KRIYA YOGA

Bulletin no 5/2025, 31 July 2025

Our ashram is flourishing

Tłuczań

A garland of flowers

Summer holiday seva in the ashram

Our garden of abundance

Silent walk in solitude

Meditation retreat

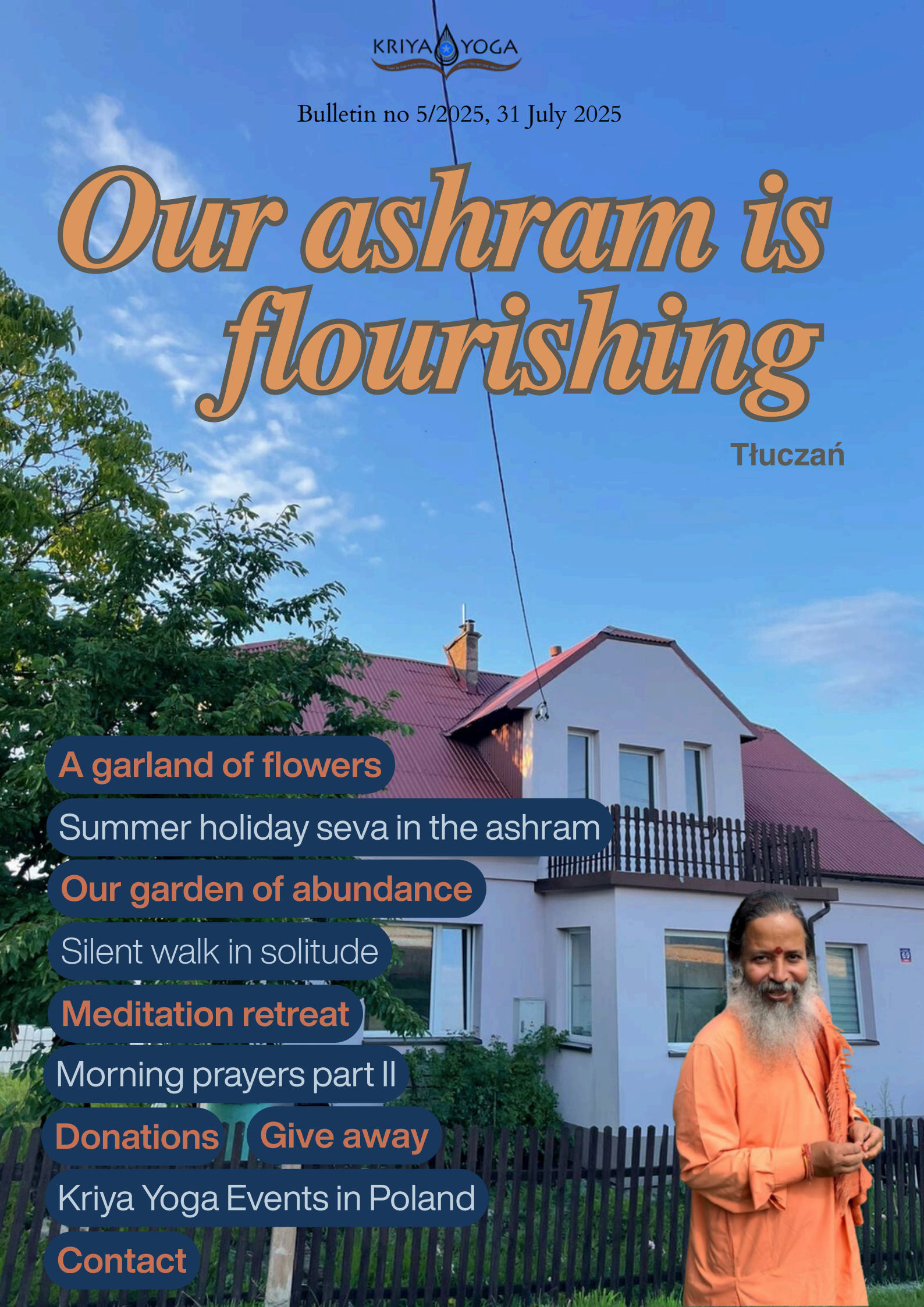
Morning prayers part II

Donations

Give away

Kriya Yoga Events in Poland

Contact





You can always support the activities in the ashram :

- *with your thoughts and prayers*
- *physically - through engaging in different forms of activities in the area of the Centre.*
- *donating materials - buying various necessary objects for the Centre (if you would like to engage in this way - please contact Ewa: phone + 48 537 090 983, Krysia: + 48 791 234 577);*
- *financially: to the account given in the footer of the bulletin (title - donation for statutory purposes: ashram)*





A GARLAND OF FLOWERS

Every human being should be a flower, dedicated and offered to God.
That is why we pray and meditate to become dedicated flowers full of beauty, purity, softness and sweetness.
Many flowers linked together make a garland. An invisible thread passes through them, holding the flowers together.
In spiritual life, the Guru is the thread that brings us together, in the form of a beautiful garland, dedicated to God. Because of God we are all on this planet, and because of the Guru, we have come together.
In our individual life, the breath is the thread. What is the flower? A thought is a flower, since every thought blooms.
What type of thoughts should come to us, which are fit to be dedicated to God?
We should be able to offer every thought at the altar of God.

~Paramahamsa Prajnanananda,
Daily Reflections

Summer holiday seva in the ashram

What was done in the building:

- sanding and painting 3 wooden chairs;
- installing window blinds;
- cleaning the building and arranging equipment in it.



What we managed to buy for the building:

- keirs for tea (2 pieces);
- kitchen chairs;
- furniture and necessities for Guruji's room (desk chair, visitor chair, night light and desk lamp, mattress, pillows and eiderdown, towels, hangers for the wardrobe, blanket).



In the Picture: Oliwia - our spiritual sister from Swami Shankarananda Giri's path



Summer holiday seva in the ashram

That was done in the garden and around the building:

- weeding the garden;
- building pergolas and a fence around the garden;
- collecting pests and snails;
- putting nets around the trees;
- mowing with the new land mower;
- seed and plant plants;
- installing the watering system;
- preparing garden benches;
- building raised plant beds.



In the picture: Clément🙏


In the picture: :Władek🙏


In the picture: Maks🙏


In the picture: : Krysia🙏


In the picture: Dominika🙏



- buying tree bark as plant mulch and watering line

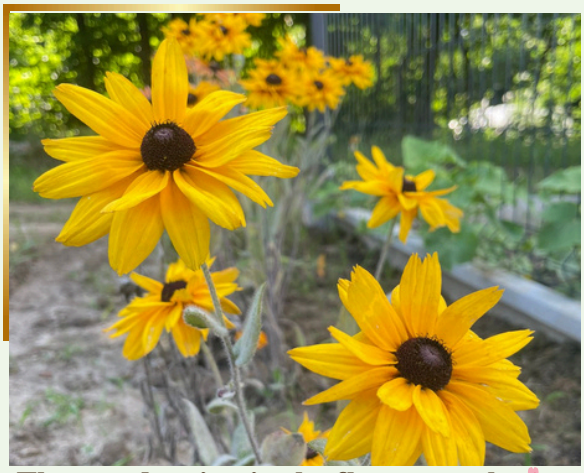

In the picture: Władek🙏


In the picture: Krysia🙏




In the picture: Maks, Swami Prabhavananda Giri, Władek, Asia, Siergiej

Our garden of abundance



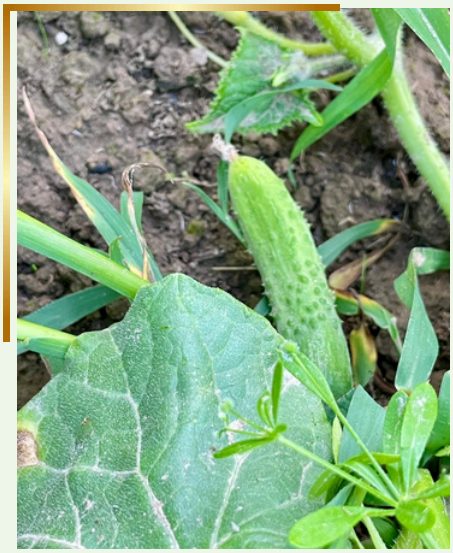
The sun dancing in the flower petals 🌸



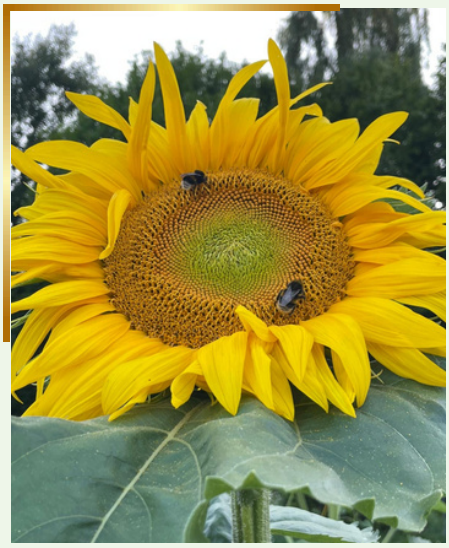
Cymblings ripening into golden balls 😍



Carrots hiding deep



In sweet patience, the cucumbers shine with the morning dew



The bumblebees, lightly and joyfully, delight in the sunflower nectar







In the lamp / watering can, wild bees have made their home, working persistently 🥰

Our garden of abundance

It is not just the garden. It is a temple of simplicity. Every leaf, every insect,

every moment - a hymn of existence. And in all this - God's presence. Buzzing, sacred.

God hidden in the taste of carrot, softness of the petals, in red berries.

The summer is on.

Thank God.



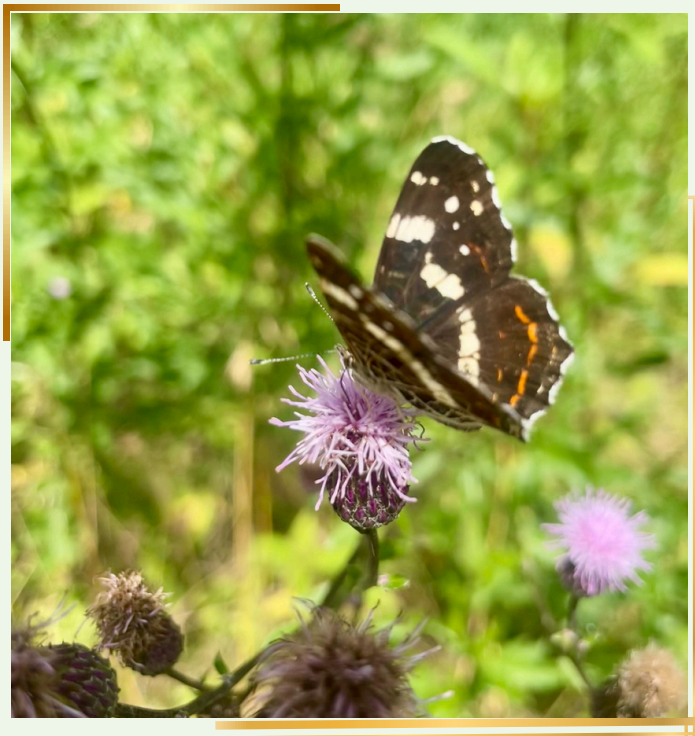
Silent walk in solitude

Silence falls deep among the trees, where the world stops without question. Every step becomes a prayer, though lips do not express any words. The air, filled with the aromas of moss, damp soil, and delicate flowers, brings solace which does not require explanation. Leaves move gently, answering the wind's touch. Insects circle around in a rhythm that does not know hurry, but knows purpose. Forest flowers open up without fear, slowly - they dwell just as they were made. All breathes in the rhythm of creation. God does not speak - but all around speaks of Him.

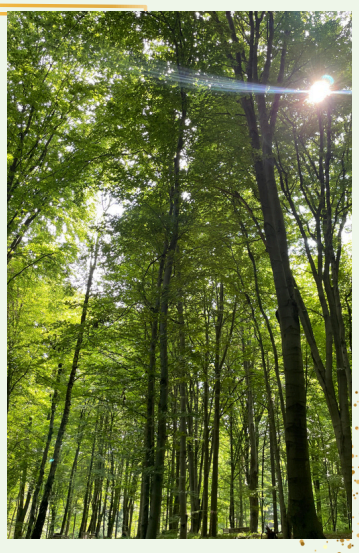




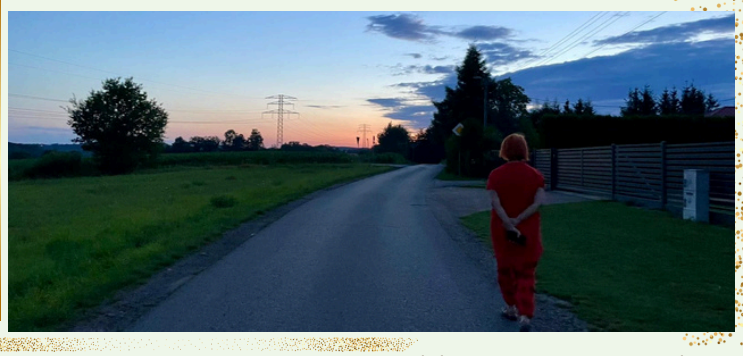












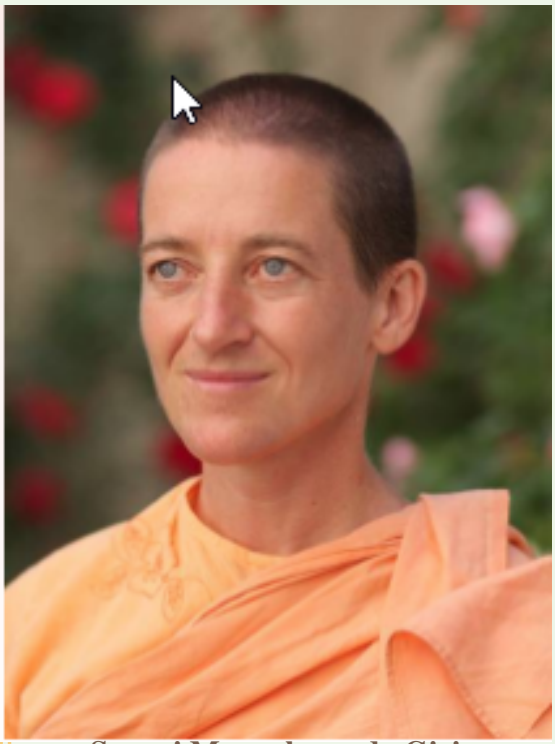
Meditation retreat



From July 22 to 27, 2025, in the heart of Warmia County, among the meadows, forests, and wildlife of the Pasłęka River Nature Reserve, a small meditation retreat with Swami Mangalanandaji took place.

Pityny - a clean, quiet place, hidden from the ever-changing world - became a space to dive deeply into oneself.

Daily meditations, shared walks, and insight sessions led the kriyavans towards truth and presence - towards God and Soul. In silence, in the heart, in the dew drops on the grass. This retreat will stay with us - as a reminder of inner peace, a quiet reference point on the path of Kriya Yoga.



Swami Mangalananda Giri



MORNING PRAYERS

part II

gururbrahmā gururviṣṇuḥ
gururdevo maheśvaraḥ
guruḥ sākṣāt parabrahma
tasmai śrīgurave namaḥ

ajñānatimirāndhasya
jñānāñjanaśalākayā
cakṣurunmīlitaṁ yena
tasmai śrīgurave namaḥ

caitanyaṁ śāśvataṁ śāntaṁ
nirākāraṁ nirañjanam
nādabindukalātītaṁ
tasmai śrīgurave namaḥ

akhaṇḍamaṇḍalākāraṁ
vyāptaṁ yena carācaram
tatpadaṁ darśitaṁ yena
tasmai śrīgurave namaḥ

karāgre vasate lakṣmī
karamadhye sarasvatī
karamūle tu govindaḥ
prabhāte karadarśanam

samudravasane devi
parvataḥ stanamaṇḍale
viśhṇupatni namastubhyaṃ
pādasparśaṃ kśhamasvame

brahmā murāristripurāntakārī
bhānuḥ śaśī bhūmisuto budhaśca
guruśca śukraḥ śanirāhuketavaḥ
kurvantu sarve mama suprabhātam

Donations

Thank you for the donated things:

1. Furniture for Guruji's room (wardrobe, shelf, bed, bedside closet, desk)
2. Actinidias
3. Berries
4. Vines
5. Apple tree
6. Flowers
7. Three wollen blankets
8. Pitchfork
9. Hanger
10. Wood for the pergolas and benches
11. Materials for building the fence (netting, fence posts, gate, garden gate)

Beloved ones,
since 15.07.2025 our account of Kriya Yoga Association in Poland has been injected with: 7. 635 PLN for furniture and 1.300 PLN for the ashram
🙏🙏🙏

THANK YOU VERY MUCH!

Give away

We need:

1. Yellow glass fiber rods to install the securing net around the trees
2. Garden table
3. Tool shed
4. Two fuel canisters









illustrative photos (except for rods)

Kriya Yoga events in Poland in 2025

27 August - 1 September 2025 Tłuczań

Jubilee programme: 30 years of Kriya Yoga in Poland

Paramahamsa Prajnanananda,
Swami Atmavidyananda,
Rajrsi Peter von Breukelen, Swami Mangalananda Giri,
Swami Karunananda Giri, Yogacharya Claudia Cremers

19-21 September 2025 Poznan

Initiation programme

Yogacharya Gerti Rieser

17-19 October 2025 Warsaw

Initiation programme

Swami Karunananda Giri

8-9 November 2025 Tłuczań

Intense meditation programme

Swami Chidrupananda Giri

14-16 November 2025 Katowice

Initiation programme

Yogacharya Ruud Wierdsma

12-14 December 2025 Tłuczań

Initiation programme

Swami Karunananda Giri

kriya.pl

CONTACT

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Ul. Garczyńskiego 13
31-524 Kraków
REGON: 360325447
NIP: 5342501133

Paiment details in Euro
Bank account number: PL03 1140 2105 0000 5569 5400 1004
BREXPLPWMBK
Title: Donation to the Kriya Yoga Centre Poland

How to get to us?



CRACOW MAIN

~30 km



KMŁ Koleje Małopolskie



BRZEŹNICA

Kriya Yoga Centre
Tłuczań
Gorki 69



~3,5 km



kriya.pl
kriya.org
kriya.eu
kriyayoga-meditatie.nl
prajnanamission.org

31.07.2025