



# Mind and Meditation Yogi Bhajan Videos

Links to the Yogi Bhajan Videos in The Library of Teachings

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- Day 1:** Video link [here](#) (Class date - 1994-10-31)  
Lecture: Break the Minds Hypnotic Trance  
Kriya: Kundalini Yoga Meditation breaking the Piscean hypnotic trance
- Day 2:** Video link [here](#) (Class date - 1995-03-08)  
Lecture: Awaken your dormant Human Consciousness  
Kriya: Self hypnosis to develop Intuition
- Day 3:** Video link [here](#) (Class date - 1990-11-21)  
Lecture: Being human is being Intuitive  
Kriya: Make your Mind Sensitive
- Day 4:** Video link [here](#) (Class date - 1994-11-16)  
Lecture: The science of Shuniya  
Kriya: Kriya for Thoughtlessness
- Day 5, #1:** Video link [here](#) (Class date - 1992-10-27)  
Lecture: Be happy, be Neutral  
Kriya: Parbati's kriya for the blue pearl
- Day 5, #2:** Video link [here](#) (Class date - 1989-02-21)  
Lecture: Stop your Mental Games  
Kriya: Kriya to clear out your Mental Paranoia
- Day 6:** Video link [here](#) (Class date -1989-09-12)  
Lecture: Develop your Mental Strength  
Kriya: Butterfly 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.