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Banglore, India. 3rd August 2001.

In the pursuit of activities of the mind, everyday something is acquired.
In the persuit of actions of life (Kriya Yoga), everyday something is dropped!

Be in less and less activities, until pure action starts flowering. When nothing is done, actually nothing is left undone! Life is ruled by letting things have their own course. Mind need not interfere. Krishna and Kriya-Yogi have 'no-mind'! A Kriya Yogi shall always have enough, as he knows enough is enough. He knows that there is no greater sin than desire. There is no greater curse than dissatisfaction. There is no greater misfortune than acquisitiveness.

A Kriya-Yogi is good to people who are good. He is also good to people who are not good. Because goodness is virtue. He has trust in the people who are trustworthy. He has also trust in people who are not trustworthy. Because Trust is virtue. To the world, a Kriya Yogi seems confusing and contradictory. He behaves like a child. Shy as well as ruthless. Still people love him and like to listen to his melody. A Kriya-Yogi is a new born baby. He is neither male nor female. He is whole, he is strong. He screams all day without becoming hoarse. His body and mind is delicate, but his grip is firm. He does not know exhaustion. He is the dust of the earth. But he is in the highest state: unconcerned with friends and enemies, good and harm with honour and disgrace.

A Kirya-Yogi walks all over the world fearlessly. Men like rhinoceros can find no place to thrust their horns. Men like cruel tigers cannot find place to use their claws. Men with weapons would have no place to pierce their bullets. How this is so? Because a Kriya Yogi is empty and eternal. He has no place for death to enter. Because his swadhyay and tapas create without claiming, guide without interfering, leading to Ishwara Pranidhan. This is the primal virtue. Knowing and using all fragments without loosing the touch of the whole, is Kriya Yoga.

Be a Kriya-Yogi. Be matser of universe without striving. Be sharp, but not cutting. Be pointed but not piercing. Be straight forward, but not unrestrained. Be brilliant, but not blinding. Kriya Yoga is the treasure of a good man. It is just a temporary refuge of the bad. Bad man will abandon Kriya at any time and under any excuse.

Knowing others is knowledge. Knowing self is wisdom. Mastering others requires force. Mastering self needs strength. He is rich who knows he has enough. He is poor who is always wanting. He is powerful who has perseverance. He can endure who is absolutely tranquill. Kriya Yogi is eternally alive as he dies daily without perishing! (Indicating freedom from the mind to be available to Life).

OM Kriya-Yogi OM