

The Aquarian Teacher™

Level One Instructor Yoga Manual



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Rev 8.17

PG # Book	NAME OF KRIYA/MEDITAION	REVISION
11	Awakening to Your Ten Bodies	Exercise #3: Change to concentrate at the third eye point , rather than above the head.
13, 15, 18, 22, 26, 53	Description of Sat Kriya	For clarification, update the description of Sat Kriya: 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 .
23	Strengthening the Aura	In the Comments section, replace "build up" with "increased" .
95	Healing Ring of Tantra	<ol style="list-style-type: none"> 1. Add a 2nd sentence after "circle." and before "During": Concentrate on the spine. 2. It goes counterclockwise to the right instead of to the left: in the Mantra section, change the 3rd sentence to "right" and fourth to "counterclockwise". 3. After Time before Comments, add the section: TO END: Inhale deeply. Exhale. Repeat one more time.
111	Meditation for Projection & Protection of the Heart Center	<p>Replaced the section for clarity of arm movement and timing: "Mantra, Breath & Movement:</p> <p>AAD GURAY NAMEH JUGAAD GURAY NAMEH SAT GURAY NAMEH SIRI GUROO DAYVAY NAMEH</p> <p>Inhale at heart center to begin. Chant the first line as the arms move up and out to a 45 degree angle. Inhale as the hands move back to the heart center. Continue 3 more times to complete the mantra. Each time the arms move up and out as you chant, then return to heart center as you inhale. The full extension of the arms is timed to the chant. One repetition of this Mangala Charn pranayam takes 15 seconds."</p>

85, 125	Tershula Kriya	<ol style="list-style-type: none"> 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. 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. 3. For clarity, updated Eye Position: The eyes are closed looking straight ahead at the back of the eyelids. 4. For clarity, revised Mudra: Bring the elbows to rest on the ribs, forearms... 5. 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..."
TOC	Table of Contents	<p>Pages 9, 57 and 85 together complete the Table of Contents for The Aquarian Teacher Yoga Manual. For ease of use going forward pages 57 and 85 were printed in the beginning of the manual with page 9.</p>