



Kriyayoga Meditation Increases Understanding Power Quickly

***"Real Peace Means To Give Peace To
Others.. Real Joy Means To Give Joy To
Others"***

as Explained By:Guruji Swami Shree Yogi Satyam

The principles of Kriyayoga Science applied on self is Kriyayoga Meditation. In normal life, man's understanding power rises very slowly.

Kriyayoga Meditation increases understanding power easily and quickly.

100 Kriyas practiced in 50 minutes increases in one day, understanding power that is the equivalent of 100 years of a person's life.

When you practice Kriyayoga sincerely, you will be surprised to realize that your consciousness is made up of the Element of Bliss, Peace, Omnipotent power & Omniscient consciousness.

Yogi Satyam's style of teaching makes Kriya Yoga easy to learn and follow even for first time participants. Yogi Satyam starts a meditation by guiding the participants to bring body, mind and spirit closer together with the idea that we are part of the cosmic intelligence that knows how to heal. It can be practiced by sitting in a lotus position, in a chair, standing up or lying down. During the actual session, he guides to tense and relax all parts of body with the idea to learn to love and appreciate pleasure and discomfort and all changes in the body equally.



The more one pays attention to love not fear the quicker the body starts to heal. Stress and illness starts to be replaced by feeling more peace, power and knowledge and wisdom starts to appear from within. Over time, one learns to bring deeper focus and concentration on body as well as breath and internal sounds.

Kriya Yoga is for people of all ages, color, nationality and religion. Following the tradition of spiritual teachings by Self Realized Masters, there is no charge for any teachings by Yogi Satyam.



For more information visit www.kriyayoga-yogisatyam.org,
www.NowWeAreReady.org

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