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METHOD First, slowly draw a full, cool Kriya breath, bringing the current up the sushumna with the sound of AW. As the current ascends from center to center in the spine, mentally chant at each one the following: 1. Om, at the muladhara chakra center 2. Na, at the swadhisthana chakra 3.

**TECHNIQUE OF
KRIYA YOGA - [www.](http://www.BahaiStudies.com)**

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KRIYA YOGA

TECHNIQUE: 1. Sit in the meditation posture', on a chair,' feet flat on the floor; or cross- legged on the bed or floor.

**Core Kriya Yoga
(Ujjayi Pranayama) -
www.BahaiStudies.net**

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TECHNIQUE OF KRIYA
YOGA The Sushumna,
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the centrally located nadi, runs up the body, from the Muladhara chakra (at the base of the spine) passing through the spinal column, pierces the bases of the head. At the larynx it divides, the anterior portion goes to the ajna chakra (the point between the eyebrows)

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Kriya Yoga is an ancient meditation technique of pranayama, also known as breathing control practice, Kriya Yoga was unknown to humankind for several centuries before it was taught in 1861 by the highly revered yogi, Mahavatar Babaji, to his beloved disciple

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Lahiri Mahasaya.
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**Kriya Yoga | What Is
Kriya Yoga | Kriya
Yoga Technique ...**

The core techniques of Babaji's Kriya Yoga, whether from the lineages of Lahiri Mahasaya, Yogi Ramaiah, or Swami Sivananda, operate somewhat on the same principles. Revolving around the central staff of latent consciousness, the

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practice envelops the primary channel in an electro-magnetic force and prepares the inner centers and subtle bodies for an expanded Self awakening.

Kriya Technique -The Science of Trance and Transformation ...

4 Kriya Yoga Breathing Techniques 1. Ujjayi Breathing Technique. This technique translates to victorious

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breath. To incorporate
the victorious breath...

2. Bhastrika Breathing
Technique. Different
from Ujjayi, Bhastrika
means bellows breath.
This breathing
technique of... 3. Kriya
Breathing ...

4 Kriya Yoga Breathing Techniques - Celebrate Yoga

There are different
levels of Kriya. Every
Kriya consists of a set

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of techniques not just one technique. During the time of initiation, First Kriya (set of 6 techniques) is given to the disciple by the Guru. Second kriya, third kriya, fourth kriya are given depending on the regular practice and progress of the disciple.

Techniques - Learn Kriya Yoga

Without raising your chin to normal position,

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guide slowly your head in the position in which the head is bent toward the left shoulder - as if you try touching the left shoulder with your left ear. Feel the energy present in the left side of the brain (over your left ear) and mentally vibrate Gather.

PART II: METHODOLOGY AND TECHNIQUES OF KRIYA YOGA

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The Technique of Kriya Yoga is an ancient meditation technique that is also part of a comprehensive spiritual path. It is an effective technique that works directly with the source of growth — the spiritual energy deep in our spines. All yoga techniques work with this energy, usually indirectly.

What Is Kriya Yoga?

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— Ananda

This is one of the best yoga meditation technique for cultivating inner-stillness and concentration, according to the Journal of Traditional and Complementary Medicine [source]. It is a method in which we fix our gaze on one object (often a candle).

11 Great Yoga Meditation

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**Techniques You
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Techniques Of Kriya Yoga : Ennio Nimis : Free Download ...

Kriya Yoga is a meditation technique that quickly accelerates one's spiritual growth. It was first made widely known by Paramhansa Yogananda in his Autobiography of a

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Yogi. According to Yogananda, Kriya is the most effective technique available to mankind today for reaching the goal of Yoga: union with the Divine.

What is Kriya Yoga ? | Ananda Sangha Bangalore

Kriya is a highly advanced Raja Yoga technique of pranayama. Kriya reinforces and

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revitalizes subtle currents of life energy (prana) in the spine and brain. The ancient seers of India (rishis) perceived the brain and spine as the tree of life.

Techniques | Self-Realization Fellowship

Research on Sudarshan Kriya Yoga - Physical & Mental Health benefits
Sudarshan Kriya and accompanying

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breathing practices, referred to collectively as SKY and taught through the Art of Living Foundation worldwide, have been found to enhance brain, hormone, immune and cardiovascular system function.

Research on Sudarshan Kriya new | The Art of Living - Yoga

A Simple, Non-

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Sectarian Technique
Kriya Yoga is non-sectarian. Its simple technique causes no hardship, requires no austerities, and suits aspiring householders as well as monks. From the principles of Karma Yoga, Kriya Yoga teaches that all action, kri, is done by the indwelling soul, ya.

The Science of Kriya Yoga

THE BASIC
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TECHNIQUES OF KRIYA

YOGA The techniques

related to the first

initiation of Kriya

Yoga are eight: Talabya

Kriya, Om Japa (in the

Chakras), Kriya

Pranayama (often

called simply

Pranayama), Navi

Kriya, Maha Mudra,

Kriya Pranayama with

short breath, mental

Pranayama and Yoni

Mudra.

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