



# Tibetan Color Purification Kriya

This kriya helps release and overcome physical, energetic, mental and emotional blocks. It is a technique of *Laya* yoga (dissolution) - using mind's image making capacity to access healing and transformational power of Etheric Body.

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Step I



**Physical Body** - repeat 4 times

Block left nostril with left thumb (ring and pinkey tips on mound of thumb).

INHALE for 9 counts through right nostril, drawing RED LIGHT through crown into: a. muscles, b. bones, c. organs, d. every cell of body.

HOLD for 18 counts - feel red light pulse through the body.

EXHALE for 9 counts - feel every cell charged with red light.

Step II



**Mind / Nervous System** - repeat 4 times

Block right nostril with right thumb (ring and pinkey tips on mound of thumb).

INHALE for 9 counts through left nostril, drawing THUNDER CLOUD color light through crown into: a. brain, b. spinal column, c. nerves, d. nerve endings.

HOLD for 18 - feel blue grey light pulse through nervous system, saturating brain, spine, nerves, tingling at endings.

EXHALE for 9 - body mapped by blue-grey chords of light.

Step III



**Causal Body** - repeat 4 times

Hands on knees, thumb and index tips touching.

INHALE for 9 counts through mouth with sound AWWW at the back of throat, drawing a beam of VIOLET light from base of spine to mid-brain.

HOLD for 9 counts - feel a ball of violet light firing in the brain.

EXHALE for 18 - with sound KEEE. Feel violet light burst from the spine and brain out in all directions, surrounding you in an aura of violet light.