

PHYSICAL WISDOM  
Kundalini Yoga as taught by Yogi Bhajan ®



Fourth Edition © 2008 Kundalini Research Institute  
© 2001, 1997, 1994 Yogi Bhajan.

PG #	NAME OF KRIYA/MEDITAION	REVISION
19	For Energy and Rejuvenation	Removed the date; he definitely taught this but using the Library of Teachings ® we could not verify the date.
39	Sodarshan Chakra Kriya	Update the Meditation description: "Block off the right nostril with the right thumb. Inhale slowly and deeply through the left nostril. Hold the breath. Mentally chant "Wahe Guru" sixteen times. Pull the navel in 1/3 of the way on Wha, 1/3 farther in on Hey, and all the way in on Guru. Then release the navel completely, and begin again. Repeat this process, mentally chanting the mantra. After sixteen times, unblock the right nostril. Use the right index finger (little finger may also be used) to block off the left nostril and exhale slowly and completely through the right nostril. Continue."