

KUNDALINI YOGA KRIYA MENTAL EXERCISES

Yogi Bhajan • July 4, 1996

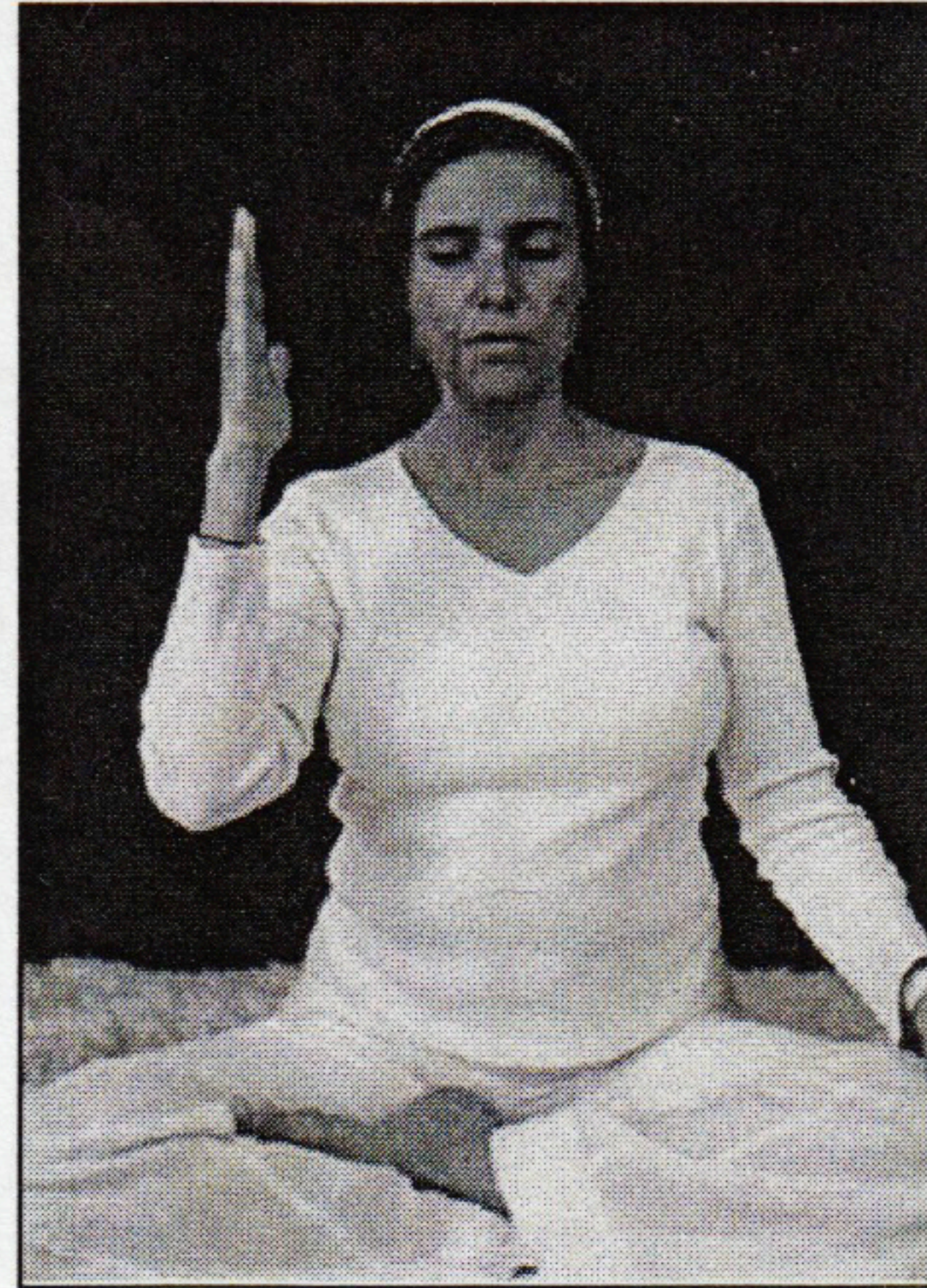
Sit in Easy Pose with a straight spine.

Chanting to **Rakhe Rakhanhar**, you will move through a series of eight postures, one posture for each line of the mantra.

TIME: **1 hour 45 minutes.**

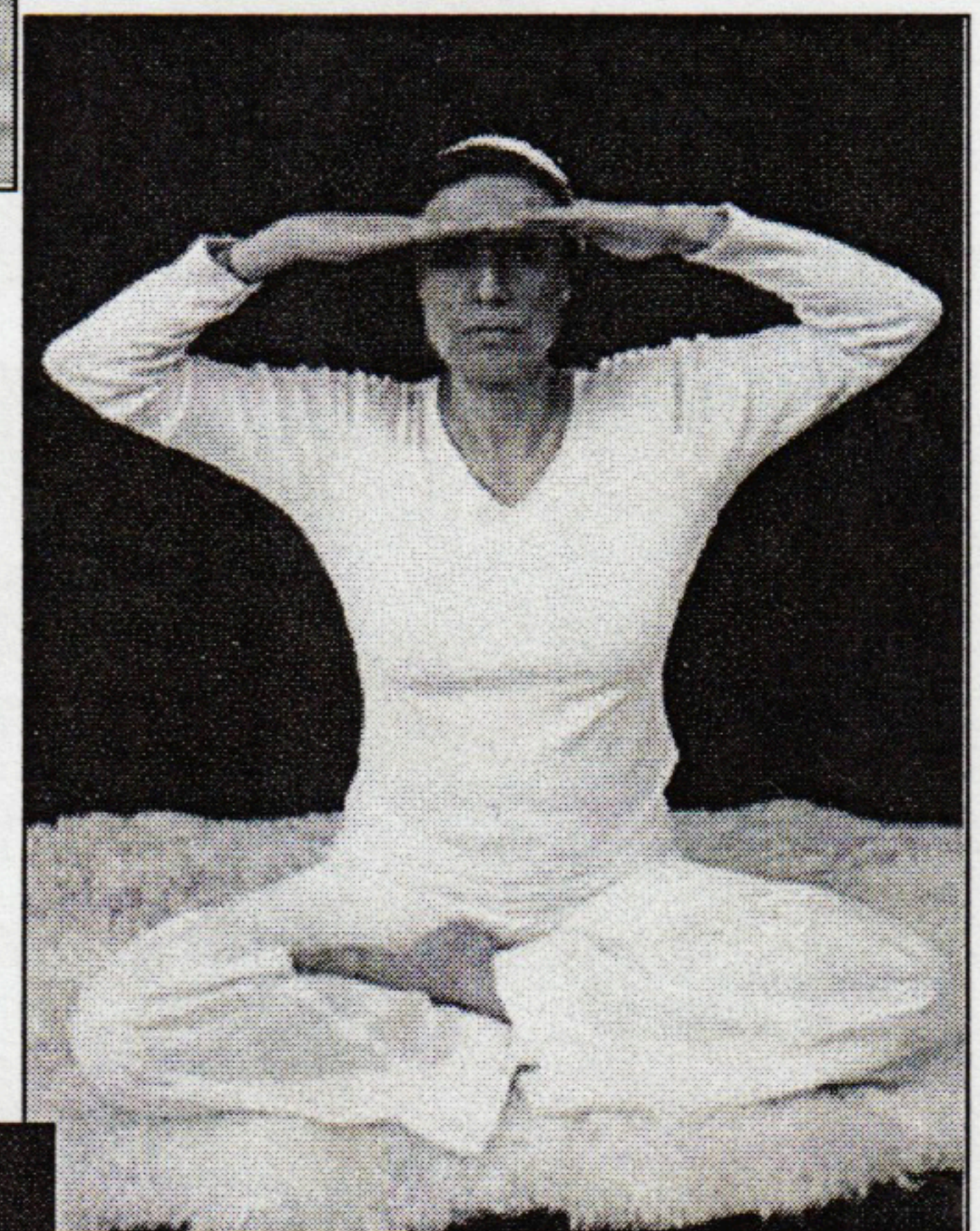
1. **Rakhay raxhanhaar aap ubaariun**

Bending your elbow, raise the right hand with palm inward at face level, midway between side and front. Keeping the head forward, look into your hand as if it were a mirror, shifting the eyes to the right so you are looking out of the corner of your eyes. *Works on the optical nerve.*



2. **Qur kee pairee paa-eh kaaj savaariun**

Bring both hands to the brow line with palms down, as if shading eyes. Gaze far away. *Brings the distance down and takes away blindness. Lets you see into the future.*



3. **Hoaa aap dayaal manho na visaariun**

Rest your right elbow on your thigh and let the forehead rest on the right hand. *This is confirmation.*



4. **Saadh janaa kai sung bhavjal taariun**

Bring hands to either side of the head at face level and make your hands into claws with palms forward. Lock the back teeth and squint the eyes. *Gives you grit. It is the inner wake-up.*

