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KUNDALINI YOGA KRIYA PITTRA KRIYA

PITTRA KRIYA 1. Pittra Kriya: Your left hand rests on your Heart Center and your right hand is cupped in front of you with your elbow relaxed by your side. Eyes are on the tip of the nose. The right hand lifts up and passes the ear, as if you are splash-ing water over your shoulder. You will feel the wind pass your ear as the hand moves toward the shoulder. Your wrist must cross the earlobe

Subagh Kriya p.1 of 2 - Pinklotus

Subagh Kriya p.1 of 2 The Teachings of Yogi Bhajan 2008

It's a complete set. This is all called Subagh Kriya. If God has written with His own hands that you shall live under misfortune, then by doing Subagh Kriya you can turn your misfortune into prosperity, fortune, and good luck. This is a five part kriya. Each part must be practiced for an equal amount of time, either 3 Minutes or

Relieve Stress & Balance The Nervous System With The ...

The Pittra Kriya, found in the I Am A Woman: Creative, Sacred & Invincible Yoga Manual is a beautiful kriya to practice for a 40 day sadhana to relieve stress, balance the chakras, and keep the sympathetic & parasympathetic nervous system balanced and strong.

What happened in 40 days of Pittra Kriya - yogigems
What happened in 40 days of Pittra Kriya. Posted on 28th April 2015 by Gemma Bliss. 3. Part of our homework for the Level 2 Stress & Vitality week was 40 days of Pittra kriya. It's a 33-minute set that completely eats up your stress (instructions at end). Practiced every day, it sloughs off years of stored anxiety/ frustration/ grirriness/ blood pressure spikes. Yogi B called it a

Pittra Kriya

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Kriyas & Meditations For Stress Relief - Constant Contact

The Pittra Kriya, found in the "I Am A Woman: Sacred, Creative, Invincible" Yoga Manual is a beautiful kriya to practice for a 40 day sadhana to relieve stress, balance the

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KRI Kriyas - Kundalini Research Institute

Balance and the Law of Equality Includes the Meditation: Moving Meditation for Balance and Equality August 17, 1995 Balance and the Law of Equality (Meditation Only)