

Transformation Volume Two

Serving the Infinite



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PG # Book	NAME OF KRIYA/MEDITAION	REVISION
	Table of Contents	Add the date for page 26, • April 22, 1976
24	Kriya to Know Through Intuition	<p>Ex 3. Currently it says 'Put your hands in Lotus Mudra at eye level.' Correction is: "Immediately bring the hands into Lotus Mudra with the base of the palms at the level of the tip of the nose. (Note: The photo incorrectly shows the hands lower with the base of the palms at the level of the chin.)"</p> <p>TO END: Currently it says: 'Inhale and clasp the hands in front of the Heart Center and press as hard as you can.' Correction is: "Inhale and clasp the hands in front of the Heart Center, forearms parallel to the ground and press the palms together as hard as you can."</p>
26	Meditation for Balanced Creativity	<p>Correct the eye focus. "EYES: Closed. (Focus at your brow point, using the "L" form of meditation: imagine that there is a constant flow of energy from the Crown Chakra at the top center of your head down into your head and out your Third Eye Point to Infinity. For example, as you chant "Saa," the "S" sound begins at the top of your head and the "aa" ends at the brow point as it is projected to Infinity. The "L" shape follows the energy pathway called the Golden Cord, the connection between the pineal and pituitary glands.)"</p> <p>The mantra is chanted aloud. "MANTRA: Chant out loud."</p>

87	Kundalini Laya Yoga Shakti Meditation	Correct the spelling/pronunciation. Replace the second line of the mantra with "Saa taa naam (uh) "
121	Bringing Mental Balance	Correct the spelling/pronunciation of " Akaamay "