

## *Kriya*

Deep work is often accompanied by a profound growth movement. Several people have shared with us that they have had intense emotional and/or physical experiences during and after retreats. These kinds of healing events, sometimes distinctly unpleasant, are called kriyas. Kriyas, both pleasant and unpleasant, are actually experiences we should come to expect as we continue to explore the deeper realms. Even the unpleasant ones are part of a process of helpful growth.

Kriya is a Hindu term for a natural, spontaneous, and often unexpected movement of energy, either physical or emotional, often quite intense, which is deeply healing. It means energy is moving and at work at ever deeper levels. Of course, not everyone will experience their growth in this way, but, you may. If so, playfully, with love, remember to male or female ground, explode the pictures that get lit up (address cords, contracts, whatever seems appropriate) update your 3<sup>rd</sup> chakra, and embrace a graceful flow and self acceptance.

Love,  
John and Gloria



## Reminders for how to balance Kundalini

1. Use a brown grounding cord or brown roses to pull spacey or white light energy out of your body and aura.
2. Use ice blue energy to cool Kundalini.
3. Use the dial in the back of your first chakra to open or close down the Kundalini flow.