



Canadian Babaji Yoga Sangam & Affiliated Sangams

Annual Newsletter

2023

Issue Number 5



Service Leader's Message:

As the President of Canadian Babaji Yoga Sangam (CBYS) and Service 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 provides detailed activities about our group. This year we planned to host annual "Babaji's Kriya Yoga Peace Conference" according to Yogiar's tradition in Penang, Malaysia or Kumbakonam, India. This event was unfortunately postponed like last two years due to the pandemic. This year our centres 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 by Jalení.

Following are some important highlights of our worldwide centers for the year 2022. I have initiated our kriya sadhaks in Dubai, Colombo, London UK centres on month of October 2022. This event well organized by our respective centre leaders and teachers. Also, we are learning Saiva Siddantha fundamentals with blessings of Satguru Master Babaji and Paramporul, in our Sunday's zoom Satsang that will help us better way of living and our sadhana practice. Chennai centre successfully hosted their third 12-hour Yagna Chanting on Maha Shivarathri 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 and Vice President Vikram for helping to prepare these kids for the competition. The Penang centre President Dr. B. K.Chandran continues formulate siddha medicines to help humanity for cure sicknesses and live healthy thru yoga way of life. 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. All our main and associate centres conducted their Hatha yoga class program successfully. Our Mahilmathy, Coimbatore centre mother Jegatheeswari, leading and working with some of our teachers to publish advanced kriya yoga poses and instruction in Tamil & English with Babaji's Blessing. Finally, CBYS successfully hosted their Third 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, Mayoaran, Saieasan and Jalení for organizing this event. Overall, all events were successfully executed by Shenthan's leadership and was received by Kriya Sadhaks worldwide with Master Kriya Babaji's blessings.

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 Assana 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 Rohini Pooja - 4th 31st
Babaji's Yagam - 19th

February:

Maha Yagam - 4th
Babaji's Yagam - 18th
Babaji's Rohini Pooja - 27th

March:

Swami Ram Samathi - 14th
Babaji's Yagam - 19th
Babaji's Rohini Pooja - 27th

April:

Tamil New Year - 14th
Babaji's Yagam - 17th
Babaji Rohini Pooja - 23th

May:

Babaji's Yagam - 17th
Babaji's Rohini Pooja - 20th

June:

Babaji's Yagam - 15th
Annai's Birthday - 16th
Babaji's Rohini Pooja - 17th
International Yoga Day - 21st

July:

Guru Poornima - 2nd
Yogiar's Samathi - 12th
Babaji's Rohini Pooja - 14th
Babaji's Yagam - 15th

August:

Babaji's Rohini Pooja - 10th
Babaji's Yagam - 13th

September:

Babaji's Rohini Pooja - 6th
Babaji's Yagam - 12nd

October:

Babaji's Rohini Pooja - 4th 31st
Babaji's Yagam - 12nd

November :

Babaji's Yagam - 10th
Deepa-Oli - 11th
Babaji's Rohini Pooja - 27th
Babaji's Birthday - 30th

December:

Babaji's Yagam - 10th
Babaji's Rohini Pooja - 25th
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 4th 5 am - 10 pm (at CBYS)

Maha Yagam (12Hrs) on Feb 18th 7 am - 7 pm (at SYC) Maha Yagam (12Hrs) on July 2nd 7 am - 7 pm (at KBYC)

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