

# **EXPERIENCING KUNDALINI YOGA**

*with Awtar Singh Khalsa*



**as Taught by Yogi Bhajan**





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**First in a series**

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**AN INTRODUCTION By Swami Gyankirti**

Yoga is a word that comes from an original Sanskrit word 'Yuj', literally meaning to join. In Hindi the root became 'Yog', 'yug', meaning bridge, variations that have lead to the formation of the now popular word yoga. The word itself has now come to literally mean 'union', and all forms of yoga essentially strive for wholeness in the human system. Yoga is essentially a bridge. It is a bridge between the inner and the outer, male and female, yin and yang, physical and non-physical, higher and lower. Yoga can therefore be said to be union, oneness, and the elimination so to speak of dualities. Yoga seeks to create wholeness by embracing all aspects of the human system as one.

Kundalini yoga is one approach out of many different forms and traditions of yogic practice. Even within these traditions there are numerous creative derivations with their own paths of practice and study. Serious students would want to explore these many different traditions and see what they may also have to offer, ultimately finding a practice or practices that one feels in harmony with. Awtar Khalsa has taken a meaningful and much needed step forward in compiling these teachings sharing his experience of Kundalini Yoga as taught by Yogi Bhajan, and now by him.

You now hold in your hand an invaluable guide laden with jewels that that can help transform your life. Yet as I say this I am reminded of how the beauty of every jewel usually lies hidden beneath a coarse and unrefined surface. Each one of us is at some point very much like the unrefined stone. Refinement comes through repetitive application of oneself to practices that lead ultimately to greater health, inner peace that is reflected outwardly, deeper relaxation, physical strength and stamina, personal power and magnetism, increased mental clarity and focus, and communion with the Divine, attunement with one's higher self. Without consistent and persistent practice this book will not reveal the magnificence of the jewels contained within, and you will miss a wonderful opportunity to bring forth the jewels contained within yourself.

This book is a practical guide for self-development that can make a difference if used. The author Awtar Khalsa adds his light and energy to that of a long line of dedicated yogis who have come and gone. The tradition continues, and we are blessed to have in our midst another soul who shines his light that the world may see a little better through the illusions that persist around us another way to vital health and living.

**Swami Gyankirti: Mount Croghan, South Carolina**  
**[www.medissage.org](http://www.medissage.org)**

## ABOUT THE AUTHOR



**Awtar Singh Khalsa** has been practicing and teaching Kundalini yoga and the Science of Humanology, as a student of Yogi Bajan, since 1974. Before finding Kundalini Yoga, he studied and taught various forms of yoga, meditation and martial arts. He gave up a promising career in broadcasting to study with Yogi Bajan, because he understood that the future would need this technology more than it needed an entertainer. Born and reared in the south, a Vietnam and civil rights era veteran, Awtar has seen and experienced much of life's challenges up close and personal.

Awtar is the co-founder of the Wholistic Health Association, located in Atlanta GA. He is a member of the International Association of Black Yoga Teachers, and the director of the Kundalini Yoga and Meditation Center in Albuquerque N.M, as well as a Counselor, Lecturer, Relaxation Therapist and Co Director of the Collage Healing Center in Johannesburg South Africa. Awtar also taught Kundalini, Yoga, Meditation, and stress Management Workshops at the Yantra Center in Cape Town South Africa. He co-founded The New Age Prevention Substance Abuse Program (NAPSAP), and was a supervisor at the Central City Community Mental Health, Alcohol and Drug Detox & Recovery Program, in Los Angeles California. During the late 70's and early 80's Awtar hosted and produced a cable television show called Practicing Health in Compton, Inglewood and Hollywood California.

Awtar is a lover of truth and righteousness and has personally experienced the unsurpassed wholistic and life transforming benefits of this yoga. Thus, as his way of making difference in this world, Awtar has chosen to devote his life to helping and serving others, through teaching the incredible art and science of Kundalini Yoga and the Science of Humanology.

This book, and future works are dedicated to that purpose.

## ***Foreword***

I am honored to write the foreword to this book: **Experiencing Kundalini Yoga with Awtar Singh Khalsa, as taught by Yogi Bhajan.**

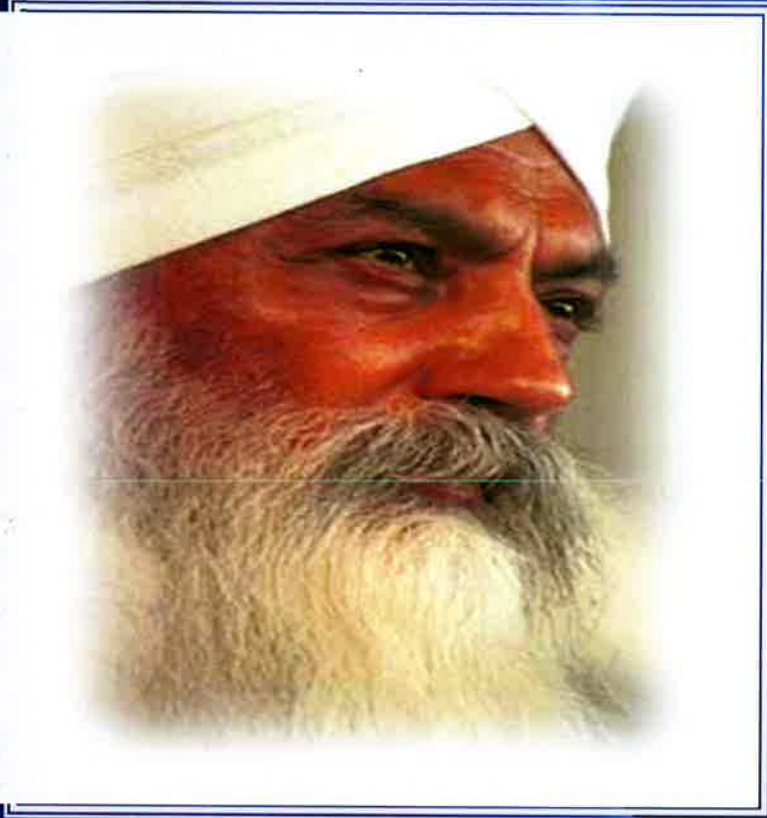
I am a practicing Wholistic Medical Doctor in the Atlanta, Georgia area and I have been a student of yoga for 34 years. I know how beneficial the exercise and discipline of yoga is in general, and Kundalini Yoga is in particular, to an individual's total well being. I have been studying Kundalini Yoga with Awtar for 3 years, and I have personally noted maintenance of the integrity and improvements in the functions of my body, spirit, emotions, and even in my relationships.

Anyone interested in improving their state of mind, body and emotions, as well as other components of their being will be glad to have this book as a guide to the discipline of Kundalini Yoga. Kundalini Yoga clarifies and disciplines the individual through great physical exercises, meditation, and breath control. For instance, one fellow student, who is also my patient, was seriously injured, and was planning to receive surgery for rotator cup syndrome. After the first class, the student felt considerably better and knew he would not be needing surgery.

Awtar has put together a book that is an organized and detailed guide for students of Kundalini Yoga. The reader will find the contents of this book to be easily consumed, concise, and a pleasure to read. The book itself has a beautiful layout and is very pleasing to the eye. Anyone and everyone will definitely enjoy this masterpiece.

**Dr. William E. Richardson, MD, MSPH**  
**American Clinics for Preventive Medicine**  
**[www.acpm.net](http://www.acpm.net)**





## DEDICATION

This book is dedicated to my spiritual Guide and Teacher, Yogi Bhajan, who gave me back my life and never gave up on me; whose life was an example of selfless service to Humanity and of love and devotion to God and Guru.

To my wife Hari Krishan Kaur, whose constant, loving push and inspiration helped make this book a reality. She assisted in every phase of this endeavor, giving it a woman's touch.

To my sons, Lakhmi Chand Singh & Siri Chand Singh Khalsa, for their gentle reminders and faith that this mission could be accomplished. To my daughters, grandchildren, great grandchildren, parents, family and friends for just being who you are in my life.

To all our students who hunger for self knowledge.





## **HUKAM**

The True Man of God  
Is Known by These Signs  
He Thinks the True One,  
Talks the True One,  
And Sees Nothing but the  
True One Everywhere.

***Peace Lagoon***

Sukhmani Sahib Ashtapadi VIII

"There are many kinds of yoga and in the West we have many thoughts about them, but as far as kundalini yoga is concerned, it is the yoga of awareness. The total potential of the person becomes known to the person. Every known has an unknown potential and that unknown potential is your right to know. Why don't you know? Because you do not have the technical know-how and that technical know-how is available to the man through the great teachers who have left that for us." *The Teachings of Yogi Bhajan*

This book is based on the teachings copyrighted by Yogi Bhajan. It comes from his lectures and classes and from other manuals developed by his students who received the blessings of his teachings.

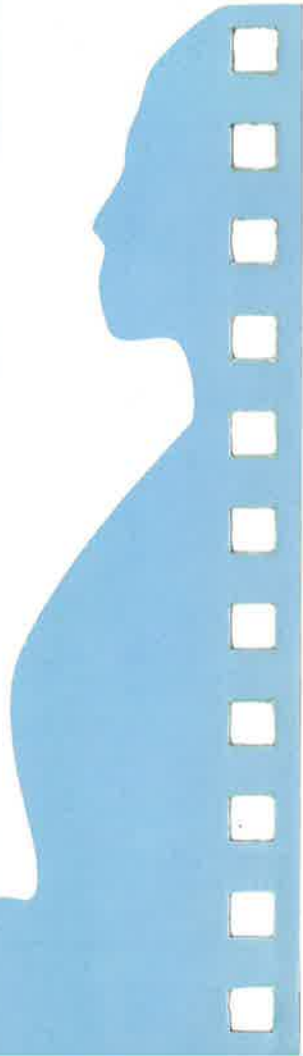
Yogi Bhajan, Ph.D. was the chief religious and administrative authority for Sikh Dharma in the western hemisphere, master of the art and science of Kundalini Yoga, the founding father of the Science of Humanology and the Mahan Tantric for White Tantric Yoga. Yogi Bhajan also founded the 3HO Foundation, a non-profit foundation dedicated to the upliftment of all humanity through education, science and religion of which Kundalini Yoga plays an integral part.

Many hundreds of thousands of people's lives have been positively changed forever because of his teachings. It is truly our blessing that such a one has existed on the planet with us during these rapidly changing and challenging times.



Yogi Bhajan, Ph.D.,  
Master of Kundalini Yoga

Kundalini  
Yoga





The practice of Kundalini Yoga and meditation balances, tones, heals and strengthens our various systems, i.e. glandular, nervous, immune, muscular and skeletal. It thus enables us to harness the energy of our minds and our emotions so that we can be in control of ourselves rather than being controlled by our thoughts and feelings.

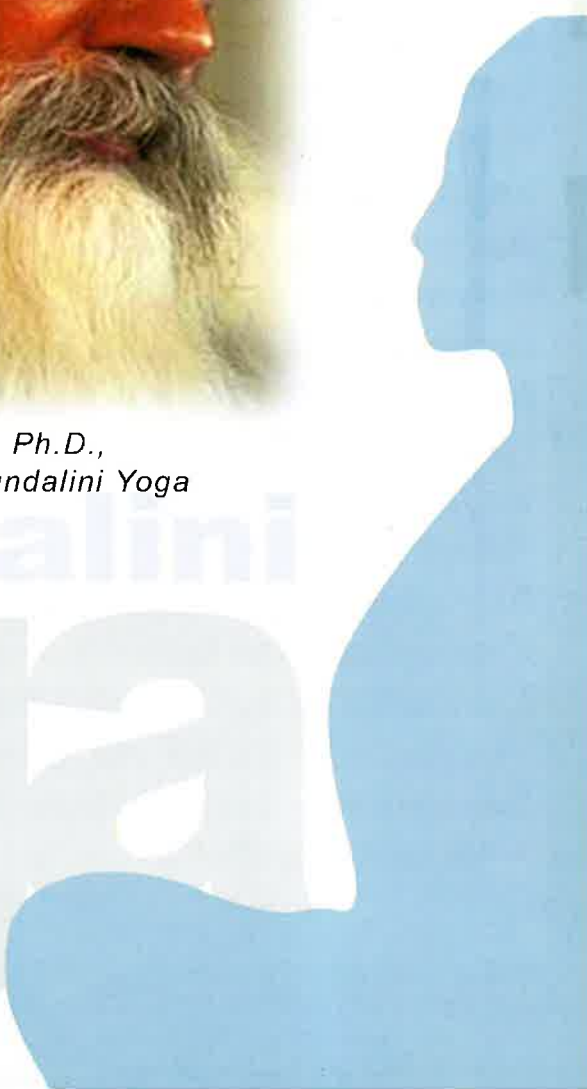
"You may have heard of transcendental meditation and integral meditation; there are many labels. Just as there are for mustard seed: yellow mustard seed, sunflower mustard seed, Sun Valley mustard seed, California mustard seed, Wisconsin mustard seed, New York mustard seed; mustard seed is mustard seed. Similarly, different techniques of yoga has been given different names. Hatha yoga has the same end: to raise the kundalini in a person. Raja yoga has the same end. Bhakti, shakti, gian, karma yoga – all have the same end, to raise the dormant power of infinity in the man: that's all."

*The Teachings of Yogi Bhajan*



*Yogi Bhajan, Ph.D.,  
Master of Kundalini Yoga*

Kundalini  
Yoga



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# CHAPTER ONE

# Basic Fundamentals of Kundalini Yoga

## Chapter 1

**What Is Yoga / Kundalini Yoga: The Process**

Yoga is a process through which the finite can experience its own infinity consciously, through the union of body, mind, spirit and soul. All the Kundalini Yoga kriya and meditation exercises presented in this book are as taught by Yoga Bhajan.

So often, people think that yoga is done when everything is ok and going right. One basic theory in life is that fear and insecurity will bring every disease and every weakness to you. It will take away all your energy and disturb the metal, vitamin and mineral balance within the body. The moment your vitamin, mineral and metal is out of balance, your whole body, including your immune system, gets thrown off, making you more vulnerable to stress, sickness and disease.

The body and mind respond to a rhythm of consistency. The following sets serve as an introductory sequence as well as an effective, daily maintenance regime. Regular practice of the tools provided in this book, along with the consideration of life style adjustments, can assist the body in maintaining its mineral, metal and vitamin balance; thus allowing you greater freedom from basic fear and insecurity. So, when doing yoga is the last thing you feel like doing, that's when you probably need it the most.

I caution all those who choose to this take journey into the exploration of the undiscovered self to expect that one's body, mind, emotions, as well as consciousness will go through some type of transformation. It is what is called growing pain. Two things cannot occupy the same space. One cannot remain the same and change also. One price one pays is the little stiffness and, sometimes, soreness in the physical body, as the muscles, tissues and cells begin to detoxify; getting rid of the toxin so that health and balance can be restored. Another, is giving up old emotional ways of thinking, being and doing that keep one stuck.

Freedom comes from letting go of counterproductive habit patterns, allowing for greater balance and alignment with your spirit and soul. The work can be hard, yet full of excitement; because you are working toward your own your enlightenment. Remember, there is no freedom which is free, because liberation always comes with a fee. The fee is the discipline necessary to obtain the freedom. Use faith, hope, courage and inspiration so that once started, you can keep up and keep going.

Remember to always tune in with the Mantra **ONG NAMO GURU DEV NAMO**



## What is Kundalini Yoga as Taught by Yogi Bhajan

The practice of Kundalini Yoga, as taught by Yogi Bhajan, consists of specific body movements, breath rhythms, mantras, mudras and meditations, which provide for a safe practical, hands-on approach to delivering the experience of the conscious union of body, mind, spirit and soul. Regular practice will enhance the quality and spiritual growth of your life.

**Kundalini:** In the yogic tradition, the spiritual energy that lies dormant (asleep) at the base of the spine, until it is activated (awakened) and channeled upward to the brain to produce enlightenment (expanded awareness).

Often, the mental, emotional and commotional aspects of our lives are being over-emphasized, while our spiritual and physical bodies are neglected. Negative thought vibrations create blockages of energies in our physical and emotional bodies, laying the foundation for the manifestation of dis-ease. As these vibrations build up, they create walls of energy that trap and separate us from experiencing the realization of our true potential and identity. This is where the Science of Humanology (inclusive of Kundalini Yoga), as taught by Yogi Bhajan, comes in.

Using the breath, mantras, mudras, movements and meditation, Kundalini Yoga will break through that wall of commotional and emotional energies, freeing all bodies, mind and spirit, so that a healthier, happier, and more wholesome human being may emerge.

Kundalini Yoga works by balancing the glandular system, nervous system and immune system, bringing the physical body into alignment, and freeing the emotional and spiritual bodies. Kundalini Yoga, as taught by Yogi Bhajan, has to be experienced to believe its transformational, healing powers. The process of self-healing is the privilege and birth right of every spiritual being here on earth for the human experience.

All the Kundalini Yoga kriya and meditation exercises presented in this book are as taught by Yogi Bhajan. Nothing is of my creation, except for the pictures and some further explanation of some of the postures in the pictures. They are a compilation of his teaching presented from various book forms and by other student teachers and trainers. We are all duty-bound and obligated, just as Yogi Bhajan was, to present the teachings "as they were taught," in their purest form, so as to better serve all humanity.

Kundalini Yoga, as taught by Yogi Bhajan, will consist of three phases: (1) Physical exercises to cultivate, cleanse and relax the body; (2) Layout - an adjustment period for the body and access to the mind; and (3) Meditation for giving direction to the mind.



## Tuning In using Mantra

### Naad Yoga, the Yoga Sound

Mantra is from Naad Yoga, the essence of all sound. All languages contain sounds which relates to one or more of the five elements of ether, air, fire, water, and earth. There are eighty-four meridian points on the upper palate of a human mouth, which one can feel the upper palate with the tongue and experience its difference surfaces. There are two rows of meridian on the upper palate and on the gum behind the upper teeth. The tongue stimulates those meridian points, and they in turn stimulate the hypothalamus which makes the pineal gland radiate creating an impulsation in the pituitary gland. Then the entire glandular system secretes and the human experiences bliss.

Some sounds are on the naad and some are off the naad. When the sound is on the naad it has the potential of stimulating the glandular as well as the chakra energy centers of the body, causing a euphoric or elevated feeling, a sense of well being, a feeling of oneness or union (yoga) with the universe. When the sound is off the naad only your emotional centers are stimulated, creating a sense of up and down motion which can lead to emotional and commotional imbalances. Kundalini Yoga mantras, as taught by Yogi Bhajan, are all on the naad.

Man means "mind"; Tra means "direction or projection." In simple terms, mantra means to give a focus and a direction to the mind. It also means to tune into the vibratory frequency of, as in tuning a string of a guitar. It is tuning the vibratory frequency of the finite mind to that of the infinite mind. A mantra can be a word or phrase spoken, sung or hummed. The purpose is to elevate or modify the consciousness through its meaning, sounds, rhythm, tone or reflexology of the tongue on the palate of the mouth.

When a sound's innate vibration corresponds to that of or, in some way, reproduces what it refers to, it is considered a sacred language. Gurumukhi and Sanskrit are such languages. Chanting these ancient syllables in their original form is one of the fastest ways possible to recreate the experience of that union or yoga between creation and creator. In other words, mantras are tools that can be used by and with the minds of all spiritual beings here on earth for the human experience, to maintain their spiritual connection with the infinite.

There are many types and kinds of mantras. Here, we are only concentrating on some commonly used mantras in Kundalini Yoga, as taught to us by Yogi Bhajan.

## ***Ong Namō Guru Dev Namō***

Chanting this mantra connects us with the lineage and heritage of that golden chain of Teachers and/or Yogic Masters who have gone before us. This is done by chanting the Adi mantra, "Ong Namō Guru Dev Namō," at the beginning of a public or private session. In doing so, students humble themselves before their higher self as the source of all guidance and open the protective link between themselves and the Divine True Teacher. The Adi mantra is to be chanted three to five times.

All classes in Kundalini Yoga are to begin by tuning in with the Adi Mantra:

### ***Ong***

means creator; creator of creation.

### ***Namō***

is a salutation or a greeting, which means I "bow" or I "surrender."

### ***Guru***

relates to the teacher within; that which takes you from darkness to the light

### ***Dev***

means something special or divine.

### ***Namō***

is a salutation or a greeting, which means I "bow" or I "surrender."





## Mantras

### Mangala Charan Mantra

Mantra for Guidance and Protection

**Aad Guray Nameh** - I bow to that truth, which was in the beginning.

**Jugad Guray Nameh** – I bow to that truth, which has existed throughout the ages.

**Sat Guray Nameh** – I bow to that truth, which is true even now.

**Siri Guru Devay Nameh** – I bow to that great truth, which shall always be.

When chanted, this mantra surrounds your magnetic field with a protective light that provides a shield on your journey to experiencing and discovering more about yourself.

### Bij Mantra (Seed Mantra) Sat Nam

This is the most widely used mantra in the practice of Kundalini Yoga. It is a universal mantra, which is not limited to Kundalini Yoga. It represents the sound embodiment or vibration of “truth itself.”

“**Sat**” means the ultimate unchanging universal truth, the reality of existence; what exists. “**Nam**” means the embodiment of that truth, which we call “the name,” our identity; the vibration that creates what it names; our connection with the truth.

When chanting this mantra, it instantly extends our mind to infinity; remembering that “in the beginning there was the word, and the word was with GOD; and the word was GOD.” In Kundalini Yoga, it is understood, via experience, that this GOD, this word, lives inside each of us.

Each person is a manifestation of the word (which is a true sound vibration) and, when that word is remembered and experienced, each person automatically gets attuned back to the infinity of the word. Using the power of mantra, project a call from the heart, with the intensity of innocence, and the mind will return you to your origin with the creator.

***Wahe Guru***

The Mantra of Ecstasy

This mantra is also a bij or seed mantra. It is a mantra that produces a sense of happiness. It is often used in kriyas or meditations that focus on developing healing abilities. It has a rhythm that is the Laya Yoga (Yoga of the Mind), so it easily stays with the subconscious mind with minimal practice.

***Guru Guru Wahe Guru,  
Guru Ram Das Guru***

This mantra calls upon *Guru Ram Das (The Lord of Miracles)* for spiritual guidance and protection.

*Guru Ram Das*is Yogi Bhajan's teacher and a member of the golden chain of teachers.

***Ra Ma Da Sa Sa Say So Hung***

This is the Siri Gaitri mantra, which is for healing.

**Ra** ~ Sun

**Ma** ~ Moon

**Da** ~ Earth

**Sa** ~ Infinity

**Say**~ Totality of Infinity

**So Hung** ~ I Am Thou

***Sa Ta Na Ma***

**Sa** ~ Infinity

**Ta** ~ Birth

**Na** ~ Death

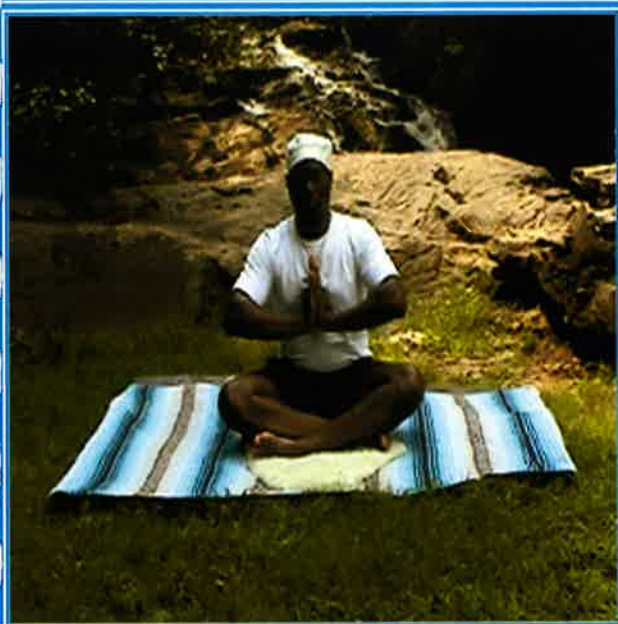
**Ma** ~ Rebirth

***Har (masculine); Hari (feminine)***

God; creative infinity



## Mudras: Hand Positions



## Mudras Hand Position

**Prayer Mudra**

Place the palms together at the center of the chest so that the knuckles of the thumbs sit in the sternum of the chest, and apply a pressure that stimulates the mind nerve and puts one at a point of greater neutrality.

**Gyan Mudra**

The tip of the thumb together with the tip of the index finger forms the gyan mudra. The index finger represents the energy of Jupiter. This mudra is for developing wisdom.

**Shuni Mudra**

The tip of the middle finger together with the tip of the thumb forms the shuni mudra. The middle finger represents the energy of Saturn. This mudra is for developing patience and discernment.

**Surya Mudra**

The tip of the ring finger joined with the tip of the thumb forms the surya mudra. The ring finger represents the energy of the sun. This mudra is for developing strength and vitality.

**Budhi Mudra**

This mudra is formed by placing the thumb and the tip of the little finger together. The little finger represents the energy of Mercury. This mudra is for developing improved communication.

## Some Basic Sitting Postures (Asanas)

Basic sitting postures for beginning Kundalini Yoga are:



### Easy Pose (Sukhasana)

Sit in a cross-legged position with the spine straight. Make sure you are comfortable.

### Rock Pose (Vajrasana)

Sit on the heels with the knees bent and the spine straight.



### Chair Pose

Any of the sitting postures can be done in the chair pose. Just follow the instructions for the pose you want to do and, for instance, when it says to grab your ankles, you might want to grab your knees; or when it says to grab your knees, you might want to grab your thighs. Otherwise, just follow the instructions.

If unable to sit in either the *Easy Pose* or the *Rock Pose*, sit in a chair with your feet flat on the floor.

For more sitting positions, see glossary of terms.



## Pranayama Yoga ( Basic Breathing Techniques)

Kundalini yoga employs a wide range of breathing techniques . They are more extensive and sophisticated than in any other form of yoga. The breath's rhythm , length, and its depth, are correlated to different states of health, consciousness, and emotion . Kundalini yoga uses the breath scientifically to change states of energy. There are a few basic breaths that should be mastered in order to freely practice the kriyas .

1. **Long deep breathing**, also known as diaphragmatic breathing is actually a nice tonic for the mind. Since the mind follows the rhythms of the breath, you can alter the thought patterns of the mind by simply changing the rhythm of the breath. Shallow breathing or chest breathing causes the mind to become more reactionary . Breathing deeply relaxes the mind and gives you more time to think through a situation before having to arrive at a conclusion . Breathing deeply allows you to "think before you speak," "look before you leap," and to act rather than react to situations in life.

To do this breath, simply inhale completely while relaxing the stomach and allowing it to naturally fill from the bottom to the top as if pouring water into a glass. Exhale from the chest to the lower abdomen, as water from a glass empties from the top to the bottom.

With this picture in your mind, it is possible to retrain your breathing patterns. The key is to stay relaxed and to allow the breath to be breathed in and out of you . Breathing is through the nose. Long deep breaths can increase your lung capacity up to 8 times. This will give you greater endurance and more patience. Start slowly and be consistent and expand your lungs gradually.

2. **Breath of Fire**, is like playing ping pong. Just as a ping pong ball goes back and forth across the net, similarly, one breath goes back and forth across the navel. The one breath is neither a complete inhale nor exhale, but evenly balanced between the two processes of inhaling and exhaling. It starts out slowly like a little train, picking up speed as it flows along the tracks becoming more powerful as it gets faster. The focus is on the power, with speed as an automatic by-product of power. The breathing is fairly rapid. The focus of the energy is at the navel point with there being 2 to 3 breaths per second. There is no real pause between inhale and exhale. Breathing is done through the nose.

**Breath of Fire** creates what is known as **tappa**, a psychic heat that oxygenates while it purifies and cleanses the blood of many toxins. It activates the energy flow, and creates a harmonic resonance among all systems and organs, with an overriding rhythm that all the internal systems adhere to. This then puts you in sync with your environment.

Yogic scripture informs that it would take 1 hour of normal breathing to get the same beneficial effects of just 1 minute of **Breath of Fire**. It is also one of the fastest and safest ways to expand and grow your lungs.



## Sitali Breath (Cool Breathing)

Doing this breath is good for cooling the system down and is great for anger management. When practiced with consistency, it will detoxify the body and aids in its rejuvenation process. It also cools and soothes the spine in the area of the fourth, fifth, and sixth vertebra, which contributes to the regulation of sexual and digestive energies.

Yogic scriptures inform that doing 52 sitali breaths per day will increase the life span of an individual. At first, the breath may taste bitter; but, after a while, the taste will become sweet.

To do this breath, get into a comfortable meditative position, curl the sides of the tongue upwards forming a "u" shape. Inhale through the curl "u" shape in the tongue, close the mouth. Hold briefly and exhale through the nose. Start with 3 to 5 minutes, and slowly build up to 11 minutes.

## Bhands or Body Locks

**Bhands** or **body locks** are used as a means of adding an extra charge to the breathing exercises by contracting certain muscle groups, giving a boost at the end of the exercise. **Bhands** can be done on both the inhale and exhale, but for beginning Kundalini Yoga students, it is recommended that you apply **bhands** or **locks** using the exhaled breath. Then, as your system gets stronger and you are more experienced, you may also do **locks** with the breath held in.

The locks act as a relay system or a relay race where one carries the baton from one point to another, where it is picked up by the next runner and then carried on to the next, until the race or course has been completed. These **locks** may be applied at the end of a meditation or chanting when specified.

Follow the instructions for applying these **locks** as indicated in each yoga set. Visualizing the movement of the energy while doing the locks will help tremendously.

**Root Lock**, also known as **mul bhand**, is the most commonly used **bhand** or **lock** in Kundalini Yoga. **Mul** means root, base, or foundation because it brings together the primary energies of the body, which are the **prana** and **apana**. **Prana** is the in-flow life giving generative or creative energy of the body, while the **Apana** is the eliminating outward flow of energy.

The rectum is often referred to as the eliminating organ and the sex organ as the creative organ. The action of mixing these two energies together at the navel center acts as a catalyst to release the energy of the Kundalini stored at the base of the spine and behind the fourth vertebrae.

**Root lock** is the most complex of the body locks. It coordinates the activity and balances the energy between the rectal muscle, the sex organ, and navel point while simultaneously stimulating their activity. It draws the eliminating energy, **apana**, which generally flows downward in the body, up to the navel center, and it draws the **prana**, which generally flows upward in the body up to the navel center where they are mixed. Prana is the positive generating energy of the upper body and heart center. This mixing creates a psychic heat that then flows downward to the root chakra releasing the energy of the Kundalini and causing it to rise throughout the rest of the chakra systems. To apply **mul bhandor root lock**, first, squeeze the rectum as though stopping a bowel movement, then pull up on the sex organ as if holding your urine, and then pull in on the navel point pulling it to the back bone.

**Diaphragm lock** is a way of giving a gentle massage to the heart and stomach muscles. It also allows the pranic life force energy to move up through the central nerve channel to where the neck lock can take over. Regular use of the diaphragm lock, due to its stimulation of the heart center, is said to create a more compassionate nature. The increased stimulation to the stomach and abdominal areas also creates a more youthful appearance. Applying the **diaphragm lock** is a way to get more activity from your glandular system. This lock also stimulates the pituitary gland, hypothalamus gland and adrenal gland. To apply the diaphragm lock, simply sit with a straight spine, pull the upper abdominal muscle back toward the spine, lift the diaphragm up as high as possible and hold with the breath suspended out, not in. Doing it incorrectly can create unnecessary pressure on both the heart and eyes.

**Neck lock** should always be applied during meditation or exercising, unless otherwise specified. The neck and the shoulders are the last passage ways for energy to get blocked along the spine. With this lock applied, it increases the pranic energy flow to the brain, stimulates the thyroid and parathyroid glands, and helps activate the pituitary glands. When the **neck lock** is not applied, one may notice an increase in light headedness or dizziness from lack of energy flow. Imagine a water hose and how energy flows when it is straight and what happens when the hose has a twist or bend in it. That bend obstructs the energy flow. However, when it is unobstructed, it carries the maximum amount of water flow. To apply the **neck lock**, sit with the spine straight, contract the neck and throat so that the head remains level without having to tilt forward. This straightens the cervical bones for greater energy flow.

**Maha Bhand** is also called the great lock because it applies all three locks at one time. This simultaneous practice will rejuvenate the nervous system, glandular system and the chakra system. Regular practice regulates blood pressure, helps reduce menstrual cramps, and will send blood to the lower glands and organs. This is why it is called the great lock. When applying this lock, use a step process, starting with the contraction of the rectum; then, squeeze the sex organ; pick up and pull in on the navel; pick up on the diaphragm, pulling it to the spine; then apply the neck lock. Always remember that the **maha bhand** must only be applied with the breath **held out**.



# Introduction to Kundalini Yoga

## ***Mental Focus***

Generally speaking, unless you are instructed to do otherwise, you should always focus your eyes at a point just above (one inch up and one inch below the skin) between the eyebrow or the third eye.

While focusing, at this point, remain conscious and concentrate on your breathing, mantras and movements. You can locate this point by closing the eyes and gently rolling them upward and inward.

## ***Kriyas***

The kriyas and yoga sets in this manual are as taught by Yogi Bhajan. A kriya can be an individual exercise or meditation, or a series of exercises and meditations, which are techniques designed to bring about a complete action working with the total being. Kriyas produce enhanced physical, mental, and spiritual effects.

## ***Music***

In many of the Kundalini Yoga exercise sets, there are specific songs, chants and/or prayers used to enhance the effectiveness of the experience. Although the sets are designed to be done without this music, music creates the atmosphere and helps set the tone for the highest possible vibration. Your Kundalini Yoga teacher usually can make available this music or tell you how to get it.



# Introduction to Kundalini Yoga



## How to Conclude an Exercise and an Exercise Set (The Yogic Process)

To give the body time to circulate the newly released energy, always conclude an exercise by inhaling deeply and holding the breath for 3 to 8 seconds. If there is time and the muscles are strong enough, you may also inhale the breath deeply and exhale, hold the breath out, and apply the **mul bhand** for that same length of time. This will give more energy circulation throughout the system.

After some practice of Kundalini Yoga, you may apply the **mul bhand** while holding the breath in. Again, before practicing the **locks or bhand**, please work with your teacher and develop experience in your practice of the yogic technique.

When coming out of a layout or relaxation, begin to rotate the hands and wrists around in circles, simultaneously with the feet and ankles. Rotate in one direction and then the other.

Next, interlock the fingers with the arms stretched over the head with the palms turned outward, and give the body a very good stretch.

Do a cat's stretch by extending the left hand and arm over the head, rotating to the left side, and placing the right foot behind and into the left knee with the right hand relaxed along your side. Drop your head to the floor and give the body a good stretch.

Repeat on the other side by rotating to the right side, extending the right arm over the head, placing the left foot behind and into the right knee with the left arm relaxed along the right side. With your head dropped back, give the body another good stretch.

Draw the knees to the chest, wrap your arms around your knees, and sway gently from side to side. This is a small 4 to 8 inch movement.

Next, begin rocking back and forth from your upper spine along the neck and shoulders to your feet for about 30 seconds.

Then, sit up in the *Easy Pose* and extend both arms up and out to 60 degrees from the shoulders to the sides with fingertips on the mounds of the hands. Begin the **Breath of Fire** for 30 to 60 seconds.

Inhale and hold the breath, bringing both hands and arms up with only the thumbs touching together over the head. Hold for 4 to 8 seconds. Exhale and inhale again, keeping the thumbs together while spreading the fingers wide, and stretch from the base of the spine upward. Hold 4 to 8 seconds.

Lastly, exhale and then inhale, stretching upward as you push the arms up out and away from the body, as up slowly relax the arms down to your side as you exhale.

# Introduction to Kundalini Yoga

## Relaxation

Relaxation between exercises is equally as important as the exercises because the body needs time to adjust to the new changes in its energy flow created from the exercise.

In addition, relaxation between exercises will also enhance your ability to relax between activities in your life. Unless otherwise stated in the instructions, give equal time to the relaxation even if in your mind and body you feel you don't need it. As you become more experienced, you may consider shortening the relaxation times between exercises, however, it is strongly suggested that you don't. Give the body a chance.

Work with the body, not against the body. Always allow 12 to 15 minutes for relaxation for a normal 30 to 40 minutes workout. If the set is longer, then allow more time for layout. Use the time after coming out of relaxation exercises to allow the body to reestablish its electromagnetic field.

### *Long Time Sun Shine Upon You*

Each yoga class ends with the following song:

May the long time sun shine upon you,  
all love surround you and the pure light  
within you guide your way on.

May the long time sun shine upon you,  
all love surround you,  
and the pure light within you guide your way on.

Guide your way on.

Guide your way on.

Guide your way on.

Saaaaaaat Naaaam



# Introduction to Kundalini Yoga

## Conditions: Do's and Don'ts

The body and mind respond to the rhythm of consistency. Therefore, there are a few suggestions for getting maximum experience from your practice. As much as possible, create a place in your home where you can maintain a sacred space for yoga and meditation.

Choose natural clothing, a blanket, shawl, sheet, mat, sheep skin, or even a big beach towel as something to sit on and to cover the spine with during layout and meditation. Once the spine is heated, you do not want it to get cold. So cover yourself when you lay out and when you meditate, no matter how hot it may seem. Otherwise, it may be more difficult to focus the mind during meditation.

**Breath of Fire, body locks** and inverted yogic postures (exercises where the hips go higher than the head) are not recommended for women to do during pregnancy and the heavy days of their moon (menstrual) cycle.

Pace yourself. Always do some warm up exercises, as time permits, so as to heat up the spine and relax the body. Start each exercise slowly and, then, gradually pick up speed.

There's no need to be a hero or a shero. Just be conscious. And if you have an injury, illness or weakness of any kind, do not aggravate it. Work with the body and not against it. Always let your teacher know if you have special conditions that they should be aware of, and remember to consult your health care provider before starting this or any vigorous exercise routine. That which can heal when done consciously can also hinder when done incorrectly.

Consistency in your practice is beneficial. Do it in the same place and at the same time of day, whenever possible. Kundalini Yoga is not to be practiced while under the influence of drugs or alcohol. If you are using prescription medication, please check with your health care provider and let your yoga teacher know as well.

Don't eat at least 2 to 3 hours before beginning your practice. Early morning, between 4 and 7 a.m. is suggested as a good time. Evenings before bed time can also be good. The key is to be consistent.



## CHAPTER TWO

# Exercise Kriyas of Kundalini Yoga

## Chapter 2

# KUNDALINI YOGA

## Yoga Of Awareness

All of us fantasize about what we would like to do or become. In order to "make the fantasy real", we need some energy to work with. In the yoga tradition, this creative catalyst, or the motivating evolutionary force is the energy of the highest potential called Kundalini.

The effects and benefits that you can expect through the consistent practice of Kundalini Yoga are:

- 
1. **Improved Functioning Of All Bodily Systems, i.e. digestive, nervous, glandular etc.**
  2. **Stimulates And Promotes Healing**
  3. **Strengthens The Will, Increases The Flexibility And Intensifies The Endurance**
  4. **A Consistent Sense Of Well Being And Self-Confidence**
  5. **Emotional Balance And Mental Stability**
  6. **Heightened Sensory Awareness**
  7. **Enhanced Intuition And Creativity**
  8. **Elimination Of Negative Habit Patterns**
  9. **Heightened Spiritual Awareness**

You may have never considered that an exercise system, or any discipline for that matter, could be so thorough and profound through it's application. Kundalini Yoga needs to be experienced. Classes in Kundalini Yoga consist of physical exercise, deep relaxation, breathing techniques, and meditation.

### Disclaimer and Requirements:

Kundalini Yoga, as taught by Yogi Bajan, is only one aspect of the self healing process. It is recommended that you consult a health care practitioner before beginning this or any exercise regimen and that you practice with a trained & experienced Kundalini Yoga teacher. Yoga is the oldest wholistic health care system known and, when done consciously with proper coaching, does affect healing in a very positive way.



# Introduction to Kundalini Yoga

## Warm Up Exercises

These warm up exercises are designed to get the body prepared for the Kundalini Yoga sets or kriyas. They are mostly stretching exercises to get the body warmed up, to get the energy circulating, and to get the cardiovascular system going.

1. Stand up. Place your hands on your torso (the upper body) and begin to rotate the upper body on the base of the spine, starting slowly with small circular movements with increasing width and speed as you begin to loosen up. First, rotate in one direction for 30 seconds to one minute, and, then, in the other direction for an equal amount of time.



2. Inhale and extend the left hand and arm over the head, bending to the right. Stretch and hold briefly (4 to 8 seconds). Exhale and switch to the other side and reverse the position by raising the right hand and arm over the head, bending to the left side and holding that position for 4 to 8 seconds. Do 10 sets, gradually picking up speed.





# Introduction to Kundalini Yoga

3. Stand erect with the feet 3 feet apart and both hands and arms extended fully out to the side. Inhale and twist to the left, turning the head to the left shoulder as the right hand comes across the chest. Then reverse, as you exhale, twisting to the right, while turning the head to the right shoulder and bringing the left hand across the chest. Do this for one minute.



4. Still standing, extend the hands over the head with arms hugging the ears and the palms facing up towards the ceiling. Inhale and lean back 30 degrees. Hold for 4 to 8 seconds and, then, exhale bend forward and touch your toes or bring the palms of hand to the floor. Again, hold 4 to 8 seconds. Repeat this 5 times and, then, gradually pick up your pace, inhaling up and exhaling down. Go faster for one minute.



5. At this point, you may begin the yoga set. If you want to warm up more, you can begin by jogging in place while throwing the arms over the head as you inhale, and swinging your arms back as you exhale. Then, inhale as your arms swing across your chest and exhale as your arms swing back. The knee comes up toward the chest with alternating inhale and exhale breaths.



# Kriya for Elevation

## What this Kriya will do for you:

This easy set of exercises is excellent as a warm up and a tune up. It systematically exercises the spine and aids in the circulation of prana to balance the chakras.

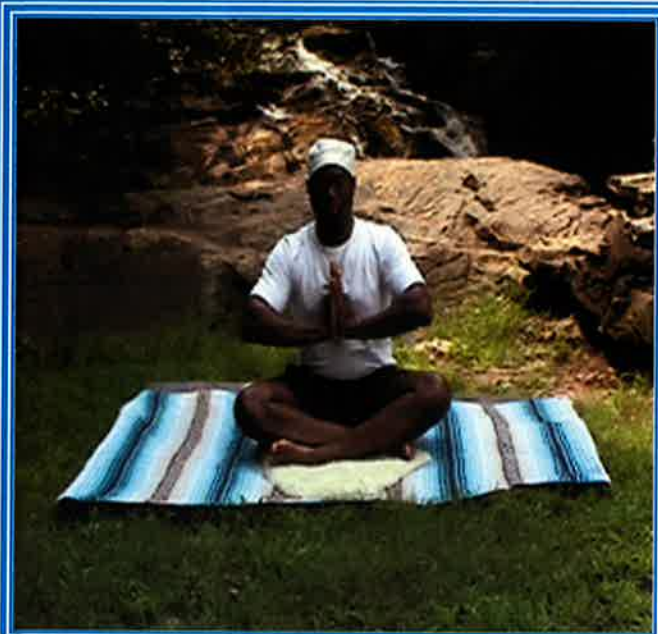
How to do This Kriya – With your hands in *Prayer Pose*:

**Tune in with: “Ong Namō Guru Dev Namō.”**

### STEP 1:

Sit in easy pose. Extend the arms up at a 60 degree angle to the horizontal, palms facing forward. Curl the fingertips into the pads of the palm just below the base of the fingers. Extend the thumbs and angle the wrist so that the thumbs are pointing straight up and the other fingers are parallel to the ground. Begin breath of fire for 1-3 minutes. Then, inhale deeply and hold the breath as you bring the thumbs tip together over the head. Then exhale and apply the mul bhand. Hold the breath out briefly. Then, inhale and relax.

This exercise opens the lungs, brings the hemispheres of the brain to a state of alertness, and consolidates the energy of the magnetic field.





# Kriya for Elevation

## STEP 2:

Sitting in easy pose , grasp the shins with both hands.

- (a) As you inhale, flex the spine forward.
- (b) As you exhale, flex the spine back, keeping the shoulders relaxed and the head straight.

Continue rhythmically, with deep breaths, for 1-3 minutes . Then inhale, exhale and relax.

This exercise stimulates and stretches the lower and middle spine.



## STEP 3:

- (a) In easy pose, place the hands on the shoulders , arms parallel to the ground with the thumbs in back and the fingers in front.
- (b) Inhale as you twist the head and torso to the left.
- (c) Exhale as you twist to the right.
- (d) Continue for 1-3 minutes, then, inhale, facing straight forward. - Exhale and relax .

This exercise stimulates and stretches the lower and mid spine.





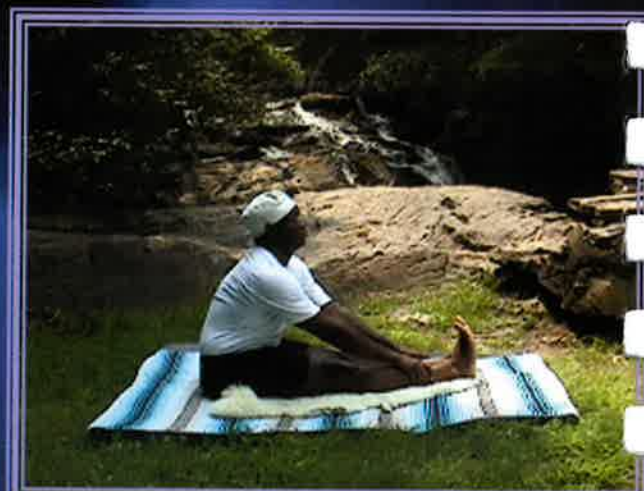
# Kriya for Elevation

## STEP 4:

Stretch both legs straight out in front. Grab the big toe of each foot by interlocking the index finger around the toe and pressing the thumb against the toenail. (If you cannot reach the toes, grab the ankles). Inhale and stretch the spine straight, pulling back on the toes and keeping the knees straight.

- a. Exhale and bend forward, pulling the elbows to the ground and the head to the knees.
- b. Continue with deep, powerful breathing for 1-3 minutes. Inhale up and hold the breath briefly. Stay up and exhale completely, holding the breath out, briefly. Inhale and relax.

This exercise works on the lower and upper spine.



# Kriya for Elevation

## STEP 5:

Sit on the right heel with the left leg extended forward. Grasp the big toe of the left foot with both hands, applying pressure against the toenail. Bring the elbows to the ground and the head to the knee. Begin breath of fire. Continue for 1-2 minutes. Inhale. Exhale and stretch the head and torso forward and down. Hold the breath out briefly. Inhale and switch legs.

Repeat the exercise using the opposite side. Relax.

This exercise helps elimination, stretches the sciatic nerve and brings circulation to the upper torso.





# Kriya for Elevation



## STEP 6:

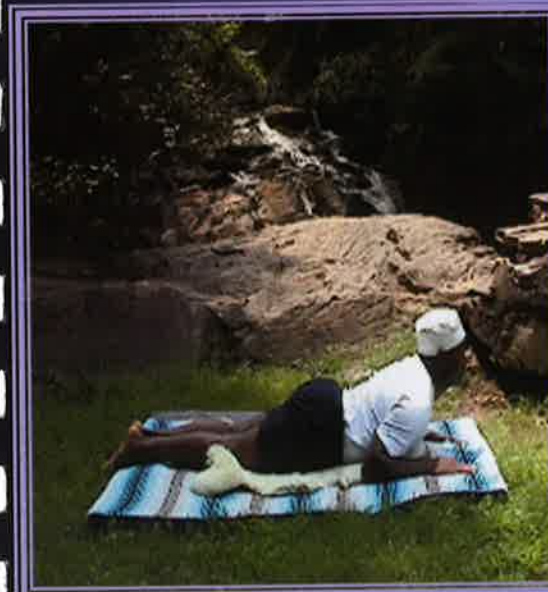
Spread the legs wide apart, grasping the toes, as in exercise 4. Do the following:

- Inhale and stretch the spine straight, pulling back on the toes.
- Exhale and, bending at the waist, bring the head down to the left knee. Inhale up in the center position and exhale down, bringing up the head to the right knee.
- Continue with powerful breathing for 1-2 minutes. Then inhale up in the center position and exhale, bending straight forward from the waist, touching the forehead to the floor. Continue this up and down motion for 1 minute, then inhale up, stretching the spine straight. Exhale, bringing the forehead to the floor. Hold the breath out briefly as you stretch forward and down. Inhale and relax.

This exercise develops flexibility of the lower spine and sacrum and charges the magnetic field.



# Kriya for Elevation



## STEP 7:

Cobra pose: Lie on the stomach with the palms flat on the floor under the shoulders (A) The heels are together with the soles of the feet facing up. Inhale into cobra pose, arching the spine, vertebra by vertebra, from the neck to the base of the spine until the arms are straight with the elbows locked. (B) Begin breath of fire. Continue for 1-3 minutes. Then inhale, arching the spine to the maximum. Exhale and hold the breath out, briefly. Apply mul bhand. Inhale, exhaling slowly, lower the arms and relax the spine, vertebra by vertebra, from the base of the spine to the top. Relax, lying on the stomach with the chin on the floor and the arms by the side.

This exercise balances the sexual energy and draws the prana to balance apana, so that the kundalini energy can circulate to the higher centers in the following exercises.



# Kriya for Elevation

## STEP 8:

**Sit in easy pose.** Place the hands on the knees. Inhale and shrug the shoulders up toward the ears.

- Exhale and drop the shoulders down.
- Continue rhythmically with powerful breathing for 1-2 minutes.

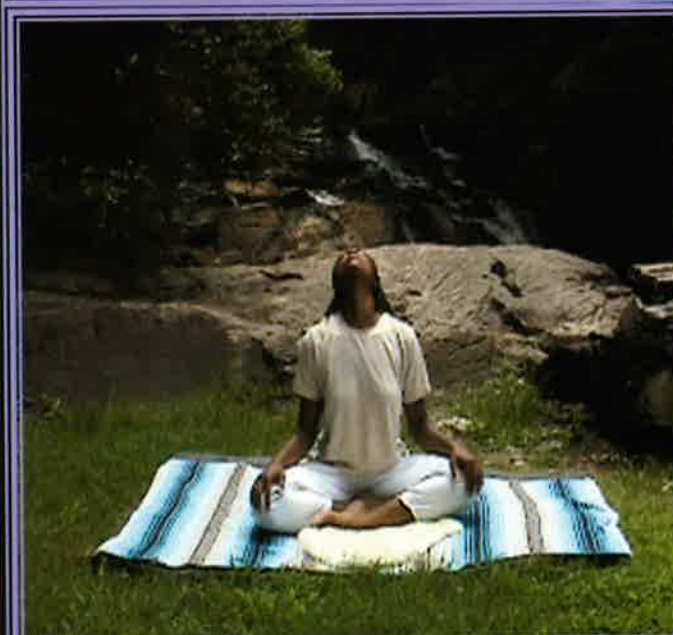
Exhale and relax.

This exercise balances the upper chakras and opens the hormonal gate to the higher brain centers.





# Kriya for Elevation



## STEP 9:

**Sit ineasy pose.** Begin rolling the neck clockwise in a circular motion, bringing the right ear toward the right shoulder, the back of the head toward the back of the neck, the left ear toward the left shoulder, and the chin toward the chest. The shoulders remain relaxed and motionless, and the neck should be allowed to gently stretch as the head circles around. Continue for 1-2 minutes, then, reverse the direction and continue for 1-2 minutes more.

Bring the head to a central position and relax.



# Kriya for Elevation

## STEP 10:

Sit on the heels in the **Sat Kriya** position. Stretch the arms over the head so that the elbows hug the ears. Interlock the fingers except for the index fingers, which are pressed together and pointed up. Begin to chant "Sat Nam" emphatically in a constant rhythm about 8 times per 10 seconds. Chant the sound "Sat" from the navel point and solar plexus, and pull the navel all the way in toward the spine. On "Nam," relax the navel. Continue for 3-7 minutes, then, inhale and squeeze the muscles tight from the buttocks all the way up the back, past the shoulder. Mentally allow the energy to flow through the top of the skull. Exhale. Inhale deeply. Exhale completely, and apply mul bhand with the breath held out.

**Sat Kriya** circulates the kundalini energy through the cycle of the chakras, aids in digestion, and strengthens the nervous system.



# Kriya for Elevation



## STEP 11:

Relax in easy pose or on the back with the arms at the sides, palms up. Deep relaxation allows you to enjoy and consciously integrate the mind/body changes, which have been brought about during the practice of this kriya. It allows you to sense the extension of the self through the magnetic field and the aura, and allows the physical body to deeply relax.



# Kriya for Metabolism and Relaxation

## What this Kriya will do for you:

**Deep relaxation** is a must for physical and mental health.

This kriya is a complete preparation for releasing tension accompanied by nervousness. It also works on the upper triangle of chakras and stimulates the balance of the thyroid and parathyroid glands.

It is an easy exercise series that derives its powerful effects from the sequence of glandular stimulation and the use of pranayama.

## How to Do the Kriya - With your hands in *Prayer Pose*:

Tune in with: "**Ong Namo Guru Dev Namo.**"

### STEPS 1a and 1b:

Sit on your heels. Interlock the fingers of both hands in (**Venus Lock**) and extend the arms straight out front, parallel to the ground. Inhale deeply and hold the breath. Rapidly raise the arms straight up over your head, and, then, lower them down to the original position. Repeat this pumping motion 3 times, holding the breath in. Then exhale, with the arms in the original position. Continue for 1 to 2 minutes.

Then, using the same motion, begin pumping the arms 10 times on each inhalation. Continue for 1 to 2 minutes and then relax.

This exercise works on the metabolism by stimulating the thyroid and parathyroid glands. This position also aids in digestion.





# Kriya for Metabolism and Relaxation

## STEP 2a:

Lie on the back. Place the hands in venus lock (interlock your fingers) behind the neck, arms resting on the floor. Inhale and raise the left leg up to a height of 2 feet. Keep the leg straight and point the toes. Continue with long, deep breathing for 1 to 2 minutes.

## STEP 2b:

Then switch legs and continue, once again, with long, deep breathing, for 1 to 2 minutes. Relax. This exercise works on the navel point, and aids in digestion.

## STEP 3a:

Sit in the *Easy Pose*. Cover the right nostril with the thumb of the right hand. Breathe long and deep through the left nostril. Continue for 1 to 2 minutes.

## STEP 3b:

Cover the left nostril with the thumb of the left hand and continue breathing long and deeply, through the right nostril, for 1 to 2 minutes.





# Kriya for Metabolism and Relaxation

## STEP 3c:

Making a “U” with the thumb and index finger of your right hand, inhale through the right nostril and exhale through the left nostril. Continue for 1 to 2 minutes.

## STEP 3d:

Then, using the fingers in the same way, begin the **Breath of Fire**, inhaling through the left nostril and exhaling through the right. Continue for 1 to 2 minutes.

## STEP 3e:

Next, switch hands and continue **Breath of Fire**, inhaling through the right nostril and exhaling through the left nostril. Continue for 1 to 2 minutes. Inhale deeply, through both nostrils. Hold briefly, exhale and relax.

This series of breathing exercises (Pranayama) opens the lungs and directs the nervous system to coordinate left and right hemisphere interaction. It also activates the pituitary and pineal glands.





# Kriya for Metabolism and Relaxation

## STEP 4:

**Stretch Pose:** Lie on the back with the legs together, and raise the heels 6 inches off the ground. Raise the head and shoulders 6 inches, and stare at your toes. Stretch the arms out, pointing towards the toes, and begin the **Breath of Fire** for 1 to 3 minutes. Inhale and hold briefly.

Exhale. Inhale. Exhale, completely, and apply mul bhand. Inhale and relax.

This exercise activates and balances the third chakra, sets the navel point, and aids in digestion.

## STEP 5:

Remaining on the back, bring the knees tight to the chest, clasping the arms around the knees. Raising the head, tuck the nose in between the knees.

Begin the **Breath of Fire**. Continue for 1 to 3 minutes.

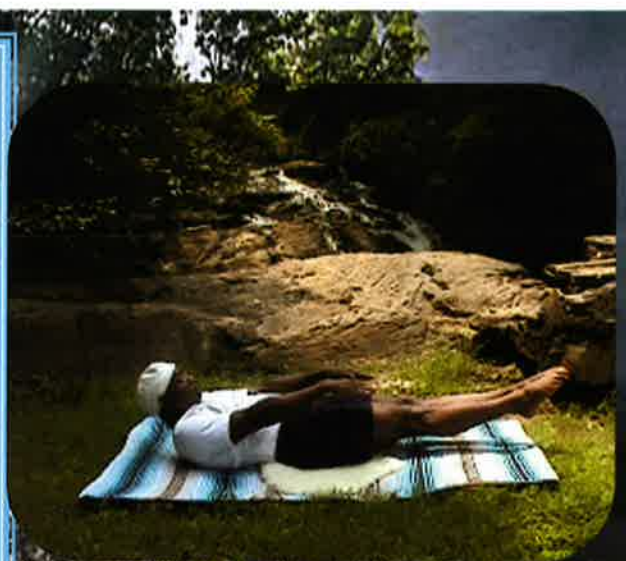
This exercise stimulates the thyroid, opens up the sacral area, and relieves the pressure of intestinal gas.

## Step 6:

Immediately sit up with the legs stretched out straight. Grab the big toe of each foot by locking the forefingers around the toes and pressing the thumbs against the toenails. (If you cannot reach the toes, grab the ankles).

Bend forward, pulling the elbows to the ground and the head to the knees. Breathe long and deeply for 1 to 3 minutes. Inhale and relax.

This exercise stretches the life (sciatic) nerve and the spine.





# Kriya for Metabolism and Relaxation

## Step 7:

Lie on the back with the legs out straight. Raise the head 12 inches. Stretch the arms forward, parallel to the legs.

Focus at the third eye point.

Begin the **Breath of Fire**. Continue for 1 to 3 minutes, inhale and relax.

This exercise coordinates stimulation of the thyroid and the pituitary to prepare you for deep relaxation.

## Step 8:

Relax on the back. Let the arms be at the sides with the palms facing up. Deeply relax for 12-15 minutes.





# Exercise Set for Relaxation & Releasing Fear

## What this Kriya will do for you:

This kriya works on relaxation and releasing fear, through rejuvenating the kidneys, liver and spleen. It purifies the blood and increases blood supply to the brain.

**How to do the Kriya** – With your hands in *Prayer Pose*:

**Tune in with:** “Ong Namoh Guru Dev Namoh.”

### STEP 1a:

Stand up. Bend forward from the waist, keeping the back parallel to the ground. Reach behind you and hold on to your calves or wherever you can comfortably reach to maintain your balance.

### STEP 1b:

Begin to flex the spine, as in *Cat/Cow Pose*. Inhale and flex the spine downwards, as if someone were sitting on your back. When the spine is pressed downwards, the neck is arched up. Then, exhale and flex your spine in the opposite direction, bringing the chin to the chest. Use the hands, knees and feet as a firm base of support for the spine movement. The legs must remain straight.

### STEP 1c:

Continue rhythmically coordinating the movement with the breath for 7 minutes.

This exercise works on the kidneys and liver.





# Exercise Set for Relaxation & Releasing Fear



## STEP 2:

Remain standing and place the hands on the hips. Rapidly begin to rotate the torso from the waist, in large circles.

Continue this twisting motion, powerfully, for 9 minutes.

This exercise rejuvenates the spleen and liver.

You may feel nauseous, as the liver releases toxins.





# Exercise Set for Relaxation & Releasing Fear

## STEP 3:

Sit in the **Easy Pose**. Make fists of your hands and place them in front of you, as if you were grasping a steering wheel.

Begin twisting the body, powerfully, from side to side. Twist to your maximum. Keep the elbows up and let the neck move also. Continue for 4 minutes.

This exercise works on and exercises the kidneys. The neck must move in order to release the blood supply to the brain.





# Exercise Set for Relaxation & Releasing Fear

## STEP 4:

Remain sitting in the **Easy Pose**. Extend the arms up at a 60° angle, palms facing up, fingers straight and thumbs extended out. Begin to open and close the hands rapidly, bringing the tips of the fingers to the base of the palms. Continue for 7 minutes.

This exercise is good for breaking up deposits in the fingers and in the prevention of arthritis. If you already have arthritis, it will work on removing it.

## STEP 5:

In **Easy Pose**, extend the arms out to the sides, parallel to ground, and make fists with thumbs tucked inside on the mounds of little fingers. Inhale through the mouth, and flex elbows, bringing fists to shoulders. Exhale thru the mouth as arms are straightened out to the sides, moving rapidly and breathing powerfully, coordinating movement with breath for 6 minutes.

This removes tension from the neck and purifies blood. Fears will leave when you powerfully project out on exhale.





# Exercise Set for Relaxation & Releasing Fear

## STEP 6:

Palm side of fist facing down, stretch arms straight out in front and rotate fists in small circles, left fist counter clock-wise, right, clockwise, at heart level, elbows straight, fists tight, moving shoulder blades and muscles under shoulder for 2 minutes.

This exercise adjusts muscles under the breasts. If they are tight, you are uptight.

## STEP 7:

Crow squats with straight spine; feet flat on floor, fists with thumbs out at neck level, inhale up and exhale down for 3 minutes.





# Exercise Set for Relaxation & Releasing Fear

## STEP 8:

**Sitali Pranayam:** In **Easy Pose**, hands on knees, spine straight, curl the tongue protruding it slightly past lips. Inhale smoothly and deeply thru mouth, exhale thru nose for 4-5 minutes. Then, play "Dukh Bhanjan" tape, if available, and meditate on the healing vibrations of the Golden Temple and the sound current of the **shabad** (words), coordinating breath to music for 2 more minutes.

Effective against anger, bad moods and temperament.

## STEP 9:

With the tape, raise and curve the arms upwards. Without the tape, move your body to its own rhythm and follow instructions.

Close the eyes and rhythmically move your body to the music, with feeling. Stop thinking and move with the beat.

If you can bring your body into exact rhythm with the music, you can go into a state of ecstasy.

Continue for 10 minutes.



# Exercise Set for Relaxation & Releasing Fear

## STEP 10:

In **Rock Pose**, place hands on thighs and listen to "**Jaap Sahib**" tape, bowing the forehead to the floor to the **Namastang** rhythm, bowing on 4 counts and resting on 1. (Without music, move as follows to 10 beats: down on 1, up on 2, down on 3, up on 4, down on 5, up on 6, down on 7, and up on 8, 9, and 10.) Continue for 8 minutes.

This exercise has been known to heal any rock formations in the body, such as kidney and gall-bladder stones.





# Exercise Set for Relaxation & Releasing Fear

## STEP 11a:

In **Meditative Pose**, calm and collect yourself and feel that you are going to realize God's light in you. Totally remove all difference between yourself and God's light.

## STEP 11b:

Lock hands behind the head, elbows out to the sides and apply pressure, keeping spine straight.

Close the eyes and chant aloud with the **"Jaap Sahib"** tape, copying the very essence of it, feeling the vibrations go through your hands to the back of your head. (Without the tape, breathe long and gently in that position.)

Continue for 8 minutes and relax.





# Pranayama Series

## What this Kriya will do for you:

Balances both *prana & apana* and vertical & horizontal auras, by drawing upon the energy of the sun for its healing and purification qualities, which strengthens the immune system.

## How to do the Kriya:

**Tune in:** With your hands in *Prayer Pose*:  
“Ong Namō Guru Dev Namō.”

### STEPS 1a and 1b:

Sit in the *Easy Pose* with arms straight out to sides, parallel to ground, palms up. Do *Breath of Fire* for 2 to 3 minutes.

To end : Inhale, turn palms over and press them out, hold and exhale.

This Balances the Prana and Apana in the body.





# Pranayama Series

## STEP 2a:

Sit with the upper arms parallel to the ground, forearms up, palms forward, thumbs and ring finger touching in **Surya Mudra**.

## STEPS 2b:

Inhale in 4 parts and exhale in 4 parts, pumping the navel for 2 to 3 minutes. To end: Inhale, bring palms together, pull mul bhand, stretch palms up, and exhale down.

This brings in the sun energy .





# Pranayama Series

## STEP 3a:

Sit with interlaced fingers , arms out in front, palms facing down.

Inhale and lift hands overhead. Exhale and bring them down in front. Repeat and continue for 2 to 3 minutes. Then inhale and bring hands down to the sides.

This balances the vertical and horizontal auras.

## STEP 3b:

Part 2: With arms out to sides and palms out, inhale and bring the backs of hands together overhead.

Exhale down to parallel again. Repeat and continue for 2-3 minutes.





# Pranayama Series

## STEP 4:

With the upper arms parallel to ground, forearms up 90° out to sides, thumb and index fingers touching in Gyan Mudra, inhale and twist the torso left. Exhale and twist right. Repeat and continue for 2 to 3 minutes.

## STEP 5:

Allow the head and neck to relax. With the hands on shoulders, thumbs in back and fingers in front, bend side to side, inhaling left, exhaling right. Repeat and continue for 2 to 3 minutes.





# Pranayama Series

## STEP 6:

Alternate nostril breathing. Closing the right nostril with the right thumb and the left nostril with the right ring finger, quickly inhale through the left nostril and exhale through the right for 2 to 3 minutes.



## STEP 7:

Sitali Pranayam: With chin lock applied, curl the tongue and stick it out, inhaling through the curled tongue, and exhaling through the nose. Continue for 3 to 5 minutes.



## STEP 8:

With hands at the level of the heart center, the first three fingers are touching each other and touching the opposite fingers.

The thumbs and the little fingers are pulled apart, but touch the opposite fingers. Look through the fingers at the little fingers.

Inhale through the nose. Exhale through mouth, then inhale through the mouth. Exhale through the nose, then inhale through nose. Repeat and continue the sequence for 2 to 5 minutes.





# Beginner's Set 1

## What this Kriya will do for you:

It gives total flexibility of the spine and massages all the internal organs, helps the heart, strengthens and stimulates the release of energy throughout the entire system.

## How to Do the Kriya:

With your hands in **Prayer Pose**:

Tune in with: "Ong Namō Guru Dev Namō."

**STEP 1:** Place your hands in **Prayer Pose** (palms pressed together thumbs against the sternum).

Keep your hands in **Prayer Pose** and take 15 complete, deep breaths through your nose. Then, do **Breath of Fire** for 1 to 2 minutes. Inhale (apply Neck Lock), hold the breath.

Inhale, apply the neck lock, contract the muscles of the rectum, sex organ and navel point (Root Lock). After 5 to 10 seconds, exhale, completely, and hold the breath out for 5 to 10 seconds, squeezing Root Lock. Inhale, then relax the breath and meditate.

Inhale while thinking "Sat," and exhale while thinking Nam. Consolidate your gains. Continue meditating for 1 to 2 minutes, and then proceed to the next exercise.

**STEP 2:** Extend your arms out to the sides and raise them to a 60 degree angle. The palms face inward. Do the **Breath of Fire** for 1 to 3 minutes. Inhale, suspend the breath, and apply Root Lock.

Exhale, hold the breath out, and squeeze up. Inhale, relax the breath, let the arms float down to the sides like the wings of a great bird having attained the sacred summit.





# Beginner's Set 1



## STEP 3a:

The next exercise is called Camel Ride. Sit with your legs crossed and hold your shins as shown.

As you inhale, press your lower spine forward, and as you exhale flex it back. Use your hands and arm strength to facilitate the flex.

The speed of this exercise is up to you. It can be done very rapidly.

## STEP 3b:

Throughout the exercise, keep your diaphragm relaxed, your face forward, and your head in line with the spine.

Continue rhythmically for 1 to 3 minutes.

To end, inhale, straighten up, and squeeze Root Lock with the breath held in and out.

Then, relax the breath and meditate for 1 to 2 minutes.





# Beginner's Set 1



## STEP 4:

Still sitting with your legs crossed, place your hands on your shoulders with your fingers in front and thumbs in back.

As you inhale, twist to the left, and as you exhale, twist to the right. The movement is continuous. Maintain your focus at the brow point (the **Third Eye**).

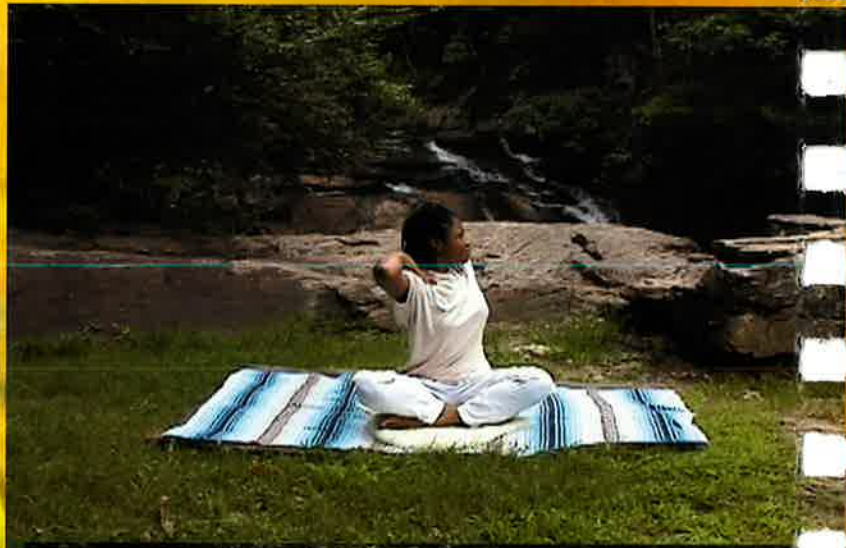
Continue this movement for 1 to 3 minutes.

To end, inhale, pull Root Lock with the breath held in and out.

## STEP 5:

Relax on your back with your arms by your sides, palms facing up.

Let the work you've done thus far work for you now.





# Beginner's Set 1



## STEP 6:

Remain on your back. Have your knees bent and feet flat. Your arms are by your sides with your palms facing down.

Press your hips up so that your lower back clears the ground.

Do **Breath of Fire** and continue for 1 to 2 minutes.

## STEP 7:

Inhale deeply, and relax with your legs extended for about 1 to 2 minutes. Then, wrap your arms around your knees and rock and roll on your spine.





# Beginner's Set 1



## STEP 8:

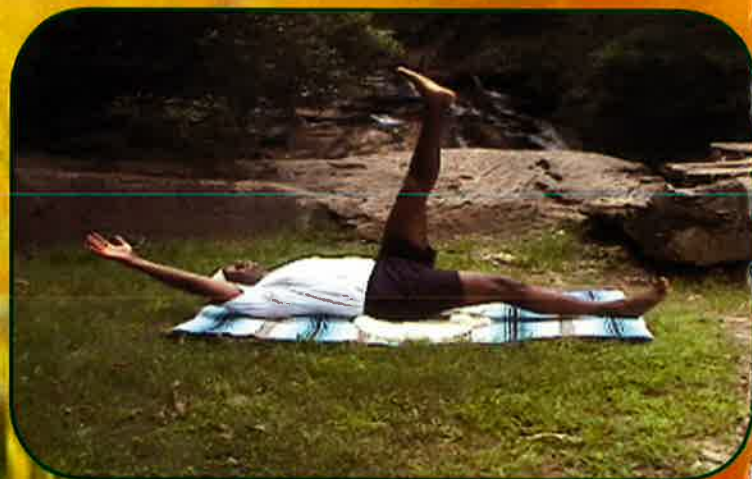
Lie on your back, again. As you inhale, raise your right arm and left leg up, and exhale as you lower them.

Then, inhale as you raise your left arm and right leg up, and exhale as you lower them. Continue these alternate leg and arm raises to and from ninety degrees, for 2 to 5 minutes.

Then relax on your back.

## STEP 9:

Again, wrap your arms around your bent knees, tuck your nose between and the knees and rock on your spine.





# Beginner's Set 1



## STEP 10:

Sit on your heels in **Rock Pose** (if this is not possible for you, sit with your legs crossed and hold your knees). Your hands are on your thighs, palms facing down.

As you inhale, flex your spine forward, and as you exhale flex back.

Continue for 1 to 3 minutes, and then squeeze and apply Root Lock with the breath held in, hold, and then exhale out.

## STEP 11:

Sit with your legs crossed. Inhale swinging your arms up, palms facing back.

Exhale, swinging your arms back. Inhale and cross your arms in front of you parallel to the ground, and exhale swinging your arms back.

The movement is: up, back, across, back. Do this at a good pace with a powerful breath for 2 to 3 minutes. Relax.





# Beginner's Set 1



## STEP 12:

**Neck Rolls:** Sit with your legs crossed and roll your head around in circles. Start with chin to your collarbone, taking 8 to 10 seconds for each rotation.

Go ten times in one direction and ten in the other.

## STEP 13:

Please come onto your hands and knees. This exercise is called Cat/Cow. As you inhale, press your head up and stomach down. As you exhale, curve your spine up and lower your head to your chest.

Keep your elbows straight throughout the exercise and your gaze fixed at the brow point. Continue at a moderate pace for 1 to 3 minutes.

**Cat/Cow** works on every one of the 72,000 nerves, which run from, to, or through your spine. It will give you total flexibility of the spine, and it stimulates the optic nerve to give you sparkling eyes. It's a great exercise to nurture the spine back to health.





# Beginner's Set 1



## STEP 14:

This exercise is called Sat Kriya. Sit on your heels, if possible. Otherwise, sit with your legs crossed. Extend your arms straight up, so that the upper arms are next to your ears. Interlace your fingers with the index fingers extended. Say the sound “**Sat**,” as you pull your navel point in. Say the sound “**Nam**,” as you relax your navel point. Keep your elbows straight throughout. The only movement here is created from your stomach, as it moves in and out.

Mentally pulsate “**Sat**,” at the navel, and feel “**Nam**,” rise up the spine. When you focus your mind on a particular exercise, you greatly enhance its benefits.

Continue for 3 minutes, and then relax on your back.

Sat Kriya is one of the basic exercises in Kundalini Yoga, along with long, deep breathing and **Breath of Fire**. According to the yogic scriptures, sat kriya constitutes an important self-help therapy. Because of its wide range of benefits, Sat Kriya can be practiced as an exercise unto itself. Sat Kriya can help you to resolve phobias, insecurities, obsessions and mental aberrations. It massages all the internal organs, and helps the heart and releases energy, which is often blocked in the lower chakra centers. Sat Kriya strengthens the entire sexual system and stimulates a natural flow of energy. This exercise works directly on stimulating the Kundalini energy and must always be practiced with the mantra “Sat Nam.” Always remember to relax on your back an equal amount of time. 3 minutes exercise followed by 3 minutes of relaxation.





# Beginner's Set 2

## What this Kriya will do for you:

This set exercises the body in most of the basic positions: standing, sitting, squatting, on the hand and knees, on the back and stomach.

## How to do the Kriya:

Your hands are in *Prayer Pose*.

## Tune in with:

"Ong Namoh Guru Dev Namoh."





# Beginner's Set 2

## STEP 1:

Stand up with your arms straight up, so that your upper arms are hugging your ears. Hook your thumbs.

As you inhale, lean back, and, as you exhale, come forward, bringing your hands to or towards the ground. Continue for 1 to 2 minutes. If this posture is uncomfortable, then bend your knees.





# Beginner's Set 2

## STEP 2a and STEP 2b:

Remain standing for the **Archer Pose**. Stand up and get into the **Archer Pose** with the right leg bent forward, so that the knee is over the toes. Pull your left leg straight back with the foot flat on the ground at a 45° angle to the front foot.

Pull your left arm back, as if grasping the bowstring back to the shoulder. Bend your left elbow, so that the left hand is next to the left ear in a fist. Your left elbow is positioned so that the left hand is next to the left ear and in a fist. Your right arm is extended straight, parallel to the ground and also in a fist turned upward.

Open your eyes and gaze straight ahead. Breathe long and deeply through your nose. Willingly put yourself under pressure. Continue long, deep breathing for 1 to 3 minutes, then inhale deeply.

Switch sides and repeat on the left side.

Relax, as you stand for a minute. This exercise is for your nerves.

We want to put ourselves under pressure, so as to release the deeper pressure that the stress of a lifetime has imposed.





# Beginner's Set 2

## STEP 3:

The next exercise is called *Frog Pose*.

Get into a squatting position on balls of feet, so that your heels are together and off the ground at 45 degree angle, your arms are between your knees, elbows straight and fingertips on the ground.

As you inhale, straighten your knees and lower your head. As you exhale, return to the starting position. Keep your elbows straight throughout the exercise. Continue doing frogs 26 times.

**Proceed immediately** to the next exercise.





# Beginner's Set 2

## STEP 4:

Sit on the floor with your legs extended straight and your arms parallel to the ground, your fingers pointing forward and thumbs pointing up.

As you inhale, lean back 30 degrees, and as you exhale, lean forward 30 degrees. Continue with powerful breathing for 1-3 minutes

## STEP 5:

Relax on your back for 2 to 3 minutes.





# Beginner's Set 2

## STEP 6:

Get on your hands and knees. As you inhale, raise your right arm and left leg.

Exhale and return to the starting position. Then, inhale and raise your left arm and right leg.

Exhale and return to the starting position, while lowering them. Continue for 1 to 3 minutes.

## STEP 7:

Relax on your back for 2 to 3 minutes.





# Beginner's Set 2

## Step 8a and STEP 8b:

Sit up with your legs still extended. Support yourself with your hands. As you inhale, raise your right leg and exhale as you lower it.

Then, inhale and raise your left leg and exhale as you lower it.

Continue these alternate leg lifts for 1 to 3 minutes. Feel that you're funneling breath (and thus energy) in through the navel, as you simultaneously focus at the brow, allowing "Sat Nam," and the breath to blend.

## STEP 9:

Lay on your stomach with your hands under your shoulders, as if you were going to do a push-up.

As you inhale, raise your upper body into **Cobra Pose**. Exhale, as you lower yourself to the ground. Continue slowly for 1 to 2 minutes.





# Beginner's Set 2

## Step 10:

**Stretch Pose:** Lie on the back with the legs together, and raise the heels 6 inches off the ground (you may place your hands under your buttocks for support.). Raise the head and shoulders 6 inches and stare at your toes. Stretch the arms out, pointing towards the toes and begin the **Breath of Fire** for 1 minute. Inhale and hold briefly.

Inhale. Exhale, completely, and apply mul bhand. Inhale and relax. This exercise activates and balances the third chakra, sets the navel point and aids in digestion.

Relax.

## Step 11:

Wrap your arms around your knees and rock on your spine.





# Beginner's Set 2

## STEP 12:

Sit with your legs crossed in *Easy Pose*.

Extend your arms straight to the side parallel to the floor with your hands in fists, and the index fingers extended. Rotate your arms in small circles backwards, in concert with the *Breath of Fire*.

Continue for 1 minute, then inhale and hold the breath.





# Beginner's Set 2

## STEP 13a:

Hook your index fingers in front of the sternum and pull hard for 15 seconds. Relax the breath, lower the arms, and meditate.

## STEP 13b:

**Repeat** the same exercise 3 more times: first with the middle finger, then the ring finger, and, finally, with the little finger extended.

After doing **Breath of Fire**, remember to inhale, hold the breath, and hook the fingers you had extended in front of the sternum, pulling apart. As you hold the breath, apply Root Lock and Neck Lock.

## STEP 14:

**Relax** on your back for 12 to 15 minutes.





# Beginner's Set for a Healthy Back



## What this Kriya will do for you:

The following exercises can make your spine more flexible and help improve your posture. This kriya also helps to create an upward momentum of energy and cerebral-spinal fluid towards the brain and higher centers.

## How to do the Kriya:

With your hands in *Prayer Pose*:

**Tune in with: "Ong Namo Guru Dev Namo."**

### STEP 1:

Lie on your back. Bend your knees and cross your ankles. Move your knees toward and from the head in short movements for 1 minute.

### STEP 2:

Sit on your heels. Put your hands on the floor in front of your knees, palms facing down. Flex your lower spine. Inhale forward and exhale back 26 times.





## Beginner's Set for a Healthy Back

### STEP 3:

Extend your legs in front of you. Bend and grab your right knee. Inhale, exhale, bend your right knee, and twist to the right. Inhale, and exhale as you twist left. Keep your buttocks on the ground. Use the cross arm as a lever and the back hand as an anchor. Continue for 1 to 3 minutes.





# Beginner's Set for a Healthy Back

## STEP 4:

Variation: Sit with your legs crossed. Inhale and exhale, as you bring your right elbow to the left knee. Inhale, rise up and exhale, as you bring your left elbow to your right knee. Continue for 1 minute.

## STEP 5:

Relax on your back for one minute, and then wrap your bent knees and rock and roll on your spine.





# Beginner's Set for a Healthy Back

## STEP 6:

Lie on your stomach. Make fists around your thumbs and place your fists in the cavity where the thighs meet the body.

Your chin is on the floor, your face facing forward. As you inhale, raise your left leg off the ground. Exhale as you lower it. Then, inhale, while raising your right leg off the ground, and exhale, as you lower it. Continue these alternate leg lifts for 1 to 2 minutes.

## STEP 7:

Lay on your back and wrap your arms around your bent knees. As you inhale, extend your legs straight at a 45 degree angle in relation to the ground. As you exhale, pull your knees into your body. Continue for 3 minutes. Relax.





## Beginner's Set for a Healthy Back

### STEP 8:

Interlace your fingers at the small of your back.

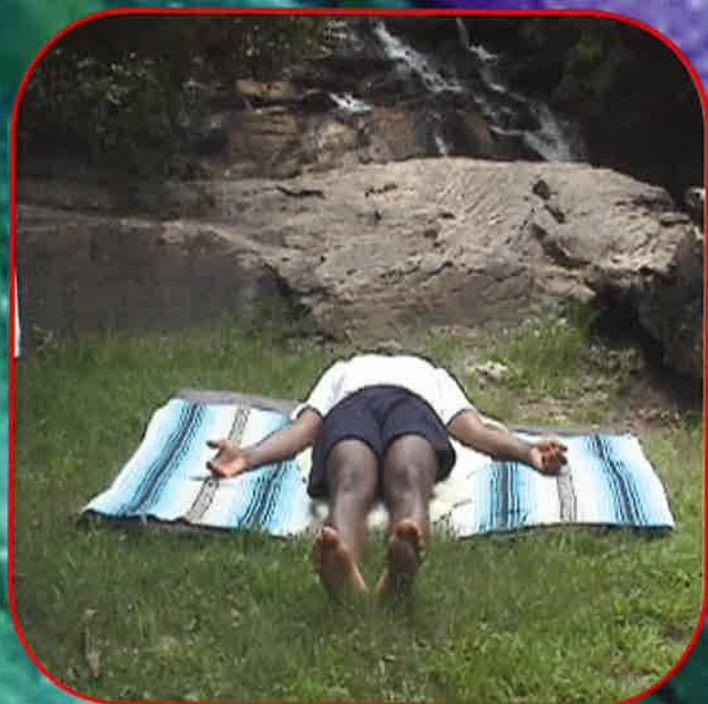
Keep your hands and arms off your back, throughout the entire exercise.

As you inhale, rise off your heels, press your hips forward and arch your spine.

As you exhale, sit on your heels and lower your forehead to the ground, raising arms up. Continue this sequence for 1 to 3 minutes.

### STEP 9:

Relax on your back, for 1 to 3 minutes. Then wrap your arms around your knees, tuck your nose, and rock and roll on your spine.





# Beginner's Set for a Healthy Back

**STEP 10:**

Sit with your legs crossed, hands on the shoulders, fingers in front, thumbs in back. As you inhale, pull your elbows and head back. As you exhale, lower your elbows, drop your head forward, and round your upper spine. Continue at a good pace for 1 to 3 minutes.

**STEP 11:**

Sit cross-legged. Stretch your arms straight up, so that your upper arms are hugging your ears and your palms are facing inward with the fingers spread very wide. Actively stretch for up to 3 minutes.

**STEP 11b:**

Inhale deeply and stretch up, then let the breath go and relax your hands in your lap. Meditate, for 30 seconds and proceed.

**Repeat** the exercise for 3 to 5 minutes.

**STEP 12:**

**Meditate.** Inhale and mentally think “**Sat**,” and exhale “**Nam**.” Continue for as long as you like.





# Surya ('Sun Energy')

## What this Kriya will do for you:

This kriya is named after the energy of the sun. When you have a lot of “sun energy,” you do not get cold; you are energetic, expressive, extroverted and enthusiastic.

The Sun Energy is the energy of purification. It holds the weight down, aids digestion, and makes the mind clear, analytic, and action-oriented.

These exercises systematically stimulate the positive pranic force and the Kundalini energy itself.

# Surya ('Sun Energy')

## How to do the Kriya:

With your hands in *Prayer Pose*:

Tune in with: "Ong Namo Guru Dev Namo."

### STEP 1:

Sit in *Easy Pose* with a straight spine. Rest the right hand in the gyan mudra on the knee. Block the left nostril with the thumb of the left hand. The other fingers point straight up.

Begin **long, deep, powerful** breaths in and out of the right nostril. Focus on the flow of the breath. Continue for 3 to 5 minutes, inhale and relax.

This breathing exercise draws on the "sun" breath and gives you a clear, focused mind.





# Surya ('Sun Energy')

## STEP 2:

**Sit on the heels.** Raise the arms over the head, elbows straight, palms together. To do Sat Kriya, begin rhythmically chanting "Sat Nam," emphasizing "**Sat,**" as you pull the navel in and apply the mul bhand lock.

On "**Nam,**" release the lock. Focus at the brow point. Continue for 3 minutes.

Then inhale – hold the breath. Apply mul bhand and imagine your energy radiating from the navel point and circulating throughout the body. **Relax.**

**Repeat** the exercise for 3 minutes. Then, inhale, apply mul bhand, and mentally draw all the energy to the top of the fingertips. Relax.

This kriya releases energy stored at the navel point. 3 minutes



# Surya ('Sun Energy')

## STEP 3:

Sit in **Easy Pose**. Grasp the shins with both hands. Inhale – stretch the spine forward and lift the chest.

Exhale – let the spine flex backwards . Keep the head level during the movements.

On each inhale, mentally vibrate the mantra “**Sat**,” and on each exhale, hear “**Nam**.” On each exhale, apply mul bhand. Continue rhythmically with deep breaths 108 times, 1 to 3 minutes

Then inhale – hold briefly with the spine perfectly straight. **Relax.**

This exercise brings released kundalini energy along the path of the spine, and aids its flexibility.





# Surya ('Sun Energy')

## STEP 4:

Go into **Frog Pose**. Place the toes on the ground, the heels together off the ground, the fingers on the ground between the knees, and lift the head up. Inhale – raise the buttocks high. Lower the forehead toward the knees, and keep the heels off the ground. Exhale and come back to the original squatting position. Continue with deep breaths 26 times. Inhale up, and then relax down onto the heels.

This exercise transforms the sexual energy.





# Surya ('Sun Energy')

## STEP 5:

**Sitting on** your heels, place your hands on your thighs. With your spine very straight, inhale deeply, and turn your head to the left. Mentally vibrate "**Sat.**"

Exhale completely, as you turn your head to the right. Mentally vibrate "**Nam.**" Continue inhaling and exhaling for 3 minutes.

Then, inhale with your head straight forward. Relax.

This exercise opens the throat chakra, stimulates circulation to the head, and works on the thyroid and parathyroid glands.





# Surya ('Sun Energy')

## STEP 6:

Sit in **Easy Pose**.

Put your hands on your shoulders with your fingers in front, thumbs in the back, and the upper arms and elbows parallel to the ground.

Inhale, as you bend to the left, then exhale and bend to the right. Continue this swaying motion with deep breaths for 3 minutes. Then, inhale straight.

Relax.

This exercise flexes the spine, distributes the energy over the whole body, and balances the magnetic field. 1 to 2 minutes

## STEP 7:

Sit in a perfect meditative posture with the spine straight. Direct all attention through the brow point. Pull the navel point in, hold it, and then apply the Mul Bhand. Watch the flow of the breath. On the inhale, listen to the silent sound of "Sat," and on the exhale, listen to the silent sound of "Nam." Continue for 6 minutes or longer.

This exercise takes you into a deep self-healing meditation. Include this Kriya occasionally, in your regular yoga practice to build body strength and the ability to focus on many tasks.



# Nabhi Kriya

## What this Kriya will do for you:

This set focuses on developing the strength of the navel point and abdominal area. Times indicated are for advanced students. Beginners start with 1-3 minutes and build up to times stated.

To begin practice, start with 3-5 minutes on the longer exercises.

Step 1 is for lower digestive area and Step 2 is for upper digestion and solar plexus. Step 7 takes you into a deep self-healing meditation.

## How to do the Kriya:

With your hands in *Prayer Pose*:

Tune in with: "Ong Namoh Guru Dev Namoh."

### STEP 1:

**On your back**, inhale and lift your right leg up to 90°, then exhale and lower it.

Repeat with the left leg. Continue alternating leg lifts with deep, powerful breathing for 10 minutes.

For lower digestive area.





# Nabhi Kriya



## STEP 2:

**Without pausing**, lift both legs up to 90° on the inhale, and lower on the exhale, with your arms stretched straight up and palms facing each other for balance and energy. Continue 5 minutes.

For upper digestion and solar plexus.

## STEP 3:

Bend your knees and clasp them to your chest with the arms, allowing the head to relax back. **Rest** in this position for 5 minutes.

Eliminates gas and relaxes the heart.





# Nabhi Kriya



## STEP 4:

Inhale, open your arms straight out to the sides on the ground, and extend your legs straight up to 60°.

Exhale and return to the original position, with your hands wrapped around your knees to the chest. Repeat and continue for 15 minutes.

This exercise charges the magnetic field and opens the navel center.

## STEP 5:

On your back, bring the left knee to the chest and hold it there, with both hands. **Rapidly** raise your right leg to 90°, and then lower the leg down, inhaling up, exhaling down for 1 minute.

**Switch** legs and repeat for 1 minute.

Repeat the complete cycle once more.

This exercise sets the hips and lower spine.





# Nabhi Kriya

## STEP 6a and STEP 6b:

**Stand up straight**, raising your arms overhead, hugging your ears, and press the fingers back, so that palms face skywards.

Exhale, as you bend forward to touch the ground, keeping your arms straight and hugging your ears. Then, inhale up, **very slowly**, with deep breathing. On the exhale, apply mul bhand.

Continue at a slow pace for 2 minutes, then more rapidly for 1 more minute.

For the entire spine, spinal fluid and the aura.

## STEP 7:

Totally **relax or meditate** for 10 to 15 minutes.





# To Relieve Inner Anger

## What this Kriya will do for you:

**Inner anger** is the basis of inferiority and superiority complexes, manipulation, lying, skin diseases, misbehavior, miscalculation, and the destruction of business success, and relationships.

Inner anger blocks you from having a healthy relationship with yourself. This set works on the body system, to release us from our inner anger.

## How to do the Kriya:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namoh Guru Dev Namoh.**"

### STEP 1:

Lie down flat on your back in a relaxed posture, with your arms at your sides, palms up and your legs slightly part. Pretend to snore for 1 minute.





# To Relieve Inner Anger

## STEP 2:

Still lying on your back, keeping your legs out straight, raise both legs up to 6 inches and hold for 2 minutes.

This exercise balances anger. It pressurizes the naval to balance the entire system.

Remaining in the posture with your legs up at 6 inches, stick out your tongue and do **Breath of Fire**, through your mouth for 1½ minutes.

## STEP 3:

Still laying on your back, lift your legs up to 90°, with your arms on the ground by your sides.

Begin to beat the ground with all the anger you can achieve. Beat hard and fast for 2 1/2 minutes.





# To Relieve Inner Anger

## STEP 4:

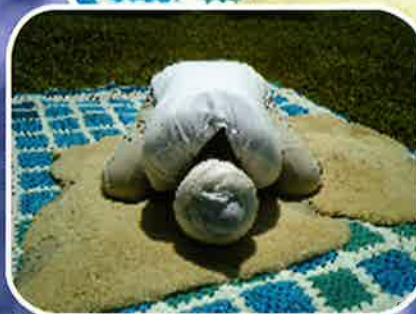
Still on your back, bring your knees to your chest, and stick your tongue out.

Inhale through your open mouth and exhale, through your nose for 2 minutes.

## STEP 5:

Sit in the **Celibate Pose** with your buttocks on the floor between your heels. Cross your arms over your chest and press them hard against your rib cage.

Bend forward and touch your forehead to the floor, as if you are bowing. For 2 & 1/2 minutes, move at a pace at approximately 30 bows per minute. Then, for another 30 seconds, speed up and move as fast as you can.





# To Relieve Inner Anger

## STEP 6:

Sitting with your legs straight out in front of you; begin to beat all parts of your body with open palms. Move fast for 2 minutes.

## STEP 7:

**Stand up.**

Bend forward, keeping your back parallel to the ground, and let your arms and hands hang loose.

Remain in this posture, and sing for three minutes. (In class, Yogi Bhajan played a tape of "**Guru, Guru, Wahe Guru, Guru Ram Das Guru**"). **Without** the tape, breathe long slow deep breathing.





# To Relieve Inner Anger

## STEP 8:

Continue singing, and get into the **Cobra Pose**, keeping the elbows straight and stretching the spine for 1 minute.

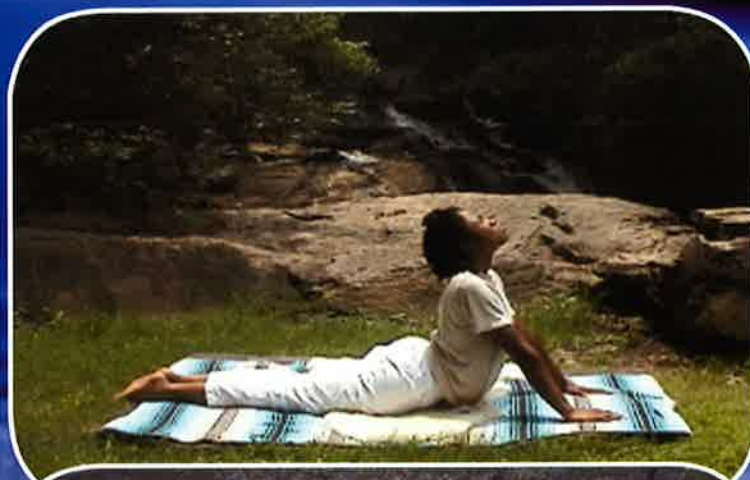
Begin circling your neck, while continuing to sing for 30 seconds. Still in **Cobra Pose**, begin kicking the ground with alternate feet for 30 seconds.

## STEP 9:

Sit on **the heels** in the Sat **Kriya** position. Stretch the arms over the head, so that the elbows hug the ears. Interlock the fingers, except for the index fingers, which are pressed together and pointed up. Begin to chant "Sat Nam" emphatically in a constant rhythm, about 8 times per 10 seconds.

Chant the sound "**Sat**" from the navel point and solar plexus, and pull the navel all the way in toward the spine. On "**Nam**," relax the navel. Continue for 1 minute and 15 seconds. Inhale and squeeze the muscles tight from the buttocks all the way up the back, past the shoulder. Mentally allow the energy to flow through the top of the skull. Exhale. Inhale deeply. Exhale, completely, and apply mool bhand with the breath held out.

Sat kriya circulates the kundalini energy through the cycle of the chakras, aids in digestion and strengthens the nervous





# To Relieve Inner Anger

**STEP 10:**

Relax on your back in corpse pose for 5 minutes.





# Exercise Set for the Kidneys

## What this Kriya will do for you:

This Kriya owes its powerful effect on the glandular system to the pressure it exerts on both the kidney and urinary tract. It will help those with hernia, and aid digestion, while increasing energy, leading to greater stamina. To achieve maximum benefits, it may be necessary to increase your water intake. Beginners start with 1-3 minutes and build up to times stated.

## How to do the Kriya:

With your hands in **Prayer Pose**:

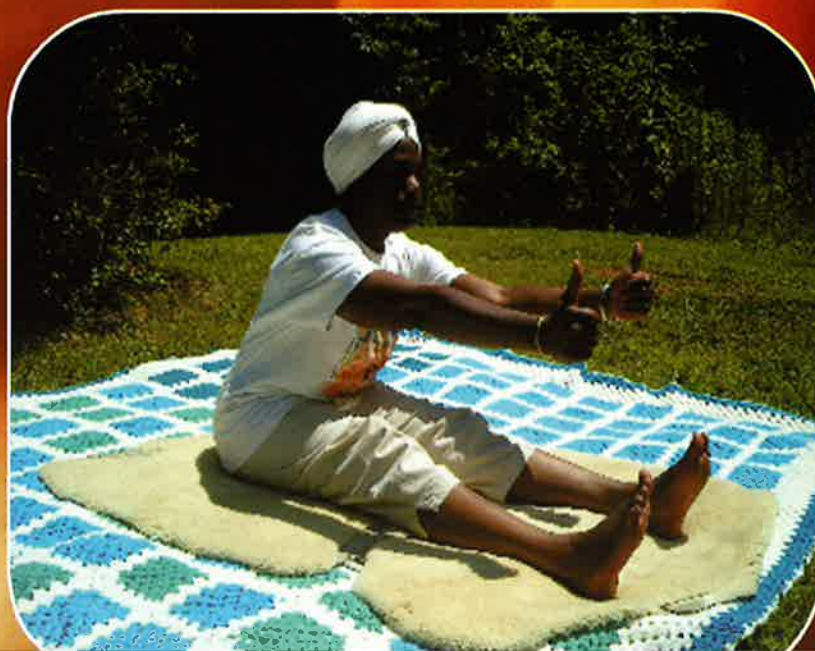
Tune in with:

**"Ong Namō Guru Dev Namō."**

### STEP 1:

Sit, extending your arms and legs straight out in front. Tightly fold your fingers onto the pads of the hand in a fist and point the thumbs up.

Inhale, exhale, and bend forward from the hips keeping arms parallel to the floor, with a heavy, powerful breath that becomes heavier as you continue. 2 bends every 5 seconds for 5-6 minutes.





# Exercise Set for the Kidneys

## STEP 2:

On your back, bend your knees, grasp your ankles, and raise your buttocks, pressing the navel up as you inhale and exhale back down, drawing your navel in.

Keep your feet, neck and arms on the ground.

This exercise works on the kidneys, urinary tract, and is helpful for someone suffering from a hernia. The heavy breath stimulates the pituitary gland.



## STEP 3

Come onto your hands and knees, keep your arms straight, about shoulder width apart.

Begin Cat/Cow with heavy breath, inhaling as the spine flexes down and your head arches up, and exhaling as the spine curves up for 2 minutes.





# Exercise Set for the Kidneys

## STEP 4:

Remain in **Cow Pose**, and stretch your left leg back and up, holding for 30 seconds. Then, switch to the right leg for 30 seconds.

Changing legs again, kick the left buttocks with the left heel, for 1 minute. Reverse legs and repeat.

This exercise works on the kidneys.

## STEP 5:

Lie on your back, wrapping your arms around your legs, hugging knees to your chest. Tuck your nose between the knees and hold it, relaxing in this position for 1 to 2 minutes.

Remain with nose between the knee. You may sing or breathe long and deeply, for 7 to 9 minutes.

(Suggested songs to accompany the yoga set are: “**Nobility**” and “**All Things Come from God**”).





# Exercise Set for the Kidneys

## STEP 6:

In **Crow Pose**, crouch with your knees drawn into the chest, soles of feet flat on the floor, and stretch your arms straight out in front, parallel to the ground, balancing there for 1 minute. Then begin continuously chanting, with the tip of the tongue hitting the upper palate with each repetition: **Har Har Har...** 1 minute

Feel the connection between the tip of the tongue and the navel, and chant for 2 to 3 minutes.

Inhale deeply, tighten your lips and mouth, and balance the entire body with the breath. Holding the breath for 20 seconds, feel that you are in complete control. Exhale, inhale and tighten again, balancing the body under your control for 3 seconds. Then, exhale and relax.

This exercise stimulates the kidneys and the urinary tract. If you feel dizzy during the exercise, it indicates that you need to drink more water.

2 - 3 minutes.





# Exercise Set for the Kidneys

## STEP 7:

Sit in **Easy Pose**, with both hands in **Gyan Mudra**.

Hold left forearm parallel to the ground in front of the chest, palm facing down. The right forearm is near the side, perpendicular to the ground, with the right palm bent back and facing the ceiling beside the ear, stretching back at the wrist as far as possible.

Stretch your spine up, pulling on the buttocks muscles, hips and sides, while lifting the upper structure, until there is no weight on the buttocks.

Pull up in the abdomen, and lift your ribs and diaphragm up, chest out, chin in. Hold for 30 seconds, and then release any tension. **Repeat** the exercise. Continue for 5 minutes, then relax.





# Exercise Set for the Kidneys

## STEP 7: continued...

Maintaining the strong upward pull, with the tip of the tongue, chant: **Wahe Guru Wahe Guru Wahe Jeeo.**

Keep the waist area drawn up. Your eyes will feel heavy and your breath will become very light. Accuracy of this mudra is essential. Continue for 5 minutes and relax. This is called **"Kunchun Mudra."**

It is very powerful and purifying, enabling total relaxation of the body. When the posture is very accurate, it is equal to exercising 48 hours straight!

There is no limit to the length of time you can practice this mudra but make sure to build the time slowly.





# Exercise Set for the Lungs & Bloodstream

## What this Kriya will do for you:

This exercise is an excellent way to build stamina, to make the blood suck up the oxygen from the lungs, and to help the heart muscles regulate and reorganize themselves. It will pressurize the kidneys, gonads and adrenals. In order to supply optimum oxygen to the blood stream, it is necessary to be able to hold a full inhale for 1 minute. When less than the required oxygen is available in the blood, the brain, organs and glands are unable to function properly, and the system breaks down, causing illness.

## How to do the Kriya:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namoh Guru Dev Namoh.**"

### STEP 1a:

Sit in *Easy Pose* with a straight spine. Hold onto your knees with your hands. Inhale, completely, stretching your rib cage to your maximum capacity.

Do not sip more air in later, and don't leak air. Place your tongue behind the teeth, against the back of the upper teeth, at the roof of the mouth.

### STEP 1b:

Relax the spine, keeping the breath held in.





# Exercise Set for the Lungs & Bloodstream

## STEP 2:

Begin flexing the spine rapidly , until you can no longer hold the breath in, and then exhale.

Gradually increase the time you hold your breath to one minute. Continue for 11 minutes. It is suggested that you do this Kriya for 22 minutes and take a rest after the first 11 minutes, then continue for 11 minutes more.

When this exercise is done for 11 minutes a day or a maximum of 22 minutes, it will totally purify the bloodstream.





# Exercise Set for the Nervous System & Glandular Balance

**What this Kriya will do for you:** This exercise set stimulates the pituitary gland to create a balance between the para-sympathetic and sympathetic nervous systems. It prepares the body for the shock of accidents by making it very flexible. It stimulates weight loss and aids in the prevention of breast cancer by bringing the breast line into total balance. Beginners start with 1-3 minutes and build up to times stated.

## How to do the Kriya:

With your hands in *Prayer Pose*:

**Tune in with: "Ong Namo Guru Dev Namo."**

### STEP 1:

Sit in *Easy Pose* with your arms extended straight out to the sides parallel to the ground and palms facing up. Begin to move only your Saturn finger (the middle finger) up and down rapidly.

Inhale powerfully, as you raise the finger and exhale powerfully, as you lower it. Continue rhythmically, coordinating this movement with the breath for 7 minutes.

This exercise stimulates the pituitary, to create a balance between the parasympathetic and sympathetic nervous systems.





# Exercise Set for the Nervous System & Glandular Balance

## STEP 2:

### Remain in *Easy Pose*.

Stretch your arms out in front, parallel to the ground. Place the left hand over the right hand, interlacing the fingers with the palms facing down.

Begin to rapidly swing your arms from side to side, moving the head and neck in the same direction as the arms. Keep the elbows straight. Continue coordinating the movement with a powerful breath for 5 minutes.

This exercise prepares the body for the shock of accidents, by making it very flexible. It also strengthens the chest muscle and stimulates the lymph nodes in that area. There have been reports that this exercise aids in preventing breast cancer.





# Exercise Set for the Nervous System & Glandular Balance

## STEP 3a and STEP 3b:

Sitting in **Easy Pose**, extend your arms straight out in front, parallel to the ground.

Make fists with the thumbs tucked inside, touching the fleshy mound below the little finger. Keeping your arms and hands straight, bring the left arm up as the right arm goes down. Continue alternately moving your arms up and down, forcefully, coordinating the movement with forceful breathing for 8 minutes.

This exercise works to balance the parathyroid gland and stimulates weight loss.





# Exercise Set for the Nervous System & Glandular Balance

## STEP 4:

Sit with the soles of your feet pressed together in **Butterfly Pose**. Draw your feet into the groin, keeping your knees as close to the floor as possible. Interlace the fingers into Venus Lock and place the hands in your lap.

Inhale and raise the arms up over the head, while simultaneously drawing your knees up towards the center of the body.

Exhale and lower the knees and arms down to the original position. Continue rhythmically coordinating the movement with powerful breathing for 8 minutes.

This exercise balances the prana and apana, sets the navel point, and brings the breast line into total balance. This exercise also prepares and maintains a woman's pelvic area, during her child bearing years.





# Exercise Set for Balancing the Aura

## What this Kriya will do for you:

This Kriya moves the energy from the 3rd chakra out into the aura, and returns to the 3rd chakra, energizing each chakra along the way. It also strengthens the energy of the eyes.

## How to do the Kriya:

With your hands in *Prayer Pose*:

Tune in with: “**Ong Namō Guru Dev Namō**”

### STEP 1:

Sit in *Easy Pose*. Bend your elbows out to the sides at shoulder level and slightly cross your hands in front of your open eyes. Spread your fingers wide, like a fan.

Then, move your upper arms from the elbow, bringing the hands slightly out to the side and back again. The upper arm will be parallel to the floor. Continue this motion, rapidly and forcefully, for 3 minutes.





# Exercise Set for Balancing the Aura



## STEP 2 b and STEP 2 b:

Stand up and get into the **Archer Pose** with the right leg bent forward, so that the knee is over the toes.

Pull your left leg straight back, with the foot flat on the ground at a 45° angle to the front foot.

Raise your right arm straight in front parallel to the ground and make a fist, as if grasping a bow.

Pull your left arm back, as if the grasping the bowstring back to the shoulder.

Face forward with your eyes fixed on the horizon above the fist. From this position, begin bending the right knee, so that the body drops down 6–8 inches and then comes back up.

Continue this motion, powerfully and rhythmically, for 2 minutes. Switch sides and continue for 2 more minutes.

Switch sides, returning to the first leg and arm position, and continue for 30 seconds more.





# Exercise Set for Balancing the Aura



## STEP 3a:

### Come into *Cobra Pose*.

Lie down on your stomach with your palms flat on the floor under the shoulders, and your heels together with the soles of the feet facing up. Arch your spine from the neck to the base, until your arms are straight with your elbows locked.

## STEP 3b:

From this position, raise your buttocks up into the air into *Triangle Pose*, supporting yourself on your palms and soles of your feet, with your body forming straight lines, heels to buttocks and buttocks to wrists. Then, return to the original position, and alternate the movements at a speed of 2 seconds per posture for 5 minutes.





# Exercise Set for Balancing the Aura



## STEP 4:

Sit in **Easy Pose** with a straight spine, and play the tape of the Wahe Guru Jeeo meditation. When you hear the words Wahe Guru or Wahe Jeeo, pull **Mul Bhand**, by pulling in on the muscles of the rectum, sex organs and navel point, for the length of the phrase. Then, relax and meditate on the words in between.

When you hear the Toohee, take one powerful **Breath of Fire** (an equal inhale and exhale from the abdomen) for the length of the word, then relax and meditate in between.

Continue for at least one cycle of the meditation (approximately 14 minutes).

This meditation moves the energy from the 3rd chakra out into the aura, and returns to the 3rd chakra, energizing each chakra.

If you practice this kriya for the full length of the tape for 90 days, you will perfect the meditation.

If the tape is not available, then create a consistent breath rhythm of inhaling, holding the breath for 8-10 seconds, while applying mul bhand. Exhale, relax for 8-10 seconds. Then, do one breath of fire where you rapidly inhale/exhale. Relax 8-10 seconds and repeat the cycle for 14 minutes.



# A "Yogic" Aerobic Series

## What this Kriya will do for you:

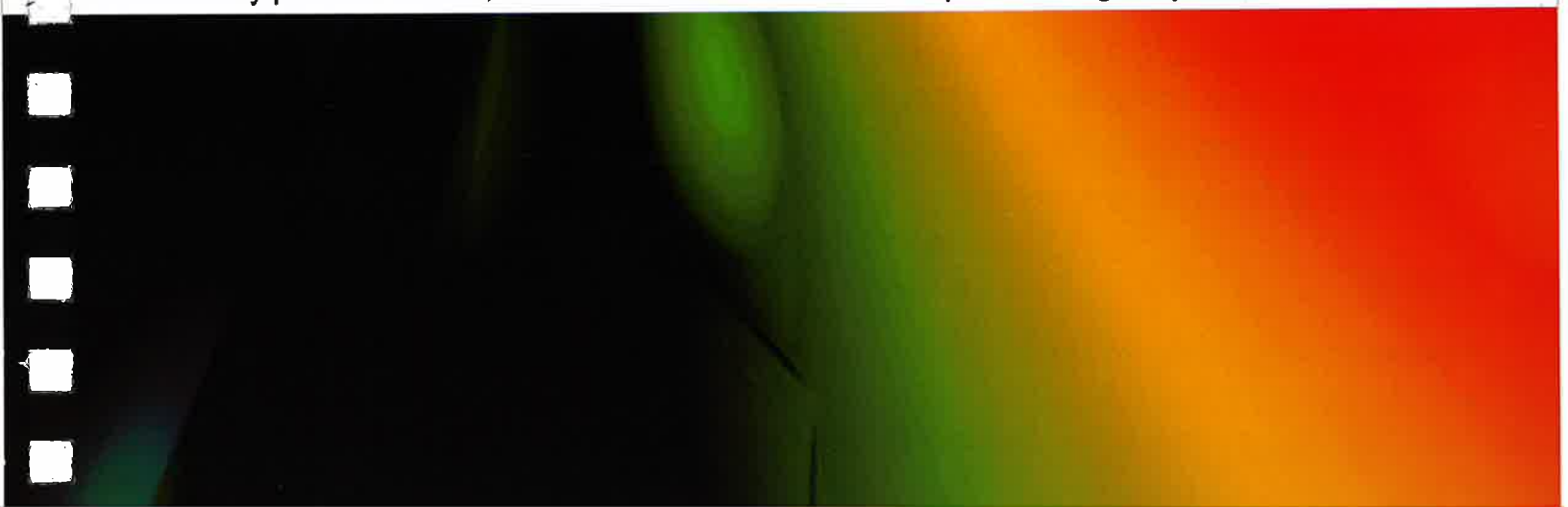
Doing this Kriya 15 or 20 minutes a day prevents aging, stimulates the 12 glands, and builds stamina, while exercising the whole body. If you don't want to learn hundreds of Kundalini yoga sets, then just do this kriya for 62 minutes a day. This kriya balances you totally, by working all the major systems of the body. It stimulates the glandular system, invigorates the inner organs, strengthens the immune system, balances the minerals in the body, and increases your stamina.

This kriya is also known as the **Elementary Woman Exercise**, because of its stimulation of the entire glandular system, which helps keep the body healthy. The glands are considered the "**the guardians of health.**" According to the yogic scriptures, they affect both physical and subtle bodies. Additionally, practicing this series will build stamina and benefit the body in the following ways: (1) **Crisscross Jumps** balance the metabolism. (2) **Archer pose** applies pressure on the thigh bone, to create a balance of calcium, magnesium, potassium and sodium. (3) **Backward stretching** works on the lymphatic system. (4) **Clapping** messages the brain. (5) **Pumping the arms** stimulates mid-brain points on the forearm, for the colon, stomach, spleen and liver. (6) **Stretching to the side** moves the colon. It is very important to touch the tip of the tongue to the upper palate, as you chant **HAR**. Five or six repetitions of this series will balance the entire body.

Sixty two minutes a day will fill the daily requirement for exercise.

For a woman, thirty one minutes a day and you will never age.

With so many positive effects, this series stands out as one to practice regularly; and its fun.





# A "Yogic" Aerobic Series

## How to do the Kriya:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namo Guru Dev Namo.**"

This entire series of movements is considered one exercise. You move rhythmically and continually, without stopping, from one position to the next. Chant the mantra, "**Har,**" once per count, as indicated per instruction.

### STEP 1a:

Stand with your feet shoulder-width apart and clap hands overhead, so that the entire surface of the palms are firmly struck 8 times with powerful breathing (or chant Har with tip of the tongue) with each clap.

### STEP 1b:

Bend forward, striking the ground hard with both hands 8 times, with breath or "**Har**" chanted. Your knees may bend.

### STEP 2a:

With your arms straight out to sides parallel to the ground, raise and lower them 30 degrees from center up and down (patting the air) 8 times, chanting "**Har,**" or powerfully breathing.

### STEP 2b:

Crisscross your arms and legs, chanting Har with each movement 8 times for a total of 8 counts.





# A "Yogic" Aerobic Series

## STEP 3a and STEP 3b:

Get in **Archer Pose**, with your right leg forward and bent, so that the knee is over the toes, your left leg is straight back, and your feet flat on the ground, forming a "T" with the feet.

Raise your right arm parallel to ground and bend your left arm back, as if pulling a bow and arrow. Feel the tension across your chest and look over the right arm fist to fix your eyes on the horizon. Using the strength of the thighs, bend the front knee over the thighs 8 times, while chanting "Har," with each movement.

**Repeat** with the left knee forward.

## STEP 4:

Repeat the crisscross jumps.

Crisscross your arms and legs chanting "Har," with each movement 8 times for a total 8 counts.

## STEP 5:

With your arms straight up overhead, bend backwards 8 times, while chanting "Har."





# A "Yogic" Aerobic Series

## STEP 6:

Repeat crisscrossing your arms and legs, chanting "**Har**," with each movement, 8 times for a total 8 counts.



## STEP 7:

With your arms overhead, bend to the left 8 times, while chanting "**Har**," and then to the right 8 times, while chanting "**Har**."





# A "Yogic" Aerobic Series



## STEP 8:

**Repeat** crisscrossing your arms and legs, chanting "Har," with each movement, 8 times, for a total 8 counts.

**Repeat** the cycle as long as you like, or for 15 to 31 minutes. Powerful breathing or chanting "Har" accompanies each movement.

To end, relax on your back with arms wrapped around bent legs.

If this kriya is done on a regular basis, alternate between relaxing in the Baby Pose (sitting on the heels with the head on the floor and the arms along the side) and relaxing laying on the back, holding the knees to the chest.





## CHAPTER TWO

# Meditations of Kundalini Yoga



## Chapter 3

# Meditations

## Introduction to Kundalini Yoga Meditation, as Taught by Yogi Bhajan

Meditation is a state of being. In this science and art of Kundalini Yoga, the best way to meditate is to use creative meditation. The logic behind this is that the mind is mostly tuned into the intellect. The intellect is that which gives us thoughts that relate to our emotions and our temperament. These thoughts become emotions and, then, desires. These desires cause an action that directs the body to create activities to earn their object or goal. This creativity is our practical everyday experience.

When our imagination and our activities get blended to effect the focusing of our personality, we then relate our unit activity towards our word of infinity; and that's what meditation is. We can't live without "meditation." The question is, "Are you consciously or unconsciously creative?" The answer to this question will decide the trend of your life. If you just sit for twenty minutes and close your eyes, that's not meditation. That is an effort - an attempt - to prepare you for meditation. It is a preparation, not a complete result. Meditation is creativity and activity, which relates your existence to the existence of the cosmos. It is individual harmony in relationship to universal harmony.

Because our words create a vibration that must manifest what we say, there are three phrases you should never use: "I am confused, I don't know, and I can't do it." Never use negative or counter-productive words. This is deconstructive meditation, through a creative faculty - YOU.

There are two levels of meditation. In one, this unit-self talks to infinity. In the other, infinity talks to the unit-self. All other stages are preparation for meditation. Here's a quote from my teacher and spiritual guide Yogi Bhajan: "Prayer is when the mind is one-pointed, and man talks to Infinity. Meditation is when the mind becomes totally clean and receptive, and Infinity talks to man."

When the mind is totally creative, nothing will come to you without a purpose. Nothing will happen to you without a purpose. Nothing will bind you to the cycle of worry and pain. Success will be a subconscious habit. Creative meditation is when the creative mind accepts itself as a part of the universe. The whole universe, then, becomes a part of you.

When you expand your mind and become a part of the whole cosmic process, it is the most creative meditation you can do. A creative mind knows that, where ever it is, it can become creative. The mind follows the breath. As you expand your mind (breathing capacity), you expand. As you limit your mind (breathing capacity), you are limited. When the breath is long, deep and slow the mind is constant and one-pointed. When the breath is heavy, quick and shallow, the mind is scattered. If you can train yourself to breath 8 breaths per minute (the average is 15 breaths per minute), you can have your temper and your projection under your control. Take meditation to heart as a golden path to infinity, and challenge your self to experience, in practical activity each and every day, being the most that you can be.



# Sat Kriya

What this Kriya will do for you:

**Sat Kriya** is an exercise, a Kriya and a meditation. It can be included at the end of each yoga set and it is seen in different positions in various Kundalini Yoga sets. It can also stand alone, as a meditation. Sat Kriya is fundamental to Kundalini Yoga, and is most beneficial when practiced daily, for at least 3 minutes. Its effects are numerous.

**Sat Kriya** strengthens the entire sexual system and stimulates its natural flow of energy. **Sat Kriya** relaxes phobias about sexuality, and allows you to control the instinctual sexual impulse, by re-channeling the sexual energy to be used as creative and healing activities in the body.

People who are severely maladjusted, or who have mental problems benefit from this Kriya, since these disturbances are always connected with an imbalance in the energies of the lower three chakras. General physical health is improved, since all the internal organs receive a gentle rhythmic massage from this exercise. The heart gets stronger from the rhythmic up-and-down of blood pressure you generate from the pumping motion of the navel point. This exercise works directly on stimulating and channeling Kundalini energy, so it must always be practiced with the mantra "Sat Nam."

You may build the time of the Kriya to 31 minutes, but remember to have a long, deep relaxation immediately afterwards. A good way to build the time up is to do the Kriya for 3 minutes, then rest for 2 minutes. Repeat this cycle, until you have completed 15 minutes of Sat Kriya and 10 minutes of rest. Finish the required relaxation by resting an additional 15 - 20 minutes.

Do not try to jump to 31 minutes because you feel you are strong, virile, or happen to be a yoga teacher. Respect the inherent power of the technique. Let the Kriya prepare the ground of your body properly, to plant the seed of higher experience.

**Sat Kriya** is not just an exercise; it is a Kriya that works on all levels of your being – known and unknown. You risk blocking the more subtle experiences of higher energies by pushing the physical body too much. You may experience a huge rush of energy. You may have an experience of higher consciousness, but not be able to integrate the experience into your psyche. So prepare yourself with consistency, patience and moderation. The end result is assured.



# Sat Kriya

## What this Kriya will do for you: continued...

If you have not taken drugs or have cleared your system of all their effects, you may choose to practice this Kriya with the palms open, pressing flat against each other, which releases more energy than the other method with just the index finger pointing up. It is generally not taught this way in a public class, because someone in the class may have totally weakened his nerves, through drug abuse. Notice that Sat Kriya emphasizes pulling the navel point in. Don't try to apply mul bhand. Mul bhand happens automatically if the navel is pulled. Consequently, the hips and lumbar spine do not rotate or flex. Your spine stays straight, and the only motion your arms make is a slight up-and-down stretch with each "Sat Nam," as your chest lifts. This is a natural rhythm; do not exaggerate. If you have time for nothing else, make this Kriya part of your everyday promise to yourself to keep the body a clean and vital temple of God.

## How to Do the Meditation – With your hands in *Prayer Pose*:

### Tune in with: "Ong Namō Guru Dev Namō"

Sit on your heels and stretch your arms over your head, so that the elbows hug the ears. Interlock all the fingers, except the first ones (index), which point straight up. Begin to chant "Sat Nam," emphatically, in a constant rhythm, about eight times per 10 seconds. Chant the sound "Sat" from the navel point and solar plexus, and pull the umbilicus all the way in toward the spine. On "Nam," relax the belly.

Continue at least 3 minutes, then inhale and squeeze the muscles tightly, from the buttocks all the way up the back, past the shoulders. Mentally allow the energy to flow through the top of the skull. Ideally, you should relax for twice the length of time that the Kriya was practiced. 3 - 31 minutes.





# Pulse Meditation into the Essence of Self

## What this Meditation will do for you:

This Kriya will cleanse the subconscious and outward behavior of disharmony and confusion. Do it for 90 consecutive days for 2 & 1/2 hours, and you will forsake all negative, aggressive behaviors.

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "Ong Namō Guru Dev Namō."

Sit very straight in *Easy Pose*, lotus or *Vajrasana Pose*. Extend your left arm comfortably on the thigh, with your palm up and wrist area exposed. Place the four fingers of the right hand in a line on the wrist. The little finger touches closest to the wrist. Only the tips of the fingers touch the wrist. Close your eyes and just meditate on your pulse. Hear the pulse vibrate "Sat Nam," with each beat. Continue for 15 minutes, without any movement.





# Kirtan Kriya (Sa Ta Na Ma Meditation)

## What this Meditation will do for you

**Sa Ta Na Ma** is the cycle of creation. The totality of vibration which underlies and sustains all creation can be tuned by one's own consciousness with the use of this mantra. By vibrating in rhythm with the breath to a particular sound that is proportional to the creative sound, or sound current, one can expand one's sensitivity to the entire spectrum of vibration.

## How to do the Meditation:

With your hands in **Prayer Pose**:

**Tune in with:** "Ong Namō Guru Dev Namō."

Chant the mantra in three voices: **out loud**, which is in the voice of the human being; **whispering**, which is in the voice of the lover; and in the silence of your own consciousness, which is the voice of God.

From the depth of your **silent** meditation, come back to the whisper and, then, **out loud** to the full voice. Throughout the meditation, each syllable of the mantra should be projected mentally, in an "L" shape, from the back top of the head, down through the middle of the head, and then straight out the third eye point, which is located between the eyebrows.

Sit in a comfortable posture with your legs crossed. Keep the spine straight.

With the elbows straight, while you're chanting, each fingertip touching, in turn, the tip of the thumb with firm pressure, you chant "Sa Ta Na Ma," in the three voices. Continue doing the finger postures (also known as Mudras), throughout the meditation.





# Kirtan Kriya (Sa Ta Na Ma Meditation)



## **SA - Infinity**

Touch the thumb with the index finger (also known as "the Jupiter finger").



## **TA - Life, Existence**

Touch the thumb with the middle finger (also known as "the Saturn finger").



## **NA - Death**

Touch the thumb with the ring finger (also known as "the Sun finger").



## **MA - Rebirth**

Touch the thumb with the little finger (also known as "the Mercury finger").

Chant the mantra **out loud** for five minutes . **Whisper** for five minutes; and, then, **silently** meditate, internally repeating the syllables for ten minutes. Then, again, chant in a **whisper** for five minutes and, then, **out loud** for five minutes.

Now, inhale and stretch the arms up. Hold the position and exhale. Inhale again, exhale again. Relax. The total time will be thirty- one minutes . Using this technique, you can experience your own infinity. Exceeding the limitations of your own worldly experience, you can know the Unknown and see the Unseen. If you spend two and a half hours per day in meditation, God will meditate on you the rest of the day.



# Breath Meditation to Strengthen the Mind & the Immune System

## What this Meditation will do for you:

To be healthy, we must have moral and mental strength. If we don't have moral strength, we won't have mental strength. We are born with inherited strength that is equal to the power of the creator. Our projected strength is created or blocked by ourselves, usually with anger, self-defeat and blame. To have strong projected strength, we must consciously work out what we are using to block it. Our psyche energy centers have to be adjusted by us.

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namu Guru Dev Namu.**"

Sit in *Easy Pose*, with your left arm bent at the elbow and your hand up to the side in Surya Mudra (thumb tip touching ring fingertip), at shoulder level. Bend your right arm with the index finger pointing up, blocking the right nostril and the thumb clasping other fingers in a fist.

Do *Breath of Fire*, through the left nostril to the rhythm of "Sat Nam, Wahe Guru" (by Singh Kaur), or about 3 breaths per second, strongly pumping the navel. Continue 3-11 minutes.

To end, clasp your hands in Venus Lock in front of your face. Inhale, hold the breath, and try to pull the hands apart; resisting as hard as possible, creating great tension. Exhale and repeat three more times.





# Sitali Pranayam

## What this Meditation will do for you:

**Sitali Pranayam** is a well-known practice. It soothes and cools the spine near the fourth and fifth vertebrae, which, in turn, regulates the sexual and digestive energy. This breath is often used for lowering fevers, and it can cool you in warm weather. It is said that, for people who practice this kriya, all things that are needed come to them by planetary ethers. In mystical terms, you are served by the heavens

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namo Guru Dev Namo.**"

### Step 1

Sit in a comfortable meditative posture with a straight spine. Curl your tongue up on the sides forming a "u," and protrude it slightly past the lips. Inhale deeply and smoothly, through the rolled tongue, and exhale through the nose. Continue for 5 minutes. Inhale, hold, pull the tongue in and relax. Then, repeat for 5 more minutes.

Variations include: 2-3 minute periods, and the practice of 52 breaths daily (26 in the morning and 26 in the evening).





# Basic Breath Series

## What this meditation will do for you:

This set opens the pranic channels and balances the breath in the two sides of your body. It is often practiced before a more strenuous, physical exercise.

This Kriya is great to do by itself, whenever you need a quick lift and a clear mind. It strengthens the nervous system, energizes, calms and balances the breath, in the two sides of the body.

## How to do the Meditation:

With your hands in **Prayer Pose**:

Tune in with: **"Ong Namoh Guru Dev Namoh."**

### Step 1

Sit in **Easy Pose**.

Make an antenna with the right hand fingers, and block the right nostril with the thumb. Begin long deep breathing, through the left nostril for 3 minutes. Inhale and hold for 10 seconds. Repeat the first exercise, but use the left hand to block the left nostril, and breathe long and deeply, through the right nostril.

Continue for 3 minutes. Inhale and hold for 10 seconds.





# Basic Breath Series

## Step 2

Inhale, through the left nostril, and exhale, through the right, using long deep breaths. Use the thumb and the little finger to close alternate nostrils. 3 Minutes

Repeat exercise, except inhale through the right nostril and exhale through the left. 3 Minutes

## Step 3

Sit in **Easy Pose** with your hands in Gyan Mudra on your knees, thumbs and index finger touching, elbows straight.

Begin **Breath of Fire**. Totally center yourself, and focus at the brow point. Continue with a regular powerful **Breath of Fire** for 2 to 7 1/2 minutes. Inhale, circulating the energy.

Relax or meditate for 5 minutes, then chant long "Sat Nam's," for at least 3 minutes, and up to 11 minutes, if you want.





# Meditation for the Central Nervous System

## What this meditation will do for you:

Nothing is better than this for the Sushmana Nadi and the Central Nervous System. It will bring elaborate changes in an individual who practices it.

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namoh Guru Dev Namoh.**"

Sit in *Easy Pose* with a straight spine. Relax your arms down with the elbows bent, and raise your forearms, until your hands are near the shoulders.

Face your palms forward in Gyan Mudra. Your eyes are 9/10ths closed.

Inhale, exhale, and with the breath held out, mentally vibrate – "Wahe Guru," as you first pull Root Lock, then Diaphragm Lock, then Neck Lock, in a continuous wave-like motion, with each repetition of the mantra. The whole spine will undulate.

Repeat a total of 9 times ( 9 mantra repetitions and 9 undulations ), on the held out breath.

Inhale, exhale and repeat. Begin practicing for 11 minutes, and slowly build time to a maximum of 31 minutes.





# Meditation for Self-Regeneration

## What this meditation will do for you:

This Kriya is a self-regenerating meditation.

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "Ong Namō Guru Dev Namō."

In *Easy Pose*, cross your arms over your chest as follows: Place your right hand completely under the armpit (thumb too), cross the left arm over the right, placing the fingers only under the armpit (thumb out). Close your eyes and drop your head back, making the back of the neck as short as possible.

Let the breathe regulate itself, as you mentally chant "Ra Ma Da Sa Sa Say So Hung," for 3 minutes.





# Meditation to Totally Recharge You

## What this Meditation will do for you:

This meditation totally recharges you. It is an antidote to depression. It builds a new system, and gives you the capacity and the caliber to deal with life. It gives you a direct relationship with your pranic body.

## How to do the Meditation:

With your hands in **Prayer Pose**:

Tune in with: "**Ong Namoh Guru Dev Namoh.**"

### Step 1

Sit with a straight spine in **Easy Pose**.

Extend your arms straight out in front of you, parallel to the ground. Close your right hand into a fist, and wrap your left fingers around it, so that the bases of the palms touch. Pull your thumbs close together and straight up. Focus your eyes on the thumbs. Now, inhale for 5 seconds (do not hold the breath in); exhale for 5 seconds; hold the breath out for 15 seconds.

Continue. Start with 3 to 5 minutes, and work up to 11 minutes. Build up the time, slowly. In time, you can work up to holding the breath out for 1 full minute. Continue for 3 - 11 minutes.





# Meditation to Tranquilize the Mind

## What this meditation will do for you:

This meditation will tranquilize the mind within 3 minutes. The hand position is called “the mudra, which pleases the mind.” Buddha gave it to his disciples for control of the mind.

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: “Ong Namō Guru Dev Namō.”

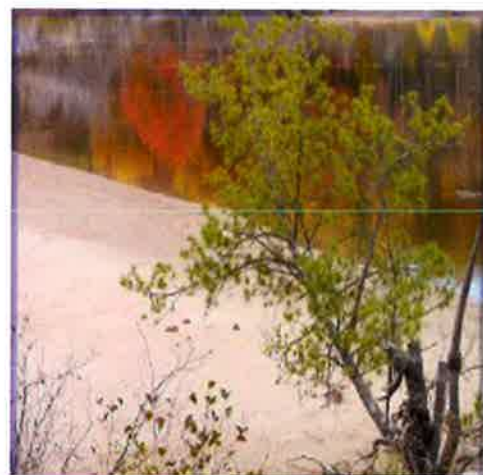
### Step 1

Sit in *Easy Pose* with a straight spine. With your elbows bent, bring your hands up and in, until they meet in front of the body, at the level of the heart.

Hold your elbows up, almost to the level of the hands. Bend the index fingers of each hand inward toward the palm, and join together, so that they press along the second joint. Extend the middle fingers, and they meet at the fingertips.

The other fingers are curled into the hand. The thumbs meet at the fingertips. Hold the mudra about 4 inches from the body, with the extended fingers pointing away from the body.

Focus on the tip of your nose. Inhale, completely, and hold breath, while repeating the mantra of your choice 11 to 21 times. Exhale, hold the breath out, and repeat the mantra an equal number of times. Practice for 3 to 31 minutes. “Sat Nam” is a good mantra to use.





# 3 Meditations to Eliminate Stress

## What these 3 meditations will do for you:

The following three amazing Kriyas work on the number one killer in our nation: STRESS. Do these Kriyas if you want to feel relaxed, mellow, and able to handle all the pressures of each day. The glandular system brings all the chakras into balance.

### Meditation #1 (Pittar Kriya)

#### How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "Ong Namo Guru Dev Namo."

#### STEP 1a and STEP 1b:

Put your left palm at center of your chest (on heart center). Your right elbow is bent, as your right hand is cupped and moves past your right ear, as if throwing water back behind you, over your shoulder.

Keep your right arm moving back and forth, for exactly 11 minutes; making sure that the wrist passes the right ear. Time is to be exact. Not less, not more. Inhale deeply, and hold the breath, while pressing your arm as far back behind you as possible. Repeat the inhale and hold twice more.

This Kriya is to eliminate stress and clean the liver.





# 3 Meditations to Eliminate Stress

## Meditation #2

### How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: **"Ong Namō Guru Dev Namō."**

Bend your elbows and press them in at the rib cage. With your palms facing each other, with the thumbs, hold onto the first joint of your Saturn (middle) finger of each hand, and release it with a jerk, while rapidly chanting aloud, "Har, Har."

With each flick of the fingers, repeat the chant over and over again, using the tip of the tongue (Note: Har is pronounced almost as if there were no vowel, and the r is rolled, as the tongue flicks the upper palate).

With your eyes fixed at the tip of your nose, continue this rapid 'flicking' motion, with the fingers. Eyes are fixed at the tip of the nose.

After 11 minutes, inhale deeply and hold the breath, while continuing to capture and then release the tip of the Saturn finger with the same springing motion. (Repeat the Breath Inhalation and Retention twice more, keeping the fingers moving. The thumb represents the "ID.").





# 3 Meditations to Eliminate Stress

## Meditation #3

### How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: **"Ong Namō Guru Dev Namō."**

For your Nervous System: sympathetic, parasympathetic and central nervous systems. This meditation works on your ability to DO; get rid of your "junk;" get rid of your "madness."

Look at the tip of your nose. Extend arms out straight to both sides, keep them straight (no bend in elbows), palms down, and crisscross them in front of you (horizontally), over and under, while chanting "Har," continuously, with the tip of the tongue, each time arms cross.

After 11 minutes, inhale, deeply. Hold the breath, while you continue to move your arms. Repeat the breath inhalation and retention twice more, relax.

Yogi Bhajan reminded everyone about COLD SHOWERS for hydro-therapy to open the capillaries. You go in and out of the water about four times, until the water no longer feels cold, vigorously massaging your body each time. Cold showers are not recommended for women, during their moon cycle). When someone asked about taking a hot shower first, and then ending with cold, he replied: "That would be like eating a lot of junk food and, then, having a healthy meal."





# Meditation for Breath Purification & Navel Energy

## What this Kriya will do for you:

This meditation charges the navel center and balances the lung meridians, increasing the flow of healing energy through the hands. As navel energy is distributed through the nadis, the entire body is cleansed and regenerated. If you slowly build the time up to one hour a day, the nerves will be strong and the mind focused. Meditating on the breath gives you a sense of the beauty of life and the beauty of self. If you are to have a strong mental foundation, it must begin in the recognition that you are a beautiful soul. Self-respect leads to respect for others, and gives the power to accomplish tasks, and be straight forward and truthful.

## How to do the Meditation:

With your hands in *Prayer Pose*:

Tune in with: "**Ong Namō Guru Dev Namō.**"

### STEP 1:

In *Easy Pose* or *Lotus Pose*, imagine yourself to be a very beautiful person and a perfect yogi. Straighten the spine. Raise your upper arms, at your sides, parallel to the ground, and bend elbows, with forearms at right angles. Press the hands back with palms up, as though you were pressing on a weight. Meditate at the brow point. Inhale deeply, hold briefly, and exhale completely. While pulling in the navel, **four times**, mentally vibrate "**Sat**," with the inhale, and "**Nam**," with the exhale. Then inhale very deeply, hold the breath and apply **mul Bhand (root lock)**, imagining pranic energy flowing from the cosmos to meet the apana energy at the navel point. Feel very divine and light. Then, exhale completely, and continue to apply root lock, with the breath held out, projecting the mind to meet consciously with the Divine. Relax the breath, and repeat the cycle, continuing for 5-10 minutes.





# Meditation for Breath Purification & Navel Energy

## Step 1

In **Easy or Lotus Pose**, rest your hands on your knees in Gyan Mudra, focusing at the 3rd Eye, and breath long, deeply, and powerfully, through both nostrils, for 10 minutes.





**CHAKRAS:** They are energy centers (seats of government) within and without the body, which help shape, mold and form our attitude and opinion towards our selves and life in general. The quality of our health, thoughts, feelings and levels of consciousness are greatly influenced by these chakras. Seven chakras exist within the body, while the eighth Chakra exist outside the body, and encompass the other seven. They are:

- **First Chakra** Located at the base of the spine where 72,000 nerves meet, this Chakra works to eliminate solid waste, and its concerns are basic survival and security.
- **Second Chakra:** Located at the 3rd and 4th vertebra and sex organs, this charka works to control the sex and reproduction system and our mental creativity.
- **Third Chakra:** Located at the navel center where all 72,000 nerve ending meet, this Chakra controls the fire digestion, and is often called the second brain. It deals with our identity, judgment and domain.
- **Fourth Chakra:** Located at the heart center, in the center of the chest (not the physical heart), this chakra is the balance point between the lower and higher energy centers or chakras. It is the center of compassion, kindness, and selflessness, and the seat of true love.
- **Fifth Chakra:** Located at the throat, and monitors the power of the spoken word.
- **Sixth Chakra:** Located at the center of the forehead just above and center of the eyebrow; is often referred to as the third eye, sixth sense or intuition. It is the infinite source of wisdom.
- **Seventh Chakra:** Located at the top of the skull, and often called the crown Chakra, thousand petal lotus, and the tenth gate. It is the highest center within the body
- **Eighth Chakra:** It is the energy field which surrounds the body, and is called the aura. It is the protective shield, which encloses the other seven chakras. It changes in size and radiance depending on our physical, mental and emotional health.

**HUKAM:** Order from the most high.

**KRIYA:** Complete action. Kriyas works on the total being; mind, body, spirit etc..

**HUMANOLOGY:** The science of self. The science of human behavior; which reflects physical, mental and spiritual well being.

**Kundalini:** In yogic tradition, spiritual energy that lies dormant (asleep), at the base of the spine, until it is activated (awakened) and channeled upward to the brain, to produce enlightenment (expanded awareness). Kundalini Yoga is called the Yoga of Awareness.

**Meditation:** The process of surrendering the finite limited self unto, (so as to be guided by) the infinite unlimited self.

- 1) The process of giving, to, and nourishing the self.
- 2) One-pointedness of body mind and spirit.
- 3) The ability to focus and/or concentrate on one thing unto infinity.
- 4) A devotional exercise or practice in contemplation; such as, a contemplative discourse, usually on a spiritual, religious or philosophical subject.



**MAHAN TANTRIC:** One who teaches white Tantric yoga.

**MANTRA:** Man = mind - Tra = projection or direction. To give focus to the mind.

**Adi Mantra (Ong Namō Guru Dev Namō)**

**ONG:** means creator; creator of creation.

**NAMO:** is a salutation or a greeting which means I “bow” or I “surrender”.

**GURU:** relates to the teacher within. GU means darkness, RU means light; that which take you from the darkness into the light.

**DEV:** means something special or divine

**NAMO:** is a salutation or a greeting which means I “bow” or I “surrender”.

**BIJ (seed or root) MANTRA**

**SAT NAM** is a seed mantra. It represents the sound embodiment or vibration of “truth itself.” It is the most widely used mantra in the practice of kundalini yoga. It is a universal mantra, and not limited to kundalini yoga. In conversation, “Sat” means “coming from the truth in me, recognizing the truth within you, let us share truthfully with each other.”

**SA-TA- NA- MA.** cycle of creation

**SA** = infinity, **TA** = birth, **NA** = death, **MA** = rebirth.

Mangala Charan Mantra.

**Aad Guray Nameh Jugaad Guray Nameh Sat Guray Nameh Siri Guru Devay Nameh**

This is a mantra used for guidance and protection. When chanted, this mantra surrounds your magnetic field with a protective light that provides a shield on your journey to discover more about yourself.

**WAHE GURU** the mantra of ecstasy. It is also a **BIJ Mantra**.

**WA** means wow, **HE-** means, indescribable. The experience of being taken from the **GU** darkness into the **RU** light of my self sends me into ecstasy

**GURU-GURU- WAHE-GURU-GURU- RAM-DAS-GURU**

This mantra call upon Guru Ram Das for spiritual guidance and protection.

Guru Ram Das is Yoga Bhajan’s teacher and a member of the golden chain of teachers.

**HAR:** Relates to the masculine aspect of the creative infinity, God.

**HARI:** Relates to the feminine aspect of the creative infinity God.

**RA – MA – DA - SA-, SA – SAY - SO-HUNG.**

This mantra is the Siri Gaitri mantra and is used for healing.

**RA** = sun, **MA** = moon, **DA** = earth, **SA** = infinity, **SAY** = totality of infinity, **SO-HUNG** = I am thou.



- MUDRA:** Hand positions:
- Prayer Mudra** stimulates the mind nerve, thus creating greater neutrality.
- Gyan Mudra:** Is used for developing wisdom
- Shuni Mudra:** Is used for developing patience and discernment.
- Surya Mudra:** Is used for developing strength and vitality.
- Budhi Mudra:** Is used for developing and enhancing columniation.
- Venus Lock:** Is used for channeling sexual energy and promotes glandular balance.
- Bear Grip:** Is used for stimulating the heart and intensifying communication.
- HANDS in or on the LAP:** Is used for receptivity, relaxation and meditation.
- NAAD YOGA:** The yoga of sound and sound vibration.
- SUSHMANA:** Central nerve channel. It travels all the way up the center of the spine and wraps itself around the brain. The Ida, and the Pingala wraps itself around the central nerve, and the central also connects the charka systems.
- WHITE TANTRIC YOGA:** That yoga which works to balance the masculine and feminine qualities in each of us.
- Yoga:** The process through which the finite can experience the union of the infinite via body mind and soul. A system of physical exercises, designed for use in the attainment of that union with the body and mind and soul.



**Resource Information Based on the Teaching of Yogi Bhajan**  
**ALL YOGA SETS AND MEDITATION COPYRIGHT by Yoga Bhajan.**

Published Works by Yogi Bhajan and His Students as well as my personal notes

Kundalini Yoga Sadhana Guidelines:

Kundalini Research Institute (KRI)

Kundalini Yoga For Body Mind and Beyond:

Ravi Singh

Kundalini Yoga Survival Kit:

Yogi Bhajan. Compiled by SS Vikram Kaur Khalsa & Dharam Darshan Kaur Khalsa

Kundalini Yoga Transitions to a Heart Centered World:

Guru Rattan Kaur Khalsa

Kundalini Yoga Relax and Renew:

Guru Rattan Kaur Khalsa

Kundalini Yoga Owner's Manual For The Human Body

Compiled and Illustrated by Harijot Kaur Khalsa

Kundalini Yoga for Youth and Joy

Yogi Bhajan

**Meditation into the essence of self taught by Yogi Bhajan / Personal Notes.**

***Here Is Where You Can Get these Books and Tapes***

Ancient Healing Ways

1-800-359-2940 –

[www.a-healing.com](http://www.a-healing.com)

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Cherdi Kala phone- 1-310-859-1770

Spirit Voyage

1-888-735-4800

[www.spiritvoyage.com](http://www.spiritvoyage.com)





# Concluding Statement

The quality of life is expanded by Kundalini Yoga, which is both a science and an art. It is a technology designed for every day people, so that they may live and experience extraordinary lives. It is the Science of Awareness that teaches you what to do, even when you don't know what to do. It is colorful and measurable. It is our birth right to be healthy, happy and whole human beings. It is a gift. Use it wisely.

Sat Nam!







# **EXPERIENCING KUNDALINI YOGA** **as Taught by Yogi Bhajan**



*with Awtar Singh Khalsa*