

# Guru Poornima 2010



Guru is derived from “Gu” which means darkness and “Ru” which means light. Guru is a state where we bring together two opposites- darkness and light, ignorance and wisdom. In the presence of darkness and light together, darkness disappears. In the same way, when ignorance and wisdom are together, ignorance disappears. In this state, we have realization of complete Truth where we experience that Self is a perfect unit of everything, known as consciousness of Poornima (perfect state).

Thus, Guru Poornima is the celebration of realization of the state of perfectness and completeness - oneness with God (Truth), by practising concentration on two opposites within.

Kriyayoga Meditation is the fastest, easiest, simplest and the most royal spiritual practice to experience the state of *Guru Poornima*.

One who is a Master of this practice and gives light to the concept and practice to realize the highest wisdom – our real nature as vast and infinite, is called *Guru* preceptor.

**Guru Poornima Celebration: July 25, 2010**

**Time: 4 pm to 8 pm**

**Venue : Kriyayoga Research Institute, Meditation Hall**

