

On the occasion of Kriya Yoga Ministry Internship

Divine Beloved,

Pranam. Congratulations on your auspicious step into ministry internship, a grace-filled time of higher discernment, dedicated Kriya Yoga practice, and service imbued with the power of divine love and the light of grace.

The purpose of internship in our Kriya Yoga Tradition is to support your spiritual formation in harmony with your swadharma. It is a time to engage in ministry through study, prayer, meditation, and service. There is no designated timeframe for internship. Rather, it unfolds in divine time, in accord with divine will. During this process, some discover that ministry ordination in this tradition is the next step for them, others find that ordination is not a necessary step for them as a Kriya Yoga disciple. In either case, the time of internship will have fulfilled its purpose as a support for discerning right action for each individual.

Ask for help and inner guidance. Hone your skills of attunement to God, Gurus, and your divine Self. Discover how the teachings come alive for you as you serve in the highest way. Then, do *that* with all of your heart and soul.

It is my great joy to welcome you wholeheartedly into internship. Contemplate the words of Lord Krishna to his disciple Arjuna in chapter 18 verses 45 and 46, 68 and 69:

18: 45-46 Devoted to their own duty, a person attains perfection. Hear then how one who is devoted to their own duty finds perfection: By worshiping with their own proper duty the One from whom all beings have their origin,

the One by whom all this universe is pervaded, that person finds perfection.

*18:68-69 The person who teaches the supreme secret to My devotees,
Having performed the highest devotion to Me,
Shall come to Me, without doubt.
And no one shall do more pleasing service to Me than that one, and no
other on earth shall be dearer to Me.*

May your internship seva please the Lord and cause your soul to rejoice unceasingly.

Bowing at your lotus feet,

Uma

Yogacharya O'Brian