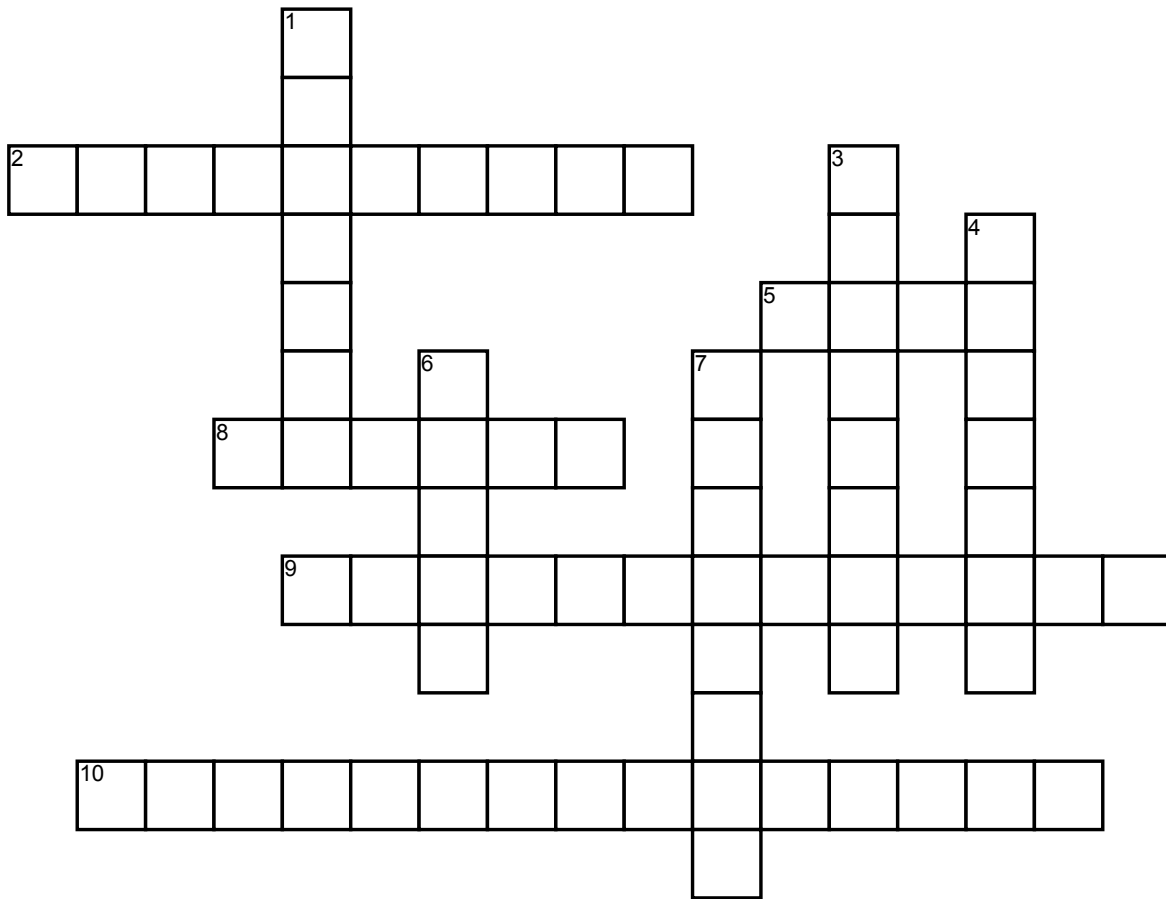


# KRIYA YOGA



## Across

2. one must use their strength to remove all \_\_\_\_
5. practicing \_\_\_\_ must strengthen a person and not weaken his body
8. focusing on \_\_\_\_ can help us control our thoughts
9. underline principle of of kriya yoga is to reach a higher level of \_\_\_\_
10. resignation of the will to the absolute is also known as

## Down

1. when you give them the power to anger you, you give them the power to \_\_\_\_ you
3. self study comes under which concept of kriya yoga
4. a \_\_\_\_ mind is lethargic, slow and has the potential to become negative
6. \_\_\_\_ is a practice used to develop tolerance capacity
7. bottling up or releasing out \_\_\_\_ will only lead to pain and suffering