

## Yoga As A Universal Religion

Human sufferings will end only if man finds the fountain of infinite joy, God, within his soul. No other means and ways can save him from unending miseries of existence other than the direct personal experience of God. The direct personal experience of God can be accomplished by quickening the brain expansion of the individual. Expansion of one's consciousness is what that leads to self knowledge. Yoga helps all those who sincerely practice it with right knowledge irrespective of their gender, caste, creed, colour, nationality or any other sectarian differences, to accomplish this goal in their own body. Yoga teaches not to believe blindly in any theories; instead, it emphasizes the practice of time-tested methodologies, to dive deep into one's inner self to know about oneself. On the path he will confront with higher realities of life, which provides answers to all his questions. So, yoga is universal. It suits not only to a seeker with a peculiar religious affiliation, but to atheists and agnostics also.

## Learn Kriya Yoga Meditation

Those who are interested to seek the Kingdom of God within through the path of Kriya Yoga have to undergo a preparatory phase. During this period, the seeker will be taught to execute various spiritual practices that helps him to tune his body and mind for the practice of superior techniques of Kriya Yoga and Meditation. These preparatory practices are designed into two courses, viz., Sri Brahmananda Yoga Darshan (SBYD- Basic Yoga and SBYD- Advanced Yoga). After completing the both successfully, the student can apply for Kriya Yoga initiation.

All courses are conducted both directly and through online platforms.



## Our Services & Future Projects

- Conducting yoga-meditation classes and camps directly and online
- Kriya Yoga teaching and initiation
- Publication of printed and digital spiritual study materials
- Providing financial support to deserving individuals for meeting medical, education expenses etc
- Conducting medical camps and providing medical assistance for free of cost
- Daily Annadanam at Ashram- Providing free food to all those who visit the Ashram
- To support charity organisations that take care of destitute, widow, education of deprived etc.

## We Seek Your Support

- Spreading the Practical Knowledge of Kriya Yoga Meditations
- Building A Meditation Temple Dedicated to Sri Mahavatar Babaji
- Construction of a Yoga-Meditation Hall
- Infrastructure to Provide Accommodation to Devotees and Missionaries
- Building a Spiritual Library
- An Comprehensive Online Meditation Centre

### Support

SMB Mission depends solely on voluntary contributions made by generous hearts. The donations are used for implementing the ideals of the mission as laid down by its founder. To make these sacred universal teachings of immortal masters available to all God-hungry souls is the primary aim of the Mission. With your support we are able to provide our spiritual and material services to many at free of cost or minimum cost. With your help we will be able to light lamps of joy, love and hope in more and more ailing hearts.

### Send Your Support Towards

Your generous support can be sent as a cheque/IPO/DD drawn in the name of Sri Mahavatar Babaji Mission payable at a bank in Kanyakumari district or transferred directly to the following bank accounts.

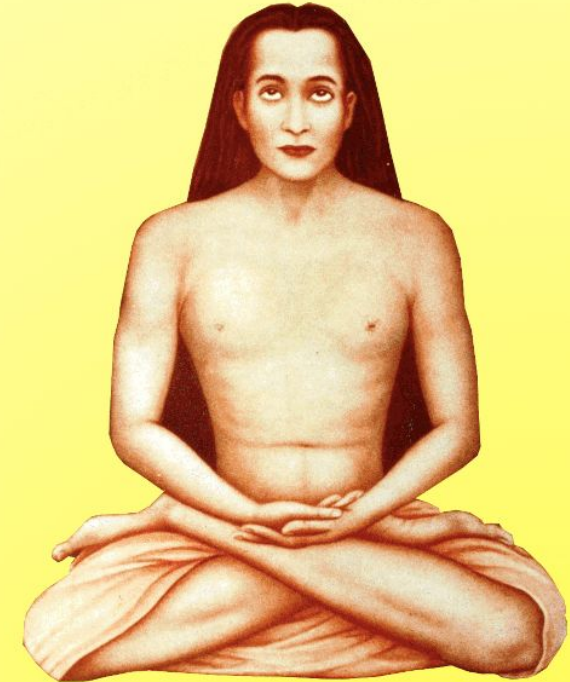
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\*Secretary



## SRI MAHAVATAR BABAJI MISSION

(Reg. Charitable Trust 353/IV/2015 Nagercoil)

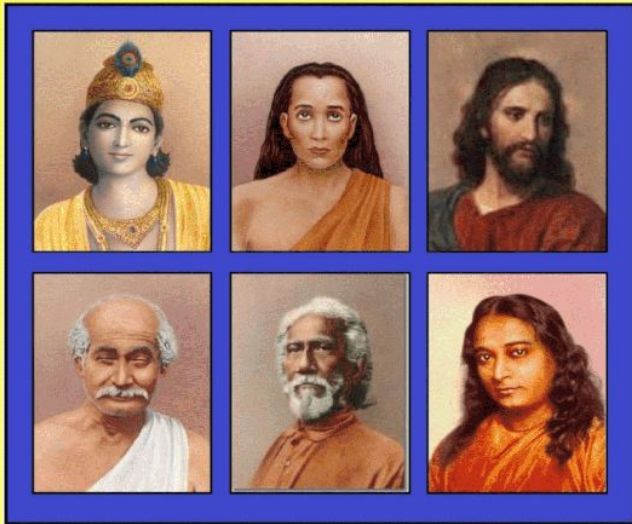
**Sree Bhadraramam, Pannippaham**  
**Muttaikkad, Kumarapuram PO**  
**Kanyakumari District, Tamil Nadu**  
**India, Pin- 629164**

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## SRI MAHAVATAR BABAJI MISSION

Sri Mahavatar Babaji Mission is a non-sectarian spiritual institution founded by Gurudev H. H. Swami Brahmananda Giri in the year 2015. The mission is set on the ideal of Gurudev to spread the spiritual teachings and yogic techniques of Kriyayoga-Meditation among the masses, and to undertake social welfare activities for the upliftment of the society.

### The Path of Kriya Yoga



In simple words, God can be defined as "eternal and ever new joy" and each human soul is a spark of that divine. Gross ignorance of this truth is the cause of all human-sufferings. Removing the veil of ignorance that separates the soul from God and to experience Him directly through meditation is the only way to regain eternal happiness and freedom. Mere intellectual brainstormings and verbal jargons won't help a human being to taste the essence of truth. It requires a scientific and systematic meditation practices that helps the seeker to develop his consciousness so as to experience higher realities.

Kriya Yoga is a group of scientific meditation techniques that quickens the spiritual evolution of human brain. Kriya Yoga includes body disciplining, mental control and meditating on Cosmic Sound of Aum. By dedicated practice of the techniques with reverence and devotion, the student of yoga can accomplish the brain-expansion necessary for communing with God as quickly as possible. Lost during the dark ages, this ancient science was revived in the 19th century by Immortal Guru Mahavatar Babaji through his disciple Lahiri Mahasaya for the benefit of humanity.

### Who We Are | What We Do

We are a group of monks (who belong to Hindu Swami-order of 'Giri' lineage) and lay devotees dedicated to the fulfilment of ideals of selfless spiritual and mundane services to humanity. Helping the humanity to awaken its latent divinity is the greatest service that can be rendered to God Himself, for finding God is the end of all human sufferings. Kriyayoga-meditation is a short cut to accomplish this. By enlightening the people of the importance of learning and practicing a scientific spiritual sadhana daily and motivating them to practice spiritual sadhana like Kriya Yoga meditation, we are truly serving God who resides as soul in every human body.



Under the divine and loving guidance of our mentor and Guru H. H. Swami Brahmananda Giri, we, at SMB Mission, are rendering two-fold primary services to God. First, by practicing yoga and meditation as a means to self-development we serve God who resides in us. Second, imparting the right spiritual knowledge and time-tested spiritual practices of yoga and meditation that helps others to build and lead a happy and divine life. Apart from spiritual services, we are also engaged in various human welfare activities.

### Our Locations

We are located in a serene village of Muttaikkad. The location is just five kilometers away from Thucklay (nearest town), in NH47 that connects Kanyakumari with Thiruvananthapuram.

#### Ashram Address:

Sree Bhadraram, Pannippaham, Muttaikkad, Kumarapuram PO, K K District, Tamil Nadu, Pin- 629164, India.

#### Our Yoga-Meditation Centre:

Kriya Yoga Meditation Centre, 1-Puliavilai Street, Vadasery, K K District, Nagercoil, Tamil Nadu, Pin- 629001, India.

### Our Gurudev



Swami Brahmananda Giri is the Founder and Spiritual Head of SMB Mission. He is a man of exemplary knowledge and experience in practical spirituality. Born in India's southernmost district of Kanyakumari, Tamil Nadu, he embarked his spiritual journey at the age of 17. Silently inspired by ever-growing presence of Divine Mother, whom he used to perceive as a girl-child of his same age even from his childhood days, he was led to his first master Yogiraj Sri Umesh Chandraji of Ram Thirth Yoga Ashram Mumbai (erstwhile Bombay). He took lessons in Hatha Yoga and Meditations from Sri Umesh Chandraji. Later, as per his wish to learn and practice Khechari Mudra, God led him to another teacher. Even from the beginning days of his sadhana, he used to perceive visions of Mahavatar Babaji during his meditations. In the year 1984, Mahavatar Babaji manifested before him and gave him the highest initiation. Thereafter, with Babaji's permission he started teaching and initiating all those who are interested to learn and practice Kriya Yoga. In the year 1992, Sree Bhadraram and a temple dedicated for Divine Mother was established in a serene village of Muttaikkad, Kanyakumari District. This ashram has helped innumerable seekers to receive the sacred knowledge of Kriya Yoga. To make available these sacred teachings of Babaji and other great saints, to make masses understand the essence of all religions as one and the same through self-experience of God latent in man's soul, he founded SMB Mission in the year 2015. With the activity of the Mission, his teachings and Kriya Yoga in its genuine form are spreading across the globe.