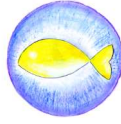
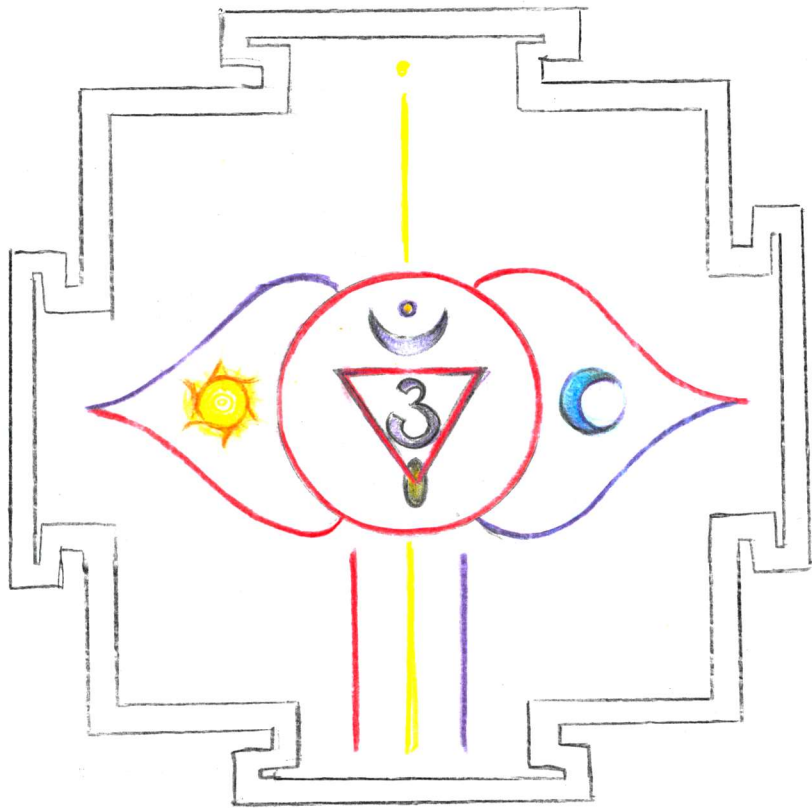


MATSYA KUNDALINI YOGA ACADEMY



# KUNḌALINĪYOGA

## KRIYĀ



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## MATSYA ĀJÑĀ KRIYĀ

Ājñā is the command. It is not only the place from which one commands one's own being, but more the place from where one receives the command of the supreme. Meditative contemplation about your true mission of being is therefore the greatest Kriyā of the command (ājñā).

### *Meditate*

Sit in meditation posture. Feel profoundly chosen to welcome your nature. Feel chosen to be here. Feel chosen to know what cannot be known. Śiva is the highest magician, living in graveyards. He is surrounded by demons, yet free from all of them. Fully pure within and without. Untouchable. Undeniable. Smearred with ashes — that which first appears to be dirt, yet is in fact the purest of all things. He, in eternal contemplation, knows the secret, the magic. It is eternal life and it is death. He is the king of all. Approach him fearlessly, the highest mediation. This way you approach the master. From the bottom of your heart you speak your wish. He will grant it as he has no reason to deny you.

What is your wish? What are you aiming for? What is the vision of reality that sleeps within your heart? The great master will give it to you. Ask him humbly and he will smile at you through the ashes.

With this wish, immerse yourself in the space of your heart. Rest in your heart and feel its music.

### *Contemplate:*

*Outside my heart there is eternal space, all is there. Inside my heart there is a space. A space that surpasses all. Eternal in time. Eternal in space. Eternal in power, eternal in all dimensions. This space is your true nature. Contemplate the vast space of your heart. When you breathe in, you settle in the space of your heart in Sa. When you breathe out, you settle in the eternal space above you in Ha.*

*haṃsa*