



Introduction

The Color Purification *Kriya* Meditation is a technique in the tradition of *LayaYoga* (*laya* = dissolution), utilizing the mind's capacity to cultivate images, sentiments and intentions in order to access the healing potential of the etheric body and engage transformative power. This practice helps one release and overcome emotional, mental, physical and energetic blocks by transforming the physical, mental and causal bodies. The Color Purification *Kriya* can be summed up by the phrase “*Bhavana* (intention, feeling) blossoms into *Anubhava* (experience).” The *Laya* yogi, like a sculptor, uses intense *Bhavana* like a chisel until the chips that do not belong to the “image” are chiseled away. However, this is done without “visualizing.” The intention is to “enter the experience” through any gateway of the mind that is able to feel, sense or see *prana*—whichever is most accessible to you.

Practice

Physical Practice – Repeat 4 Times

- Block the left nostril with the left thumb. Ring and little fingers rest on the mound of the thumb. Breathe **ruby red light** in and out of the right nostril.
- Breathe in for a count of 9, drawing in **ruby red light** through the top of your head, flooding the physical body with its energy.
- Hold breath for a count of 18, sense **ruby red light** pulse through the body, charging every cell in it.
- Breathe out for a count of 9, sensing every cell alive and healing, vibrant with **ruby red light**.



Mind/Nervous System – Repeat 4 Times

- Block right nostril with right thumb. Ring and little fingers on the mound of the thumb. Breathe **blue-gray light** (thunder-cloud gray) in and out of the left nostril.
- Breathe in for a count of 9, drawing **blue-gray light** in through the top of your head, flooding the brain, pouring down the spine and the rest of the nervous system.
- Hold breath for a count of 18. Flood the nervous system with this light. Sense the entire nervous system mapping the whole body with vibrant electric **blue-gray chords of light**, tingling at every nerve ending.
- Breathe out for a count of 9.

Causal Body – Repeat 4 Times

- With hands on the knees, thumbs and index fingers touching (*gyan mudra*), breathe in through your mouth, drawing breath down throat with the sound AWWW.
- Breathe in up to a count of 18, with the sound of AWWW, visualize a beam of **violet light** rising from the base of the spine until it reaches the mid-brain.
- Hold breath for a count of 9, “seeing” a **violet ball of light** firing in the mid-brain.
- Breathe out up to a count of 18, from the back of the throat, with the sound KEEE. Experience violet light burst from the spine and brain, creating an **aura of violet light**.