

# Kriya Yoga goes beyond the senses

(from one of our correspondents)

STERKSEL- "Through Kriya Yoga I have cured people who were suffering from cancer and aids. For instance there was a woman in Santa Barbara, California who had breast cancer. By doing the right breathing exercises she was cured."

Kriya Yoga Master Swami Hariharananda is more than convinced of the powers that, according to him, are inherent in his practices. With this rock solid confidence, he tours the world at the age of 87 to spread the word. At this moment the master stays for several weeks at the Kriya Yoga Centre in Sterksel (red.: The Netherlands).

## FAMOUS YOGA MASTER IN STERKSEL

Swami Hariharananda has drawn many people to the Kriya Centre. "Mostly we have about 30 people here weekly, but now some 100 persons are remaining here", says Peter van Breukelen, the person who is in charge of the Kriya Yoga Centre. The popularity of the Swami is imminent; when he walks through the centre, in his long orange robe and with red velvet shoes, people come to him regularly. They bow to him. Swami puts his hand on their forehead. The visitors are radiating with happiness.

## Purifying

"Through the touch of the hand the body is purified. All impurities disappear and people become pure again. At the same time my energy is transferred to the brains of the people." At the start of each course that Swami gives, he does that same ritual. The difference between the normal Hatha Yoga and the Kriya Yoga is that in the latter, the student should get a spiritual experience within three minutes time. "At this point the senses are disconnected. One sees a big light, a flow of energy goes through the whole body and one can hear the cosmic sound," explains the master. "Many teachers are teaching a yoga which is mainly extroverted, which is taught through the five sense organs. But Kriya Yoga goes beyond the sense organs. So during the meditation there is no talk, only breath control."

## Great Example

In 1948 the master felt an intense longing to see his great example: Babaji Maharaj. It is stated that this master, who should have died already long ago, is still alive somewhere in the Himalayas. It is said that Swami stayed alone in a room for three years, completely disconnected from the world. "Even the doors and windows were thoroughly locked", says Swami. "After a long time there was Babaji standing in front of me in that room. He asked me to spread the message of Kriya Yoga throughout the whole world. From that moment on I travel everywhere to give lectures and courses."

Swami Hariharananda always starts his teachings with physical exercises for better breathing and concentration. Through this, all the organs in the body are activated. The brain is getting more energy. After that the meditation follows, by which the students find a deep calmness and become more loving and friendly; well, this is according to what Swami says. "It is really very healthy for the human being. I am the living example", says the 87- year old.

Tomorrow evening he gives a lecture in the Kriya Yoga Centre. The evening starts at eight and the entrance is free of charge.