



HINDU MYSTICS & GURUS

Jon Mundy on Hindu Gurus & Mystics of the 20th and 21st Centuries [Click Here to View](#)

Although a complete listing of ALL Hindu Mystics and Gurus of the current and previous centuries would be impossible, Jon gives a pretty good fun-down of some of the major highlights, including a view that he has had personal encounters or darshans with, and shares personal stories about these as well as well as some relevant background and details about all of them. Also see the attached PDF from 2020 for some additional details on some of the gurus, and some not covered in this year's presentation.

Dr. Keith Lowenstein on Kriya Yoga & his Own Guru and Lineage [Click Here to View](#)

One of our own ministerial students this semester, Keith Lowenstein, MD, is also an initiated and certified Kriya Yoga teacher. He surprised many students in this class with his expertise! He talked in detail about his own Guru, Ganesh Baba, as well as delving into the lineage from which he comes, the many interconnections it has with other lineages and other teachers, and the years he spent under his Guru's tutelage. He then proceeds to go into an incredibly comprehensive overview of the benefits of yoga and meditation, and Kriya Yoga in particular, from a physiological and biological standpoint, detailing much of anatomy and physiology of yoga practices and how they work. An expert in his field, Keith is a yogically-oriented physician and psychiatrist. His websites include: kriyabreath.com, and integrativepsychiatrynw.com. His book is: **Kriya Yoga for Self-Discovery**.

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