



# Lifecycles & Lifestyles Yogi Bhajan Videos

Links to the Yogi Bhajan Videos in The Library of Teachings

Access to the Library of Teachings is free. KRI relies heavily on donations to make this service available.

Please [click here to donate](#) and help ensure that the future generations will have access to this resource.

- Day 1, #1:** Video link [here](#) (Class date - 1986-04-17)  
Lecture: Living Weightlessly and breaking the bonds of Earth  
Kriya: Living Weightlessly and breaking the bonds of Earth
- Day 1, #2:** Video link [here](#) (Class date - 1986-04-16)  
Lecture: Crossing the Hour of Death  
Kriya: Crossing the Hour of Death
- Day 2:** Video link [here](#) (Class date - 1988-11-29)  
Lecture: Rebirth and the Impact on the first 11 years  
Kriya: Rebirth and the Impact on the first 11 years
- Day 3:** Video link [here](#) (Class date - 1988-12-05)  
Lecture: Rebirthing to clear distortions from the school year  
Kriya: Ghost Kriya - Clearing the ghosts and opening intuition
- Day 4:** Video link [here](#) (Class date - 1988-12-13)  
Lecture: Rebirthing to clear the ghosts of the Subconscious  
Kriya: Unloading the Subconscious
- Day 5:** Video link [here](#) (Class date - 1997-05-15)  
Lecture: How to be human: Ethics and Action  
Kriya: Being Human: Balancing Heaven and Earth
- Day 6:** Video link [here](#) (Class date - 1994-01-05)  
Lecture: Living a Life of Caliber and Excellence: The 3HO Way  
Kriya: Longevity Kriya

Please note that the videos and transcripts in the course have been edited, whereas the videos found in the Library of Teachings have not. You will therefore notice some differences between the links above and the course DVDs and printed transcripts.