



SUGGESTED DAILY SCHEDULE KUNDALINI SADHANA

STEP	MINUTES	DESCRIPTION
PRELIMINARY STEPS		
1	5	Meditate on your brow chakra while breathing normally and gently.
2	1	Cover your eyes with your palms.
3	5	Activate your root and sacral chakras by performing mulotejana kriya.
4	5	Kapala-bhati kriya for your navel chakra.
5	1	Put your right hand on your stomach.
6	5	Put your right hand on your heart and breathe deeply and gently.
7	1	Cover your eyes with your palms.
8	5	Do jalandhara-bandha for your throat chakra.
9	5	Activate your brow chakra by performing shambhavi-mudra
10	1	Cover your eyes with your palms.
11	5	Chant Kundalini Mahamantra on the three knots (one part on each knot).
12	5	Do Bumblebee breathing
13	1	Cover your eyes with your palms.
TOTAL	45	

Once you are done with the preliminary steps, devote anywhere between 15 – 45 minutes to perform the main step. And the main step could be meditating on just one chakra, on the three knots or on all the chakras. Such meditation could be done either by chanting the kundalini mahamantra on the knots, or just one one chakra. If you feel better by meditating on each chakra with its seed syllable or color, that's equally powerful. If you are aiming for an intense practice involving more than 45 minutes of meditation, you could then alternate between maha-mantra and chakra syllables and colors to maintain the freshness of your mind.

SOME THINGS TO REMEMBER

1	If you are pressed for time, adjust the minutes accordingly. For example, rather than five minutes on each step, you could devote only two minutes. And, cover your eyes for only thirty seconds rather than a whole minute.
2	In any case, however, it is recommended that you do step 3 (mulotejana kriya) and 4 (kapala-bhati) for five minutes each.
3	For the briefest method, just chant the kundalini mahamantra for fifteen minutes on the three knots. Or, even feel free to do any particular kriya that sits well with you and gives you joy and peace.
4	If you only had time for just one chakra (and not even the preliminary steps or the knots), let that be the Manipur (navel) chakra.
5	Step 4 (kapala-bhati) is not recommended for pregnant women. It's said commonly that people with hypertension shouldn't do this step either but I haven't seen any medical or scientific evidence validating it. So, please see how you feel. If your blood pressure rises or you feel dizzy or discomfort, stop at once.
6	Remember to enjoy the process of kundalini awakening.
7	Don't give in to hearsays, myths and misconceptions by listening to people who have never put in the time to master kundalini. Instead, listen to your inner voice.
8	Breathe. Smile. Meditate. Let go. Oh, and be kind.