

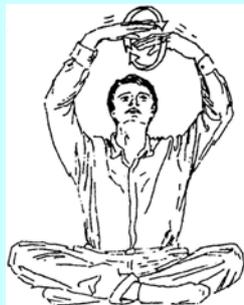
## RAISING THE KUNDALINI in SAHAJA YOGA



1. Left hand starts opposite the Sacrum bone with palm facing the body, at the base of the spine & moves straight upwards. The right hand rotates around the left hand, moving: towards the body, upwards, away from the body, downwards... both hands moving gradually upwards together.



2. Continue with this movement all the way up to and above the last centre at Sahastrara, at the top of the head. Attention follows the hands as they move higher and higher.



3. When the hands reach the top of the head, tie a knot above the head to secure the Kundalini there. Repeat the whole process a second time, but this time tie 2 knots above the head.



4. Now once more repeat the whole process, a third time, & tie 3 knots. Now hold your hands towards the photo to see if the Cool Vibrations are now clearer and stronger.

## PUTTING ON THE BANDHAN



1. Keep the left hand open towards the Photo, whilst moving the right hand in an arc or horseshoe shape from a point to the left of & outside the left hip, up over the head & down to & outside the right hip, keeping the palm facing the body. Now return the right hand back along the same path to the starting point.



2. Do this 7 times, all the time keeping the attention at a point above the head at Sahastrara. You are laying down a very strong protective shield of Vibrations that keeps negativity at bay. Each & every bandhan covers the whole system, so that we are in a very strong protection.

First raise the Kundalini, 3 times as above, then put on the bandhan 7 times. Do this at the start & end of every period of meditation. Also to be done before leaving home. Doing these 2 things regularly, will strengthen your connection & also deepen your meditative experience.