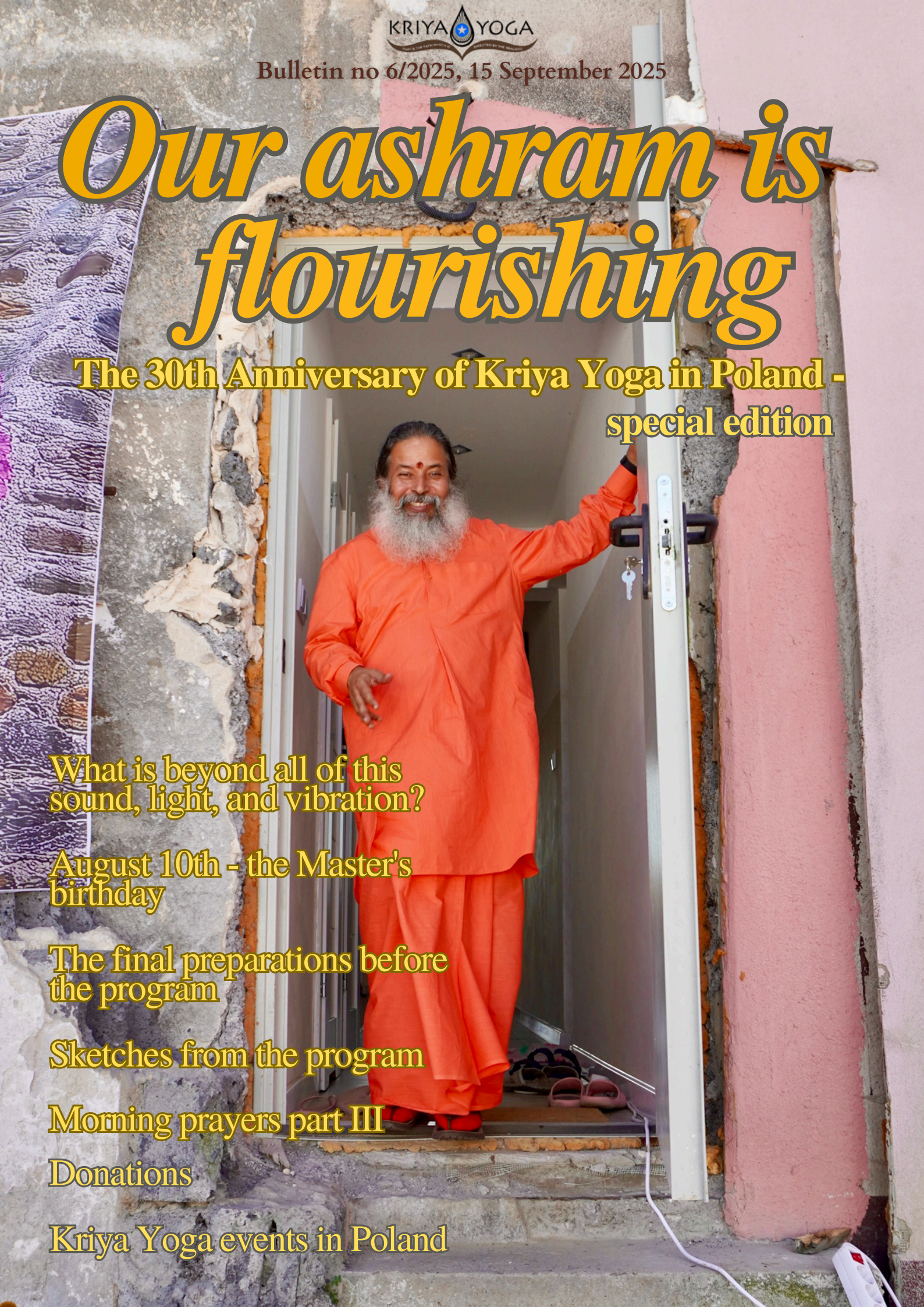
KRIYA YOGA

Bulletin no 6/2025, 15 September 2025

Our ashram is flourishing

The 30th Anniversary of Kriya Yoga in Poland - special edition



What is beyond all of this sound, light, and vibration?

August 10th - the Master's birthday

The final preparations before the program

Sketches from the program

Morning prayers part III

Donations

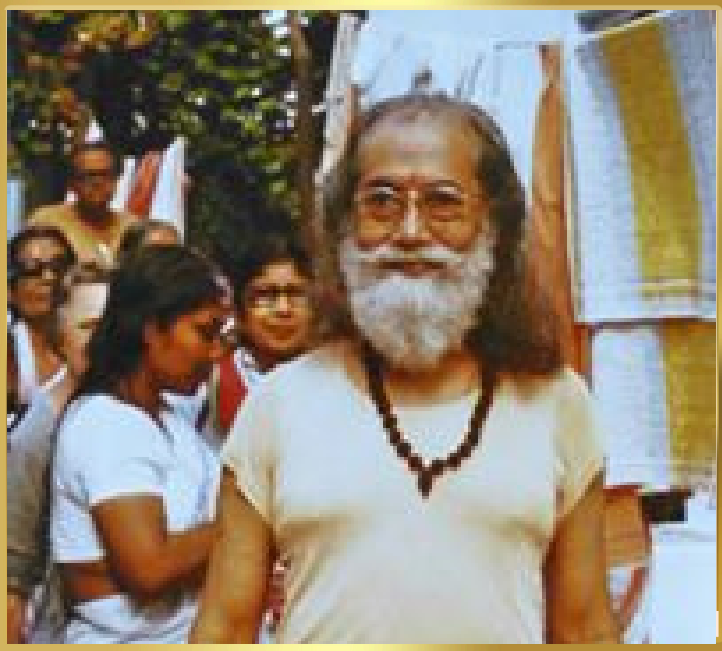
Kriya Yoga events in Poland



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)*





What is beyond all of this sound, light, and vibration?

Beyond all these experiences of sound, light, and vibration is realisation.

It is the formless stage; it is being united with the Father. These are the symbols or signals. It shows that you are closer to God. When you go deep, when you go up to His presence, slowly the sound will disappear, the vibration will disappear, and complete merger and samadhi will come. At that time you will not have any sense of the world or any sense of the body. You are one with the Father.

~Divine Quest
Paramahamsa Hariharanandaji

August 10th - the Master's birthday



Our Beloved Master❤️!

How good it is that You were born, that we can, being near You, experience the Love, Truth, and Grace that awaken us to a life full of surrender to God. What can we wish You on Your birthday? Perhaps the thing a real teacher wants the most - students eager to explore the world of matter and spirit in all its wonder, with respect and Love, in service to God and all creation, who are moving towards Light and liberation from darkness.

Fulfilling this wish depends on our will and actions, and though we may fall, stumble, and get lost along the way, let us not stop on our path. Let us use the Light with which our Guru dispels the darkness.

.



Dear ones, today we celebrated the Guru's birthday in the ashram. 🎁 🎂
There was group meditation, seva, and a shared meal.
❤️4

On 28 August 2025, during a lecture, Swami Atmavidyananda Giri said:
"GU - in Sanskrit means darkness,
RU - that which dispels the darkness."
He further explained that a Guru is not a person, but a principle, the Logos, a medium between God and the disciples—the channel and the principle in one.

Our soul is also a Guru—an inner one. The external, embodied Guru leads us, the disciples, to the inner Guru.

Let us love GURU - our soul,
master Paramahamsa
Prajnanananda, all the Masters of all times
and places, let
us love God and His Entire Creation.

The final preparations before the program

A lot was happening. It is incredible how much we have managed to do over the last year so that the Jubilee Program for the 30th Anniversary of Kriya Yoga in Poland could be held in our ashram in Tłuczań. There was a lot of work in the house, the garden, and the grounds. Sometimes we lacked hands to work. But eventually we did it; we sighed with relief. We did not manage to create luxurious conditions for the program, but has that ever been the point? Instead, it was intimate, quiet, and full of love.















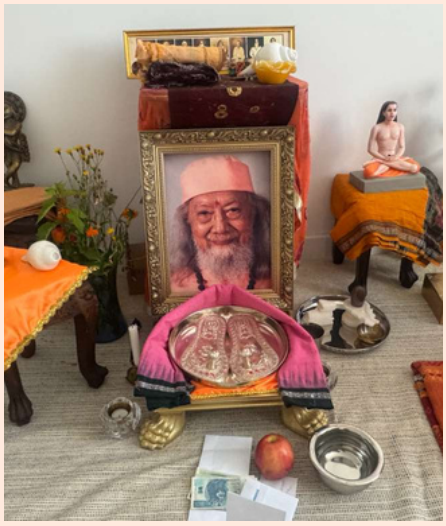






Sketches from the program

MEDITATIONS, LECTURES, AND PUJA: THE CENTRAL POINTS OF THE PROGRAM





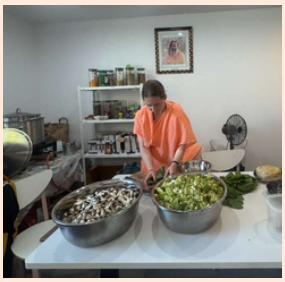






Sketches from the program

SHARED MEALS









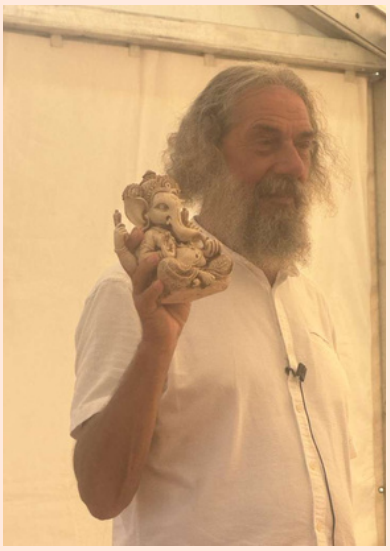




Sketches from the program

A penny saved is a penny earned.

OUR AUCTIONS AND PURCHASES TOP UPTHE ACCOUNT FOR BUILDING THE ASHRAM









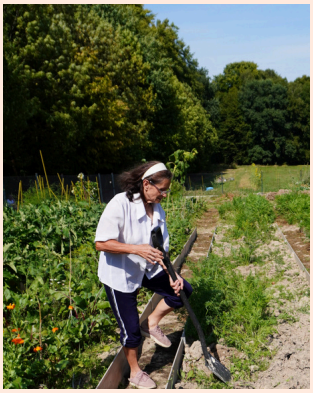




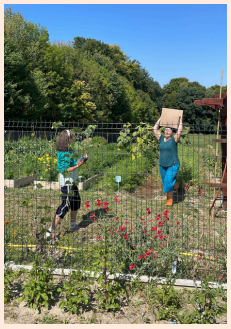



Relacje z programu

SEVA, GURUJI IS PLANTING AN APPLE TREE















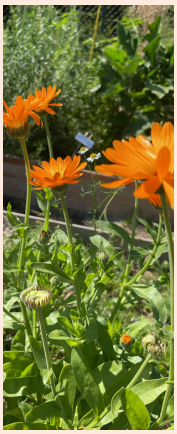




Sketches from the program

SOMETIMES YOU NEED TO REST, SOMETIMES TO TALK, TO SPEND TIME WITH NATURE













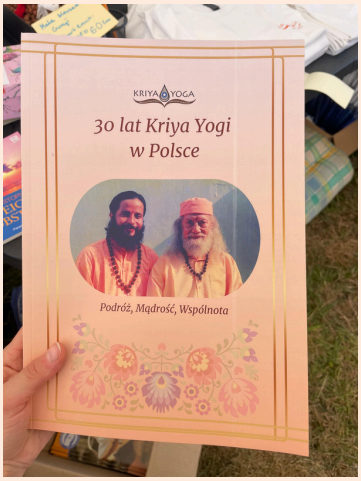














MORNING PRAYERS

PART IIII

3x
om bhūrbhuvaḥ svaḥ
tatsaviturvareṇyam
bhargo devasya dhīmahi
dhiyo yo naḥ pracodayāt

3x
om gurudevāya vidmahe
parabrahmaṇe dhīmahi
tanno guruḥ pracodayāt

5x
om tryambakaṁ yajāmahe
sugandhiṁ puṣṭivardhanam
urvārukamiva bandhanān
mṛtyormukṣīya māmṛtāt

om saha nāvavatu
saha nau bhunaktu
saha vīryaṁ karavāvahai
tejasvināvadhītamastu
mā vidviṣāvahai
om śāntiḥ śāntiḥ śāntiḥ

sarveṣāṁ svastir bhavatu,
sarveṣāṁ śāntir bhavatu,
sarveṣāṁ pūrṇaṁ bhavatu,
sarveṣāṁ maṇgalaṁ bhavatu

sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadrāṇi paśyantu
mā kaścid duḥkhabhāgbhavet

asato mā sad gamaya,
tamaso mā jyotir gamaya,
mṛtyor mā amṛtam gamaya

om pūrṇamadaḥ pūrṇamidaṁ
pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāyaḥ
pūrṇamevāvaśiṣyate
om śāntiḥ śāntiḥ śāntiḥ

hariḥ om | śrīgurubhyo namaḥ | hariḥ om

DONATIONS

MEANS GATHERED

Beloved ones,

During the program, we managed to collect 135,496 złoty, which will top up the building fund for the ashram. Even during the event, we purchased an apple tree that Guruji then planted. This is to start a yearly tradition of the Master planting jubilee trees.

Thank you all for your support - your work and donations of all kinds. We appreciate it; we know you are doing it from the bottom of your hearts and with your deepest devotion. Without you, without your work, this ashram would not have come into existence, nor have any reason to exist. Because it is for you, for us.

However, we are still missing a considerable amount to make the project possible. The cost is truly huge. So, if it is possible, please engage in the building process in any way you can.

If you wish to donate, please use the account provided in the footer of the bulletin.

Thank You

Paiment details in Euro
Stowarzyszenie Kriya Yoga Polska
Ul. Garczyńskiego 13
31-524 Kraków
Bank account number: PL03 1140 2105 0000 5569 5400 1004
BREXPLPWMBK
Title: Donation to the Kriya Yoga Centre Poland

Kriya Yoga Events in Poland in 2025

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

How to get to us?



KRAKÓW GŁÓWNY

~30 km



KMŁ Koleje Małopolskie



BRZEŹNICA

KRIYA YOGA CENTRE
TŁUCZAŃ
ul. Gorki 69



~3,5 km





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

15.09.2025