of popular and advanced medical science (Allopathic system) explains structure and function of illness and sickness and various processes of treatment and prevention. When we try to understand immunology, then we are going through the different research studies which explain biological processes within an organism that protect against disease by killing pathogens. It is explained that the immune system is composed of special structures of various kinds that protect against germs and microorganisms and also defend the body against attacks of foreign invaders.

It is almost impossible to realize ever-protecting health of body and mind through the present medical system. For example, when we start studying, learning and working on the subject of immunology it will take many hundreds of years to understand it. Various kinds of disorders of the immune system including autoimmune diseases and inflammatory diseases are creating great fear in the human mind and this fear itself decreases the vitality of a person very quickly. When we try to know more and more, then we experience more and more life-threatening infections. Our minds become contaminated and plagued with more bacteria-phobic thoughts.

Immunodeficiency can either be the result of a genetic disease or be produced by various kinds of pharmaceutical agents or by an infection, such as AIDS (Acquired Immune Deficiency Syndrome). In contrast, autoimmune diseases result from a hyperactive immune system attacking normal cells and tissues as if they were foreign organisms.

Common autoimmune diseases include Hashimoto's thyroiditis, diabetes mellitus Type 1, rheumatoid arthritis and systemic lupus erythematosus (SLE also known as Lupus).

When you start understanding the structure and function of the immune system as well as the cause and cure of immune disorders, it gives one the impression that it is a very hard, insurmountable task to fully comprehend Human Immunology. Whenever you experience hardness and difficulty it means we are charged by the principle of Illusion and Violence. Therefore, it will be almost impossible to enjoy our eternal health and peace by studying and learning about the present discovered medical system.

The traditional systems of Allopathy, Ayurveda, Homeopathy, Naturopathy, Yoga and other conventional systems of therapy have not documented any solid evidence that anyone has experienced victory over death. Whatever we have heard about Immortality is by word of mouth and not based upon any facts in present documented history known to the majority of the population.

In history, we have heard about and generally accepted as true the following events such as the crucifixion and the resurrection of Jesus Christ, the revival of Satyawana by Savitri and the revival of Parikshit by Lord Krishna. However, principles, philosophies and technologies available today are not able to demonstrate control over death.

In the ascending Dwapara age, (1700 A.D. to 4100 A.D.), the Science of Immortality was resurrected in the minds of some great persons of this earth. It is important to note that the operation of the subtle laws of Immortality, unknown to people in general, should not be publicly discussed and published without the presence of one-pointed devotion of the student in learning the Science of Immortality.

We are very, very fortunate that in the present age, the great Science of Immortality, under the name of Kriyayoga Science, was introduced to the public through the instrumentality of Yogavatar, Lahiri Mahasaya ji.

Lahiri Mahasaya ji was born in 1828 and consciously left body in 1895. During his time period, he initiated many Truth seekers into Kriyayoga Science. About sixteen great disciples of Lahiri Mahasaya ji demonstrated victory over death by willing, conscious departure from body in front of the public. Historically it was witnessed that Lahiri Mahasaya ji raised Rama from the dead. Rama was the childhood friend of Swami Shree Yukteshwar ji. Both were advanced disciples of Lahiri Mahasaya ji.

Lahiri Mahasaya ji consciously left his body in 1895. He gave a four-hour discourse on the Science of Immortality, quoting verses of the Bhagavad Gita. After the completion of his discourse he performed the highest Kriyayoga technique in the standing position by turning his body and head three times in a circle. He then assumed the lotus posture and departed willingly with a smile. This is popularly known as entering into Mahasamadhi.

Learning Kriyayoga Science means learning the Science of Immortality. It is the perfect system to make us realize how to live without attachment and aversion and any kind of dual concept. This Kriyayoga lifestyle never brings the realization of any disorder of body and mind. There is no thought of immune disorders and thus there is no need of discussion of immunology. If we are practicing Kriyayoga meditation as given by Maharshi Patanjali long before, which was later revived by Lahiri Mahasaya ji, then there is no need of wasting our time in pursuing the subject of immunology discovered by some hard-working great persons. It is like performing great work to cover a million miles through the bullock cart.

Maharshi Patanjali's yoga philosophy and Yoga Sutras are misunderstood and misinterpreted by the general public. He advised to practice Kriyayoga meditation to solve all problems.

तपः स्वाध्यायेश्वरप्रणिधानानि क्रियायोगः

-पतंजलियोगदर्शनम् 2:1

**Tapahhaswādhyāyeshwaraprānidhānāni
Kriyayogahha**

(Yoga Sutras 2.1)

Kriyayoga practice brings the realization that the ultimate Truth is experiencing the state of Yoga. Yoga is the consciousness of realization of one's existence without distance and time, which is known as the realization of **chitta vritti** as illusion (Yoga Sutras 2.1). The state of Yoga brings the realization of the absence of distance and time among all eight characters: **Yama, Niyama, Āsana, Prānāyāma, Pratyāhāra, Dhāranā, Dhyāna, Samādhi**. It clearly means that all eight characters explain only one thing and that is the state of Yoga. These characters are not different and separate entities. (A detailed explanation of the content of this paragraph will be covered in a forthcoming article.)

स्थिरसुखमासनम्

- पतंजलियोगदर्शनम् 2:46

'Sthira sukhamāsana'

(Yoga Sutras 2.46)

Maharshi Patanjali never explained āsana as the practice of tortuous bodily postures. He explained that practicing Kriyayoga is practicing āsana. By reading and understanding the following explanation of the meaning of āsana by Maharshi Patanjali, it becomes quite clear that the practice of tortuous body postures is not āsana.

'Sthira sukhamāsana'

'**Āsana**' is the state of '**sthirā sukham**'. Here '**sthirā**' means stable and '**sukham**' means state of everlasting joy. When a person is in the state of everlasting joy all the time, in all walks of life, they are supposed to be in the state of **āsana**. In order to understand '**sukham**' more clearly we need to dissect the word '**sukham**' with the scalpel of intuitive reasoning. By this great work, we realize '**su**' means sundar (completely clear – perfectly transparent) and '**kha**' represents sky (meaning Infinite – dimensionless) and '**m**' represents structure and function of change. After putting '**sukha**' and '**m**' together we can understand that the observation of each and every change in our bodies from head to toes in dual style represents Omnipotent and Omniscient immortal consciousness. When any person keeps practicing this concept, sincerely, eventually it becomes very clear ('**su**') that the realization of various changes within our existence is the perception of Infinite. When a person has attained this state of living, it is referred to as the state of **āsana**.

The realization of bodily changes as pain and pleasure demonstrates a lack of perfect concentration on the existence of various changes within the body (head to toes). If we concentrate completely on various changes within our own existence then we realize

clearly that these changes are the presence of Infinite. Here, Infinite means all in all – that is everything (visible-invisible, known-unknown). Whenever a person is in the state of ‘*sukham*’ then he realizes that each and every creation of the Cosmos is potentially vast and infinite. This state of consciousness is called staying in *āsana*. Thus *āsana* does not mean headstand, shoulder stand, cow or scorpion posture, etc. By observation, we can realize that people who practice excessive tortuous bodily postures have very low understanding power and are always searching to compete for medals and prizes. Such people do not realize their glory that they are potentially vast and infinite. No medals and prizes can increase the glory of a person because their glory is always infinite.

Similarly, Maharshi Patanjali never explained Prānāyāma as breathing exercises in the way it is written in general yoga books today. Patanjali referred to Prānāyāma as a method of life force control to attain Liberation from all kinds of ignorance (Moksha) by disjoining the course of inhalation and exhalation, which is the practice of Kriyayoga meditation (Yoga Sutras 2.49).

Modern day Prānāyāma is not the same Prānāyāma described by Maharshi Patanjali and is misunderstood by the majority. Modern day Prānāyāma has been explained incorrectly by many as a technique that involves fast and vigorous breathing exercises, unnaturally controlling inhaled air within the lungs or deflating the lungs by performing incorrect, unnatural exhalation. This type of practice is injurious and leads to disorders of the nervous system resulting in a life full of lust, anger, greed, illusion, pride, habit and ego.

The Kriyayoga technique, which is complete Prānāyāma, yields no deleterious side effects in the practitioner. This is unlike that of other unscientific prānāyāma techniques, involving quick and uneven breathing patterns, advertised today by the traditional yoga systems taught by persons who have never experienced victory over death.

Now the time has come that we persons of India and all over the world should try to learn Kriyayoga meditation. It is the simplest of simple practice and easiest of easy to understand. It can be practiced by all, in lying, sitting, standing, working, running, and resting positions, if one has the one-pointed desire to know it.

For your kind information, I want to say that I had the great desire to understand the natural healing process. Therefore, after the completion of my graduation in Biological Science, I pursued to learn the Science of Naturopathy. I entered into the College of Naturopathy, Hyderabad (affiliated with Osmania University, Hyderabad). At that time, I realized that the naturopathic and traditional yoga systems couldn’t provide everlasting health and peace because the teaching of the science of food and many other things are based on the traditional concept, which is not the complete Truth.

My father was also a Naturopathic doctor and because of his profession, I had a deep interest in knowing the subject of Naturopathy. In reality, the subject of Naturopathy is to live with nature, to learn how to live with nature and to experience eternal health and peace. The concept and teaching of Naturopathy is not based on the science that the nature of human beings is to pursue the journey from limited human consciousness to unlimited God consciousness (from finite consciousness to infinite consciousness).

When a person starts the journey from finite to infinite consciousness, then each and every day he realizes ever-new joy and this state of consciousness is free from all kinds of illness and sickness and so-called immune disorders. When a person, without experiencing his real nature as potentially vast and infinite consciousness, stops his journey in the middle he

suffers again from illusion. Illusion is the perception of power, peace and knowledge as illness and sickness of various kinds.

I am delighted to say again and again that Truth is rediscovered through Kriyayoga meditation. Each and every creation is potentially vast and infinite and is an inseparable part of the visible and invisible, dimensionless Cosmos. It means there exists only one eternal creation (single body – single element – i.e. Parambrahma). The realization of division of creation into multiple forms and any kind of diversity represents Maya (Illusion).

Kriyayoga is the complete, perfect and time-tested education that makes a person realize past, present and future of all creations of the Cosmos - first within our own existence, thereafter in each and every creation.

Realization of Parambrahma is the absence of illness and death.

*With my soul, saturated with the consciousness of ever-new joy and eternal peace,
I bow to you all.*

Swami Shree Yogi Satyam



Website: www.Kriyayoga-YogiSatyam.org

India Center



Kriyayoga Research Institute

Jhansi, Allahabad – 211019,
INDIA

Contact No. +91- 9415235084,
+ 91-9415217277 to 81
Office: 0532 (2569243)

Email:
KriyayogaAllahabad@hotmail.com

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CANADA

Contact No. 001-519- 696- 3869

Email:
Kriyayoga.Canada@yahoo.ca

*“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 solves all problems of life.”*

-Gurudev Swami Shree Yogi Satyam