



# Vitality and Stress Yogi Bhajan Videos

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**Day 1:** Video link [here](#) (Class date: 1991-11-18)

Lecture: Pittra Kriya

Kriya: Pittra Kriya

Video link [here](#) (Class date: 1989-11-14)

Lecture: The Stress-Free Zone

Kriya: Clearing the Subconscious reverse Personality

**Day 2:** Video link [here](#) (Class date: 1989-11-08)

Lecture: Your Basic Elementary Stress

Kriya: Relieving your Elementary Stress

**Day 3:** Video link [here](#) (Class date: 2000-10-17)

Lecture: Cold Depression

Meditation: Meditation for Cold Depression

**Day 4:** Video link [here](#) (Class date: 1989-03-14)

Lecture: Getting rid of Transit Memories 1 Rebirthing

Kriya: Getting rid of Transit Memories 1, Rebirthing

**Day 5:** Video link [here](#) (Class date: 1989-11-16)

Lecture: It's Great to be Zero

Med: Emotional resilience; Cutting Negative Thoughts

**Day 6:** Video link [here](#) (Class date: 1993-06-15)

Lecture: Self-Hypnosis into Forgiveness

Kriya: Self-Hypnosis into Forgiveness

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