

Transformation Volume One

Mastering the Self



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Rev 10.19

PG # Book	NAME OF KRIYA/MEDITAION	REVISION
125	Kriya to Become Super Human	<p>Ex 5. Replace the instructions - the photo is incorrect - "Sit with your legs straight. Raise both legs to 60 degrees, lean back slightly. For balance, interlace the fingers and raise your arms so that the elbows are slightly bent with your hands hovering around your hairline. Keep your spine straight and heart lifted with Jalandhar Bandh. Focus at the third eye, and gaze at the tip of the nose. Inhale through the nose, exhale through the mouth like a hammer. 5 Minutes."</p> <p>Watch the lecture and practice the kriya on the Yogi Bhajan Library of Teachings - June 28, 1984.</p>