

Kriya Practice



KRIYA: AHAM PREMA

Intention: Devotional, Surrendering, Inviting the presence of Love w

Description: Begin in Siddhasana/ Siddhiyoniasana. Extend arms overhead; interlock fingers, palms facing down. Circle arms clockwise gracefully allowing full range of motion through shoulders & upper back creating spaciousness. Lower torso doesn't move.

Chant AHAM PREMA in soft meditative tone.

Mantra : Aham translate I am , prema Love. I am Love

Drishti: Eyes are softly closed, inner gaze to the Heart Chakra Anahata.

Benefits: Creates a sense of devotion, increase the ability to Love, encourages trust, opens the chest, strengthens the shoulders and arms, increases range of motion in the spine.

Kriya: Prana/ Apana



Prana Mudra



Apana Mudra

Intention: Stabilize energy, good for personal practice.

Description: Begin in Siddhasana/ Siddhiyoniasan or a chair.

Place arms straight and extended on your knees, spine tall.

As you inhale place your hands in Prana Mudra, palms up to the sky, touching the ring and pinkie fingers to the thumb, keeping the index and middle fingers extended together.

As you exhale turn hands facing down & change to Apana Mudra, touching middle and ring fingers to thumb, keeping pinkie and index finger extended.

Slow mindful breaths, alternating inhale with prana mudra, and exhale with apana mudra.

Drishti: Eyes closed

Benefits Stabilizes, Increases and Balances Energy.



Arjuna Kriya

Kriya : Arjuna

Intention to develop focus and commitment; Awakens Manipura & Agya chakra.

Description: Warrior II on left side. Extend left arm in front with left hand in fist. Extend thumb in line with gaze. Draw right elbow back, make fist with right hand, thumb wrap over fingers. Pulse into lunge, engage thigh as you transfer body weight back and forth. Practice Breath of Fire, Kapal Bharti, throughout. Inhale deeply and exhale strongly in short spurts, creating a forceful contraction at the navel center.

Arjuna is the perfect student, the receiver of yoga.

Drishti: Eyes open , gaze at thumb. Blink as little as possible.

Benefits. Develops focus, commitment and presence. Strengthens and warms the body, engage core, increases cardiovascular fitness.

Kriya : OM Mani Padme Hum (prayer wheel)



Om Mani Padme Hum

Intention Compassion; Encourage Lotus of the Heart to bloom; Attune to devotion.

Begin in Tadasana (Mountain Pose) with hands in Namaskar Mudra. Circle Sweep arms overhead and return to Namaskar Mudra as you chant OM. Move into Hero Pose with palms pressed together at heart center. Chant Mani. Move into a pose of prostration with forehead on mat and hands supporting by your sides, legs fully extended. Chant Padme. Move into Hero Pose with Palms pressed together at heart center. Chant Hum.

Meaning of Mantra - Let the sacred jewel of my lotus heart shine forth and bring light and joy to the world and to me.

Encourage the lotus of the heart to bloom, invokes the Buddha of the sacred jewel, encourages attunement to devotion and service. How can I serve? How can I uplift? Deepen the experience of giving.

Kriya: Sat Chit Ananda



Hiranyagarbha Mudra

Intention Knowledge and bliss.

Begin seated, spine tall, soft heart. Bring hands to navel in Hiranyagarbha Mudra meaning unmanifested cosmic womb as you chant Sat, drawing in the 2nd chakra, the navel. Moving your arms slowly to the Heart Chakra in Lotus Mudra as you chant Chit. Continue to move arms up and out to sides, palms facing forward, with energy, joy, and bliss, chanting Ananda. Visualize expansive light and radiance of Bliss. Meaning of Mantra: SAT - Truth. CHIT - Consciousness. ANANDA - Bliss. Dristhi is a soft gaze inward.

Brings the experience of radiance, bliss, joy, sweetness, softening.

Induces an upward spiral of energy.

Chant the mantra silently afterwards

Chakra Balancing Kriya



Intention is to heal, balance and align chakras. Creates subtle body changes.

Begin sitting, right hand in Gyana mudra, the carrier of wisdom. (pointer finger touching thumb, remaining fingers extended). Your elbow is down by the rib cage. Touch your left hand to each Chakra Chant each chakra bija mantra once: Lam, Vam, Ram, Yam, Ham, Om, Om. End by placing right hand at each chakra in silence and meditative awareness. Eyes closed, bringing awareness to each Chakra.

Mantra: Bija mantra for each Chakra.

Heals and align Chakras, creates meditative space, calming, clear blockages. Develops awareness of Chakras, encourages alignment of the spine, and develops grounded energy.

Kriya Yoga

Kriya is action that leads to evolution, expansion and liberation. Kri means action, to do; ya is another name for Atman, the Soul. Kriya is technique and action designed to create a specific evolutionary response. Karma is action that creates bondage.

Kriya is action that creates expansion and liberation.

The purpose of kriya is to get into deeper states of shunya (silence).

Kriya is used in different traditions like the Babaji tradition, Kundalini tradition, Hatha tradition always with the purpose of evolutionary action.

Himalayan yogic tradition is used to master the mind and to access full potential. Yogi Bhajan brought a different tradition, and Paramansa Yoganada introduced kriya as pranayama & mantra practice.

Kriya Yoga is a practice allowing the body to cope with energy, marrying the soul, Atman with Source, Brahman, the individual with the totality.

Himalayan kundalini yoga come from vedas & tantra traditions. Chants are in sanskrit to shift consciousness. Kriya works in all levels of your being. Kriya includes repetitive movements and breathes combined with specific intentions. The body store addictive patterns from past conditionings. Kriya acts as an energetic hygiene. It is cleansing. Kriya cultivates energy, it is dynamic.

There are three aspects of Kriya in order to experience it deeply.

Seat of the Kriya refers to the integrity body position, movement or stillness, sitting or standing.

Dharana of the Kriya: refers to focus, the intention of the kriya including the drishti where the eyes focus. Each kriya has a specific focused directed in bringing up aspects or states of consciousness.

The **Bhava of the Kriya** is the attitude with which we approach the kriya. Some kriyas attitudes are fierce while others are receptive, devotional, and some invoke the feminine or masculine.

Other aspects of kriya are:

Mudra~ Most Kriya has specific positions of the body serving the purpose of helping to induce and attain certain psychic states.

Bandha~ Are gates regulating the energy flow called prana in the body. There are three main bandhas. Mulabandha is the root lock located at the base of the spine. To activate the Mulabandha one squeezes the perineal muscles. This is the first gate to conserve the energy from flowing out. Then come the second lock Uddiyana Bandha located a few inches below the belly button. To engage Uddiyana Bandha one exhale fully squeezing the belly in, and has the next breath is draw in the lower belly is still engaged and retained towards the spine. This is the action of Uddiyana Bandha. Very powerful to retain energy from draining away. The third lock Jalandhara Bandha is the chin lock, less utilized than the two others. It is performed by extending the chin forward and draw back inwards.

When the three bandhas are engaged simultaneously it is called the great lock mahabandha.

Pranayama: Most kriyas have specific movement patterns of the breaths. Pranayama, breath practice with the intention of expansion of life force. Four aspects of pranayama: Inhalation (Puraka)" The intake of cosmic energy by the individual for his/her growth." B.K.S. Iyengar; exhalation (Rechaka): "process by which the energy of the body gradually unites with that of the mind." B.K.S. Iyengar; Kumbaka breath retention is the practice of staying with and expanding the natural pause between inhalations and exhalations. Body and mind becomes more clear. Internal breath retention/pause increase energy Anthar Khumbaka and external breath retention/pause has calming effect, Bahir Kumbaka.

Mantra: Mantra reaches deep into one's consciousness whether recited out loud, softly or silently. Kriya involves a continual movement leading to an internal meditation. For those who find seated meditation difficult, kriyas are a helpful way to begin by bringing physical movement to a meditative state. Depending on the kriya, you may choose to also use a mantra. To support further the meditative effect.

Japa Mala: Full mala consist of 108 beads, the wrist mala consists of 27 beads. Mala always has a 109th bead for the Guru, finished with a knot and tassel. Number of beads on a mala, 108, 54, or 27, is significant as it represents multiples of the sacred number nine which corresponds to the number of planets in Vedic astrology and the number of months a baby develops in the womb. Number nine represents a multiple of another sacred number, three/trinity.