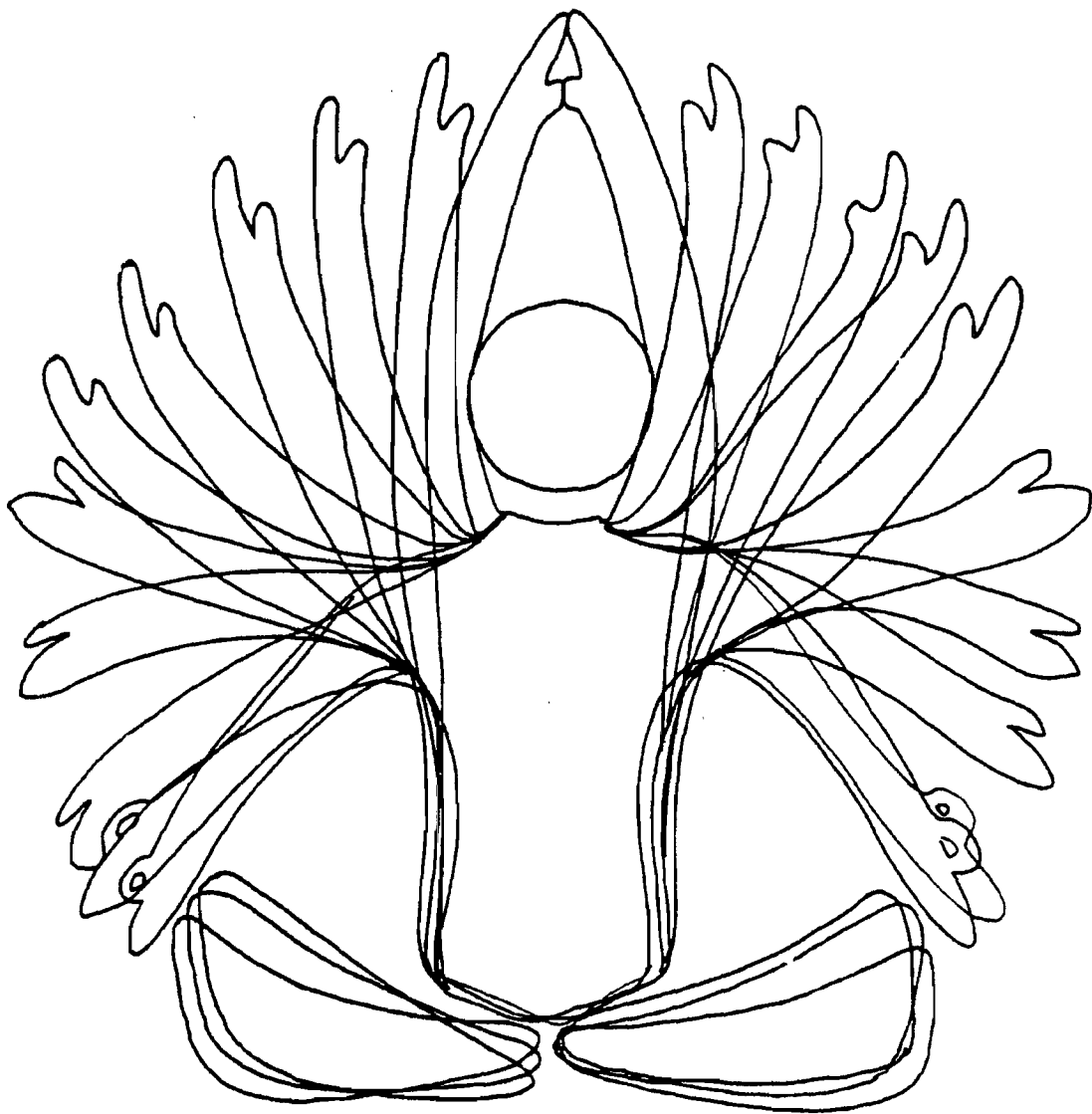


KUNDALINI YOGA MANUAL



**STUDENT MANUAL OF INSTRUCTION
AS TAUGHT BY
YOGI BHAJAN, MASTER OF KUNDALINI YOGA**

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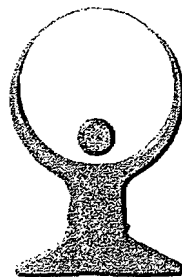
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The KRI staff and students who graciously offered their class notes and drawings to assist in this publication.

Dedication

This Manual is dedicated to the spirit and great example of our revered teacher, Siri Singh Sahib Bhai Sahib Harbhajan Singh Yogiji, who has guided us towards a life of physical, mental, and spiritual harmony with unbounded patience, tolerance, and strength. May his stay with us be a long and glorious one, and may he some day enjoy the fruits of his labors.

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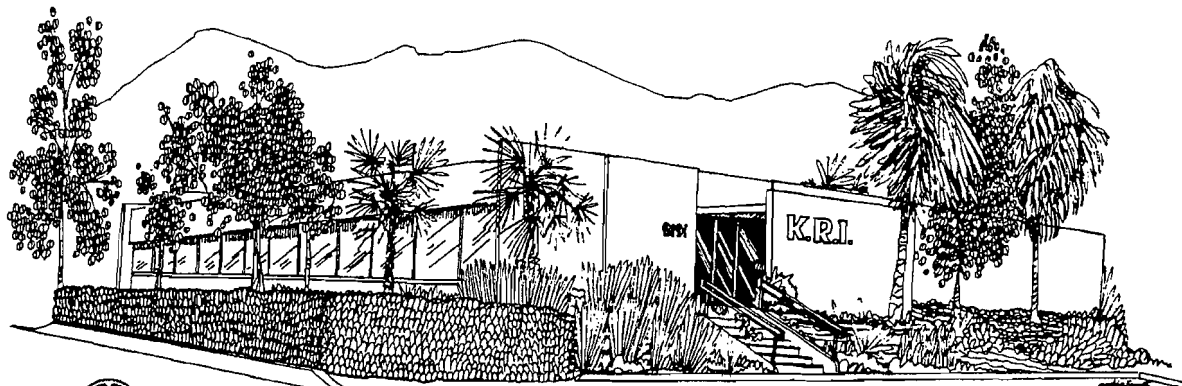
Yogi BhaJan, Master of Kundalini Yoga,
the yoga of awareness

YOGI BHAJAN

Accepting an invitation to teach Kundalini Yoga at the University of Toronto in Canada, Yogi BhaJan arrived in the West from India in 1969. He soon moved to Los Angeles where he began giving lecture series through UCLA, University of California, Los Angeles. Within a few years, the ancient teachings were attracting thousands of people and the Healthy, Happy, Holy Organization was formed with Yogi BhaJan serving as Director of Spiritual Education. (It was at this time also that Yogi BhaJan implemented the foundation of KRI, the Kundalini Research Institute.)

In his capacity as Director of Spiritual Education, Yogi BhaJan began to train teachers. There are now some 200,000 teachers and students in the United States who have been influenced by these dynamic teachings. Over 100 SHO yogic teaching centers exist in major cities across the country with classes being offered to people of all walks of life, sharing techniques for enjoying a richer, more relaxed life.

Yogi BhaJan has stated, "The great pressures of modern society which are based on scientific technology can be relieved by this science of the whole person which is known as Kundalini Yoga."



KUNDALINI RESEARCH INSTITUTE ■ 8191 MONTE VISTA ■ CLAREMONT, CALIFORNIA

Kundalini Research Institute
8191 Monte Vista, Claremont, CA 91711

The Kundalini Research Institute was formed to share the conscious technology of total living that has been taught by Yogi Bhanjan, master of Kundalini Yoga and world renowned spiritual leader. This wholistic approach to a rich and satisfying life includes the practice of Kundalini Yoga and the sharing of a community-centered lifestyle as vehicles for greater self-awareness. Four major programs for distributing the wealth of these teachings have been developed by the Kundalini Research Institute: research, education, counseling, and publication.

In the research program at KRI, the wisdom of the East blends with the technology of the West to document the physical effects of practicing Kundalini Yoga. A number of ongoing projects are currently being sponsored by KRI, some of which are in collaboration with colleges, universities, and other scientific research institutes.

An exciting and varied educational program has also been developed at KRI. Courses in exercise and meditation are supplemented by courses drawn from the tapestry of Kundalini Yoga philosophy. These classes include vegetarian cooking; natural healing; therapeutic massage and relaxation techniques; marriage, maternity, and child care; and open communications. Courses are offered through community centers, park and recreation departments, schools and colleges, private businesses, and various ashrams (yogic teaching centers).

Counseling services offered through the Kundalini Research Institute emphasize not only treatment but, more importantly, human growth. Through the integration of Kundalini Yoga methodology with traditional counseling, the client is given opportunities to experience a fuller range of his potentials. He is given useful tools for handling the stresses of everyday living. The continued positive response of clients to this technique encourages the use of Kundalini Yoga as a therapeutic medium.

KRI Publications is another important branch of the Institute. Functioning as a vehicle both for distributing the information gathered from the combined scientific, educational, and counseling programs, and as a clearing house for the collected teachings of Yogi Bhajan, KRI has been publishing journals and yoga manuals since the early seventies. This year a number of publications will be distributed nationally. These include a new periodical, Kundalini Quarterly; a series of books and manuals concerned with the techniques and lifestyle of Kundalini Yoga; and the publishing of the complete lectures of Yogi Bhajan, founder of the Institute.

By sharing the teachings with people everywhere, the Kundalini Research Institute seeks to expand the common base of man's experience so that each person can realize his part in the process leading toward a healthier, happier life for all.

PREFACE

This Manual has been assembled out of the backlog of unpublished materials collected to date from many classes taught by Yogi Bhajan during the last six years. This collection represents only a small part of the wide range of meditations and exercises that might have been included. We have attempted to provide you with a well-integrated collection, including many exercise sets taken from the Claremont College classes of early 1970. These sets are unique in their simplicity and in the physical power that practicing them will generate, (as well as in the great physical and mental peace that follows.)

Several of the meditations are taken from the "3HO Advanced Class," taught at 3HO International Headquarters in Los Angeles. This class, taught by Yogi Bhajan at regular intervals, is an ongoing vehicle and resource for the growth and inspiration of all those who have been blessed with the experience of attending it. For six years it has been the most consistent source for the latest developments and training in the art and technology of meditation.

Other meditations have been taken from the Summer Course, sponsored annually by KRI (Kundalini Research Institute) in New Mexico. Many were taught by Yogi Bhajan during morning sadhana, and represent a certain level of refinement and subtlety in technique that the more advanced student will greatly appreciate.

"Sadhana" means spiritual practice. Although every moment of the day should be lived to the fullest in conscious action, that period of time three hours prior to the rising of the sun is particularly favorable for one's yogic sadhana. It is at this time that the energies of the planet and those of the individual psyche are most physically in tune. This, then, is the best time to "tune in" to these

same energies and reap the full benefit from one's yoga practice.

It is literally accurate to refer to what we do as a "yogic practice." We are always developing in our conscious awareness as well as our yogic flexibility and attainment. Yet, in a greater sense, we always remain students--even as teachers we can always learn and benefit from the experience that practice provides.

In this spirit let us cherish each exercise set, kriya, and meditation that the present volume provides. Let us honestly practice them and derive the full benefits that they promise. Yogi Bhajan has often reminded us that "practice makes perfect," and "as you sow, so shall you reap." These ancient and universal truths beckon us to make more than a casual investment--more than the price of this publication--more than a mere superficial glossing over the contents herein.

We are called upon to make the most of the time available to us during our lifetime. If it is liberation that we are seeking then we should proceed first and foremost to the task that is ahead of us; for "there is no liberation without labor; there is no freedom which is free."

Life, fortunately, has its lighter and more entertaining side(s). Relax, be well, and enjoy the gems of wisdom and experience that you find within. Grow, glow, and radiate in the light and love of your own quest. It is towards the One that we are all directed. To see that One in everyone is our greatest privilege; to experience that One within ourselves is our greatest joy. SAT NAM and the best of all possible worlds to you all.

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HOW TO USE THIS MANUAL

Fundamentally, we all know what it is that we are searching for. In all cases, the answer to our questions will arrive via some sort of experience. In the case of our undertaking either a serious or an investigatory (out of curiosity or casual interest) yogic practice, it is still an experience that we are seeking, even though we may not know exactly what it is that we are seeking to experience. In any case, whether we consciously know it or not, at the bottom of all our seeking there is one thing that we want to explore and know--it is that unknown and uncharted territory of the inner or higher self.

This manual will allow you to do just that--explore your unknown potential. It will tell you what you need to do to get to the state of consciousness that you want to attain, though it is you who must choose which direction you will follow. Each meditation or kriya has been fully described and illustrated to provide you with sufficient, accurate information to practice it on your own. In addition, whenever possible, a thorough analysis of each exercise is made indicating the potential physiological, psychological, and spiritual benefits derived from their practice and mastery.

An index is provided at the end of the manual to help you find meditations or exercises that might deal more directly with whatever problem or growth areas you may be interested in.

Even though each of these exercises are written out in great detail and you may be able to practice them on your own; unless you are a seasoned student of Kundalini Yoga, you would do yourself a great service to visit your local 3HO teacher for introductory instruction. Many of the tech-

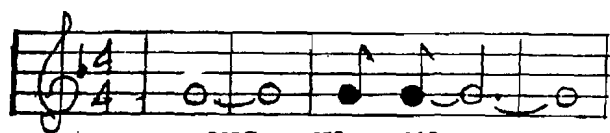
niques outlined in this manual are best learned through the instruction of a trained 3HO Kundalini Yoga teacher. A teacher can help you to acquire and develop a sense of timing and rhythm for the practice of the exercises that are included in this manual as well as those in the many other KRI publications on Kundalini Yoga. An experienced teacher can also be of great assistance to you in the matter of helping you to design a yoga regimen that is well-suited to your needs and present abilities.

Please follow the instructions for each meditation or exercise carefully, as they have been very precisely given by Yogi Bhajan to insure that the proper effects will be made possible. Do not make up your own variation. Try to master the exercise as it is--adapt yourself to the situation--don't try to change the meditation to suit your level of ability or attainment. You may have to choose to shorten the lengths of some exercises, especially the more difficult ones. In general, however, you will find that if you just practice the exercises as they are written, you will experience the results desired.

As an aid to the development of a strong yogic practice, the following guidelines may be helpful:

- 1) It is important to begin each session by centering yourself and relating to that higher consciousness that is at once the teacher and the student. In Kundalini Yoga as taught by Yogi Bhajan, we begin each class by a salutation to the infinite source of these teachings. This salutation is: ONG NAMO GURU DEV NAMO. "ONG" means infinity in its creative or immanent aspect. "NAMO" means to call upon, to bow to, and to give

salutations or greetings to. "GU" means darkness; "RU" means light. "GUR" refers to the technical know-how of consciousness elevation; "GURU" is the one or the way which embodies that technology to go from the lower to the higher consciousness. "DEV" means transparent, higher, divine. The mantra is chanted with one full deep breath as in the following musical notation:



Chanting this mantra, known as the Adi Mantra, is an act of calling on that infinity with that embodiment of higher wisdom.

2) After the chanting of the Adi Mantra, you should clear the nerve channels that are connected with the nostrils by practicing some breathing exercises.¹ One simple channel-cleansing series is as follows:

Sit in easy pose (a comfortable cross-legged position, see diagram 1), and take the right thumb and place it over the right nostril. Extend the fingers of the right hand straight up. The left hand is in Gyan Mudra, that is, the thumb and forefinger are touching at the tips; and the middle, ring, and small fingers are extended straight out. This hand is rested on the knee or thigh.

¹A number of these exercises have been described in the Guidelines for a Successful Sadhana and the Summer Solstice, 1975 manual, previously published by the Kundalini Research Institute.

(see diagram 2) Breathe long and deep for 3 minutes. Then inhale deeply, hold briefly, and exhale. Change hands and breathe long and deep through the left nostril for 3 more minutes.



Diagram 1

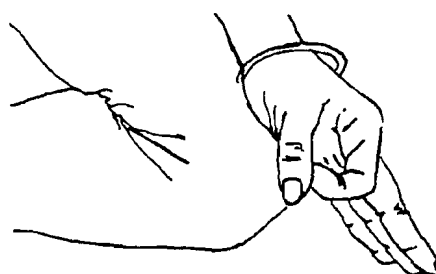


Diagram 2

After completing that, with both hands in Gyan Mudra position, do the Breath of Fire through both nostrils for 3 minutes to balance the body's energy. If you are unfamiliar with Breath of Fire, it is a rapid breath, activating the abdominal region, and is accomplished by pulling the navel in to force the air out via the nose, and releasing the navel on the inhale.

The inspiration is caused by the relaxation on the pressure against the diaphragm. Breath of Fire may be practiced slowly at first, although the optimum effect will occur when the rate increases to 150-200 repetitions per minute.

After practicing this or some other channel-clearing exercise, you may begin to practice sets

such as those included in this manual. It is better to warm up the spine as well as the rest of the body by doing Kundalini Yoga exercises before attempting to practice deep meditation. This is to prepare the nervous system to channelize the energy that deep meditation is capable of generating.

If you have an hour and a

half to practice your yoga sadhana, it is possible to tune in, practice pranayam for about 10 minutes, exercise for about 30 to 45 minutes, relax for about 10 minutes; and then practice a 31 minute meditation. A detailed analysis of several models for sadhana is available in Guidelines for a Successful Sadhana, mentioned earlier.

Yogi Bhajan, October 1969



1

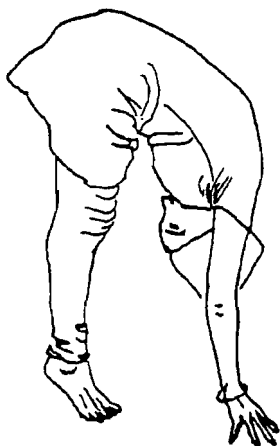
Exercise 1. Sit in easy pose with spine erect. Begin breathing long and deep through both nostrils. Focus on the life-giving flow of breath for 3 minutes. Then inhale, hold the breath a few seconds, and relax the breath.



2a

Exercise 2. Come into frog pose (2a). The balls of the feet are on the ground, touching each other. The hands are on the ground between the knees, the spine is straight, and the knees are spread wide apart. Press the chin in and down without extending the neck far forward. Put the chin firmly into the cavity at the top of the breastbone where the collar bones meet.

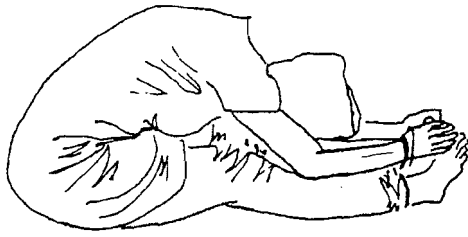
Inhale deeply as you rise up. Raise the buttocks high by straightening the legs (2b). Stay up on the toes with the hands still on the ground and the head on the torso down. Exhale completely as you come down to the original squatting position (2a).



2b

Repeat Exercise 2 ten times and on the tenth, stay down and take three deep breaths. On the third breath exhale completely and hold the breath out as you apply the mula-bandha. Feel energy rise along the spine. Hold the breath out 10-20 seconds, but do not strain.

Now repeat Exercise 2 twenty-six times, and on the last time, stay down and take three deep breaths. On the third, hold the breath out and again apply mulabandha.



3

Exercise 3. Stretch the legs out straight on the ground. Relax forward as you bend to hold the toes (3). Hold the position for 3 minutes.

COMMENTS:

The body is a temple of human expression and evolvment. We are often told by the media and friends that it wears out, has many illnesses, and is extremely fragile. But that is not true. The body is sensitive and self-repairing. As Yogi Bhajan puts it,

"This beautiful body cannot be eaten by anything except your own ego. God doesn't kill you. There is no death except your own ego, and your own negativity. That reduces the voltage of your life force so your circumvent field becomes weak and death creeps into your body. This body is beautiful. It was made by a very special imagination of the Creator."

Our own habits of possession, constriction, anger, tension, and attachment set up energy patterns within the body that disrupt the normal flow of vital energy. This opens the door to disease, both physical and mental. After all, we are creators also, and have some ability to create the environments we want to live in. We create our bodies with each thought and activity, as well as with each meal. So we need to clean the body and readjust the flow of energy periodically since we are all products of our habits and since few of us are without ego.

This kriya, which is a slight variation of the standard Frog Pose, is very powerful. You must keep the chin locked in. It readjusts the sex energy and the balance of prana and apana. It is good for digestion and brings circulation to the head. If done with powerful breaths it will make you sweat quickly.

People search for the experience of God, the experience of freedom, energy, and consciousness. If we would only purify ourselves, then God would be known to us and come to live in us. That infinite energy is the giver in every situation. We recognize it by cleaning, caring, and utilizing what we have already been given.

KRIYA FOR GENERATING NAVEL TAPA

Yogi Bhajan, Spring 1970



1a

Exercise 1. Sit in easy pose. Holding the ankles with the hands, begin Camel Rock, flexing the lower spine forward and raising shoulders on the inhale (1a). With each exhale, flex the lower spine back and relax the shoulders (1b). (This is slightly different from normal Camel Rock.) Repeat this motion 108 times. Then rest 2-1/2 to 5 minutes.



1b

Exercise 2. Lock the fingers in bear grip at the heart center (2). Move the elbows in a see-saw motion coordinated with a powerful breath. Repeat this motion 108 times.

Chant any divine mantra.

Exercise 4. In easy pose, drop the head back. Inhale. Exhale and holding the breath out pump the stomach 8 times (4). Inhale and holding the breath in, pump the stomach 8 times. Repeat this cycle 3 times.



2



4



5

Exercise 5. Relax completely for 5 minutes. Move the consciousness to the navel point. Raise the mental body above the physical body while the teacher chants long SAT NAM.

COMMENTS:

This Kriya generates "tapa," the psychic heat. Exercise 1 rhythmically pulls the silver cord as circulation is increased to the head centers. The thyroid is stimulated and heat is generated along the spine that radiates out to the rest of the body.

Exercise 2 employs a mudra that pumps pranic energy through the heart center and solar plexus to distribute and energize the nerves further. At this point chanting will be particularly effective. Sound will be supercharged with the subtle breath energy. So chant and feel the vibration throughout the body.

Exercise 4 stimulates the digestive system. You also confirm the flow of the Kundalini energy from the navel point to the head centers and back. It preserves the body and paves the way towards a positive mental projection.

When you want to experience your subtle auric body, or shake off a tension, don't hesitate to practice this kriya. It is most effective on an empty stomach.

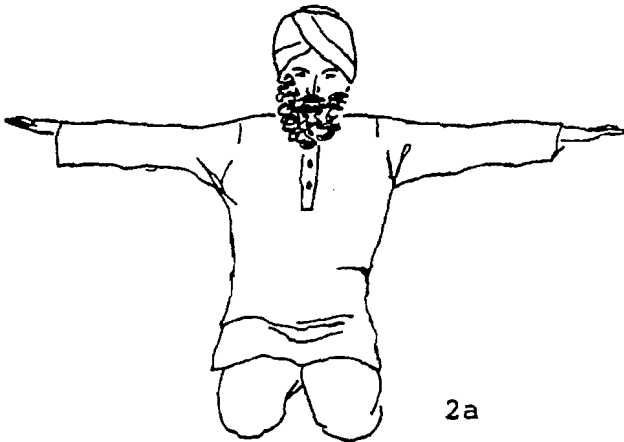
PRANA-APANA BALANCE

Yogi Bhajan, Spring 1970



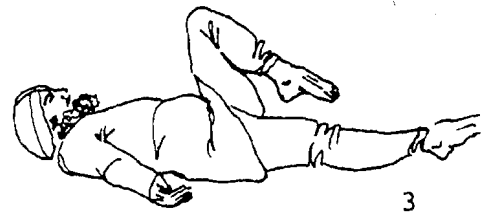
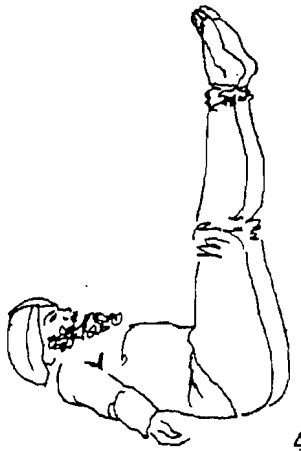
Exercise 1. Sit gracefully in Celibate Pose for 2 minutes, hands are relaxed on thighs. Breath is normal (1).

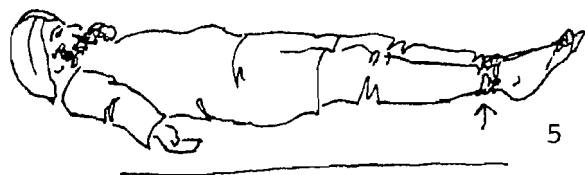
Exercise 2. Then, place the arms out from the sides, parallel to the ground, with the palms facing up (2a). Inhale for 6 counts rising up straight from the knees. Hold this position (2b) and the breath for 12 counts. Slowly exhale, taking 6 counts to lower yourself back down on to the heels. Repeat this cycle 7 times, on the 8th time clap the hands over the head.



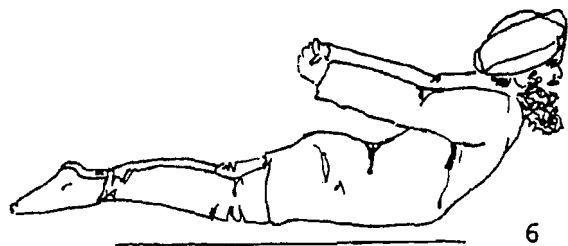
Exercise 3. Lie on the back with the hands at the sides, raise the legs 1 1/2 feet off the ground. Begin a bicycling motion (3). The legs stay parallel to the ground. This exercise must always follow the preceding one (1). Continue for 2 1/2 minutes.

Exercise 4. Immediately inhale and lift the legs to 90° (4). Hold for 30 seconds, slowly exhale and lower the legs.

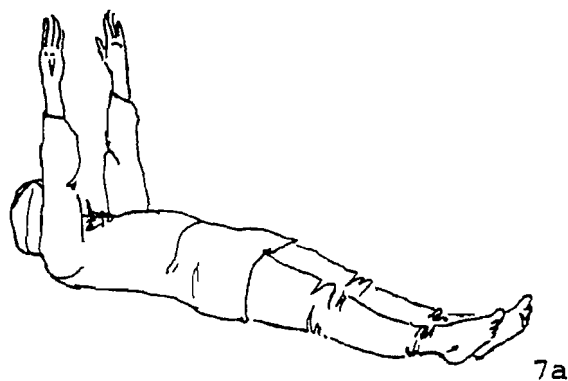




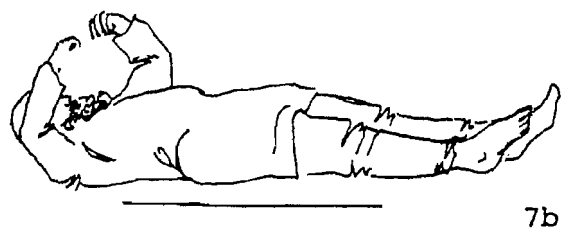
Exercise 5. Still on the back, lift the legs 6 inches and do Breath of Fire for one minute (5). Inhale, hold, then relax.



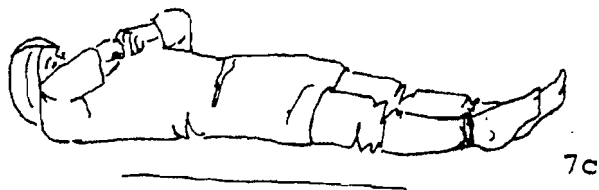
Exercise 6. Now lie on the stomach. Place the hands in Venus Lock at the small of back. Inhale powerfully and arch the spine up from the waist. Have the eyes closed. Hold this position for 30 seconds. Then exhale powerfully as you open the eyes and lower the torso. Repeat this cycle 10 times (6).



Exercise 7. Lie on the back with the arms straight up (90°), palms facing in (7a). Do Breath of Fire for 1 minute. Inhale. With a great deal of tension in the hands, arms, and chest, clench the teeth, make the hands into fists (7b) and slowly pull the energy and the fists down to the chest (7c). Exhale. Inhale raising the arms and repeat the above action one more time.



Exercise 8. Relax. Move the mind to the navel point and listen to the heartbeat there.



COMMENTS:

This Kriya is delicate and subtle in its many effects. In the Journal of Science and Consciousness #10, page 35, the importance of mixing the energies of prana and apana is emphasized. When they are properly mixed, the power of the Kundalini can be released. This set is carefully designed to mix prana and apana at the navel point.

Exercises 1, 2, and 3 stimulate the sexual, eliminative and navel energies and complete the initial mixing of prana and apana at the navel point.

Exercises 4, 5, and 6 emphasize the higher chakras and the pranic force at the eyes and heart. When you rise up in Exercise 5 be sure to close the eyes! If you perfect this Kriya but keep the eyes open it can imbalance the energy and cause temporary "dizziness" as you rebalance. Exercise 6 will allow the expansive heart to dominate in your attitudes. It will eliminate a lot of pent-up anger that hides in the form of deep muscle tension.

When you listen to the heartbeat in Exercise 7, feel like you are at home. You are resting at the center of yourself. The heart rhythm is powered by the cosmic creative sound of "ONG, ONG, ONG, ..." This will levitate you and give you mental relaxation and sensitivity.

MEDITATION ON THE SELF

Yogi Bhajan



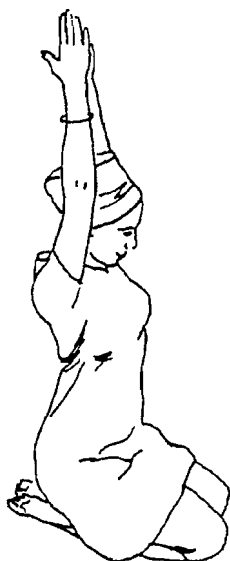
1a

Exercise 1. Sit on the heels with palms down on the thighs (1a-1b). Flex the spine forward and back rhythmically. Begin the Breath of Fire. The spine will move slower than the breath, keeping an even pace. Concentrate at the brow point. Continue for 3 minutes, then inhale, hold, and relax the breath.



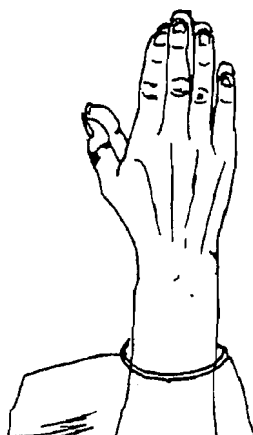
1b

Exercise 2. Immediately bring the hands over the head, the arms hugging the ears and the palms flat together (2a-2b). Begin SAT KRIYA, rhythmically pulling the navel in as you say SAT, relaxing it as you say NAM. Continue for 3 minutes, then inhale, hold the breath and apply mulabandha. Exhale, hold the breath out and again apply mula-bandha. Relax.



2a

Exercise 3. Sit in Easy Pose. Place the palms on the knees and alternately lift the shoulders in a smooth moderately-paced rhythm. Do Breath of Fire for 3 minutes (3).



2b



3



4

Exercise 4. Immediately sit in Easy Pose and meditate deeply. Feel the energy flow up along the spine. Let the light shine from your head to guide you in the path of Truth. Meditate on your past. Meditate on your present. Who are you? Meditate on your future. What do you have to accomplish? You are created by the Creator to express Himself. Meditate deeply for 6 minutes.

Exercise 5. Repeat exercises 1 through 4 with no rest between exercises.

COMMENTS:

The mind is given to you to use in self-expansion. But you do not channel it or capture it. It runs wild on old thought patterns and habits. If you cannot have the mind when you need it, it is useless. The function of mind is not just to spew out random thoughts! It is to fashion etheric elements into forms of energy that manifest through the earthly elements. A projected imagination that is guided is a fundamental power and gift of mankind.

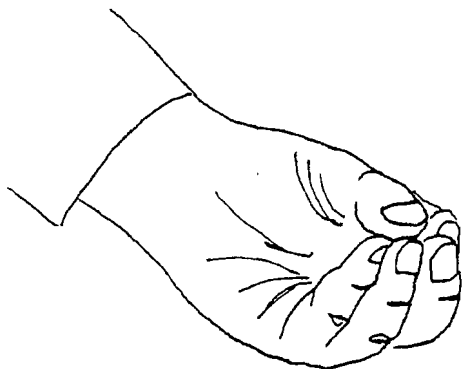
In this simple series, you raise the Kundalini energy enough to purify and calm the mind. Then you direct the mind in meditation to become aware of your identity and how you have guided it. You use the mind for self-observation, not just fantasy.

Besides being excellent training for the mind, this kriya helps improve poor digestion and channelizes over-abundant sexual energy. In a few minutes the mind can come under channelization. This is one of the beauties of Kundalini Yoga. Instead of dealing with thoughts only with other thoughts, it uses exercises that automatically bring the mind into a more agreeable state. This saves years of meditation time. The body is your finite identity. The mind is a bridge to your infinite identity which is even beyond the soul. But the mind alone has a difficult time since it lacks the clarity of identity given by the body. When you manipulate the body identity by exercises, then a clear message of guidance is given to the mind. It is not the mind that runs the body. It is actually you. The mind is another part of you. Using these two to communicate with and integrate your many parts is the science of kriya and a basis of Kundalini Yoga.

CHOKE MEDITATION

Yogi Bhajan, 31 July 1975

Sit in easy pose with a straight spine. The finger pads are all touching (1). (This is known as a praying mantis hand in the martial arts.) The fingers are then placed in the underarm area (2). This will force the spine to become very straight. The chest is out, and the chin is pulled in slightly. Close the eyes and focus on the brow point. Chant RA MA DHA SA SA SE SO HUNG.
Time: 11 to 31 minutes.



1



2

COMMENTS:

This meditation will work on your inner faculty and your ego. You have five things in your body which show your ego: two legs, two hands and one tongue. No investigator can penetrate into you if you can control these five organs. No one can know who you are. Once they don't know who you are they think you are God.

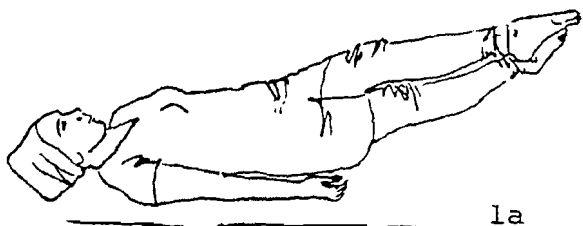
Your metabolism will go through a tremendous change in this meditation. This painful posture is like a bitter melon. The tremendous discomfort it creates is all in the head. It brings the combination of the five centers of the left and right brain into the neutral self.

This mantra is known as Siri Gaitri mantra--it will carry you through every test because it is a "big mantra." It has the eight sounds of the Kundalini in it. It is a combination of earth and ether. RA is the sun. MA is the moon. DA is the earth. SA is the infinity. SE is that totality of infinity is thou. SO HUNG means I am thou. SA SE SO HUNG is the ether mantra, RA MA DA SA is the earth mantra. It has an interconnection. SA is the link word, it comes twice. It is the tide, and SA is a reversal of the tide. Going, converting, reversing, it is a complete cycle.

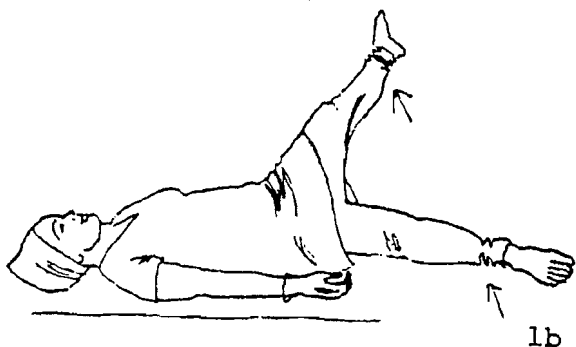
KRIYA FOR PHYSICAL AND MENTAL VITALITY

Yogi Bhajan, Spring 1970

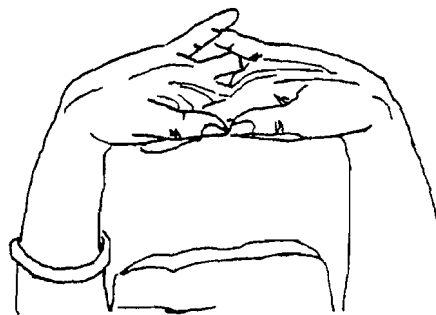
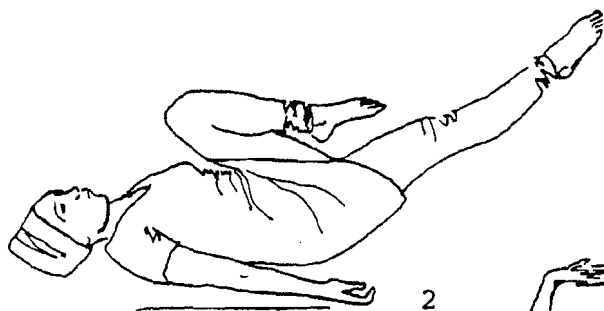
Exercise 1. Lie on your back and lift your legs to 12 inches. Begin criss-crossing your legs left over right, then right over left (1a-1b). Spread the legs wide. After 5 minutes, inhale and apply Mulabandha Rest for 2-1/2 minutes. Then repeat the cycle. Keep the legs straight throughout.



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



Exercise 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.



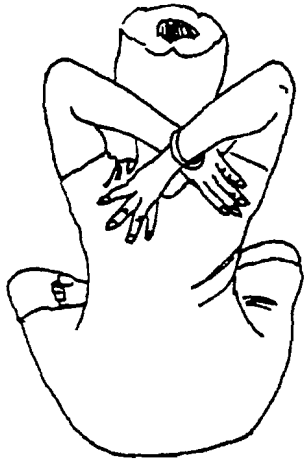


4a

Exercise 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 Mulabandha. Repeat the Mula-bandha, inhale, and exhale. Apply Mulabandha three times.

Exercise 5. Relax completely (5). Separate the mental body from the physical and move it around for about 5 minutes. Then bring it back!

Exercise 6. Chant any divine mantra.



4b



5

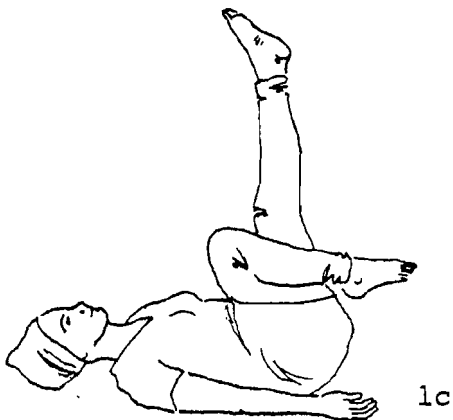
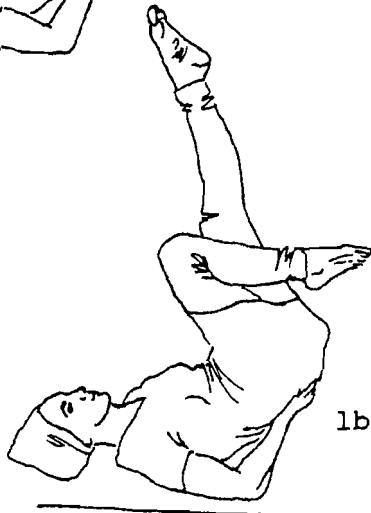
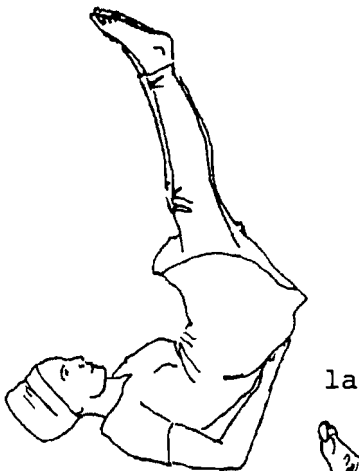
COMMENTS:

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 afterwards.

The hardest part of the series is the beginning. If you attempt the full time of the 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 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.

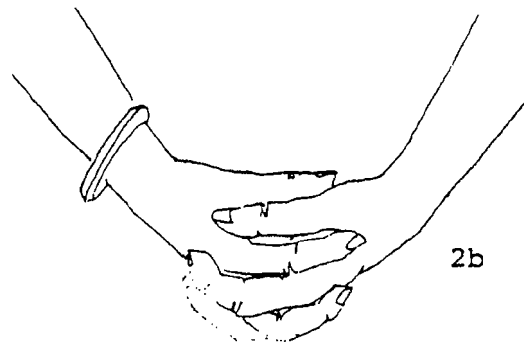
SEXUAL NERVE STRENGTH

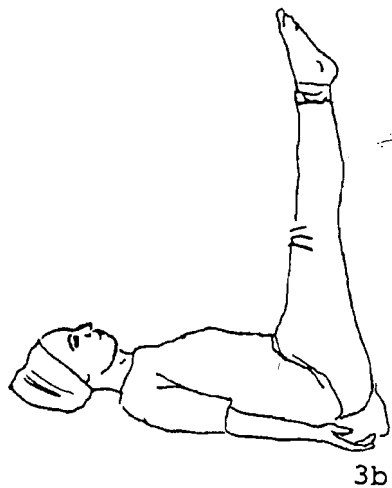
Yogi Bhajan, Spring 1970



Exercise 1. Lie on the back with the legs straight up in the air. Lift the buttocks up in the air, supported by the hands (1a). Begin to kick the buttocks with alternate heels (1b-1c). Continue for 3 minutes. Then rest the buttocks down on the ground and begin again the kicking motion. Continue for 3 minutes, then relax for 2 minutes. Now repeat the entire series, simply breathing long and deep in the second part.

Exercise 2. Sit on the heels (Rock Pose) (2a). Have the hands in Venus Lock (2b) in the lap and meditate for 2 minutes.





Exercise 3. Lie on the back (3a). Slowly lift the legs to 90° as you slowly inhale and contract the sex organs (a modified Mulabandha) (3b). Then slowly exhale as you lower the legs and release the muscle tension at the sex organ. Keep the contraction constant. Repeat between 4 and 10 times.

Relax completely.



3a

COMMENTS:

This Kriya lets the sexual energy circulate freely. Remember that 90% of the sexual energy is utilized for creative and regenerative functions throughout the body. Without a good supply of sexual force the nerves will be shaky and insensitive, and aging will occur more rapidly. Exercise 1 stimulates the nerve reflex area in the buttocks. It is a great exercise for everyone, but especially for men who need to strengthen their sexual system. Exercise 2 is for digestion. Exercise 3 adds sustaining energy to the system. It gives endurance and integrates the release of sexual energy into the other body systems.

It is good to create a habit to practice a kriya like this frequently. If you do it while you are young, the body will not fail you when you are older.

TOTAL BALANCE KRIYA

Yogi Bhajan, 12 July 1975



1a

Exercise 1. Sit in Easy Pose. Put the right hand in the lap. Lift the left arm up to the side at 60°, fingers together. With the palm facing up, stretch the fingers and pull the wrist downwards (1a). Keep elbow and spine straight. Pull back as far as possible. It will put a pressure on the elbow muscles. Change hands. Continue for 4 minutes on each hand.



1b

Now hold both arms up at 60° and pull both wrists back (1b). "Meditate calmly on the flow of energy... just sit quietly in that posture and let the energy start balancing you. The breath will start going in and out at a particular rate. It will correspond to the energy flow." Do this for 4 minutes.

Exercise 2. Hold the arms up at 60°. Place the thumbs inside the fists. Move the fists in circles around the wrists (2a). Keep the elbows straight. Just go slowly through each round. These are very simple exercises. There is no hurry, or pressure of any kind. Continue for 3 minutes.



2a



2b

Now bring the arms out parallel to the ground, still keeping the fists. Do the same motion as above, adding to it a circular motion in the elbows (2b). Continue for 3 minutes.



Exercise 3. Sit in Easy Pose, with the arms out to the sides, parallel to the ground, the elbows are straight, the neck is straight (not pulled in). Fix the fingers and thumb together cupping the hands slightly (3). Do not use Breath of Fire or heavy breathing. Go past the stage of wanting to yell and there will come a time when AHHH will just come out. Do this for 10 minutes.



Exercise 4. Stretch the arms up over the head with the elbows touching the ears. Make fists with the thumb inside (4). Stretch the first finger, and close it; 2nd finger, close it; 3rd finger, close it; 4th finger, close it; 1st finger, close it, and continue. Open each finger completely. This is a brain exercise. Continue for 2 minutes.

Exercise 5. Cobra Pose, stick the tongue all the way out, with the chin held up (5). Breathe long and deep through the mouth. Continue for 2 minutes.



Exercise 6. Sit in Easy Pose (6). Stick the tongue out and curl it. Inhale through the rolled tongue and exhale through the nose. Continue for 3-1/2 minutes.





7

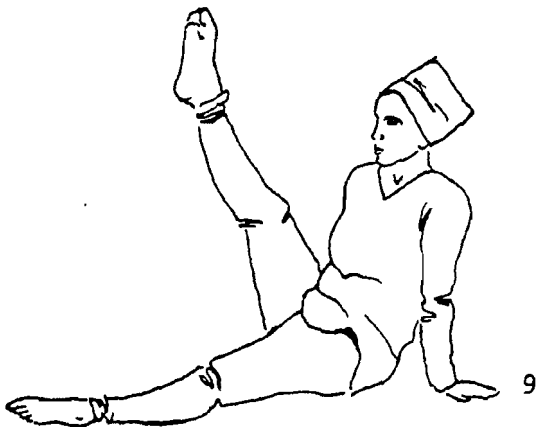
Exercise 7. Sit in Easy Pose. Place the hands on the knees (7). Deeply roll around grinding on the buttocks. Do 52 rotations in each direction.



8

Exercise 8. Sit in Easy Pose with the arms bent at the elbows in front of you and the hands hanging loosely. Begin rolling the shoulders forward. Continue for 3 minutes.

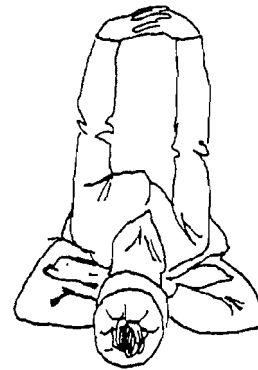
Exercise 9. "Celibacy Kick." Stretch the legs straight and place the hands on the ground. Raise alternating legs, bringing each knee to the nose and then back down (9). Do not bend the legs. This affects the lower spine. It will open up your sinuses if done properly, and will work against any headache. Continue for 3 minutes.



9

Exercise 10. Sit in Lotus Position. Interlock the hands behind the back and bring the head down to the ground in front. Raise the hands up (10). Be very peaceful in this position. Continue for 2 minutes.

Keeping up the same position, chant HEALTHY AM I, HAPPY AM I, HOLY AM I for 1 minute. Inhale and pull up further. Then relax the arms down.



10



11

Exercise 11. Maintain the Lotus Pose. Stretch the arms out in front parallel to the ground. Interlace fingers and extend the first fingers together pointing forward. Keep a straight spine and straight elbows. Continue for 3 minutes.

COMMENTS:

This Kriya balances the aura and electromagnetic field, stimulates the elimination of body toxins, develops muscular coordination, and gives balance to the brain. It is a great practice to stay in tune particularly if you have something to do that requires quick clear decisions, and delicate manipulations. It is also excellent to practice if your work gives you brain fatigue and mental sluggishness.

Exercises 1 through 4 give balance to the aura, muscles, and brain. Exercise 3, and 4 are especially good for brain balance. Exercise 3 was used as part of a system of therapy for the mentally imbalanced. They would feel great pain and yell and scream. But the pain is only a record of the amount of brain adjustment needed.

Exercises 5 through 8 work on breaking the deposits and tension of poor digestion and high toxicity. Exercises 9 and 10 open the head and lung areas. Exercise 11 consolidates your mental projection into a one pointed positivity towards yourself and your daily tasks.

KAURI KRIYA

Yogi Bhajan, 8 July 1975

Sit up straight, with the hands in Gyan Mudra. Inhale deeply and in a single breath chant:



SA RE GA MA PA DHA NE
SA TA NA MA RA MA
DA SA SA SE SO HUNG

This mantra is chanted as in a normal major scale (DO RE MI FA...) Begin with a low note to enable you to complete the nineteen components of this mantra.

Inhale deeply and repeat. One cycle takes about 15 seconds. This Kriya may be practiced for any length of time, the longer the better.

COMMENTS:

Kauri Kriya is a first step towards raising your energy from the lower to the higher centers. It will take the apana (eliminative energy) into the prana (generative energy) region, balancing and aiding in properly channeling these energies. Eventually, prana and apana will both end up in Saraswati, the lotus of one-thousand petals. This will turn the chakra upside-down so the nectar will run out of it. "By virtue of the Nam the nectar starts dripping in me."

This Kriya will give rhythm and melody to all your utterances. Any prayer that is lacking in these two areas will not be answered

Contained in this Kriya are mantras of the earth SA RE GA MA PA DHA NE SA; mantras of the ether SA TA NA MA; and the Siri Gatri mantra RA MA DHA SA SA SE SO HUNG. In ancient times, this kriya was practiced by large groups sitting under a single dome in concentric circles. A single person would sit in the middle and lead the chanting. Besides the effects of balancing the inflow and flow of energy, this kriya will make the glandular system secrete totally in the same way that it does on the 11th day of the new moon (a time of lunar fasting where no food or liquid is taken to potentiate the secretory process of the glands). An added result of practicing this kriya is that it will help you to reduce weight. Also, the total effect of it is increased if you not only chant the mantra but also listen to it.

MEDITATION TO TAKE THE FINITE TO THE INFINITY

Yogi Bhajan, 2 October 1972



Sitting in Easy Pose and with the spine straight, place the hands in receptive Gyan Mudra. Raise the arms as though you were being held up. Concentrate at the third eye point, between the eyebrows at the root of the nose. Slowly and rhythmically chant the mantra WAHEGURU, broken up into the syllables:

WA HE GU RU

Continue for 11 to 31 minutes.

COMMENTS:

In every question (GU) there is an answer (RU). WHA is that infinite that encompasses both. "The moment you want to live in stagnation, you stink. If you want to live for something, live for infinity. The infinite is an unknown totality, while the known is individuality. Achieving neutrality will lead you through the times."

It is through practicing meditations such as this one that you will gain the experience and capacity to go into deep meditative consciousness. Use this experience and time to fully explore the infinity at the center of neutrality.

MEDITATION ON THE SOUND CURRENT ONG

Yogi Bhajan, 26 September 1974



Sit with a straight spine.
Chant ONG 12 times per minute for
1-2 minutes. Inhale quickly between
each call. Then chant rapidly at a
rate of about ten repetitions every
five seconds. Then chant powerfully
for 1 minute. Relax and meditate
within.

COMMENTS:

ONG is the sound of infinity as it is heard through the conch when we put in the breath of life. The sound of the conch is only an expanded ONG. When a disciplined yogi practices this at the center of the nose, his entire brain gets a very powerful vibration, then the nectar starts running.

If you start coughing while practicing this, it is a signal that the thyroid gland is having trouble taking the pressure of the chant. The thyroid gland is responsible for keeping you young and beautiful.

This sound gives a man three things: power, beauty, and youth. Through the time man started writing about it and reading about it, but he stopped practicing it--and the result was that he even forgot what the sound is. Then man became a shopper, going and begging from place to place, asking for peace. He forgot that what he was asking for was already within himself.

DHRIB DHRISTI LOCHINA KARMA KRIYA

Yogi Bhajan, 10 October 1973



Sit with a straight spine. The shoulders and hips should be in line. Now, lock the tips of the front teeth together. The eyes should look at the tip of the nose towards the chest. The tongue touches the upper palate (this should occur automatically within about 1 minute). Project the mantra SA TA NA MA out from the third eye. Beam it out, creating an internal harmony. Continue for 31 minutes.

COMMENTS:

Dhrib Dhristi Lochina Karma Kriya: the "action of acquiring the insight of the future"--this powerful yet simple meditation was first taught on the eve of a full moon. When practiced at this time, the effects are great as the subconscious mind is fully open to the vibratory action of the meditation. Although most meditations and Kriyas require long periods of practice and mastery, it is possible to master this one in a single or several sittings. This is explained by the wide range of individual differences between meditation practitioners and the uniqueness of this particular meditation. Honestly practice this meditation and the following things will happen: your eyes will have the power to heal anyone; your words will have the power to penetrate deeply; you will learn to talk inspiringly and your words will always represent the truth of a given situation (this is known as "vac siddhi"); you will be able to project your personality or your bodily sensations, anywhere; lastly, you will always know the consequence of any sequence that you may start.

The meditation should be practiced for at least 31 minutes at a sitting. The minimum (compromise) time is 15 minutes, and to master it you should practice for one and one-half hours. Three hour's practice will open up the psychic capacities.

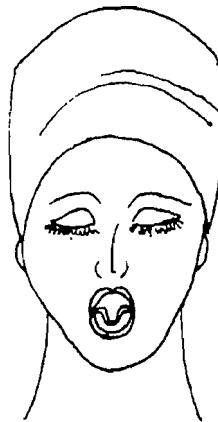
SITALI KRIYA

Yogi Bhajan, 30 July 1975

Sit with a straight spine in a comfortable crosslegged position (1). Take the tongue and roll it into a "V," with the tip just outside of the lips (2). Inhale deeply through the rolled tongue, exhale through the nose. Continue for a minimum of two to three minutes.



1



2

COMMENTS:

This Kriya gives you power, strength, and vitality. It is helpful to practice it whenever you get a fever, sickness or discomfort. It is a cure within you. At first the tongue will be bitter then it will become sweet. Once it becomes sweet, you will have overcome all sickness inside.

This is an excellent Kriya to do before chanting Siri Gaitri (see CHOKE MEDITATION in this issue). It is also good to do 26 times in the morning and 26 times in the evening.

People who practice this Kriya have all things come to them that they need by the planetary ether. In mystical terms, you are served by the heavens.

EXERCISES FOR BODY CLEANSING AND DISEASE PREVENTION

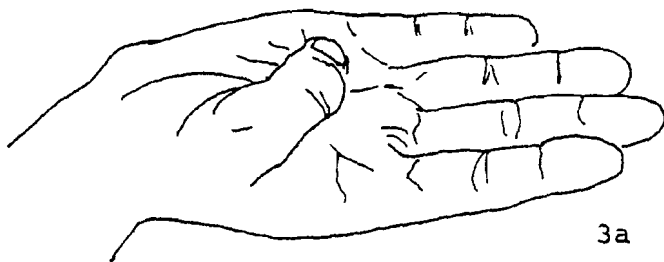
Yogi Bhajan, 17 July 1975



Exercise 1. Sit in Easy Pose and extend the arms out parallel to the ground with the elbows straight. Make the hands into fists with the Saturn finger extended. Begin circling the arms backwards (1). There should be no looseness. The movement should be tight and powerful. Continue for 5 to 10 minutes and then increase the speed for 2 more minutes.



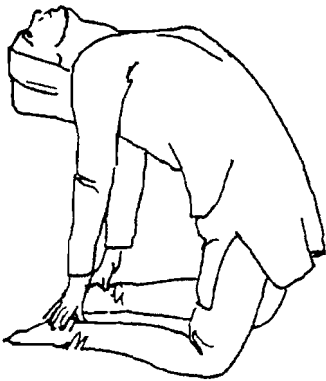
Exercise 2. Sit in Easy Pose and join the hands in Venus Lock behind the head (2). Like a grinding wheel roll the total spine around on the hips by working the abdomen. Roll down to the bottom and around in deep circular motions. Continue for 3 minutes.



Exercise 3. Sit in Easy Pose and put the thumbs on the pad at the base of the little finger (3a), (at the mound of Mercury). Put arms out parallel to the ground with the palms facing down (3b). Alternately begin to raise one arm to 60° while the other arm goes down 60° . Continue fast and powerfully for 3 minutes.

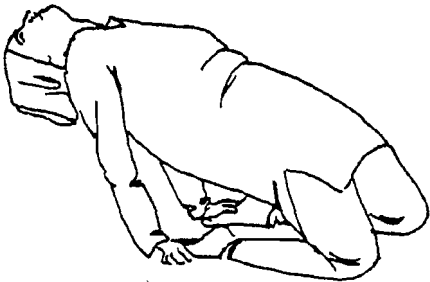


Exercise 4. Get into Camel Pose (4a). Bend the elbows and lower the body back as far as possible (4b). The head does not touch the ground. Continue going up and down for 2-3 minutes.

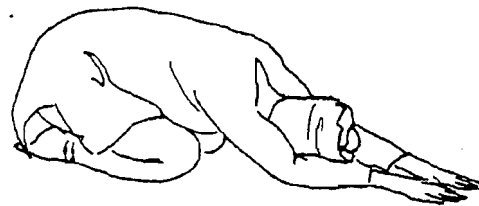


4a

Exercise 5. From Camel Pose, come forward and bring the forehead and arms to the floor (5). Then go back into Camel Pose. Make this a continuous motion. Keep up for 2 minutes.



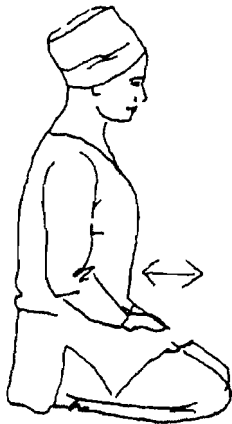
4b



5



6



7

Exercise 7. Sit on the heels. Inhale and pump the stomach in and out as many times as possible (7). Exhale and pump as many times as possible. You can do it about 50 times if you like.

Exercise 8. Roll the spine around on the buttocks 52 times to the left and 52 times to the right (8).



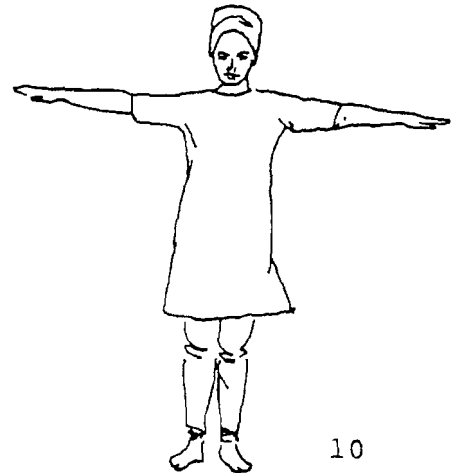
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Exercise 9. Sit on the heels. Make the hands into fists with the thumbs inside (9). Powerfully pull one arm back while the other extends forward. As each arm is extended its full length, the fingers open up as if they were grabbing something. They close quickly and then pull very powerfully towards the body. Continue alternating arms for 3 minutes.

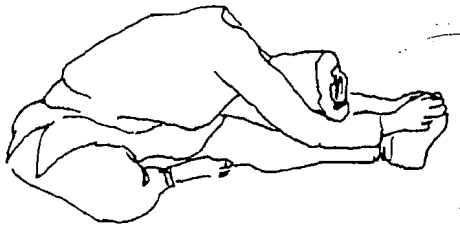
Exercise 10. Stand Up. Hold the arms parallel to the ground with the palms facing the floor (10). Very slowly begin tilting one arm up as the other goes down. Continue for 5-7 minutes.



9



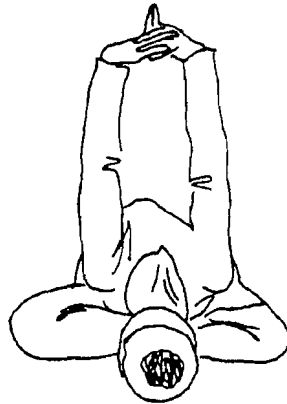
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11

Exercise 11. Sit down. Extend the left leg forward and put the right foot into the groin. Catch the left toe and bend slowly down to the left knee (11). Hold this position for 2 minutes on each side.

Exercise 12. Sit in Lotus or Easy Pose, clasp the hands behind at base of spine with the index fingers outstretched and together (12). Bend forward and raise up the arms as high as possible. Come back up. Bend forward towards the right and raise the arms up; come back up. Bend to the center, come up, to the left, come up, to the right, up.... Continue for 3 minutes. Relax.



12

COMMENTS:

This set is specially recommended for women as a regular practice. It wards off menstrual problems, breast cancer, and excess emotionality. It is good for men too.

Exercise 1 gives the mind calmness and strength to judge each situation. Exercise 2 cuts down excess waistlines, improves digestion and builds your overall power of recuperation. Exercise 3 strengthens the aura, your power to communicate clearly, and removes the deposits in the shoulder area. Exercises 4-5 are for the lower back and sciatic nerves. They prevent headaches and adjust the thigh area. Exercise 6 is for the magnetic field, heart, and shoulders. Exercises 7 and 8 can correct any imbalance between the diaphragm and the sex organ. They are valuable exercises for rebalancing the navel point

energy. Exercise 9 is for the area of the lungs and for adjusting the hip bones. It also helps avoid breast cancer. It gives you a strong sense of your own centeredness. Exercise 10 and 11 work on the mental equilibrium and release anxiety. The last exercise corrects problems of the colon and liver areas.

This entire set is a good example of practical preventative-self-health care. When the body has become diseased, it is very difficult for preventative measures to be fully effective. A regular practice of kriyas such as this one, will aid in the assurance of a longer and healthier life.

THE HEALTHY, HAPPY, HOLY BREATH

Yogi Bhajan, 10 July 1975

Sit in any easy form that keeps the spine perfectly straight. Bring the mental focus to the brow point. Take a deep full breath and inhale through the nose. Hold the breath by suspending the chest. Silently repeat 3 times the mantra:



HEALTHY AM I
HAPPY AM I
HOLY AM I

As you exhale repeat the mantra out loud. Each repetition of the phrase takes about five seconds. Continue this way for 11 minutes. Then inhale deeply, relax the breath and sit silently for a minute or two. Then inhale deep, stretch the arms up over your head with the fingers interlocked, and pull up the spine.

COMMENTS:

This meditation uses the power of the breath to enhance the depth of the effects of the basic mantric phrase Health, Happy, Holy. A person who does this meditation properly will breathe two and a half times per minute. This shift from the normal 12-15 breaths per minute change is significant. According to Yogi Bhajan, once the breath rate is lower than four per minute the central brain starts functioning more intensely. The pineal and pituitary glands shift their relationship to each other. In this condition the effects of outer and inner sound is greater. The mantra will become more penetrating. A larger portion of yourself will be able to synchronize and carry out your intentions. In the yogic Shastras, mantra without breath regulation is considered to be a low grade of energy to run your mind on.

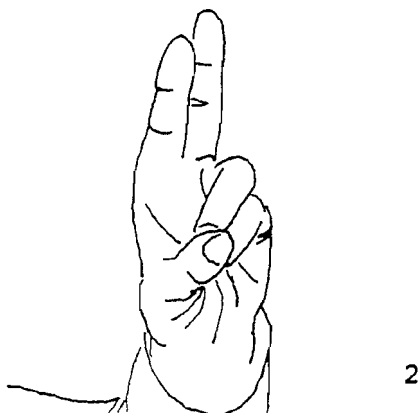
When you are teaching this meditation it is best to guide the student by saying the mantra out loud as they hold the breathe. The extra guidance will help the students to focus on the mantra and relax.

MAHAN GYAN MUDRA

Yogi Bhajan, 9 October 1972



Sit with a straight spine in a comfortable cross-legged position. Pull the elbows in and the shoulders back, creating a pressure on the spine between the shoulders and the nape of the neck (1). Place the thumbs over the Sun and Mercury (third and fourth) fingers, extending the Jupiter and Saturn (index and middle) fingers straight upward (2). The hands are held at ear level. Focus the concentration on the top of the head. Breathe long and deep. Continue for 11 minutes.

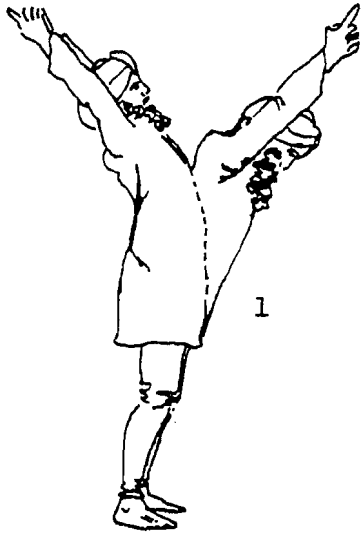


COMMENTS:

You must feel that you are saintly. Don't say that Jesus was great. Say that he was a great master who taught the technique to be great. This meditation brings you into the realm of thoughtlessness, quickly. It will help you realize that you don't have to redeem yourself--you are already redeemed. When the inside calmness will be received, it will lead you to the entire universe, and nature will serve you and be in harmony.

WORKING THE TOTAL SELF

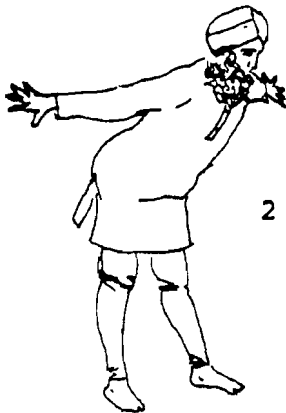
Yogi Bhajan, 10 July 1975



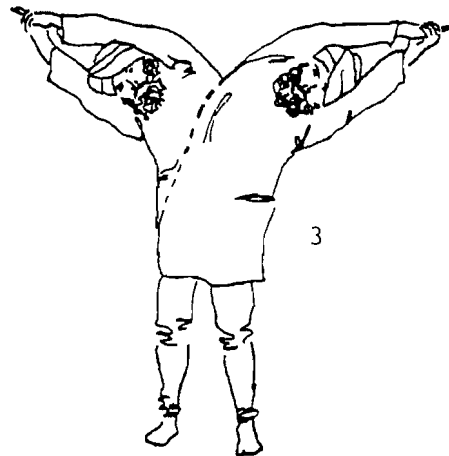
Exercise 1. Stand up and raise the arms straight up over the head with the hands interlocked and the first finger pointing straight. Begin bending slightly back and then forward, balancing on the second vertebra (1). You will feel the entire pressure on your calves if you are balanced. Continue for 3 minutes.

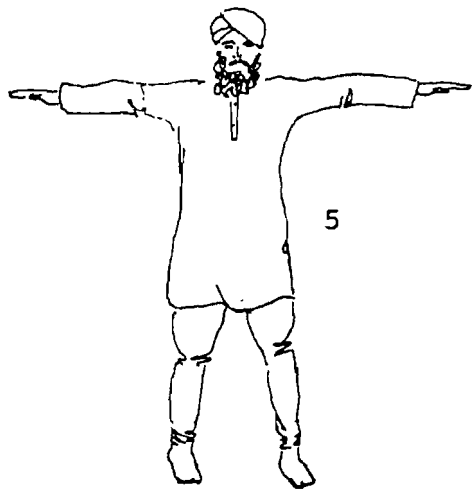
Exercise 2. Still standing, bend forward and let the arms extend out to the sides with the fingers stretching apart. Hold for 3 minutes with long, deep breathing (2).

Exercise 3. Stand in the same position as in exercise 1. Bend to the right side and hold for 3 minutes with long deep breathing. Then bend to the left side and hold for 3 minutes (3).



Exercise 4. In the same position, begin rotating to the right in a complete circle grinding on the buttocks. Bend as far as possible in each direction (see 1 & 3). Continue for 3 minutes, then repeat exercise rotating to the left.

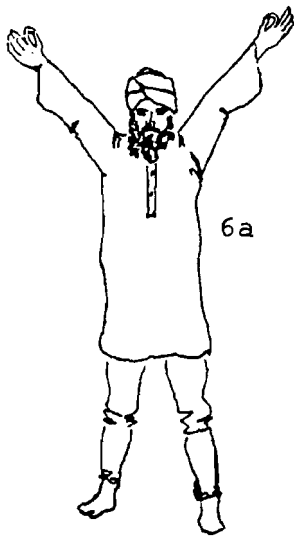




5

Exercise 5. Stand with the legs about 18 inches apart and the arms parallel to the ground, palms down. Twist from side to side, inhaling to the left and exhaling to the right (5). Continue 3-5 minutes.

Exercise 6. Standing in the same position, raise the arms up to 60°. The hands are in Gyan Mudra (6a). Begin lowering the torso by bending the knees. Do not squat completely to the ground (6b). Continue this motion for 3 minutes.



6a

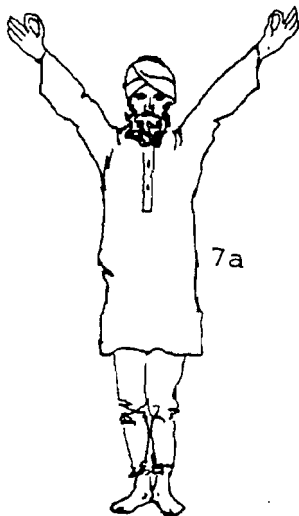


6b

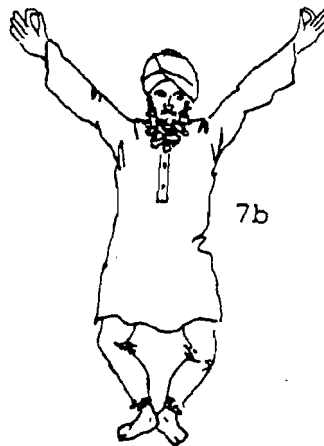
Exercise 7. Now bring the heels together and continue in the same motion (7a-7b). Begin chanting SA as you go down, TA as you come up, NA as you go down, and MA as you come up. Continue for 3 minutes.

Exercise 8. Come into Triangle Pose and raise the left leg up (8). With long, deep breathing, hold this position for 2 minutes. Switch legs and then repeat each leg one more time.

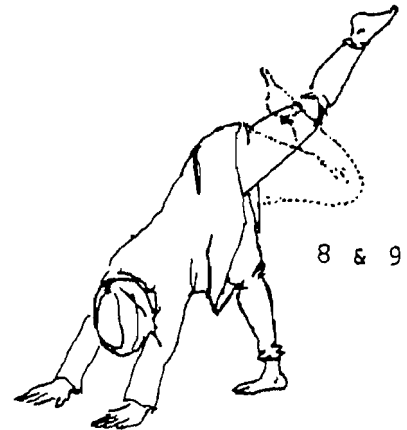
Exercise 9. In the same position, begin kicking the buttocks with the raised leg (9). Continue for 1 minute with each leg.



7a

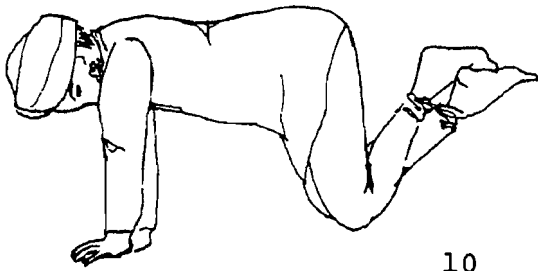


7b



8 & 9

Exercise 10. Come down on your hands and knees. Lift the lower half of the legs up in the air and cross them. Begin criss crossing the legs in a rapid motion (10). Continue for 3 minutes.



10

Exercise 11. Come into Camel Pose (11). Continue for 3 minutes with long, deep breathing.

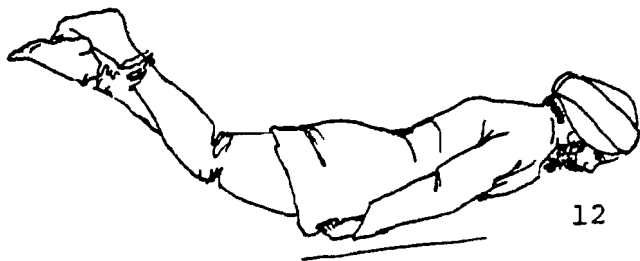


11

Exercise 12. Lie on the stomach. Cross the legs at the heels, place the fists under the groin, and lift the legs up coming into Locust Pose (12). Continue for 3-5 minutes.

Relax for one minute.

Exercise 13. Come into Bow Pose (13). After one minute, begin rolling on the stomach for one more minute.

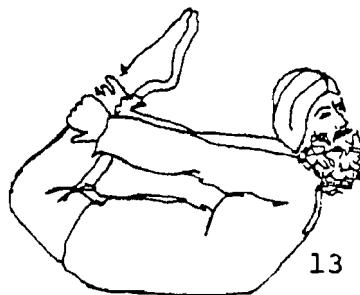


12

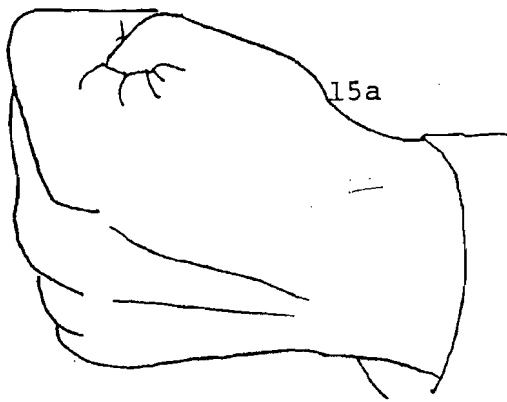
Exercise 14. Sit in Easy Pose. With the hands on the knees, begin rolling the torso in complete circles on the buttocks (14). As you go forward, the spine straightens, as you go backwards, it relaxes. Continue 52 times in each direction.



14



13



15a

Exercise 15. Sit on the heels. Make the hands into fists with the thumbs inside (15a). Powerfully pull one arm back while the other extends forward. As each arm is extended its full length, the fingers open up as if they were grabbing something. They close quickly and then pull very powerfully towards the body (15b). Continue alternating arms for 3 minutes.

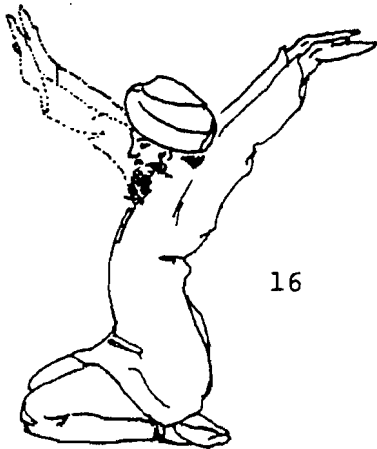


15b

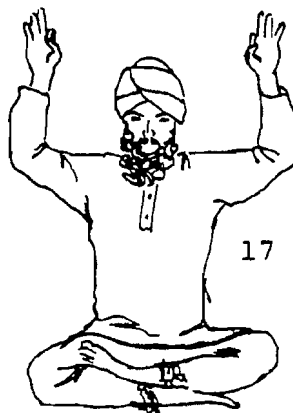
Exercise 16. Sit on the heels with the hands on the knees. Begin raising the arms up behind the head and back down to the knees (16). Continue for 3 minutes.

Exercise 17. Sit in Easy Pose. The hands are in gyan mudra and raised up above the head (17). Begin chanting: SA RE GA MA PA DA NI SA in an ascending major scale, and SA NI DA PA MA GA RE SA in a descending major scale. Continue for 5-10 minutes.

Exercise 18. Sit in Easy Pose. Cross the hands over the chest. They are just outside the armpit. The chin is tucked down (18). In this position, chant: Gobinda Gobinda, Hari Hari for 3-5 minutes.



16



17



18

COMMENTS:

This set is a complete workout of the self. Exercises 1 to 3 build the aura and circulation. Exercises 4 and 5 balance the aura and sexual energy. Exercises 6 to 12 stimulate the pranic functions and loosen the spine. Exercise 13 rebalances the entire auric circulation and takes you into a deep meditation that gives you a sense of security and that activates your self healing capacities.

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