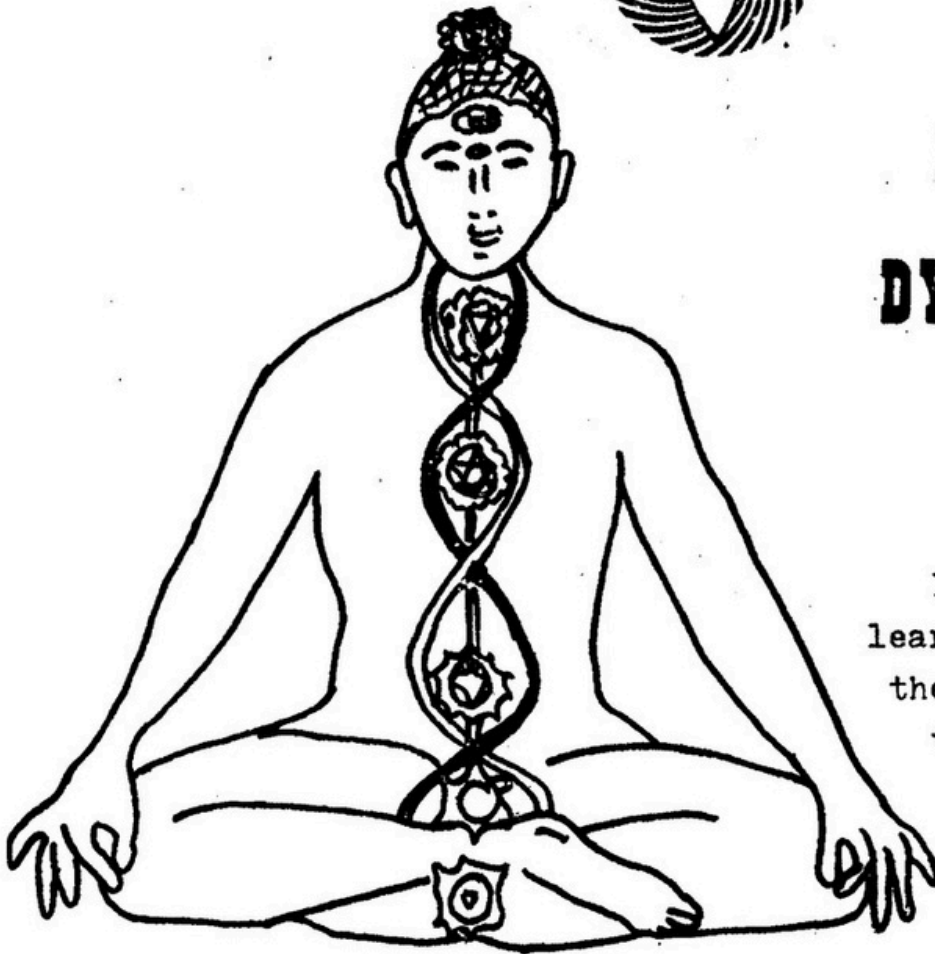


CREATIVE GUIDELINES



MEDITATION DYNAMICS #2

CLASS #6

KRIYA AND THE CHAKRAS

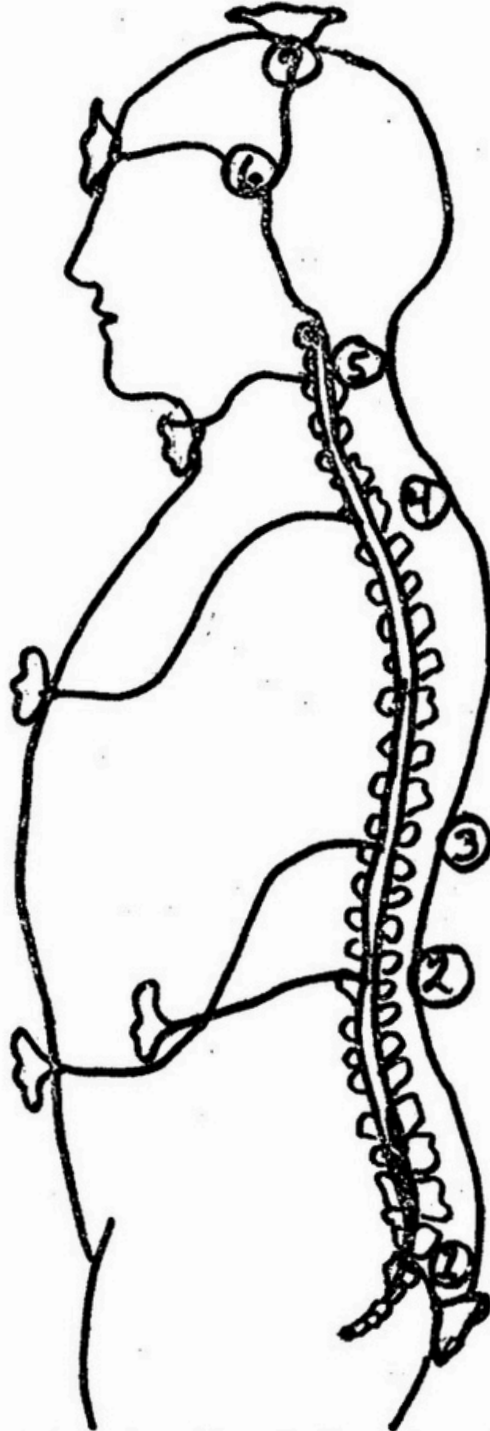
In our last Class, we learned the First Step of the Kriya---how to circulate the Life Force current through the spine and brain. This is a most important phase.

The Second Step is to work specifically on the Chakras, the Centers in the spine, to awaken them---to quicken them---to become more aware of them---and to cleanse them.

In working with a Chakra, the cool current is drawn up to that particular Chakra, held there momentarily, and then the warm current returned to the base of the spine. The next inbreath of cool is directed to the next Chakra, held there momentarily, and the warm outbreath returned to the base of the spine. Do this 7 times, once for each Chakra, and then relax quietly and peacefully into your Meditation.

KRIYA AND THE CHAKRAS Page 2

The STEM of each Chakra is attached to the spine. It is at the attached area that you stop and think of each Chakra and its color.



What you are adding to the Kriya is attention to each Chakra, thus directing Life Force and awareness of a Chakra as the cool current flows in and through it.

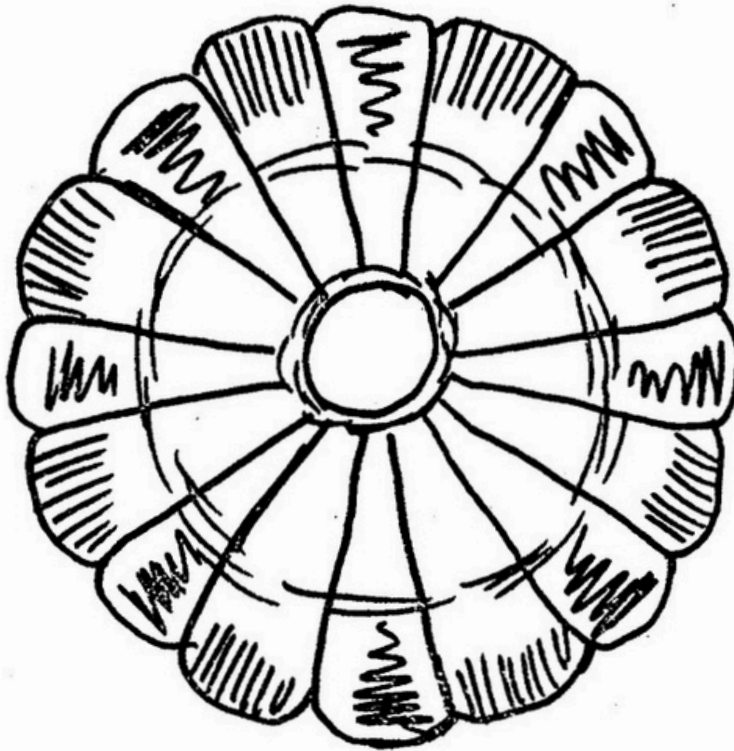
By combining awareness of the Chakras with the Kriya Technique, you are Cleansing the Chakras, Activating them, and bringing in more Life Force.

(over)

KRIYA AND THE CHAKRAS Page 3

Continue to work with the Kriya Technique and the Chakras. Besides making your Meditations so much MORE, this practice has a definite effect on the physical and causes the physical body to be rejuvenated and regenerated.

READ YOUR MEDITATION DYNAMICS CLASSES OVER OFTEN AND USE THE PRINCIPLES AND TECHNIQUES YOU'VE LEARNED, AND YOU WILL CONTINUE TO EXPERIENCE MORE DYNAMIC MEDITATIONS.



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