

A Prayer for Kriya Yoga Meditation Teachers

Beloved God and Gurus,
guide us in our journey as teachers
that we may humbly and faithfully serve others.

Bless us with wisdom, clarity, and courage.

May our words and actions consistently reflect
the sacred teachings of Kriya Yoga.

Inspire us to be authentic and compassionate
that we may reach the hearts of those we teach.

May our efforts contribute to peace,
understanding, and enlightenment.

Om, Shanti, Shanti, Shanti. Amen

—offered by Rev. Irma Sandhya Lovic
at the Kriya Yoga Meditation Teacher Training (August 2023)