

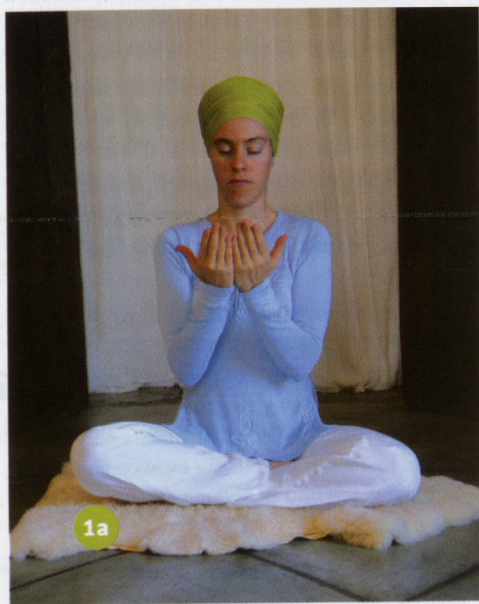


Kundalini Yoga: Subagh Kriya

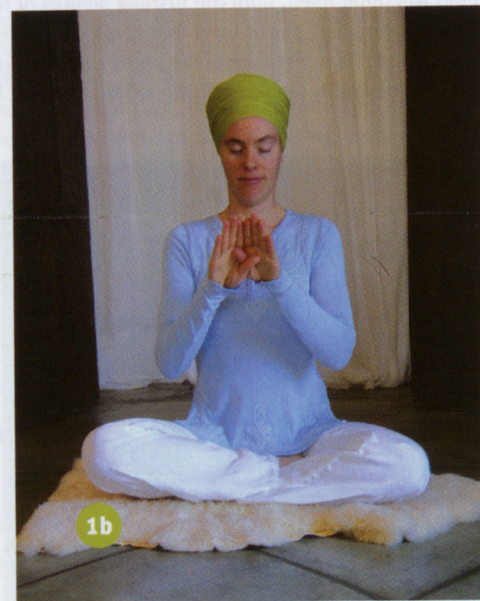
It's a complete set. This is all called *Subagh Kriya*. If God has written with His own hands that you shall live under misfortune, then by doing *Subagh Kriya* you can turn your misfortune into prosperity, fortune, and good luck.

Yogi Bhajan

This is a 5-part kriya.* Each part must be practiced for an equal amount of time, either 3 minutes or 11 minutes. Do not exceed 11 minutes. The first exercise of this kriya may be practiced on its own, separately from the other exercises.



1. Sit in Easy Pose* with a straight spine. Allow your upper arms to be relaxed, with the elbows bent and the palms facing the chest. Strike the outer edges of the hands together, forcefully hitting the area from the base of the little finger (Mercury finger) to the base of the palm. This area is called the Moon area. Next turn the palms outward and strike the sides of the index fingers (Jupiter fingers) together. Hit hard! Alternately strike the Moon area and the Jupiter area as you chant *Har* (rhymes with bud) with the tip of your tongue, pulling the navel with each *Har*. Your eyes are focused at the tip of your nose. This meditation was taught to the rhythm of *Tantric Har* by Simran Kaur.¹ Chant from the navel.



I'm going to give you a very handy tool, one that you can use anywhere, and you'll become rich. To become rich and prosperous, with wealth and values, is to have the strength to come through. It means that transmissions from your brain and the power of your intuition can immediately tell you what to do. *Yogi Bhajan*