



Receiving the Virtues¹

Kundalini Yoga as taught by Yogi Bhajan®

July 25, 1989

Part One

Posture: Sit straight with a light Neck Lock.

Eyes: Closed. Concentrate behind the eyes—not at the Third Eye Point.

Mudra: Left hand is by the shoulder (oath position), palm forward, with the thumb holding down the nail of the Sun Finger (the ring finger). Other fingers straight.

Extend the right arm straight and parallel to the ground, raise the arm 15° above parallel and move it to the right 60° from the Heart Center (directly in front of you is 0°; and directly to the right is 90°). The palm is up and the fingers are straight and together.

Music: Bountiful, Blissful, Beautiful with Ek Ong Kaar Sat Gurprasad by Nirinjan Kaur

To End: Inhale deep, suspend the breath and concentrate on the back of the eyes, 15-30 seconds, exhale. Repeat 3 Times.

Time: 17 Minutes; 3 minutes in silence and 14 minutes with the music.

Slowly relax your hands down very slowly and begin Long Deep Breathing. 2 1/2 Minutes.

Extend both hands up, arms straight up, and stretch. Shake the hands, move the spine. 30 seconds.

Comments: *Let heaven drop virtues into the palm of your hand. From the closed eyes, behind your eyes, concentrate—not at the third eye point—behind your eye and feel the virtues dropping into your hand. The moment your virtues start coming, your hand will feel the gravity of lead, then the weight of silver, then gold, and finally, platinum.*

Part Two

Mudra: Mercury (pinkie) Finger and thumb together; thumb covers the nail of the Mercury finger in each hand. The arms are in the same position as Part One. 11 Minutes.

Music: Sing with the musical version of Ardas Bhaee by Nirinjan Kaur

To end: Inhale deep and repeat the mantra mentally for about 20 seconds, and exhale. Repeat 3 Times.

Comments: *When you lock the pinkie, you lock the earth. With both hands locked in this way, it becomes an irrevocable prayer.*



¹ This kriya is available in the I AM A WOMAN: Practicing Kindness DVD Series, *Volume Four: Know Yourself*.