

# An invitation

**to share the energy of non-dualistic dimension of inner understanding through  
Kriya Yoga**

## **1. *Beginning (first day): Swadhyaya; Essence of Sankhya.***

Human consciousness is constituted by its contents comprising of cultural inputs and conditioning. There is no part of the conspicuous self-consciousness which is outside the net-work of its contents. Yet a fictitious fragmentation, a spurious split, a delusory duality takes place propping up an illusion, popular as 'I'. And this 'I', this illusion, has the same contents, same ingredients as those of the ground constituents, compulsions, opinions and ideas. There are no two! But 'I' is considered as the 'soul' waiting for meeting 'God' in heaven or taking births after births! Pressures from the paradoxes and prejudices of the past fortify the false duality giving rise endless sorrow, conflict and suffering at every level of human affairs. The pre-initiation introductory talk by Shibendu Lahiri, great-grand-son of Lahiri Mahasay, is an eye-opening phenomenon. The talk is always a wonderful revelation of the inner dimension of human consciousness. You are welcome for free participation in this sharing of ancient wisdom of humanity with a house-holder yogi travelling all over the world to talk to you with tremendous love.

*The talk along with questions & answers session takes about 2 hours.*

*It has been arranged*

## **2. *First step (second day): Tapas; Essence of Yoga.***

This is initiation programme which is not information, but transformation that is not merely a re-construction or re-arrangement of 'I', but a radical change, getting rid of 'I-ness' along with awakening of intelligence (choiceless awareness or pure consciousness – not self-consciousness). These are the original Kriyas, as handed down generation after generation from Babaji & Lahiri Mahasay, emerging in deep actions of perception – not activities of the separative psyche 'I'. Shibendu, his forefathers and his devotees have not formed any organisation although they are very orderly and organised in the living quality of their life. These Kriyas are not physical fitness programs, but simple practices which release the body from the stranglehold of the mental pollutions and generate an energy of equanimity. This is freedom from 'Viyoga' (separative and divisive psyche). And that is Yoga – Dawn of Intelligence (Chaitanya) which remains dormant due to the pre-occupation of human beings with the activity of 'I-ness' (Chitta-vritti).

*Initiation-session takes 3 to 5 hours for a large group.*

## **3. *Final step (third day): Ishwara Pranidhana (perception of holistic dimension of pure human consciousness); Essence of Advaita Vedanta.***

This is a consolidation-session elaborating the eight aspects of life in Yoga, the review of Kriyas and the understanding of the distinction between the profound & non-dual dimension of the inner being and the practical & dualistic dimension of the outer being of the humans.

*The Review-session also takes 3 to 5 hours.*

*Those who attend public pre-initiation talk are permitted to participate in the Initiation ceremony which will be held*

*And only the initiates are allowed to continue in the review-session at the same place*

**For further information contact:**

**Local e-mail contact:**