

LEADER

2 LEADER, MONDAY, MARCH 13, 1995

2 LEADER, SATURDAY, JANUARY 7, 1995

21st century is fruitful for Indians: Yogi Satyam

ALLAHABAD, Jan. 6: The director of the Prayag Yog Research Institute Yogi Satyam in a press conference said that the 21st century will be beneficial for India



and the world is looking towards it. The time has come when Indians should lay stress on their own culture in order to strengthen themselves.

There is wealth in other nations of the world, but they have no peace, for which they are look-

ing towards India. Uptil now yoga has been propagated as a form of exercise, but the Prayag Institute has made the practice of the system easier to foreigners. He will tour different areas of the state to train youths. In the first phase he will train the hostellers.

The institute is for the welfare of the people on the philosophies of Patanjali and Gita.

When the sounds have been transformed as unlimited then by the yoga meditation the human values can be so transformed and make the *Vasudev kutumbam* theory possible, for which they will spare no efforts.

The institute through meditation had cured the blood pressure, blood cancer and other dreaded diseases. Now they are going to several areas to help the people living in remote areas.

Their centre at *Ardh Kumbh Mela* will start functioning from January 14 at the Triveni Marg, discourses will be held there from 2 p.m. to 6 p.m. daily, the homoeopathic medicine will also be distributed for the whole day free of cost.

3AD, LEADER, FRIDAY, FEBRUARY 3, 1995

Yogi Satyam

Man experiences untold happiness if he lives in the present, said Yogi Satyam, at the Triveni road camp of Prayag Yoga Anusandhan Sansthan.

He said that freeing oneself from past and future and indulging in *Karma-Kushlam* is to live in the present. One who lives in the present goes into the future with all the memories, achievements and merits of the past. To move into the future with the merits earned in the past is to live in the present. By living in this state *man* and *buddhi* become subtle and transform into wisdom.

ALLAHABAD,

FAIR BRIEFS

Perception

Yogi Satyam, today, disclosed the way to acquire knowledge at Triveni Road camp of Prayag Yoga Anusandhan Sansthan.

The first means to wisdom is the state of direct perception, or perception without a medium. Whatever is received through our sense-organs is second-hand perception and do not come under the purview of direct knowledge. Senses act as medium and can be misleading.

Only in *dhyana* do we transcend our senses and have direct perception of reality.

Conquer 'maya' by yoga

While speaking at the Prayag Yog Anusandhan Sansthan, Jhusi, Yogi Satyam made a detailed description of *maya*. Apart from "Parbrahma" everything is *maya*. One who is fully devoted to Parbrahma can conquer *maya*. He explained very clearly with the help of the pictures and examples and said that when Parbrahma decides to change itself into many, it assumes blissful vibrations.

It will not be impossible for him to realise "Parbrahma" who experiences these vibrations. Later it is changed into "Om vibrations" which means the power of Brahma. Vishnu and Mahesh that is power of creation, preservation and destruction. The yogi said further that Parbrahma changes itself into word which enables to feel about size as big or small, beautiful or ugly etc.

The life of one, who is fully absorbed in *maya* is trouble some. He made the classifications of *maya* and the easy way to conquer it through practice of yoga.

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JULY 17, 1995

3 AUGUST 14, 1995

New yoga centre starting from Aug. 15

ALLAHABAD, Aug. 13: A branch of Triveni Yog Anusandhan Evam Health Centre is being started with effect from August 15 under the auspices of Indian Red Cross Society. The various aspects connected with physical health, mental peace as well as spiritual upliftment are proposed to be sorted out by the process of yog, meditation and naturopathy.

Yog classes and health programme will start regularly from the above date from 4 pm to 6 pm informs Yogi Paritosh its organiser through a press-release.

Path of yoga leads to subtle stage

ALLAHABAD, July 16: By starting on the path of yoga, one's sorrows come to an end, revealed the institution of the Prayag Yogic Research Institute, at a special session of the same at New Jhusi, today.

NEWSLEAD

NEWSLEAD ♦ February 3, 1995

Yoga classes

The importance of living in present was stressed at yoga classes conducted at Prayag Yog Anusandhan Sansthan camp on Triveni Marg in *Ardh Kumbh mela* area.

WSLEAD ♦ June 28, 1995

Kriya yog

ALLAHABAD, JUNE 27: Addressing a press conference Swami Yogi Sattiyam, founder of Prayag Yog Sansthan, Jhoosi today said that the purpose for his foreign tour is *kriya yog*.

LEADER, SATURDAY, FEBRUARY 11, 1995

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BUSINESSLEAD

