



# Self Knowledge (Kundalini Yoga as taught by Yogi Bhajan)

*Yogi Bhajan*

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## **Self Knowledge (Kundalini Yoga as taught by Yogi Bhajan)** Yogi Bhajan

This manual is a gateway to self-knowledge. It contains the tools you can use to experience the totality of your own self. Each meditation or set of exercises has an immediate positive impact. Those techniques practiced regularly give long-term positive development of your highest potential to live your own life fully and well.

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