Kundalini Research Institute

Kriya to Experience the Original You

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"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

1. Sit in Easy Pose. Interlace your fingers and press the palms away from you. This is called reverse elbow lock. Extend your arms straight out in front of you with no bend in the elbow. Stay steady and do not raise or lower your arms once you are in position.

Eyes: Tip of the nose.
Breath: One Minute Breath—inhale for 20 seconds, hold for 20 seconds, and exhale for 20 seconds. Continue with a long, slow, deep breath for 3 minutes.
If you have problems with your stomach and digestion, your elbows may hurt or become uncomfortable.

2. Maintain the mudra with the eyes at the tip of the nose. Continuously inhale through the nose and exhale through the mouth with the force of Cannon Fire. 3 minutes. The strength and depth of your breath is in direct proportion to how deeply you can heal yourself now.

3. Maintain the mudra. Inhale, hold your breath and pump your navel. When you can no longer hold your breath, exhale. Immediately inhale and again pump your navel. Continue at your own breath rhythm, pumping your navel as vigorously as you can. 3 minutes.
To Finish: Inhale, hold the breath 15 seconds, stretch your arms out as far as possible, putting pressure on your joined fingers. Exhale through the mouth — Cannon Breath. Repeat this sequence two more times.

4. To fully circulate the energy you have created, extend your Jupiter finger straight up and lock down the other three fingers with your thumb. Circle your hands in outward circles as fast as possible. This movement has to be so vigorous that the entire spine moves. 2-1/2 minutes. Inhale and relax.

Comments: If this set is practiced for 120 days, you'll gain great vitality, personal excellence, and a new concept of what you are. It works on the celestial concept of the third layer of the human mind.
Yogi Bhajan • April 7, 1993