



Brahma Guru Mahamahopadhyaya  
Yogacharya Dr. Ashoke Kumar Chatterjee



Yogiraj Sri Shyamacharan  
Lahiree Mahasaya



The Kriyayoga Spiritual Centre for Northern, Western,  
Central & Southern India Founded by Brahma Guru  
Mahamahopadhyaya Yogacharya Dr. Ashoke Kumar Chatterjee to  
Propagate The Ideals & Tenets of Yogiraj Sri Shamachurn Lahiree  
Mahasaya Hence Kriyayoga



**Yogiraj Shyamacharan Mission**

## Introduction :

Yogiraj Shyamacharan Mission is a charitable, non-profit Socio Spiritual organisation, the objective being to enable humanity to reach the source of eternal peace through the practice of rational and scientific technique of Kriyayoga or Rajayoga or Karmayoga. Under the definition of Prana pervaded Universe – the objective is also to provide education for the distressed, poor, sick, conduct free medical camps and participate in all service oriented activities and amidst this inspire them to know their still Prana.

Yogiraj Shyamacharan Mission has been set up under the aegis of Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee as the Founder Guru and Spiritual Director. The organisation is led by Mrs Joyati Kapur, the Founder Working President and one of the oldest and most senior disciples of Mahamahopadhyaya Dr Chatterjee. Under Mrs Kapur's leadership, a Managing Committee runs the day to day functions and activities of the Mission.

## Objectives :

To make the exact Kriyayoga sadhana revised by Bhagavan Krishna - Shyamacharan accessible to the entirely spiritually oriented irrespective of caste, creed, gender and religion To vow to practice, preach, propagate, preserve the spiritual existence and ideals of Bhagavan Krishna-Shyamacharan and Sanatana Dharma's backbone yogashastra philosophy To endeavour to inculcate ethical and spiritual thoughts for pure natural evolvment hence total development of humanity through proper teaching and culture, thus establishing a healthy environment.

## Frequently Asked Questions :

### 1 What is Kriyayoga?

It is the eternal supreme spiritual science. Kriya infers action and yoga means union with the Absolute i.e. the technique through which the union with absolute is achieved is called Kriyayoga

### 2 Who introduced Kriyayoga to humanity?

Yogiraj Sri Shyamacharan Lahiree Mahasaya revived this supreme spiritual science which was called Rajayoga/Karmayoga by Lord Krishna, revised it as Kriyayoga and introduced it to the world

### 3 What is the science behind Kriyayoga?

Kriyayoga is the science of Prana or God or Soul. Prana is the source of this creation. Prana is present in humans, animals, insets , sun, moon, stars, sky, within the five elements thus the total creation. The practise of Pranasadhana or Pranayama is Kriyayoga. There are 49 subtle airs in our body out of which Prana, Apana, Vyana, Udana and Samana vayus are the main ones. By practising Pranayama, as prescribed by Guru designates, these airs are stilled which in turn stabilise the main Prana air thus achieving the static state of Prana or God.

### 4 How does one start practising this sadhana or technique?

This is a Gurumukhi Vidya i.e. which can be derived from a Guru only. The reading of books and lessons does not complete the process of initiation. It is the authorised appointed representative Guru designate only who can impart this knowledge through initiation process. Only after one is initiated, one is eligible to practice this sadhana.

### 5 What are the criteria or eligibility for initiation?

It is necessary that one has to have intense yearning for initiation, emotion based decisions will not help because after initiation one has to practice this sadhana lifelong. One must read the book "Purana Purusha" authored by Brahma Guru Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee to develop the right perspective and knowledge on Kriyayoga.

### 6 Is this the only way to merge with the Supreme Soul or God?

It is the scientific, sure and rational way to merge with God or Soul, our origin.

7

**What is the end result?**

The end result is moksha or emancipation or Soul- Realisation. Kriyayoga sadhana requires immense courage, patience and mental strength. If practised diligently, at appropriate time and by Grace of Brahma Guru, Soul realisation occurs which frees oneself from the cycle of births and deaths leading to emancipation thus achieving fulfilment.

8

**Is it necessary to leave the household existence to practice this sadhana?**

No. Kriyayoga is an easy and natural form of technique suitable for mankind. One can practice at home , it does not require any external renunciation, portrayal or show; neither it is necessary to go to Temples, Churches etc. It is expected that one has to perform his daily household duties along with the practice of sadhana

9

**Who all practiced this sadhana?**

*yada yada hi dharmasya  
glanir bhavati bharata  
abhyutthanam adharmasya  
tadatmanam srujamyaham  
- Bhagawad Gita, 4:7*

Meaning God makes His advent in human form only at the juncture of two yugas (meaning eras) when there is religious decadence. Thus, at the juncture of Tretayuga and Dvaparyuga God Himself marked His Advent in the form of Bhagavan Ramachandra; at the juncture of Dvaparyuga and Kaliyuga as Bhagavan Krishna and at the juncture of Kaliyuga and Satyayuga as Bhagavan Shyamacharan and re-established His own ideals i.e. practice of Kriyayoga sadhana.

All the great Saints, Rishis, Munis, even Lord Mahadeva is seen engrossed in this sadhana. To quote a few examples, Saint Dyaneshwar, Saint Tukaram, Saint Ramdas Swami, Lord Jesus, Saibaba of Shirdi etc.all practiced this sadhana, Saibaba of Shirdi was the direct disciple of Lahiree Mahasaya (as mentioned in the diaries of Lahiree Mahasaya).

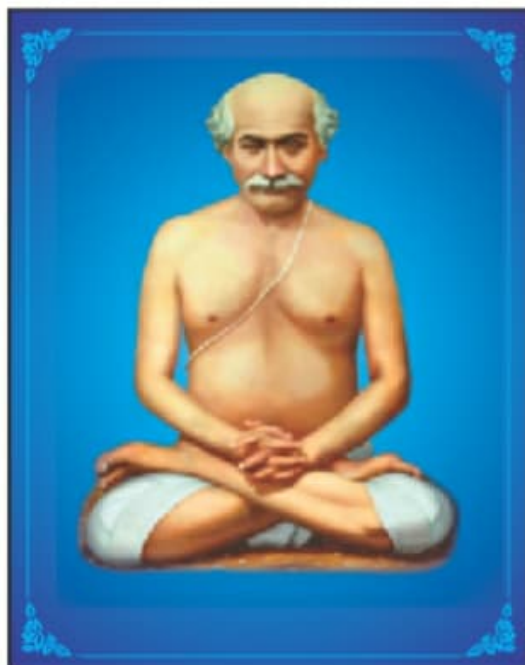
10

**Who gives initiation?**

Our Revered Gurudeva Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee Mahasaya, acknowledged as World Kriyayoga Master has strictly adhered to the ideals and tenets of Lahiree Mahasaya and practiced rigorous sadhana like Lahiree Mahasaya. His appointed authorised representatives, Shri Dhananjay Karmarkar and Dr Nitin Zankar now impart sadhana strictly as Gurudeva and Lahiree Mahasaya imparted.

## Yogiraj Sri Shyamachurn Lahiree Mahasaya

Amidst maintaining social, family, official responsibilities, Yogiraj Sri Shyamacharan Lahiree Mahasaya got initiated into Kriyayoga Sadhana by his Guru, Babaji at the age of 40 years and practiced sadhana austerely. He scrupulously remained within the family precincts and practiced this sadhana. This remarkable, unparalleled juxtapositioning of family life with sadhana cannot be noticed in thousands of years. Amongst all these He reached the pinnacle of sadhana within four years, setting an example for mankind.



Yogiraj Sri  
Shyamachurn Lahiree Mahasaya

He has proved that complete emancipation from the cycle of births and deaths can be attained without any external renunciations and ostentation by leading a normal household life. Yogiraj revived this Gita based supreme knowledge and bestowed it to all His disciples who were household people because of which He is known as **“God of Householders”**. During practice of Kriyayoga sadhana, the self realisations experienced by Him had been penned down in 26 secretly kept diaries. These self written diaries are a source of immense information and inspiration to those aspirants who wish to reach the pinnacle of Kriyayoga sadhana.

After reaching the ultimate aspect of sadhana, He gives His introduction by writing:

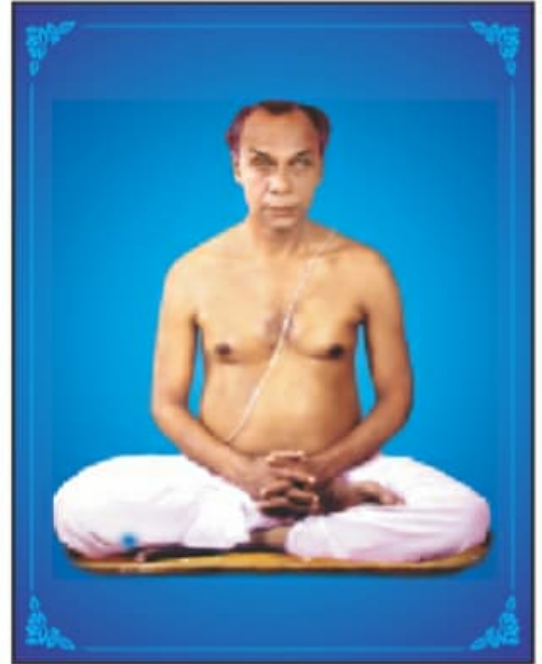
*“I only am Krishna! I only am Mahadeva! I only am the  
Quadrumanous Narayana! I only am the Supreme Being!  
I only am the Primordial Male Energy! I only am the  
Imperishable Being! The creation has emanated from My  
Form; there is none barring Me! In the form of Kutastha  
I remain in everybody! One who is Atmasurya (Soul Sun) He  
only is Brahma, who is ‘Me’! I only am Amorphous Brahma!  
I only am Bhagavan!!!”*

On 26th September 1895, at the auspicious juncture of Mahashtami and Mahanavmi Sri Shyamacharan Lahiree Mahasaya effected His sublime Departure.

## Brahma Guru Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee (World Kriyayoga Master)

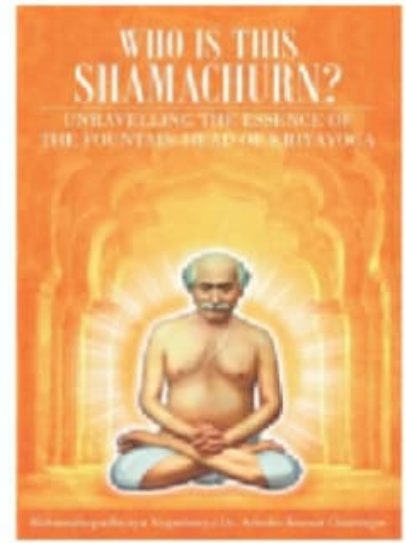
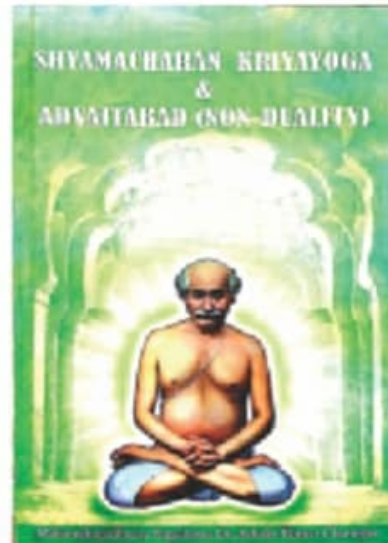
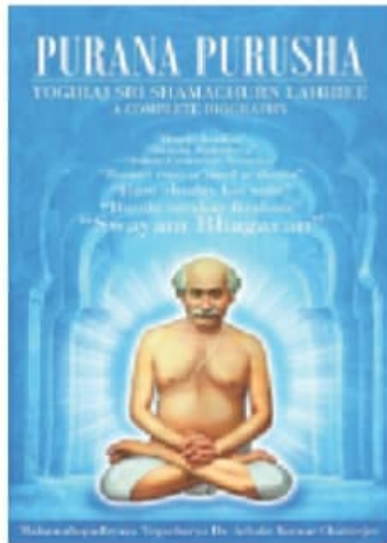
Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee received initiation in Kriyayoga in April 1961 and was a Kriyayoga practitioner for more than six decades. He reached the pinnacle of Kriyayoga within a short span. He scripted "Purana Purusha " based on the 26 confidential diaries on Soul-Realisation of Lahiree Mahasaya. He has authored several books, poems, articles detailing the life , ideals, precepts and sadhana realisations of Yogiraj Sri Shamachurn Lahiree and expounding the innate significance of Prana, Dharma and God concept. His writings have unfolded a new chapter on Indology. The speciality of Him is that He has scrupulously adhered to the ideals of Yogiraj thus has remarkably juxtaposed total domestic existence with yogic discipline as shown by Yogiraj Himself. Mahamahopadhyaya Yogacharya Dr. Ashoke Kumar Chatterjee was invited as the sole representative from India to participate and mediate in the Parliament Of World Religions held at Val St. Hugon, France in 1997 convened by The Dalai Lama and sponsored by UNO, UNESCO, UNCHR. At the Parliament of World Religions He upheld the tenets of Sanatana yogadharma on the subject of love, peace and solidarity -

*"One World, One God, One Man, One Religion"* to the world with a clarion voice. He expounds that if Prana who inheres in the body-temple is nursed, Universal love will prevail and eternal peace be reinstated. Tirupati Sanskrit University, AP, India, has honoured Him with Vacaspati (D.Litt) and Mahamahopadhyaya titles for His inimitable contribution to Indology. Today, Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee is acknowledged as a World Kriyayoga Master. He has given declining Kriyayoga a push with the objective of ushering humanity into the zenith of Satyayuga (Golden Age) when all dichotomies, tension, discord will cease and halcyon days be reinstated will soon be effected. Brahma Guru Mahamahopadhyaya Yogacharya Dr Ashoke Kumar Chatterjee departed from His Mortal Frame on February 22, 2017. His instruction to us is to keep the flame of Kriyayoga burning through various seminars and symposiums aimed at propagating the ideals and tenets of Yogiraj Sri Shamachurn Lahiree Mahasaya, the Fountain- Head of Kriyayoga.



Brahma Guru  
Mahamahopadhyaya Yogacharya  
Dr Ashoke Kumar Chatterjee

## Books authored by Mahamahopadhyaya Yogacharya Dr. Ashoke Kumar Chatterjee



### **Purana Purusha :**

An authentic biography on the Fountain-Head of Kriyayoga, Yogiraj Sri Shyamachurn Lahiree Mahasaya, detailing His tenets, ideals and the essence of Kriyayoga based on the 26 secret diaries of Yogiraj.

### **Shyamacharan Kriyayoga & Advaitabad (non-duality)**

Hundred significant quotations of Shyamacharan Lahiree Mahasaya from the book 'Puran Purusha' have been scrupulously culled as a guide for Soul- seekers.

### **Who is this Shama Churn :**

An inimitable blend dharmic history, philosophy, science, culture, tradition of eternal Bharata along with a brilliant analysis of Shamachurn Lahiree.

### **Other books :**

Pranmayam Jagad; Satyacharan in the Abode of Truth.  
Ashoke's Soul in Yogic Prose, Prana-Pervaded Universe,  
Yogiraj Upadesabali, Yogiraj Gita, Prana's Words,  
Parliament of World Religions France 1997.

### **Available CDs' :**

“Kriyayoga ke kuch khaas Pal”, “Divine Oration on Gita at BHU”,  
“Degradation of Human Values-is there a future”, “Matru”



## Yogiraj Shyamacharan Mission

At Post Degaon, Taluka-Bhor,  
Near Nasrapur Phata, (Pin 412213).  
Off. Pune-Bangalore Highway (NH4)  
Dist.: Pune

<https://www.kriyayogashyamacharan.org>

For further details please contact :

+91 94334 64477

+91 98220 36566; +91 95618 88983

+91 98338 83838; +91 98336 58167