

Prema Kriya Yoga


"Kriya Yoga - awakening in the Light"



PREMA KRIYA YOGA ONLINE COURSE
"KRIYA YOGA - AWAKENING IN THE LIGHT"



- Kriya meditation
- devotional songs mantra and prayer
- study on the path of Kriya
- living yoga and lifestyle in non-violence
- affirmations
- Yogananda's energy recharging exercises
- blessings and sharing techniques of the first initiation of kriya yoga
- heal oneself in the memory of Divine consciousness and in the awakening in the Love of the Self



**5 modules - 20 hours of video course
and theoretical-practical handouts**

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I await you with joy on this journey of self-knowledge and rediscovery of the inner self!

It will be a unique, luminous and transforming experience; revealing our Divine creativity, the true purpose of life and penetrating the depths of the soul.

During this introspective journey, we will study the philosophy and spiritual path of kriya yoga and together we will practice meditations, prayers and energy recharging exercises, as taught by the great spiritual Master Paramahansa Yogananda.

Here is a little of my experience, related to Kriya Yoga...

I have been practicing yoga and meditation since 2000 and from the beginning I knew that this was my path...

The absolute certainty of my more specific spiritual path only happened later, in 2009, when I read Yogananda's "Autobiography of a Yogi" for the first time. This reading and experience was the most enlightening revelation of my entire life: I immediately understood that I "only" had to continue, with discipline and devotion, to deepen my knowledge and connection with this path and great Guru. I also understood that, although Yogananda is no longer in the physical, material body; he is a guide and is always present on earth, in a subtle way, within those who recognize him.

I had the blessing of knowing, during life, Roy Eugene Davis and Swami Kriyananda, both direct disciples of Yogananda, with whom I deepened the study and practices of kriya yoga together with his disciples and organizations: CSA <https://csa-davis.org> - <https://www.kriyayoga.it/> <http://www.kriyayogaashram.com> <https://www.ananda.it>

After a few years, in 2014; to my surprise and honor; Roy Eugene Davis ordained me as a minister of kriya yoga; that is: he authorized and blessed me to give initiation into the ancient practice of Kriya Yoga. Since then, this has become a very important responsibility and mission in life for me. Also, in 2019, I took part in a pilgrimage to India with Ananda which was pure magic.

How the course was created....

After a few specific requests on the path of kriya yoga, the course was created with the intention of transmitting these sacred practices in a pure, authentic, true, intense and profound way for all those who have an interest in the realization of the Self through Kriya Yoga.

When we meditate and study metaphysics in groups (sangha) intensively, we create a particular connection of unforgettable Love and friendship.

This is an opportunity for growth and evolution, learning and developing our devotion

and dedication in meditation and every field of life towards returning to our True Home.

Who is God?

I also remember that during our studies, we will talk about "God", but that this is not related to any religion and there is nothing personal in this word. If you feel more comfortable, you could call this "Divine Self" more impersonally as "the essence of Life", the "Divine Light", the "Cosmic Energy", the "Universe"; or more personal as Yogananda liked: "Mother", "Father" and "God".

*In the Yoga Sutra of Patanjali, we read:
"Tasya Vacakah Pranavah". I.27
His name is the sacred syllable OM.*

In this sutra Patanjali tells us that Isvara, God, is represented by the sacred syllable OM, expressed here in sutra I.27 with its synonym Pranavah.
OM is considered a sound incarnation of Brahman, God, the absolute truth, force that pervades the Universe.



Prema Kriya Yoga

Complete program of the course: “Kriya Yoga - awakening in the Light”**# 5 modules - 20 hours of video and theoretical-practical PDFs handouts****#the course is registered in Italian. For English or Portuguese language, please contact me directly and we can set the dates to do it.****Module 1**

- Theory: Meaning of “Kriya” and “Kriya Yoga”. Raja Yoga, the royal yoga. What is meditating and what are the psychophysical/energetic benefits? / The 4 goals of life.
- Practice - first part of the energy recharging exercises, prayer, mantras and devotional songs, triangular breathing, Hong-so and silent guided meditation.

Module 2

- Theory: Energy recharging exercises that prepare the body/mind and lead to superconsciousness (Samadhi). Pranayama as a means of elevation and spiritual awakening. Basic techniques of kriya yoga: “Hong-so” meditation and its variations. Primordial cosmic vibration of Om.
- Practice: energy recharging exercises, prayer, mantra, devotional songs, pranayama (prana mudra) and Hong-so meditation and in silence in om.

Module 3

- Theory: The subtle bodies, the chakras and their relationship with “yamas”, observances and “niyamas”, restrictions - ethical rules for every spiritual seeker.
- Practice: energy recharging exercises, prayer, mantras, devotional songs, nabhi kriya and meditation on the chakras.

Module 4

- Theory: On the Masters of Kriya Yoga. Why have a teacher and a spiritual path? Bhakti Yoga - the yoga of devotion/Karma yoga - the yoga of action and Gyan Yoga - the yoga of wisdom.
- Practice: energy recharging, prayer, mantra, devotional songs, maha mudra, nabhi kriya, hong-so meditation in the chakras and listening internally to "OM".

Module 5

- Theory and philosophy: satsang on the process of creation and reincarnation (Samkhya yoga) and how Kriya Yoga brings us back to the realization of the True Essence of the Self.
- Practice: energy recharging, maha mudra, mantras and poems, hong-so meditation and prayers.

“Swalpamasya, dharmasya, trayate, mahato bhayat – Even a little of this practice will save you from terrible fears and colossal sufferings.” Bhagavad Gita 2, 40



Contribution of the Prema Kriya Yoga course “Kriya Yoga - awakening in the Light”

Total: 350 euros if the course is already registered; otherwise, contact me privately for more info.

- Payment can be made through a bank transfer as follows

**Raquel Fischer Barros
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**Or, with PayPal; considering an additional 5% tax.
The email for PayPal payment is premakriyayoga.com@gmail.com**

- This value includes the entire course recorded on YouTube and available only to participants; the practical-theoretical PDF handouts on each topic which will be sent via email to the participants. I will also be available individually for any clarifications and exchanges of ideas throughout the course.
- 10% of all contributions go to the "Yoga de Rua" project in Rio de Janeiro, to abandoned and unprotected animals, to the Protectors PDR Praia do Rosa and Vale da Rainha - Education and Rescue projects. The ceremony that we will do aside is by free donation.
- Before taking the course, please, write me on WhatsApp + 34 658213100 and make an appointment for an individual 30 minutes interview with me.
- After the course, If you feel like being initiated into the sacred kriya, write to me privately as well to set a date and do it live on zoom.
- Here is the link where you will find more information about “Kriya initiation”: <https://www.premakriyayoga.com/initiation-ceremony-in-prema-kriya-yoga/>
- If you are unable to pay for the course, please write to me.

**If you have any questions, I am here and waiting for you on this inner journey
together,
with immense Prema – Divine Love!
Om Guru Om
Raquel Bhavani
www.premakriyayoga.com**

Here is a magnificent inspiration from Master Yogananda Taken from the book "The Divine Romance"

“You are all gods, but you do not know it. The sea of God's presence is behind the wave of your consciousness. You have to search within yourself. Don't focus on the small wave of the body with all its weaknesses, look beyond. Close your eyes and you will see omnipresence around you. You are at the center of this sphere, and as you raise your consciousness above the body and its experiences, you realize that the sphere is permeated with the infinite joy and bliss that illuminates the stars and gives strength to the wind and storms. God is the source of all our joys and of all nature...

Wake up from the darkness of ignorance. You have closed your eyes in the sleep of illusion. Wake up! Open your eyes and you will see the glory of God, the immense horizon of God's light that spreads over all things. I am advising you to be divinely realistic, and you will find the answer to all your questions in God.”

