



# Canadian Babaji Yoga Sangam & Affiliated Sangams

## Annual Newsletter

2022

Issue Number 4



### Leader's Message:

As the President of Canadian Babaji Yoga Sangam (CBYS) and Leader of CBYS and Affiliated Sangam's, 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](http://www.canadianbabajiyogasangam.com) provides detailed activities about our group. This year we planned to host "Babaji's Kriya Yoga 4<sup>th</sup> World Peace Conference" according to Yogiar's tradition in Kumbakonam, India. This event was unfortunately postponed like last year Penang Conference due to the pandemic. This year our centers conducted kriya hatha yoga classes & satsang three times a week through zoom due to Covid-19. Also, most of our calendar events were run through zoom giving all worldwide sadhak's an opportunity to participate. Our mandala sadhana went well and most of our members participated and experienced spiritual moments. Please visit our website to view weekly satsang's, daily natchinthanai, event calendar, pictures, videos and all other events posted throughout the year.

Following are some important highlights of our worldwide centers for the year 2021. We have started two new Kriya Hatha Yoga classes in London UK conducted by Mr&Mrs Erivan and Sivapathy. Chennai centre successfully hosted their third 12-hour Yagna Chanting on MahaShivarathri day. The Penang Centre participated in a yoga competition for kids and won many top awards. I would like to thank Penang's main yoga teacher 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 class through zoom. Colombo centre has been actively performing all their scheduled events. The Switzerland, Chidambaram & Kumbakonam centres continued to run their regular programs within a limited schedule. Our Associate centres in Gudalur & Vavuniya conducted 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 to their ladies & kid's members. Finally, CBYS successfully hosted their second zoom grand International Yoga Day event with the Indian Consulate, Prime Minister, Premier, MP & two MPP's which was telecasted worldwide. Special thanks to Shenthana, Pandiarajan, Mayooran, Jeya and Jalen for organizing this event. Overall, all events were successfully executed and was received by Kriya Sadhaks worldwide with Master Kriya Babaji's blessings.

Now CBYS and Affiliated Sangam's 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. 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**  
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 – 1<sup>st</sup>  
Babaji's Rohini Pooja – 14<sup>th</sup>  
Babaji's Yagam – 30<sup>th</sup>

**February:**

Maha Yagam - 5<sup>th</sup>  
Babaji's Rohini Pooja – 10<sup>th</sup>  
Babaji's Yagam – 28<sup>th</sup>

**March:**

Babaji's Rohini Pooja – 9<sup>th</sup>  
Swami Ram Samathi – 14<sup>th</sup>  
Babaji's Yagam – 30<sup>th</sup>

**April:**

Babaji Rohini Pooja- 6<sup>th</sup>  
Tamil New Year – 14<sup>th</sup>  
Babaji's Yagam – 28<sup>th</sup>

**May:**

Babaji's Rohini Pooja – 3<sup>th</sup>  
Babaji's Yagam – 28<sup>th</sup>

**June:**

Annai's Birthday – 16<sup>th</sup>  
International Yoga Day – 21<sup>st</sup>  
Babaji's Yagam – 26<sup>th</sup>  
Babaji's Rohini Pooja – 26<sup>th</sup>

**July:**

Yogiar's Samathi – 12<sup>th</sup>  
Guru Poornima – 13<sup>th</sup>  
Babaji's Rohini Pooja – 24<sup>th</sup>  
Babaji's Yagam – 26<sup>th</sup>

**August:**

Babaji's Rohini Pooja – 20<sup>th</sup>  
Babaji's Yagam – 25<sup>th</sup>

**September:**

Babaji's Rohini Pooja – 16<sup>th</sup>  
Babaji's Yagam – 23<sup>rd</sup>

**October:**

Babaji's Rohini Pooja – 14<sup>th</sup>  
Babaji's Yagam – 23<sup>rd</sup>  
Deepa-Oli – 24<sup>th</sup>

**November :**

Babaji's Rohini Pooja – 10<sup>th</sup>  
Babaji's Yagam – 21<sup>st</sup>  
Babaji's Birthday – 30<sup>th</sup>

**December:**

Babaji's Rohini Pooja – 7<sup>th</sup>  
Babaji's Yagam – 21<sup>st</sup>  
New Year's Eve – 31<sup>st</sup>

**Tulasi Pooja : First Friday of every month.**

**Meditation: Every Thursday of the week and 11<sup>th</sup> day of the month.**

**Satsung: Third Sunday of the month.**

**Maha Yagam (16Hrs) on Feb 5<sup>th</sup> 5 am - 10 pm (at CBYS)**

**Maha Yagam (12Hrs) on Feb 28<sup>th</sup> 7 am - 7 pm (at SYC) Maha Yagam (12Hrs) on July 13<sup>th</sup> 7 am - 7 pm (at KBYTC)**

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