

What is Kundalini Yoga

Called " the yoga of awareness," Kundalini Yoga is an effective combination of self-transformation and personal improvement.
For many centuries this powerful and inspirational wisdom was lovingly communicated traditionally from a Kundalini yoga teacher to the student.

Kundalini Yoga was always kept very private. To teach it to the masses was not acceptable. It wasn't until 1969 that Harbhajan Singh Khalsa, also known as Bhajan and Siri Singh Sahib to his followers, introduced his version of Kundalini Yoga to the United States.

Simply stated, yoga teaches techniques of meditation, concentration and self-discipline to control both the body's emotions and the content in the mind. It focuses on a holistic approach to achieving both physical and mental health through simple living and high thinking.

This self-awareness exercises facilitates union with the higher self (also called the super-conscious mind). Yoga means union (or yoke). The goal of this path is liberation from fear and suffering (also known as mastery of the self)

What are the Benefits of Kundalini Yoga?

1. Help Reduce Stress
2. Strengthen and tone your body
3. Have a calm and non-reactive mind
4. Develop self-awareness and self-observation
5. Increase concentration power and clarity
6. Yoga poses increase flexibility
7. Increase your stamina
8. Increase your energy level
9. Connect with your higher power
10. Transform your life
11. Bring peace into your life

What You will Need Before Starting Your Kundalini Yoga Exercises

Of course, you will need a quiet space or room where you won't be distracted. The temperature needs to be at a comfortable setting for you. You will require a matt if you don't have a plush carpet to sit on. This eliminates pressure on your muscles, bones and joints. Comfortable clothing is also important. I like to do my yoga exercises with sweat pants, a tee shirt and bare feet. Having a towel nearby will help wipe any sweat off your face. A paper and pen for notes, especially if you get any insight during meditation.

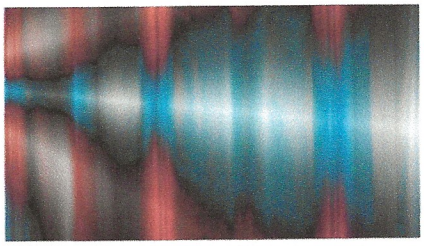


What are These Powerful Healing Mantras?

Mantra means "tuning in." It is like changing channels on the radio of your mind. By vibrating a particular combination of sounds, you tune-in to various levels of consciousness.

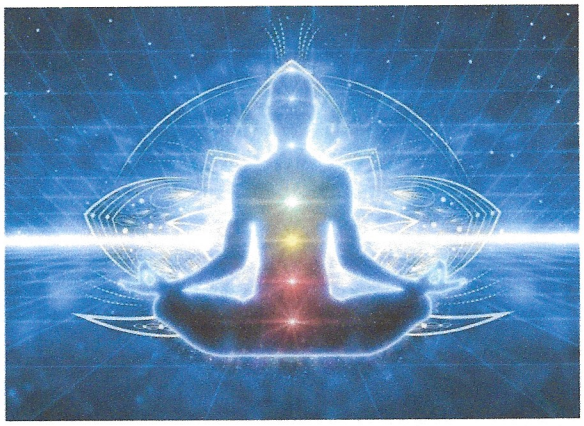
Consciously or unconsciously you are choosing the programs that play on the screen of your mind by the thoughts you think (vibrate) and the words you speak.

An example of this is the mantra "ONG NAMO GURU DEV NAMO." This is one of a few Kundalini yoga chants (vibrations). It assures the purest inner guidance for the practice.



Kundalini Yoga Chakras

- The word chakra is a Sanskrit word meaning wheel or disk.
- There are 7 major chakra energy centers along the spinal column.
- To work with chakras is to heal us of old constricting patterns.
- The purpose of yoga is to clean the chakras of old, non-beneficial patterns so that they have a positive influence.
- Chakras are associated with 7 levels of consciousness. As you experience opening your chakras, you also experience a deeper understanding of the state of consciousness associated with that level.



The 7 Chakras

Chakra	*Location*	*Association*
1 	Base of Spine	Survival
2 	Lower Abdomen	Emotions & Sexuality
3	Solar Plexus	Personal Power
4 	Over the Sternum	Love & Unity
5 	The Throat	Communication & Creativity
6 	Center of Forehead	Intuition & Imagination
7 	Top of the Head	Knowledge & Understanding