



YOGA FOR THE SOUL

“Atma Kriya is one of the most powerful and fastest ways of attaining union with the Divine through the upliftment of limited human consciousness to cosmic consciousness.” Mahavatar Babaji

Atma Kriya

This is an invitation for you to take one of the greatest human journeys anyone possibly can: A journey to the Centre of your Being, your Atma! Atma is the Sanskrit name for your Soul; it is who you really are. It is what you truly represent and it is the source of your highest potential.

For thousands of years, ancient yogis have been taking this same journey, in search of their true identity. To know oneself is to know the universe, for you are a microcosm of the macrocosm. This is your greatest gift: self-realization.

The gift is within us, but how can we access it? To reach the true self requires a set of keys. The keys have been given at different times in the form of practical and systematic yoga techniques.

Atma Kriya is a yoga system that provides the keys for our present time and can easily be integrated into our daily life. It has been given by the great Master Mahavatar Babaji, who was first brought to the attention of the west in the renowned book “The Autobiography of a Yogi” by Paramahansa Yogananda.

Atma Kriya comprises of Mantra, Pranayama, Mudra, Asana, Meditation, OM Healing and Shaktipath. The techniques bring about an overall transformation at every level of your existence – mentally, physically, emotionally, energetically and spiritually. This deep change is a catalyst to reunite the limited human consciousness with its true identity – the Soul – and cosmic consciousness.

The benefits of Atma Kriya

The Atma is a constant, uninterrupted source of happiness, peace and love. The benefits of practicing Atma Kriya can also be experienced in many different areas of your life.

Even modern science is beginning to quantify many of the physiological, emotional and spiritual benefits of this ancient knowledge.

Physiological benefits of Atma Kriya practice:

- Strengthens the immune system
- Balances the nervous system
- Gives you more energy
- Encourages cellular regeneration
- Improves brain functions
- Improves concentration

Emotional benefits of Atma Kriya practice:

- Creates a deep sense of happiness
- Improves your ability to love more
- Reduces stress
- Creates feeling of peace and calmness
- Increases self confidence
- Develops intuition and creativity

Spiritual benefits of Atma Kriya practice:

- Pathway to self-realization
- Awakens deep inner peace
- Strengthens patience and equanimity
- Bestows wisdom and discrimination
- Awakens Kundalini Shakti
- Burns Karma

Lineage and tradition

Atma Kriya has been given to us by the Great Master Mahavatar Babaji, and includes Japa, Pranayama, Mudra, Asana, Meditation and Shaktipath. It is an ancient Yoga technique which has been adapted to suit our modern lifestyle and is one of the fastest and most powerful ways of attaining union with our true selves. He has instructed Sri Swami Vishwananda to pass on this knowledge. Certificated Atma Kriya teachers teach and initiate students into this yoga system.

The Course

The Atma Kriya course normally takes place over three days. This gives the student enough time to fully understand the different techniques so that they can be integrated into daily life. All those aged 18 years or over are welcome to attend the course regardless of religious or cultural affiliation

Shaktipath

At the end of the course, an initiation is given, which is direct energy transference, known as Shaktipath. This provides the initiating "spark" for the practice to be successful and activates the energy centers in our subtle body.

If you are interested in finding out more or would like details of the course, please contact:

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