

Kundalini Yoga Sadhana Guidelines

Create Your Daily Spiritual Practice, 2nd Edition

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Rev 10.17



PG # Book	NAME OF KRIYA/MEDITAION	REVISION
56, 57	Waah Yantee mantra	Jag Dut Patee is pronounced, "Jagat Utpatee"
71	Adi Mantra	Replaced the musical notation to show the pause is between "Namo" and "Guru" - not in the middle of Guru.
97 98 110	Basic Spinal Energy Series Sat Kriya Surya Kriya	For clarification, add to Sat Kriya: "...which point straight up. Men cross the right thumb over the left with the left little finger on the bottom; women cross left thumb over right, right pinkie on bottom. Beging to chant..." On page 110, the picture should show the fingers interlaced except the index fingers, which point staight up.
118 135	Kriya for Tolerance Abdominal Strengthening	For clarification, add to Sat Kriya with palms flat in Prayer Pose: "...palms flat together. Men cross the right thumb over the left; women cross left thumb over right. Pull in the Navel..."
129	Kriya for Nerve, Navel & Lower Spine Strength	In exercise 9., (1) replace the period after Alternate Leg Lifts with a colon, and (2) replace the second sentence with this one: "Place the arms relaxed along the sides of the body with the palms down."
138	Flexibility and the Spine	Exercise 13. Sat Kriya: add after the 1st sentence, " Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left with the left little finger is on the bottom; women cross left thumb over right, right pinkie on bottom. " Also, the picture should show the fingers interlaced except the index fingers, which point staight up.

vii, xi, 167	Tershula Kriya	<p>1. Name of kriya should be changed from Tershula to Trishula to be consistent with the English transliteration of Sanskrit word describing Shiva's trident.</p> <p>2. Replaced the top picture so that the fingers are together, creating a 3-pronged trishula. The thumbs are the outer points, and the fingers together are the middle point. The 2nd picture should show no bend in the wrists.</p> <p>3. For clarity, updated Eye Position: "The eyes are closed looking straight ahead at the back of the eyelids.</p> <p>4. For clarity, revised Mudra: Bring the elbows to rest on the ribs, forearms... ..elbows form a straight line. The left side of the right hand, along the mound of Mars, should lay over the Life Line of the left hand so that the Heart Line of the right hand effectively intersects the Life Line of the left hand. The thumbs are extended..."</p> <p>6. Comments: " Yogi Bhajan referred to this kriya as Tershula Kriya, the thunderbolt of Shiva, or Sidh Karm Kriya. This meditation was also taught visualizing blue light surrounding the hands. Trishula is the thunderbolt of Shiva (one of the... Trishula can activate the..."</p>
back page	Resources	<p>To find a teacher in your area: www.ikyta.org</p> <p>To become a Kundalini Yoga teacher: www.kriteachings.org</p>