

## **BABAJI'S KRIYA YOGA INITIATION**

*The YOGA of Mahavatar Kriya Babaji and the Spiritual Masters*

with **Yogacharya M.D. Satyananda**

Weekend program -**13-15 October 2017** - **Jamyang Buddhist Centre, London**

### **What is Kriya Yoga**

If, Yoga is union of the mind, body, spirit, by remembering who I AM, and letting go of all that I am not, **Kriya Yoga is the Scientific Art of Mastering Mind, Breath, and Life with Consciousness.**

Its founder, Mahavatar Kriya Babaji and the Maha Siddhas (Spiritual Masters) and Kriya Yoga are regarded as "India's gift to the world", with Kriya Yoga the "**aeroplane route**" to self-realization.

### **Why do Kriya Yoga – the benefits**

Whatever your reason or need, benefits of regular practice of Kriya Yoga, the Scientific Art of Mastering Mind, Breath, and Life with Consciousness, include:

***Physical health & mental \* Emotional Wellbeing, Balance, Equilibrium and Stability \****

***Experience of Inner Peace, Fulfilment, Love & Happiness \****

***Enhanced awareness, understanding, acceptance of the Self & Others \****

***Awareness & release of Habits \* Realisation of Your Self & Absolute Reality \****

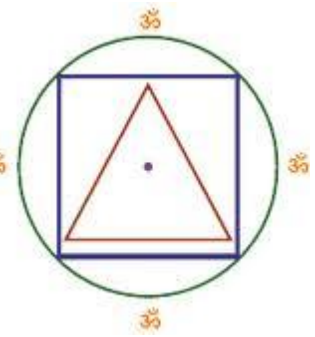
***Conscious Creation of your Life \* Deepening of your current spiritual practice***

In Babaji's Kriya Yoga initiations you are trained in the art of living through Conscious Creation, developing and improving our **Self-Awareness, Self Realization and Self-Mastery**. You can experience being the constant **creator of your experience** - health, happiness and wellbeing. By igniting and increasing your powers, you are able **tap into your full human potential powers**, by going beyond the fluctuations of your mind to "**abide in your true form**"(Patanjali Yoga Sutras).

With regular practise of the "Kriyas" you can become **mindful** in how you think, feel and speak, in attitude and behaviour, thoughts, words and actions. You can use the **power of intention** to manifest and unfold your faculties and the amazing tools of our **Mind-Body-Spirit** for essential well-being. Eventually, your environment responds, and your experience changes according to your own vibratory reality.

That personal alchemy can lead to self mastery – with you experiencing yourself as the source, cause and creator of your life, experiencing your true Self, your ultimate Truth and Freedom, so "**Now nothing can disturb me anymore!**" (Ramana Maharishi)

To attain this heightened ability and power requires both the formal training given in the Initiation workshop and regular personal practice. Then you will experience the magic which words cannot adequately describe. We invite you to experience insights of your personal and universal truth for yourself!



## How the kriyas work

Training in Babaji's Kriya Yoga is intensive **Conscious Creation, Self-Awareness, Self Realization and Self-Mastery**, using a complete system of the practical 144 Kriyas techniques progressively over a series of 3 workshops, including **Postures, Breathing, Meditation, Mantras & Acts of Devotion** which nurture personal mastery of human nature at all 5 levels of our Being - **Physical, Mental, Intellectual, Vital, Emotional & Spiritual**.

Over a **progressive series of 3 Initiations**, you are trained to develop the use of your **physical, vital, mental, intellectual and spiritual** faculties, with guidance of how to integrate this into your personal lives. Regular, sincere and dedicated practice makes transformation and personal alchemy possible.

Initiation in kriyas includes:

*"Kriya-Kundalini-Pranayama" Breathing techniques \* Awakening Consciousness \* Kriyas for Personal Transformation \* Unfolding Awareness \* Kundalini Energy \* Mystic Samadhi Experience \* the Creative Force of Manifestation \* Realization of Self and Absolute Reality \* Health in Body, Mind and Soul \* Meditation techniques \* Hatha Kriya \* Shakti Mantras \* Sacred Fire Ceremonies \* The Art of Self Awareness, Self Realization and Self Mastery.*

Often Kriya Yoga deepens your current practice - it does not conflict with other practises or beliefs.

## October 2017 - workshop details

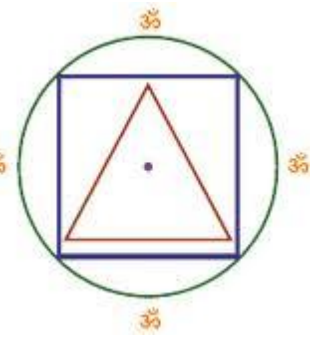
### **Babaji's Kriya Yoga Level I Initiation Program 13 to 15 October 2016 @Jamyang Buddhist Centre, London SE11**

In this weekend workshop, you will learn essential Kriya techniques to:

- *awaken and circulate subtle energies,*
- *to increase your life force,*
- *to purify, heal and strengthen the five Mayakoshas / levels of our being - physical, mental, intellectual, vital, emotional, spiritual,*
- *You learn the 18 postures for greater health, relaxation and energy,*
- *7 meditations to cleanse your consciousness, expand your awareness, master your mind, and unfold your complete human potential power,*

using:

- *KRIYA KUNDALINI PRANAYAMA – powerful, transforming and magnetizing breathing techniques*
- *ASANA - Hatha Yoga for greater health, relaxation and energy*
- *MEDITATION - Dhyana techniques to master the mind, find inner peace, realize Self & Absolute Reality*
- *MANTRA - to contact Kriya Babaji and your GURU within you*
- *INITIATION PUJA - Sacred ceremony of Bhakti Yoga*
- *How to lead a healthy yogic life style with today's life demands*



- **Venue** Jamyang Buddhist Centre, London, SE11. See <https://www.jamyang.co.uk/>
- **Schedule** Friday - 5pm to 8.30pm | Saturday - 8am to 6.30pm | Sunday - 8.30am to 6pm
- **Payment** In advance. Contribution - New students £270 | Old students £150
- **To register** Email completed [Enrolment Form](#) with £100 deposit (non-refundable) or full payment to the program organiser @ [babaji.ky.london@gmail.com](mailto:babaji.ky.london@gmail.com)
- **Queries** For registration and payment contact [babaji@ky.london@gmail.com](mailto:babaji@ky.london@gmail.com) / +44(0)7990975292

## About Yogacharya Satyananda

**Yogacharya Satyananda M.D** gives initiations in Level I, II and III Babaji's Kriya Yoga worldwide, and trains other Yogacharyas. Certified in Psychology and Psychotherapy, he has worked in clinical and corporation settings. After studying spiritual wisdom of the world since childhood and Vedanta and Yoga for more than a decade in India and the West, he dedicated several years exclusively to intense study and practice of Babaji's Kriya Yoga, and to serving Babaji's Kriya Yoga and its students worldwide in Karma Yoga. Satyananda is a highly informed and gifted teacher, with his ability to merge in an effective and precise way, disparate yoga practices into a unified whole. He introduces powerful techniques and practices in a way that is both accessible and attainable without diluting the essence of the Kriya Yoga practices. He regularly takes pilgrimages to India's sacred places and holy masters.

## Testimonials

- *"With all the chatter around concepts like 'Resilience', 'Mindfulness' and 'Mental Toughness', is a two and a half day 'initiation' cut through the noise and I arrived at a whole heap of stuff that I could take back and use immediately. I recommend it highly."(Consultant)*
- *"I have I found that Kriya Yoga is the fullest flowering of yogic practices that integrates the broadest possible techniques and yoga philosophy into a cohesive and effective practice. A yoga practice offered as a living experience." (Yoga Teacher)*
- *"It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable ... all rolled into one ... not many things like that on this planet."(CEO)*
- *"I am feeling relieved and very hopeful with the journey ahead of me. Peaceful in the knowledge that I will find myself – a self I always felt I never knew. (Home-maker)*
- *"By regularly practising Kriya Yoga, I am able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me." (Management Consultant)*

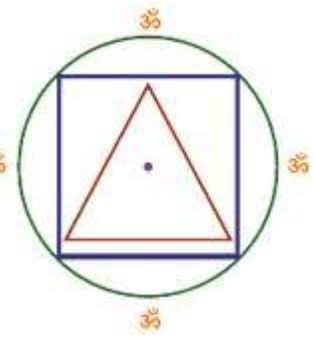
## Preparation

Although not necessary, to understand the potential power of Kriya Yoga, you may wish to read "[Kriya Yoga - Insights along the Path.](#)"

To read the first 15 pages and Table of Contents of this book-

<http://www.babajiskriyayoga.net/english/flexpaper-ui/kriya-yoga-insights-9781895383492-lib.php>

This book is a trusted companion and clearly addresses the questions of: - Why Yoga? Why Kriya Yoga? Why be / know WHO I AM, and the gift from knowing **"Who I AM, and letting go of what I am not!"**



## Over view of 3 Initiation Workshops

The 3-series of Initiation workshops are:

**Level I** - a weekend program which provides you with experience of how to integrate of your Mind-Body-Spirit-Heart, with training to integrate Kriya Yoga into your daily life. It is available to all.

**Level II Initiation** - a silent residential retreat open to all initiated students of Babaji's Kriya Yoga

**Level III Initiation** - a 9-day retreat open to students who have been initiated in Level I & II

Many students repeat initiations programs. It helps them to deepen their self awareness, strengthen their understanding and develop their self mastery, by cleansing their subconscious, letting go of self-defeating habits, and being flexible and responsive to the changes and possible challenges in and around them. New students must attend entire program to complete Initiation.

Students often repeat initiation to help deepen and broaden their awareness, insights, intuition and experience, which helps them to respond and rebalance to internal and external changes.

## Contact details

There is wealth of information available on [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net) .

For specific information, please contact [info@babajiskriyayoga.net](mailto:info@babajiskriyayoga.net)

**Om Kriya Babaji Nama Aum!**