

I want to begin with a quote from the great master of Kriya Yoga, Paramahansa Yogananda, who said:

"Practice the art of living in this world without losing your inner peace of mind."

This quote ignited my search for answers to the experiences that I've had in my life. And the path of Kriya Yoga answered all those questions and more!

One of the many questions I pondered was:  
Can peaceful co-existence ever become reality?

Here is a brief background story of where that came from.

I was born and raised in a beautiful country in the heart of Europe, Bosnia & Herzegovina. In contrast from an idyllic early childhood I had, my teen years were spent trying to make sense of the world I found myself in. It seemed overnight, the country was engulfed in war, and solidarity and centuries long religious and ethnic co-existence was replaced by crimes against humanity, and discriminations of all sorts. And, when I came here to U.S., I found more of the same, just in a different form. And I saw it happening in many other places in the world.

I also realized that the search and hope for peaceful co-existence was in the hearts and on the minds of many, many people around the world.

**I see that the greatest need for our time is establishing an active culture of living in peace in the world.**

So, back to my question about peaceful co-existence, I think yes, it is possible if we have peaceful individuals. What is needed is a culture of peace in our day-to-day life. If we understand that peace is not the goal of life, something we work towards, but the very foundation of life – a place from where we live our life, we can see how peaceful individuals are the building blocks of a peaceful world.

This transformation cannot be done with a crowd. It needs a committed approach to individual transformation. Only if individuals evolve to peacefulness, joyousness, and meditateness by their nature can we hope for stable societies.

At the same time, this is not about a single person. This is about humanity and life evolving in a certain way. Our awakening and Self-realization, individually and collectively, depends on responsibility — a sense of responsibility towards the self, others, God.

**Kriya Yoga, a practical method for Self-realization and conscious living, provides a clear strategy for us to remove any obstruction to experiencing that which is innate to us. Therefore, Kriya Yoga has been thought of as a pathway to peace.**

The teachings say that peace is the core of our existence. We cannot create it. But, we can access it from within us, and we can bring it at the forefront of our lives.

If we understand that our external manifestation reflects our inner being, how can the world be peaceful if we do not keep our minds peaceful?

So, what is ours to do? We can make peace of mind the foundation of our life. We should always begin with the deeper connection to our essential Self. Then, we think, speak and act in ways that enhance and support that connection.

### **In Closing**

Walking in the footsteps of the great teachers of the Kriya Yoga tradition, in God, I'm profoundly grateful for the life-transforming teachings and practices of Kriya Yoga and the infinite inspiration and guidance from my beloved guruji, Yogacharya O'Brian.

First and foremost, I am committed to becoming joyous and peaceful human being myself, lighting the way for inner transformation for all. As I have received the teachings, and learned how to access the peace within, I am committed to sharing the tools and practices with individuals in hopes of bringing the greater peace and harmony to the world.

As we awaken to what the Vedas call 'the One Truth known by many names' may we realize that we all come from this One source, and we live and have our being in it.

Om Peace Peace Peace