

## Title of Messages

Message #	Message Title
331	Epilogue to Message 330
330	A Spontaneous Perception in respect of Holy Islam
329	The Sweet Story of Sugar and Milk
328	Chanting of different Vibrations
327	Process of Enquiry into One's Self, Me-ness
326	Spontaneous Utterances of Satyacharan
325	Living Guru-Process
324	Guru Vandana
323	Swadhyay phenomenon in a disciple's inner being.
322	A Right Response
321	Some Pointers
320	Saamkhya or Swadhyay referred as Buddhi Yoga in Bhagawat Gita
319	Ten indications towards "No-I" in the Melody from Divinity (Bhagawat Gita)
318	Presentation by Gopi Menon & his technical expertise
317	Carl Sagan, Pale Blue Dot: A Vision of the Human Future in Space
316	On Prisoners
315	A Tale of Two Chartered Accountants
314	On Ganga Stotram
313	On Five Subtle Energy Movements (Pancha Praan-Vaayu)
312	On 'Well-being'
311	On Trust in Bhagavat Gita
310	Some Perspectives
309	Quintessence of the Energy of Understanding.
308	Sage Jiddu Krishnamurti
307	Sage Tagore II
306	Sage Tagore
305	Sant Kabir III
304	Sant Kabir II
303	Sant (Saint) Kabir I
302	Saint Tukaram of Maharashtra (India)
301	Satsang on Sanskrit words at Dalma Sanctuary, during the International Kriya Yoga Retreat in Jamshedpur, India, during January end, 2015.
300	Wondrous Majesty of 'Justice', 'Providence' and 'Almighty God' in the cause of 'Christianity'! Conclusions of an "erudite and poetic" British Official of Yesteryears.
299	Two Insights from a Discipleship Process
298	The Virus of Faith, Belief Systems and Disbelief Systems
297	Farewell Message after 5 weeks' India Programs culminating with International Retreat in the Tribal State of Jharkhand.
296	Gita Verses 16.1, 16.2, 16.3
295	A young disciple from Varanasi wrote to Shibendu. His sawdhyay and the questions he remains with are being shared with all.
294	Some Stories
293	A request from a Kriyaban-devotee from Ukraine
292	The spiritual "Law of Gravitation"
291	Continuity of thought is at the root of all mental pollutions
290	Beauty is, when thought is not!
289	Human Conditionings – the Tenth One
288	Human Conditionings – the Ninth One
287	Human Conditionings – the Eighth One

Message #	Message Title
286	Bhagwat Gita – Verse 5, Chapter 15
285	A wonderful Bengali rhyme!
284	Human Conditionings – the seventh one.
283	Epilogue to Message 282
282	Perfumes of ego-emptiness, of silence - not the pursuits of ego-eccentricity, of separative psyche
281	Human Conditionings – the sixth one.
280	Human Conditionings – the fifth one.
279	Human Conditionings – the fourth one.
278	Human Conditionings – the third one.
277	Human Conditionings – the second one.
276	Human Conditionings - The first one.
275	Two profound Tagore songs. Kriyaban Sayandeep's intense presentation in English.
274	Good Friday Perceptions
273	Swadhyay or movements of Selflessness from three sources are presented below
272	Nelson Mandela
271	Gandhi's Martyrdom Day
270	An Unexpected Event
269	A rare event indeed!
268	Thirukkural
267	Shandilya Bhakti Sutras
266	Energy of Understanding
265	Episodes of mind
264	Meditation on Tao from www.Taoism.net (concluded) Chapter 61 - 81
263	Meditation on Tao from www.Taoism.net (cont'd) Chapter 41 - 60
262	Meditation on Tao from www.Taoism.net (cont'd) Chapter 21 – 40
261	Meditation on Tao from www.Taoism.net Chapter 1 – 20
260	Contentment
259	Message 260 in Hindi Language (Santushti)
258	A Dialogue between Guru and Kriyaban Process
257	Vishnu
256	Yogishwar Stotram (A Profound Invocation)
255	Art of Wonder in the being of an Indian Devotee
254	Mystery of Adi Phenomenon
253	Mystery of Christ Awareness in Absolute Freedom
252	Mystery of Meditation
251	On Maha Kumbh Mela 2013
250	Brahma-Sangeet of Tagore
249	Flashes of energy of understanding in the body of Kriyaban
248	Wonders of Science
247	Birthday gift of Tagore songs to Nayonika Lahiri (Guttu) (Shibendu Lahiri's grand-daughter), entering her teens. 18 Songs to Guttu. 18 Sequences in Gita
246	Tagore in Trance of Nature
245	A sequel to Message 244
244	Birthday gifts of Tagore and Kabir Songs to Ajay Kukreja
243	A dialogue with a Buddhist monk from Bangladesh
242	A sequel to message 241

Message #	Message Title
241	Birthday gift of Tagore songs to Ujjwal LAHIRI (Shibendu's son)
240	Probable Questions from Anup on his Birthday!
239	Birthday gift of Tagore songs to Anup Menon (Gopi's son)
238	Another flash from Kabir, Sufi Saint of Varanasi (India)
237	Tribute to Tagore again on Milena's birthday
236	Tribute to Tagore on Gopiji's birthday
235	Rumi reflects in Rabindra Nath Tagore
234	Tagore on listening
233	Tagore on suffering
232	Tagore on 'Path to Truth'
231	Christ Phenomenon in Tagore
230	Tagor's Thanks-giving
229	Tagore song on seeking
228	Desire in Tagore melody
227	Suffering in Tagore song
226	Epilogue to Message 225
225	Murmuring Tagore songs at 4 AM
224	Ecstasy in Tagore's poetry
223	Tagore's song of retirement from mundane work
222	Disciple-process listening to the messages from the Guru-process as seen in the vision of Tagore
221	A Tagore Invocation
220	Discipleship-process in Tagore-songs (Continued)
219	Discipleship-process in Tagore-songs
218	A Flash from Kabir
217	Tagore's Wisdom Songs!
216	Tagore's 'Unlimited'
215	Tagore's song on 'No-mind'
214	Tagore's song 'beyond'!
213	Tagore-Insight
212	Bliss Galore from Tagore
211	Two Sacred Tagore Songs
210	Yet another blast from Tagore!
209	A subtle Kriya-yoga song in Tagore style
208	Invocation of Supreme Divinity – the Laya, the Shiva Kailash – as enshrined in Upanishad, which was a favourite of Tagore rendered in Tagore's melody (Rabindra Sangeet)
207	Tagore Intense!
206	Tagore Immense!
205	A profound Tagore song
204	Resonance from a blissful Tagore Blast
203	Tagore more and more!
202	More Tagore!
201	On the occasion of the 150th Birth Anniversary (2011) of the Great Sage-Poet Rabindra Nath Tagore
200	Interview to the YoGa Magazine ...contd
199	Interview to the YoGa Magazine
198	Superconductivity
197	SWADHYAY FROM AN INDIAN DISCIPLE
196	THE WONDER OF EXPLOSION
195	Energy of Understanding from Yoga Vasistha
194	Guru, the mother

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193	Events are happening, deeds are done!
192	Sermon on the Mount is not from the separative mind. Mathew-5, 1 to 12 as seen in the dimension of Yoga
191	AKSHAY-TRITIYA
190	ASCENSION DAY
189	Thought which has continuity is material, mechanical and mundane. Silence in between thoughts is sacred
188	Can this be seen?
187	On Innocence
186	Energy of Understanding
185	CONTEMPLATIVE WAKEFULNESS MOVING IN THE INNER BEING OF A KRIYABAN
184	BEYOND TEACHING
183	Beatles' Swadhyay-song
182	Learn to be ! not to become
181	A sequel to Message 161
180	Another dialogue, Student
179	A recent Upanishad
178	Inner Understanding versus literal meaning
177	A 'slogan' for Kriyabans!
176	NINE DIMENSIONS OF FRAGRANCE OF 'NO-MIND'
175	Eleven Random Reflections
174	A question at the recent retreat in Portugal (Fatima).
173	Time, Timelessness, No-Time
172	FREEDOM FROM FALSE FRAGMENTATION IN THE INNER BEING
171	(Epilogue to Message 170 as happened in the body of a disciple.)
170	PARAM DHAAM (Ground)
169	What is Silence?
168	INFLUENCE AND INDUCTION
167	Spreading the Energy of Understanding (Chiti-Shakti) through the melody of the messages
166	Walking the Western Way is to proceed towards the darkness of the mind away from the light of life that rises in the East
165	Sangeet (Melody) Samanvay (Harmony – Yoga) Samajhdari (Energy of Understanding) Samarpan (Freedom to be available to Surrender of the 'I') Sunyata (Emptiness, Hollowness of the Flute, Holiness, Wholeness) Sthitapragna – Samadhi (Equanimity, Absolute and unconditional choicelessness or Impartial Awareness, Universal Intelligence)
164	Letter from a Seattle-devotee
163	With the perfection in the non-doing of the 'I' begins the profound divine doing of the Intelligence (Chaitanya or Tao)
162	Great & Powerful Countries
161	In the land of Freedom (or Fragmentation?)! In the land of Development (or Destruction?)! Energy of Understanding – a victim; Entanglement with undertakings – a victor
160	Meditative Process Without Dichotomy in the Brain is the Guru Process
159	Saboteurs of Energy of Understanding (Chiti-Shakti)
158	A spontaneous satsang with a Delhi disciple
157	'You' and the problem are one, not two separate processes.
156	JOY (Anand)
155	A short write-up for the journalists

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154	On the hell holding humanity in bondage – this separative psyche called “I”
153	'Religious' ideas destroy the potential of humanity to flower into divinity !
152	A blast of bliss in the body of a Christian devotee kriyaban who “died” on the day of Shivaratri this year
151	What is your destiny, But first ask “what are ‘you’!”
150	SOME INCIDENTS DURING RECENT PROGRAMMES IN EUROPEAN COUNTRIES
149	Ninda – Nisthurata Alochana -- Karuna
148	A brief communication from Discipleship to Guru Process
147	WHAT IS A BLESSING?
146	Holy Fatima Maria
145	Putting Zero after One
144	A blissful blast in the being of a devotee Kriyaban
143	Response to an Evangelical letter from a kriyaban
142	Shiksha, Deeksha, Bhiksha
141	Bliss of Timeless Action
140	ESSENCE OF KRIYA PRACTICE
139	LOVE FROM A CALIFORNIA DEVOTEE'S INNERNESS
138	Freedom from comparison
137	Ask fundamental questions
136	Two communications to confusion (mind) of curiosity from clarity (life) of comprehension
135	Tarikat, Sharifat, Marifat and Haquikat of a Sufi – saint
134	Letter to an honest and humble Brazil-devotee who needs a blast of life in the divisive-dirty mechanism of the mind
133	Devotee Ashok Upadhyay of Baroda (India) shares energy of understanding
132	A SUFI BLAST
131	ON GURU-PURNIMA
130	AVADHUT GITA
129	Epilogue to Message 128
128	On being deeply religious
127	On Action of Intelligence (Chaitanya) and Activity of Idea (Chitta Vritti)
126	ON A DIMENSION OF LIFE
125	HANUMAN CHALEESA
124	Mother Teresa
123	A Satsangh on Phone
122	VIJNANA BHAIRAVA
121	Two more Sutras of Gita
120	Energy of Understanding in a profound Sutra of Shrimad Bhagavat Gita
119	Hello from Bulgaria (New Title Required)
118	Russia Retreat during 24 - 29 April 2007
117	Varanasi Ganga
116	Language: a stumbling block for understanding in the non-dual inner consciousness, but a building block for ideas in the outer intellectual area
115	A letter to a young French devotee flowering in freedom from the stranglehold of conflicts and ushering in the purity of comprehension
114	A letter to an Indian high-profile Engineer devotee par excellence
113	A letter to a Scholar (Ph. D.) Karma Yogi devotee of Portugal
112	A letter to a French Mirabai living in England
111	A letter to a top mathematics-intellectual devotee par excellence (from a South Spain University)
110	A letter to a German devotee in South Africa

Message #	Message Title
109	A letter to Kriyaban Joe of Seattle (USA)
108	A letter to an American devotee in Arizona and to another in California
107	Superimposition of religious mental pollutions on the natural state of human beings
106	A REQUEST TO ALL MEN AND WOMEN OF UNDERSTANDING ON THIS PLANET
105	Strange activities of the process of separation in human beings
104	On Sensitivity & Renewal vis-à-vis Sentimentality & Refinement
103	ON FUTURE OF MANKIND
102	Listening is the light, the Guru, the dispeller of the darkness (mind)
101	On the crisis in human consciousness
100	On Swadhyay phenomenon
99	On Yoga and its deep dimensions
98	On Samadhi
97	Akarmanya Nahi, Akarta Bano !
96	'Chuno Nahi, Suno' 'Maano Nahi, Jaano' 'Samvaad Nahi, Sannaata'
95	On tolerance and intolerance, on appreciation and criticism
94	On "Freedom from", "Freedom for" and True Freedom
93	On devotion and division
92	On selfish pursuit of success and subtle perception of the 'Sacred'
91	Time and Freedom from Time
90	A strange dialogue between two Priests!
89	HOLY JESUS CHRIST
88	SATGURU MANTRA
87	SAANKHYA PERCEPTIONS OF MAHARSHI KAPILACHARYA
86	BRAHMA SUTRA
85	MAHAMUDRA
84	'Sutras' from St Thomas (Utterances from Jesus) - Sutra 12 - 21
83	'Sutras' from St Thomas (Utterances from Jesus) – Sutra 1- 11
82	Why fatigue, when energy is our natural state ?
81	What is Awareness ?
80	What is surrender?
79	Let the emptiness of the division end for the Emptiness of Divinity to be
78	Astavakra Gita – 41 – 80 Verse
77	Astavakra Gita – 1 – 40 Verse
76	On Love, Life & Lord; On Death, Diversity & Divinity
75	What is Enlightenment?
74	Adwaitamrita Varsini – XI - XII
73	Adwaitamrita Varsini – VIII – X
72	Adwaitamrita Varsini – V - VII
71	Adwaitamrita Varsini – I - IV
70	A short message without a title
69	WHAT IS MANTRA?
68	Walking in life with open arms
67	What is Mukti ? What is Nirvana ? What is Freedom ?
66	What is religious life? What is religious consciousness?
65	Thousand Names of the Un-nameable – 86 – 108 Verse
64	Thousand Names of the Un-nameable – 63 – 85 Verse

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63	Thousand Names of the Un-nameable – 31 – 62 Verse
62	Thousand Names of the Un-nameable – 1 – 30 Verse
61	What is Satguru?
60	DOCTRINE OR THEORY OF KARMA
59	PRATYABHIJNAHRDAYAM
58	YOGA SUTRAS OF PATANJALI - KAIVALYA PADA
57	YOGA SUTRAS OF PATANJALI - VIBHUTI PADA
56	YOGA SUTRAS OF PATANJALI - SADHANA PADA
55	YOGA SUTRAS OF PATANJALI - SAMADHI PADA
54	No Title
53	Quintessence of Introductory teachings prior to Kriya Yoga Initiation
52	On «Satyalok» - The dynastic Kriya-Yoga Shrine in Varanasi (India). Statue - The Giant Shiva-Linga (symbol of cosmic orgasm). Statues - Lahiri's (Shyamacharan, Tinkori, Satyacharan – greatgrandfather, grandfather and father of Shibendu Lahiri)
51	Twenty five precious perceptions about living and life
50	Ten Non-Commandments
49	What is the Bhagavad Gita?
48	A to Z Meditation
47	OM Namah Shivaya
46	What is thought? Why thinking?
45	What is Religion?
44	Twenty Five Diamonds Discerning Prayer and Meditation
43	Fifty Jewels of Joyful Comprehension
42	Translated from the Hindi original at the request of Bulgarian Kriyabans for further translation in their language
41	Translated from the Hindi original at the request of Bulgarian Kriyabans for further translation in their language
40	No Title
39	No Title
38	No Title
37	No Title
36	No Title
35	Interview with Shibendu Lahiri
34	No Title
33	No Title
32	No Title
31	Christmas message 2000
30	No Title
29	No Title
28	First Birthday of son Ujjwal Lahiri's first daughter called Nandini
27	No Title
26	No Title
25	No Title
24	No Title
23	Spirit of Nirvana Satakam
22	No Title
21	A message from a disciple in the energy of Understanding. The Shishya Process - Surrender
20	Message from the famous Sri Krishna Temple

Message #	Message Title
	(in a place called Guruvayur) of Kerala, South India
19	New Millenium Message from son Ujjwal Lahiri's residence at Indore ( India)
18	No Title
17	Mudras are natural expressions—not for conforming and becoming, nor for boasting and bragging
16	BE IN QUEST, NOT WITH QUESTIONS
15	No Title
14	No Title
13	Kriya Yoga: the science of inner being and experience requires no beliefs
12	FAREWELL MESSAGE to the LINEAGE KRIYABANS OF EUROPE
11	CONCLUDING MESSAGE OF SHIBENDU LAHIRI'S EUROPEAN TOUR of 1999
10	No Title
9	No Title
8	No Title
7	At the residence of Magdalena who lives amidst dying processes
6	Whit - Monday – Message
5	Whit Sunday-Message
4	Upanishad - essence
3	No Title
2	Patanjali Essence (Sutra 1, 2, 3 and last one)
1	GITA ESSENCE (Ch. II : 55-72)
Message 1998	No Title
Message 1997	No Title
Message 1996	No Title
Message 1995	No Title