

ARYA KRIYA



**Guidelines
for
Arya Kriya Training**

Welcome to the fellowship of Arya Kriya initiates. We are happy to have you join us on this great path which will take you beyond human mediocrity to the crowning glory of human evolution, the Übermensch or Siddha -- truly life's greatest adventure!

The enclosed booklets contain all the information you will need to begin your journey on the path of higher evolution -- *The Path of Wotan*. The Kriya techniques are the tools which, when mastered, will enable the Arya Kriyaban to accelerate his or her evolution beyond all limits imaginable. We have made every effort to write these booklets as clearly and comprehensibly as possible, but if you have any questions, please do not hesitate to write us. Please enclose a stamped, self-addressed envelope with your correspondence.

Arya Kriya is an integral discipline, that is, the different components of it (natural living, Asana, Pranayama, Dhyana) complement each other, and all of them need to be practiced together each day. When Kriya is practiced faithfully, it becomes a way of life and you will advance rapidly in health, vitality, and evolution.

We recommend that you learn Kriya one step at a time, using the following guidelines:

*1) Begin your training by carefully reading *Purification of Body and Mind*. Begin applying the principles of natural living to your daily life. For many people this may be a drastic change and difficult. Don't ever get discouraged. Simply apply the principles of dynamic will with patience and determination, and slowly begin changing yourself while you practice the Kriya techniques. The very practice of the Kriyas will pull you toward natural living.

*2) Read the section on *The Energy Centers*. There is no need to memorize the names of the centers, but be familiar with their location and the areas which they service.

*3) Read the section on *Hong Sau* and on through *The Cleansing Exercise*, and begin learning Hong Sau and the Cleansing Exercise. Practice these techniques twice a day as prescribed.

Note: You do not need to master Hong Sau (or any of the techniques, including natural living) before you proceed to the next one. As soon as you are reasonably comfortable with the technique, begin learning the next. You can perfect all the techniques at once during your daily practice. Some will be easier than others.

*4) Read the booklet on *Asana Kriya* and begin learning the *Asana Kriyas*. Practice them at least once a day as prescribed, along with *Hong Sau* and the *Cleansing Exercise*.

*5) Read the booklet on *Kundalini Pranayama Kriya* and begin learning *Kundalini Pranayama Kriya*. (See the *Dhyana Kriya* booklet for instruction in *Kechari Mudra*.) Practice this powerful technique as prescribed along with your practice of the *Asana Kriyas*, *Hong Sau*, and the *Cleansing Exercise*.

*6) Read the booklet on *Dhyana Kriya* and begin learning the *Dhyana Kriyas*. Practice these techniques as prescribed along with your practice of the *Asana Kriyas*, *Hong Sau*, *Kundalini Pranayama Kriya*, and the *Cleansing Exercise*. [The section on *Kriya Routine* in the old editions of the *Dhyana Kriya* booklet does not mention *Kundalini Pranayama Kriya*. This is because these booklets were written before the *Kundalini Pranayama* booklet was complete. The new editions read: *The Asana Kriyas should be practiced at least once a day, followed by Hong Sau, Kundalini Pranayama, one of the Dhyanas (alternate Asa Dhyana one day and Chakra/Omkara Dhyana the next), and ending with the Cleansing Exercise...If there are time constraints...practice at least Kundalini Pranayama and the Cleansing Exercise.*]

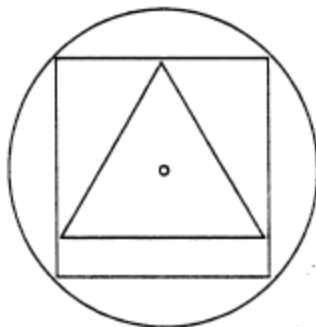
Note: It is important to periodically reread all of the booklets again for renewed inspiration and to be sure you are still practicing the techniques correctly.

*7) *Arya*, our quarterly journal especially for *Arya Kriya* initiates, continues where the lessons leave off: linking together *Arya Kriya* initiates around the world; supplying more information on *Kriya*, more *Kriya* techniques, questions and answers; and group and individual programs to change this degenerating world. We recommend that all *Arya Kriyabans* subscribe to this journal.

*8) We are in process of building a seclusion retreat for *Kriyabans* here at *Volksberg* (our secluded 80 acre homestead in the mountains of northern California). We hope to offer personal instruction and group training here in the near future. We recommend that all *Arya Kriyabans* attend.

OM KRIYA BABAJI NAMA AUM

(The Mantra of Babaji Nagaraj, explained in the *Asana Kriya* booklet)



The Yantra of Babaji Nagaraj

The Yantra is a geometric symbol which represents the mission of the great Siddha. It is in many ways like his signature, and in fact, he uses it as such when writing to his advanced disciples.

*For those who realize that to change this world,
you must first change yourself!*

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