



DISCOVER 'SELF' THROUGH KRIYA YOGA



AN APT PUPIL, A DISTINGUISHED TEACHER AND A WORLD

RENOWNED KRIYA YOGA MASTER – DO NOT PASS UP THE OPPORTUNITY TO MEET MR. ROY EUGENE DAVIS AT THE LP EXPO 2008

by **Ranjini Banerjee**

from the organisation but has carried on his commitment to serve and spread the knowledge of the kriya yoga tradition as an independent teacher and author. He believes, “Right meditation practice strengthens the body’s immune system, slows biological aging processes, calms the mind, balances the emotions, improves intellectual abilities, results in more satisfying spiritual growth, and empowers a person to live skilfully and effectively.”

Talking about kriya yoga, he says, “In Patanjali’s Yoga-sutras kriya yoga is described as disciplined thinking and behaviour, profound study of higher realities, and rising above the mistaken sense of self (ego). The various practices, including meditation methods, are said to remove the psychological obstacles to natural spiritual growth.”

He has extensively travelled across the globe, teaching spiritual growth in more than 100 cities in North and South America, Europe, West Africa and India. Does culture make a difference? He observes, “At the innermost level, the essence of Being of every person is spiritual. Any person who sincerely wants to discover the truth about their real nature can meditate with benefit.”

Mr Davis has authored many books on spiritual self-development, meditation, ayurveda and kriya yoga, some of which are published in more than 10 languages in 11 countries. He is the publisher of the *Truth Journal* maga-

zine and is the founder-director of Center for Spiritual Awareness (CSA) with world headquarters in the low mountain region of northeast Georgia in the United States. He also writes monthly lessons for CSA members around the world, which has helped numerous people in their journey towards self-discovery.

And what will he teach at the Expo? “I will teach the basic kriya yoga practices as outlined in Patanjali’s Yoga-sutras, as well as several meditation techniques that I learned from my guru. Everyone who attends the sessions will be able to continue their practices.” Emphasising the power of creative imagination, he says, “Using imagination constructively to envision goals which are valued can help to produce and attract desired outcomes. I also recommend that a person be receptive to the unplanned good fortune that can be provided by the processes of life.”

He believes the final solution to all human problems is spiritual enlightenment and for all those of you, who are looking forward to this experience of realising the self, his advice would be, “for anyone starting on their personal path of Self-discovery, I advise them to aspire to be spiritually enlightened. I advise them to fervently aspire to be fully awake, improve their knowledge of higher realities, live a moral, responsible life, and meditate regularly to the stage of superconsciousness.”

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A direct disciple of Paramahansa Yogananda, Mr Davis started his spiritual journey at the age of 18, an age at which most of us are caught up in the attractions of the materialistic world. Talking about his spiritual connection and motivation, he says, “I was inspired by Paramahansa Yogananda’s book, *Autobiography of a Yogi*, and desired to personally meet him. I went to Los Angeles, California, in late December, 1949, and had the good fortune to meet him when I arrived at the Self-Realization Fellowship. Two days later, during a private conversation, he told me that I could stay at his ashram. I had his personal guidance for a little over two years, until his mahasamadhi on March 7, 1952.”

In 1951, Roy Eugene Davis was ordained by his guru Yogananda and was later appointed the Minister of the Phoenix, Arizona Self-Realization Fellowship Center. However, he realised the need to learn to live effectively in the outside world, and hence withdrew