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through Babajiâ€™s Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman has been teaching yoga for the past 10 years and conducts several initiations into Babajis Kriya yoga at select locations annually.

BABAJIâ€™S KRIYA YOGA

The Teachings of Babaji You should seek harmony in everything that you do! 5 We must shed all jealousy and envy, because they are harmful. There will always be hills and mountains to overcome on the way to God. â€œ It is the duty of warriors to move the mountains!

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Kriya Yoga is a technique of pranayama (energy control) which, when practiced during meditation, greatly accelerates one's spiritual progress. A general description of the spiritual science behind Kriya is given

The Path of Kriya Yoga - Ananda Sangha Worldwide

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