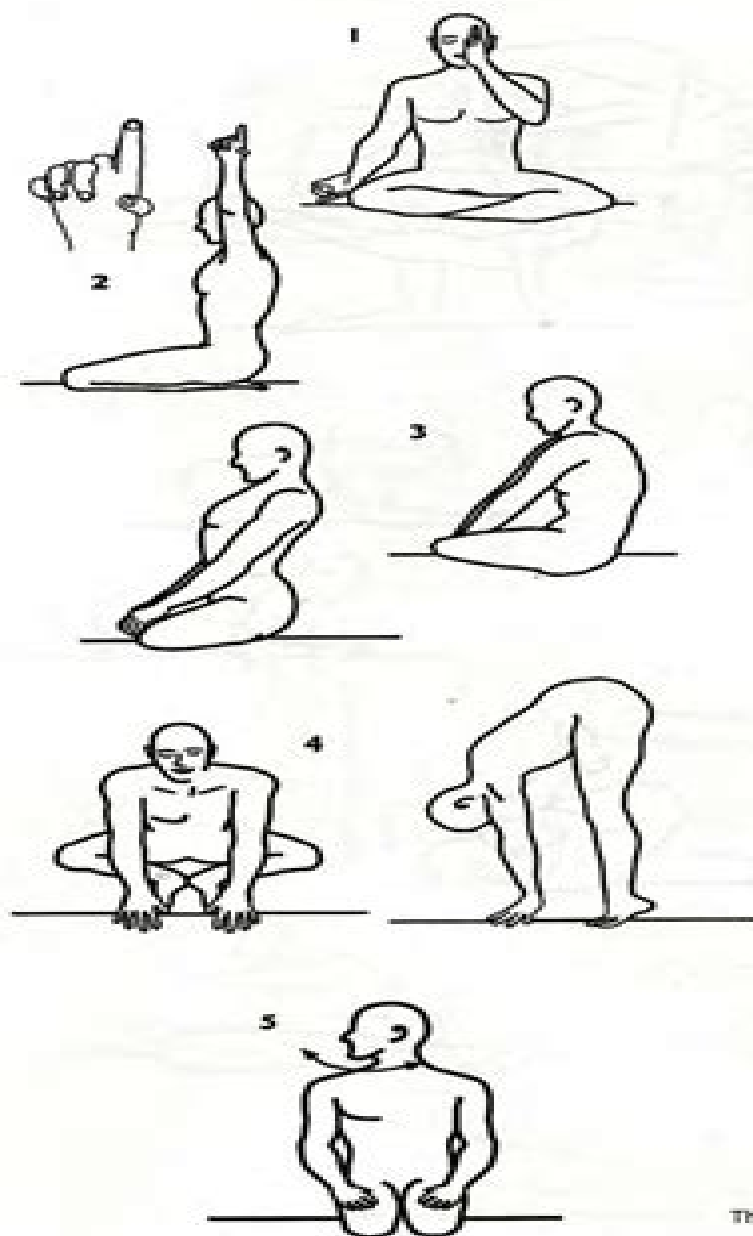




1) **Breathing through the Right Nostril.** Sit in Easy Pose with a straight spine. Rest the right hand in Gyan Mudra on the knee. Block the left nostril with the thumb of the left hand. The other fingers point straight up. Begin long, deep, powerful breaths in and out of the right nostril. Focus on the flow of breath. Continue for **3 to 5 minutes**. Inhale and relax. This exercise draws on the "sun" breath and gives you a clear, focused mind.

2) **Sat Kriya.** Sit on the heels with the arms overhead and the palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. To do Sat Kriya begin rhythmically chanting Sat Nam, emphasizing Sat as you pull the navel in. On Nam release the lock. Focus at the brow point. Continue for **3 minutes**. Then inhale, suspend the breath, apply mulbandh and imagine your energy radiating from the Navel Point and circulating throughout the body. Relax. Repeat the exercise for **3 minutes**. Then inhale, apply mulbandh, and mentally draw all the energy to the top of the fingertips. Relax. This exercise releases energy stored at the Navel Point.

3) **Spinal Flex.** Sit in Easy Pose. Grasp the shins with both hands. Inhale, stretch the spine forward and lift the chest. Exhale, let the spine flex backwards. Keep the head level during the movements. On each inhale mentally vibrate the mantra Sat, on the exhale vibrate Nam. On each exhale apply mulbandh. Continue rhythmically with deep breaths **108 times**. Then inhale, hold briefly with the spine perfectly straight. Exhale. Relax. This exercise brings the released kundalini energy along the path of the spine and aids its flexibility.

4) **Frog Pose.** Place the toes on the ground, heels together off the ground, fingers on the ground between the knees, and lift the head up. Inhale, raise the buttocks high. Lower the forehead towards the knees and keep the heels off the ground. Exhale, come back to the original squatting position, face forward. Continue with deep breaths **26 times**. Inhale up, then relax down onto the heels. This transforms the sexual energy.

5) **Neck Turns.** Sitting on the heels, place the hands on the thighs. With the spine very straight, inhale deeply and turn the head to the left. Mentally vibrate Sat. Exhale completely as you turn the head to the right. Mentally vibrate Nam. Continue inhaling and exhaling for **3 minutes**. Inhale with the head straight forward. Relax. This opens the throat chakra, stimulates circulation to the head and works on the thyroid and parathyroid glands.

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**Harbhajan Singh Khalsa Yogiji Yogi
Bhajan**



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Sadhana Guidelines Yogi Bhajan,1996 **Kundalini Yoga** Shakti Parwah Kaur Khalsa,1998-08-01 The practice of Kundalini yoga aims to unlock and awaken the radiant transformative energy that exists within every person This book is the perfect introduction to the fundamentals of a Kundalini practice Taught for thousands of years and brought to the West by Yogi Bhajan Kundalini is a powerful mind body style of yoga When practiced regularly Kundalini yoga can strengthen the nervous system balance the glandular system and harness the energy of the mind emotions and body and is surprisingly simple to learn While general yoga technique focuses on exercise postures and breathing Kundalini takes the process a step further by integrating yoga into everyday life activities This definitive guide fully illustrated with photographs is an accessible introduction to the ancient practice of Kundalini yoga with information on poses and positions diet and lifestyle breathing and stretching techniques chanting and meditation exercises and general guidelines that can help anyone beginner or advanced gain the greatest benefit from the practice of yoga Kundalini Yoga, Sadhana Guidelines Wildside Press, LLC,1978

Sadhana Guidelines for Kundalini Yoga Daily Practice Gurucharan Singh Khalsa,1974 **Kriya Yoga Sets, Meditations & Classic Kriyas** Yogi Bhajan,2013-06-07 Kundalini Yoga as taught by Yogi Bhajan The Kundalini is known as the nerve of the soul This is to be awakened Your soul is to be awakened When soul gets awakened there remains nothing If your soul is awakened what else do you need Yogi Bhajan Kundalini Yoga is an oral tradition dating back hundreds if not thousands of years In the early 1970 s when this ancient technology was being presented students would patiently wait to hear from fellow students and teachers what Yogi Bhajan had just taught Students took notes made drawings and passed them on In a certain sense it was revolutionary that this sacred once secret science was being recorded and distributed Never in history had this been done before It was very exciting when a Kriya write up manual or a Beads of Truth magazine became available and when the Meditation Manual for Intermediate Students was published and distributed it was a revelation So many amazing Kriyas It felt like as long as one had this manual one could practice Kundalini Yoga for the rest of the life It was like having the security of a treasure that would never diminish or get old This wonderful book KRIYA Yoga Sets Meditations Classic Kriyas contains many of the Kriyas from the Meditation Manual for Intermediate Students as well as many previously unpublished Kriyas from that era Some of the models in the book are children of original student teachers of Yogi Bhajan You will enjoy these effective and powerful Kundalini Yoga Kriyas By practicing them you can uplift yourself and inspire yourself to try some of these again and again KRIYA Yoga Sets Meditations Classic Kriyas from the Early Teachings of

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Advancing in Yoga Nacho Albalat, 2020-04-29 Advancing in Yoga offers clear useful and practical guidance on how to develop Kundalini your potential power and consciousness and the chakras the psychic energetic centers in your vital body Yoga refers to union with the Self and the disciplines which result in it The Yoga of the Siddhas deals with the awakening of kundalini and the chakras and in so doing expands your consciousness beyond the limits of ordinary human nature Old habits and tendencies resist change This book will help you to recognize and purify such conditioning effectively Topics include development of the Heart Witness sadhana yogic discipline the bliss of the Self freedom from negative tendencies aspiration Grace each of the chakras the perfection realized by the Siddhas even in the physical body advice to initiates regarding the advanced kriyas The author Nityananda has been teaching and practicing Babaji s Kriya Yoga for decades and summarizes concisely and directly years of practical experience on the path Advancing in Yoga is an essential aid for the advancement and transformation process of the committed Yoga student It also includes instructions to accompany the Babaji s Kriya Yoga practice and offers alternative techniques for Yoga students in general **Kundalini Yoga** Shakti Pawha Kaur Khalsa, 1998

Kriya Yoga and Turiya Mari Silva, 2024-06-17 Kundalini Yoga Shakti Parwha Kaur Khalsa, Shabad K. Khalsa, Sat S.. Ph. Khalsa, 1996 *Kriya Yoga for Beginners* Ravindra Kumar, 2013 After Hatha Yoga has purified the body and mind advanced techniques of Kriya Yoga are used to awaken kundalini in a short time Suited to all kinds of practitioners householders or hermits the set of nearly 20 exercises is a quick method of arousing dormant energy The methods used here are suitable for today s world where control of the mind is a difficult task While in other disciplines this has to be worked at in Kriya Yoga it follows automatically as a by product Kriyas and Classes in Kundalini Yoga Clemens Immanuel Biedrawa, 2021-08-30 This wonderful blue book is for You Every yoga class you will find inside this book is a vast journey A journey through the wonderland of your own consciousness Embrace this journey into the vibrant world of Kundalini and Hatha Yoga as we gently uncover its techniques and trace its roots to the timeless Hatha tradition The author having delved

into the depths of Kundalini Yoga under the tutelage of esteemed masters from a genuine Indian lineage has dedicated years to the transmission of both Hatha and Kundalini Yoga These classes and kriyas are not only born of his own revelations but are also deeply intertwined with the vision of his mentors He has meticulously crafted and curated these lessons drawing inspiration from the classical Hatha and Kundalini Yoga practices to kindle and nourish the spirits of all yoga practitioners Integrate modify or expand upon these exercise sets within your Hatha classes allowing them to continually rejuvenate and enliven your teachings For it is only when your practice and understanding remain vibrant and novel that it can truly serve others bearing fruit in their lives Embody this practice with heart *Be You!* Kundalini Research Institute,2025-02-20

Kriya Yoga James Nicoletti,2023-11-03 This book will be mainly focussed on the techniques and not much on the theoretical aspects We will first go into a brief history followed by guidelines and the details of the techniques I have learned under two lineages of kriya yoga Regardless some orthodox kriya yogis will condemn my efforts to share this divine knowledge I have lots of love for them because although they mean good but they are slightly conditioned and trapped with the chains of orthodoxy and rigidity In this book you ll Explore the seven main chakras and how they relate to your kundalini energy Learn breathing techniques and mudras to help you prepare for the journey Understand how to perform kundalini meditation and its essential components Discover the power of mantras and how they can help you on your path of transformation Learn what to do once you ve awakened It is a bestselling comprehensive complete practical guide workbook of yoga It covers both the kundalini yoga and sacred technique of kriya yoga theory as well as practical It is a spiritual research work and a searchlight to the seekers of god to learn and practice yoga at their convenient time This book work as a spiritual guru at home at your convenient time It is difficult for spiritual aspirants to find a genuine guru and live in his company at his ashram It can bring physical mental intellectual and spiritual development of the aspirants *Kundalini Yoga* Athanasios Karta Singh Megarisiotis,2012-10-30 According to the teachings of Yogi Bhajan Cover **Serving the Infinite** Harbhajan Singh Khalsa Yogiji Yogi Bhajan,2011-08-15

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