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grab the ankles, and
arch up so the navel
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point Head is relaxed
back (A) Begin breath
of

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(Taught by Yogi
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Students, p. 34.)

PART ONE Posture:

Sit in Easy Pose with a straight spine (or in Lotus Pose). Focus:

Look into the palms

with the eyes almost closed. Breath: Inhale

in 10 sections with the mental mantra,
□WHAHO.□ Exhale in

10 secti

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Guidance

(16) Compare images #5-10 from Kundalini Meditation Manual For Intermediate Students with images #105-108 in Sūkṣma Vyāyāma (1973 edition). (17) If the practice of Naam was common among both students of Yogi Bhajan and Maharaj. Virsa Singh, the

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meditation is part of
Kundalini yoga and is
meant to move
energy through the

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body. It is based on the concept that energy at the base of the spine (also known as the root chakra) needs to be released through the seven chakras of the body and then out through the crown chakra above the head.

How to Practice
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Kundalini Yoga as
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Bhajan®"The Kundalini is known as the nerve of the soul. This is to be awakened. Your soul is to be awakened. When soul gets awakened, there remains nothing... If your soul is awakened, what else do you need?"- Yogi Bhajan.Kundalini Yoga is an oral

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tradition dating back hundreds if not thousands of years. In the early 1970's, when this ancient technology was being presented, students would patiently wait to hear from fellow students and teachers what Yogi Bhanan had just taught. Students took notes, made drawings and passed

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them on... In a certain sense it was revolutionary that this sacred, once secret science was being recorded and distributed. Never, in history, had this been done before. It was very exciting when a Kriya-write up, manual or a "Beads of Truth"-magazine became available and

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when the Meditation Manual for Intermediate Students was published and distributed, it was a revelation. So many amazing Kriyas! It felt like as long as one had this manual, one could practice Kundalini Yoga for the rest of the life. It was like having the security of a treasure

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