



Om Kriya Babaji Nama Aum

ARYA

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FOR
ARYA KRIYA INITIATES



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ARYA -- Journal for Arya Kriya Initiates
Dedicated to Truth and Advancing Human Evolution

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*For those who realize that to change the world,
you must first change yourself!*

NS KINDRED

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Asatru & The Path of Wotan

From time to time, we have seen NS Kindred advertised in various publications as an Asatru/Odinist organization, and so, as would be expected, we receive a number of inquiries for more information on that subject. This is understandable since we produce some Asatru related publications, and we have advertised Wotanism or The Path of Wotan, which many people reasonably assumed to be some sort of a mystical form of Asatru.

First of all, we need to stress that although we do have some personal affinity and connections with Asatru, NS Kindred is *not* an Asatru group. Moreover, The Path of Wotan (Wotanism) is also *not* Asatru or Odinism. To avoid any confusion in the future, and to clarify the differences between Asatru, The Path of Wotan, and NS Kindred, we have written some new introductory publications. For further clarification and for the interest of our initiates, we are including the following expansion on the information in those new publications:

Asatru

Since our acquaintance with it more than 10 years ago, we have always been interested in promoting the revival of the pre-Christian religion of our northern European Forefathers, which is known today as Asatru or Odinism. Asatru is a revival of pre-Christian Germanic spiritual consciousness and a Folkish way of life, along with a reconstruction of the basic religion, rituals, and ceremonies of the various tribes of northern Europe.

Over the years, a number of different Asatru or Odinist groups have sprung up, and some of these make some pretty wild claims about just what Asatru was, and what it should be today. There's a lot of fantasy and nonsense being peddled (both politically correct and racial!), and this makes it difficult for people to determine just what Asatru really is — and isn't.

A few years ago we did some German to English translations for the German Asatru organization, *Deutschgläubige Gemeinschaft*, which is certainly the oldest (founded in 1911) and probably the most prestigious of modern-day Asatru organizations. Our work with this organization gave us a rare opportunity to get a clear look at what the research of scientists and historians has actually revealed about the old Germanic religions.

We should note here that the ranks of the *Deutschgläubige Gemeinschaft* (DGG) are full of genuine scientists, scholars, and philologists. Their expertise has enabled them to separate authentic historical facts from the jungle of linguistic misinterpretations, unfounded extrapolations of self-styled Rune mystics, and the intrusion of oriental and pseudo-Wiccan mysticism, all of which have confused and obscured the true nature of Germanic religion today.

The DGG has always bent over backwards to connect with any true Asatru/Odinist organization. But because of their grasp of historical authenticity, many organizations, pseudo-scholars, and self-styled mystics give DGG wide berth. For example, a few years back we noted with some amusement that during his trip to Europe the much touted American runic scholar, pen-named "Edred Thorsson", ignored DGG's invitation to consult them in his research for his forthcoming book on Runes. As would be expected, his finished product, *Futhark: A Handbook of Rune Magic*, is loaded with the misinterpretations and unfounded extrapolations common to the German pseudo-mystical organizations whose invitations he did accept.

There are some pretty wild claims made by some Asatru/Odinist organizations and their self-styled mystical leaders. But their "authentic" magic, mystical rituals, or martial arts systems are usually Wiccan, oriental, or

often just specious, personal fantasies. One thing is for sure, if it is authentic, DGG would know about it. If you have any misgivings about the historical authenticity of an organization or publication, we suggest you check with them.

We learned from DGG that the everyday tribal customs, ceremonies, and beliefs of our pre-Christian Forefathers varied considerably from tribe to tribe all across northern Europe. Since the rituals and ceremonies of the various Germanic tribes were never organized nor institutionalized, few, if any, are known today after the onslaught of the intolerant, but very organized Christian conversions.

There were, of course, some sacred icons, holy days, allegories, and spiritual beliefs which were held in common among all the tribes, and many of these did survive, although most were either Christianized (such as Yule transformed to Christmas and the Yule Tree transformed to a Christmas tree), or propagandized into something evil and loathsome (such as the once sacred number 13 now held as an unlucky number). For some reason, the intolerant Christians did not succeed in completely obliterating the old Germanic Gods. Their names remain enshrined for us today in the very names of the days of the week: Tuesday, the day of the God Tyr; Wednesday, the day of the God Woden or Wotan (Odin); Thursday, the day of the God Thor; and Friday, the day of the Goddess Frigga (some sources say Freya).

Although the actual rituals and ceremonies are now long forgotten, the surviving Gods and Goddesses, values, and Folk-consciousness of pre-Christian times provide a foundation on which a viable revival can be built. *Deutschgläubige Gemeinschaft* recommends that modern-day Asatru groups go ahead and reconstruct and synthesize their own rituals and ceremonies (within the

guidelines of reasonable historical authenticity) to honor the Gods of old, promote Germanic values, and foster a growth of true Folk-consciousness. We recommend that Arya Kriyabans take part in authentic Asatru Kindreds whenever possible.

As noted earlier, some groups have blended Asatru with political correctness and new age, or Wiccan, philosophy. Others are steeped in unfounded 19th century Rune mysticism or superstitious Folk lore. Beware of and avoid such groups. They only serve to confuse and obscure our true spiritual heritage, and they will ultimately consign any revival of Germanic religion to oblivion.

For honest, no nonsense Asatru, founded by a respected and time proven Asatru leader, we recommend the *Asatru Folk Assembly*, PO Box 448, Nevada City, CA 95959. They are doing a good job of re-establishing Folk values and a Folkish philosophy of life, along with a modern-day synthesis of the basic religion, rituals, and ceremonies of the tribes of northern Europe.

Please note: In the past we recommended one Odinist group, the leader of which, much to our embarrassment, turned out to be completely specious, and is reported by knowledgeable Asatru/Odinist sources (who have met him and dealt with him) to be a want-to-be Jew (we don't know whether its really Jewish blood or just insecurity and a fragile ego, but our personal experiences of his wild extrapolations, untruthfulness, and lack of even basic Aryan honor clearly remind us of some of the chosen breed). We apologize for not harkening to the warnings we received.

The Path of Wotan

We noted above that among the surviving artifacts of our spiritual heritage were allegories which were held sacred by virtually all the Germanic tribes. These allegories had been handed down orally from great antiquity. However, by the Viking age — in the midst of the dark ages — it is unlikely that anyone understood their true meanings. Fortunately, along with a few of the later Sagas, a number of these allegories (some of which are known today as the Eddas) were written down by Christian clerics who did not comprehend their allegorical nature. Thus, some of them, whole or in part, and probably full of mistranslations and misinterpretations, have been preserved for us today. These allegories, imperfect as they may be, have made it possible for today's philologists and anthropologists to determine that there is a definite commonalty between our ancient Euro-Aryan religion and that of the ancient Indo-Aryans. There is no doubt that they come from a common source, thousands and thousands of years ago.

Virtually anyone very familiar with the ancient Indo-Aryan practices of Tantra, Yoga, or Siddhantham can readily see their striking similarity to the Euro-Aryan allegories. But to an experienced practitioner of the ancient Indo-Aryan techniques, the Euro-Aryan allegories are as clear as an instruction manual. The allegories describe an ancient Aryan science of accelerated evolution, which is known and still practiced today.

This science of accelerated evolution, rather than the long lost rites and rituals of later times, is what we at first called *Wotanism*, in honor of Professor Carl Jung's coinage of that word. But later, we felt that it was even more appropriate to call it *The Path of Wotan*. Hence, our book on the interpretations of the allegories was at first titled *The Essentials of Wotanism*, but has now been changed to *The Path of Wotan*.

This science of accelerated evolution in the Euro-Aryan allegories may, or may not, be the same as the Indo-Aryan science. But if it is not the same, any differences would be of very little consequence. Since we were experienced initiates of the Indo-Aryan science, we certainly had the expertise to do a little synthesizing and reconstruct the old Euro-Aryan science. Considering the dismal situation of the world today, we realized that Euro-Aryans desperately needed access to this ancient science, and we knew that it was up to us to make it available to our Folk as fast as we could.

We wanted to get a training course produced just as soon as possible, and so we decided to send the course out one step at a time as it was written. Since we had planned on reconstructing the Euro-Aryan system, we at first advertised it as *The Path of Wotan*. However, we soon realized that such a reconstruction was really going to take much more time than we had to spare, and that a lot of good information and techniques would be lost in the translation. Moreover, we would not be able to reconstruct the original Mantras, since old Norse and the other known ancient Germanic languages were clearly not Mantric languages (the original language of the allegories was much, much older and probably very similar to the Indo-Aryan), and anyway no one today knows how they were really pronounced. So, in the interest of speed and sheer power, we abandoned the reconstruction in favor of the tried and proven Indo-Aryan science. More or less in mid stream, we changed the name of our course from *The Path of Wotan* to *Arya Kriya*. This, of course, caused some confusion. But we found that most people were just as happy with Arya Kriya, and there is some real interest growing in exploring our lesser-known Indo-Aryan heritage.

The Path of Wotan is the name we have coined for the lost Euro-Aryan science of accelerated evolution symbolized in the surviving allegories. Although certainly very similar, it is not Arya Kriya. Technically, the two are probably different systems. Of course, it is completely feasible for an experienced Kriya initiate to reconstruct, by synthesizing, trial and error, and his or her own inner realization, the original Path of Wotan. Although we are not undertaking it at this time, we would be happy to support anyone who wishes to undertake such an effort.

NS Kindred

NS Kindred, like everything natural on this earth, is continually growing and evolving. In 1988, we stepped into the racial arena to offer our unique publications on the true nature of National Socialism: a Folk-community to bring forth a more highly evolved species of humankind. We pointed out that it was the higher evolution of Adolf Hitler which was responsible for the awesome social and economic miracles of National Socialist Germany. We soon began experimenting with developing a Folk-community along with a training program for accelerating evolution, and we referred to ourselves as a community of National Socialists.

But over the years we had way too many problems with all the embarrassing "neo-nazis" and "white power" sociopaths who frequent the racial movement, and so we finally went underground, continuing our Folk-community and evolutionary efforts in seclusion. Soon, we had completed all of the National Socialist publications which we had planned to write (and they remain available throughout the racial movement). Moreover, since we were operating underground, reports on our Folk-community experiments could no longer be circulated. But anyway, now was the time for action, and time to separate the wheat from the chaff. So, we shut down our *Folkish Observations* (National Socialist Commentaries) and fo-

cused all of our energy on our Arya Kriya training course. We have now evolved again, to a much different, and much more powerful, level of activism. NS Kindred has now evolved into a unique *fellowship of Arya Kriya initiates*, who are involved in the most radical and daring program: to advance the evolutionary level of this earth. We knew that most of our old NS Kindred mailing list would have little interest in our new program (Most people know that there is only a tiny percentage of "doers" on any mailing list — especially racial ones). But we were not at all concerned about that. We weren't in business to sell newsletters. We were aiming to change this degenerate world once and for all! (We should note here that we were pleasantly surprised at the unusually large percentage of the old mailing list that was interested in our new training course — 10%!) We welcome all of you as part of that new, unique Aryan fellowship: NS Kindred.

Revisions to our Arya Kriya Training

As mentioned above, Our Arya Kriya course was written and sent out one step at a time, which, of course, caused some incongruencies, omissions, and other minor problems. We knew we needed to revise it as soon as possible. This summer, we got the chance to revise our Arya Kriya course. We did some minor additions, deletions, rearrangements, and rewriting. Our revised course is now produced in a series of 6 booklets, entitled as follows: 1, Purity of Body and Mind, 19 pages, which covers will and natural living; 2, Chakras and Nadis, 7 pages, which covers the seven major Chakras, the three major Nadis, and a discussion of the Ego; 3, Hong Sau, 7 pages, which covers Swastikasana, Swastik Mudra, Ajna Mudra, the double breath, and the Hong Sau technique; 4, Asana, 31 pages, which covers the 18 Asana Kriyas and, except for a new cover, is the same as the original booklet; 5, Kundalini Pranayama, 14 pages, which covers the science of accelerating evolution, the law of inverse proportion, *Sarpa Mudra* (the proper name of the hand position

for Kundalini Pranayama), Kechari Mudra, the Kundalini Pranayama technique, and the cleansing exercise, which we have appropriately named in our edited edition, *Ajna Dhyana*; 6, Dhyana, 11 pages, which covers Asa Dhyana, the second Asa Dhyana, Omkara Dhyana, Chakra Dhyana, and a new Dhyana, *Mantra Dhyana*.

There are some major changes in the last booklet, *Dhyana*. We have not only added the new Dhyana technique, but we have changed the Dhyana routine into a weekly cycle, which we feel will make practice of the Dhyanas much easier.

Mantra Dhyana

The following is the description of the new Dhyana technique in the edited edition: *"This Dhyana will develop your concentration and your intuitive (psychic) faculties. Ultimately, this Dhyana will enable you to communicate directly with Babaji Nagaraj (or any Siddha, deity, or Übermensch you wish). This Dhyana will also cleanse your subconscious mind, and, if you prefer, you may substitute it for Ajna Dhyana [formerly, the cleansing technique] after your practice of Kundalini Pranayama."*

"Sit in Swastikasana, Swastik Mudra, and Ajna Mudra. You may use Kechari Mudra or not, as you wish. As you focus your gaze on the opal blue Eye of Wotan, mentally chant, over and over, at whatever speed you like, the Kriya Mantra, Om Kriya Babaji Nama Aum [Ohm Kree'-yah Bah'-bah-jee Nah'-mah Ah-ohm']. If you like, you may visualize the words being written as you chant them. Otherwise, simply listen to the words as you chant them. Use your will to hold your mind on the Mantra. If your mind wanders, patiently bring it back to the Mantra."

Weekly Dhyana Cycle

We now have 7 different Dhyanas, and so we have redesigned the Kriya routine so that each day of the week a different Dhyana is practiced (along with the Asanas and Kundalini Pranayama).

| | |
|-----------|----------------|
| Sunday | Asa Dhyana |
| Monday | 2nd Asa Dhyana |
| Tuesday | Omkara Dhyana |
| Wednesday | Chakra Dhyana |
| Thursday | Mantra Dhyana |
| Friday | Hong Sau |
| Saturday | Ajna Dhyana |

Kriya Routine

The following is the Kriya routine in the edited edition: *"Your practice routine must, of course, be tailored to your individual schedule and family life. We recommend that you practice your Kriyas each morning before breakfast, and each evening before going to bed (but at least an hour after an evening meal)."*

"The Asana Kriyas should be practiced at least once a day, morning or evening. (Practicing them twice a day would be twice as beneficial.) Asana Kriya practice may be done either before or after your other Kriya practice."

"Practice Kundalini Pranayama twice a day in the following manner: 5 to 10 minutes of Hong Sau, 12 to 24 Kundalini Pranayamas, then 5 to 10 minutes of Ajna Dhyana (or Mantra Dhyana)"

"After your practice of Kundalini Pranayama, practice the Dhyana of the day for 15 minutes [as long as you like, but at least 15 minutes. Also, Dhyana practice, like Asana practice, could be done at a completely different time. If there are time constraints which necessitate shortening

one of both of your practice sessions, be sure to practice at least Kundalini Pranayama and Ajna Dhyana (or Mantra Dhyana)."

We think that the edited edition is much easier to follow, and the weekly Dhyana routine will simplify and enhance practice. With the addition of the above information, the original edition is perfectly adequate. However, if anyone wishes to have a set of the new edition, we will be happy to furnish you with one for the printing and postage costs of \$5.50 per set if 6 booklets.

We have also revised our introductory booklet, *Arya Kriya, the Science of Accelerated Evolution* (originally the first step on "The Path of Wotan" course, but changed to an introductory booklet after our course was changed to "Arya Kriya"). The new edition has more information on evolution and the equinoctial and galactic cycles, and it is presented in much better sequence. Copies of the new edition are available for \$4 each.

Übermenschen

One of the greatest problems we encounter today in our desperate attempt to present the truth is the absence of any free and open debate. The old adage, "truth likes questions" should make people very suspicious of the fervor with which the dark age forces censor those who dare to publicly question their social and historical proclamations. But unfortunately, few have the wit or the desire to consider anything beyond the prime-time TV menu. And so, truth activists such as Ernst Zündel, David Irving, Kirk Lyons, and Fred Leuchter encounter every form of censorship, and even violence and terrorism, to keep them silent, or at least distort their words. Even when one of these men does get a chance to speak in public, he is invariably muffled and intimidated by the age-old tactic of hecklers.

But the future is ours if we are determined and disciplined enough to seize it. The awesome powers inherent in advanced states of evolution — our Aryan destiny — are far more than a match for the paltry tactics of the dark age forces. The following story illustrates very well one method by which an Übermensch can handle hecklers and other opponents of free speech.

One of Babaji Nagaraj's 19th century Kriya initiates was Shyama Charan Lahiri, a Bengali Brahman householder, later known as Lahiri Mahasaya (pronounced Lah'-hree Mah-hah' shaye. Mahasaya is a title bestowed on him by his students which means "great mind"). After his initiation in 1861, Lahiri Mahasaya practiced the 144 Kriyas for 12 years, and he attained an extremely advanced level of evolution. He then synthesized four progressive Kundalini Pranayama techniques (from the original Kriya Kundalini Pranayama technique), into which he began initiating students of his own. (This is known as the Kriya Yoga of Lahiri Mahasaya, a derivative of which was taught by Paramhansa Yogananda in this country.) To this day, Lahiri Mahasaya is very famous in Bengal and his Kriya Yoga has a large following. Both his great grandson and his great grand nephew teach his Kriya Yoga, and over the years a number of Bengalis have attained advanced levels of evolution through its practice.

Lahiri Mahasaya lived in Benares with his wife and children. He worked during the day as an accountant with the English military. In the evening, numbers of Kriya students came to his house for advice and training. One evening, one of his students told Lahiri Mahasaya that a famous Benares pundit with great political power had decided to make some radical changes in the traditional form of religious worship in a particular Benares temple (the actual proposed change is of no real interest

to us here). The pundit offered an open debate on the proposal, but since the pundit was so famous and had a large following of fanatical "yes-men" who were very vocal and could even be hostile and violent, nobody dared to speak against the pundit. Lahiri Mahasaya felt that the pundit's proposal was completely wrong, and so he went to meet the pundit and his followers in the open debate.

Lahiri Mahasaya attended the assembly, which was well guarded by the pundit's followers. After explaining the reasons for his proposal, the pundit offered the floor to those who disagreed. As expected, none of the Brahmans or priests dared to debate the pundit. So Lahiri Mahasaya stepped to the center of the assembly and addressed the pundit with due respect. But as he started to explain his disagreement, the pundit's followers began to heckle him, making a great deal of noise so that nobody could hear Lahiri Mahasaya speak. Try as he may, Lahiri Mahasaya could not get the pundit's followers to be quiet, nor get any authorities to quiet them. In an attempt to force Lahiri Mahasaya to leave the assembly, the heckling became more vicious.

Then Lahiri Mahasaya bent his mouth and jaw in a strange, distorted way. At once, every heckler was silenced as all their mouths and jaws became paralyzed in the same distorted position of Lahiri Mahasaya's mouth and jaw. When the assembly was quiet, Lahiri Mahasaya relaxed his face and stated his case to the astonished pundit. The heckler's faces remained paralyzed as he explained his disagreement with the pundit's proposal. The pundit evidently saw the light and withdrew his proposal with alacrity! As Lahiri Mahasaya turned to take his leave from the assembly, the shaken pundit called after him, respectfully asking him to heal his followers, who were all still quite paralyzed and mute. The Kriya master told the pundit to bring some water

from the temple in question and place a few drops in each of their mouths (the only significance of this was that the temple and water had something to do with the pundit's erroneous proposal). Sure enough, the drops of water restored each of the pundit's followers.

There is an interesting sequel to this story which we were told by Harekrishna Ghosh, the nephew of Paramhansa Yogananda. In 1936, Harekrishna was a teenage boy when his uncle, Yogananda, made a return visit to India from the United States, where, at the behest of Babaji Nagaraj, he was teaching Lahiri Mahasaya's Kriya Yoga. Harekrishna spent almost every minute of the visit (some months) by his uncle's side, and he witnessed a number of amazing occurrences. In 1993, during the centennial celebration of Yogananda's birth, Harekrishna visited some of his uncle's disciples here in California, and he gave a talk about his experiences with his uncle during that 1936 visit to India. We attended this talk, in which he related the following story:

When Yogananda arrived in Calcutta to see his family, he was honored with a large banquet in his father's home. As usual, Harekrishna got to sit next to his uncle. There were lots of people coming in and out of the house to pay their respects to Yogananda. But when a man with a grotesquely deformed face started to enter the doorway, Yogananda suddenly raised his hand and astonished everybody by ordering the man out of the house. He told the man that he would see him later, and the man meekly left the room. After the banquet, Yogananda summoned the man back into the house and spoke to him quietly. As Yogananda spoke, the deformity vanished from the man's face. The man gestured to Yogananda with great reverence and left the room.

Harekrishna soon learned that back in 1920, just before his uncle had left on his mission to the United States, this man had been publicly ridiculing Lahiri Mahasaya, calling him a charlatan and a phony (Lahiri Mahasaya was no longer incarnate, having removed the life energy from his physical body in 1895). Yogananda, an heir to Lahiri Mahasaya's Kriya Yoga, confronted this man and demanded that he apologize for his denigrations. The man refused and asserted the denigrations all the louder. Yogananda then distorted his face in a grotesque shape, which caused the man's face to do the same. Yogananda left the man in that condition, unable to straighten his face or speak coherently. The man's face had remained in that position for the next 16 years while Yogananda was in the United States. When Yogananda returned on the visit, the man sought him out to apologize for his denigrations of Lahiri Mahasaya.

The above stories are not about anything occult or supernatural. They are simply illustrations of the abilities inherent in advanced levels of human evolution. The consciousness (superconsciousness) of Lahiri Mahasaya and Yogananda were devoid of any limitations of ego, and so they could "absorb" or dominate any ego-limited consciousness. Lahiri Mahasaya linked his powerful mind with the weak minds of the hecklers, and then mentally suggested simultaneously to each and every one of their minds that their mouths and jaws were locked in the same position as his, and that they were completely unable to utter a sound. Later, he could mentally suggest to them that the drops of water would unlock their jaws. Yogananda apparently had known of the story of Lahiri Mahasaya and the hecklers — which is not very widely known, even among disciples of Lahiri Mahasaya — and decided to use the same technique on the man who was ridiculing Lahiri Mahasaya — giving him a somewhat drastic demonstration that Lahiri Mahasaya was no charlatan.

It is fairly well known that hypnotists can perform similar mental manipulations on good subjects by conditioning and oral suggestions. But the ability to give suggestions *mentally* to anyone (let alone to masses of people) is far beyond the potential of hypnosis. But in advanced levels of evolution there is such power.

Although very rare, such abilities are not altogether unknown in those with otherwise ordinary human consciousness. One amazing example is Wolf Messing, a Polish Jew who was famous as a mind reader. During World War II, Messing fled Poland and plied his trade in the Soviet Union. His abilities came to the attention of Stalin, who demanded that he be put to a test.

For his first test, Messing entered the bank of Russia and handed the bank teller a blank piece of paper. He mentally suggested to the teller that this was a valid check for a very large amount of money. The teller gave Messing an enormous amount of cash, which Messing turned over to Stalin's agents outside the bank. When the money was returned to the teller and he realized that the "check" he received was a blank piece of paper (which didn't even resemble a check), the man keeled over with a heart attack.

His second test was more difficult. He was told to try to enter Stalin's military compound, get past all guards, and reach Stalin. Stalin doubled the guards with his best and most trusted, gave all of them a photo of Messing, and probably threatened them with unspeakable punishments if Messing got through. But soon an astonished Stalin looked up from his desk to find Messing standing in front of him, while all the guards in the room paid him no attention at all. Messing explained how he accomplished the task: as he entered the compound, he mentally suggested to all the guards, "I am Beria. I am

Beria." No guard would have dared to question Beria, the notorious head of the CHEKA. Although both Messing and Beria were Jews, there wasn't any real resemblance between the two. But Messing's mind was powerful enough to convince every guard that he was indeed Beria, in spite of the photo and certain knowledge that he would be trying to enter the compound and must be stopped. Other than some strengthening by practice during his mind reading act, Messing's abilities were not a product of training. He was born with this one, particular superhuman ability. In his later years, Messing toured India and investigated several Yoga and Tantra masters. He publicly proclaimed their abilities to be far, far beyond his own.

Here, I will add a little story of my own. After I had been practicing Kriya for about ten years, I decided to conduct a little experiment to see if I could influence people by thought transference. At that time I was working the evening shift, and so I usually did my shopping late at night. The checkers were often pretty tired and groggy, which I knew would be an advantage for my experiment. As I handed the checker a five dollar bill, which was sufficient enough to pay for my purchase, I began mentally suggesting that I had given her a twenty dollar bill. Sure enough, she counted out change for a twenty. I immediately offered her the change back, and she then discovered her error. Over the next week, I repeated the experiment a few more times and the results were the same. Although I never kept any of the extra change, I soon began to feel bad about manipulating the checkers (and frightening some of them) and so I vowed to never do it again. I realized that I must use such powers strictly with inner guidance.

To use the powers of higher evolution frivolously, especially before the ultimate goal is reached, invariably

inflates one's vanity, which in turn limits further advancement of evolution, and then dwindles all such powers. Lahiri Mahasaya and Yogananda were Übermenschen, and as such they always used their powers with inner guidance. Anyway, the purpose of my story was to point out that Kriya practice continuously strengthens your mental faculties. Practiced as taught, the necessary inner guidance will grow along with the powers.

Many awesome powers accompany the advanced levels of evolution. The above stories illustrate one of them, and I'm sure the readers can extrapolate the potential of its use against the dark age forces. One day, the powers of advanced evolution can put an end to the chaos and degeneration once and for all. This is our destiny — an Aryan destiny which is up to us to realize.

Equinoctial Dating

We've had some inquiries about how the date 295 Wind Age (Dwapara Yuga) was arrived at. The date is determined by astronomical reference: the distance of the Vernal Equinox from the first point of Aries. The dates of the ages have been calculated as follows:

Beginning of the last descending Axe Age (Satya Yuga or Golden Age): 11,501 BC.

Beginning of the last descending Sword Age (Treta Yuga or Silver Age): 6,701 BC.

Beginning of the last descending Wind Age (Dwapara Yuga or Bronze Age): 3,101 BC.

Beginning of the last descending Wolf Age (Kali Yuga or Iron Age): 701 BC.

Beginning of the last ascending Wolf Age (Kali Yuga or Iron Age): 501 AD.

Beginning of the last ascending Wind Age (Dwapara Yuga or Bronze Age): 1701 AD. of which this is the 295th year. Hence, we calculate this year astronomically (or astrologically) as 295 Wind Age.

The Wind age is an age of rapid mental development for mankind, involving the realization of matter as a form of energy, and the development of technology to manipulate energy. This should also be an age wherein mankind realizes his proper position in the realm of Nature (especially by 295!). However, as noted in our introductory booklet on Kriya, the normal development of this age has been stunted by our Solar system's entry into a dark age of the larger galactic cycle, the duration of which will be several hundreds of thousands of years in length, and which will have a negative effect on all the ages of the Equinoctial cycles for a long time. This is the reason we have such chaos and degeneration today. The dark age forces are still in power on this earth, and they are threatening the survival of the planet by using the — natural technological advances of this age to manipulate (and destroy) Nature for their own selfish desires.

Guidance and Help from the Siddhas

Considering the negative effect (indifference and self-aggrandizement) of the dark age cycle on the majority of our Folk and race, the only feasible way to combat these dark age forces is by actually advancing the evolutionary level of this planet up to, and perhaps even beyond, where it should be without the influence of the galactic dark age. This, of course, is not going to be easy, given the indifference and self-absorption of the dwindling number of genetically higher evolved humans on this earth.

Fortunately, we have help — very powerful help. Babaji Nagaraj and other Aryan Siddhas have remained on this earth for the express purpose of helping us in the struggle — although they won't do it all for us. For every step we take towards them (advancing our own evolution for the benefit of the struggle), they will take ten steps toward us. Already, they are doing a great deal. Sometimes their influence is obvious to us, such as the destruction of the Berlin wall on November 9, 1989! Other times their efforts may not be so obvious. For example, who knows how much influence they may have on Clinton's idiotic antics — rudely pushing even the usually indifferent public away from the disease of liberalism and multiculturalism. (Anyway, whether or not there is any outside influence, we couldn't have picked a more ridiculous boobus erectus than Clinton to alienate the public from our enemy's cause.) The Siddhas often work in that way, giving us an edge in the struggle by causing our enemies to make themselves look ridiculous. Sometimes, they may even act directly, as Lahiri Mahasaya did with the hecklers. But one thing is for sure, they are with us to the end, and the more we attune ourselves to their presence, the more they will do for us.

Adolf Hitler always felt that he was guided by a divine force. He was. The great German leader was closely guided by the greatest of Aryan Siddhas, the likeness of whom can be seen in the features of Adolf Hitler's face.* [Adolf Hitler and National Socialist Germany were — and are — closely related to Babaji Nagaraj and the Kriya path. This will be discussed in more detail in later editions of Arya.] Adolf Hitler knew just what he was talking about when he said repeatedly that he was on a sacred mission. But human will can cause drastic changes — for good or for evil. The war was not meant to happen at all, and its loss was a consequence of the

influence of the galactic dark age cycle — an influence that aggravated and increased the selfishness and treachery of the German officer corps. Nevertheless, the loss of the war was only the loss of one small battle in the struggle. In the next battle, we will be much better armed.

*Note: The Führer's high level of evolution, specifically, his complete lack of ego, caused his facial features to reflect those of anyone around him. That is why he often looks different in different photographs. In many photos it can be readily observed that his face strikingly resembles that of the person with whom he was photographed. This can be seen in other highly evolved individuals who are beyond ego-consciousness. Another example is Yogananda. A survey of photographs of Yogananda reveals that he, too, always resembles others in the photograph.

Natural Diet

The following are some cookbooks which have good information on vegetarian cooking and some excellent, nutritious, vegetarian recipes.

Basic Macrobiotic Cooking

by Julia Ferré

Published by George Ohsawa Macrobiotic Foundation
ILBN 0-918860-47-4

This is an excellent book for getting you started in vegetarian cooking

Dr. Dean Ornish's Program for Reversing Heart Disease

by Dr. Dean Ornish

Ballantine Books

ISBN 0-345-37353-7

Ornish has popularized the low, high carbohydrate diet for better health. The book contains a great deal more than vegetarian cooking, but the recipes it has are

excellent. The other information is good as well, but we are recommending the book only for its recipes.

Simply Vegetarian

Edited by Asha Parver and Sheila Rush

Dawn Publications, 14618 Tyler Foote Road, Nevada City, CA 95959

This book has excellent recipes.

Moosewood Restaurant Cooks at Home

by Moosewood Restaurant

Simon & Schuster

ISBN 0-671-87954-5 & 0-671-67992-9 PBK

This is an excellent book for home vegetarian cooking by a famous health oriented restaurant. (It also contains a few meat and fish recipes.)

Jane Brody's Good Food Book

by Jane E. Brody

W.W. Norton & Company

ISBN 0-393-02210-2

This is a real encyclopedia for all aspects of cooking, and it is very readable. Although it is not strictly vegetarian, there are many meatless recipes, as well as others that are adaptable.

Seaweed & Nut Snack

This is a simple, but extremely nutritious snack. Nori, a seaweed, is full of necessary minerals, and is highly recommended by health-conscious nutritionists. It is available in most health food stores, oriental food markets, and nowadays even in some supermarkets.

Place 2 cups of cashew pieces or sunflower seeds on a cookie sheet and brown them in the broiler.

Place the Nori seaweed on top of the browned nuts, and brown it in the broiler for just a few minutes.

When cool, crush the nuts and seaweed together with your hands and salt to taste.

Portrait of Babaji Nagaraj

There have been some requests for a better likeness of Babaji Nagaraj (our photocopier does not do a very good job). For those who are interested, we have some glossy, 8 by 10, bronze-toned, color prints of a portrait of Babaji Nagaraj, which are suitable for framing. This is the same picture we have attempted to reproduce - with varying success -- in our booklets. These come from the Great Siddha's Canadian disciple, Marshall Govindan. We would be happy to send you one for our cost (including postage cost) of \$6.50 (they are \$8 each from Canada).

These prints are of a portrait done by Yogananda's brother, Sananda Ghosh, who was the aforementioned Harekrishna Ghosh's father. Harekrishna as present when Yogananda spent two whole days directing Sananda, who was an accomplished artist, in making a precise drawing of Babaji Nagaraj, whom Yogananda had met in person earlier. The drawing by Sananda appeared in Yogananda's book, *Autobiography of a Yogi*. Later, Sananda turned the drawing into a color portrait, a bronze-toned print of which we have available.