

2025 Kriya Yoga Meditation Teacher Training

Quotes from Acharya Sundari

Enter the silence of your soul and you will find the Beloved waiting there.

— Yogacharya Ellen Grace O'Brian, *Living for the Sake of the Soul*

***Be a divine flashlight, illuminating the path of others
by the light of your own soul-realization.***

— Paramahansa Yogananda, *The Divine Romance*

***Spiritual awakening is the foundation for effective spiritual teaching.
Only those who are awake can help others awaken.***

— Roy Eugene Davis, *The Path of Light*

***To clearly observe the movements of your own mind
is to begin the process of freedom.***

— Roy Eugene Davis, *Absolute Knowledge That Liberates Consciousness*

***Realize the eternal, changeless Self
and you will bless the world by your very presence.***

— Yogacharya Ellen Grace O'Brian, *The Jewel of Abundance*

Soul receives from soul that knowledge, not from book or pen.

—Rumi

***A spiritual tradition is not a thing of the past—it is a living organism,
always current, always renewing itself through those who practice
and share its timeless truths.***

— Roy Eugene Davis, *The Eternal Way*

The spiritual teacher sees the divine Self in the student and calls it forth.

—Yogacharya O'Brian, *Living the Eternal Way*

***Spiritual awakening is not a hobby—it is a way of life.
And the teacher must embody it.***

—Roy Eugene Davis, *Seven Lessons in Conscious Living*

When we align with the highest Truth, invisible forces support us.

– Yogacharya O'Brian, *The Jewel of Abundance*

Our little minds are part of the omnipotent mind of God.

Beneath the wave of our consciousness

is the infinite ocean of god's consciousness...

– Paramahansa Yogananda, *Where There is Light*

The Two Essential Points of Emphasis in the Way We Teach:

1. *All Souls are divine emanations of the One Reality
and therefore, have the capacity to experience that directly
and know the truth that will free them from suffering.*
2. *All the tools that we have, and the philosophy we teach,
as well as the lifestyle guidelines, are for the purpose of
supporting this direct experience of the divine Self.*

***Commit the first four Yoga Sutras to memory.* (in English)**

- 1.1 Now the discipline of yoga begins.***
- 1.2 Yoga is the control of the modifications of the mind.***
- 1.3 Then the Seer abides in its own nature.***
- 1.4 At other times, the Seer identifies with the modifications.***

—Baba Hari Dass, *Yoga Sutras of Patanjali (Book One)*

(memorize this version or another and understand their meaning)