

The Aquarian Teacher™

Level 2 Mind & Meditation Student Manual



© 2006 First Edition October 2006 Kundalini Research Institute
next reprint pending

PG # Book	NAME OF KRIYA/MEDITAION	REVISION
93	Kriya to Clear Out Your Mental Paranoia	Ex I. Correct the breath: "With the diaphragm, strongly inhale through the mouth over the relaxed tongue."
62 & SG-42	Make Your Mind Sensitive	Add 4th Exercise: "After a long Question/Answer period, the class ended with this meditation: 4. Clasp the hands at the heart center. Fingers of the right hand over the back of the left hand, left fingers over back of right hand. Close the eyes, focus at the Brow Point. Listen to Nirinjan Kaur's Waah Yantee. Listen to the sound and copy it mentally. After 4 minutes he called for the English translation. 8 minutes."