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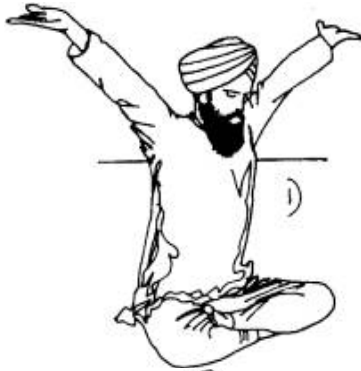
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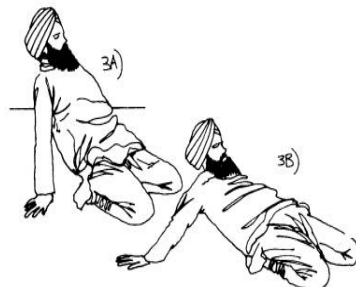
Kundalini Yoga Electromagnetic Field and Heart Center (From Sadhana Guidelines)



1) Sit in easy pose. Hold the arms up at a 60-degree angle with wrists and elbows straight, palms facing up. Begin breath of fire for 1 minute. Then inhale - hold your breath and pump the stomach in and out 16 times. Exhale - relax the breath. Continue the cycle for 2 to 3 minutes. Exercise 1 builds the psycho-electromagnetic field. If your elbows bend, the psycho-electromagnetic field will not be reformed and strengthened properly. If the exhale after pumping the stomach is rough or gasping, then your magnetic field is very weak.



2) Immediately sit on the heels with arms parallel to the ground at the sides. Let the hands hang limply from the wrists. Begin breath of fire for 3 minutes. Inhale - hold, and relax. The second exercise is for the heart. This stimulates the thyroid, parathyroid, and navel center. If you practice these, you will never need cosmetics. A smooth, radiant complexion and a glow in the eyes and face are natural by-products of this exercise.



3) Sit on your heels. Spread the knees wide apart and lean back 60° from the ground. Support the body with arms straight down in back (3A). Tilt the neck back - inhale - pump the stomach in and out until the breath can be held no longer. Exhale. Continue for 1-1/2 to 2 minutes. Then, tilt the spine back further to 30° and continue the breathing cycle for another 1-1/2 to 2 minutes (3B).



4) Still sitting on the heels with knees spread wide, put the forehead on the ground with arms stretched forward and relaxed. After 1 minute, begin long deep breathing for 2 minutes. (Exercise 4 feeds the newly-constituted blood into the brain cells and moves the spinal fluid. This helps repair the damage to the brain done by drugs like alcohol, marijuana, etc.).

Then for 2 minutes chant:



Teacher: "Ong, ong, ong, ong."

Students: "Ong, ong, ong, ong."

Teacher: "Sohung, sohung, sohung, sohung."

Students: "Sohung, sohung, sohung, sohung."



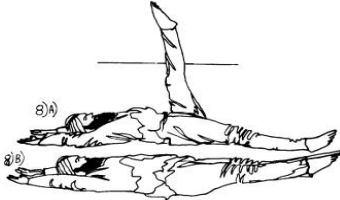
5) Grab the toes with legs slightly spread. Hold for 1 minute. Exercise 5 is for balance.



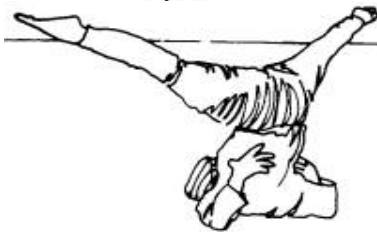
6) Back platform: The body is straight with the heels on the ground and the upper portion of the body held up by straight arms. Drop the head back and begin breath of fire. After 30 seconds, begin to "walk" the legs wider apart until they are spread wide. Walk them back together again and continue "walking" while doing breath of fire for 30 more seconds. Inhale, exhale and move immediately into a front stretch holding the toes for 1 minute. Relax on the back for 3 minutes. Exercise 6 is for the thyroid, lower back, and heart.



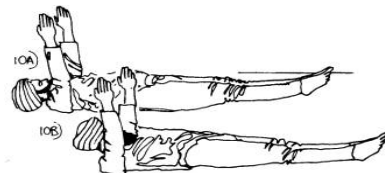
7) Sit on the left heel, stretch the right leg forward and grab the big toe with the right hand. Pulling back on the toe, grab the heel with the left hand. Keep the chin tucked into the chest and the eyes fixed on the big toe. Inhale deeply -exhale and hold the breath out for 8 seconds keeping mul bandh and diaphragm lock tightly pulled. Inhale. Continue for 3 minutes. Relax for 5 minutes on the back. Exercise 7 is the great seal of yoga: Maha mudra. Its effects fill pages. This exercise can be practiced by itself.



8) Lie on the back. Stretch the arms overhead on the ground. Raise the left leg 90° and begin breath of fire for 1 minute **(8A)**. Switch to the right leg for 1 minute, continuing breath of fire. Then raise both legs 12 inches only and keep up the breath of fire for 1 more minute **(8B)**. Relax for 2 minutes. Exercise 8 balances prana and apana.



9) Slowly come into shoulder stand. Spread the legs wide open and begin breath of fire for 3 minutes. Relax on the back for 3 minutes. Exercise 9 is for the thyroid.



10) Lie on the back. Inhale and lift both legs six inches. Arms should be straight up from the shoulders with the palms facing in **(10A)**. On the exhale, let both legs down and bring the head up pressing the chin on the chest **(10B)**. Continue for 3 minutes with long deep breathing. Relax for 2 minutes. Exercise 10 for the heart center.



11) Sit in easy pose and hold opposite elbows across the chest. Roll the head in a slow figure 8 for 30 seconds in one direction, then 30 seconds in the other direction. Then inhale deeply, and bend forward to the ground. Exhale and rise up as fast as possible. Repeat this 10 times.

Exercise 11 for the heart center.



12) Meditate by chanting:

God and me, me and God, are one.

This set works on the coordination and repair of the nervous system by stimulating the heart center. Your normal feeling of happiness, connection, and well-being depends on the balance of your individual psycho-electromagnetic field. If it is strong, your muscles obey the message nerves, and the message nerves give good perception to the brain. Proper maintenance of the nerves depends on the basic elements and hormones in the constitution of the blood. This set will balance the blood.

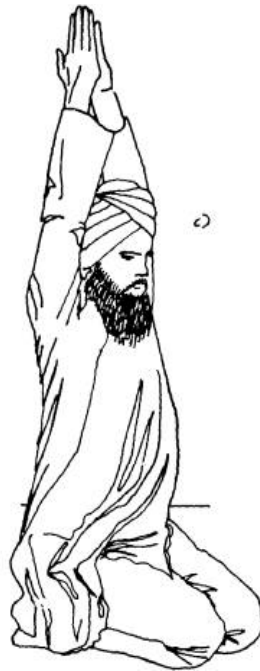
The best results are always obtained if you practice a set until you master it. If you cannot do the exercises for the full-time period, do what you can and slowly build up to it. When you can keep up with all the given times and are in a good posture for each exercise, continue the set each day for 40 days as you master the mental poise and meditation of the full set.

Kundalini Yoga to channel energy up the spine (Sat Kriya) (From Sadhana Guidelines)

1. Sit on the heels and stretch the arms over the head so that the elbows hug the ears **(A)**.



2. Interlock all the fingers except the first ones (index) which point straight up **(B)**.



After a lot of practice you can hold your hands in prayer mudra.

3. 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.

COMMENTS:

Sat Kriya is fundamental to Kundalini yoga and should be practiced every day for at least 3 minutes. Its effects are numerous. Sat Kriya strengthens the entire sexual system and stimulates its natural flow of energy. This relaxes phobias about sexuality. It allows you to control the insistent sexual impulse by rechanneling sexual energy to 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 blood pressure you generate from the pumping motion of the navel point. This exercise works directly on stimulating and channelizing the 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 afterward. 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 for 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. It is not just an exercise, it is a kriya that works on all levels of your being - known and unknown. You might block the more subtle experiences of higher energies by pushing the physical body too much. You could have 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 constancy, patience, and moderation. The end result is assured.

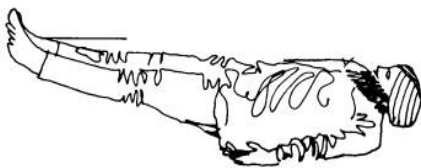
Notice that you emphasize pulling the navel point in. Don't try to apply Mula Bandha. Mul bandh happens automatically if the navel is pulled. Consequently, the hips and lumbar spine do not rotate or flex. Your spine stays straight and the only motion your arms make is a slight up-and-down stretch with each "Sat Nam " as your chest lifts.

If you have time for nothing else, make this kriya part of your everyday exercise.

Kundalini Yoga for flexibility and the spine (From Sadhana Guidelines)



1) Archer Pose: Stand with the right leg bent forward so the knee is over the toes. The left leg is straight back with the foot flat on the ground, at a 45 degrees angle to the front foot. Raise the right arm straight in front, parallel to the ground, and make a fist as if grasping a bow. Pull the left arm back as if pulling the bowstring back to the shoulder. Feel a tension across the chest. Face forward and fix the eyes above the fist to the horizon. Hold the position for 3 to 5 minutes, then switch legs and arms and repeat.



2) Immediately lie on the back. Put the heels together and lift both legs two feet from the ground. Hold the position for 1 to 3 minutes with long deep breathing.



3) Locust pose: Lie down on the stomach. Make fists with the hands and put them on the lower abdomen inside the front hip bones near the groin. Keeping the heels together and the legs straight, lift them up as high as possible and hold this position for 3 minutes.



4) Bow pose: Still on the stomach, reach back and firmly grasp the ankles. Arch the back up from the ground and balance by pulling the ankles. Hold the position for 2 to 3 minutes.



5) Stand up straight and spread the legs two feet apart. Touch the right hand to the floor in front of the left foot. The left arm is pointing back. Switch sides and continue this alternate motion with long breaths. On the inhale, rise up completely; on the exhale touch the toe. Repeat 25 times on each side.



6) Stand up with the legs 6 inches apart. Bend forward and place the palms flat on the ground and exhale **(6A)**. Inhale and rise up stretching backward with the arms over the head **(6B)**. Continue 25 times.



7) Stand with the legs 6 inches apart. Bend sideways stretching the arm over the head. Alternate smoothly from side to side, inhaling down and exhaling up. Do not let the body bend forward or backward. Continue 25 times on each side.

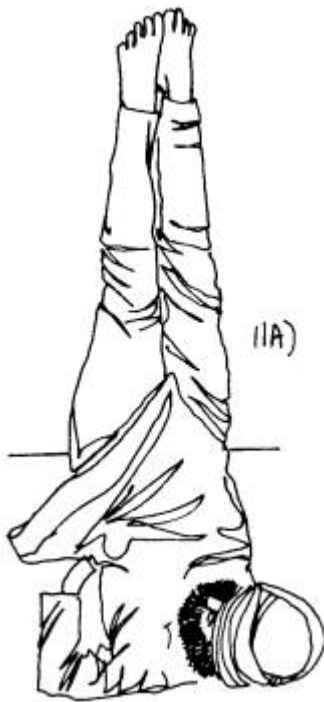


8) Sit down and extend the legs out in front, spreading them wide. Grab the big toe of each foot by locking the forefingers around the toe and the thumb pressing the toenail. Keeping a firm grip on both toes, inhale and arch the spine up straight. Exhale and touch the head to the right knee. Inhale to the original position, and exhale down to the left knee. Continue to alternate knee touches 25 times on each side. Inhale, hold your breath and exhale.

9) In this same sitting position, bring the legs together while still holding onto the toes. Inhale and arch up, exhale and pull the head down to the knees. Continue this pumping motion 25 times.

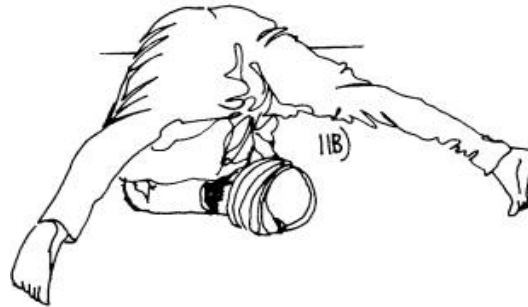


10) Plow pose: Lie flat on the back. Slowly raise the legs over the head until they touch the floor. The arms should be over the head pointing towards the toes. Keep the knees straight and point the toes towards the head, stretching the heels back. Relax in this position for 5 minutes. Slowly lower the legs back down to the ground.

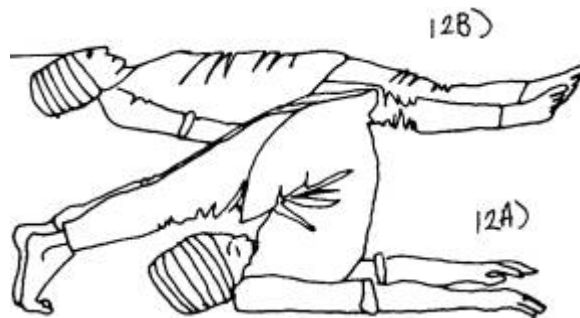


11) Shoulder stand: Come into this position by raising the legs straight up towards the ceiling **(11A)**. Support the spine perpendicular to the ground with the hands. Let most of the weight be on the elbows. Hold this position for 3 to 5 minutes.

Then bring the legs down in the back of the head as in the plow pose, but spread the legs wide apart **(11B)**. Slowly go from this position to shoulder stand 4 times. Lower the legs and spine and rest on the back.



12) Come into a plow pose with the arms along the ground in the back of the spine **(12A)**. Alternate from plow pose to lying flat on the back **(12B)**. Continue 50 complete times. The hands may be used to lift the legs up and back. Relax for 3 minutes.

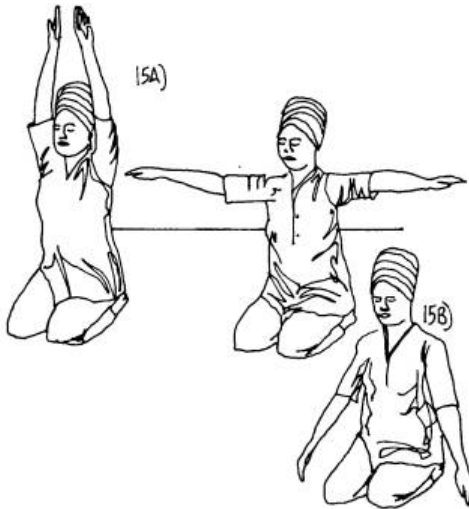


13) Sat Kriya: Sit on the heels with the arms over head and the palms together. Chant "Sat" and pull the navel point in, chant "Nam" and release it. Continue powerfully with a steady rhythm for 5 minutes. Inhale, apply mul bandh and draw the energy up the spine to the brow point.

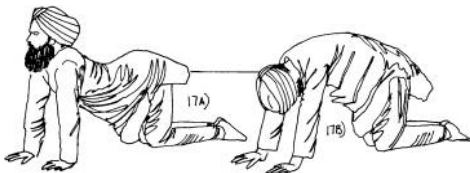


14) Immediately bend forward in gurpranam: Place the forehead on the ground and stretch the arms overhead, keeping the palms together. Meditate at the brow point by silently projecting the primal sounds, "Sa Ta Na Ma." Continue for 31 minutes.

15) Sit in rock pose. Inhale and raise both arms over the head bringing the backs of the hands together **(15A)**. Exhale and lower the arms letting just the fingertips touch the floor **(15B)**. Continue this motion for 5 minutes.



16) Stand up and extend the arms straight forward parallel to the ground **(16A)**. Begin 25 deep knee bends into the crow pose, keeping the spine straight and the feet flat **(16B)**.



17) Cat-Cow: Rest on the hands and knees. Arch the spine down and raise the head with the inhale **(17A)**. With the exhale arch up the spine and lower the head **(17B)**. Continue for 5 minutes.



18) Deeply relax for 15 to 30 minutes on the back. Cover the body with a blanket to keep from getting cold.

COMMENTS:

This set is an example of a series that would not be given in a normal Kundalini yoga class. It is for students who have attained a moderate degree of flexibility and coordination in regular classes and sadhana and who want to eject residual poisons and drugs from the muscle tissue. If the set is done every morning for six months, it adjusts the spine so well that many future chiropractic bills will be unnecessary. Before attempting this set under guidance, be sure you have no major physical problem that will prevent you from doing any of the exercises.

Unlike most Kundalini yoga kriyas, you do not take a 2-3 minute rest between each exercise unless it is explicitly stated. The set can be adapted to a regular class by keeping the time of the exercises to 1-2 minutes and by adding rest periods between the exercises.



1) Come into Camel Pose.

Breathe powerfully through the nose with one complete breath every 2 - 3 seconds. Inhale deeply to fill the lungs, and as you exhale press the navel forcefully towards the spine. Continue for **4 minutes**.

This exercise is effective in the treatment of water and food diseases. It helps reduce obesity and, with regular practice, "gives one the power to live forty days without food".

Variation: You can also do this to music, using *Jaap Sahib* recording by Ragi Sat Nam Singh. Chant with the music and breathe powerfully and rhythmically. Press the navel in on the syllables of *Namastang and Namo*. Continue through Verse 28. (The next verse begins with *Chaachree Chand Tay Prasad*.)



2) Come into Crow Pose. Keep the spine straight and the feet flat on the ground. Extend the arms straight out in front, Parallel to the ground with the hands in fists. Maintaining tension in the arms, move the arms alternately 30 degrees below parallel, with one arm rising as the other descends. Continue for **2 minutes**.

(Musical Variation: Chant along with Jaap Sahib.)

3) **Lie on the back** and interlock the hands behind the neck at the hairline. Raise the legs, hips, buttocks, and torso off the floor in an arching, jumping motion. Let the body drop down and hit hard on the floor. Continue for **4 minutes**.

This is a good exercise for the lower back and is "the best thing a woman can do for herself".

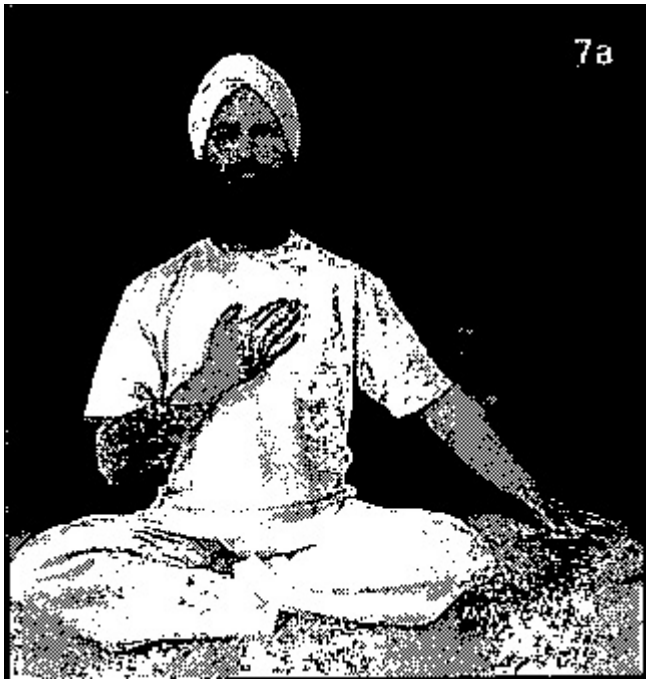


4) Sit in Easy Pose. Extend the arms out to the sides, palms facing down. The right arm is 30 degrees above parallel, and the left arm is 30 degrees below parallel. Keep the arms straight, moving them together in one line. The right one lowers to the floor, slapping the ground 4 times as the left arm rises and makes the same slapping motion in the air. Move to the rhythm of the mantra Har Har Har Haree. **3 minutes**. *Chant this mantra powerfully in a monotone from the navel Center behind the belly button.*

5) Remain in Easy Pose and move the arms as in Exercise 4 with the mantra *Har Har Whaa-hay Guroo*. On the fifth beat, *Guroo*, do a quick double strike with the hands. Continue for **3 minutes**.

6) Repeat Exercise 5 chanting the mantra twice per side for **3 minutes**.

7) Continue chanting Har Har Whaa-hay Guroo as you proceed through the following postures. Each is done for 30 seconds.



a) Place the right hand on the heart and tap the ground with the left hand.

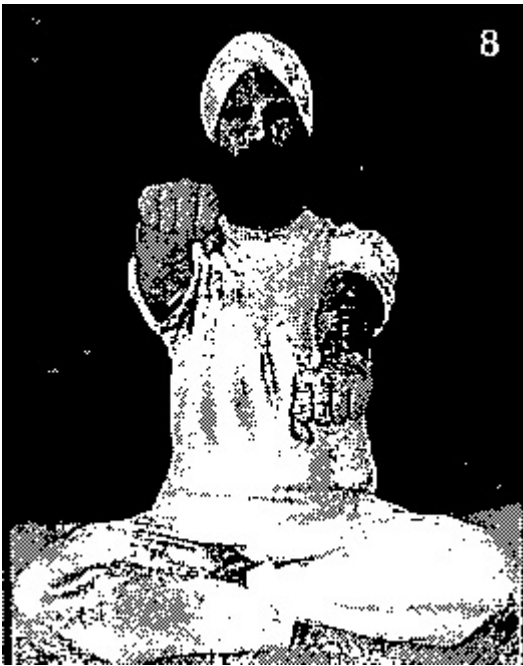
b) Continue with both arms as in Exercise 4.

c) Repeat 7a.

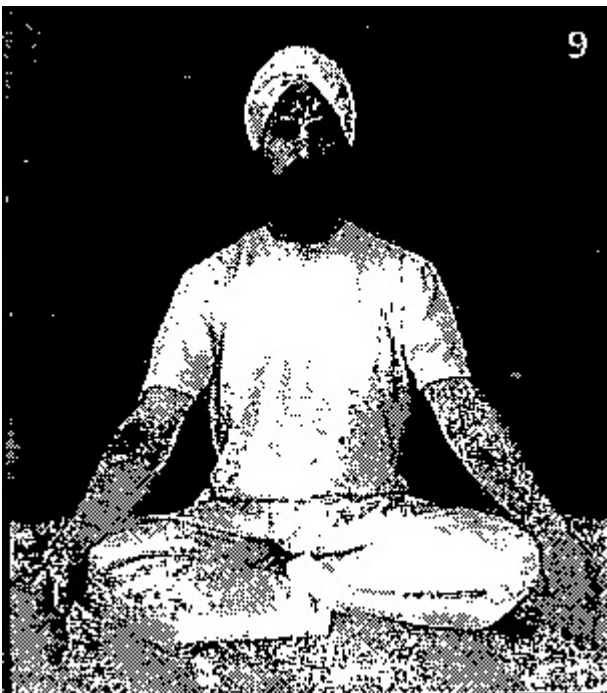
d) Repeat 7b

e) Repeat 7a.

This is a brain exercise which strengthens the electromagnetic field. The upper arm motion is said to bring youthfulness and the motion of the lower arm, or striking arm, brings you energy.



8) **Sit in Easy Pose.** Extend the arms straight in front parallel to the ground, hands in fists. Powerfully move both hands alternately 30 degrees above parallel and 30 degrees below parallel. Move like a fast and powerful machine. Begin with Breath of Fire, then substitute the mantra Saa Taa Naa Maa in the Rhythm with the arm movement. Continue for **2 minutes.**



9) **Sit in Easy Pose** with hands in Gyan Mudra resting on the knees. Breathe through the nose and gently, experiencing peace and compassion. Meditate and feel healed throughout. Continue healing meditation **for 5 to 10 minutes.**

Musical Variation: using a version of Dhan Dhan Ram Das Gur openly from the heart.

10) **Lie on your back** with the arms by the sides, and palms facing up. Deeply relax for 10 minutes.

Comments: *Stress is endemic in our society. It can never be completely avoided, so its negative effects must be counteracted in the body. One of the victims of chronic stress is the endocrine system. these glands are charged with adjusting the chemical balance in the blood and, in turn, the experience of well-being. Chronic fatigue and attempts to self-medicate using caffeine are often signs that stress has led to poor adrenal function.*

This kriya is beneficial in strengthening the adrenal glands and relieving the long-term effects of stress. The adrenal glands play a very important role in the overall health of the body, mind, and spirit. They produce hormones that control the body's automatic functions of breath rate, heartbeat, and digestion and determine whether the body is relaxed or alert.

This set of exercises strengthens the adrenal glands, improves digestion, balances the nervous system and the brain's hemispheres, helps alleviate fear, and invigorates the body.

Yogi Bhajan

Kundalini Yoga for disease resistance and heart helper (from Sadhana Guidelines)



1. Sit in easy pose. Interlace the fingers of both hands. Press the thumb tips together. Put this hand lock with palms up in the lap. Apply mul bandh by contracting and pulling up the rectum, pulling in the navel point, and lifting up the sex organ. Chant **“God and me, me and God are one”**. With each cycle of the mantra, pull up the locks a little tighter. Continue for 3 minutes.



2) Sit in easy pose with the hands in Gyan mudra resting on the knees. Inhale deeply, and exhale slowly and completely without dropping the rib cage. Hold your breath out and pump the stomach in and out. When you cannot pump anymore, take another breath and continue for 3 minutes.



3) Sit in easy pose. Bring the left arm to the back of the torso, bend at the elbow and stretch the left hand toward the right shoulder. The palm faces away from the body. Inhale deeply, and exhale completely. Hold your breath out as long as you can. Apply Mula Bandha. Then inhale and repeat the cycle. Continue for 3 to 5 minutes.

4) Sit in any comfortable meditation posture.

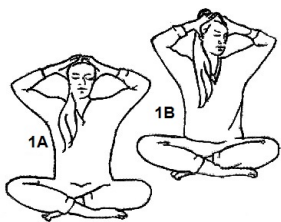
Meditate on the regular energetic flow of the breath.

Feel your radiance and light.

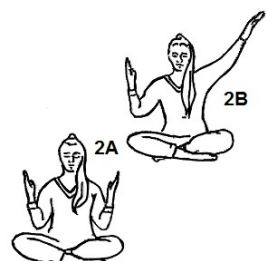
COMMENTS:

The first exercise improves your health by invigorating the first chakra and elimination. It promotes calmness and disease resistance. The third chakra, endurance, and nerve strength are stimulated by Exercise 2. Exercise 3 strengthens the heart and increases circulation above the diaphragm. Three repetitions of this kriya is a very effective practice.

Kundalini Yoga for the lymph nodes (From The Kundalini Yoga Workbook)



1) Sit down with crossed legs. Place the fingers on the head and close the ears tightly with the thumbs **(1A)**. The palms do not have to touch the head. In this position, turn from one side to the other **(1B)**. Divide the movements into left, center, right, center, and so on. Keep the elbows up (three minutes).



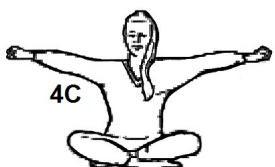
2) Remain seated with legs crossed. Press the pad at the bottom of the little finger in the palm with the thumbs. Bend the elbows and keep the hands close to the shoulders, palms facing you **(2A)**. The chin is retracted and the chest is pushed forward during the exercise. Alternately stretch the arms up and to the side, palms facing you **(2B)**. One hand goes up while the other goes down. Move powerfully. The breathing will become as powerful as with fire breathing. Try to do it so vigorously that it exhausts you (three to four minutes). *This exercise stimulates the lymph nodes of the arms and chest.*



3) Remain seated with legs crossed, place the hands on the knees, palms up. The hands are relaxed but not limp **(3A)**. Inhale through the mouth while lifting the arms. As you inhale, make the sound of deep heavy breathing. The mouth is round and wide open **(3B)**. During the exercise, this sound will sound like the roar of a lion.

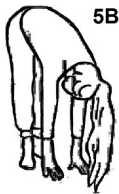
Exhale through the mouth and put your hands on the knees. This exercise may be performed very vigorously. It does not matter that during the exercise the hands do not touch the knees, more important is that they are lifted up to behind the head. The elbows may also bend slightly as the arms are raised (four to five minutes).

" There are a lot of dead cells in the lungs. A lot of mucus remains in the lungs. Then the cleansing system of the lungs does not work properly; the lymph nodes do not do their job properly. If this continues you will eventually develop a disease that cannot be cured. Thousands of years ago people said: when something goes wrong above the navel point, it is usually a permanent problem. Below the navel point, a disease can always be cured."



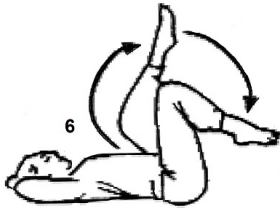
4) Stay seated, press the pads at the bottom of the little fingers with the thumbs **(4A)**, and put the fingers over the thumbs to make firm fists **(4B)**. Extend the arms up and to the sides, palms facing down **(4C)**. Moving quickly, lower the fists about thirty centimeters **(4D)**, and return them to a horizontal position. Repeat the movement. Then quickly raise the arms to above the head **(4E)** and lower them again until they are horizontal **(4C)**. Repeat the movement. Keep the movements separate and rhythmic. Continue this four-part exercise for three minutes: down, down, up, up.

" If the movements are done vigorously, they will come naturally. The breath helps you persevere. You will breathe through every pore in your skin. The sympathetic and parasympathetic nervous systems are balanced with each other. If you have always drunk a lot of coffee, this exercise may be difficult for you."

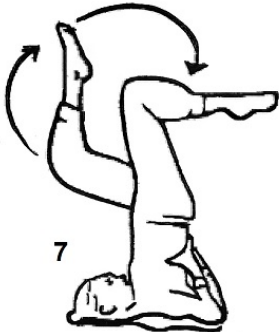


5) Come on your squat in the frog position, your toes on the ground, heels together, and off the ground. The arms are between the knees **(5A)**. Inhale and lift the buttocks up high, facing the knees **(5B)**. Exhale and return to the starting position, keeping the head straight. Continue this for three to four minutes in this sequence. About one whole movement (two postures) per second. Total 180 - 240 times.

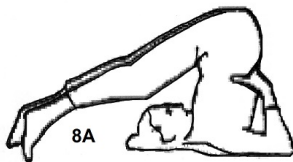
The frog pose is good for circulation and can prevent breast cancer.



6) Lie on the back. Put the hands in the venus grip under the neck. Lift the legs and make cycling movements in the air **(6)**. The feet make large circular movements (three minutes).

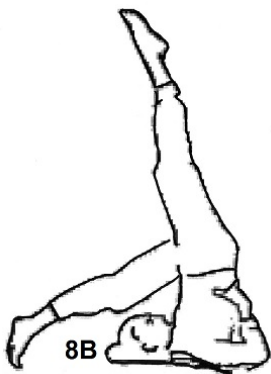


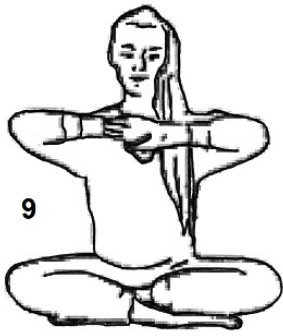
7) Come into the shoulder position, and support the lower back with your hands. Make the back as straight as possible and keep the hips pushed forward. Make cycling movements with the legs high in the air **(7)**, for two to three minutes.



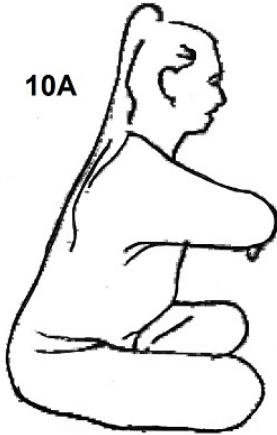
8) Now lower the legs to behind your head in the shift position **(8A)**. Make a scissoring motion with the legs, alternately letting the toes of both feet touch the ground **(8B)**. Move powerfully and quickly. Keep this up for one minute.

This exercise helps prevent back pain.

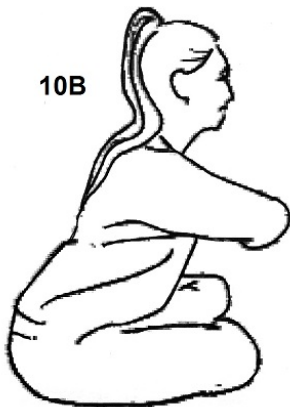




9) Sit with your legs crossed. Stretch the back. Place the left hand in front of the right hand, keeping the palms facing forward and at shoulder height in front of the chest. The right palm touches the back of the left hand **(9)**. Chant on one note, over and over, for one minute:



10) Remain in the same posture lean slightly forward from the hips as you chant Hara Guru **(10A)**. At Siri Guru go down two-thirds **(10B)**. At Wahe Guru, the hands touch the ground (keep them in the mudra). The head may also touch the ground **(10C)** Come back up quickly and start again without interrupting the rhythm (five to six minutes).



11) In the same posture, with the arms on the ground **(10C)**, do a minute of heavy fire breathing. Then let the breathing go and rest in this posture for one to three minutes. Say a prayer within yourself.

Kundalini Yoga for purifying the self (From Sadhana Guidelines)



1) Stand up. Then squat down, keeping the feet flat. Extend one leg as far as you can with the top of the foot on the ground. Most of the pressure will be on the bent leg. Put the palms together at the level of the mental nerve at the center of the chest. Focus on the brow point. Inhale deeply and hold for 7 to 8 seconds. Repeat this cycle 3 times. Then switch legs and do it completely again. Continue until each leg has been extended back 3 times.



2) Sit in easy pose. Lift the diaphragm high. Raise both shoulders as high as possible. Place the hands on the hips. Inhale and exhale very deeply while holding this posture. Continue for 2 to 3 minutes



3) Still in easy pose, hook the fingers together at the center of the chest with the right palm facing down, Forearms and elbows parallel to the ground. Inhale deeply. Exhale completely with force and apply mul bandh. Inhale - hold your breath, apply mul bandh and mentally raise the pranic energy from the base of the spine to the top. Continue this breath cycle for 3 minutes.



4) Sit in easy pose. Extend the arms out from the sides, parallel to the ground. Press the fingers up, palms facing out, Roll the eyes up, and focus at the brow point. Inhale deeply — hold your breath while applying a firm Mula Bandha for 20 seconds. Then exhale and repeat the cycle. Continue for 2 to 3 minutes.

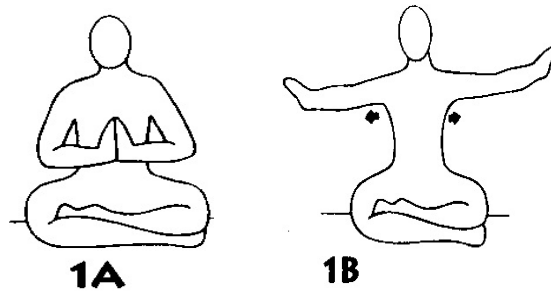


5) In easy pose, press the palms together with the fingers pointing up. Pull the spine straight. Press the palms together with 30 to 50 pounds (13 to 23 kg) of pressure, Hold the position for 2 minutes. Then relax.

Comments:

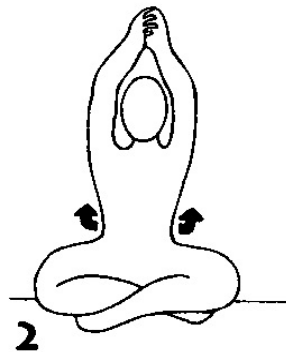
This kriya energizes you and helps purify the mind and body. It is an excellent kriya to practice before giving a healing relaxing massage to someone. If you massage people professionally, it can keep your energy together and prevent you from getting drained. Exercise 1 will raise the sexual and digestive energies of the body. Exercise 2 will open the lungs and the thyroid. Exercise 3 opens the heart and gives it strength. Exercises 4 and 5 increase healing power in the hands and circulation to the upper body.

Kundalini Yoga KY for Strengthening the Immune System 1

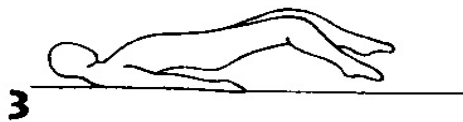


1. Sitting in easy pose, bring your hands into prayer pose at the center of your chest and then extend your arms out to the sides. Return them to prayer pose and continue, stretching the armpits as much as you can when you extend the arms out to the sides. Breathe long and deep. Keep moving faster and faster, extending the arms all the way out. You are exercising your immune system and making it stronger.

After 3 minutes start getting angry and feisty. Start fighting and use the motion to get all your anger out. Continue for another 8 minutes.

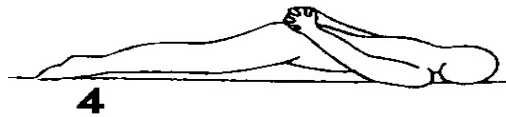


2. Sitting in easy pose, interlace your fingers to lock your hands above your head with your elbows straight. Twist left and right from the base of your spine. Do breath of fire and move wildly. 4 Minutes. *This is very good for the liver.*

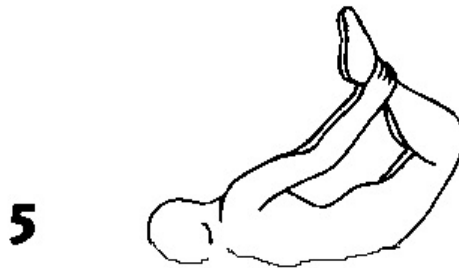


3. Lie down on your back and make your body jump vigorously up, down, and all around. Move every part of your body including your head. Move vigorously. 4 Minutes.

This is the best exercise to get rid of anger and it makes the immune system healthy.



4. Turn onto your belly and lock your hands in the small of your back. Again make your body jump vigorously up, down, and all around. Move every part of you. 3 1/2 Minutes.



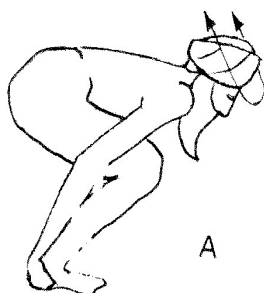
5. Keeping your forehead on the floor, grab your ankles and pull up on them so that you lift your knees up from the ground. Once you are balanced with your knees suspended, hold the posture with a long, slow breath for 1 1/2 Minutes.

6. Turn over onto your back and nap, listening to "Naad" by Sangeet Kaur. After 11 minutes begin to sing along for another 4 minutes. *In class, Yogi Bhajan played the gong during this meditation.*

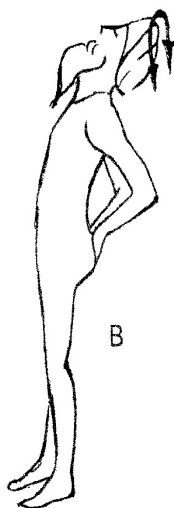
COMMENTS:

It is the self-control that matters in life. Life is not given to you for any other reason but to experience your own creativity and your own Self in the dignity of its existence.

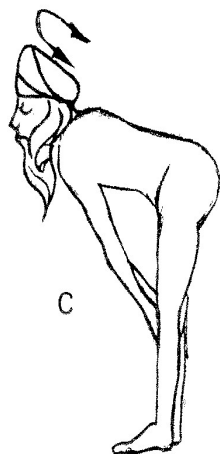
Yogi Bhajan, October 22, 1985 (From Physical Wisdom)



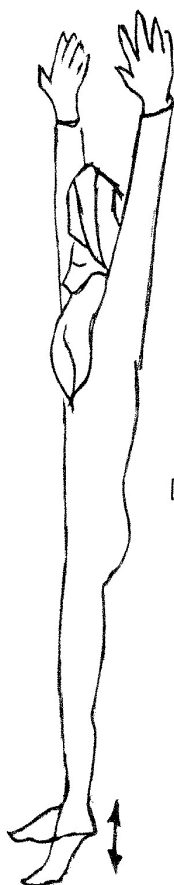
A) Come into chair pose: knees bent, back parallel to the ground, hands grasping the heels firmly. Keep the spine straight. The head looks down. (A) Turn your head to the left shoulder and say WHAHE. Turn your head to the right shoulder and say, GURU. Alternate at a moderate pace to make a continuous sound current:
WHAHE GURU WHAHE GURU WHAHE GURU. Continue for 3 minutes.



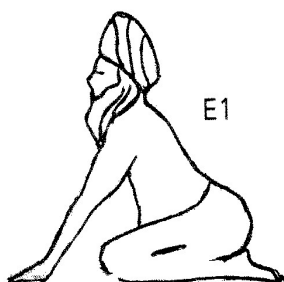
B) Stand up straight. Put hands on the hips and lean backward. Keep the legs straight. Let the head fall back. (B) Turn your head to the left and say WHAHE. Turn your head to the right and say GURU. Continue for 3 minutes.



C) Stand straight. Bend a little so the hands rest on the knees. The spine is straight but bends the head up. (C) Then chant WHAHE while turning the head to the left. Chant GURU while turning head to the right. Continue for 3 minutes.



D) Stand up. Stretch arms overhead trying to touch the sky. (D) On WHAHE, the feet are flat on the ground. With GURU, rise up on your toes. Vibrate up and down for 3 minutes.



E) Sit on the heels. Place the palms flat on the floor just in front of the knees. The spine and arms are straight looking like a sphinx. (E1) Bend forward, touching the forehead to the ground, and chant GURU. (E2) Rise up and chant WHAHE. Continue for 3 minutes.

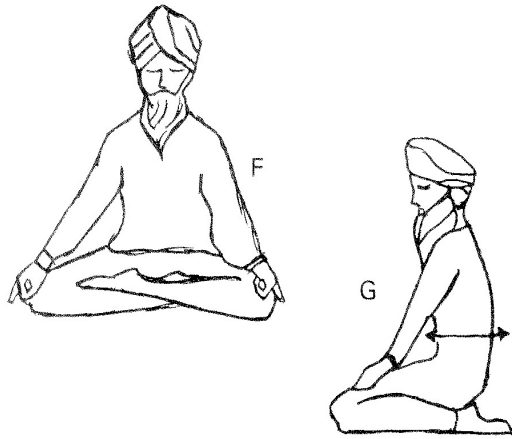


F) Sit in easy pose. (F) Begin to whisper the panj shabad:



SA - TA - NA - MA

After 2 minutes, chant loudly for 2 minutes.



G) Immediate come on the heels with palms on thighs. Begin flexing the spine and with a powerful whisper chant SA-forward, TA-back, NA-forward, MA-back. (G) Continue for 3 minutes, then meditate.

COMMENTS:

This kriya is known by experiencing it. Basically the set is a total workout for the thyroid, pituitary, and pineal glands. Your whole body will sweat. Meditation after this kriya brings the realization that we are channels for truth and that "to maintain grace in the most ungraceful moments is the true human worth."

Kundalini Yoga for abdominal strengthening

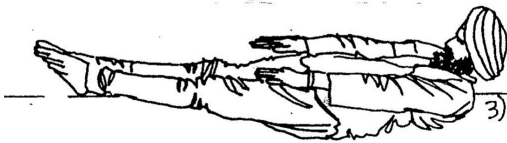


1) Sit on your heels. Interlock the fingers (venus lock) behind the neck. Spread the elbows wide apart.

Begin breath of fire for 2 minutes.



2) Lie on your stomach. Reach back and grab the ankles. Pull the ankles toward the buttocks keeping the chest on the ground. Hold for 2 minutes with normal breathing.



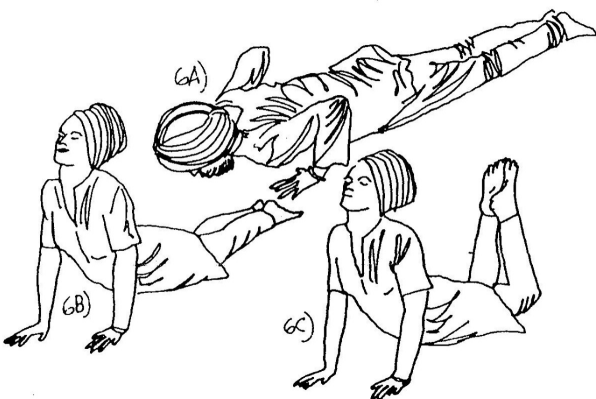
3) Stretch pose: Lie on the back. Raise the head and heels six inches off the ground. Point the hands toward the toes. Begin breath of fire for 2 minutes.



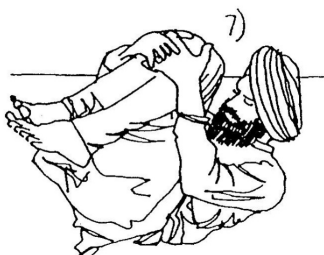
4) Lie on the back. Begin a bicycling motion with the legs keeping them parallel to the ground. Use deep breaths. Continue for 2 minutes.



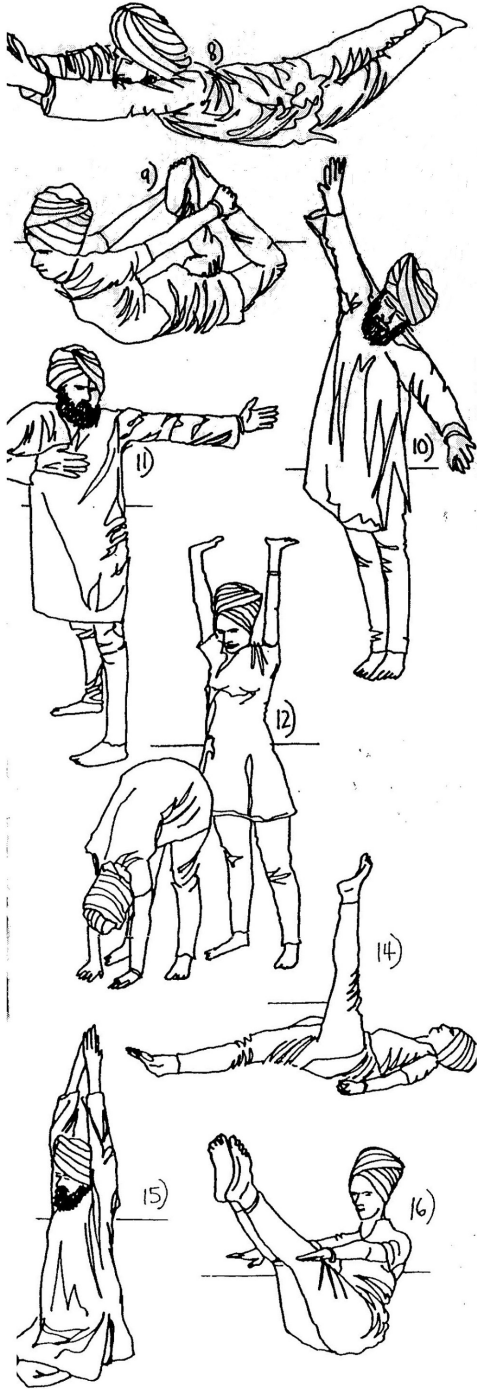
5) Still on the back, keep the legs together with the toes pointed forward. Inhale and smoothly raise both legs to 90°. Then exhale as you lower them. Use deep breaths. Continue for 2 minutes.



6) Lie on your stomach. Place the palms on the ground under the shoulders **(6A)**. Slowly arch up into cobra pose **(6B)**. Lift the feet up toward the head **(6C)**. Hold for 2 minutes.



7) Lie on the back. Bring both knees up to the chest and hold them there with your hands. Roll forward and back on the spine. Continue for 2 minutes.



8) Lie on the stomach. Extend the arms forward with the palms flat together. Arch the back so the arms, chest, and legs lift off the ground. Hold this extended locust with breath of fire for 2 minutes.

9) Still on the stomach, reach back and grasp the ankles. Arch up into the bow pose. Do breath of fire for 2 minutes, then relax.

10) Stand up straight. Keep the legs together. Extend the arms to the sides, parallel to the ground with palms facing down. Without twisting the torso, bend to the left with a deep inhale, then bend to the right with the exhale. Continue this pendulum-like motion for 2 minutes.

11) Still standing, spread the legs 1 to 2 feet apart. Then swing one arm out to the side, parallel to the ground as the other arm bends in with the palm on the chest. Then switch arms. Inhale as the left arm swings out, and exhale as the right arm swings out. Continue for 2 minutes.

12) Still standing, raise both arms straight up with palms facing up (12A). Exhale as you bend forward and try to put your palms on the ground (12B). Inhale as you raise up. Continue for 2 minutes.

13) Lie on the back. Repeat the fourth exercise, the parallel bicycle, for 2 minutes.

14) On the back, inhale while raising the left leg to 90°. Exhale as you lower it. Repeat with the right leg. For 2 minutes, continue this alternate leg lifting with deep breaths.

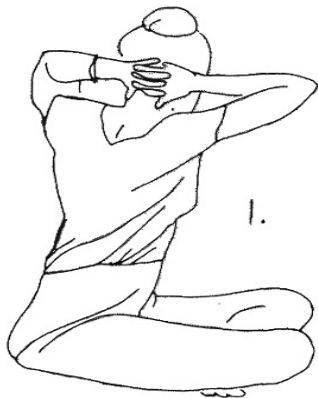
15) Sit on the heels with the arms stretched up and the palms together (if it is too hard, use the Venus Mudra with extended index fingers). Begin Sat Kriya. Pull in the navel point and say, "Sat," relax the navel point and say "Nam." Continue rhythmically for 3 minutes. Then inhale deeply, hold, and apply Mula Bandha. Relax.

16) Sit straight with both legs extended. Lift the legs up 60° from the ground. Extend the arms parallel to the ground with palms down. Begin breath of fire. Continue for 2 minutes. Then totally relax.

COMMENTS:

This kriya gives you a good physical workout. It strengthens the navel point, abdominal muscles, and lower back. It improves circulation. It strengthens the nervous system so that your behavior can be constant and direct. It is an excellent set for strengthening the digestive system. Yogi Bhajan.

Kundalini Yoga for the lymph system (From Kundalini Yoga for Youth and Joy)



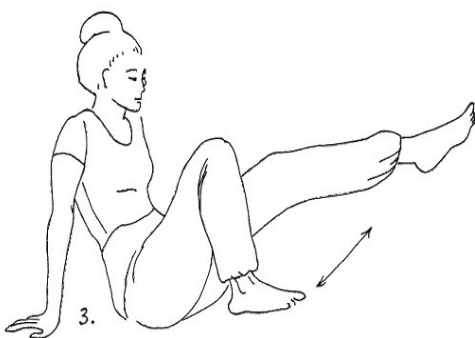
1) Sit in Easy Pose. Interlace the fingers into Venus Lock and place behind the head where the neck and scalp join. Extend the elbows straight out to the sides, parallel to the ground. Begin twisting powerfully from left to right, stopping for one count in the center (1 second in each direction). Inhale to each side, and exhale in the center. Twist completely to each side. Continue for 9 minutes.

This exercise removes tension from the shoulders and relaxes the muscles of the breast. When the breast muscles are not relaxed the stomach muscles are stressed which causes fat to deposit around the abdomen. When the shoulder muscles are stretched, the supply of blood to the brain is regulated.



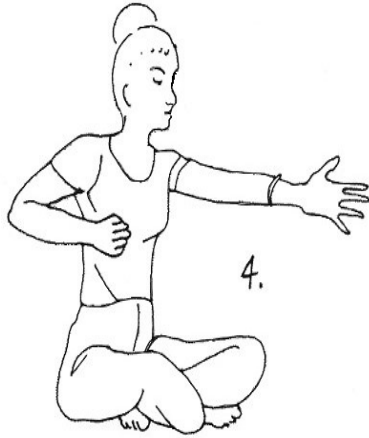
2) Sitting in Easy Pose, grasp the outside of the knees. Keep the spine straight and with the power of the hands begin pulling the knees up towards each other in front of the chest and lowering them down (one cycle takes less than one second). Continue for 6 minutes.

The exercise applies tremendous pressure to the breast and stomach area. It also works on breaking down the fat around the abdomen and adjusts the ankles and knees



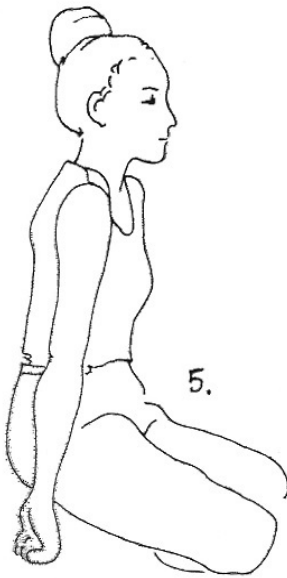
3) Stretch both legs straight out in front. Keeping your arms straight, lean back on your hands and point them backward. Bend your knees up and rapidly and powerfully start kicking your legs up and down in the air. Keep ankles and feet relaxed and concentrate on moving from below the knees. Continue for 3 minutes.

This exercise works on the lower spine.



4) In Easy Pose, sit with a straight spine. Extend the arms straight in front of you at a slight angle outwards, parallel to the ground, with the palms facing up. Alternately, make fists of the hands and pull them into the shoulder area. Pull hard enough to make the body shake and move rapidly. Continue for 1-2 minutes.

This exercise works on opening up the arteries.



5) Sit in Easy Pose. Place the flat part of your fist on the floor next to your hips. Keeping the back straight and the heels on the floor, lift the body up and then drop it down (1-2 times every second). Continue for 4 minutes.

This exercise builds up the shoulder muscles so that the lower torso is able to relax. It gives the shoulders a workout they never get in day-to-day life



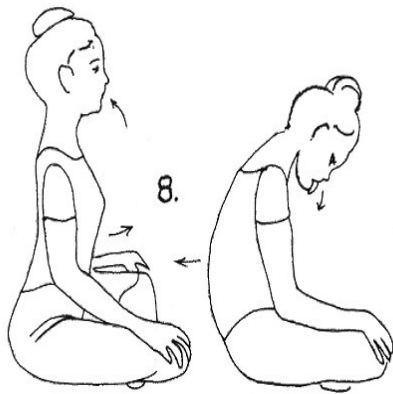
6) Remain sitting in Easy Pose. Place the hands on the knees. Begin bending left to right from the waist. Bend completely to each side, adding a little distance with each bend (one complete cycle takes 2-3 seconds) for 5-6 minutes

This exercise aids in digestion.



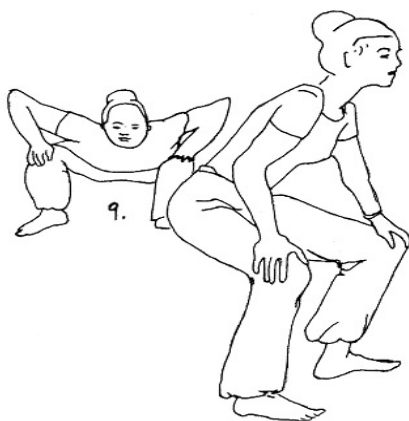
7) In Easy Pose sit with a straight spine and place the hands on the knees. Bend your head forward, back, and left. right. returning to the center after each bend. Silently chant Sa as you bend forward. Ta to the back, Na to the left, and Ma to the right. Continue rhythmically, coordinating the movement with the mantra for 2-3 minutes.

This exercise strengthens the neck.



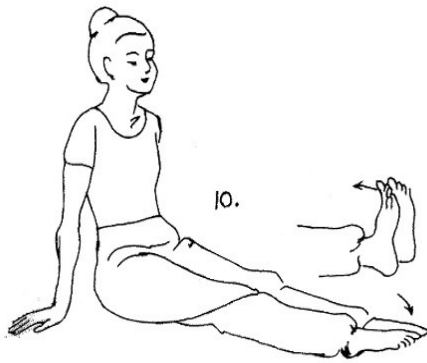
8) Lion Lick: Sit in Easy Pose. Place the hands on the knees and begin flexing your spine forwards and backward. When the spine is flexed back. draw the chin to the chest and stick the whole tongue out as you make the sound "Hunh," (A) Inhale through the nose as the spine is flexed forward. drawing the tongue back into the mouth (B) Continue rhythmically for 3 minutes. (One complete cycle takes approximately one second.)

This exercise works on opening up the lungs.



9) Stand up. Place the feet shoulder-width apart. with the toes facing slightly out. Placing the hands on the knees. begin squatting down (A) and coming halfway up (B) keeping the feet flat on the floor. The knees will act as a fulcrum, helping maintain the same angle between the back and thighs throughout the exercise. Continue rhythmically for a maximum of 8 minutes, resting when needed. (One complete cycle takes less than one second,)

This exercise works directly on the knees. If the knees lose their elasticity, it can affect the alignment of the whole body, subsequently causing less circulation of blood to the breast area and increasing the chance of tumors.



10) Sit down. Stretch both legs straight Out in front and keep the spine erect, hands resting in the lap or on the thighs Alternately point your toes forward (A), and then flex your feet back (one complete cycle takes 1-2 seconds.) Continue for 1 minute.

This exercise strengthens the muscles of the lower leg.



11) Sit in Easy Pose. Place the hands on the knees and begin rotating the abdominal area and lower spine around in large circles: roll only to the right. (One complete rotation takes 1-2 seconds.) Continue for 3-4 minutes.

This exercise works on digestion.



12) Remain sitting in Easy Pose with the hands on the knees. Rapidly begin shaking the head from left to right in short, sharp movements. Allow all the muscles of the mouth and face to relax. Continue for 3 minutes

As you loosen up and shake, the pituitary gland, the temples, and everything in the head area will move. It allows the capillaries to get their blood supply and strengthens all the muscles of the cheeks and jaw.



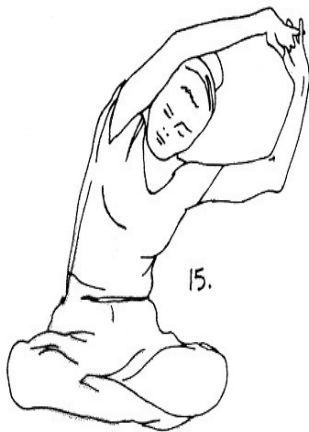
13) Sit in Easy Pose. Extend the arms out in front at chest level with slightly bent elbows. The palms are facing each other with the fingers spread apart. Rapidly shake the hands towards the center of the body and out, keeping the wrists loose. The motion is precisely in and out, not every which way. Shake so fast that you feel the fingers cutting the air and the hands feel separate from the body. Continue for 2-3 minutes.

This is an excellent exercise for the sciatic nerve. It stimulates circulation and removes the poisons.



14) Sit in Easy Pose. Place the hands in the lap. Begin chanting Har, Har, Har, Har, Har, Har. Hari continuously with the tip of the tongue (one complete repetition takes 2-3 seconds). Draw the navel point in each time the tip of the tongue touches the upper palate behind the teeth. Continue chanting rhythmically for 3-4 minutes.

This is a meditation for the 1980s and endurance.



15) In Easy Pose, stretch the arms over the head. Interlace the fingers of both hands with the palms facing up. Lean back and begin stretching from side to side like a cat. Continue for 1 minute.

This exercise balances the meridians in the rib cage and the area above it.

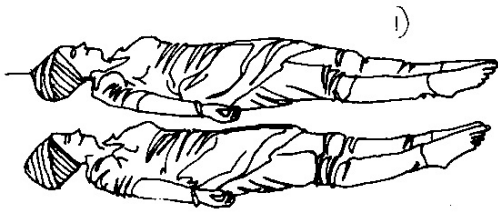


16) Sit in Easy Pose. Begin chanting: *God and Me, Me and God, Are One*. Continue for 3 minutes.

Then chant:
I Am Thee, Thou Is Me, Me Is Thou. Continue this for 2-3 minutes.

Finally chant: *All Things Come From God and All Things Go To God* and continue for 2 minutes

KY for circulatory systems and magnetic field (from SG)



1) Lie down flat on the back, arms straight along the thighs, heels, and toes together. Press the toes forward. Press the toes deeper and deeper for 1 minute, then lift the heels 6 inches. Begin long deep breathing. Keep the head relaxed down on the ground and continue for 3 minutes.

2) Dead relaxation for 2 minutes.



3) Again press the toes forward both with the hands straight along the thighs and toes pressed down maximally. Hold for 1 minute. Now lift the heels up 3 inches only. Apply Mula bandha. Relax.



4) Dead relaxation. Become disassociated from the body. Imagine that there are no legs, no arms, no trunk, and no head. Continue for 2 minutes.

5) Sit in easy pose. Put hands 'on shoulders in a "U" with fingers in front, thumbs in back. Begin breathing long and deep for 3 minutes. then inhale and mentally circulate the pranic energy. Relax.

6) Make an antenna of the right hand with fingers straight up in the air and the thumb closing off the right nostril. Begin long deep breathing through the left nostril for 5 minutes. Inhale - hold for 30 seconds and let the energy circulate in the body.

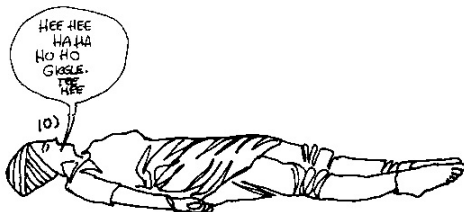
Exhale.



7) Lie on the back. Lift toes and head 12 inches from the ground. KEEP UP! Do normal breathing for 2 minutes and breath of fire for 1 more minute to relieve pain. Inhale - hold, and relax.



8) Deep relaxation to a gong or to the chanting of long: Sat Nam's " (see basic Breath series) or any beautiful divine version of the Ashtang Mantra can be done. Relax for 10 minutes. Then rotate the wrists and ankles and stretch the spine.



9) Lie with hands at the sides and legs straight together.

Begin bundle roll. Imagine the body is a bundle of logs tied together and roll over and over without using the arms or legs, like logs rolling downhill.

10) Without a rest, lie flat on the back, open your mouth, and laugh loudly. Release the energy through the lungs. Relax for 1 minute and laugh again.

Relax.

COMMENTS:

Blood is the life supply line to your cells. Did you know that blood cells act differently with different magnetic influences? Exercises 1-4 raise and lower the blood pressure and increase circulation to the limbs and head. Exercises 5-7 magnetize and charge the blood with pranic force. This is like getting a transfusion of fresh young blood. The last exercise allows the new energy to circulate and affect the entire body. With the bundle roll, you consolidate those effects for the rest of the day.

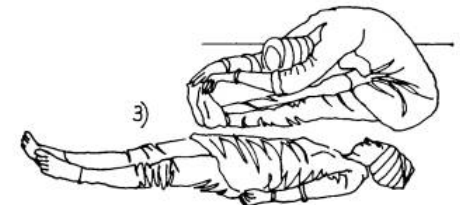
Kundalini Yoga for lower spine and elimination (From Sadhana Guidelines)



1) Sit up straight with the legs stretched out. Bring the left leg under the buttocks so you sit on the left heel. Place both hands palms down next to the hips. Inhale deeply. As you exhale bend forward. Inhale -raise up. Continue for 2 minutes.



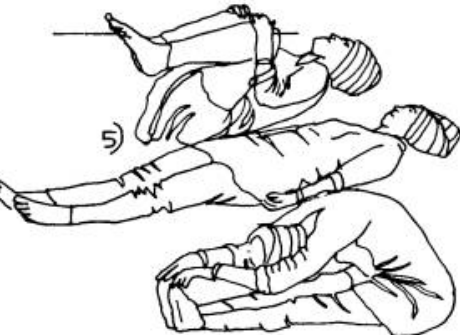
2) Do the same as in Exercise 1 but keep both legs extended straight forward. Continue for 2 minutes.



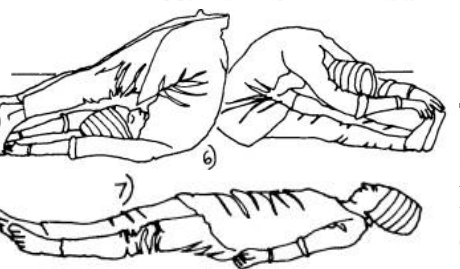
3) Lie down on the back. Inhale deeply. As you exhale, sit up, grasp the toes, and bend forward. Inhale and lie down again. Mentally vibrate "Sat" on the inhale, and "Nam" on the exhale. Continue with deep breaths for 2 minutes.



4) Lie on the back. Raise the legs slowly up until the feet touch the ground over the head. This is plow pose. Let the legs back down. Sit up and grasp the toes. Continue alternating between the plow pose and the forward stretching smoothly and continuously for 2 minutes.



5) Lie on the back. Bring the knees onto the chest and press them to close with your hands. Extend the legs straight on the ground. Sit up and grasp the toes. Continue this cycle rhythmically for 2 minutes.



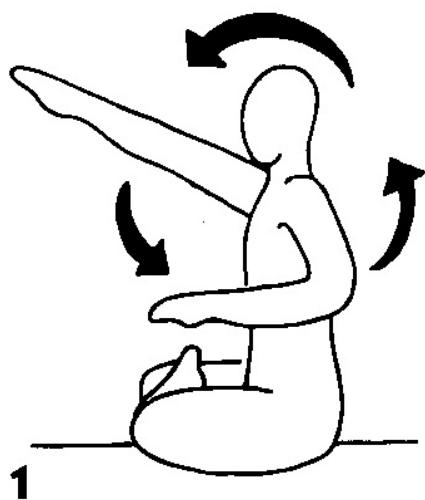
6) Bend forward and grasp the toes with the legs out straight. Do not let go of the toes as you roll back on your spine until you are in plow pose. Roll back and forth without letting go of the toes. Continue for 2 minutes.

7) Relax completely.

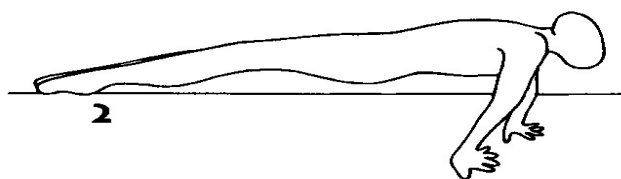
COMMENTS:

The first, second, and third chakras associated with the rectum, sex organs, and navel point are thoroughly exercised in this kriya. It gives flexibility to the spine and improves the power of digestion and elimination of waste and toxins.

Kundalini Yoga KY for Strengthening the Immune System 2



1. This special breath exercise is called "Swimming through the Pranic ocean". Sit in easy pose and move the arms like you are swimming. Extend one and then the other in constant motion. As one arm extends, the other draws back with the elbow along your side. Do not punch. Create a smooth, circular swimming motion that moves the shoulders, rib cage, and back muscles. Create a powerful breath of fire through an open mouth in rhythm with the arm motion. Keep the back molars together so the breath sounds like a powerful, pulsing hiss. Continue for 13 Minutes.



2. Come into the back platform pose. Keep your body straight, especially your knees. Let your neck relax backward but do not let it hyperextend or crimp. This puts pressure on the parathyroid. After 2 Minutes, form a circle with your mouth and breathe strongly. Puff in and out using the diaphragm to drive the breath. This is not a breath of fire from the navel, it is a "pancreas" breath that is focused near the sternum and diaphragm. Continue for another 2 Minutes.

3. Lie down straight and nap in a corpse pose. 17 Minutes.

4. While still lying down, play Liv Singh's "Har Har Mukande" with affirmations and repeat the affirmations that Yogi Bhajan recites at the beginning. Then stretch, twist around, move your shoulders, and wake up dancing. 3 Minutes.

5. Come into a sitting position and dance while sitting. This spreads the energy equally to all parts of the body. 1 1/2 Minutes.

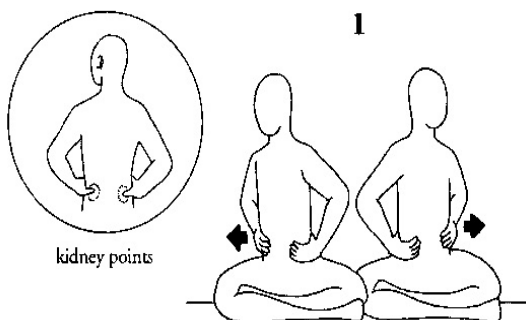
COMMENTS:

Your immune system works for you, but do you work for your immune system? Your heart works for you. Do you work for your heart? Your organs work for you. Do you work for each of your organs? I don't think you have asked yourself questions like these.

Yogi Bhajan, October 23, 1985 (From Physical Wisdom)

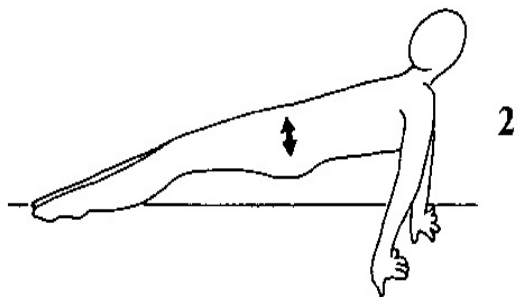
Kundalini Yoga for Toning the Kidneys (From Owners Manual for the human body)

1) **Sit in Easy Pose**, hands grasping the waist, applying full pressure with your thumbs where your kidneys are. Twist left and right with a double breath. Inhale and exhale powerfully as you twist left and inhale and exhale powerfully as you twist right. Continue for **5 1/2 Minutes**.



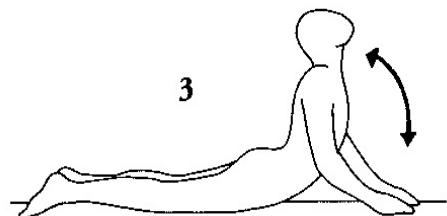
This swing puts pressure on the kidneys and helps flush them out with each breath.

2) **Immediately come into Back Platform Pose**. Raise and lower your buttocks rapidly with **Breath of Fire**. Continue for **4 Minutes**.



This gives relief to the kidneys.

3) **Immediately come into Cobra Pose**. Then, in rhythm with **Breath of Fire**, raise yourself from flat on your stomach up into **Cobra** and lower yourself back down to flat on your stomach. Breathe heavily. Continue the movement for **2 Minutes**.



4) **Come into Easy Pose**, mentally meditate on the sound of '*Ek Ong Kaar*'

Concentrate at both the **third eye point** and **the navel** and on the flow of energy up and down between these off points. **4 minutes**.

Then begin to chant as loud as you can: "*Ek Ong Kaar Sat Gur Prasaad Sat Gur Prasaad, Ek Ong Kaar*" all in one breath. **2 Minutes**.

(Yogi Bhajan played the gong throughout this entire meditation.)

To finish: inhale deeply, hold the breath for 15 seconds, and then keep the breath held for another 10 seconds while you move the navel. Exhale and relax.

Comments: Those for whom God is the security, shall always merge in God.

(Taught by Yogi Bhajan on October 24, 1984)

Kundalini Yoga Nabhi Kriya for Prana-Apana (From Aquarius Teacher)



1. **Life Nerve Stretch Variation.** Sit with the right leg straight out and the left foot on the right thigh. Grab the big toe of the right foot with the thumbs of both hands, pressing against the toenail and the first two fingers of both hands applying pressure against the soft part of the toe. Pull back on the big toe. Stretch the spine straight. Tuck the chin into the cavity above the chest. Begin Breath of Fire. Continue for **1-2 minutes**. Then inhale, change legs, and continue for **1-2 minutes** more. Inhale and relax. *This exercise opens the lungs, balances the polarity of the aura, and stimulates the pituitary.*



2. **Kicking buttocks.** Lie on your back with your arms at your sides. Bring the knees into the chest and begin alternately kicking the buttocks with the heels. Synchronize your breathing with de kicking of the buttocks. Continue for **1-3 minutes**. Inhale and relax. *This exercise is an aid to digestion.*



3. **Leg Push-pull.** Remaining on the back, raise both legs to a height of 18 inches. Inhale and draw the left knee to the chest. Exhale as you extend the left leg and simultaneously draw the right knee to the chest, keeping the lower legs parallel to the floor. Continue this push-pull motion with powerful breathing for **1-3 minutes**. Inhale and extend both legs out. Exhale and relax. *This exercise aids in digestion.*



4. **Front Platform.** Lie on your stomach. Place the hands under the shoulders and raise the body until the elbows lock. The weight of the body is supported by either the palms or the fingertips, and the tops of the feet. The body, from the head to the toes, forms a straight line. Begin Breath of Fire. Continue for **1-3 minutes**. Inhale and hold your breath briefly. Exhale. Inhale. Then exhale completely and hold your breath out briefly. Inhale and relax. *This exercise gives strength to the lower back and stimulates the brain.*



5. **Stretch Pose.** Lie on the back, push the base of the spine into the ground, bring the feet together, and raise the heels 6 inches. Raise the head and shoulders 6 inches and stare at your toes with your arms stretched out, pointing at the toes. In this position inhale and hold briefly. Exhale. Inhale. Exhale completely and apply mul bandh. Inhale and relax. *This exercise activates and balances the Third Chakra, sets the Navel Point, and aids in digestion.*



6. **Heart Center Stretch for Healing.** Sit in Easy Pose.

6a. Spread the arms at an angle of 60 degrees, parallel to the ground, as if to receive someone. Spread and tense the fingers. Take a few long deep breaths.



6b. Inhale and bring the fingers into tight fists. Slowly bring the fists to the center of the chest as if bringing in great weight. When they reach the center of the chest exhale forcefully. Repeat this procedure **2 or 3 times**.



6c. Then spreading the arms at an angle of 60 degrees or more, tense the fingers and breathe long and deep. **1 minute.**



6d Then slowly bring the hands to a position 4 inches apart in front of the chest with the palms facing each other, fingers pointing up. Staring at the space between the palms, feel the energy flow between the hands. Continue long deep breathing in this position for **1-2 minutes**.



6e. Then bring the palms together at the center of the chest. Meditate at the Brow Point for **1 minute**.



6e. Then bending forward from the waist bring the forehead and the palms to the floor. Relax in this position for **1-2 minutes**.

This exercise brings mental and physical focus to the hands and opens the Heart Center.



7. **Meditation.** Return to a cross-legged sitting position. Meditate.

8. *Deeply relax.*

*Comments: This kriya balances **Prana** and **Apana** by focusing on the Third Chakra at the Navel Point and then at the Heart Center. It is good for general strength, digestion, abdominal toning, alleviating mild depression, and for developing the healing flow of prana through the hands.*

Kundalini Yoga for the lungs and bloodstream



How to Do It

Sit in Easy Pose with a straight spine. Hold onto your knees with your hands. Inhale completely stretching

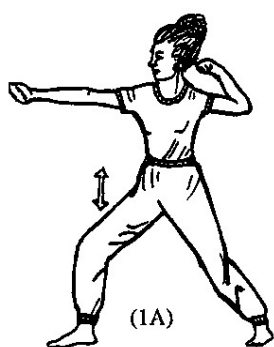
your ribcage to your maximum capacity. Do not sip more air in later, and don't leak. Place your tongue behind the teeth against the back of the upper teeth at the roof of the mouth. Relax the spine, keeping the breath held in. Begin flexing the spine rapidly until you can no longer hold the breath in and then exhale. Gradually increase the time you hold your breath to one minute. Continue for 11 minutes.

What It Will Do for You

This exercise is an excellent way to build stamina, make the blood suck up oxygen from the lungs, and to help the heart muscles regulate and reorganize themselves. It will pressurize the kidneys, gonads, and adrenals. It is necessary to be able to hold a full inhale for 1 minute in order to supply optimum oxygen to the bloodstream. When less than the required oxygen is available in the blood, the brain, organs, and glands are unable to function properly and the systems break down causing illness. When this exercise is done for 11 minutes a day or a maximum of 22 minutes, it will totally purify the bloodstream.

It is suggested that if you do it for 22 minutes take a rest after the first 11 minutes and then continue for 11 minutes more.

Kundalini Yoga for Immune Strengthening Workout (From The Inner Workout)

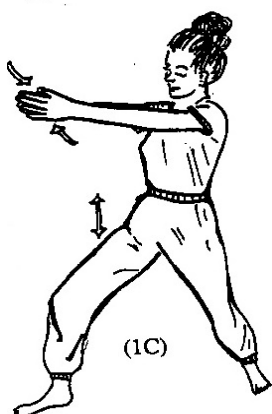


1. **This is an energetic 4-part exercise** linked together by the mantra *Sa-Ta-Na-Ma* and continuous, rhythmical bending of the knee (once per syllable). Each part is done for four counts. **Begin by standing in Archer Pose with the right leg in front.**

A. Keep the upper body straight, bend the right knee deeply (1A) then return to the original position. Bend 4 times as you chant the mantra.



B. Clap the hands over the head once each time the knee bends (1B). Bend the knee 4 times and keep the arms straight.



C. Clap the hands in front once each time the knee bends. Bend the knee 4 times and keep the arms straight, parallel to the ground.



D. Bend the knee 4 times while clapping the hands behind the back (1D).

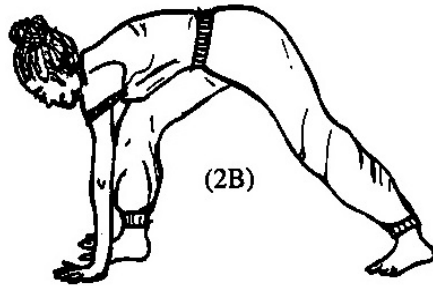
Repeat Exercises 1A-1D continuously for 5 minutes.

Archer Pose is a very powerful posture for strengthening the nerves, improving the digestive system and cleansing the body of toxins. When done properly Archer Pose affects the 108 minerals of the body, especially the calcium, magnesium, and potassium balance. Regular practice of this exercise can help prevent a shortage of these minerals.



2. **Remain in Archer Pose** with the right leg in front and chant the mantra ***Sa-Ta-Na-Ma*** once with each variation as in Exercise 1.

A. Repeat as in Exercise 1A (2A).



B. **Place the hands on either side of the right foot (2B) and bend the knee on each syllable.** The back leg rests on the ball of the foot.



C. **Stretch the arms up and back over the head with the palms facing up (2C) and bend the knee 4 times.**



D. **With every bend of the knee clap the hands over the head, arms straight (2D).**

Repeat 2A-2D continuously for 5 minutes.

3 Repeat 1A-1D with the left leg forward for 3 minutes.

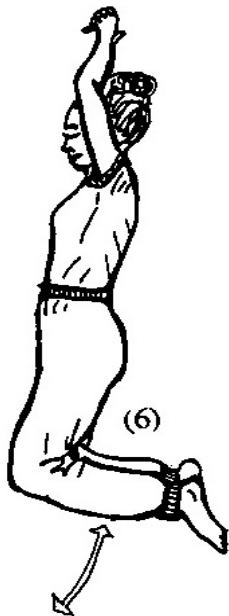
4. Repeat 2A-2D with the left leg forward for 3 minutes.



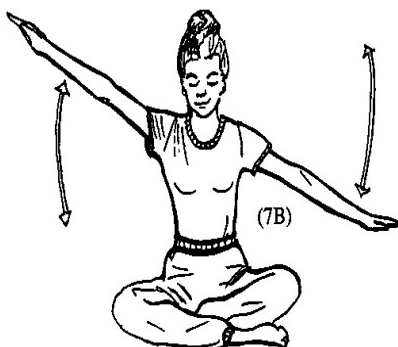
5. Stand up straight with the arms stretched above the head and interlock the fingers:

- A. Shake the legs vigorously (5A) for **1 minute**.
- B. Shake the entire body vigorously for **1 minute**.
- C. Continue shaking the whole body and chant **Har** touching the palate with the tip of the tongue as quickly as possible for **1 minute**.

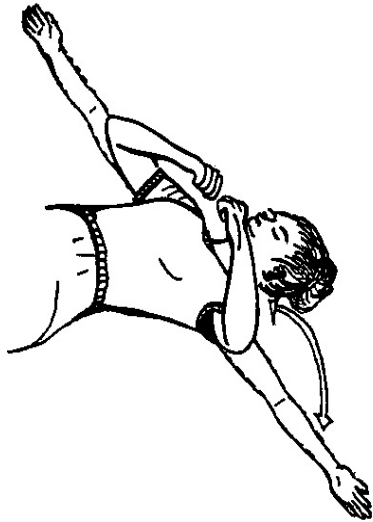
If you shake vigorously like this for 30 minutes on a regular basis you will never be fat.



6. Remain standing. Interlock the fingers and stretch the arms above the head. Jump up, kicking the heels into the air as you chant **Har** (6). Continue for **3 minutes**.



7. Sit in Easy Pose with the arms extended to the sides parallel to the ground palms facing down (7A). Keeping the arms straight, begin a see-saw motion with the arms: as the right arm rises 30 degrees above parallel, the left arm descends 30 degrees below parallel (7B). Move at a moderate, steady pace maintaining a meditative inner posture for **2 minutes**. (Musical Variation: *Aap Sahaaee Hoaa* by Singh Kaur.)



8. Lie on the back arms on the floor out to the sides and the palms facing up. As if holding a 25-pound hammer in each hand begin pounding the chest without actually touching the chest (8). Move both arms simultaneously, hands in fists with the thumbs tucked inside. Continue for **8 minutes**.

The arms must pull very hard creating pressure on the chest equal to 20 pounds per square inch. The effect of this action is to stimulate the thymus through its meridian point which runs along the bicep muscle. The thymus gland is directly involved with the immune system.

9. Lie down in Corps Pose and relax to beautiful, elevating music. (Musical variation: Dhan Dhan Ram Das Guru by Sangeet Kaur.) Rest deeply and sleep for **5-11 minutes**.

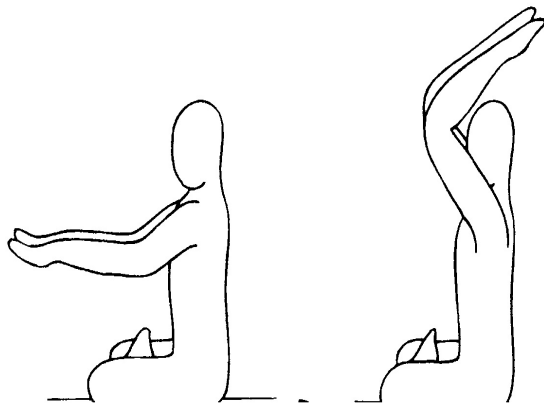
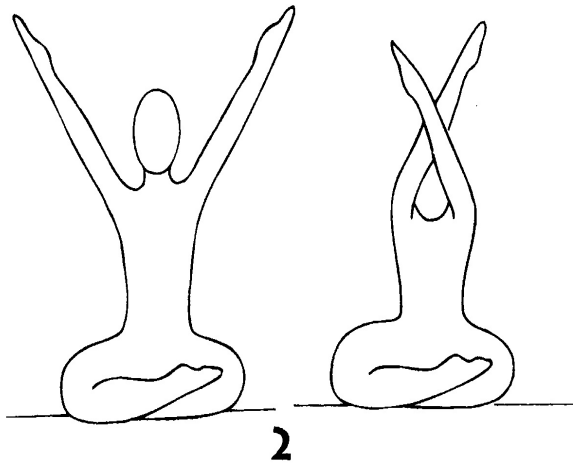
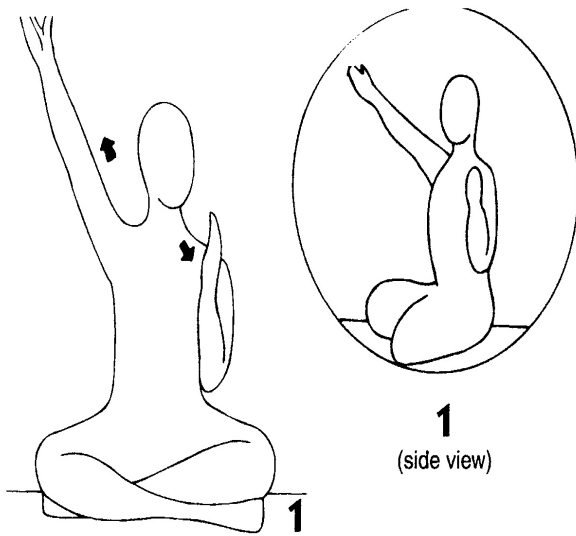
Comments: Many sophisticated systems have evolved out of the martial traditions to strengthen the human being in its full range of expression. In the times of Guru Gobind Singh (the tenth Sikh Master who was a great Sikh warrior, yogi healer, and poet) there was a great need for warriors to stay healthy and strong in the face of chaotic conditions. Very few had to defend the weak from multitudes of attackers so Guru Gobind Singh conditioned them with exercises such as the ones in this kriya.

This kriya adjusts the mineral concentration and balance, stimulates digestion, increases metabolism, and strengthens the entire immune system.

Practice this series today to maintain a vigorous metabolism and radiant health tomorrow.

From Inner Workout, Taught by Yogi Bhajan in the summer of 1985 at the Khalsa Women's Training Camp

KY kriya for massage of the Lymphatic System *(from Physical Wisdom)*

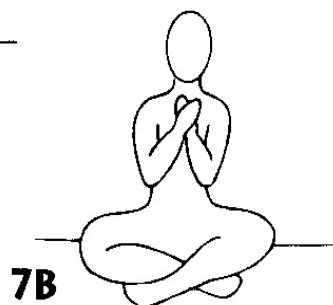
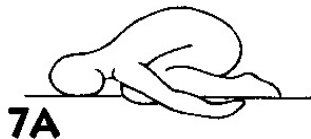
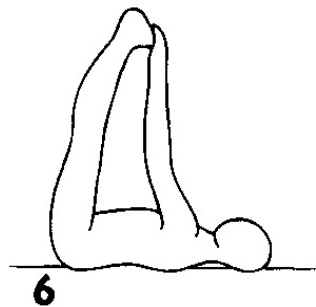
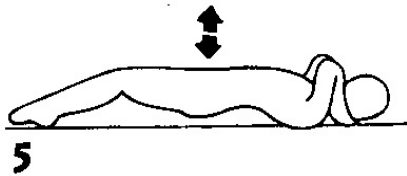


1 . Sit in easy pose. Keeping the arms close to your sides, bend the elbows so that the hands and forearms are pointing straight up and the palms are facing each other. Strongly push one arm out and up at a 60-degree angle while the other arm remains bent, becomes hard like steel, and creates a solid balance for the extended arm. Then push out the bent arm while the extended arm returns to the balancing position close to the side of the body. The arm is pushed out from the armpit, which is stretched in this motion. This is a very vigorous and demanding exercise. You will work hard to do it correctly. You are channelizing the energy of the Ida and Pingala. 10 Minutes.

2. Extend both arms up and out, creating a "V" between your arms. Keep the elbows straight and criss-cross your arms in front of your face.

Move very quickly with Breath of Fire. 1 1/2 Minutes.

3. Extend both arms out in front of you with the palms facing up. Moving both arms together, move as if you were splashing water up and over your head. Breathe powerfully through your mouth for 2 1/2 Minutes.



4. Lie down on your back and lift both legs up over your head into a plow pose. Return your legs to the floor and continue leg lifts into the plow pose. 2 Minutes.

5. Lie down straight and put your hands under your neck. Spread your heels about one foot apart. Begin jumping the body from the hips, moving from the center of the body. Don't bend the knees, but move from the thighs to the rib cage. Move vigorously. 3 1/2 Minutes.

6. Still lying on your back, lift your legs up, and grab your toes, keeping your knees straight. Open your mouth and breathe through your throat. 1 Minute.

7. Come into the baby pose with your forehead on the ground and your hands behind you. Go to sleep listening to "Naad" by Sangeet Kaur. After 11 minutes rise up, cross your palms over your heart center and sing along with the tape for 5 more minutes. Yogi Bhajan played the gong during this meditation.

COMMENTS: I feel if the body is made to be very strong, really strong, it can fight off anything.
(YB October 30, 1985)

Kundalini Yoga Nabhi Kriya (From The Aquarian Teacher, level one textbook)

1) **Alternate Leg Lifts.** On the back, inhale and lift your right leg up to 90 degrees. Exhale and lower it. Repeat with the left leg. Continue alternate leg lifts with deep powerful breathing for **10 minutes**.

This is for the lower digestive area.

2) **Leg Lifts.** Without pause lift both legs up to 90 degrees on inhaling and lower them on exhale. For balance and energy, have the arms stretched straight up palms facing each other. **5 minutes**.

This is for the upper digestion and solar plexus.

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

This eliminates gas and relaxes the heart.

4) Beginning in position 3, inhale, open the arms straight out to the sides on the ground and extend the legs straight out to 60 degrees. Exhale and return to your original position. Repeat and continue for **15 minutes**.

This changes the magnetic field and opens the navel center.

5) **Leg Lift.** On the back bring the left knee to the chest, hold it there with both hands and rapidly raise the right leg up to 90 degrees and down, inhaling up, exhaling down, for **1 minute**. Switch legs and repeat for 1 minute. Repeat the complete cycle once more.

This sets the hips and lower spine.

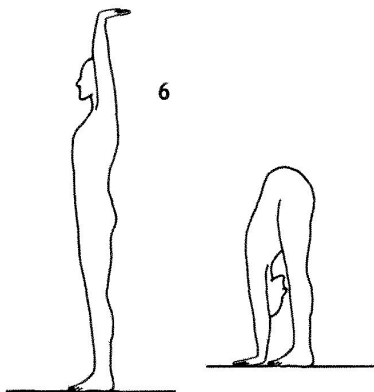
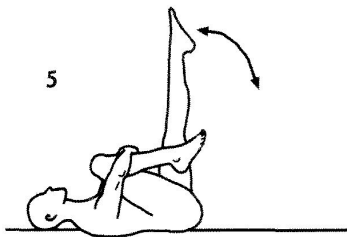
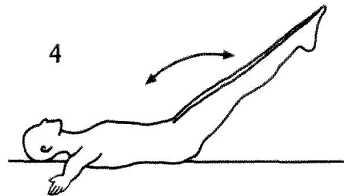
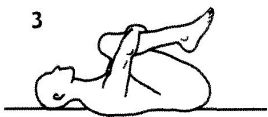
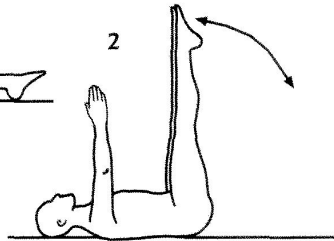
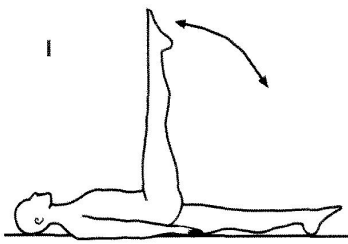
6) **Front Bends.** Stand up straight, raising your arms overhead, hugging your ears, and press your fingers back so that your palms face the sky or ceiling. Exhale as you bend forward to touch the ground, keeping your arms straight and hugging your ears, and inhale up, very slowly with deep breathing. On exhale apply mul bandh. Continue at a slow pace for **2 minutes**, then more rapidly for **1 more minute**.

This is for the entire spinal fluid and the aura.

7) Totally relax or meditate for 10 minutes.

COMMENTS

Nabhi refers to the nerve plexus around the navel point. This set focuses on developing the strength of the navel point. Times indicated are for advanced students. To begin practice, start with 3 to 5 minutes for the longer exercises. Together, these exercises get the abdominal area in shape quickly and activate the power of the Third Chakra.

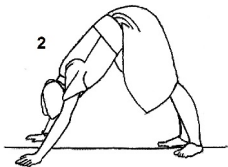




Kundalini Yoga to stimulate the Ajna (From Keeping up with Kundalini Yoga)

1. Stand up straight and lock the thumbs into your tightly squeezed fists. Let your arms hang at your sides. Gently and carefully let the head fall back and stare at a point on the ceiling or in the sky. Inhale and begin breath of fire. Continue for 2 - 3 minutes. Then inhale deeply as you slowly bring the head forward and tuck the chin in. Hold your breath briefly with the head straight. Then exhale and relax.

This exercise sets the magnetic field, alerts the body, and opens circulation to the head.



2. Triangle Pose. Supporting yourself with the palms of your hands and the soles of your feet, and with your rear end up in the air, form a triangle with the ground. Your body should form a straight line from the heels to the buttocks and from the buttocks to the wrists. The head should be in line with the body and the arms should be about 2 feet apart. Remain in this position with long, deep breathing for 2 - 3 minutes. Then inhale. Exhale and apply mul bandha. Hold your breath out briefly. Inhale and relax.

This exercise aids in digestion and works to strengthen the nervous system.



3. Bow Pose. Lie on your stomach. Reach back and grab your ankles, bending at the knees. Inhale and arch the spine completely, pulling on the ankles, so that only the pelvis, abdomen, and lower chest remain on the ground. The head is tilted all the way back. Breathe long and deep in this position for 1 - 3 minutes. Then inhale, gently stretching the spine. Exhale and relax.

This exercise also aids in digestion, while opening the central nerve channel of the spine.



4. Stretch Pose. Lie on the back with the legs together.

Pointing the toes, raise the heels 6 inches. Stretch the arms out straight, pointing at the toes, and raise the head and shoulders six inches. Stare at your toes. In this position begin breath of fire and continue for 1 to 3 minutes. Inhale and hold briefly. Exhale and relax.

This exercise activates and balances the energy of the third chakra, sets the navel point, and tones the abdominal muscles.



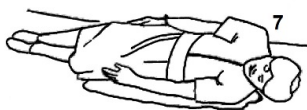
5. Sit on your heels. Inhale and, keeping the head straight and the shoulders relaxed, flex your spine as far forward as you can. (5A) Exhale and flex it back in the opposite direction (5B). Begin slowly and continue rhythmically with the breath for 1 to 3 minutes. Inhale in the forward position. Exhale and relax.

This exercise further prepares the spine for the exercises to follow.



6. Sit on your heels. Spread the knees wide. Bring the forehead to the ground. Rest the palms of your hands on the soles of your feet. Focus on the third eye and consciously relax while maintaining normal breathing. Continue for 5 to 20 minutes. Then take several deep breaths and slowly come out of the position.

This exercise subtly uses the sexual energy of the second chakra to stimulate the Ajna (sixth) chakra. It also cleans the eyes.



7. Bundle Roll. Lie on your back with your arms pressed tightly against your sides and your legs like a bundle of logs. Keeping the body straight, begin rolling over and over across the room, to one side and then to the other. Continue for 3 to 5 minutes. Then relax.

This exercise stimulates the entire body. It balances the magnetic field and massages the muscles. Do not do Exercise 6 unless you follow it with this exercise.



8. Sit in a comfortable position with the spine straight and the hands in Gyan Mudra (thumbs and index fingers touching; other fingers straight out). Be sure that the chin is locked so that the head sits straight on the spine. Inhale deeply. As you exhale, chant the word "Sat" (rhymes with "but"), extending the sound for as long as possible and dividing it into 7 waves (7 undulations) each one consisting of 5 beats. (See musical notation on this page) for a total of 35 beats. Complete the exhale by chanting the word Naam" (rhymes with "Mom") briefly for the duration of 1 beat. Then inhale and repeat the chant. Chant from your heart, and mentally spiral the sound up the spine and out the top center of the head. Continue for at least 3 minutes. Then inhale. Hold briefly. Exhale and relax.

This simple and beautiful meditation is a call from the heart. It will balance your energy and lead your consciousness directly to its primal Source.



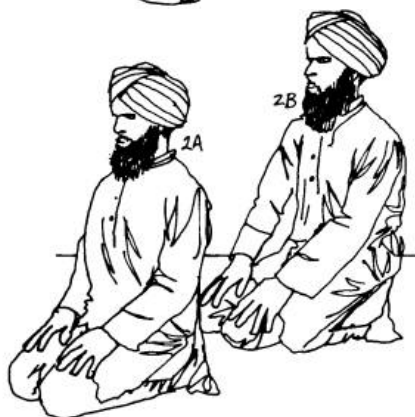
9. Deeply relax.

Remarks: This kriya works to gently stimulate and balance the glandular system, especially the pituitary gland which is associated with the Ajna or sixth chakra. Beginning students may practice this kriya once or twice a week, but no more, as a glandular "tune-up".

Kundalini Yoga Basic Spinal Energy Series (From Sadhana Guidelines)



1. Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up **(1A)**. On the exhale, flex the spine backward **(1B)**. Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest for 1 minute.



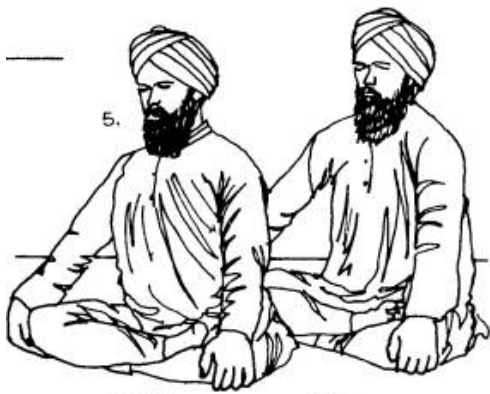
2. Sit on heels. Place the hands flat on the thighs. Flex the spine forward with the inhale **(2A)**, and backward with the exhale **(2B)**. Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest for 2 minutes.



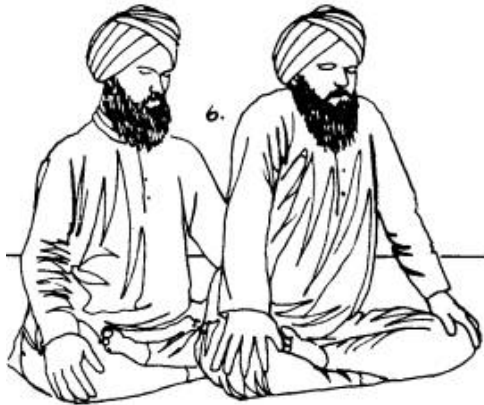
3. In easy pose, grasp the shoulders with fingers in front, and thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing forward. Rest for 1 minute.



4. Lock the fingers in a bear grip at the heart center **(4A)**. Move the elbows in a see-saw motion, breathing long and deep with the motion **(4B)**. Continue 26 times and inhale, exhale, and pull on the lock. Relax for 30 seconds.



5. In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times, rest for 1 minute.



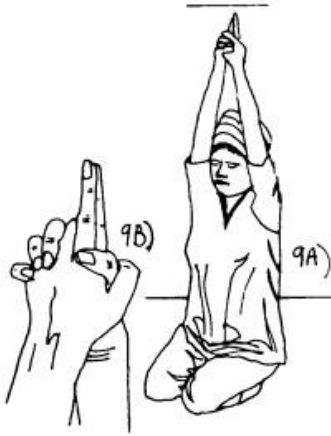
6. Shrug both shoulders up with the inhale, and down with the exhale. Do this for less than 2 minutes. Inhale and hold for 15 seconds with shoulders pressed up. Relax the shoulders.



7. Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, and pull the neck straight.



8. Lock the fingers in a bear grip at the throat level (**8A**). Inhale -apply mul bandh. Exhale -apply mul bandh. Then raise the hands above the top of the head (**8B**). Inhale -apply Mula Bandha. Exhale -apply Mula Bandha. Repeat the cycle two more times.



9. Sat Kriya: Sit on heels with arms stretched over the head **(9A)**. Interlock the fingers except for the two index fingers which point straight up **(9B)**. Say "Sat" and pull the navel point in; say "Nam" and relax it. Continue for at least 3 minutes. Then inhale -squeeze the energy from the base of the spine to the top of the skull.

10. Relax completely on your back for 15 minutes.

COMMENTS:

Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation.

In a beginner's class, each exercise that lists 108 repetitions can be done 26 times. The rest periods are then extended from 1 to 2 minutes.

Many people report greater mental clarity and alacrity after regular practice of this kriya.

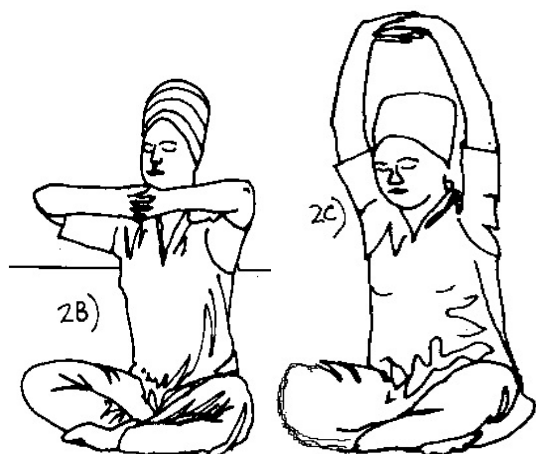
A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.

Kundalini Yoga for the lungs magnetic field and deep meditation (From SG)



1) Sit in easy pose. Stretch the arms straight up overhead with palms together. Arch the spine as far up and back as possible. Begin long deep breathing through the mouth with a whistle both on the inhale and the exhale. Continue this for 5 minutes.

Relax.



2) Stretch the arms straight out in front, fingers interlocking with the palms facing outward (2A). Exhale, and bring the hands in towards the chest (2B). Inhale, and stretch the arms out straight again. Continue for 2 minutes with a fairly rapid motion. Then inhale, stretch the arms out straight in front of the fingers interlocking, with the palms facing outward (2A). Hold your breath and bring the arms straight up over the head (2C).

Bring them back down parallel to the floor (2A). Exhale and bring the hands in toward the chest (2B).

Inhale, stretch the arms out straight in front again, and repeat the sequence for 2 minutes.



3) Without resting, stretch the arms out straight in front at a 60-degree angle to each other. Inhale - slowly clench the fists. Hold your breath. and, with tension, bring the fists to the chest, bending the arms at the elbows. Exhale - release the tension. Repeat for 3 minutes, maintaining an angry face throughout the exercise.



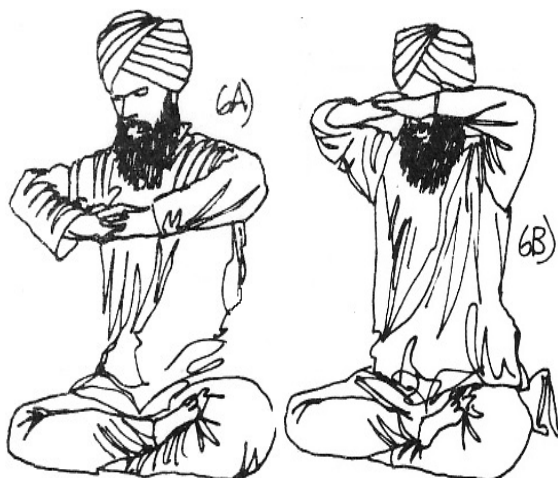
4) Place the hands with fingers interlocked and palms facing upward behind the neck **(4A)**. Inhale - stretch arms up overhead **(4B)**. Exhale down behind the neck.

Continue for 2 minutes.



5) Stretch the arms straight up overhead, palms together, thumbs crossed. Inhale and twist to the left. Exhale and twist right.

Continue for 2 minutes.



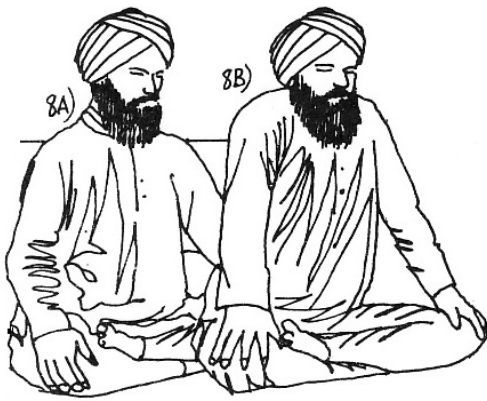
6) Interlock the fingers at chest level, with palms facing down **(6A)** Inhale, and bring the hands up to eye level **(6B)**. Exhale back down to chest level.

Continue for 2 minutes.



7) Place the hands on the shoulders, fingers in front, and thumbs in the back. Inhale - twist to the left. Exhale - twist to the right.

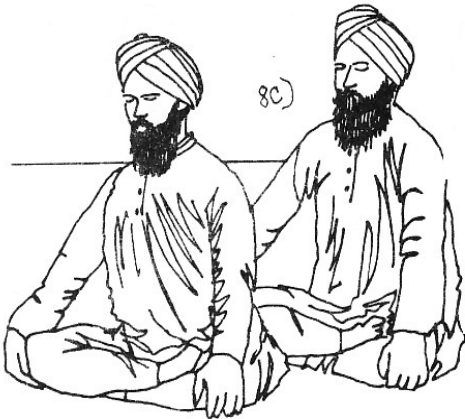
Continue for 2 minutes.



8) Sit in easy pose. Place the hands on the knees **(8A)**. Inhale - flex both shoulders up **(8B)**. Exhale down. Continue for 2 minutes. Then begin to flex the spine.

Inhale forward, exhale back **(8C)**.

Continue for 2 minutes.



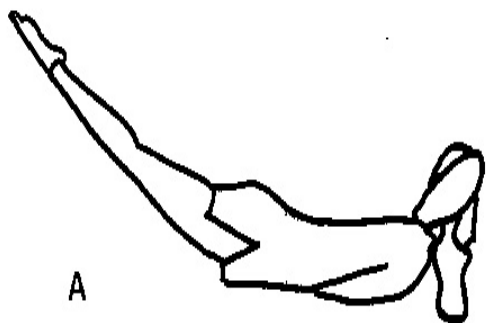
9) Roll the eyes up as far as possible. Concentrate at the top of the head.

Meditate for 15 minutes.

COMMENTS:

This series begins by purifying the blood and expanding the lung capacity. Then the circulatory system is stimulated. The thyroid and parathyroid secretions are added to the increased circulation and the upper magnetic field of the body is enlarged. This is excellent preparation for beginners who need to learn deep meditation.

Kundalini Yoga Nabhi Kriya for Digestion (From KY med. manual for inter. Stud.)



A) Lie on your stomach and make both hands into fists. Place the fists under the navel point at the hernia areas just inside the hip bones. **(A)** Lift the legs as high as possible with knees straight. Place the chin on the ground and begin breathing long, deep, and slow. Continue for 3 minutes.

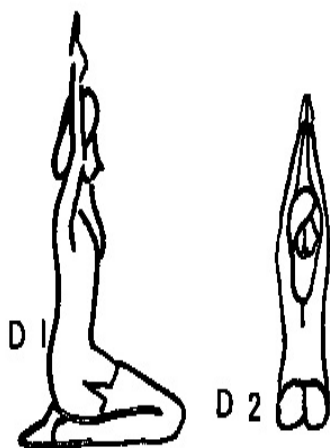
B) Sit on the heels. Place the fingertips of both hands on the navel point and press in. **(B1)** Lean forward, place the head on the ground, and begin breath of fire. **(B2)** Continue breath of fire for 3 minutes. Inhale and exhale completely applying Mula Bandha. Relax.



C) Remain in the same position and begin long, deep breathing. Inhale through the nostrils long and slow and then exhale with a snake breath: out through the teeth with the tongue pressed on them to make a hissing noise. While exhaling, press the navel in with the fingertips and apply Mula Bandha. Continue for 3 to 5 minutes and then begin long, deep, slow breathing through the nose for 3 minutes.

D) Sit on the heels and lock the hands over the head for Sat Kriya. Use the hand lock with the index finger straight up, other fingers interlaced, and thumbs crossed. **(D1 & D2)** Begin to chant SAT NAM emphatically in a constant rhythm of about eight times per ten 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 Sat Kriya for 3 minutes. Then inhale, exhale, and apply Mula Bandha.

Meditate.

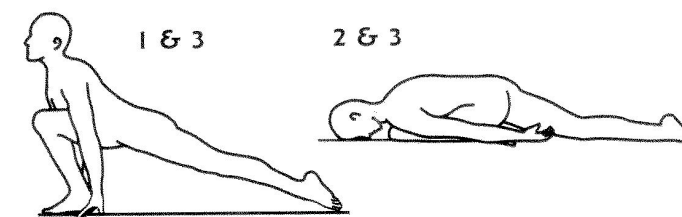


COMMENTS:

If digestion is slow and imbalanced, the disease rejoices. Most colds and influenza come from an energy imbalance that begins in the digestive tract. To stimulate good digestion and improve concentration, the navel point must be stimulated and the energy distributed through the two main Nadis that pass on either side of the navel point. All the facets of the kriya do this. Exercise "C" can be slowly extended to 31 minutes of long, deep, and slow breathing. Exercise "D" can be extended to five minutes.

Yogi Bhajan June 14, 1971

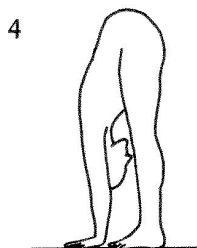
Kundalini Yoga Pituitary Gland Series (From The Aquarian Teacher, level one textbook)



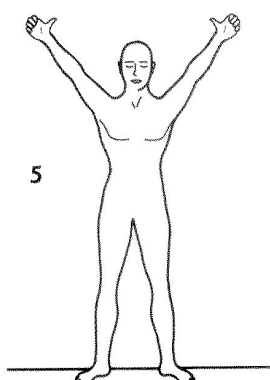
1) **Lunge Stretch.** Bend the right knee with the right foot flat on the floor. Extend the left leg straight back and place the hands on the floor for balance. Arch the head back and hold the position, breathing slowly and deeply for **1 minute**. Then do Breath of Fire for **2 minutes**.

2) **Lunge Stretch Rest.** From position one, bring the right knee down to the floor, and bend the torso to rest over the thigh. Place the forehead on the floor, stretch the left leg all the way back, and rest the arms by the sides, palms up. Breathe slowly and deeply for **3 minutes**.

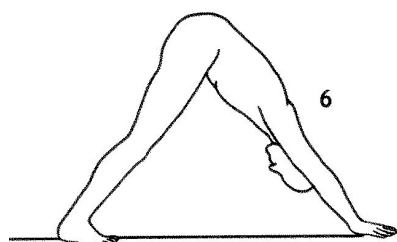
3) Repeat exercises 1 and 2 with opposite legs.



4) **Front Bend.** Stand up with your feet about two feet apart. Bend over and touch the fingertips or the palms on the floor. Do long deep breathing for **3 minutes**.



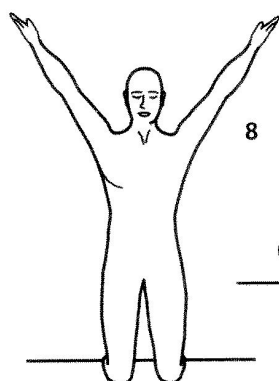
5) **Ego Eradicator.** Stand up again and stretch the arms overhead at a thirty-degree angle, thumbs pointing up, fingers on the palms. Keep your elbows straight as you breathe long and deep for **3 minutes**. (When seated in Easy Pose for Ego Eradicator the arms are stretched overhead at a sixty-degree angle. When standing for Ego Eradicator the angle is thirty degrees as pictured for balance.)



6) **Triangle Pose.** Come onto your hands and knees and push into Triangle Pose. The heels are on the floor and the head and neck relax. Hold for up to **3 minutes**.



7) **Cobra Pose.** Relax on your stomach for **1 minute**. Then bring the heels together, palms flat on the floor under the shoulders. Push up into Cobra Pose. Stretch the head and neck back and begin long deep breathing for **1 minute**. Then turn the head from side to side, inhaling to the left, and exhaling to the right. Continue for **2 minutes**. Inhale, exhale and pull Mula Bandha **3 times**.



8) Sit on the heels in **Rock Pose** and spread the knees far apart. Bring the forehead to the floor with the palms flat on the ground in front of the knees, stretching the arms up and out like a flower greeting the sun. Exhale and come down bringing the forehead to the floor. Continue for **3 minutes**.

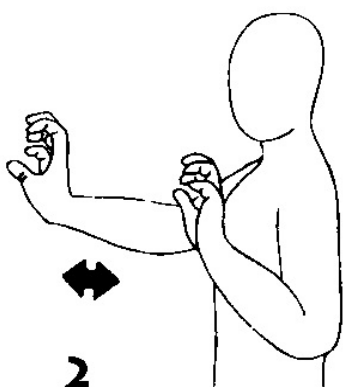


9) **Yoga Mudra.** Sit on the heels again with the knees together and the fingers interlaced at the base of the spine. Bring the forehead to the ground and lift the arms straight up as far as possible and hold the position for **3 minutes**, with long deep breathing.

Kundalini Yoga to activate the central nervous system and stimulate the pituitary gland



1. Sit in easy pose with your elbows bent and your hands a little higher than shoulder level. The index (Jupiter) finger of each hand is pointing straight upward and the other three fingers are curled into a fist with the thumb on top locking the fingers into position. Make your Jupiter fingers stiff and as hard as steel. Wrinkle your nose up so that it lifts your upper lip up from your teeth. (You will look funny.) Begin a strong breath through the tip of your nose. This is not as fast as breath of fire, but it must be powerful. 4 minutes. *Concentrating on the breath through the nostrils and maintaining the pressure created by wrinkling your nose will activate the Ida and Pingala energy channels.*

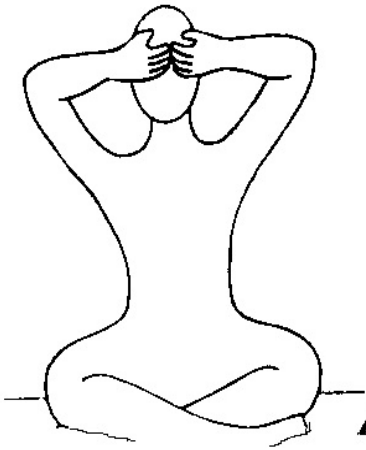


2. Sit in easy pose with your hands curled like lion's claws, the palms facing outward. Begin to punch with your hands fixed in this claw-like position. Form your mouth into an "O" shape and breathe in and out through the "O" shaped lips. Move quickly and the force of your punching hands will create the breath rhythm. Use this motion to release your inner anger. Be physically, mentally, and spiritually aggressive. After 2 1/2 minutes, intensify your motion as if you really were a lion making a ferocious attack. Continue another 1 1/2 minutes. Inhale, hold your breath, tense the entire body, and exhale. Repeat this inhale, hold, and tense two more times. *This exercise will help clear away depression.*

3. Sit in easy pose. Stick your tongue out as far as it will go, and when it reaches it's maximum, clap your hands in front of your chest. Pull your tongue back in. Repeat the tongue movement and the clap.

Pull your tongue in and continue. When you stretch your tongue in this manner, the little cord under the tongue is pulled and that pull stimulates the central nervous system, which is the control center of your life. 3 minutes. Inhale, stick the tongue out to the maximum, hold your breath for 10 seconds, and exhale. Repeat this two more times to complete the exercise.

This exercise has a progressive and gradual impact on the nervous system. Most people experience this sequence of nervous system signposts: after you do it 3 or 4 times the back of the tongue will start hurting, then the tongue will hurt on both sides, and then, after 3 minutes, the neurons in your head will start changing and you will feel fine.



4. Sit in easy pose and place both hands on your forehead with all eight fingers touching the forehead.

The elbows are out to the sides up almost at the level of the forehead. Close your eyes, become calm, and sing along with the chanting from Wahe Guru Kaur's "Aquarian Sadhana" tape. 18 Minutes.

Inhale, concentrate on the point between the eyebrows at the root of the nose, bringing all your energy there, and exhale. Repeat this two more times to complete the

4 exercise.

COMMENTS: After you have done this set, do not drink alcohol or coffee or in any way stimulate yourself. Rest and preserve the energy you have created. It will heal your body very much.

The inner Self of the self is waiting for you to realize that Self

- Yogi Bhajan, June 17"1993 from Physical Wisdom

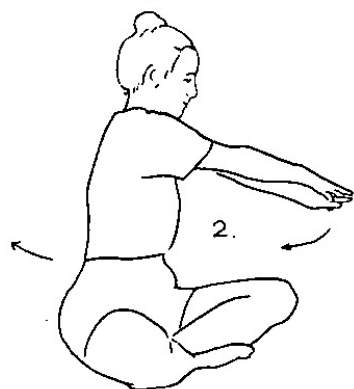
Kundalini Yoga for the nervous system and glandular balance



1) Sit in Easy Pose with the arms extended straight out to the sides parallel to the ground. The palms are facing up (A). Begin to move only your Saturn finger (the middle finger) up and down rapidly (B). Using a powerful breath, inhale as you raise your finger and exhale as you lower it.

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

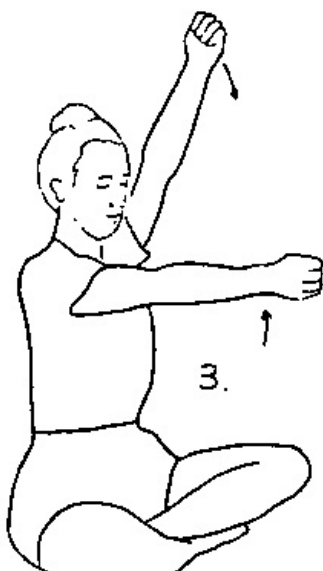
This exercise stimulates the pituitary to create a balance between the parasympathetic and sympathetic nervous systems.



2) Remain in Easy Pose. Stretch the arms out in front, parallel to the ground (A). Place the left hand over the right 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.

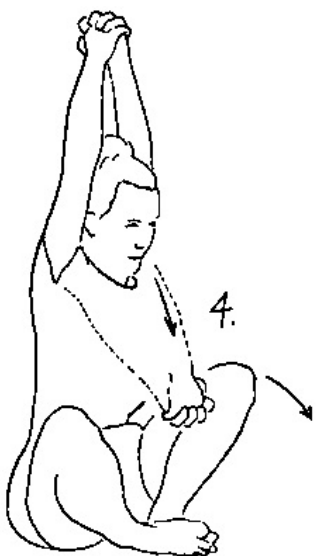
This exercise prepares the body for the shock of accidents by making it very flexible. It also strengthens the chest muscle and stimulates the lymph nodes in that area. There have been reports that this exercise aids in preventing breast cancer.



3) Sitting in Easy Pose, extend the arms straight out in front, parallel to the ground (A). Make fists of the hands with the thumbs tucked inside touching the fleshy mound below the little finger. Keeping the arms and hands straight, bring the left arm up as the right arm goes down.

Continue alternately moving the 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.

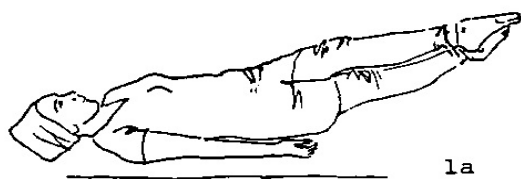


4) Butterfly Pose. Sit with the soles of the feet pressed together. Draw the feet into the groin, keeping the knees as close to the floor as possible. Interlace the fingers into Venus Lock and place the hands in the lap (A). Inhale and raise the arms up over the head while simultaneously drawing the knees up towards the center of the body (B). Exhale and lower the knees and arms down to the original position (A). 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 childbearing years.

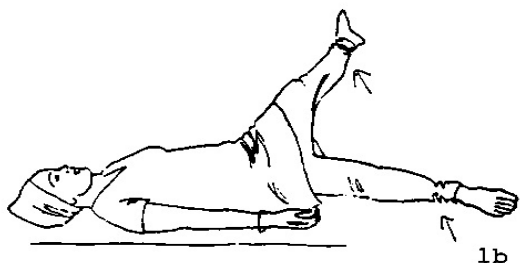
Comments: from Yoga for Youth and Joy, By Yogi Bhajan

Kundalini Yoga for physical and mental vitality (From Kundalini Yoga Manual)



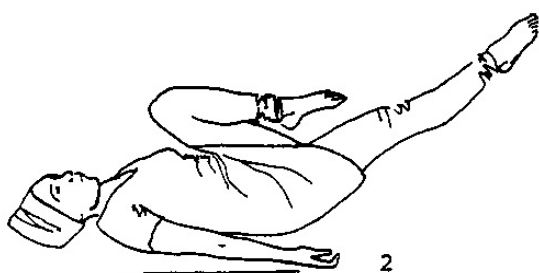
1a

1. Lie on your back and lift your legs to 12 inches (30cm). Begin crisscrossing your legs left over right, then right over left **(1a-1b)**.



1b

Spread the legs wide. After 5 minutes, inhale and apply Mula Bandha. Rest for 2-1/2 minutes. Then repeat the cycle. Keep the legs straight throughout.

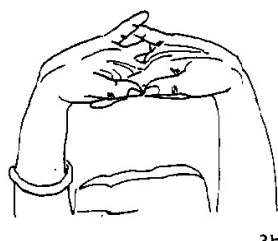


2

2. Now lift both legs 2 feet off the ground. Begin a bicycling motion, keeping the legs parallel to the ground **(2)**. Rest for 2-1/2 minutes, then repeat the cycle.



3a

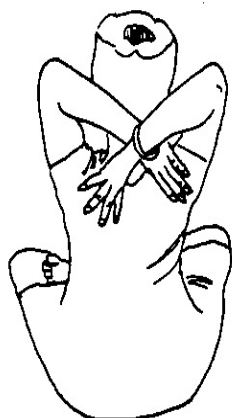


3b

3. Seated in easy pose, lift the arms straight above the head **(3a)**. The fingers are interlocked over the back of the hands, with the palms facing the sky **(3b)**. Do Breath of Fire for 5 minutes.



4a



4b

4. Still in easy pose, clasp opposite shoulders with the thumbs forward **(4a)**. The arms are crossed behind the head **(4b)**. Do Breath of Fire for 5 minutes. Then inhale. Exhale. Inhale, hold and circulate the energy. Exhale and apply Mula Bandha. Repeat the Mula Bandha, inhale, and exhale. Apply Mula Bandha three times.



5

5. Relax completely (5).

Separate the mental body from the physical and move it around for about 5 minutes. Then bring it back!

6. Chant any divine mantra.

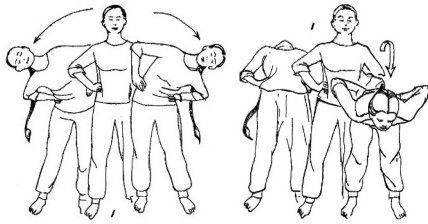
COMMENTS:

This is a Kriya that is good when you want to work very hard. Saturday, the day of Saturn, the Task Master, is an excellent day to practice it. The Kriya moves the Kundalini energy from the lower three chakras in Exercises 1, and 2; through the heart center in Exercise 3; and through the throat chakra to the higher centers in Exercise 4. Mental projection and meditation are automatic afterward.

The hardest part of the series is the beginning. If you attempt the full time of exercises on your first trial you may have a sore stomach and weak legs unless you are in excellent shape. Do what you can and do it gracefully, breathing consciously throughout. The sexual and digestive energies require a little work to balance. As you do Exercise 3, feel all the worries of the day drop away. Feel like you are rising above the clouds and that your entire body is filled with the light energy of the breath. In Exercise 4, feel that light energy lift to your head and project your mind into an expansive peacefulness.

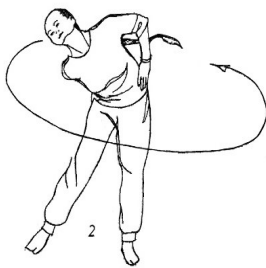
The hard work brings deep relaxation and the experience that you have the latent power to cleanse and vitalize yourself mentally and physically.

Kundalini Yoga for the liver, colon and stomach (From Yoga for Youth and Joy)



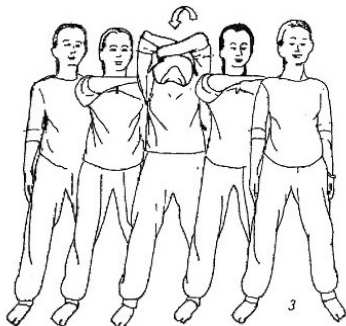
1) Stand with your legs 2 feet apart. Place your hands on your hips. Bend from the waist to the right, to the left, then forward and back, returning to the upright position after each bend. One second in each direction. Chant aloud, Sa as you bend to the right, Ta to the left, Na to the front, and Ma to the back. Continue rhythmically, coordinating the movement with the mantra for 5 minutes.

This exercise opens up the hip area and prepares you for the next exercise.



2) Remain in a standing position with your legs 2 feet apart and the hands on the hips. Begin to roll the upper torso around on your hips. Roll to your maximum capacity, bending completely in all directions. Continue for 2-3 minutes, one second per roll. Then start chanting Har Hari, one repetition with each roll, and continue for 2 minutes more.

This exercise stimulates the gonads..



3) Stand with your legs apart and your arms relaxed down at your sides **(A)**. Bring the arms up, parallel to the ground, and cross them grasping the upper arms **(B)**.

Lean back and let your arms come up and back, pulling your breast muscle up **(C)**. First, return to position **(B)** and then to position A with your arms relaxed down at your sides. Chant aloud Sa-Ta-Na-Ma. Continue rhythmically, coordinating the movement with the mantra for 3-4 minutes. One complete cycle will take 2-3 seconds.

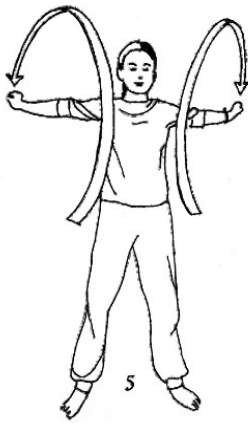
This exercise relieves lower back pain and pressurizes the lymph glands.



4) Remain standing with the arms parallel to the ground grasping the upper arms **(A)** Do deep knee bends squatting into Crow Pose, a crouching position with the knees drawn into the chest and the soles of the feet flat on the floor **(B)**. As you go up and down chant aloud Sa-Ta-Na-Ma. Coordinate the movement with the mantra powerfully and rhythmically as follow: Sa - down, Ta - up, Na - down, Ma - up. Complete one cycle every 3 seconds.

Continue for 3 minutes.

This exercise balances the body's energy. It also works to relieve pain in the lower back.



5) Continue standing with the legs apart. Put your thumbs on the Mercury mounds (the mound below the little finger, palm side) **(A)**, and make your hands into fists **(B)**. Swing your arms backward in large rapid circles, making sure to move the shoulders. Chant aloud, Har Har Har Har Har Har Hari. 2-3 circles per repetition.

Continue rhythmically coordinating the movement with the mantra for 2-3 minutes.

This exercise balances the psyche and enhances communication skills.



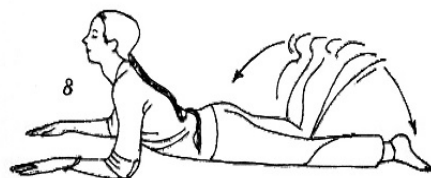
6) Stand on the balls of your feet and place your hands on your hips. Kick your feet forward alternately in a jogging shuffling motion. Use a fast pace. Chant aloud, Hum Dum Har Har, Har Har Hum Dum, one repetition every 3-4 seconds. Continue rhythmically coordinating the movement with the mantra for 3 minutes.

This exercise balances the metals in the body.



7) Immediately lie down with your legs straight and begin a Cat Stretch to both sides, alternately bending the knees and touching them to the ground on the other side of the straight leg. Continue this powerfully for 1-2 minutes.

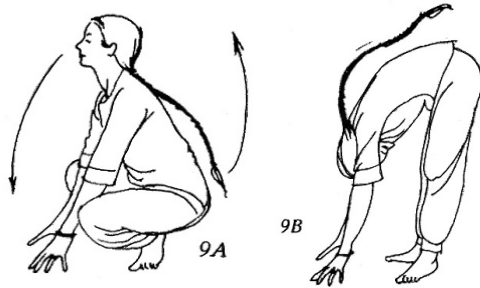
This exercise puts pressure on the liver and removes toxins. It also consolidates the effects of the previous exercises.



8) Come into Half Cobra Pose. Lie on your stomach with your neck up and chin out, palms flat on the floor under the shoulders. Keep the heels together with the soles of the feet facing up **(A)**. Inhale and arch the spine up while resting on the forearms **(B)**. Begin to kick your buttocks hard with alternate heels. Continue for 3-4 minutes at a moderate pace. Switch to a rapid pace for the last minute. Total exercise time should be 4-5 minutes.

This exercise is specifically for regulating the calcium/magnesium balance in the bloodstream and body which is controlled up the thighbone. This bone also controls one's sexuality. The exercise also applies maximum pressure to the parathyroid and thyroid when the

neck is up and the chin is out.



9) Sit in Frog Pose. Squat down so the buttocks are on your heels and the heels are off the ground and touching each other. Put the fingertips on the ground between the knees and keep the head up **(A)**. Inhale, raise the buttocks high, keeping the fingers on the ground. Exhale, come down, and let the buttocks strike the heels. The exhale should be strong. Chant aloud Sa-Ta-Na-Ma one repetition every 2-3 seconds. Continue rhythmically coordinating the movement with the mantra for 2 minutes.

This exercise works on the knees.



10) Stand up straight with your arms down by your sides **(A)**. Then sit down in a cross-legged position **(B)**. Alternate this standing/sitting movement 4 times.

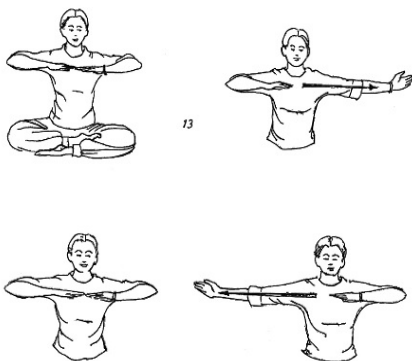
This exercise balances the Prana and Apana in the body.

11) Repeat exercise 9 for 30 seconds.



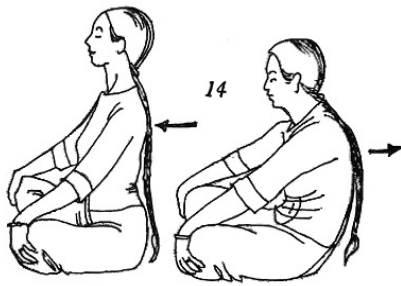
12) Lie down on your back. Keeping the legs straight, lift them up and grab onto your toes with your hands **(A)**. Begin to breathe in through a rolled tongue **(B)**. Exhale through the nose. Continue for 1-2 minutes.

The breath used in this exercise cools the body off.



13) Sit in Easy Pose. Place the arms at shoulder level with the fingertips meeting at the center of the chest, palms facing out **(A)**. Alternating left to right, straighten the arms out to the side with a jerk to the elbow and return to the center **(B)**. Continue for 3 minutes.

This exercise works directly on the forearm muscle which regulates the colon.



14) Sit in Easy Pose. Place the hands on the knees. Focusing on the upper spine and shoulders, inhale and flex the spine forward **(A)**. As you exhale flex the spine back, keeping the shoulders relaxed and the head straight. Continue at a moderate pace for 4 minutes.

This exercise is for the lymph area and is reported by some people to prevent breast cancer. If done correctly it will create on unusual pressure behind the ears on the neck. It means your whole nervous system and central nervous system, the Sushumna, is stretching. It should create sweat on the face.



15) Remain sitting in Easy Pose. Make loose fists of the hands by placing the thumbs on the inside and wrapping the fingers loosely around the thumbs **(A)**. In a rapid movement, inhale and extend the arms up. Exhale and lower the arms with the fists returning to shoulder level **(B)**. Continue for 2-3 minutes.

This exercise works on the spine and the sciatic nerve.



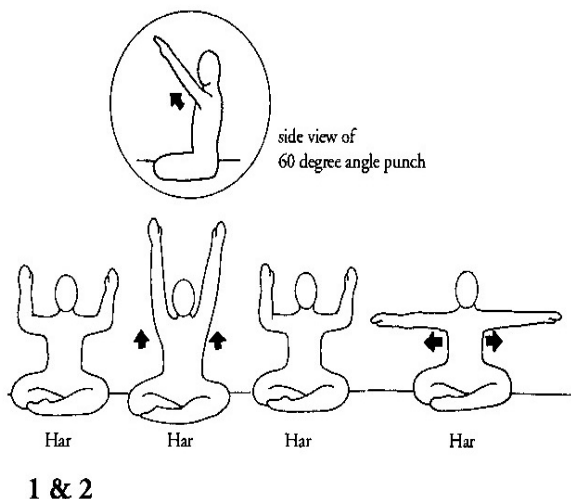
16) Sit in Easy Pose. Cross your arms at the heart center, grasping the upper arms. Chant aloud Sa-Ta-Na-Ma as you begin to bend your head in the following manner: Right, center, left, center. Complete one cycle every 2-3 seconds. Continue rhythmically coordinating the movement with the mantra for 1-2 minutes.

This exercise adjusts the neck.



17) Sing the song "Nobility" for 4 minutes or sit meditatively and breathe long and gently for 4 minutes.

1. **Sitting in Easy Pose**, bend the elbows bringing the hands shoulder width apart at the level of the ears. With a quick motion like a punch (but keeping both hands open), shoot the arms up and to the front at a **60-degree angle**.



Return the arms and hands to the first position and then repeat the punching motion out to the sides, parallel to the ground. Use the outward force. These movements stretch the elbow making it about two millimeters longer. After **1 minute**, begin to chant "**Har**" at each position using the tip of the tongue and the power of the navel point. Continue for **2 1/2 minutes** more.

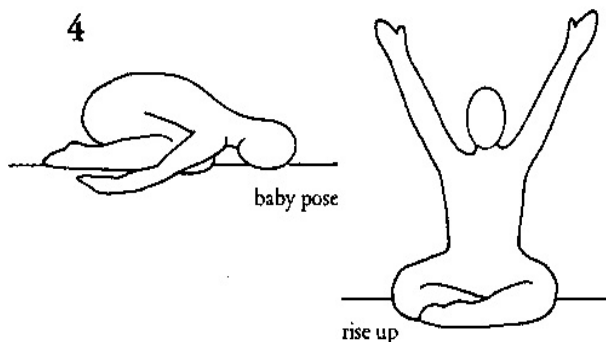
"Stomach is a fire. Get the anger out!"

2. **Repeat Exercise 1 extending the tongue** out of your mouth each time you chant "**Har**" at each position. (4 counts of "**Har**" = 2 seconds). Punch with anger and force. Get mad! **2 1/2 minutes**.

(Yogi Bhajan demonstrated this way of chanting "Har" using a high pitch, like falsetto.)

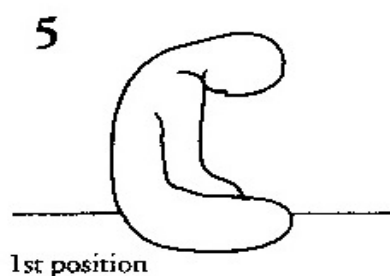


3. **Bend the arms at a 90-degree angle** at the elbow with the hands in fists held near the ears, and twist the body left and right. Keep the tongue extended out of the mouth and chant "**Har**" with each twist. Go mad! **1 1/2 minutes**.



4. **Get into Baby Pose** with your forehead on the floor. Be relaxed and sleepy, while you chant "**Har Har Mukande**" from the navel for **9 1/2 minutes**. (Avtar Singh's version of the mantra was played in class.) Keep your tongue alive with the sound. (Yogi Bhajan played the gong.) **Then rise up to Easy Pose**, extend the arms up at approximately a sixty-degree angle to the sides and continue to chant. **1 1/2 minutes**. Inhale, hold your breath for 10 seconds, and exhale.

5a) **Remaining in Easy Pose**, put your hands in your lap and allow your head to hang totally relaxed, let your shoulders drop. Feel very tired and very sad "Bring all the sadness out." silently meditate on meditative music for **3 1/2 minutes**.

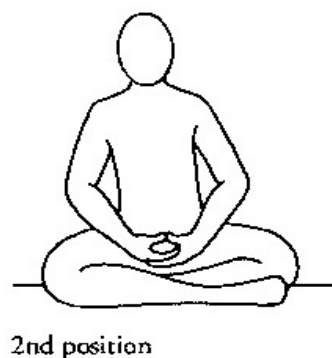


Thou art pervading in all the four quarters of the Universe, Thou art the Enjoyer in all the four quarters of the Universe, Thou art Self-illuminated and united with all, Destroyer of bad times, the embodiment of mercy, Thou art ever within us. Thou art the everlasting Giver of indestructible power.

Stay in position and begin to chant with Kulwant Singh's version of "Chattr Chakkr Vartee" Healing Sounds of the Ancients, Volume I, **3 minutes**.

Chattr chakkr vartee, chattr chakkr bhugatay
Suyambhav subhan, sarab daa sarabjugatay,
Dukaalang pranaasee,dayaalang saroopay,
Sada ang sangay,abhanhanh bibhootay

5b) **Then sit up straight**, feel exalted, magnify, sanctify, and glorify yourself and continue to chant for **3 more minutes** (Yogi Bhajan played the gong, instructing the students to keep the mantra going, no matter how loud the gong became.)



To finish: Inhale, hold your breath for 30 seconds or longer and exhale. Repeat this breath sequence three more times.

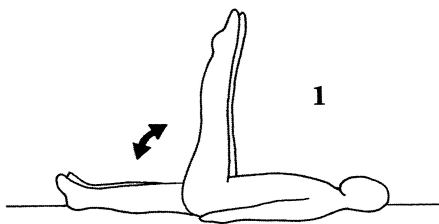
Comments: *If you do not know the art of equilibrium of your stomach, you have not lived... The entire creative sensitivity of the body is in the stomach...It is the stomach that sends a message to the brain to coordinate the entire system... Rishi Taanaan found that the heart and brain are subject to the stomach... When the ancient yogis learned this fact, they developed a whole science of fasting and food combining...*

Because when you are emotional, you feel bad in your stomach.

When you are angry you feel bad in your stomach. This is agni granthi, this is where your life and fire are... The elbow area controls the stomach and this yoga set opens up the elbow to work on the stomach. (Yogi Bhajan indicated his upper arm from elbow to shoulder).

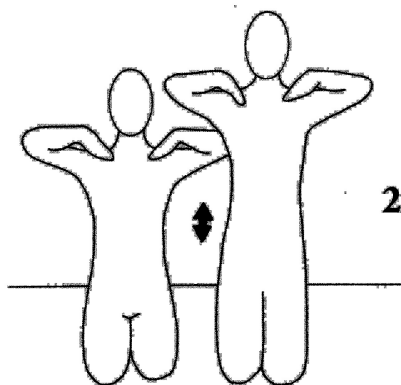
Practicing this set regularly "will take away fear from your personality. Sadness and fear will fly away"

Taught by Yogi Bhajan May 8, 1985



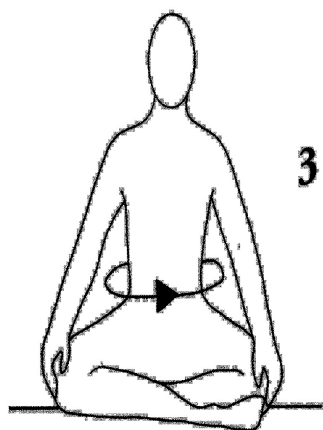
1. Lie on your back, and heels together, lift both legs **90 degrees** as you inhale through the mouth, then lower the legs as you exhale through the nose. Continue for **3 1/2 Minutes** (Keep your legs straight, with no bend in the knees).

Powerfully oxygenate your system. "This breath moves the pituitary in reverse order "

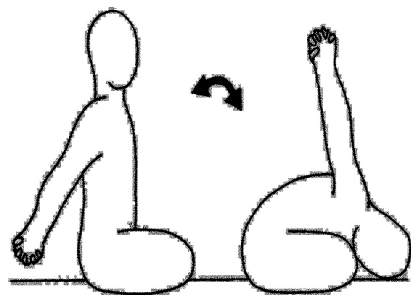


2. Sit on your heels in Rock Pose with your hands on your shoulders. Inhale through the mouth as you **rise up to a kneeling position**, and exhale through the nose as you return to **Rock Pose**. Continue for **3 1/2 Minutes**. Move quickly and powerfully.

Bring some relaxation "to the back side of your knees where all tension is just a problem".



3. Sit in Easy Pose with our hands on our knees. Grind your stomach around in wide counter-clockwise circles moving powerfully. Move the lower back. *Lose weight! Lose fat! Clean your digestive system. Move!* Continue for **4 Minutes**.



4

4. Remain in Easy Pose and interlock your hands behind your back. Inhale through the mouth as you bend forward into **Yoga Mudra** bringing your forehead to the ground in front of you and raising your arms up. Exhale through the nose as you come back into **Easy Pose** and lower your arms. Continue for **3 1/2 Minutes**. "It will create the balance of the imbalanced energy." Move quickly.

5. Lie flat on your back. Meditatively project at the navel point. Vibrate the energy there. (Yogi Bhajan played the gong for this meditation). **8 1/2 Minutes**.

6. Wake yourself up. Roll your hands around your wrists and your feet around your ankles briefly. Bring your knees to your chest and briefly roll on your spine. Bring your knees to your chest and then extend the legs out, stretching the legs forward and back a few times.

Comments: *The stomach is a very powerful organ in the body... The stomach secretes juices.*

The idea is that for the first 18 years those juices are very heavy. So metabolism is perfect. Whatever you eat, you can digest. There is never a problem... In the second eighteen years, you somehow digest what you eat. You understand that, so you eat and drink and wine and dine, and you consider yourself super-eight. After that, you start paying the cost. Your metabolism starts changing and your digestive system starts changing.

Your liver cannot do the work. Food cannot be digested and eliminated within twenty-four hours.

You think that you are only responsible for eating...

You don't think you are responsible for eliminating. Anything that remains within your body for more than twenty-four hours will poison your body. That is the main cause of all your problems.

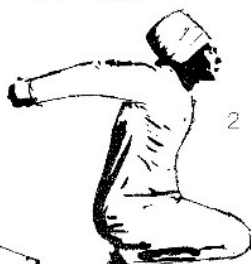
Taught by Yogi Bhajan October 31, 1984

The purpose of this series is to make you enchantingly beautiful. It will bring you to a stage in which you will meditate on Infinity, and you will be in harmony with the Cosmos. To create joy in meditation, we have to bring ourselves to a level of consciousness where we can appreciate the stream of new energy.



1. Sit on your heels and place your hands on the ground, somewhat in front of your knees. Keep the spine straight and your head up. You should look like a Buddhist temple lion. Begin to flex the spine forward as far as you can **(1A)** and backwards as far as you can **(1B)**, while you keep your arms straight. Powerful breathe in, flexing forward and breathe out, flexing backwards, in a constant rhythm. It will make your forehead hot and will make your spine sweat. (3 minutes)

Exercise 1 purifies the blood and strengthens the whole nervous system. Regular practice keeps you from many back aches. It makes the pain in the shoulders disappear.



2. Immediately bring your hands behind your back in venus mudra and lift them with arms stretched behind your back as high as possible. (1—2 minutes.) Breathe in and relax. Rest 2 minutes.

Exercise 2 improves the blood circulation and so the beauty of cheeks and lips, so you don't need cosmetics anymore.

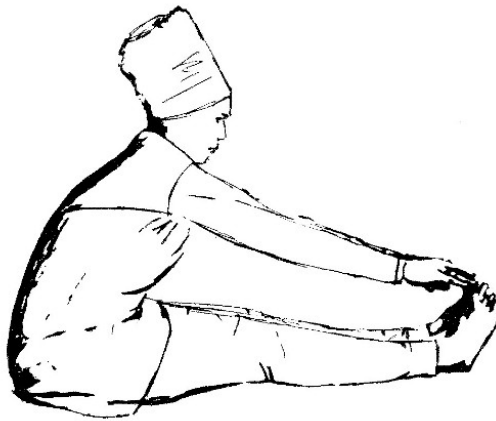


3. Stretch your legs in front of you and place your hands behind you on the ground. Slowly lift your legs 60 degrees up and hold them there. Try to lean backwards as little as possible, supporting yourself with your hands. Stay 1-3 minutes in this position. Breathe in, breathe out, breathe in, breathe out.

Exercise 3 stretches the sciatic nerve. If you practice it as you should, you will have fewer moments of headache. If your legs start trembling, realise that it is better they tremble now, during the exercise, than later in life while walking.



4. Bring the knees immediately to the chest. Keep your feet 15 cm off the floor and keep your balance as you did in exercise 3. Do 1-2 minutes of the Breath of Fire. Breathe in and relax. *In exercise 4, 50 powerful repetitions of the breath of fire cycle are sufficient to purify the blood completely. The breathing should not be interrupted. It purifies the lungs and stimulates the life-force in a way, so you can keep your youth, your strength and your power to work longer.*



5. Stretch your legs and grab your toes. Keep the arms completely straight. Stretch your back, pull in your chin and pull your feet. Put big pressure on the toes. Roll the eyes up and close the eyelids. (2 minutes).

6. Then you begin, without changing the pose, to sing the mantra “HAM” which means “us”. It releases you from your individual insignificance and tensions. Continue the “mmmm” sound longer.

Exercises 5 and 6 stimulate the 2 master glands of the blood: the liver and the spleen.

Comments:

This short series is capable of making you a new man. It enhances the mental as well as the physical beauty. Many of us don't know anymore what beauty really is. Beauty is good health and a radiance of the soul through the whole body and out. You have certainly seen a participant in a beauty contest who was pretty or attractive, but was not beautiful, because she missed a certain grace. She was uncertain in her relation to the spectators and with the unknown in herself.

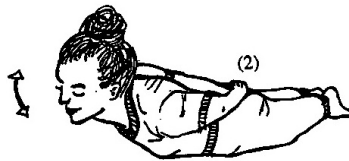
- Yogi Bhajan

Kundalini Yoga brain doctor kriya



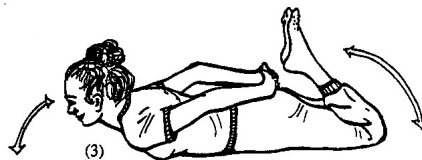
1. **Sit in Lotus Pose.** Place the hands by the hips and bounce up and down, using the hands to push the body up off the floor. Move rapidly in coordination with Breath of Fire for **2 minutes**.

To the Yogi, one's own age is measured by flexibility. When a man cannot sit in Lotus Pose, he is equivalent to 40 years of age, and when a woman cannot sit in Lotus Pose, she is equivalent to 120 years of age.



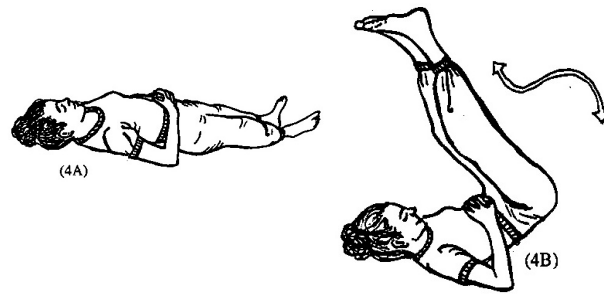
2. **Lie on the stomach** with the forehead on the floor. Interlock the hands at the small of the back. Inhale and raise the head and upper torso as high as possible, then exhale down to the original position. Repeat the cycle **52 times**.

This exercise helps adjust the ribcage.



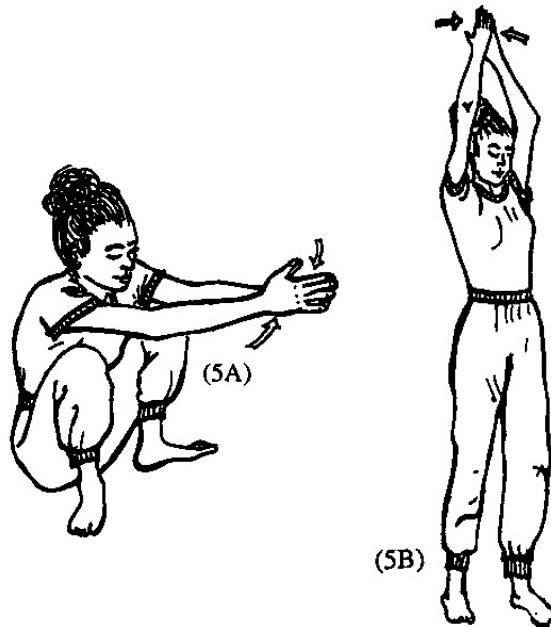
3. **As in Exercise 2**, inhale and raise the head and upper torso as high as possible, and at the same time strike the buttocks with both heels. Exhale and relax. Repeat this cycle **52 times**, then relax with the arms by the sides.

This exercise strengthens the lower back and helps eliminate lower back pain.



4. **Lie on the back** with the hands interlocked at the navel point. Jump the legs up and back toward the head, lifting the buttocks off the ground. Repeat this jumping motion **52 times**.

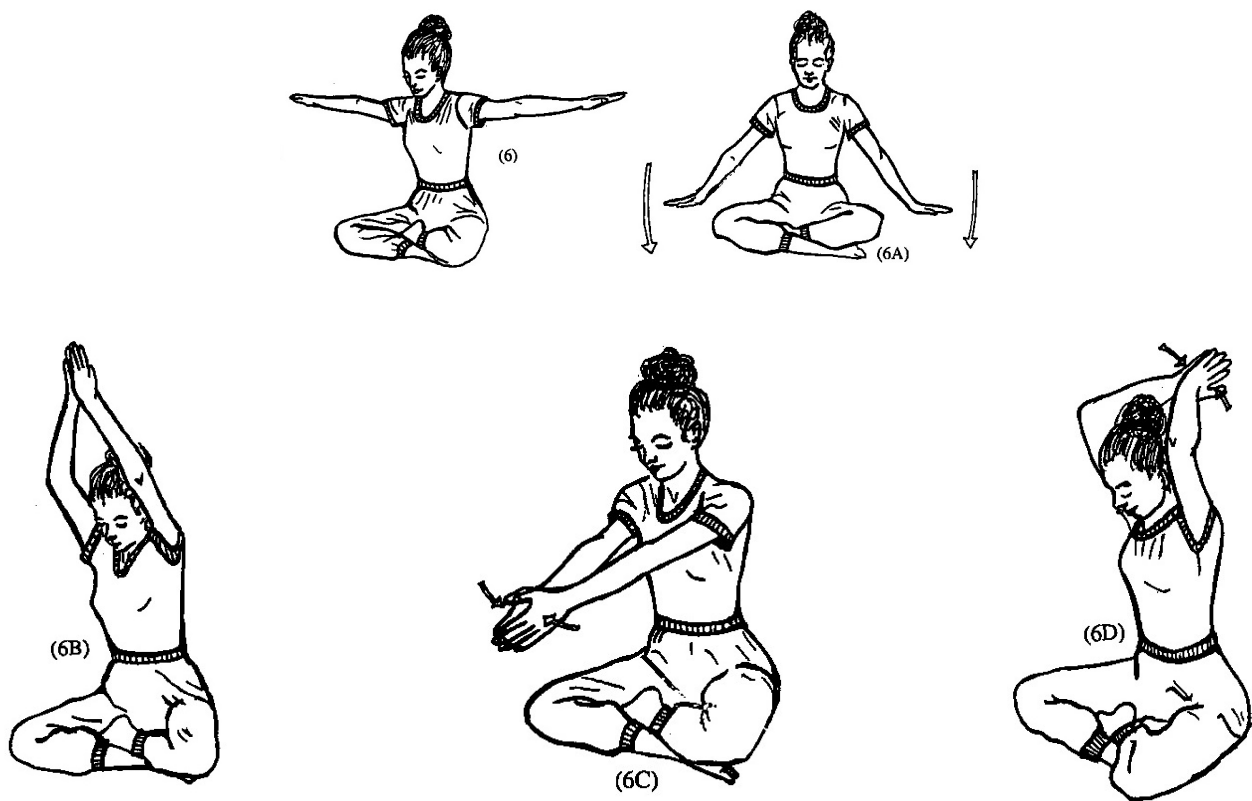
This exercise is great for releasing pent-up tension and frustration!



5. **Squat into Crow Pose**. Extend the arms straight in front, parallel to the ground, with the palms together.

- a. Inhale, stand up and clap the hands over the head.
- b. exhale, squat down and clap the hands straight in front.

Repeat the complete cycle **52 times**.



6. **This is a four-part exercise.** Each part is done for four counts.

A. **Begin by sitting in Easy Pose** with the arms extended to the sides, parallel to the ground, palms facing down. Keep the arms perfectly straight and tight like iron throughout the following sequence.

a. **First, pump the arms 3 times as though you were flying. On the fourth count, firmly slap the ground (A)**

b. **Second, pump the arms 3 times and on the fourth count, clap the hands above the head. (B)**

c. **Third, pump the arms 3 times. On the fourth count, extend the arms in front parallel to the ground and clap the hands. (C)**

d. **Finally, pump the arms 3 times and on the fourth count, clap the hands behind the head. (D)**

When the sequence becomes familiar, substitute the mantra **Har Har Har Hari** for the counting. Chant in rhythm with the movement for **2 minutes**.

This series of exercises focuses on the brain. Using the mantra Har Har Har Hari causes the projective brain to assist the initial brain. Keeping the arms straight and tight stimulates reflexology points along the arms and is better than the best acupuncture.

7. **Repeat the entire series of postures in exercise 6 using the Guru Gaitri Mantra: Gobinday, Mukanday, Udaaray, Apaaray, Hareeung, Kareeung, Nirnaamay, Akaamay.** The sequence is the same, but the pumping motion is faster. Pump the arms up and down once with each word of the mantra. **Clap your hands on Apaaray and Akaamay.** Continue for **3 minutes**.

Using the Guru Gaitri Mantra is more difficult because there are more words to match with the actions. The eastern zone, or the initial and projective part of the brain, is stimulated by the word changes in the mantra. The Guru Gaitri Mantra is unique in its ability to effectively balance the initial and projective brain. When both parts of the brain unite in a balanced way, it enables the brain to function creatively, to communicate effectively and project any necessary defence. This exercise tests your IQ.

8. Repeat Exercise 6 for 3 minutes.



9. Sit in Easy Pose with the eyes closed and meditate on the song Himalaya or another beautiful song. As you listen to it let the sound of the words and music create a frequency for the right brain to receive and then stimulate the left brain to create movement. Sing along with the tape and imagine you are flying at 40,000 feet. Meditatively move the shoulders, torso, arms and hands to creatively express yourself. This is a basic human movement. Express your feelings freely through your body movement for **5 minutes**.

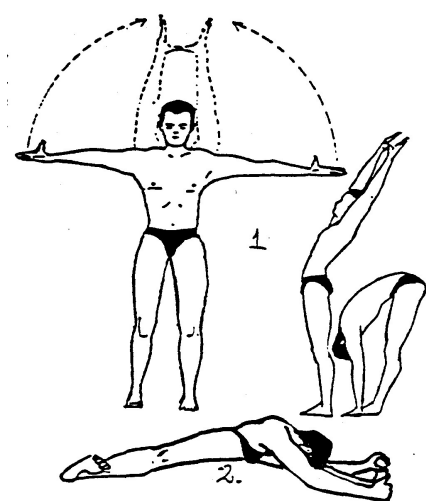
You can develop great healing power in your hands by learning to project beautiful songs in this way. It is an effective means of communicating with your inner self and of projecting your essence outward. And that essence is the healing force within you, which is God.

It is especially beneficial for a woman to develop the ability to express herself through her body language to effectively communicate her presence. Otherwise, she taxes her sensual, sexual and sensitive self and loses her balance.

Comments: Effective communication is when you can communicate the total you honestly and freely. The two hemispheres of the brain must be in a synchronised relationship for this to happen. This kriya is a brain doctor. It patches the two hemispheres together so you can both sense and project who you really are. This series reduces overall body tension and enhances the awareness of the self. The inner creative self can project its essence outward. Equally, it can receive the wholeness of others with complete empathy and intuition. - Yogi Bhaijan

From Inner Workout, Taught by Yogi Bhaijan in the summer of 1985 at the Khalsa Women's Training Camp

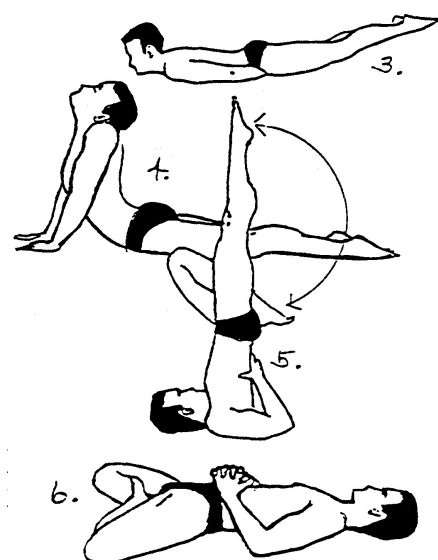
Kundalini Yoga fifteen minute morning set (taught April '9 1970, from Relax and Renew)



1. Stand and extend arms straight out and slightly pressed back, pointing thumbs straight up. Hold with Breath of Fire for 2 minutes. Then inhale deeply, slowly raising arms overhead 'til thumbs meet, arch back, and exhaling, slowly bend forward to touch toes.

Charges the electromagnetic field.

2. Sit, spreading legs wide apart. Grab left foot and lower head to left knee, with Breath of Fire for 2 minutes. To end, deeply inhale, completely exhale and pull Mula Bhanda, holding as long as possible. Relax and repeat on the right side.



3. Locust Pose: on stomach, place hands palms under thighs (beginners use fists) and inhale as you raise the straight legs as high as possible. Exhale and apply Mula Bhanda, holding as long as possible. Repeat and continue for 3 minutes, relax for 2 minutes.

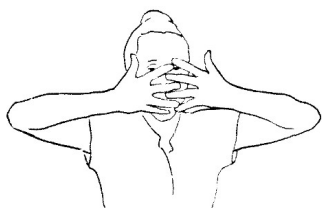
4. Cobra Pose: Concentrating on the 3rd eye, arch torso up in Cobra. Inhale, exhale and pull Mulbhand, holding as long as possible. Repeat and continue for 3 minutes. Relax for 2 minutes.

5. Shoulderstand: on back, raise legs and hips perpendicular to the floor, supporting them with the hands, weight on shoulders, neck and upper arms. Take 3 deep breaths, and on the 3rd exhale, apply Mula Bandha, kicking buttocks rapidly with alternate heels for as long as possible. Inhale, repeat and continue for 3 minutes, resting 2 minutes.

6. Sit in Easy Pose, and lie back down, hands folded in Venus Lock on the stomach. Meditate at the 3rd eye.

Comments: This powerful set raises Kundalini energy and is excellent preparation for meditation. (3- 6 were designated "15 Minute morning Set" - 1 & 2 increase the time.)

Kundalini Yoga for balancing the aura (From Kundalini Yoga for Youth and Joy)



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

(A). 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

(B). Continue this motion rapidly and forcefully for 3 minutes.

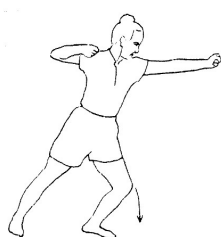
This exercise works on the eyes.



2. Stand up and move into Archer Pose, with the right leg bent forward so the knee is over the toes. The left leg is straight back with the foot flat on the ground at a 45-degree angle to the front foot. Raise the right arm straight in front, parallel to the ground, and make a fist as if grasping a bow. Pull the left arm back as if pulling the bow string back to the shoulder. Face forward with the eyes fixed on the horizon above the fist

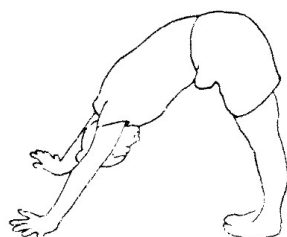
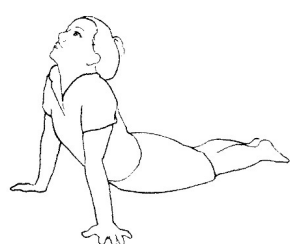
(A). From this position, begin bending the right knee so the body drops down

(B), and then comes back up. Continue this motion powerfully and rhythmically for 2 minutes. Switch sides and continue for 2 more minutes. Return to the first leg and arm position and continue for 30 seconds more.



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

(A). From this position, raise the 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

(B). Then return to position A and alternate movements at a speed of 2 seconds per posture for 5 minutes.



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 Mula Bhand, 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, energising each chakra. If you practice it for the full length of the tape for 90 days, you will perfect the meditation.

Kundalini Yoga for building physical health and mental clarity

(taught April 14, 1993, from Self Knowledge)



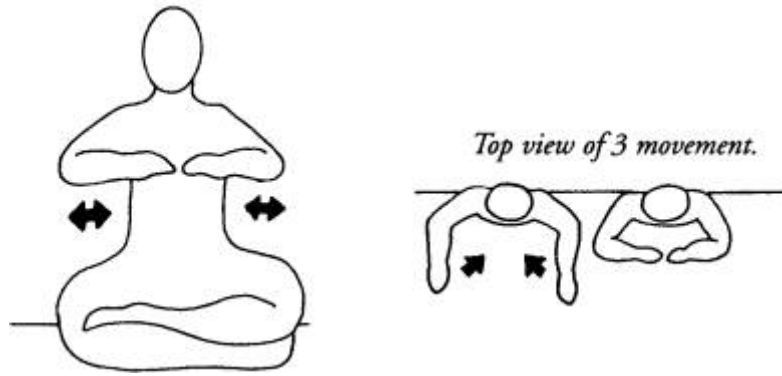
1. Sit in easy pose with your elbows bent, the upper arms near the ribs, and the forearms pointing upward. The thumbs touch the mound under the Mercury fingers, while the fingers point straight upward with no space between them. Keep your spine straight with the chin in and the chest out. Stretch back your shoulder blades so that they almost touch. Look at the tip of your nose and do breath of fire. Make sure that your breath is strong and that you pump your navel. 3 Minutes. Yogic scriptures say that five hundred diseases will not come near a person who moves his navel point, because the navel point totally controls the Vayus, the pranic airs that circulate through the body.

To finish: Inhale, hold the breath 10 Seconds, tighten all your muscles to circulate the energy you have created, and exhale the breath through your mouth like cannon fire. Inhale, repeat this sequence one more time. Finally, inhale, hold the breath for 10 seconds, tighten all your muscles, and exhale the breath slowly with a whistle. When the whistle ends, relax the posture. Through the practice of this exercise, men can avoid impotency, women can avoid menopause problems, and the young can remain young.



2. Sit in easy pose with your elbows bent, the upper arms near the ribs, the forearms pointing upward, and the palms of the hands facing forward. Twist the hands back and forth on the wrists with the thumbs leading the movement. The total power of the movement of this exercise comes from the thumbs. The thumbs are solid, and the fingers firm as you move the hands with a heavy jerk forward and back. Make the thumbs move the hands. Move hard and fast. Look at the tip of your nose. Breathe as slowly and deeply as possible. 3 Minutes. If this movement is painful, you could be deficient in proper minerals.

To finish: Inhale, hold the breath 10-15 seconds, twist the hands back and forth as fast as you can, and tighten all the muscles of the body. Exhale. Repeat this sequence two more times and relax.



3. The elbows are bent with the forearms parallel to the ground, palms facing down. There is no space between the fingers of each hand, and the thumb is pressed against the side of the hand. The hands are near the center of the chest, with the fingertips of one hand pointing at the fingertips of the other. The eyes are on the tip of the nose. Swinging from the elbow, the forearms move out to the front and back to the center. The forearms do not swing all the way out to the side, they stop when they point straight forward. The force of the movement is from the outside position inward. Pull the arms in heavily like a hammer blow with full speed and strength. The mouth is "O" shaped, with breath of fire through the mouth. 3 Minutes. This exercise is for the heart center.

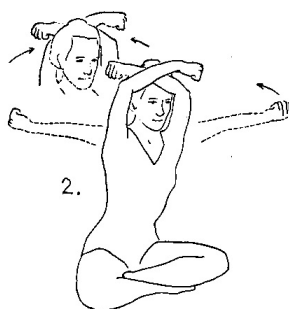
To finish: Inhale, hold the breath 15 seconds, repeat the movement of the exercise as fast as you can, and shake energy into every cell. Exhale. Repeat this sequence two more times and relax.

Kundalini Yoga for Building the Nervous System



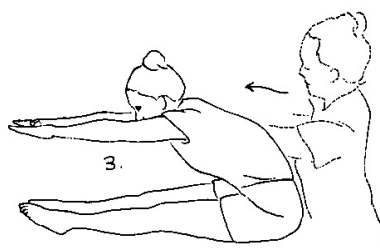
1. Sit in Easy Pose with the arms straight out to the sides and the palms facing up. Open and close the hands, moving only your four fingers and not your thumbs. Begin **Breath of Fire**. Inhale as the hands close, exhale as the hands open. Continue rhythmically coordinating the movement of the hands with powerful breathing for **4 minutes**. Then continue the movement with the palms facing down for **1 minute** more.

This exercise works on the brain. The control system for the brain is located in the fingertips.



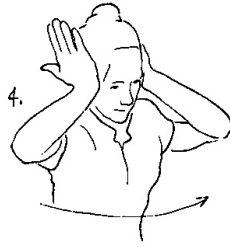
2. In Easy Pose, extend the arms straight out to the sides and parallel to the ground. Place the thumbs inside the hands and make the hands into fists. Alternately cross the arms in front and back of the head, returning to the original position between each movement. Continue rhythmically coordinating the movement with powerful breathing for **4 minutes**.

This exercise works in the lymph nodes and removes calcium deposits from the shoulder area.



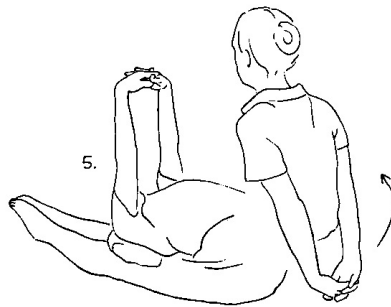
3. Remain sitting and extend the legs and arms straight out in front of you, with the hands parallel to the floor and the thumbs locked together. Keeping the head up with a straight spine and no bend in the elbows or the knees, stretch forward as you exhale and return upright as you inhale. Continue with fast, powerful breathing for **4 minutes**.

This exercise works on putting the body into proper alignment.



4. Sit with the legs stretched out in front of you. Place the palms on your temples, keeping the fingers together and the thumbs separate. Point the hands to the back of the head. Begin twisting the whole upper body from left to right. Continue with powerful breathing, inhaling left and exhaling right for **2 minutes**.

This exercise works on removing calcium deposits from the shoulders and neck. You may feel pain in the armpits, where the balance of the parasympathetic and sympathetic nervous systems is adjusted.



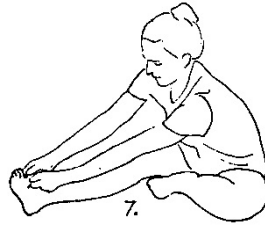
5. Remain sitting with the legs stretched out in front of you. Come into Yoga Mudra by interlacing the fingers in **Venus Lock** behind the back, keeping the elbows straight. **Inhale in 4 parts as you bend forward**, raising your arms up as high as possible. **Exhale in one breath as you return upright.** Continue rhythmically coordinating the movement with the breath for **2 minutes**.

This exercise gives endurance and grit.



6. Stand up with the hands locked behind you in Venus Lock as before. Lower yourself down as though you were sitting in a chair of standard height and stay there. **Inhale in 4 counts and bend forward, raising your arms up behind you.** **Exhale in one breath and return to the original upright sitting position.** Continue rhythmically coordinating the movement with the breath for **2 minutes**.

This exercise works on the knees.



7. Sit down with the left leg stretched out straight in front of you. Place the sole of the right foot firmly against the inside of the left thigh so that the heel creates a closure in front of the genital area. Reach forward and catch the left toe or foot, whichever is more comfortable. Pull the neck back and bend forward as you exhale. Inhale and come up. Continue with powerful breathing for **3 minutes**.

Then change legs and continue for 3 minutes more.

This exercise is for the spine. The closure or "gate" which the heel creates in front of the genital area allows the body to remove its toxins and heal itself.



8. Sit in Easy Pose. Fold the arms right over left, hands grasping the biceps. Rock forward slightly and bounce up and down on the buttocks like a Mexican jumping bean. Jump hard and breathe powerfully. Continue rhythmically for **4 minutes**.

This exercise works on breaking up deposits and unwanted fats in the body. It stimulates the circulation and builds strength in the spine to resist injury in case of trauma.



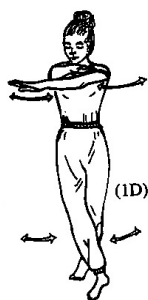
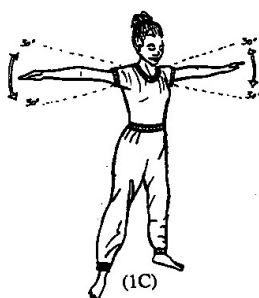
9. Remain sitting in Easy Pose with the hands folded at the chest in Prayer Mudra. Chant aloud along with the mantra **Jaap Sahib**, copying the sound exactly. Continue for **15 minutes** until **Gobinde Mukande**.

If the mantra **Jaap Sahib** is not available, breathe long and gently for **7-11 minutes**.

This exercise works on cleansing the mind.

Comments: From Kundalini Yoga for Youth and Joy, taught by Yogi Bhajan.

Kundalini Yoga for Complete Workout for the Elementary Being



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

A. Extend the arms straight over the head, hugging the ears. Clap the hands **8 times** so that the entire surface of the palms are firmly struck.

B. Immediately bend forward and strike the ground with the palms **8 times**. Strike hard enough to make a noise.

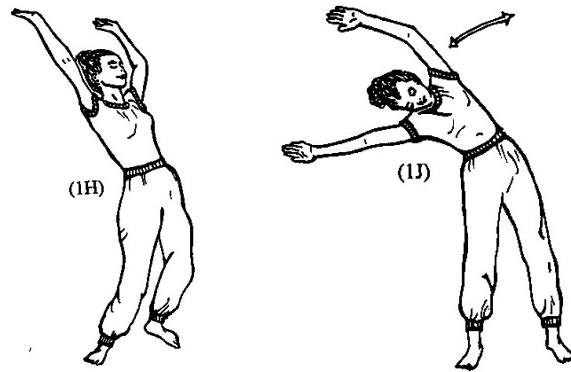
C. Straighten the body and extend the arms to the sides parallel to the ground, palms facing down as (1A) down. Pump the arms 30 degrees up and 30 degrees down as though you were trying to fly. Repeat the 2-part motion **8 times**.

D. Stand with the feet shoulder-width apart and extend the arms to the sides parallel to the floor, palms facing down. Then jump up and land with the arms and legs crossed. Again, jump up and land in the original position, arms extended and feet spread apart. Keep the arms straight and parallel to the ground, and alternate the top arm and front leg. Chant **Har** with each jump. Continue for **4 complete cycles or 8 counts**.

E. Turn diagonally and come into **Archer Pose**. Using the strength of the thighs, bend the front knee deeply over the toes **8 times**.

F. Turn to the opposite diagonal into **Archer Pose** with the opposite leg forward and again bend the front knee deeply **8 times**.

G. Repeat the crisscross jumps.



H. Remain with the feet apart and extend the arms above the head, hugging the ears, and **stretch backward 8 times**.

I. Repeat the crisscross jumps.

J. **Stand with the feet shoulder-width apart**, arms extended above the head. Bending from the waist, stretch **4 times** to the right and **4 times** to the left.

K. Repeat the crisscross jumps.

***This is called the Elementary Woman Exercise.** The greatest benefit lies in its stimulation of the entire glandular system, which helps keep the body healthy. The glands are considered "the guardians of health", and according to yogic scriptures, they affect both the physical and subtle bodies. Additionally, practicing this series will build stamina and benefit the body in the following ways: crisscross jumps balance the metabolism; Archer Pose applies pressure on the thigh bone to help create a balance in the essential elements of calcium, magnesium, potassium and sodium; backward stretching works on the lymphatic system; clapping massages the brain; pumping the arms stimulates meridian points on the forearm for the colon, stomach, spleen and liver and stretching to the sides 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. "62 minutes a day will fill the daily requirement for exercise."

With so many positive effects, this series stands out as one to practice regularly. And it's fun!

2. Relax. After doing this exercise set for an extended period of time, it is important to rest. If you practice it on consecutive days, alternate between the following positions for relaxation: **one day** rest on the back in **Vayu Praan Mudra** with the knees pulled into the chest and the arms wrapped around the bent legs. **The next day**, rest in **Baby Pose** by sitting on the heels with the forehead on the ground and the arms by the sides.

Relax in these postures while listening to **Dhan Dhan Ram Das Guru** or some other uplifting music. Rest deeply.

Comments: *Is there one set of exercises that will work you thoroughly in all the major systems of the body? Yes! This kriya balances you totally. If you don't want to learn hundreds of sets, just do this set every day for 62 minutes. It will stimulate the glandular system, invigorate the inner organs, strengthen the immune system, balance the minerals in the body, and increase your stamina.*

From Inner Workout, Taught by Yogi Bhajan in the summer of 1985 at the Khalsa Women's Training Camp

Kundalini Yoga for connecting with your source of infinite energy



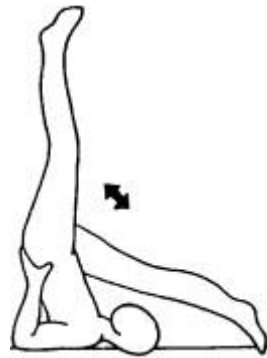
1. Sit in easy pose. Stretch your left arm out to the side with the fingers in gyan mudra and the palm up. The right elbow is bent, the palm faces forward, and the hand is about the level of the ear. The right thumb and sun finger (ring finger) connect to form Surya mudra while the other fingers point upward. Inhale and exhale. Hold the breath out and pull the navel, mentally chanting "Har" with each pull of the navel. Begin by chanting "Har" eight times with the breath held out. When you are comfortable with that, increase the number of times you pull the navel and mentally chant "Har" until you can chant "Har" twenty times before you inhale. 11 Minutes.

To finish: Rapidly pump the navel 108 times either with the breath held in or with the breath held out. (Your choice)

Kundalini Yoga for conquering depression



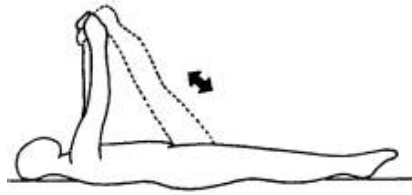
1. Slowly arch your body up into wheel pose. Inhale through the nose and exhale through the mouth. Breathe slowly, with a deep, full inhale and exhale. 5 Minutes.



2. Come into the shoulder stand and from this position, lower your left leg, bringing the toes to the ground behind your head. As you raise your left leg back up to the original position, lower the right leg, bringing the toes to the ground behind your head. Continue this movement. Inhale through the nose and exhale through the mouth. 3 Minutes.



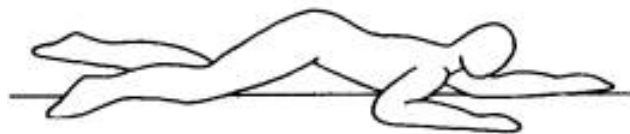
3. Lie down with your legs flat. At the same time, roll both the right knee to the right and the left knee to the left. Then roll both knees back to center. Roll the knees rapidly while you breathe from the navel in time with the movement. This exercise adjusts the sacrum and lower back. 5 Minutes.



4. Lie on your back and raise both arms to ninety degrees. Leaving the arms up, alternately raise and lower the legs. As each leg reaches the ninety-degree position, grab the foot with the hands and quickly massage your toes. Move quickly. 3 Minutes.



5. Lie down flat on your back and jump like popcorn popping. Move all parts of your body. 4-1/2 Minutes.



6. Lie on your stomach and jump your body all around. Move vigorously. 1-1/2 Minutes.

7. Lie down flat on your stomach and sleep. Relax for 7 Minutes.

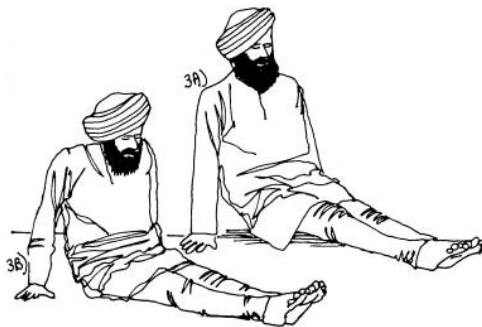
Kundalini Yoga for conquering sleep (from Sadhana Guidelines)



1. Sit on the heels with the palms on the thighs. Keep the spine straight and lean back 30° from the vertical position. Hold the posture with long, deep breathing for 1 minute. Then relax.



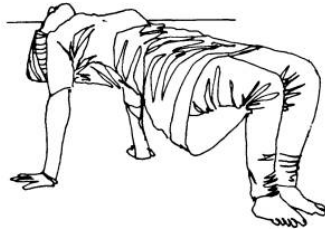
2. Still sitting on the heels, fold the arms across the chest and hold onto the elbows. Rotate the torso in a circle from right to left. Continue this grinding motion for 3 minutes.



3. Immediately stretch the legs out straight. Put the hands on the ground next to the hips. With the inhale, lift the heels and body off the ground. With the exhale, drop the body. Do 20 of these "body drops" with the breath.

4) Repeat Exercise 2 for 3 minutes.

5) Repeat Exercise 3 for 15 body drops.



6) Come into bridge pose: Raise the hips up and bend at the knees. The palms and feet are on the ground. Let the head relax back. Hold the pose for 1 minute with normal breathing. Continue with breath of fire for 3 minutes. Inhale, exhale completely, and hold the breath out as you apply Mula Bhand. Relax.

7. Repeat Exercise 3 for 10 body drops.

8. Repeat Exercise 6 (bridge pose) for 3 minutes with breath of fire.

9. Relax completely on the back for 2 to 3 minutes.



10. Come into bridge pose. Raise the right leg 60°. Point the toes forward. Do a powerful breath of fire for 1-1/2 minutes. Then inhale deeply, exhale completely, and apply mul bhand. Repeat the exercise with the left leg raised. Relax.



11. Sit in crow pose. Squat down with the feet flat on the ground. With the palms facing down, extend the arms in front, parallel to the ground. Inhale deeply as you stand up, exhale completely as you squat down. Keep the spine as straight as possible. Do 30 of these crow squats.



12. Lie on the stomach. Put the palms on the ground under the shoulders. Slowly arch up into cobra pose. Hold the pose with normal breathing for 1 minute. Then kick the buttocks with one leg for 2 minutes. Each time the heel strikes the buttocks, exhale slightly. Kick with the other leg for 2 more minutes. Relax.



13. Sit on the heels in rock pose. Extend the arms straight over the head with the palms flat together. Bring the palms down halfway toward the top of the head with the elbows slightly bent. Raise the eyes up and focus on the center of the skull, on the pineal gland, and through the top of the head. Continue for at least 3 minutes.

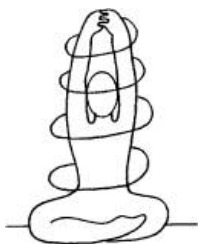
COMMENT:

If sleep is a constant problem for you, practice this kriya regularly for 90 days. It can be done before bed at night or in the morning. We waste billions of dollars on sleeping aids and stimulants when a much safer and more stable approach exists in exercise and meditation. Unfortunately, the exercises take effort; a pill doesn't. If you choose to put the effort into this kriya, it will eliminate sleep disturbances and give you alertness throughout the day.

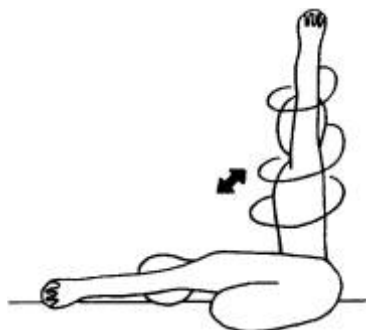
Kundalini Yoga for coordinating mind, body and soul



1. Leaving the fingers relaxed and open, use your thumbs to massage the ear mound, the flap that attaches to the cheek. 1 Minute.



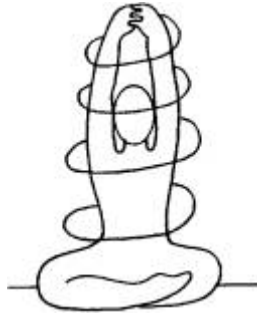
2. Reach your hands up over your head and interlock your fingers. Stretch up as you move your body in an upward spiral from the base of the spine. Feel like you are going upward, keeping your elbows and spine straight. This spiral must stretch your spine up one-half inch minimum. 4-1/2 Minutes.



3. Stay in the same position and make three spirals upward and then bend forward, stretching your arms along the ground, touching your forehead to the floor. Keep your elbows straight. Rise up and repeat the entire motion, continuing this way for 3-1/2 Minutes.

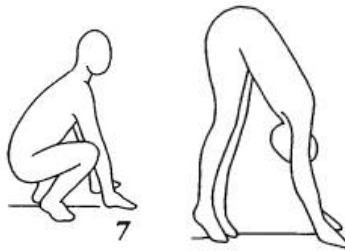


4. Lie down on your back with your hands by your sides. Raise your arms and legs up so that you are balanced on your pelvic bone. Focus your eyes on the tips of your toes. Pump your navel without breath of fire. 5 Minutes.

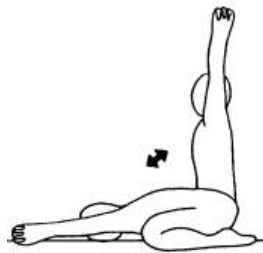


5. Repeat exercise two, making 52 spirals.

6. Stretch your arms overhead, open your fingers up, and shake your hands vigorously. Shake so that your whole body shakes. This will break up the toxin patterns in the body. 1-1/2 Minutes.



7. Do frog pose. 52 times.



8. Sit on your heels with the arms stretched overhead and the fingers interlocked. Bow your forehead to the ground and rise back up. 108 times. Move to the rhythm of Ragi Sat Nam Singh's Jaap Sahib..

9. Sit up straight, cross your hands over your heart. Listen to Ragi Sat Nam Singh's Jaap Sahib. 13 Minutes. Sing along with Chattr Chakkr Vartee by Pritpal Singh. Sing from your heart. This mantra takes fear out of your life. 6 Minutes.

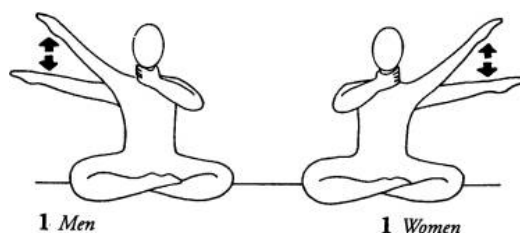
COMMENTS:

When the Kundalini rises, it synchronises the energy of the body with the projection of the mind and the reality of the soul. - Gurucharan Singh Khalsa

Total harmonious relaxation cures the body. To achieve this, there must be a coordination between the three facets of ourselves: body, mind and soul.

- Yogi Bhajan

Kundalini Yoga for creating and conserving pranic energy



1. Sit in easy pose with your spine straight. Put your arm out straight to the side with the palm facing down. (Men put out the right arm, women put out the left arm.) Rapidly move that arm up and down. It will be raised up to about sixty degrees and lowered back down parallel with the ground. Keep the elbow straight. Put your other hand around your throat and massage your throat vigorously. Breathe normally. 4 Minutes.



2. Sitting in easy pose or lotus pose, cross your hands over your heart. Bow down to the ground and rise up. Keep your spine straight and bend from the hips. Play Ragi Sat Nam Singh's Jaap Sahib and time your bows with the repetition of the words "Namo" and "Namastang". Continue in this rhythm. 14 Minutes.



3. Sit in full lotus pose with your hands on the ground on either side of your hips. Use your hands to lift your buttocks off the floor and then let the buttocks drop back to the floor. Chant "Har" with each bounce, using the power of the navel point. Chant using only the tip of the tongue. 2 Minutes.



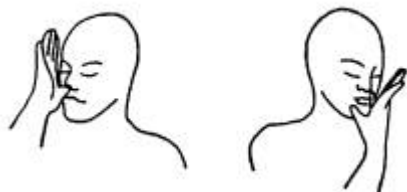
4. Sit in easy pose and make a circle of your arms with your hands clasped over your head. Concentrate on your brow point. Keep your arms steady. 5 Minutes. Inhale, hold the breath for 30 seconds, and pull the hands as if you are trying to pull them apart, but don't let them separate. Keep the fingers locked. Exhale.



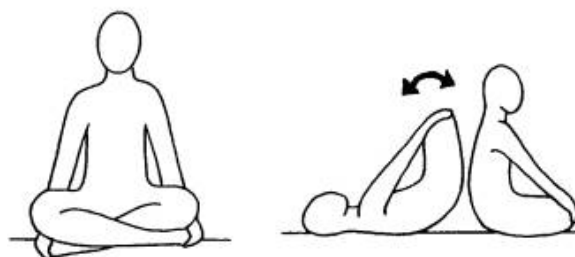
5. Lie down on your back. Support your hips with your hands so that only the head and heels are on the ground. There is no bend in the knees. 2 Minutes

6. Lie down and relax.

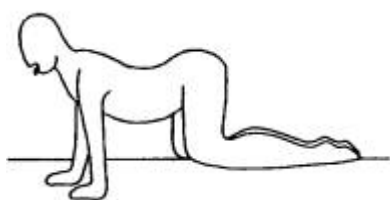
Kundalini Yoga for developing strength and balance



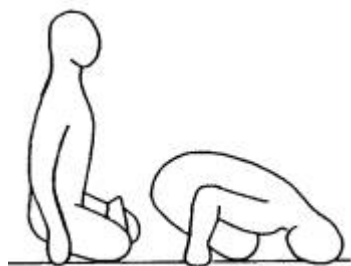
1. Sit in easy pose. Use your thumb to close off your right nostril and inhale through the left nostril. Use your Mercury finger to close off your left nostril and exhale through the right nostril. 3-1/2 Minutes.



2. With your legs crossed in either easy pose or lotus pose, grab your toes and roll backwards and forwards on your spine. Move fast. Breath of Fire. 2 Minutes.



3. On your hands and knees in cow pose, stick your tongue out and do breath of fire through the open mouth. Pump your navel. 1-1/2 Minutes.



4. Sitting in lotus pose, use your arms to lift the buttocks off the ground. Keep the buttocks lifted and bow your head to the ground. Continue bowing up and down as you chant with Ragi Sat Nam Singh's Jaap Sahib. 4 Minutes.

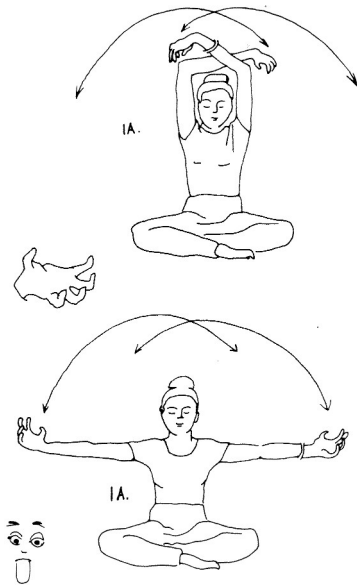


5. Lie down on your back. Move vigorously, do a cat stretch, and stretch in all directions. Move rapidly to stimulate your heart. 3-1/2 Minutes.

6. Still on your back, jump your body around vigorously. 1-1/2 Minutes.

7. Lie down and relax. Begin by concentrating on your navel for 2 minutes, and then concentrate on your heart. 16 Minutes.

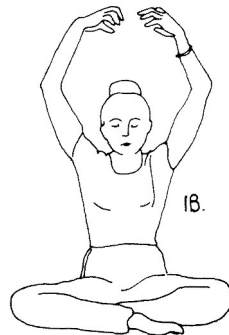
Kundalini Yoga for electromagnetic frequency



1. Sit in Easy Pose. Fully extend the arms to the sides, with the fingers stretched back from the palms and tensed like claws. The entire hand should be rigid and taut, like a lion's paw. Alternately cross your wrists over your head, then return your arms to your sides, parallel to the ground

(1A). Keep the lion's paw tight. Move powerfully and rhythmically. Begin a breath of fire, coordinating one inhale-exhale with each movement. Continue for 9 minutes and then, without stopping, stick your tongue all the way out and continue for 15 seconds more. Then inhale and hold the arms up at 60° for 15 seconds

(1B). Exhale. Repeat. Inhale and hold again for 30 seconds. Exhale and relax by singing the song "Nobility" from the heart for 3-4 minutes or sit quietly breathing long and gently for 3-4 minutes.

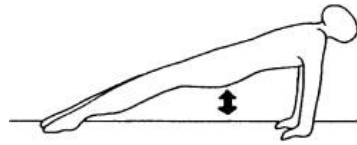


COMMENTS:

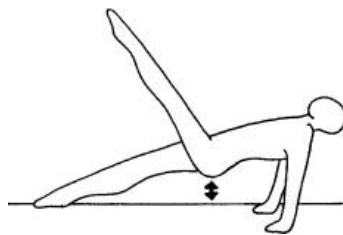
This exercise targets the brain's electromagnetic frequency. The hand position pressurizes all the fingertips, which control the brain and its functions. The lymph and nervous systems are tuned up, and the powerful breath of fire stimulates the pituitary gland and causes the pineal gland to change the frequency of the radiance of your magnetic field.

- Yogi Bhajan

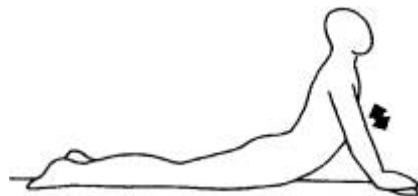
Kundalini Yoga for eliminating tension and pain



1. Rise up into back platform pose with the spine, pelvis and legs in a straight line. Do the Breath of Fire as you raise and lower your hips. Move quickly, time your movements with the breath. Return to the straight line back platform pose starting position each time you raise your hips. 4-1/2 Minutes. This exercise will eliminate all tension for the week.



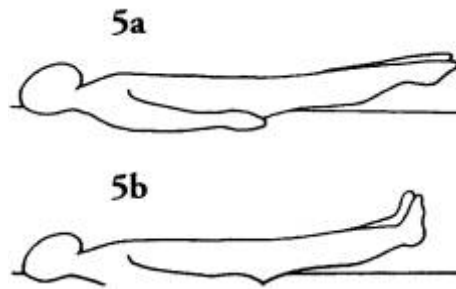
2. From the back platform pose, raise the left leg up to sixty degrees. Keep the leg up in the air as you raise and lower your hips. Continue this movement with Breath of Fire for 1 Minute. Change legs and raise and lower your hips. 30 Seconds.



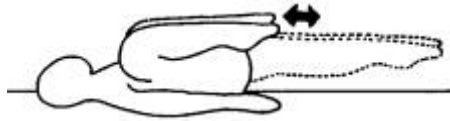
3. Lie down flat on your stomach with your palms on the ground under your chest. The right hand is on top of the left hand. Inhale and raise yourself up into the cobra pose with your elbows straight. Stretch your armpits. Exhale and lower yourself back to the ground. Continue raising and lowering the body with breath of fire. 4 Minutes. This exercise benefits the rib cage and lower spine. It strengthens the heart and prevents problems as long as it is done with the hands in the above position.



4. In the cobra pose, raise and lower your left leg from the hip. Keep the leg straight with no bend in the knee. 1 Minute. Raise and lower your right leg. 30 Seconds.



5. Lie on your back. Raise your heels twelve inches and flex and relax your feet. Move from the ankles. Move both feet at the same time. 1-1/2 minutes.



6. Bend your knees into your chest. Then extend the legs straight out, holding them twelve inches from the floor and then bring them back to your chest. Continue this motion. 2-1/2 Minutes.



7. Bring your knees to your chest and lock them with your arms. Sing along with Pritpal Singh's Chattr Chakkr Vartee. Sing loud and clear. 15 Minutes

8. Inhale and hold the breath for 1 Minute. Exhale. Repeat this sequence two more times.

9. Return to a sitting position and raise your arms overhead and shake them with such energy that your whole body shakes. 1 Minute.

COMMENTS:

The feet express the heavens, and the hands express the earth. If you want to adjust the psychic body, massage the feet. If you want to adjust the physical body, massage the hands. - Yogi Bhajan

Kundalini Yoga for elimination (apana) exercises



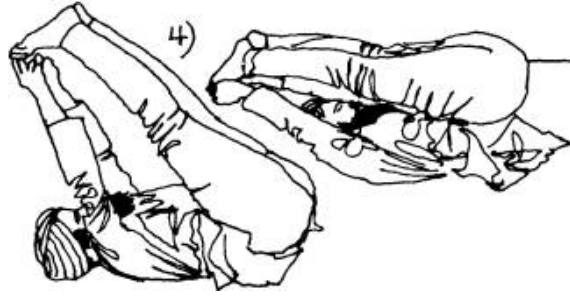
1. Vatskar Kriya: Sit in easy pose with hands on knees. Make a beak of the mouth and drink as much air as you can into the stomach using short, continuous sips, as if you were swallowing. Pull in and hold. Roll the stomach to the left. Then reverse the direction to the right when the breath has been held in for half its maximum time. Continue rolling the stomach as long as possible with the neck lock applied. When the breath can be held in no longer, straighten the spine and exhale slowly (not powerfully) through the nose. Repeat the complete exercise 2 times. Always do this on an empty stomach and not more than twice per day.



2. Sit on the heels and touch the forehead to the ground. Keep the hands down at the sides. Imagine that there is a big tail coming off the end of the spine and wag it. Imagine the tail weighs 100 pounds, and try to make it break the wall. Continue for 3 minutes followed by 5 minutes of rest.



3. Lie down on the back. Press the toes forward. Lift both legs three feet up. Start long, deep breathing. Continue for 2 to 3 minutes. Inhale - hold briefly and relax.



4. Lying on the back, bring the legs overhead and catch the toes. Roll back and forth from the base of the spine to the neck. Hold onto the toes and keep rocking for 3 minutes.



5. Sit up immediately in easy pose. As calmly as possible, make a "U" of the right hand and close the right nostril with the thumb of the right hand. Use the little finger to close the left nostril. Inhale through the left nostril, exhale through the right. Continue for 3 minutes, then inhale and feel the energy radiate throughout the body, giving health and life.



6. Sit in easy pose. Interlace fingers and thumbs in front of the chest at the heart level with the palms facing the chest. Turn the head left and right. Inhale as the chin goes over the left shoulder, exhale as it turns right. Continue for 3 minutes.



7. Sit in easy pose, arms out parallel to the ground. Swing arms backward in a rolling motion as if swimming. Continue for 1 minute.



8. Inhale - bend the elbows to bring the fingertips onto the shoulders. This remagnetizes the electric current. While the breath is held, the energy starts circulating. Exhale - let the energy flow to all parts and feel refreshed.

COMMENTS:

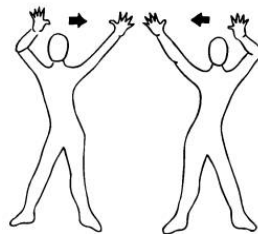
This is a good example of a simple but powerful series that was kept secret by those few yogis who learned it. This will allow you to completely master your digestive system and give a youthful appearance to your skin. Aging does not start with years; it begins with nutritional deficiency, intestinal problems, and an inflexible spine that disrupts the flow of spinal fluid.

Exercise 1 adjusts the acid-base balance in the stomach, but it must be done regularly without missing a single day. Exercise 2 strengthens the heart, Exercise 3 slims the waistline and cleans the gallbladder, Exercise 4 flushes the circulation and balances the nerves. Exercises 5 and 6 distribute the pranic force and stimulate the thyroid and parathyroid. Exercises 7 and 8 remagnetize the aura.

Kundalini Yoga for energy and rejuvenation



1. Grab the edge of a sink and, using it for support, walk your feet backwards until you are holding your body at a 45-degree slope from heels to head. You will feel a stretch in your hamstrings. Begin raising and lowering alternate heels, walking in place without lifting the toes off the ground. Your arms and legs are fully extended, and the body bends slightly in the middle. As you walk, you may lower your head, it does not have to be held up. Walk vigorously and work up a sweat. 11 minutes.



2. Stand with your feet shoulder-width apart and extend your arms above your head with the palms facing forward, the elbows slightly bent, and the fingers spread wide apart. Swing your arms from side to side, keeping the hands above shoulder level. The momentum of the arm swing will cause the hips to swing if you are doing the movement with enough force. Continue for 11 minutes.



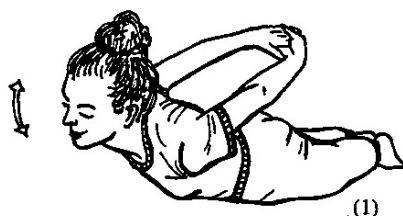
3. Once again, grab the edge of the sink. Bend at the waist with your head down between your arms. You will feel a stretch in your lower back and in the backs of your legs. Relax and stretch for 11 minutes

COMMENTS:

This set is to be done at the bathroom sink or someplace where you have a bar or a support to hold on to.

This set keeps one absolutely healthy, keeps the metabolism moving for the day, and keeps one in shape. - Yogi Bhajan

Kundalini Yoga for Guardian of Health (From The Inner Workout)



1. Lie on the stomach.

Place the chin on the ground and interlock the hands behind the back. Inhale and raise the head, chest and arms as high as possible **(1)**. (The legs remain on the ground.)

Exhale and relax down to the original position.

Continue rhythmically inhaling up and exhaling down for **6 minutes**.

This exercise helps maintain the health of the lymphatic system.



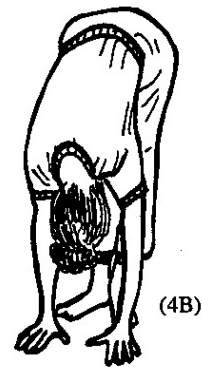
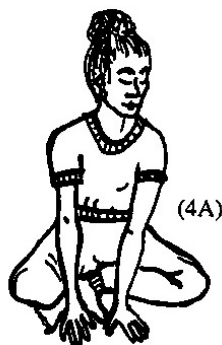
2. Still lying on the stomach, reach back and grasp the left ankle with both hands **(2)**. Inhale and lift the head, chest and leg as high as possible. Exhale and relax. Continue for **6 minutes** and then switch ankles and continue for **2 minutes**.

This exercise stretches the ovaries and helps regulate the menstrual cycle. It also tones your back muscles and maintains the elasticity of your spine, improving posture and increasing vitality.

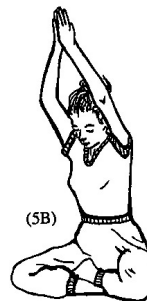


3. Sit in Easy Pose and interlock the hands behind the neck at the hairline. Raise the elbows parallel to the ground, then twist the torso left and right rhythmically with Breath of Fire (3). Continue for **2 minutes**.

In this exercise the digestive tract is massaged releasing stored tension and adjusting the ovaries and fallopian tubes.



4. Come into Frog Pose (4A). Inhale as you straighten the legs and bring the forehead toward the knees (4B); exhale down to the squatting position. Repeat this complete cycle **108 times**.

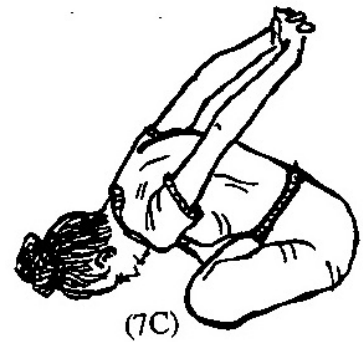


5. Sit in Easy Pose and extend the arms to the sides parallel to the ground, palms facing down. In a seesaw motion, raise the right arm 60 degrees and lower the left 60 degrees. (A). Continue moving the arms in a seesaw motion for **12 counts**, and on the thirteenth count, clap the hands over the head (5B). After one minute, replace the counting with the mantra ***Hari Har***. (*Hari* is 1, *Har* is 2). After **6 repetitions** of the mantra, clap the hands over the head, chanting ***Fateh***. Continue for **2 minutes**.



6. Sit in Easy Pose in Budh Mudra: the legs are crossed at the ankles, the knees are wrapped around the shins with the right hand clasping the left wrist. Rest the forehead on the knees **(6)**. Breathe long and deep for **8 minutes** as you immerse yourself completely in this posture. (Musical Variations *Mul Mantra* by Singh Kaur.

Sing along for **4 minutes**, then switch to *Ardaas Bhaee* by Singh Katm Sing along with the tape for the next **4 minutes**.)



7. Sit in Easy Pose. Steady your breath and breathe long, deep and meditatively. Assume each of the following postures for **1 minute** each as you assess their different effects.

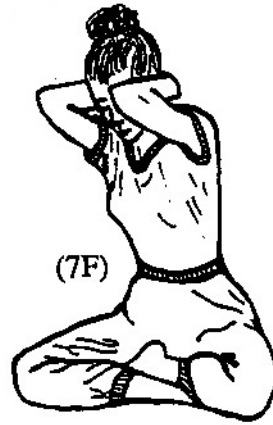
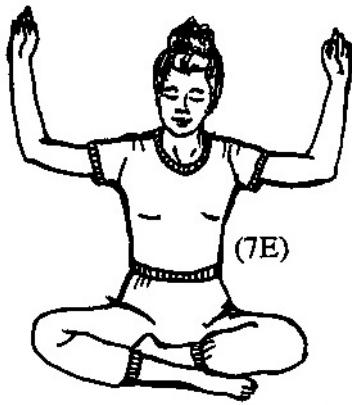
A. Raise the arms high over the head, palms together (7A).

B. Interlock the fingers at the base of the spine and raise the arms as high as possible (7B).

C. Interlock the fingers at the base of the spine. Lower the forehead to the floor and raise the arms as high as possible **(7C)**.

D. Salutation to the Earth Posture: Lie on the stomach with the forehead on the floor. The arms are extended above the head along the floor with the palms down; the legs are straight and relaxed with the tops of the feet on the floor **(7D)**.

(Musical Variation: *Ardaas Bhaee* by Singh Kaur. Sing with the tape throughout the postures.)



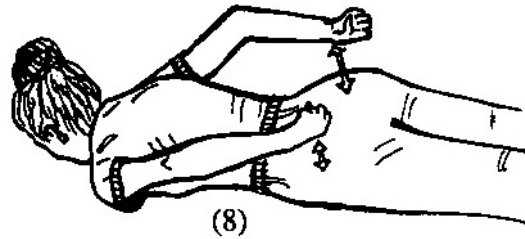
7 E. Sit in Easy Pose. Extend the arms to the sides parallel to the ground and bend the arms at the elbows so the forearms are perpendicular to the floor. Palms face forward with the hands in **Gyan Mudra** (7E).

F. Remain in Easy Pose and interlock the fingers at the hairline behind the neck. Point the elbows forward so the forearms press against the ears to block out any sound (7F).

7 G. Remain in Easy Pose. Place the fingers flat on the forehead, right hand over left. Keep the fingers together and press the thumbs against the temples (7G).

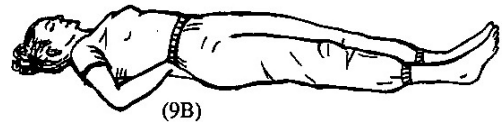
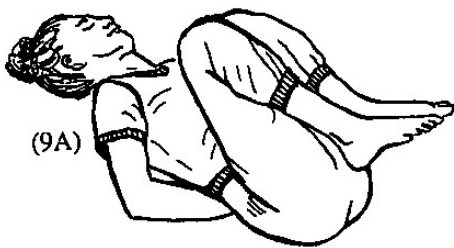
H. Sit in Easy Pose with a straight spine, the hands in **Gyan Mudra** resting on the knees. Keep the arms straight (7H).

7 I. Lie down on the right side. Keep the body straight as an arrow and rest the head in the right palm on the floor. The left arm is straight, resting along the left side of the body (7I).



8. Lie on the stomach and pound the buttocks with alternate fists for 1 minute **(8)**.

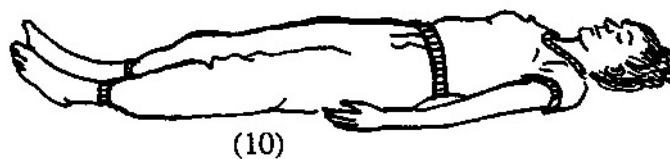
This exercise is outstanding for its simplicity and relaxing effects.



9. Lie down on your back and place the hands at the small of the back. Breathing powerfully, bring both knees to the chest as you inhale **(9A)**, then extend the legs straight onto the floor, heels touching, as you exhale **(9B)**.

(Musical Variation: **Har Har Mukande**. The knees are drawn to the chest when chanting **Har Har** and extended on **Mukande**.)

Continue for **7 minutes** at a moderate but steady pace.



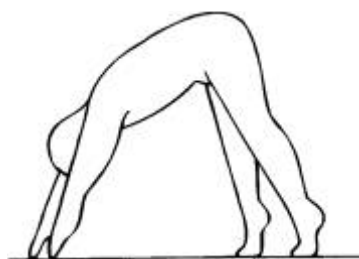
10. Remain on the back with the arms by the sides, palms facing up. Relax completely to the sound of beautiful music.

Comments: The glands are frequently referred to as the "guardians of health". For this reason, Kundalini Yoga emphasises awareness of the glandular system and teaches how to maintain its optimum health. For a woman, it is especially important because her glandular system is extra sensitive and her glandular secretions are subject to rapid change. (She must therefore be extra careful to eat properly and exercise regularly to maintain her beauty and health.)

Taking care now to eat properly and exercise regularly will help ensure health and vigor in later years (like putting money into our retirement account).

From Inner Workout, Taught by Yogi Bajan in the summer of 1985 at the Khalsa Women's Training Camp

Kundalini Yoga for inner vitality and stamina



1. Balance on your toes and fingertips with the knees straight but not locked. Rapidly move your hips from side to side like an animal swishing its tail. 3 Minutes



2. Sitting in easy pose, lean back to sixty degrees. Fold your arms across your chest and lock your elbows with your hands at diaphragm level. Keep your neck straight with your chin pulled in and roll your shoulders in a forward circle. 3 Minutes.



3. Lie down in baby pose. Bring both hands to the small of your back and interlock your fingers. Raise your arms up into yoga mudra. 3 Minutes.



4. Cross your legs in lotus pose and lean back on your elbows. 3 Minutes.



5. Stretch your legs out in front of you and grab your toes. Bring your head to your knees and come back up. Do this movement rapidly 11 times only. Breathe normally, do not do breath of fire.



6. Sit in easy pose, with your hands in prayer pose in the center of your chest. Focus your eyes on the tip of your nose. Keep your chin in, chest out, and neck straight. Pump your navel point and imagine 30 trillion points of light in and around you. 3 Minutes

7. To finish: inhale deeply, hold your breath, and tighten every muscle of your body. Hold the breath for 10 seconds and then let it go out of the mouth explosively like cannon fire. Repeat this 2 more times.

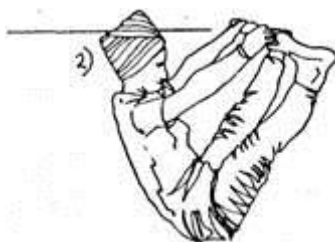
COMMENT:

This set takes only fifteen minutes, and it can make you a miracle kid: You can become a successful, Aquarian person.

Kundalini Yoga for nerve navel and lower spine strength (From Sadhana Guidelines)



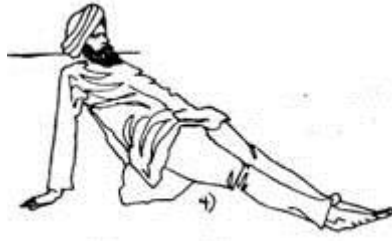
1. Sit with the left heel at the rectum and the right leg extended straight forward. Bend forward and grasp the toes with both hands. Straighten the spine and look forward to the toes. Stay perfectly still with normal breathing. Keep a light Mula Bhandha applied. Continue for 3 minutes. Then inhale deeply and pull back the toes. Completely exhale, pull back more, and apply a strong Mula Bhandha. Repeat this deep breath 2 more times. Relax.



2. Come into Kundalini Lotus Pose. Balance on the sacrum by holding the toes of both feet, spreading the legs wide, and raising the legs off the ground 60 degrees. Keep the spine straight. Apply a constant Mula Bhandha. Use normal breathing. Hold for 3 minutes. Then, Inhale deeply, exhale, and apply a strong Mula Bhandha. Repeat the deep breath 2 more times. Relax.

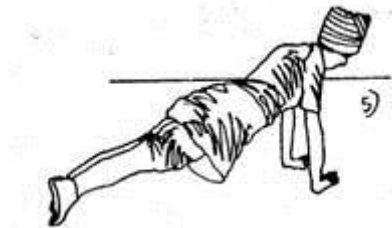


3. Extend both legs straight. Reach forward and hold onto the toes. Pull the spine up straight by pulling back on the toes. Pull the chin straight back. Begin long, deep breaths. Continue for 3 minutes. Then apply a strong Mula Bhandha on the exhale of a deep breath. Repeat Mula Bhandha 2 more times.



4. Form a Back Platform Pose: keep the legs extended straight. Put the palms on the ground behind you. Lift the stomach and buttocks up until the body is straight, with only the heels and palms on the ground. Bring the chin to the chest. Press the toes forward. Hold the position with normal breathing.

Continue for 3 minutes. Inhale deeply, exhale, and apply Mula Bhandha. Repeat the breath 2 more times. Relax



5. Lie on the stomach. Put the palms on the ground under the shoulders. Push up off the ground with the body straight until you form a Front Platform.

Exhale as you slowly go down to the ground. Inhale as you slowly rise up. Do not apply Mula Bhandha. Continue with deep, slow breaths 26 times. Relax.



6. Lie on the back. Raise up on the elbows. Place the elbows under the shoulders. Raise the buttocks up so the spine and body are straight. Only the heels and elbows are on the ground. Press the toes forward. Hold the pose with long, deep breathing. Continue for 3 minutes. Then exhale completely and apply Mula Bhandha.



7. Sit on the heels. Slowly lean back until the head and possibly the shoulders are on the ground. The arms are relaxed on the ground beside the legs.

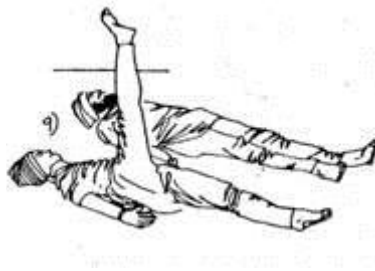
Keep a light, constant Mula Bhandha applied. Begin deep breaths. Continue for 3 minutes. Then exhale completely, and apply a strong Mula Bhandha. Inhale.

Repeat the complete exhale and Mula Bhandha 2 more times. Relax.



8. Come into Frog Pose: squat down with the toes on the ground, the heels together off the ground, and the fingers on the ground between spread knees.

Inhale - raise the buttocks up as the head goes down. Exhale - squat down to the original position. Continue with deep breaths 30 times.



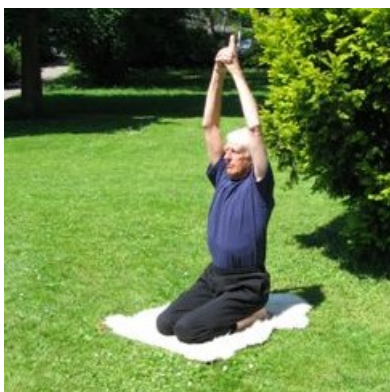
9. Lie on the back. Place the arms relaxed along the sides with the palms up. Inhale - lift one leg up to 90 degrees. Exhale - let it down smoothly to the ground. Switch legs with each breath cycle. With each inhale, apply a slight Mula Bhanda. Continue for 3 minutes.



10. Sit in a comfortable meditation posture. Pull in the navel point and apply Mula Bhanda. Mentally view the entire body. Then negate each identity that comes to mind: "I am not a man, not a woman, not a student, not a teacher, not sitting, etc." You are not the body, mind, or spirit but the consciousness that gives rise to and integrates them all. Continue for at least 3 minutes.

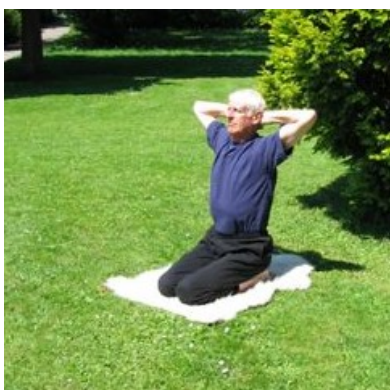
COMMENTS: This kriya is not recommended for early beginners. It is a good physical workout that requires flexibility and endurance. The lower nerve plexi are pressured, and the vital energy is raised above the diaphragm. This set is of great value for any consistent difficulty with digestion or elimination. If you get very nervous and shaky under tense situations, this set is excellent. It is an excellent preparatory kriya for meditations that release you from false identifications to the body or mind.

Kundalini Yoga for Sat Kriya Workout (From Aquarius Teacher)



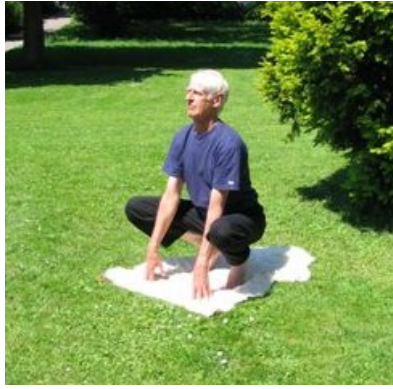
1. **Sat Kriya.** Sit on the heels with the arms overhead and the palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. Begin chanting *Sat Naam* in the rhythm and style of [Sat Kriya](#). Continue for 5 minutes. Then inhale, exhale, and apply *Mula Bandha*. Relax on the back for **3 minutes**.

2. **Sat Kriya.** Repeat exercise 1.



3. **Chest Stretch.** Sit in Easy Pose with an erect spine. Interlace the fingers and place the palms at the back of the neck. Spread the elbows open so they point away from the sides of the torso. Concentrate on the Brow Point. Begin long, deep, complete breaths. Continue for **3 minutes**. Then inhale and hold the breath briefly, and *relax*.

4. **Sat Kriya.** Repeat exercise 1 for **3 minutes**. Relax for **2 minutes**.



5. **Frog Pose.** Stand up straight with the heels together. Squat down into the Frog Pose. Inhale as the buttocks go up and the head goes toward the knees. Exhale as you return to the squat position with the head up. The fingertips stay placed on the ground in front of the feet throughout the motion. Repeat the frog pose **26 times**. *Relax for 1 minute.*

6. **Sat Kriya.** Repeat exercise 1 for **3 minutes**. *Relax for 1 minute.*

7. **Frog Pose. 10 times.** Immediately go to the next exercise.

8. **Sat Kriya** for **3 minutes**. No rest.

9. **Frog Pose. 15 times.** No rest.

10. **Sat Kriya** for **3 minutes**. No rest.

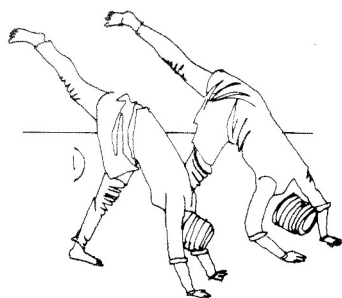
11. **Frog Pose. 10 times.** No rest.

12. **Sat Kriya** for **5 minutes**. At the end, inhale deeply and hold with *Mula Bandha* for **30 seconds**. Then exhale completely and hold the breath out with *Maha Bandha* as long as is comfortable. Repeat this breath-holding cycle **2 more times**. *Relax for 15 minutes.*

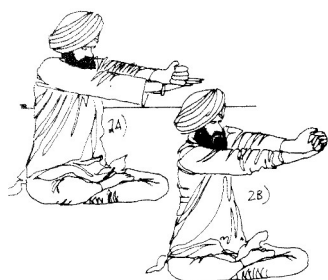
Comments: This will energize and balance the lower triangle. It is very curative for any digestive or sexual ailments. It gives endurance and breaks fevers. It often produces a pleasant sweat and cleansing of the skin. The first few times, the legs may shake or be slightly weak. As the muscles build, you will walk with increased grace and certainty. The transitions between exercises are smooth, so the phrase 'no rest' does not mean leap and jerk. You may need to remind people to concentrate on the centers as they do Sat Kriya. Be sure that the chin is pulled in on Sat Kriya and that the face is forward in the down position of Frog Pose.

Teachers: This can be taught for beginners, intermediate, or advanced. As written, it is for intermediate students or students in good physical condition. To adapt it for beginners, decrease the exercise times and increase the rests between exercises. For 1, do **3 minutes** of Sat Kriya and **5 minutes** of rest. After exercises 7-11, add **1 minute** of rest or slightly less, depending on the class. As an advanced set that assumes you are warmed up and in good shape, eliminate the rest periods from exercises 4-6.

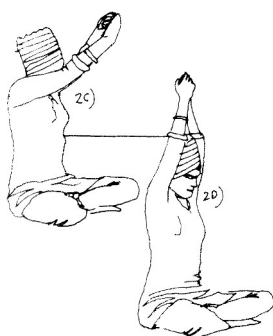
Kundalini Yoga for strengthening the aura (From Sadhana Guidelines)



1. Stand up. Bend forward so the palms are on the ground, and the body forms a triangle. Raise the right leg up with the knee straight. Exhale, bend the arms, and bring the head near the ground. Inhale, raise up to the original triangle pose. Continue this triangle push for 1½ minutes. Switch legs and continue for another 1½ minutes.



2. Sit in easy pose. Extend the left hand forward as if grasping a pole so the palm faces to the right. Put the right palm facing down, crossed under the left wrist (2A). Raise the right hand up over the back of the left hand so both palms face right and the fingers lock (2B). Inhale: raise the arms to 60° (2C). Exhale: bring the arms down. Keep the elbows straight. Breathe deeply for 2 to 3 minutes. Then inhale - stretch the arms up (2D). Relax.



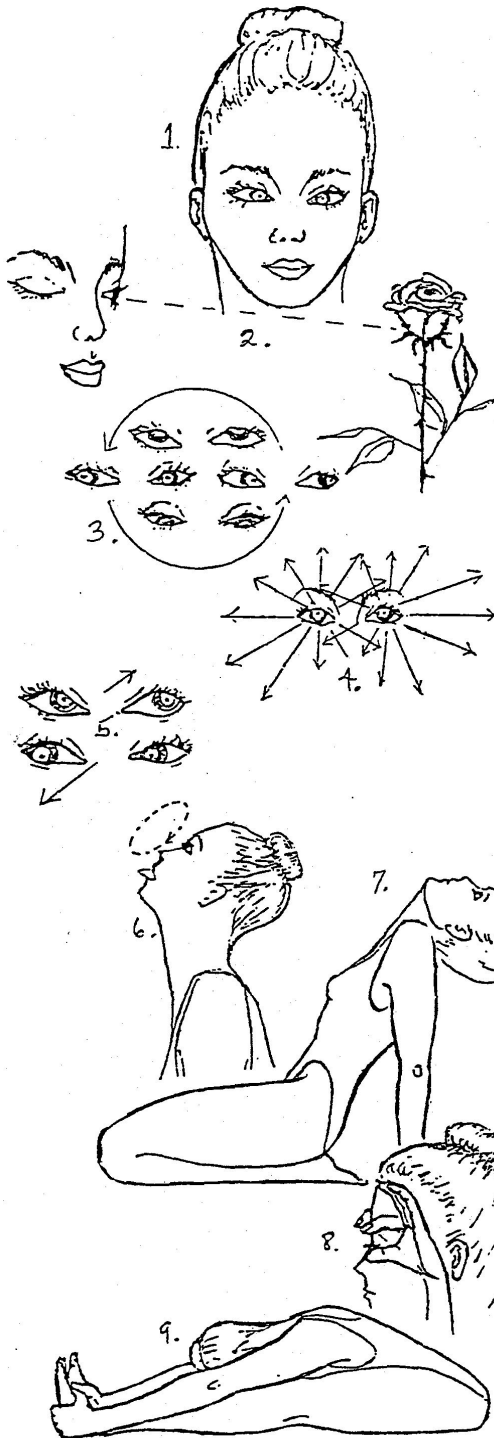
3. Put both arms forward, parallel to the ground, with palms facing each other about 6 inches apart. As you inhale, let the arms drop back and stretch toward each other. Exhale, bring them forward to the original position. Continue 3 minutes with deep rhythmic breaths.



COMMENTS:

This is a great kriya for warding off disease and strengthening your aura. The time can be built up to 7½ minutes for each side in Exercise 1, and 15 minutes each for Exercises 2 and 3. That will create a tremendous sweat. It will rid almost any digestive problem. It strengthens the arms and extends the power of protection and projection in the personality.

Kundalini Yoga for the eyes set 1



1. Stare at the nose without blinking for 2 minutes.

2. Stare at one object with one eye, only, for 2 minutes. Repeat with the other eye, also for 2 minutes.

3. Inhale and roll eyes in one direction 10 times. Exhale and roll them in the other direction. Repeat this 10 times.

4. Move eyes rapidly, focusing on one object after another, alternating distant and near objects, for 5 minutes.

5. Inhale and look to the extreme upper left corner. Exhale and look to the extreme lower right corner. Repeat 10 times.

6. Stick out the tongue as far as possible while rolling the eyes, for 2 minutes.

This is good in Cobra Pose.

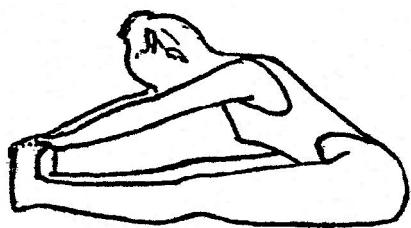
7. In Rock Pose or Easy Pose, lean back 60 degrees and stare at a point on the ceiling without blinking. Allow the eyes to water and continue for 2-3 minutes.

8. Make a "U" of the thumbs and forefingers, and place them around the eyes, pointing in the direction of sight, with Breath of Fire for 2-3 minutes.

Concentrates the electromagnetic field around the eyes.

9. Two-legged life nerve stretch: Stretch legs out in front, bend over and grab toes. Roll your eyes back until they hurt, and hold for 5 minutes with long, deep breaths.

Kundalini Yoga for the eyes set 2



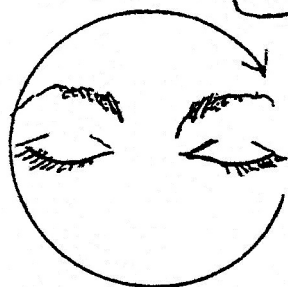
1. Stretch legs out in front, and bend over, grasping and pulling on big toes. Roll eyes to the 3rd Eye, and hold until pain comes.

Prevents blindness.



2. Seated in Easy Pose, hands in Venus Lock in the lap, look to the 3rd Eye, sending energy and white light to the eyes for 3 minutes.

3. In Easy Pose, look out the back of the head for 1-3 minutes. Inhale, exhale, and pull Mulband, holding for 30 seconds.



4. In Easy Pose, close eyes and roll them in a circle for 3 minutes. Inhale, pull Mulband, and continue to circle the eyes for another 30 seconds.

Kundalini Yoga for the frontal lobe of the brain



1. Sit in Easy Pose with your hands on your knees. The chest is out, and the shoulders are back. Maintaining this posture, begin vibrating the front of the face, using a very rapid and short up and down vibrating motion. Try to move just the forehead. The breath will adjust itself. Continue for 8 - 9 minutes.

This exercise is called Mastak Subhaee. It works on the change and replacement of gray matter in the brain.



2. Remain in Easy Pose with the hands on the knees. Begin rolling the head on the neck in the shape of a side-ways figure eight. The chin comes down to the center of the chest with each circle, twice in a full repetition of the movement. Make sure that the exercise is performed powerfully and steadily with equal timing for each revolution of the head. Continue for 3 minutes at a moderate pace and then sit still for 30 seconds.

This exercise is called Infinity Kriya. It is very powerful and must be done carefully and consciously. The effect is to balance the central ear, which affects clear and conscious thought.

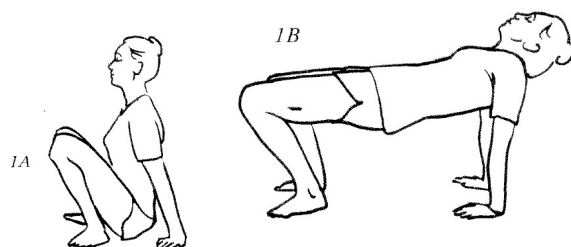


3. Still in Easy Pose, bring the arms straight out from the sides of the body at shoulder level, the hands in fists with the thumbs outside. Inhale and bring both fists to the top of the shoulders while stretching the elbows out as powerfully as possible and flexing your biceps. Return to the original position on the exhale. Continue the motion for 9 minutes. The musical tape of *Sukhmanee Sahib* accompanied this exercise in the class.



4. Remain in Easy Pose. Still listening to *Sukhmanee Sahib*, stretch the arms straight out in front and upwards at a 45° angle with the palms facing down, fingers held together on each hand. In this position, begin shaking the head as fast as possible in a very short sideways motion. Shake the skull in a continuous motion for 1 minute. Inhale and relax.

Series A

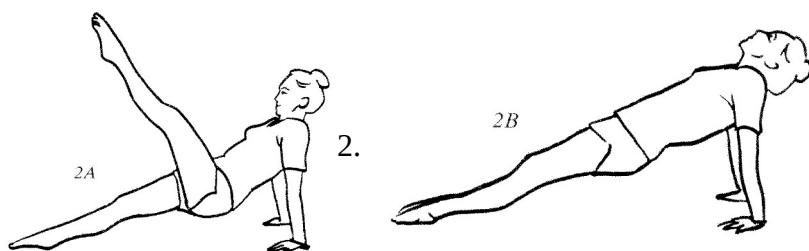


1. Squat down in crow pose, then place the palms flat on the ground behind the buttocks. **(1A)** Inhale and pull the hips up into a modified bridge pose. The spine is arched way up.

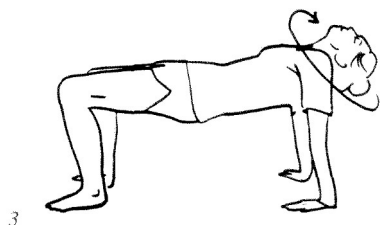
(1B) In this position, begin swinging the head up and down as fast as you can with breath of fire. Continue for 15 seconds.

Then, continuing breath of fire, alternately raise and lower the buttocks rapidly and powerfully **(1A,B)** for 2 minutes.

This exercise works on the thyroid and parathyroid and adjusts the spine. glandular system, and navel point.



Come into back platform pose, supporting the entire weight of the body on the heels and palms of the hands. **(2A)** Make the body straight from head to toe. Begin alternate leg lifts **(2B)**, inhaling and exhaling as one leg goes up and down, then lifting the other leg up and down as you inhale and exhale again. Move quickly! (2 minutes)

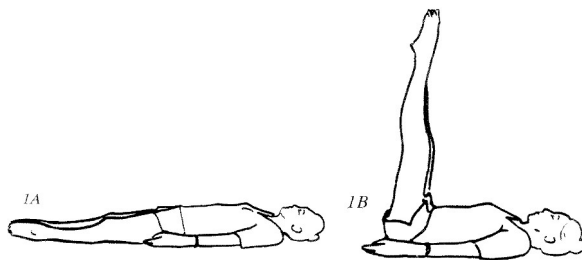


3. Come into bridge pose: feet and palms are flat on the floor. The knees are bent, and the hips arched up so that the body is in a straight line from head to knees. In this position, begin rolling the neck round and round (3). Inhale as the neck rolls round to one side, then exhale, shooting the air out intensely, as the neck rolls round to the other side. (1 minute)



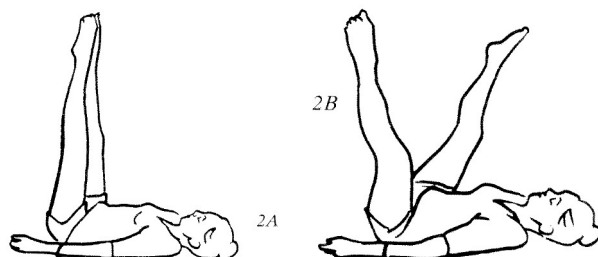
4. Relax in corpse pose for 4-5 minutes. (4)

Series B

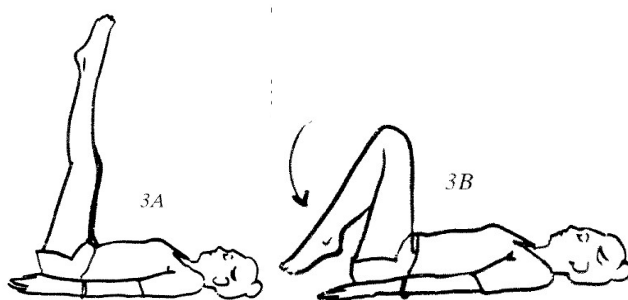


1. Lie down on your back. Point the toes and bring the feet together, heels touching. **(1A)** Hands are relaxed by the sides. Consciously relax the body from the navel point up. Keeping the toes pointed, slowly raise the legs to 90 degrees as you inhale. **(1B)** Then, slowly lower them as you exhale. Keep the knees straight, the toes pointed, and the legs close together. The breath should be very long and deep. Throughout the exercise, the body should be mentally divided into two areas from the navel point up to the head, and should be totally relaxed. (6 minutes)

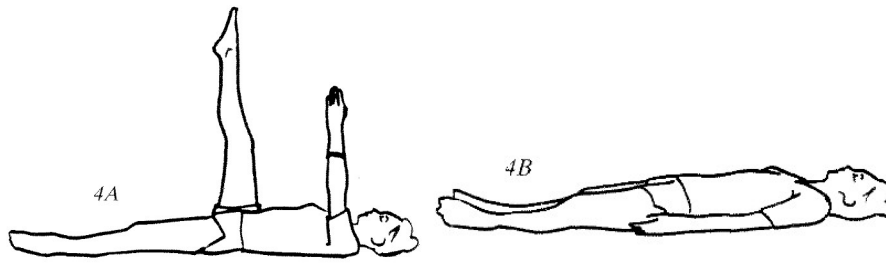
This exercise is good for the circulation and the heart. the stomach, and the lungs.



2. Still on the back, bring the legs up to 90 degrees close together. **(2A)** Now inhale and open the legs wide as you can. **(2B)** Next, exhale and close them again. Continue, keeping the knees straight and the toes pointed, for 5-6 minutes.



3. Still on your back, inhale and bring the legs straight up in the air, close together. Exhale as you quickly bring both heels down to strike the buttocks with force. **(3B)** Continue at a very fast pace for 1-2 minutes.



4. Still on the back, begin alternating arm/leg lifts. As you inhale, raise the right leg and the left arm to 90 degrees, then lower them as you exhale. **(4A.B)** Next, inhale and raise the left leg and right arm, exhale and lower. Continue this sequence for 1-2 minutes. Go as fast as you can. Keep the legs and arms straight.

This is a good exercise with which to balance yourself when your energy is off - if you are feeling dizzy or physically unbalanced.



5. Sit like a yogi, in easy pose, hands in gyan mudra on the knees. (5) For 3-4 minutes, chant Hara Hara Hara Hara Haree Har.



6. Still sitting in easy pose, hold the hands in front of the body at neck level, palms facing each other. In a monotone, extremely rapid chant, Har Har Har Har Har Har,...as you very quickly move the hands back and forth in opposite directions. (6) Chant powerfully: move very fast. After 30 seconds, inhale deeply and hold the breath in for 20 seconds. Exhale and relax.

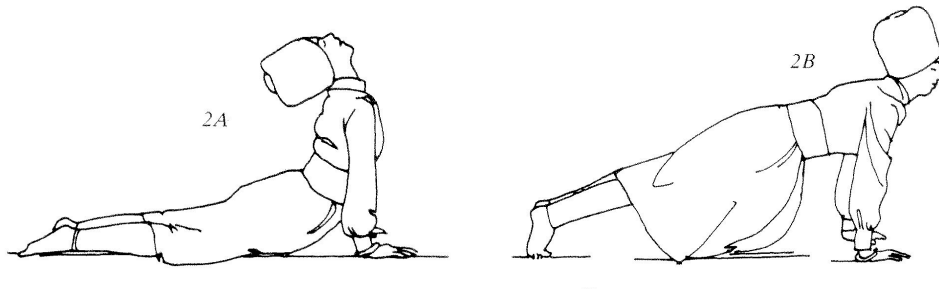
Feel yourself to be blessed.

Kundalini Yoga for the instinctive self (From The Kundalini Yoga Workbook)



1. Sit down with the soles of your feet pressed together. Grasp your feet with both hands and pull them toward your groin, keeping your knees as close to the floor as possible. Inhale and arch your back, keeping your head upright **(1A)**. Exhale and round your back, keeping your head upright **(1B)**. Continue this rhythmically, matching your breath and movement, for one to three minutes. Inhale and hold your breath for a moment, then exhale and relax.

This exercise makes the lower back supple and stimulates the flow of sexual energy.



2. Lie on your stomach with your palms flat on the floor under your shoulders. Your heels are together, the soles of your feet facing up. Inhale, in the cobra pose, bend your back vertebra by vertebra, from your neck to your tailbone, until your arms are stretched out. Your elbows are straight **(2A)**. Exhale. Inhale and lift your buttocks so that your body forms a straight line from your head to your heels **(2B)**. Exhale and lower the body back into the cobra pose. Continue this rhythmically and with powerful breathing for one to two minutes. Then inhale in the cobra pose, hold your breath for a moment and apply Mula Bhandha. Exhale and relax.

This exercise strengthens the lower back and balances the sexual energy with the energy of the third chakra area.



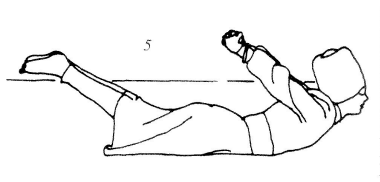
3. Sit in the crow pose, a squatting position with your knees pulled up to your chest and the soles of your feet flat on the floor. Keep your back straight. Fold your arms around your knees with your fingers folded in the Venus grip. Begin with fire breathing. Continue for one to three minutes. Breathe in, breathe out, and relax.

This exercise allows the energy of the lowest three chakras to circulate and enables flow to the hips and intestines.



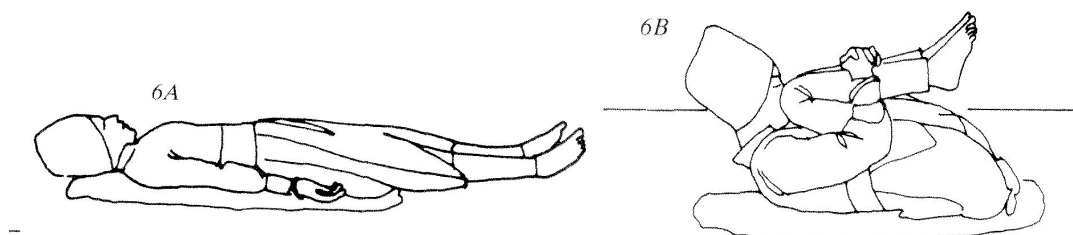
4. Lie on your back. Inhale and lift both legs to 90°. Exhale and lower your legs again. Continue this rhythmically, breathing deeply, for one to three minutes.

This exercise strengthens the abdominal muscles and the navel point and balances the prana and apana.



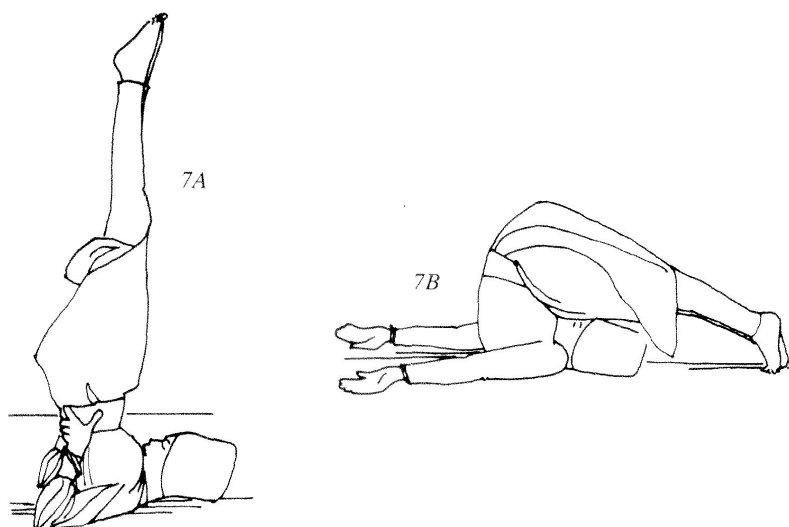
5. Lie on your stomach. Place your hands in the Venus grip under your waist. Inhale. Lift your head and hands as high as possible. Perform fire breathing. Continue for one to three minutes. Inhale, exhale, and relax.

This exercise strengthens the lower back, allows energy to flow to the middle back, and opens the nerve channels in the solar plexus area.



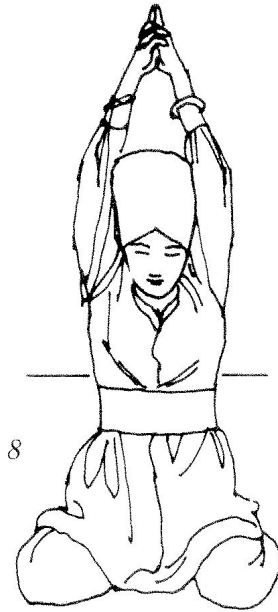
6. Relax on your back for one to three minutes with your hands relaxed at your sides, palms facing up (**6A**). Then pull your knees toward your chest and wrap your arms around them. Lift your head so that your nose is between your knees (**6B**). Roll back and forth over your back, from the crown to the tailbone and back, for one minute.

This exercise and the next one relax the back and allow the energy from the previous exercises to spread.



7. The shoulder stand. Lie on your back. Lift your legs 90° off the ground. Then lift your body so that it is perpendicular to the ground from your shoulders to your feet. Use your arms for support, with your elbows on the ground. Your hands should support your body firmly (**7A**). The weight of the body rests on the shoulders, elbows, and neck. The chin is pushed toward the chest. Begin in this position with powerful fire breathing. Continue for one to three minutes. Then move into the plow pose while continuing with fire breathing (**7B**). Bend carefully from the waist and lower the legs over the head to the floor. The toes are pointed and pointing away from the body, the tops of the toes resting on the floor. The legs should be straight. The arms are stretched out behind you and pointing away from the back. Continue with the fire breath for another one to two minutes. As you breathe, stretch your legs a little further away from your torso so that you feel a gentle stretch in your upper back and neck. Then take a deep breath in. Breathe out and relax. Slowly come out of this pose by unwinding your back vertebra by vertebra, from the crown of your head to your tailbone. Be aware of each vertebra as you slowly lie down again. Then relax lying on your back.

These exercises loosen the upper back and the nerve channels located there, allowing the flow of kundalini energy. They also stimulate the thyroid and parathyroid glands.



8. Sit in a kneeling position on your heels. Place your knees and heels far enough apart that you are sitting between your heels in the celibate position. Stretch your arms above your head and place your elbows against your ears. Fold your hands, with your index fingers pointing straight up. Fold your right thumb over your left thumb. Begin chanting “Sat Nam” (rhymes with the English words ‘but’ and “mom”) powerfully in a steady rhythm about eight times every ten seconds. Chant the sound ‘Sat’ from the navel point and pull the navel towards the spine. With ‘Nam’, relax the abdomen. Continue this for three to five minutes. Then inhale and pull the muscles of the buttocks, back, and shoulders upwards. Let your thoughts flow the energy to the crown of your head. Exhale and relax.

This exercise (Sat Kriya) allows the kundalini to circulate and ensures that the energy released from the lowest three chakras is absorbed into the entire system, so that the exercise will have a long-lasting effect.

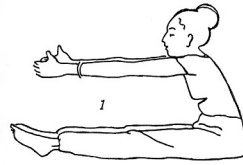
9. Relax deeply for three to ten minutes.

Comments:

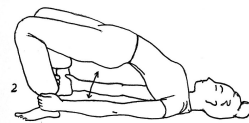
As humans, we have certain instincts, just like animals, but we also have the ability to regulate and control them. Many strong instincts express themselves through the first, second, and third chakras. These chakras are directly connected in the body to the rectum, the genitals, and the navel. According to the science of humanology, as taught by Yogi Bhajan, functional disorders in the body are reflected in the mind and vice versa. Serious neurotic behaviour or self-destructive thinking will also express itself in an imbalance of the lower three chakras. The most direct way to restore balance is to stimulate the nervous and glandular systems to change the instinctive and learned patterns of the lowest chakras. Only once this has been achieved and a new energy balance has been found, will it be possible to change behaviour in the desired way through critical self-examination and meditation.

Be constantly aware of what you are doing while practising this kriya.

Kundalini Yoga for the kidneys (Kriya for the kidneys) (From The Kundalini Yoga Workbook)

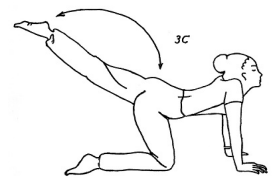
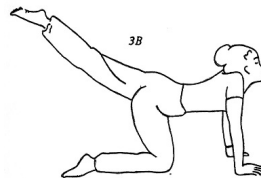
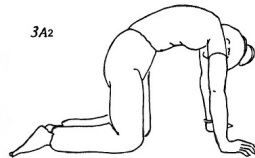
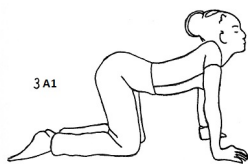


1. Sit with the arms and legs stretched straight out in front. Place the fingertips on the pads of the palms and hold the thumbs up **(1)**. In this pose, inhale, exhale and bend forward as far as possible from the hips, keeping the arms parallel to the ground. Breathe deeply and powerfully. Breathing should become deeper and deeper as you practice. Bend twice every five seconds for five to six minutes.



2. Lie on the back, bend the knees and grasp the ankles. Inhale and lift the buttocks, pushing the navel point up; exhale and lower again. The feet and neck remain on the ground. Move rhythmically, eight minutes.

This exercise works on the neck, kidneys and urinary tract and may help with hernia.

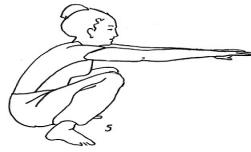


3. Come into cat-cow pose and support on your hands and knees. The knees are one shoulder width apart and the arms are straight. Begin the cat-cow with a powerful breath. Inhale as you hollow the back, as if someone were sitting on your back. The head brings you up and back. Exhale as you arch the back **(3A)**. Continue this for two minutes. Then stay in cow pose and extend the left leg up **(3B)**. Stay in this position for thirty seconds and then do the same with the right leg, also for thirty seconds. Then lift the left leg again and make a kicking motion with the heel against the left buttock **(3C)**, one minute. Switch legs and make the movement with the right heel, thirty seconds.

This exercise is good for the kidneys.



4. Lie on your back. Wrap your arms around your shins and pull your knees toward your chest. Bring your nose between the knees and stay in this position for one to two minutes while you relax. Stay in this position and chant, five to six minutes. Breathe slowly and quietly for seven to nine minutes.



5. Sit in the crow pose, a squatting position with the knees drawn close to the chest and the soles of the feet flat on the ground. Stretch the arms straight out in front of you, parallel to the ground and balance yourself, one minute. Then begin unbroken. Har, Har, Har... chanting, touching the palate with the tip of the tongue on each repetition. Feel the connection between the tip of the tongue and the navel. Chant for two to three minutes, then inhale deeply, keeping the mouth closed and the lips firmly together, balancing the whole body with your breathing. Hold the breath for twenty seconds, feel that you have everything under control, and exhale. Inhale and tightly close the mouth again, bring your body back into balance and control, exhale and relax.

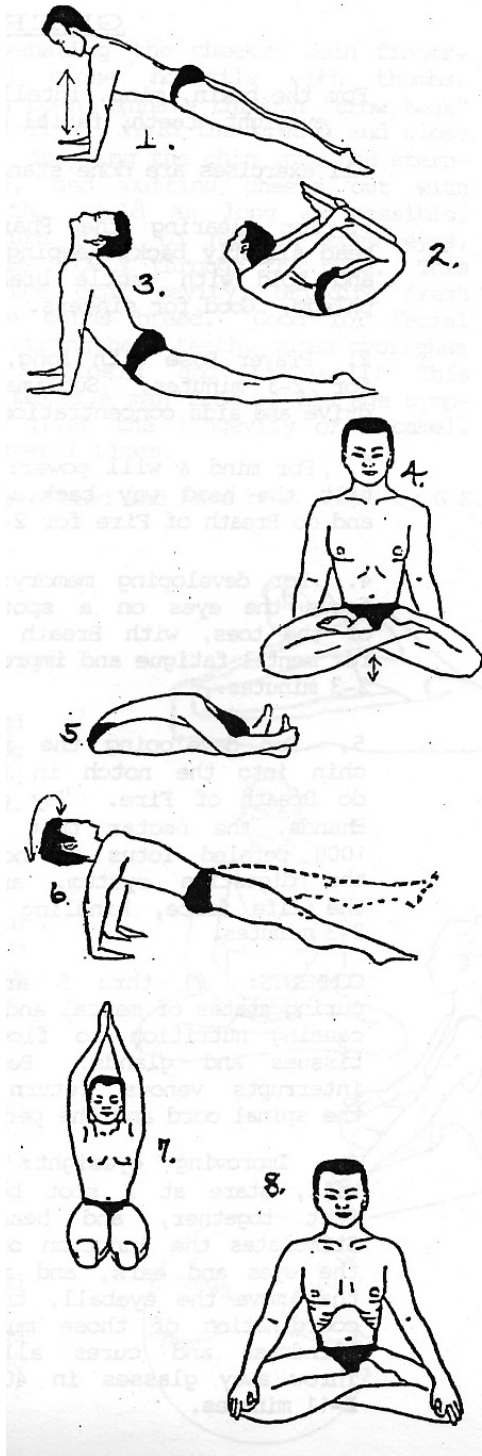
This exercise stimulates the kidneys and urinary tract. If you feel dizzy during the exercise it is an indication that you need to drink more water.



6. Sit with legs crossed. Both hands are in gyan-mudra. The left forearm is in front of the chest and parallel to the floor, the palm facing the ground. The right upper arm is to the side, perpendicular to the floor, the elbow is bent sharply. The right palm is facing up and next to the ear and stretched back as far as possible. Lengthen your back. Inhale, tighten the muscles of the buttocks hips and flanks. Lift the upper body until no weight rests on the buttocks. Retract the abdomen and lift the ribs and diaphragm, expand the chest, retract the chin, hold for thirty seconds and relax. Continue this for five minutes, then inhale, exhale and relax. Now tighten everything again and pull the chest up and chant with the tip of the tongue 'Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio'. Keep raising the upper body. The eyes will feel heavy and the breath will automatically become very light. It is important to perform the mudra precisely. Continue for five minutes, then inhale, exhale and relax.

This exercise is called kunchun-mudra. It is very powerful, cleanses and relaxes the whole body. If the posture is done accurately, it is as powerful as doing other exercises for forty-eight hours in a row. You can practice this mudra for as long as you like, but extend the practice time slowly.

Kundalini Yoga for the memory



1. Do regular pushups, supporting the weight on the big toenails.

Inhale and exhale for 2- 3 minutes.

2. Bow pose with Breath of Fire for 2-3 minutes.

3. Cobra Pose with long, deep breathing or Breath of Fire for 2-3 minutes.

4. Body Drops in Lotus Pose, if possible, or with legs stretched out in front. Lift body, on fists beside the hips, off the ground, and drop it down, repeating for 1-2 minutes.

5. Stretch legs out in front with the feet 1,5 feet apart. Bend down and grab ankles, exhaling down and inhaling up, using the elbows to draw the head to the knees. Then inhale, exhale, hold the breath out, and apply Mula Bhand.

6. Back Platform - on back, raise body to hands and feet, arms and legs, and body straight. Inhale and turn chin to the left shoulder, exhale and turn to the right shoulder for 1-2 minutes. Repeat the exercise with the left leg raised up parallel to the ground. Then repeat, raising the right leg, 1 minute each.

7. Sat Kriya for 3-5 minutes. Seated on heels, raise the arms overhead pressing palms together, keeping elbows straight and hugging ears. Inhale and pull the navel point and chant "Sat", exhale and relax the navel, chant "Nam".

8. In easy Pose, breathe long and deep for 3 minutes, relaxing the mind. Then, deeply inhale, hold the breath, and apply Maha Bandha: Pull all three locks (Mula Bhandha, Diaphragm Lock, and Neck Lock) at once and meditate.

Comments: Meditate in Maha Bandha - it is the most powerful yogic kriya. You are one breath away from God, and He is in your circumvent force!

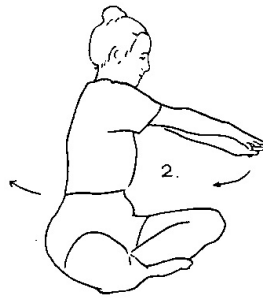
(taught by Yogi Bajan, December '30, 1969, from Relax and Renew)

Kundalini Yoga for the nervous system and glandular balance



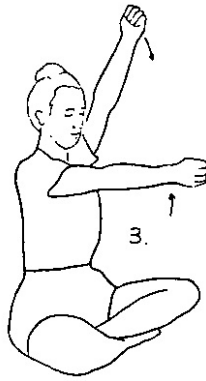
1) Sit in Easy Pose with the arms extended straight out to the sides, parallel to the ground. The palms are facing up **(A)**. Begin to move only your Saturn finger (the middle finger) up and down rapidly **(B)**. Using a powerful breath, inhale as you raise the finger and exhale as you lower it. Continue 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.



2) Remain in Easy Pose. Stretch the arms out in front, parallel to the ground **(A)**. Place the left hand over the right, 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.



3) Sitting in Easy Pose, extend the arms straight out in front, parallel to the ground **(A)**. Make fists of the hands with the thumbs tucked inside, touching the fleshy mound below the little finger. Keeping the arms and hands straight, bring the left arm up as the right arm goes down. Continue alternately moving the 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.

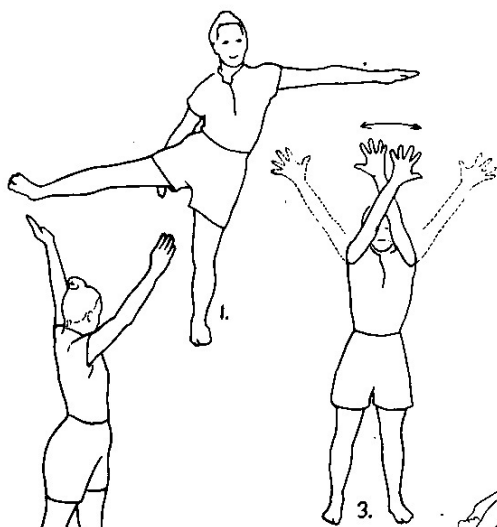


4) Butterfly Pose. Sit with the soles of the feet pressed together. Draw the feet into the groin, keeping the knees as close to the floor as possible. Interlace the fingers into Venus Lock and place the hands in the lap **(A)**. Inhale and raise the arms up over the head while simultaneously drawing the knees up towards the center of the body **(B)**. Exhale and lower the knees and arms down to the original position **(A)**. 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 childbearing years

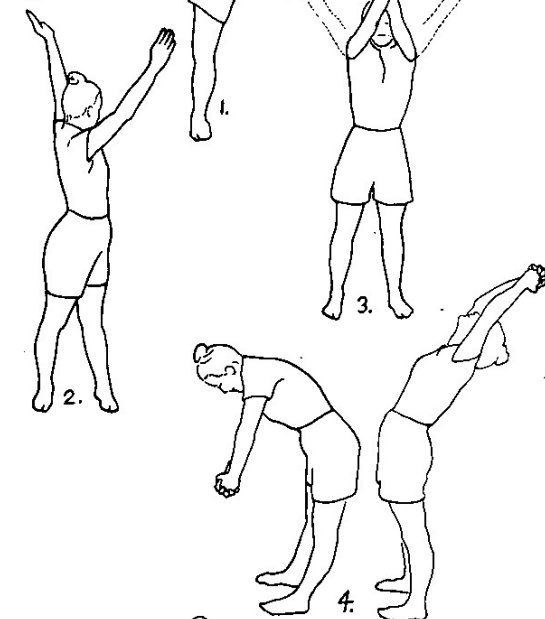
Comments: from Yoga for Youth and Joy, By Yogi Bhajan

Kundalini Yoga for the sciatic nerve (From Yoga for Youth and Joy)



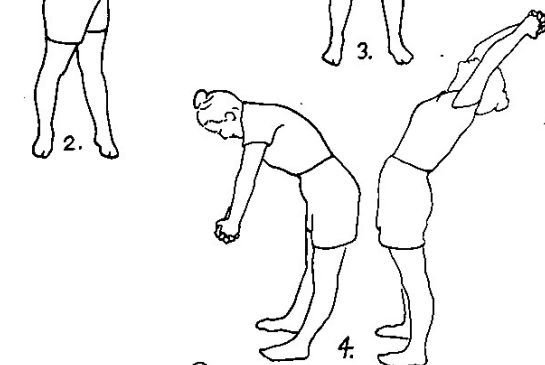
1) Stand up. Stretch the left arm straight out to the side. Raise the right leg straight out to the side, as high as possible, and lower it. Continue moving the leg up and down once every 1-2 seconds. Do not change sides. The arm is held stationary. Continue for 2 minutes.

This exercise works on balancing the brain and stretching the sciatic nerve.



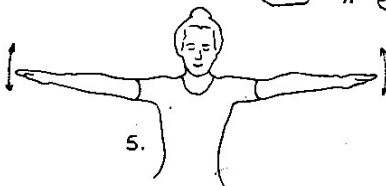
2) Stand with the feet 18 inches apart. Extend both arms up to exactly 60°, elbows straight. Twist the whole body from left to right. Move fast. Continue powerfully for 5 minutes.

This exercise works on the liver. The 60° angle of the arms allows for the stimulation in this area to occur.



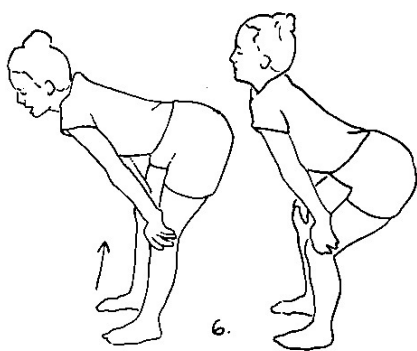
3) Stand with the arms extended up at 60°, palms flat and facing forward, fingers spread and taut **(A)**. Alternate the arms crossing in front of the face **(B)** and returning them to the original position **(A)**. Move as fast as you can; make yourself sweat. The eyes remain open throughout the exercise. Continue powerfully for 4 minutes.

This exercise stimulates the meridian points in the arm.



4) Stand up. Raise the arms straight over the head with the fingers interlaced into Venus Lock. Inhale and bend backward **(A)**, and then exhale and stretch forward **(B)**. One complete cycle takes 2-3 seconds. Concentrate on involving your whole body. Continue for 4 minutes.

This exercise works on the rib cage.

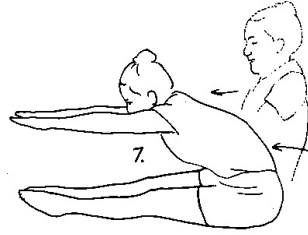


5) Stand with the arms extended directly out to the sides, elbows straight, palms down. Begin to rapidly move the arms up and down within a 15° arc, in a flapping motion. Your breath will regulate itself with the exercise and become very deep and powerful. Continue rhythmically, coordinating the movement with the breath for 2 minutes.

This exercise is stimulating and prepares you for the heavy exercises to follow.

6) Stand with your feet 24 inches apart. Put your hands on your thighs just above the knees. Arch the lower back forward in Cow Pose. Move the buttocks up and down, leaning the weight on the hands. The knees will flex. One complete cycle takes 1-2 seconds. Continue for 2 minutes.

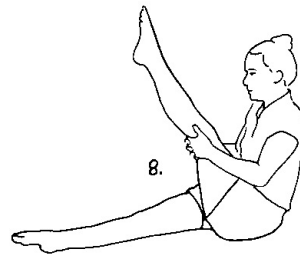
This exercise slowly adjusts the 3rd, 4th, 5th, and 6th lumbar vertebrae.



7) Sit down with both the legs and arms extended straight out in front, parallel to the ground **(A)**. Inhale, exhale, and stretch forward **(B)**, keeping the lower back arched as in Cat Pose, arms parallel to the ground.

One cycle takes 2-3 seconds. Continue for 2 minutes.

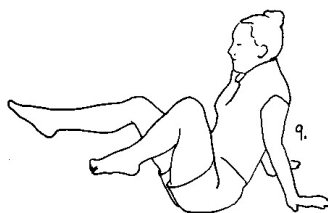
This exercise applies pressure to the lower back.



8) Remain sitting with the legs straight out in front of you. Lock both hands under the left knee and rapidly begin to raise the leg all the way up and all the way down, keeping it straight. One complete cycle takes 2 seconds.

Continue powerfully for 1-2 minutes. Then repeat the exercise on the opposite side for 1-2 minutes.

This exercise works on the colon and liver.



9) Sitting with the legs extended, lean back, resting on your hands, elbows slightly bent. Raise both legs 18 inches and begin an alternate push-pull motion, bending the knees, and keeping the line of motion parallel to the ground. Move quickly, the body will get warm. Continue powerfully for 3 minutes.

This exercise stimulates and adjusts the hips. It is recommended especially for women to do this before they get out of bed in the morning. It has been said that this exercise keeps one youthful.



10) Sit in Easy Pose. Inhale and extend the arms straight up, making the hands into fists **(A)**. Exhale and bring them down to the sides at shoulder height with the fingers opened **(B)**. One cycle takes 2 seconds. Continue for 2 minutes.

This exercise works on circulation.



11) Come into Frog Pose, a squatting position with the heels off the ground and touching each other, and the finger tips placed on the floor in front of you. Roll your head completely around on your shoulders, letting the chin touch the chest. Continue for 1 minute.

This exercise works on the spine and the lower back.

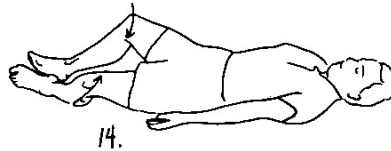


12) Remain in Frog Pose. Start with the fingertips placed on the floor in front of you **(A)**. Alternately raise the elbows all the way up, making the hands into fists **(B)**, and then lower them back down. One complete cycle takes 2-3 seconds. Continue for 2-3 minutes.

This exercise works on the shoulder area.

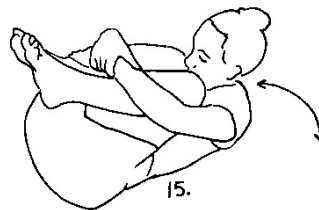


13) Savasana (Corpse Pose). Lie on your back with your arms at your sides, palms up, ankles uncrossed, and eyes closed. Let the body go dead. Completely relax the body systematically, part by part, beginning with the feet and continuing on up to the head. Make the breath long and deep. Concentrate on the third eye point. *Feel young and beautiful.* Continue to deeply relax for 5 minutes.



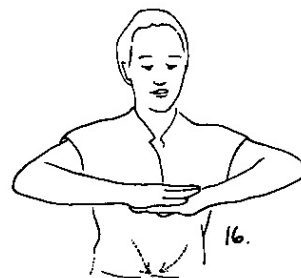
14) Remain on your back and bend your knees, keeping your feet on the floor, heels together. Bring the knees together **(A)**, and then spread them apart towards the floor, with the heels still touching **(B)**. Move as fast as you can. Continue this flapping motion for 2 minutes.

This exercise adjusts the hips.

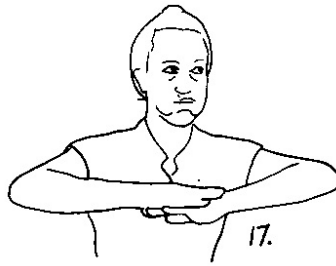


15) Lying on your back. Hug your knees and draw them to your chest. Slowly bring your nose up to your knees, and then lower it back down (4 seconds up, 4 seconds down). Continue for 3 minutes.

This exercise stimulates the thyroid.

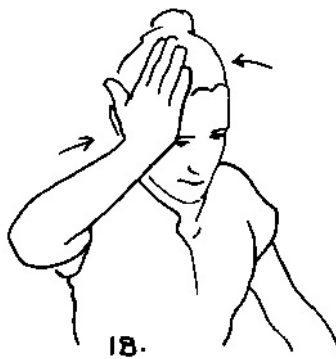


16) Sit in Easy Pose. Place the right palm over the left hand in front of your chest, both palms facing down. The arms are parallel to the ground, and the spine is straight. Look at the tip of the nose and with the tip of the tongue chant *Har, Har, Har...* continuously (8 repetitions of *Har* every 4 seconds). Continue rhythmically for 2 minutes. Then begin to draw the navel point in towards the spine, each time the tip of the tongue touches the upper palate on *Har*. Continue for 2 more minutes.



17) Remain in Easy Pose. Inhale, hold the breath, and puff out the cheeks as fully as you can. Breathe through your nose and keep the cheeks puffed out, releasing a little more air into your mouth after each inhale. Increase the pressure. Continue for 1-2 minutes. Then, with your cheeks still puffed out and the head stationary, begin to move your eyes left, right, up, and down. Continue for 1 minute more.

This exercise increases circulation to the eyes and cheeks. It is good for the complexion because it flushes all the cells in the face. It rejuvenates those cells that typically get very little blood circulation.



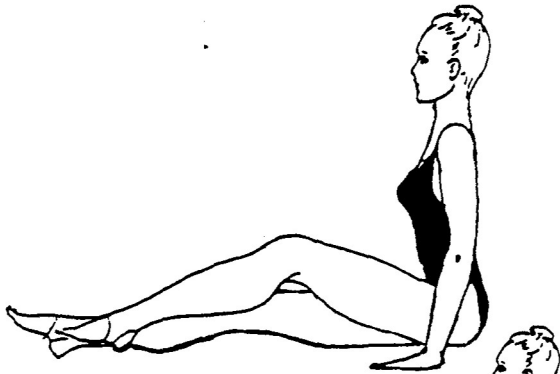
18) Sit in Easy Pose. Press your palm against the side of your head and resist with your neck muscles. Use a maximum pressure. Alternately press to the right and left side (2 seconds to each side). Continue for 2-3 minutes.

This exercise will keep your neck in proper alignment.

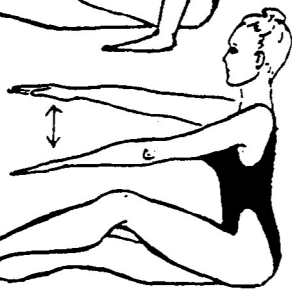
19) Relax. Sing any song of your choice and relax into it.

COMMENTS: All Kriyas as taught by Yogi Bhanan, from Yoga for Youth and Joy.

Kundalini Yoga for the skin

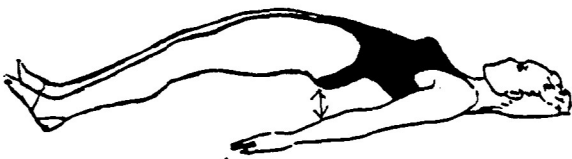


1 Sit and stretch legs out in front, arms at sides. "Pedal the legs," alternately moving the knees up and down for 3/4 of a minute.

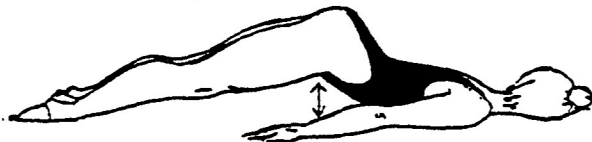


2. Continue the same motion but move the hands and arms up and down as well, 5 times per second or faster for 5 minutes.

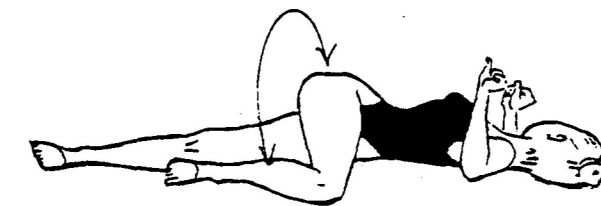
*To open the glandular system to full capacity.
Creates a sweat.*



3. Lying on back, arms at sides, bounce the hips up and down, moving quickly for 2 1/2 minutes.



4. Lying on the belly, bounce the pelvis up and down for 3 1/2 minutes.



5. Cat stretch, alternately to the left and right, over and over for 1 minute.

6. Lie down on your back and relax, breathing slowly. Let yourself go for 6 1/2 minutes.

Comments: Although the total time of exercises mentioned is about 22 minutes, this set should take 45 minutes. Expand the times proportionately, or repeat the set twice.

(Taught by Yogi Bhaajan, February 26, 1986, from Sexuality and Spirituality)

Kundalini Yoga for the use of reserve energy (From Sadhana Guidelines)



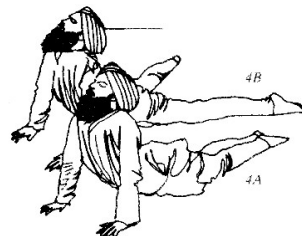
1) Lie on the stomach, heels together. Inhale and rise up to a push-up position. Only the upper side of the bent toes and the palms remain on the ground. Exhale down. Continue 15 times up and down in a moderately slow rhythm.



2) Lie on the stomach. Reach back and grab the ankles, stretching up into the bow pose. Begin breath of fire for 30 seconds. Inhale, exhale, and relax on the stomach, hands straight at the sides.



3) Lie on your stomach, make fists with the hands, and place them below the waistline, just above and inside the bend of the legs. Inhale and raise the left leg up. Exhale and raise the right as the left is lowered. Continue alternating with the breath for 2 minutes.



4) Relax into cobra pose. Hold the pose, but just relax (**4A**). Heels are together, arms straight, head back. Relax in this posture for 45 seconds, then spread the legs far apart and bring the hands closer into the body to create a deeper back bend (**4B**). Roll the head back and forth by turning the chin from the right shoulder to the left shoulder, inhaling at the right and exhaling at the left. Continue 4 or 5 times,



5) Relax and lie down on the stomach, grabbing the wrists behind the back. Roll left and right on the chest with the legs straight and heels together. Continue for 30 seconds.



6) In the same position with arms straight along the sides, begin relaxing each part of the body. Go deep within yourself for 5 minutes.



7) Bundle roll: Lie straight on the back with arms at the sides like a bundle of logs tied together. Flip yourself over and over from back to stomach, stomach to back, without bending the body, arms, or legs. Do not bend anywhere. Continue for 3 minutes,



8) Total relaxation on the back for 10 minutes.

Comments: To tap the reserve flow of the kundalini energy in your body, you activate the sexual energy in exercise 1, the navel energy in 2 and 3, and move that energy up the spine in 4A. During exercise 4B, the thyroid gland secretes and opens circulation to the upper brain. This clears your thinking and adds energy to the will. The last two exercises charge and strengthen your electromagnetic field and stabilize the new energy state you have created. This set provides extra resistance against environmental fluctuations.

Kundalini Yoga for the warriors tension release



1. Sit in Easy Pose. Place the right palm on the ground about 6 inches from the body **(1A)**. Extend the left arm to the side, parallel to the ground, and bend the elbow so the palm faces the head **(1B)**. First, slap the ground firmly with the right palm 8 times, chanting Har with each slap. Then begin sharp, powerful motions with the left palm as if to slap the cheek, but stop about an inch before contact. Move the left palm in and back out 8 times, chanting Hari with each slapping movement. Continue alternating between the two hands for 3 minutes.

Note: The left arm position is held very firmly, and the slapping motion should be done so powerfully that the cheek would be bruised if the palm actually made contact. This motion affects meridian points on the left arm, which reconstitute the heart muscles.



2. Remain in Easy Pose and repeat the previous sequence of motions with both hands simultaneously. First, slap the ground with both hands 8 times, chanting Har **(2A)**,



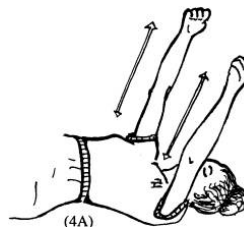
then, with both hands, strike towards the cheeks 8 times, chanting Hari **(2B)**. Continue for 5 minutes.



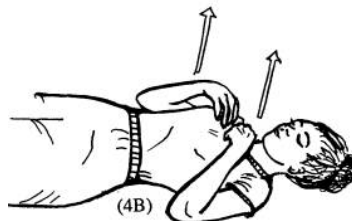
3. Remain in Easy Pose. Make the hands into fists and extend the arms back and 45° below parallel **(3A)**.



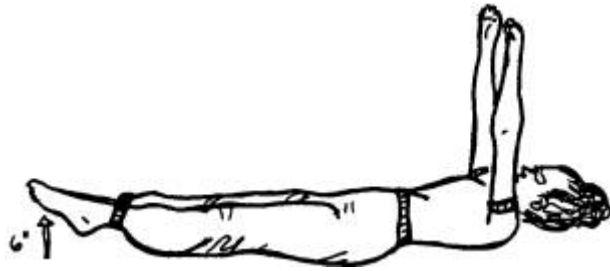
Maintaining great tension in the arms, bring the left fist in toward the chest, stop just before contact **(3B)**, then extend the arm back to its original position. Now rapidly repeat the motion with the right arm. Continue alternating rapidly, about once per second, for 4 minutes.



4. Lie on the back. Make the hands into fists and begin powerful punching motions straight up toward the sky **(4A)**,



then lower the hands and tap the sides of the sternum with the fingertips **(4B)**. Move powerfully, alternating between the punching and tapping motions for 4 minutes.



5. Remain on the back. Raise the heels six inches off the ground and punch the sky as in Exercise 4A. Continue for 4 minutes.

Practice of this exercise strengthens the intuitive mind.

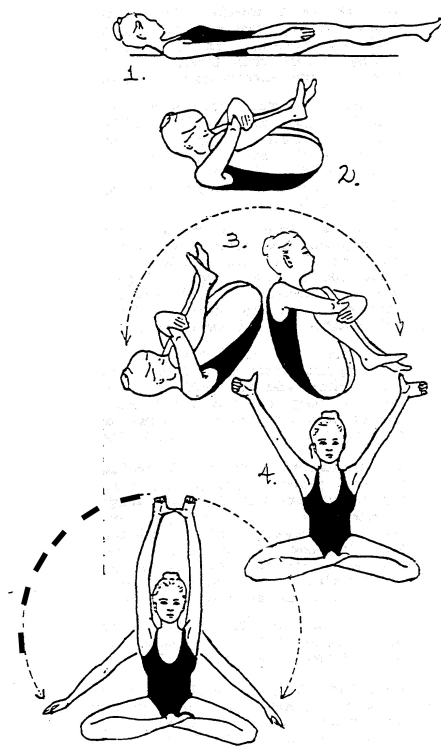
6. Relax on the back as you listen to beautiful, uplifting music to carry you into a state of deep relaxation. Completely relax and go to sleep. (Musical Variation: Dhan Dhan Ram Das Guru by Sangeet Kaur.)

COMMENTS:

To become a warrior of great courage. Do each exercise in this series regularly and wholeheartedly, moving with great tension and power as in the practice of a martial art. This endeavour will strengthen the heart and release deep-seated stress. It is designed to "give you the chance to relax and be you." It builds within you a victorious personality with "courage in you, no matter what!" - Yogi Bhajan

From Inner Workout, Taught by Yogi Bhajan in the summer of 1985 at the Khalsa Women's Training Camp

Kundalini Yoga for waking up series



1 Stretch Pose: Lying on back, arms and legs kept straight, raise feet, head, and hands 6 inches off the ground and hold with Breath of Fire for 2 minutes or as long as possible. Eyes should look at the big toes, and hands should point towards the feet. If the waist comes up, place your hands beneath the hips for support. If held less than a minute, rest and repeat pose, increasing time daily.

Sets the navel.

2. Nose to Knees: Bend the knees and clasp legs with arms, raising head so that nose comes between knees, and hold with Breath of Fire for 2 minutes.

Combines Prana with Apana.

3. Spinal Rock: In the same position, rock back and forth on the spine from neck to tailbone for 1 minute.

Distributes pranic energy and relaxes the spine.

4. Ego-Eradicator: Sit in Easy Pose and raise arms to 60° out to the sides, fingertips on pads of fingers, thumbs extended straight up, and hold with Breath of Fire for 2 minutes. Then deeply inhale and VERY SLOWLY raise arms until thumbtips touch overhead, flatten hands and slowly arc them down, sweeping the aura with the palms, collecting any darkness, negativity, or sickness, and press and release it into the earth, to clean and energize the aura.

Feel light around you and meditate on that light.

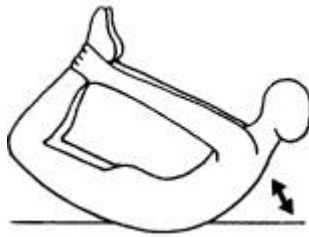
Comments: Yogi Bhajan recommends this kriya every morning upon arising (or even before). It can be done while still in bed.

(from Sexuality and Spirituality)

Kundalini Yoga for yogic salutations



1. Lie down on your stomach with your hands locked behind your back. Raise your hands up as high as possible. Raise your chest up from the ground and lower it back down 108 times, counting out loud. This is Narda Pranaam done by Narda, the disciple of Narayan



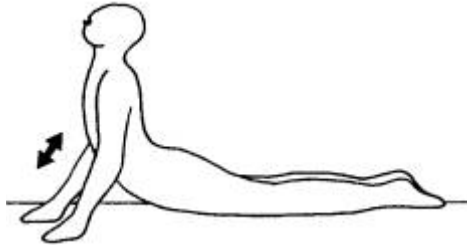
2. Roll forward and back on your stomach in bow pose 108 times, counting out loud. This is Hans Pranaam, Swan Salutation.



3. Sit on your heels with your hands in prayer mudra in front of your chest. Stretch your hands and torso forward into Guru Pranaam and return to the sitting position with your hands at your heart. 108 times



4. Lie on your back and jump your body all around vigorously. This can take away all of your nervous problems. 2-1/2 Minutes.



5. Lie down on your stomach with your hands on the ground on either side of your chest. Inhale through the rolled tongue, as in Sitali pranayam, and push yourself up into cobra pose. Exhale through your nose as you return to lying flat. 1-1/2 Minutes.

6. Mantra Kriya:

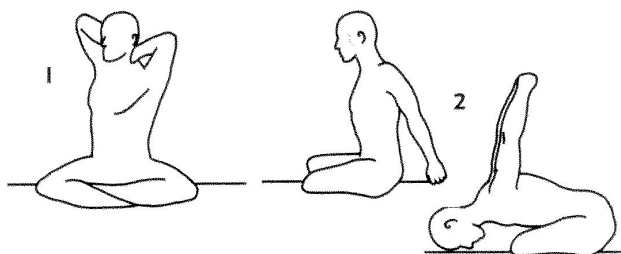
Sit in easy pose with a straight spine. Inhale deeply and, while holding the breath in, mentally chant "Har" at the navel point, "Har" at the heart center, "Wha" at the throat center, "Hey" at the brow point, and "Guru" at the top of the head. Repeat the chanting sequence three times or more as you hold the breath. Exhale and repeat the mental chanting with the breath held out. Continue alternately holding the breath in and holding it out for 11 Minutes. This meditation is as old as man can imagine. It strengthens the nervous system so that nothing can bother you.

7. Sing along with Sangeet Kaur's Naad, the Blessing. 3 Minutes.

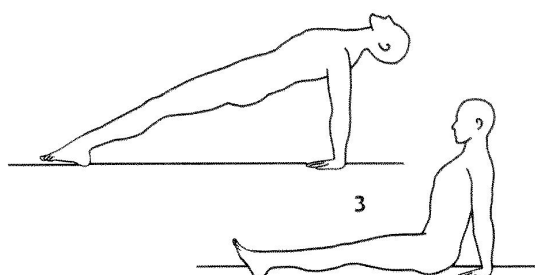
COMMENTS:

Fears cannot be solved. Never try to solve a fear. Drop a fear. Never solve your problems. Drop your problems. Take them to the highest part of you and drop them.

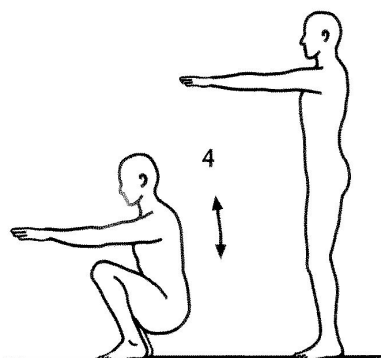
- Yogi Bhajan



1) **Spinal Twist Variation.** Sit in Easy Pose and interlock the hands behind the neck at the hairline. Holding the upper arms parallel to the ground, inhale and twist to the left, exhale and twist to the right. Continue at a medium pace for **3 minutes**.

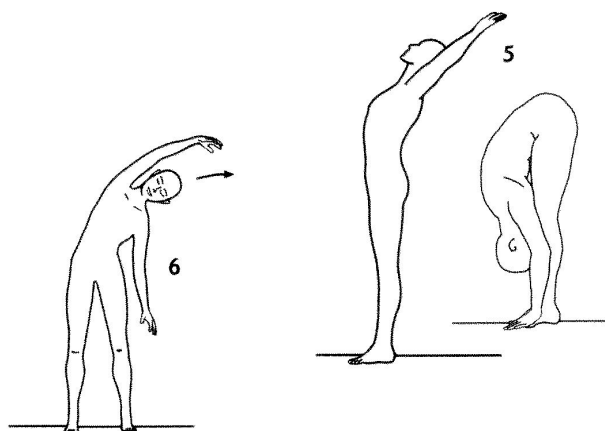


2) **Yoga Mudra.** Sit in Easy Pose with hands interlocked at the base of the spine. Begin Breath of Fire, alternating between this posture and Yoga Mudra for **2 minutes**. Move at a steady pace in coordination with the breath.



3) Come up into **Back Platform Pose** with the head dropped back. Then lower the buttocks to the floor and bring the head straight, in line with the spine. Create a steady rhythm alternating between these two positions with Breath of Fire for **1 to 1,5 minutes**.

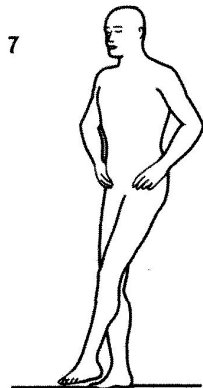
This exercise increases the strength and flexibility of the pelvic area and releases the pelvis if it is locked.



4) Squat in **Crow Pose** and extend the hands straight in front, parallel to the floor, with the palms facing down. Inhale and stand up, exhale and squat down. Repeat the cycle **26 times**.

5) **Front Bends.** Stand up with legs shoulder-width apart. Extend arms above the head, palms facing forward. Inhale and stretch back as far as possible. Exhale and bend forward to touch the floor. Repeat the cycle **26 times**.

6) **Side Stretch.** Stand up straight and extend your arms above your head. Inhale and bend to the left, then exhale and bend to the right. Repeat the cycle **26 times**. Then relax the arms.



7) **Rhythmic Kick.** Remain standing. Place your hands on your waist and kick your legs forward alternately, keeping them straight. With each kick, chant **HAR**, placing the tip of the tongue against the palate for the "r" sound. Kick rapidly once per second for **3 minutes**.

The Tantric Har tape works well with this.



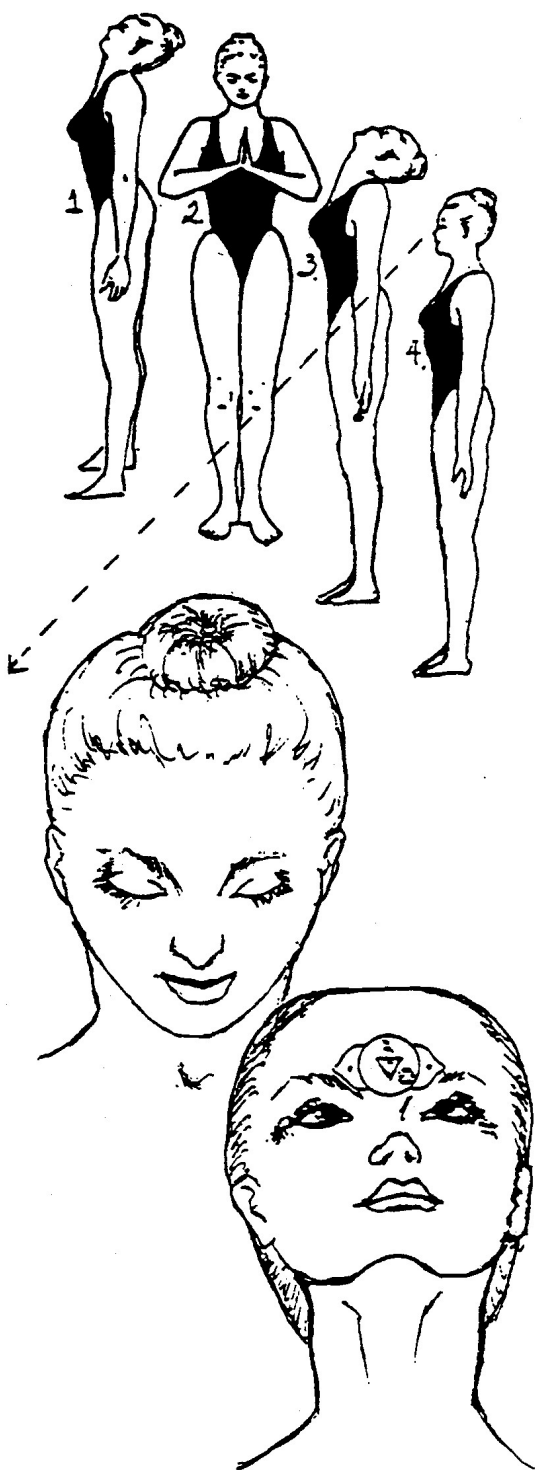
8) **Meditation for the Tenth Gate: To Experience Your Boundlessness.** Sit in Easy Pose with the spine pulled up straight, chin pressed down lightly. Place the hands in the lap, palms facing up, right palm resting in the left, pads of the thumbs touching. Focus the eyes upward, guiding the attention to the top centre of the head, the Tenth Gate (Crown Chakra). Mentally say the mantra **HAR HAR** as you pull the Navel Point in. Then, holding the navel in, press the tip of the tongue against the roof of the mouth and mentally say the word **MUKANDAY**. Concentrate deeply and immerse yourself in this meditation to experience the radiance of the Sahasrara. Experience your boundlessness. Feel yourself expand beyond time, beyond space, into a realm of total peace and joy. Continue for **11-31 minutes**.

Singh Kaur's Har Har Mukanday from the Crimson Series works well with this.

COMMENTS:

To reach the subtle realm of ether where we are by nature boundless, we must first set a firm foundation on earth. Practising this kriya—which primarily works on the pelvic region—is a means of setting that foundation. Then the meditation launches you into the realms of Infinity. Physiologically, the pelvis acts as a foundation, the point of balance for the torso and the lower foundation on earth. The female pelvis is especially delicate because the bones aren't fused together and are therefore easily misaligned. Chronic misalignment, tension and inflexibility will eventually show their effects on physical and emotional well-being through sciatica and menstrual irregularities, and in men, such conditions as impotency.

Kundalini Yoga Gheranda Samhita



1. Tilt the head slightly back, keeping the eyes open, and hold with gentle breathing for 2-3 minutes.

Good for singers: For clearing the Pharynx and phlegm.

2. Prayer Pose with long, deep breathing for 2-3 minutes.

Sublimates the sexual drive and aids concentration.

3. Feet together, tilt the head way back with eyes open, and do Breath of Fire for 2-3 minutes.

For mind & will power.

4. For developing memory: Stand up and focus the eyes on a spot 5 feet ahead of the toes, with Breath of Fire for 2-3 minutes.

Good for mental fatigue and improves memory.

5. For developing the intellect: Press chin into the notch in the sternum and do Breath of Fire for 2-3 minutes.

"By doing the Jalandhara Bhanda, the nectar that drips from the 1000-petaled lotus is not burnt up in the digestive system, and it controls the life force, kindling the Kundalini".

6. Improving eyesight: With all your will, stare at a spot between your eyebrows, feet together, and head tilted back. Do this for 2-11 minutes.

Stimulates the junction of nerves between the eyes and ears, and aids the muscles that move the eyeball, the iris, and the coordination of those muscles. Prevents blindness and cures all eye diseases. Throw away glasses in 40 days of practice.



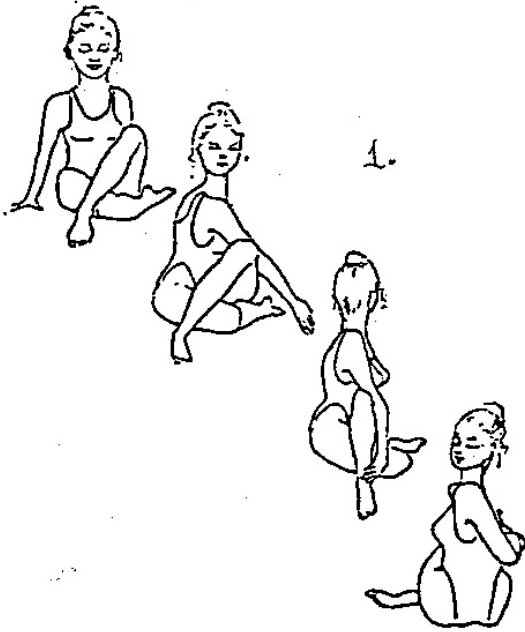
7. Rejuvenating the cheeks: Join fingertips and close nostrils with thumbs. With eyes open, inhale through “crow beak” (puckered lips), hold the breath, and close the eyes, dropping the chin into the sternal notch, and puffing cheeks out with the breath. Hold as long as possible, then return head to normal, open eyes, and exhale SLOWLY through the nose.

This aerates the oral cavity, bringing fresh air where germs breed. Good for facial muscles, strengthens teeth, cures pyorrhoea caries, halitosis, and pimples!!! This practice makes a man free of old age symptoms and gives the longevity of a camel. Repeat several times.

Comments: It is a set for the head: All exercises are done standing up.

Exercises 1 through 5 are effective in curing states of mental and nervous strain, causing nutrition to flow to the brain tissues and glands. Bending the neck interrupts venous return and stretches the spinal cord and the peripheral nerves.

Kundalini Yoga spinal set with Ardha Matsyendrasana



1. **Ardha-Matsyendrasana (Spinal Twist):** Seated in Easy Pose, cross the right leg over the left knee. Left arm reaches around the outside of the right leg and grabs the right foot or ankle, twisting the spine and neck to look over the right shoulder.

Sit evenly on both buttocks, not on the heel, and keep the spine perfectly straight. hold the pose with Breath of Fire for 6 minutes. Inhale, hold, pull Mula Bhanda, and relax. Reverse arms and legs and repeat. Then relax with long, deep breathing for 2-3 minutes. (The longer you remain in the pose, the easier it is to maintain.)

2. **In Easy Pose**, extend arms straight out to the sides, hands in Gyan Mudra. With Breath of Fire, raise and lower alternate Arms slowly (8- 12 breaths per stroke) for 6 minutes.

3. **Yoga Mudra:** Sit in Lotus Pose

or Siddhasana, and lower the head to the ground, clasp the hands in Venus Lock on the back.

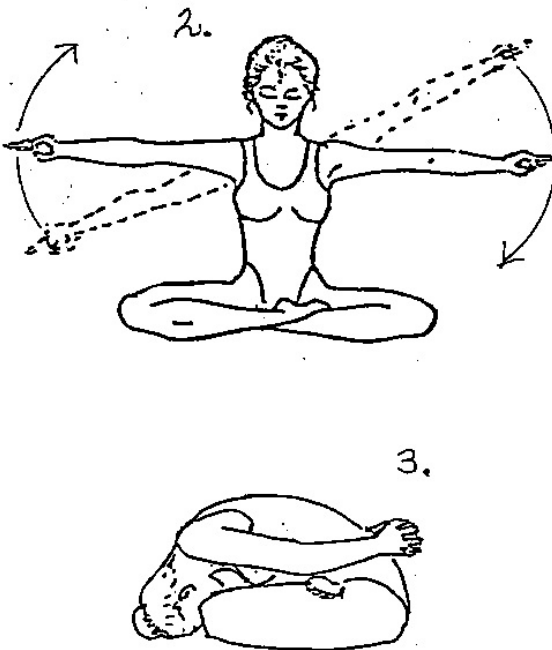
Chant

Ek Ong Kar

Sat Nam

Siri Wha Guru

for 5-11 minutes, pulling the locks and spinning energy up the spine.



Comments: This is an excellent preparation for meditation, because it increases spinal circulation and raises Kundalini energy. Spinal twist is practiced for obtaining Siddhis (supernatural powers), and it is a good way to release the spine.

The 2nd exercise opens the heart chakra, and the third brings Kundalini energy up the spine.
Gururattan Kaur.

Yogi Bhajan August 18, 1969 (from "Sexuality and Spirituality")

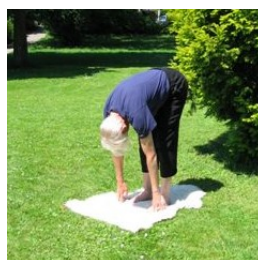
Kundalini Yoga Surya Namaskara (From The Aquarian Teacher, level one textbook)



1) **Standing Straight (Samasthiti)**, Stand up Straight, feet together, toes and heels touching, weight evenly distributed between both legs. Find your balance. The arms are by your sides, fingers together.



2) **Stretching Up**. Inhale, bring your arms up over your head, palms touching. Elongate the spine, lifting the chest, and relax your shoulders. Be sure not to compress the vertebrae of the neck and lower back. Look up at the thumbs.



3) **Front Bend (Uttanasana)**. Exhale and bend your torso forward. As you bend forward, keep your spine straight, elongating it as if reaching forward with the top of the head. When the spine can no longer be held straight, relax the head as close to the knees as possible. Ideally, the chin will be brought to the shins. Keep the knees straight and place the hands on the floor on either side of the feet, with fingertips and tips of the toes in line. Gaze at the tip of the nose.



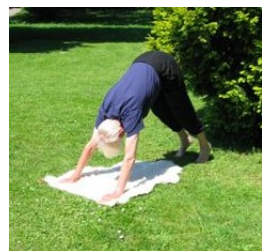
4) Inhale, raise the head up, straighten the spine, keeping the hand or fingertips on the floor. Gaze at the third Eye Point.



5) **Push-up (Chaturanga Dandasana).** Exhale and bend the knees, stepping or jumping back so that the legs are straight out behind, balancing on the bottoms of the bend toes. Elbows are bent, hugging the rib cage, and palms are flat on the floor under the shoulders, with fingers spread wide apart. The body is in a straight line from the forehead to the ankles. Keep yourself equally balanced between hands and feet. Do not push forward with the toes.



6) **Cobra Pose (Bhujangasana).** From this position, inhale, straighten the elbows, and arch the back. Stretch the upper back so that there is no pressure on the lower spine. Point the forehead at the sky and gaze at the tip of the nose. Fingers are spread wide apart.



7) **Triangle Pose (Adho Mukha Svanasana).** Exhale, lift the hips up so that the body is balanced in an inverted v-shape. Adem uit en til de heupen zo op dat het lichaam in balans is als een driehoek met de punt naar boven met de voeten en handpalmen plat op de vloer, de ellebogen en knieën recht en de vingers uitgespreid. Richt de aandacht op de navel en blijf in deze positie **vijf ademhalingen**.

8) Inhale and jump or step back into position 4.

9) **Front Bend (Uttanasana)**. Exhale and bend forward into position 3.

10) **Stretching Up**. Inhale and come all the way up into position 2.

11) **Standing Up (Samasthiti)**. Exhale and return to the starting position with arms by the sides, position 1.

COMMENTS:

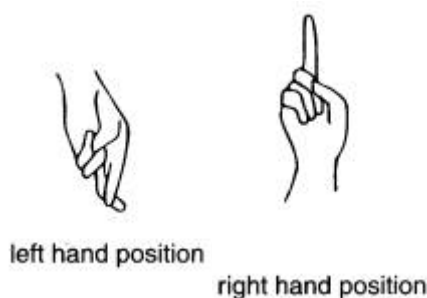
When Yogi Bhajan was studying with his Teacher, the Sun Salutation was used as a warming-up exercise before starting the Kundalini Yoga Kriyas. This is an excellent way to warm up and is beneficial as an exercise in its own right. It increases cardiac activity and circulation, stretches and bends the spine, massages the inner organs, aids the digestive system, exercises the lungs, and oxygenates the blood. Synchronize your breath with the movements to create an uninterrupted rhythm throughout the sequence of positions. Start by practicing three rounds and then gradually increase to five or six. When practiced with awareness, this improves one's ability to maximize performance and enjoyment of all yoga postures.

Kundalini Yoga to eliminate tension and stress



1. Relaxing Buddha:

A relaxing pose that will release tension and stress in just 11 minutes. Sit in Easy Pose. Your right elbow is bent and resting on the right knee. Lean your right cheekbone on the palm of your right hand with the fingers loosely covering the right half of your forehead. Close your eyes and just relax. This pose will put pressure on your liver, so just relax and let the body adjust to it. If you want to really relax, play the "Guru Ram Das Lullaby" as you do this meditation. 11 Minutes.



2. To Experience the Jupiter Energy:

Sit in Easy Pose. Left hand mudra: the Saturn (middle) finger crosses over the back of the Jupiter (index) finger. The other two fingers are closed and locked down with the thumb. The back of the left hand rests on the left knee.

Right-hand mudra: the Jupiter (index) finger extends straight up, and the other fingers are closed and locked down with the thumb. The right elbow is bent, and the right hand is about chin level. Close your eyes, relax, and quickly move the Jupiter finger around in a circle. Only the Jupiter finger moves.



Concentrate on moving the Jupiter finger. Listen to "Ang Sang Wahe Guru" tape by Nirodin Kaur. 11 minutes. To finish: inhale, keep the finger moving, and tighten all the muscles of the body as you hold the breath for 10 seconds. Exhale and repeat two more times.

This meditation can release tension and call in the Jupiter energy of prosperity and expansion.



3. To Get Rid of Tension so You Can Live:

To let it all go: Sit in Easy Pose. Extend your arms out and down with the palms up. Circle your extended arms inward and upward, and continue around to complete the circle. Really push hard as you move upward. 3 minutes. Then inhale deeply and relax.

COMMENTS:

A most powerful combination against stress is to do the Relaxing Buddha meditation and then do 31 minutes of breathing, only one breath per minute (inhale 20 seconds, hold 20 seconds, and exhale 20 seconds). It will bring you to a state of calmness that will win the game of life. Normally, there is so much tension in life that we are all numb. We miss opportunities through a lack of sensitivity. - Yogi Bhanjan

Kundalini Yoga to experience your own strength



1. Rock back and forth in bow pose, while rhythmically and musically chanting:

Har, Har, Har, Har Gobinde

Har, Har, Har, Har Mukande

Har, Har, Har, Har Udaare

Har, Har, Har, Har Apaare

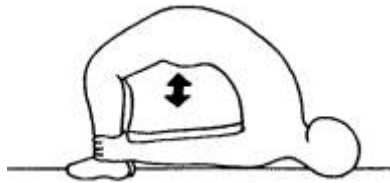
Har, Har, Har, Har Hariang

Har, Har, Har, Har Kariang

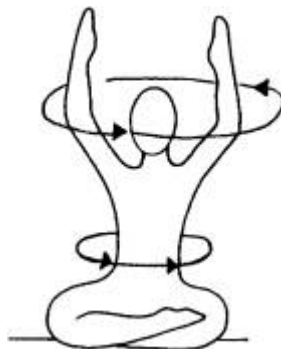
Har, Har, Har, Har Nirnaame

Har, Har, Har, Har Akaame

6 Minutes



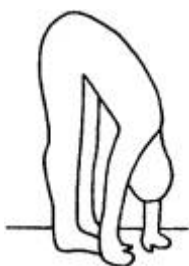
2. Lie on your back, bend your knees and grab your ankles. Keeping your feet flat on the ground, raise and lower your pelvis. Chant "Har" as you lift up and chant "Har" as you lie back on the ground. Move rapidly. 2 Minutes.



3. Raise your arms over your head, but do not let your hands touch. Revolve your upper body counter-clockwise from the base of your spine. Close your eyes and move as if you are in ecstasy. Chant along with the Ardas Bhaee tape (Yogi Bhajan used the version known as *Healing Sounds of The Ancients #5*). 4 Minutes.



4. Stand up with your hands overhead, but not clasped. Keep your eyes closed and dance to Ardas Bhaee. 1-1/2 Minutes.

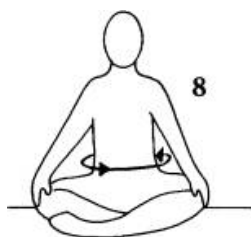


Continue dancing. Each time you hear "Sachee Sahee" bend forward, touch the ground, and rise up again to dance. 2 Minutes.

5. Run in place as fast as you can. Move your arms as you run. 2-1/2 Minutes.

6. Lie down and repeat exercise one for 2-1/2 Minutes.

7. Repeat exercise two for 30 seconds.



8. Sit up in easy pose with your hands on your knees. Revolve your torso counterclockwise. 30 seconds.

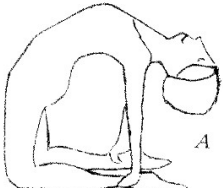


9. Get into baby pose and sleep. 7 Minutes.

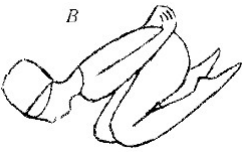
COMMENT:

The best way in life is to be simply to be. Let the spirit, let the soul; let the self shine like sunshine. Yogi Bhajan

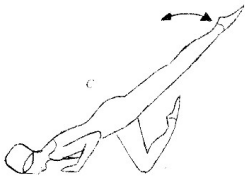
Kundalini Yoga to transform the lowest triangle to the highest triangle.
(From Kundalini Meditation manual for intermediate students)



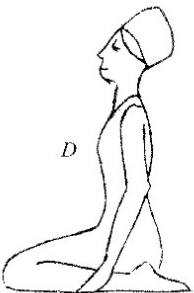
A. Come into camel pose: sit on the heels, grab the ankles, and arch up so the navel point is the highest point. Head is relaxed back. **(A)** Begin breath of fire powerfully. Mentally inhale SAT, and exhale NAM. Continue for 3 minutes. Then inhale and hold the breath for 10 seconds. In the same pose, begin Sat Kriya: apply mulabandha while exhaling with a vocal SAT, inhaling and relaxing with a vocal NAM. Continue for 3 minutes.



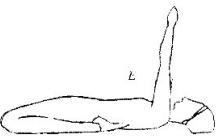
B. Immediately bring the head forward to the ground. Lock hands in venus lock on the back. Raise the feet and forelegs off the ground near the buttocks. **(B)** Balance and meditate at the brow point for 3 minutes.



C. Sit as in "B above and extend the left leg straight back and up to 60 degrees. Then bend it towards the buttocks and start kicking the buttocks as you do breath of fire, **(C)** Continue for 2 minutes. Switch legs and repeat 2 minutes.



D. Immediately come back into celibate pose with buttocks on the ground between the heels. **(D)** Begin long, deep, and slow breathing for 2 minutes.



E. Sit as in "D above and lie back on the ground. Extend the hands straight up over the head perpendicular to the ground. The palms are flat together.

(E) Begin Sat Kriya in this position for 3 to 5 minutes.



F. Come into camel pose. **(F)** Begin long, deep, and slow breathing for 2 minutes and then begin breath of fire for 2 minutes. Inhale, hold briefly, and with the exhale, come forward with the head on the ground.

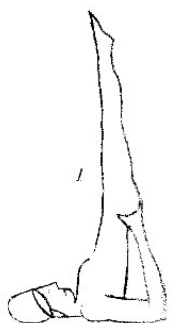


G. With the head on the ground, extend the arms straight with the palms together. The elbows will hug the ears. **(G)** This is Gurpranam. Continue for 3 minutes.

H. Lie on the back and come into stretch pose. head and feet 6 inches off the ground, toes pointed. **(H1)** Begin breath of fire for 3 minutes. Then immediately begin to inhale deeply and lift the knees to the heart. **(H2)** Exhale and put the legs straight on the ground. **(H3)** Continue with long, deep, and slow breathing for 2 minutes.

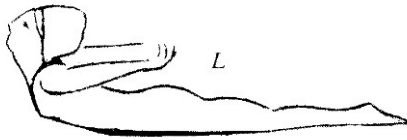


I. 1) Raise up into shoulder stand. Support the spine with the hands with the weight on the elbows. (1) Begin breath of fire for 3 minutes.



J. From "I", lower the legs over the head to the ground in plough pose with the arms straight back. **(J)** Begin breath of fire for 3 minutes. Then raise up to shoulder stand and do breath of fire for 3 minutes again. Relax on the back afterwards.

K. Repeat exercise "H".



L. Roll immediately onto the stomach. Put the hands together behind the back and lift the head and shoulders off the ground. **(L)** Begin breath of fire for 3 minutes and then relax.



M. In the same position as "L" but with the chest relaxed on the ground, begin to kick the buttocks with alternate legs. **(M)** Continue for 3 minutes.



N. Reach back, grab the ankles, and arch up into bow pose. **(N)** Rock gently back and forth. Continue for 2 to 3 minutes.

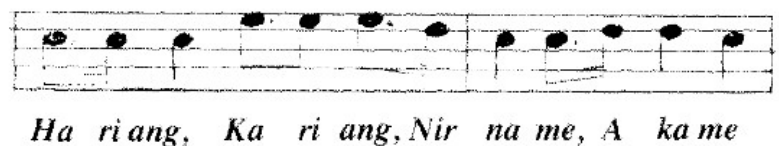


O. Come up into cobra pose. **(O)** Begin breath of fire for 3 minutes. Relax.



P. Sit up and bring the soles of the feet together. Hold the toes with both hands. **(P)** Rock back and forth in rhythm with the chant:

Gobinde, Mukunde, Udhare, Apare, Hariang,
Kariang, Nirname, Akame.



Continue for 5 to 31 minutes. This is a chant of bliss and joy. Put the heart and lungs into it.

Remarks:

If the energy in the lower triangle of chakras is not balanced and allowed to transform to higher energy frequencies, man is totally a slave to his hunger, thirst, and sexuality. He follows the whim of the body and has great difficulty with any form of discipline. The sexual potency of that person will be sporadic. This set stimulates the energy of the lower triangle: rectum, sex organs, navel point, and transforms their energy into the higher brain structures: pituitary, pineal, memory gland. The rest between exercises is short and all breathing should be done with enthusiasm.

Exercises "A & F" conquer the rule of hunger, thirst, and poor digestion. Exercises "B & C" releases energy to the brain and is known as Adha Shakti Chalnee Kriya. It gives clarity of thought and clear sparkling eyes. Sciatica can never be a problem. Exercise "D" is for potency and exercise "E" eliminates wet dreams and enables you to gain sensitivity to the truth in any situation. It creates alliance between your mind and soul so that your mind will never bow before the ego of man. It gives you a radiant power. In exercise "F", you will sweat. Any pain that occurs is a result of too much sexual activity or activity with the wrong frame of mind and tension. Exercise "G" is for the head centers. Exercise "H" is for the navel point energy release. Exercise "I" opens the digestion and elimination of the intestines. Exercises "J through O" adjust the navel point and balances the aura and distributes the sexual energy smoothly. After this kriya, meditation becomes automatic.

Kundalini Yoga Varuyas Kriya (from Sadhana Guidelines)



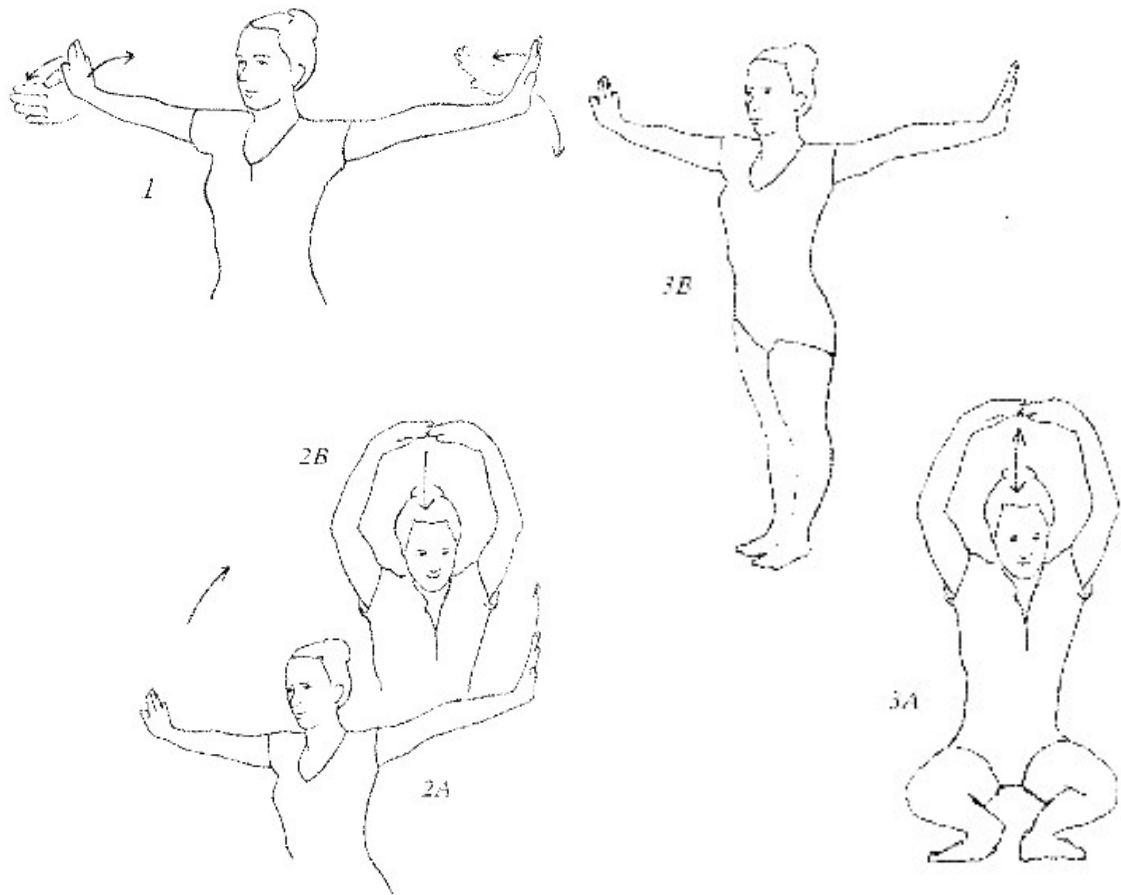
Stand up straight. Put the right foot slightly forward. Stretch the left leg far backward. Put the top of the toes of the left foot on the ground. Extend the arms forward, parallel to the ground. Put the palms together. Tilt the spine slightly forward of the vertical position. Fix the eyes on the horizon or at the brow point.

Take a deep breath, then begin a rhythmic chant of "Sat Nam". Emphasize the sound "Sat" as you pull the navel point in and apply a light mul bhand. Continue for 1-1/2 minutes. Then inhale. Relax. Switch and place the left leg forward. Repeat the exercise for an equal period of time.

COMMENTS:

This kriya will make you sweat if you do it properly. You may also notice a burning sensation in the cheeks. The time of practice can slowly be increased to 7-1/2 minutes on each side. The practice and perfection of this kriya is said to open the pituitary secretion, regulate excessive sexual energy, and increase general immunity to disease. It tests the nerve strength and rebalances the magnetic field of the body. If you don't want to be shaky when you are older, this is an excellent practice to start when you are young. Besides practicing this kriya by itself, it is enjoyable to do it after completing a long series of exercises that have worked on flexibility and circulation. The kriya helps transform the "vital juice," the ojas, into a form usable in maintaining your entire nervous system.

KY for balancing head and heart (From Kundalini Yoga for Youth and Joy)



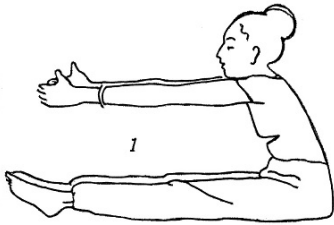
1) Sit in Easy Pose, arms straight out to the sides from the shoulders with the hands bent up at the wrists at a 90° angle, palms facing out and fingers together. The movement is in 4 parts, starting with the beginning position **(A)**. On count 2, rotate the hands at the wrists so that the fingers point straight forward **(B)**. On count 3, return to the original position **(A)**, and on count 4, rotate the wrists so that the fingers point straight backwards **(C)**. The elbows will rotate. Move in a rhythm of one full cycle per 4 seconds. Keep the arms straight and continue for 6-7 minutes, inhaling in position A, exhaling in positions B and C.

This exercise changes the chemistry of the brain fluid.

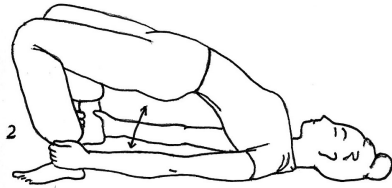
2) Still in Easy Pose, extend the arms straight out to the sides, palms facing out **(A)**. In the first part of the exercise, inhale as the arms are raised up to form an arc with the palms crossing over and slightly in front of the top of the head without touching **(B)**. Lower the arms to the original position as you exhale, and then raise the arms again as you inhale, this time cross the palms over and slightly behind the top of the head **(C)**. Continue the motion powerfully and always keep the arms parallel to the floor when in position A. Continue for 1-2 minutes.

3) Stand up and add Crow squats to the arm movements of exercise 2. As you exhale, come down into Crow Pose, a crouching position with the knees drawn into the chest and soles of the feet flat on the floor **(A)**. As you inhale, bring the arms up over the head. Come into a standing position. Continue alternately squatting in Crow Pose and standing up with the arm movement for 3-4 minutes at a speed of 1 second per movement.

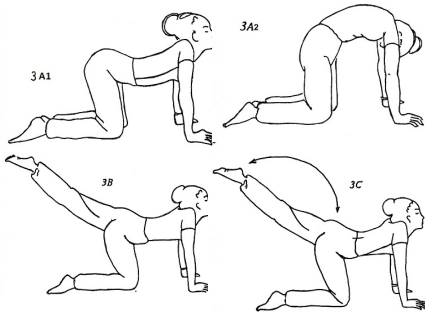
KY for the kidneys



1. Sit with the arms and legs stretched straight out in front. Place the fingertips on the pads of the palms and hold the thumbs up (1). In this pose, inhale, exhale and bend forward as far as possible from the hips, keeping the arms parallel to the ground. Breathe deeply and powerfully. Breathing should become deeper and deeper as you practice. Bend twice every five seconds for five to six minutes.



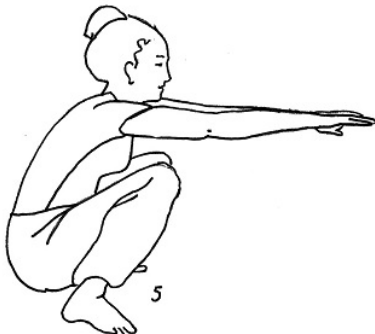
2. Lie on the back, bend the knees and grasp the ankles. Inhale and lift the buttocks, pushing the navel point up; exhale and lower again. The feet and neck remain on the ground. Move rhythmically, eight minutes. *This exercise works on the neck, kidneys and urinary tract and may help with hernia.*



3. Come into cat-cow pose and support on your hands and knees. The knees are one shoulder width apart and the arms are straight. Begin the cat-cow with a powerful breath. Inhale as you hollow the back, as if someone were sitting on your back. The head brings you up and back. Exhale as you arch the back (3A). Continue this for two minutes. Then stay in cow pose and extend the left leg up (3B). Stay in this position for thirty seconds and then do the same with the right leg, also for thirty seconds. Then lift the left leg again and make a kicking motion with the heel against the left buttock (3C), one minute. Switch legs and make the movement with the right heel, thirty seconds. *This exercise is good for the kidneys.*



4. Lie on your back. Wrap your arms around your shins and pull your knees toward your chest. Bring your nose between the knees and stay in this position for one to two minutes while you relax. Stay in this position and chant, five to six minutes. Breathe slowly and quietly for seven to nine minutes.



5. Sit in the crow pose, a squatting position with the knees drawn close to the chest and the soles of the feet flat on the ground. Stretch the arms straight out in front of you, parallel to the ground and balance yourself, one minute. Then begin unbroken. Har, Har, Har... chanting, touching the palate with the tip of the tongue on each repetition. Feel the connection between the tip of the tongue and the navel. Chant for two to three minutes, then inhale deeply, keeping the mouth closed and the lips firmly together, balancing the whole body with your breathing. Hold the breath for twenty seconds, feel that you have everything under control, and exhale. Inhale and tightly close the mouth again, bring your body back into balance and control, exhale and relax. *This exercise stimulates the kidneys and urinary tract. If you feel dizzy during the exercise it is an indication that you need to drink more water.*



6. Sit with legs crossed. Both hands are in gyan-mudra. The left forearm is in front of the chest and parallel to the floor, the palm facing the ground. The right upper arm is to the side, perpendicular to the floor, the elbow is bent sharply. The right palm is facing up and next to the ear and stretched back as far as possible. Lengthen your back. Inhale, tighten the muscles of the buttocks hips and flanks. Lift the upper body until no weight rests on the buttocks. Retract the abdomen and lift the ribs and diaphragm, expand the chest, retract the chin, hold for thirty seconds and relax. Continue this for five minutes, then inhale, exhale and relax. Now tighten everything again and pull the chest up and chant with the tip of the tongue 'Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio'. Keep raising the upper body. The eyes will feel heavy and the breath will automatically become very light. It is important to perform the mudra precisely. Continue for five minutes, then inhale, exhale and relax. *This exercise is called kunchun-mudra. It is very powerful, cleanses and relaxes the whole body. If the posture is done accurately, it is as powerful as doing other exercises for forty-eight hours in a row. You can practice this mudra for as long as you like, but extend the practice time slowly.*

Kundalini Yoga to raise kundalini in quick order



1. Table Pose: Squatting, with feet 1,5 - 2 feet apart, pass upper arms between thighs and calves, (inside thighs and outside calves), and place hands under heels, thighs resting on the elbows, spine parallel to the floor. Hold with long, deep, breathing for 2-5 minutes. Then inhale, exhale and apply Mulband.

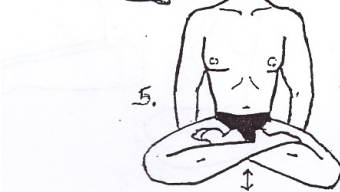
Balances the sex glands.



2. In Easy Pose, holding onto the shins, stretch and contract the spine up and down from the base for 2-3 minutes. (Without back & forward movements. there may be pain near the kidneys.) inhale, exhale and apply Mulband.



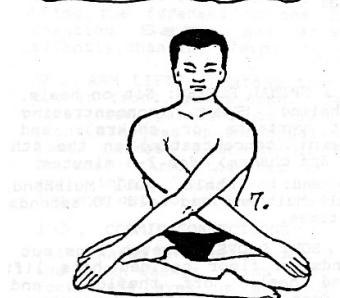
3. Spinal twist, using shoulders with hands on shoulders, fingers forwards thumbs back. Feel it at the navel point. Continue for 2- 3 minutes.



4. Spinal twist, with palms together overhead, arms straight up for 2-3 minutes. (For 9th vertebra.) Then inhale, exhale and pull Mulband.



5. BODY DROPS in Lotus Pose, if possible, or with legs stretched out in front. Weight is on fists beside the hips which lift the buttocks and drop them down again for 2 minutes.



6. Legs stretched straight out in front, stretch body forward and relax down, head on knees for 2-3 minutes. Then inhale, exhale and pull Mulband.



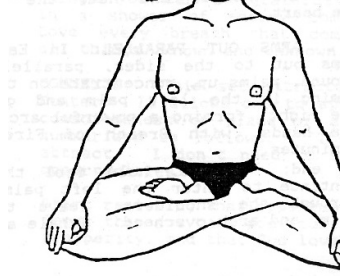
7. In EASY POSE, cross arms and place hands on opposite knees. Inhale deeply, pulling the arms and stretching the shoulders, hold the breath in, and exhale and relax.



8. Finger Lock at Heart Center, with long, deep breathing. Pull hard for 2-3 minutes. Then inhale, stretch arms over head and hold, exhale and apply Mulband.



9. BOW POSE: On stomach, grab ankles and arch up, pulling arms and legs as high as possible. inhale, stretch up even higher, pull Mulband hold.



10. Meditation: Fix eyes on top of the skull, and press the tongue on the roof of the mouth. (There may be pain in the nose.) Dedicate self to the Divine.

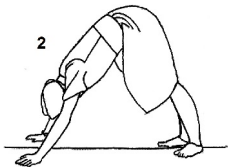
Comments: This is an excellent preparation for deep meditation. G.K. (Some times were added by G.K.) (taught by Yogi Bhajan April 9' 1970, from Relax and Renew)



Kundalini Yoga to stimulate the Ajna (From Keeping up with Kundalini Yoga)

1. Stand up straight and lock the thumbs into your tightly squeezed fists. Let your arms hang at your sides. Gently and carefully let the head fall back and stare at a point on the ceiling or in the sky. Inhale and begin breath of fire. Continue for 2 - 3 minutes. Then inhale deeply as you slowly bring the head forward and tuck the chin in. Hold your breath briefly with the head straight. Then exhale and relax.

This exercise sets the magnetic field, alerts the body, and opens circulation to the head.



2. Triangle Pose. Supporting yourself with the palms of your hands and the soles of your feet, and with your rear end up in the air, form a triangle with the ground. Your body should form a straight line from the heels to the buttocks and from the buttocks to the wrists. The head should be in line with the body and the arms should be about 2 feet apart. Remain in this position with long, deep breathing for 2 - 3 minutes. Then inhale. Exhale and apply mul bandha. Hold your breath out briefly. Inhale and relax.

This exercise aids in digestion and works to strengthen the nervous system.



3. Bow Pose. Lie on your stomach. Reach back and grab your ankles, bending at the knees. Inhale and arch the spine completely, pulling on the ankles, so that only the pelvis, abdomen, and lower chest remain on the ground. The head is tilted all the way back. Breathe long and deep in this position for 1 - 3 minutes. Then inhale, gently stretching the spine. Exhale and relax.

This exercise also aids in digestion, while opening the central nerve channel of the spine.



4. Stretch Pose. Lie on the back with the legs together.

Pointing the toes, raise the heels 6 inches. Stretch the arms out straight, pointing at the toes, and raise the head and shoulders six inches. Stare at your toes. In this position begin breath of fire and continue for 1 to 3 minutes. Inhale and hold briefly. Exhale and relax.

This exercise activates and balances the energy of the third chakra, sets the navel point, and tones the abdominal muscles.



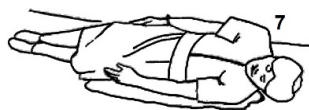
5. Sit on your heels. Inhale and, keeping the head straight and the shoulders relaxed, flex your spine as far forward as you can. (5A) Exhale and flex it back in the opposite direction (5B). Begin slowly and continue rhythmically with the breath for 1 to 3 minutes. Inhale in the forward position. Exhale and relax.

This exercise further prepares the spine for the exercises to follow.



6. Sit on your heels. Spread the knees wide. Bring the forehead to the ground. Rest the palms of your hands on the soles of your feet. Focus on the third eye and consciously relax while maintaining normal breathing. Continue for 5 to 20 minutes. Then take several deep breaths and slowly come out of the position.

This exercise subtly uses the sexual energy of the second chakra to stimulate the Ajna (sixth) chakra. It also cleans the eyes.



7. Bundle Roll. Lie on your back with your arms pressed tightly against your sides and your legs like a bundle of logs. Keeping the body straight, begin rolling over and over across the room, to one side and then to the other. Continue for 3 to 5 minutes. Then relax.

This exercise stimulates the entire body. It balances the magnetic field and massages the muscles. Do not do Exercise 6 unless you follow it with this exercise.



8. Sit in a comfortable position with the spine straight and the hands in Gyan Mudra (thumbs and index fingers touching; other fingers straight out). Be sure that the chin is locked so that the head sits straight on the spine. Inhale deeply. As you exhale, chant the word "Sat" (rhymes with "but"), extending the sound for as long as possible and dividing it into 7 waves (7 undulations) each one consisting of 5 beats. (See musical notation on this page) for a total of 35 beats. Complete the exhale by chanting the word Naam" (rhymes with "Mom") briefly for the duration of 1 beat. Then inhale and repeat the chant. Chant from your heart, and mentally spiral the sound up the spine and out the top center of the head. Continue for at least 3 minutes. Then inhale. Hold briefly. Exhale and relax.

This simple and beautiful meditation is a call from the heart. It will balance your energy and lead your consciousness directly to its primal Source.

9. Deeply relax.



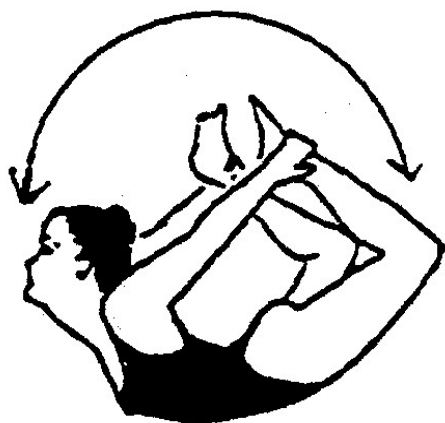
Remarks: This kriya works to gently stimulate and balance the glandular system, especially the pituitary gland which is associated with the Ajna or sixth chakra. Beginning students may practice this kriya once or twice a week, but no more, as a glandular "tune-up".

Kundalini Yoga for the essence of self



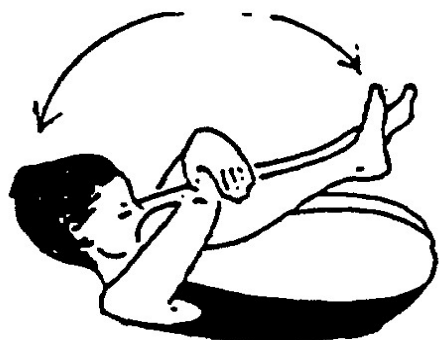
1) **Arm Circles** Sit in Easy Pose with the legs crossed. Extend the arms to the front and slightly to the sides, to form a V with the body. The arms are straight out from the shoulders, hands extended with palms facing down. Rotate the arms backward in large circles. Keep the arms positioned so that the circles are in front and slightly out to the sides. Begin Breath of Fire and gradually increase the power of the breath as you rotate the arms faster, wider and wider. Continue for 1 to 4 minutes. Then inhale, hold the posture, exhale and relax the arms down.

This is an energetic exercise. The faster the breath is, the more powerfully it stimulates the heart center and opens the lungs.



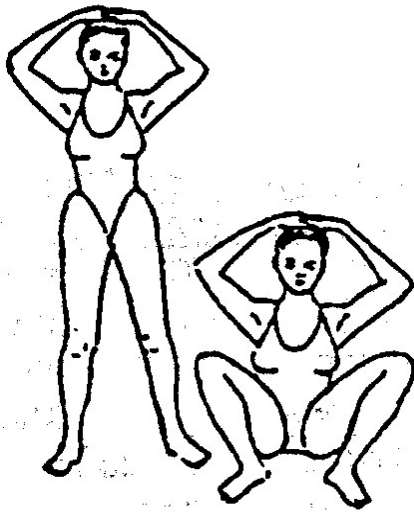
2) **Rocking Bow** Lie on the stomach and assume Bow Pose: Reach back and take hold of the ankles stretching up by creating tension between the arms and legs. Rock back and forth from the shoulders to the knees, coordinating the motion with a powerful Breath of Fire, so powerful that it feels as though a fire were coming from the nostrils. Continue for 1 minute. Then relax briefly.

Bow Pose massages the internal organs, especially the digestive organs, and gives a full backward bend to the entire spine. Coupled with Breath of Fire and rocking it invigorates the entire person, and stimulates the movement of energy to the heart.



3) **Rock on Spine** Lie on the back with the thighs clasped to the chest and forehead to the knees. Rock along the entire length of the spine in conjunction with Breath of Fire for 1 minute.

This exercise allows the spine to curve and stretches in the opposite way from the previous exercise.



4) **Crow Squats** Stand with feet 1 to 2 feet apart. The feet face forward, turned slightly outward. Interlace the fingers in Venus Lock on top of the head. Exhale and crouch down so that the buttocks are as close to the floor as possible. Ideally, the feet remain flat on the floor. Keep the spine as straight as possible. Then inhale and return to the standing position. Continue for 26 squats.

Crow Squats allow the pelvis to relax and open.

5) **Arm Circles** Repeat the first exercise for 1 to 2 minutes.

6) **Essence of Self Meditation** Sitting in Easy Pose, cross the hands at the center of the chest over the heart center. Close your eyes. Remain focused and meditate for 5 to 31 minutes. If available, meditate with or sing some divine, uplifting music. (See "Resources" for companion CD.)



Drop any self-limitations. Surrender the self to the Self. In this expanded awareness you will experience your essence.

COMMENTS:

This series of exercises guide the pranic life force through the body to the heart center, opening the heart so that you can give and receive love without fear, anger, or resentment. This state of compassion is the essence of self. When feeling weighted down by the scars and disappointments of life, this kriya will help you sense the broader reality of which you are a part. All possibilities open to you when you live from the essence of Self. Physically this kriya releases tensions and strengthens digestion. and opens the lungs.



1. Sit in Easy Pose, raise the arms up level to your face with bent elbows and begin shaking the whole body. It should be an inward body massage. Every muscle and fiber must shake. Arms, body and head should be moving. Create your own rhythm and style. You should be generating some heat. 15 minutes.

This will release toxins from your muscles. When people get confined in a 4x4 foot cell, this is the only exercise that they can do. Get wild. Shake like an earthquake. It would take 20 hours of massage to get to this point. Cheeks should get red. You must come to the dead end of tiredness.

2. Come standing up straight. Shake your hips from side to side by bending your knees alternately. Feet can either stay on the ground and your hands can dangle loosely or really twist your hips and jump in the air while pumping your arms. 8 minutes.

Make it an energetic dance. Your thigh muscles should sweat. Gets rid of all the toxins, all the dirty fat, all the tissue deposits. This will get out all the old anger in your body.

3. In Easy Pose, extend your arms straight over your head with your palms together, arms against your ears. Twist your body left and right. 4 minutes.
It is a triangular move and, if done powerfully, it will release your shoulders.

4. On your hands and knees, lift your left leg straight out behind you. Then touch your forehead to the ground and come back up, like push-ups. 52 times.

5. Come standing on your knees and bend back into Camel Pose, resting your hands on your heels. Then straighten back up onto your knees. 55 times.





6. Lie down flat on your back.

a) Lift your knees up to your chest and place your hands under your hips. You may elevate your hips with your hands slightly, in order to get your knees to your chest.

b) Swing your legs straight out.

c) Then raise the legs up to 90 degrees. Then bring your knees back to your chest. 108 times.

It is the movement of the Pavanmuktasana, where the prana is controlled by will.

7. Lie down flat and put both your hands over your heart and relax. Raise your torso up and bring your forehead to your knees and then relax back down on your back. 26 times.

8. Lie down flat on your back for a gong meditation. 8 minutes.

You will become weightless and enjoy it. Relax.

Comments: Woman only has two problems—locked up pelvis and locked shoulders—otherwise perfect. This is to tune-up the nerves. If the nerves are not tuned-up how are you going to stand the pressure of time?





1. Alternate Leg Lift. Come lying down flat on your back. Have the arms by the sides with the palms down. Have the hands underneath the buttocks if needed. Inhale and lift the left leg up to a 90° angle to the floor with the toe pointed to the ceiling. Exhale as you lower the leg down. Inhale and lift the right leg up to a 90° angle to the floor with the toe pointed to the ceiling. Exhale and lower the leg down. Long Slow Deep Breathing. 3 minutes.



2. Cross Crawl. Remain lying down flat on your back with the arms by the sides, palms flat against the floor. On the inhale, bring the left knee up to the chest and at the same time bring the right arm onto the ground down back and behind you in a kind of straight arm backstroke motion. Exhale yourself flat. Inhale with opposite arm and opposite leg. Continue, inhaling through the nose and exhaling through the nose concentrating the breath's energy at the navel point. 3 minutes.



3. Triangle Pose. Draw the knees up to the chest and rock yourself up. Slowly come standing up. Bring the feet approximately shoulder width apart, the feet creating a right angle to the plane of the body. Bend from the waist and place the hands on the floor. Hands are narrower than shoulder width apart. Have the thumb tips touching if possible. Elbows and knees are straight and the head is in line with the upper arms. Tilt the pelvis forward and push down through the shoulders, keeping equal weight on the hands and feet. Hold the position. Long Slow Deep Breathing. 3 minutes.





4. Cobra Pose. Come lying down flat on the stomach. Bring the chin on the ground with the palms down on the floor underneath and slightly forward of the shoulders. Have the legs together, tops of the feet on the ground. Now inhale and raise the head up, chest up and now smoothly push yourself up. Make sure the arms are shoulder width apart, elbows a little bent, fingers pointing forward, shoulders rolled back and down, chest high and head back. The whole pelvic area is on the ground. You can be resting on the forearms, if it is more comfortable for you. Hold the position.
Long Slow Deep Breathing.
2 minutes.



5. Yoga Crunch. Roll back over on the back. Bring knees up and have your feet flat against the floor. Make the hands into a basket by interlacing them and placing them behind the head. We are going to be doing a six-count movement both up and down. Lift the head off the ground and remember to just support the head with the hands; do not pull with the hands or arms. Tilt the pelvis so that the lower back is flat against the floor. Keep the lower back flat throughout the exercise. In this position, inhale slowly, exhale and slowly curl up tightening the abdominal muscles. One...two...three... four... five...six. Now inhale and slowly loosen the abdominal as you go back.



One...two...three...four...five...six. Keep the head up in both positions. This will help you keep the lower back flat against the floor. Continue, go slow and concentrate your breaths' energy right at your navel point. Imagine as though you are breathing in and out through the navel. This will help you concentrate on this area of the body.
2 minutes.



6. Stretch Pose. Lie flat on the back. Lift the upper back and shoulders off the ground, keeping the lower back flat against the surface. Bring the arms up over the trunk of the body with the hands about shoulder width apart. Lift the legs up with toes pointed away from the body and level with the eyes. Keep the heels lightly resting on the ground, if needed. Breath of Fire. 3 minutes.



7. Leg Thrusts. Remain lying on the back. Bring both knees to the chest. Have the arms by the sides with the palms down. Place the hands underneath the buttocks if needed. Inhale and thrust the left leg out so it is about 12" off the ground with the toe pointed away from the body. Exhale and switch legs. Use Powerful Deep Breaths. 2 minutes.



8. Bow Pose. Roll over on to your stomach. Reach back and catch the tops of the feet or the ankles with the hands. Push out with the shins and pull in with the arms keeping the elbows straight. Lift the chest and thighs off the ground. Head is up and back. Hold the position steady. Long Slow Deep Breathing. 2 minutes.



9. Rest On Stomach. Rest with normal breath on the stomach, arms by the sides with the head turned to the side. 1 minute.





10. Baby Pose Arms In Front. Push yourself up so that you are on the heels and place the forehead on the ground. Have the arms stretched out in front of the body on the ground with the hands shoulder width apart. Relax in this position with Normal Breath. 1 minute.



11. Camel Pose. Rise up out of the position and come up on to the knees. Reach back and place both hands on the heels. Arch the pelvis forward; keep the shoulders back and chest high. Either let the head fall all the way back or keep the chin on the chest.



12. Baby Pose. Push yourself up so that you are on the heels and place the forehead on the ground. Have the arms by the ankles with the palms up. Relax in this position with Normal Breath. 1 minute.

13. Deep Relaxation. Come out of position and rest on your back. Lie down flat, have the arms by the side palms up, with the eyes gently closed and the breath soft and normal. Have the knees up slightly for comfort, if needed.

Benefits: This kriya will center, strengthen, and balance the energy at the navel point. Strong navel center energy gives you boundless energy and the ability to transform yourself at will. It is excellent for athletes, as it will help improve any performance in practice and in competition.





Posture & Mudra: Sit with a straight spine in Easy Pose. Interlock the fingers with the right index finger on top of the left index finger. The heels of the hands are joined and the thumbs are together and stretched back so that they point straight up. Relax the arms down with the elbows bent. The forearms are pulled up and in toward the chest until the hands are positioned in front of the chest between the solar plexus and the heart. Keep the thumbs stretched back.

Breath: Deeply inhale. Completely exhale as the mantra is chanted once.

Eyes: Closed.

Mantra: Chant the following mantra as the breath is completely exhaled:

RAA RAA RAA RAA

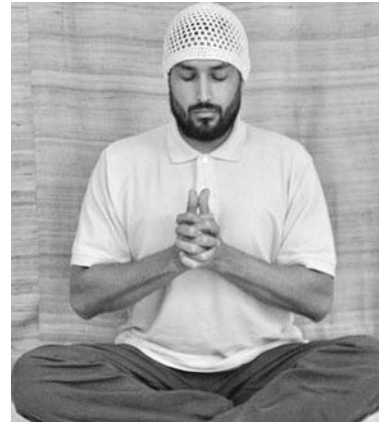
MAA MAA MAA MAA

SAA SAA SAA SAT

HAREE HAR HAREE HAR

Time: Continue for 11 minutes

To End: end with a deep inhale, suspend the breath at least 15 seconds. Exhale through the mouth. Repeat 3 times. When practicing this meditation at home, you can extend the time to 31 or 62 minutes, or longer.





1. Lie flat on your back with your feet and legs together, crossing your wrists over your chest like a mummy. Completely relax for 1 minute. Stay in the position, keep relaxed, and begin pointing and flexing both feet at the same time. Coordinate breath and movement. Move quickly. The breath should be heavy and loud. (If your feet and breath are not moving together, then your temples are out of position.) 4-1/2 minutes. If you feel pressure at the temples while you are doing this exercise, then slow down the movement.



2. Stay in the same mummy-like position, begin alternate leg lifts to 90 degrees. Keep your legs straight with the toes pointed. Inhale up and exhale down with a loud and powerful breath. Apply upward pressure as you raise each leg. Do not apply pressure as the feet go back to the floor. Feet should silently return to the floor. 3 minutes.



3. Still in the same mummy-like position, raise both legs to 90 degrees and lower them together. Inhale up and exhale down, moving quickly for 1 minute. Then continue by doing 52 more leg lifts.



4. Still lying on your back, heavily lock your palms over your ears and temples. Your elbows point upward. Begin moving your pelvic bone and rib cage from side to side like a wriggling fish. Make this diagonal movement so heavy that you can feel it in your temples. Move the pelvic bone, rib cage, and spine. The whole torso moves. If you move heavily and fast, it will take away the age imbalances. 3-1/2 minutes.



If you cannot copy the fish, how can you copy God? Make the effort. Once you get into the proper movement, you can continue it.

5. Sit on your heels, keep the spine straight, stretch your tongue out of your mouth and begin panting Dog Breath through your mouth, feeling the air striking the back of your throat. 1 minute. This will give you the energy to do the exercise.





6. Sit on your heels, arms extended straight out with the palms facing each other. Alternately move each arm up to 45 degrees and back to the center. The left arm moves diagonally up to the right side and returns. Then the right arm moves up to the left and returns. You are drawing a big "X" in the air in front of your body. The movement is fast and powerful. The body will subtly move as the arms move. Cut the heavens. You will feel the movement in the temples and the toes if you really do it strongly.

2-1/2 minutes.

7. Still sitting on your heels with your arms by your sides with the palms facing forward. Bring your hands to your shoulders as if you are pouring water on them. Bring all five fingertips together when they touch the shoulders. Repeat the movement for 1-1/2 minutes. This exercise will make you feel good for the whole day.

8. Still on your heels, place your hands on your thighs and begin flexing the whole body. Flex it well, lower back, middle back, upper back, and neck. 1-1/2 minutes.

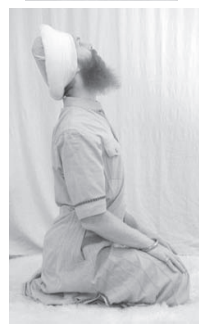
9. Sit like a Yogi and chant:
HARI HAR, HARI HAR, HARI HAR, HAREE
in a monotone using the tip of the tongue. One recitation of the mantra takes about 3 seconds. Continue for 9-1/2 minutes.

(In class Yogi Bhajan played the gong during the meditation.)

To End: Inhale, hold the breath for 45 seconds, and exhale. Repeat this sequence two more times, each time holding the breath as long as is comfortable.

Comments: We are adjusting the two areas that we call the temples. These areas are more important than we know. In the ancient wisdom, they are known as the main centers of each zone of interconnection and intercommunication.

Yogi Bhajan • June 24, 1984





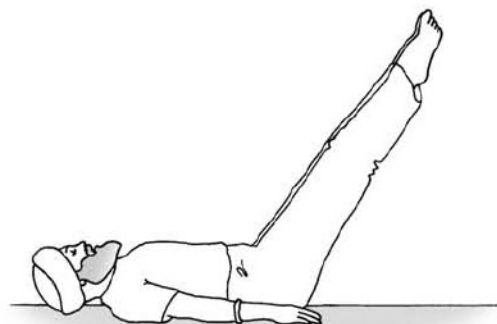
1. Vatskar Kriya: Sit in Easy Pose with hands on the knees. Make a beak of the mouth and drink as much air as you can into the stomach using short, continuous sips, as if you were swallowing. Pull in and hold. Roll the stomach to the left, when the breath has been held in for half its maximum time, reverse the direction to the right. Continue rolling the stomach as long as possible with Neck Lock applied. When the breath can be held in no longer, straighten the spine and exhale slowly (not powerfully) through the nose. Repeat the complete exercise 2 times. Note: Always do this on an empty stomach and not more than twice per day.



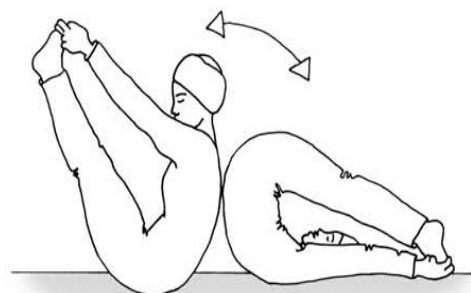
2. Baby Pose: Sit on the heels and touch the forehead to the ground. Place the hands palm up by the hips. Imagine that there is a big, 100-pound tail coming off the end of the spine and wag it as if trying to make it break the wall. Move the hips left and right—a few inches—as if the tailbone traces out a “U”; this will churn the navel and the lower abdomen as you move. Continue for 3 minutes followed by 5 minutes of rest.



3. Lie down on the back. Press the toes forward. Lift the legs three feet. Start Long Deep Breathing. Continue for 2 or 3 minutes. Inhale—hold briefly and relax.

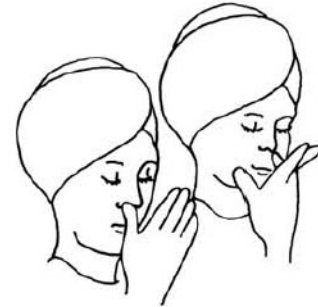


4. Lie down on the back, bring the legs overhead and catch the toes. Roll back and forth from the base of the spine to the neck. Hold onto the toes and keep rocking for 3 minutes.





5. Alternate Nostril Breath: Sit up immediately in Easy Pose. As calmly as possible, bring the right thumb to the right nostril to close it off. Inhale through the left nostril, using the little finger, close off the left nostril and exhale through the right. Continue for 3 minutes, then inhale and feel the energy radiate throughout the body, giving health and life.



6. Sit in Easy Pose. Place the Venus Lock a few inches in front of the chest at the Heart Center with the palms facing the chest. Inhale and turn the head to the left; exhale and turn the head to the right. Continue for 3 minutes.



7. Sit in Easy Pose. Stretch the arms out to the sides, parallel to the ground. Swing the arms back in a rolling motion as if swimming. Continue for 1 minute.



8. To end: Inhale and hold the breath as you bend the elbows, bringing the fingertips onto the shoulders. This magnetizes the electric current. While the breath is held, the energy starts circulating. Exhale— let the energy flow to all parts of the body and feel refreshed.

Comments:

This is a good example of a simple but powerful series that was kept secret by those few yogis who learned it. This will allow you to completely master your digestive system and give a youthful appearance to your skin. Aging does not start just with years; it begins with nutritional deficiency, intestinal problems, untended emotional and physical stress and an inflexible spine that disrupts the flow of meridians as well as the rejuvenating flow of your spinal fluid. Exercise 1 adjusts the acid-alkaline balance in the stomach, but it must be done regularly without missing a single day. Exercise 2 strengthens the heart; Exercise 3 slims the waistline and cleans the gallbladder; Exercise 4 flushes the circulation and balances the nerves. Exercises 5 and 6 distribute the pranic force and stimulate the thyroid and parathyroid. Exercise 7 strengthens the psycho-magnetic field of the aura.



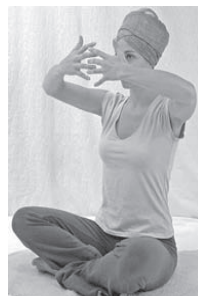


Kriya for Balancing The Aura p.1

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

This set builds your physical energy and stamina. It strengthens the navel energy. Then it rhythmically moves the meridian energy from the third chakra to the eighth chakra and back. This dance of energy builds all the chakras and the radiance of the aura. It is the kind of kriya you can master gradually and that becomes increasingly delightful as your aura expands.

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. This exercise works on the eyes.



2) Stand up and move into Archer Pose, with the right leg bent forward so the knee is over the toes. The left leg is straight back with the foot flat on the ground at a 45° angle to the front foot. Raise the right arm straight in front, parallel to the ground and make a fist, with thumb pointing up as if grasping a bow. Pull the left arm back as if pulling the bowstring back to the shoulder. Face forward with the eyes fixed on the horizon above the fist. From this position begin bending the right knee so the body drops down, and then comes back up. Continue this motion powerfully and rhythmically for 2 minutes. Switch sides and continue for 2 more minutes. Switch sides and continue for 30 seconds more.





Kriya for Balancing The Aura p.2

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3) Come into Cobra Pose. Lie down on the stomach with the palms flat on the floor under the shoulders and the heels together with the soles of the feet facing up. Arch the spine from the neck to the base until the arms are straight with elbows locked. From this position, raise the buttocks up 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 Cobra Pose. Alternate movements at a speed of 2 seconds per posture for 5 minutes.



4) Sit in Easy Pose with a straight spine and play the recording of the Wahe Guru Jio meditation (by Bhai Avtar Singh). When you hear the words Wahe Guru or Wahe Jio, pull Mulbandh, 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 third chakra out into the aura, and returns to the third chakra energizing each chakra. If you practice it for the full length of the recording for 90 days, you will perfect the meditation.





Kriya to Balance the Mind 1 (pg.1)

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Sit in Easy Pose. Hands are locked in front of the heart center, palm to palm, the four fingers folded around the opposite hand. Look at the tip of the nose. Squeeze the hands. 3-1/2 Minutes. Synchronize the entire body. Squeeze the entire body as tightly as you squeeze the hands. 3-1/2 Minutes.

Comments: Squeeze like you are squeezing water out of a stone. You will find an air vacuum in your palms. It will give you sensitivity of how life flows. Experience it. Squeeze the hands with maximum tightness. Look at the tip of nose, concentrate, and squeeze. You will breathe differently, exist differently, and start to eliminate disease from your body.

2. Immediately lie down on your back. Bring the arms and legs up to 90° — straight and tight. Palms are facing the knees. Spread the fingers wide. 2 Minutes.

3. Bring the knees to the chest and wrap your arms around the knees. Bring the nose to the knees. Don't cross the feet. Stabilize. 3-1/2 Minutes.

4. Come into Corpse Pose and let the body relax. The Kulwant Singh Version of Chattr Chakkr Varti is played. 1 Minute.

Comments: Nap. Hypnotically sleep. Conquer the environments. Don't let the body move but imagine you are out of your body, let your soul look at it, and dance.





Kriya to Balance the Mind 1 (pg.2)

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5. Cat stretch to each side and transition to standing.
30 Seconds.

6. Dance with hands up above the shoulders. Keep the hands up the entire time. Chattr Chakkr Varti continues playing for 2-1/2 Minutes. Rhythms of Gatka is played for the remainder of the dance. Keep only one foot on the ground at a time. Dance vigorously. 11 minutes total. Open the hips, shake the rib cage, tighten and loosen the neck, the face. Every part of the body has to dance. Eight twists of the body in one beat. Raise the Kundalini. Infinite healing can take place. This is an Ashta—eight—beat rhythm, an Ashtang Natiem. It is called Shiva Dance

7. Sit down and relax. 3-1/2 minutes.

8. Massage the armpits deeply; each hand massaging the opposite armpit concurrently. 1-1/2 minutes. This will stimulate the three nervous systems and give you a new life.

9. Beat the upper part of your chest with your fists. 1/2 minute. Then beat the thighs just above the knee. Fast and heavy. It has a soothing effect. 1/2 minute.





Kriya to Balance the Mind 2 (pg.1)

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

1. Lie down on your back. Bring your arms and legs up to 90 degrees. Toes point toward the ceiling. Spread the fingers wide, palms facing the thighs. After 3 minutes begin singing loudly, from the navel, to the Aquarian March by Nirinjan Kaur. Continue for 7 minutes.

Let the energy come in and take care of the lower back. If your knees bend it means you worry too much. This posture is between headstand and shoulder stand and gives you a new brain, new pelvis, and takes care of the liver.

2. Immediately bring your knees to your chest and wrap your arms around the knees. Press very firmly. Bring your nose up to your knees. Do not let your feet cross. Continue chanting powerfully with the Aquarian March. 5-1/2 minutes.

Pressing the knees to the chest will open the 2nd and 3rd lumbar vertebrae.

3. Shiva Dance. Stand up immediately and dance with hands above the head and shoulders, fingers towards the ceiling. Allow only one foot to be on the ground at a time. Rhythms of Gatka is played. 15 minutes.

You must have 8 movements, 8 curls in your body per beat; it is called Ashtang Natiem; it is a Temple Dance. You must not lower the hands; if you do so it neutralizes the energy, reversing the effect. Heal yourself.





Kriya to Balance the Mind 2 (pg.2)

*"Kundalini Yoga is... a practice of experience of a person's own excellence
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4. Immediately come sitting on your heels.

a. Dance with the arms. 1-1/2 minutes. This will heal the stomach and it will hurt because you've been eating junk.

b. Continue dancing with the hands over your head and move the rib cage. 1 minute. This will get rid of disease.

c. Now begin moving freely, dancing vigorously and fast with the beat. Move the whole body. 1 minute. This will give you perfect healing and energize the body.

d. Now begin clapping the hands. Do it hard. 1 minute. This will help to get rid of arthritis.

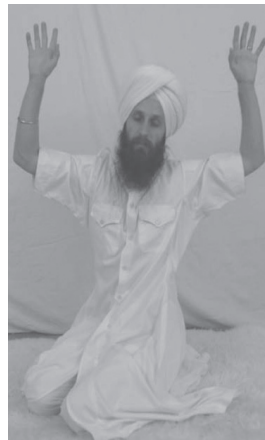
e. Beat the chest very fast and hard with your fists. 1 minute.

To End: Inhale deep and hold. Exhale. Repeat twice more—letting the breath grow deeper with each consecutive breath. Twist the body slowly to the left and then to the right. Relax for a few minutes before moving to the next posture.

5. Easy Pose. Sit solid and contained. Bring the hands to Prayer Pose at the heart center—apply equal pressure in both hands. Keep this pressure in the hands. Eyes at the tip of the nose. Sing with Se Saraswati by Nirrinjan Kaur. 8 minutes.

To End: Inhale deep. Hold for 15 seconds. Exhale cannon breath. Repeat twice more. This will crown the entire kriya. You are getting the entire universe in you—all powers—nine special powers, eighteen occult powers, total knowledge, total power, total prosperity, all the three universes, freedom from death, power to uplift and serve, victory over cause and effect, Infinite to the Infinity of God. All transparent and nontransparent powers shall serve thee.

Yogi Bhajan • February 12, 1992





Kriya to Balance The Mind 5 (p.1)

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Sit in Easy Pose. Sit very calmly and quietly. Close the eyes. Bring the hands to the brow point in Prayer Pose with the thumbs locked. Begin moving in counter-clockwise circles from the pelvis all the way up the spine including the hands. Keep the hands above the eyebrows. Matamandir Singh's Halleluiah. Start singing with it after 12 minutes.

Total: 20 Minutes.

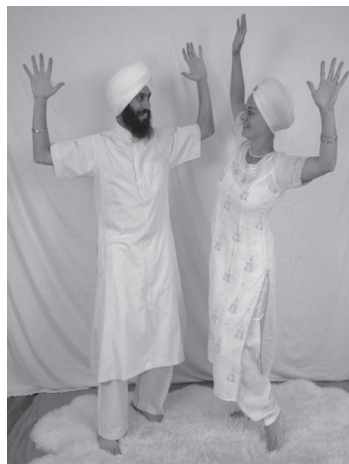
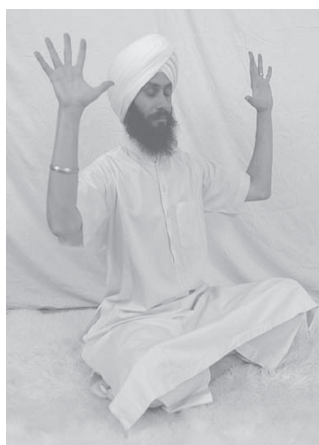
You close your eyes and worship God. It is called Arta. It's actually a self-worship if you really want to understand. It is called Jan Puja— self-worship. Loosen your pelvic bone. Move your own universe. Get into a state of ecstasy. Inhale. Exhale and immediately move into the next exercise.

2. Hold hands with one another and close your eyes. No hand should be single. Sit with chin in and chest out. Sit straight. Concentrate at the soft-spot at the crown of the head—the 10th gate. Breathe long and deep. Breathe consciously. Be steady. This meditation is done in silence. 15 minutes.

To End: Inhale deeply and release your hands. Exhale. If you can concentrate on this point at the time of death, the scripture says you go straight to God. This is the time to prove to yourself that you and God are One. You can free yourself of all diseases at this time. Inhale. Exhale and immediately move into the next exercise.

3. Bring your forearms to 90 degrees so that the hands are above the shoulders with the fingers open. Begin making counter-clockwise circles with your arms and upper body. Sing along with Nirinjan Kaur's Every Heartbeat. Move the energy in all parts of you. 5 minutes.

As you complete this exercise, look around and choose a partner as you get ready for the next exercise. Inhale. Exhale and quickly move into the next exercise.





Kriya to Balance the Mind 5 (p.2)

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4. Stand up and dance with a partner. Punjabi Drum music is played.

a. Look into the eyes of your partner. Move your hips. Move your arms. Hands stay above the head as you dance. 2-1/2 minutes.

b. Dance freely, moving your waist; hands can move as you like. 4-1/2 minutes.

c. Begin to clap your hands. This removes arthritis. 30 seconds.

5. Sit in groups of four and play patty cake. Clap your hands.

a) Then turn and clap hands with your partner.

b) Clap your hands then clap hands with the person sitting across from you.

c) Clap your hands then turn to the opposite side and clap hands with your other partner. 2 minutes.

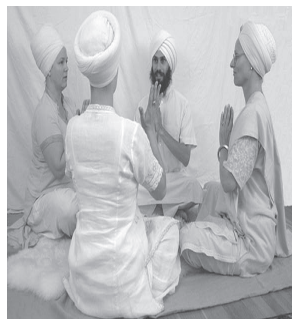
Begin chanting Har with the tip of the tongue on every clap of the hands. 1 minute.

Begin chanting 'I God' as you clap your hands and 'You God' as you clap your partner's hands. 1 minute

6. Inhale deeply and raise your hands up—as if you were surrendering. Concentrate at the 10th gate. 1-1/2 minutes.

To end: Inhale deeply and hold tightly; synchronize the body and spread the fingers. Cannon fire exhale. Repeat twice more. Relax.

Comment: This is one of the most sacred kriyas of Kundalini Yoga





1) Chair Pose with Breath of Fire. Begin in a standing position. Place your feet shoulder-width apart. Squat down so the thighs are parallel to the ground. Reach towards the toes, placing the palms on top of the feet by bringing the hands through the inside of the legs, around to the outside. Be sure to keep the back straight and only lift the head and look forward. 5 minutes.



2) Sat Kriya. Sit on the heels and stretch the arms straight over the head so that the elbows hug the ears. Interlock the fingers except the index fingers, which point straight up. Begin to chant Sat Naam 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 and up, toward the spine. On Naam, relax the belly. Continue very powerfully. To end, inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders. 5 minutes.



3) Sitting in Rock Pose on your heels, rest the hands on the thighs.

a) Begin Sitali Pranayam, inhaling in short sips through a curled tongue until the lungs are full of air.

b) Rotate the hips around in a circle. Hold the breath and rotate to the left for 1/2 the duration of the held breath. Then hold and rotate to the right for 1/2 the duration of the held breath.

3 times.





4) In Victory Pose with your feet off the ground at a 60° angle and your torso raised off the ground at a 60° angle (a), inhale. In a motion like a sit-up, drop the torso and legs down to 45°

(b), exhale, and then back up to 60°. 5 minutes. If done properly, this is the equivalent of 8 hours of exercise.



5) Lie on the back and bring the hands to the Navel Point. The left hand is closest to the body, and the right hand is over the left. There is about 2 inches between the body and also between the hands. Rotate the hands around each other in a clockwise direction, maintaining the 2-inch separation between the hands, and keeping the hands over the Navel Point. Long deep breathing. 3 minutes.



6) Remain on your back and extend your arms up to 90°, straight above you. Make fists of your hands, and with great tension, pull your fists into your chest. Release and repeat 2 more times.



7) Rest on the back with the left hand on the heart and the right hand over the left. Long deep breathing—whispering Hum Dum Hari Har. Hari Har Hum Dum. This is the meditation of the celestial angels. God is my breath, breath is my God. 5 minutes.





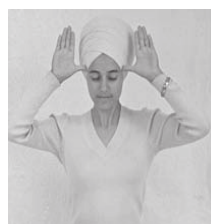
8) Sitting in Rock Pose, place hands in Bear Grip. One palm faces out from the chest with the thumb down. Place the palm of the other hand facing the chest. Bring the fingers together. Curl the fingers of both hands so the hands form a fist, where the fingers of one hand are hooked around the fingers of the other hand. The arms keep a steady pull at the heart. Move your elbows up and down, quickly. 11 minutes.



9) Remain sitting on your heels, place your palms on your thighs and begin inhaling, turning your head to the left, and exhaling, turning your head to the right. 3 minutes.



10) Come sitting in Easy Pose and bring the hands up to the face with the thumbs pressing on the temples. The fingers will be about 2 inches from the face. Roll the eyes up to the Third Eye Point, creating pressure. Now chant, Har Wahe Guru, Har Sat Nam. This mantra allows you to feel no pain at the time of death. 5 minutes.



11) Prepare to sit on your heels, but let your hips rest between your heels, touching the ground. Relax back down on your back with your hands by your sides. Do this as long as possible. Do not do so long that any part of your body falls asleep.

12) Then relax on the back. 11-62 minutes.

Comments: You must stimulate your Navel Point once a day. If you do Breath of Fire, it will cleanse your lungs, make them strong, you will have deep breathing all day, you will have good oxygen in your bloodstream, and you will be young and healthy for a long time. If you do it 5-15 minutes every day, it is the best way to keep the blood purified. It's a direct blood purification system.





Posture: Sit in Easy Pose with a straight spine.

Mudra: Right arm is up with the right elbow and forearm on the same plane as the shoulder. The right arm makes a perfect 90 degree angle and the palm faces down toward the Earth. The left hand is parallel to the right with the palm facing the sky. Keep the fingers together and very stiff and tight throughout.

Eyes: Eyes are at the tip of the nose.

a) Long Deep Breath. Breathe mechanically, not automatically. 9 minutes.

b Begin squeezing your entire body as you breathe. Continue breathing very mechanically, rhythmically. It will stimulate your psyche. 1-1/2 minutes.

c. Lion's Breath. Stick your tongue out and breathe through your mouth, mechanically breathing. Continue holding the mudra and squeezing the entire body. 2 minutes.

d. Put your hands in your lap and sit straight and breathe very calmly. Meditate deeply. Go into thoughtlessness. Har Singh Nar Singh by Nirinjan Kaur is played. 6-1/2 minutes. If you want any achievement in your life, go into thoughtlessness so that you can be you. There is no other way. Right now, denounce the thought.

e. Sat Nam Wahe Guru is played [Indian female singer version]. Pump the navel with the mantra, breathing voluntarily, mechanically, not allowing the posture to change. Pump the navel fairly quickly with the beat. Breath should be absolutely mechanical. Exhaling with each pump of the navel. Let your navel dance. 4 minutes.

To End: Inhale deep. Cannon Fire exhale. 3 times. On the third repetition, squeeze the body and hold the breath a little longer and then Cannon Fire out. Be seated for a while and don't try to get up.





Posture & Mudra: Sit in Easy Pose with a straight spine. Bring your hands onto your chest so that your thumbs are tucked into your armpits. The thumbs press against the ribs. Rest the palms and fingers of each hand against the chest. Relax the elbows down by the sides.

Breath & Mantra: Pucker the lips and inhale deeply through the mouth with a whistle. Listen to the whistle sound of the inhalation as you mentally vibrate *So*. Completely exhale through the nose as you listen to the breath and mentally vibrate *Hung*. *So Hung* means "Infinity, I am Thou."
11 minutes.

Eyes: 1/10th open.

Comments: This meditation balances the frequency and quality of the Heart Center. The Heart Center opens the potential for compassion and humility. Humanity is now going through a global transition into the Aquarian Age. We are preparing to have kingship over the service of the Universal force. This requires Universal Consciousness. There are two ways of developing Universal Consciousness: through hardship and time or through mantra. Mantra is the easier way, but the difficulty is that mantra opens the Heart Center and the mind has difficulty following the heart's frequency. But it is through the understanding that comes from the heart that the mind can realize the concept that Infinity is within us.





Become still and project the mind to create your future and your relationship to the world.

Posture: Sit in Easy Pose. Stretch the spine straight and become very still.

Eyes: Eyes are closed.

Mudra: Relax the hands in Gyan Mudra across the knees.

Part A

Drink the breath in a single, deep, long sip. Close the mouth and exhale through the nose, slowly and completely. 7-15 minutes.

Part B

Inhale and hold the breath comfortably. As you hold the breath in, meditate on zero. Think in this way: "All is zero; I am zero; each thought is zero; my pain is zero; that problem is zero; that illness is zero." Meditate on all negative, emotional, mental and physical conditions and situations. As each thing crosses the mind, bring it to zero—a single point of light, a small, insignificant non-fact. Positive things—notice without zeroing. Exhale and repeat; breathing in a comfortable rhythm. 7-11 minutes.





Part C

Think of the thought you need the most. What quality or condition do you most desire for your complete happiness and growth? Summarize that thing in a single word like "Wealth," "Health," "Relationship," "Guidance," "Knowledge," "Luck," etc. It has to be one word. Lock on that word and thought. Visualize facets of it. Inhale and hold the breath as you beam the thought in a continuous stream. Lock onto it. Relax the breath as needed. 5-15 minutes.

To End: Inhale and move the shoulders, arms and spine. Then stretch the arms up, spread the fingers and breathe deeply a few times.

Comments: Your mind does not have a limit on its creativity when it is beamed with a focus after clearing it of other distracting thoughts and attachments. The best way to practice this is on an empty stomach with only liquids taken during the day.



1) Bring your arms straight out to the sides, parallel to the ground, with the palms facing forward. Begin alternately bringing your palms in as if to beat your chest, but do not touch your chest. Breath of Fire will automatically develop from the motion if you do it correctly and powerfully. Imagine that you are pulling pranic energy in with each motion of your hands. 6-1/2 minutes.



2) Bring your hands forcefully in as if to clap them in front of your face, but do not touch the hands together. Combine force and control in your movement. 2-1/2 minutes.



3) Move both hands up and down at the same time as if bouncing a ball with each hand. You are bouncing energy against the ground. Breath of Fire 30 seconds.



4) Lie down flat and put both hands against the Navel Point and press it hard. Raise the heels up 6 inches and hold. Think you are divine or feel sexy, but keep the heels six inches off the ground. 6-1/2 minutes.



5) Lie down and go to sleep. Imagine that your body is filled with light. Focus at your Navel Point. Listen to Naad, the Blessing by Sangeet Kaur. After 8 minutes begin to sing along using the power of the navel for another 7 minutes.



Yogi Bhajan • October 2, 1985





Posture: Sit in an Easy Pose, with a light Jalandhar Bandh.

Eye Position: Focus at the Brow Point.

Mudra: Gyan Mudra with the wrists on the knees.

Mantra & Visualization:

ARDAS BHAEE AMAR DAAS GURU
The prayer is offered! Oh, Guru Amar Das

AMAR DAAS GURU ARDAAS BHAEE
Guru Amar Das. The prayer is offered!

RAM DAAS GURU RAM DAAS GURU
Oh, Guru Ram Das, Guru Ram Das

RAM DAAS GURU SACHEE SAHEE
The prayer is guaranteed by Guru Ram Das.

Time: Continue for 31 minutes.

Comments: Imagine the sounds of Ardas Bhaee dancing along a spiral, through the locks of the spine and through your entire aura. Hear it as if you were dipping yourself into a healing pool and immerse yourself in it as a devotee sits at the feet of the Master.





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Kriya for Boundless Strength

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

Posture: Lie on your back. Bring your arms and legs up to 90°. Arms and legs should be shoulder-width apart and the palms of the hands are open and facing each other.

Music: Nirinjan Kaur's Say Saraswati. You may chant along with the music.

Time: 31 Minutes.

Effects: Renews the spine.





Reacting to Childhood Patterns Kriya

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Sit in Easy Pose. Place left hand in front of you at chest level. Keep the fingers straight with the palm facing right. Press the fingertips of the right hand into the mounds at the base of the fingers of the left hand. Palms face each other. Right fingers are bent. Thumbs rest alongside each other. Eyes are closed. Begin to breathe long and deeply through the mouth with a 'throaty breath.' Hear the sound of it. Regulate it from the throat. Feel the breath and the energy it creates. Continue for 3-5 minutes. Then inhale deeply and suspend the breath for up to a minute. As you hold it, go through your psyche deeply. Gather all thoughts, feelings, memories you want to release. Exhale through the mouth like a cannon. Expel the impressions. Release the feelings.

To End: Inhale and exhale a few times then suspend the breath again. Repeat this two more times.

2. Still in Easy Pose, bring the hands in front of the shoulders with the palms facing forward. With the left hand, connect the little finger to the tip of the thumb. With the right hand connect the ring finger to the tip of the thumb. Close the eyes and begin Breath of Fire through your mouth. Steady breath. 3 minutes.

To End: Inhale deeply and concentrate through the top of the head for up to 30 seconds. Repeat three times.

3. Cross your hands on the Heart Center, right over left.

Eyes: Focused at the tip of the nose through closed eyes. Breathe normally in your own rhythm. 7-11 minutes. Meditate on a feeling and quality in your heart. Feel your innocence. Connect to your sense of totality and vastness. Extend your sense of peace. Any thought or people that come to your mind, grant your blessing. Bless your self, any thought in awareness. Enter a state of gratitude, light and blessing. Survey each year from birth to 11 years old. Bring in the sense of light, kindness and blessing to each memory. See what happens as this entire period is cleared and released by touching it with your light and openness.





Posture: Sit in Easy Pose with your spine straight.

Mudra: Cross the Saturn Fingers (middle fingers) over the Jupiter fingers (index fingers) of each hand. Place thumbs on mounds of Mercury, which is just at the base of the pinkie.

Mantra: Sing with a lyrical version of Rakhay Rakhanahaar.

Eyes: Closed.

Movement:

(a) On first line of the mantra, bring hands up and press them into the chest, one palm over the other. (b) On second line of the mantra, lower arms so wrists rest on knees. Continue alternating in this way, but with the hands at the chest for the last line that repeats twice. Then briefly lower and raise again for first line.

- (a) Rakhay rakhanhaar aap ubaariun
- (b) Gur kee pairee paa-eh kaaj savaariun
- (a) Hoaa aap dayaal manho na visaariun
- (b) Saadh janaa kai sung bhavjal taariun
- (a) Saakat nindak dusht khin maa-eh bidaariun
- (b) Tis Saahib kee tayk naanak manai maa-eh
- (a) Jis simrat sukh ho-eh saglay dookh jaa-eh
- (a) Jis simrat sukh ho-eh saglay dookh jaa-eh
- (Briefly lower the hands and then continue.)

Time: 31 minutes

Benefits: The only beautiful thing which makes you human is compassion. Think about vengeance, lies, truth, God, greatness, think of anything, if you take compassion out of it, everything becomes bitter. Compassion is a value of life; it is power; it is God and meditation; it is truth. Compassion gives you the strength to go through suffering and yet, feel no pain. There is absolutely no grace without compassion.

Yogi Bhajan • July 11, 1986





Kriya to Conquer Your Weakness

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Sit straight in a cross-legged position. Eyes are closed. Stretch the left arm straight out to the side, from the shoulder, with the palm down. Raise the right hand so that the elbow comes away from the body and begin sweeping the lower arm in a circular movement. On a deep inhalation, through pursed lips, bring the energy in as you move your hand toward your mouth. Exhale through the nose as you complete the circular motion. Palm is slightly cupped. Open the chest. Give yourself power. 11 minutes.

2. Place your hands on your heart. Do Long Deep Breathing through the nose. Calm down, relax, go deep. 3 minutes.

To End: Inhale deeply and hold for 10 seconds. Expand your chest while pressing the heart as hard as you can and lengthening the spine as much as you can. Take the energy all the way up. Cannon Fire Exhale. Repeat twice more. Relax.





1. Sit in Easy Pose. With the fingers relaxed and open, use your thumbs to massage the ear mound, the flap that attaches to the cheek. 1 Minute.
2. Reach your hands up over your head and interlock your fingers. Stretch up as you move your body in an upward spiral from the base of the spine. Feel like you are going upward, keeping your elbows and spine straight. This spiral must stretch your spine up half an inch, minimum. 4 1/2 Minutes.
3. Stay in the same position and make three spirals upward and then bend forward, stretching your arms along the ground, touching your forehead to the floor. Keep your elbows straight. Rise up and repeat the entire motion, continuing for 3 1/2 Minutes.
4. Lie down on your back with your hands by your sides. Raise your arms and legs up so that you are balanced on your pelvic bone. Focus your eyes on the tips of your toes. Pump your navel without breath of fire. 5 Minutes.
5. Repeat exercise two, making 52 spirals.





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Kriya for Coordinating The Body, Mind, & Soul

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which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

6. Stretch your arms overhead, open your fingers up, and shake your hands vigorously. Shake so that your whole body shakes. This will break up the toxin patterns in the body. 1 1/2 Minutes.

7. Frog Pose. 52 times.

8. Sit on your heels with the arms stretched overhead and the fingers interlocked. Bow your forehead to the ground and rise back up. 108 times. Move to the rhythm of Ragi Sat Nam Singh's Jaap Sahib.

9. Sit up straight, cross your hands over your heart. Listen to Ragi Sat Nam Singh's Jaap Sahib. 13 Minutes.

10. Sing along with Chattr Chakkr Vartee by Pritpal Singh. Sing from your heart. This mantra takes fear out of your life. 6 Minutes.





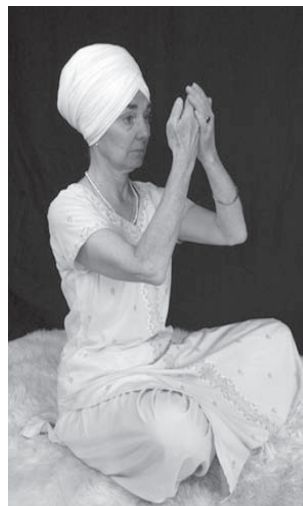
Kriya for Crossing the Hour of Death p.1

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

1. Sit in Easy Pose. Right hand and left hand cross at 45 degree angle (fingers of the right hand resting on the left hand, making an X) four to six inches from the face. Long Deep Breath, making the breath harder and harder. Begin by looking in your hands and relating to the breath. Then, roll the eyes up toward the brow point, and feel the breath. Breathe from the lower ribs. 5-1/2 minutes. That is the sign, called crossing the hour. When you are hit by that moment, systematically the breath becomes hard. It is called solid breath. You start breathing by the lower ribs. It means the lower lungs start becoming inflated.

2. Maintain the mudra and breathe through the mouth. Breathe very hard; make an effort. Close your eyes totally. Concentrate on letting the soul go from the top of the skull. Make the breath harder and harder. 3-1/2 minutes. Practice this breath when you are alive and well.

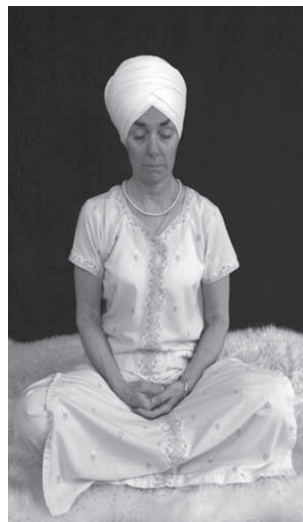
3. Release the breath and slowly fall down onto your back. Hands rest at the Heart Center. Start going deeper and deeper, releasing your physical body and your awareness. Consciously pass out. Start sinking and start dying. 30 minutes. Play a beautiful version of Sat Nam Wahe Guru. Yogi Bhajan began playing the gong about 10 minutes into the posture.





A dead man has no choice what ground he gets. It is called dying in consciousness. Practically prepare yourself for death. Go deeper and touch the center of the earth. Lose conscious control of your physical body. Sink into death as if you were being carried down by an elevator. Leave mental control and conscious control of the physical existence. Down deep in your heart let it go. Let it go. Let the thought go. You are going home. Thoughts are the quality of the earth; relate to no thought. Think only that you are being carried down in a cylindrical lift and being carried into a vast area of bright light. Light is brighter and depth is deeper; visualize a deep place where you see nothing but dazzling bright light. Now visualize two sides: one is warm and cozy; the other is very icy and cold. Start walking toward the dazzling icy pathway, a winding pathway going through the hills, an absolutely dazzling light and snowy atmosphere. Dazzling snowy pathway is the pathway to the heavens; start moving through it, passing through the winding, dazzling path, freezing, snowy, windy path. Keep going; don't stop. Feel no physical senses or contact, move as a transparent body. You are transparent body in the beginning; transform yourself into a transparent body now. Go through the penetrating body and walk through this valley of dazzling light, leaving behind the coziness of senses. Leave behind the coziness of senses. Let it go. Let the opaqueness go.

4. Sit in Easy Pose. Meditate with the music. Gong continues. 12 minutes. Coordinate your senses and resurrect. Lift up your physical form. Be here and now. Active and valid. Merge with the chanting. Now penetrate your sound with the sound of the gong; listen to that sound as the power of your prayer. Elevate yourself. Power of the shabd and power of the divine sound are going to contrast; penetrate with your strength.
To End: Inhale Deep. Hold for 40 seconds. Exhale. 3X. Inhale Deep. Hold for 1 minute. Exhale. Inhale Deep. Hold for 30 seconds. Relax.

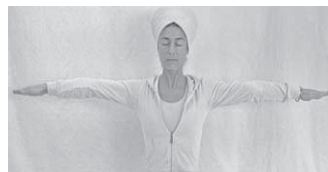
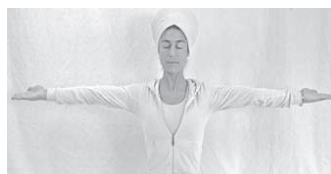




This entire set is repeated, done a total of two times in one sitting.

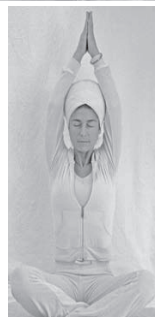
1) This is a 4-part exercise done in Easy Pose, to the beat and sound of SAA TAA NAA MAA.

- a. SAA, arms will extend straight out, level with the heart, and hands clap in front.
- b. TAA, arms open straight out to the side with palms facing up.
- c. NAA, arms are still out to the side but palms turn over, facing down.
- d. MAA, hands will clap straight over the head. 1 minute.



2) Reverse the sequence of exercise #1, still chanting SAA TAA NAA MAA.

- a. SAA. Clap your hands over your head.
- b. TAA. Extend the arms straight out to the sides with palms facing down.
- c. NAA. Arms still out to the sides, flip the palms facing up.
- d. MAA. Clap hands straight out in front of you. 2 minutes.



3) Sitting on your heels, hands are clasped behind the back in Yoga Mudra (interlacing fingers behind the back, palms facing up.) This is a 4-beat exercise done with the mantra SAA TAA NAA MAA.

- a. Stand up on your knees.
- b. Bend over and put your forehead on the ground and raise your arms in Yoga Mudra up behind your back as far as they will go. Buttocks are not resting on the heels.
- c. Rise back up, still standing on your knees, arms will rest back down on your back in Yoga Mudra.
- d. Sit back down on your heels, arms still positioned in relaxed Yoga Mudra. 2 minutes. This is a great waist reduction exercise.





4) Another 4-part exercise done to the mantra SAA TAA NAA MAA. In a standing position clasp your hands in Yoga Mudra behind your back.

a. Bend forward at the waist bringing your forehead as close to your legs as you can, with hands interlocked in Yoga Mudra. Raise your arms as high above the back as they can go.

b. Straighten back up with arms relaxed down, still in Yoga Mudra behind the back.

c. Arch backwards as far as you can, leading with your head. Arms are in relaxed Yoga Mudra behind you.

d. Stand back up straight with your arms relaxed in Yoga Mudra behind you. 2 minutes.



5) This is another 4-part rhythmic exercise in a standing position.

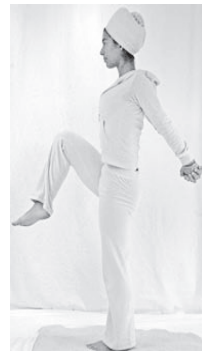
a. Start in a standing position, hands in Yoga Mudra, clasped behind your back. Raise left knee up as high as you can, and raising arms up behind you simultaneously as high as you can, keeping the body fairly straight.

b. The same action, only raising your right knee up.

c. Same exercise as in a.

d. Same exercise as in b.

This is a command, obedience exercise. Teacher counts out numbers at a fast pace, occasionally mixing up order. Listen and follow as exactly called. 4 minutes.





Part One

Mudra: Sit straight. Left hand comes under the chin palm down, forearm parallel to the ground; the right hand comes to meet the middle finger of the left hand at the center of the palm, fingers pointing up to the sky (hands make a T). Hands are long and straight, fingers together. You are bifurcating the angles.

Eyes: Tip of the nose.

Breath: Long Deep Breath; breath from the lower area of the belly; breath out through a round mouth. Yogiji demonstrates a very long inhalation, from the lower belly to the collar bones. You expand with the breath about an inch and a half. 20 minutes. This is the most sacred exercise in Kundalini Yoga and gives people the entire universe.

Part Two

Switch hands. Right hand comes under the chin palm down, forearm parallel to the ground; the left hand comes to meet the middle finger of the right hand at the center of the palm, fingers pointing up to the sky (makes a T). Hands are long and straight, fingers together.

Eyes: Tip of the nose.

Mantra: Sing with Har Singh Nar Singh by Niranjan Kaur.

Time: 5 minutes.

(Move to **Part Three**.)





Part Three

Mudra:

a) Bring the thumbs just above the eyebrows at either side of the Third Eye Point. Press the thumbs into the brow and allow the hands to be in Prayer Pose.

Eyes: Tip of the nose.

Mantra: Sing with Ong Namo by Nirinjan Kaur.
1-1/2 minutes.

b) Whistle with the breath. 1-1/2 minutes.

c) Keeping the mudra, begin Long Deep Breathing and exhale through the rounded mouth, as in Part One.
3 minutes.

d) Arms at 60 degrees hands open and palms facing the sky. Begin Breath of Fire. Use the strength of the navel.
30 seconds.

e) Inhale deep and put both hands in the lap, right hand resting in the left. 2 minutes.

Become thoughtless. No thought. "I forgive my thoughts; I forgive the universe; I forgive my friends." Forgiveness should override everything. Whatever is bothering you, whatever you ate, whatever you don't like, right now just feel an angel is before you and you are willing to go with him and merge in infinity. Are you afraid? Just drop the fear and proceed. All negativity, all negative thoughts must go thoughtless. I am pure; I am divine; I am human: I am a creature of god. My faculties are divine.

To End: Inhale deep. Squeeze. Exhale Cannon Breath.
3 times. Squeeze everything, ears, eyes, everything.





Kriya for Energy and Rejuvenation

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

This set is to be done at the bathroom sink or someplace where you have a partner, a bar or a support to hold on to

1. Grab the edge of a sink, stable chair, or your partner, and walk your feet back until you are holding your body at a 45 degree slope from heels to head. You will feel a stretch in your hamstrings. Begin raising and lowering alternate heels, walking in place without lifting the toes off the ground. Your arms and legs are fully extended and the body bends slightly in the middle. As you walk, you may lower your head, it does not have to be held up. Walk vigorously and work up a sweat. 11 minutes.

2. Stand with your feet shoulder width apart and extend your arms above your head with the palms facing forward, the elbows slightly bent, and the fingers spread wide apart. Swing your arms from side to side, keeping the hands above shoulder level. The momentum of the arm swing will cause the hips to swing if you are doing the movement with enough force. Continue 11 minutes.

3. Once again grab the edge of the sink, stable chair, or a partner. Bend at the waist with your head down between your arms. You will feel a stretch in your lower back and in the backs of your legs. Relax and stretch for 11 minutes.





1. Sit in Easy Pose. Interlace your fingers and press the palms away from you. This is called reverse elbow lock. Extend your arms straight out in front of you with no bend in the elbow. Stay steady and do not raise or lower your arms once you are in position.

Eyes: Tip of the nose.

Breath: One Minute Breath—inhale for 20 seconds, hold for 20 seconds, and exhale for 20 seconds. Continue with a long, slow, deep breath for 3 minutes.

If you have problems with your stomach and digestion, your elbows may hurt or become uncomfortable.

2. Maintain the mudra with the eyes at the tip of the nose. Continuously inhale through the nose and exhale through the mouth with the force of Cannon Fire. 3 minutes. The strength and depth of your breath is in direct proportion to how deeply you can heal yourself now.

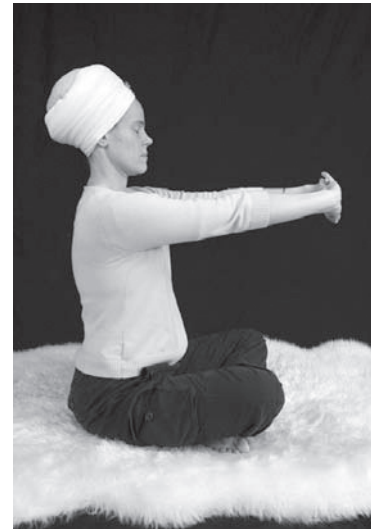
3. Maintain the mudra. Inhale, hold your breath and pump your navel. When you can no longer hold your breath, exhale. Immediately inhale and again pump your navel. Continue at your own breath rhythm, pumping your navel as vigorously as you can. 3 minutes.

To Finish: Inhale, hold the breath 15 seconds, stretch your arms out as far as possible, putting pressure on your joined fingers. Exhale through the mouth — Cannon Breath. Repeat this sequence two more times.

4. To fully circulate the energy you have created, extend your Jupiter finger straight up and lock down the other three fingers with your thumb. Circle your hands in outward circles as fast as possible. This movement has to be so vigorous that the entire spine moves. 2-1/2 minutes. Inhale and relax.

Comments: If this set is practiced for 120 days, you'll gain great vitality, personal excellence, and a new concept of what you are. It works on the celestial concept of the third layer of the human mind.

Yogi Bhajan • April 7, 1993





1) Rock back and froth in Bow Pose, while rhythmically and musically chanting for 6 minutes.

Har, Har, Har, Har Gobinday
Har, Har, Har, Har Mukanday
Har, Har, Har, Har Udaaray
Har, Har, Har, Har Apaaray
Har, Har, Har, Har Hareeung
Har, Har, Har, Har Kareeung
Har, Har, Har, Har Nirnaamay
Har, Har, Har, Har Akaamay



2) Lie on the back, bend the knees and grab the ankles. Keeping your feet flat on the ground, raise and lower the pelvis. Chant Har as you lift up and chant Har as you lie back on the ground. Move rapidly. 2 minutes.



3) Raise the arms over the head but do not let the hands touch. Revolve the upper body counter-clockwise from the base of the spine. Close the eyes and move as if you are in ecstasy. Chant along with Ardas Bhaee tape (Yogi Bhajan used the version known as Healing Sounds of the Ancients #5). 4 minutes.





*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

4) Stand up with hands overhead, but not clasped. Keep the eyes closed and dance to Ardas Bhaee. 1-1/2 minutes. Continue dancing. Each time you hear Sachee Sahee bend forward, touch the ground, and rise up again to dance. 2 minutes.

5) Run in place as fast as you can. Move your arms as you run. 2-1/2 minutes.

6) Lie down and repeat exercise #1 for 2-1/2 minutes.

7) Repeat exercise #2 for 30 seconds.

8) Sit up in Easy Pose with hands on the knees. Revolve the torso counter-clockwise. 30 seconds.

9) Get into Baby Pose and sleep. 7 minutes.





Firing up the Metabolism Kriya

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Lie down on your back. Raise your legs toward the ceiling and grasp your toes. Keep your legs up while you open and close them rapidly. Do Breath of Fire, timing the breath with the opening and closing of the legs. 5-1/2 minutes.

2. Remain in the same position, holding onto your toes with your legs up. Pull your left foot toward your head. Let your left leg go back to the starting position as you pull your right foot toward your head. Continue alternately moving your legs up and down. Breath of Fire through the nose. 2 minutes.

3. Continue the previous movement chanting Har with the tip of the tongue as each leg moves. Move quickly; chanting Har at a pace of two times per second. 12 minutes.

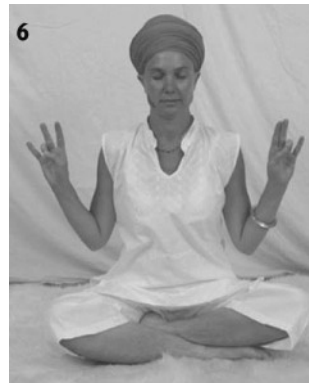
4. Stay in the same position and combine the movements of exercises 1 and 2. Chant Har as your left leg moves up and down. Chant Har as your right leg moves up and down. Chant Mukanday as you open and close your legs. One repetition of Har Har Mukanday takes 2 seconds. Move quickly. 1-1/2 minutes.

5. Sit up and relax for 1 minute.

6. Sit in Easy Pose with the elbows bent and the palms facing forward at the level of the shoulders. The thumb and Sun Finger touch in Surya Mudra. Close your eyes and chant Har, Har Mukanday rhythmically and musically for 11 minutes. One repetition of the mantra takes 2 seconds.



2,3,4



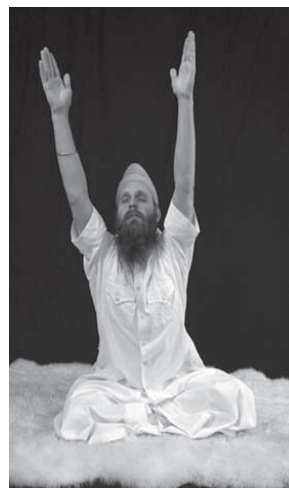
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1. Chin is slightly up so that the moon center does not cross vertical. Bring the arms up with the palms facing each other. Stretch the arms up and move the arms together in a figure eight; move lightly, keeping the arms stretched up. Open the armpit. The torso rocks forward and back in concert with the arms. Close your eyes and see the darkness. Approximately 30 Minutes. Become ghosts. You can get rid of all of your inner ghosts if you do it right. The best way to get rid of the ghost is to become one. Get into it! Become it! Feel you are a ghost, flying in the air across the dazzling light. [After about 11 minutes] Now start flying through the scorching heat of the desert; flying through the Sahara; start going through it. Go through the heat and the vastness of it. Move with great strength. There is a huge desert that you must go through. You are now creating a field of your own psyche, absolutely delightful, transparent body is that of a ghost and you are going through the depth of all the deserts in the world: Gobi, Sahara, etc. Wherever your memory or subconscious takes you; get into your own vast desert! Move in the rhythmic eight of the subtle self.

After about 15 minutes, stretch the arms up even higher, toward vertical, and continue moving. Keep your armpit completely stretched and open. Fly above the clouds, directly beneath the sun. You have a lot of cloudiness in life and you must get rid of it. Fly above the clouds! Work it out! Keep on ghosting yourself. Unload the cloudiness. Unload the tears. Now please enter a lush, green rainforest. Be kind to your beauty, your bountifulness, blissfulness. This movement forces your subconscious to unload. Be happy; do it happily. Cool yourself through the lush, green rainforest. You are clearing out your previous 25 incarnations. flying. Keep the armpit open; that's the only thing that is working. Let us end the haunting! Move!

TO END: Inhale deep and stretch the arms up and become wide, become big. Exhale. Repeat.





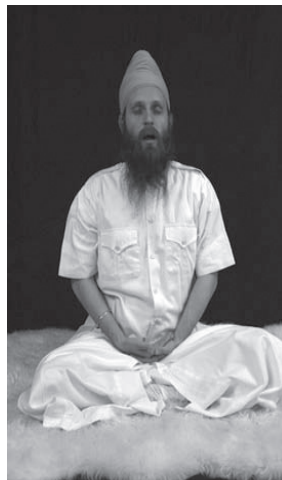
Now move into a long range of mountains, totally filled with snow, white and bright and shining where calmness and quietness where sound resounds a million times. Move in that most beautiful eight of the subtle body. It will help you; it will cure you. Fly over the beautiful white snow-covered mountains. Keep going! From one peak to another peak, travel from top to top. Keep ghosting. Keep flying. Keep the armpit open; that's the only thing that is working. Let us end the haunting! Move!

To End: Inhale deep and stretch the arms up and become wide, become big. Exhale. Repeat.

2. Exhale the hands into the lap and do not open the eyes. Keep your hands in your lap, with your right hand resting in your left, palms up. Sit straight and meditate. Gong is played. 14 minutes. Go to your school days. From First Grade on. What did you think you could be? What did you want to be—then? What was the most imaginative profile of yourself in the 1st, 2nd, 3rd, 4th, 5th, 6th 7th, 8th, 9th, 10th, 11th, and 12th grades? Review it in detail. As ghost knows all, you know all. As you remember, try to be that and your ghost will eat it up and you shall be free. Give your memories to the ghost.

3. Open the mouth and begin breathing through the mouth. Teeth should not touch. Gong continues. 2 minutes.

4. Breath through the nostrils as slowly as you can. Keep the mouth open; the teeth should not touch. Gong Continues. 3 minutes. Good and bad? You are all good. You are made in the image of God. You are the prana of God. The light of God.





5. Sing with the mantra Rakhe Rakhanhaar. (Singh Kaur's version) Copy the sounds. Chant with the tongue. Consciously use the tongue. Press the palate with the tongue. 6 minutes. When you stiffen the tongue and utter the word, and many of you may not know the words, but all that needs to happen, if the tongue is pressed against the palate with these sounds, you will be unloading your difficulty, pain, disease. Nothing has worked better than the word of god. These sounds are a combined permutation and combination of the tongue and palate. I want the tongue to be tough and stiff. Each word has to be conscious. I don't want these memories you have unloaded to come back; I want them to be gone forever.

6. Wake up in the morning to the sound of the mantra Rakhe Rakhanahaar. Repeat with a tough tongue for a few minutes. Watch that day. Observe what happens.



Mudra: Sit in easy pose with a straight spine. Touch the tip of the index finger to the tip of the thumb. The other three fingers should be kept straight, with the fingers spread as wide apart as possible. Secure the bent elbows firmly down into the sides of the ribcage. Place the hand mudras in front of each shoulder, palms facing forward. Tilt the forearms forward at a 45 degree angle from the shoulders. This is your starting position.



Movement: On each repetition of the mantra Har, arc the hands from the position, up and back about 12 inches, so they stop in a dead halt, next to each ear. The result will be a quick jerk of the body. The palms will continue to be facing forward. Then quickly resume the original position. Continue in a fast pace, keeping the fingers stiff and separated during the entire movement. Do it so powerfully that you feel yourself lifted with each rise of the hands, and then you feel yourself come down with a jerk on your buttocks.



Eyes: Unspecified.

Music: Tantric Har, or 1 movement per second. Remain silent.

Time: 11 minutes.

Comments/Effects: This meditation is a Sacred Kundalini Kriya. It is called Guidance of the Soul. If perfected, that person shall have power over life and death—not only for himself or herself, but for all that exists. The exercise may become painful. The more you are in pain, the more you must push. A stage will come when there will be no pain. Learn to confront your pain, your calamity, and overcome it. Give power to yourself through this exercise. Make sure that the three fingers remain apart and stiff the entire time.



Har Aerobic Kriya p.1

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

This set should be done very quickly and in a fluid motion, moving from exercise to exercise with no stopping. When done properly it is a great aerobic workout. Repeat the sequence 5 times.

1) Standing with feet comfortably apart, clap your hands over your head 8 times. Each time you clap, chant Har with the tip of your tongue.

2) Bend over from the hips. Slap the ground hard with the hands 8 times. With each pat, chant Har with the tip of your tongue.

3) Stand up straight up with arms out to the sides parallel to the ground. Raise and lower the arms, patting the air, one foot up and one foot below the shoulder height, as you chant Har with the tip of the tongue. 8 times.

4) Still standing, jump and criss-cross the arms and legs chanting Har, both as the arms and legs cross and when they are out at the sides for a total of 8 chants of Har.





Har Aerobic Kriya p.2

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5) Come into Archer Pose with the right leg forward, left leg back. Bend the right knee, extending in and out of the full stretch of the position, chanting Har each time you bend forward. 8 times. Switch sides, with the left leg extended forward chanting Har each time you bend forward. 8 times.

6) Repeat criss-cross jumping as in exercise #4.

7) Stretch the arms over the head. Arch the back as you bend backwards, chanting Har each time you bend back. 8 times.

8) Repeat criss-cross jumping as in exercise #4.

9) With the arms straight up over the head, bend to the left 4 times and bend to the right 4 times, chanting Har each time you bend. Keep the arms close to the head.





Hast Kriya: Earth to Heaven

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

Posture: Sit in Easy Pose. Extend your Jupiter (index) finger on both hands. Lock the other fingers down with your thumbs.

Music & Movement: Time your movements with the tape Sat Nam Wahe Guru #2 by Jagjit Singh.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Sat.

Touch your Jupiter fingers together over the top of your head when the ragi chants Nam.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Sat.

Touch your Jupiter fingers together over the top of your head when the ragi chants Nam.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Wah-hay.

Touch your Jupiter fingers together over the top of your head when the ragi chants Guroo.

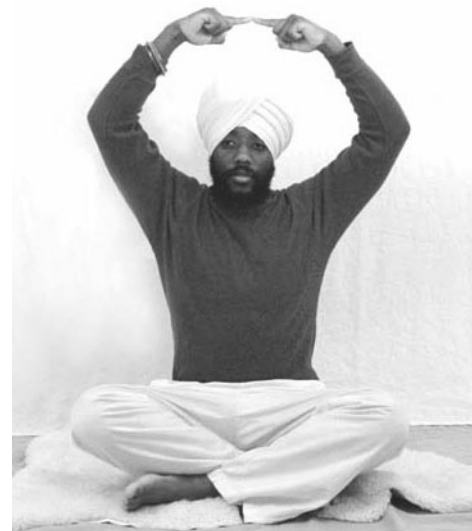
Touch your Jupiter fingers to the floor on either side of you when the ragi chants Wah-hay.

Touch your Jupiter fingers together over the top of your head when the ragi chants Guroo.

Time: 22 minutes

Effects: This kriya renews the nervous system and can heal nerve pain and sciatica. If you do this Kriya for 22 minutes a day, you will totally change your personality. Power will descend from above and clean you out. Anger and obnoxiousness will disappear from your personality.

Comments: [This kriya] is so powerful it can hold the Hand of God; so powerful it can hold the hand of death. Sat Nam Wahe Guru is a Jupiter mantra. The most graceful power and knowledge comes from Jupiter. Jupiter controls the medulla oblongata, the neurological center of the brain, and the three rings of the brain stem.



Yogi Bhajan • January 31, 1996



Posture: Sit straight. Eyes closed.

Mantra: Chant along with Rakhay Rakhanahaar music and repeat this series of exercises. This is a series of 8 mudras relating to the eight charkas. Change at each line of the mantra.

Time: 127 minutes.

1. Gyan Mudra (thumb to index finger), wrists resting on knees with palms facing outward.
2. Gyan Mudra, hands resting in the lap with palms up.
3. Shuni Mudra (thumb to middle finger), press fingers at the navel area.
4. Surya Mudra (thumb to ring finger), press fingers at heart center.



Rakhay rakhanhaar aap ubaariun



Gur kee pairee paa-eh kaaj savaariun



Hoaa aap dayaaal manho na visaariun



Saadh janaa kai sung bhavjal taariun



5. Buddhi Mudra (thumb to little finger), press the fingers of hands below ears with fingers towards the back of the neck.
6. Both hands over face with fingertips along hairline. (Don't be surprised at what you see.)
7. Interlock fingers on top of your head.
8. Extend arms out straight at 45 degrees with palms up.



Saakat nindak dusht khin maa-eh bidaariun

Rakhay rakhanhaar aap ubaariuns
Gur kee pairee paa-eh kaaj savaariun
Hoaa aap dayaal manho na visaariun
Saadh janaa kai sung bhavjal taariun
Saakat nindak dusht khin maa-eh bidaariun
Tis saahib kee tayk naanak manai maa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh



Tis saahib kee tayk naanak manai maa-eh



Jis simrat sukh ho-eh saglay dookh jaa-eh



Jis simrat sukh ho-eh saglay dookh jaa-eh



Part I: A Male and Female Balance of Creativity

Posture: Left arm is bent with the palm flat, facing out like a pledge at the shoulder level (below the eyebrow). The right palm is also flat and facing out. The bottom of the right wrist should be slightly above and parallel to the eyebrows; the right forearm angles in toward the face. The right hand is up and the left hand is low.

Eyes: Look at the tip of the nose.

Breath: Breath slowly.

Music: EveryHeartbeat by Nirinjan Kaur.

Time: 15 minutes. First 2 minutes are done in silence. To end: Inhale and suspend the breath for 10 seconds while stretching the arms straight up. Exhale and relax for 3 minutes.

Benefits: A powerful exercise to make you young. This is the best gift you can give to your physical body.

Part II:

Posture: Sit Straight. Elbows are wide and bent so the forearms are parallel to the ground and slightly wider than the hips. Palms are face down, fingers spread wide, open and tight. Bounce the hands in an alternate motion, as if you are playing ball. The motion should be very fast; the body will jerk.

Eyes: Eyes are closed. Look up to the center of the skull.

Time: 8 minutes; the final 2 minutes should be done very fast and very powerfully.

To End: Inhale, synchronize your body. Tighten all the muscles of your body. Exhale. Repeat 2 times. Relax for 3 minutes.

Benefits: You can avoid disease. Just remember this exercise.





Part III:

Posture: Come into Baby Pose. Sitting on the heels, put the forehead to the ground. The arms are resting on the ground behind you with the palms facing up.

Music: Pretty and relaxing.

Time: 4 minutes. Use the final minute to slowly, slowly rise back up.



Part IV: The Prayer

Posture: Sit straight and reach up. Arms are at a 60-degree angle and slightly in front of the body. Stretch out from the shoulders, stretch the arms very straight, with no bend in the elbows. Palms are flat, facing each other.

Eyes: Look toward the sky, the heavens, then close the eyes.

Time: 2 minutes



Comments: Pray. Trust in your prayer. Ask and it shall be fulfilled. Open your heart. Dwell in God. It will bring all happiness and bliss.

Yogi Bhajan Comments: Love confronts. Love has no fear. Love is the ultimate power. It knows no defeat. It doesn't know impossible. It's a strength, it's not a weakness. There's a tremendous amount of pain in love. That's realism. But do the lovers feel it? No. There's a joy. In history, you will find people in love of God tortured in many ways. They smiled. They laughed. Where came their strength? It was their love. I [would] like to let you know how much you love. Let's measure it by a straight balance of frequency. You will know it.



Kriya to Strengthen the Immune System II

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Swimming through the Pranic Ocean. Sit in Easy Pose and move the arms like you are swimming. As one arm extends, the other draws back with the elbow along your side. Do not punch. Create a smooth, circular swimming motion that moves the shoulders, rib cage, and back muscles. Create a powerful Breath of Fire through the open mouth in rhythm with the arms. Keep the back molars together so that the breath sounds like a powerful, pulsing hiss. 13 minutes.

2. Back Platform Pose. Keep your body straight, especially your knees. Let your neck relax backwards but do not let it hyperextend. This puts pressure on the parathyroid. 2 minutes.

3. Maintain the posture and begin to breathe strongly through circled lips. Puff in and out using the diaphragm to drive the breath. This is not a Breath of Fire from the navel, it is a 'pancreas' breath that is focused near the sternum and diaphragm. 2 minutes.

4. Corpse Pose. Take a nap. 17 minutes

5. Remain resting in Corpse Pose and begin listening to Liv Singh's Har Har Mukanday with the affirmation. Repeat the affirmations with Yogi Bhajan. Then stretch, twist, and move your shoulders. Wake up dancing. 3 minutes.

6. Come into a sitting position and dance while sitting. This spreads the energy equally to all parts of the body. 1-1/2 minutes.





Kriya to Relieve Inner Anger p.1

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which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

1) Lie down flat on your back in a relaxed posture with your arms at your sides, palms open and your legs slightly apart. Pretend to snore for 1-1/2 minutes.



2) Still lying on your back, keep your legs straight; raise both legs up to 6 inches and hold for 2 minutes. This exercise balances anger. It pressurizes the navel to balance the whole system.



3) Remaining in the posture with your legs up at 6 inches, stick out your tongue and do Breath of Fire through your mouth for 1-1/2 minutes.



4) Still lying on your back, lift your legs up to 90 degrees. Your arms are 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, keeping the arms stiff and straight.



5) Still on your back, bring your knees up to your chest, and stick your tongue out. Inhale through your open mouth and exhale through your nose. Continue for 3 minutes.



6) Sit in 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 of approximately 30 bows per minute, then for another 30 seconds speed up and move as fast as you can.





Kriya to Relieve Inner Anger p.2

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

8) 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 3 minutes. (In class, Yogi Bhajan played a tape of Guru Guru Wahe Guru, Guru Ram Das Guru.)

9) Continue singing and come into Cobra Pose, keeping the elbows straight and stretching the spine. Continue for 1 minute. Begin circling your neck and continue to sing for another 30 seconds.

10) Still in Cobra Pose begin kicking the ground with alternate feet for 30 seconds.

11) Sit in Easy Pose and close your eyes. Stretch your arms over your head, keeping the elbows straight, and interlace your fingers with the index fingers extended and pointing straight up. Begin Sat Kriya for 1-1/2 minutes.

12) Lie down and nap in Corpse Pose on your back for 5 minutes.





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Kriya to Solve Communication Problems

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*"Kundalini Yoga is... a practice of experience of a person's own excellence
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Posture: Sit in Easy Pose with the spine straight.

Mudra: Touch the thumb and Mercury (pinkie) finger of one hand to the thumb and Mercury finger of the other hand. Bend the Sun (ring) fingers in toward the palms, but do not let them touch the palms. Leave the Jupiter (index) and Saturn (middle) fingers pointing straight up, but not touching.

Music: Meditatively listen to Beloved God, the first song on Singh Kaur's Peace Lagoon.

Time: Start with 11 Minutes and work up to 31 Minutes.

Effects: This meditation activates the Mercury power of communication.



Yogi Bhajan • August 22, 1986



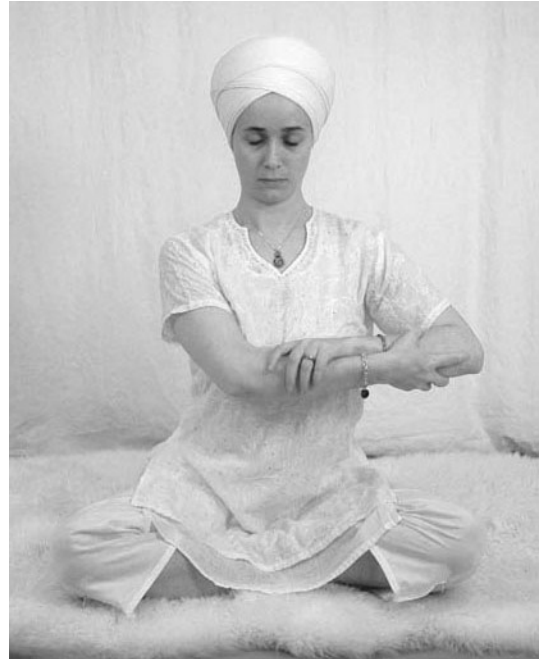
Posture: Posture: Sit in Easy Pose with the spine straight.

Eyes: Closed.

Meditate to the music of Rakhay Rakhanahaar with the following movements:

1. Bring arms up and hold opposite forearms near the elbows. Inhale in 8 parts, gently swinging the arms from side to side in rhythm with the breath and to the beat of the music (as if rocking a baby).
2. Exhale, lowering arms to Gyan Mudra on knees. Continue inhaling and exhaling to the music at your own pace.

Time: 31 Minutes.





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Kriya for Healing the Self

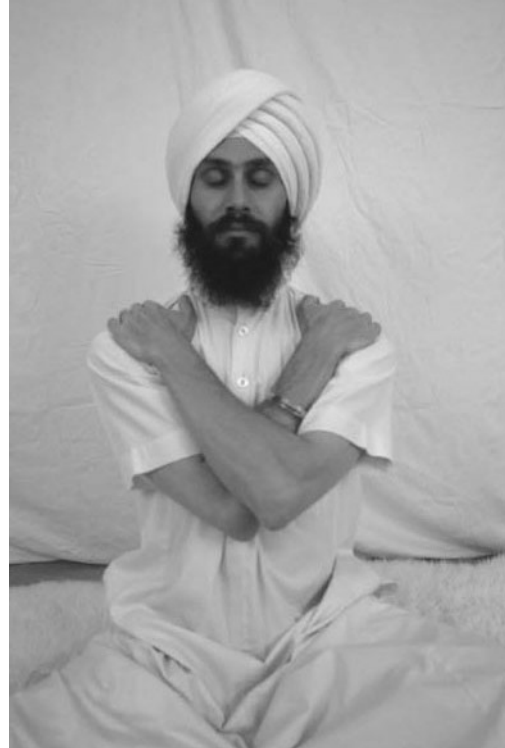
"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

Posture: Sit in Easy Pose. Arms are crossed, holding opposite shoulders. The left arm should be over the right. The shoulders should carry the weight.

Eyes: Closed.

Music: Niranjan Kaur's Ang Sang Wahe Guru.
Sing with the tip of the tongue.

Time: 31 Minutes.

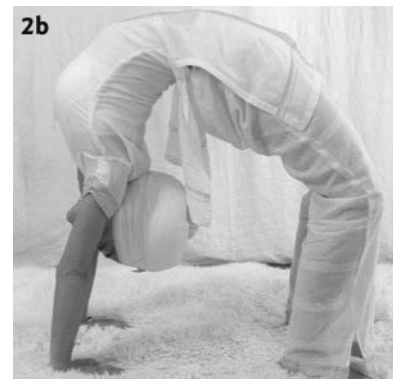




1. Bridge Pose. Begin in a sitting position with the legs straight out. (a) Lean back slightly, supporting the upper torso with the arms locked at the elbows and the palms flat on the floor. Bending the knees, draw the feet in toward the hips with the soles flat against the floor. (b) Inhale and raise the hips so that the body—from the knees to the shoulders—forms a straight line parallel to the ground. Let the head fall back. The arms and the lower legs should be roughly at right angles to the body. Apply Mulbandh, hold the posture with normal breathing. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise strengthens the back and aids in metabolism.



2. Wheel Pose. Lie on the back. The legs should be bent with the soles of the feet pressed against the floor close to the hips. (a) Bending the elbows, place the palms of the hands on the floor behind the shoulders with the fingers pointing back toward the shoulders. (b) Inhale and carefully and comfortably raise the hips so that the body forms one continuous arch from the heels to the palms of the hands. Begin Breath of Fire. Continue for 1-3 minutes. Inhale and slowly and carefully let yourself down and relax. This exercise strengthens the lower back, facilitates the flow of energy through the spine and aids in metabolism.



3. Variation of Locust Pose. Lie on your stomach. Clasp the hands in Venus lock behind the back, interlocking the fingers. Inhale and raise the legs and arms as high as you can, keeping the knees and elbows straight and the legs together. Begin Breath of Fire. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise aids in digestion and strengthens the abdominal muscles.





4. Stand with your feet wide apart. (A) Raise the arms straight over the head with the palms pressed together. Inhale in this position, keeping the elbows and knees straight. (B) Exhale, bending at the waist, and touch the fingertips to the left foot. Inhale up once again and then exhale, bending at the waist and touching the right foot. Continue rhythmically with a powerful breath for 1-3 minutes. Inhale in the upright position. Exhale and relax. This exercise balances the movement of the pelvis and coordinates the muscle groups on opposite sides of the body.



5. Kundalini Lotus. Begin in a sitting position. Grasp the big toe of each foot with the thumb and the first two fingers of each hand, wrapping the fingers around the fleshy part of the toes with the thumbs pressed against the toenails. Raise the legs to an angle of 60 degrees to the floor, locking the knees. Spread the legs wide and keep the spine straight. Begin Breath of Fire. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise helps to channel sexual energy and maintain potency.



6. Come into Cow Pose, supporting the torso on the hands and knees. (a) Inhale, lifting the head up and back and raising the right leg as high as possible keeping the knees straight. (b) Exhale, bring the chin down to touch the chest and drawing the right knee toward the chest to touch the head. Then inhale backup into the original position. Continue rhythmically with a powerful breath for 1-3 minutes. Then inhale. Exhale and repeat the exercise on the opposite side. Continue for 1-3 minutes. Then inhale. Exhale and relax. This exercise balances the leg and abdominal muscles and helps to maintain sexual potency.



7. Deeply relax.





1. Stand up. Balance on the right foot. Extend and stretch the right arm forward and up parallel to the ground, palm down. Left foot lifted back and up 45 degrees and extended straight. Extend through the core of the body. Hold steady 2 minutes. Then switch arms and legs and repeat for 2 minutes. Balance is the basis of health.



2. Stand straight. Spread legs as wide as possible. Extend arms straight out to the sides, parallel to ground, palms down, wrists straight. Squat down so legs form 60-degree angle, about 1/4 way down. Inhale up, exhale down. Continue for 5 minutes. This exercise will put pressure on the hips, spine and the muscles along the back.

3. Keep standing and begin to march in place. With the palms flat and facing each other (fingers together and thumbs pointing up), and the elbows bent, move the arms back and forth with a precise and controlled movement. The left arm should move forward as the right knee comes up. Continue alternating sides. For the final minute, increase the pace, moving powerfully. 5 minutes.



4. Spread the legs as wide as possible. Place hands, fingers interlaced, behind the neck. Begin to rotate hips in wide circles. The knees stay straight. Allow the entire body to move and rotate. Continue for 3 minutes.



5. Place hands on hips. March by lifting heels and bend knees but keep toes on the ground. Dance on the toes. The hips will move. The calves will receive a pressure. Continue for 3 minutes.

6. Begin "Jumping Jacks." Hands come together over head as legs spread. Arms down by sides as legs come together. Do it in a rhythmical jump. Continue for 3 minutes.



7. Stand up. Lift alternate arms and legs. Right arm extends up as the left heel lifts up to strike the buttocks. Switch arm and leg. Continue for 3 minutes.



8. Face a partner. Do same exercise but grasp hands and lift legs together on alternate sides as legs go back. 1-1/2 minutes.



9. Stay with partner. Spread legs. Hold hands facing each other. Squat in deep knee bend, then come up. Inhale up, exhale down. Continue for 3 minutes.



10. Stand up. Be in straight lines, extend arms out to both sides onto the shoulders of partners on each side. Close your eyes and stand still. After 1-1/2 minutes, begin chanting with the Bountiful, Blissful and Beautiful recording. Continue for 4 minutes.

11. Sit in easy meditative pose. Fold and hold the hands at the heart center. Listen to the same tape. Meditate at the brow point. 5 minutes. Then relax.

12. Turn to person next to you and lock hands and wrestle. 30 seconds.



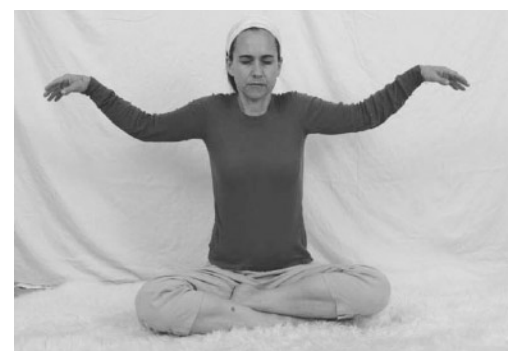
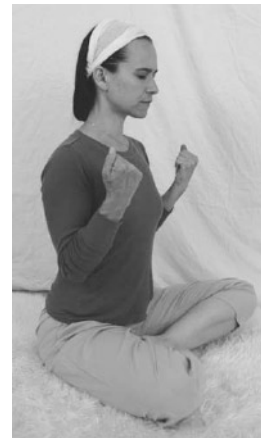


1. Sit in Easy Pose with your spine straight. Keep your chin in and your chest out. Bend your elbows and support them on your rib cage with your palms facing toward your body. Allow the wrists to bend so the palms face upward, hands in front of the shoulders. Close your hands into fists and open them again rapidly and continuously. Put strength in your movement. 3 Minutes.

This creates an elementary balance, which is one of the most beautiful and powerful things of the human body. It will stimulate the basic tattvas...your breath will change. The pranic energy in the combination of your breath will change. You cannot buy that in the market, you have to produce it.

2. Still in Easy Pose, move your arms and shoulders like a bird in flight. Move fast. This balances both parts of the brain. Be sure that your shoulders move up and down with the movement of your arms. 3 Minutes.

This adjusts the ribs, is beneficial to the heart, and improves circulation in the chest area. This will help to adjust the ribs and balance both sides of the brain. However, if you start to feel nauseated, stop immediately.





3. Sit in Easy Pose and look straight ahead. Alternate arm stretches. Move so that when the right hand extends forward and the left hand is back, the hands become fists, palm down. When the left hand is stretching forward and the right hand is back, the hands are open, relaxed and palm down. Move quickly and powerfully. The arms extend fully so that the elbow is straight.

3 Minutes.

This is for the nervous system. Move very fast so that the breath changes.

4. Bend your elbows with your palms facing forward, fingers slightly spread. Lean back 15 degrees. Close your eyes. Sit with your chin in and chest out. Balance your body from the chin, which is the moon center. Sing along with the tape Meditation by Wahe Guru Kaur and go into deep meditation.

15 Minutes.

The angle of the spine is important. If this exercise is done correctly, the basic psyche will change.

To finish: Inhale, lean back a little farther and stretch your spine vertebra by vertebra as you hold the breath 10-15 seconds. Repeat this sequence two more times. Exercise one is for the tattvas, exercise two is for the pranic rib cage, and exercise three is for the nervous system.

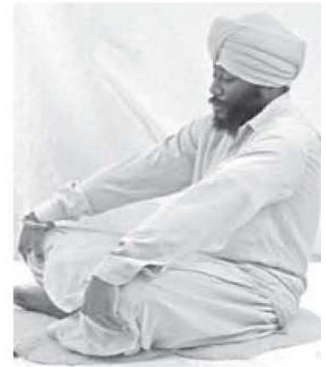
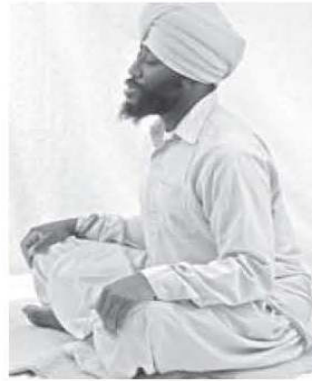


Note: In this exercise #3, eyes are meant to be open, looking straightforward.

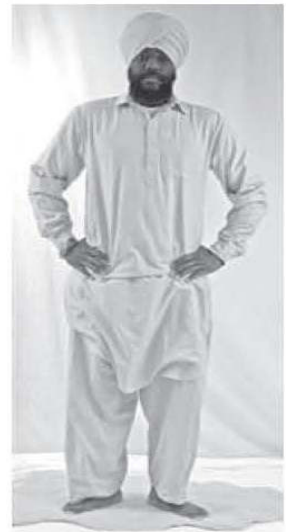


Kriya for The Frontal Brain

1) Sit in Easy Pose. Place the hands on the knees. Arch the spine forward and push the lower jaw out, pushing the teeth out as the head goes up. Then arch the spine back and open the mouth. Flex your entire spine and breathe powerfully through the mouth. Continue for 3-4 minutes. This exercise works on the frontal brain.



2) Sit in Crow Pose, a squatting position with the feet flat on the floor, knees apart. Place the hands on the waist. Stand up while inhaling through the mouth, pushing the lower jaw forward, pushing the teeth out. Then exhale through the open mouth as you lower yourself back down into Crow Pose. Continue for 2-3 minutes. This exercise works on the meridian points in the thigh, which are connected with sexual energy and compassion. The thigh bone controls the balance of potassium and calcium, and the inflow and outflow of energy.

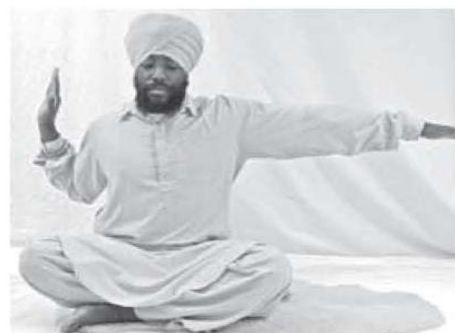


3) Sit down in Easy Pose with the forearms bent up at the sides, hands at face level. The palms face out, away from each other.



(a) Bring the right forearm out, straightening the arm so that it is parallel to the ground, palm down. Then return to the original position and repeat with the left arm.

(b) Continue alternating arms fast and hard for 6 minutes. This exercise pressurizes the frontal brain at the Third Eye Point.



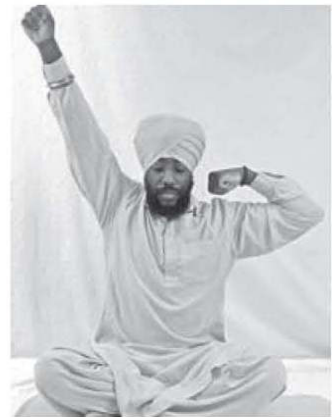
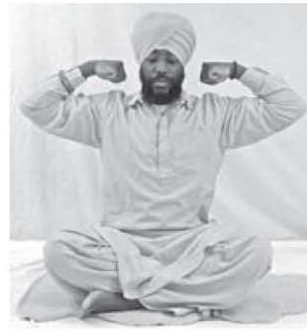
Kriya for The Frontal Brain

4) (a) Remain in Easy Pose, with hands above the shoulders in fists, thumbs locked inside pressing on the mound of the little finger. This is the original position. The movements are in a 4-count rhythm as follows:

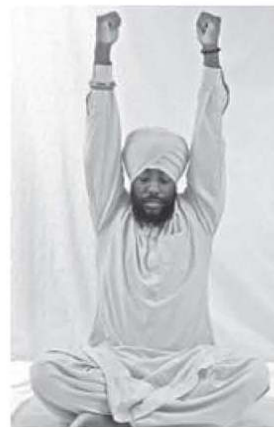
(b) Bring right arm out and up 60°. Return to original position.

(c) Bring left arm out and up 60°. Return to original position.

(d) Bring both arms straight up over head, parallel to each other. Return them to original position. Continue this rhythm moving fast and powerfully for 6-7 minutes.

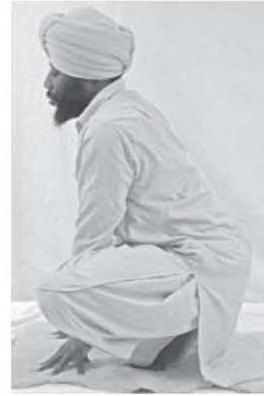


5) Still in Easy Pose, stretch your arms straight out in front of you, parallel to the ground with the palms facing up. Bend the middle (Saturn) fingers into the palms and lock your thumbs over them. The other fingers are straight. Moving the arms together, pump them up and down, moving about 12 inches above and 12 inches below the original position. The breath will come naturally in rhythm with the motion. Keep the elbows straight and move fast and powerfully for 3 minutes. This exercise works on breaking up deposits in the neck that block circulation to the brain. It also works on patience, the quality of the Saturn finger.

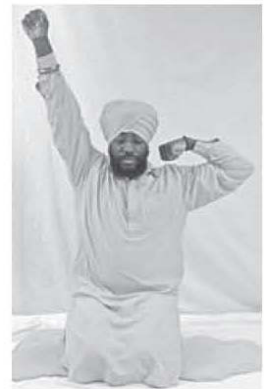


Kriya for The Frontal Brain

6) Come into Frog Pose, squatting down so the buttocks are resting on the heels, which are off the ground and touching each other. The finger tips are on the ground between the knees, and the head is up. Inhale and raise the buttocks high, keeping the fingertips on the ground and the heels up. Exhale and come down to the starting position, letting the buttocks strike the heels. Breathe deeply and powerfully as you move, and continue until you have done 54 cycles, approximately 2-3 minutes.



7) Come into Rock Pose, sitting on the heels with the tops of the feet on the ground. In this position, repeat the arm movements of exercise 4. Continue for 2 minutes. This exercise works on the digestion and the removal of deposits and toxins in the breast area.



8) Stand up, close your eyes and dance, moving every muscle of the entire body without moving far from your original spot. Flow with the rhythm, mirroring the notes and words with body language. The music used in class was Don Cooper's Twelve Months. Continue 25 minutes. This is called natural dancing instinct. It gives the body a chance to release deposited toxins. Effective communication uses body language to express and project the words we speak. Those who do not express their psyche through the vibration of the body will fail in communication and action.



Yogi Bhajan • Summer 1983



1. This is a 4 part exercise. In a standing position, extend the left arm straight out in front, parallel to the ground. The left arm will remain parallel to the ground for the entire sequence. Chant Saa Taa Naa Maa to the movements. 4 minutes

- (a) Bend forward at the waist on Saa
- (b) Bend to the right on Taa
- (c) Lean back on Naa
- (d) Straighten back out on Maa

2. Remain standing and extend the right arm out straight in front of you, parallel to the ground. Sequence is done to Saa Taa Naa Maa holding the extended arm still and maintaining balance. 2 minutes

- (a) Lift your left leg up to 90 degrees on Saa
- (b) Still holding the leg up, turn your head to the right on Taa
- (c) Still holding the leg up, turn your head to the left on Naa
- (d) Bring your leg back down and your head to center on Maa

3. Same exercise as in #2 only the left arm is extended out in front and it is the right leg that gets lifted straight out. 1 minute

Balance this brain, balance this cantaloupe. Below navel point is independent of the sciatica. If that is so, old age will come, senility will come very early and creativity will be gone fast.





4. Still Standing in an upright position, lock your hands behind your neck and rapidly jump the knees up towards the chest. Legs come up together. Chant Saa Taa Naa Maa to the beat of the movement. This exercise has to be done so that your knees touch your chest. 50 times. You must develop your balance so that you land absolutely "cat-footed." It is essential for a woman to have cat-footed balance, otherwise you can be imbalanced in the brain. 108 times will keep you intact.



5. Lie down flat on your back and elevate your legs 2 feet from the ground and raise your head 2 feet from the ground. Clasp the hands in an arc over the navel point to balance the posture. Focus at the third eye. Inhale through the nose, exhale through the mouth like a hammer. 5 minutes. You will be superhuman. 5 minutes of this breath is totally rejuvenating. No need for caffeine. If you can meditate like this for 5 minutes it equals meditating in a sitting position for 5 years. It should not hurt anybody, it is the most innocent exercise. If you straighten out your back it will not hurt.



6. Sit in Virasan (on the left heel, right knee up to chest). Arms extended straight out in front, parallel to the ground with palms facing down. Sing powerfully: Chatter chakker vartee, chatter chakker bhugtay Suyumbhav subhang, sarab daa sarab jugatay Dukaalang pranasee, dayaalang saroopay Sada ung sungay, abhangang bubhootay 22 minutes Do this for 40 days and any positive wish will be fulfilled.



Benefits: This is the only thing that can correct you and bring you to balance. Do it right and you will enjoy it. This is a set so powerful and effective that it will even enable a person to stay healthy in weightlessness or without gravity atmosphere. This self maintains the body. Balance this brain, balance this cantaloupe. Below navel point is independent of the sciatica. If that is so, old age will come, senility will come very early and creativity will be gone fast.

Yogi Bhajan • June 28, 1984





Kriya to Build Yourself to Act, Not React

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Stretch your legs straight out in front. Grab your toes and stretch the spine forward. Inhale and tilt the head up, stretching the back of your neck. Exhale and bring your chin to your chest. Maintain the stretch in the spine. Continue to move your head with the breath, being careful not to compress the vertebrae of the neck. Breathe in and out fast and powerfully. 1-1/2 Minutes.



2. Lie down on your back, begin Breath of Fire, and dance your body. Move any way you wish, but don't raise any part of your body off the floor. No part should be stable, all parts should move. It's a physically violent reaction to get rid of internal violence in a controlled fashion. It's "you against you." Take all the pain out, don't hold anything in. 3-1/2 Minutes.



3. Relax on your back. Go to sleep. Listen to the tape of the gong meditation played by Yogi Bhajan. Bring your strength to your toes and go with the gong. The three rhythms of the gong will work on the glandular system. If you give yourself a good chance, it will work on the pineal gland. 11 Minutes. (Note: In order to receive the benefits of this set, it is required that you meditate to the gong meditation played by Yogi Bhajan.)



4. Move feet and hands, wake yourself up.

5. Sit in Easy Pose. Chant, "God and Me, Me and God, Are One" meditatively going from chakra to chakra. 15 Minutes.

To End: Inhale and hold your breath 20-30 seconds and stretch your body. Exhale. Inhale and move your body all around, stimulating your energy. 30 seconds. Exhale and relax.



Yogi Bhajan • January 30, 1986



1. Sit in Easy Pose. Interlace the fingers so that the tips of the fingers don't quite meet the webbing of the opposite hand, like a dovetail joint in carpentry. Thumbs are open and pointing up. Press this mudra into the diaphragm on each exhale. Suck in the breath powerfully through round lips and turn to the left. Exhale center. Inhale center and turn the head to the right. Exhale center and continue. 6 minutes.

2. Release the mudra and begin Breath of Fire through the mouth. Use the cheeks and the diaphragm. Let the cheeks puff out with the breath. Heavy breath. 4-1/2 minutes. Dying is nothing; it's just like a balloon leaving the earth and moving toward the heavens.

3. Transition into Baby Pose. Gong is played. 15 minutes. Enjoy it. It's very beautiful. You don't have to hustle. Release the breath. The body relaxes totally and completely. It's just letting the balloon leave the earth. Get into weightlessness. Totally disconnect with the body. Some of you will feel tremendous pressure on the forehead; others will be able to let it go. Different bodies will have different experiences. But if you totally relax and let it go; you will let it go. Find your state of innocence. No karmic weight. State of weightlessness. No reality and non-reality; in this neutral state, resurrect toward the heavens. Let it go. Resurrect! Rise! Like angels of light toward the heavens. Transparent. Confront death with the sharpest, most powerful, radiant light. Penetrate through the valley of darkness. Penetrate through the valley of darkness. Penetrate through the valley of darkness.





Confront death and win. Confront sorrows and loss.
Resurrect to your height. Let it go. Let it go. [Gong
becomes very loud; two beat rhythm.] Feel alive.
Newborn. [Gong becomes quieter.] Arise praising the
Lord, your God in experience. Be born. [41:00 Music
begins. Dhan Dhan Ram Das Guru by Sangeet Kaur;
gong continues] Cross the hour of the past into the valley
of the newness. Feel the newness of your body. [Gong
grows louder and quieter again; 42:20 gong is silenced.]

4. Come sitting up. Concentrate at the Heart Center.
11 minutes.
Arise smiling and chanting and singing. Open up.
Concentrate on the heart center and open up. Enjoy the
newness. Spread high the frequency of joy—high
frequency of joy. Uplift the feelings. Sophisticate them.
Enter the realm of celestial self. Vibrate.

To End: Inhale deep. Suspend for 30-40 seconds.
Exhale. 3 times.
Feel light. Let it go. All the disease. All the karma. All the
unwantedness. Let it go. Let it go. Relax. Relax. Relax.

5. Meditate in silence listening to music. Death is the
Sacred Alter by Livtar Singh; followed by Walking up the
Mountain by Gurudass Singh and Krishna Kaur; followed
by I Have My God with Me by Krishna Kaur.



1. In Easy Pose, raise your right arm up to sixty degrees in front of you and bring your left arm in a sixty degree angle pointing downward behind you. The two arms should form a straight 60-degree line. Keep the elbows stretched and the Jupiter finger of each hand extended with the thumb locking down the other fingers. The palm of the right hand mudra is downward and the palm of the left hand mudra is upward. The closed eyes are focused at the center of the chin, the Moon Center. Breathe slowly and deeply. Sit with a straight spine and let your body go through its changes. 3 Minutes.

2) Keeping the same arm position, extend the Mercury finger with the Jupiter finger. Lock the other fingers down with the thumb. Stretch the arms straight and keep the focus at the center of the chin. Breathe slowly and deeply. 3 Minutes.

3) Still maintaining the arm position, extend all the fingers. Tighten all the muscles of the body and stretch the arms. Eyes remain focused at the center of the chin. Continue to breathe slowly and deeply. 3 Minutes. This will kill any disease in the body. Inhale, hold the breath for 10 seconds, stretch and tighten all the muscles of the body. Exhale and repeat this sequence two more times. Relax.

Comments: If you do this kriya for 40 days you can rebuild the molecular structure of the body. This meditation must not be done for more than 9 minutes total.





Maha Gyan Agni Pranayam Kriya

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

Posture: Sit in a comfortable meditative posture, with your spine straight and your chin in and chest out.

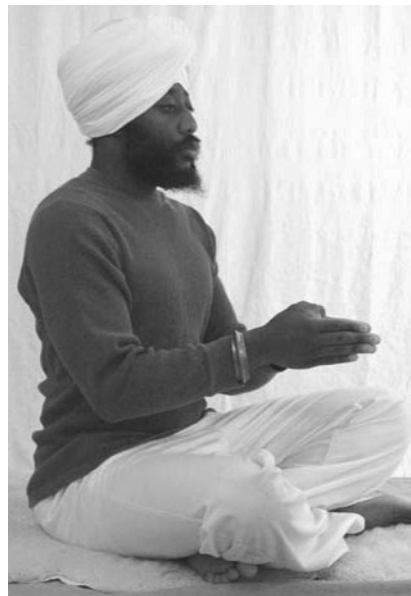
Mudra: Cup your hands at heart level with your fingertips touching. Your hands make a "little boat." Make sure that the outsides of the hands from the Mercury (pinkie) fingers all the way to the base of the palms are touching as much as possible. Place your thumbs just inside your hands and bend them down ninety degrees. The thumbs touch each other and your hands. It is a snug position.

Mantra: Inhale deeply and chant in a monotone, eight times in one breath: Ek Ong Kaar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar

Eyes: Closed

Benefits: This is a very powerful kriya. Maha Gyan means "the great knowledge." Agni means the "purity of fire." Practice this kriya unto that Infinity of God.

Time: Begin by practicing this kriya for 11 minutes and slowly build up to 31 minutes.





Kriya to Open The Heart Center p.1

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

This is an intermediate level set to create open loving feelings. It opens the heart, increases compassion and sensitivity to others, and helps you to drop emotional defensiveness. Its calming effect allows you to eliminate unnecessary thoughts and feelings, so you can be more in the present and experience your feelings more clearly.



1) Breath-priming for 3 minutes. Stand with palms together in a Prayer Pose at the center of the chest and do a steady Breath of Fire. Inhale and hold briefly at the end.

2) Stand or sit with an erect spine. Keep the eyes open and look to the horizon. Make fists of both hands. Begin alternately punching with one fist then the other. Together the hands create a piston-like motion with one arm pulling back to balance the other arm punching forward. The hands do not turn or twist. Exhale with each punch forward and punch rapidly so the breath becomes like a Breath of Fire. Continue for 3 minutes. To end, inhale, draw both elbows back, tighten the fists, apply root lock, and suspend the breath for 5 seconds. Exhale and relax.



3) Stand straight, extend your arms out to the sides, and begin to make big circles with both arms at the same time. Inhale as they come forward and up, and exhale as they go back and down. Continue for 2 minutes. To end, inhale and stretch both arms straight up over your head. Exhale and relax.





4) Sit straight. Interlace your fingers with the thumbtips touching. Position the hands 4-6 inches in front of the chest with both palms facing down. Lift the elbows to the same level. Inhale as you lift the hands up to the level of the throat. Exhale as you sweep them down to the level of the navel. Create a steady pumping motion with a powerful breath, and continue for 3 minutes. To end, inhale, bring the hands to the level of the heart, and suspend the breath for 10 seconds. Exhale and relax.



5) Stand or sit with a straight spine. Place the hands beside the shoulders with elbows by your sides and palms facing forward. Close your eyelids halfway and fix your gaze downward. Begin to slowly inhale and exhale. Your breath should be equal on the inhale and the exhale. Mentally repeat the following primal sound scale on both the inhale and exhale: Saa Taa Naa Maa Press the thumb tips to the finger tips sequentially from the first finger tip to the little finger tip with Saa Taa Naa Maa while you do the mental sounds. Continue for 3-5 minutes.



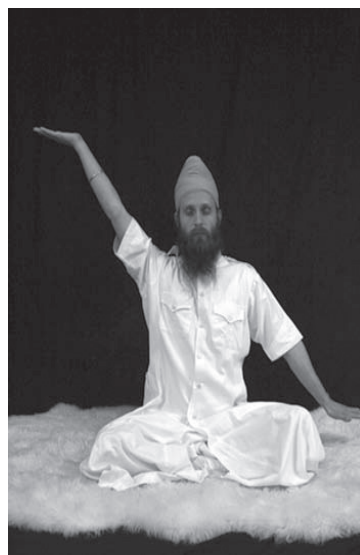
6) Sit with a straight spine. Block the right nostril gently with the index finger of the right hand. Inhale slowly through your left nostril, exhale slowly through rounded lips. Match the duration of the inhale and exhale, with each one lasting about 10 seconds. Continue with this slow breathing pattern for 3 minutes. Then relax and follow the natural flow of your breath for another 2 minutes.





Have an orange ready to eat after completing the set. Sit in Easy Pose. Look at the tip of your nose.

1. Split your Mercury Finger and your Ego (thumb) keeping the three middle fingers together. Place your hands on each side of the head, palms facing forward. Make tiny circles with your hands. Your right hand moves to the right and your left to the left. 26 minutes. After six minutes, play Har Har Har Mukanday by Nirinjan Kaur. Continue the meditation while listening to the mantra. This music manufactures prosperity. This mantra is a money-making machine. Now you are entering a twilight zone in this exercise that you will not like; you may become insensitive to the movement; or you will be uncomfortable. The more powerfully you move, the more your breath will change and it will help. Naturally you are beautiful; by self-denial you become the victim of your own ugliness. Naturally you are wise; by self-denial you become insane. By nature God must provide, through the law of prosperity, anything you need; by your self-denial you create insecurity and you become poor. This exercise is going to change you inside out. You must do it sincerely. Win! Win! Win! Defeat the defeatism; depress the depression. You must claim the energy from within you; nobody is going to give you an injection from the outside. Change your magnetic field. Do it for your own sake! You want to be healthy, is that true? You want to have strength; you want to have intuition; you want to have tomorrow, don't give up. Push through these last few minutes. Push! Decide how much you love yourself now . . . give yourself a chance. I need your strength for tomorrow.



2. Put your right arm up at 60 degrees with the palm up, flat and parallel to the sky (wrist is extended) and the left arm 60 degrees down toward the earth, palm down and parallel to the earth (wrist extended). Together they create a diagonal line across the body. Straight arms; no bend in the elbow. 11 minutes. If you ate sattvic food, this wouldn't hurt you. But your two meals a day and your goodies, they are hurting you now.



Kriya to Recharge the Self for the Aquarian Age

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

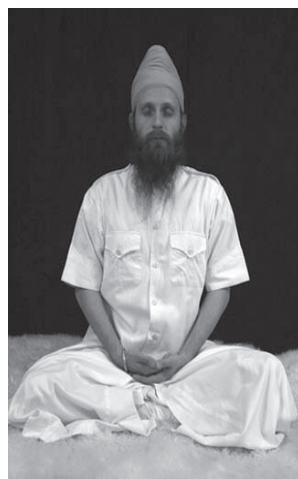
Note: Clap your hands for a few seconds to transition to the next exercise.

3. Reach your arms directly out in front of you, from the shoulders, with the palms up. Palms are flat and the arms are straight. Look at the tip of the nose. 6 minutes. Pray to Almighty God that he should come into the palm of your hand. Tell God to dance in the palm of your hand.

4. Place your hands in your lap. Sit straight like a Sage. Do the self-hypnosis that you are a sage: A saint, a sage, a prophet. Don't worry what you are, or what you think you are, or what someone else thinks you are, think only, "I am the saint of the saint, the sage of the sage. I am the sage of the age. I am I am." Go deep into the center of the earth. Drop deep into the center of the planet earth. Sit like a powerhouse and personify as a Sage of this Age. [Meditation by _____ is played.] I am Sage of the Age. 13 minutes.

5. Breath of Fire. Wake up your body. Powerful movement of the navel. Recharge yourself. 1 minute. Relax.

6. Prayer Pose. Press the hands together very hard. Inhale deep; hold tight and press hard. Synchronize. Cannon Fire exhale. 3 times.





Kriya for Removing Fear of The Future

"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

This meditation clears the fear of the future and connects to the flow of life through the heart center.

Posture & Mudra: Sit comfortably in Easy Pose. Rest the back of the left hand in the palm of the right hand. The right thumb nestles in the palm of the left hand and the left thumb crosses it. The fingers of the right hand curve around the outside of the left hand and hold it gently. Holding your hands in this way will give you a peaceful, secure feeling. Put this mudra at your Heart Center with the palm-side resting against your chest. Meditate to your favorite version of Dhan, Dhan, Ram Das Gur. Start with 11 minutes and slowly and gradually work up to 31 minutes of practice time.

To End: Inhale deeply and relax.

Comments: This meditation takes away your fears of the future which have been created by your subconscious memories of the past. It will force you to deal with your Heart Center. The beauty in you is your spirit.

The strength in you is your endurance. The intelligence in you is your vastness. - Yogi Bhajan

The crossed thumbs help neutralize your mind's frantic calculations to avoid fear and pain. It is the calculations themselves that produce anxiety and get you out of touch with the resources of your intuition and heart.

- Gurucharan Singh Khalsa, Director of Trainings





(Take vitamin C to prepare for this meditation.)

1. Sit in Easy Pose. Left hand on Heart Center (fingers pointing to the right); right hand begins behind the ear with the palm facing the space behind the ear. Eyes are closed. Meditate on the tip of the nose through closed eyes. Inhale deep, exhale deep 3 times. Right hand comes powerfully toward the face, as if you were going to slap yourself, and just as you approach the cheek, divert the direction of the hand so that it just misses the cheek and ends up palm facing forward. 6 minutes.

2. Eyes are focused at the nose. Gather the hands together in front of the chest, as if cupping water, and then bring the hands up to the throat and extend the arms, as though pouring the water from the tips of your fingers. 15 minutes.

Fill up all your anger, attachments, and resentment in your hands, your garbage, anything that is bothering you, fill it up and then let it go. Pull out all the pain of the subconscious, and fill the hands with it and then offer it to the space. From day 1 to the 11th year, all the pains of your childhood, day-by-day, month-by-month, year-by-year, bring it up and give it to the space.





3. Bring your hands in front of your face and look at the lines of your hand. Study your own hand. 5 minutes.

4. Cover the face and eyes with the hands. Try to see into infinity through your closed eyes. 15 minutes.

5. Hands cross at the Heart Center, right hand over the left. Inhale deep and hold. Exhale. 3 times. Chant: HAR HARE HARI WAHE GURU. Create a Systematic Sound. Pause between each syllable of the mantra. Done in a monotone without music. Addresses the tattvas and the aura. 5 minutes. Then, whisper strongly for 30 seconds.

6. Bend forward and place your hands on the ground. You may come into Baby Pose if you prefer. Ardas Bhaee is played (Nirinjan Kaur's version). Yogi ji plays the gong lightly & intermittently over the recording. 11 minutes.

To End: Stretch your hands forward as hard as you can and come up. Keep your eyes closed.

7. Stretch the arms above the head in Prayer Pose. Absolute prayer. Create your own profile in prayer now. State your intention; who you want to be. Make a profile. Not a prayer. A profile in prayer. This is what you want to be. 3 minutes.

8. Shake your hands vigorously. Shake your whole body. 30 seconds to 1 minute. Sit and relax.

9. Wave your hands in front of your face and eyes to clear your eyesight. Just a few seconds.

10. **To Close:** Close your eyes and inhale deep. Take this prana into every part of your body. Let the breath of life circulate. Exhale. Inhale deep. Hold it tight. Circulate it throughout your entire being. Exhale. Inhale deep. Suspend. Feel the pranic energy from the tip of your hair to your toes. (Gong is played lightly.) Exhale.





Part I:

Position: Bring the right hand above the crown of the head—6 to 9 inches—like you are blessing yourself. The left hand is by the shoulder, palm facing forward, like a pledge—like you are blessing the Universe.

Breath: Breathe long, slow and deep. Build up to a One Minute Breath. Kiss the breath, with affection and feeling, “a hug kind of feeling.” Breathe consciously. If you are doing it correctly, the taste in your mouth will change.

Eyes: The eyes are closed. Roll the eyes down and look at the chin. Keep this eye position throughout the three parts.

Time: 11 minutes

To End: Inhale and transition into the second position.

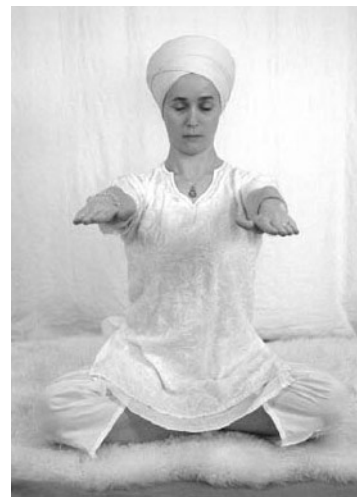
Part II:

Position: Extend the arms straight out, parallel to the ground, with the palms facing down. Straighten the arms tight and stretch.

Effects: This will strengthen the heart and open the heart center.

Time: 3 minutes

To End: Inhale deep and raise arms into the third position.





Part III:

Position: Raise the arms straight up and stretch. Palms are flat and face forward. Do not bend the elbows.

Time: 3 minutes

To End: Inhale deep and hold tight for 15 seconds. Stretch. Lift the spine. Exhale with Cannon Breath. Repeat 3 times.

Comments:

Bless you, bless your ancestors and those who will come after you. This blessing is not a social phenomenon. You are mentally, hypnotically blessing you. It will affect the magnetic field and it will hurt you if you are an angry person. Keep breathing consciously. If you cannot bless yourself, nobody can. Better you bless yourself; heavens will bless you. After 5 minutes, it should start to hurt and let you know what you have been eating. When you have pain, the brain will produce natural morphine. If these ducts are open, endurance will develop, physically, emotionally and spiritually.

Can you spare seventeen minutes for yourself in twenty-four hours? This meditation will totally change you from the inside out. It will give you self-consciousness, self-experience, self-love and then, you can love everybody. Become total.





Self-care breath increases inner energy and strength
boosts the immune system, and cleanses the body.

1. Sit comfortably in a meditation posture.
2. Open the mouth and form a circle that is tight and precise—a boar's mouth.
3. Place the hands crossed over the Heart Center, right over left.
4. Close your eyes and sense the area under your palms.
5. Breathe a steady, powerful Cannon Breath through the mouth. Let your mind focus on the mouth ring and shape the breath into a ring. Continue 5 minutes.
6. To end: Inhale and hold the breath. Relax the mouth. Mentally repeat: "I am beautiful, I am innocent, I am innocent, I am beautiful." Exhale through the nose. Do this a total of five times. Then relax.





"It's a complete set. This is all called Subagh Kriya. If God has written with His own hands that you shall live under misfortune, then by doing Subagh Kriya you can turn your misfortune into prosperity, fortune, and good luck." This is a five part kriya. Each part must be practiced for an equal amount of time, either 3 Minutes or 11 Minutes. Do not exceed 11 Minutes. Only the first exercise of this kriya may be practiced on its own, apart from the other exercises.



1. Sit in Easy Pose with a straight spine. Allow your upper arms to be relaxed, with the elbows bent and the palms in front of the chest. Strike the outer sides of the hands together, forcefully hitting the area from the base of the little finger (Mercury finger) to the base of the palm. This area is called the Moon area. Next, turn the palms to face down and strike the sides of the index fingers (Jupiter fingers) together. Alternately strike the Moon area and the Jupiter area as you chant Har with the tip of your tongue, pulling the navel with each Har. Your eyes are focused at the tip of your nose. This meditation was taught to the rhythm of Tantric Har by Simran Kaur.



I'm going to give you a very handy tool, one that you can use anywhere, and you'll become rich. To become rich and prosperous, with wealth and values, is to have the strength to come through. It means that transmissions from your brain and the power of your intuition can immediately tell you what to do.

2. Stretch you arms out to the sides and up at a sixty-degree angle. Spread your fingers wide, making them stiff. The palms face forward. Cross your arms in front of your face. Alternate the position of the arms as they cross: first the left arm crosses in front of the right and then the right arm crosses in front of the left. Continue crossing the arms, keeping the elbows straight and the fingers open and stiff. This movement is also done to the rhythm of Tantric Har by Simran Kaur, but this time you do not chant.





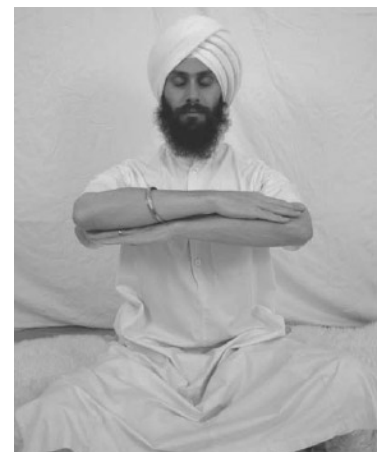
3. Keep your arms out and up at sixty degrees as in the previous exercise. With your hands, make a fist around your thumb, squeezing your thumb tightly as if you are trying to squeeze all the blood out of it. Move your arms in small backward circles as you continue squeezing your thumb. Your arms are stretched and the elbows stay straight. Chant the mantra "God" powerfully from your navel. One backward circle of the arms equals one repetition of "God." The speed and rhythm of the chanting is the same as in the previous exercises. Move powerfully so that your entire spine shakes, you may even be lifted slightly up off the ground by the movement.



4. Bend your arms so that your elbows point to the sides. The forearms are parallel to the floor and the palms face the body around the level of the diaphragm. The right hand moves up a few inches as the left hand moves down. The left hand moves up as the right hand moves down. The hands move alternately up and down between the heart and navel. As the hands move, chant Har Haray Haree, Whahay Guroo in a deep monotone with one repetition of the mantra approximately every 4 seconds. Chant from your navel. If you are practicing the exercises for 11 minutes each, then you will chant the mantra out loud for 6 minutes, whisper it strongly for 3 minutes and then whistle it for 2 minutes. If you are practicing the exercises for 3 minutes each, then you will chant the mantra out loud for 1 minute, whisper it strongly for 1 minute, and then whistle it for 1 minute.



5. Bend your elbows and rest your right forearm on your left forearm, with your palms down. The arms are held in front of your body at shoulder height. Close your eyes, keep your arms steady. Keep your spine straight and your arms parallel to the floor. Breathe slowly and deeply so that one breath takes a full minute. Inhale for 20 seconds, hold for 20 seconds, and exhale for 20 seconds.





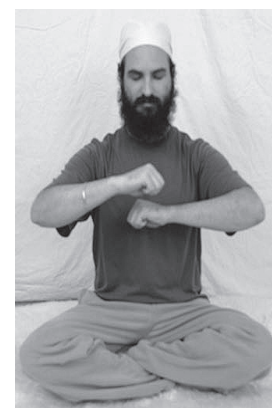
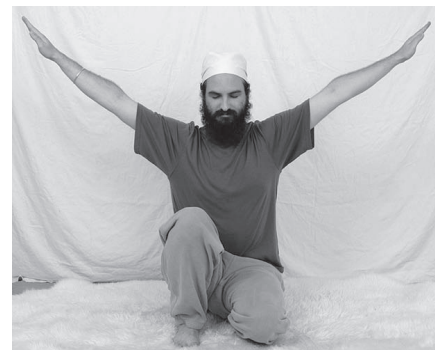
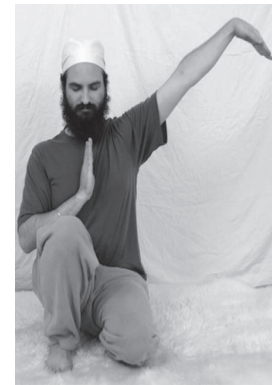
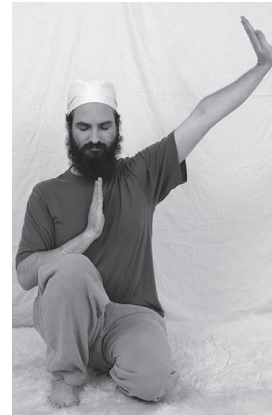
1. Sit in Virasan and place the palms together at the sternum. Extend the left arm out to the side, 60 degrees above parallel, palm facing down, and move the left hand up and down at the wrist as fast as possible

1a) keeping the elbow locked. Coordinate the movement with Breath of Fire for 3 minutes. Change arms and continue for 3 minutes.

1b) Finally, extend both arms and resume the motion with both arms for 2 minutes. Close your eyes and visualize yourself flying high in the sky. Take yourself through the five elements and totally identify with each. First imagine you are ether, then air, then fire, then water, then earth, then ether again. Feel the difference between each, especially when you return to the ether. Spend about 15 seconds on each tattva. This exercise helps differentiate the left from the right hemispheres of the brain. Normally Breath of Fire creates a neutral state. Here, however, the movement of the hands creates that differentiation and synchronizes the hemispheres as well. Additionally, this exercise is said to balance the tattvas. For optimum results, practice it every day.

2. Sit in Easy Pose. Make fists of the hands with the thumbs tucked inside, and place them palm down in front of the chest at the level of the heart. Now, without moving the wrists, rotate the fists rapidly around each other in coordination with Breath of Fire for 1 minute.

Comments: As explained in Yogic philosophy, all living matter is comprised of five elements: earth, air, fire, water and ether. These are known as the five tattvas. Practice of this short kriya will bring the tattvas into a state of balance and will synchronize the hemispheres of the brain. This is a very powerful set of exercises to practice every day.





Part One: SANMUKH KRIYA

Sit in Easy Pose. Chin slightly into the chest. Raise the chest slightly. Pull the lower spine forward slightly

Eyes: Focused on the tip of the nose.

Mudra: Place your hands, palms facing forward at the level of the face, to the sides of each shoulder, about 12 inches away from each ear and just slightly forward of vertical. All fingers point straight up. Bend the sun fingers and place the pads of this finger on top of the sun mount, the fleshy part of the palm directly at the base of the sun finger. Hold it down with the thumb pressing on the nail of the ring finger. Lock yourself in this position. Meditate silently while listening to the mantra
SAT SIREE, SIREE AKAAL
SIREE AKAAL, MAAHA AKAAL,
MAAHA AKAAL, SAT NAAM,
AKAAL MOORAT, WAH-HAY GUROO

Time: 11 minutes. Do not exceed this time limit.

Comments: You and God shall sit face to face when you will perfect this kriya. I am giving it to you because you are my future. This will give you strength and wings. It will take you away from weaknesses. It will give you vitality. Sometimes you may want to overdose on this meditation. But after every 11 minutes, you must take a break. Don't extend this for more than 11 minutes at one time. Why? If you become a perfect practitioner of it, you'll reach a state of nonexistence, and then there'll be trouble. You'll start moving the whole world, and you will not like to move yourself. You are young people and it'll ruin your life. Then you can sit and say, "Okay, somebody should go to my office and do the work." And somebody will get up from the house and represent you and do your work. There's no human who can refuse you, there's no power which shall not bow to you. There's no situation which shall not obey you.





Teen Kriya - Sanmukh Kriya

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

Part Two

Same posture as in Part One.

Eyes: Focused on the tip of nose.

Mantra: Chant the mantra Wahe Guru [Wah-hay Guroo], in a very particular fashion, pulling three locks as you chant. Break it into three parts:
WAH - HAY - GUROO

Time: 11 minutes

On Wah, pull the Root Lock (anus, sex organs, and navel) in very sharply. There will be a brief pause at the end of Wah. Wah is chanted short and fast. Hay and Guroo are run together in one continuous sound with no break, but there is a slight emphasis on the hay. On hay you deeply pull the Navel Point even further in and up, pulling in the Diaphragm Lock, also. On Guroo you apply the Neck Lock—then release and begin again. If done properly, you will feel an upward circular movement of the energy, “like a roller.” The belly must come in, come up toward the diaphragm, and then release.

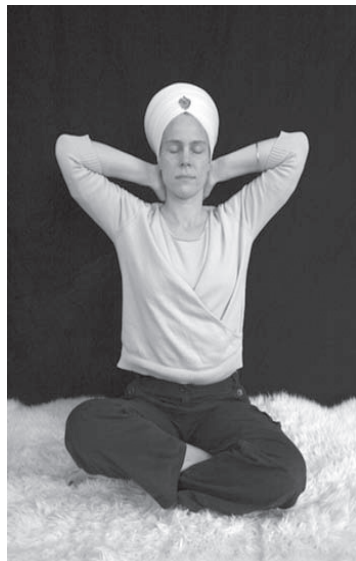




Teen Kriya - Sanmukh Kriya

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." –Yogi Bhajan 7/26/96*

Comments: This meditation will give you a powerful projection of a thought. It invokes the pure energy of the navel. Wahe Guru is a trikutee mantra, the mantra of the ajna chakra or third eye. If not chanted properly, it does nothing. When the Root Lock, Diaphragm Lock and the Neck Lock are applied all together, it is called Great Lock or mahabandh. And when a person perfects mahabandh, he controls the universe just with his thought. Wah is a water sound. If you pour a bottle of water, it'll sound like waah, waah, waah. There is 60 percent water in you. You will have control of water. If you say hay properly by turning the middle of the tongue, hay will sound very effective. If your sound hay becomes perfect, send a mental message, job is done. Once in a while when I'm tired, I don't want to make a phone call because I don't remember the number, so I just send the mental message, and then ring, and I say, "Hi, I was going to call you." I should not use it, but sometimes I am tired. Too much work. If the word guroo becomes perfect with you, you can stop a moving truck. You can stop the movements of the entire universe into shuniya—stillness. There is no power which is not with you. If you harness it, it is yours. If you waste it, you've lost it.



Part Three

Sit in Easy Pose. Chin in. Chest out. Spine straight. Interlace the fingers, and place the hands, palms flat, against the back of the head. Elbows are bent and extended straight out to the sides. (Don't let them droop—no angles.)

Eyes: Closed.

Mantra: Chant the following mantra out loud: SAT NAAM, SAT NAAM, SAT NAAM JI Use the tape of the same name.

Time: 11 minutes



1. Find a partner. Sit in Easy Sitting Pose opposite each other and touch hands—palm to palm. Look at one another straight in the eyes and repeat this mantra, "I love myself. I forgive you."

a) As you say, "I love myself," bring your hands to Prayer Pose at the heart.

b) As you say, "I forgive you," bring your hands palm-to-palm with your partner. Continue the movement with each repetition of the mantra. Experience what it does. Look like a man.

4 minutes

2. Still seated, looking into your partner's eyes, continue the movement with the mantra, "Peace". With each repetition of "Peace," move from Prayer Pose to palm-to-palm. 2-1/2 minutes

3. Come sitting on your heels facing your partner. Now come up on your knees.

a) Bring your hands together in Prayer Pose and say, "Love."

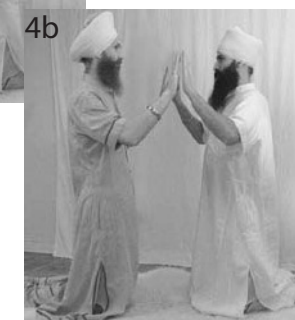
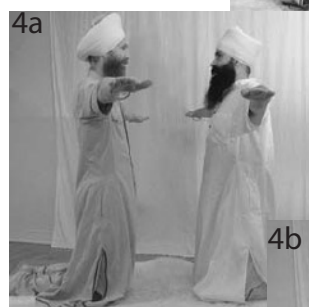
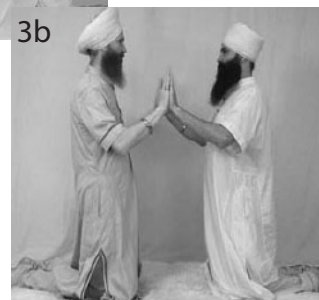
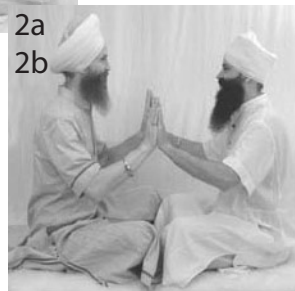
b) Come palm-to-palm with your partner and say, "Peace." This exercise is very important because you are relating to your sciatica. 2-1/2 minutes

4. Continue standing on you knees facing your partner, looking eye-to-eye. Stretch your arms out to each side, palms down.

a) Move the arms up and down (about 12 inches) to a count of four.

b) On five, clap hands with your partner and alternately chant Peace! or Love! Move the arms 1-2-3-4-Peace! (clap); 1-2-3-4-Love! (clap).

Continue for 9-1/2 minutes





5. Camel Pose. Standing on the knees, press the pelvis forward and lift the heart as your reach back for your heels. Allow the head to drop back. Chant "I will never bite the bait." This is the only way you will remember it. There is no other way. 3 minutes



6. Come standing up and take your partner's hands. Slowly sit down and repeat, "Let us sit in peace." Slowly rise and say, "Let us rise in consciousness." 4 minutes

7. Sit on your heels and bend back, putting your weight on your elbows. Bring your hands into fists near the shoulders. Your head will automatically fall back. Keep this posture as you sing the entire Ardas Bhaee mantra. The energy will adjust itself. You will see how this burnout is going to work out. Sing with it. Hold the posture and keep the pressure. It will make changes in you. It may feel a little painful now, but it will bring fantastic strength. It is very healing, very good. Make a fist of your hands. This will break the crystallization in the muscle and the nerves. It will break obstacles in the energy flow. 5 minutes



Take a break. Walk around and visit.

8. Sit in Easy Sitting Pose. Make fists with your hands and bring them in front of the shoulders. Repeat "I am, I am." Chant loudly and powerfully. Let God hear you! 8 minutes

- a. "I" the hands are at the shoulders
- b. "Am" the arms extend out to the sides—straight.
- c. "I" the hands are at the shoulders
- d. "Am" the arms extend straight up



I...



...AM



9. Sit facing your partner, eye to eye. Bring your hands into fists in front of your face—about eye level. Repeat "I am, I am." Communicate your pure "I am" to each other. As you talk, so your hands should move to explain your expression. Fists tight. Talk with lips and fists. Talk and fists should indicate the language. 9 minutes

10. Sit facing your partner, eye to eye. Bring your hands up. Spread your fingers open and move the arms stiffly forward and back. Try to part the wind. Do it fast, powerfully, and strongly. The hands must move the heavens, the earth and the stars. No bend. Powerfully and steadily. The whole body will move if you do it right. Make the whole body a unit. You must move the whole body, not just the hands. 10 minutes To end: Inhale and hold the breath for 30 seconds. Mentally vibrate the mantra God and me, me and God are one. Repeat. Relax.



...AM



Yogi Bhajan • September 10, 1983

These exercises represent a selection of several exercises that were practiced over the course of two days. For the entire series, please see The Invincible Man course by Yogi Bhajan (MTM 08-Day 1 and 2, September 10-11, 1983).



Kriya to Become Intuitive p.1

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

These exercises gently work on the pituitary. They recharge and enrich your energy and counteract frustration, depression, and computer sicknesses.

1. Place your left hand over your heart. Bend the right elbow, point the Jupiter (index) finger upward, with the thumb locking down the other three fingers. Consciously keep the spine very straight and pulled up, with no weight on the buttocks. The eyes are closed. Inhale slowly and deeply through the nose, hold your breath, and then exhale slowly with a whistle through the mouth. 7 Minutes. Inhale deeply and shift position.



Imagine that something very pure and divine in you is calling. Reach out and make contact with your own Infinity. Create a feeling of being exalted by your own self.

2. Put your right hand either slightly above or just touching your head. Bend the left elbow, point the Jupiter (index) finger upward, with the thumb locking down the other three fingers. Keep the spine pulled up straight. This is very important for the grey matter of the brain. Close your eyes and continue the breath from Exercise One. 4 Minutes.



3. Lock your hands with your fingers up straight. Stretch your arms over your head. Keep your spine straight and stretch up from the armpits. Continue the breath. You are consciously recirculating your energy to give your body new life. 2 1/2 Minutes.





Kriya to Become Intuitive p.2

*"Kundalini Yoga is... a practice of experience of a person's own excellence
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4. Put your right hand over your left at the Heart Center. Sit and relax. Play Singh Kaur's Rakhe Rakhanhar tape. Listen, relax, breathe, and be. 3 1 /2 Minutes.

5. Inhale deeply and press your hands against your Navel Point. Chant along with Simran Kaur's Tantric Har tape. Each time you chant Har, press the navel forcefully with your hands. The eyes are closed. 3 Minutes.

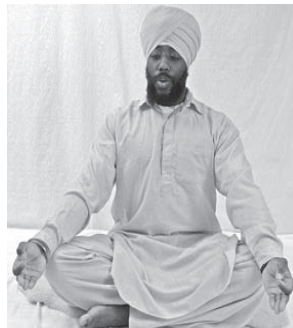
To End: Come into elbow lock position. The elbows are bent, with each hand grasping the opposite elbow. The arms are held parallel to the ground at shoulder height. Inhale, hold your breath 5-10 seconds, squeeze the spine, and tighten all the muscles of the body. Exhale. Repeat this sequence two more times.





Sit straight in Easy Pose with the eyes closed and move smoothly through the series without any break. This is a guided meditation. Yogi Bhajan called it a "therapy."

1. Shake hands with the unknown and visually see the (Jolly) Green Giant as you continue the motion of shaking hands. Watch him carefully. If you are concentrating right, you will not feel absolutely easy and normal. If you feel any abnormality, you are fortunate, because you are in it. Nobody wants that Green Giant. Continue for 1-1 1/2 minutes.



2. Then immediately imagine yourself to be on the top of the Empire State Building and feel you are hugging the biggest ape on the planet. Feel, smell and understand; and just see the relevance of it. Look down from the height and hold, understand your parameter. Tranquilize yourself and hold on strongly. Continue for 1 minute.



3. Now come down and imagine you are in a restaurant holding a knife and fork in 2 hands and using them to eat. Order your drinks, order your food. Visualize yourself eating and drinking and feel good. Continue for 1-1/2 minutes.

4. Now you have come back home. Imagine you are standing before a full length mirror naked. Through the "O" of the mouth begin long complete breaths in and breathing out into the mirror through the rounded lips. Suck in the entire prana and then exhale pushing out all the weakness and disease. Concentrate consciously. Each breath should be stronger than the one before. Continue for 3-1/2 minutes.



5. Continue the same breath. Immediately interlace your fingers and raise them over your head, palms down, forming an arc line. The hands are 4-6 inches above the head, and open your chest as much as you can. Use your mental strength. Open up your mental pores. Continue for 3 minutes.



6. Now place the right hand over the left on your chest at heart level. Chant the mantra: Har Har Har Dum pulling the navel strongly on the sound Dum. Dum sounds like hum. Speak loudly and from the navel point. Continue for 5-1/2 minutes.



7. End with a deep inhale. Suspend the breath for 15 seconds as you press, with both hands, as hard as you can on the chest. Then exhale like a cannon firing out through the mouth. Repeat this 2 more times and then on the last repetition as you hold the breath tighten the muscles from the base of the spine all the way to the top. Relax.

Comments/Effects:

This mantra means "every breath of God." Har Har Har is for the creative force of the infinite and Dum is for navel power and manifestation. Life is prana and it is based on pavan guru, that is how life is. This creates the glow of your radiant body which is what makes you attractive to others. That is a shining armor around you, for your protection and attraction.



Part I—Affirmation For Self-Love

Posture: Sit straight in a cross-legged position.

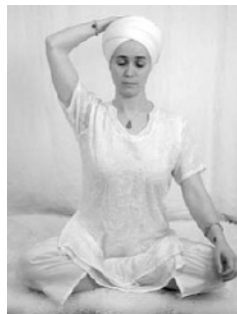
Mudra & Movement: Place your right hand on your heart and say, "My heart, I love you." Place your right hand on the eyes and say, "My eyes, I love you." Move to the top of your head and say, "My head, I love you." At the navel point say, "I love you." And placing your hands on both your knees say, "I love you."



Part II—Affirmation of a Teacher

Posture: Sit straight in a cross-legged position.

Mudra: Raise the right hand by the shoulder, as if taking an oath, and say: "A teacher is not a preacher. A preacher is a preacher. A teacher is a teacher. A teacher is not a preacher. A preacher is not a teacher. A teacher can only be a teacher. A teacher cannot be a preacher. A preacher will not be a teacher. That I say solemnly."



Comments: Mankind is divided by religions, religions are divided by sects, sects are divided by cults, cults are divided by frictions. . . . We still live in a cave called home, with the fire burning and the meat cooking. We do not live for each other. We live at each other or against each other. If you pay a little bit of attention to yourself and show love to yourself you will find yourself to be different. You have been taught to hate everything, and that what you do not hate will eat you up. This is your most stupid behavior.





Part III—Meditation on Truth and Oneness

Posture: Sit straight in a cross-legged position.

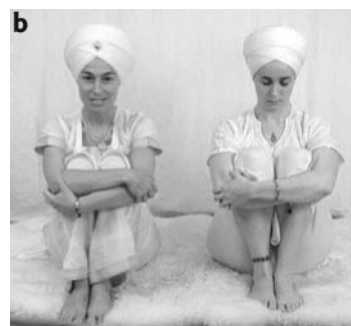
Eyes: Closed.

1. Hold hands with your neighbors. Chant, God and Me, Me and God are One. If what you chant is true, press the hands. If not, do not. The other person will know if you have spoken the truth or if you are a liar. Continue for 11 to 31 minutes.

2. Adjust your shoulders, raising and stretching out your right arm, then the left.

To End: Deeply inhale and, without disconnecting the hands, very calmly relax, stretching the spine with one long complete exhale. Then let go of the hands and stretch your body:

- a) raise both arms straight up, twist left and right;
- b) bring both knees to your chest, lock them with the hands and press hard towards yourself;
- c) extend the legs straight forward. Feel happy and relax.





3. Again, sit straight in a cross-legged position.

Position A: Raise both arms straight up over the head and hold your hands in Sarab Gyan Mudra—fingers interlocked with the index fingers together pointing up and thumbs crossed. Eyes are closed. Rhythmically chant in a monotone from the navel: Wha-hay Hoo, Wha-hay Gu-roo emphasizing Hoo and roo and extending the second hay longer than the first.

Position B: Then bring both hands to shoulder level with the elbows relaxed down, palms facing forward, and rhythmically chant in a monotone: Ra Ra Ra Ra Ra, Ma Ma Ma Ma Ma, La La La La La, Sa Sa Sa Sa Sa with emphasis on the last ...Ra...Ma...La...Sa. Alternate position A and B three times. Relax.

4. Chant the Ek Aacharee Chand shabd: Ajai, Alai. (The version by Gurushabd Singh and Sarab Shakti Kaur was used in class). Continue for 11 minutes. End by singing the Long Time Sun song, ending with three long Sat Nam's.

5. Quickly stand up and sit down 4-6 times. Then dance with Bhangra music for 3minutes.

To End: inhale, exhale, sit down and relax.





Kriya for Unloading the Subconscious

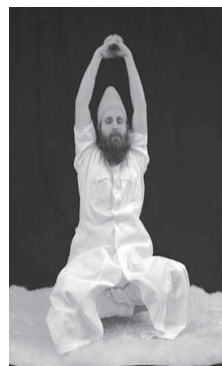
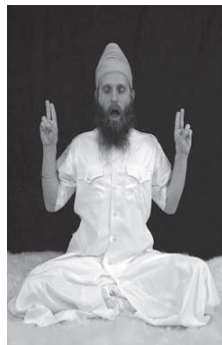
*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

1. Sit in Easy Pose with Christ Mudra. Hold down Sun and the Mercury fingers with the thumb; bend the elbows and hold the mudra at the shoulders with the palms facing forward. Open the jaw wide and inhale in three quick strokes; exhale through the nose. 6 minutes. The inhaled breath will sound like a crow.

2. Keep the mudra and the breath; move the hands in quick, small circles (initial movement is thumbs toward the body). The entire body should shake from the movement. After a minute or two, close your eyes and continue. 4 minutes.

3. Interlock the fingers at the Heart Center. Jump the body off the floor. 1 minute.

4. Bring the lock up above the head and continue jumping the buttock off the floor. 6 minutes. Feel like you're galloping on a horse. Do it in a rhythm. Sweat a little bit; it feels good.





Kriya for Unloading the Subconscious

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

5. Sit with a straight spine. Interlace the fingers with the thumb tips touching. Close the eyes and concentrate on the tip of the nose. Don't let your concentration move from the tip of the nose. Inhale deep; exhale deep. Gong is played. 14 minutes. You are entering a reign of forgiveness. Practice forgiveness of the self. Forgive yourself. Don't fight; don't resist. You are in the region of forgiveness. This is the hemisphere of forgiveness, for your self. Redeem yourself. There is nobody above you; there is nobody beneath you; there is nobody around you; only you. This is the hemisphere where you can forgive yourself. This is a very rare opportunity. Don't ask forgiveness of God. God shall guarantee. Whatever you forgive; God shall forgive, guaranteed. Go for it! Don't fight! Forgiveness eats up the misfortune. Forgiveness eats of the misfortune of tomorrow—guaranteed. You are passing through the region of forgiveness. For the sake of giveness of God, that is what forgiveness means: forgive, for-giving. The holiness of God will open up the holes; opportunities will come. Let God give you by forgiving. Those who don't forgive get nothing.

6. With a stiff tongue and the upper palate, start repeating the sound. Humee Hum Tumee Tum Wahe Guru is played. 11 minutes. Gong is played while music transitions to Promises are Hard. Meditate on the music. Followed by the Himalaya song (Child of God).

7. Keeping the mudra, raise it above the head with the palms facing the crown of the head; stretch your arms and your spine. Breath long and deep and slow. Music is played.

TO END: Shake the arms. 2 minutes.

