

1. What has this path meant for you or done for you?

I feel I speak for all of us being ordained when I say the path has not been a straight line but a circle, a coming home.

I crossed three continents to find the spiritual teacher in my heart, leaving behind India, England, and the east coast of the United States. We find that God and Gurus are not different than the Self.

Four years ago was the first time I heard Yogacharya sing the opening prayer: *Asato ma sad gamaya*. I experienced it as revelation, a transmission. I'd heard it before, as I grew up within a culture of Sanatan Dharma, but now I really heard its meaning; I felt it unlocked a library of wisdom within me.

Today, we celebrate a new beginning, a new birth. Paramahansaji says a new birth is possible with each breath. Through Kriya we can live many lifetimes within this one life. We begin anew with you.

There have been many tangible benefits: Healing, Material and spiritual success, but we practice out of love for the divine. We experience greater harmony in our marriage of forty-one years, a sweetness and deep respect; sometimes our life is an experience of the Self living harmoniously with the Self, expressing uniquely as each of us.

Guruji knows my human foibles, yet I feel the acceptance of divine love and compassion. This inspires me to experience the truth of others as the Self emanating uniquely.

2. The greatest need for our time is?

That we remember and realize our true nature. Self realization impacts everything, allowing us to cocreate heaven on earth. What is God?

"Oh, it's you, and you and you." All of us and everything. There is mutual recognition and Self recognition, that we can practice in community, and in our families.

A line from a devotional bhajan sung from disciple to Guru, translates as, “You are the *bhav* of devotion flowing through me.” “*Tum hi to ho bhav mein mere.*” Tum hi to ho is the Hindi of Tat twam asi.

3. Kriya Yoga inspires us and gives us hope that the need can be met.

Kriya Yoga goes beyond belief and intellectual knowing to direct experience of the truth of Reality, through Kriya practices and awakened living. Kriya Yoga promises and delivers the direct experience of the Self/God; diverse people of all nations and cultures can know the One truth, the one Self, known by many names, thanks to Lahiri Mahasaya’s compassion.

In this new beginning, we begin with the end in mind, the departure from this lifetime.

A favorite couplet of Kabir that Yoganandaji taught, and I learned from my father, “*Kabira, jab paida hue, jag hanse tum roye. Aisee karni kar chalo, tum haso jag roye.*” Oh Self, when you were born, you cried and the world rejoiced. Live now in such a way that when it is time to leave, you go rejoicing and the world weeps with love.

May we live with no regrets. May we live in rejoicing, that we may leave rejoicing. I bow in reverence to the divine in you. Oh, it’s you. Tum hi to ho. Namaste.