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CHAPTER 6 THE BASIC TECHNIQUES OF KRIYA YOGA

Those Who Practice Kriya Yoga (we Will Use The Term Kriyaban) Start Their Practice Of The Basic Technique Of Kriya Pranayama By Visualizing The Spine As A Hollow Tube Extending From Its Bottom To The Brain. With Further Practice, They Try To Locate The Seven Chakras. Figure 1. The Perception Of The Chakras 8th, 2024

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Those Who Practice Kriya Yoga (kriyabans) Begin With The Basic Technique Of Kriya Pranayama And Visualize The Spine As A Hollow Tube Extending From The Base Of The Spine To The Brain. With Further Practice, They Try To Locate/feel The Seven Chakras. Figure ... 6th, 2024

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Eight Basic Techniques Of Kriya Yoga The Following Techniques Are Usually Given During The First

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PART III: TEACHINGS OF OTHER KRIYA TRADITIONS
CHAPTER 10 KRIYA YOGA IN THE VISION OF SWAMI HARIHARANANDA First Level In This Stage, Mainly Through Simple Procedures (among Which A Great Place Is Given To The Forward Bendings And To Maha Mudra), A Kriyaban Succeeds In P 11th, 2024

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