

TECHNIQUE OF KRIYA YOGA

The Sushumna, the centrally located nadi, runs up the body, from the Muladhara chakra (at the base of the spine) passing through the spinal column, pierces the bases of the head. At the larynx it divides, the anterior portion goes to the ajna chakra (the point between the eyebrows) and the posterior portion passes from beyond the skull and joins the Brahma chakra (at the top of the head)

Sit on a chair, feet flat on the floor, cross-legged or in lotus posture. The head and neck in a straight line, hands placed in your lap your palms upturned. Close or half close your eyes. Steadily gaze at the ajna chakra (the point between the eyebrows). Expand the throat.

Pranayam directions:

1. Inhale deeply through the nose, calmly and slowly making the steady sound of "AW" deep in the expanded throat. As you are drawing in the breath, to a count of 10 (or up to 15), feel a cool current being drawn up the sushumna. Feel the coolness in the throat, and hear the sound of "AW, " and mentally transfer both feeling and sound to the spine, as though the cool breath were coming up the sushumna with a sound of "AW. " The sound-of "AW" should be audible, but not loud.
2. Having drawn the cool current up to the ajna chakra, pause briefly; a count of three should be long enough.
3. Exhale through the nose, slowly and calmly, to a count of 10 (or up to 15), making the steady sound of "EE" high in the expanded throat. Feel that the breath is a warm, fine (threadlike) current flowing down the sushumna. Feel the warmth in the throat, and concentrate on the sound of "EE, " and mentally transfer both the sensation of warmth and the sound of "EE" to the spine, imagining the warm breath to be going down through the spine with the fine sound of "EE". Inhalation and exhalation should be equal and slow

Repeat.

Concentrate on the currents, cool or warm, that you feel in the sushumna. Get mentally inside the spine. Put the whole mind and feeling there.

If you are restless, begin your meditation with practice of the soham or other mantra to calm the mind.

Follow this with practice of the technique (listening to the Om sound).

Practice Kriya on a empty or lightly filled stomach.

MAHA MUDRA

1. Sit erect on the floor.
2. Bend left leg back under body, so that the sole of left foot supports left hip.
3. Draw right leg up against body, so that the upper part of leg is as close to torso as possible and the sole of the foot is flat on the floor.
4. Place hands, with fingers interlocked, around the right knee.
5. Inhale making the sound of "AW" deep in the expanded throat and bringing the cool current up the sushumna.
6. Holding the breath, bend the head forward and downward until the chin touches the chest, at the same time releasing the hand—hold on the right knee and stretching right leg forward until it lies straight on the floor.
7. Continuing to hold the breath, grasp with the interlocked fingers of both hands the big toe of the right foot and pull it gently toward you, mentally counting from one to six in this bent posture.
8. Sit up, straightening the spine and lifting the right knee upward until the leg is again in the first position (see items 3 and 4 above).
9. Exhale with the sound of "EE" " made high in the expanded throat, sending the warm current down the sushumna.
10. Repeat the foregoing with leg positions reversed, so that the right foot is tucked under the right hip and the left leg is drawn up against the body.
- li. Sit with both left and right legs drawn against body; clasp hands around knees.
12. Inhale making the sound of "AW" deep in the throat and bring the cool current up the sushumna
13. Holding breath, bend head forward and downward until chin touches chest, at the same time releasing the hold of the clasped hands and stretching both legs forward until they are straight out in front of you.
14. Still holding breath, grasp the great toe of left foot and the great toe of the right foot with clasped hands and pull the toes toward you, counting one to six.

15. Resume upright position with spine straight, both legs drawn up close to the body, and the hands clasped around the knees.
16. Exhale, making the sound of "EE" and sending the warm current down the sushumna.
17. Do the above three times.

Keep the muscles along the spine relaxed. Do not bend the knee of the outstretched leg.

OUTLINE OF JYOTI MUDRA

1. Sit erect on a straight chair with feet flat on the floor, or cross legged or in lotus posture.
2. Put the thumb of the left hand lightly over the tragus of the left ear, and the thumb of the right hand over the tragus of the right ear. (The tragus is the cartilaginous prominence in front of the opening or hole in the ear..)
3. Place the index finger of each hand lightly, but with a gentle pressure, over the outer corners of the closed eyelids.
4. Place the middle fingers on the sides of the nose, near the nostrils.
5. Place fourth fingers above and the little fingers below the corners of the .
6. With fingers held lightly in these positions, inhale with the sound of "AW", drawing the cool current upward through the sushumna while gazing at the ajna chakra.
7. Holding the breath, knit eyebrows tightly and quickly, and simultaneously exert a firm but gentle pressure with all the fingers, thus completely closing the ear, nose, and openings and holding the eyeballs fixed in the upward-gazing position.
8. While continuing to hold the breath for a mental count of 1 to 12 (or as long as you can hold the breath without discomfort), watch the revolving light of the spiritual eye--the spiritual aurora borealis.
9. Release the pressure of the fingers (without removing them from their positions) and exhale, sending the warm current downward through the spinal tube with the sound of "EE" 11

Repeat three times.

When you see the spiritual eye perfectly, you will see at the center a fivepointed star, surrounded by a blue light, which in turn is encircled by a halo of golden light.

3. In holding the breath during Jyoti Mudra (see point 8 in outline), one involuntarily tenses the rib-cage in order to maintain the resulting expansion of the chest. The Kriya yogi can gain better results by voluntarily relaxing the chest during this part of Jyoti Mudra. In so doing he may find, if his concentration is deep and calm, that the epiglottis also relaxes (i. e. , opens), allowing air into the . However, as the fingers hold the and nose openings tightly closed, the escape of air (and subsequent deflation of the chest) is prevented.

TECHNIQUE OF THE SECOND INITIATION

After practicing Kriya Yoga, the First Initiation, place your chair before a table that is high enough that when you sit with a straight spine you can rest your elbows on it comfortably and close your ears by pressing the tragus of the opening of both ears with your thumbs. Then place the tips of your forefingers on the outer corners of your closed eyes. Gently, with slight pressure, rotate the fingertips on the corners of the eyes; and simultaneously contract the muscles below the muladhara chakra, and place your attention on the contracted muladhara chakra while listening for the sound of the bumble bee. The positive concentration upon the negative muladhara chakra will eventually produce sound and light. The sound is easier to produce. It takes very high development to see the ray-petaled lotus-stars or chakras. However, the spiritual eye will assume a dark reddish color, or orange or blue, according to the different vibrations of the five centers below, reflecting in the sixth spiritual center or taluka chakra.

Keep the muladhara chakra muscles contracted and your attention placed upon them until you hear the sound of the bumble bee, then relax your eyes and the muladhara chakra muscles. Then let your attention go up the spine an inch or two, contract the swadhisthana chakra muscles, and very gently but with a slight pressure, rotate the fingertips on the corners of the closed eyes and listen for the sound of a flute. Then notice the change of color in the spiritual eye.

Then relax the swadhisthana muscles and your eyeballs and mentally go up the spine to the manipura chakra opposite the navel. This center can be exactly located by contracting the navel with a jerk. Hold the tension at the manipura chakra while gently, and with a slight pressure, rotating the fingertips on the corners of the closed eyes; then listen for the harp sound.

Relax the manipura muscles and your eyes. Mentally go up the spine to the anahata chakra which may be located by bringing the shoulder blades together and concentrating on the spine opposite the heart. Gently, and with a slight pressure, rotate the fingertips on the corners of the closed eyes, noting the change of color and listening for a deep bell sound.

Relax the shoulder blades, and pressure on the eyeballs. Mentally go up to the Vishuddhi chakra. You can feel it by moving your head quickly from side to side, producing a cracking or grinding sound in the Vishuddhi chakra vertebrae. Exactly at that spot listen for the sea roar. Rotate fingertips gently over the corners of the closed eyes, noting the change of color in the spiritual eye. Keep concentrating until you hear the sea roar coming exactly from the Vishuddhi chakra then relax.

Next, tense the muscles at the back of the skull opposite the taluka chakra. Gently rotate the fingertips on the corners of the closed eyes, and concentrate on the symphony of the bumblebee, flute, harp, bell, and sea roar. Try also to see the spiritual eye. Relax the muscles and eyes.

Finally, with your closed eyes concentrated at the point between the eyebrows, knit your eyebrows, and gently, with slight pressure, rotate your fingertips on the corners of the closed

eyes. While doing this, see the light of the golden ring around the blue center with the diamond star and concentrate on the symphony of the sounds of the five centers below the taluka chakra. Then relax eyebrows and eyes.

Practice the foregoing technique 6–12 times, moving mentally downward and then upward along the spine, centering the attention on the different sounds coming out of the various centers until the locations of all the centers are thoroughly established in your mind. End your practice with an additional upward progression to the ajna chakra.

If you do not immediately hear the sound or see the light from each center as you concentrate upon it, strive to deepen your concentration there for several seconds longer. If still you perceive no light or sound, then proceed to the next center.

HOW TO LOCATE THE CHAKRAS OR PLEXUSES

1. Spiritual Eye or ajna chakra. located by contracting the muscles at the point between the eyebrows
2. Taluka chakra with two petals or blue and gold rays—the “two edged sword.” Locate by tensing muscles at the base of the skull.
3. Vishuddhi chakra lotus–star of sixteen rays. Locate by moving head and hearing “cracking” of vertebrae.
4. anahata chakra lotus–star of twelve rays .Locate by contracting muscles in the spine opposite heart and bringing shoulder blades together.
- 5 manipuralotus–star of ten rays. Locate by contracting muscles in the spine opposite the navel
6. swadhisthana lotus–star of six rays. Locate by contracting muscles in the spine an inch or so above muladhara chakra
- 7 muladhara chakra lotus–star of four rays. Locate by contracting muscles in the spine at the muladhara chakra or base of the spine.

THIRD KRIYA

Om namo bhagavata vasu devaya the famous krisha mantra is used in Third and Fourth Kriya.

Sit upright on a straight chair. Keep the spine erect; shoulders back; chin parallel to the floor; chest out; abdomen in; hands interlocked and placed over the navel; eyes closed or half open, with eyeballs turned upward and the gaze fixed between the eyebrows without strain.

Practice Kriya twenty times and then practice the third initiation six times. Follow this schedule for the first three months, and from then on do the third initiation twelve times.

METHOD First, slowly draw a full, cool Kriya breath, bringing the current up the sushumna with the sound of AW. As the current ascends from center to center in the spine, mentally chant at each one the following:

1. Om, at the muladhara chakra center
2. Na, at the swadhisthana chakra
3. Mo, at the manipura chakra
4. Bha, at the anahata chakra
5. Ga, at the vishuddha chakra
6. Va, at the ajna chakra

While you are chanting mentally and drawing the cool breath and current up the sushumna, continuously exert mental pressure to drive the breath from the lower part of the abdomen, gradually pushing it up to the breast bone and into the chest. Hold the breath and current at the ajna chakra. Think that all bodily energy and breath are entering the point between the eyebrows.

Then, with the breath held, gently jerk the head as far as you can toward the left shoulder, and mentally chant Ta, concentrating on the taluka chakra and feeling the current reaching there.

With the breath still held, gently jerk your head toward the right imagining that the current is simultaneously moving downward to the Vishuddhi chakra. Mentally chant Va while the attention and subtle current stay concentrated in the vishuddhi chakra.

Still holding the breath, quickly drop the head forward so that the chin strikes the chest. Feel the subtle current, like a thread of warmth, reaching the anahata chakra. Mentally chant Su— as it does so. Feel that the breath and current are resting at the anahata chakra.

Lift the chin up so that it is parallel to the floor and continue to send the warm thread of breath and current downward with the sound of EE (as in Kriya during exhalation), mentally chanting Da at the manipura chakra; Va at the swadhisthana chakra; and Ya at the muladhara chakra.

FOURTH KRIYA [—THE HIGHEST <http://kriyayogaboard.yuku.com/topic/17/t/kriya.html>]

Fourth kriya is the same as third kriya except:

[The highest of the initiations, the fourth, differs from the theory and practice of the foregoing initiation only in a simple but important technicality, extremely vital to the ultimate attainment of samadhi. The technique of this fourth initiation is the same as the third, but it is practiced with the following change: <http://kriyayogaboard.yuku.com/topic/17/t/kriya.html>]

Instead of rotating the head only once as you mentally chant Ta, Ba, Su— (with the breath held), as in third kriya, rotate the head three times, repeating Ta, Ba, Su with each rotation and holding the same breath during the entire series of rotations. Practice this fourth initiation, rotating the head three times, for six months.

The number of rotations may be gradually increased to twenty-five after that, provided you can hold the breath comfortably and without strain throughout the whole series of rotations.

The exercise consists of withdrawing the breath, the life current, and the consciousness upward to the ajna chakra by mentally chanting Om, Na, Mo Bha, Ga, Va, and then holding the breath and rotating the head while mentally chanting Ta, Va, Su. The secret of the technique lies in increasing the number of times of this rotation of the head with the breath held and with the mental chanting of Ta, Va, Su.

[As one increases the number of rotations of the head (with the breath held as long as possible without feeling discomfort), the head is converted into a spiritual magnet. This cerebral astral magnet pulls all currents straying through the nervous system upward as one through the six cerebrospinal plexuses, and focuses it in the pineal gland, medulla oblongata, and cerebrum, where it is ready to flow out through the medulla oblongata into the Spirit. The more attentively the student increases the rotation of the head and the chanting of the Ta, Ba, Su, while holding the breath the more powerful his brain magnet becomes.
<http://kriyayogaboard.yuku.com/topic/17/t/kriya.html>]

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