

# Transformation Volume One

## Mastering the Self

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Rev 4.18



PG # Book	NAME OF KRIYA/MEDITAION	REVISION
86	Kriya to Clear Mental Paranoia	Add the date of the lecture: February 21, 1989
146	Beyond Fatigue	Exercise 4: (1) change make to makes; (2) add the sentence in bold, "The right arm lowers to the floor, slapping the ground 4 times as the left arm rises and makes the same slapping motion in the air. <b>Then switch arms and strike the ground with the left hand as the right arm rises and beats the air in the same manner.</b> Move to the rhythm of the mantra..."