



Canadian Babaji Yoga Sangam & Affiliated Sangams

Annual Newsletter

2021

Issue Number 3



Leader's Message:

As the President of Canadian Babaji Yoga Sangam (CBYS) and Leader of CBYS and Affiliated sangams, I would like to sincerely thank our sangams presidents, mothers and members for having helped successfully run all our worldwide centres this year during this Covid-19 pandemic. I greatly appreciate the voluntary services rendered by everyone.

We have received continuous positive feedback and support from all our worldwide centres. Our website www.canadianbabajiyogasangam.com provides detailed activities about our group. This year our Kriya Babaji Brindavanam Centre planned to host "Babaji's Kriya Yoga 3rd World Peace Conference" according to Yogiar's tradition in Penang, Malaysia. This event was postponed due to the pandemic. This year our centers conducted kriya hatha yoga classes & satsung three times a week from March till December through zoom due to Covid-19. Also, most of our calendar events

were run through zoom giving all worldwide sadhaks an opportunity to participate. I delivered a 2-hour speech at Tamil Sangam, Colombo on February 29th, 2020 to spread awareness about Babaji's Kriya Hatha Yoga. Please visit our website to view weekly satsungs, daily natchinthanai, calendar, pictures, videos and all other events posted throughout the year.

Some additional highlights from our worldwide centres in 2020 were as follows. We have started four new Kriya Hatha Yoga classes; three in Sri Lanka (Puliankodai- Kids Class by Mr. V. Nadarajah , Vavuniya - Adults and Kids Class by Mrs. Thangeswary, Jaffna - Adults and Kids Class by Mr & Mrs Chandru) and one in USA (Ridgefield, NJ - Family Class by Mr & Mrs Niruban). Chennai centre successfully hosted their second 12-hour Yagna Chanting on Maha Shivarathri day. The Penang Centre participated in a yoga competition for kids and won many top awards. Thank you to Penang's main yoga teachers Lakshmi & Santha for helping prepare these kids for the competition. The Penang centre President Dr. B. K.Chandran formulated a sidha medicine to cure Corona virus and delivered a speech to the public to bring awareness on how to prevent the spread of Corona virus. The Dubai Centre successfully hosted Kriya Hatha Yoga classes through zoom. The Switzerland, Chidambaram, Colombo & Kumbakonam centres continued to run their regular programs as scheduled. Our Associate Hatha yoga centres in Gudalur, Gowriwakkam & Madison ran their Hatha yoga class program successfully. Our Mahilmathy, Coimbatore centre mother Jegatheeswari delivered a speech at Coimbatore University to spread awareness about the benefits of yoga. Their Hatha Yoga classes and calendar events were conducted through zoom to accommodate their ladies & kid's members. Finally, CBYS successfully hosted their first zoom grand International Yoga Day event with the Indian Consulate, Prime Minister, Premier, MP & two MPP's which was telecasted worldwide. Special thanks to Shenthan. Pandiarajan, Mayooran, Ram and Jalení for organizing this event. Overall, all these events ran very well and were received by world Kriya Sadhaks with Master Kriya Babaji's blessings.

Now CBYS and Affiliated sangams have eight centres 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 service and spread Kriya Yoga worldwide with Master Kriya Babaji's blessings. The combined experience of all these leaders helped to provide a broad range of Kriya Yoga services (Yogam, Maruthuvam & Saiva Siddhantham) around the world, as per our Gurus' wishes.

I strongly recommend that those who are interested and follow Hatha Yoga classes regularly to register for Kriya Yoga advanced training. I also encourage all initiated members to continue practicing their Kriya Sadhana regularly. I kindly ask our groups' presidents, mothers and Hatha Yoga teachers to continue operating our centres and classes as we have done up until now. My wish is for all worldwide members, administrators, and initiated members to continue to render their services for Master Kriya Babaji, so that we can grow even further.

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

Thank You,

Thiru Suseenthiran
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 - 11th
Babaji's Rohini Pooja - 24th

February:

Maha Yagam - 6th
Babaji's Yagam - 10th
Babaji's Rohini Pooja - 20th

March:

Babaji's Yagam - 11th
Swami Ram Samathi - 14th
Babaji's Rohini Pooja - 20th

April:

Babaji's Yagam - 10th
Tamil New Year - 14th
Babaji Rohini Pooja - 16th

May:

Babaji's Yagam - 9th
Babaji's Rohini Pooja - 13th

June:

Babaji's Yagam - 8th
Babaji's Rohini Pooja - 10th
Annai's Birthday - 16th
International Yoga Day - 21st

July:

Babaji's Rohini Pooja - 7th
Babaji's Yagam - 8th
Yogiar's Samathi - 12th
Guru Poornima - 23rd
August:
Babaji's Rohini Pooja - 3rd & 31st
Babaji's Yagam - 6th

September:

Babaji's Yagam - 5th
Babaji's Rohini Pooja - 27th

October:

Babaji's Yagam - 4th
Babaji's Rohini Pooja - 24th

November :

Babaji's Yagam - 3rd
Deepa-Oli - 4th
Babaji's Rohini Pooja - 20th
Babaji's Birthday - 30th

December:

Babaji's Yagam - 2nd
Babaji's Rohini Pooja - 18th
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 6th 5 am - 10 pm (at CBYS)

Maha Yagam (12Hrs) on Mar 11th 7 am - 7 pm (at SYC) Maha Yagam (12Hrs) on July 23rd 7 am - 7 pm (at KBYTC)

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