

The Aquarian Teacher™

Level 2 Authentic Relationships Student Manual

© 2006 First Edition March 2006 Kundalini Research Institute
Rev 12.19



PG # Book	NAME OF KRIYA/MEDITATION	REVISION
92	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>