

I AM A WOMAN
 Creative, Sacred & Invisible
 Essential Kriyas for Women in the Aquarian Age



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PG #	NAME OF KRIYA/MEDITAION	REVISION
12	Sodarshan Chakra Kriya	Note 2 changes: (1) replace (a): "Block the right nostril with the right thumb. Inhale slowly and deeply through the left nostril. Suspend the breath. Mentally chant the mantra: WHA-HAY GU-ROO 16 times. Pull the navel in 1/3 of the way on WHA, 1/3 farther in on HAY, and all the way in on GUROO. Then release the navel completely, and begin again. Repeat this process, mentally chanting the mantra." (2) Revise the minimum time to 11 minutes.
90	Sahibi Kriya to Master Your Domain	Exercise #6, knees are also bent.
175	Padmani Kriya	For clarity, add a note to the end of the Eye Focus description. "Note: arms must be held at a level so that when gazing over the tops of the thumbs the space between the little fingers create a triangle."