



# Transformation Vol. 1: Mastering the Self

By Yogi Bhanjan

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## Transformation Vol. 1: Mastering the Self By Yogi Bhanjan

Transformation  
Seeds of Change for the Aquarian Age  
Volume One: Mastering the Self  
Kundalini Yoga as taught by Yogi Bhanjan®

“The purpose of Kundalini Yoga is transformation.” –Yogi Bhanjan

Mastery is no longer a mystery. Align the You within you—master the Self—embody your identity, experience your breath and expand your radiance. Here are the tools you need to balance your chakras, discipline your mind, clear out the past and renew the present in order to manifest your future. Strengthen your vitality and resilience; determine your destiny as you transition through every age and stage of life.

These 91 kriyas and meditations, drawn from the Transformation: Level Two Teacher Training courses, are organized to facilitate your personal practice and deepen your experience of the Self. Many of these kriyas were selected specifically for Level Two and have never been available before! Practice something new or master something familiar with this newest collection from the Kundalini Research Institute.

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Chapter Two: Riding the Breath  
Chapter Three: Strengthening Your Radiance  
Chapter Four: Mastering the Tattvas & Balancing the Chakras  
Chapter Five: Dhyana, Dharana & Pratyahar  
Chapter Six: Clearing the Subconscious  
Chapter Seven: Renewing the Brain  
Chapter Eight: Vitality  
Chapter Nine: Resilience  
Chapter Ten: Transitions: Rebirthing, Living & Dying

Mastering the Self was organized not only for individual practice but also for Kundalini Yoga teachers. Develop workshops, plan thematic 6-week courses, or

assign individual sadhanas with ease. Using each chapter, individually, or combining topics gives you limitless possibilities.

With Transformation: Seeds of Change for the Aquarian Age, a two-volume series: Mastering the Self and Serving the Infinite, the tools and technologies of Level Two Teacher Training are at your fingertips.

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*By Yogi Bhajan*

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