

How to prepare for your Kriya Initiation

Preparation

This is a sacred day and Kriya is truly a “sacrament.” The holiness of this moment, which is tangibly felt when the ceremony is attended in one of the Ananda temples, is something that you will create now in your own meditation temple at home. Participating in this ceremony online is much different than participating in any other kind of online satsang.

So that you might have a deep initiation experience, we offer you these suggestions:

Your preparation for the initiation begins the day before the ceremony, on Friday. Make an effort to dedicate this as a day or at least a half-day of retreat with Yogananda. You will need to plan ahead so that you can dedicate as much of this day as possible to preparing yourself for the Initiation. Here are some ideas:

- Spend as much time as you can in meditation: Energize, practice the preparation techniques, go deeply into the Hong So and Aum and Kriya techniques;
- Read again the Kriya chapters in the Autobiography of a Yogi, and in The New Path; • Listen to Master’s voice;
- Watch a talk by Swami Kriyananda on YouTube;
- Be in silence as much as possible.

As you see from the program, there is a guided Kriya meditation on Friday afternoon and an orientation. It is important to participate in this.

On the day of the Initiation

- On Saturday morning it's important to participate in the meditation
- Wear white comfortable clothes for the morning meditation and the Initiation Ceremony.
- Place your device in your meditation area, where you can be alone and undisturbed, not a place in your home where there are other people, animals, distractions.
- Close all other programs on your computer/device.
- Renew/refresh your altar, and place there 7 candles, which can be tall ones or small tea candles.
- Prepare your three offerings and keep them in your meditation area, but do not yet put them on your altar. A rose, a fruit and an envelope with your kriya donation.
- Prepare the “Babaji Drink” in the morning, or the preceding evening, and put it in a glass on the altar. The recipe is at the bottom of this letter. Prepare only enough for yourself, only for the ceremony, and do not share the drink or the recipe with anyone else.
- It is recommended to fast before the ceremony, taking beverages as necessary.
- Connect to the zoom link at least 15 minutes before the ceremony begins, and meditate until the ceremony begins.

- After the ceremony ends you might want to remain in your meditation area and practice the technique in order to better establish it in your mind.
- Saturday afternoon and Sunday morning are dedicated to reviewing the technique, to practicing, and to answering your questions.

Registration Fee: The fee that you paid with your registration helps to cover the operating costs for the Ananda Association staff, technicians, equipment and maintenance of the temple. It is analogous to the “activities fee” that one pays when taking courses here in person.

Kriya Donation: Your Kriya donation, which is one of the three offerings you place on your altar during the ceremony, is done through this link: <https://anandaeurope.org/kriya-support/>

It is dedicated to continuing and expanding Kriya activities throughout Europe.

If you have any questions, please write to shivani@ananda.it.

We look forward to sharing this sacred ceremony with you.

Blessings,

Your Ananda family

Babaji Drink Recipe Recipe

makes about 1 big glass

- 1/2 banana (preferably mature and soft)
- 2 tablespoons of raisins
- 200 ml of milk (preferably bio, if you are allergic use rice or almond milk)
- 1 good teaspoon of honey (light colored honey)

Soak raisins overnight and let them drain; or pour boiling water over raisins, and drain. Mix ingredients, blend very well.