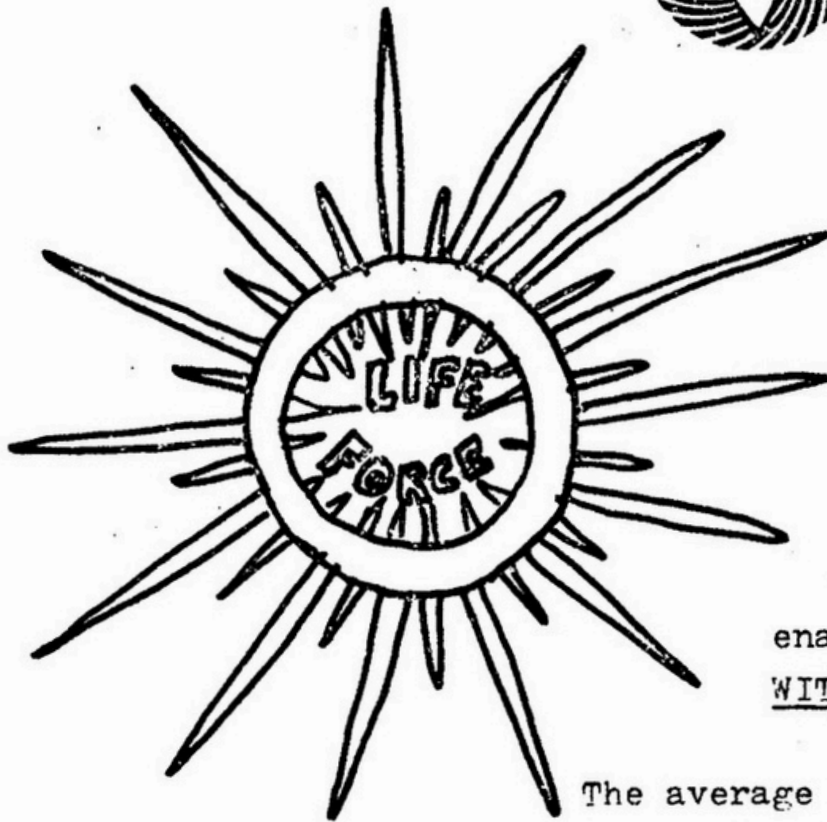


CREATIVE GUIDELINES



MEDITATION

DYNAMICS #2

CLASS #5

KRIYA INITIATION

The Technique called Kriya enables us to turn our attention WITHIN quickly.

The average person is distracted by anything that goes on in his environment. Also, the very fact that we breathe and have body awareness, causes a barrier to our direct perception to Meditation.

Ordinarily, as you breathe, the life currents flow to the LEFT and RIGHT near a channel along the spine--positive and negative. In using Kriya, we draw the current up the spine and into the 3rd Eye and let it go back over and down and through the spine. This magnetizes the spine.

The Kriya Technique is a TOOL to help us become aware of the spine, and awaken the current of Life Force. By practicing the Kriya before each Meditation, it refines the nervous system and makes you more sensitive. It will open up areas in the brain---turn on the inner Light---drive away any darkness. Kriya practice enables us to come to the place in Silence where we are truly INTERIORIZED.

With a little practice of the Kriya, you can go right into

KRIYA INITIATION Page 2

Meditation and still the mind almost immediately. It helps you to eliminate one of the main barriers---the restless mind.

Kriya is accompanied from the very beginning by a feeling of peace and by soothing sensations of regenerative effects in the spine.

The practice of Kriya awakens the sleeping energies in the body. It is a perfectly safe technique. The life current that you circulate through the spine and brain is NOT the kundalini power---it IS the LIFE FORCE which is flowing through your body all the time. You are merely directing it by an act of will. In time, as you practice, you feel a surge of energy felt as JOY.

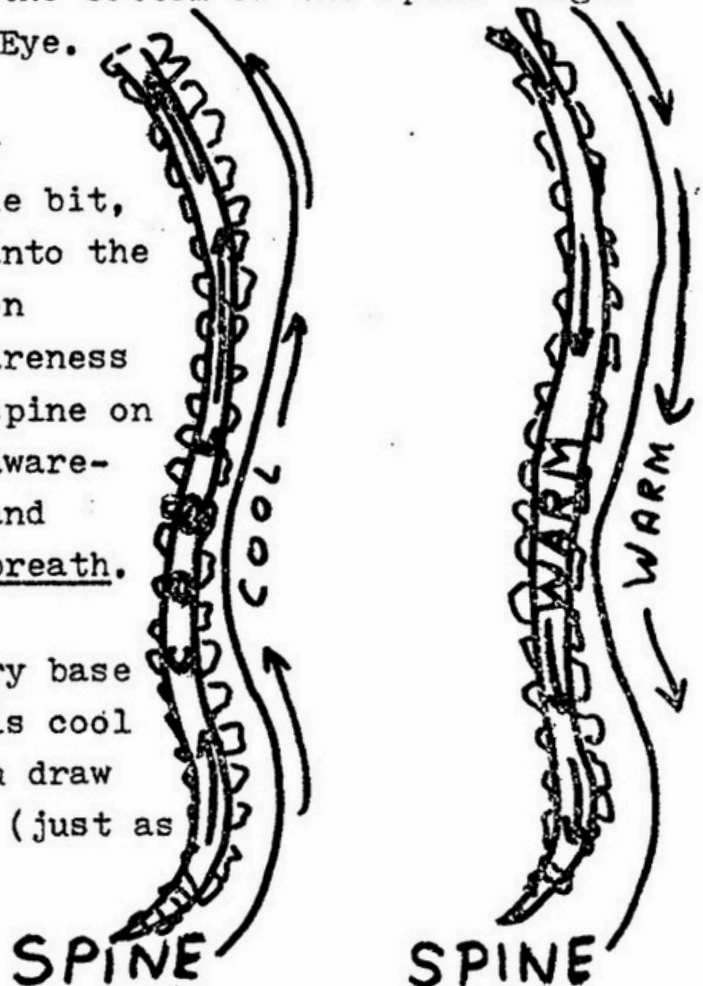
HOW TO PRACTICE KRIYA (to get current flowing)

Think of the spine as a hollow tube. Sit upright and go into the Silence first to calm down so you have the right mental attitude. Take 2 or 3 deep breaths to get things cleared out. Become aware of the bottom of the spine and feel you are going to draw a Cool current up from the bottom of the spine--right up through it and into the 3rd Eye.

Expand the throat muscles by rolling the tongue back a little bit, so that when you suck the air into the mouth, you feel a cool sensation naturally. We transfer the awareness of COOL from the mouth to the spine on the Inbreath and transfer the awareness of WARMTH from the mouth and throat to the spine on the Outbreath.

Breathe COOL up from the very base of your spine and associate this cool sensation with the spine as you draw the cool current up the spine, (just as

(over)



KRIYA INITIATION Page 3

you would draw ice tea up a straw) hold momentarily---relax the throat---let the current go down with the outbreath, with a feeling of WARMTH through and over the brain, down through and over the spine. Pause and repeat 6 times. Gradually build up to 12-14 cycles.

BREATHE IN COOL---BREATHE OUT WARMTH.

Practice gently and easily----not strenuously. It is not a matter of using a lot of force--it is a gentle and effortless technique.



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