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# Yogi Bhajan Man To Man

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Man to Man: "Sex, success & prosperity"

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I AM A WOMAN

Praana, Praanee, Praanayam

Self Experience

Kriya Yoga Sets, Meditations & Classic Kriyas

The Kundalini Yoga Experience

**KAUFMAN EVELIN****Man to Man: "Sex, success & prosperity"** Penguin

The practice of Kundalini yoga aims to unlock and awaken the radiant transformative energy that exists within every person. This book is the perfect introduction to the fundamentals of a Kundalini practice. Taught for thousands of years and brought to the West by Yogi Bhajan, Kundalini is a powerful mind-body style of yoga. When practiced regularly, Kundalini yoga can strengthen the nervous system, balance the glandular system, and harness the energy of the mind, emotions, and body, and is surprisingly simple to learn. While general yoga technique focuses on exercise postures and breathing, Kundalini takes the process a step further by integrating yoga into everyday life activities. This definitive guide, fully illustrated with photographs, is an accessible introduction to the ancient practice of Kundalini yoga, with information on poses and positions, diet and lifestyle, breathing and stretching techniques, chanting and meditation exercises, and general guidelines that can help anyone—beginner or advanced—gain the greatest benefit from the practice of yoga.

Kundalini Yoga Simon and Schuster

"The goal of this material is to provide Kundalini Yoga teachers and Kundalini Yoga practitioners with basic knowledge of the structure and functions of the human body."--xi.

**Own Your Self** Dutton Adult

Kundalini Yoga as taught by Yogi Bhajan® "The Kundalini is known as the nerve of the soul. This is to be awakened. Your soul is to be awakened.

When soul gets awakened, there remains nothing... If your soul is awakened, what else do you need?"- Yogi Bhajan. Kundalini Yoga is an oral tradition dating back hundreds if not thousands of years. In the early 1970's, when this ancient technology was being presented, students would patiently wait to hear from fellow students and teachers what Yogi Bhajan had just taught. Students took notes, made drawings and passed them on... In a certain sense it was revolutionary that this sacred, once secret science was being recorded and distributed. Never, in history, had this been done before. It was very exciting when a Kriya-write up, manual or a "Beads of Truth"-magazine became available and when the Meditation Manual for Intermediate Students was published and distributed, it was a revelation. So many amazing Kriyas! It felt like as long as one had this manual, one could practice Kundalini Yoga for the rest of the life. It was like having the security of a treasure that would never diminish or get old. This wonderful book: KRIYA - Yoga Sets, Meditations & Classic Kriyas contains many of the Kriyas from the Meditation Manual for Intermediate Students as well as many previously unpublished Kriyas from that era. Some of the models in the book are children of original student-teachers of Yogi Bhajan... You will enjoy these effective and powerful Kundalini Yoga Kriyas. By practicing them, you can uplift yourself and inspire yourself to try some of these again and again! KRIYA - Yoga Sets, Meditations & Classic Kriyas from the Early Teachings of Yogi Bhajan contains: Challenging physical Kundalini Yoga Kriyas from the 1970s and 1980s More than 100 Meditations, including Visualizations, Praanayams, Silent Meditations, and Meditations with

MantraIncludes Material from the Meditation Manual for Intermediate Students, K.R.I.Y.A., Under the Blue Skies, and more!

**I Am a Woman** Yoga Technology, LLC New York Times best-selling author presents a radical alternative to psychotropic meds: discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self. For years, we've been telling ourselves that our difficult feelings-sadness, rage, shame, intensity, worry-are somehow "not okay." And, all too often, we've relied on the promise of pharmaceuticals to tamp them down. The fact is, though, that these feelings are a vital part of our experience. They are real. And those of us who feel them most strongly are the canaries in the coalmine-sensitive to things that are seriously wrong in the world today. In a book that's both provocative and promising, holistic psychiatrist Kelly Brogan, M.D., author of *A Mind of Your Own*, shows us that we don't have to medicate our mental, emotional, and physical pain away-that the best way out is through. She explodes the mistaken belief that our symptoms-from mood changes to irritability to fogginess and fatigue-are evidence that we are sick or broken. Then she charts a new path to get real, get well, and get free. The journey includes:

- Coming to a new appreciation of the meaning behind symptoms, and whether you are a canary in the coal mine
- Learning the 2 major risks of medication that most doctors are not trained to disclose
- Exploring the 5 reversible physical drivers of so-called mental illness
- Starting the process of radical physical healing with inclusive details of Dr. Brogan's history-making 30-day protocol
- Taking an emotional inventory of

- energy drains and toxic relationships
- Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine
- Identifying the most likely places you have given your power away
- Understanding what the science has to say about psychedelics as a tool for awakening
- Navigating health challenges with curiosity and the proper tools
- Guidance, support, and many Travel Tips shared from the trenches!

Our experiences, Dr. Brogan argues, aren't problems or pathologies; they reflect what we need to accept, acknowledge, and transform in order to truly become who we are. *Own Your Self* is a journey of healing, and also something more: a journey of coming home to ourselves.

Yoga Journal Harmony

A bounty of techniques and teaches clinicians how to incorporate these effective methods into their own practices both for individuals and couples.

**Mastering the Self** HarperCollins

A fascinating look into our human nature through the eyes of Yogi Bhajan, Master of Kundalini Yoga. It details the interplay of the positive, negative, and neutral parts of our mind with our nine aspects and twenty-seven projections. Yogi Bhajan's lectures provide a practical approach to the Science of Humanology, and encourage you to meditate to enlist your mind as your friend and servant rather than your master. The meditations apply to the various aspects we embody, such as Defender, Manager, Artist, Producer, Strategist, Teacher. You can select from 42 meditations, including: *Creating Art by Projecting into the Future*; *Pursuing the Cycle of Success*; *Deep Memory of a Past Projection*; *Interpretations of All Facets*

of Life; Pursuing the Cycle of Artistic Attributes; and Creating Art by Environmental Effects.

**The Teachings of Yogi Bhajan** Hay House, Inc

Sadhana brings us into an intimate alignment with the reality of who we are: as a creature of the Creator and as a human being. First published in 1974, Kundalini Yoga Sadhana Guidelines has become the best-selling Kundalini Yoga manual of all time. Within these pages, you'll find the inspiration to keep returning breath-by-breath to your Self and to your practice. Sadhana is everything we do on a daily basis as our self-discipline and our commitment to our higher self. It is a spiritual practice in which we confront the tendencies of our mind and ego and, out of love, we invite in the dimensions of our soul, spirit, and intuition. In its essence, it is a process of refinement, development, and mastery. As we learned from eastern traditions, a sadhu is a being who has disciplined himself. Likewise, the definition of a yogi is a person who has totally leaned on the supreme consciousness, which is God. The purpose of sadhana is to arrive at the place where we go beyond our ego and its limitations. Morning sadhana-done before the sunrise-is a special time when we sit before the altar of our own consciousness and have the opportunity to clean up our inner world before we engage in the outer world-our jobs, our families, our responsibilities. This manual exists to serve you and to help you uplift yourself and others. It is designed for both the new and the experienced student. It focuses on the essential practice of Kundalini Yoga. A material that offers lectures, essays, insights, and a series of exercises that one can experience and improve one's own personal practice.

*Breathwalk Hue-Man, in Form & Function*

This yoga manual accompanies the "I Am A Woman" reader and has been organized by topic so that you can focus on a particular discipline within your own practice, generate weekend workshops for your students, or create an entire curriculum for an in-depth experience of the women's teachings over time. Topics include:-Awakening Your Inner Vitality: Essentials for Daily Practice-Sensitivity: Connect to Your Eternal Power-Radiance: Walking in Beauty and Living by Grace-Sound Mind & Body: Using the Sound Current to Create Clarity and Caliber-Fearlessness: Empower Your Life-Woman as Her Own Psychologist I: Clearing the Self-Woman as Her Own Psychologist II: Cultivating the Self-Crisis Kit: What to Do When There's Nothing Left to Do-Sexuality & Creativity: Igniting the Spark-Relationships & Communication: Redefining Intercourse-Becoming a Mother: 9 Months, 40 Days, and Everyday-Transformations and Transitions: Breathing through Everything-Healing & Relaxation: Becoming Healthy, Happy and Holy-Beauty Begins Within: Personal Discipline and the Graceful Woman *The Mind* Yoga Technology Press

Life poses many questions. Dying is one of them: What do we do at the moment of death? For the most part, we deny death. We never really look into the nature of death as a cycle of life. We never examine our reactions; therefore, we never give ourselves the chance to practice how to die; as Warrior Saints, gracefully and courageously. Our denial produces either fantasy or fear in the subconscious, which blocks prosperity and creates dis-ease in our lives and our relationships. We must learn how to confront the moment of death and determine our Self within it so that we

can 'cross over'. "If a person doesn't know how to die and doesn't know where the grace is or how to confront that last moment, what is the purpose of life?" - Yogi Bhajan "Merging with the Infinite" shares quotes and meditations about the many aspects of death and dying, based on the teaching of Yogi Bhajan.

*Everyday Devotion* W. W. Norton & Company

The manual *Self Experience, Kundalini Yoga as Taught by Yogi Bhajan*, shares 20 yoga sets and 15 Meditations to help you experience your highest Self. Yoga means "union." It is the experience of Infinity in our own finite form. Kundalini Yoga offers us the discipline through which our self can experience our Self. It is a path that will lead us onward to find the bliss that is at the core of being human. It is the Divine Circle of life that the soul longs for the experience of the Creation through its human life and the human longs to merge again with Infinity. It is the Union of the self and the Self that we seek and that, paradoxically, can make us fully human. The manual *Self Experience, Kundalini Yoga as Taught by Yogi Bhajan*, shares 20 yoga sets and 15 Meditations to help you experience your highest Self. Between the yoga sets and meditations in this manual are yoga set to Work on the Hypothalamus, Work on the Psyche Through The Spine; The Sun Wheel Meditation; Preparing Yourself Physically, Mentally & Spiritually; Experiencing the Psyche, Healing the Physical, Mental and Spiritual Bodies; Relief from Stress and Strengthen Intuitive Projection.

**The Master's Touch** Simon and Schuster

From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying

the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out. With *Invincible Living*, Guru Jagat shares a radical way of understanding yoga—not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yoga—which forgoes complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your desk—can reset your life and well-being, regardless of your age or background. Designed explicitly for everyday people, not ashram-going or gym-bodied yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. There's no need to have a bendy back or toned arms. You don't even need a mat: just a quiet space to clear your head, and as little as a minute out of your day. From beauty and self-care to work and relationships, *Invincible Living* tackles both the mind—from mood elevation and stress reduction to renewed mental clarity—and the body—from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagat's fresh, handmade-meets-hipster style, *Invincible Living* is fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga. *Invincible Living* includes 100 color photographs and illustrations.

*The Teachings of Yogi Bhajan* KRI Publications

This book is for every student of Truth.

Whatever path you have chosen, it will give you an understanding of the true meaning of mastery. The yoga exercises and meditations in this book will challenge and revitalize you.

*Sexuality and Spirituality* K R I

Donna Quesada had been teaching for about a dozen years when the first signs of burnout hit her. Rather than give into her frustration, she reached for Buddha's teachings—the Zen wisdom that formed the basis of her own longtime spiritual practice. She survived the semester and gradually rediscovered the joy of teaching that had been progressively declining. In this wonderful book, she shares the lessons she learned—lessons that reveal time and again: No matter the situation, it's always about getting your head in the right place first.

Resolution begins in our own minds.

Some days, some semesters, and even some years will be more challenging and more wearisome than others, she warns.

But in *Buddha in the Classroom*, Quesada offers a lasting source of encouragement and inspiration.

Although the book draws from Eastern teachings, the wisdom is for everyone, regardless of personal background, creed, or faith. With elements of *The Last Lecture* as well as *Chicken Soup for the Teacher's Soul*, this is the perfect gift for teachers—but also for anyone needing inspiration.

*Invincible Living* Andrews McMeel Publishing

From the moment the alarm clock sounds to the time his head hits the pillow again, the typical man experiences dozens of stressful events every day. Whether it's tight finances, employment insecurity, challenging family issues, or all of the above, the majority of men fail to cope with such stress in a healthy way. *Yoga for Men*

equips men with the yoga know-how to improve their physical, mental, and spiritual health. An increasing number of men are tapping into the power yoga can release within them. *Yoga for Men* homes in on yoga techniques that address issues of specific concern to today's males, including reducing the risk of prostate cancer, decreasing daily tension, increasing sexual performance, improving metabolism, and enhancing flexibility and muscle mass. Using a plain-English, straightforward approach, author Bruce Van Horne walks male readers through yoga tips that will help them get into better shape, release fears that are blocking personal goals, and enjoy life more fully.

*Laws of Life*

Premka: *White Bird in a Golden Cage* is a compelling and beautifully unfolding tale, offering a haunting look into a teacher/student relationship. This intimate memoir, written by one of Yogi Bhanjan's prized teachers and exalted students, is full of devotion, love, dedication, betrayal, loss and the healing unification of the self. It also reads as a love letter to a unique time in history—the '60s in Los Angeles and New Mexico, where love, music, art, spiritual exploration, often led to self-transformation. As a historical treatise and a spiritual mystery, this book offers unique insight into the origins of the Western Sikh movement and the proliferation of Yogi Bhanjan's kundalini yoga.

*Introduction to Kundalini Yoga*

Unleash your potential to live the life you've always wanted. Kundalini yoga engages your unique sources of energy—those that empower your spirit as well as your body. Drawing from the riches of ancient yogic tradition, *The Kundalini Yoga Experience* offers a

system of physical poses, breathing techniques, and focused meditations that, when practiced together, will bring you increased physical health and strength, emotional balance, and a deeper sense of your own spirituality. With regular practice, you'll be surprised at how strong, healthy, and fulfilled you feel. Experiencing the power of Kundalini is your birthright—embrace it!

### **The Teachings of Yogi Bhajan**

The time has come. We want to be, we should be, and we have to be—men. Yogi Bhajan No one has ever talked to men—about men like this before! These no holds barred lectures tell a man how to master being a man. Everything you've always wanted to know is here: how to succeed as a man, how to communicate as a man, how to make love to the woman in your life, the relationship between sex and spirituality, potency and projection, consciousness and creativity. Plus special foods, diets, and exercises especially for men.

### Kundalini Yoga for Youth & Joy

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

### Sadhana Guidelines

Sexuality and Spirituality offers both men and women the prospect of great sex with deep intimacy, contentment, satisfaction, and divine connection. This amazing manual reveals previously secret Kundalini Yoga sets and meditations from which you can find the means to achieve your greatest joy and

fulfillment. Our sexual energy impacts all aspects of our life: How we relate to our sexuality is a determining factor in how we relate not only to our partners, but also to our family, friends, children, and all those with whom we interact. We are all sexual beings, so this book is for everyone - regardless of age, gender, gender identity, sexual orientation, spiritual path, or level of sexual activity. This updated and expanded 2nd Edition offers new material about Tantra, man's and woman's sexuality, how to practice the locks for sexual pleasure, polarity balance for men and women, and opening the heart to sacred love. It also retains the much loved Kundalini Yoga sets and meditations from the original 1989 edition, in what remains the only published source of much of this amazing material from the early classes of Yogi Bhajan. We miss a lot when sex is reduced to building up stressful desire and releasing it. Spiritualizing our attitude toward our sexuality delivers us to the universal creative dimensions of existence. How we create in life is a function of how we are able to sustain and interact with the unfolding of our life, relax into our own rhythm, and find satisfaction while moving through our daily activities. Learn how to open your heart - to yourself, to others and to all life. Love happens as you embrace all life's challenges, as well as its joys. Practicing the technology and absorbing the wisdom offered in this manual will change your life, by raising your frequency to the vibration of sacred love. Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth Like a candle emits light, a human emits prosperity. With more than 40 kriyas and meditations, Success and the Spirit gives you the practical techniques you need to

become more peaceful, more bountiful, more joyous, and more giving. The book focuses on how to understand prosperity in relationship to your own spirit.

Success and the Spirit: An Aquarian Path to Abundance compiles a collection of Yogi Bhajan's lectures on how prosperity is a natural expression of the human spirit; how the soul and the Creator work in harmony with each other to create success in life on all levels; and how our

own fears and limitations block us from living our destiny. Yogi Bhajan was a unique being who learned, mastered, and shared the ancient practices of Kundalini Yoga. In addition, he communicated the essence of Sikh Dharma in a universal and Aquarian way. In his teachings, these subjects worked together seamlessly. You will see the same intermingling of teachings, stories, and techniques from Sikh Dharma and Kundalini Yoga within this collection.