



This ritual will cleanse your aura, remove incapacitating and debilitating thought forms in your subconscious, and demagnetize thought forms that have attached themselves to your aura.

To perform the ritual you will need:

- A ritual bowl,
- The shower. Keep it comfortably warm—neither hot nor cold,
- A clean large towel,
- A bar of sandalwood soap\*

*\* If you don't have sandalwood soap, do the ritual with the soap you have. It's more important to do the ritual than to not do it because you don't have the sandalwood soap. But do order some. It lasts forever.*

The key to releasing the power of this ritual is to perform it with conscious intention.

## The Kriya Ritual of Purification

### Part 1

1. Enter the shower with the intention to wash away all negative energies and astral forces—physically, mentally, and emotionally.
2. Wash yourself thoroughly with the Sandalwood soap.
3. Rinse the body completely. Allow the water to flow over your head and body.
4. Visualize the water washing away all stress and strain, all worries and concerns, all negativities, darkness and heaviness.

### Part 2

1. As the water continues to flow over your head and shoulders, offer a simple Invocation.
2. Continue to visualize and feel all negative forces being released and washed away from your body, mind and subtle body.
3. Allow the water to hit your neck and shoulders and be aware of the water running down your spine.
4. Close your eyes. Take three to five deep breaths. Keep a gentle hold after each inhalation.
5. With each exhalation feel the heaviness and negative forces leaving your body. Feel the lightness returning.



### Part 3

1. Fill the Ritual Bowl with water.
2. Inhale. As you pour the ritual waters from the bowl over your head, exhale forcibly through the open mouth. Visualize that you are exhaling all the negative forces within you as the waters from the ritual bowl wash all emotional and mental impurities down the drain.
3. Do this three times.

### Part 4 Optional

1. Starting facing East, turn to the left to face each of the four directions as the water from the shower washes over you.
2. Pause as you face each direction to hold the awareness that you are absorbing the blessings of:
  - East — New Beginnings
  - North — Wisdom
  - West — Beauty
  - South — Truth

### Part 5 Closing

- 1) Step out of the shower and wrap yourself in the clean towel. Lie down on the floor or on a bed, and visualize something beautiful and calming.
- 2) This completes the ritual. If you fall asleep, so much the better.