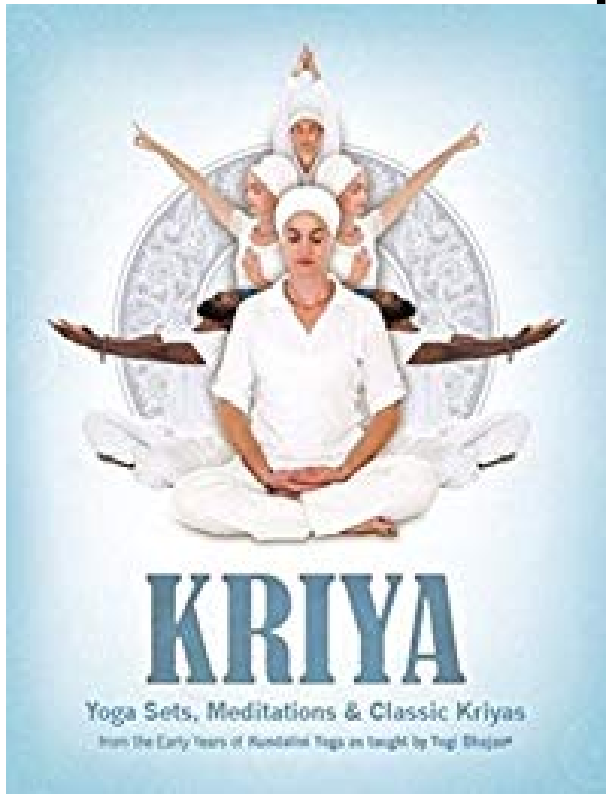


# Kriya: Yoga Sets, Meditations and Classic Kriyas: from the Early Years of Kundalini Yoga as Taught by Yogi Bhajan



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Kundalini Yoga as taught by Yogi 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 tradition dating back hundreds if not thousands of years. In the early days, we would patiently wait to hear from fellow students and teachers what Yogi Bhajan had just taught. Students took notes, made drawings and passed 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 came in the mail and when the “Intermediate Manual” was published and distributed, it was a revelation. So many amazing kriyas! I wanted to practice them all, which, of course, I did over time. I remember thinking, as long as I have this manual, I can practice Kundalini Yoga for the rest of my life. It was like having the security of a treasure that would never diminish or get old. This wonderful manual contains many of the kriyas from the “Intermediate Manual” as well as many previously unpublished kriyas from that era. Some of the models in the book are children of original student-teachers of Yogi Bhajan....I hope you enjoy this manual. I pray that you are uplifted by the practice of these kriyas. I know I will be inspired to try some of these again! --from the Foreword by Nirvair Singh Khalsa \*Challenging physical kriyas from the 1970s and 1980s \*More than 100 Meditations, including Visualizations, Praanayams, Silent Meditations, and Meditations with Mantra \*Includes Material from the “Intermediate Manual”, K.R.I.Y.A., Under the Blue Skies and more!