

The Science of Kriyayoga with Swami Shree Yogi Satyam

The Origin of Kriyayoga

Kriyayoga is an ancient yet ever-new science originating from India, which brings the realization that each and every person is potentially vast and infinite.

What does the word Kriyayoga mean?

'Kri' means to do, to act, to react, to behave, to work

'ya' means the process of expansion

'Yoga' means union with the Infinite (God)

What is Kriyayoga Science?

Kriyayoga Science is a pure science that employs a systematic approach to bring about a desired result. It is easy to comprehend and practice by all. Kriyayoga Science is based on the principle that each particle of the cosmos is connected with all of creation; thus making a change in one's self makes a change in the cosmos. Each particle is the connecting link to all points of time (past, present and future) and to all points of space. Kriyayoga Science also gives realization that the beginning, middle and end of the cosmos all exist at the same point. Kriyayoga Science is free from sectarian religious sentiment. By practicing Kriyayoga, one is able to understand the truth hidden in all religions. It unites all races, all sects and all countries.

What is Kriyayoga Meditation?

Kriyayoga Meditation is Kriyayoga philosophy put into action. It is the highest form of meditation that combines physical and mental techniques and enables one to experience, very quickly, the infinite potential within. The fundamental concept of Kriyayoga meditation is that the nature of God is Omnipotent, Omnipresent and Omniscient.

In other words, God's all-knowing power resides in each atom, cell and tissue of our body, and is responsible for the creation, preservation and change of the visible and invisible worlds. Kriyayoga practice accelerates the process of attaining God-Consciousness because we learn to seek God first within, which is much easier and faster than seeking God in the external creation.

"Kriyayoga practice is just like working in a laboratory where we can change the complete body in 12 to 14 years." - Swami Shree Yogi Satyam



**Swami Shree Yogi Satyam
Kriyayoga Scientist**

Since early childhood, the science of Kriyayoga was a personal hobby of Swami Shree Yogi Satyam. For his entire life, Swamiji has had a great desire and ambition to learn, practice and teach Kriyayoga. His ultimate goal has been to introduce Kriyayoga to the general public in a manner not previously known to mankind. Swamiji has been able to teach thousands of people all over the world the ancient science of the rishis—Kriyayoga, which has been able to cure all sicknesses of the body and mind, allowing total rejuvenation of the human body, mind and spirit. Even with modest beginnings, Yogi Satyam has worked relentlessly, conducting FREE Kriyayoga sessions for all.

In order to deliver this invaluable Kriyayoga science to the masses, Yogi Satyam established a non-profit organization in 1983 known as Yog Satsang Samiti / Kriyayoga Research Institute, of which he is the founder and president. The institute is based at Jhunsi, Allahabad in the state of Uttar Pradesh, India. People visit the institute from all over the world in order to learn and practice the science of Kriyayoga as developed and taught by Yogi Satyam.

***50 Minutes of Kriyayoga
Practice is Equivalent to
100 Years of Spiritual
Evolution of a Person***



Who can practice Kriyayoga?

Everyone can practice Kriyayoga regardless of age, gender, religion or physical condition. Kriyayoga is simple to understand and practice by all to bring the desired result.

ALL SCRIPTURES SPEAK THE SAME TRUTH ...

“The truth contained in scriptural teachings of different religions are meant to unite us and opens our intuitive eyes to see God in all. All humanity/creation is an expression of Omnipresent God.”

- **Swami Shree Yogi Satyam**



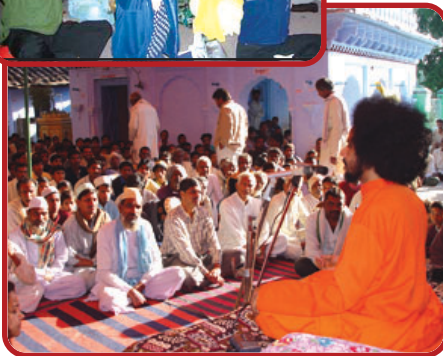
“This body is potentially vast and infinite”

- **Paramhansa Yogananda**

“The Kingdom of God is within.”

- **The Bible**

(**Luke 17:21**)



“Now let man but think from what he is created. He is created from a drop emitted. Proceeding from between the back bone and the ribs.”

- **Qur'an (AT-TARIQ-86 Ayat 5,6,7)**

“The body is a unique field in which we find Omnipotent, Omniscient and Omnipresent consciousness.”

- **Bhagavad Gita (Chapter 13: verses 1 & 2)**

How does Kriyayoga Apply to Me?

By learning and practicing Kriyayoga, the universal force of Omnipresent God unfolds, allowing us to experience our oneness with the Infinite. Practising Kriyayoga meditation gives one unshakable faith in Truth, boundless peace, patience and willpower, leading to a perfectly balanced life free of all physical and mental inharmonies. Kriyayoga awakens the hidden potential and abilities that lay dormant within a person.

Is Kriyayoga the same as other forms of Yoga?



No. The term ‘yoga’ has been greatly misunderstood by the majority of the population at large. By definition, ‘yoga’ is the state where one attains union with the Infinite cosmos, rather than the popular misconception of yoga as a form of exercise.

Kriyayoga is the highest form of medicine available to humanity today.

It prevents, treats and cures all disease processes of the body and mind. This effective technique allows people to regain control of their lives without having to resort to any medications or supplements.

What are the Benefits of Kriyayoga?

- ◆ Increases intelligence quickly
- ◆ Increases even-mindedness
- ◆ Reduces stress and anxiety and increases a person's vitality
- ◆ Brings one to the realization that each and every element of the cosmos is vast and infinite
- ◆ Leads to God-Realization, which removes all troubles permanently
- ◆ Solves all problems of all kinds
- ◆ Increases strength of forgiveness, compassion, peace, and gives one the strength to serve all unconditionally
- ◆ Slows down and reverses the aging process
- ◆ Prevents, treats and cures all disease processes of the body, mind and spirit.
- ◆ Improves socio-economic status

The strength of a society is dependent upon its foundation on which it is based.

By employing the principles of Kriyayoga Science, a complete education system is established which is necessary to build the strength of the foundation.

Such a system, permits people to unfold their hidden potential which roots out all impossibilities in life...

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