

Qigong Connection January 18, 2014

Presentation by Christopher Jones

The Science of Kriya Yoga; sometimes the best things are found without looking.

Kriya Yoga is an ancient spiritual wisdom that was lost for many hundreds of years and only just brought back by Mahavatar Babaji in the 19th century. By relating the story of how this ancient science came into his life, Christopher would like to share with you the expansive impact that it has had on him personally, and how it has become the foundation of his daily practice.

Christopher's interest in consciousness and transformation started well over 30 years ago when he read everything he could find by Edgar Cayce and Jane Roberts. He was then drawn to study astrology, Tai Chi and Tibetan Buddhism. He considers himself blessed to have been guided to take part in the first Kalachakra Initiation that took place in North America back in 1981. A three day Tibetan Buddhist ceremony that was presided over by H.H. the 14th Dalai Lama. For a decade he studied the works of Oscar Ichazo and completed most of the trainings that were taught in the school that Ichazo founded. In 2003, he began an earnest study of alternative healing practices out of a need to find relief from a chronic respiratory condition and a few years later, he started practicing Spring Forest Qigong which led to a complete recovery from his illness. He has a BS degree in Psychology from Hamline University and works for Vision Loss Resources, a non-profit organization that serves the needs of the blind. He lives in Minneapolis with his black cat, Romeo.