

## Lahiri Mahasaya is With Krystan



Lahiri Mahasaya is Krystan's initiating Guru into the Yogic Meditation of Kriya. Krystan called out in her prayers to the Universe seeking direction in what curriculum of study she should avail herself. She read several books, and met with several coaches. After a while she had a dream. It was in 1977. In the dream Krystan found herself in the uppermost room of the church where she'd been raised, a Unitarian. It was in this dream that Lahiri Mahasaya appeared, and in a smiling happy disposition directed Krystan in breathing exercises, while he occasionally poked her gently in her solar plexus with his wand and asked, "Do you feel something?" Krystan would respond, "No." He would nod, laughingly and repeat the instruction. This went on for awhile, until suddenly Krystan felt a rapid unfolding of what felt exactly like 1000 petals at the crown of her head. This was accompanied by a loud roaring noise in her ears, flashing light behind her eyelids, and a strong electrical sensation throughout her entire body. Krystan also felt waves of heat starting from her feet and rising upward. Each wave was hotter than the one before it. Although she wanted to stay with the experience for as long as it may last, it eventually overwhelmed her. The heat was so hot that it frightened her, and caused her to slide head on into the Master. She woke upon impact, to millions of tiny particles of white light that filled the room. Krystan has always believed that her fear cut her experience short. Yet, she admits to awakening to a certainty concerning the benevolence and authenticity of her visit. She reports feeling overwhelmed with love. Two years later, a friend presented her with a book as a gift of thanksgiving for Krystan having gotten him into a better paying job. Her friend expressed his highest gratitude, claiming that because of her thoughtfulness and action, he was able to at last provide for the many cumulated needs of his family. The book he gave to Krystan was "Autobiography of a Yogi" by Paramahansa Yogananda. Krystan read through the book with a steady stream of interest. As she came to about the middle of the book she found a picture of Lahiri Mahasaya, the guru two generations up line to Yogananda. Instantly Krystan's heart leaped and grew warm with love. It was the same little man laughing man, with a wand, who had given her the experience that caused her Kundalini to rise and explode her crown chakra. Krystan enrolled immediately in the Self Realization Fellowship, and began her study. Krystan is certain of Lahiri's love and continuous guidance and care, even unto this day. He continues to guide her intuitively, and then guide her again to literature that validates his words spoken within Krystan's heart of hearts.

