

Kriya Yoga Initiation

(Hatha-Raja-Laya Yoga)

Face: East or North
Suggested posture: Ardha Padmasana (half lotus)

Hatha pertains to body
Raja pertains to breathing and therefore to the mind
Laya pertains to "No-mind"

First Stage
(5 Kriyas and 2 short Kriyas)

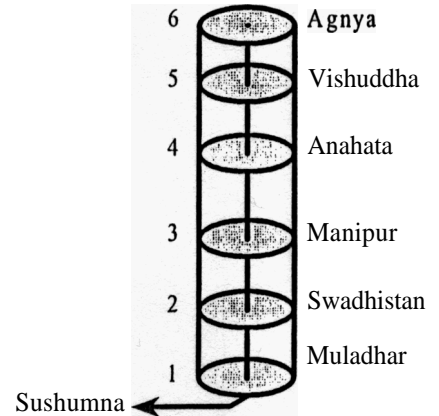
Resolutions:

1. Steadfastness and stable life.
2. Secrecy, this is sacred as well as secret.
3. Chanting.
4. Avoiding infatuation and indulgence.

I. Talabya Kriya
(50 full or 100 half, as per convenience)

II. Kriya Pranayam ((a) and (b) happening simultaneously)
(a) Mental Pranayam
(b) Internal breathing Pranayam
22 seconds up and 22 seconds down (12+12)

12x1	12x12x12
12x2	i.e.
12x3	144x12=1728
..	12x12x12x12
..	i.e.
12x12=144	144x144=20736



III. Navi Kriya (4) 3 ½ minutes

Mental Pranayam
up to Kutastha
(Pratistha i.e. installation)

ॐ 100 times at Navi (with chin locked)
ॐ 25 times at Manipura (with head held back)

Mental Pranayam
down to Muladhara
(Visarjan i.e. immersion)

IV. Yoni Mudra (1) Night

Pratistha

Explosion of ॐ at Kuthasta
and then Sakshi Bhava, i.e.
choiceless awareness or passive attention.

Visarjan

V. Maha Mudra (3)

Pratistha

..-
..-
..-

Spread right leg ॐ 12
Spread left leg ॐ 12
Spread both leg ॐ 12

Visarjan

..-
..-
..-

Day: I, II, III e V. Night: IV + I, II, III e V. (if not inconvenient)

Short Kriyas: I. Nirabalamba Dhyana focussing at Kutastha with a passivity and with holistic attention on the body & the subtle body (mind).
II. Ajapajap focussing on breath in a state of let go (if necessary with Beejamaantra). With holistic attention on the body & the subtle body (mind).

Laya Yoga

1. Atithi Bhava
Attitude of a guest

Pure living
SAT

2. Sakshi Bhava
Attitude of a witness
(choiceless awareness)

Pure consciousness
CIT

3. Samapti Bhava
Attitude of ending i.e. not
cultivating opposites

Pure joy
ANAND

Blessings and much love.