



Kriya for Unloading the Subconscious

*"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 with Christ Mudra. Hold down Sun and the Mercury fingers with the thumb; bend the elbows and hold the mudra at the shoulders with the palms facing forward. Open the jaw wide and inhale in three quick strokes; exhale through the nose. 6 minutes. The inhaled breath will sound like a crow.
2. Keep the mudra and the breath; move the hands in quick, small circles (initial movement is thumbs toward the body). The entire body should shake from the movement. After a minute or two, close your eyes and continue. 4 minutes.
3. Interlock the fingers at the Heart Center. Jump the body off the floor. 1 minute.
4. Bring the lock up above the head and continue jumping the buttock off the floor. 6 minutes. Feel like you're galloping on a horse. Do it in a rhythm. Sweat a little bit; it feels good.

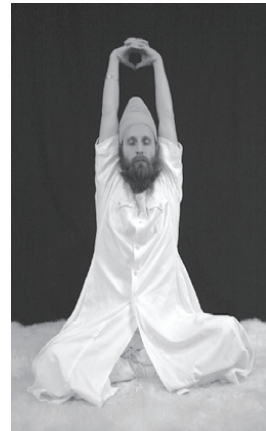




5. Sit with a straight spine. Interlace the fingers with the thumb tips touching. Close the eyes and concentrate on the tip of the nose. Don't let your concentration move from the tip of the nose. Inhale deep; exhale deep. Gong is played. 14 minutes. You are entering a reign of forgiveness. Practice forgiveness of the self. Forgive yourself. Don't fight; don't resist. You are in the region of forgiveness. This is the hemisphere of forgiveness, for your self. Redeem yourself. There is nobody above you; there is nobody beneath you; there is nobody around you; only you. This is the hemisphere where you can forgive yourself. This is a very rare opportunity. Don't ask forgiveness of God. God shall guarantee. Whatever you forgive; God shall forgive, guaranteed. Go for it! Don't fight! Forgiveness eats up the misfortune. Forgiveness eats of the misfortune of tomorrow—guaranteed. You are passing through the region of forgiveness. For the sake of forgiveness of God, that is what forgiveness means: forgive, for-giving. The holiness of God will open up the holes; opportunities will come. Let God give you by forgiving. Those who don't forgive get nothing.



6. With a stiff tongue and the upper palate, start repeating the sound. Humee Hum Tumee Tum Wahe Guru is played. 11 minutes. Gong is played while music transitions to Promises are Hard. Meditate on the music. Followed by the Himalaya song (Child of God).



7. Keeping the mudra, raise it above the head with the palms facing the crown of the head; stretch your arms and your spine. Breath long and deep and slow. Music is played.

TO END: Shake the arms. 2 minutes.