

I AM A WOMAN
Creative, Sacred & Invincible
Essential Kriyas for Women in the Aquarian Age



© 2009 Kundalini Research Institute
Rev 4.18

PG # Book	NAME OF KRIYA/MEDITAION	REVISION
8	The Magnificent Nine	<p>(1) Ex 1 Cat Stretch - add a new sentence, "The arms will relax down when twisting." to clarify that the arms do not have to remain stretched overhead.</p> <p>(2) Ex 4 Cobra - hands should be under shoulders, not so far in front of the shoulders as this can put pressure on the lower back. The correct modification is to place the forearms on the ground with the elbows under the shoulders so as not to put pressure on the lower back. Delete the picture.</p>
49	High Tech Yoga	<p><i>About This Meditation</i> error/duplicate from page 50. Replace with, "These are the words of Guru Arjan, the 5th Sikh Guru, and are for complete protection. It is from the evening prayer (Rehiras), which adds energy to one's being, and helps when you are physically weak or have limited wealth. It is a victory song, which allows us to be guided by God's graceful and merciful hand. It does away with the obstacles to fulfilling one's destiny."</p>