



Kundalini Research Institute

Essential Wellness Kit: For Challenging Times



*Kriyas are taken from the *I AM A WOMAN yoga manual* and from *TRANSFORMATION VOLUME 2, Serving the Infinite*. Both Manuals can be purchased online The Source (thesource.kriteachings.org)

KRIYA TO THROW OFF STRESS

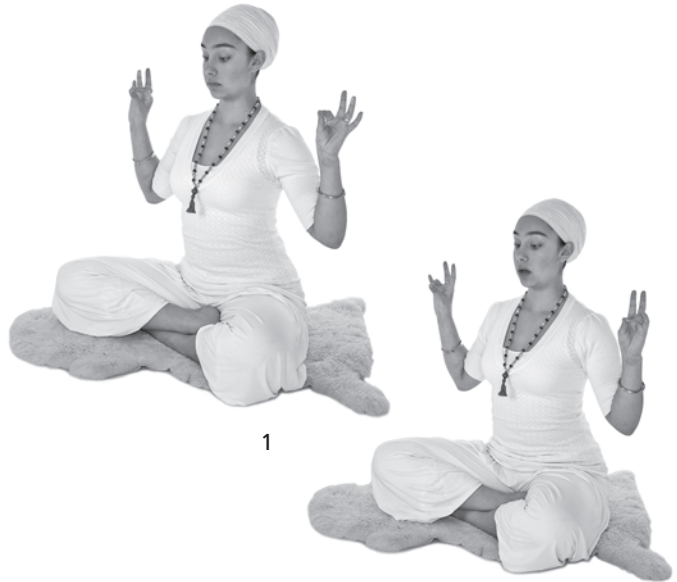
JANUARY 24, 1990

1. Sit in Easy Pose with a straight spine. Bring the hands up by your shoulders with the palms forward and the fingers pointing upward. Touch the thumb and the Jupiter (index) finger and then touch the thumb and the Sun (ring) finger. Continue rapidly touching the thumb alternately with each of the two fingers. Concentrate on the tip of your nose. Keep your eyes open. The ideal speed for this action is 9 touches per second, but 3 touches per second is acceptable. After **5-1/2 minutes**, begin inhaling and exhaling powerfully through the mouth. Breathe through the mouth for **2 minutes** and then begin Breath of Fire through the nose for another **30 seconds**. Inhale deeply and relax. *This exercise adjusts the ovaries, stimulates the life force energy, and releases stress.*

2. (a) Cross the hands over the Heart Center, left hand on top of the right. Close the eyes and breathe extremely deeply and slowly as you feel the healing strength of your own hands on your heart. **4 minutes**.

(b) Put both hands on your forehead, feeling the healing effect of your hands. Concentrate on "I am, I am" as you listen to Nirinjan Kaur's *Bountiful, Blissful and Beautiful*. **7 minutes**.

3. Put both hands on the Navel Point and press with all your force. Breathe slowly and meditate deeply on Nirinjan Kaur's *Ong Namō, Guru Dev Namō*. **8 minutes**. Inhale deeply, open your eyes and shake your hands.

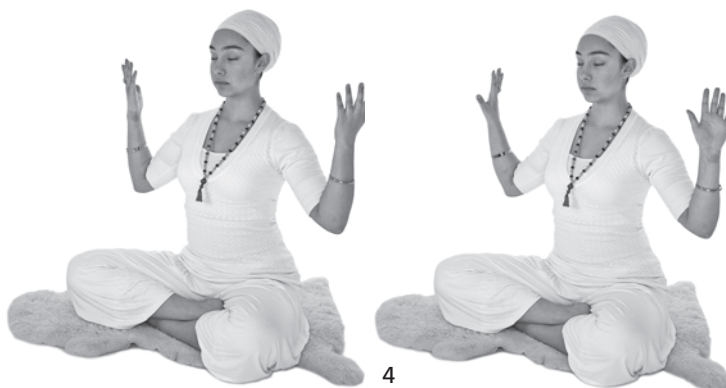


4. Twist the wrists back and forth, keeping the five fingers spread open. **2 minutes.**

This is to change the neurons of the brain.

5. Place the hands on the shoulders and sing along with Guru Shabad Singh's recording of *Pavan Pavan*, while you make your shoulders dance to the music. Dance to free your rib cage. Your total health will benefit by opening up your rib cage in this movement. It's a partnerships between you and your shoulders, not just an up and down movement. Do it with style. **5 minutes.**

6. Use your open palms to beat your inner thighs. Use the rhythm of *Punjabi Drums* to pace your movement. **3 1/2 minutes.** This self-massage will balance the calcium and magnesium in your body and reduce the effects of old age.



About This Kriya

"To be a woman requires a lot of strength. Your glandular system, your intelligence and your consciousness have to be extraordinarily strong so you can be on the winning side. All the strength of the Universe is within you. It cannot be found outside. Those who do not develop strength from inside cannot get it from outside either." —Yogi Bhajan

WITHSTAND THE PRESSURE OF TIME

JULY 4, 1984

1. Sit in Easy Pose, raise the arms up with bent elbows and begin shaking the whole body. It should be an inward body massage. Every muscle and fiber must shake. Arms, body and head must move. Create your own rhythm and style. Generating heat. **15 minutes.** *This will release toxins from your muscles. Get wild. Shake like an earthquake. It would take hours of massage to get to this point. Cheeks should get red. You must come to the dead end of tiredness.*



2. Come standing up straight. Shake the hips from side to side by bending the knees alternately. Feet can either stay on the ground and hands can dangle loosely, or vigorously twist the hips and jump in the air while pumping your arms. **8 minutes.** *Make this an energetic dance. Your thigh muscles should sweat. This will get rid of toxins, the dirty fat, the tissue deposits. This will get out the old anger in your body.*



3. In Easy Pose, extend the arms straight over the head with palms together, arms against the ears. Twist the body left and right. **4 minutes.** *It is a triangular move. If done powerfully, it will release your shoulders.*



4. On the hands and knees, lift the left leg straight out behind you. Touch the forehead to the ground and come back up, like push-ups. **52 times.** Repeat with right leg. **52 times.**



5. Come standing on your knees and bend back into **Camel Pose**, resting the hands on the heels. Then straighten the back up onto the knees. **55 times.**

6. Lie down flat on the back.

(a) Lift the knees up to the chest and place the hands under the hips. You may elevate the hips with the hands slightly, in order to get the knees to the chest.

(b) Extend the legs straight out.

(c) Raise the legs up to 90 degrees.

Then bring the knees back to the chest.

108 times.

This movement gives power for your prana to be controlled by will. It is the movement of the Pavanmuktasana, where the prana is controlled by will.

7. Lie down flat and put both hands over the Heart Center and relax. Sit up and bring the forehead to the knees and relax back down on the back. **26 times.**

8. **Corpse Pose.** Lie down flat on the back for a deep relaxation. If a gong is available, make this a gong meditation. **8 minutes.**

You will become weightless and enjoy it. Relax.



About This Kriya

This is a powerful and energetic kriya for a full tune-up of the nervous system. If the nerves are not tuned-up you will not be able to withstand the pressure of the time. This also works on two problems common to a woman—locked up pelvis and locked shoulders.

MEDITATION FOR ABSOLUTELY POWERFUL ENERGY

MAY 17, 1976

POSTURE: Sit in Easy Pose with the spine straight, and a firm Neck Lock.

MUDRA: Interlace the fingers, keeping the Sun (Ring) fingers together pointing upwards. The right thumb is on top. Hold the hands several inches out from the diaphragm, allowing the Sun fingers to be pointing up at 60 degrees.

EYE FOCUS: Eyes are closed.

BREATH & MANTRA: Inhale deeply and powerfully chant the sound:

ONG

The sound is prolonged and continuous, and created by holding a strong Neck Lock, closing the back of the throat and using the head like a conch. The sound is vibrated through the central subtle nerve channel the *Sushmana*, accessed by vibrating the center of the nose.

When chanting in a group, each person should use her own breath rhythm.

TIME: Unspecified. Suggested practice: 5 or more repetitions.



About This Meditation

The power of this chant, when correctly done, must be experienced to be believed. Only 5 repetitions are necessary to totally elevate the consciousness. When you have a hard day to face, this meditation will give you absolutely powerful energy, and it will balance your most effective computer—the brain. The meditation can also be done when you are able to sleep afterwards. It is the best thing to do for “brain drain.”

MEDITATION TO FIGHT BRAIN FATIGUE AND LIVE YOUR EXCELLENCE

MARCH 27, 1995

POSTURE & MUDRA: Sit in Easy Pose with the elbows bent and upper arms near the rib cage. The forearms point straight out in front of the body, parallel to the floor. The right palm faces down and the left palm faces up.

PART ONE

Breathing through the nose, inhale in **8 strokes** and exhale in **8 strokes**. On each stroke of the breath, alternatively move the hands up and down. One hand moves up as the other hand moves down. The movement of the hands is slight, approximately 6-8 inches, as if you are bouncing a ball. Breathe powerfully. Continue for **3 minutes**

Then change the hand position so that the left palm faces downward and the right palm faces upward. Continue for another **3 minutes**.

Then change the hand position again so that the right palm faces down and the left palm faces up. Continue for a final **3 minutes**.

TIME: Total time for this sequence is **9 minutes**. Hold the position and move into Part Two.

PART TWO

Hold the same mudra, and begin long, slow, deep breathing. Close the eyes and focus at the center of the chin. Keep the body perfectly still so it can heal itself. Keep the mind quiet, stilling all thoughts.

TIME: 5 1/2 minutes.



TO END: Inhale deeply, suspend the breath, make the hands into fists and press them strongly against the chest. 15 seconds. Exhale. Inhale deeply, hold the breath, and press the fists against the Navel Point. 15 seconds. Exhale. Inhale deeply, hold the breath, bend the elbows bringing the fists near the shoulders and press the arms firmly against the rib cage, 15 seconds. Exhale and relax.



About This Meditation

This exercise balances the diaphragm and fights brain fatigue. It renews the blood supply to the brain and moves the serum in the spine. It also benefits the liver, navel, spleen and lymphatic system.

MEDITATION TO PREVENT FREAKING OUT

JUNE 7, 1976

POSTURE: Sit in Easy Pose with a straight spine, and a light Neck Lock.

MUDRA: Interlace the fingers with the right thumb on top. Place the hands at the center of the diaphragm line, touching the body.

EYE FOCUS: Eyes are closed.

BREATH: Concentrate on the breath at the tip of your nose. Notice from which nostril you are breathing. Within **3 minutes** you should know. Then change it. If you are breathing primarily through your left nostril, consciously change to your right nostril. Be sure to keep your shoulders completely relaxed. Practice changing this breath back and forth for as long as you like.

TIME: You may work up to **31 minutes**.



About This Meditation

This meditation will alter your energy by changing your nostril breathing. You can't get out of your body, but you can change its energy. If you are thinking something neurotic and find out that you're breathing through your right nostril, start breathing through your left nostril instead. This will change your energy from *agni* (fire) to *sitali* (cool).

If you are depressed, in a disturbed mental state, start breathing from the right nostril. In 3 minutes you will be a different person. This ability to change nostrils in breathing should be taught to your children within their first 3 years. Exercising this ability can prevent nervous breakdowns.

MEDITATION TO TRANQUILIZE THE MIND

FEBRUARY 28, 1979

POSTURE: Sit in Easy Pose with a straight spine, with a light Neck Lock.

MUDRA: With the elbows bent, bring the hands up to meet in front of the body at the level of the heart. The elbows are held up almost to the level of the hands. Bend the Jupiter (index) fingers of each hand in toward the palm, and press them together along the second joint. The Saturn (middle) fingers are extended and meet at the fingertips. The other fingers are curled into the hand. The thumb tips are joined and pointing toward the body. Hold the mudra about 4 inches from the body with the extended fingers pointing away from the body.

EYE FOCUS: Focus on the tip of your nose.

BREATH & MANTRA: Inhale completely and hold the breath while repeating the mantra of your choice **11-21 times**. Exhale, hold the breath out, and repeat the mantra an equal number of times.

TIME: 3 minutes.



About This Meditation

This meditation will tranquilize the mind within 3 minutes. The hand position is called “the mudra which pleases the mind.” Buddha gave it to his disciples for control of the mind.

MEDITATION FOR THE MOST RESTLESS MIND

FEBRUARY 19, 1979

POSTURE: Sit in Easy Pose with a straight spine, with a light Neck Lock.

MUDRA: Relax the arms and hands in any meditative pose.

EYE FOCUS: Focus on the tip of the nose.

BREATH: Open the mouth as wide as possible. Touch the tongue to the upper palate. Breathe through the nose.

TIME: Start with **3 to 5 minutes** of practice, with a maximum of 11 minutes. With practice, it can be done for 31 minutes.



About This Meditation

This meditation gives immediate relief to any wavering, spaced-out mind. When there is so much insanity around that even medical and psychiatric help falls short, this will not. Practicing the kriya gives the capacity to still the most restless mind. Before you recommend it to someone, make sure you've practiced it yourself!

THE TRIPLE MANTRA

The Triple Mantra consists of three mantras which are recited in a monotone, or chanted along with a musical version, in the following sequence:

ONE	<i>Aad guray nameh</i>	<i>I bow to the Primal Guru</i>
	<i>Jugaad guray nameh</i>	<i>I bow to the truth throughout the ages</i>
	<i>Sat guray nameh</i>	<i>I bow to True Wisdom</i>
	<i>Siri guroo dayv-ay nameh</i>	<i>I bow to the great unseen wisdom</i>
TWO	<i>Aad sach</i>	<i>True in the Primal Beginning</i>
	<i>Jugaad sach</i>	<i>True throughout the Ages</i>
	<i>Haibhee sach</i>	<i>True even now</i>
	<i>Naanak hosee bhee sach</i>	<i>Oh Nanak! Forever and ever True!</i>
THREE	<i>Aad sach</i>	<i>True in the Primal Beginning</i>
	<i>Jugaad sach</i>	<i>True throughout the Ages</i>
	<i>Haibhai sach</i>	<i>True even now</i>
	<i>Naanak hosee bhai sach</i>	<i>Oh Nanak! Forever and ever True!</i>

Chant the 'sachhhh' like the hiss of a snake and feel it in your spine. Part Two is chanted softer than Part Three, which is chanted in a more emphatic tone.

TIME: Chant this mantra for **11, 15, 22, or 31 minutes** for **40 days** to be able to call upon its power and its promise.

TO END: When you are finished, sit quietly and listen inside. Simply Listen. This is an important part of the meditation.

About This Meditation

The Triple Mantra tunes the mind into the cosmic dance. As this mantra is chanted, the mind talks to itself in a cosmic way. In the process, we connect and surrender to the universal dance of polarities. The Triple mantra reprograms our mind so that we can operate from the Neutral Mind—so that we can move out of duality into the dance of universal polarities. The Triple Mantra clears all types of mental, psychic, and physical obstacles in one's daily life. It protects against accidents. It cuts through opposing vibrations, thoughts, words and actions. It strengthens your mind and magnetic field and keeps negativity away. This mantra opens us up to be guided by faith instead of fear. If we are guided by fear, we block ourselves. If we are guided by faith, we open ourselves up to expansion and creation.

The mantra used in Part One puts you into the mode of acceptance and surrender to Universal Truth and wisdom. It surrounds you with a powerful light of protection. Your aura protects you by becoming light and clear.

Parts Two and Three are forms of the same mantra. They align our energy with the truth. Together they achieve a balance between passive and active. The complete mantra solidifies the cosmic dance within us. The form used in Part 2, the *Bhee* puts us into an accepting, allowing and surrender mode. This is the last four lines of the *Mul Mantra*. This mantra embodies the vibration of stability and eternal truth, that which never changes. The form used in Part 3, the *Bhai* is active. This mantra embodies the active, creative, evolutionary aspect of the universe. It breaks through energetic blocks and opens the space for things to happen. It also aligns your energy field so you can attract opportunities and take advantage of them.

THE “LAST RESORT” MEDITATION

JUNE 15, 1982

POSTURE: Sit in Easy Pose with spine straight. Have the hands in the lap, palms up, right hand resting in left, thumb tips touching.

EYE FOCUS: Eyes are closed.

MANTRA: Chant the *Wahe Guru Wahe Jio* mantra 8 times on one breath. Chant in a monotone:

WHAA-HAY GUROO WHAA-HAY GUROO
WHAA-HAY GUROO WHAA-HAY JEE-O

Breathe very deeply in order to complete the cycle, which will take approximately 45 seconds. Release the breath very slowly as you chant. If at first the breath doesn't hold for the full 8 repetitions, stop, breathe, and begin again. Build up your capacity.

TIME: Start with **11 minutes** maximum. Gradually increase to 22 minutes, then 33 minutes.



About This Meditation

“This meditation brings relaxation, strength, and mental clarity. It brings soul talk—the infinite capacity to experience the power of your soul right on the spot. It enables you to keep giving to a friend. If you do this meditation for 11 minutes a day for six months, you will experience the cosmos. You can talk to God. If you do it for a year, God will come and listen to you!”

Remember: you breathe, you live, because there is a soul in you. The soul is a tiny tender light in your body. I'm giving you a meditation today. I call it the “Last Meditation.” It is not that it is the last meditation I will teach you. But understand its essence. It is for when life doesn't work for you, and you don't want to go to anybody and say, “I'm going crazy, please help me.” I understand that sometimes personal image is very important. Despite how depressed you may be, just do this meditation and find out for yourself: Kundalini Yoga is a science and an art which can totally make a human being healthy, happy, and holy.

The mantra means: “You are beloved of my Soul, Oh God.” It causes a very subtle rub against the center of the palate, and stimulates the 32nd meridian, known in the West as the Christ Meridian, and in the East as Sattvica Buddha Bindh. The tongue and lips correspond to the Sun and Moon in their movement. The practice of this kriya will enable you to think right, act right, see right, look at yourself, imagine and meditate. Everything else follows. You will wipe out a lot of negativity.

Many things will happen in my absence which you need to survive through. Even if you are the dumbest of the dummies and nobody wants to buy you for 20 cents, if you can do this meditation correctly, you will come out with the best of yourself. Please participate with heart and mind, and see that you do it.”

— Yogi Bhajan

Keeping You Steady & on the Path



Sit straight in Easy Pose.

MUDRA: Place the right palm on the back of the left hand. Both palms face down in front of your torso at the level of the Heart Center.

EYES: Eyes are focused at the tip of the nose or 1/10th open.

MANTRA: Chant the following 3 times on a single breath.

Ha-ree naam sat naam ha-ree naam ha-ree

Ha-ree naam sat naam sat naam ha-ree

TIME: Continue for **31 minutes**.

COMMENTS

This is a mantra and meditation that keeps you on the path. This meditation will integrate your time and how your internal self deals with all the projections through time. In the midst of all thoughts, emotions, and commotion, this Aspect keeps you on the path. When balanced, you can say, and mean, "All this life is Your gift. The pain and tragedy is as sweet as nectar." You are alert to any positive or negative impact that can sway you from your essential path. You can find the silver lining in any cloud. You defend by awareness, not by reaction or threat. You guide your project between all the interests that would interfere or stop it. You pass the challenges and sail toward fulfillment.

Balancing Behavior & Impulse

PART ONE

Sit in Easy Pose with a straight spine.

MUDRA: Place the hands at the level of the mouth. Cup the hands slightly while keeping the fingers straight. Bend the hands at the wrist so that the right hand fingers point down while the left hand fingers point up. The hands do not touch.

EYES: Close the eyes and mentally look through the forehead.

TIME: 11 minutes.



PART TWO

Same posture and focus, but with hand positions reversed: the right hand fingers point up while the left hand fingers point down and repeat.

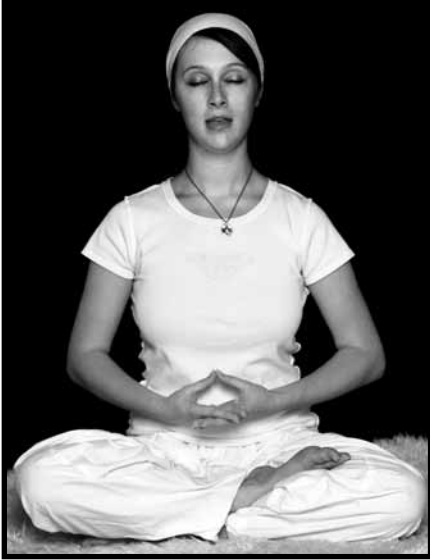
TIME: 11 minutes.



COMMENTS

This kriya balances your energy flow, and your behavior comes less from impulse, and more from the appropriate need of the moment.

Meditation for Stress & Sudden Shock



Sit in an Easy Pose, with a light jalandhar bandh.

MUDRA: Relax the arms down with the elbows bent. Draw the forearms in toward each other until the hands meet in front of the body about 1 inch (2.5 cm) above the navel. Place the palms up, and rest the right hand in the palm of the left hand. Place the thumbtips together, and pull the thumbs toward the body.

EYES: Look at the tip of the nose, the Lotus Point.

BREATH: Deeply inhale and completely exhale as you chant the mantra.

MANTRA: Chant the mantra 3 times. The entire mantra must be chanted on only one breath. Use the tip of the tongue to pronounce each word exactly, and chant in a monotone. The rhythm must also be exact.

***Sat Naam Sat Naam Sat Naam Sat Naam
Sat Naam Sat Naam Whaa-hay Guroo***

TIME: Begin with **11 minutes** and slowly build up to **31 minutes**.

TO END: Inhale and completely exhale 5 times. Then deeply inhale, hold the breath and stretch the arms up over the head as high as possible. Stretch with every ounce that you can muster. Exhale and relax down. Repeat twice.

COMMENTS

This meditation balances the left hemisphere of the brain with the base of the right hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of a sudden shock. It also keeps the nerves from being shattered under those circumstances.

Meditation for a Calm Mind & Strong Nerves

Sit with a straight spine.

MUDRA: Hold the right hand at ear level with the thumb tip and Sun (ring) finger touching (fingernails don't touch). Place the left hand in the lap with the thumb tip and the Mercury (pinkie) finger touching.

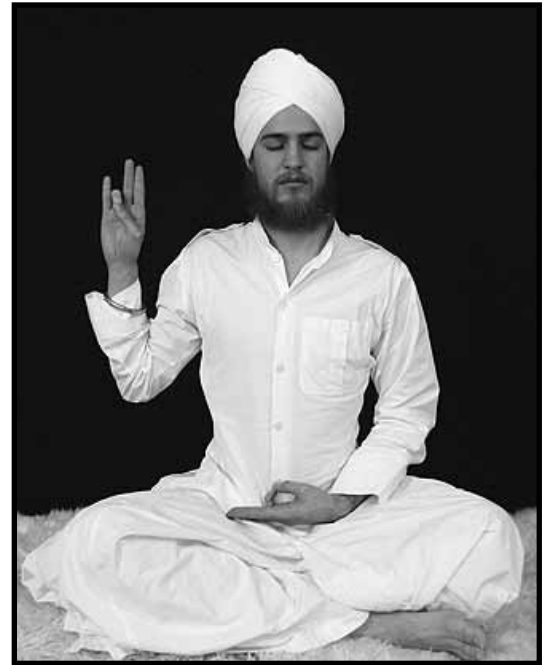
Females reverse the position: The left hand has thumb and ring finger touching with the hand at ear level, and the right hand is in the lap with the thumb and little finger touching.

EYES: The eyes are one-tenth open.

BREATH: Breathe long and deep with a relaxed, rhythmic breath.

TIME: You can practice this meditation anywhere, starting with **11 minutes** and working up to **31 minutes**.

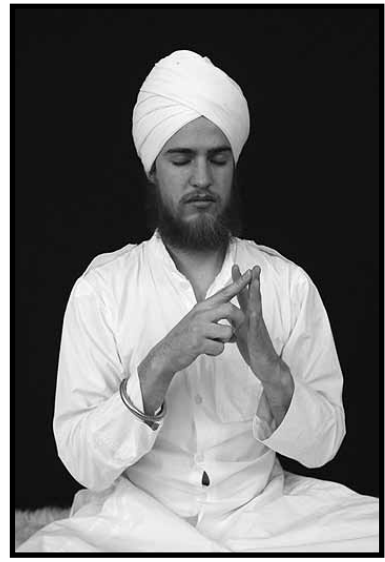
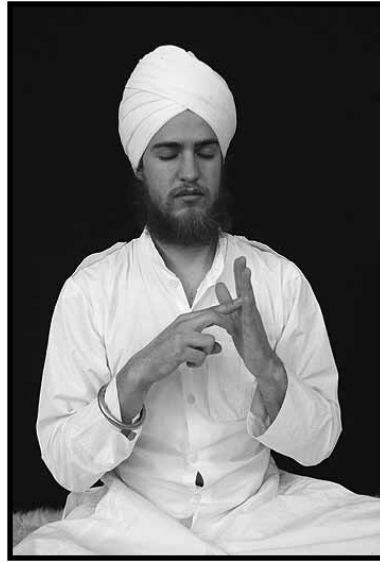
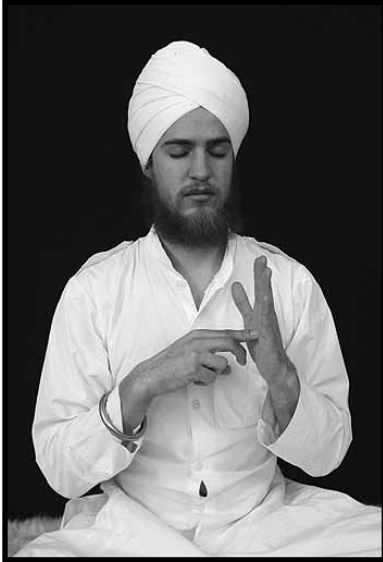
TO END: Inhale deeply, open the fingers, raise the hands and shake them rapidly for several minutes. Relax.



COMMENTS

Practice this meditation to gain a calm mind and strong nerves. It will help protect you from irrationality.

Get Stable—Anywhere



Sit anywhere, any place.

MUDRA & MOVEMENT: Hold the left hand up as though to clap. With the Jupiter (index) and Saturn (middle) fingers of the right hand, slowly and with strong pressure, walk up the center of the left palm to the very tips of the ring and middle fingers. The left fingers should give in—bend a little under the pressure, and it should hurt. Walk up and down the palm.

EYES: The eyes are one-tenth open.

TIME: 3-11 minutes.

COMMENTS

This meditation neutralizes the central part of the brain and makes you sharp-witted. It is the answer to abnormal conditions we don't understand. Sit with a straight spine.

Bringing Mental Balance

Sit with a straight spine.

MUDRA: Interlace the fingers with the palms facing up; fingers point up at a gentle 60° angle; thumbs are straight. Hold the inverted Venus Lock at the solar plexus.

EYES: The eyes are one-tenth open.

MANTRA: Chant the Guru Gaitri Mantra:

***Gobinday, Mukanday, Udaaray, Apaaray,
Hareang, Kareang, Nirnaamay, Akaama***

These are the eight aspects of God:

*Sustainer, Liberator, Enlightener, Infinite,
Destroyer, Creator, Nameless, Desireless.*

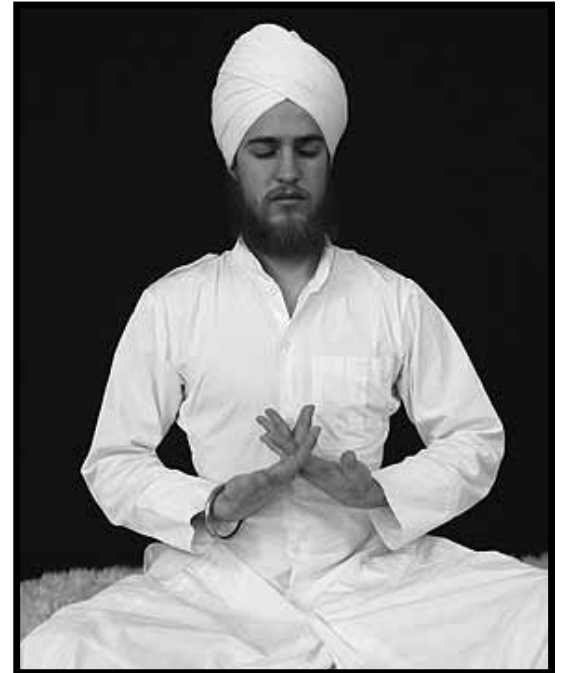
It should totally turn into a sound current. Chant as fast as possible so that the words are indistinguishable.

TIME: Start with **11 minutes** and over time build up to **31 minutes**.

COMMENTS

When you're at your wits' end, when you don't know what to do, when nothing else works, this meditation does!

This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."



Three Kriyas to Eliminate Tension & Stress



Relaxing Buddha

A relaxing pose that will release tension and stress in just 11 minutes. Sit in Easy Pose. Your right elbow is bent and resting on the right knee. Lean the right cheekbone on the palm of the right hand with the fingers loosely covering the right half of the forehead. Close your eyes and just relax. This pose will put pressure on your liver, so just relax and let the body adjust to it. If you want to really relax, play the Guru Ram Das Lullaby as you do this meditation. **11 minutes.**

A most powerful combination against stress is to do the Relaxing Buddha meditation followed by 31 minutes of One Minute Breath (inhale 20 seconds, hold 20 seconds, and exhale 20 seconds). It will bring you to a state of calmness that will win the game of life. Normally there is so much tension in life that we are all numb. We miss opportunities through a lack of sensitivity.



Experiencing the Jupiter Energy

Sit in Easy Pose.

Left hand mudra: The Saturn (middle) finger crosses over the back of the Jupiter (index) finger. The other two fingers are closed and locked down with the thumb. The back of the left hand rests on the left knee.

Right hand mudra: The Jupiter (index) finger extends straight up and the other fingers are closed and locked down with the thumb. Right elbow is bent and the right hand is about chin level. Close your eyes, relax, and quickly move the Jupiter finger around in a circle. Only the Jupiter finger moves.

Concentrate on moving the Jupiter finger. Listen to *Ang Sang Wahe Guru* recording by Nirinjan Kaur. **11 minutes.**



TO END: Inhale, keep the finger moving, and tighten all the muscles of the body as you hold the breath for 10 seconds. Exhale and repeat two more times.

This meditation can release tension and call in the Jupiter energy of prosperity and expansion.

Three Kriyas to Eliminate Tension & Stress

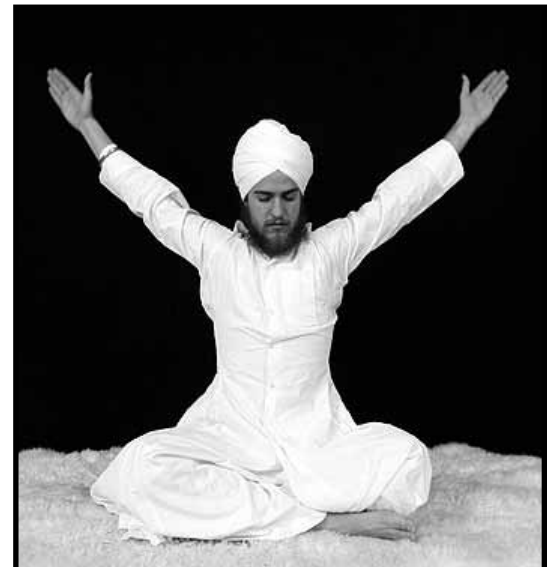
Getting Rid of Tension So You Can Live

Sit in Easy Pose.

Extend your arms out and down with the palms up. Circle your extended arms inward and upward and continue around to complete the circle. Really push hard as you move upward.

3 minutes.

TO END: Inhale deeply and relax.



Earthquake Meditation

For When You've Lost Your Ground



Sit straight in a meditative posture.

MUDRA: Slightly cup your left hand and hold it over the left ear. Hold the left arm in front of you so that the upper arm is parallel to the ground. Bring your right hand into a fist up by your ear, Conch Mudra.

EYES: Eyes are focused on the tip of the nose.

MANTRA: Strike the side of your head with your left hand in time with the mantra ***Saa Taa Naa Maa*** sung in the traditional way.

TIME: 11-31 minutes.

COMMENTS

The magnetic relationship of the two hemispheres of the brain is readjusted with this meditation. This meditation can readjust your electromagnetic field after an earthquake or other trauma.