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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

Part I:
Position: Bring the right hand above the crown of the head—6 to 9 inches—like you are blessing yourself. The left hand is by the shoulder, palm facing forward, like a pledge—like you are blessing the Universe.

Breath: Breathe long, slow and deep. Build up to a One Minute Breath. Kiss the breath, with affection and feeling, "a hug kind of feeling." Breathe consciously. If you are doing it correctly, the taste in your mouth will change.

Eyes: The eyes are closed. Roll the eyes down and look at the chin. Keep this eye position throughout the three parts.

Time: 11 minutes

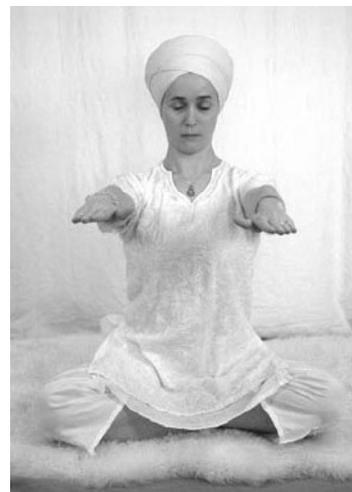**To End:** Inhale and transition into the second position.

Part II:
Position: Extend the arms straight out, parallel to the ground, with the palms facing down. Straighten the arms tight and stretch.

Effects: This will strengthen the heart and open the heart center.

Time: 3 minutes

To End: Inhale deep and raise arms into the third position.

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which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

Part III:
Position: Raise the arms straight up and stretch. Palms
are flat and face forward. Do not bend the elbows.

Time: 3 minutes

To End: Inhale deep and hold tight for 15 seconds.
Stretch. Lift the spine.Exhale with Cannon Breath.
Repeat 3 times.

Comments:
Bless you, bless your ancestors and those who will come
after you. This blessing is not a social phenomenon. You
are mentally, hypnotically blessing you. It will affect the
magnetic field and it will hurt you if you are an angry
person. Keep breathing consciously. If you cannot bless
yourself, nobody can. Better you bless yourself; heavens
will bless you. After 5 minutes, it should start to hurt and
let you know what you have been eating. When you have
pain, the brain will produce natural morphine.If these
ducts are open, endurance will develop, physically,
emotionally and spiritually.

Can you spare seventeen minutes for yourself in
twenty-four hours? This meditation will totally change
you from the inside out. It will give you
self-consciousness, self-experience, self-love and then,
you can love everybody. Become total.

Yogi Bhajan • April 5, 1994