

002594 JUL 12 1963



LAHIRI MAHASHAY

Mr. Shibendu Lahiri, a Master/Teacher of Kriya Yoga, and his wife, from Varanasi, India are planning to come to the United States sometime in July to share the teachings and techniques of the original Kriya Yoga as taught by Lahiri Mahashay and his master, Mahamuni Babaji.

Mr. Lahiri's great grandfather, the 19th Century sage, Lahiri Mahashay, is revered throughout India as one of the greatest of saints. His life and teachings became known to the West through the book, Autobiography of a Yogi, by Paramahansa Yogananda (obtainable from any bookstore) --a quote from this book to show just where he is "coming from" --"On the previous night Gandhi (one of the greatest of leaders of all times for his stand for non-violence) had expressed a wish to receive the Kriya Yoga of Lahiri Mahashay." (Pg. 508)

Another quote from the same book, Pg. 276 --"KRIYA is an ancient science. Lahiri Mahashay received it from his great guru, Babaji, who rediscovered and clarified the technique after it had been lost in the Dark Ages. Babaji re-named it, simply KRIYA YOGA.

'The KRIYA YOGA that I am giving to the world through you in this nineteenth century,' Babaji told Lahiri Mahashay, 'is a revival of the same science that Krishna gave milleniums ago to Arjuna; and that was later known to Patanjali and Christ, and to St. Jehn, St. Paul, and other disciples.' "

Kriya Yoga is a direct, scientific and non sectarian method of spiritual development which systematically cultivates the experience of pure consciousness through regulation and refinement of the internal energies. It is a combination of hatha yoga (working with the body), raja yoga (stilling the mind/breath) and laya yoga (absorption in 'no mind') and progressively leads to self realization. Kriya Yoga was revived last century by the great householder saint, YOGIRAJ Sri Shyama Charan Lahiri, known to the world as Lahiri Mahashay ('the Compassionate'). Lahiri Mahashay received initiation into Kriya from Mahamuni Babaji in 1861.

While there are many lineages and teachers of Kriya Yoga, the dynastic (father to son) lineage of Lahiri Mahashay has preserved the original techniques and teachings in their pristine purity. People receiving instruction are thus guaranteed that they are receiving an authentic transmission of spiritual knowledge and that the techniques retain their full potency. The current head of the dynastic lineage is Shibendu Lahiri Mahashay.

Shibendu Lahiri was initiated into Kriya by his father, Acharya Gurudev Sri Satya Charan Lahiri, 1961 and was publicly installed as his successor shortly before his father's death in 1987. After a year of penance, Shibendu Lahiri commenced his duties as custodian of the lineage. He leads a modest life at 'Satyalok' ('abode of truth') in Varanasi, India, a dwelling which contains a temple and shrine dedicated to Lahiri Mahashay. Most of his time is spent conducting Vedic ceremonies, giving Kriya initiation and providing assistance to Kriya initiates and visitors.

Shibendu Lahiri gives Kriya initiation to those who sincerely request it, subject to their leading a stable lifestyle and making a commitment to the practice. There is no fee for initiation, however a donation (of any amount) is requested.

Shibendu Lahiri has expressed to me that invitations are coming to him from different parts of the United States.

Mr. Lahiri speaks very good English and is a powerful and engaging communicator whose words have the force of direct spiritual experience. He works tirelessly to ensure that seekers receive the necessary guidance and support for their Kriya practice.

Lahiri Mahashay forbade the formation of organizations around his teachings and so Mr. Lahiri's visit is dependent on donations from seekers to cover air-fares and other travelling expenses.

In a letter to me, "KRIYA builds up a bonfire in our being which burns all impurities; and conditioning. Be a pioneer and pace setter in spreading the Lahiri-lore in your area. This is the essence of pious and spiritual life which has nothing to do with sectarian madness." Lovingly, S. L. (Dec. 22, 1992)

FOR FURTHER INFORMATION, CALL [REDACTED], OR WRITE TO --KRIYA YOGA

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*Love to hear from you. would you be interested in interviewing him?
Sincerely,*

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