

The Aquarian Teacher™

Level 2 Conscious Communication Student Manual

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next reprint pending



| PG # Book | NAME OF KRIYA/MEDITAION | REVISION |
|--------------|--|---|
| 130 | Meditation for Balance in the Circumvent Force | Add the bolded sentence to clarify the movement: "...Then exhale and raise the energy into the Third Eye point when the head is down. Bring the head back up with the breath held out and start again. The breath rhythm is:..." |