



B a b a j i ' s

# Kriya Yoga Journal

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## “There is only one Guru in Kriya Yoga, and that is Babaji”

By Durga Ahlund

According to the tenets of Babaji's Kriya Yoga, The Lord does not turn into man at any time, nor does man turn into the Lord Himself. The Lord resides within us all and can be experienced in everyman in pure expressions of love, compassion, kindness, or fearlessness, (not courage, but true fearlessness). A person has the potential to become so refined and rarefied that he or she radiates Pure Emptiness and Consciousness from a sin-

gle point, from the center. That person can alter absolutely everything without seeking to alter anything.

In Babaji's Kriya Yoga, no “human Guru” is required or desired. Advanced practitioners, blessed with divine qualities make the finest teachers when expressing simplicity, kindness and humility and by accepting that they are simply newly born sacred beings, who can see the sacred newborn being within

others.

One can't be in a high state of spiritual awareness if one chooses only to see darkness and not the light in others. However, awareness also means that you see what is right in front of you, and acknowledge what is within you, even if that, is something, which remains, to be purified.

Promising to be a Guru to one's devotees is counterproductive, because it leads to students thinking they cannot go far on the path without a strong relationship with another human being who decides what is right or wrong, good or bad. And so, a state of over-dependence is built, stunting the ability to grow strong, assured and spiritually independent, and to find the inner guru within themselves.

In Babaji's Kriya Yoga, there is no human being who is required to awaken, control, or test a student. No human guru is required for Babaji's Kriya Yoga to work well for the stu-

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published quarterly by Babaji's Kriya Yoga and Publications, Inc.

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## There is only one Guru *continued*

dent who practices the techniques with sincerity. No human is needed to confront or break “egos” or create situations to enforce karmic payback. Life situations are quite adequate. The more sadhana we do, the quicker the karma is released.

In Babaji's Kriya Yoga, we are householders, who live and work in the world, and are taught to become aware of our own weaknesses and limitations, and trust that our life partner and children will provide very good, very honest mirrors for us.

In Babaji's Kriya Yoga, no human is needed to be adored, or depended on. In Babaji's Kriya Yoga we are taught to bow to the Lord within, in the wondrous form of Babaji. Why is this? The practice of inner worship is a powerful one. And there are fleeting moments when the mask of duality falls; one minute you are this sentient being worshipping Babaji, the next you are Babaji being worshiped.

Babaji is the fountainhead, the eternal Source and the Presence that can be experienced through the *practice* of Babaji's Kriya Yoga. The attunement to Babaji can happen almost immediately, in a split second. This attunement can be quite powerfully significant. In every student, an attunement will happen, and a spiritual Initiation will occur with the practice of the sadhana. This is the path of Babaji's Kriya Yoga.

“There is only one Guru in Kriya Yoga, and that is Babaji” - Yogi S.A.A. Ramaiah

The Teachings and practice of the techniques deliver understanding of why we do certain techniques, and how the techniques work to deliver their effectiveness. Practice of the integrated systems of techniques stimulate the gentle *shaktipat*, the awakening of the prana kundalini, and the unfolding consciousness. The Kriya Kundalini Pranayama is potent in this process, but the asana, meditations, mantras, and devotion prepare and then accelerate the process.

The realization of Divinity, of Babaji, is a Presence experienced in the heart. And as the initiate grows in spiritual understanding and experience,

his true nature unfolds, and consciousness expands. We Kriyabans seek to recognize our own True Nature, which is unconditional love, and dynamic creative energy.

And Babaji remains with us in the form of a calm, confident Presence. We develop deepest humility and compassion because Babaji is Universal. He is not ours alone. He is that center of Oneness within me that recognizes His Presence in you. Babaji is That which while not seeking to alter anything, can alter absolutely everything.

The Presence of Kriya Babaji is what sincere students of Kriya Yoga can attune to quite easily. It does take time and sincerity, but those small seeds when nurtured through practice, will take root; and so will begin the magic of transformation. Transformation happens gently but obviously to oneself and to others.

Babaji's Kriya Yoga is not fanciful, nor does it aim at the attainment of superhuman faculties or psychic powers, nor immortality. It is a scientific art of self-control that evolves with experience of the practices. Direct experience develops trust and faith in the path, once one realizes that he or she is growing free of old perceived limitations and freed from old conditioning, old behaviors, and over-emotionality. One's creativity and love widen.

One of the most important gifts that a teacher of Babaji's Kriya Yoga can help each student attain, is that of developing trust and faith in, and love for, their practice of Kriya Yoga, and trust in their own inner guidance. Through the techniques students can come to recognize their own inner guru, who is, and has been guiding them on their journey in this life.

The practice of the *kriya asana vanekom*, the first posture of the 18 Posture Hatha Yoga Series, helps us realize this understanding. It includes invocation of Babaji, “Om Kriya Babaji Nama Aum.” This mantra is a call to the Lord within. It is performed with the crown of the head (the abode of the Guru tattva) on the floor, knees down, palms together above the head, lower legs lifted, to ensure that all three bandhas are engaged, to be

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## There is only one Guru *continued*

followed by the Sun Salutation, again with Babaji's mantra "Om Kriya Babaji Nama Aum" and the Song of Sun worship. These will introvert the mind, pull the mind out of the body, stimulate re-

laxation and support alignment. All the asanas are meant to create balance and develop awareness, in order that we do the practice, fully engaged, but without the thinking, ruminating mind.

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## The Language of Kundalini

By M. G. Satchidananda

Kundalini, your potential power and consciousness, once awakened by the practice of Yoga, does communicate with you through subtle impulses, feelings, and sensations, as well as through insights, images and realizations. She is a living and intelligent force that can guide you on your path. However, you must pay attention and allow it to lead. The more you do, the deeper your meditations will become.

Some of these communications are obvious. For example, the urge to meditate. At different times during the day, you may feel a strong inward pull to focus inside. If you are not attentive, you might think that it only reflects the need for a nap.

Here are some of stronger signs of Kundalini's signals. A light appears in your inner field of vision. Or you enter the witness state spontaneously, observing your experiences. Or a feeling of love arises and grows stronger. A sense of expanding awareness beyond the boundaries of the body. A vision appears.

Some signals are more subtle. A pulsation in the heart, a tingling in the forehead or spine, a movement of energy in one side of the body. Or a realization that the mantra you have been repeating wants to stop being repeated, so you can go into the silence.

The subtler signals are easier to ignore than the more dramatic ones, so you may often fail to pay attention to them. However, they are significant, as they indicate the direction that your inner shakti is opening up for you. Learn to recognize them. From time to time, close your eyes and relax your body. Then scan it and notice where you feel currents of energy. Notice what areas you may experience throbbing. Are there feelings associated with these? Feelings of longing, heart-

ache, or tenderness, fear, hardness, softness or pressure? Sounds?

### **The three sensory modes of experience.**

Your inner world tends to reveal itself visually, kinesthetically, or auditorily. While one may experience all three simultaneously, you probably have one that prevails.

Kinesthetically, the shakti reveals itself as sensation. You may feel pulsations of energy in different parts of the physical body, for example, expansion of the heart, pressure between the eyebrows, or throbbing in the throat. You may feel pressure in the areas associated with the chakras. It may manifest as a feeling of love, a wave of warmth and tenderness, or a floating sensation. There may also be intense heat or cold. Whether it is hard or soft depends upon the nature of the person.

For an auditory type person, shakti reveals itself as an inner sound, a bell, or Om, buzzing of bees, or distant music. These sounds are referred to as nada. They emanate from the sahasrara at the crown. By focusing on them, they lead the mind into silence.

For visual communication, a golden ball of light, or a vision. The vision may convey a teaching, or symbolically some truth about reality.

### **The five powers of shakti:**

The literature of Saiva Siddhantha, including the *Tirumandiram* and the writings of the Tamil Yoga Siddhars, and as well as that of Kashmir Shaivism, both tell us that the universal energy creates and support life through one or more of the following five powers, or shaktis. When kundalini becomes active in us, all these powers nat-

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## The Language of Kundalini *continued*

usually come into full play in our inner world. As they play within us, they give us experiences, often during meditation.

The power of action (*kriya shakti*), power of awareness, (*chit shakti*), the power of bliss (*ananda shakti*), the power of will (*iccha shakti*), the power of knowledge (*jnana shakti*).

*Kriya shakti*, the power of action may manifest as spontaneous movements, as in asanas, as well as unusually great energy during the accomplishment of tasks, especially in karma yoga.

*Chit shakti*, the power of Awareness, may manifest as expanded awareness, pure being, or a spontaneous experience of the witness, or the realization that one consciousness is present everywhere, in everyone.

*Ananda shakti*, the power of bliss, manifests as spontaneous love, contentment, unconditional joy, the expansion of the heart center. Unlike emotions, it may be felt even during periods of sorrow or the frustration of desires.

*Ichha shakti*, the power of divine will, enhances our own willpower, making it easier for us to practice yogic sadhana, to stay focused on subtle states during meditation, and even to remain focused on daily tasks despite distractions. It may draw you into meditation, or wake you up completely early in the morning, suggesting that it is time to get up and to meditate. It may provide guiding impulses, and feelings of what are right or wrong actions, movements of conscience, or powerful intuitions. By following these signals and observing their results you can learn to distinguish them from ordinary mental or emotional movements.

*Jnana shakti*, the power of knowledge and wisdom, brings insight, understanding, and discernment of what is true. This enables you to distinguish the limited self-identities from I-awareness. It reveals meanings to our experience, inner instructions, realizations, and resolves. It answers our questions and helps us to recognize what is True.

It is important to recognize, honor and follow which of the above forms of kundalini shakti most often manifest in you. There may be one

of these which is often there, while others rarely or not at all. Focus on those which often arise, and contemplate their significance, timing, and synchronicity. Take them as directional signals, as doorways into deeper states. For example, if you see a soft glow behind your eyes, gently focus on this light, and become it. Think of yourself as Awareness, Being, or Bliss. As you go deeper, forms will dissolve in silence, in the source. Patanjali refers to some of them in the first Pada of the Yoga Sutras as “prajnata,” or insights, products of the fusion of higher states of consciousness and the mind, which interrupt the first stage of *samprajnata* samadhi.

### **Invoking the presence of the Guru and surrender.**

By repeating the mantra, “Om Kriya Babaji Nama Aum” before beginning one’s practice of Kriya Kundalini Pranayama and Dhyana expresses your aspiration to align your will with your highest Self. By remembering that “Guru, God and Self are one,” you may align your individual will and consciousness with That which will guide you beyond maya’s five agents: the mind’s delusion of being limited in power, knowledge, or by time, karma and desires.

When finishing your session of practice, you may facilitate equanimity in the hours that follow, by repeating “Not my will, but may Your will be done.” This equanimity is the means to surrendering the egoistic perspective to the perspective of the Witness. While the special experiences and insights gained by the play of these various shaktis can provide direction and motivation, they are limited by the mind’s need to participate. Therefore, it is only when you surrender the desire or even need for them, that the mind falls silent in samadhi, and you approach the destination of a stable, continuous Self-realization, *asamprajnata* samadhi. By repeatedly entering silence, the “seeds” of subconscious desires, attachments and aversions are released and surrendered in the light of Self-awareness. When this process of purification of the subconscious is complete, there

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is the “seedless,” nirbija” samadhi. Until then, all of these experiences may serve as signposts along the road. Do not be satisfied with them, however

pleasant or interesting they may be! Keep going, continuing to let go.

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## Vairagya: the Practice of Letting Go

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By M. G. Satchidananda

*“By constant practice (abhyasa) and with detachment (vairagya) arises the cessation of identifying with the fluctuations of consciousness.”*

– Yoga Sutra I.12.

*“Detachment is the emblem of the mastery of one who sees and hears an object without craving”*

– Yoga Sutra, I.15

The process of releasing the Self is one of letting go of deep-seated identification, attachment and aversion that reinforce our sense of separation that cloth our false personality in an appearance of permanence. The realization of our essence, our innate wholeness and freedom arise when the ego's separateness has dissolved. While few can do this immediately, the practice of vairagya, or letting go, will facilitate it. There are three levels that we can practice “letting go”:

1. Let go of the tension in the body. You can do this by scanning the body, noticing where you feel tight or uncomfortable, then while concentrating on those places, breathing deeply, making the exhalation much longer than the inhalation. The practice of any of the 18 postures, followed by relaxation on the back after each one will further release physical tension.
2. Let go of desire, including its products: aversion, worry, attachment, expectation. You can do this at the beginning your meditation session by repeating your intention, or *sankalpa*, to set aside all of the things you have to do, and not to allow yourself to be distracted. During the session, renew the intention whenever you find yourself being drawn to them again. Each time that you do let go of one desire or another, you lessen the hold that desires have on you. You be-

come aware of how pervasive they are, how impulses distract. You develop your power to focus in daily life.

3. The third stage of vairagya is at the subtle level of letting go of your attachment to being a thinker, someone identifying with thoughts and desires. Instead, you identify with the witness, the observer of thoughts arising and passing away. You observe thoughts and emotions without being affected by them. They are like clouds in the sky. The sky is not affected by clouds. Nor are you affected by thoughts and emotions. Becoming the observer of thoughts and emotions involves shifting your perspective, by becoming aware of Awareness. The sky of Awareness is spacious and full of light. You can let the thoughts be there without being caught by them. Your objective and intention in the practice of letting go is not to simply indulge dreams, nor to stop them, but to realize from which all passing thoughts and emotions emanate and into which they all disappear. You must neither encourage them nor suppress them. In the calm space of detachment, you remind yourself to remain as their observer, disinterested, free and peaceful as That, the ground of everything.

In letting go, you will realize that you can “Be as you are and remain as the Self” in the words of Ramana Maharshi. No need for special experiences. Simply become aware of That which sees and knows. It may be helpful to allow the mind to think of itself as composed of two parts: an active part that changes and grows in experiences over the years, and a passive part that does not, which

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is a constant Awareness, which is the same no matter what your age. You may experience it as a detached awareness, the witness of thoughts and actions.

If you continue to “let go” of your interest in mental movements, you will become more and more aware of what is aware. It reveals itself as an immense expanse of being. Various Eastern traditions all describe our inner awareness/energy as a contracted form of the great universal Awareness/energy that underlies, creates, sustains all things, and into which all things disappear. It is referred to as “Vastness,” “universal consciousness,” “the Heart,” “the quantum field,” and God. This creative intelligence passes through stages referred to as *tattvas*, principles of Nature, as it descends from its state of complete freedom and power, in becoming the mental and material world, as it contracts into the forms of objects of perception. Therefore, the moment you begin to focus on objects, including thoughts, you lose touch with the underlying vastness within. Be-

cause thoughts, feelings and sensation constantly fill our awareness almost every moment of your life, you rarely see the ocean of Consciousness within.

The purification process of Yoga is to let go of the attachments and aversions that keep it stuck, the contracted perspective of egoism, identified with what is only a passing series of mental fluctuations.

*“Yoga is the cessation of identifying with the fluctuations arising within Consciousness.”*

*“Then the Seer abides in his own true form.”*

-Yoga Sutra I.2-3.

Who is this Seer? Who is it that is watching your experience? Instead of trying to find the Seer, the knower, or the Witness, have the feeling that you are the knower, you are the Seer, you are the Witness. As you do, thoughts move to the background, and Awareness moves to the foreground.

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## Acharya Tara is inducted into the Order of Acharyas

On June 18, 2023, a community of initiates of Kriya Yoga in Quebec, gave their personal blessings to Yan Gao, when she committed herself to the service of Babaji’s mission as a new member of Babaji’s Kriya Yoga Order of Acharyas during a celebratory ceremony at the end of a 2nd initiation and retreat. . As an Acharya, she was given a new name, “Tara,” which means “Star” or “Savior,” and in the Tantras, “Divine Mother.” After three months of residence in the Quebec ashram, during which she taught the 1st initiation in both English and French, with M. G. Satchidananda, she returned to her home in Shanghai, China. She plans to offer initiation seminars in various places in China. During the past several years, she has already translated and published several of our publications and videos, and correspondence course. She has also created a Chinese language version of our website.

About herself, she wrote: “Since childhood I’d always wondered what the meaning of life was. A person is born, grows from a child to an adult



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(usually going through all kinds of troubles), marries and has children, and finally dies after a certain period. Where is the meaning in all this?

The answer didn't come to me during adolescence. Life went on and I got busy, but the question was always there, and unsatisfied feelings of senselessness crept at the back of my mind, however good life may seem in the moment.

The books of Nan Huai-Chin (Chinese Buddhism Master) were a real eye-opener for me. The truth contained in this book resonated with

me so deeply. I began to look for a path and was guided to Babaji's Kriya Yoga (initiated by Satchidananda) and naturopathy in 2016.

I came to realize that our talents and strengths were given to us for the purpose of serving others. Walking the path ourselves, then lighting it for others also helps us overcome our weaknesses. As both Kriya Yoga and Naturopathy have greatly helped me physically, mentally and spiritually, I'm inspired to share these knowledge & experiences with other truth seekers."

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## Order of Acharyas: Annual report and plans for 2024

DO HELP US BRING BABAJI'S KRIYA YOGA  
TO PERSONS LIKE YOU ALL AROUND THE  
WORLD

This is a good time to donate to "Babaji's Kriya Yoga Order of Acharyas", which will help us to continue to bring Babaji's Kriya Yoga to persons who otherwise would not be able to receive it.

### **In the past 12 months, since September 2022 the members of the Order of Acharyas did the following:**

- Brought more than 100 initiation seminars to more than 900 participants living in 18 countries including Brazil, India, Sri Lanka, Malaysia, Japan, Estonia, Spain, Germany, France, Italy, Austria, Switzerland, Belgium, Australia, Costa Rica, Armenia, the USA and Canada.
- Sponsored and helped organize weekly online Satsangs via Zoom in India, North America, Brazil, Germany, Sri Lanka, Italy and France, and daily sadhana meetings via Zoom in India.
- Maintained an ashram and publishing office in Bangalore, India. It published and distributed most of our books and tapes throughout India.
- Maintained an ashram in Badrinath, India. Hired new staff there. Financed the construction of a new ashram in Colombo, Sri

Lanka.

- Published the books *Babaji and the 18 Siddhas* and *Voice of Babaji* in Kannada.
- Sponsored free public classes weekly in Babaji's Kriya Yoga, and kirtan events at the Quebec ashram
- Organized a pilgrimage of 24 persons to the Badrinath ashram.
- Completed the training of a new Acharya, Yan Gao, from Shanghai China.

### **In the year 2023 - 2024 the Order plans to do the following:**

- Bring initiation seminars to most of the above-named countries,
- Conduct free bi-weekly public asana and meditation classes at our ashrams in Quebec, Bangalore and Sri Lanka.
- Finance the construction of a new ashram in Colombo, Sri Lanka, to be completed by November 2023.
- Publish the book *Kailash*, and volume 3 of the *Voice of Babaji* in Hindi, and the book *Babaji and the 18 Siddhas* in Malayalam.
- Complete the training of new Acharyas in Germany, India and the USA.

### **The 35 volunteer Acharyas of the Order and**

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## Order of Acharyas *continued*

many other volunteer organizers need your support to fulfill this program for the year 2023-2024. **Your contribution is tax deductible in Canada and the USA.** Send it by December 31, 2023, if possible, and receive a receipt for your 2023 Income tax return. Use your credit card!

**Our work is financed entirely by your contributions.** There are many people all over the world waiting to receive initiation. We will send acharyas as we receive the funds needed to pay for travel expenses.

## News and Notes



**Quebec Ashram initiation seminars with M. G. Satchidananda.** 1st initiation: May 17-19, May 24-26, August 30 to September 1, 2024; 2nd initiation: June 21-23, and October 11-13, 2024; 3rd initiation: and July 19-18, 2024.

[babajiskriyayoga.net/english/Pilgrimages-himalayas.htm](http://babajiskriyayoga.net/english/Pilgrimages-himalayas.htm)



*3rd initiation Quebec July 2023*

**Pilgrimage to Badrinath, India with MG Satchidananda, September 14 to October 2, 2023, and September 19 to October 7, 2024.** [https://www.babajiskriyayoga.net/english/pdfs/events/hytt\\_quebec\\_2022.pdf](https://www.babajiskriyayoga.net/english/pdfs/events/hytt_quebec_2022.pdf)



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Learn how to make your practice of Babaji's Kriya Hatha Yoga deeply spiritual! Develop the confidence and competence to share it share it with others. Details here: [https://www.babajiskriyayoga.net/english/pdfs/events/hytt\\_quebec\\_2022.pdf](https://www.babajiskriyayoga.net/english/pdfs/events/hytt_quebec_2022.pdf)

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**Receive our new Babaji message cards!** They inspire and remind you of Kriya Babaji and the wisdom of our tradition. We will send them to you via **Whatsapp** 2-3 x per week in 6 languages as per your choice. Simultaneously, we will post them in English on Instagram ([instagram.com/babajiskriyayoga](https://www.instagram.com/babajiskriyayoga))

For more information [Click here](#) to Download PDF.

**Online satsang meetings, Yoga classes, questions and answers.** Many of our Acharyas are offering their support to initiates and non-initiates through online streaming Hatha Yoga classes, as well as satsang meetings through cyberspace communications like Zoom. However, other Kriya Yoga techniques which are taught during initiation seminars cannot be shared during these. Their purpose is to encourage participants to meditate, and secondarily to give some inspiration. Questions from initiates about the Kriya Yoga techniques will be answered only *in a personalized one-to-one setting, where confidentiality is ensured, either by email or a phone call or in person.*

**Use Zoom to join online Kriya Hatha Yoga classes, meditation and satsang meetings.** Watch recordings of these from 2020 to 2023 on [patreon.com/babajiskriyayoga](https://www.patreon.com/babajiskriyayoga)

**International satsang for initiates:** Every first **Sunday of the month**. 13:30 GMT+1 (15.00 Central European Time; 9:30 Montreal time) 14.30 Central European Time, 8.30 Montreal Time

**Daily Satsang – Babaji’s Kriya Yoga Sri Lanka:** Every day (Monday to Saturday) 11:30 GMT (5 p.m. India Standard Time. For details: [https://kriyababaji.it/babajiskriyayoga\\_online\\_satsang/](https://kriyababaji.it/babajiskriyayoga_online_satsang/)

**In Sao Paulo, Brazil:** for initiates: Satsang every day, 6:30 p.m. (São Paulo Time Zone). Hatha Yoga class every Friday, at 8:00 a.m. for everyone.

<https://us02web.zoom.us/j/5184926117?pwd=UnFVWmdSZC9PK0JoN0xPTGMxd3pSQTO9>

ID: 518 492 6117 Password: babaji

**At Flora des Aguas, Cunha, Brazil:** Monday to Friday: 6:30 am to 7:30 am: Kriya Hatha Yoga and classical Yoga asanas: 7:30 am to 8:10 am: Pranayama, meditation, reading and Vedic mantras. Contact: [fabifsamorim@hotmail.com](mailto:fabifsamorim@hotmail.com). In Portuguese.

**In India: Sunday Satsang.** 12.00 GMT +1 (14.00 CET) duration: 60 to 90 minutes. <https://www.babajiskriyayoga.net/english/pdfs/events/english Intl-satsang-infotext-sunday.pdf>

**Visit our e-commerce site** [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net) for purchasing with your VISA, American Express or Mastercard all of the books and other products sold by Babaji’s Kriya Yoga Publications, or for donations to the Order of Acharyas. Your credit card information is encrypted and kept secure. Check it out!

**Subscribe to the correspondence course, The Grace of Babaji’s Kriya Yoga.** We invite you to join us in this adventure of Self-exploration and discovery, drawn from the books dictated by Babaji in 1952 and 1953. Receive by mail, each month, a lesson of 18-24 pages developing a specific theme, with practical exercises. For details go here:

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