

K.R.I.Y.A.S N. 6

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LA004 780109 Experience of the very existence fiber

General Position:

Sit in easy pose with a straight spine

Arms:

Bring arms in so that the mudra can be a little above the heart center, a few inches out from the chest. Lower arms are NOT parallel to the ground; the elbows are allowed to

Hands:

Right hand on top of left hand with right thumb over left, held a little above the heart center. droop comfortably in a "posture of convenience."

Breath:

Full breathing at normal rate: body will make automatic adjustment to the meditation,

Eyes: Nine parts closed.

Mantra: NONE,

Locks or other conditions:

Qualify yourself in a meditative mood. Keep the neck and spine very straight. Be a yogi— don't be an ordinary person,

Mental images:

"Experience the spirit—that is the way to enter the realms of experiencing the experience, the being, the inner self."

Legs:

Sit on the ground with the legs in an easy, cross-legged position or in a chair with the weight of both feet equally distributed on the ground. If the mudra is held too high above the heart center, it can be taxing on the lungs. Posture must be comfortable and facilitate a full breath

Length of time:

None given...this meditation was demonstrated but not practiced by the sangat.

Comments:

"This is where you start feeling from where the feeling comes."

"When you cannot deliver experience, you cannot live by a philosophy— philosophy must deliver experience for your personal growth."

This kriya can give you the experience of the very "existence fiber, the very center."

Take new values; leave behind a legend to be followed by those who follow you.

Figure No.

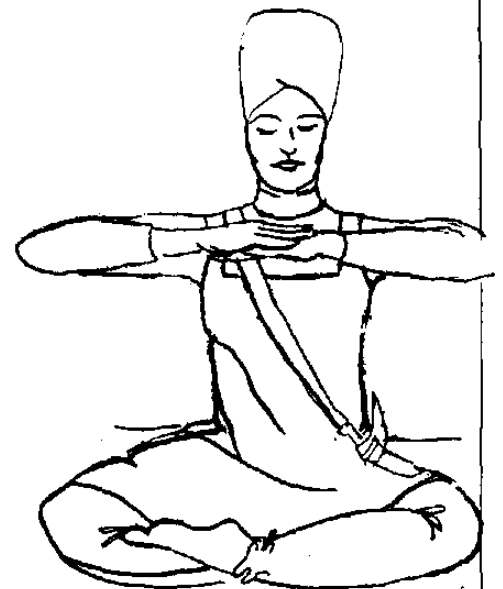


Figure No.

