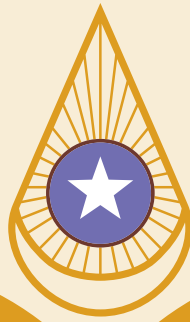


# KRIYA YOGA



THAT IS THE PATH WHICH IS

DIRECTED BY THE REALIZED



Already 10 marvellous years in Tattendorf Ashram. The Foundation Celebration is blessed with the presence of Gurudev Paramahansa Hariharananda. (6th Sept, 1998)

A Decade of Dedicated Service for Humanity

## Tattendorf Ashram

**G**urudev used to say, "Life is not an empty dream." Many people are dreamers and do not know how to bring their dream into reality. They think, plan, and deliberate a lot and have beautiful ideas, but to be practical requires constant hard work until the goal is achieved.

### The Beginning

When I look back at the sincere and dedicated work of devoted kriyavans and the achievements in past years, I see the blessings of God and the masters in helping to live a spiritual life, bringing harmony in all religions and ultimately serving humanity with love and devotion.

I remember Gurudev and his loving service to humanity for over fifty-four years after attaining perfection in the practice of Kriya Yoga. He came to the West in 1974 at the age of sixty-seven and worked hard to bring the message of practical spirituality through the practice of Kriya Yoga, which brought great visible transformation in the lives of countless people. In order to carry out such noble work and deliver the teachings to a wider spectrum of people with love and devotion, a permanent institution was needed. Thus, two beautiful ashrams came into existence – one in Holland and the other in Austria. Now, in 2008, we are going to celebrate ten years of >

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## ❁ Dedicated service

Centenary Celebration, Cuttack/India, May 2007.  
 “It is not my birthday, it is your birthday. I am born for your birthday.”  
 Gurudev



Vienna Congress: Father Innozenz Varga pays homage to Gurudev, as “a man of prayer.” They first met in Vienna in 1992.



Representatives from different religions unite at the Inter-Faith Conference to share in Gurudev’s message of peace and understanding. Social, political and spiritual leaders pay tribute to Gurudev and his contribution to humanity.



➤ selfless service at Kriya Yoga Centre in Tattendorf, Austria. The foundation work of this centre of Kriya Yoga started in 1994 when Gurudev started to live in Vienna for an extended period and brought me to the West. Other people, like Peter Baba had already kept the lamp of Kriya burning with their sincere and ceaseless effort. When we started to work in a co-ordinated way from Vienna, a feeling about having our own place where people could come together and bring the dream of Gurudev into reality arose. Many people searched long and hard to find a suitable place. Then, at last, with Christine Ma’s sincere effort we found the right place in the small village of Tattendorf, which was not far from the city or the airport. Thus, Tattendorf Ashram came into existence. Its ten-year life span has been the groundwork for what it is today – a temple of love and compassion that serves humanity at large in various ways.

### The Practice of Kriya Yoga

The ashram, through its practice and

teachings of Kriya Yoga, brings together western and eastern Europe. The ashram awakens early every morning with beautiful chanting and meditation. It is here that we meditate together three times a day, which brings forth the spirit of working together with love and compassion for the rest of the day. The “Simple Prayer” of St. Francis, which we pray every morning, becomes the guiding force to serve all with love, kindness and compassion, and instead of seeking fault in others, to cultivate forgiveness and fraternity. The regular practice and teaching of Kriya occurs here in a coordinated way. This ashram became the Mother Centre that coordinates the Kriya activities for all the European groups as well as other activities in other areas of the world. Dedicated residents and Kriya students gather together on many occasions to work for this goal. Through his love, compassion, and divine grace, Gurudev energized this ashram into a place of spiritual practice. From its inception, he lived in the ash-

ram for some time and gave beautiful guidelines and instilled a spirit of love to carry out the divine work of spreading the message of Kriya and serving humanity in many ways. His idea was to disseminate the message of Kriya activities in different places of Europe as well as co-ordinating global activities, publishing books, accelerating humanitarian services, and much more. Many loving, serving and resourceful people came forward to help in this divine mission.

### Kriya Yoga: A Divine Link between All Faiths

Kriya Yoga has no direct link with any religion, although its origin goes back to India. Gurudev used to say that Kriya Yoga is the common highway of all religions. People of all faiths and religions are practicing this beautiful technique of Kriya Yoga. It has touched the lives of millions of people all over the world. Gurudev always advised people to follow their own religion. His message is: through the practice of Kriya, a Hindu will be a better Hindu, a Christian a bet-



Offerings of devotion. Flower garlands are made in traditional Indian style to welcome Gurudev.



Practical spirituality: Even in old age, Gurudev blesses us with his divine presence for a smooth and successful move into the Ashram.

ter Christian, a Muslim a better Muslim, and so on. The Kriya Yoga masters, starting from Swami Shriyukteswarji to Paramahansa Yoganandaji and Baba Hariharanandaji, gave deep spiritual and metaphorical insight into the scriptural texts of different religions.

There is a need at this time to bridge the gap between people of different faiths and religions and to bring more understanding, and Kriya Yoga provides a beautiful link. Kriya students celebrate the holy days of different religions and the spirit of harmony and unity of all religions is reflected in the lives of people who practice Kriya, because it is free from all dogmatism and fanaticism.

I have beautiful memories of visiting and meditating in many synagogues, churches, Christian monasteries, and other places of religious practice throughout the years. Celebrating Christmas and New Year in Vienna and Tattendorf remains a heartfelt memory for me. We also organized many inter-faith and inter-religious activities during Gurudev's Birth Centenary Celebration.

### Publications

The teachings, messages, writings, and life of Gurudev and the other Kriya masters have been a great source of inspiration to many people all over the world. As a result of an increasing demand for these teachings to be made available, Tattendorf Ashram became the nucleus for publishing and printing Kriya literature in different languages. Many devoted and dedicated disciples have come forward to transcribe, compile, and edit texts on yoga, philosophy, and spiritual life. Now, at this time of electronic publications being more readily available, there is a great demand for audio and video recordings, which the Tattendorf team is working hard to fulfil. 'Prajna Publication', our publishing organization, was created and has been working in a planned manner to publish books in different languages as well as produce audio and video recordings.

### Gurudev's Birth Centenary

Gurudev regularly visited Europe from 1974 until his last visit in 1998, which

was at Tattendorf Ashram. He left for the USA, and slowly his active life came to an end on the 3rd of December 2002, at the ripe age of ninety-five.

Disciples wanted to celebrate Gurudev's birth centenary to remember the contributions to humanity that this great yogi gave. His centennial year was from 2006 to 2007, and with much prior planning and a broad vision, this global celebration became a reality. More than 108 celebrations were held worldwide and the Tattendorf team contributed significantly in various ways to make it all happen. With their help, the many centenary programs held in Europe were a great success. The team also contributed a lot in supporting the Inaugural and Closing Ceremonies in India as well as helping with the many publications of Gurudev, especially *Ocean of Divine Bliss: The Complete Works of Paramahansa Hariharananda*. This ten-volume set includes the writings and teachings of Gurudev. Since its release, many people have expressed how beautiful these teachings are and their gratitude for >

## ❁ Dedicated service

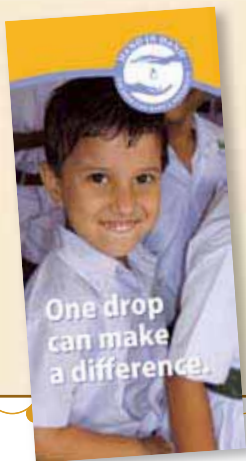
Free health and dental care is given each year to over 50,000 of the poorest people in Orissa, India.



"Together we can make a difference." Hand in Hand was established in Tattendorf and is chaired by Peter van Breukelen (centre).



The nursery class hits the playground! Over 200 students are now enrolled at 'Balashram', a residential school for under-privileged children in Orissa - one of the projects of Prajnana Mission.



> those who dedicated their time and hard work in making them available. They appreciate that Gurudev's precious teachings will now be available to more and more people.

### Hand in Hand

Spiritual life is not only meditating and expecting realization. It teaches how to live in the world with love, compassion, and service. Natural calamities and disasters open our eyes to see the misery that people and other beings suffer in life and broaden our minds and hearts to serve people in distress. Gurudev used to say meditation and right action will help quicken our spiritual evolution. With this purpose, the idea of establishing an organization to support humanitarian and charitable activities arose in some dedicated disciples. As a result, the humanitarian organization, Hand in Hand, was formed and incorporated in Austria and is operating from Tattendorf Ashram. Slowly its activities have been expanding to the USA and many countries in Europe, particularly in Germany, Holland, and Switzerland.

Hand in Hand has been helping to support Hariharananda Balashram, the re-

sidential school for poor and orphaned children in the state of Orissa. These children are now being given the opportunity to receive an education, food, clothing, and much more. Hand in Hand is actively involved in helping the Hariharananda Charitable Health Centres in India to provide medical service to those in need. They are also helping to provide disaster relief whenever needed.

### Silent Workers

This world needs people with love and humility and who are ready to serve not only themselves, their family and community but humanity at large. Good people with kind hearts can form a noble society. It has been my experience and great joy through these years of staying in the West, and especially in Vienna and Tattendorf, that many selfless and silent workers have contributed so much in spreading the message of Kriya Yoga and serving this mission in many ways. Their love, devotion, and sincere work have deeply touched me. Their presence in my life has also been a source of inspiration for me. I pray to God and the masters to bless all of them. I hope that those who

are continuing this work will do so with more love, strength, compassion, and co-operation amongst themselves. I see the ever expanding Kriya family having more love, sweetness, kindness, and understanding.

### Eternal Message of the Masters

A rose is not blooming for itself alone. It gives everything for creation. A bird is not chirping for itself; it gives joy to those who listen. The realized masters have always said that one should not live for oneself alone, rather one should live for realization whilst loving and serving others. Do not treat others as you do not want to be treated. Love all and serve all unconditionally, because each one is the living image of God. The power of God is hiding in all. Realize this through your meditation and serve them through your action.

On the occasion of this celebration, I hope this beautiful temple of love and devotion, which is Tattendorf Kriya Yoga Centre, will always thrive to fulfil this eternal message of the masters.

Paramahansa Prajnanananda ❁



Gurudev Paramahansa  
Hariharananda arrives  
with Christine Ma  
in Tattendorf.  
(3rd August, 1998)

## My Memories of the Foundation of Tattendorf

I will try and remember how it happened – how Baba gave a home to us, to all his children – in Tattendorf.

The story of an Ashram in Vienna began a long way back. When I first started accompanying Gurudev during his travels from India to Europe, he did not know so much about Vienna, but he kept asking many questions and then he would sit back and reflect in silence. This happened every flight. One day, he simply said, “An Ashram would be nice here. Western people are very spiritual.” Then, he thought about it some more.

One year later, in another trip back to Europe, just before landing, he said to me, “This is Vienna, the heart of Europe. Here will be a very big Ashram, go try and find it.” It was spring, 1995.

Gurudev already loved Vienna. We first rented a little house in Beheimgasse from a disciple, Dr. Peter Bäurle. We stayed for the winter. It was a bit cold for Baba. The next year, we rented another house in Suttingergasse. It was still too small for what Gurudev really wanted. At first only I was searching and bringing back photos of different properties to show him. We also went to see a beautiful property 100 kilometres from Vienna. It had been a hotel. In spite of his physical condition and pain in his spine, Baba went, but he thought it was too far away. During that first year it was impossible to find the right place. He even told me to look in

the city or near Vienna. He said it would be nice to have a garden but it was not so important. He also asked Anneliese. We all tried to find a suitable place. His patience was infinite. He was looking at all the photos we made.

One day, Anneliese found a property in Tattendorf. It was the right size and spacious enough. Baba knew the future. He already knew that it would not be

smell of dogs was strong the first few weeks but many disciples worked really hard to clean up the house and property. Gurudev did not like dogs so close, but what mattered to him was that in his heart he had found the place he wanted. He would be there, among his followers and physically establish an Ashram for his growing family, “Here many will come, it will take time but many will

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*“My affectionate, pure, perfect, divine and holy loving mother Christine Ma! Your tears (flow holy love) for Guru, still makes me more holy and godly. Your are uncommon divine mother. As one moon is enough to remove the darkness of the night, so one Christine mother is enough to establish Authentic Kriya Yoga Centre in Vienna”*  
Excerpt taken from a letter by Paramahansa Hariharananda to Christine Ma, May 6th, 1996

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possible for him to come back to Europe again and again. Every year, he had to go twice to hospital. His spine was rapidly deteriorating. His doctors advised against further strain in his back. But he wanted to start an Ashram. He wanted all of us to share this moment. He wanted to be physically present. When he first saw Tattendorf, the price was not yet fixed. It was so interesting how he handled the financial negotiations. He played the game perfectly. It worked. Both parties were content.

The old owners had many dogs and the property needed to be cleaned up. The

come.” Gurudev did everything to make it easier for us.

A few years later, we can see the result. His vision came true. From a small group of people, now over 150 kriyavans attend different seminars in Tattendorf and all over Europe. Guru made the first step. An Ashram was founded in the heart of Europe. The Guru has given us all a chance to grow quickly. He made a triangle: Holland, Tattendorf and Miami. His children all over the world now had three new homes in the West. ❁



## What is *paramahansa* and what

**B**reath is your life. One breath is like a fire ceremony. Into the fire we offer ghee; the air goes and touches the fire. The air is ghee, and the fire is the Supreme Almighty Lord. It is a constant fire ceremony. Just keep your attention inside, half an inch inside, in the atom point. Do not see anything. Be like Paramahansa Prajnanananda. He is highly cultured and educated. When he successfully completed his examinations, he got a job in the government college. Just his examination results were sent – he did not go personally to apply for the position. They saw the examination results, which were the top scores. Immediately they wrote him a letter asking him to please come and join the college as a professor.

Not only an academic education, but all the scriptures are also in his brain. He stayed constantly with Hariharananda. Throughout this time period, when he was a student, and even when he was a professor, he went from the ashram to the university, and came back to take

food in the ashram. Every day, he travelled ninety kilometres to and fro, just so he could be with me and learn. Travelling forty-five kilometres each way on roads in India takes a long time.

One day when I was doing a puja, he was present. I spoke about the long dhyana mantra, and said that he would not have memorized this mantra. Then he recited the entire mantra. I asked how he knew it. He replied, “On the day that you were worshipping, I recorded what you chanted. I listened to it, transcribed it, and committed it to my memory.” This is prajna. Prajna means Brahman – knowledge, consciousness, super consciousness, and cosmic consciousness; these are the stages of knowledge. The first stage, knowledge, means material knowledge. Consciousness is higher, including knowledge that you are free, and not evil. Superconsciousness and cosmic consciousness both mean being near the door of God, the cosmos. Prajnanananda is there, in that state. *Prajna* and *Samadhi* cannot be taught with words.

Prajnananandaji has vast knowledge of all the scriptures and of spirituality. I have the deepest love for him. I am so happy with him. I am old – ninety-one years. How long will I be able to talk? How long will God inhale in this body? I do not know. But Prajnanananda is advanced. He is above the level of humanity. He is the one to continue my work. The whole body sense is *ham* and the soul is *sa*. *Hamsa* usually means swan. But *paramahansa*, this *hamsa* does not mean swan, it means one. He and you are one, and always have been one – *hamsa* – in the material, and in the non-material, or spiritual.

On his birthday in 1998, I decided that his name should be Paramahansa Prajnanananda – supreme *sa* and supreme *ham*. His whole *ham* (body) is God. Prajnananandaji is that person – Supreme Almighty – *param*, *ham*, and *sa*. He is free from all negatives and has attained this highest spiritual state.

The whole gross body has fifty types of breath, and your soul body is *sa*.



3

## is prajna?

Without *sa* you cannot earn money, enjoy physical pleasure, or eat food. You must watch two at a time – *ham* and *sa*. And have love, love, love. Feel the presence of God. Feel the presence of God as one. Be careful. Remain detached from evils, wrongs, and immorality. Prajnananandaji is of that type who is free from everything.

You should always feel that you are *paramahansa* – feel that you are divine. On Prajnananandaji's birthday, I wrote that I am so happy that they presented the statue of Mother Mary to him. I am so happy that he will be the one to carry on my work. Today I am alive, but tomorrow God may not inhale for me. My brain power is all right and I am still working.

Paramahansa Prajnanananda – what is *prajna*? *Prajnanam brahma*. *Prajna* is Brahman. Brahman means *sarvamkhalvidam* – in the whole universe, whatever you see, whatever you cannot see, that is Brahman. No one can touch Brahman, no one can catch

1: Arrival of Paramahansa Prajnananandaji in Tattendorf – Sept 1998 2: 10-08-1998 Birthday Celebration for the new Paramahansa in Hudson/Ohio, United States 3: "Prajna and Samadhi cannot be taught with words."

Brahman, no one can see Brahman. Air is everywhere, air is Brahman. That is your life – *prajna*. You have material knowledge. For example, I can see you, I can recognize you. This is knowledge. Consciousness is beyond knowledge. Superconsciousness and cosmic consciousness are even higher knowledge. You are only at the door of God. Prajnananandaji is beyond, in the formless stage. I felt this about him long before. It is why at the time he received *sannyasa*, I gave him the name Prajnanananda – *prajnanam brahma, ayatma brahma*. Your soul life is Brahman – breath. *Ayatma brahma* – your life is Brahman. *Sarvamkhalvidam brahma* – anything you are seeing, everyone is Brahman. *Tat tvam asi* – Thou art That. You are the Supreme Almighty Lord. You must feel that. ❁

Excerpt from *Ocean of Divine Bliss*, Vol.8.

### THE BIRTH OF A PARAMAHANSA

Suddha and Harinath Bathina

It was the 10th of August, 1998. The place was Hudson, Ohio, USA where we lived during that time and our home was the Cleveland Kriya Centre. The day before, we were at Columbus, Ohio, where Baba Prajnananandaji was concluding a kriya programme. After dinner we drove him back to Hudson, Ohio.

We were very excited about the opportunity to celebrate his birthday the next day. We had always felt that Baba was a divine child sent to us by God. It was our good fortune and a great blessing that he was with us that day.

On the morning of 10th we requested him that we would do a short worship and fire ceremony in his presence on that auspicious day to which he graciously agreed. After his bath Baba came down looking radiant in his new clothes and bowing to him, we started the fire ceremony. During the worship the telephone rang but we did not answer it. We could hear a recording but it was not clear at the time. As we concluded the ceremony the phone rang again.

The call was from Vienna and it was Gurudev at the other end!!! Our divine master Gurudev Baba Hariharanandaji called to bless and confer the title of Paramahansa, the highest title reserved for monks who attain the summit of realization and who are inspired divine teachers, guides and saints, on our beloved Prajnananandaji on his birthday. We could well imagine how jubilant the disciples of Vienna who were with Gurudev must have felt at the other end.

We celebrated this double birthday in the evening with devotional singing and prasada with about 70 disciples who were overjoyed to hear the voice of Gurudev conferring the title, recorded that morning.

To this day we are grateful to God and Gurus for witnessing that moment in history when a Paramahansa was born. ❁



Paramahansa Prajnanananda, the chosen successor of Gurudev, continues the teachings of his master and helps people throughout the world to grow spiritually. He is the author of numerous books on yoga, philosophy and spirituality.

## Temple of Silence

Paramahansa Prajnanananda

Silence is an art of living, an art of learning and an art of exploring the source of inner peace through experiencing Divine love. Silence through love is the best art of communication. Nature speaks in silence. The sun and moon radiate light of love and knowledge in silence. Silence is Divine.

Entering into the temple of silence, into the innermost chamber of one's self, fills one's heart with love and devotion. God's love manifests in our life more in silence. We get more charged with energy, when we sleep in the lap of the divine, in a night of calmness.

But unfortunately, man is not able to recognise the true value of silence and wastes a lot of time and energy. Silence increases creativity and skill in life. Meditation is the real way of walking in the path of silence, inside and outside. Inner silence is possible when we have control over our tongue, while talking and eating, i.e. self-control.

Enter into the temple of silence; sit in front of the altar of peace. Offer the Divine, the flower of love and enjoy the ecstatic-joy-perennial. For this you require nothing but your strong desire. Nothing can obstruct you, if your wish is great.

Once you enter there, then your life is changed with spiritual light and glory.

God bless you in silence. ❁

## We are his living children

Swami Mangalananda Giri

The living presence of God is present here and now. The living presence of beloved Gurudev is in us all, no matter where we are, no matter what we do. Baba was always telling that we should try our utmost to be in a state of constant remembrance and constant realization of the truth, that we all are the living children of the one Almighty Father. We should try to realize our true nature and live a happy and fulfilled life, free from all unnecessary suffering and problems and to allow the divinity, the hidden beauty, to manifest more and more in our daily life.

Baba was a unique master, who lived in a state of pure consciousness, in a state of oneness with God. He was also a master who could impart his state of the highest spiritual achievement to a receptive and humble disciple. Through his grace many of us got at least a little glimpse of that elevated state of being.

He could awaken this inner feeling, this knowledge in us to some extent at least.

This is the most wonderful experience I think a human being can get in his or her life here in this world, to be close to a realized master and to receive his love.



Swami Mangalananda Giri is one of the Kriya Yoga teachers in Europe and is based in Tattendorf.

It is a most precious and rare opportunity to get the loving guidance of a realized master and receive his love. Forever we will be grateful to him for coming into our life and giving us a chance to change and transform ourselves. ❁





Babaji Maharaj

Lahiri Mahasaya

Shri Yukteswar Giri

Paramahansa Yogananda

Sanyal Mahasaya

Swami Satyananda Giri

Paramahansa Hariharananda

Paramahansa Prajnanananda

*“Do not be worried about death; try to complete the journey with love. We are here to finish our course, to know ourselves before the final departure. Your inhalation and exhalation will enable you to know yourself.”*

Paramahansa Hariharananda



*“Among the living, man is the best creation. He chooses one of two paths: A life as a householder or a life of renunciation. Where can be found the justification for creating differences between a householder and a sannyasi?”*

Babaji Maharaj



*“Problems are a necessary ingredient in life and make life worthwhile. Meet everybody and every circumstance in the battlefield of life with the courage of a hero and the smile of a conqueror.”*

Paramahansa Yogananda



*“If you know who you are, if you know why you have come to this world and where you are going, you will have fulfilled the purpose of your life.”*

Paramahansa Prajnanananda

*“The journey of life starts from God and is ultimately completed in God. Ashrams are like rest houses on our spiritual journey.”*

Paramahansa Prajnanananda



*“Doctors treat, but God cures. Doctors are nothing but instruments in the hands of God.*

*God is the real doctor. God will cure the patient. The spiritual teacher is a doctor of the worldly diseases of ego, emotion, attachment and ignorance.*

*He treats with the medicine of knowledge and devotion. He gives different prescription to different students, depending upon their ability.”*

Paramahansa Hariharananda



*“To lead an ascetic life is not child’s play. To become a saint is not a religious spectacle or the exhibition of miracles - it is only for God-realization.”*

Shri Yukteswar Giri



*“The purpose of breath-control is to keep the body and mind free from negative vibrations. As the fire purifies metal, breath-control purifies the mind and the senses.”*

Sanyal Mahasaya

*“Your soul is your diamond. You are born for God-realization. Watch your soul, meditate and be divine. Do not waste your time with trivial matters. Be sincere and serious in your time with trivial matters. Be sincere and serious in your practice. Practise with love and find inner transformation. Your success, as well as your failure, is in your hands. Make the best use of your time and life.”*

Paramahansa Hariharananda



*“Whatever pressing engagement a person might have, if he is able to sit silently for a while, he will get great strength.”*

Swami Satyananda Giri



*“The world is a testing ground. Many examinations are to be taken. Man has to test himself. In all aspects of life, one has to be efficient and expert, so that no sense of want remains. Do not allow your mental strength to weaken. Do all your work efficiently. Do not fear anything. Do not be deluded by satanic forces. Do not put your mind into anything other than the soul.”*

Lahiri Mahasaya

*“Live with courage  
Live with strength  
With self-esteem  
Have enough faith.”*

Swami Shuddhanandaji,  
Tattendorf, 15th December 2002

*“My freedom is free  
There is no condition  
Bliss is unbound  
It is my celebration.”*

Swami Shuddhanandaji,  
Tattendorf, 25th December 2005

*“I think Yoga is nothing, but  
extreme devotion. It is the extreme  
love that you get when you reach  
the stage of God-Realization. Love  
and devotion will come from your  
inner heart, from inside.”*

Swami Brahmanandaji

## What can we give back to the master?

Yogacharya Peter van Breukelen

**T**oday is a special day. Without our master Paramahansa Hariharananda we would not be sitting here today. That we can all sit here and practise Kriya Yoga is the blessing of the Guru. I and the other teachers present here got the technique with the help of Gurudev.

On this special day, we should think with love on the master Paramahansa Hariharananda and the blessings that he has given us.

So what can we give back to the master? The master is blessing us with this wonderful Kriya Yoga technique and the knowledge of the truth. So what can we give back? I think what the master wants from us is that our attention remains fixed at the top of the head while practising Kriya Yoga with love and sincerity. That is the duty he has given to us. So when we meditate with love using the technique that he has given to us, in this auspicious place which he founded, when we do that, we are with him and not far away. We are connected with the Kriya Yoga master through the meditation of Kriya Yoga.

When we follow the Guru and want to experience Guru more, we have to remain more in the fontanel. All those that have known Guru or seen him on video, have seen that he has his finger pointing

to the top of the head and he said to remain there. Always he said: “Keep your attention in the fontanel and with calm breath concentrate there.” So when you do that, you are following Guru. Then in a short time you experience calmness, peace and divinity.

Guru always told that when your desire is great, surely you will get realization.



Peter Baba (right) with Swami Shuddhanandaji, Tattendorf 2005.

Our desire for God is still too little. Kriya Yoga technique is perfect, but we are not perfect. So we should try to live more in balance and be in harmony with the cosmos. Regular practice of Kriya Yoga during our daily activities will make our life more spiritual. Inner peace, inner joy and bliss will come to you.

We are born to realize the truth. God has given us this body form. It does not be-

long to us, one day it will return to God. You have a body, but you are the soul. The body is perishable, but the soul is immortal. When you experience your soul, your immortality, then you get liberation.

Guru has said: “Be compassionately detached.” When you can let your ego go, then life becomes very easy. When



With his beloved master on his 95th birthday.

you have attachment, then it becomes complicated. Do not make your life too complicated, be more free. That means, remain at the top of the head, with little, feeble breath. Watch your breath at the top of the head.

I pray that the masters of Kriya Yoga, saints and prophets may help us and give us more divinity. ❁



We would like to take this opportunity to acknowledge the countless people who contributed practical service to the Ashram over the last ten years, many of whom worked quietly behind the scenes. Their selfless love and dedication has made Tattendorf Ashram the success it is today.

## Chronology – Tattendorf Ashram

**22nd Jun. 1998** Viewing of property in Tattendorf by Paramahansa Hariharanandaji and Yogacharya Christine Ma. The property is surrounded by vineyards and Gurudev is happy with our future, “Di-vine neighbours!”

**Jul. 1998** Purchase of property at a price of 356 000,- Euros. This is made possible by the generous donations of disciples throughout Europe. The house offers 650 sq. m. of space spread over 2 floors and is situated on 3,000 sq. m. total area of land.

**3rd Aug. 1998** Move into Ashram under the loving supervision of Gurudev.

**10th Aug. 1998** Paramahansa Day and 38th birthday of Swami Prajnananandaji. Gurudev blesses his beloved disciple and confers on him the title of Paramahansa.

**3rd Sep. 1998** Welcome reception for Paramahansa Prajnananandaji. Tattendorf becomes his new home in the West, from which his extensive teaching, writing and mentoring work continues.

**6th Sep. 1998** Ashram Foundation Day. At Gurudev’s invitation, 250 disciples arrive in the Ashram to celebrate this auspicious day. The first programme commences with the additional presence of Swami Shuddhanandaji and all the Yogacharyas of Europe.

**From 1998 onwards.** 10 seminars are conducted annually with Paramahansa Prajnananandaji, Swami Brahmanandaji, Swami Shuddhanandaji, Rajarshi Peter van Breukelen and Christine Ma. Swami Mangalanandaji starts to teach from 2002.

**Aug. 1999** Our Publishing House, ‘Prajna Publication’ is established. Since its inception, many of Gurudev’s and Paramahansa Prajnananandaji’s books have been translated, edited and published throughout the world.

**26th Mar. 2000** ‘Hand in Hand’ humanitarian aid organisation is born. A small group of Kriya disciples embark on a work of love to realize the successful, international organisation that exists today. Hand in Hand’s purpose is to support the charitable activities of Prajnana Mission.

**22 Sep. 2000** Gurudev initiates long term disciple Brigitte Ma into the Swami Order, after she qualifies as a Medical Doctor. From now onwards, she will assist Gurudev’s work under the name of Swami Mangalananda Giri.

**3rd Dec. 2002** Mahasamadhi of our beloved master, Paramahansa Hariharananda. His chosen successor, Paramahansa Prajnananandaji, continues the Lineage and becomes the spiritual head of Kriya Yoga International.

**Sep. 2006** Centenary Congress in Vienna: “Celebration of a Complete Life.”

**2006 – 2007** Celebration of Gurudev’s 100th birthday in 108 cities across the globe, culminating in the Closing Ceremony at Cuttack, India with more than 60,000 people attending over 6 days.

**May 2007** Publication of Gurudev’s complete, ten volume work, *Ocean of Divine Bliss*.

**Sep. 2008** Celebration of ten years at Tattendorf Ashram.

DIRECTIONS TO THE KRIYA YOGA CENTRE



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## Ten Years, Mother Centre of Europe

*“Here we will have regular programmes, regular meditation. Please come and participate.*

*This is our spiritual home. Come here and enjoy bliss within.”*

**Paramahansa Prajnanananda**  
6th September, 1998

Gurudev Paramahansa Hariharananda established this beautiful Ashram in 1998, in a small wine growers' village called Tattendorf. Set against the picturesque Alpine mountains twenty kilometres from Vienna, Austria, the Ashram is filled with spiritual and charitable activity.

This Kriya Yoga Centre has been holding bilingual (English and German) seminars under the guidance of Paramahansa Prajnanananda every year. These seminars attract a large number of spiritual seekers from all over Eastern and Western Europe, as well as from other parts of the world.

Swami Mangalanandaji resides here when she is not travelling. Rajarshi Peter van Breukelen, Christine Ma and other yogacharyas regularly conduct programmes. ❁