

Transitions to a  
Heart-Centered World  
with  
the Kundalini Yoga and Meditations



of  
**YOGI BHAJAN**  
by  
Guru Rattana, Ph.D.  
and Ann Marie Maxwell

# ***Transitions to a Heart-Centered World***

**with the Kundalini Yoga and Meditations of Yogi Bhajan**

**Second Edition**

**by**

**Guru Rattana, Ph.D.  
and Ann Marie Maxwell**



**Open Your Heart**

**Heal Yourself and Others**

**Experience Inner Peace and Joy**

**Relax and Attract Opportunities**

**Live in Abundance and Prosperity**

**Strengthen Your Nervous and Immune Systems**

**Raise Your Energy to Synchronize with the Frequency of Love**

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**Nothing in this book should be construed as medical advice. Always consult your medical doctor or licensed healthcare practitioner to ensure that the lifestyle changes and exercises are appropriate for your personal health condition.**

## DEDICATION

*With love and gratitude  
to my Beloved Teacher Yogi Bhajan  
and his wife Bibiji Inderjit Kaur*

*By spreading his teachings  
may we emulate and share their spirit of  
selfless giving, love, and grace.*





## **Kundalini Yoga**

**Kundalini Yoga is the uncoiling of the being.**

**It is the potential of creativity of the Infinite in the finite.**

**It is the widening of the behavior, and it is ultimate happiness in life. It is super-humanly human.**

**It is intelligence.**

**It is grace.**

**It is utmost compassionate being.**

**It is classic Truth which radiates in every facet of life.**

**It is a scientific technology which can be learned and taught.**

**It is taught; it is not a momentary diversion to look unusual or feel unusual.**

**It is the central nerve system we are talking about which extends the grasp of the brain to imagine Infinity in its totality, and then it is a gradual process to work for that experience.**

**It is a scientific technology for happiness.**

**–Yogi Bhajan**



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*Love to all.*

*Light to all.*

*Peace to all.*



# ***Introduction to Second Edition***

Over a quarter of a century after the first publication of *Transitions to a Heart-Centered World*, I am delighted to offer this revised and updated edition. *Transitions* was the very first Kundalini Yoga manual I wrote and has remained the most popular throughout the years. The theme of moving into heart-centered consciousness is not only still relevant, it is essential for making a successful transition into the Aquarian Age, for the survival of the planet and for world peace.

The original manual was produced on a typewriter purchased in a used office equipment store! It is a relief to be able to correct the typographical errors of that original version and present this material in an updated format.

I've enjoyed the process of revisiting the major themes in this book with a deeper understanding and witnessing how they have served as the foundation for all my subsequent Kundalini Yoga books and courses that I have developed. The worldview-shifting ideas as first written down in this manual offered us prophetic guidelines for an awakening into heart-centered consciousness. The original concepts and technology shared by Yogi Bhanan remain revolutionary, valid, and vital in our current times.

## **Kundalini Yoga and Meditation**

The sacred technology of Kundalini Yoga and Meditation has been practiced in the monasteries of India, Tibet, and Nepal for thousands of years. For millennia the teachings were imparted only to a select few and passed down by word of mouth from guru to student. This knowledge was a guarded secret until Yogi Bhanan, a master who was able to receive and transmit this information, brought it to the West in 1969.

Yogi Bhanan taught thousands of kriyas and meditations, a treasure chest of spiritual practices that attests to his tireless dedication to making this transformational technology available to the public. He operated from the belief that this knowledge belongs to everyone!

In this manual, we share many kriyas and meditations that have been preserved from student notes of Yogi Bhanan's earliest classes. Back then, there was no organized system to record these teachings. A few students took notes, but there were no audio recordings or videos, and Yogi Bhanan did not allow the publication of any of the kriyas for the first few years.

## **Our Contribution and Mission**

When I met Yogi Bhanan and began practicing Kundalini Yoga in early 1977, there were only a few available published materials, which were very precious to us. At that time, I was living on the East Coast, including four years in the Millis (Boston) ashram. In 1985 I moved to San Diego, where I advertised my yoga classes in a local newspaper. A woman named Ann Marie Maxwell responded

with interest, but did not show up for classes. I called her back several times (no Internet in those days!) and finally found out that she couldn't pay for the classes. She had just quit her job as a professional night club dancer because she could not tolerate the cigarette smoke.

I suggested a trade, and she offered to teach me belly dancing. I wasn't interested at the time and invited her to come anyway. Operating from trust and generosity opened the space for the Universe to send me an unexpected gift: Ann Marie would become an invaluable collaborator in the creation of my first four Kundalini Yoga manuals.

After attending classes for several months, Ann Marie showed up with some rather rudimentary little booklets she created with kriyas she had practiced in my classes, which she illustrated with her delightful drawings of the poses. It didn't take long for us to figure out that we were being directed to create manuals ourselves. I collected my notes, the few existing published materials, and a big compendium of unpublished student notes from Yogi Bhajan's early classes. We went to work sorting, writing up, and illustrating (all art work was done by Ann Marie) as many kriyas and meditations as we could decipher from the stick figure drawings and sketchy notes.

I had always been intrigued by Yogi Bhajan's message that in order to get to and stay in our heart, we had to first cultivate a powerful and stable base in our lower chakras. We felt directed (undoubtedly by Yogi Bhajan) to make this the topic of our first manual. Accordingly, we selected all the kriyas and meditations related to strengthening the navel center and the lower chakras and relevant to opening the heart center. When Ann Marie asked me what the title should be, the words ***Transitions to a Heart-Centered World*** immediately flowed from my mouth.

In retrospect, it is obvious to me that Yogi Bhajan was (and still is) working with me to make his teachings available to world. When I presented this first manual to him, he looked at it, or, more accurately, he looked *through* it with his masterful perception. He then gave me his nod of approval and said, "Keep these manuals coming!" As so we did, writing in two years (1988 and 1989) three more books: ***Relax and Renew, Sexuality and Spirituality***, and ***Introduction to Kundalini Yoga***. We were honored to be able to assemble this information according to these topics for the very first time.

It is with deep gratitude and thanks to Yogi Bhajan and to all those who have helped realize this project that we offer you this second edition, which includes all the original kriyas and meditations of the first edition. In addition, the opening chapters on the Piscean to Aquarian Age, the chakras, and the basics of Kundalini Yoga have been completely revised and updated with new material and insights.

Guru Rattana, Ph.D.

San Diego, California, February 2014

# Chapter 1:

## *Transition from the Piscean to the Aquarian Age*

Planet Earth and all her inhabitants are currently experiencing the challenging transition between the Piscean and Aquarian Ages.<sup>1</sup> Because the shift between ages occurs approximately every 2,000 years, the “entry” into the new age is both gradual and intense. Calculations for the beginning of the Aquarian Age vary. Yogi Bhanan designated 11/11/2011.<sup>2</sup> The Mayan calendar and many other systems set 12/21/2012. A definite energetic shift occurred during the month of December 2012. What we do know for sure is that something powerful is happening, and we better get with the program!

### **The Piscean Age**

The Piscean Age, which began about 2,000 years ago, has expressed itself as intensely religious and idealistic, but also as excessively selfish and cruel. The ideologies of the age were often backed up and enforced by violence, as in the 600-year-long Inquisition, witch hunts against women, the Holy Wars, and the World Wars of the 20th century.

The Piscean Age gave birth to many of the world’s great religions and philosophies; masterpieces of art, music, and architecture; and a profound love of nature. But it also produced war after devastating war; extremes of cruelty; debased sensuality and self-glorification; hordes of underprivileged, unfed, uneducated masses; dehumanizing industrialization; and soulless materialism.

This dualistic age was characterized by the ideal of self-sacrifice, which produced victims and victors, the majority of people taking the former role while aspiring to the latter. The extreme contrast manifested as heroes, saints, and martyrs alongside mass murderers and diabolical villains. In the age of glamour and illusion, movie stars, rock stars, and egomaniacal preachers attracted more fans than God (almost always perceived as male) himself.

The Judeo-Christian-Islamic belief systems of this age led people to judge themselves as God’s flawed children, born in sin with an unworthy inner nature. Salvation was sought through a savior. God was worshipped in temples and churches through ordained priests and clergymen (all male). The external authoritarian mindset supported all the debilitating effects of separation between self and God.

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<sup>1</sup> The Aquarian Age is an astrological designation referring to the procession of the equinoxes from the zodiac sign of Pisces into Aquarius (in reverse order from the Sun and planet’s movement through the zodiac). See Appendix 1 for a discussion of known ages prior to the Piscean Age.

<sup>2</sup> See Appendix 2 for a lecture Yogi Bhanan gave in 1987 on the shift to the new age.



For over 2,000 years, humans have been mesmerized by the emotional, illusionary nature of the unevolved Pisces archetype. Our psyche has been dominated by idealism, self-effacement, fear, guilt, and dualistic conflict.

## **Aquarian Age**

It is no wonder that we seek relief from the unconsciousness, suffering, and exploitative power structures of the times and glorify the prospects of a new age. The Age of Aquarius has long been anticipated by prophets and astrologers to be an age of peace, humanity, and unity.

Aquarius (in its higher expressions) is a sign of intelligence, altruism, invention, friendship, group consciousness, universality, and unity. Ideally, this new age offers us a spirituality that nurtures individual dignity and self-worth and awakens us to our personal experience of the Divine within. We will have problems and challenges of course, but we will be able to handle them differently — with consciousness and personal empowerment.

The transition from the Piscean to the Aquarian Age involves nothing less than a complete shift in consciousness and worldviews. The shift from ego to soul consciousness supports the shift from subservience and tribal consciousness to a collective community that promotes the self-empowerment of all its members, who in turn participate in the collective well-being by offering their special gifts. The Age of Aquarius moves us out of ego competition to cooperation for the common good. Personal freedom is the catalyst for invention and creative endeavors that support and enrich the collective welfare.

## **Energy Shift to the Heart**

For millennia, the Earth's energy has been very dense, which has made it very difficult to consciously connect with the lighter non-physical frequencies. Now our planet is being infused with Light, making it easier to experience spiritual dimensions of being. Energetically higher states of awareness are becoming more and more possible because the frequency of the planet is increasing to the frequency of the heart chakra. Expanded awareness shifts our perception of reality and changes how we view and relate to ourselves, others, the world, and the Universe. In sum, the veil that separates our consciousness from universal consciousness is disappearing, making it possible to move out of a state of fear and into a state of love.

Epoch transitions of this magnitude confront us with crisis and chaos and present us with an abundance of fertile opportunities. Many find it challenging to adapt, so they resort to drugs and even violence. The higher frequencies that are available offer every human being the possibilities of (1) living in harmony with themselves, others, and the planet; (2) experiencing the oneness of all life; (3) having a direct connection with the Infinite; and (4) accessing an inner state of joy, empowerment, and wholeness.

## **Upgrading Our Inner and Outer Realities**

The dramatic shift of energies at the beginning of each new age engenders hope for positive improvement of both our inner and outer realities. We realize that the limitations of the Piscean Age, which confined us within the denser frequencies, restricted our view of ourselves and scope of life. The pervasiveness of low levels of consciousness made it easy for elite groups to control and exploit the general population.

During the Piscean Age, religion influenced people's minds with the ideas that (1) God is an authoritarian force outside us; (2) intermediaries (popes, gurus, priests) were needed to connect with God and to receive His favors; and (3) salvation depended upon belief, i.e., accepting the official dogma and following the rules defined by authoritative institutions. Out of fear and ignorance, the masses bought into this belief system. Economic, intellectual, and emotional subservience made them dependent upon the self-righteous and power- and greed-driven external authorities for their spiritual and material well-being.

## **The Aquarian Age and Personal Empowerment**

Although the Aquarian Age offers us the possibility of operating out of an entirely different mindset, it is naive to believe that after a certain date, things will automatically change for the better. Yes, personal freedom is an Aquarian touchstone. However, in undeveloped states of consciousness, the desire for freedom can be expressed as irrational rebellion, illusionary expectations, mass insanity and even mob control — all a reflection of accumulated, unexpressed anger and frustration.

Major shifts in consciousness are required to make a paradigm shift to the mature expressions of both the Pisces and the Aquarius archetypes. The good news is that *major shifts are possible!* On a personal note, I remember in the 1980s practicing Kundalini Yoga for five to seven hours a day. That might sound impressive, but it seemed so necessary back then because the effects were so transitory during this dark period of history. It was impossible to get the fast, lasting results that we can get today.

The shift from the Piscean to the Aquarian Age means that the overall operating context is Aquarian. All 12 zodiac signs, however, still influence all of us regardless of our Sun sign. Actually, to function optimally in the Aquarian Age, we must upgrade our relationship with all the zodiac energies, which exist in pairs that need and help each other to find their true expression. The six pairs, or complements, are (1) Aries and Libra, (2) Taurus and Scorpio, (3) Gemini and Sagittarius, (4) Cancer and Capricorn, (5) Leo and Aquarius, and (6) Virgo and Pisces.

To achieve both the collective goals and the individual requirements of authentic freedom and personal empowerment of the Aquarius archetype, we must attain authentic higher states of spiritual awareness, as defined by the Pisces archetype and its polarity Virgo. Mature expressions of the Virgo archetype move us out of servitude, slavery, serfdom, victimization, and martyrdom and into a state of contained wholeness and heart-directed service.

In touch with the spiritually connected higher expression of the Pisces archetype, we experience the following: (1) we witness the Divine is inside us and present in every living being; (2) we actually experience our personal direct connection with the Infinite; and (3) we follow our own inner guidance and take responsibility for our actions. Those who live inner-directed lives, based on personal experience and knowing rather than just blindly accepted beliefs, can liberate themselves from being controlled and manipulated by institutions claiming a monopoly on power, resources, and the truth.

Personal empowerment and access to our meditative mind are required for changing inequitable and exploitative economic, political, and social systems. Exploitation, manipulation, and control are possible when people accept the status quo out of ignorance and fear. Fate and victimization become “the way things are” when people feel they have no choice and are unable to take responsibility for their lives. On the other hand, direct connection with the Infinite and our Source or Soul gives birth to self-empowerment, authenticity, and emotional maturity. Those who are willing and able to be accountable for their decisions, choices, reactions, and actions are inspired to actively participate in co-creating more just and satisfying personal and collective realities.

Needless to say, those who act out their “justified” personal rage publicly, but remain unaccountable for their inner emotional state and the consequences of their actions, only make the transition more difficult. Victim consciousness supports the impersonal, irrational, and unstable expressions of the undeveloped Aquarius archetype. Everyone, regardless of their personal astrological blueprint, will benefit from developing an Aquarian mind that can step back, look up, and see the broader and all-inclusive picture that is needed. In addition, the awakened Aquarius is able to perceive reality beyond divisive categories, to distance itself from emotional conditioning, and to access a space of unity beyond the fray of personalities, power plays, and emotional dramas.

## **The Democratization of Spirituality**

In the Piscean Age, religion for the masses was watered down to dogmatic rules and rituals. The mystical practices that cultivated a conscious connection with divine reality were either lost or kept secret and reserved for those secluded in monasteries and ashrams. Many spiritual orders practiced asceticism, denying their sexuality by trying to avoid the lower chakras. One goal of their upper chakra dominant practices was to lose their human identity by merging with the Infinite. The ultimate spiritual (Piscean) goal was to escape physical reality.

Aquarian Age spirituality is no longer reserved for the elite. Sacred technology is now available to everyone over the Internet! Instead of trying to escape physical reality, our ultimate goal is to spiritualize matter, i.e., bring Spirit to the Earth. We focus on learning how to creatively manifest so that we can support our material well-being and contribute to making the world a better place. Sacred sexuality is accepted as part of our human experience and integrated into our spiritual quest. We honor our humanness, embrace our unique identity, and work on aligning and tapping the potential, power, and gifts in our lower, as well as our upper, chakras (see below for discussion of the chakras).

Hierarchical social, economic, and political structures; organized religion; and external authorities are anathemas in the Aquarian Age. To successfully operate in the new age, we must leave these behind and liberate our mind from dogmas, ideologies, and restrictive belief systems. Instead, we must cultivate our own experience and direct connection with universal energies so that we can be in touch with and follow our own truth and align with the Infinite Truth.

Moving into the elevated expressions of the Aquarian Age requires eliminating divisive organizational structures based on exclusivity, marginalization, subservience, and exploitation that serve only to divide us and keep us attached to forms that undermine our personal empowerment. As we cultivate our personal experience of oneness, we are able to operate from heart-centered consciousness and work together to create collective institutions that serve the good of all humanity and Mother Earth.

The transition between ages brings profound changes. The recent corporate, political, and ethical scandals and subsequent convictions of those once protected by position and money demonstrate that it is much more difficult to hide beyond titles and status. Everyone is being held accountable for their actions and for their character. We are also evolving out of tribal consciousness. We can no longer attach ourselves to groups to define our identity. We must connect with our soul to identify our true essence.

### **Leo/Aquarius Polarities**

As stated above, the 12 astrological archetypes exist in pairs that need and help each other to find their true expression. Leo and Aquarius are polarities. Aquarius represents the collective, and Leo speaks for the individuals who make up the collective.

The Aquarius archetype is about the future, freedom, global consciousness, new ideas, innovative change, and transformation of our global community through grassroots efforts. The water bearer, the symbol of Aquarius, holds a pitcher from which an endless supply of streaming water flows. The water symbolizes the gifts of life — prana and consciousness — which are universally available without discrimination.



The archetype of Leo represents the specialness of each individual and the creativity that expresses through each of us. Our challenge is to persevere through our personal transformation to achieve greater and deeper levels of internal freedom so that we can fearlessly and confidently be our authentic selves. The Leo lion teaches us to open our heart to ourselves and to accept and enjoy discovering who we are. Self-worth, self-value, and self-love open doors to opportunities and blessings that are not available in any other way.

A vital lesson to be learned from the Leo/Aquarius polarity pair is that we are each an integral and essential part of the whole. It is only by sharing our gifts that the collective can function. For the Aquarian collective to operate at an optimal level, each individual must make his or her special contribution. The shift from hierarchical structures of domination to grassroots and collaborative

modes of organizing and serving the general populous can happen only through the empowerment of individuals who follow their heart.

When our heart is open, we transcend the self-righteousness attitude of thinking we know best for everyone else. We tried that in the Piscean Age with disastrous results. With the shift of ages, we get another chance. Our test is to tap into the elevated expressions of the Leo and Aquarius energies and to work together to create a heart-centered world!

The Aquarian Age is about the good of the collective and the power of the group. We collaborate to achieve our common goals. We meditate together because the group synergy gets us out of our self-absorbed funk and offers us healing and an uplifted space. It is interesting to observe that more and more people are realizing that we can't, and do not want to, do it alone. We recognize and want to be part of the manifesting power and potential of group energy, intention, action, and results.

### **Preparing Ourselves to Thrive in the Aquarian Age**

How can we lift the veil of fear in our own psyche? How can we align with the higher frequencies of the heart so that the Sun of our inner lion can radiantly shine as we participate in co-creating a heart-centered Aquarian Age?

To prepare ourselves to not only survive, but to thrive, in these dynamic, dramatic, and transformational times, we must switch our attention from outside to inside ourselves. And we must learn to operate from our heart, not our head. Successfully navigating our personal journey requires us to become our own authority. Self-mastery means moving beyond personality to soul identity. We must awaken our meditative mind to receive inner guidance so that we can follow the path of our soul.

Preparing our body to access, hold, and ground the higher frequencies of spiritual energies that are infusing the planet will help us adapt to the changing circumstances. Strengthening our nervous and immune systems is one of the first orders of business. We must also practice activating technologies that cause our glandular system to secrete properly so that our mind and heart awaken to our soul. Through yoga and meditation, the martial arts, and other internal arts, we can activate the higher faculties of our body, mind, and emotions. These physical and inner practices make it possible to use the innate capacities of our human mechanism to guide the journey of our soul.

In addition, to tap our creative potentialities and experience the heart-centered consciousness required to optimize the expression of both the Aquarius and Leo archetypes, we must awaken our sensory faculties to the experiential awareness of our Soul and the Infinite. This experience does not happen in the rational mind. Thinking, talking, and intellectualizing about it just get in the way. *This experience comes through perception in our neutral mind, sensitivity in our emotional and energetic bodies, realization in the heart, and feeling in the body.* Expanded consciousness and sensory awareness are required to attain the consciousness that makes it possible for us to fearlessly, courageously, and creatively participate in the co-creation of the Aquarian Age.



## **Personal and Planetary Recalibration**

During times of major transitions, especially of the magnitude of changing ages and the end of the Mayan calendar, it is common to wonder and make predictions about what is going to happen. Are we going to be catapulted through a cosmic portal? Is this the end of the world? Any speculations, whether they be predictions of catastrophic disasters or illusions of magical, painless transformation, assume that we can calculate and predict the future. They do not take into consideration the fact that it is our state of consciousness and the nature of our choices that determine how we use the new energies to co-create a new reality.

A major Aquarian theme is that we are no longer victims and must take responsibility in our personal and collective lives. Our concern should thus be focused on how we are preparing ourselves to upgrade and align our personal energy configuration so that we can thrive in Aquarian Age frequencies.

Our job is to recalibrate our psyche and to establish our personal resonance with the frequencies of love that are infusing the planet. We must adapt to the new frequencies that resonate with the heart chakra. It is our personal responsibility to upgrade our own vibration so that we connect with and operate in the new energy grid. As we recalibrate our own energy being, we participate in co-creating and grounding the worldview of love on the planet. As we release our own fear conditioning, we help release mass consciousness from the matrix of fear and help install a new matrix of Love on planet Earth.

The transition between ages is about direction, choice, and responsibility. We must choose how to direct our consciousness. Basically we have two choices: we can direct our energy toward fear or toward love. Our major task is to extricate ourselves from the fear-based consciousness that keeps us in darkness, ignorance, and suffering and to open our heart to the light, knowing, and joy of the consciousness of Love. Our goal is to transform ourselves into vessels of Love!



## Chapter 2:

# *Love, Immunity, and Kundalini Yoga*

### **All You Need Is Love**

It is instructive to look back and observe the different spiritual paths as they were introduced to the West. In the 60s, the flower children knew that “All you need is love.” Yogi Bhajan attracted many of these flower children to his classes. His message to them was if you want love, you have to prepare your mind and body to give and receive unconditional spiritual, not emotional-commotional love.

So while traditional paths were concentrating on opening the upper chakras, Yogi Bhajan was teaching us to strengthen our navel center with Breath of Fire, Stretch Pose, and other strenuous abdominal exercises. There was no time to sit around and love. His students were instructed to get up at 3:00 a.m., take a cold shower, and do two and a half hours of Kundalini Yoga and Meditation before sunrise. And then there was the rest of the program, which included seva (selfless service), devotional chanting, fasting, teaching, and setting up ashrams and restaurants. Who had time for love? Everyone was exhausted!

People have added up the time it would take to do everything that Yogi-ji told us to do every day. In the 80s, we counted 26 hours per day. More recent calculations come to about 48 hours per day! We can't complain about a lack of options! Yogi Bhajan was a Saturn teacher. He taught through discipline, directness, and often harsh lessons. He spoke the painful truth about our dysfunctional programming and neurotic behavior. We did not contemplate our navels. We pumped them until our energy moved and we began to wake up.

### **Drugless Heart High**

Many of Yogi Bhajan's first students were hippies, who were using various recreational drugs to try to fill a deep spiritual emptiness. Yogi Bhajan offered them Kundalini Yoga to fulfill their intense longing for spiritual connection and to find meaning in their lives. He gave them a way to open their hearts, to experience inside themselves the love they were searching for in all the wrong places using ineffectual means.

Today, people take recreational and medical drugs for the same reasons. Some drugs disconnect one from physical reality so that the user is temporarily relieved of his or her pain. The drug ecstasy stimulates the thymus gland and gives one temporary feelings and experiences of love. Some antidepressants also artificially stimulate the thymus gland. However, in both cases, the price is high and the relief is short-lived. And downers can be devastating and physically damage the heart.

To find a lasting and uplifting solution, the real causes of the modern malaise, stress, and depression must be addressed. They include (1) a closed heart, (2) an inactive thymus gland, (3) toxic brain and body chemistry, and (4) the inability to experience and shine our inner light. The heart-opening

techniques of Kundalini Yoga correct body/brain chemistry imbalances and deficiencies and stimulate the thymus gland to secrete in healthy ways, gradually reactivating this inactive gland and inviting the heart to open naturally. Those suffering from the gnawing pains of depression can fill their inner void by awakening the light of their soul.

Yogi Bhajan offered everyone a healthy, legal, and easily available means to satisfy their deep cravings for spiritual satisfaction and love. Kundalini Yoga can replace and satisfy our addictive urges! Once we experience what feeling good really feels like, we want more!

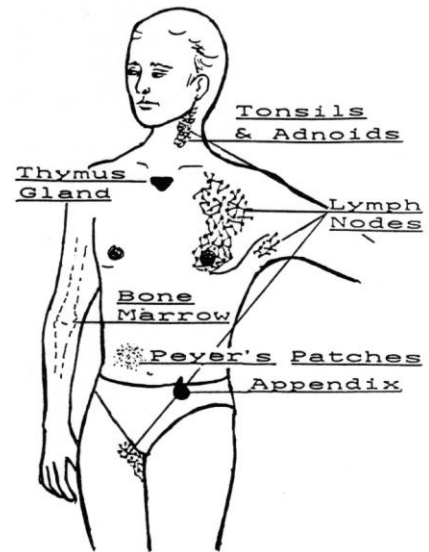
## Love and the Immune System

One idea that influenced the writing of *Transitions to a Heart-Centered World* is that heart problems and immune system diseases, including breast cancer, are related to our inability to experience love, a closed heart chakra, and lack of self-love. I found it very interesting that there are cases of children born HIV positive who become HIV negative. My theory is that the power of love heals even HIV. I still hold the belief that cultivating self-love is a powerful force for women to both prevent and heal themselves of breast cancer.

## What Is the Immune System?

The immune system is the body's defense against disease. It is composed of the thymus gland, tonsils and adenoids, lymph nodes, bone marrow, the appendix, and Peyer's patches found in the intestines. The immune system serves as the internal police force against unwanted bacteria, viruses, and chemicals, producing substances to conquer the invaders. For example, white blood cells mature in the thymus gland and B cells are produced in the bone marrow.

Long ignored by traditional medicine, it is now recognized that the thymus gland, the gland associated with the heart chakra, is an important component of the immune system and key to health and healing.



The immune system is a delicate mechanism that cannot withstand constant emotional and physical stress, which sabotages the complex defensive network. Whenever we are in a stressful or crisis state, our body produces adrenaline to help us react quickly and effectively. But the constant production of adrenaline lowers our immunity by reducing the number of cells that protect immunity. A weakened immune system not only prevents us from fighting off illness, it keeps us in a less-productive and less-creative state because we do not have the energy to live to our fullest potential.

Environmental assaults to the immune system include noise pollution, air pollution, air conditioning (the negative ions, which are actually positive because they are the prana in the air, are removed by air conditioning), ultraviolet lighting (which predominately produces the part of the light spectrum

corresponding to dusk, putting the body in a state of fighting off sleep), chemicals, polluted water, processed foods, alcohol, tobacco, and all types of drugs.

The immune system can be further weakened by lack of joy and fun, repressed emotions, lack of creative outlets, and isolation. Attitudes that weaken the immune system include frustration, powerlessness, fear, anger, jealousy, and alienation. Spiritual attitudes that can strengthen the immune system include a feeling of well-being and trust of self and life and the experience of connection with the Infinite and with Mother Earth.

## **Strengthening the Immune System**

The kriyas and meditations in this manual strengthen all body systems, including the immune and nervous systems, making it possible to reduce the major causes and symptoms of a weakened immune system: stress, fatigue, chronic infections, recurrent illness, depression, and dependency on stimulants such as refined sugar, alcohol, coffee, and drugs.<sup>3</sup>

Practicing the exercises in this manual makes it possible to deal with our life issues in less-reactive and emotional ways. We are reactive and emotional because we feel anxious. Much of the anxiety that we feel is in turn due to a weak nervous system. As we learn to meditate and relax, we strengthen our nervous system, which is pivotal in transforming and healing our physical and emotional bodies. As our physical wiring and brain cells change, our attitude changes. Our being generates feelings of joy, peace, and gratitude.

It is important to nourish our body with healthy food, preferably organic and fresh. We also need to make sure we are getting enough of the stress reducing vitamins (B6, B12, and C), and enough minerals, especially iron and zinc. It is equally important to laugh every day. Tell someone a joke or make someone happy. Lighten up. Life is short. Enjoy it now! Open your heart to experience God, your own soul, love, and life!

The practice of Kundalini Yoga and Meditation rewires and transforms all aspects of our being. It takes the strengthening of the immune system to a new inner level. The most powerful way to strengthen our immune system is through our experience of Higher Infinite Love and self-love.



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<sup>3</sup> See Appendix 3 for further discussion on cleansing and strengthening the immune system.

## Chapter 3:

# *Chakra Paradigm Shift and Prosperity*

### **Traditional Spiritual Paths**

Many traditional spiritual practices focus on raising energy from the lower to the higher chakras, with the goal of transcending maya, or the illusions and diversions of the physical world. These spiritual paths consider the body and the lower chakras bad. Their techniques focus on activating the upper chakras and ignore, or try to suppress, the energy in the lower chakras. I knew a woman who adhered to a path that allowed only third eye meditations. She refused to do yoga or any practice that got her in touch with her feelings and her body. Energetically, she was totally out of her body and emotionally unavailable. It didn't surprise me when her husband lost interest in her, sought an amicable divorce, and married a more vibrant woman.

Today, many spiritual paths are paying lip service to using their techniques to help us deal with the challenges of our stressful technological world. However, the fundamental basis of the teachings often remains the same: renunciation of sexuality and escapism from material reality. It is not surprising then that devout practice of these paths produces the same results as it did when the goals were to deny our basic needs and sexuality and to renounce worldly desires and pursuits. In fact, if we become less functional and start losing interest in worldly endeavors, the technology is accomplishing those original goals.

### **Yogi Bhajan and the Lower Chakras**

Yogi Bhajan added a whole different dynamic to the “up and out” spiritual quest. He offered us a spiritual technology suitable for householders, i.e., regular folks who live in urban environments, get married, have children, and earn a living. Ultimately, he taught us to honor our humanness, to make our sexuality sacred, and encouraged us to be prosperous.

As alluded to earlier, when Yogi Bhajan first arrived in the U.S. in 1969, many of the kriyas he taught focused on strengthening the navel center and the lower chakras. His yogic message was that in order to get to and stay in our heart, we had to first cultivate a powerful and stable base in our lower triangle: the root, sex, and navel chakras.

### **The Ascent of the Kundalini**

Cultivating the ascent of our Kundalini and increasing our vibrational frequency are important goals of every spiritual path. When our Kundalini rises up our spine, and our pituitary and pineal glands begin to secrete, our third eye and crown chakras open. The foggy veil that separates physical and non-physical realities is thus lifted, and we become conscious of a vastly expanded view of reality. In essence, we awaken to the reality of universal oneness, and our perspective of ourselves and life

profoundly changes. Mastering the ascent is a necessary first step, but only the beginning of our journey.

The second step concerns what we do with the activated energy and our awakened consciousness. If we are not consciously connected to this elevated energy in our body, it will dissipate. We feel good for a while, but soon afterwards we need another session to revitalize ourselves again. We can contribute this good energy to the world and share good vibes, but to creatively use our energy to manifest and be prosperous, we must be grounded with the Earth, conscious of our own energetic presence, and able to focus, monitor, and contain our energy in our physical and subtle bodies.

The human spiritual journey involves both the ascent (raising our energy to higher frequencies) and the descent (integrating these higher vibrations into our body, perceptions, thoughts, and daily activities). While our soul is experiencing life as a human being, we need to integrate the universal perspective into daily living.

Alone, the “up and out of the body” approach to spirituality carries implications that actually limit our spiritual development and certainly interfere with our ability to lead productive and prosperous lives. Yogi Bhanan pointed out that our heart may open, but it will not stay open without a base in the lower chakras to ground the higher frequencies. The lighter energy may come down to the heart, but it will quickly move back up to our mental centers.

## **The Descent of Consciousness**

The spiritual paradigm of the Aquarian Age accepts and honors our humanness. Mastering our humanness requires both the ascent of the Kundalini and the descent of higher consciousness. On the ascent, we establish our divine connection. On the descent, we learn how to care for our body as the sacred vessel of our soul. We embrace our feelings as the communication mechanism of the evolutionary polarity of our soul. We learn how to earn a right livelihood, to live by natural laws, and to be at one with Mother Nature.

Many of us were monks, mystics, yogis, and aesthetes in our past lives, where we mastered the ascent. This lifetime, we are trying to figure out how to master the descent. Instead of isolating ourselves, we live in the material world, where we have to learn how to support ourselves with our own creativity, how to manifest in the physical plane, and how to be functional and successful men and women. We have to learn how to bring higher consciousness to ordinary human existence and to operate in all circumstances from a compassionate heart.

To do so, we must honor all aspects of our human experience and learn to be comfortable in the world, in our body, and with each other. Our mission is to bring “Heaven to Earth”; our job is to spiritualize matter, starting with our own body. This we do when we activate the highest expression of both our upper and lower chakras and learn how to stay grounded in our body and connected to physical reality and Mother Earth.

## The Ascent and Descent Work Together

The ascent helps us discover our soul identity and experience the Light of Universal Truth. As we become conscious of non-dual reality, we can use this awareness to clean up our human act, release destructive behaviors, and replace sabotaging beliefs and thoughts with universal wisdom.

The descent includes the cleansing process — obviously not the most popular or fun phase of our spiritual development! However, dealing with our dark (underdeveloped) side is the only way to become self-empowered and liberated during this lifetime. Achieving a soul-identity perspective in our upper chakras (the ascent) greatly facilitates the purification process and the cleansing of our lower chakras (the descent), which involves releasing our limiting mental and emotional conditioning. Letting go of fear-based survival programming and neurotic baggage requires faculties available in our first three chakras:

- ◆ As we cultivate a powerful **base (first) chakra**, we acquire the ability to stay present to current reality and feel our feelings in our body.
- ◆ As we become comfortable and free in our **second chakra**, we can accept our sexual energy and flow with the evolutionary unfoldment of our emotional and subtle bodies.
- ◆ As we build a strong **navel center (third chakra)**, we are able to stay centered within ourselves and maintain and act from our personal identity structure.

## Chakras and the Purification Process

A major goal of our purification process is to release ourselves from past karma. We must liberate our emotional and subtle bodies from negative imprints so that they become pure expressions of our soul. The cleansing and purification of the lower three chakras can be painful and confrontational. However, the good news is that the descent unleashes our ability to manifest and communicate from our higher self.

- ◆ The activation of the **first chakra** creates an energetic foundation that connects us to our body, the Earth, and physical sensations. A balanced first chakra gives us a sense of belonging and security in the physical plane and makes it possible for us to receive and be prosperous. Grounded in our first chakra, we are able to use our special gifts to support ourselves and to make our unique contribution to the world.
- ◆ The alignment of the **second chakra** allows us to channel our sexual energy into creative endeavors and to contain (consciously hold) and expand our charismatic energy.
- ◆ An activated **third chakra** gives us the stamina, motivation, and commitment to take appropriate, effective, and timely action.

In sum, when our lower chakras are activated and functional, we can enjoy our body, stay present in the moment, express our unique individuality, and enjoy our brief stay on planet Earth.

## **Interactive Dynamics of the Upper and Lower Chakras and the Heart**

The heart chakra opens as a consequence of the activation of both the upper and lower chakras. The awakening of the upper chakras is needed to illumine the light of our soul that shines in our heart. The full functioning of the lower chakras is needed to create a foundation in our body to embody our heart light.

On the ascent, we raise our Kundalini, open our upper chakras, and activate their faculties. Activating the Kundalini requires igniting the fire at the navel center, which descends to the base of the spine, unleashing the Kundalini. Since the activation involves the lower chakras, the process works on the initial cleansing of the lower chakras and the creation of a foundation in our body to contain higher frequencies.

On the descent, we further cleanse our physical and emotional bodies and tune into our individual gifts and bring a higher soul perspective to our human identity and life. As we train ourselves to operate from higher consciousness and honor our humanness, we achieve a state of wholeness and happiness. A successful ascent and descent pave the way to manifest from a mode of attraction instead of from mental manipulation and struggle.

## **Prosperity and a Personal Story**

Yogi Bhajan often told us, “Either hustle, go out and get it or meditate and let it come to you,” and encouraged us to be prosperous. He gave us the technology to cultivate a less stressful way to manifest, which requires simultaneously working on both the ascent and the descent and acquiring the higher faculties available in all our chakras.

There are many facets and phases to our spiritual path. Waking up and staying awake is an ongoing, progressive, and evolutionary process. We learn through experimentation and experience.

When I first began Kundalini Yoga and Meditation, I practiced for five to seven hours every day. I definitely succeeded in raising my energy. The problem was that I was so ungrounded and out of my body that people had to look up to the ceiling to talk to me. After being a world traveler, living in Europe for eight years, writing the first doctoral thesis on international environmental cooperation, and being a university professor, I couldn't figure out why I just wanted to hide. The basic problem was that my personal practice was incomplete. I was raising my energy, but I was not bringing it back down.

In addition, I used to do all the prosperity meditations that Yogi Bhajan taught, with no results in my personal life. During one meeting with Yogi Bhajan in those early years, he thanked me personally for all the wealth that I had brought to 3HO, the organization he founded. At the time, I could barely support myself. That was a wake-up call for me. I realized that I had to figure out how to bring prosperity to myself as well. I can attest that the answer is not a quick-do-this-meditation-for-forty-days fix, as I am still discovering how to ground and contain my energy.



I learned that in order to manifest, we have to be present in our body and connected to the Earth. We have to BE HERE NOW in the flow of life as expressed in our feelings, our breath, and our actions. To attract and receive, *we have to be home when the letter carrier arrives*. It takes careful, vigilant practice to cultivate an awareness of in-the-body Self. By training ourselves to be present to the feelings and sensations of our emotions in our body, we learn to be comfortable being uncomfortable with what we feel. It is equally essential to be kind and loving to ourselves, because self-love is required both to be prosperous and to open our heart.

## ***Summary Description of Chakras***

### **The Lower Triangle**

As outlined above, the first three chakras or energy centers comprise the lower triangle. Yogi Bhan taught us that developing the higher centers without the base is like pouring water into a cup without a bottom. We need the strength and balance in the lower chakras to materialize our desires and sustain the consciousness that we attain in meditation. Many of the sets, including the Nabhi Kriyas, in this manual work on the entire lower triangle.

The **first or root chakra** is at the base of the spine. When properly functioning, we are grounded, able to take care of our basic needs, and feel comfortable in our body and secure on planet Earth.

The **second or sex chakra** is located at the sex organs. When well-balanced and functioning, we honor, but are not consumed by, our desires, and we can relate to others with proper boundaries. Transformed sexual energy can be used for all kinds of creative pursuits and transmuted for healing and rejuvenation.

Unbalanced or weak first and second chakras can lead to greed, possessiveness, jealousy, attachment, emotional instability, insecurity, inconsistency, and lack of interest.

The **third or navel chakra** is located an inch or two below the umbilicus. A well-developed, strong, balanced core chakra is associated with health, vitality, physical well-being, good digestion, and energy. It supports a clear, action-oriented mind, strong character, optimism, and the power to sustain efforts, break and make habits, and the effects of meditation.

If the “nabhi” chakra is weak or out of balance, we experience a lack of endurance and motivation, ineffectiveness, laziness, incomplete efforts, dependency, anger, insensitivity to others, and selfishness.

## The Upper Triangle

The upper triangle consists of the fifth (throat) chakra, the sixth (brow) point, and the seventh (crown) chakra.

The **fifth or throat chakra**, located in the neck, is associated with the thyroid gland. An activated throat chakra gives us the power to fearlessly communicate the truth. A weak fifth chakra engenders fear and powerlessness to speak from our heart.

The **sixth or ajna chakra** is located at the brow point and is associated with the pituitary gland. An open third eye gives us the power to see the truth beyond duality. When our third eye is closed, we remain attached to the stories and beliefs made up in our dualistic mind.

The **seventh or crown chakra** is located at the top of our head and is associated with the pineal gland. When the thousand petal lotus opens, the veil that prevents us from being aware of non-physical reality dissolves. When it is closed, our perception of reality is limited to the physical world.

## The Heart Center

The **fourth or heart chakra**, located along the spine at the level of the physical heart, is associated with the thymus gland. The heart chakra is the seat of love and compassion for self, others, and the Divine. An activated and balanced heart center awakens us to an expanded reality of wisdom, nobility, success, satisfaction, happiness for no identifiable reason, and a strong immune system.

If the heart chakra is dormant, one may “lose heart,” be selfish and controlling, break others’ hearts, or have one’s own heart broken in painful relationships. With a closed heart, one suffers from disappointments and regrets and never enjoys the realization of his or her dreams and desires. Opening the heart center can awaken a profound experience of compassion for self, others, and all life. As we surrender the analytical head, allowing the heart to be the locus of decision making, we attain serenity and clarity, attract appropriate relationships, opportunities, and abundance.

The paradigm shift occurring on the planet is due to the elevation of the planetary vibration to the frequency of the heart center. The kriyas and meditations in this manual were given by Yogi Bhanan to help raise our personal frequency and consciousness to match and align with the new heart energy.

## The Electromagnetic Field

Yogi Bhanan sometimes called our electromagnetic fields, or auras, the eighth chakra. Our physical, mental, and emotional health and balance is revealed by the strength, coherency, lightness, clarity, and intensity of the aura surrounding our body. A healthy aura is bright and extends to at least nine feet in all directions. Its brilliance reflects the condition of our being and our chakras. A strong aura also protects us from hostile influences, allowing us to relate more effectively to events and situations, disassociate from negative ones, and project positive, healing energy to improve our circumstances. All Kundalini techniques in this book strengthen and amplify our electromagnetic field.

## ***Comparison of Undeveloped and Developed Chakras***

Our chakras express and represent all aspects, qualities, and faculties of our humanness. Below is a brief list of some of the developed and undeveloped states of each of our chakras. Awakening and developing every chakra results in a balanced, integrated, and harmonious sense of self that is able to relate consciously with others, the world, ourselves, and the Unknown.

### **First (Root) Chakra**

| <b>Undeveloped</b>  | <b>Developed</b>  |
|---|---|
| Feel insecure in the world<br>Poverty consciousness         | Feel at home on planet Earth<br>Feel supported by the Earth's abundance |
| Don't feel comfortable in our body<br>Feelings of isolation | Enjoy our physical experience<br>Know we are not alone                  |
| Control and manipulate to survive                           | Able to attract opportunities   |

### **Second (Sex) Chakra**

| <b>Undeveloped</b>   | <b>Developed</b>   |
|--|--|
| Separateness, just me, alone<br>Repel, lack ability to attract<br>Emotionally needy<br>Lack of boundaries<br>Lack of individual creativity<br>Fearful and stuck, lack movement | Feel included and connected to others<br>Charismatic and magnetic<br>Self-secure, emotionally secure<br>Can connect with boundaries<br>Creative expression<br>Can relax and enjoy the flow of life |

### **Third (Navel) Chakra**

| <b>Undeveloped</b>   | <b>Developed</b>  |
|--|---|
| Me first and only, egotism<br>"What's in it for me?"<br>Quest for power and control<br>Win-lose<br>Lack of integrity<br>Overdoing it, taking on too much | Contribute to society<br>"What's in it for us?"<br>Respect for right action<br>Win-win<br>Integrity<br>Competence at your passion |

### **Fourth (Heart) Chakra**

| <b>Undeveloped</b>  | <b>Developed</b>  |
|---|---|
| Alienation, loneliness<br>Stuck in duty and obligation<br>Follow others' ideas/ideals<br>Lack of self-esteem and self-worth | Compassion and empathy<br>Play out your destiny<br>Doing what you love<br>Self-love and self-confidence |

**Fifth (Throat) Chakra**

| <b>Undeveloped</b>  | <b>Developed</b>   |
|---|--|
| Make up, listen to, believe stories<br>Speak without thought of consequences<br>Afraid to speak one's truth<br>Judgmental speech<br>Hear conflictual thoughts | Hear, believe, honor the truth<br>Aware words have meaning and impact<br>Fearlessly speak one's truth<br>Neutral speech<br>Hear the Infinite Sound |

**Sixth (Brow) Point**

| <b>Undeveloped</b>   | <b>Developed</b>   |
|--|--|
| Operate from dualistic mind<br>Indecision, too many thoughts<br>Inner conflict, drama, and stories<br>Confused, uncentered | Operate from neutral mind<br>Listen to and follow intuition<br>Inner peace and neutrality<br>One-pointed |

**Seventh (Crown) Chakra**

| <b>Undeveloped</b>   | <b>Developed</b>  |
|--|---|
| Perception limited to physical<br>Fearful and distrustful<br>Inability to let go and relax<br>Separation from the Infinite | Divine awareness and connection<br>Able to trust the Unknown<br>Able to relax and surrender<br>See God everywhere |

**Aura**

| <b>Undeveloped</b>   | <b>Developed</b>  |
|--|---|
| Scattered projection<br>Lack sense of self<br>Dull and weak<br>Feel vulnerable<br>Attract problems | Coherent projection<br>Consolidated sense of Self<br>Radiant and strong<br>Feel protected<br>Positive attraction mode |



## Chapter 4:

# *Practicing Kundalini Yoga*

Kundalini Yoga is a comprehensive system that integrates movement, breathing, posture, hand positions (mudras), and the chanting of sacred mantras. Their unique combinations in the sets (or kriyas) provided in this manual, as shared by Yogi Bhajan, are designed to cultivate the expansion of consciousness through the awakening and raising of Kundalini energy up the spine. Below is an outline of the basic concepts and techniques of Kundalini Yoga.

### *Raising the Kundalini*

Every human being possesses a powerful storehouse of soul energy, which is symbolized by a coiled sleeping serpent (“kundal” means “curl”), at the base of the spine. Once awakened, the energy “uncoils” and ascends through the spinal column to the crown chakra at the top of the head, triggering awakened states of consciousness.

The practice of Kundalini Yoga causes a gradual rising of Kundalini energy. However, as Yogi Bhajan often told us, it is not difficult to raise the Kundalini. What is difficult and requires continuous work is keeping it up, i.e., maintaining and living in higher consciousness.

#### **Kriyas**

A kriya is a series of one or more exercises or postures whose combination, components, and sequence are designed to produce specific effects. The total effect of a kriya is greater than the sum of its parts. “Kriya” literally means “work” or “action.” A kriya generally includes (1) exercises or postures (asanas), (2) breathing (pranayama), (3) hand and finger positions (mudras), (4) spinal alignments called locks (bhandas), and (5) sacred sounds (mantras).

#### **Mantras**

Mantras are sacred sounds that are chanted mentally (silently) during physical postures and breathing exercises and are chanted out loud in many meditations. Rhythmic repetition cleanses subconscious programming, imprints the mind and body with divine messages, and replaces old mental and emotional patterns with vibrations that compute neutrality, peace, and love. Please see Appendix 4 for a list of mantras commonly used in Kundalini Yoga asanas and meditations.

#### **Meditation**

Kundalini Yoga meditations incorporate mantras and various forms of pranayama to produce a calm, sensitive, alert, intuitive, and neutral space, where we can relax, surrender, and be renewed. Deep meditation is possible when the neutral mind is awakened. Only in our neutral channel can we

transcend our dualistic mind and focus our awareness on an inner reality beyond thinking and intellectual concepts.

## **Focus of Attention, Visualization, and Projection**

Kundalini Yoga sets and meditations also use focused attention to attain specific effects. Gazing at the tip of the nose or the third eye and focusing on the spine, a chakra, the breath, a mantra, or parts of our physical body are important to activating and directing energies during the kriya and to deepening our awareness.

## **Pranayama**

Powerful breathing, or pranayama, adds dynamic power and accelerates the effects of Kundalini Yoga exercises and meditations. Pranayama oxygenates the entire body, (1) clearing the mind, (2) strengthening the nervous system, (3) balancing the two hemispheres of the brain, (4) cleaning and strengthening the aura, (5) detoxifying the body, (6) improving digestion, and (7) releasing fears, insecurity, irritability, depression, and other mental and emotional blocks.

Pranayama balances prana and apana. *Prana* is the life force that animates our being; *apana* is the equally essential energy that makes elimination possible. When the apana in the lower chakras mixes with prana, the heat that is generated raises the Kundalini up the spine through the chakras. A basic technique to activate this process is to suspend the breath and apply the locks following each exercise (discussed below).

## **Bhandas**

The bhandas, or locks, can be thought of as alignments of the spine. Slight movements in the muscles align the body to help the energy in the spine flow upward. The term locks should not be interpreted as a forceful constriction, however, as the idea is not to block the energy, but to open up the spine so that the energy can flow more freely and be released upward.

# ***Pranayama Techniques***

## **Breath of Fire**

Breath of Fire is one of the most common and basic pranayama techniques used in Kundalini Yoga asanas and meditations. To perform Breath of Fire, pull your navel in sharply toward the spine to “push” the exhale out in a rapid and rhythmic manner (similar to panting). After each short exhale, allow the navel to relax and go back out on the inhale. Focus on the short exhales only, not on the inhale, which happens automatically. The inhale and exhale are of equal length, which allow you to continue without hyperventilating. Also, keep the muscles of the shoulders, chest, neck, and face relaxed. Breath of Fire is done as a light, staccato, relaxed rhythmic movement of the diaphragm and navel. It is not a deep, heavy breath, so do not engage the abdominal muscles.

If you are having difficulty doing Breath of Fire, start with long deep breathing (see below) to become aware of your diaphragm muscles and your breathing mechanism. Panting with your mouth open can also help you get in touch with using the muscles of the navel and diaphragm and avoid a heavy breath.

When learning Breath of Fire, if the breath starts to feel heavy or not right, stop and allow the breath to relax before recommencing. It often takes some time to get it right, so don't force it. Practice Breath of Fire for short periods of time, even if only for a few seconds before stopping and restarting, until you feel comfortable and can continue for longer periods of time without feeling out of breath or winded.

### **Long Deep Breathing**

Long deep breathing is another basic pranayama technique used in Kundalini Yoga practice. In long deep breathing, you slowly inhale deeply down to the bottom of the lungs by allowing the lower part of the diaphragm to expand downward and out against the abdomen, letting the stomach protrude. The back should also expand behind the solar plexus area. (If you put your hands on your back above your waist, you should be able to feel the expansion.)

On the exhale, slowly release the breath from the top of the lungs downwards until there is an inward and upward contraction of an area just below the navel and then in the solar plexus. To increase your lung capacity and experience more of the technique's benefits, on each inhale, expand a little more, and on each exhale, contract a little more too.

### **Using Mantras with the Breath**

We increase the effects of our Kundalini Yoga practice by mentally adding a mantra to the breath. Adding a mantra provides the added bonus of imprinting a positive vibration and message in our mind and body. The vibration and message of the sacred mantra work to clear subconscious programming and elevate our consciousness.

Many Kundalini meditations and postures instruct that we chant a particular divine mantra mentally or out loud while performing the exercise. When no mantra is specified, the default formula is inhale SAT, exhale NAM (which we also do our best to remember to do during our daily routines). While doing Breath of Fire, we can chant SA TA NA MA, or you can substitute your favorite mantra.

## ***The Bhandas or Locks***

### **When to Apply the Locks**

In general, the locks are applied after completing a yoga exercise, while still holding the posture and with the breath held out or "suspended" following a deep inhale or exhale. While suspending the breath and applying the locks, the rest of the body should be relaxed, which creates a dynamic space for the movement and integration of energy.

For many kriyas in this and other books, the instruction to apply the locks is not always specified. It is assumed that the student will apply the appropriate locks to anchor in the effects after each asana. Gentle locks are also applied to maintain the internal posture while doing an exercise and during sitting meditation to maintain a straight spine and open heart.

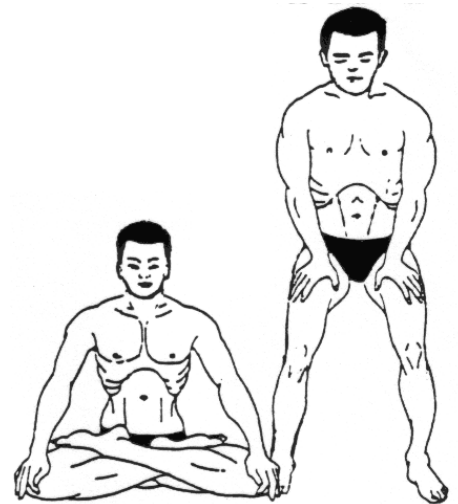
### **Root Lock or Mulband**

The complete root lock or Mulband is done by first pulling the navel center in toward the spine, then slightly contracting the muscles of the rectum or anal sphincter, the perineum, and the sex organ. When the Mulband is applied while retaining the breath, the two major energy flows, prana and apana, are united. This generates psychic heat that triggers the release of Kundalini energy.

Root lock adjusts the lower three chakras so that the energy cannot be lost or leak out through the base of the spine. As a consequence, the energy stays in the body and can flow up the spine. As with all the locks, root lock is done either while holding the breath in or out.

### **Diaphragm Lock or Uddiyana Bhand**

Diaphragm lock works with the solar plexus and the heart chakra. It is easier to apply this lock while holding the breath out, when the diaphragm muscles are already pulled in and up. This lock is performed by raising the diaphragm, sucking in the solar plexus, and pulling the diaphragm muscles toward the spine and up. The chest will then expand, and the spine will straighten.



Diaphragm lock massages the heart muscle and causes the thymus to secrete. It is also used sometimes during chanting. When, rhythmically applied, it enhances the effects.

### **Neck Lock or Jalandhara Bhand**

The neck lock involves a very subtle movement: ever so slightly tuck the chin, pull the head back so it feels like the head is resting on the top of the spine, and pull the head up to elongate the spine. The chest will open up as you shift from a slumped posture and caved-in chest to a straighter posture and open heart center. The shoulders should relax, drop, and release downwards. The tongue and throat should also relax. To make sure your head does not protrude forward, look from the third eye to the horizon. (Eyes are usually closed.)

The neck lock should be applied during all meditations. Some meditations call for a stiffer application of the neck lock, which creates more stimulation of the thyroid gland. However, the throat is still open. Straightening the cervical vertebrae allows the free flow of prana to the brain and opens the connection between the head and the heart.



## Tongue and Eye Lock

Yogic texts may stop with the neck lock. However, to complete the stimulation of the sixth and seventh chakras, what we call the tongue and eye locks are also applied. In tongue lock, the tip of the tongue presses gently against the roof of the mouth, and in eye lock, the eyes look up as though looking out the top of the head. You may feel the pulse at the crown chakra. Many meditations direct the practitioner to focus the eyes at the tip of the nose. This focus causes the optic nerves to cross at the point of the third eye, stimulating the pituitary gland and awakening the third eye.

## Mahabhand

Mahabhand is the application of all the locks at once. When all the locks are applied, the nerves and glands are rejuvenated and the Kundalini energy flows (even if this is not apparent).



## Bhanda Exercise

To fully understand and experience the bhandas, sit on heels and spread the knees wide apart, palms on thighs. (A) Apply root lock and relax it; (B) apply diaphragm lock and relax it; (C) apply neck lock and relax it. Repeat in rhythmic alteration for 3-11 minutes, pulling locks on the exhale (the breath naturally goes out on the first two locks). *Practice on an empty stomach.* This will help you distinguish the locks and perceive energy movement along the spine.

## Concluding an Exercise

After performing an exercise, inhale deeply, suspend the breath, and retain the breath while performing the locks. Although we may say hold the breath, holding the breath in Kundalini Yoga really means suspending the breath. We relax the body, while we hold the breath in (or out) for as long as we can, and then we exhale powerfully. We can then either (1) inhale deeply again and repeat the suspension of the breath and pulling the locks on the suspended inhale, *or* (2) we can suspend the breath while holding the breath out and pull the locks. Optimally, we suspend the breath and apply the locks on both the inhale and exhale to balance the prana and apana. Sometimes specific instructions are given in this regard. Other times, we simply know to include this practice to activate the energy of the exercise and to raise the Kundalini.

## Suspending the Breath

### *Suspending the Breath on the Inhale*

To prepare for suspending the breath on the inhale, inhale to your maximum capacity. After an initial long deep inhale, continue with shorter inhales until your lungs are completely filled. You can feel the clavicles lock in when there is no more space to inhale. Relax your body before pulling the locks.

### ***Suspending the Breath on the Exhale***

To prepare for suspending the breath on the exhale, exhale powerfully and continue with shorter exhales until your lungs are almost, but not completely, empty. If we totally empty our lungs, our body will panic and gasp for air. We retain some breath by pulling the root lock. The diaphragm and abdominal area below the navel will also contract up. Pulling the locks assists in moving the diaphragm up, opening the heart, and moving the energy upward.

Again, once the breath is out, it is important to relax the whole body into the state of suspension. When the body is relaxed, we are able to hold the breath out for longer than normal, and there is more energy flow. You can then further contract the diaphragm muscles and draw them upward, which increases the activation at the navel center and opens the heart.

While suspending the breath, mentally chanting a divine mantra makes it easier to hold your breath out or in, and it provides the added bonus of imprinting a positive vibration and message in your mind. As you suspend the breath, notice and allow your body to fill with radiance and prana.

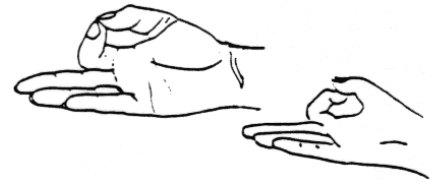
If friends are “friends” by fate and circumstance, not by consciousness and commitment, they are friends of your habits. They will leave you. When you become a friend of your consciousness and dwell with God, you do not need friends. You may have many friends. But how could you be lonely? We no longer feel needy and connect out of emotional need.



## Mudras

A mudra is a gesture or position, usually of the hands, that guides energy flow. By curling, crossing, stretching, or touching the fingers and hands, we can send messages to the body and mind, as each area of the hand connects, or reflexes, to a certain part of the mind or body. Some commonly used mudras are

**Gyan Mudra:** The tip of the thumb touches the tip of the index finger, stimulating knowledge and ability. The index finger is symbolized by Jupiter, the planet of expansion, opportunities, and good fortune, and the thumb represents the ego. Gyan Mudra imparts receptivity and calm.



**Active Gyan Mudra:** The first joint of the index finger is bent under the first joint of the thumb, imparting active knowledge.



**Shuni Mudra:** Tip of the middle finger (symbolized by Saturn, the planet of consolidation, manifestation, patience, and wisdom) touches the tip of the thumb, inducing patience.



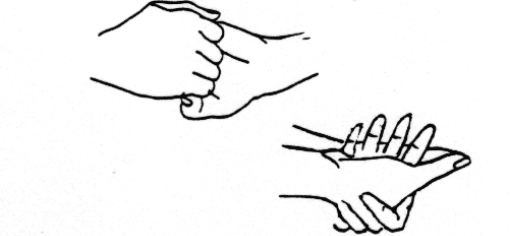
**Surya or Ravi Mudra:** Tip of the ring finger (symbolized by the Sun, which represents vitality, energy, and radiance) touches the tip of the thumb, enhancing energy, health, and intuition.



**Buddhi Mudra:** Tip of the little finger (symbolized by Mercury, the planet of mind and communication) touches tip of the thumb for clear and intuitive communication.



**Venus Lock:** Interlace fingers with left little finger on the bottom, with the right index finger on top for men and the left for women. The Venus mounds at the base of the thumbs are pressed together channeling sensuality and sexuality and glandular balance, helping focus and concentration.



**Prayer Mudra:** Palms are pressed together for a neutralizing effect and balancing yin and yang, and for centering.

**Bear Grip:** Left palm faces out from body with thumb down, and right palm faces body, thumb up, and fingers are curled and hooked together to stimulate the heart and intensify concentration.

**Buddha Mudra:** Right hand rests on left for men, left on right for women, palms up, thumb tips touching each other in a receptive gesture.

## Sitting Positions

An asana is a pose or posture designed to stimulate glands, organs, or body awareness and to quiet the mind for meditation. Asanas often apply pressure on nerves or acupressure points, reflexing to the brain and body for certain effects. The most common meditation asanas are

**Easy Pose** (or Sukasana): Cross the legs comfortably at the ankles or both feet on the floor, pressing the lower spine forward to keep the back straight. The term “easy pose” is commonly used to indicate a comfortable posture for you. If you can do Lotus Pose (below), this is the optimal sitting position for most meditations.

**Perfect Pose** (or Siddhasana): Right heel presses against the perineum, sole against left thigh. Left heel is placed on top of the right heel and presses the body above the genitals with the toes tucked into the groove between the right calf and thigh. Knees should be on the ground with one heel directly above the other. This is the most comfortable asana for many and is believed to promote psychic power.

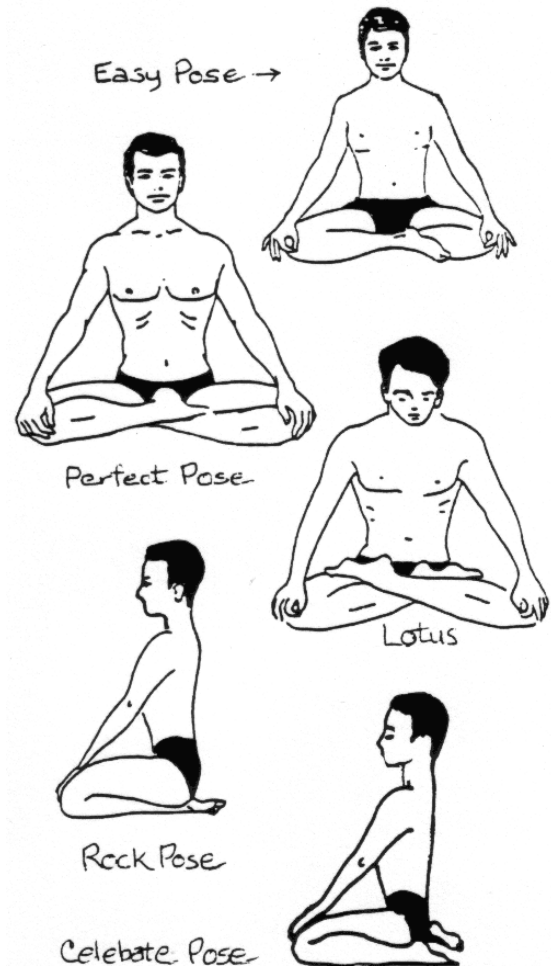
**Lotus Pose** (or Padmasana): Lift left foot onto upper right thigh, then place right foot on left thigh as close to the body as possible. This locked-in posture is easier to do than it looks and it enhances deep meditation. Either the right or left leg is on top.

**Rock Pose** (or Vajrasana): Kneel and sit on heels (tops of feet on the ground) so that they press the nerves in the center of the buttocks. (It is named “Rock Pose” because its effect on the digestive system enables one to digest rocks.) Yogi Bhajan said this is a great sitting position for women, and they can choose this position whenever they wish.

**Celibate (or Hero) Pose:** With feet hip-width apart, kneel and sit between the feet. This posture channels sexual energy.

### Sitting in a Chair

If you sit in a chair, be sure that both feet are flat and evenly placed on the ground, and keep the spine straight. You can put a stool or yoga block under your feet if you wish to avoid the tendency to want to cross your legs.



## ***12 Practice Principles of Kundalini Yoga***

The power of Kundalini Yoga is generated from the simultaneous use the breath, movement, rhythm, posture, mantras, attention, and bhandas to activate and integrate the various parts of our being. The following principles help remind us of the multiple facets of our practice and serve to focus our attention to magnify the effects and to consolidate the results.

### **1. Shift from Fear to Love**

To remove old conditioning and to install a new program, it is necessary to monitor your mental and emotional state. Train yourself to shift from fear to love by moving your attention from your dualistic mind to your neutral mind and heart. Listen to the differences in what and how each communicates. From your neutral mind and heart, it is easier to release fear-based thoughts and attitudes and to choose loving ways of being with yourself, others, and life.

### **2. Pranayama — Prana/Apana Balance**

Actively and consciously use your breath during every exercise to increase the effects. As you inhale, consciously take in prana or life force. As you exhale and release, let go and relax. Balancing prana and apana activates the Kundalini. During your daily activities, remember to breathe deeply from your belly. Slowing and deepening your breath is both calming and energizing. Remember to inhale SAT, exhale NAM.

### **3. Rhythm and Flow**

Many Kundalini Yoga exercises involve movement. Establish a comfortable rhythm and maintain the same rhythmic flow while performing the exercise. Relaxing into our own rhythm relieves stress and brings all our body systems into balance. Meditate on the rhythm and flow of your breath during both active and passive breathing.

### **4. Posture for an Open Heart**

To maintain an open heart, perform all postures with the chest forward, rib cage and diaphragm raised, and head aligned on top of your spine. Pay attention during forward bending leg stretches to aim your heart, not your head, toward your leg. During all sitting meditations, adjust your posture to keep your heart open by pulling up on your spine from the back of your neck. Monitor your posture to make sure you are not slumping while sitting at your computer(!) and during other sitting, standing, and moving activities throughout the day. Make sure your heart, not your head, leads when you walk.

### **5. Power Positioning with the Bhandas**

Application of the locks aligns the spine for the free flow of Kundalini energy. Apply the locks while suspending the breath on either/or both the inhale or exhale. Application of the root lock releases Kundalini energy and adds inner strength to your posture.

## **6. Pay Attention and Cultivate Awareness**

Pay attention with all your sensory faculties — perception, listening, and feeling — to what you are experiencing in the flow of the moment. Cultivate awareness of Self, subtle energies, and your neutral space inside your head, heart, and body.

## **7. Points of Focus for Power Projection**

Two natural points of focus are the third eye and the navel center. As you apply the locks, focus at the brow point so the energy can move up the spine, activate the pituitary gland, and awaken the neutral mind. Maintaining an ongoing neutral focus at the third and sixth chakras adds clarity and power to your projection.

## **8. Pause to Integrate the Effects**

Take time between exercises and after kriyas and meditations to let your body integrate the effects of the exercises and meditations. Use this “do nothing” time to relax, let go of control, monitor shifts, and cultivate awareness. Trust the higher intelligence of your body and soul to take care of healing and rejuvenating all aspects of your being.

## **9. Penetrating Sounds — Sacred Mantras**

Sacred mantras are sounds that penetrate to and awaken consciousness. Link a mantra with the breath and call upon your true identity by hearing SAT on your inhale and NAM on your exhale. Mantras neutralize negative thoughts and cleanse the subconscious of fear-based programming.

Yogi Bhajan offered us the technology of sound because he knew that the higher vibrations of sacred mantras would pull us into the heart-centered frequency of the new age. Divine mantras clear our energy and cut fear-based cords, making it possible to detach from self-sabotaging emotional conditioning.

## **10. Patience Pays**

Kindness to self is required to open the heart and is the basis of self-love. Take note of the time (number of breaths) that you allow yourself to let go. Extend the time by increasing the number of breaths in your “Let go and let God” moments. Adding even one more complete breath before you move on strengthens your patience faculty. Yogi Bhajan says “Patience pays” (i.e., patience creates an energetic context that favors prosperity).

## **11. Purity of Heart**

The practice of Kundalini Yoga gradually and systematically cleanses and purifies your whole being. Be aware of changes in how your body and aura feel. Lovingly pay attention to your sensory experiences with your heart. Notice that love is coming from your heart, not your head. The heart radiates and relates with pure compassion, which, when directed to yourself, creates self-love. The purity of our heart is sweet, comforting, and crystalline. Let your heart light shine the unique pure light configuration of your soul. As Yogi Bhajan said, “The heart center impacts 108 million times

more effectively than the head. The head is a computer. The heart has the power of 108 suns.”

## **12. Your Presence Becomes Magnetic**

Consolidate, contain, and ground your energy by paying attention to all the sensations in your body at once. A useful touchstone is to feel all your feelings inside your skin. Consolidating your energetic presence creates a magnetic presence, which attracts opportunities and facilitates becoming prosperous. Be sure to finish your practice with grounding yourself in full body awareness.

## ***Basic Guidelines for Practicing Kundalini Yoga***

### **Daily Sadhana**

Daily individual or group practice, called sadhana, is basic to Kundalini Yoga. We have to do it to achieve results! It is beneficial for beginners to witness classes led by an experienced Kundalini Yoga teacher, either in person in a class setting or in video format.<sup>4</sup>

### **When and Where**

Ideally, we do our sadhana, or daily spiritual practice, early in the morning (around 4:00 a.m.), two and a half hours before sunrise in the “ambrosial hours.” However, the main thing is to maintain a daily practice *before* you start your day, whenever you get up in the morning, for the best results. It is also important to practice in a clean, quiet space reserved for your spiritual practice, away from electronic equipment like computers and cell phones.

### **Food in Belly**

For maximum effectiveness, practice at least an hour after eating a light meal or two hours after a more substantial meal. We need energy and the ability to concentrate to do Kundalini Yoga, so we don’t want to be hungry and thinking about food. But when our stomach is full, we are also distracted and cannot optimize our practice because our physical energy is being used for digestion. Obviously, we won’t have eaten a meal before morning sadhana. A few almonds ten or so minutes before our practice may be needed to sustain our body.

### **What to Wear — Head to Toe**

Wear clean white or light-colored clothes of natural fibers (cotton, wool, silk) that are reserved for this purpose. If you have long enough hair, tie it up on the top of the head (in a “rishi knot”) to concentrate energy on your crown chakra. Covering your head with white cotton cloth also helps retain the natural energy from your hair, aiding your ability to focus and contain your energy.

Unless your feet are really cold, bare feet are recommended, as they allow the flow of energy in and out of the soles of your feet, to and from the Earth. In addition, there are many nerve endings that

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<sup>4</sup> A number of Kundalini Yoga videos can be streamed online at [http://www.yogatech.com/guru\\_rattana\\_online](http://www.yogatech.com/guru_rattana_online).

correspond to the different organs/parts of our body that are stimulated more effectively when barefoot, and we are less likely to slip while performing standing asanas.

## **Full and Shorter Sessions**

The recommended morning routine is as follows:

- Wake-up exercises (in or out of bed)
- Cold shower (or end warm shower with cold to stimulate blood flow to capillaries)
- Tune in with the Adi Mantra “Ong Namō Guru Dev Na Mo”
- Warm-up exercises of choice
- Perform chosen kriya
- Deep relaxation
- Meditation
- Silent time with yourself
- Prayer and closing song
- Grounding exercises

If you wish to meditate, but do not have time for a full sequence in the morning, warm up the spine first with Spinal Flexes, or do any exercises of your choice to prepare your body. The length of a session depends on how much time you have and the results you want to achieve. At the very least, try to do something even for five minutes before you start your day. You’ll be so glad you did!

## ***Optimizing the Benefits of Kundalini Yoga***

### **The 40-Day Plan**

To achieve an even greater impact from a kriya, it is recommended that you do the same set daily for 40 days in a row. The formula offered by Yogi Bhajan is

- 40 days breaks a habit.
- 90 days installs a new habit.
- 120 days encodes the habit.
- 1,000 days leads to mastery.

### **Cultivate Awareness**

An important aspect of Kundalini Yoga practice is body and feeling awareness. Before your yoga practice, take a moment to “tune in” to your body and be with your breath. It is important to pause for a few breaths or even a minute or two after each exercise to feel the effects and to allow the energy to align and flow. Each exercise generates its own specific effects, so relax and permit the integration to happen before going on to the next exercise.



As you become sensitive to your body, you will learn to align your spine and know when to stop and when to press on. If you move as your awareness indicates and rely on your own sensitivity, you can maximize the benefits and prevent overexertion and possible injuries.

## ***Tips for Beginners***

The times given (when available) for each exercise correspond to the times Yogi Bhajan gave when he taught the exercise in class, and/or they indicate the time to achieve full activation and results. We work up to these times or adjust them to our ability. I have noticed that students experience results much faster than 10, 20, or even 30 years ago. Even 1-2 minutes of an exercise that calls for longer times can produce valuable results.

Beginners are not expected and, in fact, are warned not to overexert themselves or to try to press beyond their current capacity. Work up to the longer times by gradually strengthening the muscles needed to perform the exercise. Focus on activation and avoid exhaustion. Never force yourself into a position. Releasing tension requires being kind to yourself. Everyone was a beginner once and, with consistent practice, improvement can be much faster than imagined!

### **The Basic Rule for Altering Kriyas**

*It is important that the exercises are done in the sequence and combination specified in the instructions.* We can shorten the times of the individual exercises to fit them into our schedule and to accommodate them to our physical condition, but the basic rule of thumb is to proportionally reduce the time of each exercise. However, for shorter exercises, do not go under one minute or so, as this amount of time is needed for the activation to happen. You can also perform 26 repetitions of an exercise to fully stimulate the body.

### **Tips for Performing Difficult Exercises**

If you are physically unable to do an exercise, or can do it for only a very short time, there are several options that help maintain the full integrity and effects of the kriya and facilitate actually doing the exercise as your body gets stronger and more flexible.

- Loop a strap or towel over your feet to maintain straight legs during leg stretches. Do not bend your knees to reach your toes.
- Practice by isometrically moving the muscles that you would use to perform the exercise, i.e., strengthen them with subtle movements.
- Visualize yourself doing the movements, even if you physically can't, to get similar benefits.
- Maximize the effects by applying the locks, focusing your attention on your body, and breathing powerfully.
- Concentrate on a mantra and/or the breath to make performing a pose easier.
- Substitute exercises that produce similar results but are easier for you to do.

## Women and Moon Cycle

During their moon cycle, women are advised not to do strenuous abdominal exercises, including Breath of Fire, Stretch Pose, and Sat Kriya. Women need to focus on grounding rather than raising energy during their moon cycle. This is more of an inner meditative time than an active time. However, it is important to move the energy in the lower chakras. Cramps are caused by stuck energy. Even walking and gentle leg and hip exercises can help keep your energy moving and prevent discomfort. Camel Pose and abdominal exercises done daily keep the energy flowing in the pelvic region and prevent painful moon periods.



Chew your food! Our mouth must engage in chewing our food and mixing it with digestive saliva so that our stomach can further digest it and send the nutrients on to the rest of our body. We send half-digested food into our body and wonder why we have a stomach ache. Chewing our food is one very important example of how our mind rushes ahead of time and space. Our mind creates shortcuts, and our body suffers.



## ***Kriya Sequence and Basics***

### **Tuning In**

Before beginning Kundalini Yoga practice, always “tune in” by chanting the ADI MANTRA as follows:

Sit in meditation posture with a straight spine and center yourself with long deep breathing. Then place the palms together in Prayer Mudra at the heart center, fingers pointed up to 60°, base of thumbs pressing against the sternum.



Inhale, focusing at the third eye point, and chant

**ONG NAMO** — I call on Infinite Creative Consciousness

while exhaling and extending the sound, vibrating it in the cranium. Take a sip of air and resume

**GURU DEV NAMO** — I call on Divine Wisdom



Inhale and repeat two more times. This chant protects and connects us with our higher self. Done properly, it stimulates the pituitary and automatically tunes us in to higher consciousness.

### **During the Kriya**

**Warming Up:** The effects of the sets and meditations are enhanced by thoroughly warming up the spine and stretching before practice (see Warm-Up Exercise Set below).

**During the Exercises:** During each exercise, focus at the third eye (brow) point unless otherwise specified, without blocking out other awarenesses (breath, posture, etc.).

**Concluding an Exercise:** Unless otherwise directed, inhale, and hold the breath (still maintaining the posture) and apply Mulbandh (root lock) either with the breath held in or out.

**Between Exercises:** Relax a moment afterwards. Feel your body to observe and integrate the effects of each exercise (making each exercise a mini-meditation).

**Procedure:** Always follow directions as precisely as possible. Do not omit or add an exercise to the kriya, and don't skip around. Do the exercises in the order given to achieve the results that are greater than the sum of the parts.

**Ending a Set:** Conclude each set with adequate relaxation followed by “grounding exercises” (see “Concluding a Set” below).

## Warm-Up Exercise Set

September 7, 1974<sup>5</sup>

1. Camel Ride: Sitting on heels, flex the spine back and forth, inhaling as it arches forward, exhaling as it contracts back, for 2-3 minutes. (Also known as Spinal Flexes.)



2. Heart Twists: Sitting on heels, with hands on shoulders, fingers in front and thumbs in back, twist spine from left (inhale) to right (exhale) for 2-3 minutes.



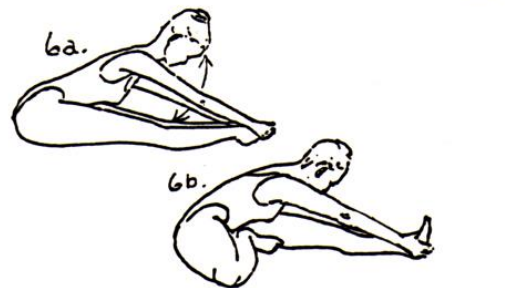
3. Shoulder Shrugs: Relax hands down on knees and inhale, raising shoulders to ears, exhale, relaxing them down again and repeat for 2-3 minutes.



4. Neck Rolls: Place chin on chest and then circle the head right, bringing the right ear toward the right shoulder, then circle back, arching the neck, then to the left, bringing the left ear towards the left shoulder, and then forward again. Continue making slow, smooth circles, ironing out any kinks as you go, and reverse directions. 1-2 minutes each direction.



5. Cat-Cow: On all fours, with thighs directly under hips, arms directly under shoulders, thighs and arms parallel to each other, arch the back up with the exhale, lowering the head to the chest. On the inhale, press the tummy toward the floor as the neck arches back, and continue, increasing speed as you go, for 2-3 minutes.



6. Life-Nerve Stretch:

- Both legs stretched out in front, bend at the hips and grab toes, and exhaling pull the head down to the knees, allowing it to rise on the inhale, for 1-2 minutes.
- Place left heel in right thigh and repeat, pulling head to right knee on the exhale for 1-2 minutes. Switch legs and repeat.



7. Spread legs wide apart, grabbing on to toes, and inhale, exhale head down to alternate knees for 1-2 minutes. (Times added by G.R.)

<sup>5</sup> The date listed for each kriya, when available, indicates Yogi Bhanan's first known teaching of the kriya in the U.S.

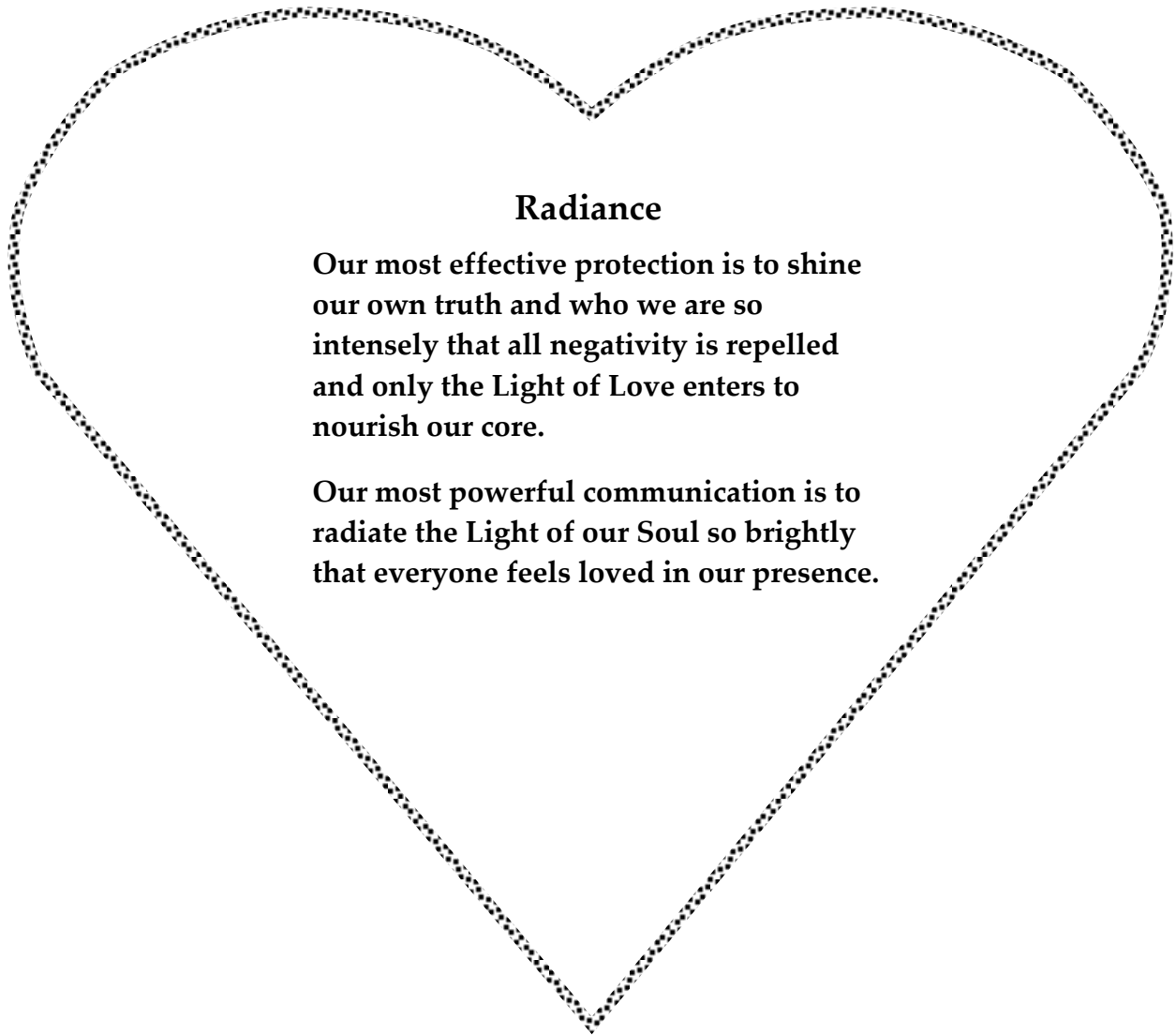
## Concluding a Set

After a long relaxation, particularly one that follows a series of exercises, you will find that doing the concluding exercises below helps to ground you and bring you back to reality:

1. On your back, begin rotating your feet and hands in small circles. Continue in one direction for 30 seconds, and then in the other direction for another 30 seconds.
2. Cat Stretch: Keeping both shoulders and the left leg flat on the ground, bring the right arm back behind the head and the right knee over the left leg till it touches the floor on the far side of the body. Switch legs and arms and repeat the exercise.
3. Still on your back, bring the knees up and to the sides, and rub the soles of the feet and the palms of the hands together briskly, creating a sensation of heat. Continue for 1 minute.



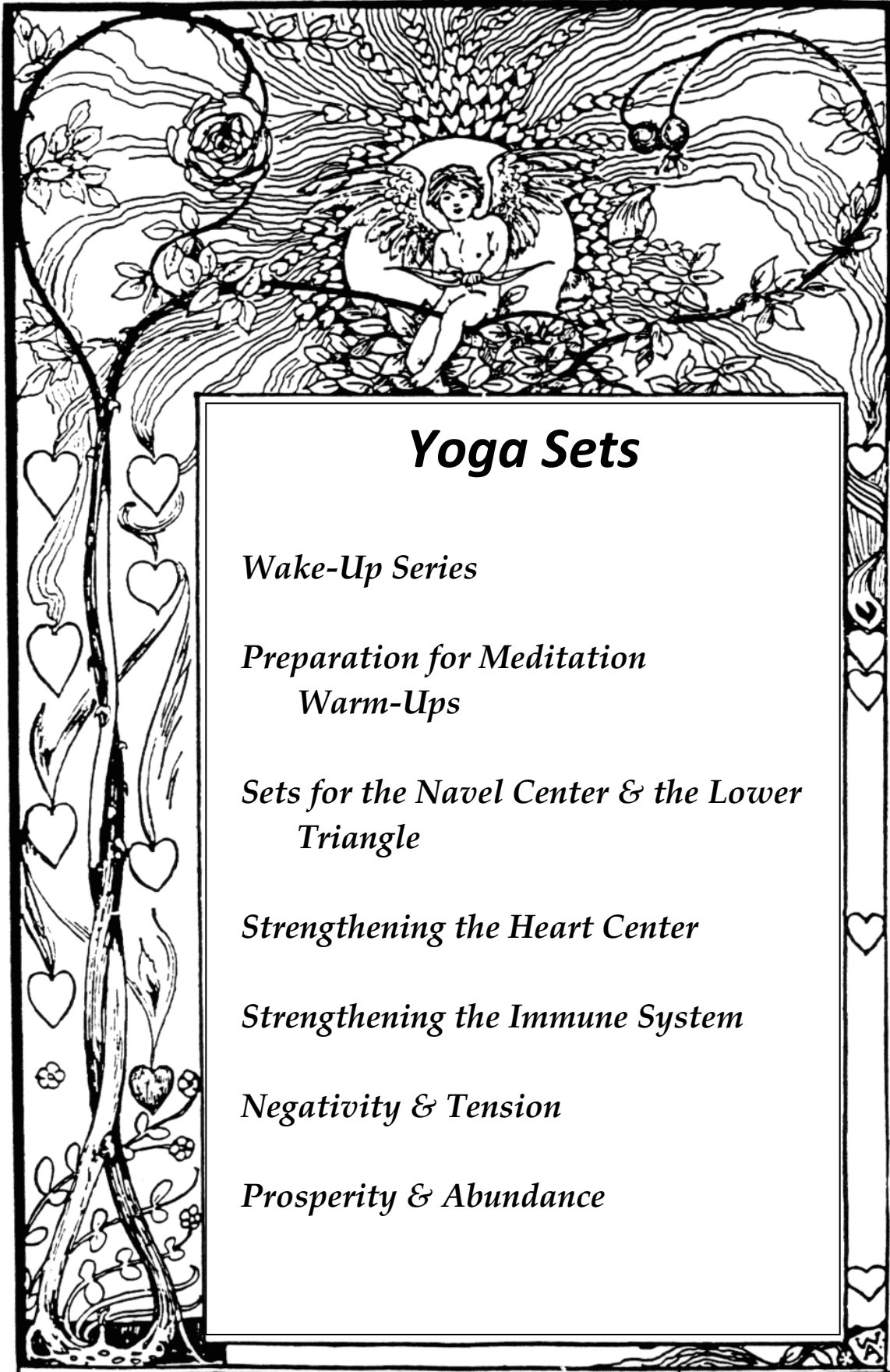
4. Roll on Spine: Claspng knees to chest with both hands, begin rolling on the spine. Roll all the way back, until the feet touch the ground behind the head, and all the way forward, until you're sitting up. Do this at least 3-4 times.
5. Sit up in Easy Pose, palms together in Prayer Mudra at the heart center. Eyes are closed. Inhale completely and say a prayer of thanks. Exhale and let the thought go.
6. A happy conclusion is to sing the lyrics: *May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on.* Repeat.



### **Radiance**

**Our most effective protection is to shine our own truth and who we are so intensely that all negativity is repelled and only the Light of Love enters to nourish our core.**

**Our most powerful communication is to radiate the Light of our Soul so brightly that everyone feels loved in our presence.**



## ***Yoga Sets***

*Wake-Up Series*

*Preparation for Meditation*  
*Warm-Ups*

*Sets for the Navel Center & the Lower*  
*Triangle*

*Strengthening the Heart Center*

*Strengthening the Immune System*

*Negativity & Tension*

*Prosperity & Abundance*



LOVE is a constant, consistent flow of life. It is the vehicle of prana. It is the Divine in radiance. It is, ever was, and ever shall be.

January 1986

LOVE IS FOREVER: You are never, ever going to be forever. You are just the other side of the coin, under time and space. All you can do is GIVE LOVE A CHANCE. Give life a chance.

February 1986

LOVE is between you and you. It is an experience of oneself in oneself. Your "soul mate" is your own soul.

HEAD & HEART: There is a conflict of head and heart. When the head learns to bow to the heart, you have started to become human

September 25, 1985

LOVE IS THE ULTIMATE STATE of human behavior, where compassion prevails and kindness rules.



## Wake-Up Series

Yogi Bhajan recommends the following series every morning upon (or even before) arising. These exercises can be done while still in bed.

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



1.



2.

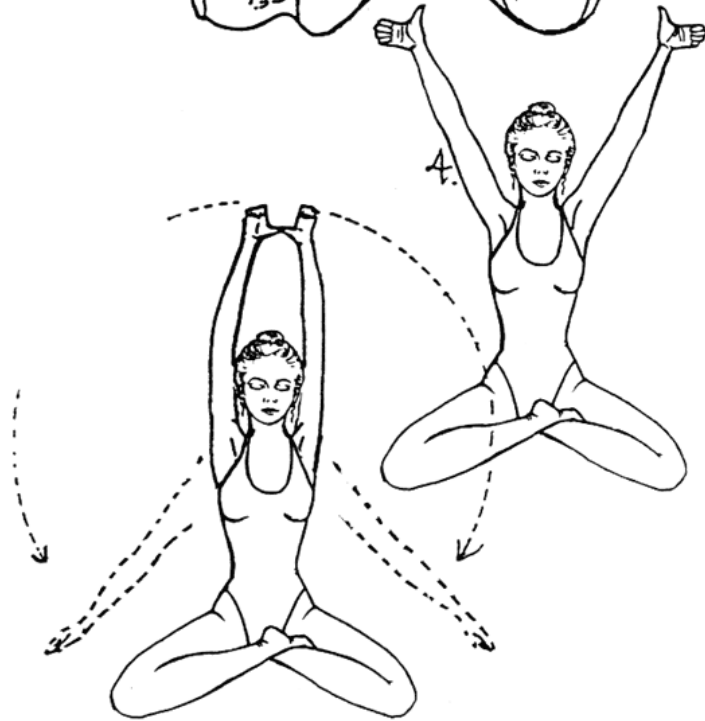
2. **Nose to Knees:** Bend the knees and clasp legs with arms, raising head so that the nose is between the knees and hold with Breath of Fire for 2 minutes. Combines prana with apana.



3.

3. **Spinal Rock:** In same position, rock back and forth on the spine from neck to tailbone for 1 minute. Distributes pranic energy and relaxes 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 thumb tips 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.



4.

## ***Guru Rattana's Complete Warm-Up & Preparation for Meditation***

*All exercises are to be done for 1-2 minutes with powerful Breath of Fire unless otherwise specified. You may select from the list, but do them in the sequence given.*

1. Standing, lock hips (bending knees if necessary), feet hip-width apart, and twist upper torso from left to right, swinging the arms for momentum. Adjusts hips, stimulates liver, promotes spinal flexibility, slims waistline.

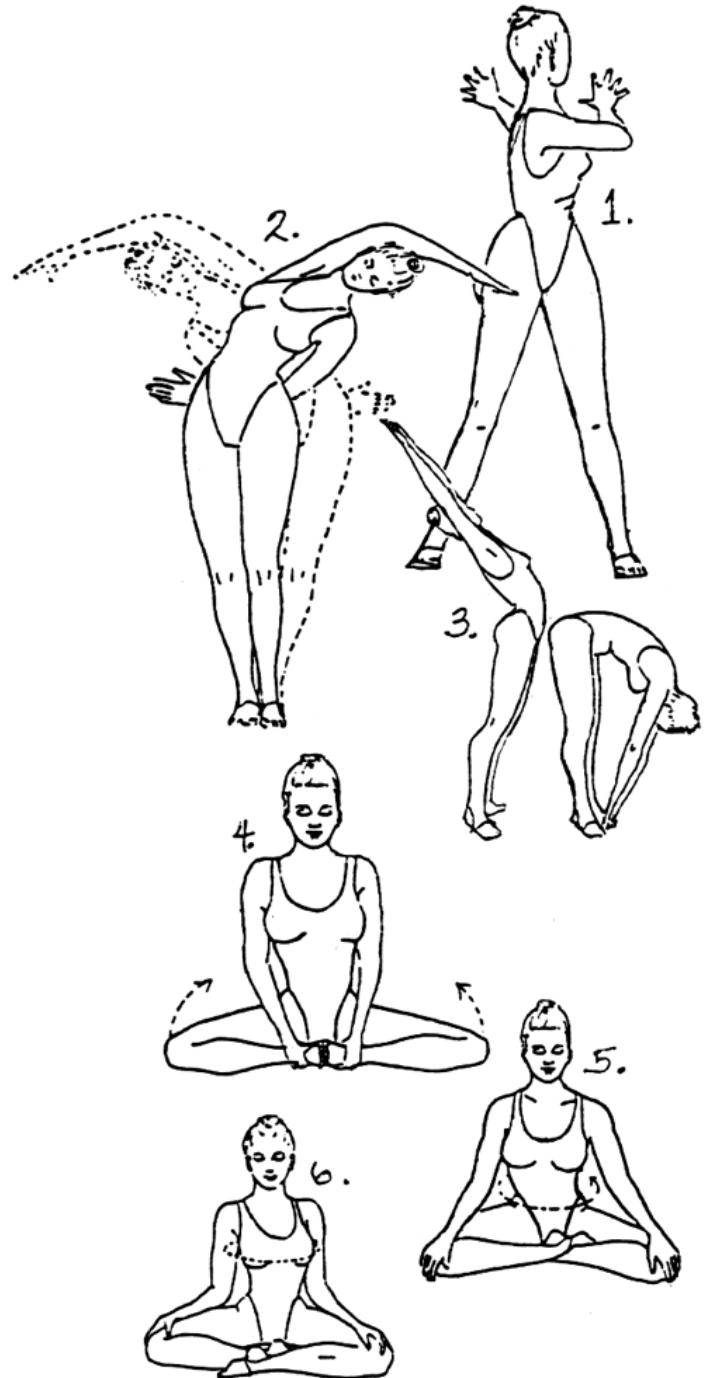
2. Place heels together and swing the torso from side to side, using the arms for momentum, allowing the lower arm to swing behind the body as the upper rises overhead. Be sure to keep the body straight (not piking at the hips). Good for waistline, liver, thighs, flexibility, and elimination. 1-2 minutes.

3. Feet hip-width apart, stretch arms overhead and arch backwards (pull root lock), inhale, and while exhaling, bend forward (release root lock), hands touching the ground between and behind the feet. For abdomen, elimination, and flexibility.

4. Sit with soles of feet together, heels touching perineum, hands grasping feet, move the knees up and down to touch the floor. Releases tension in the groin, adjusts hips, facilitates sitting in meditation.

5. Pelvic Rotations: In Easy Pose, rotate the lower torso 15 times or more in each direction. For digestion, flexibility, and grounding sexual energy.

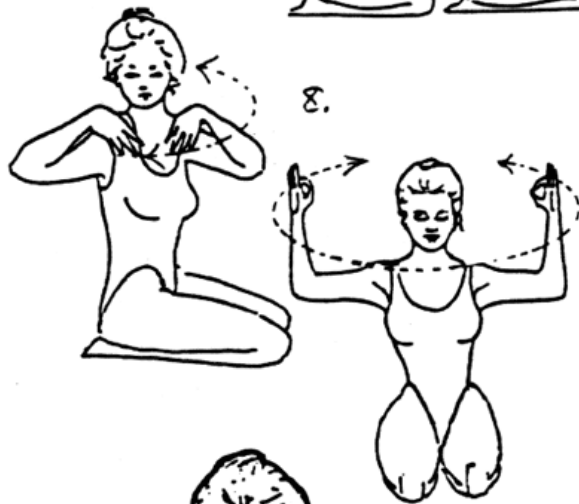
6. Sternum Rotations: Rotate the upper torso 15 times in each direction without moving the hips. For flexibility, tension release, and heart center.





7. Spinal Flexes: Keeping the head still, moving it neither up and down nor forward and back, to give the entire spine, including the neck, a good workout:

- a. In Easy Pose, grasping ankles, inhale, arching the back forward at the waist, and exhale, contracting it back. For first and second chakras.
- b. Then place hands on knees with elbows straight and continue arching and contracting the spine with the breath. For the upper spine.
- c. Then in Rock Pose, seated on heels, hands on knees, continue with Spinal Flexes, coordinating the breath. Moves energy to the navel.



8. Side-to-Side Twists: Still sitting on heels, hands on shoulders, fingers in front, thumbs in back, inhaling as you twist to the left, exhaling to the right. Moves energy from navel to heart, slims waist. Alternate method: with upper arms parallel to the ground and out to the sides, forearms up at 90°, hands in Gyan Mudra (thumb and index fingers joined), twist back and forth with the breath as above.

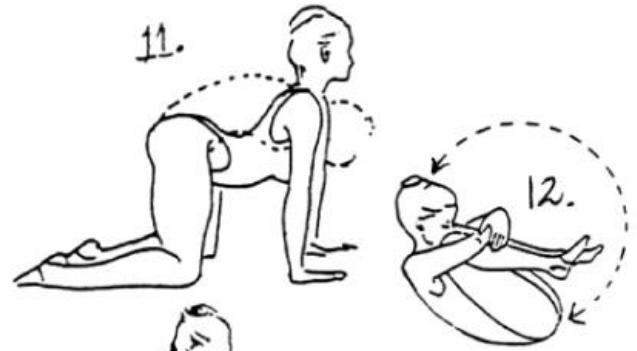


9. Shoulder Shrugs: Alternately shrug shoulders up to ears and down to the limit. For moving energy from heart to throat, releasing shoulder tension, and stimulating heart, thymus, and throat center.



10. Neck Rolls: Still on knees, roll the head evenly and slowly forward, right, back, left and forward again, ironing out kinks as you go. Then reverse direction and continue. For thyroid and releasing tension in the neck. Alternate method: bend the head from side to side, keeping spine straight, touching ears to shoulders.

11. Cat-Cow: On hands and knees, flex the spine up (like an angry cat), head dropping down on the exhale, and then flex spine down (like a tired cow), head up, on the inhale. Start slowly and increase speed with powerful breathing. For heart center, spinal flexibility, and the glandular system.



12. Rock and Roll on the spine from the base to the neck, knees clasped to chest, nose between knees. Circulates energy in the entire spine.



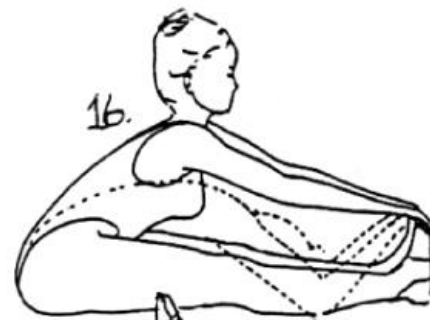
13. Massage the legs on the outsides, backs, and behind the knees.



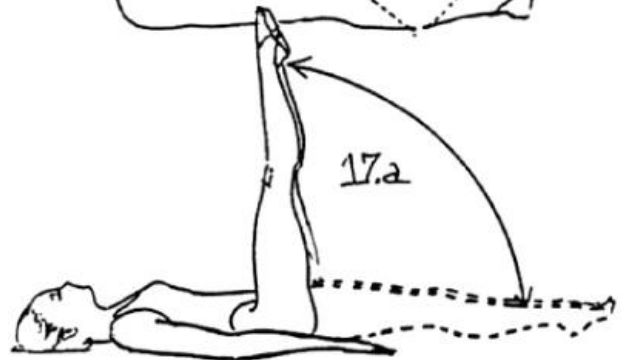
14. Life-Nerve Stretch: With left heel pulled into groin, stretch out over outstretched right leg and hold with powerful Breath of Fire. Repeat on other side. Relieves tension in lower back, moves energy up the spine, and prepares legs for sitting.



15. Alternate leg stretches: With legs wide apart, slowly inhale up at center, and exhale as you stretch chest down to alternate knees. Opens the pelvis.

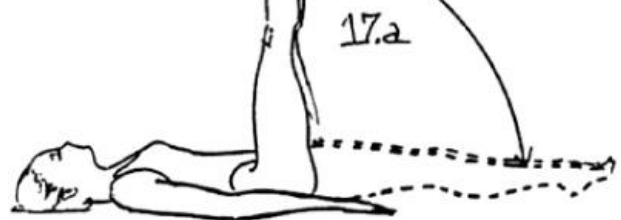


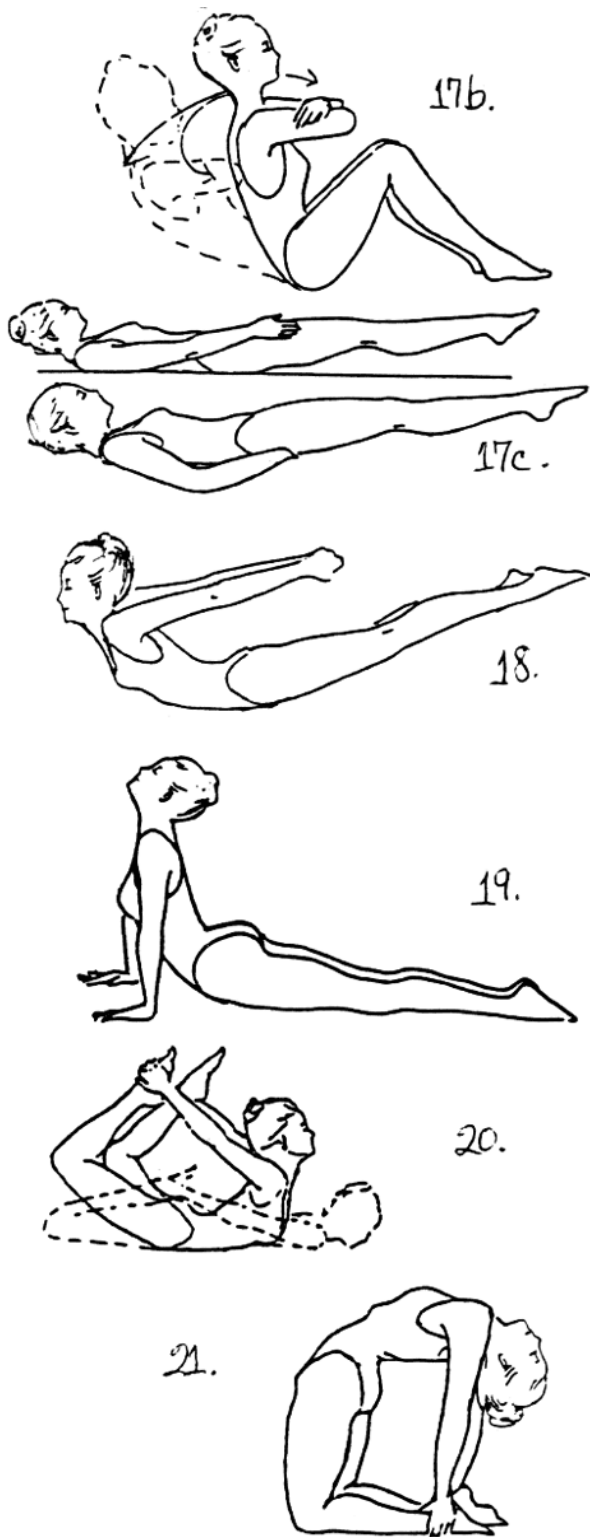
16. Two-Leg Life-Nerve Stretch: With legs together, holding on to the toes or ankles, knees remaining on the floor, slowly inhale up and exhale down. For spinal flexibility and releasing tension in the pelvis, hips, and sciatic nerve.



17. Setting the Navel (you should be able to feel a strong pulse with the fingertips around the navel after these exercises):

- a. Leg rises on back: Raise legs, alternately or together, to 90° as you inhale, and lower them as you exhale for lower abdominal strength and the navel.





b. Abdominal Crunches: Sit with knees up, arms folded (feet can be under something), inhale as you lean back as far as possible, keeping the spine straight, come back up on the exhale. Then lean toward the left and then the right. For strengthening the upper abdominal muscles and the navel point.

c. Stretch Pose: With the hands extended, palms facing each other at the hips or under the buttocks to protect the back, raise straight legs and head 6" off the ground and hold with Breath of Fire. Strengthens abs and navel.

18. Locust variation: On stomach, clasp hands in Venus Lock behind the back and raise legs and upper torso. Keeping arms and legs straight, hold with Breath of Fire. Then inhale, exhale, and pull Mulband, tightening the buttocks to raise Kundalini energy up the spine.

19. Cobra: On stomach, hands under shoulders with elbows slightly bent, arch the back, drop the head back, and look at/toward ceiling. Inhale, exhale, and apply Mulband and feel the energy rise up and out the top of the head. Relax down, vertebra by vertebra.

20. Bow Pose: Still on stomach, bend knees, grasp ankles, and rock back and forth on the stomach, using the breath to move you. Good for tension in the upper spine and shoulders, digestion, and elimination.

21. Camel Pose: Kneeling, press the pelvis forward and drop head back, or keep it up with neck lock, laying palms of hands on soles of feet. Prevents PMS in women, removes stress from ovaries and pelvis, and adjusts the calcium/magnesium balance in thigh bone.

## Navel Adjustment Kriya

To observe whether or not the navel point is centered in its optimal location, as well as to observe the intensity of energy coming from it, one can test the navel pulse (or abdominal heart). First do



Stretch Pose (#1 below) for 2-3 minutes, and then make a circle of the fingertips and press them gently but firmly down around the belly button toward the spine. With the fingertips, you will be able to feel one point that beats strongly. If the beat is exactly in the center of the navel, then the navel point is in place. If it is displaced, do the following set. It can be done in combination with other nabhi (navel) kriyas.

1. Stretch Pose: Lying on back, feet together, point toes and raise heels 6" off the ground. Raise head 6" and focus eyes on the toes, with arms raised and not touching the body, fingertips pointing toward the toes. Hold with Breath of Fire for 1 minute. Inhale, hold, and relax down. It is possible to build the time to 10 minutes.
2. Bow Pose: On stomach, reach back and grasp ankles and pull up, balancing on the navel, arching the neck back, and hold with Breath of Fire for up to 3 minutes. Inhale, hold a few seconds, exhale, and apply root lock. Relax, gracefully, on the stomach.
3. Wheel Pose (if you can): On back, place palms on the floor under the shoulders, fingers pointing to feet, bend the knees and bring the heels to the buttocks. Now, carefully arch up so that the navel is the highest point on the body, arms and legs are straight, and arch the neck so that you can look at your thumbs. Center yourself there and hold with Breath of Fire for 30 seconds to 1 minute (Mulband is automatically pulled in this position). Inhale, hold a few seconds, and come down slowly.
4. Fish Pose: Cross legs in Lotus Pose and grasp the big toes. Arching the neck and back, place the top of the head on the ground, raising the chest up. Hold with Breath of Fire for 2-3 minutes. Inhale, hold, and relax down.



COMMENTS: It is written in the ancient Shastras, "All yoga starts at the navel point," the center of energy transformation in the body. In Kundalini Yoga, the mental and physical are interrelated and co-regulating. The navel chakra is located in the region of the belly button (or slightly below), but lies back of it, in front of the spine. The navel chakra is well known as a center of physical well-being.

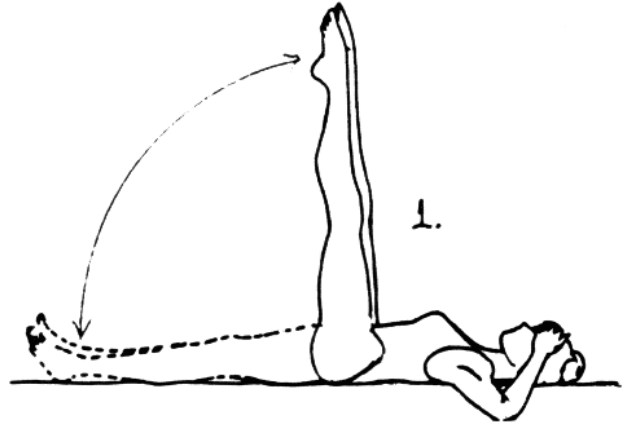
To sustain the effect of a meditation, integrate it into the personality, and speed its assimilation, the navel chakra energy must be strong and alive. Without navel energy, you can meditate for years and not have the effect you can get in three days *with* navel energy!

## **Abdominal Strength Tone & Fitness**

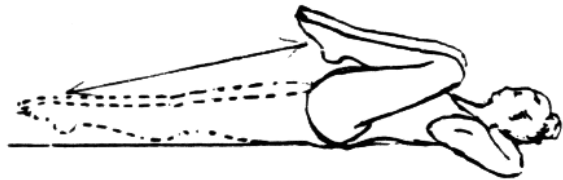
June 25, 1981

Each exercise is to be done 108 times, and then the whole set is to be repeated. You can start at 26 repetitions, and then work up to 54 and 108 repetitions.

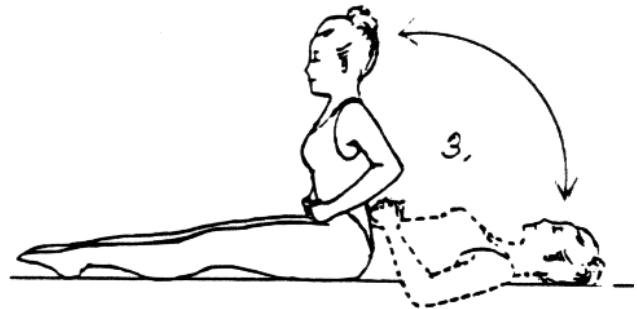
1. Hands in Venus Lock on forehead, raise and lower both legs, counting "1" up, "2" down, "3" up, "4" down, etc., to 108 (54 repetitions).



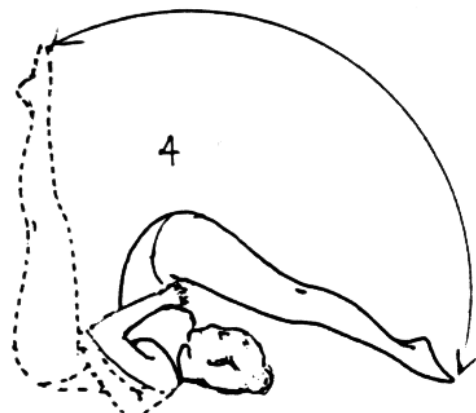
2. Clasp hands in Venus Lock under neck and bring the knees to the chest on "1," and stretch them out straight on "2," without allowing them to touch the ground, counting to 108 (54 repetitions).



3. Venus Lock the hands at the navel and do sit-ups, counting "1" up, "2" down, etc., to 108.



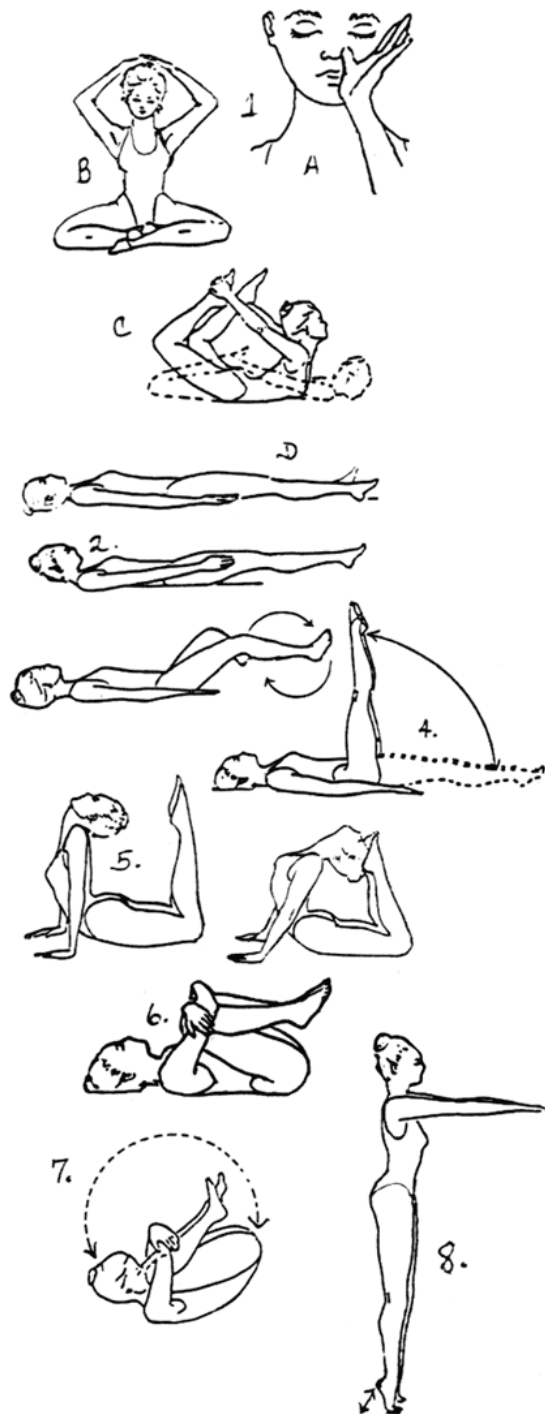
4. Hands still clasped at navel, raise legs to 90°, and on "1" stretch them back overhead into Plow Pose, returning hips to ground on "2," counting to 108.



Survivors of this set will quickly shape up their abdomens!

## Sun Energy

- To awaken your inner space and light within:
  - Right hand in Gyan Mudra on right knee, left thumb blocking left nostril (fingers pointing straight up) with Breath of Fire for 3-5 minutes. To end, inhale deeply, hold the breath, exhale, relax, and meditate for a clear, focused mind.
  - Hands in Venus Lock on top of head, eyes focused on crown chakra, tongue pressing roof of mouth, with Breath of Fire for 3-5 minutes. Opens seventh chakra.
  - Bow Pose with Breath of Fire for 2-3 minutes. Sets navel, aids digestion, and releases tension in upper back and shoulders.
  - Relax for 3-5 minutes.
- Stretch Pose with Breath of Fire for 2-5 minutes (see Wake-Up Series, #1). Sets navel.
- On back, bicycle feet 18" above floor for 2-3 minutes. Balances energy in the first three chakras.
- On back, raise both legs to 90° on the inhale and lower them on the exhale for 2-3 minutes, allowing the navel to pull in the breath. Raises energy from lower chakras.
- Cobra Pose with legs together, feet stretching toward head with Breath of Fire or long deep breathing for 2-3 minutes. Opens heart center.
- Gas Pose: Knees drawn to chest clasped by arms, head on floor for 1 minute. Redistributes energy.
- Spinal Rolls for 2-3 minutes.
- Standing, raise and lower heels (flat to tiptoes) with Breath of Fire for 2-3 minutes. Raises energy to the higher centers.



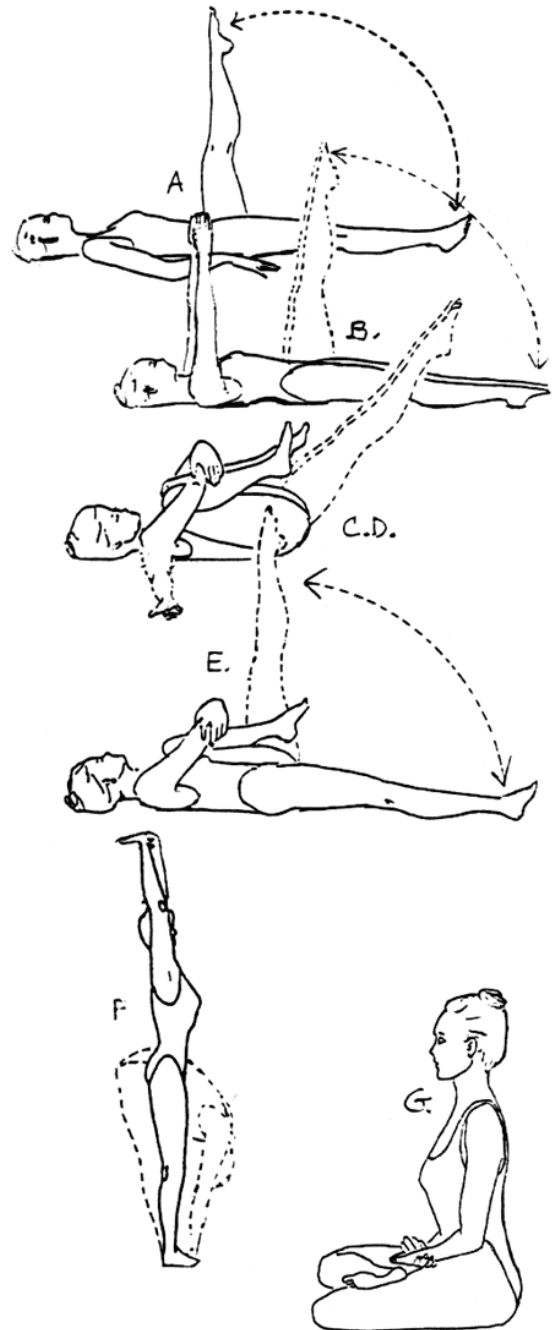
COMMENTS: This set brings in solar energy for expansiveness, enthusiasm, and a clear, action-oriented mind. It also centers and aids digestion and body purification. Best practiced in the morning.



## Nabhi Kriya

June 1971

- A. On back, inhale and lift right leg up to 90°; exhale and lower it. Repeat with left leg. Continue alternate leg lifts with deep, powerful breathing for 10 minutes.
- B. Without pause, lift both legs up to 90° on inhale, and lower them on exhale, arms stretched straight up too, palms facing each other, for balance and energy. 5 minutes.
- C. Bend knees and clasp them to chest with the arms, allowing the head to relax back. Rest in this position for 5 minutes.
- D. In #C position above, inhale, open the arms straight out to the sides on the ground and extend the legs straight out to 60°. Exhale and return to original position. Repeat and continue for 15 minutes. (#C & #D are Pavan Sodan Kriya.)
- E. On back, bring left knee to the chest; hold it there with both hands and rapidly raise the right leg to 90° and lower, inhaling up, exhaling down for 1 minute. Switch legs and repeat for 1 minute. Repeat the complete cycle once more.
- F. Stand up straight, raising arms overhead, hugging ears, and press fingers back so that palms face sky/ceiling. Exhale as you bend forward to touch the ground, keeping the arms straight and hugging ears. Then inhale up, very slowly, with a deep breath. On exhale apply Mulband. Continue at a slow pace for 2 minutes, then more rapidly for 1 more minute.
- G. Totally relax or meditate for 10-15 minutes.



COMMENTS: This set focuses on developing the strength of the navel point. Times indicated are for advanced students. To begin practice, start with 3-5 minutes on the longer exercises. A is for lower digestive area; B is for upper digestion and solar plexus; C eliminates gas and relaxes the heart; D charges the magnetic field and opens the navel center; E sets hips and lower spine; and F is for entire spine, spinal fluid, and the aura. Together, these exercises get the abdominal area in shape quickly.

## ***Guru Rattana's Strengthening the Navel Center & Digestion/ Enhancing Creative Energy Set***

Many people store chronic tension in the abdominal area, constantly holding and tightening the abdominal muscles. The tension interferes with the function of all the abdominal organs, decreasing physical vitality and general health. On releasing this tension, a person is not as prone to ulcers, constipation, sluggishness, and digestive ailments.

The following exercises promote good elimination, cleanse the intestines, release tension, and tightness in the diaphragm, and stretch and strengthen the abdominal muscles. Numbers 1-8 help prevent PMS in women. *As always, be sure to check with your doctor if you have any back pain before doing any Kundalini Yoga exercises, particularly those affecting the lower back.*

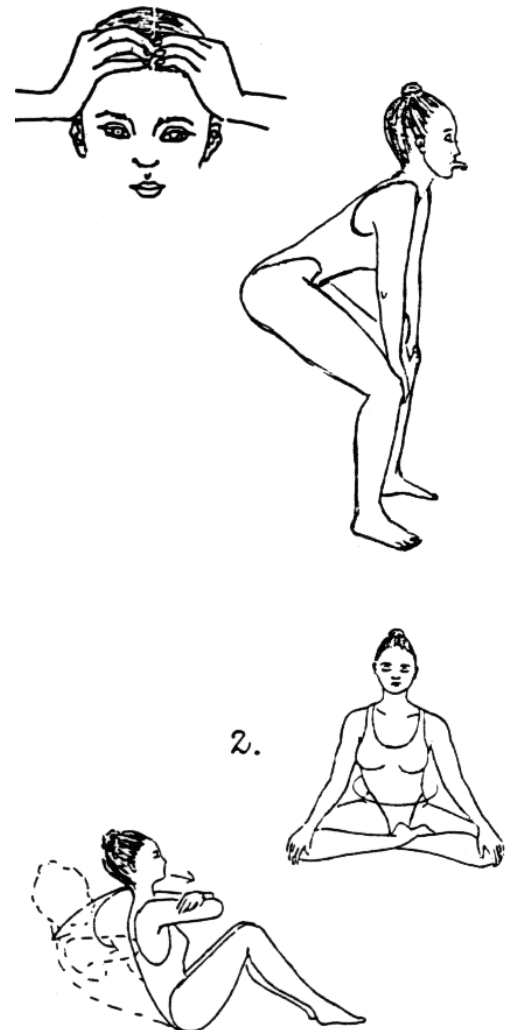
Before doing navel exercises, this procedure helps strengthen the abdominal muscles (try leg lifts before and after to notice the difference): Imagine a part in your hair along the top of the head. Place the fingers of both hands on either side of the part and attempt to pull apart (not massage) the scalp along that line. Do it several times.

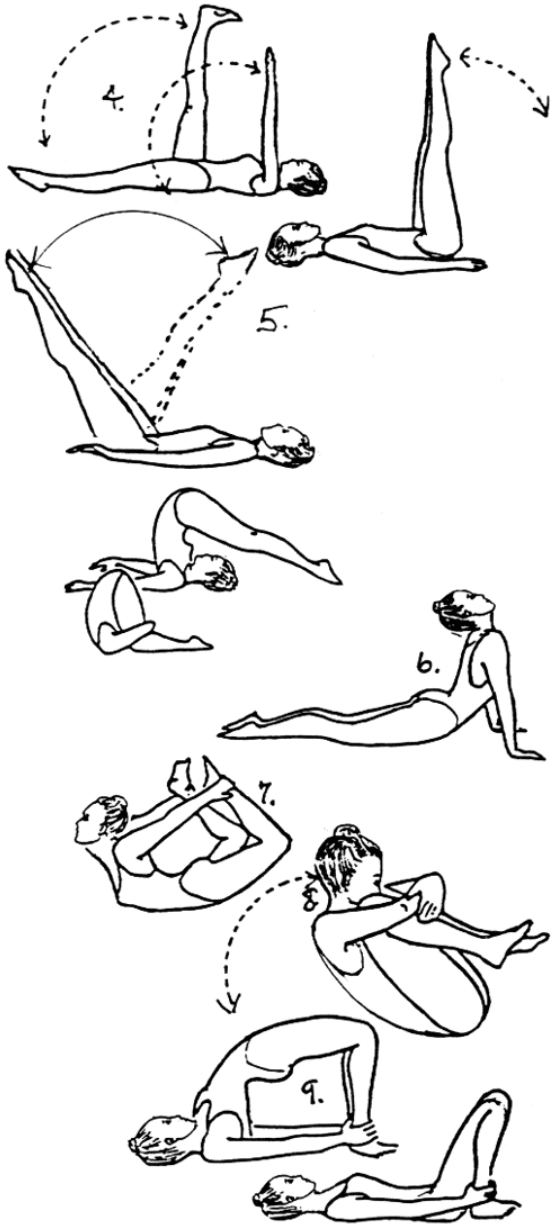
1. Stomach Lifts: Stand up, lean over with arched back, tongue out, and hands on knees. Inhale, exhale all the air, hold the breath out, and pump the stomach in and out as long as possible before inhaling again. Do this 2-5 minutes a day on an empty stomach, preferably in the morning upon arising. With practice, you will move the entire abdominal area all the way up to the diaphragm.

This exercise eases fear, opens the lungs, and aids in elimination. A tight diaphragm produces anxiety, fear, and constipation. (All long deep breathing exercises have a similar effect as this exercise.)

2. Rotate the Pelvis: Sit in Easy Pose with hands on the knees. Deeply roll the pelvis around in a grinding motion 26 times in each direction. This exercise opens up energy in the lower spine and aids in digestion.

3. Sit Ups & Downs: Cross arms across the chest, knees bent (feet can be anchored under something), lean back as far as you can, and then come upright again. Then lean back alternately to the right and to the left. (Practice until you can reach the floor and come back up.)





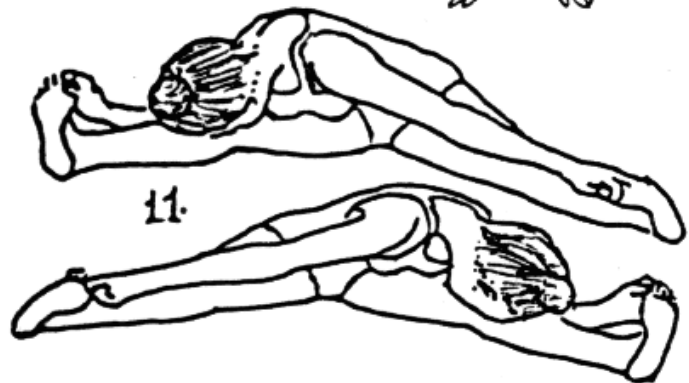
4. Cross Crawls: Raise alternate arms and legs while lying on the back with powerful breathing.
5. Leg Lifts: With hands at sides or under the buttocks (to protect the small of the back), raise legs up to 90° and lower them for 1-2 minutes. Then raise them to 60° and continue to 60° back overhead for 1-2 minutes. This keeps abdominal organs from dropping. To end, bring the legs all the way back over the head in Plow Pose, relaxing and stretching in this position (this releases a lot of tension in the back and shoulders). For an extra stretch, bend the knees beside the ears. Hold Plow for 1-2 minutes.
6. Cobra Pose: Slowly arch up into Cobra, pressing the sternum forward and the neck up first, and then back (try not to overarch the lower back). Do Breath of Fire or long deep breathing for 1-3 minutes.
7. Bow Pose: On stomach, grab the ankles, arch up, and rock back and forth on the abdomen, or hold steady with long deep breathing for 1-3 minutes.
8. Rock & Roll on the Spine: On back, clasp the knees to the chest, and roll back and forth on the spine (make sure you are on a soft-enough surface). 1-2 minutes.

9. Pick Me Up Exercise: Lying on the back, relax a moment. Then bend the knees, drawing heels to buttocks, with feet flat on the floor. Grab ankles and slowly raise the hips, arching the lower spine and lifting the navel to the sky. Inhale as you raise the hips and pull root lock, and exhale through the nose as you lower them and release root lock, holding the breath for a moment as you stretch up as high as possible. Slowly repeat this exercise a minimum of 12 times, synchronizing the breathing and the movement, to a maximum of 26 reps. Begin at 12 and increase two lifts per day, up to 26. To end, inhale up, hold the breath for 10 seconds, and relax down, stretching the legs out. Relax on the back and feel the energizing effect of the exercise.

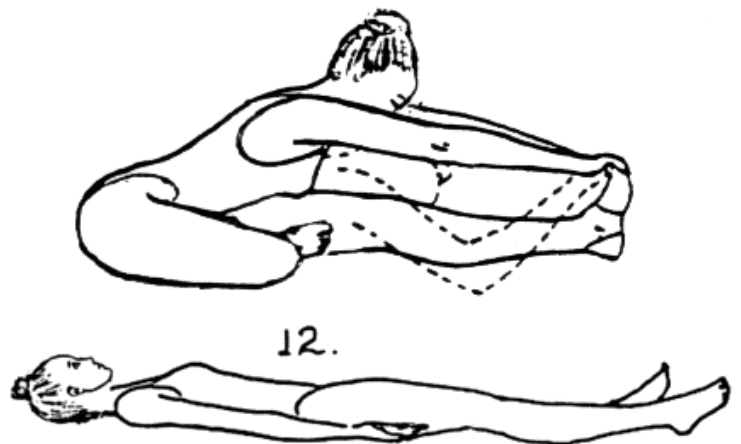
10. Frog Pose: Squat on toes (heels touching each other and up off the ground), fingertips in front of feet between the knees, head lifted up, eyes straight ahead. Inhale as you raise the buttocks up and lower the forehead toward the knees, keeping the heels off the ground. Exhale as you return to the original position. Continue with long deep breaths 26 times (up to 108 repetitions). Relax.



11. Alternate Leg Stretches: Spread the legs wide apart, bending over and grasping the toes (or ankles or knees), keeping the knees straight. Inhale at center, and exhale down to the left leg; inhale back up, center, exhale down, to right knee, with powerful breathing. 1-3 minutes. Then inhale at center, hold, and apply root lock; exhale and relax. Bring legs together and bounce them awhile to relax and massage them. Bend from lower back and get a good stretch, but do not strain. Be sure muscles are loosened up. Now bring the right foot into the left leg, grabbing the foot (or wherever it is comfortable), keeping the left knee flat. Begin long deep breathing or Breath of Fire. Inhale deeply, hold and stretch, and slowly come up. Switch legs and repeat. Then bounce and massage the legs and relax. 1-3 minutes.



12. Relaxation: Deeply relax on your back, hands at sides, palms facing up.



## ***Exercises for the Navel Center***

1. Camel Pose: Sit on heels and arch the hips up and forward allowing the head to drop back, hands grasping ankles, and hold, pressing pelvis forward so that thighs are perpendicular to the floor, with Breath of Fire for 3 minutes. Inhale, hold a few seconds, exhale, and slowly come down.
2. Cradle Pose: Sit on heels and lean all the way back to the ground, placing palms on the ground under shoulders. Push up moderately to try to touch head to toes to complete the circle. Hold with Breath of Fire for 3-5 minutes.
3. Locust Pose: On stomach, clasp hands in back in Venus Lock, lifting arms, head, and feet (legs straight) off the ground, and hold with Breath of Fire for 3-5 minutes. Inhale, exhale, apply Mulband, and relax.
4. Stretch Pose: On back, raise hands, feet, and head 6" with straight legs and arms, and hold with Breath of Fire for 3-5 minutes.
5. Sat Kriya: Sit in Rock Pose and place palms together overhead (or clasp hands in Venus Lock, extending index fingers), arms straight and hugging ears. Chant "Sat," pulling in on the navel, and "Nam," relaxing the navel. After 3 minutes, inhale, squeeze the energy from the buttocks to the top of the skull and out through the hands. Exhale and relax. (See next page for full explanation of Sat Kriya.)
6. Kundalini Lotus: Raise legs up to 60°, clasp big toes with hands; arms and legs are straight. Balancing gracefully on the buttocks, hold with Breath of Fire for 3-5 minutes. Then inhale, pull Mulband, and raise energy along the spine.



## **Sat Kriya**

Sat Kriya is fundamental to Kundalini Yoga and is one of the most effective kriyas to repair and reverse the damage done to our system from taking drugs and from stress. It is recommended to include at least 3 minutes of Sat Kriya in our daily practice for these and other benefits:

- ◆ Sat Kriya helps heal sexual dysfunctions (including impotency, premature ejaculation, and sexual phobias) by strengthening the entire sexual system and by stimulating the natural flow of sexual energy. It balances sexual impulses by channeling sexual energy into our body systems and making this valuable force available for all our creative activities.
- ◆ People suffering from mental and emotional disorders can benefit from practicing Sat Kriya because it balances the lower three chakras and channels unbalanced and misdirected energy there.
- ◆ We can improve our general physical health and strengthen our heart through the distribution of sexual energy and the rhythmic movement this exercise provides.
- ◆ Sat Kriya activates and channels Kundalini energy to nurture our whole system and awaken our consciousness.

### **Directions for Sat Kriya**

Sit on the heels and stretch arms overhead, elbows hugging ears, fingers interlocked, index fingers extended straight up. Palms can be pressed flat together if the practitioner has not recently consumed mind-altering drugs.

Chant SAT NAM in a constant rhythm of about 8 times per 10 seconds or at a pace that you find comfortable, being careful not to speed up. Chant from the navel and solar plexus, pulling the umbilicus into the spine on SAT and relaxing the belly on NAM. ("Sat Nam" rhymes with "but mom.") This creates a wave-like motion in the spine, with SAT creating a wave up the spine, and NAM allowing a wave down the spine.

Focus on pulling the navel point in, but do not try to consciously apply Mulband. The lock will occur naturally as the muscles used to pull in the navel are connected to the other muscles used in the root lock. The hips and spine do not flex as the only motion is a slight up and down movement of the chest and arms with each SAT NAM.



To end, inhale deeply, suspend the breath and lightly apply the locks, using the muscles from the anus, sex organ, perineum, diaphragm, and neck to allow the energy to flow up the spine and out through the top of the head. Exhale powerfully. Inhale deeply, exhale, hold the breath out, and apply the locks. The locks on the suspended breath can be done several times. Do the locks while suspending the breath on both the inhale and the exhale to balance and mix prana and apana.

If you have not taken drugs or have cleared your system of all their effects, you may choose to practice the kriya with the palms open, pressing against each other. This releases more energy but is not generally taught in a public class because someone may have weak nerves from drug abuse. It is also harder to maintain the position when the fingers are not interlaced.

Continue for at least 3 minutes. Time may be built to 31 minutes, but 5-11 minutes is good.

One way to build duration is to start with 2-3 minutes and rest for 3-5 minutes, and then repeat 2-3 minutes practice, 3-5 minutes rest. Or simply increase by one minute a day, or as you feel appropriate for yourself.

Always end with a long, deep relaxation immediately afterwards. Ideally, you should relax for twice the time you practice. Never jump right up after any amount of time, even if you are feeling strong. Give your body the time it needs to integrate the effects; you want to ground in the benefits.

COMMENTS: The classic Sat Kriya can be done by itself or added at the end of warm-up exercises or at the end of a set. Sat Kriya pumps sexual energy throughout our whole system and up to our brain and raises the Kundalini.

Respect the power of this technology and allow this kriya to heal your body and to properly prepare your body for higher experiences. This is not just an exercise — it is a kriya that works on all levels of being, known and unknown, conscious, unconscious, and subconscious.

Sat Kriya activates subtle energies. This is not an aerobic sport. You can block the flow of energy and miss the subtle experiences of higher energies by pushing the physical body too much and being too aggressive in your practice. Or with too much stimulation, you could have a rush of energy or a fleeting pranic experience, but be unable to integrate it into your psyche. So prepare yourself with constancy, patience, and moderation. Transformation is assured.

If you have time for nothing else, practice this kriya daily to keep your body a clean and vital temple for your soul!



## Release the Navel Energy

A. In Easy Pose with a straight spine, place hands in Venus Lock on back of neck, under any hair that might interfere. Elbows are parallel to the floor, chest is lifted, and chin lock is applied. Begin long, deep, and slow breathing. One nostril will feel more open than the other. Concentrate on inhaling through the more open nostril and exhaling through the one that feels more closed. (See "To Change Nostrils at Will" on page 140.) Continue for 5 minutes.



B. Immediately place hands overhead, interlacing the fingers in reverse Venus Lock with palms up. Breathe on command, concentrating at the top of the skull. Inhale for 5 seconds, hold for 15 seconds, and exhale. Then inhale, exhale, inhale, and hold for 25 seconds. Exhale and relax for 1 minute.



C. Make a "U" with the hands, grabbing the shoulders with the fingers forward, thumbs in back, and breathe long and deep for 3 minutes. Don't let the elbows drop, keeping them parallel to the ground. Then inhale, hold for 15 seconds, exhale, and relax.



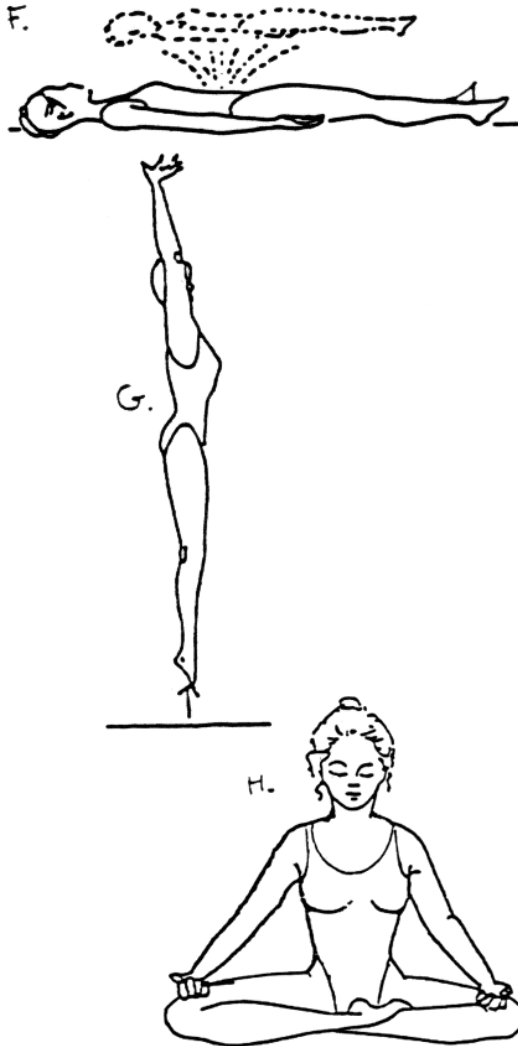
D. Sit on heels and do Sat Kriya. As you chant "Sat," pull in on the navel and apply a light Mulband, and then on "Nam" relax the navel. Arms are straight overhead with elbows hugging ears, fingers interlocked with index fingers extended straight up. After 3 minutes, inhale and squeeze energy up from the buttocks to the top of the skull and out the hands. Exhale and relax.



E. Immediately lie on back, press the toes forward, and lift the legs up 6", raising the head 6". Fixing the eyes on the toes, inhale deeply, hold, and exhale completely. Then take a deep breath and laugh loud and hard for 30 seconds to 1 minute.







- F. Relax completely on the back. Every organ and muscle of the body should relax. Mentally take yourself under the navel point and raise your mental body out of the navel up and 3-5 feet above the physical body. Float there for 5-10 minutes. Then inhale deeply and bring yourself back.
- G. Sit up, then stand up with a jerk. Reach high with the fingers, and jump up to the sky 10 times.
- H. In Easy Pose, hands in Gyan Mudra, press the navel in and go deep within and explore yourself and ask yourself about this beautiful machine. How intricately is it designed? Go through every organ and cell. Then chant sweetly in any way comfortable for you:

**EK ONG KAAR  
SAT NAM  
SIREE WHA-HAY GUROO**

PRAISE GOD: Praising God is your food. I also tell you, praise anybody and you will get Him anyway. That one act, nobody can misunderstand. When the dog starts wagging its tail, that vibration brings love to anything in the world. When the cat purrs, there is never a reaction against her. And when a man praises the Lord, no evil on earth can attack him.

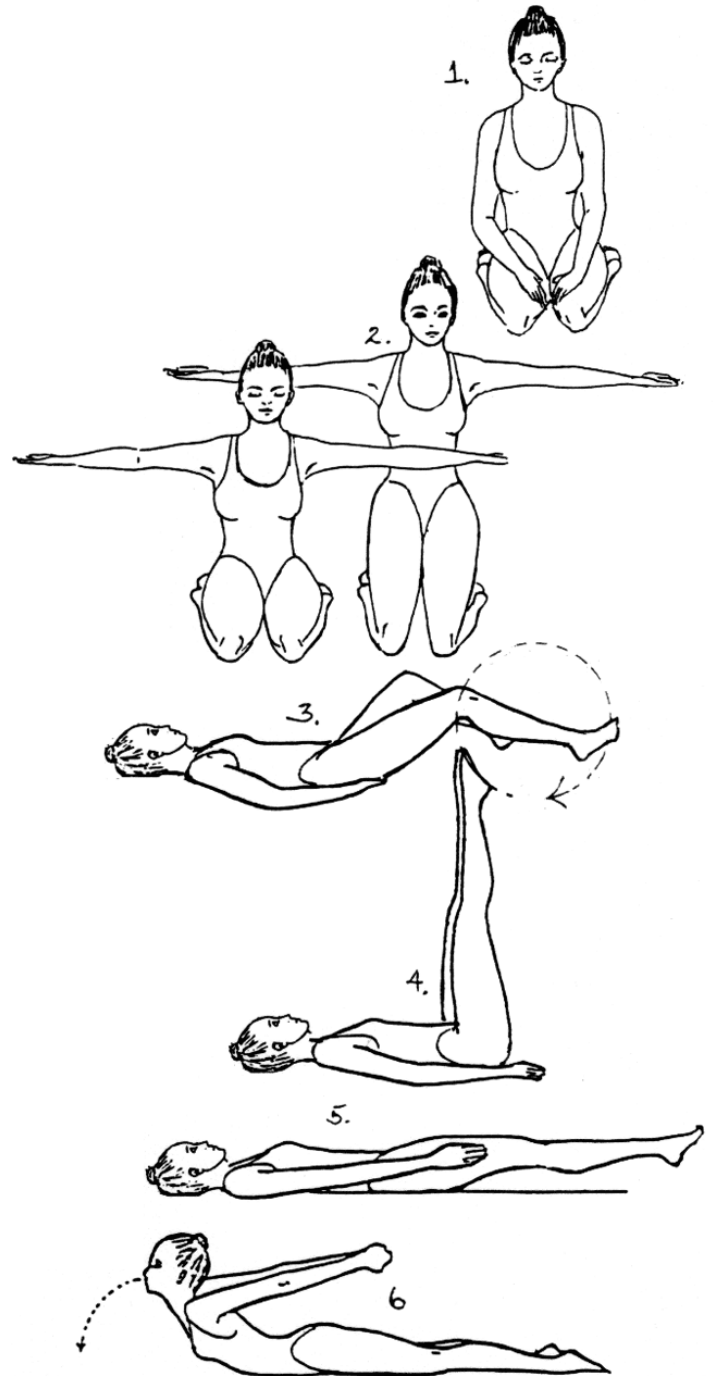
July 19, 1975

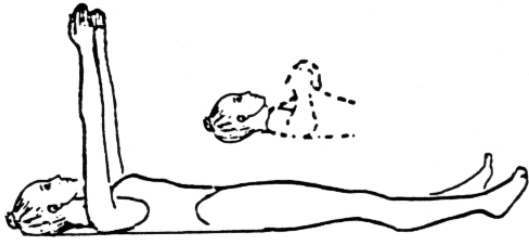


## ***Prana-Apana Balance***

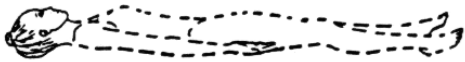
Spring, 1970

1. Sit gracefully in Celibate Pose between calves and ankles for 2 minutes with hands relaxed on thighs, breathing normally.
2. Then stretch arms out to the sides, parallel to the ground, palms up. Inhale for 6 counts, arising to a kneeling position. Hold position and the breath for 12 counts. Slowly exhale in 6 counts while lowering buttocks down to the floor. Repeat 7 times and on the 8<sup>th</sup> time, clap the hands overhead.
3. Lie on the back with hands at the sides and raise the legs 1½ feet off the ground, pedaling them in a bicycling motion and keeping them parallel to the ground for 2½ minutes. *This exercise must always follow the preceding one.* Exercise 1, 2, and 3 stimulate sexual, eliminative, and navel energies, and complete the mixing of prana and apana at the navel point.
4. Immediately inhale and raise the legs to 90°, hold for 30 seconds, slowly exhale and lower the legs.
5. Still on back, lift the legs 6" off the ground and hold with Breath of Fire for 1 minute. Inhale, hold, and then relax.
6. On the stomach, clasp hands in Venus Lock behind back, inhale powerfully and arch the spine up from the waist with the eyes closed. Hold for 30 seconds. Then, exhaling powerfully, lower torso and open the eyes. Repeat this cycle 10 times. (If you keep the eyes open, it can cause temporary dizziness as you rebalance.) This exercise allows the expansive heart to dominate in your attitudes.





7. On the back, raise arms straight up to 90°, palms facing each other, and hold with Breath of Fire for 1 minute. Then inhale and with great tension make fists, clench teeth, and slowly pull energy and fists down to the chest. Exhale and repeat once more. Exercise 7 eliminates a lot of pent-up anger hiding in the form of muscle tension. Exercises 5, 6, and 7 focus on the higher chakras and on pranic force at the eyes and heart.



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

### **ONG, ONG, ONG**



Feel that you are at home, resting at the center of yourself in your body. 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.

COMMENTS: This kriya is delicate and subtle in its many effects. When the energies of prana and apana 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.

THE VERY BEST THERAPY IS to make a tape of yourself reciting your own garbage. Then, leave a gap and chant a mantra. Then listen to it. Your own voice is the sweetest to you, next to God. Sometime make a tape of giving yourself a talk on “How I Can Be Great!” for 15 to 30 minutes. Keep it a secret and then listen to it as a meditation. It will work 100 times better than any other voice or words, and cost less!

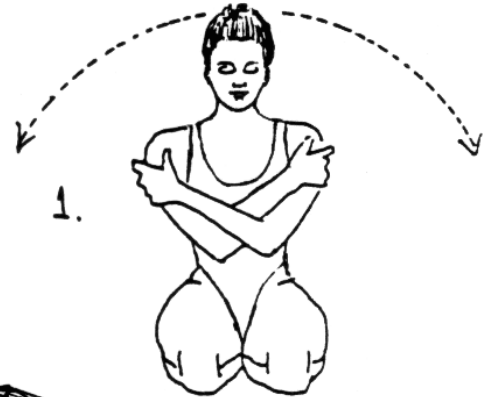
July 18, 1975



## ***A Set to Balance Prana & Apana and Energize the Aura***

1970

1. In Rock Pose, grasp opposite arms below the shoulders, and inhale as you bend left, exhale as you bend right. Keep the spine in perfect alignment (without twisting or bending forward or back). Continue for 3 minutes. To end, deeply inhale, hold, and exhale.



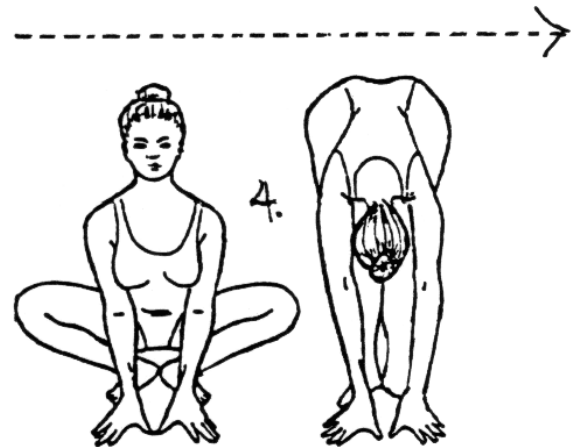
2. Meditate in the center of the head at the pineal gland for 3 minutes.



3. Lying on the back, hands at the sides, inhale and raise feet 1 foot above the ground, hold, pull locks, and exhale as you relax the feet down. Repeat once. Then inhale, raise feet, exhale, hold, and pull locks for 20 seconds or more. Inhale, exhale, and relax.

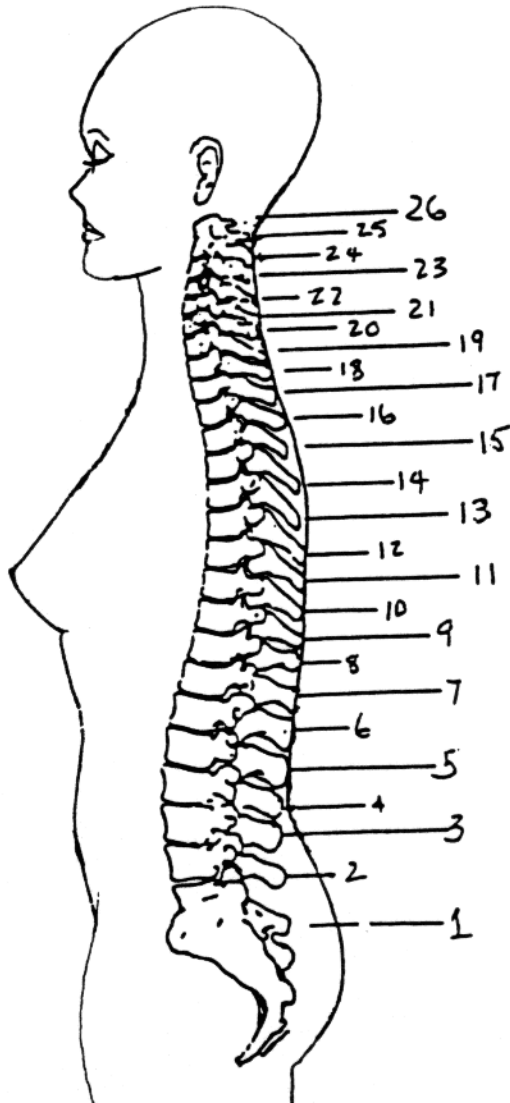


4. Frog Pose: Squat on balls of feet with heels raised and touching each other, arms between knees, fingertips on floor 1 foot in front of toes, back straight, head up. Take 10-15 seconds to inhale and straighten knees, dropping the head down to face them, and concentrating on the first vertebra at the base of the spine. On each successive repetition, move the concentration up to the next vertebra, until on the 26<sup>th</sup> (see diagram on next page), you are at the top of the spine.





5. Meditation: Sit in Easy Pose, right hand in Gyan Mudra resting on right knee. Place the thumb of the left hand on the ajna chakra (third eye) with the fingers pointing up and out, slightly spread. Concentrate on each fingertip, feeling their location in your aura. Build energy around and through them. When the location of each fingertip is firmly fixed in your mind, bring the left hand to rest on the knee in Gyan Mudra. Concentrate on the points in your aura and feed them energy. Then draw the points in through your ajna chakra and feel light, bright, and energized. (Time: unlimited.)



COMMENTS: This set balances life-force energy (prana) and eliminating, cleansing energy (apana), allowing Kundalini energy to rise. It focuses the mind and clears the aura. Experience the auric energy surrounding your physical body. Feel that it is part of you. Allow it to amplify and expand so that you feel connected with Universal Energy.



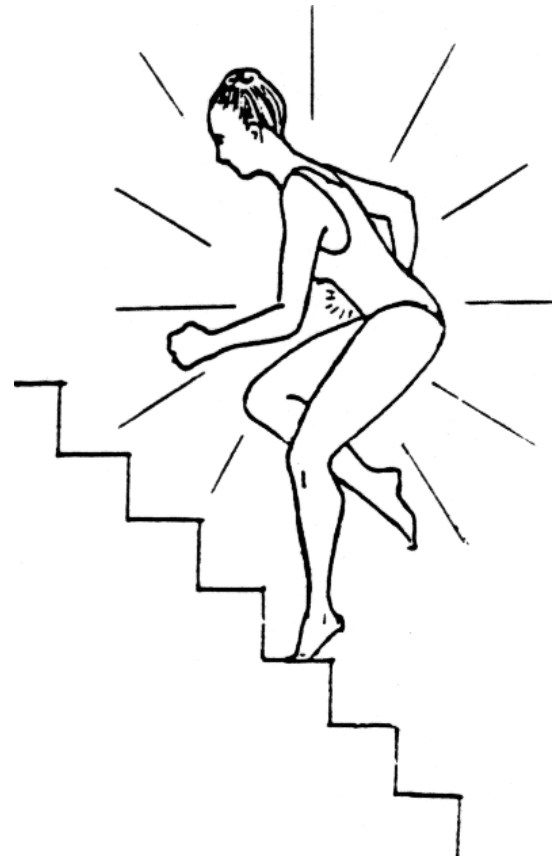
TO BE SPIRITUAL is to be crystal clear,  
to be "seen through" and to see the  
spiritual in everyone.

For God's sake  
Don't be opaque.  
Be light  
And then you'll be bright.

June 23, 1989

## ***Exercise for Navel Point Strength***

To develop sensitivity to energy and to flow safely, so that the awareness is stable and well integrated into the personality, the navel center must be strong. There are many areas of energy concentration in the aura. Each area coordinates different physical and mental functions. The most important for physically demanding situations is the chakra or center near the navel. Energy channels extend out from this vortex of energy to every area of both the physical and mental bodies. It is the coordinating point for over 72,000 main energy channels. *A person with a strong navel point will have endurance, strong will, and a well-balanced physical body.*



The following exercise will demonstrate the large amount of reserve energy stored and regulated at the navel point. It will make you feel several pounds lighter and increase your energy proportionately.

**Exercise:** Walk up and down a flight of stairs and see how heavy you feel. Then, with an erect spine, take long deep breaths for 3 minutes while concentrating at the navel point. After this navel breathing, try the stairs again. You will feel as if you have lost several pounds of weight!

COMMENTS: Practice the same concentration before walking or running.

## ***Short Set to Balance Prana & Apana***

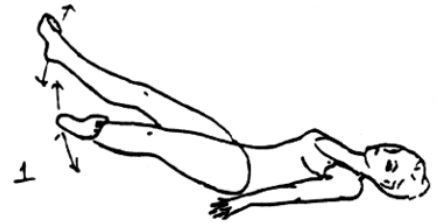


- A. Lying on back with one leg up 90°, do Breath of Fire for 1 minute. Switch legs and repeat.
- B. Still on back, raise both legs 1 foot, arms stretched overhead, with Breath of Fire for 1 minute.

Relax for 7 minutes.

## ***Kriya for Physical & Mental Vitality***

1. Lie on the back, lift legs 12" and begin crisscrossing left over right, right over left, spreading them wide in between. After 5 minutes, inhale and apply Mulbhand. Rest 2½ minutes and repeat the cycle, keeping the legs straight throughout.



2. Lift both legs 2 feet and begin a bicycling motion, keeping them parallel to the ground for 1-2 minutes. Rest 2½ minutes, then repeat cycle. Exercises 1 & 2 move the Kundalini energy from the lower three chakras.



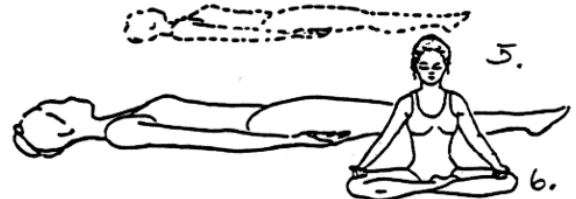
3. Seated in Easy Pose, lift the arms straight above the head, fingers interlocked, palms facing up. Do Breath of Fire for 5 minutes. This moves the energy through the heart center. Feel all the worries of the day drop away as you rise above the clouds and your entire body is filled with the light energy of the breath.



4. Clasp opposite shoulders, arms behind head, thumbs forward, with Breath of Fire for 5 minutes. Then inhale, exhale, and inhale deeply, hold, and circulate the energy. Exhale, apply Mulbhand, hold, and repeat the inhale-exhale-Mulbhand sequence three times. Feel light energy move up to your head and relax your mind into an expansive peacefulness, as the energy is moved through the throat chakra to the higher centers.



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



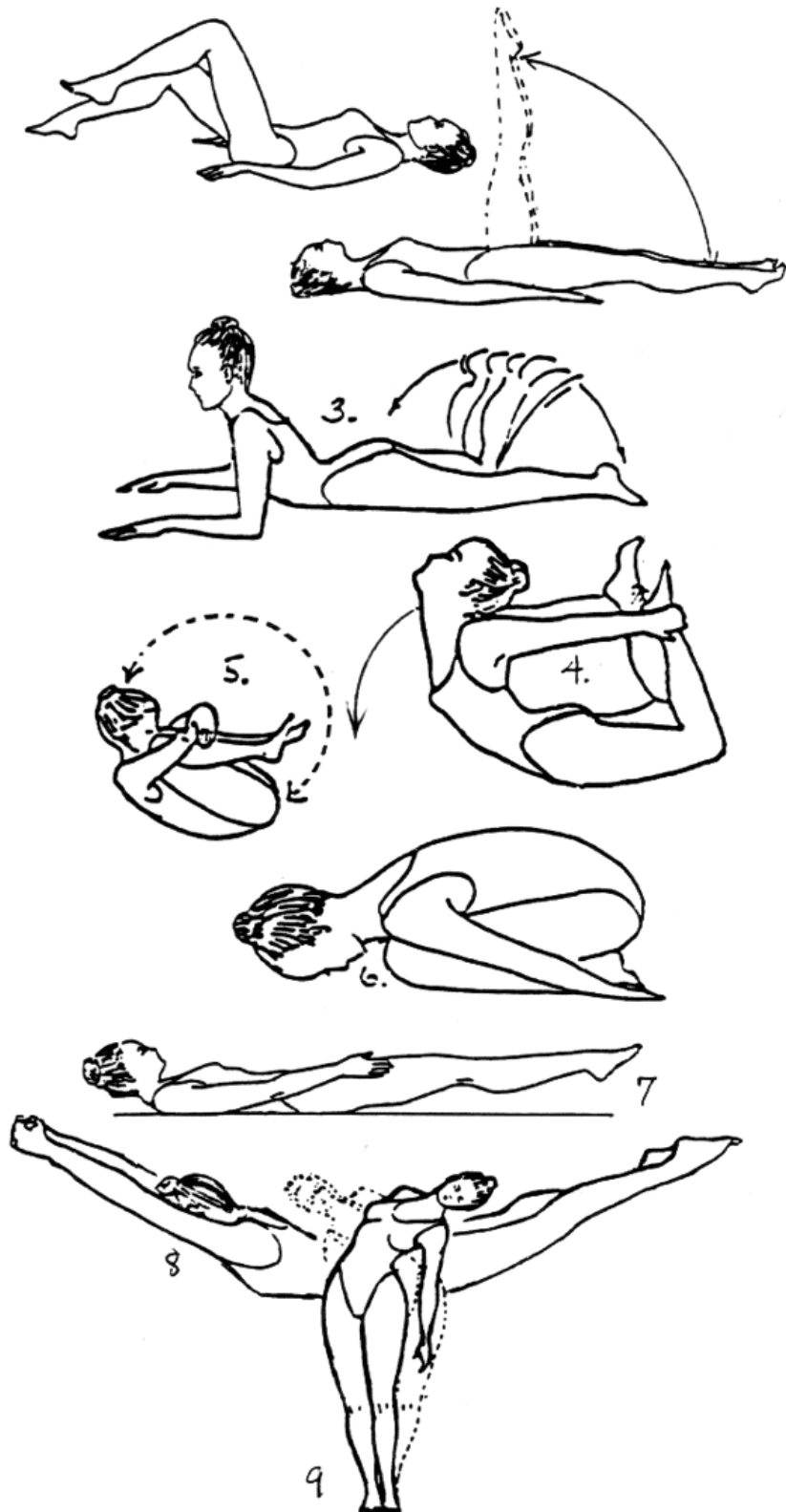
6. Sitting in Meditation Pose, chant any divine mantra.



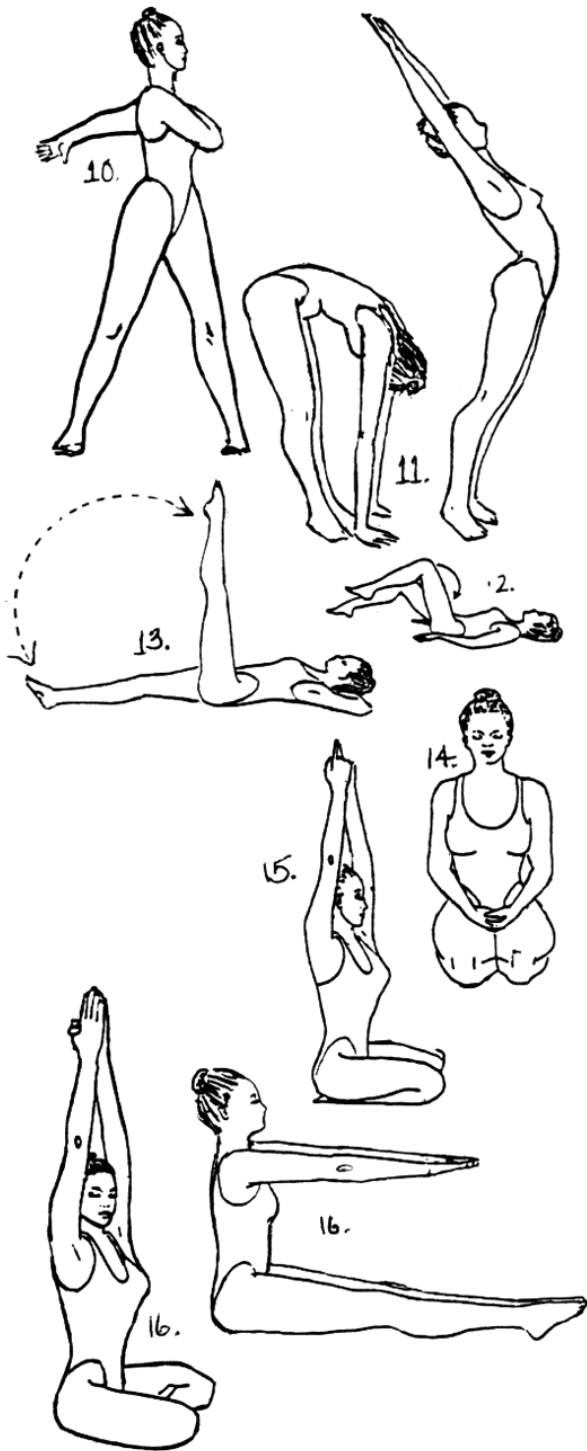
COMMENTS: This is a good kriya to do on Saturday, the day of Saturn, the Task Master, or when you want to work very hard. The hardest part of the series is the beginning. If you attempt the full time prescribed, at first you may have sore stomach muscles and weak legs. Do what you can, and do it gracefully, breathing consciously throughout. The sexual and digestive energies require a little work to balance. The hard work brings deep relaxation and the feeling that you have the latent power to cleanse and revitalize yourself mentally and physically. Mental projection and meditation are automatic afterwards.

## The Navel Center & Elimination

1. On back, bicycle alternate legs 1-1½ feet above the ground with long deep breathing, 1-2 minutes.
2. Inhale, raising straight legs to 90°, and exhale, lowering them rapidly for 1 minute. Rest for 30 seconds. Repeat twice.
3. On stomach, rise up into Cobra Pose and try to kick buttocks with alternate legs, exhaling as you kick one leg, inhaling as you kick the other.
4. In Bow Pose on stomach, rock back and forth with the breath for 2 minutes.
5. On the back, clasp knees to chest and roll back and forth on the spine for 2 minutes.
6. In Baby Pose, sitting on heels, grasp heels and bend forward in Gurpranam with navel breathing for 1-2 minutes.
7. In Stretch Pose, raise heels and head 6" off the ground, keeping arms and legs straight, hands pointing to feet, eyes fixed on toes, and hold with Breath of Fire for 1-2 minutes.
8. On stomach, hands in Venus Lock and stretched overhead, arms hugging ears, raise arms, head, chest, and (straight) legs and hold with Breath of Fire for 1-2 minutes.
9. Stand, arms at sides, and sway like a pendulum, inhaling as you bend left, exhaling as you bend right, for 2 minutes.







10. Still standing, inhale and twist the body to the left, extending the left arm, right hand to heart, then exhale as you twist right, right hand extended, left hand to the heart. Continue briskly for 2 minutes.

11. Standing, exhale and touch palms flat on the ground in front of feet, thumbs crossed. Then inhaling, straighten up and arch backwards, holding the breath in for 10-20 seconds. Repeat 10-20 times.

12. Repeat bicycle exercise for 1-2 minutes.

13. On back, hands in Venus Lock behind the neck, raise alternate legs to 90° at a fast pace for 2 minutes.

14. In Rock Pose, hands in Venus Lock on the lap, inhale "Sat," exhale "Nam," with a soft, rhythmic breath for 1-2 minutes.

15. Perform Sat Kriya (see page 60) for 2 minutes. (Hands in Venus Lock, index fingers extended, or palms together overhead, exhale "Sat" pulling in navel, and inhale "Nam" relaxing it.)

16. Stretch arms and legs straight out in front with Breath of Fire for 2 minutes.

17. In Easy Pose, hands raised overhead, arms hugging ears, palms together, look to third eye and chant for 3-5 minutes:

**EK ONG KAAR  
SAT NAM  
SIREE WAH-HAY GUROO**

Then relax deeply on your back.

## Pranayama Series

1. Sit in Easy Pose, arms straight out to sides, parallel to ground, palms up. Do Breath of Fire for 2-3 minutes. To end, inhale, turn palms over and press them out, hold, and exhale. (To balance prana and apana.)



2. Upper arms parallel to the ground, forearms up, palms forward, thumbs and ring fingers touching in Surya Mudra. Inhale in 4 parts, and exhale in 4 parts, pumping navel for 2-3 minutes. To end, Inhale, bring palms together, pull Mulband, stretch palms up, and exhale down (to bring in Sun energy).



3. Interlace fingers, arms out in front, palms facing out. Inhale and lift hands overhead, exhale and bring them down in front. Repeat and continue for 2-3 minutes. Then inhale and bring hands down to the sides. (Balances the vertical and horizontal auras.)



Part 2: Arms out to sides, palms out, inhale and bring backs of hands together overhead; exhale down to parallel again. Repeat and continue for 2-3 minutes.



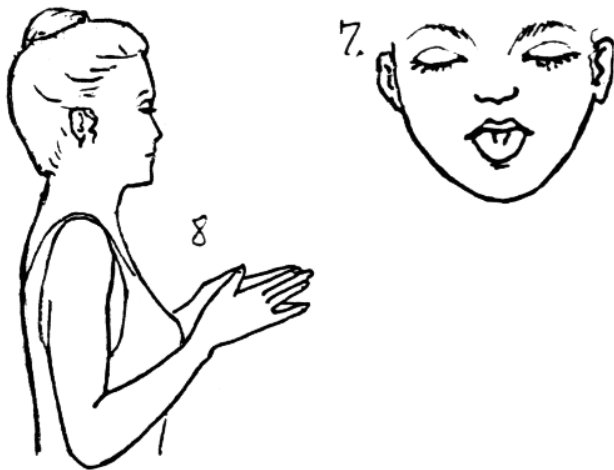
4. Upper arms parallel to ground, forearms up 90° out to sides, thumbs and index fingers touching in Gyan Mudra, inhale and twist torso left, exhale and twist right. Repeat and continue for 2-3 minutes.



5. Hands on shoulders, thumbs in back, fingers in front, bend side to side, inhaling left, exhaling right, allowing head and neck to relax. Repeat and continue for 2-3 minutes.



6. Alternate Nostril Breathing: Quickly inhale through left nostril and exhale through right for 2-3 minutes. Use the right thumb to close right nostril and the right ring finger to close the left nostril.



7. Sitali Pranayam: Curl the tongue and stick it out, inhaling through the curled tongue and exhaling through the nose, with chin lock pulled. Continue for 3-5 minutes.

8. With hands at heart center, first three fingers touching each other at the tips, thumbs and little fingers pulled apart but touching their opposites, look through the fingers at the little fingers and inhale through the nose, exhale through mouth, then inhale through the mouth and exhale through the nose. Repeat and continue sequence for 2-5 minutes.

## An Aerobics Set to Do at Home

1a. Stand with feet together and clap hands overhead 8 times with powerful breathing (or chant “Har” with tip of tongue) with each clap.

1b. Bend over and pat the ground hard with both hands 8 times with breath or “Har” chanted. Knees may bend.

1c. Arms straight out to sides, parallel to ground, raise and lower them 1 inch (patting the air) 8 times, chanting “Har” or powerfully breathing.

2. Crisscross arms and legs, chanting “Har” with each movement, 8 times for a total 8 counts.<sup>6</sup>

3. Archer Pose with right leg forward, bend knee so it is over toes, left leg straight back, foot flat on ground. Right arm is raised parallel to ground and left arm is bent back as if pulling a bow and arrow. Feel tension across the chest and look over the right arm to fix eyes on horizon, extending the stretch 8 times. Switch sides and repeat.

4. Repeat exercise #2.

5. Arms straight up overhead, bend backwards 8 times.

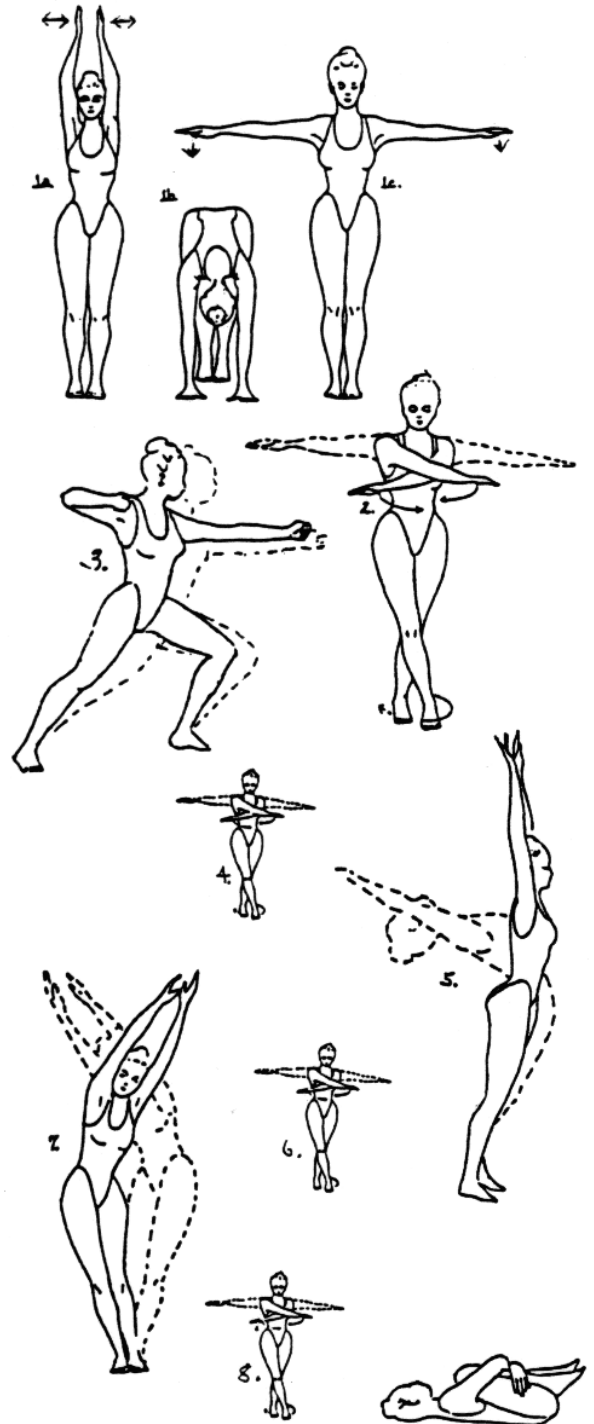
6. Repeat exercise #2.

7. Arms overhead, bend to the left and right 4 times.

8. Repeat exercise #2.

Repeat the cycle as long as you like or for 15-31 minutes. Powerful breathing or chanting “Har” accompanies each movement. To end, relax on back with arms wrapped around bent legs or lying on back.

COMMENTS: Doing this set 15 to 20 minutes a day prevents aging, stimulates the 12 glands, builds stamina, and exercises the whole body. Try it on a mini-trampoline.



<sup>6</sup> If exercise #2 is too difficult, and the floor is too hard (concrete), substitute running in place for 8 counts.

## Heart Opener

April 11, 1984

1. a) Cobra Pose, raise and lower chin to chest 16 times.  
b) Bring heels up as close to head as possible and hold for 2-3 minutes with Breath of Fire.  
c) Still in Cobra, lift alternate hands up to shoulder level, inhaling up and exhaling down for 2-3 minutes. Try and keep heels up as in (b) if you can.  
d) Same exercise as (c), but bring the raised arm as straight up as possible, inhaling up, exhaling down for 2-3 minutes.
2. Lying on stomach, interlace hands behind the back and lift the upper body and the arms as high as possible, and hold with Breath of Fire for 2-3 minutes.
3. In Bow Pose, grasp ankles and rock back and forth on the stomach for 2-3 minutes.
4. Lying on the back, clasp knees to chest and rock back and forth on the spine for 1-2 minutes.
5. On the back, raise legs up to 90° and hold with Breath of Fire for 3 minutes.
6. Lower legs and arch up into Wheel Pose and hold for 1-2 minutes.\*
7. Sit up, extending legs straight out, stretch forward catching toes, head to knees for 2-3 minutes.
8. In Crow Pose, squatting on flat feet, arms extended straight out in front, raise and lower alternate arms up to 90° for 2-3 minutes.
9. Meditate in Easy Pose, using the Chakra Chatra Vartee chant from Jaap Sahib if possible.

(Times added by G.R.)

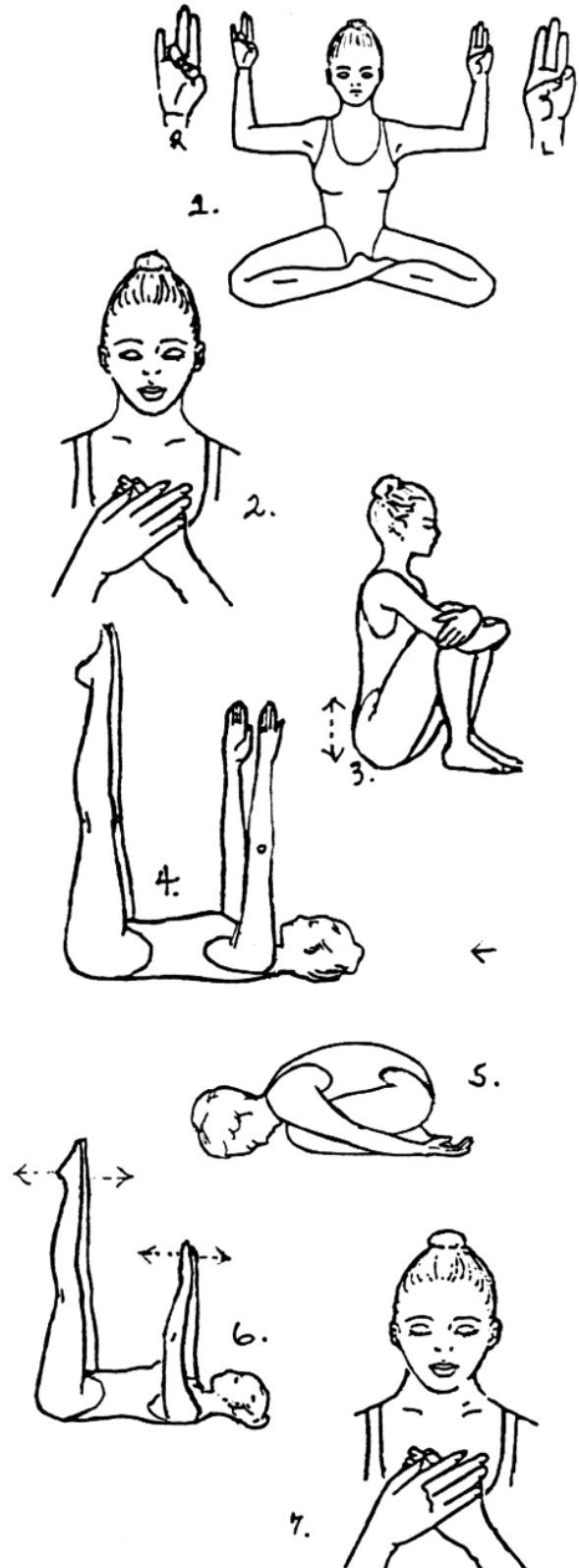
\*The notes specified one-quarter Wheel Pose with fingers pointing away from the body as shown in second picture. We found the posture too difficult! You may also substitute another back-stretching exercise if you are unable to do Wheel Pose.



## Heart Connection

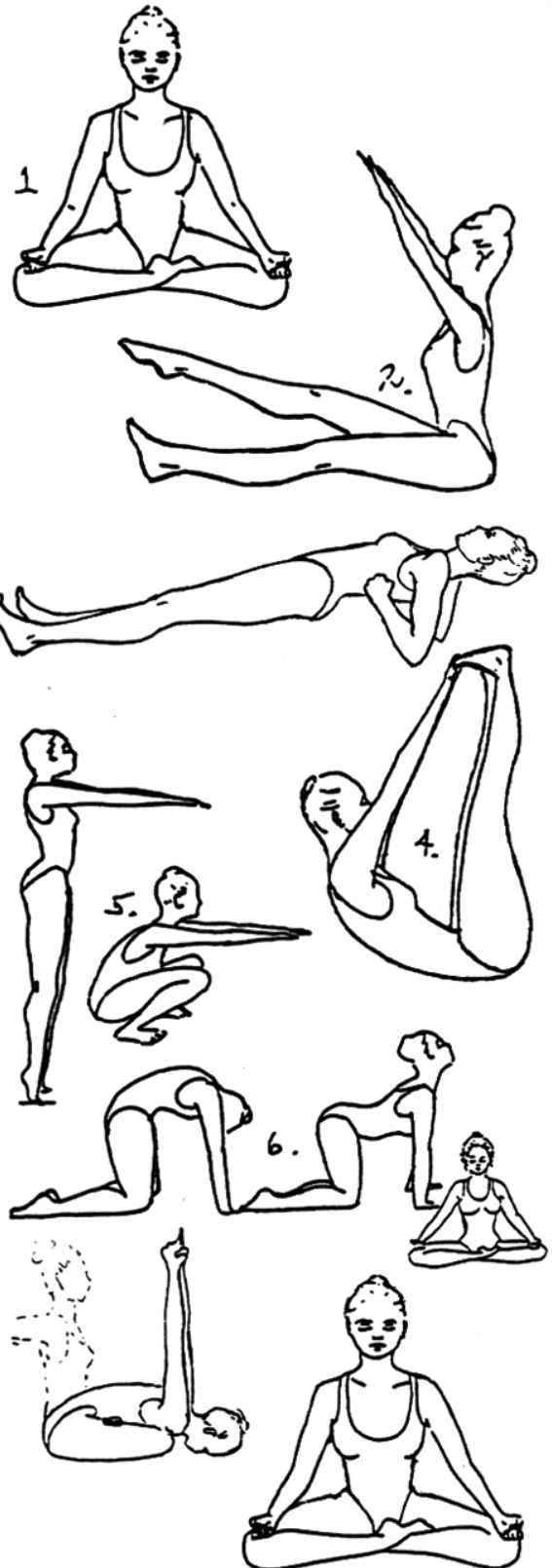
March 12, 1986

1. Right hand in Surya Mudra (thumb touching ring fingertip) and left hand in Buddhi Mudra (thumb tip touching little finger tip), both hands up at sides with palms facing forward, elbows down. Breathe powerfully through the mouth (with Breath of Fire from the navel point) so that the cheeks billow in and out for 3½ minutes. Then inhale deeply through the nose and hold for 30 seconds. Exhale and repeat twice.
2. Place both hands over heart. Focus eyes on the tip of the nose and meditate. "Feel goodness of the heart...think of oneness...feel the totality of God right under your hands." 5 minutes, 15 seconds.
3. Pull knees up to chest and lock them tightly with the hands. Now jump up and down (press feet into ground and try!) for 1½ minutes.
4. Lie on the back and raise legs and arms to 90°, keeping them straight, pointing the toes. With heavy Breath of Fire, "burn out everything, all the toxins." This exercise balances the meridians. 3 minutes, 15 seconds.
5. In Baby Pose (sitting on heels with forehead on the ground and arms beside the body), sleep for 6 minutes.
6. In same position as #4, move arms and legs apart about 18" and then back into the position shown with Breath of Fire for 2½ minutes.
7. Seated, place hands on heart (as in #2) and meditate or chant for 14 minutes.



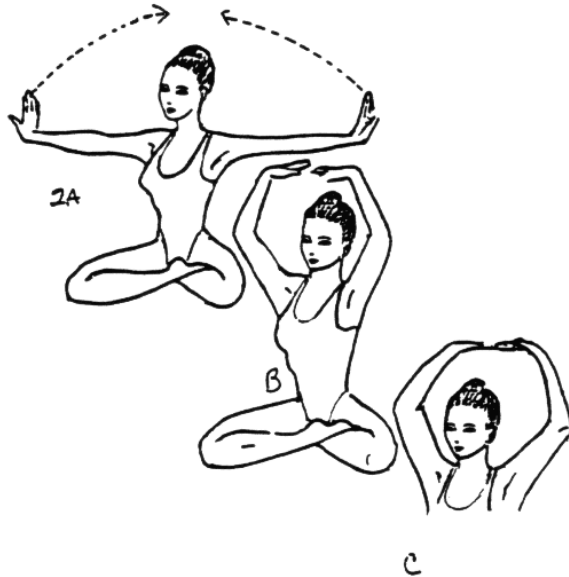
## Heart and Soul

1. In Easy Pose, both hands in Gyan Mudra on knees, inhale in 3 parts, hold a few seconds, and exhale in 3 parts for 6 minutes.
2. Legs out in front, toes pointed, raise arms forward and up to 60°, hands stretched, and raise one leg, foot to chest level. Breath of Fire for 3 minutes. Relax 1 minute and repeat on the other side.
3. Back Platform on elbows, with Breath of Fire for 3 minutes.
4. Lying on back, raise legs up to 90°, grab toes, with Breath of Fire for 3 minutes. Relax for 2 minutes.
5. Stand on tiptoes, arms parallel to the ground, with Breath of Fire for 3 minutes. Then inhale into Crow Squat, alternating up and down for 1 minute.
6. Cat-Cow rapidly for 1 minute. Then relax in Easy Pose for 2 minutes.
7. Yoga Mudra with hands clasped behind back, arms straight, index fingers extended: Focus at third eye and chant ONG, touching forehead to the ground, and SOHUNG as you raise up, for 3 minutes.
8. In Easy Pose, both hands in Gyan Mudra on knees, meditate on the breath, mentally inhaling "Sat" and exhaling "Nam" as you look down, feeling the heart for 10 minutes.

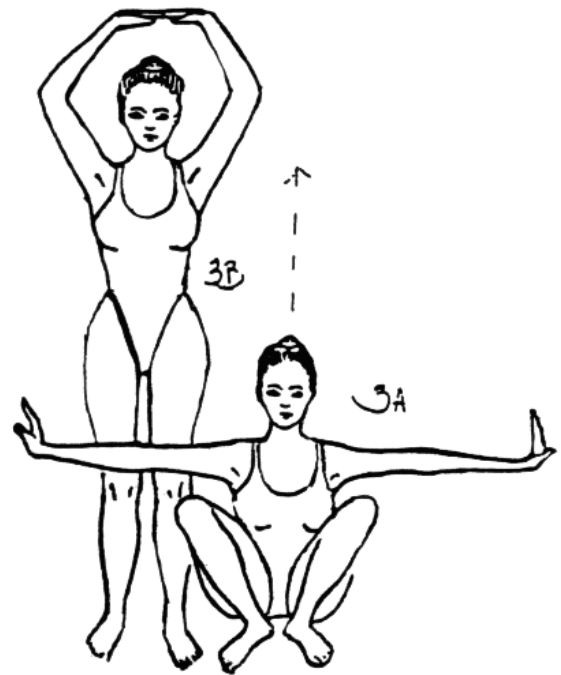


## Exercise Set for Balancing Head & Heart

1. (1) In Easy Pose, with arms outstretched to the sides, hands bent up at wrists at a 90° angle, fingers together, palms facing out; on (2) rotate hands so that fingers point straight forward; on (3) return them to original position; and on (4) rotate them, pointing fingers straight back, moving rhythmically, 1 cycle in 4 seconds for 6-7 minutes. Inhale in first and third positions; exhale in second and fourth. Changes brain chemistry.



2. As before, arms straight out to the sides, palms out (A) inhale and raise arms in an arch, palms crossing each other slightly *in front of* the top of the head, without touching each other. (B) Return arms to outstretched position on exhale. (C) Inhaling, arch arms overhead, palms up as before but slightly *behind* the top of the head. Continue for 1-2 minutes.



3. Continuing the arm movements of #2, add Crow Squats. As you exhale, squat down in Crow Pose with arms out to sides, and as you inhale, stand up, arms overhead. Continue for 3-4 minutes at about one move per second.



## Bridge Series: Power to the Heart

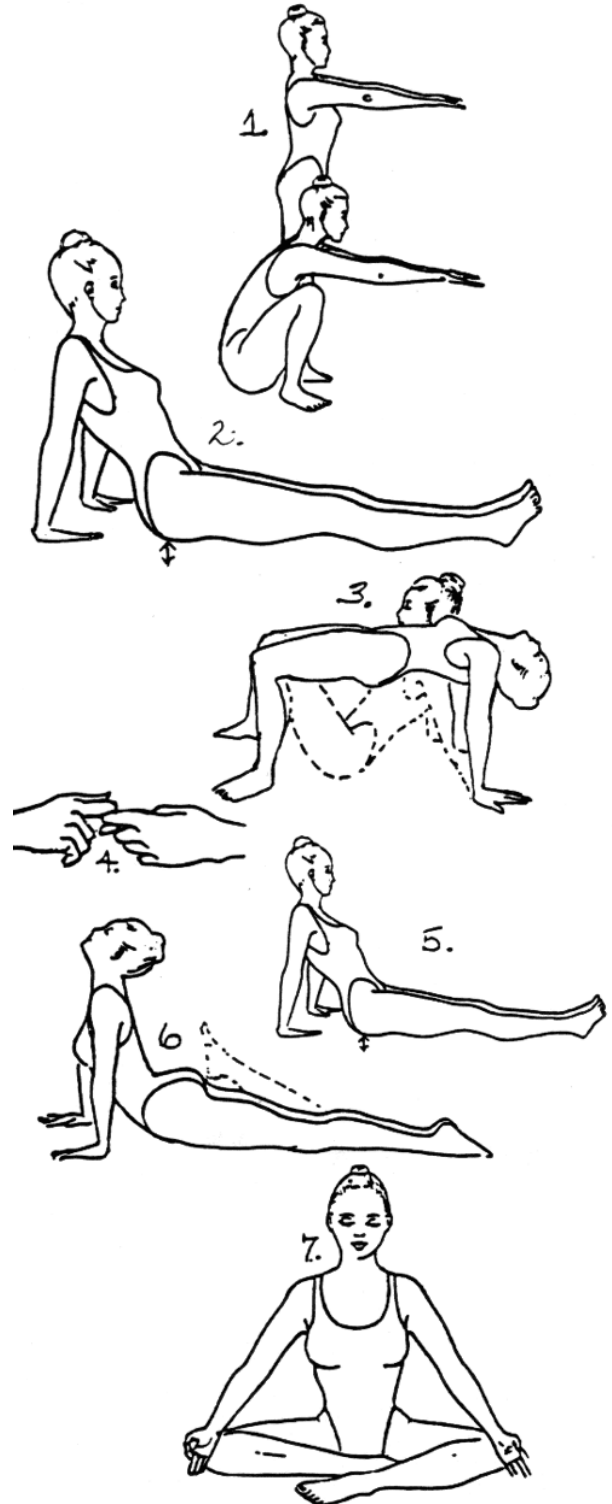
October 8, 1969

1. Crow Squats: Squat with feet flat on floor and inhale to stand, exhale to squat, slowly for 1-2 minutes.
2. Body Drops: Legs stretched out in front, hands at sides on floor, raise and drop body 10 times for the heart.
3. Bridge Pose: Bend knees, drawing them to buttocks, then raise hips and torso in a straight line from knees to shoulders, head dropped back, weight on hands and feet, with long deep breathing for 1-2 minutes. Then inhale, exhale, and pull root lock (Mulband).
4. In Easy Pose, sit with index fingers locked in front of heart, fix eyes on something, inhale, and pull hard a few times.
5. Repeat #2.
6. Cobra Pose with long deep breathing for 1-2 minutes. Then kick heels to buttocks with Breath of Fire for 1-2 minutes. Then deeply inhale, relaxing feet down, and circulate energy.
7. In Meditation Pose, with straight spine, meditate on the brow point, chanting aloud for 5 minutes, then silently for 3 minutes:

ONG, SOHUNG

With silent mantra,  
all creation accompanies.

—Yogi Bhajan



## Heart's Delight

1. In Easy Pose with hands pressed together in Prayer Mudra at heart center, breathe long and deep, concentrating on the heartbeat for 3 minutes.
2. Back Platform: Support the straight body on the elbows and heels, and hold with long deep breathing for 3 minutes.
3. Sternum Rotation: Circle the chest only, forward, right, left, and back, keeping head and hips in place. (Practice this isolation lying on the back: Lift the chest, only, several times. Then slide it left and right a few times.)
4. Bear Grip: Clasp fingers like hooks, left palm facing out, right in, at heart center. Then inhale and pull hands with maximum force, exhale, pull hands, and apply Mulbhand. Repeat 4 times.
5. Hands in Gyan Mudra, raise left arm up to 60° at the side, fingers pointing up, and right arm to 30°, fingers pointing down, so that they form an almost straight line. Keeping the eyes open and focused on a point straight ahead without blinking, pull Mulbhand and breathe long and deep for 5 minutes.
6. Place left hand at center of back, palm out, and right palm on heart. Feel the flow of energy between them and meditate with long deep breathing for 5 minutes.



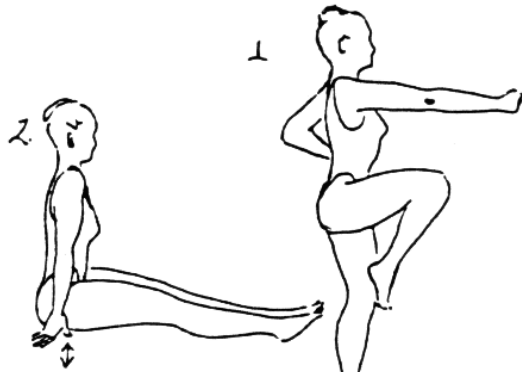
## Heart of Gold

1. Yoga Mudra: In Lotus (or Easy) Pose, bend over placing forehead on the ground, hands in Venus Lock behind the back, index fingers extended, and raise the arms straight up, pulling the shoulder blades together with long deep breathing for 3 minutes.
2. In Easy Pose, lean forward to 60°, grasp opposite shoulder blades and pull right arm under left, and hold with long deep breathing for 3 minutes.
3. Arms stretched straight out in front, parallel to the ground, spread the fingers wide apart, feeling heat at the base of the palms, and hold with long deep breathing for 3 minutes. Then tense hands and relax. Brings energy to the heart in 2 shifts.
4. Rub hands in a circular motion around the centers of the palms for 3 minutes.
5. Upper arms at sides, bring left one out to the side away from the body and hold the right one close in, palms facing each other, and meditate on the energy between the hands for 7-15 minutes.
6. Ego Eradicator: Arms up to the sides at 60°, fingertips on pads and thumbs extended up, breathe long and deep for 1-2 minutes, and then follow with 1-2 minutes of Breath of Fire.
7. Repeat #4.
8. Place palms 4-6" apart at the heart center, palms facing each other, right one above, left below. See a golden ball of light between the hands. Expand the light with each breath for 10-15 minutes.



## Kundalini Set for the Heart

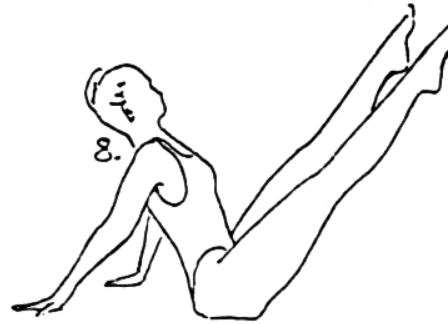
(1969-70)



7.



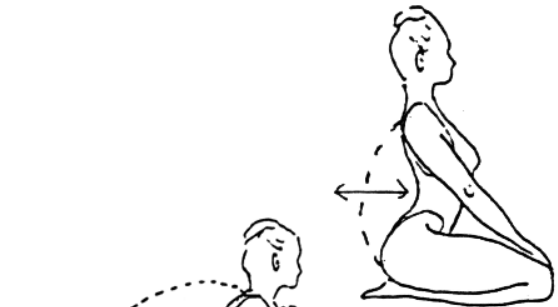
8. Maha Shakti Pose with left foot 6" above right foot, with Breath of Fire for 2 minutes.



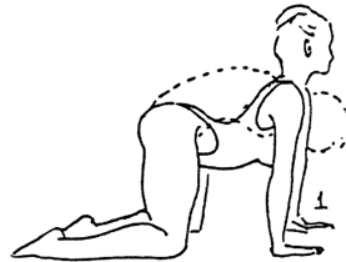
9. Stretch Pose: On back, raise head and hands 6" (arms and legs straight) and look at toes, with Breath of Fire for 2 minutes.



10. Spinal Flex in Rock Pose, 108 times. Inhale as the spine arches forward, exhale as it contracts back.



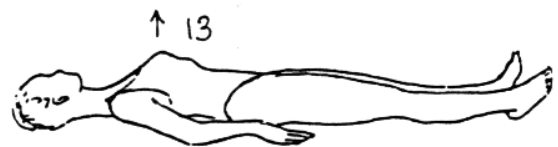
11. Cat-Cow: On hands and knees, arms and thighs parallel to each other, and press the back up, dropping the head down (like a cat) as you exhale, then relax the back down and arch neck up on the inhale, 108 times.



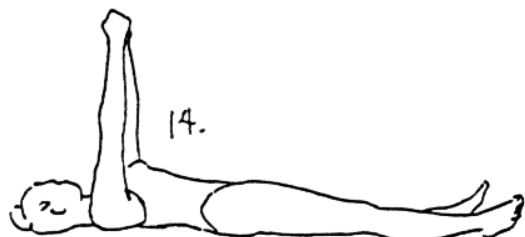
12. Spinal Flex in Rock Pose with hands in Venus Lock behind the neck. On each exhale, press elbows forward toward chest. 108 times.



13. On back, push chest up and out with 5-10 lbs. of pressure, concentrating on the heart chakra for 2-3 minutes.



14. On back, raise arms to 90° with long deep breathing for 1 minute. Then inhale and draw tension to the chest and relax.

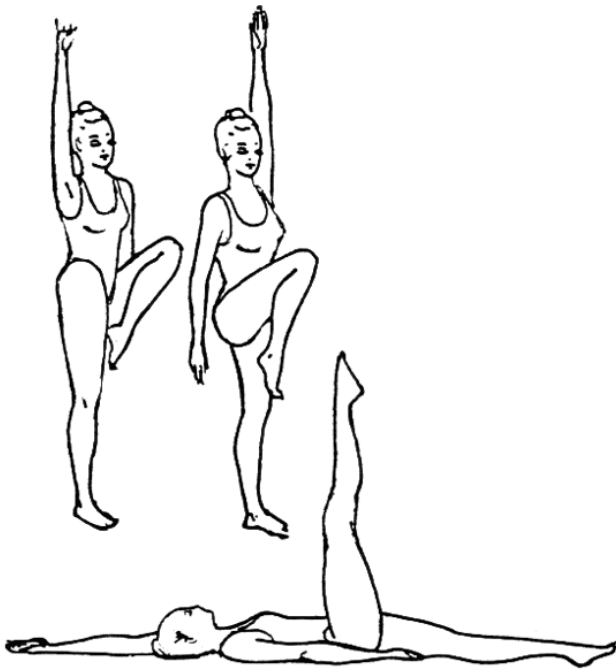
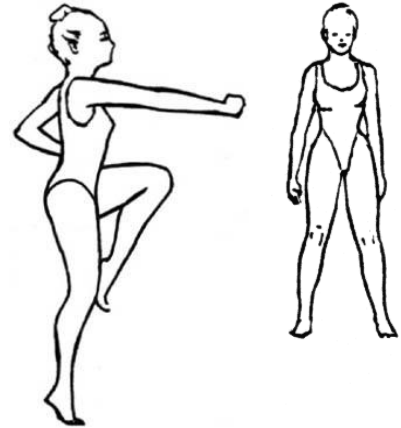


(Times absent in original notes; added by G.R.)

## ***Guru Rattana's Set for Strengthening Circulation, the Heart, & Immune System***

The following exercises stimulate and balance the whole body. They can be done individually or as a set to give you a quick pickup.

1. **Running in Place:** Run in place raising the knees and punching the fists alternately, using a powerful breath with each punch. Bring the knees up as far as possible and really go for it. To end, inhale, exhale, and stand perfectly still, letting the energy circulate and the breath relax — feel centered at the navel and focus at the third eye. This jogging substitute will get your energy going if done vigorously. It is great to do on a mini-trampoline, which absorbs shock. 1-5 minutes or up to 20 minutes if done by itself.

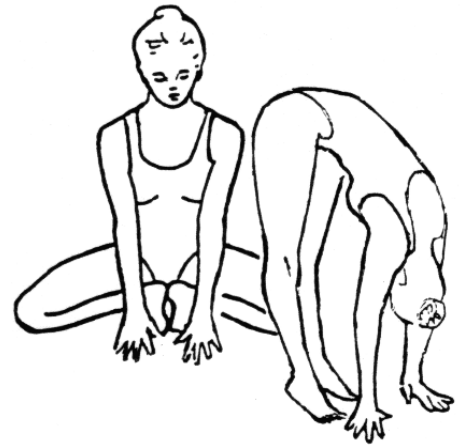


2. **Crosscrawls:** Standing, raise the left leg to the chest while raising the right arm straight up. Then alternate arms and legs. Coordinate with a powerful breath for 1-3 minutes. Then on the back, raise the left leg 90°, with the right arm overhead on the floor. Alternate with right leg and left arm. Breathe powerfully.

Crosscrawls establish balance in the right and left hemispheres of the brain and strengthen the electromagnetic field. Carrying things weakens us. Walking with arms swinging at the sides keeps our energy balanced and strength intact.

(Studies show that people laden with packages are particularly vulnerable to assault. The weakened electromagnetic field contributes to the phenomenon.)

3. Frog Pose: Squat, buttocks resting on heels, knees spread, toes wide, heels together and raised, arms between knees, fingertips on the floor, head up and facing straight ahead. Inhale, raise the buttocks high, keeping fingertips on the ground and heels together and raised throughout. At the height of inhalation, the head is down, facing the knees. Exhale and return to the original position, coming down so that the buttocks strike the heels.



Frog Pose can be done 26, 52, or 108 times. (Actually it can be done as long as you can or would like to do it.) This is a good physical workout. It stimulates and circulates sexual energy and helps maintain potency. You will definitely be able to sleep if you do this before going to bed. Be sure to have an empty stomach. Do it 5 minutes a day for unbounded energy and a positive mind. (You may not feel positive during the exercise, though!)



4. Leg Stretches: Legs out in front, grab knees, ankles, or toes, whichever you can, comfortably. Keep knees on the floor. Inhale up, exhale down, for 1-3 minutes. (If you can't reach your toes, use a towel, sock, necktie, etc., to place around the toes and hold on to.) If you can, grab the toes and squeeze the big toenail against the fleshy part to stimulate the pituitary.

5. Side Twists: Sitting in a comfortable cross-legged position or in Rock Pose, hands on shoulders (fingers in front, thumbs back), twist the upper torso from side to side, inhaling as the left elbow goes back, exhaling as the right goes back, for 1-3 minutes. Keep arms parallel to the ground. This opens the heart center.





6 Heart-Strengthening Exercise: In Easy Pose with a straight spine and eyes closed, raise the arms up to a 60° angle, keeping the elbows straight with the palms facing up, fingers together. Begin breathing long and deep through the nose, or do a powerful Breath of Fire for a minimum of 1 minute to a maximum of 3 minutes. (At minimum, add 20 seconds a day until you reach maximum.) To end, inhale deeply, hold the breath for 10 seconds, then exhale and relax, resting the hands in the lap. Remain seated for another minute, eyes closed, feeling the calming effect of the pose.

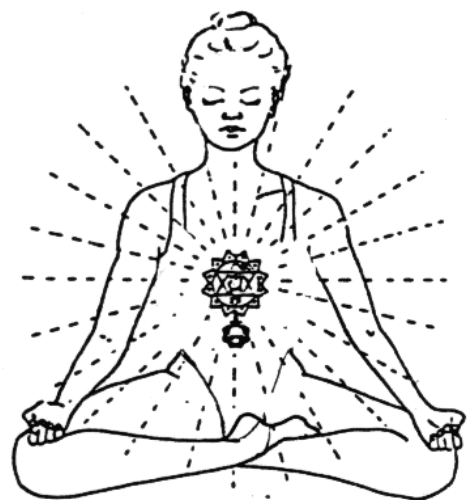
Exercise Tips: If some of your thoughts tell you to lower the arms before you should, let the thoughts come and go, but *keep the arms in position* to experience the effect of this pose. The arms may shake slightly from the release of built up tension. Any tingling is caused by increased nerve activity. Concentrate on your breathing and keep the elbows straight (the two keys to the exercise). The more you do this exercise, the easier and more beneficial and enjoyable it becomes.

This exercise relaxes the heart and stimulates the nerves that go from the fingertips, through the hands and arms, and into the chest, meeting at the heart center. Holding the position properly for 2-3 minutes relaxes the heart muscle, expands the lungs, and cleans the entire upper torso through the stimulation of the lymph system. Shoulder and neck muscles are in an isometric flex, and a wave of relaxation flows into them afterwards. This exercise makes you feel light and at ease, as tension is released from the upper body.

7. Relax in Easy Pose or on the back for 5 minutes.



8. Meditate from the heart or pick any of the heart meditations that you enjoy.

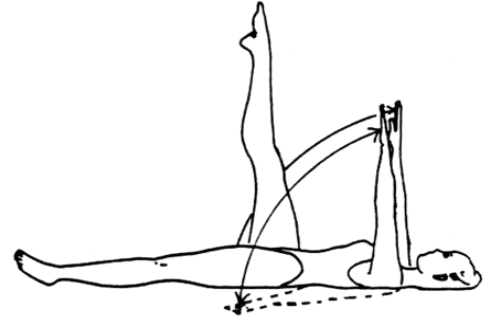




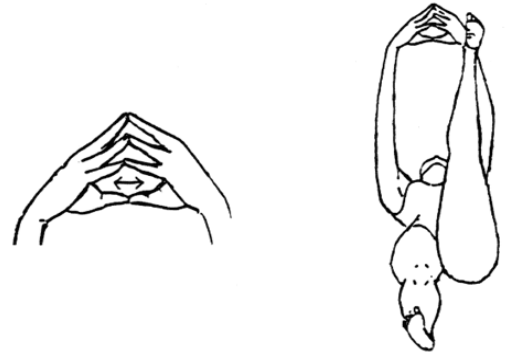
## To Clean Lymphatics & Adjust Lower Back

July 9, 1984

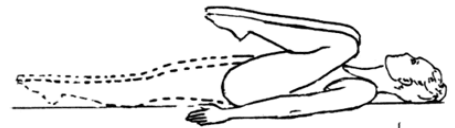
1. Lie on back and raise right leg to 90°, holding it steadily in place for 1 minute. With leg still up, raise and lower the arms quickly, from floor to 90° and back for 1-2 minutes. Change legs and repeat.



2. On back, arms raised above chest, fingertips together, knead fingers, moving hands quickly in and out while *slowly* raising alternate legs for 2-3 minutes.



3. Hands at sides, bend knees to hit the chest, then stretch them out straight and off the ground *powerfully*. Repeat for 1-2 minutes.



4. Lie flat on back with long deep breathing through the lips, whistling. Totally relax. (You can go to sleep while whistling.)



(Times added by G.R.)

Love is the most secure place in an individual. It is very secure, very deep, very curative healing. It has no pain. It's not limited. The highest state of security of an individual is when a person is in the state of love. It is a consciousness which can penetrate through anything for that thing and nothing can penetrate it.

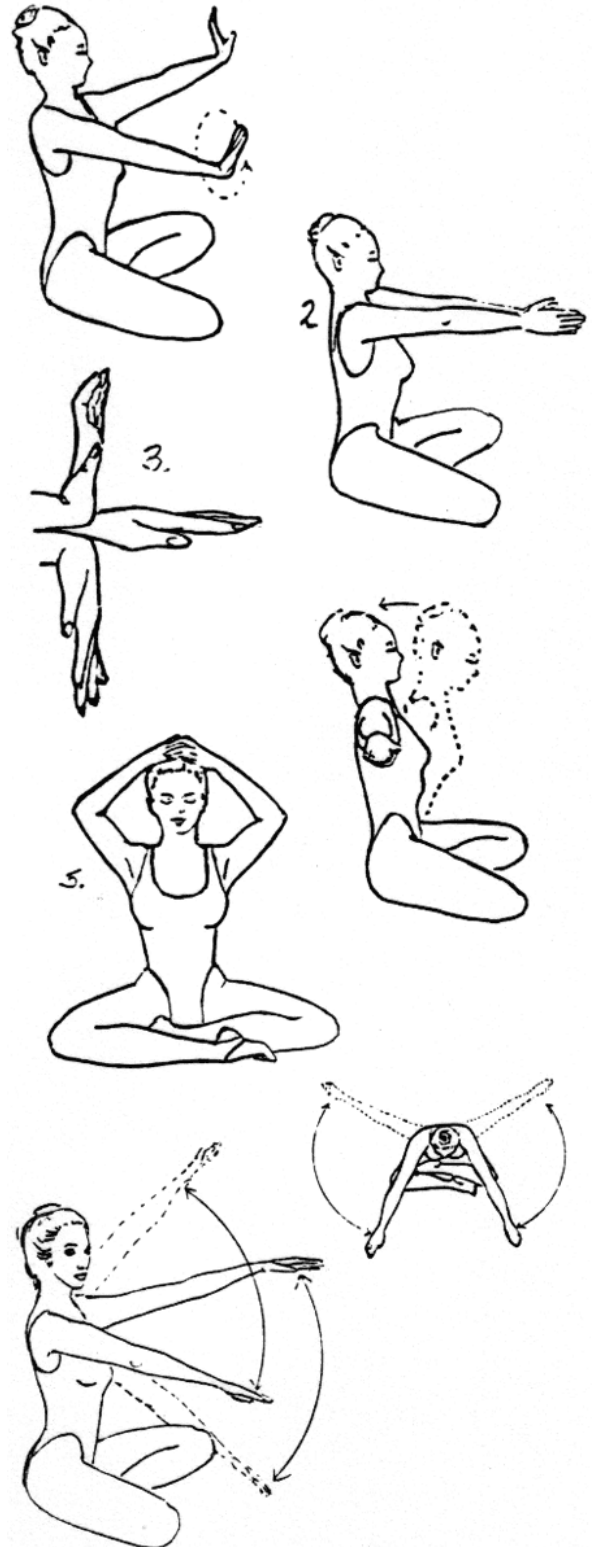


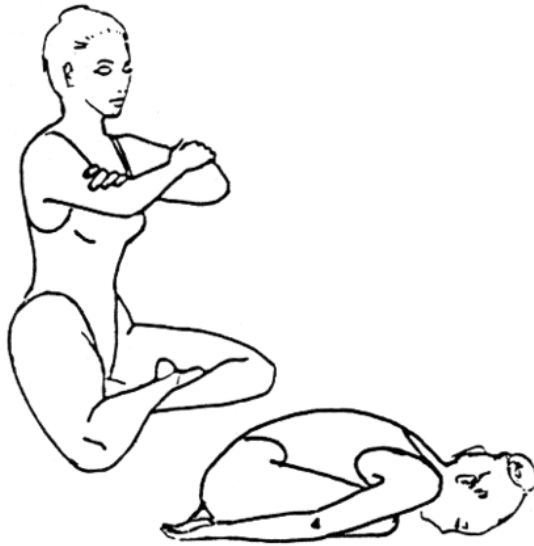
## Cleansing the Lymph Glands & Energy Balancing

February 15, 1984

*Note: Chin lock must be applied during all exercises.*

1. In Easy Pose, stretch arms up parallel to the floor and out 60° from each other. Bend hands up at wrists (palms facing forward) and circle the right hand on the wrist, keeping the left hand perpendicular to the arm, for 2 minutes. Then repeat, changing hands. This affects the thyroid and parathyroid very powerfully and moves the "Chi" energy.
2. Now clap the hands out in front of the body for 2 minutes. Arms need not be extended.
3. Arms still straight out in front, 9" apart, palms down, move the hands so that the fingers point up, then parallel to the ground, then down, forcefully jerking them in three stages. It will be soothing and annoying at the same time. Continue for 2-3 minutes.
4. Now, moving from the hips, with arms stretched out to the sides, parallel to the ground, palms down, lean back slightly, then forward slightly, back and forth to build the muscles that save you from old age and back trouble. Keep the spine straight and move the arms along with the body like a fulcrum for 2-3 minutes.
5. Now interlace the hands in Venus Lock on top of the head and twist the body rapidly from right to left for 2-3 minutes to move all the energy you have created.
6. Now stretch arms out in front, parallel to the floor and at 60° from each other as in #1, but with the palms down. Slowly raise one arm to 60° up, lowering the other to 60° down, and continue as arms move slowly from front to back, about 60° from starting position, and back again, to balance the energy, for 2-3 minutes.





7. Now sit straight and at peace, with arms folded at chest, right over left, and chant

**HAR HAREE**  
**HAR HAREE**

Concentrating between the eyebrows and the root of the nose. Pull the energy up between the navel and the third eye, and continue for 2-5 minutes.

8. Now sit on the heels and bend forward, resting the forehead on the ground in Baby Pose, arms at the sides. This should be done at least once a day to balance your energy with the spinal serum and to rejuvenate the nerves in the spinal column. Relax for 2 minutes.



9. Kneel on forelegs, fingers interlaced behind the neck, and lean back as far as possible, keeping balanced. Think of one God, one unit of earth, peace to all, and happiness. Hold for 1-2 minutes and relax.

(Times added by G.R.)

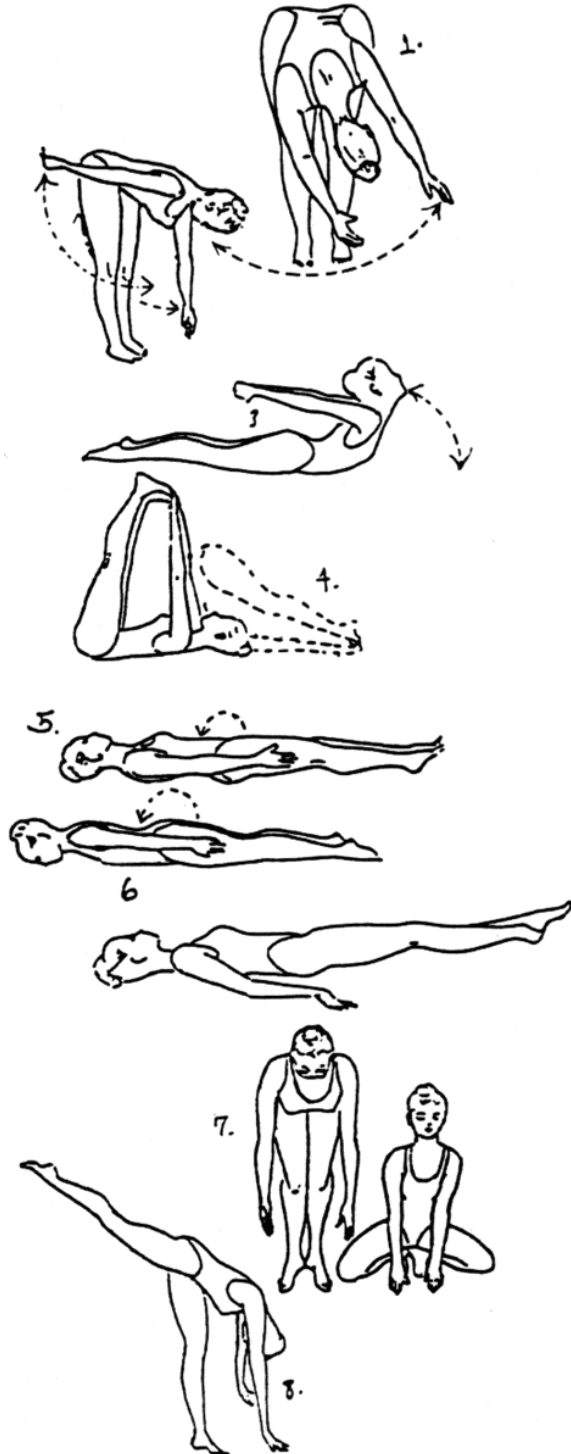
GOD DOESN'T LIVE IN CHURCHES & TEMPLES  
Churches and temples were meant to let people know that there is a God. They are like "God Fairs," where people come for God Consciousness and live in God Consciousness and know we are alike in that Consciousness. But God doesn't live there. God is not fool enough to live without a woman because that is not the way God is. The Law of Polarity governs life. Each male has a "fe" and each "fe" has a male... (The) householder is the pivot of life and God lives in cozy homes.

August 7, 1975



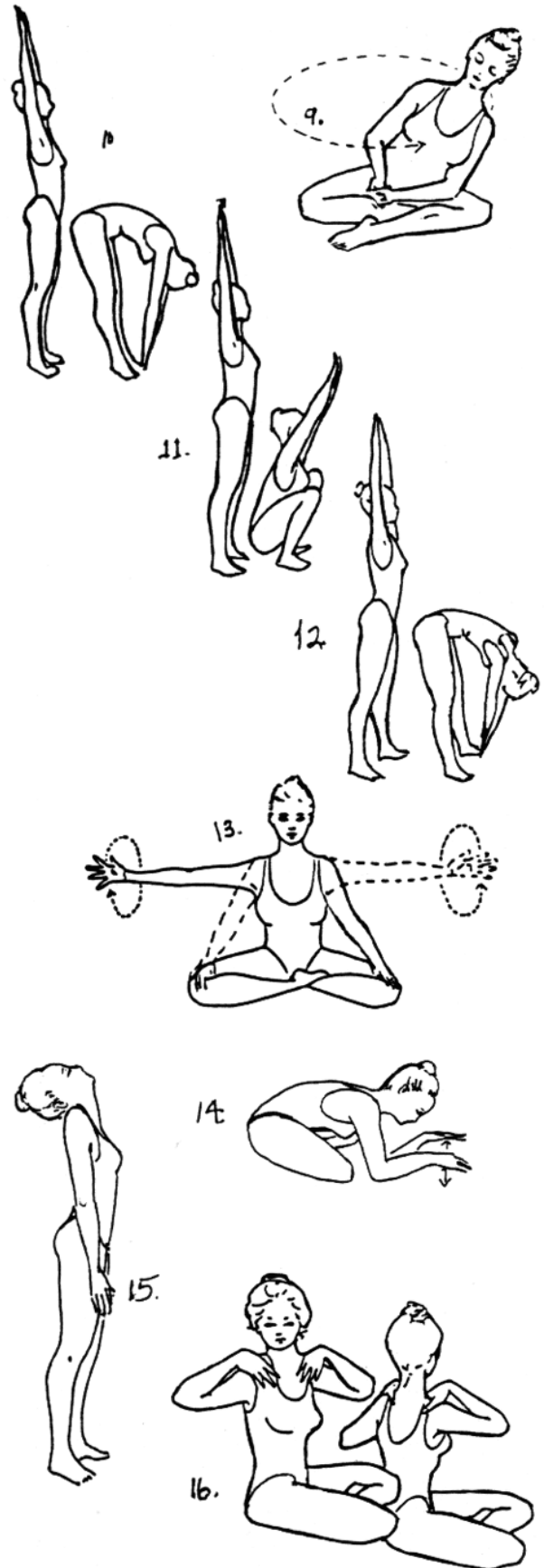
## Balancing the Depository System For the Thymus & Immune System

May 2, 1984



1. Stand up, bend forward, letting the arms hang, and swing them from side to side, 2-3 minutes.
2. Still bending over, swing alternate arms up to the sides and down again, 2-3 minutes.
3. Lie down on stomach, lock hands behind the lower back, and inhaling, lift upper body as arms are raised up. Exhale through the mouth, lower body and arms, 2-3 minutes.
4. Turn over onto back and raise both legs to 90°, catching the toes with the hands. Pull legs over the head into Plow Pose, and then return to lying on back with legs at 90°, 2-3 minutes.
5. On stomach again, **Bundle Roll** across the floor with arms held tightly at sides, and then reverse direction, rolling back to original position.
6. On back, cross legs at ankles, and raise them 1 foot, reverse ankles, and lower them. Repeat for 2-3 minutes.
7. Sit in Frog Pose. Slowly arise, letting the hands hang as in #1, and then squat into Frog Pose again. 2-3 minutes.
8. Put both hands on ground and raise alternate legs as high and as fast as possible. 2-3 minutes.

9. Sit in Easy Pose, hands in Venus Lock, and circle the upper body in each direction 15 times.
10. Standing up straight, arms overhead, bend down and touch the floor, up and down 26 times.
11. Still standing, arms overhead, squat into Crow Pose and arise again, 26 times.
12. Still standing, arms up with one hand on top of the other, legs as far apart as possible, bend over and touch alternate toes, coming all the way up in between, 26 times.
13. Sitting, raise the right arm to the side, parallel to floor, and begin making circles with it. Then change arms and circle the left one. Non-moving arm rests on the knee. (Make circles 1'-2' in diameter.) 1 minute each side.
14. In Easy Pose, bend forward resting on the elbows, and strike the ground with alternate hands for 1-2 minutes.
15. Standing, drop head back with chin up, and hold with normal breathing for 1-2 minutes.
16. In Easy Pose, with hands on shoulders, fingers in front, thumbs in back, twist from left to right for 2-3 minutes. Mentally chant HAR to the left, HAREE to the right.
17. Raise arms to 60° degrees, palms toward the sky, eyes focused on the third eye center. Inhale, mentally chant **HAR HAR WAH-HAY GURUO**, exhale. (See exercise #1 of Magnetic Field & Heart Center kriya below for illustration, page 118.)



## ***For Immunity***

January 1, 1981

1. Sit in Easy Pose and join the hands in Venus Lock behind the back, raising the arms as high as possible behind you. Begin twisting, using a powerful breath, building a good momentum. This is called Vayu Manthna Kriya, and it is regenerating, making you young and beautiful. It takes care of the complexion and banishes negativity. Continue for 2-3 minutes.



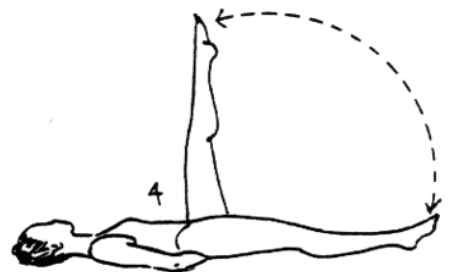
2. Immediately place the hands inside the armpits, with elbows out to the sides. Inhale and raise the elbows high, and exhale, bringing them down to the sides very fast, like flapping wings. The breath will act as a steam engine. Continue for 2-3 minutes.



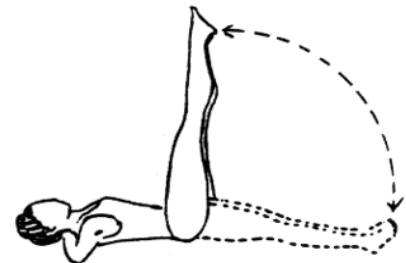
3. Extend the arms straight out to the sides with palms facing down and, again, begin flapping them like wings up and down within 60° without bending the elbows. Inhale up and exhale down through an open mouth. Go faster and faster for 1-2 minutes. Inhale deeply, exhale, and go right into the next exercise.



4. Lie flat on the back and place the hands, palms down, beneath the lower back. Keep the legs straight and alternately raise them to 90° with a slow Breath of Fire. (It should take 2-3 breaths for the legs to go up and down.) Continue 3-4 minutes. Then inhale deeply, stretching both legs straight up to 90°, and hold for 5 seconds. Exhale, inhale deeply, exhale, and relax down.



5. Remaining on the back, clasp hands in Venus Lock behind the neck, inhale and raise both legs up to 90°, heels together. Exhale and lower them to the floor. Continue for 2-3 minutes. Without pause, proceed to next exercise.





6. Keeping the legs straight, heels together, hands in place, raise the legs to 90° along with the upper body to form a “U” shape. Inhale up and exhale down. Jump to raise legs and upper body. Continue for 2 minutes. Inhale deeply and quickly and come into Easy Pose.

7. Cross hands over heart center. Concentrate all your energy into it as you chant Ardas Bhayee in monotone:

**ARDAAS BHAYEE  
AMAR DAAS GUROO  
AMAR DAAS GUROO  
ARDAAS BHAYEE**

**RAAM DAAS GUROO  
RAAM DAAS GUROO  
RAAM DAAS GUROO  
SACHEE SAHEE**

Continue for 10 minutes. Then inhale deeply and proceed with the set.

8. Archer Pose, with left leg in front taking most of the weight, right leg extended straight behind, left arm extended out in front, parallel to the floor, as if holding a bow. Pull the right arm back, bending the elbow, so that the hand is near the armpit, as if pulling an arrow back. A stretch should be felt across the chest and navel. Eyes open, focus straight ahead into infinity, and chant aloud (to the faster melody) for 8 minutes:

**GOBINDAY, MUKUNDAY  
UDAARAY, APAARAY  
HAREEUNG, KAREEUNG  
NIRNAAMAY, AKAAMAY**

9. Still standing, feet together, extend both arms straight out in front from the shoulder, making a cup with the hands, and chant for 4 minutes:

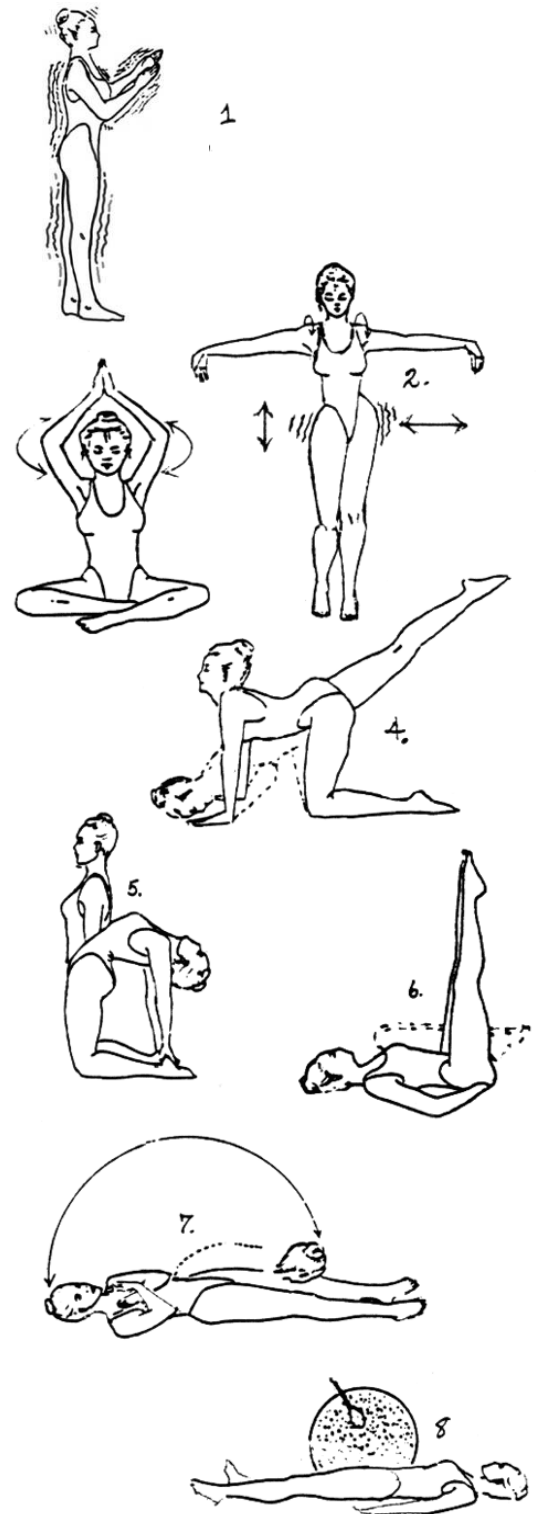
**AAD SUCH, JUGAAD SUCH  
HAIBHEE SUCH,  
NANAK HOSEE BHEE SUCH**

Then relax.

## Thymus & Immunity Set

July 14, 1984

1. Standing hands before chest, palms facing each other 12"-18" apart, shake the whole body, creating a body rhythm, especially in the trunk, but giving the entire body a shake-massage like heavenly hell! Get wild! It starts to happen after you don't want to shake anymore. Every tissue has to sweat. 10-15 minutes.
2. Stand straight and move hips up and down by lifting alternate heels and bending knees. Shimmy, twist, hip dance! Extend arms out to the sides, hands limply hanging from wrists, continue shaking and roll the shoulders in unison with hips. Every pore in the thighs has to sweat to get the toxins out and adjust the pelvic bones. 8-10 minutes (another version gives 10-15 minutes).
3. In Easy Pose, palms pressed together overhead, elbows slightly bent, twist forcefully and fast from side to side for 5 minutes.
4. In Cow Pose, lift left leg straight up as far as possible and keep it up as you bend elbows and touch forehead to the ground between hands 52 times. Repeat with the opposite leg up 52 times.
5. Kneeling, on "1" thrust pelvis forward, arch back, and touch heels into Camel Pose, and on "2" straighten body, counting to 108 (54 repetitions).
6. Lie down, hands under hips, palms down, and bring knees to chest on "1," quickly straighten legs to 90° on "2," heels striking buttocks as knees bend, counting to 108.
7. Lying flat on back, both hands on heart, relax for 1-2 minutes. Then on "1," hands still on heart, sit up and touch head to knees. On "2," lie back down again and continue at a moderate to slow pace counting to 52 (26 complete sit-ups).
8. Relax on back with Gong Meditation.





## ***Thymus & Immunity and Cellular Oxidation***

1. A. Raise right leg to 90°.  
B. Raise left leg to 45°.  
C. Lower both legs down together.  
D. Raise left leg to 90°.  
E. Raise right leg to 45°.  
F. Lower both legs.  
Repeat sequence for 5-10 minutes.



2. Lie flat on back. Extend arms behind head on ground. Raise legs into Plow Pose so that toes touch hands overhead. Lower legs and repeat for 52 total reps, counting once each leg lift.



3. In Frog Pose:  
Count 1, come up as left hand touches heart.  
Count 2, hips down again.  
Count 3, hips up and right hand touches heart.  
Count 4, hips down again.  
Continue sequence, counting to 108.



4. Stand up straight, arms up straight, hugging ears.  
On "1," bend over and touch ground.  
On "2," stand up again.  
Continue counting to 108 (54 complete bends).



5. Sit up with legs stretched straight out in front, holding on to toes. Roll neck so that forehead comes toward knees with each rotation. 52 rotations.



6. Lie on stomach and grab ankles. On "1," inhale and stretch up into Bow Pose, high. On "2," exhale and relax down. Count 1-2, 3-4, 5-6, etc., to 108 (54 up/down cycles).



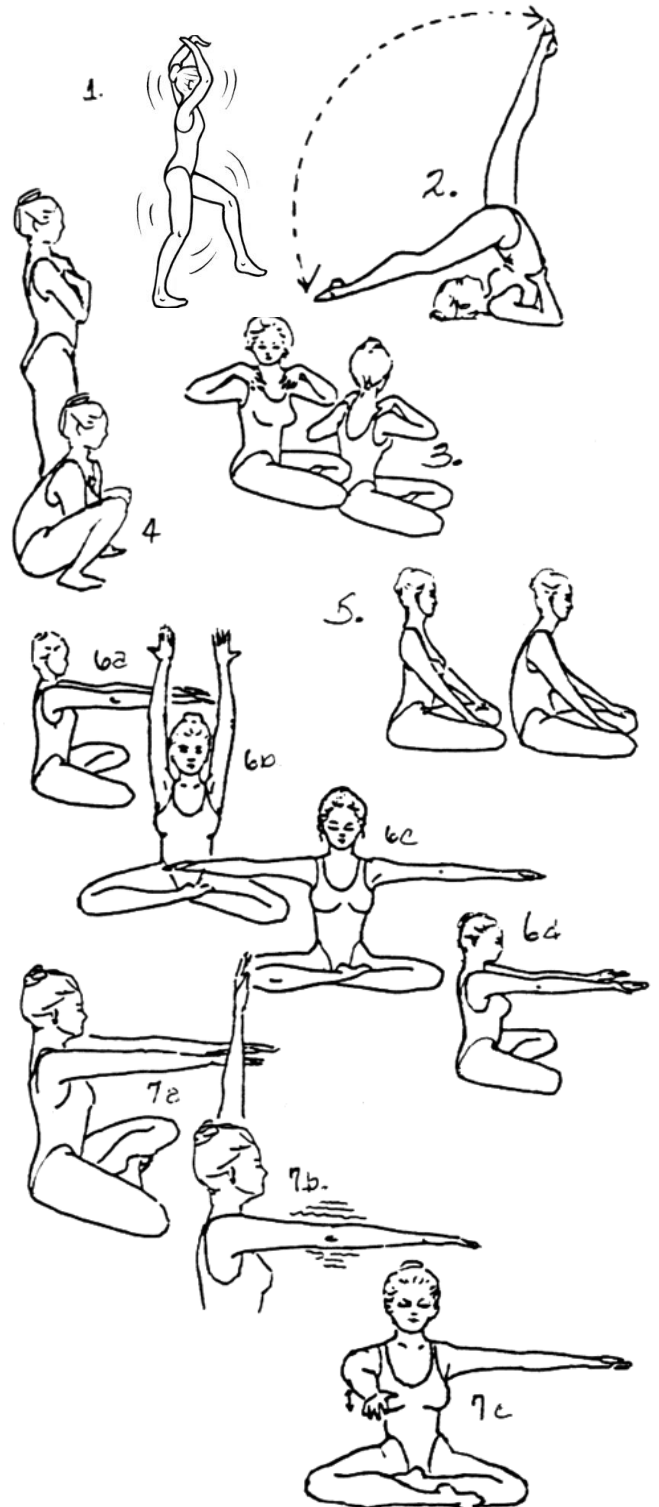
7. Relax completely on back with Gong Meditation.

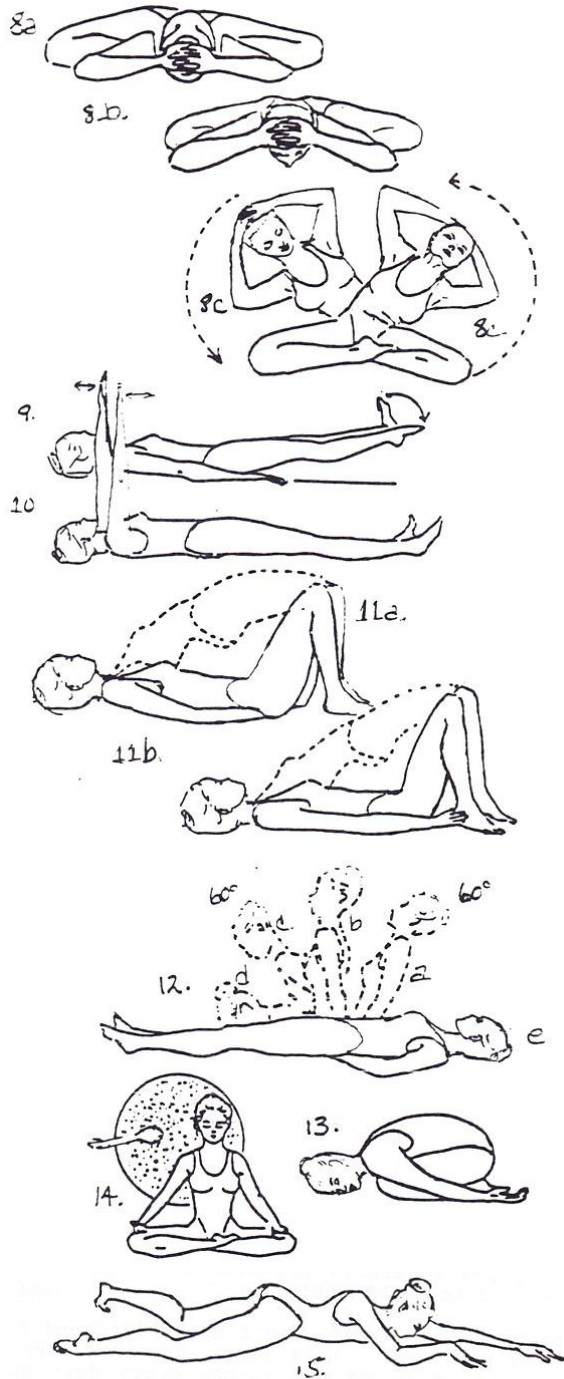


## **Alligator Set** **for the 3<sup>rd</sup> Lotus (Navel Center) & Glands**

May 23, 1984

1. Begin standing, raise arms overhead and dance the entire body vigorously for 2-3 minutes.
2. In Plow Pose, supporting hips with hands, raise and lower alternate legs to 90° for 2-3 minutes.
3. In Easy Pose, place fingers on shoulders, thumbs in back, fingers in front, and twist back and forth for 2-3 minutes, inhaling to the left.
4. In Crow Pose, put both hands on heart center, one on top of the other, and stand up, then squat down. Continue 26 times.
5. In Easy Pose, with hands on knees, do Spinal Flexes, flexing the spine from top to bottom, powerfully for 2-3 minutes.
6. Still in Easy Pose:
  - (a) Raise arms straight out in front, palms down.
  - (b) Raise arms straight overhead, palms turned backwards.
  - (c) Lower them straight out to sides, palms down.
  - (d) Bring arms straight out in front palms up.
  - (e) Repeat the sequence for 2-3 minutes.
7. Still in Easy Pose:
  - (a) Stretch arms straight out in front, palms down.
  - (b) Raise left arm up to 90° and, keeping both arms stiff and straight, vibrate the right arm up and down for 1 minute.
  - (c) Continually vibrating the right arm, move the left arm down and out to the side, palm down. Return left arm to original position and repeat the sequence on opposite arms.





8. Still in Easy Pose, interlace fingers and rest them on head
  - (a) Bend and place forehead on the floor.
  - (b) In same position, raise forehead only.
  - (c) Circle the torso left and up to upright position.
  - (d) Tuck chin into chest.
  - (e) Circle torso right and down, returning forehead to the floor, and repeat sequence rhythmically for 2-3 minutes.
  
9. Lying on back, raise feet 1 foot above floor, and point and flex alternate toes for 1-2 minutes.
  
10. Raise arms to 90° and alternately move them rapidly back and forth in line with the body for 2-3 minutes.
  
11. Still on back
  - (a) Place hands under lower back, bend knees, and with feet flat on the floor, lift and lower buttocks 26 times.
  - (b) Catch heels and continue lifting and lowering buttocks 26 times more.
  
12. Still on back, hands under buttocks
  - (a) Raise torso to 60°, inhaling one quarter of lung capacity.
  - (b) Raise torso to 90°, inhaling one quarter more.
  - (c) Incline 60° forward, inhaling another quarter of capacity.
  - (d) Bend all the way forward, forehead to knees, inhaling the final quarter.
  - (e) Exhale to original position and repeat for 2-3 minutes.

13. Baby Pose, chin or forehead on floor or head turned to left side for 2-5 minutes.

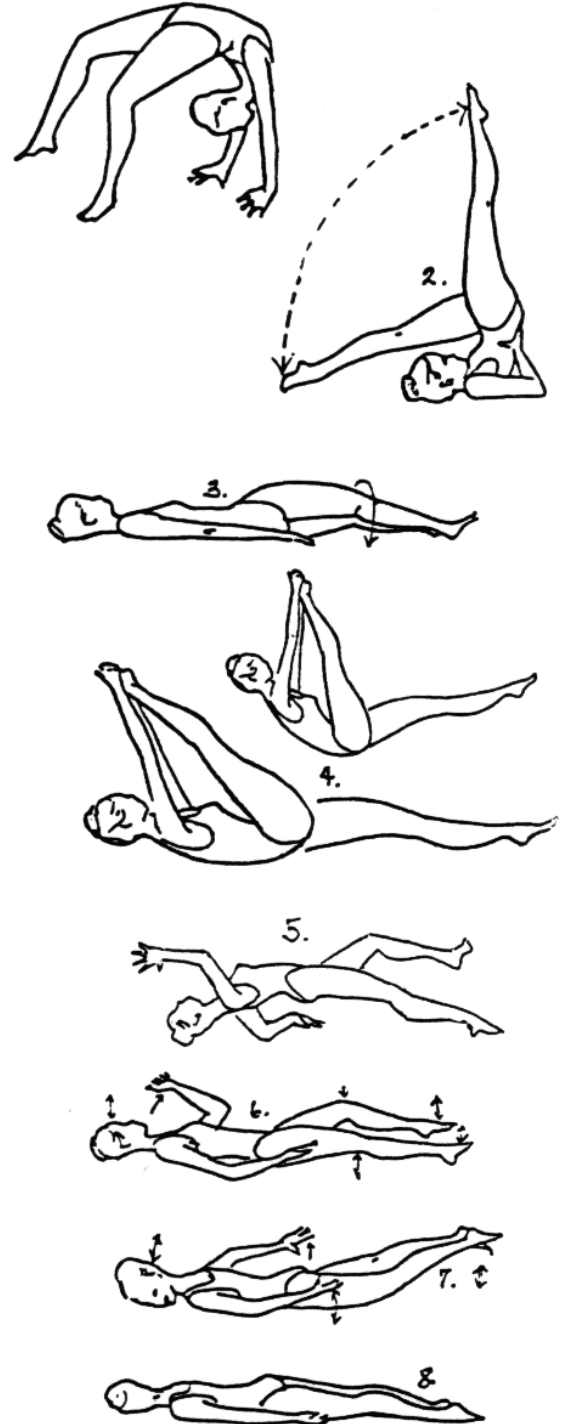
14. Gong Meditation.

15. Move like an alligator on the belly, swinging the torso from side to side, 2-3 minutes.  
(Times added by G.R.)

## Popcorn Set

September 18, 1985

1. Wheel Pose: Knees bent, heels under buttocks, feet flat on floor hip-width apart, hands overhead under shoulders, lift and arch the body, straightening arms and legs to form a half wheel. Inhale through nose, exhale through mouth, and hold for 1-3 minutes. Substitute another stretch, like Bow Pose if necessary.
2. Shoulder Stand: Alternately lower legs back behind the head to touch the floor. Inhale through the nose, exhale through the mouth. ("Can you remember your problems – do they make any sense?") Continue for 3 minutes.
3. Lie flat on back, heels about 4" apart, and keeping them in place, roll the knees left and right on the floor together. You will feel it in the lower back. Breathe through the nose from the navel for 4 minutes.
4. Still on back, lift leg up straight and grab on to it with both hands and massage your toes. Keep knees straight, and alternate legs, grabbing with outstretched arms, which remain up throughout, *rapidly* for 3 minutes. (Note: without very long arms or huge feet, it is impossible to keep the back on the floor and the leg at 90°, so raise your back.)
5. Lie flat on back and jump like a fish on a hook. Don't be gentle — fight for your life! Be quick! 1 minute.
6. As above, now like popcorn in the popper, pop up and down. Do it until you are sweating like in a sauna bath. (You can do this exercise for 62 minutes, and then you are entitled to three lemon cookies!) 3 minutes.
7. Lie on stomach and be popcorn. Fling arms, legs, head, and upper torso up and out, POPPING! For 1 minute.
8. Stay on stomach, relax, and sleep on belly.

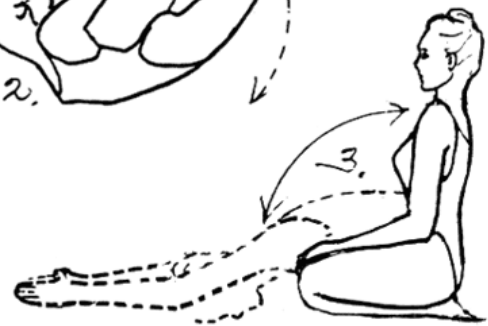


Try the Popcorn exercise anytime, by itself, for a quick lift and to expend the tension and frustration of the day. It's fun! You can even laugh.

## Fish Fry Kriya

1985

1. On stomach, clasp hands in Venus Lock behind back and raise torso as high as possible into modified Cobra Pose 108 times. (Opens the heart and energizes the thoracic region.)
2. Rocking Bow Pose: Allowing the breath to move you, rock back and forth in Bow Pose 108 times. (Produces energy to revitalize the cells and keep you young.)
3. Rock Pose into Gurpranam: Sitting on heels, inhale and then exhale as you bend forward to touch forehead to ground and extend arms out in front in Prayer Pose 108 times (for elimination and third eye).
4. Lying on back, imagine being a living fish thrown into a red hot skillet, and move, move, move! For 3 minutes. (If you *act* like someone with no control over your nervous system, then you *can* have control.)
5. Lying on stomach, place hands under shoulders and push up into Cobra Pose, inhaling up and exhaling down. Do 108 Cobra Pushups.
6. Meditate.  
Internally chant **HAR** at the navel point,  
**HAR** at the heart center,  
**WHA** at the throat center,  
**HAY** at the third eye, and  
**GUROO** at the crown center for 11 minutes.  
Relax.

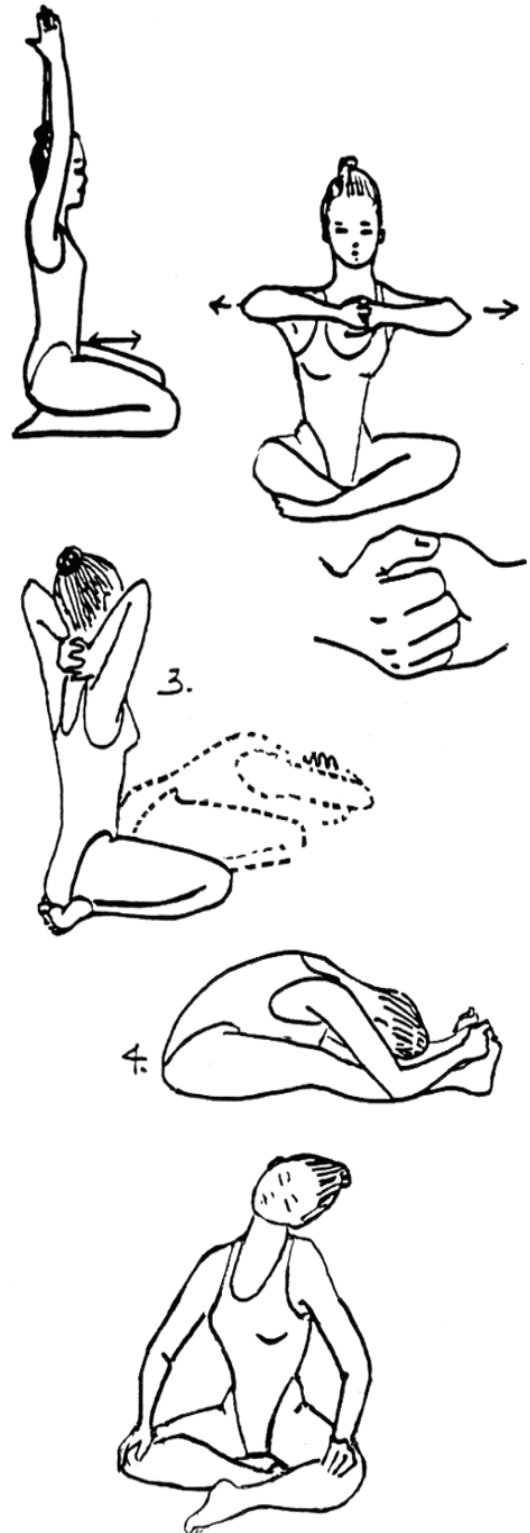


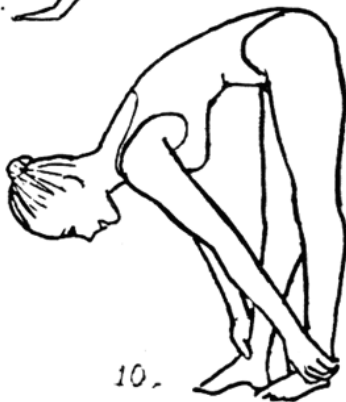
If you want to be sane, you have to do two things every day: sweat and laugh.



## ***Kriya for Disease Resistance***

1. Sit on heels and stretch arms overhead, palms pressed together. Inhale and pump the stomach by forcefully drawing the navel in toward the spine and then relaxing it rhythmically until you must exhale. Inhale and begin again. Continue for 1-3 minutes and relax. Stimulates digestion and Kundalini energy in the third chakra.
2. Still sitting on heels, place hands in Bear Grip at chest level, forearms parallel to the ground. Inhale, hold, and try to pull the hands apart, applying maximum force without separating hands. Exhale, inhale, and repeat for 1-3 minutes. Inhale, exhale, and relax. Opens the heart center and stimulates the thymus gland.
3. Still on heels, clasp hands in Venus Lock behind the neck. Inhale, exhale, and bend forward, touching forehead to the ground. Inhale and arise. Continue with powerful breathing for 1-3 minutes. Inhale, exhale, and relax. Improves digestion and adds flexibility to spine.
4. Stretch legs out in front and reach forward and grab toes. Bend and bring forehead to knees and elbows to the floor. Remain there breathing normally for 1-3 minutes. Inhale, exhale, and relax. Facilitates circulation of glandular secretions from previous exercises and induces deep relaxation.
5. In Easy Pose, roll the neck clockwise, bringing each ear to shoulder in turn, keeping shoulders relaxed and still, gently stretching neck as head circles smoothly around for 1-2 minutes. Then reverse directions for 1-2 minutes more. Relax. This and the following two exercises open circulation to the brain and stimulate higher glands, including the pituitary, parathyroid, thyroid, and pineal glands, which work together.





6. Cat/Cow: Supporting yourself on hands and knees, with knees hip-width apart, arms straight and shoulder-width apart, inhale, and *with head relaxed down throughout* flex the spine down, exhale, and flex it up. Continue rhythmically and powerfully for 1-3 minutes, gradually increasing speed. Relax. Transforms sexual and digestive energy while stimulating the nerves of the lower cervical vertebrae.

7. Sitting on heels, alternately shrug shoulders as high as possible without moving the head, inhaling as the left shoulder rises and exhaling as the right is lifted, for 1-3 minutes. Inhale and raise both shoulders, exhale, and relax.

8. Deeply relax lying on the back, arms at sides, palms up, for 5-7 minutes.

9. Downward Dog (or Triangle Pose): Form a triangle with buttocks at pinnacle, body forming a straight line from heels to buttocks, and from buttocks to wrists, head in line with body, shoulders pressed straight (and toward knees), hands about 2½ – 3½ feet from toes. Hold the position for 5 minutes breathing normally. Inhale, exhale, and slowly come out of the position to relax. Aids digestion, strengthens nervous system, and relaxes major muscle groups.

10. Standing, reach and grasp ankles. Keeping the body straight, walk around the room in this position for 1-3 minutes. Sit down and relax. Aids elimination and adjusts the magnetic field to prepare you for meditation.

COMMENTS: To avoid persistent colds and illness, it is essential to keep digestion and elimination well functioning. A strong metabolic balance adds heartiness. This kriya develops these capacities and builds disease resistance.

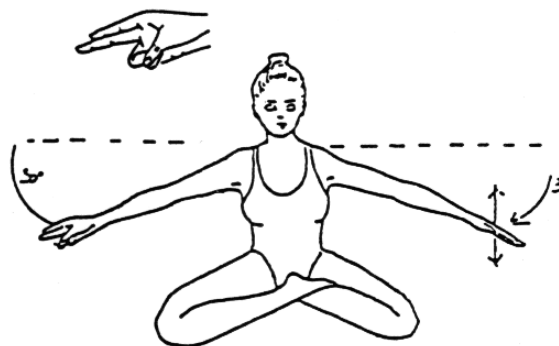
## ***Kriya to Balance & Recharge the Nervous & Immune Systems***

March 23, 1987

This is the most sacred kriya in yoga. It balances the three powers, the three systems of the body: parasympathetic, sympathetic, and nerve-active system. These are very important and must be in balance.

Do this kriya to cultivate focus and to release inner conflict. It will slowly and steadily build very strong, steel-like stamina in you. You'll think better, act better, and be precisely accurate in life. You will become intuitive so you can subtly pick up messages, and you won't have to go to psychics for your sensitivity. This kriya is for the spine, which controls the nervous system. It is like taking a huge vitamin pill (so you won't need vitamins either), and it will balance every molecule in your body.

1. In Easy Pose, place arms out straight, parallel to the floor, at 30° forward from the sides in a line with the thighs. Right Hand: With palm facing forward, keep index and middle finger stiff and straight, bending the ring and little fingers into the palm, held by the thumb. The arm and the extended fingers remain straight and rigid like steel and do not move throughout the meditation. Left Hand: Keep the elbow straight with palm facing the floor. Move the left arm rapidly up and down (about 9" total), the breath becoming like Breath of Fire, and the bellybutton automatically jumping. (This breath from the base of the navel will burn out the garbage.) The breath should sound like a steam engine.



This exercise was given for 11 minutes. Start with 1-3 minutes. At the end, inhale, keep your attention at the third eye, and tense every molecule of your body. Hold 30 seconds and exhale. Immediately inhale and hold 20 seconds. Rapidly exhale, inhale, and hold 10 seconds. The last time, rapidly exhale, inhale, and hold 5 seconds. Then exhale and relax.

2. In Easy Pose, lock palm over palm with right palm facing body, fingers overlapping the back of the opposite hand at heart center. Inhale and press hands together so hard that the hands, arms, and rib cage begin to shake. Hold 15 seconds and exhale. Repeat twice more (3 times total) and then relax and meditate on physical and inner peace.

COMMENTS: This exercise brings the navel area into balance and recharges all the pranic areas and the immune system of the body. It will put you into a deep meditative state, even if done for only a few minutes.





## ***Disease Resistance & Heart Helper***

1. In Easy Pose, interlace fingers, pressing the thumbs together and resting hands in the lap, palms up. Apply Mulband by contracting and pulling up on the rectum, sex organ, and navel point. Chant

### **GOD & ME, ME & GOD ARE ONE**

And with each repetition, pull the locks up a little tighter, for 3 minutes. Invigorates the first chakra and elimination, promoting disease resistance.



2. In Easy Pose, hands in Gyan Mudra on knees, inhale deeply, exhale slowly, lifting the rib cage, and with the breath out, pump the stomach in and out as long as possible. Inhale and repeat, continuing for 3 minutes. Stimulates the third chakra, endurance, and nerve strength.



3. In Easy Pose, bring the left arm in back of the torso, bending it so that the hand stretches toward the right shoulder, palm facing away from body, with right hand in Gyan Mudra on knee. Deeply inhale, completely exhale, hold the breath out as long as possible, applying Mulband; then inhale and repeat for 3-5 minutes. To strengthen the heart and increase circulation above the diaphragm.



4. In any comfortable meditation posture, meditate on the regular energetic flow of the breath. Feel your radiance and light.



COMMENTS: Three repetitions of this kriya is a very effective practice.

## ***Exercise Set for the Lungs and Bloodstream***



In Easy Pose with a straight spine, holding the knees, inhale completely and stretch the rib cage to the maximum (do not sip more air in later, and don't leak). Place the tongue against the back of the upper teeth at the roof of the mouth, and flex the relaxed spine forward and back rapidly until you can no longer hold the breath in, and then exhale. Gradually increase the time of breath retention to one minute. Continue for 11 minutes.

COMMENTS: This is an excellent exercise to build stamina, make the blood suck up oxygen from the lungs, and help the heart muscles regulate and reorganize themselves. It pressures the kidneys, gonads, and adrenals. It is necessary to hold a full inhale for a full minute to supply optimum oxygen to the bloodstream. When less oxygen is available, the brain, organs, and glands function poorly and systems break down causing illness. This exercise done for 11-22 minutes (maximum) a day will totally purify the bloodstream. If you do it for 22 minutes, rest after the first 11 minutes, and then continue.

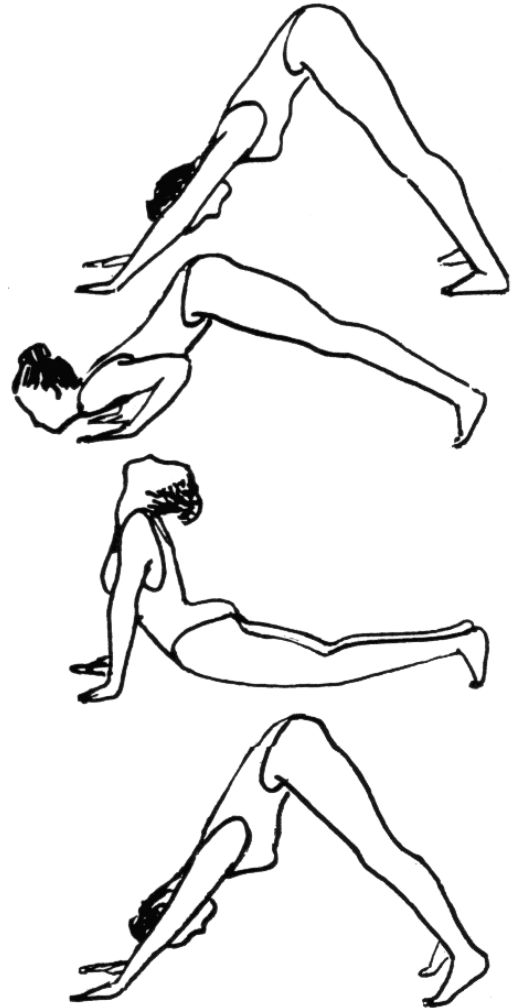
IF YOU CAN RELATE WITH THAT UNIVERSAL RADIATION so the beam and frequency of projection is clear, then you have communicated with the universe and it will support you, just as happy parents will support their offspring, their creation. This relationship of consciousness to Infinite Consciousness is the one fundamental requirement of life and *the aim of yoga.*

Quoted from *Sadhana Guidelines*



## ***Serabandanda Kriya*** **For Curing Any Disease**

1. Begin in Triangle Pose, heels on floor, hands and feet one foot apart from each other. Hands and feet remain in place throughout.
2. From Triangle Pose, inhale, exhale, and lower *chin only* to the floor.
3. Inhale and exhale in Cobra, back arched, arms and legs straight.
4. Inhale into Triangle Pose *on toes*, then exhale and lower heels. Repeat from #1 26 times. Relax 10 minutes. Then repeat 26 more times, relax 10 more minutes, and repeat once more, relaxing deeply afterwards.



COMMENTS: This kriya can help cure any disease. It opens valves in the veins and arteries for complete circulation. It opens the vertebrae to allow blood to flow through every part of the spine and then to every part of the body.



**YOU ARE THE UNIVERSE!** If you are not beautiful and graceful, there is nothing beautiful or graceful. This is a truth, for you are the universe and the universe is you.

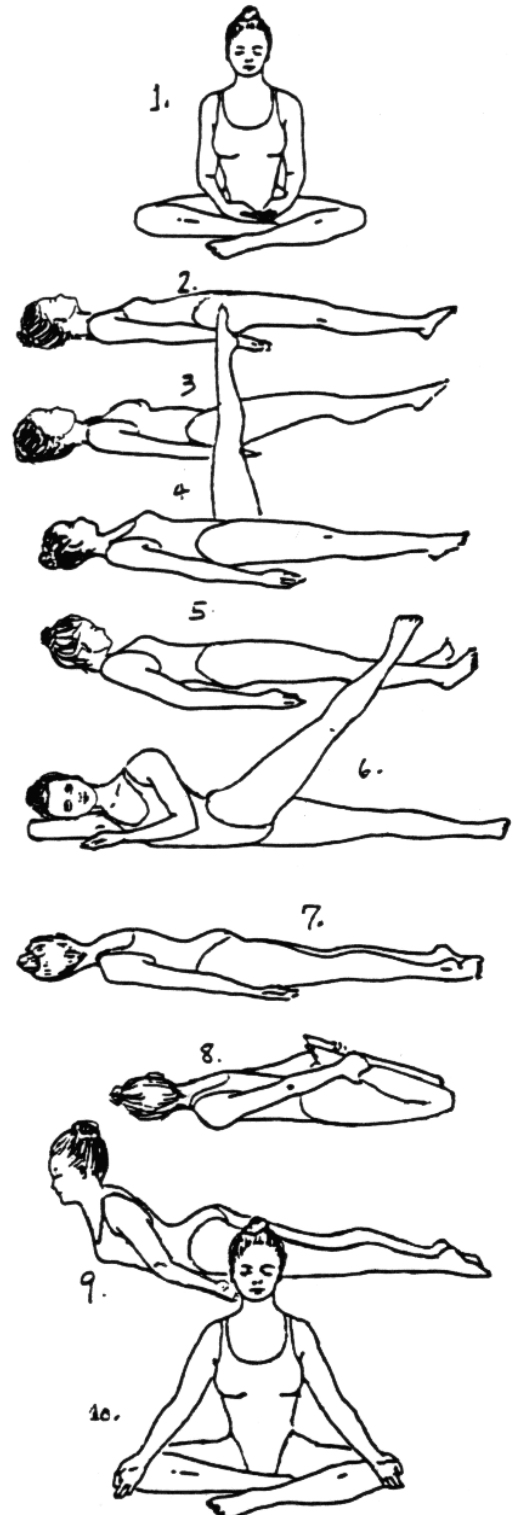
October 14, 1971

“Sermon on Two Cushions”

## **Relaxation Series to Remove Negativity & Tension**

February 15, 1972

1. In Easy Pose, inhale for 5 seconds, exhale for 5 seconds, and pump stomach for 5 seconds. Continue for 5 minutes.
2. Lying on back, raise hips *only* off the ground, without using hands, keeping legs and back on the ground. Hold with long deep breathing for 1-3 minutes. For youthfulness.
3. On back, raise both legs 4"-6" and hold with long deep breathing for 1-3 minutes. "The whole body will salute you and you can digest anything." All toxins will come out, and the heart will benefit.
4. Raise left leg up to 90°, keeping the rest of the body relaxed, and hold with long deep breathing for 3 minutes. Cleans toxins and renews vigor.
5. Raise head only, keeping the rest of the body relaxed, and do long deep breathing for 3 minutes. Prevents headaches.
6. Make a pillow of the right arm and relax on the right side, raising the left leg as high as possible and hold with a relaxed body for 3 minutes.
7. Relax on the stomach for 1 minute. Good for the colon and eliminates toxins.
8. Catch heels with hands and pull into buttocks without raising the body. Hold with long deep breathing for 3 minutes.
9. Raise upper body in Cobra with hands to the sides or under the groin, palms up, and hold with long deep breathing for 3 minutes or as long as possible.
10. In Meditation Pose, chant for 5 (or more) minutes:  
**AAD GUREY NAMEH**  
**JUGAAD GUREY NAMEH**  
**SAT GUREY NAMEH**  
**SIREE GUROO DAY-VAY NAMEH**

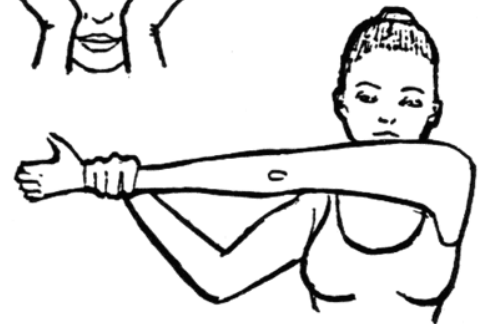


This set takes 26-31 minutes. You'll come out of it as fresh as from a sleep. Tension is good if followed by relaxation.

## To Remove Negativity

January 19, 1973

1. Clasp fingers in Venus Lock, but curl Mercury (little) and Sun (ring) fingers into the palms instead of crossing them. Then hook left Saturn (middle) finger over right Sun (ring) finger and pull hard. Focus at the third eye, continuously pulling hard on the finger lock for 1-3 minutes. Removes anger and enthrones the neutral mind.
2. Fit base of palms under the cheek bones and push as hard as you can for 1-3 minutes. It doesn't have to hurt, but if it does, you have the right spot. Makes you feel happy!
3. Grasp left wrist with the right hand and pull the left arm as far to the right as possible, and then some more! 1-3 minutes. Removes tension across the shoulder blades.
4. Lock wrists behind the back with the hands touching the spine and try to bring elbows together. Pull! Arch the spine forward and apply chin lock for 1-3 minutes. Raises energy up the spine and elevates you!



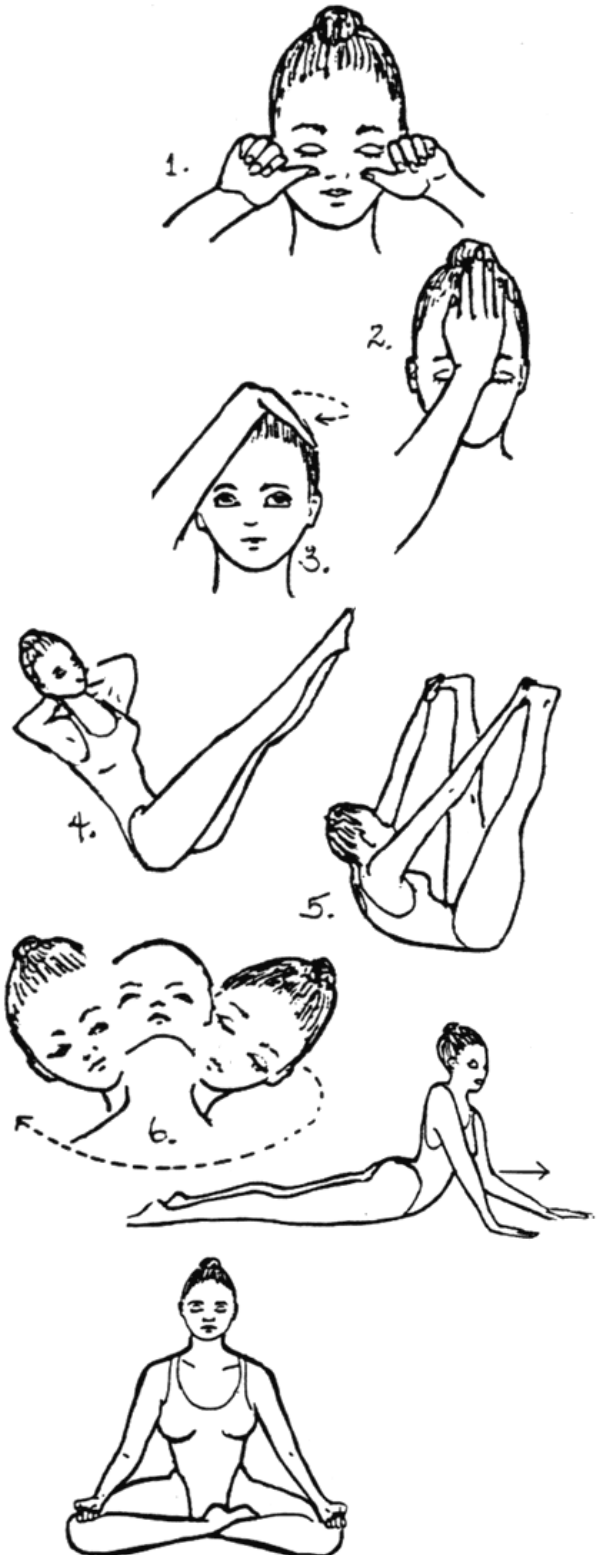
COMMENTS: This short set leaves you feeling great!  
Perfect for depression, anger, fatigue, or stress.

## ***Removing Tension & Negativity*** **Exercises for Tension & Periodic Headache**

1. Apply thumbs to cheeks below eyes and massage in a circular motion for 3 minutes. Releases tension.
2. Right hand flat, place base of palm on center of forehead just above the nose. Vibrate hand  $\frac{3}{4}$ " up and down, twice a second, meditating on the brow point for 3 minutes. For eye tension and mind focus.
3. Center of right palm on center of skull. Look up through top of head and massage in small circular motion for 3 minutes. Aids memory.
4. With hands in Venus Lock behind neck, lean back  $60^\circ$  and raise legs to  $60^\circ$  and hold for 3-10 minutes. Can be done in the morning to balance the electromagnetic field.
5. On back with legs up to  $90^\circ$  and spread apart  $60^\circ$ , hold on to toes with long deep breathing for 3 minutes.
6. Seated in Easy Pose, roll head on neck easily for 2 minutes.
7. In Cobra Pose, walk your hands forward lightly dragging the body for 5 minutes.
8. In Easy Pose, silently meditate for 5 minutes on

**SAA TAA NAA MAA**

For tension and periodic headache.



## For Negativity

1. In Easy Pose, hands in Gyan Mudra, raise left arm 60° up and hold with long deep breathing for 2 minutes. Then switch arms and repeat.

2. Release arms down and meditate at the 10<sup>th</sup> Gate (the crown chakra at the top of the head) for 3 minutes.

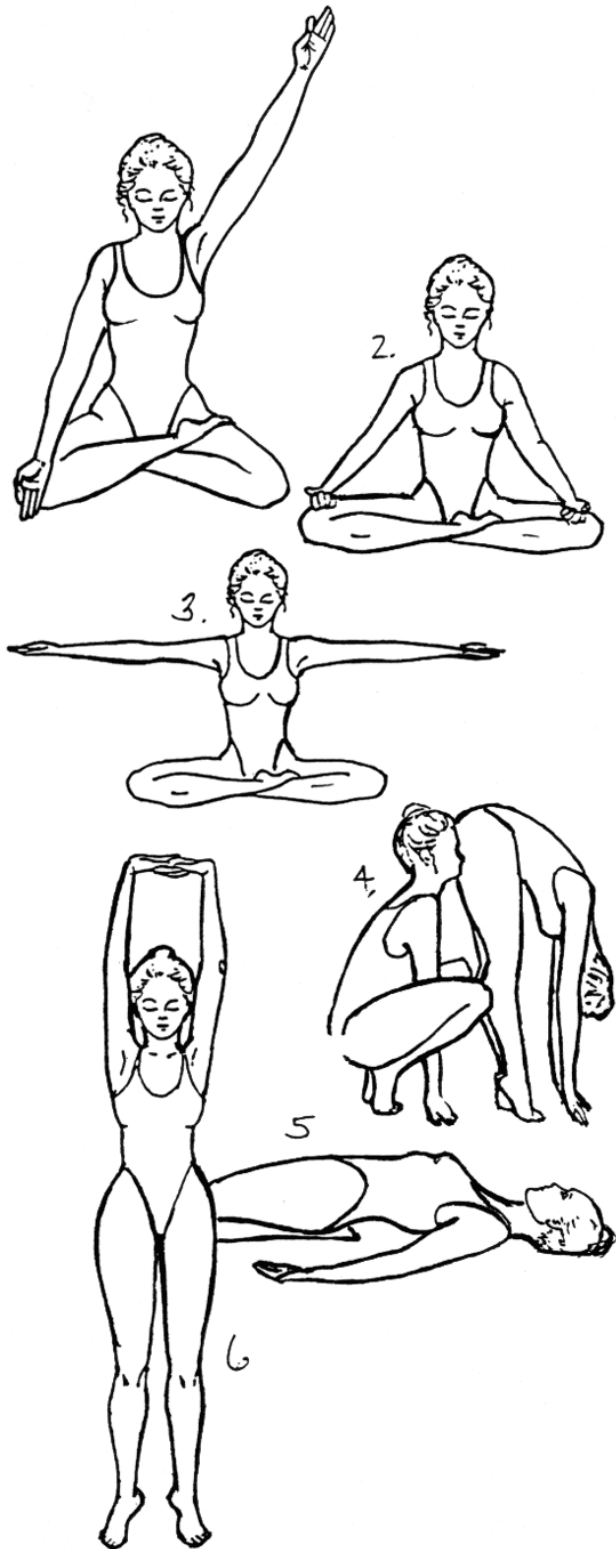
3. Arms out to sides, palms up, hold with Breath of Fire for 3 minutes and then relax.

4. Perform 15 Frogs: Heels together and raised, fingertips on floor between knees, head raised, inhale and straighten knees, lifting buttocks while dropping head to knees, arms and legs straight, hands and feet remaining in place. Inhale up and exhale down.

5. In Rock Pose, lie back on the heels with long, deep breathing, pulling Mulband on each exhale for 3 minutes.

6. Standing, rise up on tiptoes and straighten arms overhead, fingers entwined in inverted Venus Lock, palms facing ceiling. Hold with long deep breathing for 3 minutes.

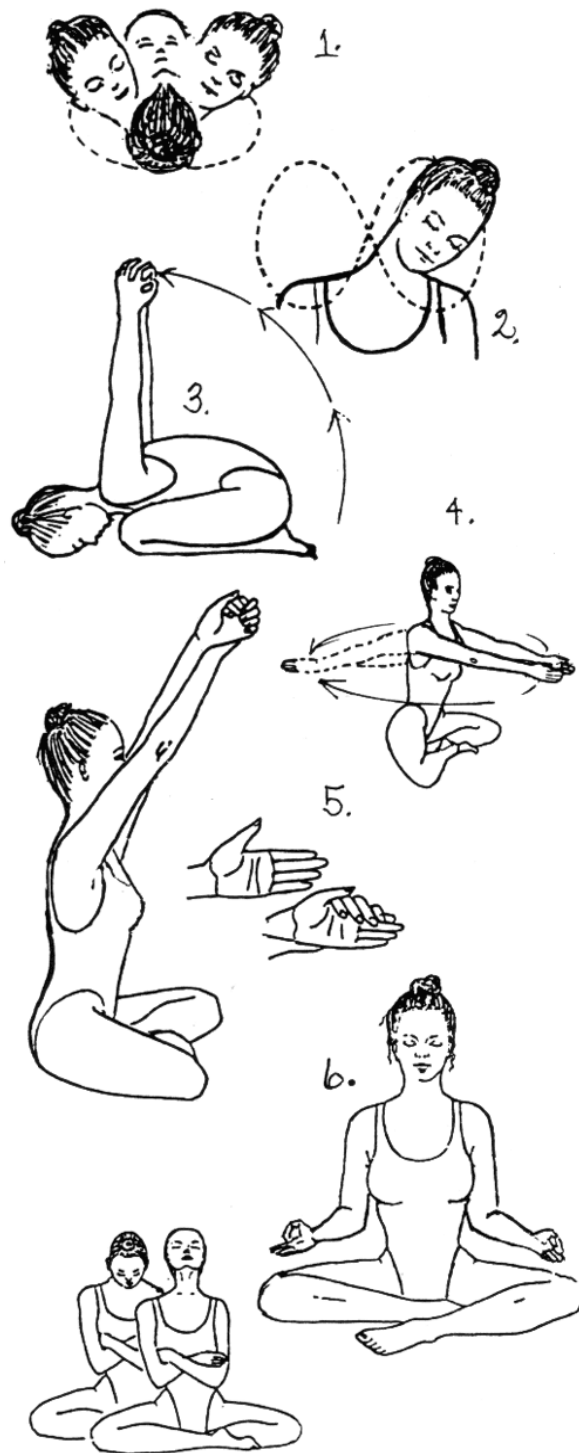
Do this set to get in a good mood.



## ***Electromagnetic Field and Aura Perception***

1972

1. Neck rolls in Easy Pose: Roll the head easily, 15 times in each direction (chin to chest, right ear to right shoulder, arched back, nose pointed to ceiling, left ear to left shoulder, and chin to chest again, etc., and then reverse).
2. Figure Eight Neck Rolls, with head describing a large figure eight, 15 times in each direction.
3. In Rock Pose, hands clasped behind back in Venus Lock, bend forward so forehead touches ground. Raise hands in three parts with three sharp inhales and exhale them down all the way, for 3-5 minutes.
4. In Easy Pose, swing arms back and forth, inhaling as they arc back, and exhaling as they swing forward, at the level of the heart center, 2" apart. Eyes open briefly with hands almost together in front. Keep arms straight and continue for 11-15 minutes. To see the aura and increase it. Also overcomes depression and brings in a lot of energy and healing power.
5. Still seated, extend left arm straight out in front, palm facing right. Extend right arm, palm facing right, thumb down, and cross it under left wrist. Clasp right fingers over left palm, then left fingers over right. Looking to the third eye, raise and lower hands, arms straight, to 60° up and 60° down for 5 minutes.
6. Rajwari Mudra Meditation: In Easy Pose and Gyan Mudra, upper arms 1-2" from body, forearms at 90° from upper arms and 60° forward (over thighs), inhale in 4 parts and exhale in 4 parts, concentrating on palms for 11 minutes. Then cross arms on chest and lower chin into notch with light, long breathing for 3 minutes. To end, inhale as head arches and drops back, and exhale as chin comes back to chest. Relax and connect with the silence within.







7. In Easy Pose and Gyan Mudra, focus eyes at tip of nose, and with a long deep quiet breath, inhale WAAH and exhale GUROO. Time open. (To see auras.)

8. 10-Part Meditation, palms to eyes: Sit in Lotus or Easy Pose with hands on knees in Gyan Mudra with the eyes nearly closed. Break the inhale into 10 equal parts or “sniffs.” With each sniff, move the hands mechanically (in short jerks) one-tenth of the way toward the forehead, fingers straight, palms facing up. On the tenth inhale, the palms are on the forehead with the fingers pointing up. As you exhale, join the fingertips from base to tips of the two hands and lower them slowly, separating them at navel level and returning them to Gyan Mudra on knees. On each sniff of the inhale, mentally vibrate



**WAAH**

And on the exhale

**GUROO**

Continue for 3-11 minutes. This builds the nervous system so nothing bothers you. With weak nerves and aura, it is difficult to act on your ideals. This helps.



INNOCENCE: As a human, if you are innocent, you will never be punished. When you don't know *anything*, why try to know your own demerits? Then you are not innocent. Never try to know your demerits, but (instead) know your good points.

July 11, 1975

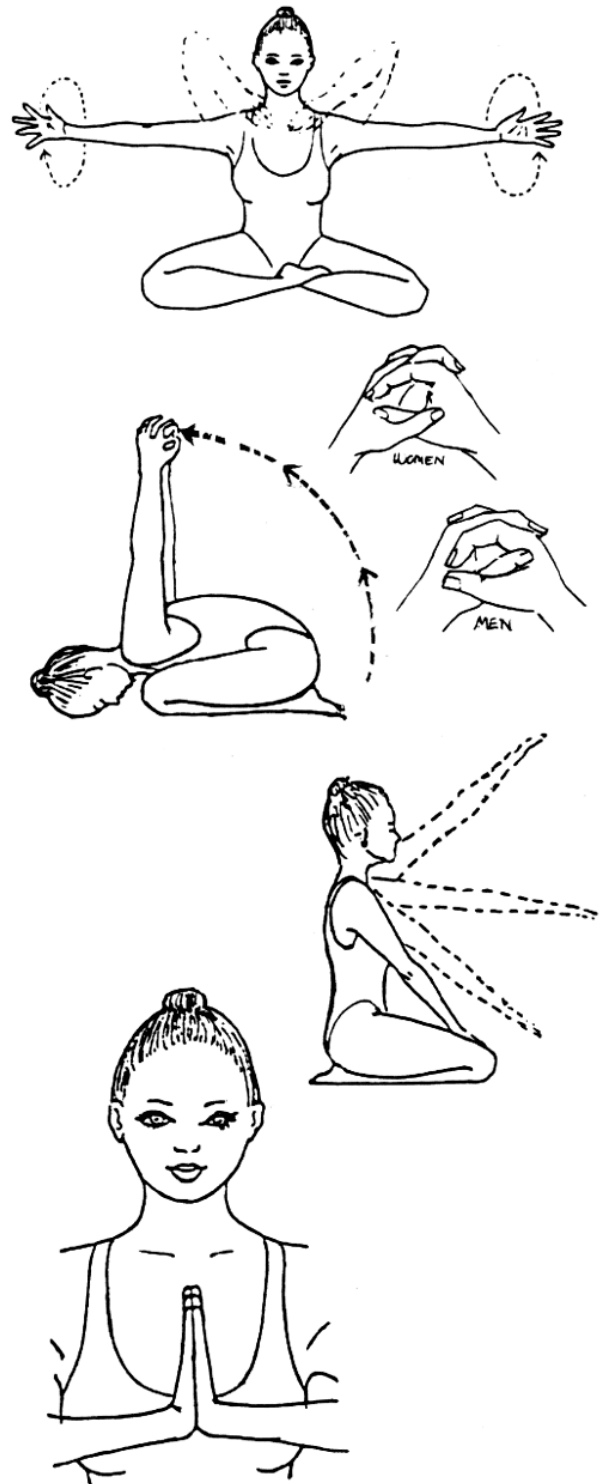


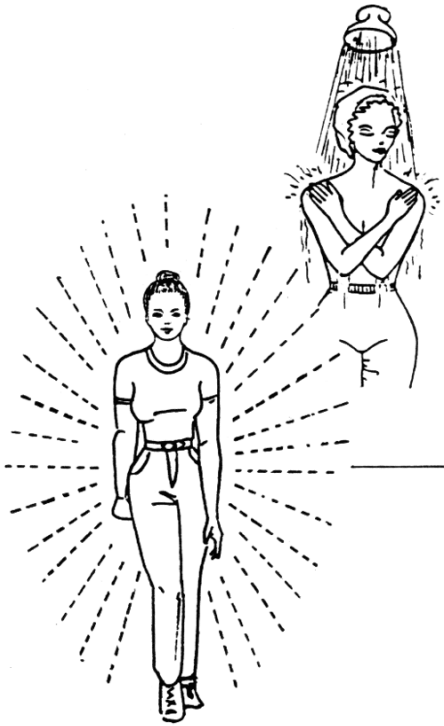
## Guru Rattana's Quick Aura Fixers

1. With arms straight out to sides, parallel to ground, fingers spread as wide as possible, make small circles up, back, down, and forward with Breath of Fire for 2-3 minutes. To end, inhale, bring fingertips to shoulders, and exhale. Relax quietly and notice the change.
2. In Rock Pose, hands in Venus Lock behind the back, bend and place forehead on the ground. Inhale in three equal parts, bringing the arms up one-third of the way on each part, and exhale as you bring them down again. Continue for 2-3 minutes. To end, inhale with arms up, hold, exhale arms down, and relax in the position, feeling good. This exercise connects all meridians; shifts nerve, heart, and glandular balance; and improves circulation.
3. Still sitting on heels, begin with palms on knees, arms straight. Inhale and bring the arms up to 30°; inhale again and bring them parallel to the ground; and inhale once more, filling the lungs in three equal parts and bringing the arms to 60° up. Exhale them down. To end, inhale arms to 60°, hold, and exhale down.
4. Palms together at heart center, fingers pointing up, forearms parallel to the ground. Press palms firmly together and inhale in four equal parts to completely fill the lungs. Then exhale completely in four equal parts as you silently chant with each stroke

### SAA TAA NAA MAA

Continue for 2-3 minutes. To end, inhale, hold and press the palms together as firmly as possible with tension in all parts of the body. Exhale and relax in this position. One minute is sufficient if you press very hard and breathe very deeply or do it for up to 5 minutes to maintain a high energy level throughout the day.





5. A cold shower cleanses the aura and produces powerful energy. If you begin with warm, always end with cold or cool during moon cycle for women. Yogi Bhajan taught covering the thighs with pants because the body's calcium-magnesium balance is regulated there. He also recommended massaging the body with oil before showering, and massaging every part of the body during the shower as well.
6. The wearing of white or light clothing amplifies the aura. Try it for 40 days (and meditate daily) and see what happens to your state of mind.

PRAYER: My friend, learn never to wake up without meditation and without relating to your own Unknown — your God. And never sleep without meditation and relating to your own Unknown, God, who knows if tomorrow shall come. Keep the account clear. Start the day with God, see the day with God, and then God will take care of it. Isn't that simple? And at the end of the day, give yourself to God, and to sleep.

And if the morning dawns on you again, get up (and live) moment to moment, day to day, and walk away with the precious gift of life. Life is a precious gift!

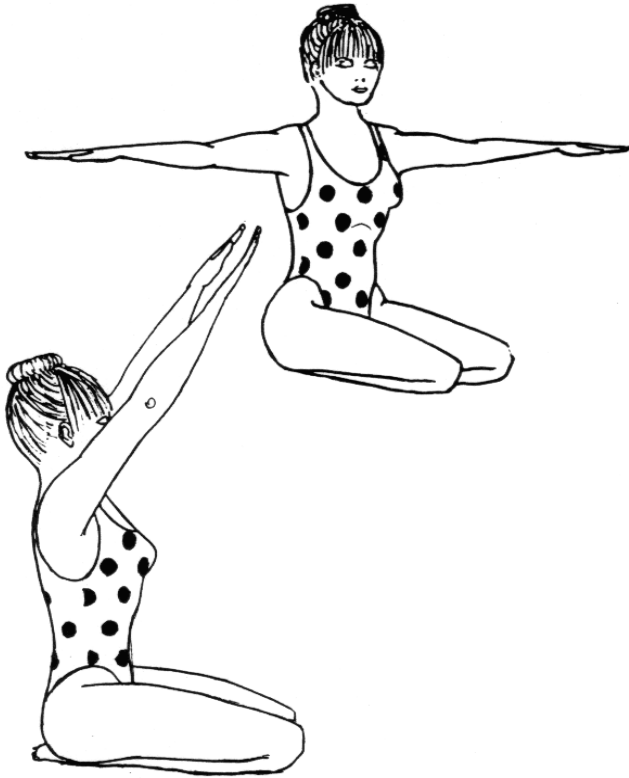
There is a very important must, a thing you must do: Pray in the evening, when the sun starts setting. (At that time) your energy gets out of balance automatically. In the morning, you are fresh with ambition. In the evening, it is natural to want to freak out somewhere. Don't try to stop it — pick a place where you can close your eyes and pray from 2 to 5 or 10 minutes. (A couple of minutes of the Mul Mantra will do it.)

July 14 & 18, 1975



## ***Meditation to Make One Younger & Stop the Cycle of Decay***

June 11–12, 1970



1. In Rock Pose (or a comfortable meditative position), stretch arms out to the sides, parallel to the ground, palms down, and breathe long and deep with the eyes one-tenth open for 3 minutes. Then stretch and meditate a few minutes. This harmonizes you with the Earth's magnetic field. You become 84 times stronger and experience peace and joy.
2. Now, stiffen the hands very tightly until they shake and the ears itch, and raise the arms 60° forward and up, elbows and fingers straight, thumbs beside fingers, with the eyes one-tenth open. When the breath (pranic body) begins to balance itself, one will be connecting with pranic life force. Allow shoulders to relax. Continue for 3 minutes (but no more than 5 at first, gradually building to 31 minutes). Then inhale, hold, let go to the Universe, and relax. This is "Meditation of Prana" and it can help eliminate all disease when done regularly.

### ***Meditation for Reversal of Age***

In Rock Pose or other sitting posture, press elbows and upper arms tightly against ribs and extend forearms up at a 45° angle, palms facing each other with thumbs extended and stretched straight up, while the other fingers remain relaxed, and meditate on the heart chakra for 5 minutes. Feeling the heat in the spine at the level of the heart helps one rise above any pain. Opens the heart and makes the whole chest radiant.

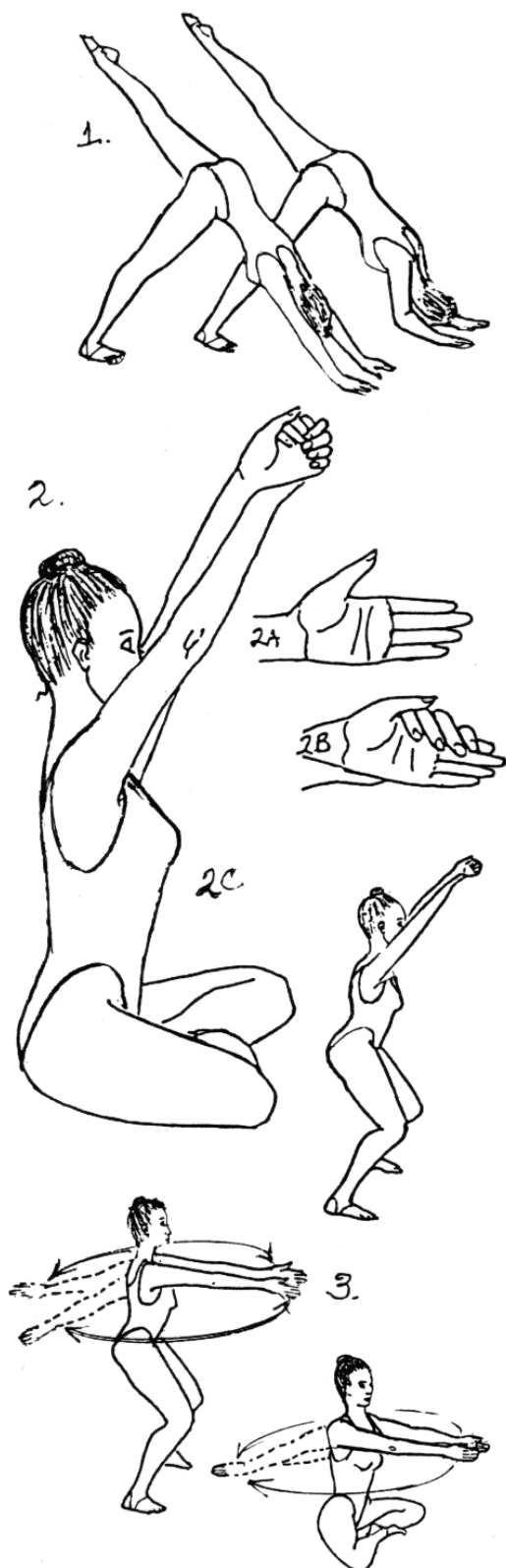


## Electromagnetic Field Set #2

1. In Easy Pose, raise arms up to 60° at sides of body and hold with Breath of Fire for 3-5 minutes.
2. In Rock Pose, right arm straight out in front, palm up, left arm straight back, palm up, do Breath of Fire for 1-2 minutes. Then reverse arms and repeat.
3. Still in Rock Pose, cup hands at heart center, and with head bowed, stare into the palms. As you inhale, stretch arms out in front, edges of palms still touching, and as you exhale, bring them back to heart center. Continue for 5 minutes.
4. On elbows and knees, feet together and raised, palms up and together, back arched (like Cow Pose), stare into palms with long, deep breathing for 5 minutes.
5. Gurpranam: In Rock Pose, bend down, stretching arms straight out ahead, palms together, and relax with forehead on the ground for 3 minutes.
6. Spinal Flexes in Rock Pose for 3 minutes.
7. Meditate for 3-11 minutes.
8. End by shaking entire body.



## Strengthening the Aura



1. Stand up and bend forward so the palms are on the ground and the body forms a triangle. Raise the right leg up with knee straight. Exhale, bend the arms, and bring the head near the ground. Inhale, resume Triangle Pose. Continue this Triangle Push-up 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 right. Cross the right hand under the left, palm facing right and thumb pointing down, and wrap the fingers over the left hand so that both palms face right and fingers lock. Inhale, raise arms 60°, and exhale them down for 2-3 minutes. Inhale and stretch up.
3. Extend both arms forward, parallel to the ground, palms facing each other about 6" apart. As you inhale, pull the arms back and stretch them toward each other. Exhale, returning them to original position. Continue 3 minutes with deep, rhythmic breaths.

COMMENTS: This is a great kriya for keeping disease away and developing your aura. The time can be built up to 7½ minutes for each side in #1 and 15 minutes each for exercises 2 and 3. Exercises 2 and 3 can be done standing in Horse Stance (a martial arts pose), with the feet wide apart, toes pointing out, knees bent, hips tucked in, lowering yourself as much as possible (as though seated in a chair). Breathe powerfully from the navel. You will achieve incredible strength from this posture.

This kriya will induce profuse sweat. It will cure almost any digestive problem. It strengthens the arms and extends the power of protection and projection in the personality.

## Exercise Set for Electromagnetic Frequency

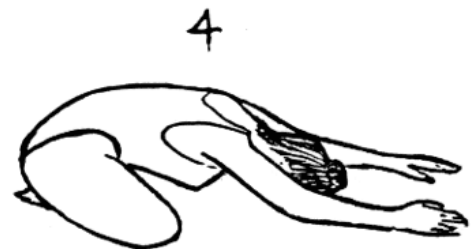
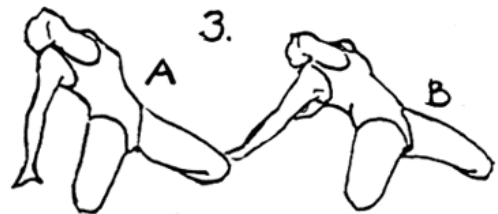
1. In Easy Pose, extend arms out to the sides with curled fingers stretched back from the palms and tensed like claws, rigid and taut like two lion paws. Alternately cross the wrists overhead, moving powerfully and rhythmically with Breath of Fire (inhale up, exhale down) for 9 minutes.
2. Without stopping, stick the tongue out all the way and continue for 15 seconds more.
3. To end, inhale and raise the arms up to 60°, hold for 15 seconds, exhale down, and repeat, holding for 30 seconds this time. Exhale and relax.
4. Sitting comfortably, breathe long, deeply, and quietly for 3-4 minutes (or sing a yoga chant of choice from the heart for 3-4 minutes).



COMMENTS: This kriya works on the electromagnetic frequency of the brain. Hand position in #1 pressurizes each fingertip, controlling the brain and its functions. The lymph and nervous systems are tuned up, and the pituitary gland is stimulated, causing the pineal to change the frequency and radiance of the magnetic field.

## **Magnetic Field & Heart Center**

1. In Easy Pose, arms up at 60°, palms up, do Breath of Fire for 1 minute. Then inhale, hold the breath, and pump the stomach in and out 16 times. Exhale and relax the breath. Repeat and continue for 2-3 minutes. Builds the psycho-electromagnetic field.
2. Immediately sit on the heels with arms parallel to the ground at the sides, allowing hands to hang limply from the wrists, and do Breath of Fire for 3 minutes. Inhale, hold, and relax. For the heart.
3. In Rock Pose as above, spread the knees wide apart and lean back 60°, supporting the body with the arms in back of the hips, tilt the head back, inhale, and pump the stomach in and out as long as possible. Exhale, repeat, and continue for 1½-2 minutes. Then, tilt the torso back to 30° and repeat the cycle for 1½-2 more minutes. Stimulates the thyroid, parathyroid, and navel center. If you practice these, you will never need cosmetics for a smooth radiant complexion and glow.
4. Still on heels with knees spread apart, stretch forward, forehead on the ground, arms forward, and relax for 1 minute. Then breathe long and deep for 2 minutes. Then chant for 2 minutes



**ONG, ONG, ONG, ONG**  
**SOHUNG, SOHUNG, SOHUNG, SOHUNG**

or

Teacher: ONG, ONG, ONG, ONG  
 Class: ONG, ONG, ONG, ONG  
 Teacher: SOHUNG, SOHUNG,  
 SOHUNG, SOHUNG  
 Class: SOHUNG, SOHUNG,  
 SOHUNG, SOHUNG



Moves spinal fluid, feeds brain cells, and helps repair brain damage caused by drug and alcohol abuse.





5. Legs stretched out in front, slightly spread, grab toes, and hold for 1 minute.



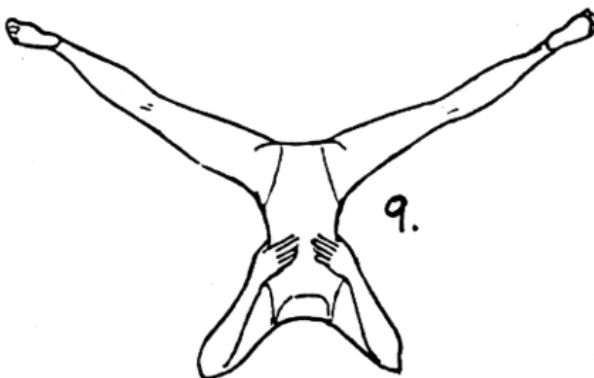
6. Back Platform: Lift the body on hands and heels, arms straight, head dropped back, and body in a straight plane, and do Breath of Fire for 30 seconds. Then “walk” the legs wider apart until they are spread wide, then walk them together again, repeat and continue with Breath of Fire for 30 more seconds. Inhale, exhale, and immediately sit and stretch legs out in front (position similar to #5 but legs together), grasp both feet by the hands and hold for 1 minute. Relax for 3 minutes. For thyroid, heart, and lower back.



7. Maha Mudra: Sit on left heel, stretch right leg forward and grasp and pull big toe with right hand, clasp heel with left hand and keeping chin tucked into chest, eyes fixed on big toe, inhale deeply, exhale, and pull Mulband, holding the breath out for 8 seconds, with diaphragm lock also pulled. Inhale. Repeat and continue for 3 minutes. Then relax on back for 5 minutes. This is the great seal of yoga. It produces many positive effects. It can be practiced by itself.

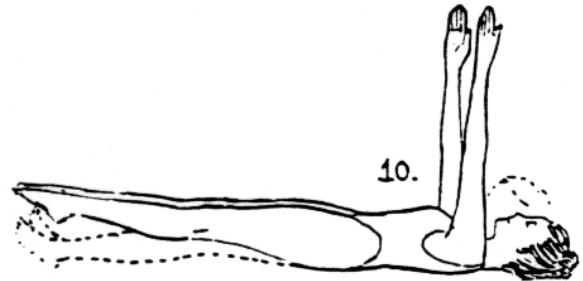


8. Lie on the back and stretch arms overhead on the floor, raising the left leg to 90° and hold with Breath of Fire for 1 minute. Switch legs and continue for 1 minute. Then raise both legs 12 inches only and continue Breath of Fire for 1 more minute. Then relax for 2 minutes. Balances prana and apana.



9. Slowly raise legs in shoulder stand, spreading them wide open and hold with Breath of Fire for 3 minutes. Then relax on the back for 3 minutes. For the thyroid.

10. Still on the back, stretch arms straight up with the palms facing each other, and raise both legs 6" only on the inhale. Then, on the exhale, lower legs and raise head, chin to chest. Continue for 3 minutes with long deep breathing. Relax for 2 minutes. For the heart and navel centers.



11. In Easy Pose, grasp opposite upper arms across the chest and roll the head in a slow figure eight for 30 seconds in one direction and 30 seconds in the other. Then deeply inhale, bend forward to the ground, exhale, and arise as fast as possible. Repeat 10 times. For the heart center and thyroid and to balance the hemispheres of the brain.



12. Meditate. Chant

**GOD & ME, ME & GOD ARE ONE**



COMMENTS: This set works on coordination and repair of the nervous system by stimulating the heart center. Our normal feeling of happiness, connection, and well-being depend on the balance of our psycho-electromagnetic field. This set strengthens and balances it. Best results are obtained if you practice a set until it is mastered.

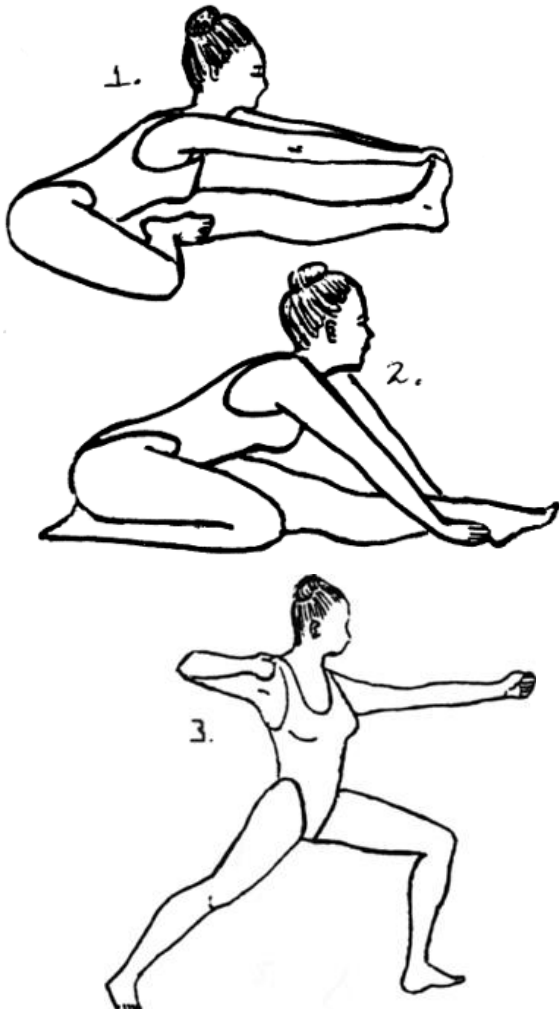


EXPERIENCE: In Kundalini Yoga, the most important thing is experience. Your experience goes right into your heart.

Quoted from *Sadhana Guidelines*

## ***To Balance Circumvent Force and Recharge Divine Shell***

Sit in Virasan, left knee to chest, foot flat on ground at base of thigh. Right ankle crosses over top of left foot, hands clasped on left knee, and spine is straight. Incline head to knee as you inhale slowly for 5 seconds. Hold the breath in for 15 seconds, raising energy to the third eye. Then raise head while exhaling for 5 seconds. Repeat 26 times. Then switch legs and repeat exercise. Balances energy flow in and out. Recharges the divine shell around you.



## ***Auric Balance & Nerve Strength***

1. With legs outstretched in front, bend right leg, and press heel into groin. Grasp left toes with both hands, pressing big toenail with both thumbs and index fingers. Focus gaze above the horizon and inhale in 22 equal sniffs, then exhale in 22 equal parts for 3-5 minutes.
2. Sit on right heel, stretching arms and torso forward with palms together, hands underneath left ankle, and fix gaze above the horizon with a 22-count breath for 3-5 minutes.
3. Stand in Archer Pose, right leg back, left leg forward and bent at knee, weight over forward foot, left arm extended in front as if holding a bow, right arm bent back as if pulling an arrow, both hands at heart level. With 22-count breath, hold for 3-5 minutes.

NOTE: None of the exercises were to be done on the reverse side.

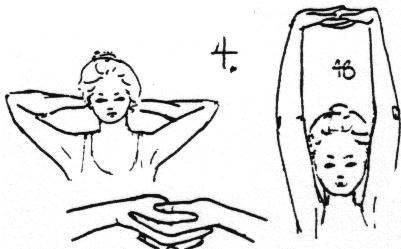
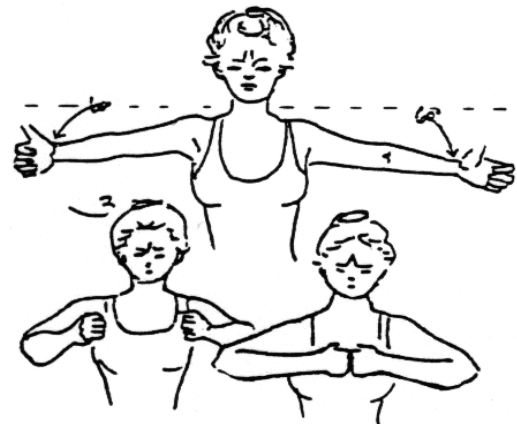
## **Preparatory Exercises for Lungs, Magnetic Field, and Deep Meditation**

1. In Easy Pose, stretch arms straight overhead with palms together, arch the spine as far up and back as possible and begin long deep breathing through the mouth with a whistle on both the inhale and the exhale for 5 minutes. Relax.



2. A) Stretch arms straight out in front with fingers interlaced, palms facing out.  
B) Exhale and bring hands in toward chest. Repeat and continue for 2 minutes fairly rapidly.  
C) Then inhale, stretch arms out in front again.  
D) Hold the breath and bring the arms straight up overhead, continue to hold the breath, and repeat A. Repeat the entire sequence for 2 minutes.

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

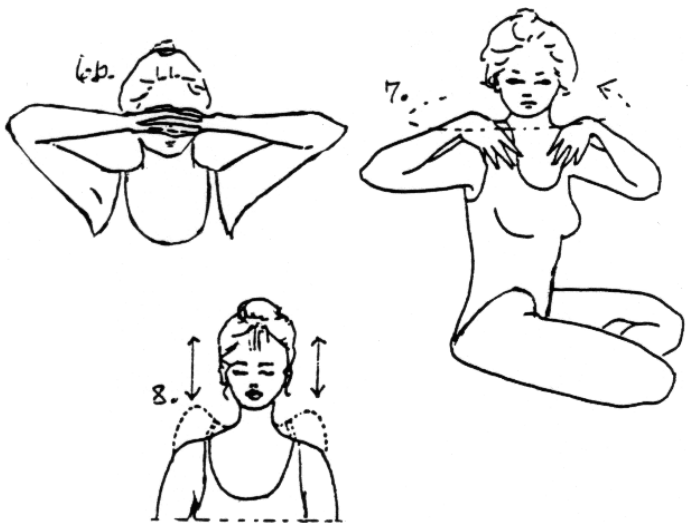


4. Interlace the fingers as before with palms facing up and place them behind the neck. Inhale and stretch arms up overhead; exhale down behind the neck for 2 minutes.



5. Stretch arms straight overhead, palms together, thumbs crossed, inhale and twist to the left; exhale and twist right for 2 minutes.
6. Interlock fingers at chest level with palms facing down. Inhale and bring hands up to eye level; exhale back down to chest level for 2 minutes.

7. Place hands on shoulders, fingers in front, thumbs in back and, keeping elbows at shoulder level, inhale twisting left; exhale twisting right for 2 minutes.
8. In Easy Pose, place hands on knees, inhale and flex shoulders up; exhale and relax them down for 2 minutes.

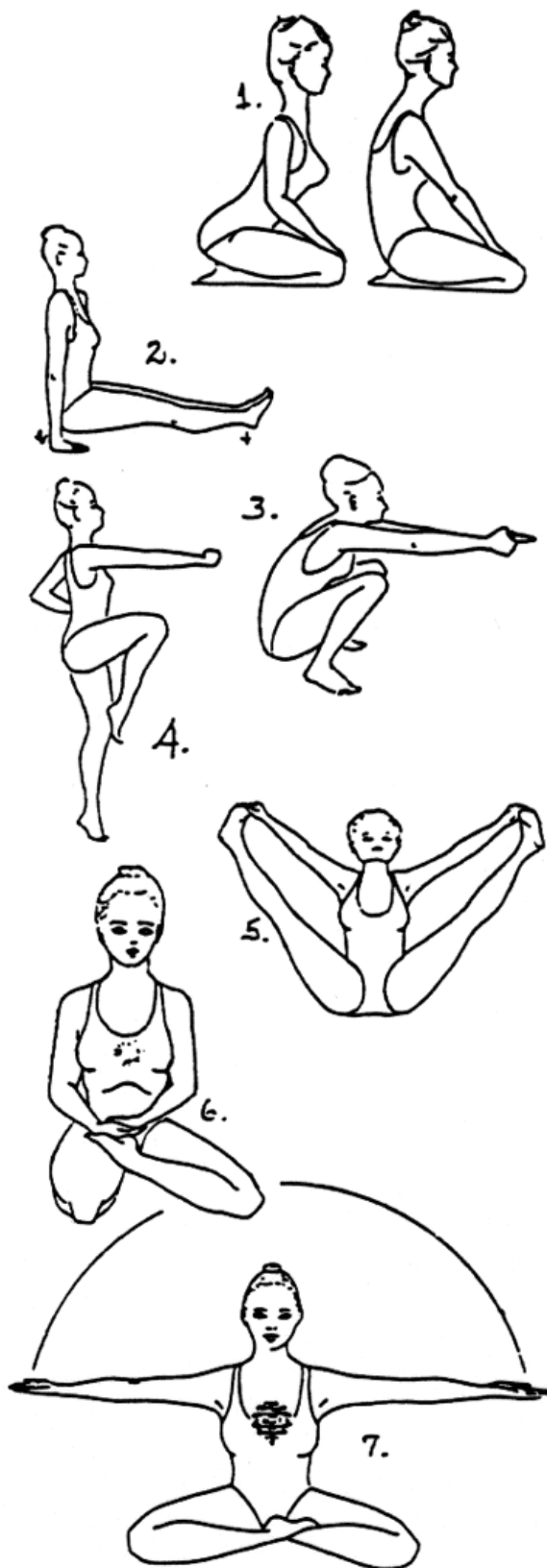


9. Then, with hands on knees still, flex the spine inhaling forward and exhaling back for 2 minutes.
10. Roll the eyes up as far as possible and concentrate at the top of the head. Meditate for 15 minutes.



COMMENTS: This series purifies the blood and expands lung capacity, stimulating the circulatory system. The secretions of the thyroid and parathyroid are added to the increased circulation, and the upper magnetic field of the body is enlarged. This is an excellent preparation for beginners who need to learn deep meditation.

## Opportunity & Green Energy Set



1. Spinal Flexes: Sit on heels, mentally inhaling “Sat,” (concentrating at the first vertebra or chakra), and exhaling “Nam” (concentrating on the fourth vertebra or third chakra) for 2-3 minutes. To end, inhale, pull Mulbhand, exhale, pull Mulbhand, and hold 10 seconds. Repeat 3 times.
2. Body Drops: Stretch legs out in front, hands on floor beside the hips, lift body (and heels) off the floor, and let it drop rapidly for 2-3 minutes.
3. Crow Pose: With arms straight out in front, fingers interlaced, forefingers extended, pointing out to infinity before the heart, do Breath of Fire for 2-3 minutes. To end, inhale, hold, project out from the heart center, and exhale.
4. Running in Place: Run vigorously, pulling knees up high, with a good punching motion for 3-5 minutes.
5. Kundalini Lotus: Balance on buttocks holding on to big toes; back, legs and arms straight, with Breath of Fire for 2-3 minutes. To end, inhale, hold, draw energy up the spine, exhale.
6. Trea Kriya: Sitting on left heel with right foot on left thigh, hands cupped below the navel, lift up the diaphragm and chant ONG SO HUNG strongly from the heart and hear sound at the heart.
7. Arms out Parallel: In Easy Pose, arms out to the sides, parallel to the ground, palms up, concentrate on the energy coming in the left palm and going out the right, forming a powerful arch between the hands, and do Breath of Fire for 2-3 minutes. To end, inhale, hold, feel the energy continue to enter the left palm, course through the shoulders, leave the right palm, and arch overhead. Exhale and relax.

8. Bowing to the Infinite: In Easy Pose, hands in Venus Lock behind the neck, inhale silently chanting “Sat” in the upright position, exhale “Nam” as you bring the forehead to the floor. Arise, inhaling and silently chanting “Sat”; repeat for 2-3 minutes.



9. Arm Lifts: Extend the arms straight out in front, palms down. Raise alternate arms from parallel to 60°, inhaling as right arm goes up and exhaling as it comes down (almost a Breath of Fire) for 2-3 minutes. To end, with arms together at level of third eye, inhale, hold, and project from the third eye out to infinity. Exhale and relax.



10. Cosmic Connections:

(A) With hands in Venus Lock 4” above the crown chakra, palms down (Shakti Pose), focus the eyes up and out of the crown chakra with Breath of Fire for 2-3 minutes.

(B) Hands remaining in place, point the forefingers straight up, continuing to focus out the crown chakra, and breathe long and deep for 2-3 minutes.

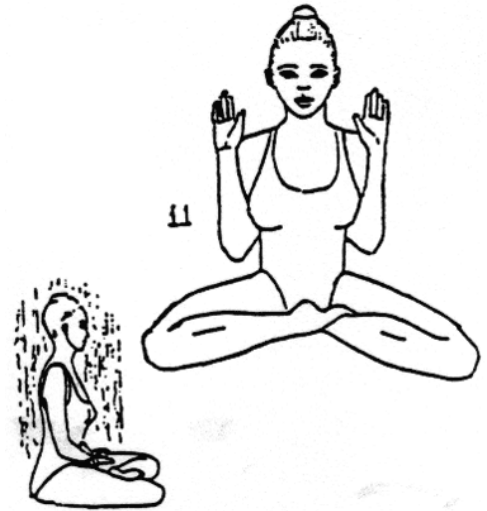
(C) Without lowering the hands, place the fingertips together with the palms apart (like a teepee), and continue to project in and up with Breath of Fire for 2-3 minutes. To end, inhale, hold, project out, exhale, and relax.



11. Green Energy Production: With arms at sides, bend forearms up, palms flat and facing forward, comfortably relaxed, visualize green energy as you chant from the heart, feeling a slight pull at the navel for 2-11 minutes:

**HAREE HAREE HAREE HAR**

To end, inhale, exhale, and relax in Gyan Mudra. Meditate and, sitting in a shower of green energy, think of all the things you can be grateful for coming to you. Love every breath that comes, and love all things, known and unknown.



COMMENTS: This set attracts opportunities and opens up the heart center. It allows one to approach prosperity from heart-centered consciousness or plane of attraction. This consciousness can be summarized as follows: “The more I open myself, the more I can attract. I don’t need to struggle; I have the ability to attract opportunities.” Start realizing that opportunities and prosperity can come in different forms than you have previously imagined. Believe that you deserve prosperity, and that God loves you.

THE ATTITUDE OF GRATITUDE: You have to understand your physical relationship with Infinite Energy and how you can tune in for your own purposes, so that you can have a healthy, happy, holy, and wholesome life, a fulfilled life, a beautiful life in which you can perceive in yourself the contentment of existence. You should be so contented that if you had to quit this planet, you would just say, "Thank you!"

Quoted from *Sadhana Guidelines*

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Make no excuses for your desire to be prosperous. It is a divine desire that should be given divine expression.

The shocking truth about prosperity is that it is shockingly right instead of shockingly wrong to be prosperous.

No one else can limit you. If you want to limit yourself, you can. Otherwise the entire resources of the Universe are yours to use.

One prosperous thought is more powerful than 1,000 thoughts of failure.

Make the intelligent choice; persist with your success and not with your failures.

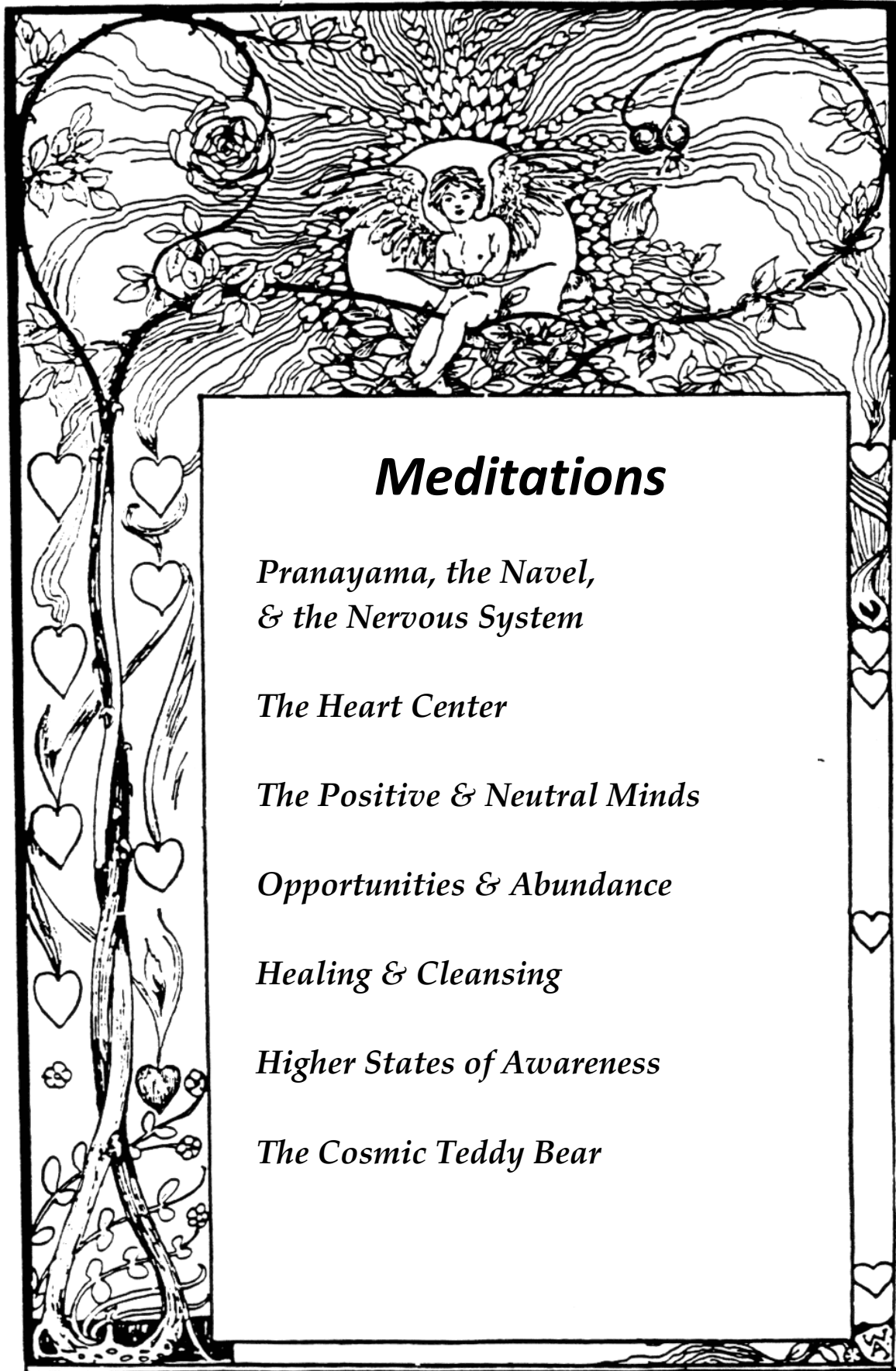
The plain truth is that you must start giving before you can start receiving.  
This is the nature of the universe we live in.

Gratitude is the open door to abundance.

Excerpted from *Renew to be New Course*  
April 1989







## ***Meditations***

*Pranayama, the Navel,  
& the Nervous System*

*The Heart Center*

*The Positive & Neutral Minds*

*Opportunities & Abundance*

*Healing & Cleansing*

*Higher States of Awareness*

*The Cosmic Teddy Bear*



EVERYONE IS MASTER of his own destiny. Those who do not know how to be commanded do not know how to command. Temptation is the law of Maya (illusion). One who can withstand it knows the law of life: Assess your (1) stamina, (2) potential, (3) basic flexibility, and know where your emotions are.

June 23, 1972

LIFE IS LIKE A MOVIE: You go to a movie, give them your money, and they give you a seat and start the film for you. Between eating popcorn and drinking Coca-Cola, you fall asleep. Now, you didn't pay your \$5.00 to sleep in that chair did you? Why did you do it? In exactly the same way, through previous karma, life is gained here. It is paid for! (You have earned it!) With Guru's grace, you did the Bhakti, and then God granted you a human body. It is earned, paid for, and the title is clear. You can make it or mar it. It's your business. You've paid the money, and you are now seated at the opera and the performance has begun. If you sleep and snore through it, who cares?

July 14, 1975

TO STOP THINKING NEGATIVE THOUGHTS: Think of a negative thought, and put your left hand in front of your heart, palm facing right. Place the right palm against it and press, resisting with the left hand. Now, push for a minute on just the fingers, without letting them bend, resisting. Then let go and think the same negative thought and that same thought will now appear funny to you. So, if you do not know how to stop a negative thought, balance the energy this way and positive thoughts must come.

July 18, 1975

## ***Meditation in Kundalini Yoga***

The major goals of meditation include (1) becoming conscious of our inner non-verbal reality, where we connect with and integrate the physical, psychological, and spiritual aspects of our being; (2) dealing with inner conflict, crisis, and chaos and thereby reducing stress and anxiety and finding inner peace; and (3) awakening our intuition and finding our inner authority and soul guidance.

Meditation is an integral part of Kundalini Yoga. The meditation techniques taught by Yogi Bhanan upgrade the functioning of all aspects of our being and thus offer us a powerful and effective means to achieve higher states of consciousness. The secret to achieving a meditative mind is to change channels from our thinking dualistic mind to our neutral mind, which is our access route to our soul, the Infinite, and our heart.

Kundalini meditations use specific combinations of mantras, pranayama, mudras, and eye focus to (1) cleanse our subconscious, (2) train our mind to focus within, (3) awaken the neutral mind and higher states of consciousness, and (4) redirect our attention to Infinite qualities of peace, stillness, silence, and love.

The combination of transformative techniques strengthens the nervous system and attunes our mind, body, and emotions so that we can vibrate with and hold the higher frequencies of love in our physical body. *Gradually our whole being resonates, flows, and pulses with Divine Love.*

Chanting sacred mantras takes us from the polarity swings of the positive-negative mind to the universal neutral mind, where it is possible to link the finite self with the Infinite Self. The sounds of mantras serve as a bridge between individual consciousness and universal consciousness. Rhythmic repetition encodes uplifting thoughts and awakens us to a unified reality beyond our normal limited perception of physical reality. Instead of perceiving separation, conflict, and competition, we experience oneness, harmony, and connection with all life.

### **Guidelines for Your Meditation Practice**

- ♥ Always begin by “tuning in” with the Adi Shakti Mantra: **ONG NAMO, GUROO DEV NAMO** (see page 41). Then do warm-up exercises of your choice. Spinal flexes and leg stretches are always good. Ideally practice a Kundalini Yoga kriya followed by deep relaxation before your meditation.
- ♥ Practice in a clean, quiet place that is reserved for this purpose (if possible). Your practice will gradually sanctify the area. Sit on a natural fabric — cotton, wool, or sheep skin. If you are meditating elsewhere (in a subway or standing in line), imagine a sanctified place in and around you.
- ♥ The best time to meditate is 2½ hours before sunrise — the “primal hours” — and in the afternoon before and during sunset. Meditation before going to bed prepares you for a restful sleep. You may find that you need less sleep when you do a morning and evening routine

(which processes the subconscious fears and concerns of unsettling sunrise dreams).

- ♥ A timer of some sort is useful to avoid “clock watching” or wondering.
- ♥ If your hair is long enough, tie it in a knot on the top of your head to channel the energy through the solar center at the crown chakra. Covering your head conserves and focuses energy that is normally dissipated and wasted. Wear natural fabrics — cotton, silk, or wool. The feet should be bare so that energy goes freely in and out of your feet and connects you with the Earth.
- ♥ You may wish to begin with short meditations (some in this manual are as short as 3-5 minutes) and proceed to longer ones and gradually increase times. It is recommended to practice one meditation daily for 40 days to achieve its effects. A general rule of thumb is that 40 days breaks a habit, 90 days can install a new habit pattern, and 1,000 days achieves mastery. If you like variety, sample a different one every evening, but stick to the same one every morning for at least 40 days.
- ♥ Yogi Bhajan’s meditations are designed to attract or deliver specific results. You can program yourself with prayer or visualization for the desired results before and after the meditation to help consolidate the effects. But, during the meditation, concentrate on the specified techniques and absorb yourself in the sound, rhythm, and energy.
- ♥ Attend to one instruction at a time. First, set a rhythmic breathing and chanting pattern that you can maintain. Then, establish the given focus of attention, e.g., third eye, tip of the nose, etc. Once you are comfortable with your rhythm and focus, move into deep listening and feeling and absorb yourself into the experience. With practice, you will be able to hold your attention on all aspects of the meditation at once.
- ♥ Because of the misconception that one can simply sit down and quiet the mind for meditation, many people are discouraged from meditating upon failing to achieve immediate results. The dualistic mind is always generating thoughts. When we sit to meditate, we become acutely aware of the mind’s incessant activity. We use mantras to overcome these distractions and to train and focus the mind. Just keep going back to the mantra, the breath, and other points of focus.
- ♥ Have patience with yourself. You are engaged in a long-term process of inner transformation. Even a minute or so of fully focused consciousness is a success.
- ♥ You may feel uncomfortable during meditation, but you will feel much better afterwards. Since meditation is also a cleansing process, a lot of “garbage” may come up. This is normal and a sign that the process is working. Don’t expect to sit in bliss every time. When thoughts come up, don’t reflect or act on them. Just let them pass like the flow of a river. If you become negative or emotional, experience your feelings in your body; accept them and yourself

exactly the way you are. Over a period of time, you will be pleased at how much lighter you feel and how certain things no longer bother you.

- ♥ During all meditations, be sure to keep the spine straight and apply chin lock to align the chakras and to facilitate energy flow in the spine.
- ♥ Integrate the effects of the mantras by deeply listening to their sounds and feeling their vibrations in your body, spine, and heart. Some like to visualize the mantra written on a screen before the closed eyes as it is intoned.
- ♥ With every technique, deeply listen, feel, and be present to your experience in your body so that you can ground in the higher frequencies. Our goal is to be able to take elevated consciousness into our daily lives.
- ♥ Be sure to set aside time at the end of your practice to enjoy the rewards of your efforts. If you have been chanting, listen to the mantra chant back to you. Feel the energy you have created as radiance. Relax and let go in your sacred space within. Love yourself and your experience. Simply enjoy feeling good and savor being in a space of love and peace.

Daily practice for only 10-30 minutes can change the course of your life, transform your personality from ego to soul, and open your heart to self-love and compassion for all life.



Our deepest human and soul desire is to experience love. We are always trying to figure out how to experience love in the physical dimension. The goal of meditation is to awaken our mind, body, and heart to higher Love, where we experience that

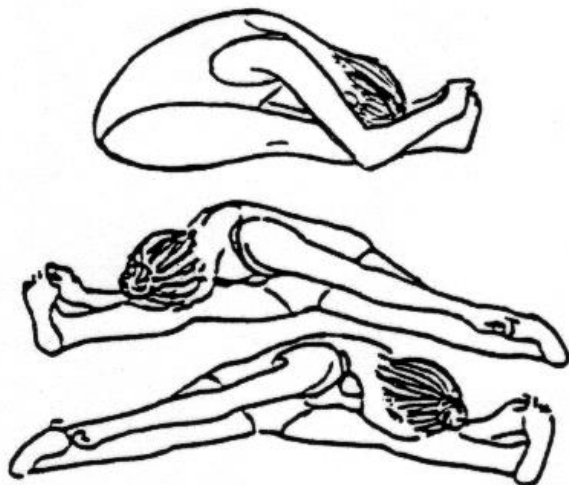
- ♥ Love is a state of consciousness.
- ♥ Love is a feeling, not a thought, a good idea, or a discussion.
- ♥ Love is a dimension of reality where we experience oneness, peace, and happiness for no specific reason.

To enter the dimension, to have the feeling, to attain the consciousness of Love, we have to vibrate with the frequency of Love. Our spiritual path is about making ourselves available for Love. In meditation, we develop the sensitivity and consciousness that delivers us to Love.

## Meditation Facilitators

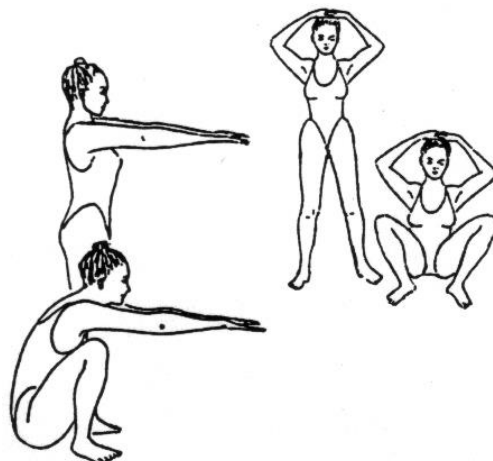
When you want to meditate but don't have time to do a complete yoga set first, try one or more of the following exercises before sitting. End each by inhaling, pulling Mulbhand, holding, and exhaling (or inhale, exhale, and then pull Mulbhand and hold).

**Frogs** to stimulate the first and second chakras and to help you sit: Squat on the toes, heels raised and touching each other, arms between legs, fingertips on floor, and head up. Raise buttocks as you inhale, allowing head to drop and look at knees. Exhale as you squat back down. Repeat 26-52 times. Follow with forward bend to stretch the leg muscles.

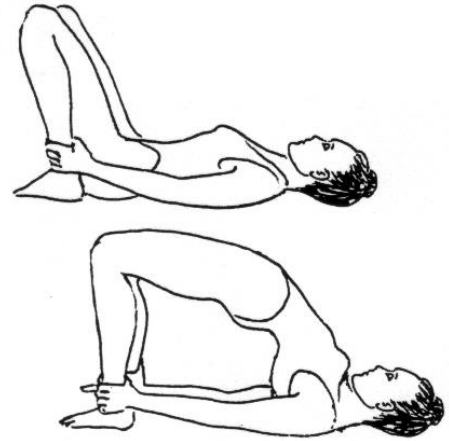


**Forward Bends** to stretch legs stimulate the life nerve and open hips. Sit with legs stretched out in front, stretch up to elongate your spine and then bend from your hips, bringing your chest toward your knees. Grab on to your toes or wherever possible on your legs, keeping your knees straight. Slowly exhale down and inhale up. Then sit with legs spread wide apart, and bend toward alternate legs. Do each stretch for 1-2 minutes.

**Crow Squats** to stimulate and circulate energy from the first and second chakras and to make sitting easier: Squat, extending the arms straight ahead on the exhale (or place hands in Venus Lock on top of head), and then stand as you inhale, repeating 26 or 52 times. You'll be glad to sit down.



**Inverted Camel Lifts** to raise Kundalini energy up the spine: On back, bend knees, drawing heels toward the buttocks, feet flat on the floor. Grasp ankles and arch the pelvis up, applying root lock, lift the navel toward the sky on the inhale, returning to first position on exhale, and continue 26 or 52 times.

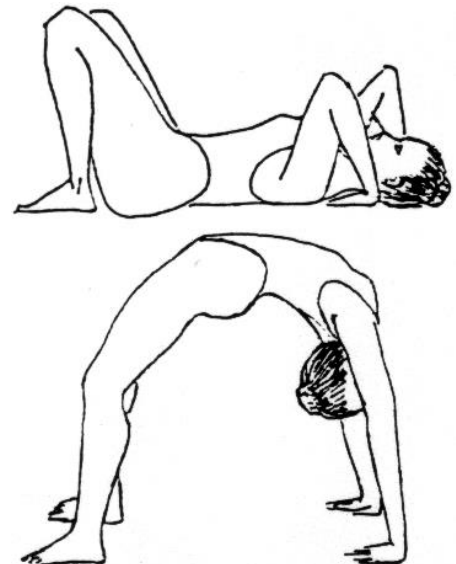


**Triangle Pose** to stimulate the pituitary and relax the spine and the mind: With feet hip-width apart, bend over and place hands shoulder-width apart about 3 feet in front of the feet. Raise buttocks in a triangle, arms and legs perfectly straight, and hold with long deep breathing for 3-5 minutes. End by pulling Mulband on the held inhale. Follow with Gurpranam.



**Gurpranam** to stimulate pituitary and pineal glands and sixth and seventh chakras: Sit in Rock Pose and rest the forehead on the floor, stretching the arms out in front, palms together, and hold with long deep breathing for 2 to 3 minutes.

**Chakrasana** (or Wheel Pose) to stimulate all the chakras and energize the spine: On the back, place fingertips just under the shoulders, pointing them toward the feet, and bend knees, bringing heels to buttocks. Inhale and lift torso into an arch, keeping the arms straight and try to straighten the knees. Arch the neck and look at the hands and hold with Breath of Fire for 30 seconds to 1 minute, or as long as possible. The spine tingles with excitement after this. Attempt only if your body is this flexible.





**Maha Mudra (Januirsana)** for concentration: Sit with the right heel in the perineum and the left leg stretched forward. Inhale, stretching arms overhead (to lengthen the spine). Exhale as you slowly bend forward from the hips and touch the chest to the right knee. Grab the toes of the right foot with both hands. Breathe long and deep for 1-2 minutes, apply root lock and then reverse legs and repeat. This is a classic meditation facilitator.

**Yoga Mudra** for moving energy up and opening the spine. Sit in Lotus Pose or Siddhasana and lower the head to the ground, clasping the hands in Venus Lock on the back, breathing long and deep for 1-3 minutes.



**Adha Shakti Chalnee Kriya** to stimulate the sixth and seventh chakras. Kneel and bring head to the ground, lifting feet and shins up off the ground and balance with the hands in Venus Lock on the back. Meditate at the brow point for 1-3 minutes.



**To Open the Crown Chakra:** A) Right hand in Gyan Mudra on left knee, block left nostril with thumb of left hand, fingers pointing straight up, and do Breath of Fire through the right nostril for 3-5 minutes. Inhale deeply, hold and savor the space. Exhale, relax, and meditate. For a clear, focused mind. B) With hands in Venus Lock on top of the head, do Breath of Fire for 3-5 minutes, focusing eyes on the crown chakra, tongue pressing against the roof of the month.

**After Any of the Facilitators**

Assume or continue in meditation posture with a perfectly straight spine and slightly tucked chin. Place tongue on the roof of the mouth and begin long deep breathing (4 or fewer breaths a minute). You will find it much easier to relax, connect with your inner space, and focus on the meditation of your choice.





## ***Silent Mul Mantra Meditation***

Sit with a straight spine, chin lock applied, hands on knees in Gyan Mudra, eyes almost closed, and mentally chant the Mul Mantra as follows:

Inhale slowly and deeply while silently chanting one repetition of the mantra. Hold the breath in and silently chant another repetition of the mantra. Then slowly and completely exhale while chanting another mental repetition, and hold the breath out with another silent repetition. Repeat and continue for 3-11 minutes.

|                               |                          |
|-------------------------------|--------------------------|
| <b>EK ONG KAAR</b>            | God is One               |
| <b>SAT NAAM</b>               | Truth is His Name        |
| <b>KARTAA PURAKH</b>          | Creator                  |
| <b>NIRBHO</b>                 | Fearless                 |
| <b>NIRVAIR</b>                | Without enmity           |
| <b>AKAAL MOORT</b>            | Immortal                 |
| <b>AJOONEE</b>                | Unborn                   |
| <b>SAI BHANG</b>              | Self-Illuminated         |
| <b>GUR PRASAAD</b>            | By Guru's grace          |
| <b>JAP!</b>                   | Meditate                 |
| <b>AAD SUCH</b>               | True in the beginning    |
| <b>JUGAD SUCH</b>             | True through the ages    |
| <b>HAIBHEE SUCH</b>           | True at present          |
| <b>NAANAK HOSEE BHEE SUCH</b> | Nanak shall ever be True |



COMMENTS: The Mul Mantra is the basis of all mantras in Kundalini Yoga. This version is particularly powerful. Begin with the shorter times and slowly build to the longer times. Yogi Bhajan once said, "To repeat this mantra and go into its depths is to be entranced by the depths of your own soul. It is a compass point that points to God, describing Human-in God consciousness. It sets you on the right path. It is both a mantra and a sutra. It forms the basis of the consciousness we wish to acquire — that consciousness that exists in our very souls."



Love is a process in which ego is lost and Infinity is experienced.

## **Laya Yoga #2**

### **Conch Kriya**

May 29, 1970

1. Sit in Easy Pose with chest out, chin in, and spine straight. Raise arms at the sides with hands in fists and thumbs pointing straight up. Concentrate on the top of your head, making a triangle of your two eyes and the top. Breathe slowly and deeply, inhaling to the bottom of the spine to purify the system. If the angle of the hands is a little off, it will not form a magnetic field, which is what matters. Continue for 3 minutes. (Gives the power to control your destiny.)
2. Now, move your fists next to your ears without touching them (2" away), thumbs still pointing straight up, elbows a little forward. This mudra is the shape of a conch shell. Listen to the sound of a conch shell. Listen to the sound through the hands — you are listening to the eternal ocean through them. Continue for 2 minutes. ("Whosoever shall do this sadhana with love, devotion, and faith, shall have mastery and the whole creation shall serve him." —Yogi Bhajan)
3. Then circulate the 3½-cycle chant inside of your head for 10-15 minutes in the same mudra.



**EK ONG KAAR  
SAT NAAM  
SIREE WHA-HAY GUROO**

COMMENTS: If you perfect his mudra, there will be nothing that you cannot know, nor any sound you cannot hear. The conch and the gong represent the Infinite sound current. The conch is the symbol of that infinite sound current; the gong opens up the chakras.

Laya Yoga tunes you in to the Universal Flow. If you want to go 800 miles, you have to use an aircraft. The craft known to sages and saints, and now available to you, is Laya Yoga teaching, the "know how." All who breathe are brothers. Personality serves yoga, not vice versa. Turning individual ego to Universal Ego insures liberation. The same power creates as destroys.

If your sadhana has been done, your action will be unattached. Don't waste your body — use it for sadhana. Whenever you call on your teacher, he will stand between you and time. If you call on your ego, time will affect you. A man who masters sound current, masters time.

## **Laya Yoga #4**

June 7, 1970, and October 1971

NOTE: This kriya is to be done only in the early morning.

1. Sit in the posture most comfortable for meditation, with the chin tucked in and the neck and back straight. Tune in to the personality of the teacher (within) and find the radiance (with the Adi Shakti Mantra). It is possible to exchange the current of life, the prana, from your hand into the Infinite Hand. Continue for 5 minutes.
2. Spread the fingers and thumbs of each hand away from each other, but join them at tips of the fingers and thumbs of the opposite hand and place the mudra (Bhujan Mudra) at the mind nerve (solar plexus). Remain for 2-3 minutes, then inhale, exhale, and relax.
3. Bring the mudra to the navel point, pointing the thumbs straight ahead and the fingers down. Apply Mulbhand and neck lock. Breathe deeply and quickly, silently chanting **SO** on the inhale and **HUNG** on the exhale.

Kundalini will rise from the navel to the top of the head. Without Mulbhand, this kriya can't happen at all. Really hammer the area between the second and third chakra with the breath. After a few minutes, replace the mantra with **SAT NAM** and continue for 5 minutes. Inhale, focus on the top of the head, exhale, and relax.

4. Hands still in Bhujan Mudra, chant the 3½-cycle Laya chant for 5-10 minutes, spinning it up the spine. (See Mars Meditation for instructions on page 139.)

**EK ONG KAAR AA**  
**SAA TAA NAA MAA**  
**SIREE WHA AA**  
**HAY GUROO**



COMMENTS: We become immortal when we create Him in us. We mess up the journey when we mess up the body. A clean, pure body indicates a readiness for the destination. If the body cannot sit still, how can the mind be made still? Wisdom belongs to those who practice it. May love flow from all of us. The most humble on the Earth are the most high in the House of God.

## Laya Yoga #8

August 22, 1970

1. Sit on the heels in Rock Pose, or between them in Celibate Pose, knees apart. Place the fingertips together, but not the palms, slightly separating the fingers from the adjoining ones on the same hands, and place the mudra between the solar plexus and the heart center. Inhale deeply, exhale completely, and pump the stomach for as long as possible. Repeat for 5 minutes.
2. Chant long **SAT NAMs** for 2-3 minutes, then do long deep breathing. Inhale on the **SAT** and exhale on the **NAM**, concentrating at the top of the head for 10 minutes.
3. Wrap your arms behind you and clasp the elbows with opposite hands. Look at the top of your head and, pulling root lock, chant seven times



### AKAL

raising the pitch on the fifth repetition.



COMMENTS: To tune in to the rhythm, you have to take that voice to the center of your consciousness. "Akal" means undying or one who never dies; God consciousness never dies. Don't oppose yourself. Let it flow, let it happen. Prayer has no meaning if you can't relate to God. To tune in is to consciously relate to that Supreme Consciousness.



## ***Mars Meditation***

### **For the Heart**

December 15, 1970

This meditation wipes away all previously created karma up to this point. Meditation is an individual thing. Wrong meditation will have negative effects. Right meditation will bring right deserts. Once you set yourself, forget the body and the pain (just nerve adjustments). Thoughts will oppose your joining with Spirit.

- 1) Sit with straight spine and cup hands before the heart with eyes closed. Request the Divine to open up your heart so that you may experience oneness with the Infinite. Inhale the infinite sweetness and love and exhale negativity. 3-5 minutes.
- 2) Lower chin into cavity between collar bones, with neck and spine straight. Inhale and exhale long and deep. If you experience any negativity, just let it go with love. Continue for 4-5 minutes.
- 3) Repeat **HAR HAR HAR HAR** for 3 minutes, then inhale and exhale 3 times.
- 4) Then chant the 3½-cycle mantra for 11 minutes:

**EK ONG KAAR AA  
SAT TAA NAA MAA  
SIREE WHA AA  
HAY GUROO**

On “Ek,” sharply contract the navel, visualizing navel energy descending to the rectum and sex organs. On the first “A,” pull Mulbhand, and on the second “A” (after “Nam”), pull diaphragm lock, visualizing energy spiraling up the spine through the chakras. On the “A” after “Wha,” pull the chin lock, seeing energy spiraling up through the neck, and on “Hay,” relax Mulbhand and diaphragm lock and allow the spinning energy to leave through the crown chakra. The entire mantra is chanted in one breath. Relax.



## ***Breathing to Change Nostrils at Will & Alter Mental States***



Sit in a comfortable meditative posture with your spine straight. Interlace your fingers with your right thumb on top. Place your hands at the center of your diaphragm line, touching your body.

Close your eyes. Concentrate on your breath at the tip of your nose. Notice which nostril you are breathing from. Within 3 minutes you should know. Then change it. If you are breathing primarily through your left nostril, consciously change to your right nostril. With practice, you can switch nostrils simply by concentrating and shifting the gaze to the side you want to breathe through. (Another technique for switching nostrils is to lie down on the side of the operating nostril and put a small cushion under that armpit, pressing it with the weight of the body). Be sure to keep your shoulders completely relaxed during the meditation. You should have a pressure at your hands, but none at your shoulders.

Practice changing this breath back and forth for as long as you like. One minute with each nostril is a good time. You can do it for up to 31 minutes.

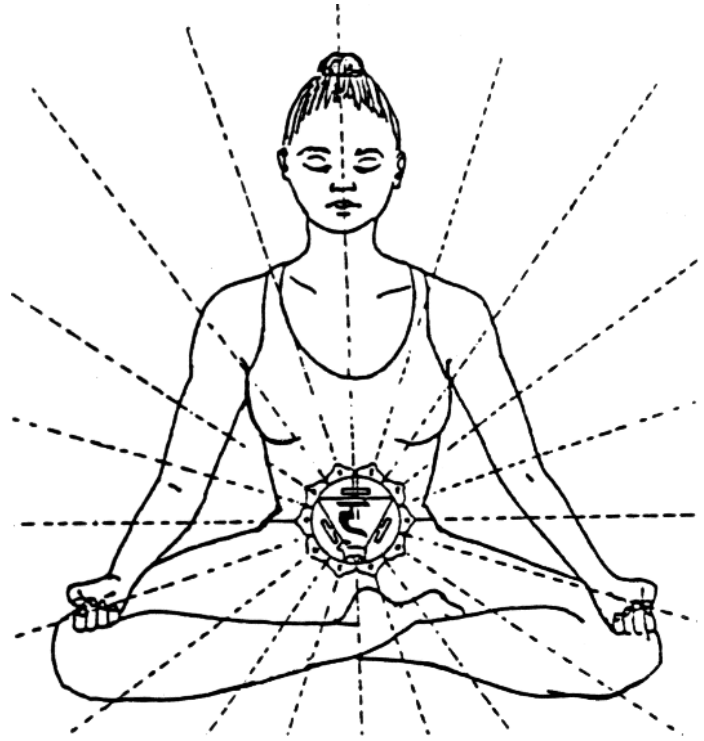
COMMENTS: This exercise will alter your energy by changing the active nostril. If you are thinking something neurotic and find that you're breathing through your right nostril, start breathing through the left nostril instead. (This changes the energy from fire to cool). If you cannot relax or sleep, change to the left nostril. But if you are irritated, depressed, or in a weird mental state, start breathing through the right nostril. If you are tired and need extra energy, change to the right nostril. In 3 minutes you will be a different person.

This ability to change nostrils should be taught to children within their first three years. Exercising this ability can prevent nervous breakdowns.

The science of the nostrils is called Swara Yoga. It teaches that when one nostril is dominant, the opposite hemisphere of the brain dominates. The left nostril and right hemisphere of the brain are considered lunar, and the right nostril (and left hemisphere), solar. It is recommended to change nostrils at the first sign of disease.

## Primal Power

1. Sit in Easy Pose, hands in Gyan Mudra, spine erect eyes fixed at the tip of the nose.
2. Inhale and contract the rectum and sex organs. Pull in the navel point. Hold briefly, then exhale and release the locks. 3-5 minutes
3. Breathe in such a way that the breath creates the mental sound for 3-5 minutes  
**SAT** with the inhale and  
**NAM** with the exhale.
4. Feel and imagine pranic energy flowing in and to the navel point. No time was specified in the notes, but do it for 5-11 or up to 31 minutes.



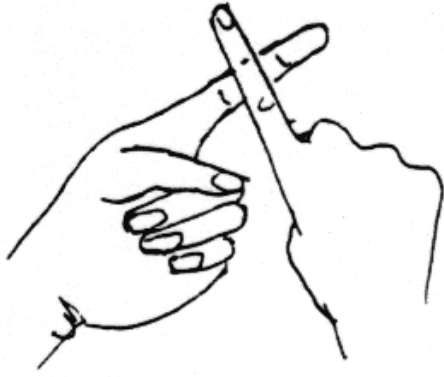
COMMENT: If concentration is good, the entire back and spine will heat up. It is written that one who perfects this kriya can master death and old age. He can learn to transfer prana to another being for healing and even extend that person's life. He will not be affected by his past negativity and no negative thought will penetrate his projection. It is a simple meditation, but it deals with the Primal Power and energy of Creation.



The body has the power to recuperate. The mind has the power of infinity. The spirit has the power of defeating the defeat. The spirit has the power. You don't have the power. Now let us make it very clear and understandable. You are not powerful. Your spirit, your soul has the power to defeat the defeat. You don't have that power. To build that power, to defeat the defeat, you need your soul. It can't be done by hand. – Yogi Bhajan, July 5, 1987

## ***Pranic Meditation***

February 16, 1976



In Easy Pose with straight spine, make fists with index (Jupiter) fingers straight out, thumb resting on tucked fingers. Jupiter fingers cross at middle sections, with right on top, palm facing down, and left underneath, palm facing up, at diaphragm level. Fingers are straight and flat.

Inhale slowly and deeply through the nose, and exhale slowly and completely and forcefully through a puckered mouth (not whistling) so it can be felt on the tips of the index fingers. Inhale and exhale are of equal duration. The entire cycle lasts 15 seconds. Fingers will feel cold. Never do this with a quick breath.

Meditate on your own prana carried by the breath for 11 minutes maximum.

Then lock fingers and stretch arms overhead.

COMMENTS: This meditation will maintain youthfulness of mind and body, despite age. It brings health and healing ability—fertilizes the brain so there is no depression. You may yawn or stretch, but keep on with the breathing. It also eliminates fatigue and gives a constant flow of energy. You'll become intuitive and universally sensitive (sensitive to phenomena like earthquakes, etc.), and you will not get tired.

PRAYER: Have you ever understood what a prayer is? You create a vibratory effect, and it goes into the Infinite Creativity around your psyche, and the answer comes, expressed in the energy of a job done. You say, "Prayer works!" It is only your *mind* which has the power to concentrate and work with that beauty.

If you can relate with that Universal Radiation, so the beam and frequency of projection are clear, then you have communicated with the Universe and it will support you, just as happy parents will support their offspring, their creation. This relationship of consciousness to Infinite Consciousness is the one fundamental requirement of life and the aim of yoga.

Quoted from *Sadhana Guidelines*





## ***Maha Shakti Pranayam*** **(Whistle Kriya)**

September 7, 1974

1. Seated in Easy Pose, hands in Gyan Mudra, focusing at the third eye, inhale through the nose and exhale with a whistle (opening the lock of ignorance) for 5 minutes. Listen to the whistle at the brow point and to the sound as it surrounds you, and on the back of the neck (for the lower brain).
2. Reverse the breathing by inhaling with a whistle and exhaling through the nose, focusing at the third eye for 15 minutes. (Brings clear conscious, strong mindedness, unfolds closed cavities, and takes you to unknown limits. For the upper brain.)
3. Inhale, hold the breath, and meditate on the rectum, visualizing the four red petals of the chakra rotating, while rhythmically contracting and relaxing the rectum for 5 minutes.
4. While still meditating at the rectum, base of spine, and obsessions, or if you choose instead, on your connection with Mother Earth, chant  
**LAAAAAAAAA**  
For 5 minutes to join prana and apana.



NOTE: We found three versions of this pranayam, two of which gave it as above. The third version omitted #4 completely and repeated #1 and #2 twice (three times in all) with breaks in between, and the durations of each were 5 minutes only, to be increased to 7½ minutes, with four repetitions in all, but only after practice. Then it specified doing each (#1 and #2) for 15 minutes without breaks or repetitions. The comments below came from this version.

COMMENTS: This exercise massages the brain, stimulating certain brain cells, and produces tolerance and eliminates tension. Practice morning and evening for 15 days, and you will never be disturbed. The Muladhara Chakra at the rectum has four red petals representing the four magnetic fields; the elephant represents wisdom and tolerance. A positive magnetic field or aura attracts friends, virtues, and high vibrations.

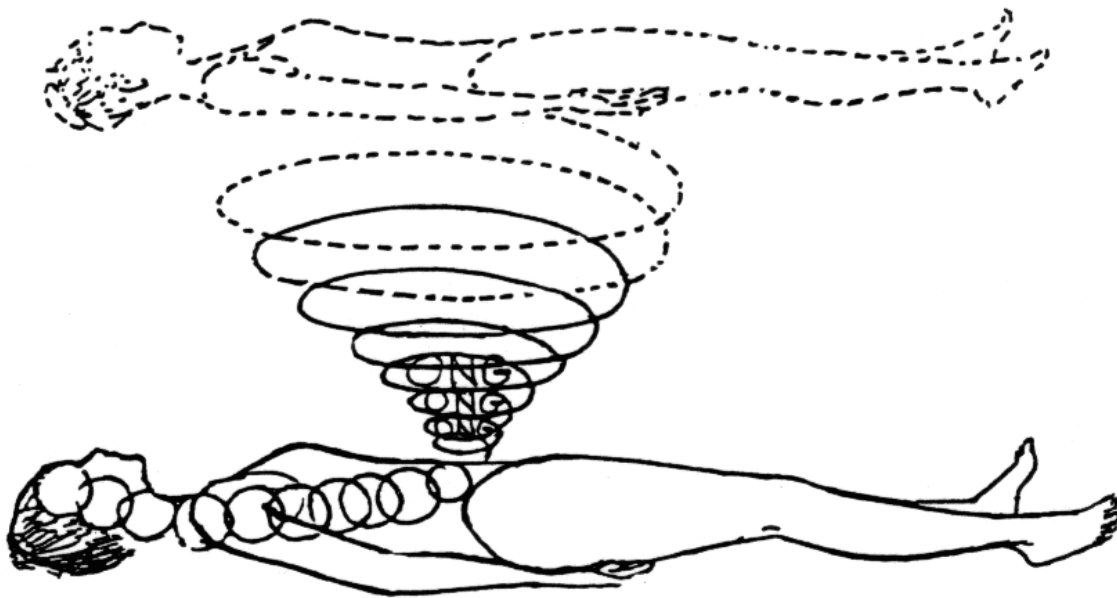
Mind is governed by breath, and breath is the physical method of controlling the mind. Meditating on the breath takes you beyond the duality of the negative and positive minds into the unity and peace in your neutral mind. By meditating on the breath, you'll get the power of life! The rules of this exercise are 1) You must be determined; 2) No one can help you; 3) Keep your vibrations high (the company of a positive person will uplift you, and a negative person will bring you down); and 4) Keep up!

## ***Mental Levitation***

After doing a powerful navel kriya, lie on the back to deeply relax. Collect all your conscious energy at the brow point. Then let that sphere of energy descend to the navel chakra. Feel the beat of the heart there. On each beat, hear the echoing sound:

**ONG, ONG, ONG, ONG ...**

As you feel your energy, begin to vibrate with the sound. See the spinning vortex spreading out from the navel. In this mental body, let the mind rise up and out of the navel chakra to float freely in the vicinity of physical body for 5-15 minutes.



Then bring yourself consciously back to a full body feeling. Enter the same way you left. Take several deep breaths and stretch the body, arching the spine like a bow a few times. Circle the hands and feet at the wrists and ankles. Rub palms and soles together. Then sit up and feel great!

COMMENTS: This is the beginning of mental levitation, the ability to project the creative center of the psyche to points beyond the body. By leaving through the navel point, the physical energy is stimulated to maintain the body. Sometimes a person tries to project and has a weak navel center. The body can then get cold and illness and disorientation can result. This technique (through the navel point, after a powerful navel kriya) opens the capacity of total relaxation and physical regeneration!

## Breath Purification & Navel Energy

February 23, 1970

- A) In Easy Pose or Lotus Pose, imagine yourself to be a very beautiful person and a perfect yogi or yogini. Straighten the spine. Raise upper arms parallel to the ground at the sides and bend elbows, placing forearms at right angles. Press the hands back with palms up, as though you are holding a weight. Meditate at the brow point. Inhale deeply, hold briefly, and exhale completely while pulling in the navel four times, mentally vibrating **SAT NAM SAT NAM** with the exhale. Then inhale very deeply, hold the breath, and apply Mulband, imagining pranic energy flowing from the cosmos to meet apanic energy at the navel point. Feel very divine and light. Then exhale completely and continue to apply Mulband with the breath held out, projecting the mind to unite consciously with the Divine. Relax the breath and repeat the cycle, continuing for 5-10 minutes.



- B) In Easy or Lotus Pose, rest the hands on the knees in Gyan Mudra, focusing at the third eye, and breathe long, deep, and powerfully through both nostrils for 10 minutes.



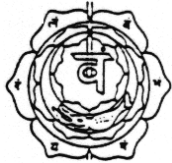
COMMENTS: This meditation charges the navel center and balances the lung meridians, increasing the flow of healing energy through the hands. As navel energy is distributed through the nadis, the entire body is cleansed and regenerated. If you slowly build the time up to one hour a day, the nerves will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

## **Raja Yoga Meditation for Tapa**

1. Sitting in Easy Pose, hands in Gyan Mudra, be aware of the breath as divine flow, awakening energy. Feel it as the pulse of life, with long deep breathing (and notice if it is from the left or right nostril).



2. Focus at the first (anal) chakra and contract the anus, feeling the breath massage it on the inhale. Feel elimination through it on the exhale. Continue for 1 minute.

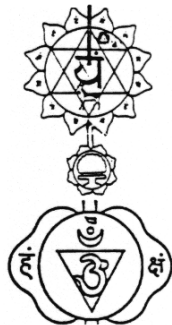


3. Focus at second (sex) chakra. Inhale and draw the first and second chakras gently together. Continue for 1 minute.

4. Focus on the third (navel) chakra, drawing all three lower centers together with each inhale for 1 minute.



5. Concentrate on the fourth (heart) chakra. Pull diaphragm lock on the exhale. With long deep breathing, pull energy higher and higher up the spine.



Look up to the Tenth Gate (stimulating the sixth chakra). Visualize a shining rod up and down the spine. Inhale, exhale, and hold the breath out. Inhale and relax the breath.

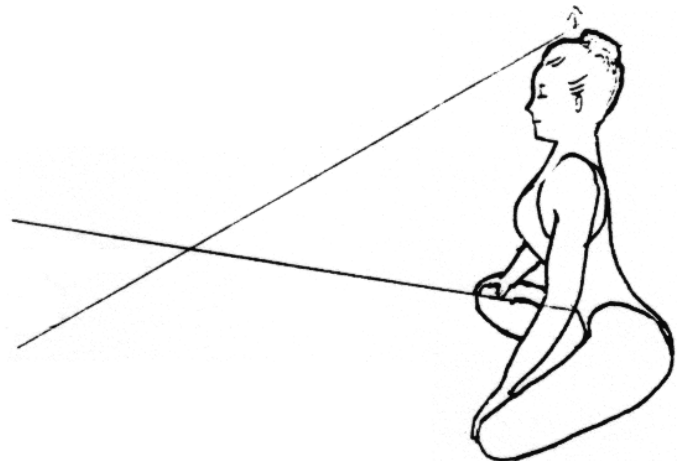


6. Inhale, pull all the locks and pump the belly 5 times. Exhale, inhale, and pull all locks, pumping the belly 8 times. Repeat, pumping 10 times, then 12, 17, 22, 14, and then 26 times. Then, with long, slow, deep breathing, concentrate steadily on the pranic flow up the spine into the pineal gland.

7. Press lower back forward, with hands on knees, and practice Breath of Fire for 3 minutes.

8. From the navel point, chant **HUM**.

9. Look out of the top of the skull and chant **ONG** from where the nose joins the throat. Relax and go into the sound current, vibrating with all the atoms in the cosmos.



The power of this set depends on mental focus of pranic energy channeled by the breath along the Silver Cord into Infinity. "Hum" means "we," and "Ong" means Infinite Creative Consciousness.

## Heart Shield Meditation

November 10, 1980

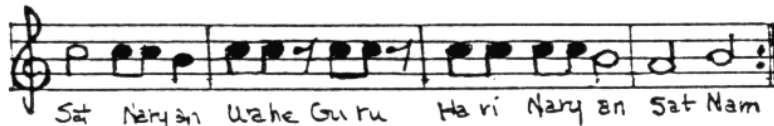
Sit in Easy Pose with a straight spine. Place right hand in active Gyan Mudra (index finger curled under the thumb, the other fingers straight and joined), wrist resting on the right knee. Left arm is bent and relaxed, left hand about 6" from heart center with palm facing the body, thumb and fingers straight, tense, and joined. Concentrate on the hand as a shield to the heart. For the magnetic field to correspond, the "antennae" must be tense.



Inhale deeply and exhale completely. Repeat twice more. Then inhale and begin chanting the mantra with the melody below.

**SAT NAARAYAN WHA-HAY GUROO**  
**HAREE NAARAYAN SAT NAAM**  
**SAT NAARAYAN WHA-HAY GUROO**  
**HAREE NAARAYAN SAT NAAM**

Sat Narayan: True Sustainer  
Wahé Guru: Indescribable Wisdom  
Hari Narayan: Creative Sustenance  
Sat Nam: True Identity



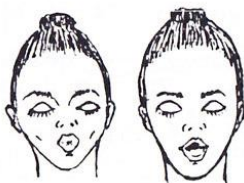
Continue for 3, 5, or 7 minutes, but don't overdo it. If you are around other people, you may just whisper it.

COMMENTS: When you feel very tired and feel nothing is coming out, this is a tool. *But don't overdo it!* I have given you something which is very sacred and very secret. Overdrinking nectar can sometimes give a bad belly. So just do it three to seven minutes in absolute calmness. As you concentrate on the shield of the hand, you will feel the heat of powerful energy going through the hand to the heart center. (Concentrating on the head is incorrect.)

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## Instant Heart Chakra Opener

March 7, 1971



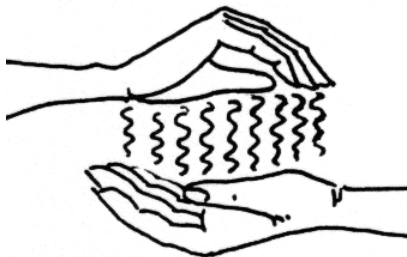
Inhale, whistling "**WHEWWWWWW**"  
Exhale, chanting "**LAAAAAAAAAAAA**"  
Try it. It works!

## Meditation Series

Note: The following seven meditations were given as a series. The illustrations accompanying the notes showed the figures in Rock Pose. The notes, however, indicate choosing a comfortable meditation pose. Each may be practiced individually with the time extended.

### #1. A Beautiful, Blissful Meditation to Increase Courage and Bring Kindness to the Expression

Sitting in Rock Pose and Surya Mudra (thumb tips touching ring fingertips), with the other fingers straight, lift the arms up to 60° in front of the body, keeping them very straight. Breathe very slowly and deeply as you concentrate on the tip of your nose for 5-11 minutes. Then inhale, hold the breath, raise the arms overhead, and clap the hands. Then relax and enjoy.



### #2. Infinite Kriya: A Guarantee for Happy Days, Builds Capacity, Sensitivity and Strength of Heart

In a comfortable meditation pose, with chin tucked in, chest out, spine straight, cup the hands, one over the other at chest level in front of the heart, and look at them with the chin firmly tucked in. Continue for 5-11 minutes. Then stretch up, hold the breath, exhale, and repeat 3 times. Then stretch and open the fingers wide apart, turning the body left and right, and relax.

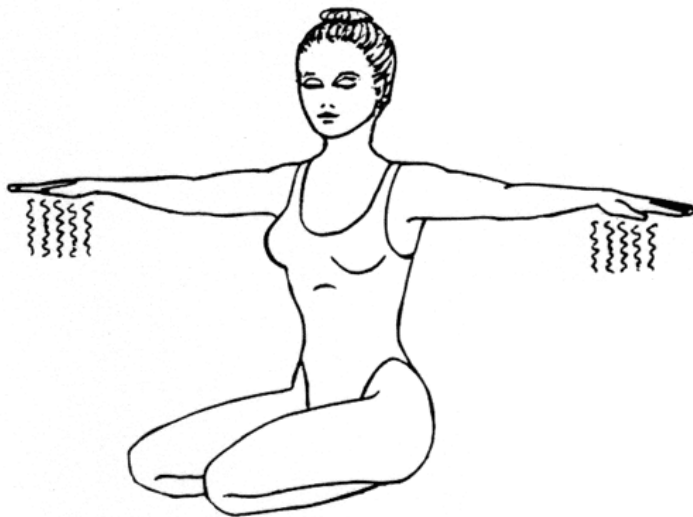
To build capacity, sensitivity and strength of heart. To harness human energy. A guarantee of happy days. This meditation will add years to your life if practiced regularly.

### #3. Meditation for the Heart and Lymph System

In Meditation Pose, make claws of the hands and curve the arms in front of the chest without touching them (as though you were hugging a barrel). Keep the arms, hands, and fingers very tense until they shake and vibrate vigorously, with long deep breathing. Continue for 5-8 minutes. Then raise arms and make hands into fists; deeply inhale and exhale 3 times and relax.

This tunes up the thymus gland associated with the heart. It strengthens the heart and tones the lymph system. This meditation, combined with the breath, gives one energy and stamina.

COMMENTS: The power to create is adjusted and harmonized by tuning into the rhythm of the heart, which is the rhythm of the entire being. When flowing with that rhythm, we are in harmony with creativity.



### #4. To Harmonize with the Magnetic Field of the Earth and to Experience Peace and Joy

In a comfortable meditation pose, stretch the arms directly out to the sides, parallel to the ground, with the palms down. With eyes nine-tenths closed, do long deep breathing for 3 minutes. Then stretch and meditate.

To experience peace and joy, relieve stress and strain under any circumstances, and harmonize with the Earth's magnetic field. You become 84 times stronger.



### **#5. Meditation of Prana to Make You Younger and Eliminate All Disease**

Raise the arms straight out to 60° up, and stiffen the fingers, with thumbs touching the fingers, very tightly until they shake. (The ears will itch if it is done correctly.) Eyes are 9/10th closed; keep the shoulders relaxed. When the breath is long and deep, the pranic body is activated, and you will be connecting with pranic life force. Continue for 3 minutes. Then inhale, hold, let go to the Universe and relax. Do this for no longer than 5 minutes at first, but you may gradually build up to 31 minutes.

This meditation literally makes one younger and stops the cycle of decay. It is the “Meditation of Prana” and eliminates all disease when done regularly.

### **#6. Meditation for Radiance and Reversal of Age**

Press elbows tightly into the ribs on each side and bend the forearms up to a 45° angle. Pull the thumbs back so that they point up, allowing the other fingers to relax. Meditate on the heart chakra, rising above any pain. Continue for 5 minutes.

Makes the whole area radiant.  
Reverses the aging process.





## #7. Lotus Kriya, Meditation of Creation, to Cross All Adversities

Still seated in Meditation Pose, join the hands at their base in the shape of a lotus at heart level. While chanting the Bij mantra,

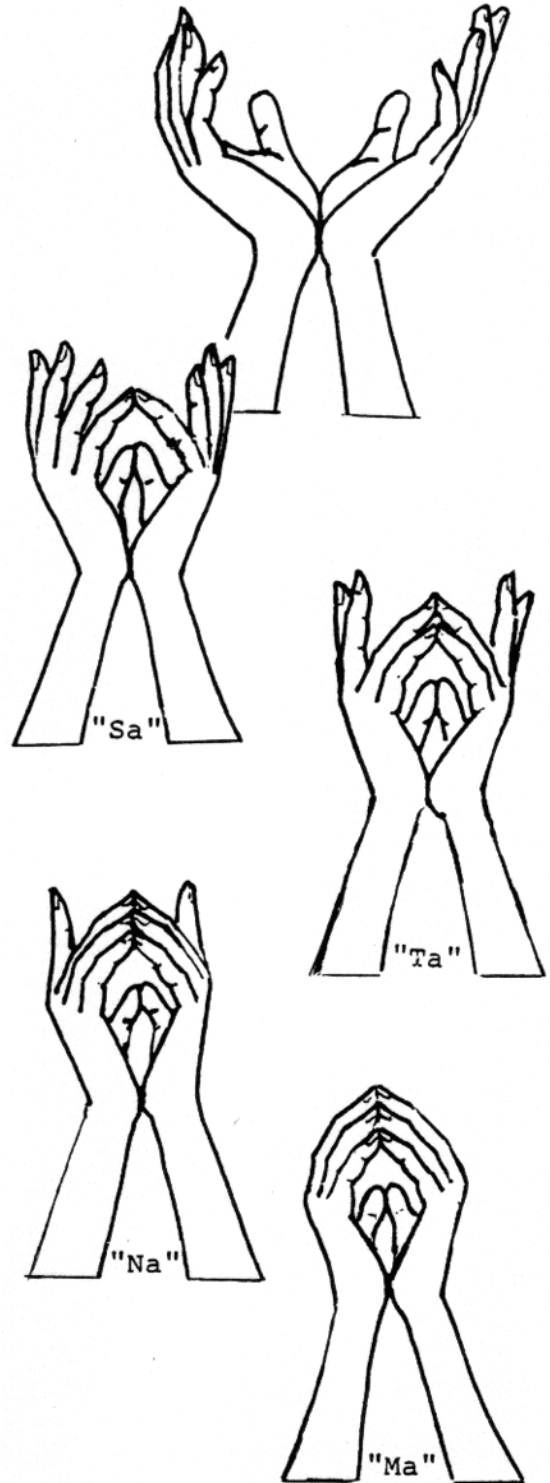
### SAA TAA NAA MAA

audibly in the human language, the thumbs and fingers are separated and then joined as follows:

Touch the thumbs and little fingers with light pressure, and chant "Sa." Then touch the ring fingers, chanting "Ta," then the middle fingers, chanting "Na," and last, the index fingers, chanting "Ma." Then repeat the mudras and mantra, whispering it, in the language of lovers, and finally, in the language of God — silently.

COMMENTS: This meditation of creation is one of the most powerful meditations known. This is a meditation on the power of the word and the creative power within. The rhythm of polarities is harmonized, promising those who practice it that they will overcome all adversities!

NOTES: The number of repetitions in each language were not specified, nor was the length of the meditation given. We suggest dividing the time you choose to practice this meditation into three equal parts for each "language." 3-31 minutes.



Human love is for one thing only: to love your Soul. The Infinite world around you will be in love with you.

## ***Triple Personality Meditation***

April 30, 1973



Sit like a great yogi or yogini. Place palms over ears, fingers pointing back in Gyan Mudra. Chant in the key of C, focusing first on the heart, then throat, then pituitary in cycles.

**LAA** (heart) **RAA** (throat) **UM** (pituitary)

**UM** (heart) **RAA** (throat) **LAA** (pituitary)

**LAA RAA UM UM RAA LAA**

Between each sound, release the hands from the ears. Uncover the ears by revolving the hands backwards, using the thumbs as pivots. Keep the movement going.

Meditate on the basic sounds, the language of the mysteries. Diagnose the effects and tell no one!

COMMENTS: In life, we all know that every action will create a reaction or consequence. When we repeat our subconscious patterns, we recreate the same pain again and again. When we want to change, but we can't, we can tune into our spiritual longing and access the power of the Infinite to help us transform and transcend old programming.

## ***Yoga Extension Meditation***

April 6, 1971

Sit in Rock Pose or Easy Pose with right arm forward and 60° up, palm up, and left arm back and 60° down, palm up.

As you chant

**ONG**

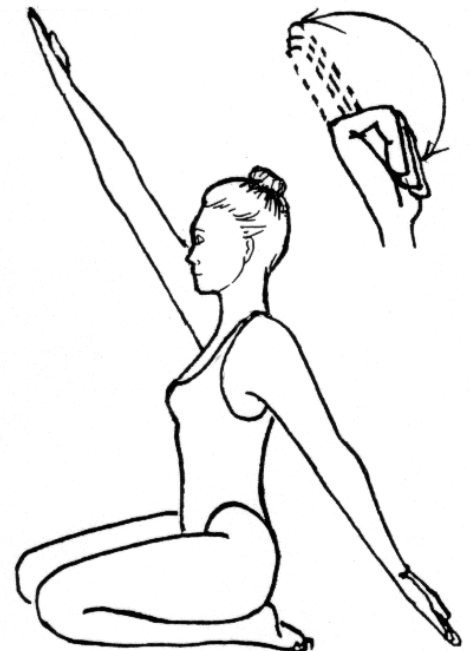
fold the fingers over the palms, and as you chant

**SO HUNG**

open palms, with the eyes closed and focused at the brow point. Change position of the arms every minute. Continue for 11 minutes.

Then inhale and pull in on the navel point, eyes focused at third eye, hold, exhale, and relax. Repeat entire meditation with palms open on "Ong," and closed on "Sohung."

COMMENTS: Don't be attached to the path! Our goal is to experience and then surrender to the Divine.



## ***Laya Yoga — Trea Kriya***

Sit on the left heel, with the right foot on the left thigh, right knee off the ground. Hold the right foot with the hands.



Apply neck lock and Mulband throughout the exercise. Concentrating at the navel point (and pulling it in and up), chant

**ONG**

Release the navel point and allow the energy to flow up to the heart center, as you chant

**SO HUNG**

Continue for 31 minutes.

COMMENTS: “Trea Kriya” is an advanced Laya chant for the heart center. “Ong” means “Creative Consciousness,” and “Sohung” means “I am Thou.” Anytime “Sohung” is chanted, it affects the heart chakra.

## ***Deep Meditation to Open Heart Center***

December 19, 1970

Sit with upper arms out at sides, parallel to the ground, forearms bent straight up, and hands in Gyan Mudra. Inhale, pull Mulband, and chant 16 times as you exhale

**HUM**

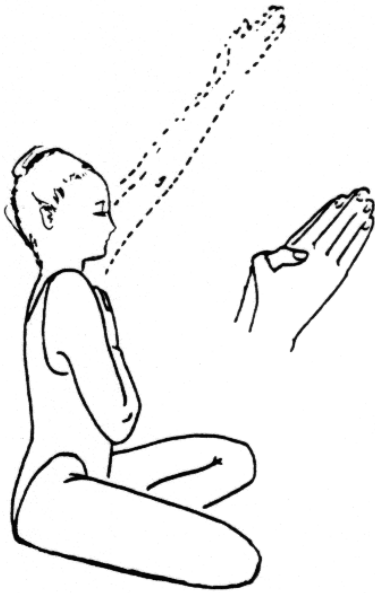
Then deeply inhale and completely exhale (4 times) and then hold the exhale to prevent chest pain. Repeat from beginning, this time chanting “Hum” 20 times. Repeat again, chanting “Hum” 24 times.

COMMENTS: “Hum” means “We, the total universe.” If you meditate on it, it will open the heart center faster than anything else.



## ***Projection & Protection from the Heart***

February 20, 1975



Sitting in Easy Pose with palms together at the heart center, thumbs crossed, chant, as you extend the arms up to 60°,

**AAD GUREY NAMEH**

Inhale powerfully as arms return to heart center, and continue, extending them again as you chant

**JUGAAD GUREY NAMEH**

Inhale, returning the arms to the heart, and chant

**SAT GUREY NAMEH**

And repeat extending the arms, chanting

**SIREE GUROO DAY-VAY NAMEH**

Project the heart out as you chant. Palms can part as the arms extend. Continue for 11 minutes, adding a few minutes per day, gradually working up to 31 minutes, until you feel perfect at it.

COMMENTS: This meditation gives you an enchanting, magnetic personality, and many unexpected friends. Watch out! The Mangala Charn Mantra surrounds the magnetic field with protective light. It means, "I bow to the Primal Wisdom. I bow to Wisdom through the ages. I bow to the True Wisdom. I bow to the great, unseen Wisdom."

## ***Kriya to Adjust Magnetic Field***

March 26, 1979

Sit in Virasan (sitting on left heel, with right foot flat on the ground in front of the body, spine perfectly straight). Press the hands on their respective ears, with fingers and thumbs extended and joined, pointing straight up exactly perpendicular to the ground, and keep them in flat planes. Then slowly pull the hands out in a perfectly straight line with the elbows about 5-8" away from the ears, but directly opposite them. Hold the pose without movement for the entire meditation. Holding this position, inhale deeply, hold the breath in for 3-4 seconds, then completely exhale and hold the breath out for 3-4 seconds, focusing the eyes at the tip of the nose. Continue for 11 minutes.



## ***Smiling Buddha Kriya*** **Opening the Heart to Christ Consciousness**

Sit in Easy Pose. Bend ring and little fingers, pressing them down with the thumbs, keeping index and middle fingers straight, palms forward. Elbows are pressed back, and a 30° angle is made between the upper arms and forearms, the forearms parallel to each other (Mahan Gyan Mudra).

Concentrate at the third eye diligently, and mentally chant (at the third eye)

### **SAA TAA NAA MAA**

“Sa” — Infinity; “Ta” — Life, existence; “Na” — Death; “Ma” — Rebirth, light, regeneration. The whole mantra means “I am truth.” Make sure the elbows are pressed back and the chest is out. Continue for 11 minutes, then inhale deeply, exhale, open and close the fists several times, stretch up, and relax.

COMMENTS: Historically, this is an outstanding kriya. It was practiced by both Buddha and Christ. The great brahman who taught Buddha this kriya found him in a nearly starved, unhappy condition. Buddha was unable to walk after his 40-day fast under the fig tree. He began eating slowly and that great brahman fed him and massaged him. When Buddha finally began to smile again, the brahman gave him this (one) kriya to practice.

Jesus learned this in his travels, too. It was the first of many that he practiced. If you love a man as great as he, it is important to practice what he practiced in order to earn his state of consciousness. You have probably seen this mudra in paintings and statues. It is a gesture and exercise of happiness, and it opens the flow of energy to the heart center. You needn't worry about learning this kriya to be a Buddha or a Jesus — just learn it to be yourself! Be a little selfish for your higher consciousness. Master the technique and experience the state it brings. Then share it by creating beauty and peace around you.



**40 DAYS OF NO NEGATIVITY:** Offer all action, all thought to the Creator for 40 days and see what happens!

October 12, 1969

## A Splendid Experience

April 11, 1979



Sit in Easy Pose with a straight spine and press the palms together in Prayer Mudra, fingers placed firmly against corresponding opposite fingers, and palms perfectly fitted against each other. Eyes are one-tenth open, the line of vision parallel to the nose. Inhale, hold the breath in, and mentally vibrate

**WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO**

Then completely exhale, and with the breath *held out*, repeat the mantra at the same rhythm and rate. Continue for 31 minutes.

COMMENTS: This will give you a splendid experience! Be careful that the firm, perfect lock of the hands does not come loose. (Sometimes when practicing this, it takes will to not separate hands! We get interlocked by our own magnetic

field as we practice this pranayam.) It's beautiful, wonderful, and the simplest thing to remember. If you resolve, "This is to be my kriya, and from today onward, I will do it before going to bed, come what may," there can be a tremendous change in your destiny. It brings neutrality of the tattvas. Each dawn shall bring a message of freshness and opportunities. As goodies are offered to God, so opportunities and grace are offered to humankind. When you do this kriya with an evening prayer (Kirtan Sohila) the next morning, God Himself will bring you the breath of life and the breath of dawn and make you pure of essence so that you can eliminate hassles, and life will become healthy, happy, and holy!

LEAVE THE RESULT TO GOD: From God you have come and unto God you shall go. In between is a temporary passage through time and space. But YOU are never subject to time and space — you just pass through it. With Guru's blessing, you'll find the guide and the guidance.

July 14, 1975



**Dr. Feelgood**  
**For Ecstasy & Protection**  
1972

- A. Concentrating at the root of the nose, inhale in 3 parts, silently chanting

**SAT NAAM**  
**SAT NAAM**  
**SAT NAAM**

Hold the breath briefly, then exhale, turning head over alternate shoulders, chanting over the right shoulder

**WHA-HAY**

And over the left

**GUROO**

Relax and work with the prana and sound current. You'll feel good right away and feel the energy of all the planets. Continue for 7 minutes.

- B. Stretch legs out in front, grasp big toes, and totally relax, especially the shoulders, focusing at the ajna (brow) chakra. This bathes the forebrain. 2-3 minutes.
- C. Repeat #A.
- D. Make the hands into a lotus. With long deep breathing, fill your hands with fire, making a fire torch. Look down at nose tip and thumbs. 5-11 minutes.

COMMENTS: Do this meditation when you are feeling down. Dreams will become clear. It is a delicate meditation that can be done for short periods. A, B, and C lead to a state of ecstasy and create a protective shield around you.

NOTE: Slightly different versions of A and B (only) were published in *Kundalini Meditating Manual*. We have transcribed the notes as written.



## ***Chatachya Kriya***

May 24, 1976

In Easy Pose, press heels of hands together and cover left fingers with right fingers, both thumbs touching center section of left Jupiter (index) finger. Place hands 8-10" out from the mouth, elbows at sides, eyes closed.

Inhale through the nose and exhale through the mouth, directing the air through the opening in the thumbs. Exhale completely. Practice until you fall asleep.

COMMENTS: This will make you relax and feel good and happy. It will extend your age and make your face innocently charming. Do not practice it if you have work to do, but only if you want to relax or recharge after work. Chatachya refers to making the hands into a little temple.



## ***Happiness in Circle of 8***

May 6, 1976

Sit in a comfortable meditation pose with the eyes shut. Hands are relaxed and raised to 6" out from the diaphragm with fingers together and pointing out at 60°. Fold Saturn (middle) fingers on top of opposite hands, right on top of left, and extend the thumbs up.

Inhale deeply and completely exhale as the mantra is chanted in monotone,

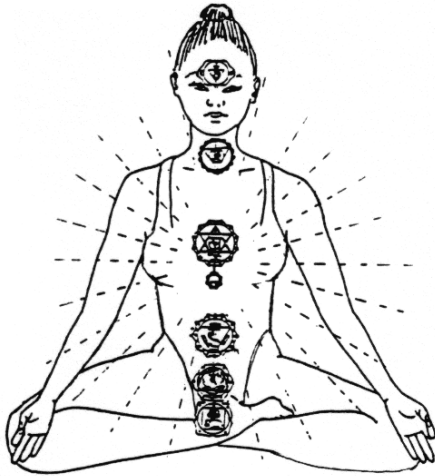
**SAT NAAM  
SAT NAAM  
SAT NAAM  
SAT NAAM  
SAT NAAM  
SAT NAAM  
WHA-HAY GUROO**

For 11-31 minutes. To elevate energy.  
("Wahe Guru" should be felt in the heart.)





## ***Meditation to Heal, Console & Wash Away All Negativity***



Seated in Easy Pose, hands in Gyan Mudra, inhale in 8 equal parts, silently chanting

**WAH**

on each part, striking each chakra in turn, and then projecting the sound around the body.

Exhale, releasing to Infinity the silent chant

**GUROO**

relaxing and merging with the shabad. This heals, consoles, and washes away all negativity. It can be done with Mulband following Sat Kriya.

### ***Praan Adhaar Kriya***

August 27, 1979

Sitting in Easy Pose, with a straight spine, keeping the arms relaxed, bend the elbows and raise the forearms until they meet, fingers interlaced in Venus Lock, palms in at heart level. Press the pads of the thumbs together and keep the eyes one-tenth open.

Inhale deeply and exhale completely as the mantra is chanted in monotone

**WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO**



Start with 11 minutes and gradually increase week by week to half an hour. Stay at 31 minutes for awhile and gradually work up to an hour (62 minutes). (Don't be a fanatic!)

COMMENTS: This kriya is very ancient and very sacred. It was secretly given to people. Anyone who can practice it for one hour can intuitively block anything negative approaching in life.

## **“Last” Meditation**

June 15, 1982



In Easy Pose with a straight spine, relax the arms with the hands in the lap, palms up, right hand resting in left, thumb tips touching.

Close the eyes and, focusing on the tongue and lip movement, chant the following mantra 8 times per breath.<sup>7</sup>

**WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, WHA-HAY JEE-O**

You will have to breathe very deeply to complete each cycle, which will take about 60 seconds. Start with the number of repetitions that you can complete and work up to 8 repetitions. Start with 11 minutes maximum and then increase to 22 minutes, gradually increasing to 31 minutes.

COMMENTS: When life doesn't work for you, and you don't want to seek help from someone else, practice this meditation. The mantra means, "You are beloved of my Soul, oh God." It causes a very subtle rub against the center of the palate and stimulates the 32<sup>nd</sup> meridian, known in the West as the Christ Meridian and in the East as Sattvica Buddha Bindu. The tongue and lips correspond to the Sun and Moon in their movement. The practice of this kriya will enable you to think right, act right, see right, look at yourself, imagine, and meditate. Everything else follows. You will wipe out a lot of negativity.

MUSIC: When people forget their songs, they forget their harmony, their melody and essence of life. If you want to destroy a nation, take away their songs, and they will suffocate and die. As long as your songs live, you will live and everything will come to you. As long as you sing your songs, you will cut through all clouds of destiny. These songs have been given to you. Sing them as a human, and God will walk behind you!

August 7, 1975



<sup>7</sup> Practicing Breath of Fire will build up the capacity to do this.

## ***Hari Shabad Meditation***

June 14, 1978

Sit in Easy Pose with a straight spine, pulling the chin in and pushing the chest out. Arms are relaxed at the sides, with forearms raised until they slant away from the sides of the body at a 30° angle. Palms face forward in Shuni Mudra (thumb tips touching Saturn, or middle fingertips, remaining fingers pointing up).

With the eyes one-tenth open, inhale deeply and chant the following mantra three times, in monotone, as the breath is completely exhaled:

**SAT NAAM, HAREE NAAM, HAREE NAAM, HAREE  
HAREE NAAM, SAT NAAM, SAT NAAM, HAREE\***

Repeat and continue for 31 minutes.

Then, remaining in the same pose, chant for as long as desired

**SAAAAAAAAAAAAAAAAAAT NAAM**

Then in the same pose, chant

**GUROO GUROO WHA-HAY GUROO,  
GUROO RAM DAS GUROO**

Three times per complete breath, in a monotone, very forcefully, stressing the first syllable of each word. Continue for as long as desired.

COMMENTS: Pulling the chin in and pushing the chest out creates equilibrium and prevents freaking out while meditating. This meditation eliminates negativity, brings positivity, and arouses the spirit to blossom. When “Long Sat Nams” are chanted with it, it makes for a combination that has no equal!

“Hari” is the Creative Energy of God, and “Sat Nam” explodes it. It is of higher potency and multiplies the power of “Hari” millions of times. If the third mantra is chanted, it will bring up Kundalini. If a person can learn and chant all three mantras, however lowly he or she may feel, that person will recuperate 10 times over!

\*Haree = Hari

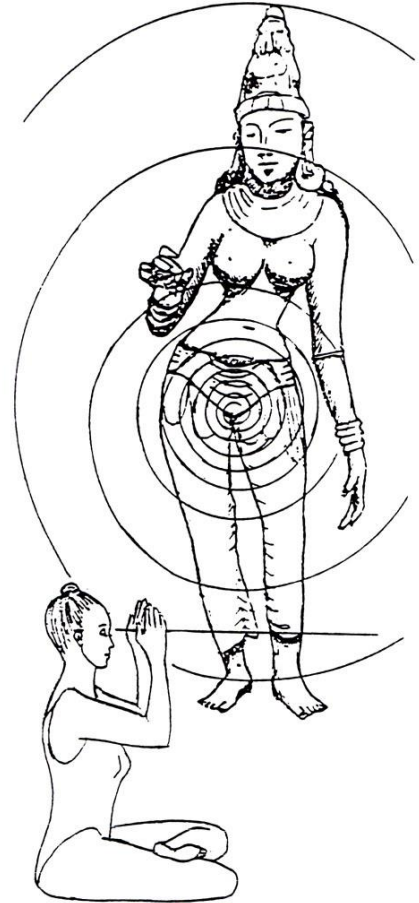




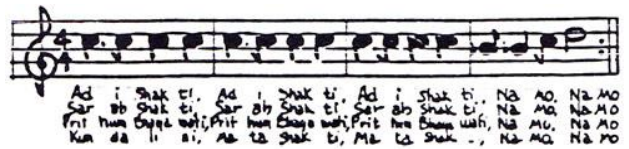
## **Meditation on the Divine Mother (Mind Curing – Fulfills Desires)**

November 16, 1973

1. In Easy Pose, meditate on Infinite Energy coming out of the primal womb in an unending spiral without beginning or end, going on to Infinity.
2. With eyes closed, cup hands 4-6 inches before the face and beam a mental light from the third eye through the hands to the Infinite Light. Watch with mental eyes, through the hands, and see a beam of light going out to Infinity. Do it! It will start happening. You'll be shocked. You'll fall in love with it. It is very mind curing. Meditate with long deep breathing.
3. Then chant  
**SAAAA TAAAA NAAAA MAAAA**  
using the sound as guru. Go deeper into meditation. Guide your reason to go through the powerful imaginative circle you've created with your hands, like a huge beam of light from a torch. Keep the hands fixed in place.
4. Put your mind into that Infinite Light and its own ecstasy and chant



**AADEE SHAKTEE,  
AADEE SHAKTEE,  
AADEE SHAKTEE,  
NAMO, NAMO.  
SARAB SHAKTEE,  
SARAB SHAKTEE,  
SARAB SHAKTEE  
NAMO, NAMO.  
PRITHAM BHAAGAVATEE,  
PRITHAM BHAAGAVATEE,  
PRITHAM BHAAGAVATEE,  
NAMO, NAMO.  
KUNDALINI,  
MAATAA SHAKTEE,  
MAATAA SHAKTEE,  
NAMO, NAMO.**



COMMENTS: Gives concentration and mental beaming. Tunes in to the frequency of the Divine Mother, and primal, protective, generating energy. Eliminates fears and fulfills desires. Gives power of action by removing blocks of insecurity. You'll see the interplay of manifest and unmanifested in the Cosmos and in human consciousness. Times were not given.

## Meditation for Intuition & Opportunity



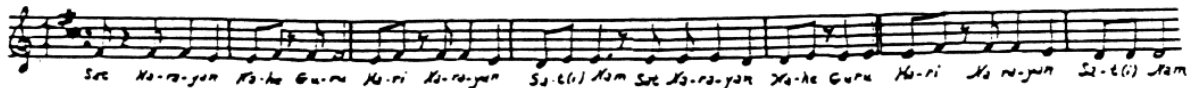
This meditation is protective, opens the heart center, and activates opportunities on your horizon, making you sensitive to them. It clarifies intuition and brings in solutions so you'll know what to do.

Raise forearms up at the sides, hands in Gyan Mudra, other fingers straight up near earlobe level, and arms as comfortable as possible and not pressed back.

With the eyes closed (as the eyeballs might heat up if open!), repeat the mantra 3 times on one breath, inhaling deeply and exhaling completely. Each repetition is in a different tonality.

**SAT NAARAYAN  
WHA-HAY GUROO  
HAREE NAARAYAN  
SAT NAAM**

For 31 minutes daily for 40 days.




Narayan is "Infinity," the aspect that relates to water. Hari means God. Hari Narayan makes you become intuitively clear.

To end, inhale, raise arms up to 60°, and do Breath of Fire for one minute. Inhale, stretch up very strongly, exhale, and vigorously shake out the arms. (This meditation is so strong, you must break it at the end.) Then sit quietly for 5-10 minutes afterwards and meditate on the mantra, just letting it fill your mind. Plans may come to you. Recreate this mantric space several times during the day and allow the mantra to reappear and bring clarity.

Hari Narayan makes you intuitively clear and healing. Feel the energy in the hands and around the heart center. The arms will hurt. The emptier the stomach, the easier it is to do. Early in the morning is good, for it will set you up for the day.

HAPPINESS: If you want to be happy, do not hear anything negative, do not say anything negative, do not do anything negative.

November 7, 1985



## Prosperity Meditation

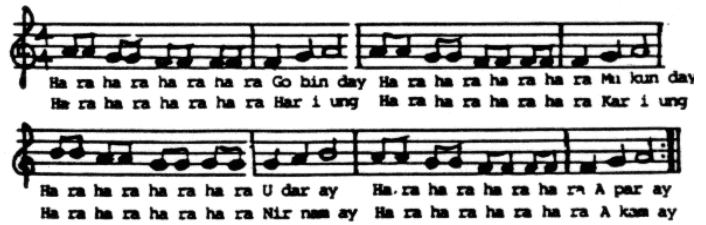
January 15, 1989

In Easy Pose, with a straight spine, center yourself with several long held breaths. Then place left hand on left knee with thumb touching index (Jupiter) finger, and place right hand on heart. With the eyes closed, chant



**HAR HAR HAR HAR GOBINDAY**  
**HAR HAR HAR HAR MUKUNDAY**  
**HAR HAR HAR HAR UDARAY**  
**HAR HAR HAR HAR APARAY**  
**HAR HAR HAR HAR HARIUNG**  
**HAR HAR HAR HAR KARIUNG**  
**HAR HAR HAR HAR NIRNAMAY**  
**HAR HAR HAR HAR AKAMAY**

|                 |             |
|-----------------|-------------|
| <b>Gobinday</b> | Sustainer   |
| <b>Mukunday</b> | Liberator   |
| <b>Udaray</b>   | Enlightener |
| <b>Aparay</b>   | Infinite    |
| <b>Hariung</b>  | Destroyer   |
| <b>Kariung</b>  | Creator     |
| <b>Nirnamay</b> | Nameless    |
| <b>Akamay</b>   | Desireless  |



Chant with the tip of the tongue hitting the ridge on the palate. The tongue must be stiff. The closed eyes must be fixed on the tip of the nose to maintain concentration. Chant 11-15 minutes when you wake up and 11-15 minutes when you go to bed (and you can listen on auto-reverse while you sleep).

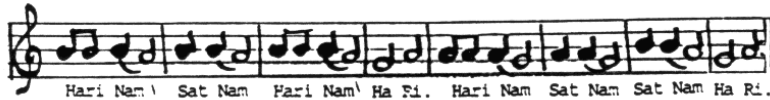
COMMENTS: “Har” means God, the Krishna aspect. The Guru Gaitri Mantra (without the “Har’s”) eliminates karmic blocks or curses from the past and cleanses the aura so that it is easier to meditate and relate to the Infinite. It is an ashtang mantra (meaning it has eight vibrations, which balances the brain). Given by the tenth and last Sikh Guru, Guru Gobind Singh (1666-1707). The tongue hitting the palate ridge activates neurons in the brain, which will bring prosperity if done correctly. The closed eyes fixed on the nose tip centers us and stimulates the pituitary gland. You can make a recording of your own voice, singing the mantra in one of several melodies or in monotone. Yogi Bhajan said that listening to your own voice is the most effective.

## ***Meditation for Bringing Prosperity Goodwill & Projection***

August 30, 1979

Sit in Easy Pose with a perfectly straight spine. Relax the arms down with the elbows bent and raise the forearms up and in toward each other until the hands (fingers) meet at mouth level. Extend the index fingers, gently folding the other fingers and thumbs into the palms. Position the left palm in toward the face and the right palm out, and press the index fingers together at the tips with 10-15 lbs. of pressure per square inch., slanted at an angle so that an equilateral triangle will be formed.

With the eyes nine-tenths closed, deeply inhale and completely exhale as the mantra is chanted. Many different mantras may be chanted in this posture. The following was given:



**HAREE NAM, SAT NAM, HAREE NAM, HAREE.\***  
**HAREE NAM, SAT NAM, SAT NAM, HAREE.**

**HAREE NAM, SAT NAM, HAREE NAM, HAREE.**  
**HAREE NAM, SAT NAM, SAT NAM, HAREE.**

**HAREE NAM, SAT NAM, HAREE NAM, HAREE.**  
**HAREE NAM, SAT NAM, SAT NAM, HAREE.**

Focus on the breath and the chanted mantra. The spine must be kept perfectly straight throughout the entire meditation. Continue for 31 minutes.

COMMENTS: This meditation brings prosperity, goodwill, and the power of projection.

\*Haree = Hari



THE PURPOSE OF MEDITATION is prosperity here and hereafter. Once people find out from you about your Guru, you shall be blessed here and hereafter. Wealth will come to you (if you) create Bhagatas (devotees) and do bhakti (devotional worship) and share with others.

August 26, 1988



## ***Meditation for Gurprasad***

December 14, 1977

Sit comfortably in Meditation Pose and cup the hands together at heart level, palms up. The heels of hands are at least 6 inches from the body with the sides of the Mercury (pinkie) fingers and edges of hands touching, elbows relaxed by your sides.

Feel that you are asking for a blessing from God. Keep making your spine straighter (an S crooked spine will make one crooked, even in prayer). Feel that something is dripping to you from the heavens: light of God, flow of life, supreme energy — whatever you believe in. Jesus Christ is sending you cookies! Or Moses. Or Santa Claus. It doesn't matter. Feel something is dropping from above into the cup of your hands. Lower yourself into this hallucination until you start feeling it as a reality. Get into your very simplicity — just ask for simple grace. Do it for just 3 minutes — it cannot be done for a long time. But do it as best you can. — Y.B.



“Gurprasad means ‘gift of the Guru.’ As you practice this meditation, feel yourself showered by all the blessings of heaven — health, wealth, happiness, your ultimate caliber and capacity. Just let it happen. Fill your heart and soul with all the bounties of nature. Simply meditate on the boundless flow of the Universal Soul, and feel a deep inflow of Spirit. This is a very restful posture. The subtle pressure against the meridian points in the rib cage gives immediate relaxation.” —Y.B.

COMMENTS: Let us become old, old human beings, centuries old. We used to draw ourselves onto our knees — we never used to stand up in our cave, and we had animal skins where we used to sleep, curled up like a dog. Have you seen a dog sleeping? That was the human way of sleeping. Early in the morning, a human being would not get up — he would crawl on his knees, come out, and sit on his heels or stretch his legs forward. I'm telling you the original, comfortable way of prayer. Those practicing Islam still do it. In their prayers, this prayer exists: “At first, everything is an imagination, like a blueprint. Then you start feeling the experience and it becomes the reality.” That's the difference between imagination and reality. Just be simple. You are not simple. That is why it is hard for you to concentrate. — Y.B.

## ***Meditation for Abundance***

Prepared by Guru Rattana & Guruchitter Kaur Khalsa

### **To Start**

Center yourself using the breath: slow it down and breathe long and deep.

Define your goal: This meditation can be directed to any goal. Be clear in the beginning of the desired outcome. Don't just do the meditation to be doing it. Clarify your goals and be clear how you feel about them.

Attitude: Feel that you deserve what you are asking for (not that you desire it). Feel as you will feel when you have what you want!

### **Mudra**

Hands slightly cupped, right on top of left, thumbs touching, at heart center.



### **Mantra**

Chant:

**HAREE HAREE HAREE HAREE HAREE HAREE**

**HAAAAAAAAAAAAAAAAAAAAAAAAAARRR**

On one breath in a monotone, with the "Har" going up at the end. After a few repetitions, you will tune into the tone that is in harmony with the Universe. Each person has a natural pitch that harmonizes with the universal pitch, so each will find a comfortable sound current. That vibration opens you to your higher center and puts you in harmony with all of your bodies and with the Universe.

### **Breath & Timing**

Inhale deeply, and on the exhale, chant the mantra one time. The six "Haree's" take the same amount of time as the "Haaaaaaaar," which is held out. They each take about 10 seconds to equal about 20 seconds of chanting on each breath.

Consciously use the *power of the breath*. On the inhale, take the breath to every cell of awareness. The breath also opens up all your channels to receive. Inhale and exhale the strength of the cylinder of energy (see Visualization). *Become the vibration*. The goal is to really *feel that energy and be it*.

### **Visualization**

*Open yourself up to the Source*, visualizing a funnel coming into the top of your head, filling you with golden light. See and feel a steady stream of energy coming in, filling your whole body, coming out of the base of the spine and down into the center of the Earth. This light can be golden or green, both of which are grounding. If you feel white light, which is not grounding, include gold and green. *Attune*

*yourself* to the Source of energy and acknowledge the Source. Establish the cylinder of light as a constant channel of infinite flowing energy and abundance. *Be the source*, feeling its energy and vibration in every part of the body. *Acknowledge that you are one with the Source*.

Inhale long and deep — *see and feel* energy coming in through the shaft. As you chant the “Haree’s,” *see them coming in and filling up the cup* you make with your hands. As you chant the “Haaarr,” let it all go out from the heart.

## **Grounding**

*Be in your body* (rather than out of your body). Use the meditation to be grounded, anchoring yourself with the shaft of light going into the center of the Earth. *Bring the Source to you* rather than going to it. Open yourself to *receive* (rather than going out and getting). When you bring the Source to every cell of your body and feel the awareness in your whole body, you anchor yourself here in earthly reality, so that you can receive on the Earth plane. *Be here and now* in your body so that you can receive the information and abundance that is given to you.

## **Balance Giving and Receiving**

Balance what comes in and what goes out. Most people have an imbalance of either giving or receiving. Once they receive, they are afraid to give, for fear of losing and not getting back. Others give away everything and are unable to open to receive in return. Done correctly, this meditation balances receiving and giving. That is why it is important to do the “Haree’s” and “Har” for equal time, to let all the energy, knowledge, or healing you receive go back out. Source is infinite, but to be a channel, we must also give back to keep the flow even. So don’t be afraid to let go — for you will actually receive even more. And don’t block receiving with negativity. Open up and let it flow. There must be an exchange for balance. So pull it in and give it away with equal ease and confidence. Create a cycle of giving and receiving.

## **To End**

Inhale deep, hold, pull Mulband (tighten the base of the spine and pull the energy up), and exhale, releasing a shower of energy out as you relax. Repeat 3 or more times. Other possible ways to end are

- ◆ Inhale green energy, hold and pray for a result, exhale and give all the energy out.
- ◆ Inhale, fill up the cup, vibrate green energy out to fill your body and your aura, then exhale it all out, giving it away (*you can give it to yourself, too!*).
- ◆ Inhale, hold the breath, and vibrate it in every cell in your body and in your aura, feeling it expand. Exhale, release light all around you, to the class, someone in need, the whole Earth.
- ◆ Inhale knowledge, hold the wisdom, release it to the class, and the whole world.
- ◆ Inhale, hold, feel money, resources, a house, trip, or whatever you need to have come in. Deserve to be who you really are. Exhale and direct the energy to what needs to be paid for, taken care of, and needs to be done.

Then humble yourself and *establish a relationship with God, the Universe, your guides, gurus, Jesus, etc.* See yourself in a holy court before whomever. Ask permission to be there. Bow in true humility. Pray for higher consciousness and for the highest good for yourself and everyone concerned.

## Other Points

Don't think about where, specifically, the money, resources, request, etc., will come from. Just open yourself up to receiving.

We need goals to have them happen, so be clear. Be sure you really want what you think you want. Everything comes with responsibility. Don't ask for a house you can't pay for, or a job or relationship you can't handle.

If you are thinking of money, don't limit yourself. You can be specific so that the goal is reasonable, and you can relate to it. You may be able to *feel comfortable* earning \$4,000 a month and get freaked out at \$2,000,000. So choose the amount you can relate to at this time. See your budget expanding and vibrant.

*Use the meditation to deal with issues and get rid of blocks.* Clearly define the issue and write it down. As you inhale, visualize pulling the cord on a water closet. Let the water rush down, flushing the issue to be burned in the fires at the center of the Earth. Give it back to the Earth. And then let the Earth fill you back up with energy and healing. You can use this method with fears, doubts, and old belief systems. As you give back to the Earth, the Earth will nurture you. *Feel taken care of.*

The experience and the feeling we seek to achieve is *oneness*. The mantra, intoned with the universal tone, aids this feeling. Cultivate the abundance, openness, and the vibration of the Universe in your very being, down to every cell.

In the Aquarian Age, universal consciousness and the laws of the universe are being brought to the earthly plane and manifested here. This meditation facilitates that process for each of us, so that we can be anchored in the physical dimension, in higher consciousness, and able to give and receive from our heart.

It is not meditation that stops the mind. It is the surrender of the mind to the soul, and of the soul to Truth. It is when you prefer the word of Truth to the word of your own intellect.



Center (Long, Deep Breathing)

Define Goal \* Open to Source

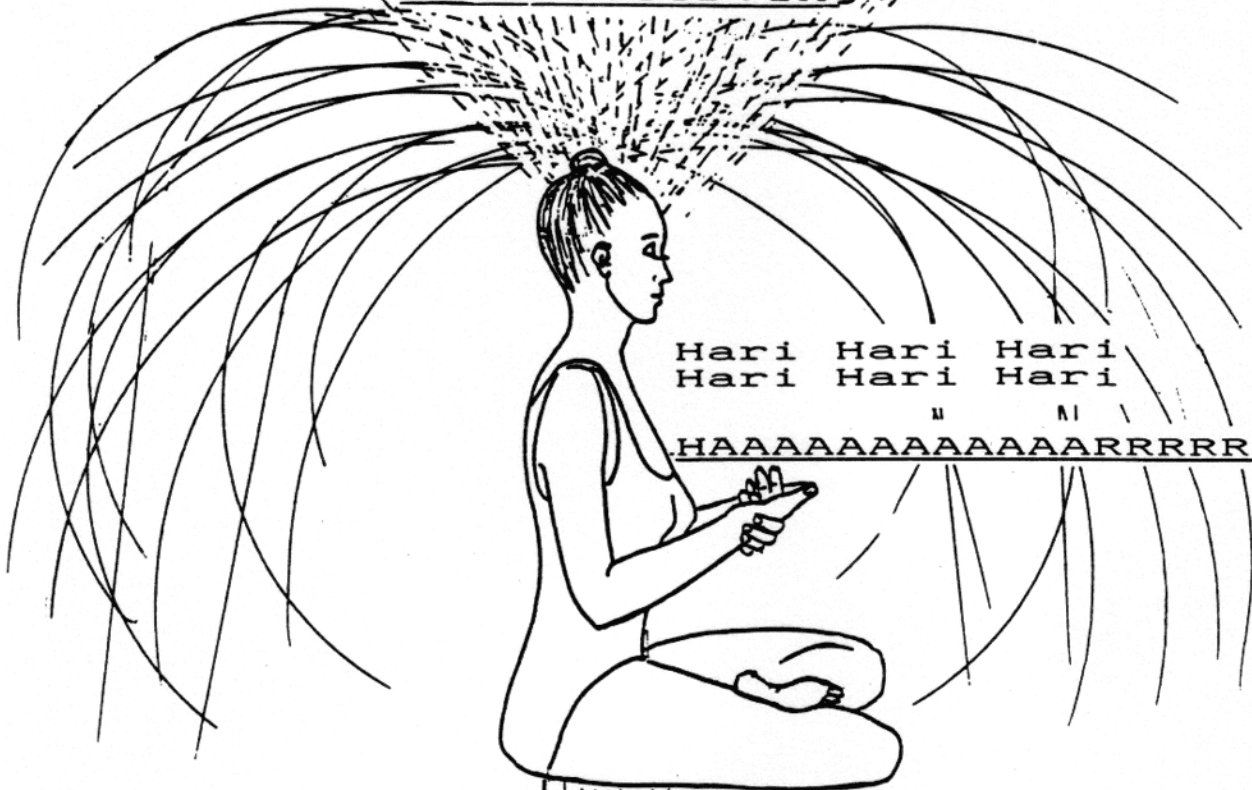
Be Source \* Be Grounded

Haris come in & Fill Cup

Har goes out from Heart

Balance them.

Feel Deserving



Hari Hari Hari  
Hari Hari Hari

HAAAAAAAAAAAAARRRRR

TO END:

Inhale, hold, pull mulbhand and energy up. Exhale and shower energy out. Three times.

Inhale green energy, hold & pray for desire. Exhale & let it go.

Inhale green energy & fill cup, vibrating it thru body & aura. Exhale & give it out, or give it to yourself.

Inhale, hold, feel \$, resources, whatever you need come in. Exhale & give it out, pay for goods, etc.

## ***Meditation to Open Up Opportunity***

This meditation will “unstick” anything that has become stuck in your life. Good things will manifest and come your way.

In Easy Pose, arms relaxed with hands up at heart center. Palms are together but slightly separated after the second knuckle. Thumbs are stretched away from the fingers at a 45° angle, out to the sides and not touching each other. Fingers are at a 60° angle, keep the eyes one-tenth open and focus on the tip of the nose, breathing any way you can to chant the mantra evenly:

**AAD SUCCCH**  
**JUGAAD SUCCCH**  
**HAI BAY SUCCCH**  
**NANAAK HOSEE**  
**BAY SUCCCH**



Enunciate clearly, hissing the “Succch.”  
“Succch’ makes it work; it pumps the heavens into your life.”

NOTE: This mantra is the active form of the last part of the Mul Mantra. See Appendix 4: Mantra Guide. It means “He was true in the beginning, true through the ages, and true even now. Nanak shall ever be true.”



PROSPERITY: Normally your faces should be radiant. Abundance of wealth should roam around you. Happiness is a given gift to you, provided you walk on his path with the word of God presiding.

August 10, 1975

POVERTY is a curse, but attachment to wealth is also a curse.

June 19, 1972

THE SECRET OF PROSPERITY: Why praise God? It’s a very selfish act. When you think big, you become big. God is an Infinity. Whenever the finite tunes in with Infinity, it enriches itself. That’s the secret of prosperity.

August 26, 1988

## ***Breath Meditation to Strengthen the Mind & the Immune System***

April 15, 1986

Sit in Easy Pose, with left arm bent at elbow, hand up to side in Surya Mudra (thumb tip touching ring fingertip) at shoulder level. Right arm bent up, with index finger pointing up, blocking right nostril, thumb clasp other fingers in a fist. Do Breath of Fire through the left nostril (to the rhythm of “Sat Nam, Wha He Guru” by Singh Kaur) or about three breaths per second, strongly pumping the navel. Continue for 5 to 11 minutes.

To end, clasp hands in Venus Lock before the face, palms facing toward the face. Inhale, hold the breath, and try to pull the hands apart, resisting as much as possible, creating great tension. Exhale. Inhale and repeat three more times. Note: Covering one’s head is especially recommended for this meditation.



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

GUILT has one gift in life — doubt. Doubt is nothing but that which splits your personality ... and then you always hang in hell, romancing the heavens.

December 29, 1985



## ***Healing Circle***

In times of stress, one of our most powerful abilities is to offer help to others and to be able to turn to others for help. A strong sense of community is recognized as a prime factor in the ability to deal with stress, as well as to strengthen the immune system. The Healing Circle offers an enjoyable way of healing, creating a sense of community and sharing. It helps us cultivate the ability to both give and receive.

This meditation can be done in circles of any size. Those to receive healing lie with their heads at the center of the circle and stretch out like the spokes of a wheel, alternating male and female if possible. Those in the outer circle chant. Those in the inner circle relax and receive. There should be the same number or more people in the outer circle. If the group counts off in twos, they can alternate giving and receiving. This meditation can also be done alone for another person to develop one's healing powers, to heal oneself, and for long-distance healing by projecting healing energy to the person in need.

Arms are raised up to 60° in front, palms facing down. First rub the hands together to get the energy flowing, and keep the arms straight and stationary. Then together chant the Siri Gaitri Mantra.

**RAA MAA DAA SAA**  
**SAA SAY SO HUNG**

“RAA MAA DAA SAA” is the earth mantra. “SAA SAY SO HUNG” is the ether mantra. RA is the Sun, Ma the Moon, DA is the Earth, SA SAY is the totality of Infinity, and SO HUNG means “I am Thou.”



The mantra is chanted in an ascending scale and vibrated up the spine, chakra by chakra. SAA is repeated at the heart. Let the “Hung” go forcefully out the top of the head, vigorously vibrating in the skull, but don't drag it out too long. This mantra will carry you through every test because it is a “Bij mantra.” It has the eight sounds of the Kundalini in it, and it is a combination of earth and ether.

Continue for 3-11 minutes, and extend to 31 minutes. Repeat with the outer group in the center of the circle so everyone has a chance to give and receive.

To end (modify according to your preference):

1. Inhale deeply, hold, and project energy to those in the center. Exhale.
2. Inhale, hold, and send healing energy to a loved one or someone in need. Exhale.
3. Inhale, stretch up straight, and then relax down with hands on your heart. Feel the resonance of the mantra throughout your being.
4. Feel a bright golden light in your heart, expanding to fill every cell of your body. Merge it with the group's light and feel it expanding to radiate throughout the room, the vicinity, the whole city,



state, country, and then bathe the whole Earth in healing light. See the environment healed and the hearts of our leaders penetrated by love and peace. Rise above the Earth and beam golden energy on it. Merge with Universal Light. Stay present in feeling awareness in your body, knowing that you can maintain this light and share its healing energy simply by smiling or greeting others.



**TWO POWERFUL WAYS OF RECITING MANTRAS:** Sit quietly and close your eyes and see the words on a screen before your eyes, word by word. This is Darshani Mantra, which can give you the power and reason of God. Chanting while reading the mantra on the forehead movie screen is a technology that works faster than others. It will work with the Guru Mantra, Adi Mantra, Shakti Mantra, Mul Mantra, and all the Ashtang Mantras you chant. Certain unexpected things will happen. With a lot of practice, many things will happen!

The other way is listening to the mantra as it is chanted, like this: “Ek Ong Kar” (listen), “Sat Nam” (listen), etc. This is JAP, the technique of saying a mantra and mentally listening to it. When the practice becomes perfect, the whole universe chants for you, and you just listen as everything sings to you! You get in a car and it has rhythm, “Sat Nam, Sat Nam, Sat Nam...” Automatically, everything starts talking to you because the world is never without sound. Once you tune in, the Universal Sound becomes the mantra.

## ***Ra Ma Da Sa Healing Chant***

The Siri Gaitri Mantra can create powerful effects with the following mudra and intonations. Bend the arms at the elbows, pressing the upper arms slightly in to the sides, with the forearms up about 60° and palms extending out at about 45° toward the knees. The hands are bent back so that the palms are up and there is a stretch in the wrist. Pull the thumbs out to the sides to create a stretch between thumbs and index fingers. It is important to keep the hands flat. Otherwise they have a tendency to relax and rise.

With closed eyes, inhale deeply and chant on one breath.

**RAA MAA DAA SAA  
SAA SAY SO HUNG**



In the first version (most popular), “Ma” and “Say” are slurred on two notes each, and the first “Sa” is very short. “Hung” is forcefully vibrated in the skull and out the top of the head.

COMMENTS: When practiced 11 minutes daily, this gives tremendous healing power to the hands, useful in healing oneself or others.

When you feel and experience selflessness within yourself and you can vibrate for someone, then you are fulfilled with love. This is the highest state of individual consciousness.

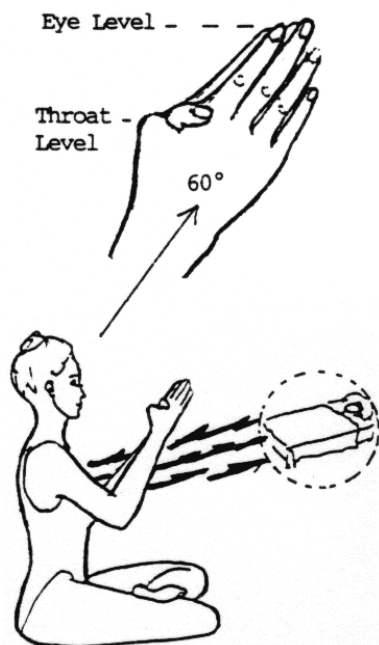


## Healing for Self

1. Sit in Easy Pose, massaging fingers until they tingle.
2. Place hands in front of chest, palms facing each other and 6" apart. Meditate on the spine, picturing it as a silver cord, white, and shining. Keep the hands stiff and the fingers straight and spread apart. Feel the path of energy. Concentration will build the power of the mind. (When the mind wanders, the hands cool.) Continue for up to 3-4 minutes.
3. Extend the arms out to the sides, parallel to the ground with the palms up. The centers of the palms will be charged with cosmic energy and inflow will be automatic. Concentrate on hands contacting energy, then concentrate on the part of the body that needs healing and direct energy there.
4. Relax. You can place your hands on the part of your body needing healing.



## Healing for Others Powerful Enough to Levitate



1. In Meditation Pose, place hands in Pranam Mudra (Prayer Mudra with right thumb crossed over left), fingertips at eye level, and base of thumbs at throat level, hands pointing up at 60°. Concentrate on the heart center and press the hands tightly together with the total weight of the body. Concentrate energy for 4-5 minutes.
2. Think of someone you love and send him or her healing thoughts. It is divine medicine, physically, mentally, and spiritually. Concentrate at least 10 minutes. (Once the channels are open, you can do it to anyone, anytime.)
3. Inhale deeply, fill the chest/heart with love and project prana like thunderbolts. Exhale, inhale again, and send this breath to that person. Inhale, feeling energy going through the hands to the person, massaging/blessing him or her. Exhale, inhale, and be with that person totally, connected and one with the Universal Mind. Exhale, inhale, several times.

## ***Yoga Karma Kriya Meditation*** **For Lymphs, Breast Cancer, Heart Attack, Money, and Indecision** March 11, 1975

In Easy Pose, raise hands to chest level, palms facing in, one on top of the other and 9" out from the body. Touch the thumbs together and press the upper arms into the ribs.

With the eyes nine-tenths closed and while doing long deep breathing, mentally chant as you inhale:

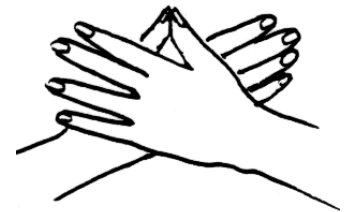
**HARIUNG**

And mentally chant as you exhale:

**HARIUNG**

Continue for 31 minutes.

COMMENTS: HARIUNG means Destroyer. We invoke the infinite capacity to "destroy" what is not needed or beneficial so that room can be made for health, wealth, clarity, etc. This stimulates the higher self, balances the heart, mind, and soul. ("Each one, in his own beauty, has the right to do that.")



## ***Blue Light Cleansing Meditation*** January 28, 1971



In Easy Pose, arms straight, hands in active Gyan Mudra (see page 33), inhale in four parts as you concentrate on a white light coming in through the solar centers — the crown chakra and navel chakra.<sup>8</sup> As you exhale slowly, visualize a blue light, like a gas flame, emanating from your pores and filling your aura. Continue for 15 minutes.

Relax. Resume, inhaling in five equal parts, extending up to nine parts, and continue for 15 minutes. This is cleansing and produces great heat.

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<sup>8</sup> Yogi Bhajan has designated both the crown chakra at the top of the head and the navel chakra as solar centers, and either one works in this meditation.

## ***Sitali Pranayam***

Sit in a comfortable meditative posture with a straight spine. Curl the tongue up on the sides and protrude it slightly past the lips. Inhale deeply and smoothly through the rolled tongue and exhale through the nose. Continue for 5 minutes. Inhale, hold, pull the tongue in, and relax. Then repeat for 5 more minutes. (Variations include 2-3 minute periods, 11 minutes, and the practice of 52 breaths daily, 26 in the morning and 26 in the evening.)



Sitali Pranayam is a well-known practice. It soothes and cools the spine near the fourth, fifth, and sixth vertebrae, which, in turn, regulates the sexual and digestive energy. This breath is often used for lowering fever (and it can cool you in warm weather). Daily practice of 26 breaths in the morning and 26 breaths in the evening can extend the lifespan. The tongue may taste bitter at first, which is a sign of toxification. But as you continue, the tongue will taste sweet, and you will have overcome all sickness inside.

It is an excellent kriya to do before chanting the Siri Gaitri Mantra (“RA MA DA SA SA SAY SO HUNG”). This pranayama is a very good tonic for the kidneys and adrenal glands.

It is said that people who practice this kriya have all things that they need come to them by planetary ether. In mystical terms, you are served by the heavens.

## ***For Self-Regeneration***

March 7, 1977



In Easy Pose, cross arms over chest as follows: Place right hand completely under left armpit (thumb too), cross left arm over right, placing the fingers only under the right armpit (thumb out). Close the eyes and drop the head back, making the back of the neck as short as possible. The breath regulates itself as you mentally chant for 3 minutes:

**RAA MAA DAA SAA  
SAA SAY SO HUNG**



This is a self-healing and self-regenerating meditation. Totally focus on nourishing yourself with the breath and mantra.

## Mantra Extension Yoga

April 25, 1972

- A. Sit in Easy Pose and cross arms over chest at wrists, left over right applying 25 lbs. of pressure per square inch. Inhale for 5 seconds, hold the breath in for 10 seconds, and exhale in ½ second through the mouth (“hoo”). Repeat and continue for 3 minutes. Rest and repeat. To change metabolism.
- B. Inhale through left nostril and exhale through right very quickly for 3 minutes.
- C. Place hands in Gyan Mudra, elbows bent, fingertips at shoulder level, and as you inhale, raise the arms straight up to 60°. Resume first position as you exhale. Repeat and continue for 3 minutes.
- D. Repeat “B.”
- E. In Easy Pose and Gyan Mudra, chant

**HAAQ UL HOO HOO HOO**

Brings light to the solar plexus so the heart can open.  
11 minutes.

- F. Stretch legs out in front, bend over, and catch big toes, hanging head down. Forget this universe for 11 minutes. “After 11 minutes, you’ll be in a different world.”
- G. Then sit on the left heel, bend, and catch right big toe and chant for 3 minutes

**HAAQ UL HOO HOO HOO HOO HOO**  
**HOO HOO HOO HOO**  
**HAAQ UL HOO**



This mantra is practiced in the Islamic Sufi tradition. One translation is “I am the Light.” HOO means light or breath of God. See Appendix 4: Mantra Guide for a more detailed explanation of the mantra and its effects. NOTE: This was also taught on April 23 and 26, 1972, omitting #A-D.

## ***Maha Gyan Agni Kriya***

May 2, 1976



In Easy Pose with hands before the heart center, press the fingertips together, joining the little fingers and the outsides of the palms together, allowing no gaps. Fold the thumbs so that the tips touch the Mercury mounds (at the base of the little fingers), bases of palms and fingertips joined to opposite hands to form a little “boat.”

Gaze at the little fingers (or close the eyes), inhale deeply and chant in a monotone, 8 times on one breath,

**EK ONG KAAR  
SAT GUR PRASAAD  
SAT GUR PRASAAD  
EK ONG KAAR**

Begin with 11 minutes or less, slowly building to 31 minutes. (For immediate quick help, this may be chanted 5 or 6 times only, for positive effects.)

COMMENTS: “Maha Gyan” means great knowledge. “Agni” means the purity of fire. This is not a light kriya. It is a very powerful one. Practice it unto the Infinity of God. (See “Magic Mantra.”)

## ***Pran Siti Kriya***

May 31, 1976

In Easy Pose, hands in Pranam Mudra (Prayer Pose with right thumb over left), fingertips raised to eye level, 10 inches out from the face and up at a 60° angle, eyes nine-tenths closed; chant as fast as you can

**EK ONG KAAR  
SAT GUR PRASAAD  
SAT GUR PRASAAD  
EK ONG KAAR**

Concentrate on the shabad. Breath may fade out, and you may feel suffocated for a few moments. It will pass. Move your lips and concentrate on them. Breath is automatic. Continue for 11-31 minutes.



## ***Magic Mantra Meditation***

April 26, 1976

Sit in a comfortable meditation posture and lift hands to heart level, palms up (elbows relaxed at the sides), and form a shallow cup with the hands. The sides of the palms and Mercury fingers are comfortably together, thumbs out and away from hands. The edges of the “cup” are about 30° up from the parallel. The important thing is to keep the line of Mercury connected at the edges of the palms and little fingers. Normally there will be no opening whatsoever; however, some people will have a gap between their little fingers — keep it to a minimum. Look into the hands, but keep the eyes closed and chant in a monotone, letting the breath naturally find itself.



**EK ONG KAAR  
SAT GUR PRASAAD  
SAT GUR PRASAAD  
EK ONG KAAR**

One cycle lasts 4-5 seconds. Continue for 31 minutes.

COMMENTS: Thirty-one minutes of this can get you very high. A couple of days practice can give you a certain stimulation that is beyond explanation. It is very rare that the Mercury fingers are joined in this way, but that is what makes the difference. (Remember to keep any gap to a minimum.)

“Ek Ong Kaar, Sat Gur Prasaad” is the most powerful of all mantras. There is nothing equal to it, nor can anything explain it. “Ek Ong Kaar, Sat Gur Prasaad” is a pritham mantra. The entire Siri Guru Granth Sahib is nothing but an explanation of this mantra. It is so strong that it elevates the self beyond duality and establishes the flow of Spirit. It will make the mind so powerful that it will remove all obstacles. We call it the magic mantra because its positive effect happens quickly and lasts a long time.

But it has to be chanted with reverence, in a place of reverence. When you meditate on this mantra, be sure that your surroundings are serene and reverent and that you practice it with reverence. You can mock any mantra you like except this one because it is known to have a backlash. (Mantras normally have no backlash — when you chant them well, they benefit you, and when you chant them wrong, they don’t have any ill effect. If they don’t do any good, at least they don’t hurt you.) But, if you chant “Ek Ong Kaar, Sat Gur Prasaad” wrong, it can finish you. I must give you this basic warning. This mantra is not secret, but it is very sacred. So chant it with reverence, write it with reverence, and use it in reverence. Normally we chant to God before practicing this mantra. Either chant the “Mul Mantra” first or the “Mangala Charn Mantra” before meditating to prepare yourself. —Y.B.



## **Tattva Siddhi Kriya**

September 28 and October 1, 1971

Seated in meditation posture, with a straight spine, hands in Gyan Mudra, chant

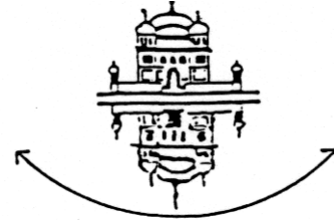
**PRITVI HAI** (hey)  
pulling Mulbhand and focusing on the first chakra,

**AKAASH HAI**  
focusing at the top of the head,

**GUROO RAM DAS HAI**  
still pulling Mulbhand, and picture Guru Ram Das in a golden temple, swinging back and forth above the head.

Continue for 11-31 minutes. To end, inhale deeply, pull Mulbhand, hold, and relax.

COMMENTS: "Pritvi" is the earth tattva (or element), "Akasha" is the ether tattva, and Guru Ram Das is the fourth guru in Sikh tradition (master of the neutral mind, Raj Yoga, humility, and compassion). Energy rushes effortlessly up the spine, almost as though it is sucked up, during this meditation.



If the entire divinity and domain of God sits in the heart of a person, and his longing becomes timeless, then man can develop the capacity to love.

## **Law of Light Meditation**

### **Rishi Haring**

1. In Easy Pose, remove all tension and the ego. Feel that you are offering yourself. Smile. This offering is very precious, and the one who is accepting is within you — it is God Himself.
2. Close your eyes. Offer your physical, mental, and spiritual self to your Creator. There is no middleman between you and your Creator. Be calmed, quiet, and peaceful. Finite you are, and you are part of the Infinite.



“All that is Light, all that is, is Light. Light is surrounding you, and you are a light. You are shining. Rays of light are coming from you as the rays of the Sun project light to this Earth. You are an Infinite Deity. Shine out! Expand! Under you, there is no ground. Your light can penetrate the solidity of the ground. In this oval-shaped aura of pure light, you are dwelling and you are living. Meditate on that light. Use your mind energy, which is the real *You* to relate to the real *He*. *You and He* are going to have yoga, the *Great Yoga* of all time. It is the *Yoga of Light*. Your light is going to relate to the Supreme Light. Be constant. Meditate on your own crystal clear light which surrounds your body. Extend that light on and on. If you seek, ye shall find. Your physical self will help you. With your mind, concentrate on that expansion from the very edge of your outer skin, onwards to Infinity.”

3. Inhale and exhale deeply several times. Curl the fingers into the hands and open and close them quickly several times. (This is the key to the exercise.)
4. Don't ever do this meditation and get straight up. Whenever you practice this meditation, this exercise must follow — meditate for 1 minute on the sound

**RAAA**

The voice starts low and rises in pitch to a peak and then descends back again each time. “R ah” is two words, but when you chant it like a siren, it goes together as one.

## ***Super Transcendental Meditation***

### **To Develop Trust**

March 10, 1977

In Easy Pose, raise arms to the sides, bent at 90°, upper arms parallel to the ground, forearms perpendicular, palms forward, and fingertips folded on to the pads at their base, thumbs pulled back, at ear level. Bending from the lower spine, lean torso back as far as possible without falling over. Eyes are nine-tenths closed. Inhale, mentally chanting

**SO SO SO SO**

And exhale, mentally chanting during exhale

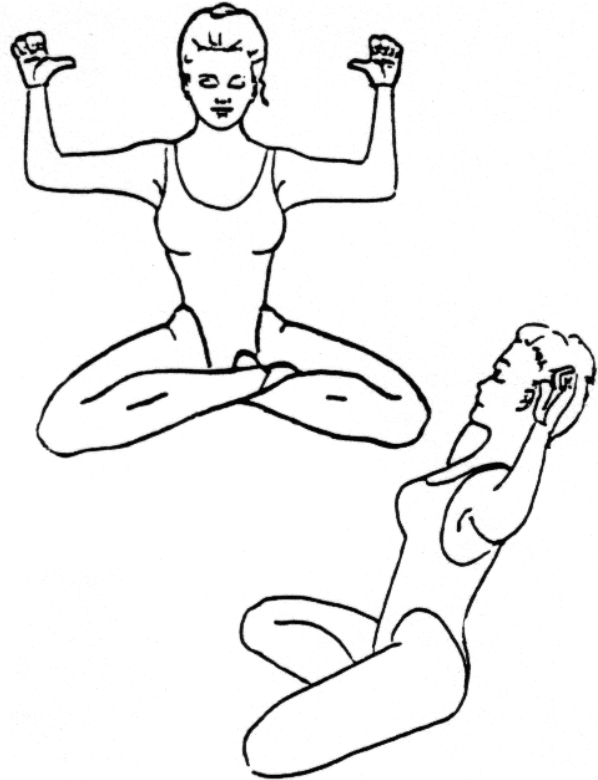
**HUNG HUNG HUNG HUNG**

focusing on the breath and the mantra. Continue for no longer than 3 minutes.

To end, inhale, exhale, and bend from lower spine to bow, forehead to the ground.

COMMENTS: This is a very powerful meditation. I don't know whether you'll be on the Moon or Venus tomorrow. Whether you understand the meditation or not is not important. Get into it and let God take care of you.

NOTE: A version was given on March 14 with the back erect for 3 minutes, building to 31. "Simple, but can simply make you a saint!"



**LIFE IS WHAT YOU CONSCIOUSLY MAKE IT:** Therefore, you must have a target to achieve. Everything in life should be evaluated in terms of whether it is directing you toward the goal or away from the goal. Make a point not to miss your destiny point! From the beginning, with God's help, to the end, with God's help, the human should be human!

August 7, 1975

## ***The Healthy, Happy, Holy Breath***

July 10, 1975

Sit comfortably, keeping the spine perfectly straight. Bring the mental focus to the brow point. Take a deep, full breath, inhaling through the nose. Hold the breath, suspending it in the chest, and silently repeat 3 times from the heart and navel, connecting them:

**HEALTHY AM I**  
**HAPPY AM I**  
**HOLY AM I**

As you exhale, repeat the mantra 3 times out loud. Each repetition takes about 5 seconds. Continue for 11 minutes.

Then inhale deeply, relax the breath, and sit silently for a minute or two. Then inhale deeply and stretch the arms overhead, fingers interlocked, and pull the spine up.



**COMMENTS:** This meditation uses the power of the breath to enhance the depth of the effect of the basic mantric phrase, Healthy, Happy, and Holy. A person who does this meditation properly will breathe 2½ times per minute. This shift from the normal 12-15 breaths per minute is significant. According to Yogi Bhanan, once the breath rate is slower than four breaths per minute, the brain starts functioning intensely. The pineal and pituitary glands shift their relationship to each other and, in this condition, the effects of inner and outer sound are greater, and the mantra will penetrate. A larger portion of yourself will be able to synchronize and carry out your intentions. (In yogic Shastras, mantra without breath regulation is considered low-grade energy to run your mind on.)

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

Love is the experience within one's self of one's own selflessness; that's why love is God.



## *The Cosmic Teddy Bear*

### **After Meditation**

After any exercise set or meditation, before and/or after the deep relaxation, go deep within to feel and experience that space of peace and silence. Listen for the silence or the vibration of the mantra, or for the cosmic sound.

Be at home — you are home. You are at one with God. God and you are one. Feel secure, cozy, love yourself, and love your soul. Feel that you are being hugged by the Cosmic Teddy Bear. Feel in every cell of your body that you are being loved, nurtured, and supported. Yogi Bhajan said at Ladies Camp, “If you have difficulty experiencing God, feel that He is a teddy bear.”



ON SELF BLESSING: One secret — when you get up in the morning, BLESS YOURSELF! I do it all the time. I do it like this: When I take my first “curl,” I say, “Blessed are my hands and blessed is my head that brings them over me, and blessed are my eyes that see them. And blessed is my body that has awakened from the spell for infinite Death unto activity. I shall tell the whole world how beautiful is Guru Ram Das, and how God is working in personality, through this ‘pipe’ to give his people the miracle beyond what is written in their destiny.”

And then I curl around and I sleep a little more, and then get up again. And I always do it secretly, thrice. And once I got caught by my own teacher.

December 29, 1985





**HUMILITY:** Who can be humble is he who has seen the vastness of the universe and feels humble in relation. The higher you go in consciousness, the more humble you will become.

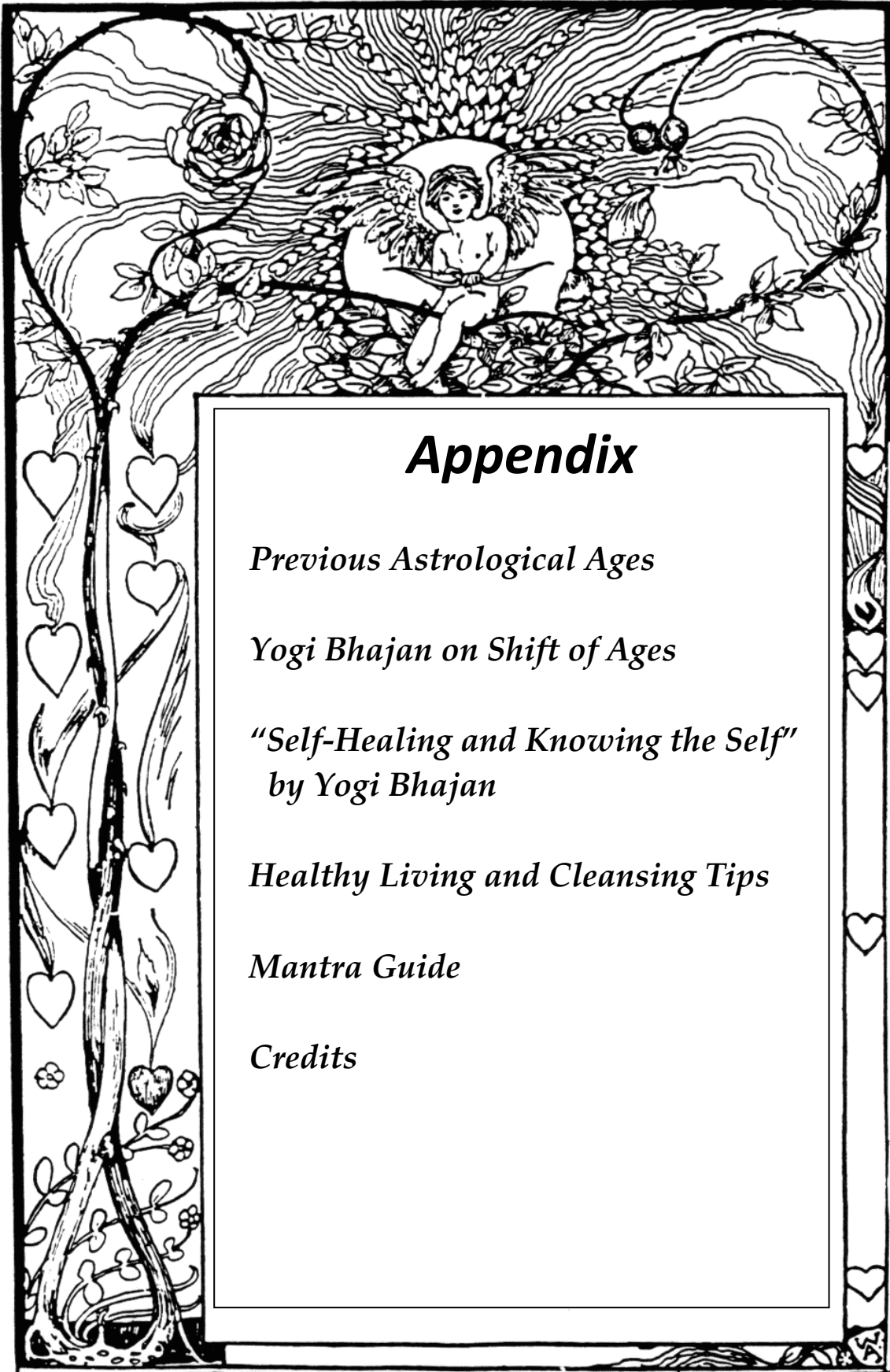
December 20, 1974

**LIFE IS A PRECIOUS GIFT:** Don't waste it in ridiculous thinking, planning, scheming. In chief moments, don't be frigid. Ego will make you mentally frigid and you won't ejaculate and you won't experience the essence of living. You'll be cold, brittle and biting. Get your scene together, get into the stream of life and just live it! Then you can magnify and experience each moment. Live! Be totally you, totally divine and nothing but he Grace of God.

July 14, 1975

**COUNT YOUR MERITS:** You always count your defects and never your merits. Count your merits and leave off the deficiencies – they were meant to be filled with your efficiency. That's all it takes. When you don't give in to your deficiency, it is efficiency. You're not a sinner...just deficient. Keep up and you'll be efficient. That's all it takes and it will carry you through – that's the secret of life. Nobody's perfect.

July 11, 1975



## ***Appendix***

*Previous Astrological Ages*

*Yogi Bhajan on Shift of Ages*

*"Self-Healing and Knowing the Self"*  
*by Yogi Bhajan*

*Healthy Living and Cleansing Tips*

*Mantra Guide*

*Credits*

## Appendix 1:

# *Previous Astrological Ages*

### **The Arian Age**

The Arian Age preceded the Piscean Age. This age of conquest produced the great empires of antiquity. History (“his story”) was invented to record the deeds of conquerors, chronicling battles won, cities pillaged and plundered, slaves captured, tribute paid, and domestic accomplishments, like temple and palace building. Religion moved indoors from the grottos, caves, and groves where Mother Goddesses had been honored, to be formally practiced in temples under the authority of male priests. War and thunder gods descended from the sky and mountain tops to slay or marry indigenous, ancient goddesses as patriarchy supplanted matriarchy. Social and economic classes were formed from the conquered and the conquerors. Cities defended by fortress walls and armed guards arose, and law and order was established.

### **The Age of Taurus**

The Age of Taurus preceded the Arian Age. The age of *goddess worshipping* marked the beginnings of recorded civilization. Writing was invented to keep temple grain records. Food was cultivated and animals domesticated so that people were freed from hunting and gathering to pursue the arts of pottery, weaving, dance, music, painting, and metalwork, as well as mathematics and astronomy. It is apparent from excavations like Catal Huyok in Turkey that there were cooperative societies without rulers, class distinctions, economic differences, war, or violence. (No walls surrounded the city, no weapons or evidence of violent death were found in graves, and dwellings were all of about the same size and wealth.)

Paternity as we define it was probably unknown, as there is no word in most of the ancient languages for “father.” The miracle of birth was attributed to the divine, creative, and powerful female. These people, according to the ancient religions, were intuitive, sensitive, and telepathic. They walked and talked with gods and goddesses. Animal and nature spirits were honored. Yoga was first developed in that age.

### **The Age of Gemini**

Before the Taurean Age was the Age of Gemini, when humans learned to use their brains and hands to fashion tools and hunting weapons. Archeologists and anthropologists are still reconstructing what little is known of how humans lived during the Paleolithic period.





## Appendix 2:

# *Yogi Bhajan Lecture on the Shift of Ages*

The following is a summary of a talk Yogi Bhajan gave at the time of the Harmonic Convergence — an entry point into the Aquarian Age — on August 14, 1987, in Los Angeles, California.



We are involuntarily entering an era of voluntary enlightenment. (So don't pay money to anybody for enlightenment or mantras.) Feel very relaxed, for everything will change. We will achieve the desired attunement of man.

There will be a tremendous "urge to merge" with higher consciousness. We will not be going up to heaven — we will experience heaven now, here! I am heaven! I am God. I am the universe! I am the Cosmos! I am the "I am"!

But not with pride, ego, or anger. The relationship between man or woman and God will be a merged relationship. Nobody shall seek God outside themselves.

The Piscean era was subconscious. In the Aquarian Age, the conscious and unconscious worlds merge together. Those who will merge within themselves, with their inner consciousness (God) will survive.

We will understand that within me is a complete understanding of me. And what we say and what we live will be Infinity. It is the period of SAT NAM. "In the beginning there was the Word, and the Word was God." Sat Nam: Truth is our Identity.

The Platinum/Aquarian Age is clear, pure, white, and precious. It is an era of acknowledgement rather than knowledge. It is an era, not of getting redeemed, not of seeking honor, but of purity within and purity without.

The stars and their energies are changing. People who feel that God is outside and pleasure is outside will fall into the pit of pain. People who feel that God is inside shall prosper.

There is to be harmony, peace, and tranquility for those who go inside into their shining purity. Going within does not mean that you escape into the universe and become isolated, antisocial, or rude, or pretend to go inward. Power, energy, and life (not maya) belong to those who experience their completeness inside themselves.

You are created in God to deliver God. If you don't deliver God, then you will not deliver yourself! We become God, and we produce God. Anything right or wrong we do, we do it as God!

In the stomach, there will be a light. The heart center will light up. All people will be kind, compassionate and enlightened. People will become intuitive. You are all going to learn from the navel point, because the navel point will become the (second) Third Eye!

Men and women will merge, not just fall in love, have sex, and live together. Whatever one knows, the other will know. There should be hardly any communication and no convincing. The female will find her real love within herself. There will be a strong urge to merge and every other desire will fade away. People will go for reality instead of romance.

The commandment of this era is, “sin shall punish itself.” Man will be free of the bondage of guilt and sin. Each shall find himself enlightened enough to seek energy and creativity, or dead enough to suffer the karma.

The era of “I” is finishing. It is an era of “Us”! People who progress now will be acting in the spirit of us/we. It is an era of EK ONG KAR. It is one world created by God, having its own beauty, and those who live in the “I, I, I” will not fit in.

We used to pray “I seek thou, oh Lord. I am meek before Thee. I ask you to bless me. Please God, help me. You blessed me with a beautiful day. Bless me with a beautiful night.”

Now we will pray like this: “Thank you God for being with me and dwelling in me and blessing in me. Together, Lord, we worked out our day. Let us go to sleep together, within ourselves.”

The clouds are gone! Find yourself within. Rejoice that you are crossing an era of work and sweat to reach God and entering an era of God within you. How you keep up shall determine your liberty and grace.



The game of love means to identify ourselves as Infinity, not as an individual—that’s the difference. It’s a huge difference, you have to understand today. You cannot identify yourself as an individual. You have to become a very simple, solid, neutral, well-mannered, and loving person.





## **Self-Healing And Knowing the Self**

By SIRI SINGH SABIH BHAI SAHIB HARBHAJAN SINGH KHALSA YOGIJI

October 7, 1974

The process of self-healing is the privilege of every being. Self-healing is not a miracle, nor is self-healing a dramatization of the personality as though you could do something superior. Self-healing is a genuine process of the relationship between the physical and the infinite power of the soul. It is a contract, a union.

When a person prays to the merciful Lord, he is extending himself outside, but the reaction is happening inside. Every action has a reaction, equal and opposite. You may pretend you are praying to the heavens, but actually you are changing yourself inside. It is you who are changing. When you are blessing the sick, you beg of the Almighty, but

actually you are not begging for anything, because from inside your being, energy is pouring into the other person. It is from a state of compassion, of compassionate meditation, that the healing activity of God, within the being, flows.

My divinity is in my purity. And my purity is what I am within myself. Sometime you may tell yourself that you are not pure, but that is not true. You are merely trying to pretend you are not pure. You are pretending to be impure because you don't like the responsibility. You are holy, but you don't want to be holy. You don't want to be known as holy, because then everybody has the right to criticize you if you fall short of that image and you

don't want to be criticized. Sneakiness and cowardliness are the unfortunate result. Everybody wants to sneak around and withdraw, but they also want things to happen.

Look at this drama in the individual play. If the stomach did not have the capacity to give you hunger pains, no one would eat. When the juices come, then the urge to eat comes, and at that time you should eat. Instead we see that it is six o'clock, and feel we have to eat. It doesn't matter if you are hungry or not, you eat, because it is eating time. But in reality, there is no such thing as eating time. Anytime can be eating time. When you eat without the urge to eat, sleep without the urge to sleep, and so on, then you begin to do what is wanted by you, rather than what is needed by you. Actually, your itching soul was purified, given a human body, and sent on earth to enjoy, so that God could take a little rest. That is why an individual has to understand his Self. Understanding the Self means to *stand under* your own Self. And one who can stand under his Self, can stand under every Self. And then that person is known as a beloved of God, because God is in every Self. This is the basic secret behind every happiness, behind every joy that a person wants to experience.

Once a person called the doctor. The doctor came and he gave medicine. The next day the same request came again and the doctor came and the doctor went. Then the doctor brought two doctors, three doctors, four doctors and finally a surgeon. The doctor tried everything.

Finally one day the doctor told his wife, that this patient appears to be dying. She said, "Yes, my dear husband, I know. The way you treat people, they should all die." Now, this hurt his ego, and he wanted to understand what she was saying. She said, "Whenever you see someone, you just give them medicine, but do you ever tell them that they have to help themselves to get cured, as well?" He had never done that. She said, "Well, then you only give them half the medicine. You should tell them, that this medicine will help them to help themselves get cured." He had studied eight years in the medical college, but nobody had ever taught him that God cures. All you have to do is send a message or somehow establish communication between the mind and body of the sick person. The

mind should be in peace, so that the body can do the job. That's all the cure is. The body cures itself. Medicine allows it to get into the space where healing can take place.

There is no need to blame the doctor for not being able to cure you or for killing you, or to praise him for saving you either. Actually, he has done nothing. He has merely diagnosed the ailment and given you the medicine so that your own body, your own self, could help itself to become all right.

It is the same with the mind. The mind has to be given the medicine of thought. The higher thought is the medicine of the mind that allows it to help itself cure itself. Otherwise the mind is a shattered piece of glass. That is why we do "japa". Japa is the thought, "Sat Nam, Truth is Thy Name." Japa is calling on energy that is beyond us. The moment we know and experience that there is something beyond us, we are connecting with God through the power of our thought wave. And my dear friend, on this earth there is nothing except God. The intellect will generate thought waves anyway. Why not beam these thought waves on God?

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*"So there is no disease. It doesn't matter if you give medicine; you can give food instead. It will heal. You can give water. It will heal. Some spiritual healers take a glass of water, put their hand on it, chant a mantra over it, and hand it to you. You can call it quackery, but it works.*

*What is life? Life is the rhythm of prana. If the rhythm of prana is out of phase, you are in trouble; if it is in phase you are right. That is what heals. As much doubt as a person has in his sub-conscious, that much pain he will have in his life. You can take it as a granted fact. Have no doubt about it. One who does not belong has no experience of what belonging is."*

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The only thing that comes to you without asking for it is the breath of Life. Everything else you have to ask for. But the breath of life is an infinite gift from God. You are slave to everything except the breath of life. The breath of life will free you if you let it carry you to God.

Too much awareness requires too much patience. Normally when you become wiser, you

become less patient and you start shouting like an angry, roaring idiot, because then you see every mistake, what are you going to do? You are going to shout, because it is difficult to tolerate mistakes. That is why for the last six years I've been saying that patience pays.

Have patience. Not because it matters to me, but it will matter to you. If you have patience, then you will enjoy happiness. And who can have patience? He who can tolerate. Who can tolerate? He who has strong nerves. Who can have strong nerves? He who has the strength of his moral mind. And what is the moral mind? A learned discipline? A self-training. How can the self be trained? Through meditation.

You must learn to grind yourself. Only the one who learns to grind himself knows his grounds. Otherwise, a person is just floating. When you do not know your territory, you do not know where you are. When you do not know where you are, you are not aware of what you are and you do not know what awareness is.

There are two ways to know: the inductive method, or the deductive method. Either deduce or induce. Both come to the same thing. You can know mysteries through mystic ways. And you can know mysteries through analytical ways. Either through shakti (power) or through the gyan (divine wisdom). Through power, or through pleasure.

Why are some people black? So that others would know they are white. Why are some people white? So that others would know that they are black. There is no other reason. But now they both fight with each other. This is known as a trick of Maya. The black did not make himself black, nor did the white make himself white. If white is the best color, why are anemics given a hospital bed? They are almost white: dead white, they call it. If that is desirable, why must they take iron pills every day?

The reality is that nobody knows, everyone imagines. When imagination becomes the known experience, it is known as duality or maya. When experience becomes knowledge, it becomes reality, the Truth, the Sat. Those who understand "Sat" are able to relate to "Sat". When you love somebody, what do you do? Don't you call his name, or her name, all the time? When you love somebody, you

like to call the name of that person. If you love the truth, then you will call "Sat Nam". You become identified. And when you say "Sat Nam", everybody knows you are a "Sat Namer". You become identified. And when you say "Sat Nam", it means you are Truth.

My dear friend, there is a dharma of life. This dharma has to be understood as a dharma and then it has to be watched as a dharma. It has to be experienced as a dharma. The life of dharma is the life of the seeker, the Sikh. The seeker must seek. He must suck the infinity as nectar. There are no two ways about it.

---

*"Whether you are healthy or sick, there is no separation between you and God. When you are healthy, you are the health. When you are sick, you are the disease. There is nothing beyond you; there was never anything beyond you, and there shall be nothing beyond you; provided you believe in yourself. If you have the rhythm within, then you have found reality. When there is no rhythm within, when you don't listen to your own heart beat, how can you listen to the heart beat of others? All charity begins at home. If you have not loved your Self, how can you love somebody else? If you don't keep yourself clean, how can you appreciate anyone else's cleanliness? This is the secret of ease and disease."*

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If someone says that there are many ways to God, that is sales talk. If someone says that there are many religions, that is sales talk too. There is only one religion. Join your religion. Know your religion. Understand your religion. Be your religion. By belonging to religion and not experiencing religion, do you think you are religion? Never. Denying religion or accepting religion means nothing. It is the experience of religion, my dear friend that can hold the mind. It is the desire to experience which matters because that desire is the outcome of an energy that matters. Your ego desires you to be finite, to be limited, but you must experience infinity, because you are a part of infinity. Why shouldn't you experience infinity? Instead you take your ego, and you inflate it like your balloon. The air goes out, and you fall on your face. Then what a silly creature you are. You blame the Creator, and you don't live in gratitude, and you call yourself a

man. Without knowing the manners of life, you call yourself a man.

The seeker must know the art of finite and infinite, and the science which teaches him the art of finite and infinite is known as the science of yoga. It is a technology that makes a seeker, a Sikh, a man of God. Where the man of God goes, there goes God. To whomever he talks, he brings God. Wherever he sits, there is God. When he gets up there is also God. Around him is God, above him is God, under him is God. God created man and man created God. The man of God telephones about God. On the telephone, he listens to talk about God. He hangs up the telephone if there's no God. He watches the television to feel God. And if he doesn't feel God, he shuts it off. He eats and says, "God". He gets up and says, "God". He takes a shower and says, "God". When he is in fever, he says "God". When he walks he says, "God" He belongs to God and God belongs to him.

That is actually the way it is. But the middleman who made this simple, safe God so difficult to get to not only makes a normal man believe that he is a sinner, but collects a fee for

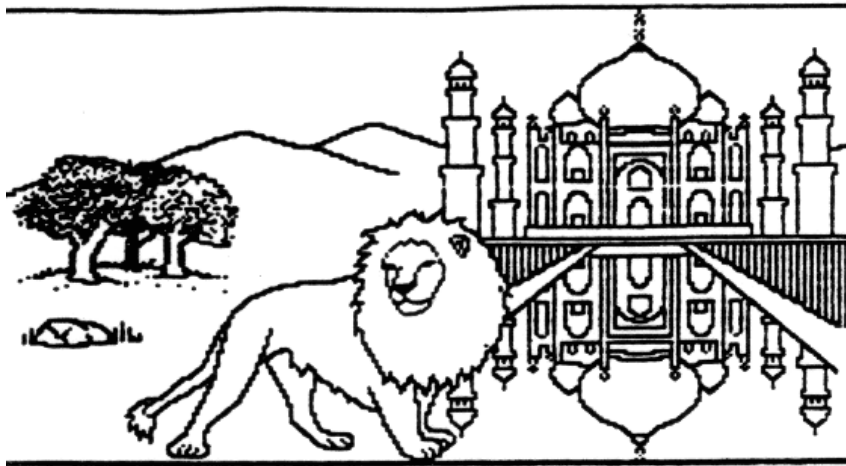
doing it. The one who lives off the sinner makes the sinner believe he is a sinner. Not only that, but after telling the sinner that he is a sinner, he does not purify him.

Only he can purify you who are himself pure. Only the one who has experienced God, who has seen God, who has a gratitude for God, who feels the goodness of that infinity, can be pure, because he will constantly call the Name of God. Every lover will call the beloved God by name, will become pure and healed and have the power to purify and heal others.

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*"The art of healing, the art of ecstasy, the art of God-consciousness has millions of names in mystic terms. It has to do with rhythm and reality. When the body is in rhythm, there is ease. When the body, or any part of the body goes out of rhythm, there is dis-ease. Disease is nothing but an out-of-rhythm body. When the mind is out of rhythm, there is neither a body nor a soul, because without the mind there is no reality. Even if you have God and God is your slave, still it is useless. There can be no happiness."*

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## Appendix 3:

# ***Healthy Living and Cleansing Tips***

The practice of Kundalini Yoga releases toxins into our bloodstream. We notice this especially when we begin our practice. This is good because the accumulation of toxins causes disease. But sometimes we feel the effects as nausea or other signs of cleansing.

To accommodate the initial and ongoing release of toxins, we need to drink plenty of water, exercise, eat a cleansing diet, and take cleansing herbs. With a consistent healthy diet, the body cleanses itself. I recommend a gradual, gentle approach that keeps the cleansing progressive. We each have to find a formula that keeps our body active, nourished, and able to process cleansing. I am extra careful in what I eat so as to not harm my body with toxic-producing junk.

### **Lymphatic Drainage**

Clogged lymph glands are caused by blood restriction, which can cause inflammation. To do their defense job, the lymphatic fluids need to be moving. Stagnated lymph glands are hard instead of soft. Press and massage them until the restricted blood moves and your defense mechanism gets restored.

### **Breast Health**

There are many clusters of veins running through the breast tissue. When these clusters get restricted through blood restriction, they form lumps. Press on them to release the blood restriction, which will smooth out the lumps. If the lumps remain and do not clear, they need to be checked by a doctor. Most of the time lumps are from stagnated blood restriction. In these cases, pressure and massage releases the trapped blood. Sometimes they become smooth within minutes.

It is absolutely critical that women massage their breasts to avoid blood stagnation, and the lumps it creates. The stagnant blood eventually can form a nest for cancer. When there are no nests, there is no place where cancer cells can grow.

### **Men and Prostate Health**

Men need to massage the area just above the lingam on the pubic bone to release toxins and move the blood in the prostate gland. You can apply pressure and then release to stimulate blood flow. Use a small object like a tennis ball or massage deeply with a press/release motion *over the pubic bone* at the base of the lingam. A minute every day is very beneficial.

Blood flow gets blocked in this area in men's bodies. Restoring proper blood flow can help restore sexual flow and potency, clear the urinary tract, and help increase bladder capacity. It can also help with weight control by clearing blood restrictions that create water retention.

Be attentive and you can feel the release and blood flow as warmth or tingling in the feet. This can possibly reduce the chance of cancer by eliminating the environments that attract cancer — stagnant blood in the prostrate that becomes inflamed.

## Regular Care

The breasts and the lymph glands under the arms, in the chest, and in the groin need regular massage to keep their fluids flowing and unobstructed. We can do this ourselves; however, it is beneficial to get a regular lymphatic drainage and breast massage by someone else, especially a professional. We do not go deep enough ourselves as we tend to stop to avoid pain.

Deep massage that frees up the blockages is often initially painful. Even with weekly care, we can experience pain. But the pain goes away when the blood flow has been restored. We can have therapeutic massage every week for years and still experience pain. So don't get alarmed. Just go through it and be grateful you know how to take good care of yourself.

There are also infrared lights that disperse the blocked blood flow. These are a great complement to massage and usually make the massage a lot less painful because the blood is already moving. If they do the trick, great. You will know if there is no pain and no hardness in the breasts and in the armpits.



Man has to live in love—love which is not lust. Love where there is no possession, no slavery of another person. Love which is a giving. Love which is for the sake of love. Love which lasts forever. Love which is a total sacrifice. Love which is more than the grace of God itself. Love which gives a halo around the face of the person. Love through which one can see God in the eyes of the person. Love with which the body shines, the words become sweet, and the communication is absolutely beautiful. That love for which one sacrifices his own life to save a little bit of injury to another person. That love with which one pleasantly and peacefully takes all the pain in his heart to redeem another fellow being. That love can only flow when one knows how to tune into that universal God.



## Appendix 4:

# Mantra Guide

A mantra is a syllable, word, or phrase in one of the sacred languages (like Sanskrit or Gurumukhi) and sometimes in English that elevates or modifies consciousness through its meaning, the sound itself, rhythm, tone, and even the reflexology of the tongue on the palate. Mantra is the “Yoga of the Sound.” With a few exceptions for the most common mantras, the mantras used in this manual are listed using their phonetic spellings and explained below. It is recommended that new students consult some of the many resources available to help them learn how to properly chant the various mantras used in Kundalini Yoga.<sup>9</sup>

### **AAD GUREY NAMEH** — Mangala Charn Mantra

**Aad Gurey Nameh** — I bow to the primal Guru (guiding consciousness who takes us to God-Realization)

**Jugaad Gurey Nameh** — I bow to Wisdom through the ages

**Sat Gurey Nameh** — I bow to True Wisdom

**Siree Guroo Day-Vay Nameh** — I bow to the great, unseen Wisdom

This mantra is chanted for protection, often after tuning in with ONG NAMO. It encodes the magnetic field with protective light. Yogi Bhajan instructed us to chant this mantra before driving to create a protective shield around our car. First put your key in the ignition, chant this mantra 1 to 3 times, and then start your car.

### **ADI SHAKTEE** — Kundalini Bhakti Mantra

**Aadee Shaktee, Aadee Shaktee, Aadee Shaktee** — Primal Power

**Namo, Namō** — To call upon or to bow to

**Sarab Shaktee, Sarab Shaktee, Sarab Shaktee** — All Power

**Namo Namō**

**Pritham Bhaagavatee, Pritham Bhaagavatee, Pritham Bhaagavatee** — That which creates through God

**Namo Namō** — To call upon or to bow to

**Kundalini, Maataa Shaktee, Maataa Shaktee** — Mother power of the Kundalini Shakti

**Namo, Namō** — To call upon or to bow to

This mantra calls upon and tunes into the frequency of the Divine Mother and to her primal protective, generating energy. Chanting it eliminates fears and fulfills desires.

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<sup>9</sup> *Mantras of the Master* is a CD and booklet with 64 Kundalini Yoga mantras taught by Yogi Bhajan and chanted by Santokh Singh Khalsa. It will help you chant with correct pronunciation and rhythm. Available at [www.yoga tech.com](http://www.yoga tech.com).

## **AAD SUCH HAIBHEE** — Kundalini Shakti Mantra (passive form)

**Aad Such** — True in the beginning

**Jugaad Such** — True throughout all the ages

**Hai BHEE Such** — True now in this moment

**Nanaak Hosee BHEE Such** — Pure one, the truth will always be true

This mantra is the last part of the Mul Mantra and awakens us to an experience of the Infinite. It is the basis for seeing, accepting, and surrendering to things the way they are. The mantra is chanted to awaken us to an experience of the Infinite. Its vibration and message help us see, accept, and surrender to things the way they are.

## **AAD SUCH HAIBAY** — active form

**Aad Succch, Jugaad Succch, Hai BHAY Succch, Nanaak Hosee BHAY Succch**

The meaning is the same as the mantra above, except this version changes the BHEE to BHAY (pronounced bee and bay). Also the Succch is chanted in a powerful hissing fashion. This mantra is chanted when we want to release a block, make something happen, or open up our creativity. When we are stuck in any way, we chant this mantra. It is a good cure for writer's block.

## **AKAL**

AKAL means undying. **Akaaaaaal** is chanted about five times after a person transitions from the Earth plane to help liberate the soul or direct it to the Light.

## **EK ONG KAAR, SAT GUR PRASAAD** — Siri Mantra or Magic Mantra

**Ek Ong Kaar Sat Gur Prasaad Sat Gur Prasaad, Ek Ong Kaar**

Sometimes called the Magic Mantra for its power and sacredness, we chant it with reverence. This mantra stops negativity, elevates us above duality, and removes all obstacles.

EK ONG KAAR means "There is one Creator of all creation." SAT GUR PRASAAD means "This Truth is revealed through Guru's grace."

## **EK ONG KAR** — Mul Mantra

**Ek Ong Kar, Sat Nam, Kartaa Purakh, Nirbho, Nirvair, Akaal Moort, Ajoonee, Sai Bhang, Gur Prasaad, Jap. Aad Such, Jugad Such, Haibhee Such, Naanak Hosee Bhee Such**

The Mul Mantra is the root of all mantras, and chanting it encodes the essence of the Divine in every cell. One can get a bit spacey while chanting it, so Yogi Bhajan advised us not to chant it while driving a car.

Translated it means "The creator of all is one. Truth is His Name. He does everything, fearless, without anger, undying, unborn, self-realized, realized through Guru's grace, Meditate. He was true in the beginning, true through all the ages, true even now. Nanak shall ever be true."

## **EK ONG KAR — Adi Shakti Mantra**

### **Ek Ong Kar, Sat Nam, Siree Wha-Hay Guroo**

This mantra has a powerful effect on awakening the Kundalini and suspending the mind in bliss.

EK means “One, the essence of all”; ONG is the primal vibration from which all creativity flows; KAR is “creation”; SAT, “truth”; NAM, “name”; SIREE, “great”; WHA, “ecstasy”; and GUROO is “wisdom.” Taken together, the mantra means, “There is one Creator whose name is Truth. Great is the ecstasy of that Supreme Wisdom!”

## **GOBINDAY, MUKUNDAY — Guru Gaitri Mantra**

### **Gobinday, Mukunday, Udaray, Aparay, Hariung, Kariung, Nirnamay, Akamay**

The Guru Gaitri Mantra brings stability to the hemispheres of the brain and works on the heart center to develop compassion, patience, and tolerance, uniting one with the Infinite. Chanting the vibrations of these eight attributes of God has the power to eliminate karmic blocks, cleanse the subconscious mind, remove obstacles, make one courageous, and create a magnetic field that attracts prosperity.

The mantra means “Sustainer, liberator, enlightener, Infinite, destroyer, creator, nameless, desireless.”

## **GURU RAM DAS**

### **Guroo Guroo Wha-Hay Guroo, Guroo Ram Das Guroo**

This mantra calls upon Guru Ram Das (the first Sikh Guru who embodied the Christ light and enthroned the neutral mind) to evoke his spiritual guiding light and protective grace. This was Yogi Bhajan’s personal mantra, which he uses to call upon its healing force. It has been part of the recommended daily sadhana practice for years.

## **HAAQ UL HOOO — Sufi Mantra**

### **Haaq Ul Hoo**

This manta contains two different names of God, which, in combination with “UL,” affirm our human oneness with Creation. HOOO refers to God in the unmanifest invisible state before creation. HAAQ refers to how God’s many aspects are manifest in a human being. In other words, we are made from the infinite God and can find these qualities within ourselves. Another interpretation is that HOOO is the breath of God that gives us life and transfers divine qualities into our being.

This mantra is derived from the Sufi Islamic tradition of chanting. Its meaning is similar to SAT NAM and EK ONG KAAR. This affirmation mantra awakens us to the reality of “I am that Truth” (SAT NAM) and “The Creator creates all creation” (EK ONG KAAR). We chant these mantras to call upon or evoke our divine essence and to experience our Oneness.

## **HAREE, HAREE, HAREE, HAR**

HAR, a name for God, means Creative Infinity. HAREE (Hari) is another name for God. The various forms of HAR and their combinations are chanted to evoke the manifesting powers of the Divine.

## **HAREE NAAM, SAT NAAM**

**Haree Naam, Sat Naam, Haree Naam, Haree. Haree Naam, Sat Naam, Sat Naam, Haree.**

This is a prosperity mantra which manifests Spirit into form. HAREE (Hari) NAM means the name of God. SAT NAM means “Truth is His Name.”

## **ONG**

ONG means Creator — the Primal Vibration from which all creativity flows.

## **ONG NAMO, GURU DEV NAMO — Adi Mantra**

The Adi Mantra is chanted three or more times to begin a Kundalini Yoga session, tuning us in to the higher self and connecting us with the Golden Chain of Kundalini Yoga Masters so that we can be guided by them during our practice.

ONG is “Infinite Creative energy in manifestation and activity.” (The familiar Eastern mantra “OM,” or AUM, is God absolute and unmanifested and is not recommended by Yogi Bhajan because it disconnects us from physical reality.) NAMO is “reverent greetings,” implying humility. GURU means “teacher or wisdom.” DEV means “Divine or of God,” and NAMO reaffirms humility and reverence. In all, it means, “I call upon Divine Wisdom.”

## **ONG SO HUNG**

This mantra is a soul affirmation of our essence, which opens the heart and awakens the neutral mind.

“Creative consciousness (ONG) — I am thou or that (SO HUNG)!”

## **PRITVI HAI, AKAASH HAI, GUROO RAM DAS HAI**

This mantra is chanted to connect spiritual and physical reality and to evoke the healing powers of Guru Ram Das.

PRITVI means earth. AKAASH refers to non-physical reality, ether, heavens. HAI means invoke or call upon.

## **RA MA DA SA, SA SAY SO HUNG — Siri Gaitri Mantra or Healing Mantra**

The Siri Gaitri Mantra is chanted for personal and long-distance healing, usually intoning the sounds up the chakras, releasing the HUNG out the top of the head. It brings healing powers to the hands.

RA is the sun, MA is the moon, DA is the earth, and SA is Infinity. SAY is the totality of Infinity, and SO HUNG means “I am Thou.” Taken together, “RA MA DA SA” is the Earth mantra, and “SA SAY SO HUNG” is the ether mantra.

### **SA TA NA MA** — Panj Shabad

The Panj (meaning five) Shabad is one of the most frequently used mantras in Kundalini Yoga. Chanting this mantra clears the subconscious of negative thought patterns, awakens the intuition, and balances the hemispheres of the brain.

It expresses the five primal sounds of the Universe and of SAT NAM: “S” is Infinity, “T” is life, “N” means death, and “M” is rebirth (the fifth sound is “A”).

### **SAT NAM** — Seed, or Bij, Mantra

The Seed, or Bij, Mantra is also one of the most widely used mantras in the practice of Kundalini Yoga. Chanting this mantra awakens the soul to Reality.

SAT is Truth, and NAM means identity, or to call on the truth, expressing the reality of existence.

### **SAT NAARAYAN**

#### **Sat Naarayan, Wha-Hay Guroo, Haree Naarayan Sat Naam**

NAARAYAN is the aspect of Infinity that relates to water, and HAREE NAARAYAN is creative sustenance, which makes the one who chants it intuitively clear or capable of healing. SAT NAARAYAN is the Sustainer; WHA-HAY GURU, indescribable Wisdom; and SAT NAM, True Identity. This is the ancient Chotay Pad (small step) Mantra.

### **WHA-HAY GURU** — Guru Mantra

WHA-HAY GUROO is the mantra of ecstasy. Its meaning is not translatable in English, but chanting it elevates the consciousness to an ecstatic state.

### **WHA-HAY GURU, JEE-O**

#### **Wha-Hay Guroo, Wha-Hay Guroo, Wha-Hay Guroo, Wha-Hay Jee-O**

“The ecstasy of consciousness is my beloved.” Jee-o means soul or beloved.



## Credits

Most of the sets and meditations included in this book were unpublished at the time we wrote the first edition, and many come from Yogi Bhajan's early classes. The dates are given whenever they are available. The notes from Yogi Bhajan's early classes were taken by Mark Lamm and Michael Turner. More recent notes were taken by Guru Rattana.

The original sources for the published sets are as follows:

*Beads of Truth*, 3HO Foundation, Los Angeles:  
An Aerobics Set to Do at Home

*Keeping Up with Kundalini Yoga*, Kundalini Research Institute (KRI), Pomona, CA, 1980:  
Kriya for Disease Resistance

*Kundalini Meditation Manual*, KRI, 1978:  
Navel Adjustment Kriya; Nabhi Kriya; Exercises for the Navel Center; Release the Navel Energy; The Navel Center & Elimination; Primal Power of Creation; Mental Levitation; Breath Purification and Navel Energy; Raja Yoga Meditation for Tapa; Smiling Buddha Kriya; The Healthy, Happy, Holy Breath

*Kundalini Yoga/Sadhana Guidelines*, KRI, 1978:  
Disease Resistance & Heart Helper; Strengthening the Aura; Magnetic Field & Heart Center; Preparatory Exercises for Lungs, Magnetic Field, and Deep Relaxation

*Kundalini Yoga for Youth & Joy*, 3HO Transcripts, Eugene, OR, 1983:  
Exercise Set for Balancing Head & Heart; Exercise Set for Lungs and Bloodstream; Exercise Set for Electromagnetic Frequency

*Kundalini Yoga Manual*, KRI, 1976:  
Prana-Apana Balance; Kriya for Physical and Mental Vitality

*Survival Kit*, SS. Vikram Kaur Khalsa & Dharm Darshan Kaur Khalsa, San Diego, CA, 1980:  
Exercise for Navel Point Strength; Breathing to Change Nostrils at Will & Alter Mental States

In love we honor. In love we grace people. In love we support. In love we sacrifice. In love we give. In love we elevate. In love we pray.



## ***Guru Rattana, Ph.D.***

Groundbreaking author, teacher, and teacher of teachers, Guru Rattana, Ph.D., has followed a committed spiritual path since the age of 25. She studied Hatha Yoga for eight years, trained in Kundalini Yoga with Yogi Bhajan since the age of 32 and has studied astrology, Tai Chi, Kung Fu, and Chi Gong, all of which have contributed to her spiritual awakening and life as a writer and teacher.



Her annual International Teaching Tours have taken her to 17 countries throughout Europe. She is lead trainer and co-creator of KRIYA Inner Awareness Kundalini Yoga Teacher Training Courses, registered with Yoga Alliance.

She is author of four of the original, and still best-selling, Kundalini Yoga and Meditation manuals, based on lecture notes taken during Yogi Bhajan's early classes. *Transitions to a Heart-Centered World*, *Relax & Renew*, *Sexuality & Spirituality*, and *Introduction to Kundalini Yoga* contain hundreds of beautifully illustrated Kundalini Yoga sets and meditations.

She writes regularly on Facebook and in her Guru Rattana Blog — articles about Kundalini Yoga, spiritual awakening, and astrology. Now you can also enjoy her profound and captivating teaching style in the comfort and privacy of your own home, thanks to her Guru Rattana Online video service at <http://www.yogatech.com/grol>.

Following receipt of her MA from Johns Hopkins School of Advanced International Studies, Guru Rattana earned a Doctorate in Political Science from the University of Geneva, Switzerland, and went on to pursue an academic career, teaching at Dartmouth College, MIT, New Hampshire College, US International University, and Stanford University, and the Institute for Transpersonal Psychology. Her spiritual path has inspired her to write and teach about awakened heart consciousness to create the foundation for real political, social, and personal transformation.

Guru Rattana now lives in San Diego, devoting her life to helping people move beyond ego and fear to an experience of their Soul Self and the Divine in all life so they can each make their unique contribution to creating a heart-centered world.



**ANN MARIE MAXWELL** received her Bachelor of Fine Arts degree from the University of California in Berkeley. A prize-winning artist and writer, Anne Marie is a longtime student of yoga, and one of the original hippies in San Francisco. She danced professionally for 20 years in over 40 cities in the U.S.A. and Canada. She helped create this and three other Kundalini Yoga manuals because she realized that this was the technology for which the flower children of the 60s were really searching.



## BOOKS BY GURU RATTANA, Ph.D.

### ***Transitions to a Heart-Centered World (2nd edition, 2014)***

Comprehensive resource of early Kundalini Yoga sets and meditations of Yogi Bhajan, offering powerful techniques to help you open your heart to unconditional love.

### ***Relax and Renew (2nd edition, 2017)***

Takes stress reduction to the level of holistic resolution. The techniques offered in this book don't just cover up the symptoms — they help cure the problem!

### ***Sexuality and Spirituality (1989)***

Revolutionary guide to spiritualize sexual energy to enjoy more depth and pleasure in sacred sex and relationships.

***Introduction to Kundalini Yoga Vol. I - Begin and Deepen Your Practice; and Vol. II - Inner Awareness and Self-Initiation (2nd edition, 2015)*** The fundamentals and benefits of Kundalini Yoga and Meditation.

### ***The Destiny of Women Is the Destiny of the World (2006)***

An inspiring and invaluable handbook for woman to elevate her consciousness and celebrate her womanhood.

### ***The Inner Art of Love — Awaken Your Heart with Kundalini Yoga (2011)***

Learn to use the sacred technology of Kundalini Yoga and Meditation to connect with your inner reality, awaken your heart, and become a conscious soul-directed human being.

### ***The Gift of Womanhood — Inner Mastery, Outer Mystery (2012)***

Reveals woman's mysterious design and guides you to find your authentic identity as a sacred woman, using Kundalini Yoga techniques that awaken your soul.

### ***The Power of Neutral — Soul Alchemy in Meditation (2013)***

How the mind works, practical ways to direct your meditation practice, keys to awakening and your inner journey.

### ***Your Life Is in Your Chakras (greatly expanded 2nd edition, 2014)***

Unique collection of information, techniques, and teachings to develop the faculties and gifts of your chakras.

### ***Sing to Your Soul — Awaken to Oneness: Jap-ji Explains the Spiritual Path (2016)***

Decodes in poetic simplicity the essence of the spiritual journey.

### **How to Order Your Manuals, Books, DVDs, and CDs**

Guru Rattana's manuals and a huge selection of Kundalini Yoga books, DVDs and CDs are available from the Yoga Technology Online Store, <http://www.yogatech.com>. There you will enjoy very competitive prices and rapid order fulfillment. Special wholesale terms are available for teachers who sign up for our Teachers' Forum.

You can also check out a sample streaming video and sign up for *Guru Rattana Online Classes*, discover a wealth of information about Kundalini Yoga, and read and subscribe to the *Guru Rattana Blog*.



**Love to all!**

**Light to all!**

**Peace to all!**



God bless this world with peace. God bless this world with  
wisdom. God bless this world with fun. God bless  
this world with beauty. God bless this world with romance.  
God bless this world with grace. God bless this world with  
happiness. God bless this world with health.  
God bless this world with brotherhood.  
God bless this world with adventure. God bless this  
world with music. God bless this world with joy. God bless this world with  
abundance. God bless this world with enlightenment. God bless this world with  
compassion. God bless this world with gratitude. God bless this world with  
forgiveness. God bless this world with kindness. God bless this world  
with magic. God bless this world with love.

