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# Aquarian Teacher Kundalini Yoga Manual

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Infinity & Me

Unlock Your Inner Potential Through Life-changing Exercise

The Aquarian Teacher Yoga Manual

Kundalini

8 Principles to Create the Life You Truly Desire

Praana, Praanee, Praanayam

A Guide for Educators

The Flow of Eternal Power: A Simple Guide to the Yoga of Awareness as taught by Yogi Bhajan, Ph.D.

The Morning Practice of Kundalini Yoga

The Aquarian Teacher

Blessings

The Kundalini Yoga Book

The Power of Yoga, The Energy of Breath, and Other Tools for a Radiant Life

A Woman's Book of Yoga

Create Your Daily Spiritual Practice

Breathwalk

Creative, Sacred & Invincible

KRI Level Two Teacher Training

Harmonious Communication

Mastering the Self

Yoga/sadhana Guidelines

The Morning Practice of Kundalini Yoga

Kundalini Yoga

Kundalini Yoga

With the Kundalini Yoga and Meditations of Yogi Bhajan

The Aquarian Teacher - Authentic Relationships

The Power of Prayer  
The Mind  
Relax and Renew  
Original Light  
The Teachings of Yogi Bhajan  
The Art Science and Application of Kundalini Yoga  
Kundalini Yoga As Taught by Yogi Bhajan  
The Kundalini Yoga Experience  
Owner's Manual for the Human Body  
An Aquarian Path to Abundance  
Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement  
I AM A WOMAN  
Exploring Physical and Subtle Anatomy

*Aquarian Teacher Kundalini Yoga  
Manual*

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*Infinity & Me* Simon and Schuster

The Kundalini Yoga tradition speaks of a call to the Divine that awakens “the Original Light of the soul.” Through meditation, prayer, and sacred song, those of all faiths can connect with this illuminating source—Kundalini, the universal energy of awareness and healing that awakens within. With Original Light, kirtan (devotional chant) singer Snatam Kaur takes us into the heart of the path, as taught in the Aquarian Sadhana, its primary guide to daily practice. Readers explore Kundalini Yoga’s key principles, enriched by Snatam Kaur’s stories and insights as a lifelong practitioner. She then teaches its five stages of practice,

including preparation, sacred recitations, breathing fundamentals, energizing yoga sets, meditations, morning chants, and more. This invaluable resource offers for the first time Snatam Kaur’s personal instruction—a direct transmission from her teacher and Kundalini Yoga’s founder, Yogi Bhajan—to anyone inspired by yoga or devotional singing. Includes two CDs with guided chants and practices.

### **Unlock Your Inner Potential Through Life-changing**

#### **Exercise K R I**

Explains how to use Kundalini yoga meditation to treat psychiatric disorders including, panic disorders, depression, chronic fatigue syndrome, and autism and asperger's disorder.

### **The Aquarian Teacher Yoga Manual** HarperCollins

Breathing and walking comprise two of our simplest activities, yet they are also two of our most powerful actions. By bringing them

together in a systematic and meditative way, we can enhance our physical, emotional, and spiritual fitness. We can tap our vitality to fully enjoy and excel in our lives. With a series of easy to follow, transformational exercises that combine breathing and walking in very specific ways for specific benefits, Breathwalk teaches us:

- how to alleviate exhaustion, anxiety, sadness, and other problems
- to heal physical, mental, and spiritual conflict in our lives
- to enter a zone of total fitness within our own bodies and minds

In this simple program that anyone can follow, two of the world's leading experts in meditation and kundalini yoga reveal the power and flexibility of this technique for the first time. Centuries old traditions come together with modern scientific research in an effective and enjoyable holistic way to exercise. This practical, insightful guide is a breath of fresh air that can change your life for the better every time you take a step.

#### **Kundalini** Penguin

Kundalini Yoga is a powerful and transformative spiritual process that works with your body's subtle energy centres and allows you to access your spiritual inner self. Drawing on ancient yogic systems and techniques, Kundalini Yoga helps you to channel your Kundalini energy and empower you on your path to a lifetime of fulfilment. Kundalini Yoga reveals the significance of your birthdate and provides exercises and meditations to work on your yogic bodies and your seven chakras, which will help you to unlock the Kundalini energy within. It teaches you the key components of the practice and guides you safely through the essential steps. The interactive style of the book leads you to your yogic number profile and enables you to choose an appropriate yoga meditation for you. It also helps you to assess

which chakra you should currently focus on and recommends a personal yoga practice.

#### 8 Principles to Create the Life You Truly Desire Skyhorse Publishing Inc.

This yoga manual accompanies the "I Am A Woman" reader and has been organized by topic so that you can focus on a particular discipline within your own practice, generate weekend workshops for your students, or create an entire curriculum for an in-depth experience of the women's teachings over time. Topics include:-

- Awakening Your Inner Vitality: Essentials for Daily Practice-
- Sensitivity: Connect to Your Eternal Power-Radiance: Walking in Beauty and Living by Grace-Sound Mind & Body: Using the Sound Current to Create Clarity and Caliber-Fearlessness: Empower Your Life-Woman as Her Own Psychologist I: Clearing the Self-Woman as Her Own Psychologist II: Cultivating the Self-Crisis Kit: What to Do When There's Nothing Left to Do-Sexuality & Creativity: Igniting the Spark-Relationships & Communication: Redefining Intercourse-Becoming a Mother: 9 Months, 40 Days, and Everyday-Transformations and Transitions: Breathing through Everything-Healing & Relaxation: Becoming Healthy, Happy and Holy-Beauty Begins Within: Personal Discipline and the Graceful Woman

#### *Praana, Praanee, Praanayam* Corwin Press

Mastery is no longer a mystery. Here are the tools you need to balance your chakras, discipline your mind, clear out the past and renew the present in order to manifest your future. These 91 kriyas and meditations are organized to facilitate your personal practice and deepen your experience of the Self. Many of these yoga sets and meditations were selected specifically for KRI Level

Two Teacher Training and can provide you with the tools need to embody your identity, expand your radiance, strengthen your vitality and resilience, and determine your destiny as you transition through every age and stage of life. Organized not only for individual practice but also for Kundalini Yoga teachers, this book can help the yoga teacher develop workshops, plan thematic 6-week courses, or assign individual sadhanas with ease. With Transformation: Seeds of Change for the Aquarian Age, a two-volume series: Mastering the Self and Serving the Infinite, the tools and technologies of Level Two Teacher Training are at your fingertips.

#### A Guide for Educators Sounds True

Sadhana brings us into an intimate alignment with the reality of who we are: as a creature of the Creator and as a human being. First published in 1974, Kundalini Yoga Sadhana Guidelines has become the best-selling Kundalini Yoga manual of all time. Within these pages, you'll find the inspiration to keep returning breath-by-breath to your Self and to your practice. Sadhana is everything we do on a daily basis as our self-discipline and our commitment to our higher self. It is a spiritual practice in which we confront the tendencies of our mind and ego and, out of love, we invite in the dimensions of our soul, spirit, and intuition. In its essence, it is a process of refinement, development, and mastery. As we learned from eastern traditions, a sadhu is a being who has disciplined himself. Likewise, the definition of a yogi is a person who has totally leaned on the supreme consciousness, which is God. The purpose of sadhana is to arrive at the place where we go beyond our ego and its limitations. Morning sadhana-done before the sunrise-is a special time when

we sit before the altar of our own consciousness and have the opportunity to clean up our inner world before we engage in the outer world-our jobs, our families, our responsibilities. This manual exists to serve you and to help you uplift yourself and others. It is designed for both the new and the experienced student. It focuses on the essential practice of Kundalini Yoga. A material that offers lectures, essays, insights, and a series of exercises that one can experience and improve one's own personal practice.

#### The Flow of Eternal Power: A Simple Guide to the Yoga of Awareness as taught by Yogi Bhajan, Ph.D. St. Martin's Press

The Kundalini Yoga Book by master yogis ANA BRETT and RAVI SINGH is your ultimate guide to this dynamic inner and outer yoga system. Ravi and Ana share these techniques in their much loved fun, accessible and non-dogmatic style. Supercharge your life with dozens of beautifully photographed workouts to help you profit from your practice, streamlined, symmetrical, inspired, and on top of the world. The Kundalini Yoga book is designed to help you get your essential practice in no matter how busy you are. Each chapter features easy to follow instruction as well as insider information about the benefits of each exercise. Nourish yourself with food for the soul as well as cutting edge alignment tips. Draw inspiration from Ana and Ravi's candid and entertaining stories about their own path and process. In addition, the ancient and modern history of Kundalini Yoga (based on years of research) is presented..

#### **The Morning Practice of Kundalini Yoga** W. W. Norton & Company

The Aquarian TeacherKRI International Teacher Training in

Kundalini Yoga Taught By Yogi Bhajan, Level 1  
 The Aquarian Teacher Yoga Manual  
 KRI Level One International Kundalini Yoga  
 Teacher Training  
 Kundalini Yoga The Flow of Eternal Power: A  
 Simple Guide to the Yoga of Awareness as taught by Yogi Bhajan,  
 Ph.D. Penguin

#### The Aquarian Teacher Sounds True

The yoga in this book is a sample of the vast wealth called Kundalini Yoga. Here you will learn about the form of yoga based on the teachings of Yogi Bhajan, Ph.D., who took kundalini yoga from India and brought it to the West in 1969. Master yoga teacher and author Shakta Kaur Khalsa demonstrates how kundalini yoga works for everyday life and every single person. You do not need to be in perfect physical shape or share any particular belief system. Kundalini yoga will work for you if you can just breathe and move your body. In this form of yoga, the most important thing is experience. Your experience goes right to the heart of your being. By approaching kundalini yoga with openness and respect, and by following the steps described in this book, you can change and enrich your life.

#### Blessings Harmony

The technology of Kundalini yoga was brought to the West by Yogi Bhajan. Its aim is to maintain and tune up the human body to achieve peak performance at every age and stage of life. Among its effects are: an awakening of the ten bodies; automatic endurance in the body; balancing the vayus; energizing the system; accustoming the body to stress and strain; finding the cause of sickness; working on the lower spine; enhancing circulation and energy; relieving inner anger; empowering the brain; overhauling the nervous system; using the left and right

hemispheres of the brain; achieving mental balance; cleansing the colon; removing stress; toning the liver and kidneys; making the skin radiant; maintaining the spleen; achieving equilibrium in the stomach; tuning up the glandular system and inner organs; building stamina; balancing the pineal, pituitary and hypothalamus glands; and a complete workout of the total self.

#### The Kundalini Yoga Book Penguin

This powerful book of blessings and prayers, shared by Yogi Bhajan, provides daily inspirations and guidance for all people of spirit. Read and feel these blessings! They are uplifting, timeless and universal. Back in the days, Yogi Bhajan used to close every class with his palms together and offer a prayer or blessing. Many of these beautiful and inspiring prayers are collected in Blessings - the Power of Prayer, a powerful book of uplifting, timeless, and universal blessings, affirmations and prayers. It provides daily inspirations and guidance for all people of spirit. Yogi Bhajan gave these inspirational blessings and prayers as a prelude to the heart-centered bow to one's own higher self, that was done at the end of every Kundalini Yoga class. The prayers are spoken from the heart and are simple and spontaneous. You can read one per day as a daily inspiration. If you are a Yoga teacher, this Blessings - the Power of Prayer provides a wealth of blessings organized in topics that you can match to your class. They are truly a source of support and inspiration for anyone at any time. Yogi Bhajan was a teacher, visionary, leader, and pioneer in many fields. His deep and compassionate insight into the human condition inspired thousands. He established many spiritual and yoga institutions, like KRI, 3HO, and Sikh Dharma International. The Power of Yoga, The Energy of Breath, and Other Tools for a

Radiant Life Gaia Books Limited

Unleash your potential to live the life you've always wanted. Kundalini yoga engages your unique sources of energy—those that empower your spirit as well as your body. Drawing from the riches of ancient yogic tradition, *The Kundalini Yoga Experience* offers a system of physical poses, breathing techniques, and focused meditations that, when practiced together, will bring you increased physical health and strength, emotional balance, and a deeper sense of your own spirituality. With regular practice, you'll be surprised at how strong, healthy, and fulfilled you feel. Experiencing the power of Kundalini is your birthright—embrace it!

E P Dutton

A fascinating look into our human nature through the eyes of Yogi Bhajan, Master of Kundalini Yoga. It details the interplay of the positive, negative, and neutral parts of our mind with our nine aspects and twenty-seven projections. Yogi Bhajan's lectures provide a practical approach to the Science of Humanology, and encourage you to meditate to enlist your mind as your friend and servant rather than your master. The meditations apply to the various aspects we embody, such as Defender, Manager, Artist, Producer, Strategist, Teacher. You can select from 42 meditations, including: *Creating Art by Projecting into the Future*; *Pursuing the Cycle of Success*; *Deep Memory of a Past Projection*; *Interpretations of All Facets of Life*; *Pursuing the Cycle of Artistic Attributes*; and *Creating Art by Environmental Effects*.

A Woman's Book of Yoga Hay House, Inc

The Kundalini Yoga tradition speaks of a call to the Divine that awakens "The Original Light of the soul." In gatherings across the

globe, Snatam Kaur and her fellow musicians have shared that radiance through sacred chants. With *Original Light*, this beloved devotional singer guides us into the heart of the path, with the Aquarian Sādhana as a foundation to understand the tradition's daily principals, morning practices, and sacred chanting experiences. Kundalini, the universal life force, has for centuries been shrouded in misconception and lore. Many of us have heard of it, yet to directly experience it may seem unimaginable. But in fact, Snatam Kaur assures us that, through Kundalini Yoga, the capacity to experience it is within all of us—a natural and limitless source of physical health, stillness, joy, energetic strength, and loving connection with others and all of creation. *Original Light* was written for those seeking a compassionate and supportive guide to creating a vibrant and sustainable daily spiritual practice. Here, Snatam shares with honesty and gentle humor her own stories, challenges, "aha" moments, and many practical pointers gained from her lifelong journey in what she calls "soul work." Readers first explore the philosophy and foundational principles of Kundalini Yoga as taught by its founder Yogi Bhajan, and then learn the five morning practices of the Aquarian Sādhana, including: *The Wake-Up Routine*—establishing a sacred space, bathing and purification, healthy diet and elimination guidelines, and more Jap Jī—from 15th-century sage and founder of the Sikh tradition, Gurū Nānak, this sacred recitation is both a map and a direct expression of our union with the Divine Kundalini Yoga Kriyas—nine energizing posture and movement sets for creating a somatic space for your spirit Aquarian Sādhana Mantras—seven devotional chants as the sun rises to open the doors of liberation and experience bliss and

ecstasy through sacred sound Gateway to Divinity—the closing transition stage that integrates your own spiritual tradition and helps you to focus your energies and set your intentions for the day ahead For those of all faiths, Original Light provides an ideal introduction and resource to improve our health, find greater freedom and stillness within, and illuminate each moment of the day.

**Create Your Daily Spiritual Practice** The Aquarian TeacherKRI International Teacher Training in Kundalini Yoga Taught By Yogi Bhajan, Level 1The Aquarian Teacher Yoga ManualKRI Level One International Kundalini Yoga Teacher TrainingKundalini YogaThe Flow of Eternal Power: A Simple Guide to the Yoga of Awareness as taught by Yogi Bhajan, Ph.D.

Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being. The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul. Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.

Breathwalk Yoga Publications Trust

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 1970's, when this ancient technology was being presented, students 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 became available and 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 that would never diminish or get old.This wonderful book: KRIYA - Yoga Sets, Meditations & Classic Kriyas contains many of the Kriyas from the Meditation Manual for Intermediate Students 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...You will enjoy these effective and powerful Kundalini Yoga Kriyas. By practicing them, you can uplift yourself and inspire yourself to try some of these again and again!KRIYA - Yoga Sets, Meditations & Classic Kriyas from the Early Teachings of Yogi Bhajan contains:Challenging physical Kundalini Yoga Kriyas from the 1970s and 1980sMore than 100 Meditations, including Visualizations, Praanayams, Silent Meditations, and Meditations

with Mantra Includes Material from the Meditation Manual for Intermediate Students, K.R.I.Y.A., Under the Blue Skies, and more!

#### Creative, Sacred & Invincible

The 21 Stages of Meditation clarifies the process and outlines the steps toward your own progress in meditation. Defined by Yogi Bhajan and elucidated by Gurucharan Singh, "The 21 Stages of Meditation" is a key work in deepening your understanding and experience of meditation. Ranging from Upset and Boredom to Humility, Graceful Enlightenment and the Sage, explore these stages and the three distinct meditative journeys, which culminate in the pinnacle of contemplative awareness, the Stage 21st, also described as The Infinite Pulse. This is an essential book for those interested in deepening their process of meditation and their experience with Jappa Yoga. The teachings presented in this book have been developed with love and care and genuine reverence. Yogi Bhajan said, "Now we are entering the Age of Aquarius and we have to have the science of mind totally brought into a geometry so that you can understand this is depression, this is expression; this is what you are doing and this is what you have to do. So for that reason, we are trying to create all this work for you." Every living thing has its own time to grow from a seed to its innate maturity. May it provide a foundation for elevation and enlightenment to all who love meditation.

#### *KRI Level Two Teacher Training*

In chaotic times, a deep breath can bring calm to your classroom. As the pandemic recedes and the world gradually returns to "normal," it's more important than ever to make your classroom a place that supports mental health and improves overall

wellness. In this book, you'll discover the why and the how of using techniques to reduce stress, improve executive function, and set the stage for increased memory and attention, better self-regulation, and improved cognition and academic learning. With this practical, research-based guide, you'll incorporate age- and grade-appropriate meditation, breathing, mindfulness, and secular yoga activities into your teaching, in ways that work for in-person as well as virtual and hybrid settings. Features include Adaptations for special populations, including those who have experienced trauma Recommendations for family involvement in social emotional learning Guidance on self-care for teachers and school staff Data from successfully implemented programs Dozens of illustrations, QR codes, and reflective questions Mindfulness isn't just a buzzword-it's a time-tested, teacher-tested technique for reducing anxiety and improving you students' outcomes. Incorporate it into your classroom and see for yourself how much good a deep breath can do.

#### *Harmonious Communication*

Relax and Renew is Guru Rattana's second quintessential compilation of Kundalini Yoga Kriyas and Meditations from the early teachings of Yogi Bhajan. Yet another invaluable guide to life and living in the Aquarian Age, this new and updated second edition celebrates the 29th anniversary of its original publication in 1988. Greatly expanded and adapted to meet the new challenges of the times, the book's introduction and appendices have also been rewritten, offering new gems to assist you in making health and healing into a rewarding and spiritual lifestyle. Still one of Guru Rattana's most popular manuals, Relax and Renew is in daily use by both teachers and students world-



wide. Its impressive range of over 100 Kriyas and Meditations has also been augmented for increased clarity and comprehension. A detailed explanation of how to Relax and Renew during your practice of Kundalini Yoga. Powerful techniques to assist in many

specific aspects of health and healing. Same great kriyas and meditations - the "oldies and goodies" from the early years of Yogi Bhajan's teachings. Completely revised and updated - from the original typewritten edition!