

Kriya to let go the past

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I did a Kriya at Winter Solstice to let go issues from the past. It involved scooping the arms over the head (must be above the ears I think) repeatedly for 11 minutes. Does anyone know what book and page this is from or what it is called? I want to look up extra details such as eyes closed or not and ending.

It was very effective - I imagined all the items in my house that I was selling that I wanted to let go and with the arm movement let each of them go. I let go of hundreds of things! When I returned from Solstice I found it much easier to sell and give away the stuff I didn't need whereas before I felt emotionally stuck...

Sat Nam

Hari Raj Kaur/ Michael/Michelle