

KRIYA

Yoga Sets, Meditations & Classic Kriyas
from the Early Years of Kundalini Yoga as taught by Yogi Bhajan®



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PG #	NAME OF KRIYA/MEDITAION	REVISION
203	Pranayam for Beginning and Ending the Day	Locks or Other Conditions: add the following for clarity, "Reverse the eyelid, jaw and arm pressure position (if necessary) for the left nostril in the evening."
241	Meditation to Balance the Hemispheres II	(1) Correct the Mantra: "Aad Sach, Jugaad Sach, Hai Bhay Sach, Naanak Hosee Bhay Sach." (2) Add details to the time: "Start with 11 minutes, slowly build to 22 and then to a maximum of 31. Yogi Bhajan recommends not driving a car immediately after practicing this meditation."
253-4	Siree Gaitree Mantra	(1) Add this sentence before the last one of #2: "Exhale as you chant." (2) Corrected a typo in #6, 3rd sentence - remove the space and "h" so that the sentence ends with the word "parts".
269	Three Meditations for the Heart Center	(1) Rename for clarity to "Meditative Kriya for the Heart Center" and (2) add the following sentence to the end of #1: "Relax for 10-15 minutes."
329	Two Meditations for Opening the Higher Centers	Exercise #1, correct the 4th sentence to "chant Sat Naam 4 times".