

inhaling up and exhaling down powerfully. Do this seventy times.



Figure Morning-22

22. Arm Stretch with Interlaced

Fingers. Still sitting on your heels, bring your arms up overhead. Flip your hands over so the fingers interlace with palms facing up (Figure Morning-22). Roll your eyes up to the Tenth Gate and focus up above the head. Begin powerful Breath of Fire for one minute, then inhale and hold. Focus at the top of your skull at the Tenth Gate. Hold for fifteen seconds. Relax, exhale, and carefully bring your arms down.



Figure Morning-23

23. Meditate. Come into Easy Pose and sit with a straight spine, one hand on top of the other in your lap, palms up (Figure Morning-23). Meditate silently, inhaling “sat” and exhaling “nām.” Sit completely still and consciously expand your Aura. Focus deeply. Do this for one minute, then inhale, exhale, and relax.

Note: After practicing this Kriya, I recommend that you relax for five to eleven minutes on your back. After this, practice the Coming Out of Relaxation Exercises as described in chapter 6 (page 92).

MAGNETIC FIELD AND HEART CENTER

1. Heart Center Opener. Sit in Easy Pose (page 98). Hold the arms up at a sixty-degree angle with wrists and elbows straight, palms facing up (Figure Heart-1). Begin Breath of Fire (page 94) for one minute. Then inhale, hold the breath, and pump your stomach in and out sixteen times. Exhale and relax the breath. Continue the cycle for two to three minutes.



Figure Heart-1

2. Immediately sit on your heels with arms parallel to the ground at your sides. Let your hands hang limp from the wrists (Figure Heart-2). Begin Breath of Fire for three minutes. Inhale, hold, exhale, and relax.



Figure Heart-2

3. Stomach Pumps. Sit on your heels. Spread your knees wide apart and lean back sixty degrees from the ground. Support your body with your arms straight down in back (Figure Heart-3a). Tilt your neck back, inhale, hold the breath, and pump your stomach in and out until you can no longer hold the breath. Exhale. Continue for one to two minutes. Tilt your spine back farther



Figure Heart-3a



Figure Heart-3b

to thirty degrees (Figure Heart-3b) and continue the breathing cycle for another one to two minutes.

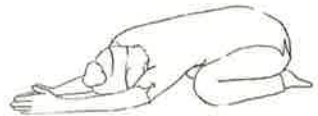


Figure Heart-4

4. Ong Sohung. Still sitting on the heels with knees spread, put your forehead on the ground with arms stretched forward and relaxed in what is called Gurpranām (Figure Heart-4). Keep the posture and, after one minute, begin long, deep breathing for two minutes. Then chant the following Mantra in a call-and-response format for two minutes:

Teacher: Ong, Ong, Ong, Ong

Student: Ong, Ong, Ong, Ong

Teacher: Sohang, Sohang,
Sohang, Sohang

Student: Sohang, Sohang,
Sohang, Sohang



Ong Sohang Mantra

If practicing this set by yourself, hear a teacher's voice resonating the words silently, and then respond as the student.

5. Life Nerve Stretch. Grab your toes with legs slightly spread. Inhale, exhale, and reach down as you lengthen the core of your spine, bending forward from the navel, the head coming down last (Figure Heart-5). Hold for one minute.



Figure Heart-5

6. Back Platform. Keep your body straight with heels on the ground and upper portion of your body held up by straight arms (Figure Heart-6a). Drop your head back and begin Breath of Fire. Do this for thirty seconds. **Back Platform Walk.** Begin to "walk" with legs growing progressively wider apart (Figure Heart-6b). Walk legs back together again and continue "walking" while doing Breath of Fire (page 94). Maintain this for thirty seconds. Inhale, exhale, and move immediately into a front stretch holding the toes (Figure Heart-6c). Do this for one minute. Relax on the back for three minutes.

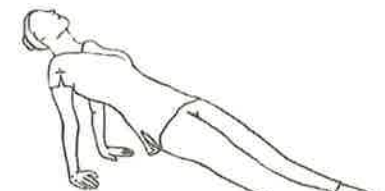


Figure Heart-6a

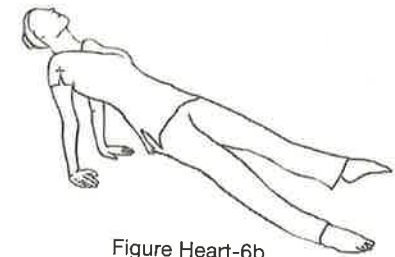


Figure Heart-6b



Figure Heart-6c

7. Maha Mudra. Sit on your left heel and stretch the right leg forward. Grab the right big toe with the right middle and index fingers, thumb pressing the big toenail. Pulling back



Figure Heart-7

on the toe, grab your foot with the left hand. Keep your chin tucked into the chest, spine straight, and eyes fixed on the big toe (Figure Heart-7). Inhale deeply. Exhale and hold the breath out for eight seconds, keeping Mūlbandh and Diaphragm Lock (page 94) tightly pulled. Inhale. Continue for three minutes. Relax on your back for five minutes.

Note: The Maha Mudra offers us a unique opportunity to be within. I find that holding the breath out in the manner described above works powerfully to shift the more etheric energies or spaces in the body where we tend to hold things.

- 8. Alternate Leg Lifts.** Lie on your back. Stretch your arms overhead on the ground. Raise the left leg ninety degrees and begin Breath of Fire for one minute. Switch to the right leg (Figure Heart-8a) for one minute, continuing Breath of Fire. Then raise both legs twelve inches only (Figure Heart-8b) and keep up the Breath of Fire for one more minute. Relax for two minutes.

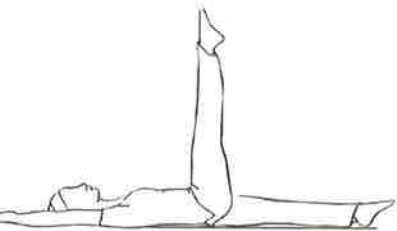


Figure Heart-8a



Figure Heart-8b

- 9. Shoulder Stand.** Slowly come into Shoulder Stand by raising the legs straight up toward the ceiling. Support the spine perpendicular to the ground with the hands, letting most of the weight rest on the elbows (Figure Heart-9). Spread your legs wide and begin Breath of Fire for three minutes. Relax on your back for three minutes.



Figure Heart-9

- 10. Alternate Head and Leg Lifts.**

Lie on your back. Inhale and lift both legs six inches. Keep your arms straight up from the shoulders with palms facing in (Figure Heart-10a). On the exhale, lower both legs down and bring your head up, pressing the chin on your chest (Figure Heart-10b). Continue three minutes with long, deep breathing. Relax on your back for two minutes.

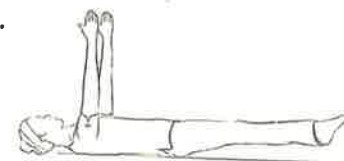


Figure Heart-10a



Figure Heart-10b

- 11. Neck Rolls.** Sit in Easy Pose and hold opposite elbows across your chest. Roll your head in a slow figure eight for thirty seconds in one direction, then thirty seconds in the other direction (Figure Heart-11a). Then inhale deeply and bend forward to the ground (Figure Heart-11b). Exhale and rise up as fast as possible. Rise up and down ten times.



Figure Heart-11a



Figure Heart-11b



Figure Pituitary-4

4. **Front Bend.** Stand up with your feet hip-width apart. Bend over and touch your fingertips or palms on the floor (Figure Pituitary-4). Do long, deep breathing for three minutes.



Figure Pituitary-5

5. **Ego Eradicator.** Stand up again and stretch your arms overhead at a thirty-degree angle, thumbs pointing up, fingers on palms (Figure Pituitary-5). Keep your elbows straight as you breathe long and deep for three minutes.



Figure Pituitary-6

6. **Triangle Pose.** Rise onto your hands and knees and push up into Triangle Pose. Press your heels toward the floor while relaxing your head and neck (Figure Pituitary-6). Hold for up to three minutes.



Figure Pituitary-7

7. **Cobra Pose.** Relax on your stomach for one minute. Then bring your heels together, palms flat on the floor under the shoulders. Push up into Cobra Pose (Figure Pituitary-7). Stretch your head and neck back and begin long, deep breathing for one minute. Then turn your head

from side to side, inhaling to the left, exhaling to the right. Continue for two minutes. Inhale, exhale, and pull Root Lock, or Mūlbandh (page 94), three times.



Figure Pituitary-8a

8. Sit on your heels and spread your knees far apart. Bring your forehead to the floor with palms flat on the ground in front of the knees (Figure Pituitary-8a). Inhale and rise up on your knees, stretching arms up and out like a flower greeting the sun (Figure Pituitary-8b). Exhale and fold down, bringing the forehead to the floor. Continue for three minutes.



Figure Pituitary-8b

9. **Yoga Mudra.** Sit on your heels again with knees together and fingers interlaced at the base of the spine. Bring your forehead to the ground and lift arms up straight as far as possible (Figure Pituitary-9) and hold this position for three minutes with long, deep breathing.



Figure Pituitary-9

Note: After this Kriya, I recommend that you enjoy deep relaxation for five to eleven minutes on your back. Afterward, practice the Coming Out of Relaxation Exercises as described in chapter 6 (page 92).

STRESS SET FOR ADRENALS AND KIDNEYS

Note: Practice the exercises in this set with very little rest between them.



Figure Adrenals-1a



Figure Adrenals-1b



Figure Adrenals-1c



Figure Adrenals-2a



Figure Adrenals-2b

1. **Lotus Mudra.** In Easy Pose (page 98), rub your palms together. Inhale and stretch arms out to the sides, parallel to the ground, with palms facing out (Figure Adrenals-1a). Exhale and bring hands together in Lotus Mudra: base of palms together, thumbs and pinkie fingers touching, and the remaining fingers stretched open (Figure Adrenals-1b). Repeat for one to three minutes. To end, inhale with hands in Lotus Mudra (Figure Adrenals-1c).
2. Interlace pinkies in front of the Heart Center, curling the other fingers into pads, thumbs sticking up. Lower your hands to the solar plexus (make sure your hands stay here and don't drift up) (Figure Adrenals-2a). Pull on the pinkies (Figure Adrenals-2b) and do Breath of Fire (page 94) from below the navel. Feel a pull across the back. Do this for one to three minutes.

3. **Cannon Breath.** Remain still in Easy Pose with straight spine. Relax your hands and begin Cannon Breath: Breath of Fire through a firm O-shaped mouth without allowing the cheeks to move (Figure Adrenals-3). Continue for one to three minutes and end by inhaling and concentrating on the spine.



Figure Adrenals-3

4. In Easy Pose, place your left hand on your back at the bottom rib with your palm facing out. Extend your right arm straight out in front of you (Figure Adrenals-4a), flexing the wrist to create a sixty-degree angle in the hand (Figure Adrenals-4b). Keeping your spine straight, stretch from the shoulder. With eyes wide open, chant "har" powerfully from the navel. Do this for one to three minutes.



Figure Adrenals-4a



Figure Adrenals-4b

5. **Body Drops.** Come into Lotus Pose with the following steps. Sit with the legs stretched out in front of you. Bend the right leg at the knee toward you and put the right foot on the left thigh, then bend the left leg at the knee and place the left foot on top of the right thigh (Figure Adrenals-5a). You are welcome to reverse the sequence if you would like. If Lotus Pose is not possible for



Figure Adrenals-5a



Figure Adrenals-5b

you, you can sit in Easy Pose. Place your hands on the ground by the sides of your body. Do Body Drops (Figure Adrenals-5b), inhaling as you push yourself up off the ground and exhaling as you drop down, continuing for one to three minutes. While doing this exercise, apply Neck Lock (page 94) and keep your spine erect. To protect your tongue, gently press your molars together.



Figure Adrenals-6

6. In Easy Pose, place your hands in front of your solar plexus, left hand facing body, right hand pressing left wrist with the base of the palm (Figure Adrenals-6). With your head in Neck Lock, look down with powerful, long, deep breathing. Do this for one to three minutes.



Figure Adrenals-7a



Figure Adrenals-7b

7. **Front Stretch with Spine Straight.** Sit with legs stretched out in front, arms out parallel to the ground, hands in fists, thumbs pointing up. Inhale, stretching forward (Figure Adrenals-7a); exhale, leaning back with powerful breath (Figure Adrenals-7b). Keep arms parallel to the ground on the inhale and the exhale. Continue for one to three minutes.

8. **Pelvic Lift.** Lying on your back, bend your knees and bring the soles of your feet flat onto the ground, heels at your buttocks. Grab your ankles. Inhale, lift the pelvis up (Figure Adrenals-8), and exhale down. Do this for one to three minutes.



Figure Adrenals-8

9. **Modified Cat-Cow.** In cow position, exhale as you bring your left knee to the forehead (Figure Adrenals-9a). Inhale as you stretch your leg out and up in back (Figure Adrenals-9b). Do not overextend. Do this for one to three minutes, then switch to the right leg and repeat for another one to three minutes.



Figure Adrenals-9a



Figure Adrenals-9b

10. Sitting on your heels, bring forearms to the ground in front of your knees, palms together, thumbs pointing up (Figure Adrenals-10a). Inhale as you stretch over the palms (Figure Adrenals-10b), and exhale back. Keep your chin up to create pressure at the lower back. Continue for one to three minutes.



Figure Adrenals-10a



Figure Adrenals-10b



Figure Adrenals-11

- 11. Back Rolls.** Lie on your back. Bring your knees to your chest, nose between knees. Breathe normally and roll back and forth on the spine for one to three minutes. (Figure Adrenals-11)

- 12. Totally Relax.** Enjoy Corpse Pose (Figure Adrenals-12) for one full hour, then drink a glass of water.



Figure Adrenals-12

Note: I have practiced this set with notable results with only an eleven-minute relaxation on the back. As with other sets, practice the Coming Out of Relaxation Exercises as described in chapter 6 (page 92).

YOGA FOR MENSTRUAL HEALTH AND RELIEF

The following exercises can be done on a daily basis to support your menstrual health.²

- 1. Tiger Stretch.** Sit on your right heel, left leg extended straight behind you. Stretch up with your forehead toward the sky. With your forearms at your ribs, bend your arms so the hands are at shoulder height, palms facing up (Figure Health-1). Hold the posture for up to five minutes with long, deep breathing. Repeat the exercise with the right leg back.



Figure Health-1

- 2. Half Wheel Pose.** Lie down on your back and bring your heels to your buttocks with the feet flat on the floor. Grab your ankles, tighten the buttock muscles, and raise your torso up to the sky (Figure Health-2). Hold with long, deep breathing for up to three minutes. Gently come down and relax on your back. For an additional workout, you can inhale up and exhale down twenty-six times. I do not recommend doing this pose during the heavy flow of your cycle, as the uterus is inverted.



Figure Health-2

The following exercises can help relieve menstrual cramping. It is recommended to use full and relaxing breaths during the exercises and to take time to relax for three minutes or more after each one. You can do each exercise alone or as a set. Please evaluate each exercise and make sure that it feels good to your body before proceeding.



Figure Relief-1

1. **Cobra Pose.** Lie on your stomach with palms flat on the floor under your shoulders. Keep your heels together with the soles of the feet facing up. Press the hips into the ground and tighten the buttock muscles to inhale into Cobra Pose (Figure Relief-1). Lift the chest, allow the neck to lengthen, follow the curve of the upper back, and focus your eyes toward the sky with long, deep breathing for one minute.



Figure Relief-2

2. **Bow Pose.** Lie on your stomach and bend your knees to grasp your ankles. Sink your hips into the floor, tighten your buttock muscles, and raise the thighs and head up off the floor (Figure Relief-2). Hold with long, deep breathing for two to three minutes.

3. **Bow Pose Variation.** If you can do Bow Pose easily for at least one minute, you may try this variation; otherwise please do not proceed. Bring yourself up into Bow Pose and rock back and forth on your stomach 108 times counting aloud. Enjoy a good sweat!

4. **Beginner's Locust Pose.** Lie on your belly with your hands in fists under your hips, just above the groin. With your chin on the floor and shoulders relaxed, bring your heels together, straighten your legs, and then raise your legs off the floor (Figure Relief-4). Hold with long, deep breathing for one to two minutes.

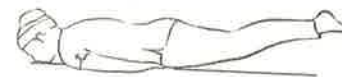


Figure Relief-4

5. **Leg Lift.** Lie on your back with the heels together and raise your legs up to a forty-five-degree angle from the floor (Figure Relief-5). Do your best to keep your legs straight and hold for up to three minutes with long, deep breathing. Relax in Corpse Pose with long, deep breathing.



Figure Relief-5

In winter we gather in Florida, and in summer we meet in the mountains of northern New Mexico. See 3HO.org for more information.

- **Sat Nam Fest.** Two of these Kundalini Yoga and music festivals take place every year: in the spring in Joshua Tree and in the fall in Massachusetts. Beautiful musicians and yoga teachers of my community gather and share sacred experiences and teachings of Kundalini Yoga, meditation, and chanting. You'll also find a wonderful children's program, as well. See satnamfest.com for more information.
- **European Yoga Festival.** This summer festival occurs in France where over two thousand people gather from various countries, practice three days of White Tantric Yoga, and enjoy classes with incredible teachers and musicians from all over the world. See 3HO-europe.org for more information.

OTHER COMMUNITY RESOURCES

- If you are just starting out, try to attend a weekly Kundalini Yoga class. To find a certified Kundalini Yoga teacher near you, look at IKYTA.org.
- To download music and DVDs from me or from other artists and teachers of the 3HO community, check out spiritvoyage.com. You can also use the link to find online global Sādhanās to attend from the comfort of your own home.
- To download other books, DVDs, and resources for Kundalini Yoga, or to find a course near you to become a certified Kundalini Yoga teacher, use kundaliniresearchinstitute.org.
- My favorite research website is the Yogi Bhajan Library of Teachings. It is the archival library of Yogi Bhajan's

published lectures and Kriya write-ups in searchable text, audio, and video formats. Find it at libraryofteachings.com.

- To learn about Sikh history or Yogi Bhajan's teachings on Sikh Dharma, to connect with the global Sikh community, or to download useful apps that aid in the practices of the Sikh way of life, check out sikhnet.com.
- To connect with the Sikh Dharma community, tap into educational resources both online and via courses, or order Sikh books and manuals, use sikhdharma.org.
- To attend a telecourse to help you learn about Sikh Dharma, try journeyintotheheartofsikhdharma.org.

RECOMMENDED READING

These are some of my favorite books on Kundalini Yoga:

- Bhajan, Yogi. *The Master's Touch*. Santa Cruz, NM: Kundalini Research Institute, 1997.
- Bhajan, Yogi, and Singh Khalsa, Gurucharan. *The Mind: Its Projections and Multiple Facets*. Santa Cruz, NM: Kundalini Research Institute, 1998.
- Khalsa, Guru Meher. *Senses of the Soul: Emotional Therapy for Strength, Healing, and Guidance*. Santa Cruz, NM: Kundalini Research Institute, 2013.
- Khalsa, Shakti Parwha Kaur. *Kundalini Yoga: The Flow of Eternal Power*. New York: Perigee Books, 1998.
- Khalsa, Jot Singh. *The Essential Element: How to Get the Most out of Yogi Bhajan's Core Teaching—Morning Sadhana, and Why You Won't Want to Miss It*. Millis, MA: Jot Singh Khalsa, 2014.

The following books are specifically for women:

- Bhajan, Yogi. *I Am a Woman*. Santa Cruz, NM: Kundalini Research Institute, 2009.
- Khalsa, Sangeet Kaur. *Womanheart: Healing Our Relationships, Loving Ourselves*. Phoenix, AZ: Womanheart Publishing, 2002.
- Khalsa, Sat Purkh Kaur. *Everyday Grace: The Art of Being a Woman*. Santa Cruz, NM: Kundalini Research Institute, 2010.
- Seibel, Machele M., and Khalsa, Hari Kaur. *A Woman's Book of Yoga*. New York: Penguin Putnam, 2002.

Find out more about women's camp at 3HO.org and learn more about conscious pregnancy at Kundaliniwomen.org or goldenbridgeyoga.com.

For courses, books, and information on Ayurveda, explore Ayurveda.com, kripalu.org, or jaidevsingh.com.

To find out more about sacred sex and conception, read:

- Khalsa, Sat Kaur. *Sacred Sexual Bliss: A Technology for Ecstasy*. Santa Cruz, NM: Yogi Ji Press, 2000.
- Khalsa, Guru Terath Kaur. *The Art of Making Sex Sacred: Techniques for Intimate Relationships*. Santa Cruz NM: Yogi Ji Press, 1998.

CHILDREN'S RESOURCES

- **Khalsa Youth Camp.** Kids between five and twelve learn yoga, meditation, martial arts, and music in such a way that supports the radiance of spirit and self-esteem. I serve as the Sikh Dharma teacher, focusing on the universal aspects of spirituality from the Sikh tradition through music and stories. See 3HO.org for more information.

- **Miri Piri Academy.** This boarding school founded by Yogi Bhajan serves kids age eight through high school in Amritsar, India. This academy gives children a strong spiritual foundation through the practice of yoga, meditation, sacred music, martial arts, and service. It also entails a strong academic program. Children from all over the world attend and create lifelong friendships. Check out miripiriacademy.org.
- **Children's Music and DVDs from Snatam Kaur.** *Shanti the Yogi* is a yoga class with me and a group of children that includes illustrations, music, and an imaginative story. *Feeling Good Today*, my first CD for children, includes upbeat Mantras and positive affirmations from Yogi Bhajan. *Sat Nam! Songs from Khalsa Youth Camp* contains songs that highlight self-esteem and joy.

RECORDINGS OF STANZAS OF JAP JĪ FROM SNATAM KAUR

- From the album *Ras*: "So Mai Visar Na Jaa-ee"
- From *Anand*: "Mul Mantra"
- From *Shanti*: "Ek Ong Kaar," "Dayndaa Day—Infinity," "Aakhan Jor—Acceptance," "Suni-ai—Listening Meditation," and "Sun-ai—Listening Celebration"

MUSIC AND DVDS FROM SNATAM KAUR

For the many music albums and yoga DVDs that I have had the blessing to create, please visit snatamkaur.com.