

date of video	Name of Meditation
Feb-17	Four Stroke Breath to Build Intuition
Jan-17	Trust in God
Dec-16	Mahdhur Nain Kriya or Lotus Eyes Kriya
Nov-16	Initiation into Intuition
Oct-16	Sarb Gyan Kriya
Sep-16	Master's Touch Meditation
Aug-16	Listening to Angelic Whispers
Jul-16	Ungali Praanayam and then Meditation to Brighten Your Radiance
Jun-16	Meditation to Conquer Fear
May-16	Meditation for Ego Problems and Mental Disease
Apr-16	Meditation for Prosperity I
FYI	wrong image on http://libraryofteachings.com/kriya.xqy?q=Prosperity%201%20sort:relevance&id=f2a8affa7be40b4b99a2456f37d91b5&name=Meditation-for-Prosperity-I
Mar-16	Removing Fear of the Future
Feb-16	Pushma Kriya Flower Meditation
Jan-16	Advanced-Class-Historical-Notes-2-11-78 - http://kundaliniresearchinstitute.org/newsletter/2016/Advanced-Class-Historical-Notes-2-11-78.pdf
Dec-15	Meditation to Balance the Hemispheres II
Nov-15	For handling your mind and becoming intuitive 1974 August 19th Dallas TX, 1974 - http://libraryofteachings.com/lecture.xqy?id=b0a3f320-9fa7-3db3-a657-934fb997fec5&title=Dallas-Lecture
Oct-15	Effective Communication
Sep-15	Meditation to Arouse Mercy and Compassion
Aug-15	Praanayam Cleansing Meditation
Jul-15	Ungali Praanayam
Jun-15	Sitali (Seetalee) Kriya
May-15	Meditation to Regain Youth
Apr-15	Inner Assessment
Mar-15	Meditaiton For Focus and an Alert Mind
Feb-15	Meditation to balance Pulse and Impulse
Jan-15	Get Rid of Your Couldn't
Dec-14	Invoking a meditative state
Nov-14	Meditation for Brosa

Oct-14	Kriya for Wealth and Intuitive Opportunity	
Sep-14	Maha Gyan Agni Kriya	
Aug-14	Brain, Spinal Column, and Brain Stem	
Jul-14	Laya Yoga	
Jun-14	Breath of Fire	
May-14	Hissing Meditation for the Glandular System II	
Apr-14	Haumei Bandhana Kriya	
Mar-14	Renew your rhythms & invite prosperity	
Feb-14	Ganesha Meditation for Focus & Clarity	
Jan-14	Establish a strong balanced foundation for 2104 with Sat Kriya & then listen to Mul Mantra	
Dec-13	Meditation for Listening to Angelic Whispers	
Nov-13	Last Resort Kriya Breath of Fire and meditation for enhancing your intuition and strengthening the pranic body - Whaa-Hay Guroo Whaa-Hay Guroo Whaa-Hay Guroo Whaa-Hay Jee-0 Eight times	
Oct-13	Puja Kriya	
Sep-13	Meditation for Prosperity #2	[From the college text, The Art, Science, and Application of Kundalini Yoga, by Nirvair Singh Khalsa]
Aug-13	Boojung Kriya	
Jul-13	Amarti Mudra Kriya	
Jun-13	Heartbeat Meditation in the Triple Lock	
May-13	Meditation to Open the Lock of the Heart Center to Increase the Power Within	
Apr-13	Merging with In nity /Ardas Bhaee	
Mar-13	Self-Hypnosis To Develop Intuition - http://tinyurl.com/atkczip	
Feb-13	Tattva Balance Beyond Stress & Duality - http://tinyurl.com/bc3pgaq Chaar Padh Meditation	
Jan-13	Praanayam for Purification & Attitude of Gratitude	
Dec-12	3½ Cycle Laya Yoga Chant	
Nov-12	Two-Stroke Breath to Stimulate the Pituitary & Projection of the Divine in the Self	
Oct-12	God and me me and god are one - gyan mudra cross heart center	
Sep-12	Meditation for Prosperity #2 and 25th Pauri of Japji	[From the college text, The Art, Science, and Application of Kundalini Yoga, by Nirvair Singh Khalsa]
Aug-12	Meditation for Maturity and Wisdom	
Jul-12	Compassion Kriya	
Jun-12	Aad Naad Kriya	

May-12	Constant Caliber for Self Authority
Apr-12	Meditation to Develop the Prana in the Eyes
Mar-12	Develop the Radiant Body
Feb-12	Maha Gyan Agni Kriya no image on http://libraryofteachings.com/kriya.xqy?q=maha%20gyan%20agni%20%20sort:relevance&id=985d3b4a-67b2-e081-303d-bdaac89725ca&name=Maha-Gyan-Agni-Kriya
Jan-12	Ashtang Mantra for Prosperity
Dec-11	Meditation for Prosperity II
Nov-11	Attitude of Gratitude