

The Mind

Its Projections and Multiple Facets

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PG # Book	NAME OF KRIYA/MEDITAION	REVISION
179	Pursuing the Art of Cohesiveness	Part 3, illustration is incorrect. Hands should be in prayer pose, with the thumbs pointing up like the fingers. The knuckle of the thumb presses into the root of the nose, the same way it presses into the sternum in prayer pose at the chest.
188	Sodarshan Chakra Kriya	Replace the sentence, "Pump 3 times with each repetition..." with this one: " Pull the navel in 1/3 of the way on Wha, 1/3 farther in on Hay, and all the way in on Guroo. " Also add "release the navel," so the next section reads, "After the 16 repetitions, release the navel , block the left nostril..." Add a comma after pinkie.
200	Index	Ardaas bhayee ... 151, not 171