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Transcript from the Kriya Yoga Meditation Healing
Workshop in October 2015

We're going to do a journey now, a healing journey, because this is a healing weekend. This can be a healing for a problem in your life, or can be something in your body, mind or spirit.

We shut our eyes. Once again, we go inside and feel that breath. See that star of light in your forehead. Feel that light filling your head calming your mind. This light is filling your eyes with peace, filling your face with peace, illuminating your skin, your bone, your hair; filling your throat, your shoulders, your arms, your chest, your breasts with light. All your organs and your torso, your legs and your feet. Feel the light inside emanating through you.

Feel that pillar of light within you going into the heavens again. As you open up to that heavenly pillar of light, you find that you are full of peace, the peace of heaven is within you.

From that heavenly realm comes the mantle and that colour of magenta. Look up and see this incredible mantle of light. If you can't see it, imagine or just feel it come down like a wonderful cloud of magenta light.

As it enters your crown chakra it turns the crown chakra magenta. There's a pillar above you that is magenta as well, it goes right to the throne of God. That magenta light is filling your mind, your face, your body, your breast, your colon, your kidneys, your liver, your womb; the sacral, the root, your feet and legs, your mouth, your eyes, your arms and hands.

Now breathe that magenta light. See yourself full of that light and feel the heat of this magenta light. Now imagine your sacred heart, which is this magenta light, and that you're standing in front of your sacred heart and there is a golden door. There are angels each side of the door and you knock on this door and you ask that you may enter your sacred heart here on earth. You try the handle and it opens. You step in. You hear music, the song of God in your sacred heart. Here is a secret for you, a secret that you must find – something just for you – sacred and divine. Go in and find it.

Imagine this sacred heart hearing the beat in all creation. Every blade of grass, every flower has this beat, the universe. See this wonderful colour, this beautiful heart merging and slipping into the consciousness of All, being breathed. Your whole body opening to the Supreme. All consciousness being at one with the Supreme. I am That, That Self am I. That is All. Merging with All. Losing yourself in the end.

Peace and that wonderful magenta colour – expanded power of love of God right out into the Sun, Moon and stars. The Earth full of this colour, everything is this colour, the whole of the universe, the cosmos. It's like the love of God has breathed us into creation. We've entered the sacred heart. We realise this – we've entered an understanding of this, an awakening of this. Our whole body is breathing and being breathed in this colour, healing us with love. Everything has been lovingly created.

The terror and horror of the world has been created by our minds and our desires. The Supreme Creator is Love and Peace, the strength of this magenta love, unconditional, beautiful. Feel this in every atom, every part of your body, filling you with love. Breath it into you healing you. You are loved. We are loved. We are love! We are Peace and Love.

You might like to see it like an ocean, lying in an ocean, being aware that there is no body, just a sort of consciousness of this ocean, like a speck of light of consciousness in this ocean, merging with it, being in it.

From that ocean we come back to this form sitting in the chair. We feel we have edges but we do not. This is just bones, hair, blood holding the soul here. When this body is old it drops away and that wonderful light within us merges in this wonderful ocean again, free.

Then we come back to the body again and within us is this sacred heart, pulsing with the universe, cosmic ocean and all life. And now we breathe that cosmic and that divine heart with our physical heart. Go inside and imagine the physical heart and that divine heart breathing together, joining together. Let your divine heart breathe you that you don't feel separate. You are not separate – you are one breath – body, mind and spirit. You are being breathed. We are never separate; God always loves us.

We'll stay gently in that breath. Be aware of your body now; come into your mortal mind more. Feel that breath. Calm your mind. Keep your eyes closed. When we look out we feel fear, when we look in we see the power within us. When we look in we forget, when we look out we get sucked into the play again. Try and keep your mind quiet; even when it's fearful keep your mind quiet. When you're ready just gently come back to the room; be in your body. Be here. Keep remembering that breath with your physical heart and your divine heart. That they are one actually.

I think this divine heart, our soul heart, joining with our physical heart is a lovely feeling and that whole breath in one. We feel more of a merging. I think it's a funny thing that when you're unwell, you don't feel well enough to do a lot of this work and it's the time probably to do it! It's almost as if the illness distracts you from where you need to go.

When we have this deep peace, so illnesses in our body get better because the agitation of the illness is filled with peace. The peace is the original seed and when we go to the Supreme Soul we're going to the original seed, we forget.

So all that light and consciousness is healing us in our body, mind and spirit; filling us, bringing harmony into us.

So we'll finish today by going back in time to the time of your birth, just reaching forward and finding your baby, picking it up. Are you really holding your baby with love and affection? Are you feeding and nurturing your baby? Are you breathing with your baby? Is your baby happy to be alive? Is your baby happy to live a full life?

You may like to see your parents and thank them for the baby, thank them for your life. How they did it is how they did it. How you're doing your life is how you're doing it. Let go of any preconceived ideas of how you thought it was. Just take the baby, hold the baby within you and live your life!

Take responsibility for your life. Express your life. Be the creator and sustainer of your life and open to God, your Supreme Soul within you that was born to live a life.

If there are things you haven't done that you wish to do, do it! If there are paintings you want to paint or anything

creative, do it. Ask yourself what you want to do in life. Don't feel guilty about your life that you've had so far - that's gone. Today is a new day, a new birth of your soul and of your understanding. It's never too late! We can change like the wind. Be full like the fire. Have the heavenly waters flowing through you like the river and we're here on earth to express it. Anything you can't manage, hand the burden over but live your life now! Live your life and don't be a victim!

Know that you are carried and loved by the supreme Soul and that anything you need; you will be cared for. The Divine Plan is in action.

All love and blessings,

Swami Aliananda Paramahansa



Swami Aliananda Paramahansa is a direct disciple of Mahavatar Babaji and founder of the World Peace Mission.

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