



Canadian Babaji Yoga Sangam & Affiliated Sangams

Annual Newsletter

2024

Issue Number 6



Leader's Message:

As the President of the Canadian Babaji Yoga Sangam (CBYS) and Service Leader of CBYS and affiliated Sangams, I would like to sincerely thank our Sangam Presidents, mothers, and members for their invaluable contributions in successfully running all our worldwide centers this year. I greatly appreciate the voluntary services rendered by everyone. We have received continuous positive feedback and support from all our worldwide centers. Our website, www.canadianbabajiyogasangam.com, provides detailed information about our group's activities. For the past four years, we planned to host the annual 'Babaji's Kriya Yoga Peace Conference' in accordance with Yogiar's tradition, either in Penang, Malaysia, or Kumbakonam, India. Unfortunately, this event was postponed due to the pandemic. This year, our centers conducted Kriya Hatha Yoga classes and satsang three times a week through Zoom. Additionally, most of our calendar events were held via Zoom, providing an opportunity for worldwide sadhaks

to participate. Our mandala sadhana went well, and the majority of our members participated and experienced spiritual moments. Please visit our website to view weekly satsangs, daily natchinthanai, the event calendar, pictures, videos, and all other events posted throughout the year by Jaleni.

Following are some important highlights of our worldwide centers for the year 2023.

I initiated our Kriya Sadhaks in Canada in February 2023. Additionally, we are continuing to learn Saiva Siddantha fundamentals with the blessings of Satguru Master Babaji and Paramporul in our Sunday Zoom Satsang, aiming to enhance our way of living and our sadhana practice. The Chennai center successfully hosted its fourth 12-hour Yagna Chanting on Maha Shivarathri day. The Penang Center participated in a yoga competition for kids and won many top awards. I would like to thank Penang's main yoga teacher, Santha, and Vice President Vikram for helping prepare these kids for the competition. The Penang Center President, Dr. B. K. Chandran, continues his Siddha medicine service to help humanity, cure sicknesses, and promote a healthy lifestyle through the practice of yoga. The Dubai Center successfully hosted Kriya Hatha Yoga classes through Zoom. The Colombo center has been actively performing all its scheduled events and live Hatha Yoga classes. The Switzerland, Chidambaram, and Kumbakonam centers continued to run their regular programs within a limited schedule. All our main and associate centers conducted their Hatha Yoga class programs successfully. Our Mahilmathy, Coimbatore center mother Jegatheeswari has been leading and working with some of our teachers to publish advanced Kriya Yoga poses and instructions in Tamil and English, with Babaji's blessings. Kriya Hatha Yoga classes have also started with Babaji's and Vallar's blessings at Vadaloor Sivapragasam Swamigal Archiramam, with teaching assistance from Raja, Kartigayan, and Murali. Finally, CBYS successfully hosted their fourth Zoom Grand International Yoga Day event with the Indian Consulate and special guests Vadaloor Sivapragasam Swamigal and Jeremy, which was broadcasted worldwide. Special thanks to Shenthnan, Pandiarajan, Saieasan, and Jaleni for organizing this event. Overall, all events were successfully executed under Shenthnan's leadership and were well-received by Kriya Sadhaks worldwide, with Master Kriya Babaji's blessings.

Now, CBYS and affiliated Sangams have eight centers and eight other associated Hatha Yoga classes worldwide to continuously deliver Babaji's Kriya Yoga services. I had the opportunity to work alongside strong and experienced leaders who shared the same vision as me: to serve and spread Kriya Yoga worldwide with Master Kriya Babaji's blessings. The combined experience of all these leaders has helped provide a broad range of Kriya Yoga services (Yogam, Maruthuvam, and Saiva Siddhantham) around the world, as per our Gurus' wishes. I strongly recommend that those who are interested and regularly attend Hatha Yoga classes register for Kriya Yoga advanced training. I also encourage all initiated members to continue practicing their Kriya Sadhana regularly. I kindly request our group presidents, mothers, and Hatha Yoga teachers to maintain the operation of our centers and classes as we have done up until now. My wish is for all worldwide members, administrators, and initiated members to continue rendering their services for Master Kriya Babaji so that we can continue to grow even further.

Our Babaji's Kriya Yoga services and sadhana continues...

Finally, I would like to wish everyone a Healthy and Prosperous New Year!

Thank You,

Thiru Suseenthiran
Service Leader, CBYS and Affiliated Sangams

INITIATED SADAHKS DAILY 30 MINUTES PRACTICE INSTRUCTIONS

- 1) Physical Body:** Kriya Vanaka Asana with one pair of exercise
Friday (Day 1): Sarvanka Asana & Meen Asana
Saturday (Day 2): Nintra Kokku Asana & Vil Asana
Sunday (Day 3): Viparethakarani Asana & Pathi Meen Asana
Monday (Day 4): Kalapai Asana & Pampu Asana
Tuesday (Day 5): Yoga Muthira Asana & Pathi Sakara Asana
Wednesday (Day 6): Amarantha Kokku Asana & Vittel Asana
Thursday (Day 7): Vajirolli Muthira Asana & Suttha Vajura Asana
- 2) Vital Body:** Kriya Kundalini Pranayamam initiated Technique (16 counts)
Position: Face North or East
Seated in Suga Asana or Padmasana or Suttha Vajurasana on top of a white cloth
Seated like Babaji (Left leg out, straight up position, Left palm down and right palm on top of the left palm)
Drink half teaspoon of sesame oil
- 3) Mental Body:** Meditation initiated Technique (15 Minute)
Position: Seated Straight Up position Facing North or East
Put Sin Muttra on left hand & Gnana Muttra on right hand (Male Sadhaks)
Cross Right Hand inside and Left Hand outside (Male Sadhaks)
Put Sin Muttra on Right hand & Gnana Muttra on Left Hand (Female Sadhaks)
Cross left hand inside and Right Hand outside (Female Sadhaks)
- 4) Intellectual Body:** Tulasi Mantra Jabam (16 times)
Position: Face North or East
Seated in Suga Asana or Padmasana or Suttha Vajurasana
Put Gnana Muttra on Left hand & counting on Right hand
- 5) Spiritual Body:** Pick one page from Voice of Babaji Book (Kriya Bible) and Read

INITIATED SADAHKS DAILY 2 HOUR PRACTICE INSTRUCTIONS

Same as 30 minutes practice except for Physical Body do all 18 Asana and Spiritual Body add Babaji Potri, and Bajan.

INITIATED SADAHKS DAILY 8 HOUR PRACTICE INSTRUCTIONS

FIRST Sadhana 3 a.m. to 6 a.m.
(2 ½ Hrs Pranayamam and ½ Hour Asanas)

SECOND Sadhana 12 noon to 1 p.m.
(Mainly Mantras)

THIRD Sadhana 3 p.m. to 4 p.m.
(Exclusively Meditation)

FOURTH Sadhana 6 p.m. to 8 p.m.
(Five Fold Path of Kriya Yoga)

FIFTH Sadhana 11.45 p.m. to 12.45 a.m.
(Annai Sadhana: Matras & Meditation)

EXTRA Sadhana :

Outside the above hours chant Master's Name aloud ("B" grade sadhana) or count on the mala ("B" grade); Bija Mantra Japam; Writing Kriya Mantras; Meditation; Asanas

KRIYA SADHAKS DAILY SCHEDULE:
8 Hours WORK
8 Hours SADHANA
8 Hours REST

January:

New Year's Day - 1st
Babaji's Yagam - 9th
Babaji's Rohini Pooja - 21st

February:

Maha Yagam - 3rd
Babaji's Yagam - 7th
Babaji's Rohini Pooja - 17th

March:

Babaji's Yagam - 8th
Swami Ram Samathi - 14th
Babaji's Rohini Pooja - 16th

April:

Babaji's Yagam - 6th
Babaji Rohini Pooja - 12th
Tamil New Year - 13th

May:

Babaji's Yagam - 6th
Babaji's Rohini Pooja - 9th

June:

Babaji's Yagam - 4th
Babaji's Rohini Pooja - 6th
Annai's Birthday - 16th
International Yoga Day - 21st

July:

Babaji's Rohini Pooja - 3rd 30th
Babaji's Yagam - 3rd
Yogiar's Samathi - 12th
Guru Poornima - 20th

August:

Babaji's Yagam - 2nd 31st
Babaji's Rohini Pooja - 27th

September:

Babaji's Rohini Pooja - 23rd
Babaji's Yagam - 30th

October:

Babaji's Rohini Pooja - 20th
Babaji's Yagam - 30th
Deepa-Oli - 31st

November :

Babaji's Rohini Pooja - 17th
Babaji's Yagam - 28th
Babaji's Birthday - 30th

December:

Babaji's Rohini Pooja - 14th
Babaji's Yagam - 28th
New Year's Eve - 31st

Tulasi Pooja : First Friday of every month.

Meditation: Every Thursday of the week and 11th day of the month.

Satsung: Third Sunday of the month.

Maha Yagam (16Hrs) on Feb 3rd 5 am - 10 pm (at CBYS)

Maha Yagam (12Hrs) on Feb 8th 7 am - 7 pm (at SYC) Maha Yagam (12Hrs) on July 20th 7 am - 7 pm (at KBYC)

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