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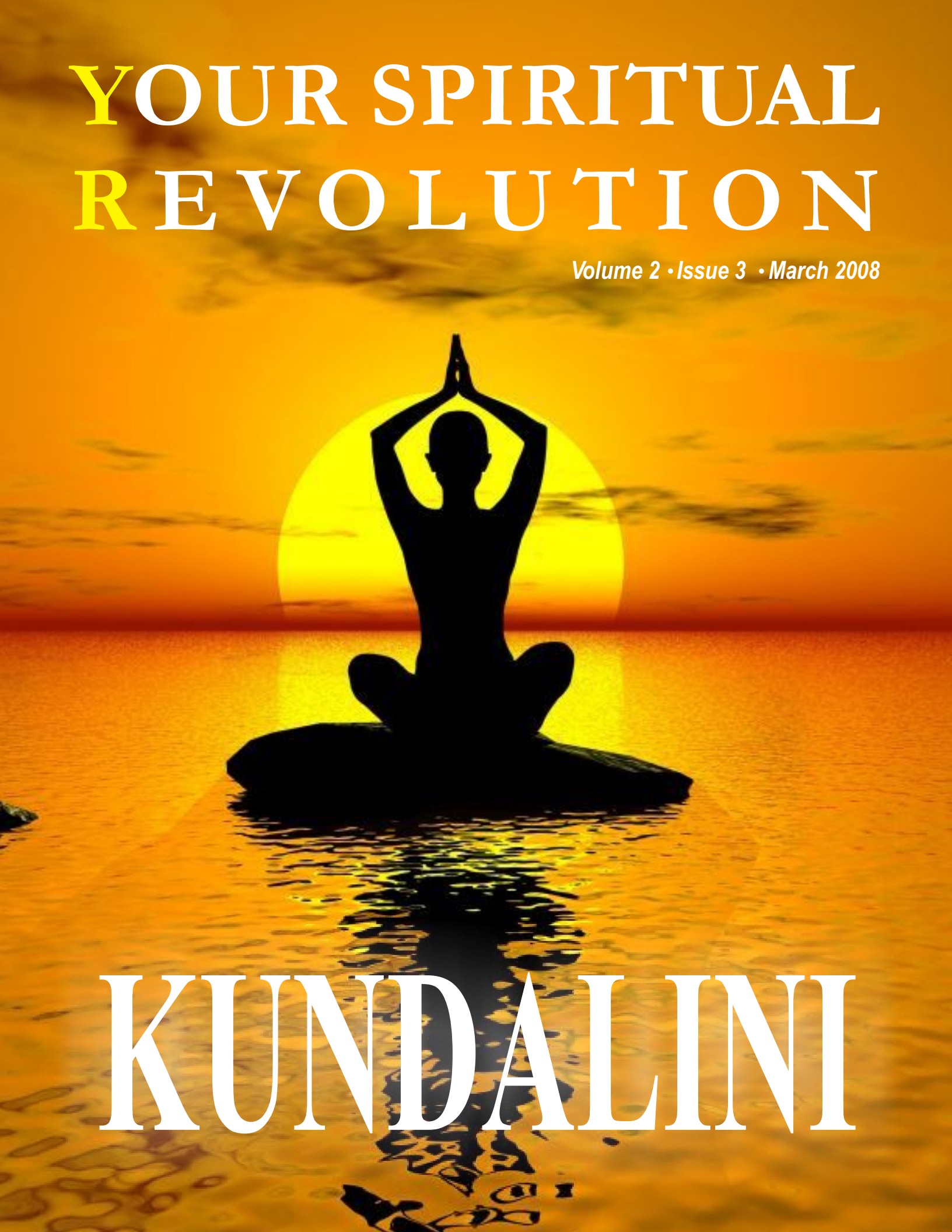

KUNDALINI

YOUR SPIRITUAL REVOLUTION

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Message From The Editor



Kundalini has always fascinated people on the spiritual path. Ancient traditions speak of Kundalini as the key to Enlightenment and spiritual evolution. Spiritual practices to attain Kundalini Awakening have been around from ancient times.

Over centuries, an aura of mystery has grown around the Kundalini traditions due to the stories of both dangers and amazing results associated with the rising Kundalini. This special issue aims to demystify Kundalini by offering various perspectives and methods to help readers gain clarity.

Love and Light,

Prabhath P

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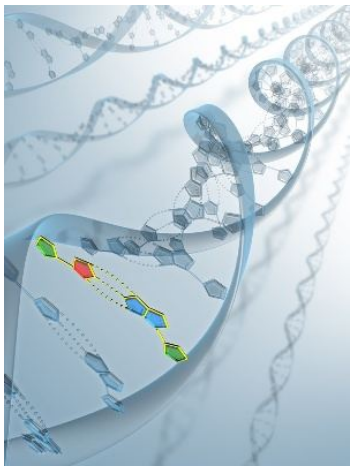







KUNDALINI and The Evolution of Consciousness

By Dorothy Walters



Often people who know little about Kundalini ask, "What is Kundalini?" As many are aware, there is no easy answer to this question, for Kundalini arrives in various kinds of packaging, and affects each person in a very individual way. Further, descriptions about snakes rising up the spine and wheels set in motion and references to various Sanskrit terms often serve to confuse the seeker even more.

Here is a reply I wrote recently which may be helpful. It seems to me to make sense and keeps the explanation fairly simple:

In its most basic form, Kundalini is the bioelectrical energy of the physical body (and the creative energy of the universe as a whole). In the human, this energy usually operates by itself, below the threshold of consciousness. This is the elemental life force, what keeps us going as long as we are alive.

Once the Kundalini 'awakens,' bodily sensations and impulses come into consciousness in a way not experienced before. One becomes incredibly sensitive to both pleasure and pain, as if the cells themselves were firing in awareness as small (or large) explosions of joy or discomfort. Generally, it is believed that pain results when there are 'blockages,' that is, hang ups in mind, body, emotions, or psyche. Persons with major unresolved psychological issues, as well as those with serious physical challenges, may be especially at risk.

As the Kundalini works through the system, it flushes out these hidden blockages, and presses until they are cleared. This process can be difficult and troublesome, even for the most seemingly balanced and normal person. There may be periods of intense bliss, or periods of severe pain. It all depends on the subject herself. It is almost as if the Kundalini has an intelligence of its own -- it may be strong or weak at various times, but it generally continues until the task is completed.

Kundalini is connection with the divine. Often, especially during the bliss states, one feels as though these visitations come from a heavenly source. One may experience unconditional love in a most dramatic way, as if (as one person put it) "God is moving through your body." During this time, the subject may feel as though the Beloved Within is a real lover, who awakens each part of the self to sensuous, tender rapture or even ecstasy. One may feel blessed to the extreme, even though no one can say for certain what is actually going on within or where the process will go.

In its highest manifestation, Kundalini may lead to enlightenment, as the crown opens to receive divine blessings and the inflow of ecstatic energy awakens even the brain itself to supernal love. At this point, the devotee discovers that he or she does not in fact exist at all other than as a miniscule particle in the greater Reality. Some actually become upset at this revelation, clinging to the notion of separate identity. Very few on earth enter such bliss and maintain it permanently (at least, not anyone I know personally, though some 'masters' are reputed to exist permanently at this level.) What we less exalted mortals may be offered instead (I believe) are temporary tastes and glimpses of this sublime awareness, so that we can know that it is real, but not a place where we can dwell permanently while we are on this earth. In fact, the bodhisattva is one who rejects personal salvation (nirvana) so that he/she may serve others and help them progress on their way.

Kundalini is not an easy path. It may involve intense suffering as well as bliss. Someone has asked, "Why are we not able to dwell secure within the blissful realm of Kundalini while on earth? Why must we fall from the heights and endure periods of pain as well as elation?"

In one sense, the answer is simple: we are living on earth, not in heaven, we are human, not angels. Humankind has asked from the earliest of times why we no longer dwell in paradise. Myths of the lost Golden Age appear in the cultures of many, many cultures, from the story of Adam and Eve to the accounts of the 'yugas' (eras) in Eastern literature, which descend from the earliest -- the Golden Era -- to our own time. We now live in the Kali Yuga, the time of strife and chaos.

However, for Kundalini, the question becomes a bit more specific. Indeed, why, having once tasted 'paradise' on this earth is it so often snatched away, the bliss overturned as pain and forms of dis-ease ensue? Why can we not maintain this elevated state in which all was bathed in the bliss of overwhelming love and our bodies and souls seemed to exist (finally) in complete accord?

To begin with, we have to remember that when Kundalini is awakened we are (if we are among the lucky) more or less removed from this world into an inner Eden. We exist and feel in ways we have never experienced before. We are like babes enjoying the complete attention and devotion of mothers who dote on us and give us constant love and nourishment.

But then, suddenly, our Edenic world fades and we become aware of the pressures of the outside world. The mother-force vanishes (or diminishes) and we are on our own in a disturbed, sometimes uncaring, sometimes threatening world. We realize we have to do more than sigh in rapture, that we have to earn a living, care for the needs of families and friends (who may be undergoing special challenges in their own lives), and our own health may seem to falter. Old psychological issues may surface and demand to be attended to. Old injuries may begin to pain us again.

I think this first period is the honeymoon time of Kundalini. It can last for days or weeks or even years, but at some point (at least for all I know) it will take a different turn. The honeymoon is now over, and we must deal with some very pressing issues before we are ready to go forward to the next stage. What we have experienced thus far is a huge quantum leap into another level of existence. That part was easy. Now the real work begins. We must go back, deal with all unfinished business in our lives, learn new ways to cope with the world and its stressors, find new methods to maintain balance. This is the time of purification, of making ourselves ready to sustain these new energies and this new way of life in a more consistent way.

The first phase came to us through grace. Now we must prove our worthiness, make ourselves strong, mend all weaknesses, and clear all faults (including the flaw of excessive self-rejection.)

It is one thing to visit another planet as a temporary visitor. To take up residence as a permanent citizen is another matter. Our bodies must adjust to a new climate, our nerves to new energies, and our systems to a new level of vibration.

It would, I believe, be much easier to make this transition in a protected environment. In earlier times, those undergoing such deep spiritual transformation often went into monasteries, sought out caves, and withdrew into the forest, where, in a serene environment, they could pursue lives of constant purification and uninterrupted devotion. But today most of us are unable to isolate ourselves in this way. We must continue to exist in the midst of a disturbed and disturbing society, to be buffeted constantly by the knowledge of the disruptions going on around us, to withstand the shocks and traumas which accompany every day living.

We must learn to live in 'the two worlds,' the inner world of deep spiritual connection and the outer world of the external society.

And we must find ways to "bring the gift back home." Joseph Campbell, in his classic work *The Hero's Journey,* describes how the hero, after facing many arduous ordeals, captures the treasure (for us, new awareness, new ways of being) and returns to offer it to society as a whole, so that all may share.

And that, I think, is exactly what we are called to do in this particular era, when survival of the race is itself the key issue. We must forego focusing exclusively on private salvation in order to give of ourselves to the world, to help others in their life predicaments and to aid them as they too progress to higher levels.

This is the evolutionary process. It does not occur as a single, final leap into a new way of being. It is unpredictable, now advancing, now slowing, now going forward, now retreating. If we are the new New Race of Humans, we must remember that we are in fact the advance models, and thus still exhibit many imperfections. I think those of us undergoing transformation at this time have come to the planet in order to make it easier for those who follow. They will, I believe, do it better. Their transition will be easier, their progress more steady, and the overall shift more sudden.

Some call this process 'the divinization of matter.' Teilhard de Chardin spoke of advancement toward 'Omega Point,' where the human and the divine would meet. Sri Aurobindo, Gopi Krishna and others have foreseen a time when humanity would enter into this new state of being. Many today are speaking about Evolution of Consciousness. All of these point to a similar phenomenon -- the movement of humanity to a higher level of being. This great evolutionary leap is occurring at a time when the structures of the outer world are crumbling. At times it seems like the forces of spiritual evolution are in a race with the forces of massive world destruction. No one knows how the contest will end.

Ours is not an easy assignment, but more and more are joining the ranks. Ours is not an easy task, but it is the most essential endeavor I can think of. And I feel that to be included in this effort is a blessing of the

highest order.

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Dorothy Walters, who lives and writes in San Francisco, experienced dramatic kundalini awakening in 1981, and has devoted the rest of her life to exploring this process and helping others along the way. Her experience is described in 'Unmasking the Rose: A Record of a Kundalini Awakening' (from Hampton Roads, available on Amazon.com).

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DNA ACTIVATION THROUGH THE KUNDALINI

By Ellaeenah



It is only when you know who you are, will you be able to attain the balance between your spiritual 'Beingness' and your physical 'Is-ness.' This balance is essential if we are to express our uniqueness to the world without guilt or diffidence. We all know that God is within, that we do not really die, and that fear is only a reaction to the illusions we perceive as reality. But, when you look back over the last decade, are you able to experience an inner and external balance that comes from this understanding? If not, it is because the knowledge has not reached your cellular level. The Kundalini is the spark of Higher Mind that resides within the very root of our physicality and is the bridge between knowledge and wisdom, between lower and higher chakras, between separation and unity. It is when the Kundalini is activated that you can truly cross the vast chasm between appreciating another's strength and experiencing your own power, between understanding who another is and knowing who you are.

For the Kundalini to rise, the energy has to flow through each chakra equally. An overactive chakra is one which allows energy in, without discriminating filters; an underactive chakra allows only sluggish flow. The chakras must reach a level of light activation that gives them the natural ability to adjust to changes in the energy flow that take place moment to moment, as we react to the different stresses within and outside. For this it is essential that the process is undertaken

gradually and gently, as irresponsibility can lead to severe physical and energetic short-circuiting. A true living master will not give Kundalini activation to a person without knowing the chakric state and the level of higher mind accessed. Do not approach so-called practitioners and masters who promise an instant activation as easily as a cup of coffee.

In order for the activation to take place, your chakras have to be in a state of health which comes when enough work has been done to release fears, negative thought patterns, addictions and obsessions. Every one has their own pace for doing this which must be respected. If you have committed to Self-Actualization, this pace will be a brisk one, neither rushing you nor allowing you to slacken.

When Kundalini power drops, it opens the door to the energies of greed, selfishness, lust, abuse of power and deception. This is a risk that is present at all times, so we must ensure that at each moment the power of the Kundalini is at its optimum. When it is flowing free and full, the focus of consciousness shifts to the higher chakras, especially the heart, third eye and crown. The shift in the focus from the root to the higher chakras can come only through the rising power of your life force. As we move upwards through our chakric system, the energy of the Kundalini blends with the bloodstream, the cerebrospinal fluid, the glandular juices and lymphatic fluids. This brings about physical changes in the body, and is responsible for the tingling and heat that often accompanies the activation process. It also causes fluctuations in the brainwave patterns, leading to shifts in consciousness and awakening of higher senses. Once the higher chakras are recalibrated by the simultaneous process of release and infusion, you will stop trudging through life and joyously greet the higher dimensional functioning.

This is the stage when the DNA is ready to be activated. Do not be fooled by anyone who tells you that they can do this for you. This is a purely inner process and CANNOT be undertaken for you by anyone. Yes, it can certainly be facilitated by another, through energetic clearance, balancing and infusion. Living through only two strands of the DNA is accessing not even 10% of the power of your embodied spirit. These two strands lock us in survival instinct and fear of death which lie at the root of all our issues. We live through repetitive patterns caught in our DNA memory. Activation of the DNA does not involve recoding; rather it involves connecting to the divine encodings of all on earth. This connection opens the gateway to the codings of Divinity that lie within the DNA. The DNA activation is prodded by the simultaneous unification of chakras, whereby the energy wheels enlarge so magnificently that their fields combine to form a large master disc of your power. It is possible for every human being to activate the first 12 strands of the DNA. As you work upon intensifying the power of your energy matrix and are able to easily and effortlessly blend with the matrices of all, mingling energies at will, you move towards the 64 strand DNA activation, which brings to you the Light Body Activation by which you have an Indigo Light Body. A fully Christed Being with a Platinum Light Body has been able to activate 15,000 DNA strands. All of these activations are completely possible in one living existence.

We all know that DNA consists of amino acids but let us go beyond this text book knowledge. The amino acids within our bodies are the transmitters of the wavelengths of different energies that flow through and around us. Love and fear, for example, have differing wavelengths and as they are carried into our physical structure by the amino acids, they cause different reactions. The dense energies result in blockages, erosion and tears, while the finer energies lead to removal of energy plaque, healing and expansion. As the Kundalini flows through cleared chakras, it enables the free flow of the amino acids because they do not carry the burden of dense energies any more. The more we embrace our fears through

self-awareness and self-responsibility, the greater is the radiance of our chakras. A radiant chakra is one which can accommodate a rising Kundalini. The refinement of energies permits the Central Channel to align itself with the channel of energy flow between the crown chakra and the higher chakras 8 to 14. This results in the unified chakra and the instant 'dropping down' of the higher chakric system, so that the physical body is ruled not only by the unified chakra, but by chakras 8 to 14 as well. This instantly awakens frequencies of our Divine Selves, leading to DNA Activation.

Every strand of your DNA holds memories and complete knowledge of the several fragments of your beingness that lie in parallel worlds and dimensions. The activation merges these fragments together and thus from self you move to SELF, and then onto absence of self in the radiant presence of ONE.

When the Kundalini is being activated, it is important to take even more care of the physical body. Water plays a very significant role because it is the fluids in our body that are the carriers of energy. The foods that you ingest must be those that can be easily digested and which do not shock the body. Alcohol, drugs, tobacco, chemicals, and concentrated sugars are examples of 'shocking foods'. Refined flours and very rich dairy products absorb a large part of the body fluids in the process of their digestion, thus making you feel sluggish and depleted. Rest and fresh air cannot be enough emphasized during the process of activation. Exercise can be undertaken, but stay away from rigorous and strenuous work-outs that cause physical depletion and strain. If it is possible, remove yourself from tension-causing environments that hold the risk of trauma at a physical, mental or emotional level.

Remember, the easiest way to enable the Kundalini to rise is by creating a loving inner environment. Operate from the wisdom that you are God, and all others but beautiful reflections of your Godhood. If you find one or more of your reflections ugly, do not blame the mirror, for it has the ability to show you only yourself. This awareness brings integration, and this integration flowers into Self-Actualization. In this process lies the secret of ascension. Happy Home-coming, my dear friend!

Energy Exercise to encourage Kundalini Activation through the Power of Aum

Drink two glasses of water before this meditation. Make sure that the water is at room temperature. Light incense sticks, as fragrance can create a harmonious inner environment. Light a candle to remove all scattered energies from the space where you are seated.

Do not hurry through this meditation. Give yourself enough time to complete every step.

Relax yourself completely. You can facilitate this by breathing in slowly through your nose and exhaling deeply and slowly through your mouth. Do this a few times.

Bring your energies into a pin-point focus within your root chakra.

Now begin to chant AUM in the following manner. The sound of 'Ah' begins a little above your crown chakra and continues till the heart chakra where it becomes 'u' and then ends with an elongated 'mmmmm' in the root chakra swirling the energies there, and then released into the earth. This AUM cycle is to be repeated 7 times. If the swirling action within the root chakra does not take place easily and smoothly, repeat this cycle another 7 times.

Now breathe in the energy of the sound of AUM into your root chakra and direct it upwards into your hara chakra. At the hara chakra allow the AUM to swirl the energies. Repeat this thrice.

Now breathe in the energy of the sound of AUM into your root chakra and direct it upwards into your hara chakra and the solar plexus chakra. At the solar plexus chakra, allow the AUM to swirl the energies. Repeat this thrice.

Now breathe in the energy of the sound of AUM into your root chakra and direct it upwards into your hara chakra, solar plexus chakra and heart chakra. At the heart chakra, allow the AUM to swirl the energies. Repeat this thrice.

Now breathe in the energy of the sound of AUM into your root chakra and direct it upwards into your hara chakra, solar plexus chakra, heart chakra and throat chakra. At the throat chakra, allow the AUM to swirl the energies. Repeat this thrice.

Gently shift your consciousness from the root chakra to the hara, to the solar plexus, to the heart, to the throat and then let it rest firmly in your third eye.

Now pay close attention to the chanting of the AUM so that it can infuse the power required by your third eye to pull the Kundalini towards itself.

The first cycle of seven chants will have a long 'Ah' sound and shorter (and equal) 'u' and 'm' sounds.

The second cycle of seven chants will have long (and equal) 'ah' and 'u' sounds and a short 'm' sound.

The third cycle of seven chants will have long and equal chants of 'ah' 'u' and 'm'.

The fourth cycle of seven chants will have short 'ah' sound and longer (and equal) 'u' and 'm' sounds.

The fifth cycle of seven chants will have short (and equal) 'ah' and 'u' sounds and long 'm' sound.

The sixth cycle of seven chants will have short and equal 'ah', 'u' and 'm' sounds.

The seventh cycle of seven chants will have the AUM chanted as short staccato sounds….om-om-om-om-om-om-om

The eighth cycle of seven chants will have AUM chanted longer than the seventh cycle but as one sound, not broken up into three parts.

The ninth and final cycle of seven chants will have the AUM chanted longer than the eighth cycle but again as one sound and not broken up into three parts.

Take three deep breaths to bring the body into a state of restfulness and gently open your eyes whenever you are ready.

This exercise can be done at any time of the day, but must be done once daily for 21 days. You must then take a break of 7 days and start the next cycle of 21 days. During these two cycles the physical, emotional and mental bodies will throw out a lot of debris. Be prepared for this and face it with equanimity. When the Kundalini is rising you may experience tingling, heat surges, dizziness, nausea, physical instability and haziness, fatigue, feverishness and so on. Rest and adequate water will take care of these symptoms.

Please ensure that you are in a good physical condition before you begin this exercise routine. Pregnant women should not undertake this exercise. If you are on heavy medication, it might be advisable to do this exercise once every 48 hours instead of once in 24 hours.

Do not combine this exercise with any other energy work.

This exercise only provides guidance for you. Like all energy work, YOU ALONE ARE RESPONSIBLE for it. DO NOT PUSH YOUR BODY BEYOND THE LIMIT THAT IT ACCEPTS.

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Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by consciousness of thought, word and feeling, to bring about self-empowerment through complete recall of one's Godhood.



KUNDALINI YOGA

By Alexandra Kulwant Kaur

Awakening to Higher Consciousness with Grace and Speed

My Story



When I first discovered Kundalini yoga, I was living in Hollywood working as an assistant agent for a well-known modeling agency. I drank and smoked every day. I was living the way so many young artists and performers in their early twenties do: late rent checks, late-night joy-rides, dealers, dramas and dreams of my big 'break.' I was twenty-four years old, and had moved out to LA the previous year after graduating from New York University's Tisch School of the Arts with a BFA in musical theatre performance.

Throughout my acting training, I never thought I would stray from that path. It was all I had ever wanted to do, and I was determined to succeed. Numerous teachers over the years had assured me that I had that special 'magic,' and that I was destined to go all the way. Yet after finishing school, I performed in only one off-Broadway play that opened the day after the twin towers fell. Until now, that has been the extent of my career as a professional actress. All the student loans, all the family support, all the training, all my plans had led me to Los Angeles and yet when I arrived there, I promptly walked away. What I came to understand later was that I had a path of destiny that was calling to me and that until I grew into my identity as a spiritual teacher; my artistic pursuits were meant to remain on hold.

Kundalini yoga is a practice that is completely unique, as it allows one to transform and heal with such grace and speed that at times one cannot believe that what is happening is real. I have joyfully explored various forms of yoga, and do believe that all spiritual paths lead to the same universal truth. Kundalini was a fit for me because of my extreme personality and hard-core approach to life. I have spent a large portion of my lifetime exploring 'the edge,' and have taken many dangerous risks along the way. It was with this mentality that I entered my first Kundalini yoga class, and what I found there was more intriguing to me than anything I had yet experienced. What I found was an almost instantaneous connection with the deepest parts of myself. It was as though through these postures, this breath, this mantra and the sacred gong, I was meeting myself for the first time.

Teaching Kundalini yoga is the greatest honor. The experience is like entering into a field of pure light energy and allowing it to channel through me into the perceptual realities of my students. I have been a teacher for the past three years, first in Los Angeles through the Golden Bridge Spiritual Village, and now in Boulder, where I am working with another teacher to develop a vital new community. I have learned to trust myself and my innate wisdom. I have overcome my neurosis and fears from childhood; I have grown less attached to the external circumstances in my life. I have come to cherish my inner growth above all else.

It is not an easy path at first, as one is faced with the reality of all the aspects of self that are clearing and changing. It can be overwhelming at times, but what one must always remember is that all discomfort is temporary. It is on its way out. If one can commit to a daily practice, whether it is doing a three minute meditation before bed or getting up at 3:30am to prepare for early morning sadhana, as I have done faithfully for the past two years, the changes will occur and after a period of time life will become blissful, beautiful and balanced.

Do not seek approval from others, seek approval from yourself.

-Yogi Bhajan, Master of Kundalini Yoga

The Basics of Kundalini Yoga - Where to Start

Kundalini yoga is a dynamic blend of postures, pranayam (breathing), mantra (sound), music and meditation, which teaches the art of relaxation, self-healing and elevation. Through this unique practice, the glandular and nervous systems are stimulated, and one's capacity for creative potential is heightened. By balancing the body and mind, one gains inner vitality and clarity to compensate for the adverse effects of stress, and to clear space for rapid progress within all aspects of life.

There are thousands of sets and meditations that were laid out very clearly by Yogi Bhajan, the Master of Kundalini Yoga. All postures within a set are timed and practiced in a specific order, as this is an advanced and powerful technology. Both the sets and meditations have a focus, such as 'Awakening the Ten Bodies,' 'Set for Disease Resistance,' or 'Meditation for Prosperity, Fulfillment and Success.' While the exercises can be rigorous, Kundalini is less focused upon the specifics of the postures and more upon awakening the spine, opening and balancing the chakras and expanding the energy field. It is common to hold postures for long periods of time in order to work through the mind's natural resistance.

The Kundalini energy is coiled at the base of the spine, therefore much of the work we do is designed to open up this channel and allow for the energy to move from the lower chakras into the higher centers. Much of our old patterning and past traumas are stuck in the lower triangle (1st, 2nd, 3rd chakras anus, sexual organs and navel). Being that our society's outward interest lives in this triangle, it is not uncommon to neglect the higher centers. When we are able to transform stagnant energy trapped in the lower chakras into a fluid force of life that can then rise to awaken our higher chakras (4th, 5th, 6th, 7th, 8th - heart center, throat, third eye point, tenth gate at the top of the head, and the auric field surrounding the head), the experience of a 'Kundalini rising' ensues.

The best way to begin this practice is to find a certified teacher in your area. If this is not an option, please refer to the links and information section of this article in order to purchase videos and mantra CDs. In our tradition, it is encouraged to practice the teachings of Kundalini yoga under the protection and guidance of Yogi Bhajan, and it is asked that one wait until completing a KRI (Kundalini Research Institute) certified teacher's training course before teaching this yoga.

If you do not have a mastery of your mind, you cannot know the mystery of existence.

-Yogi Bhajan

Yogi Bhajan - The Master of Kundalini Yoga

Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji, otherwise known as Yogi Bhajan was the son of a doctor and at the age of sixteen, mastered Kundalini yoga, a highly powerful technology that until that time was kept secret, and practiced only by advanced yogis. When India was partitioned in 1947, he took charge of leading a thousand people out of his village to safety in New Delhi. During his youth he studied with many teachers. He married, and was a commanding officer in the Indian Army and served in the Indian Government for eighteen years before he moved to America in 1969 and introduced Kundalini yoga to the West, at which time he established the 3HO organization (Healthy, Happy, Holy Organization). Today, 3HO promotes healthy, conscious lifestyles in over 38 countries and is recognized as a Non-Government Organization which has consultative status with the Economic and Social Council of the United Nations.

Upon arriving in America, without money or contacts, he used his intuition to develop a growing community of students which was eventually rooted in Los Angeles. (Los Angeles is to this day the global power center for the practice of Kundalini yoga). While it had been his original intention to teach Hatha yoga, he quickly determined that he needed a tool that would work faster within this new setting of wide-spread drug use, sexual promiscuity and cultural anarchy. (Kundalini yoga awakens the consciousness 22 times faster than Hatha yoga, and thus his destiny was set).

In 1952, Yogi Bhajan earned his Masters Degree in Economics and in 1980 his doctorate in the Psychology of Communication. He was the author of over 30 books, and his teachings are available in over 200 other books and videos. He was the co-president of the Human Unity Conference and Founder of the annual interfaith celebration, International Peace Prayer Day. He was also a recipient of the Peace Abbey Courage of Consciousness Award.

Before his death on October 7, 2004, Yogi Bhajan spent much of his time counseling people from all walks of life, teaching Kundalini yoga, facilitating White Tantric yoga, and lecturing world-wide. He also created and managed over 14 successful businesses that provide a wide range of products and services dedicated to health and well-being.

The strength of a man does not lie in what he has. The strength of a man lies only in what he can give.

-Yogi Bhajan

Your Life Transformation

If you decide to begin on the path of Kundalini yoga, you can expect dynamic life transformation. Whether you are focusing upon healing a physical illness, overcoming an addiction to drugs or alcohol, or re-creating your professional life, the effects of this yoga will far surpass anything you can imagine prior to the experience. There is no area of human life that is not touched by a commitment to a daily spiritual practice, and once you have found the specific practice that works for you, there is a good chance that your 'life before yoga' will feel increasingly like a dream or past life-time. The important thing to remember is to use your third-eye point (located between the eyebrows), to focus your work. Without a focus the healing will ensue, but with one you become a co-creator of your daily experience on this planet. There is no longer a need to 'chase your dreams.' Just stay grounded, meditate, and before you know it your dreams will be chasing you.

Vibrate on the cosmos, and the cosmos will clear your path. -Yogi Bhajan

Kundalini and the Arts

It is my personal passion and life's work to unify the practice of Kundalini yoga with various forms of creative expression. I am a performer and a visionary by nature. I write. I sing. I dance. I paint. I act. When I began studying Kundalini, I put my creative life on hold for over four years in order to fully immerse myself in the teachings. I am now learning how to utilize my practice to enhance my creative life, and have never experienced more joy than in the throes of this new marriage. When I was training to become a Broadway performer, fear was a prominent element of my daily existence. Performing has always been a competitive and at times brutal undertaking. I remember as a child one of my teachers saying to us, "if you don't HAVE TO become an actor, don't." I have always HAD TO, and yet am unwilling to accept the aspects of this industry that do not serve my highest purpose. When I walked away from acting after graduating from NYU, I knew that I would return to it at some point, but by my own rules. Since my re-location to Boulder in August of 2007, I have been dancing every day far better than I ever did during my formal and very rigorous years of training. My mind has been cleared of that old relentless fear of failure, and a new freedom of pure expression has taken its place. We are creators by nature. This yoga will align you with your inner artist in a way you might not be able to imagine at this moment, but will experience in depth once you are 'vibrating the cosmos.'

I have always rejected the notion that great actors, writers, musicians and artists must be in pain in order to serve their art. Throughout the history of the arts, darkness has proved a valid subject, but we have only begun to see the exploration of light through creative expression. We are coming into a new age, and it is time to embrace our own healing process so that we can become Aquarian artists, Aquarian leaders, the very voice of light.

Light is not weak, flowery and muted.

Light is a solar eclipse.

The solar eclipse is an image that always comes to mind when I think about the real experience of spiritual awakening. I intend to use this image as my logo when I launch my production company. The real experience of 'waking up' is intense, painful at times. It is the moment where the darkest dark meets the brightest light. This is the point that fascinates me.

Once we awaken our consciousness as artists, our art will awaken the consciousness of our audiences, and our audiences will awaken to the reality of peace on earth.

-Alexandra Kulwant Kaur, Kundalini and the Arts, Founder

Money and Manifestation

I have spent most of my adult life surviving well on nothing. Until my recent move to Boulder, that was my personal money matrix. I have been the penniless princess without a cent to her name with a solid gold education who has taken multiple extended trips throughout Europe, eats all organic vegan food and has had many East and West Village NYC and Hollywood Hills apartments to call her own. As I move into a new matrix now, I am beginning to understand why I stayed in that polarized position for the first 28 years of my life. There is a deeply ingrained subconscious rejection of money within many spiritual beings. We have seen what money can do on a global scale when it is infused with darkness. We have felt the fear that lack of money creates in us. It is through my practice of Kundalini yoga balanced with a new- found grounding that is beginning to heal my relationship with money. I am of the firm standing that it is our responsibility as conscious people to re-direct the flow of energy on this planet in all forms, money holding a prominent position. If you feel trapped in a destructive cycle with money, there are specific meditations designed to attract abundance into your life. Please remember however, that this is not enough. Through experience I have learned how essential it is to stay grounded in my

practice. It is useful to recognize that just as the aura can extend out 9 feet in all directions; it can also extend deeply down into the earth. In our quest for etheric freedom and intuitive connection, let us not forget to nourish our roots. For without them, we cannot make the changes upon this planet that we wish to see.

You cannot give to anybody if you do not have it. First create the capacity to take, then take. And the law of capacity to take is: first give. Because the world is governed by the law of vacuum, which is that there can be no vacuum. When you create the vacuum, things will Come in….

-Yogi Bhajan

An Experience

If you would like to have a simple experience of Kundalini yoga, take a moment now to sit in easy pose (legs are crossed), and sit on the edge of the pillow to keep the spine straight. Feel your core planted firmly into the earth as the top of your head extends up and out. Close your eyes. Take your thumb and press it into the third eye point between the eyebrows. Roll the eyes up to focus at this point. Now take your hand and place it at your lower navel. Deeply inhale and exhale into this area, allowing the navel to expand on the inhalation and contract on the exhalation. Breathe through the nose, and allow each breath to go deeper than the last. Make sure you can hear your own breath. As you inhale, begin to mentally chant the word 'Sat,' and as you exhale, 'Nam.' Continue to go deeper, keeping the eyes closed and focused at the third eye. Inhale 'Sat,' Exhale 'Nam.' Continue.

'Sat Nam' I am Truth.

This is your life. This moment. This breath. This truth.

Teacher's Training

There are now more than three hundred centers teaching Kundalini in over thirty-five countries around the world, and the numbers continue to grow each year. One of the best-known Kundalini centers is Golden Bridge Spiritual Village located in Hollywood, owned by Gurmukh and Gurushabd Khalsa and featuring classes taught by senior teachers Harijiwan and Tej Khalsa. These four highly renowned teachers studied directly with Yogi Bhajan for over thirty years.

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www.akulwantkaur.com
www.goldenbridgeyoga.com
www.3ho.org
www.harijiwan.com
www.a-healing.com
www.kundaliniyoga.com
www.kriteachings.org

Yogi Bhajan did not come to the United States to collect students, he came to create teachers. If you are interested in learning more about teacher's training options, attending Kundalini events or buying products please follow the links above, or email me at: boulderkundalini@gmail.com.

Alexandra Kulwant Kaur (known to her students as Kulwant Kaur) has been practicing and teaching Kundalini yoga for the past four years, primarily in Hollywood at Golden Bridge Spiritual Village. She has recently re-located to Boulder, where she is writing a screenplay and working on various ways to connect Kundalini yoga with the arts.



KUNDALINI REIKI

Its Role in Kundalini Awakening

By Amy K. Jung



What is it? If you are wondering what Kundalini Reiki is, let me first explain what Kundalini really is. Kundalini is the term used to explain the openness of certain chakras and healing channels that healers believe connect them to the Earth's energy. In other forms of Reiki, the source of the power is not Earth-bound energy specifically. Some Reiki systems believe the energy is passed from a higher being or beings, even objects in some cases. Kundalini is specifically energy provided by the Earth through its healers. When we as healers speak of our Kundalini Awakening (or Rising), this simply means that we have obtained the openings of the above discussed healing channels and chakras and are in balance with our Earth energy.

Let me backtrack a moment to explain the history of Kundalini Reiki. The Kundalini Reiki system was founded by Mr. Ole Gabrielsen. Mr. Gabrielsen is a native of Denmark who has spent many years as a Master of Meditation assisting people throughout the world in their search for inner peace and harmony. The system was created with the very specific intent of healing physical mind and body and to overcome the human tendency towards intellectual arrogance. The system is intended to expand our state of Universal Consciousness, love, light and peace.

I am a Reiki Master and teacher. I practice Kundalini Yoga, but I am not an expert in it. My understanding, however, is that the intent is the same: to achieve the Awakening to be in tune with our Earth energy and lead a life of peace, love and light.

Before I go into the specifics of Kundalini Reiki, you need to realize that it is here to assist you in your energy balance, or your search for awakening. It is not a replacement for qualified medical treatment. This form of healing is meant to give you a foundation for good health; centering your energy, flushing negativity, and balancing your emotional state. I cannot stress enough that you need to see a qualified medical physician if you are having physical issues.

How does it work?

The energy you receive in a Kundalini Reiki treatment is called Kundalini Fire. The Fire begins at your base chakra and moves upward. It serves two purposes, both cleansing and clearing. As the fire reaches each of your chakras, it cleanses and clears them. This means it unblocks them and allows them to remain open to receive Earth energy. With your chakras open and cleared, you will find yourself in a far better physical state, thus allowing the emotional healing that we all require. When we are in total health and balance, then and only then can we achieve the awakening to become one with our Earth's energy and behave as the beings we were created to be.

Kundalini Reiki treatments do not need to be done in person. They can easily be sent via distant healing. In fact, even attunements and training for healers can often be done at a distance. Of all the Reiki systems I as a professional work with, I find that Kundalini Reiki is often the strongest and most direct. However, Kundalini energy is not best for all people in all cases. Sometimes the energy is too much to handle. You need to choose a healer you are comfortable with. This energy transfer is intended to be life-changing. Bear that in mind when choosing a Reiki Therapist. You don't choose the first college you see to get higher education, or the first Doctor you pass on the street for your medical care. Choosing your therapist is like that. You need to take care and be cautious. Ask for lineage and certificate(s). This is a life choice. Choose wisely.

Your personal Kundalini Awakening will not happen after one treatment. This is a long process. You are setting out to change the person you are, into a being composed of peace, love and light. This is not a change that can happen overnight, and if it does, you will have problems with your energy as noted above, being a part of what Kundalini Reiki can aid. Each of us who are attuned to this method practice a bit differently. In my teaching, I require previous experience in traditional Usui Reiki, as I feel it is a good basis in understanding the chakra system and how Reiki works. It is also a bit easier to understand and feel what the Kundalini Fire is accomplishing. The way it was explained to me, and how I feel it is best explained, is like a fire from your base through your crown chakra that is allowing you complete openness. The fire 'burns' away the negative energy seated in your chakras and allows them to be open and receive positive energy and in turn send out that same positive Earth-based energy.

You can use Kundalini Reiki to not only achieve your Awakening, but also to change lifestyle habits that are destructive to you. It can also help you to ground and achieve spiritual peace, during your search for your personal Kundalini Awakening. The system itself is focused more on your lower charkas. This means it can often assist you with emotional issues such as shyness, it can aid issues with daydreaming and most importantly as mentioned above can assist you in grounding yourself. You will find this an important factor in your search for your Awakening, as it does stir up your emotions a bit.

The time lapse between the beginning of treatments and Awakening can seem like an eternity, it certainly did for me. However you must realize that you can't rush Enlightenment. You have to grow to be

the person to handle the openness Kundalini Rising brings. It changes you as a person, you become so much more than you thought possible and you realize you are a part of this Earth and choose to behave in a way to promote positive actions for all on the planet and beyond.

If peace and love are what you are searching for, Kundalini may well be your answer. The path to your rising is your own to chose. It could be that Reiki is the answer for you, or perhaps yoga is better in your life. Whatever it is that you choose, remember that it is your choice; you have become already immersed in Earth energy by deciding to work towards your personal Awakening.

Your first few treatments may be a bit difficult. You may feel a bit ill, we call this vibrational flu. It is simply your body adjusting to the energy and the toxins releasing from your body and chakra system. Don't let this stop you from moving forward, it is only temporary. You need to get rid of the negative to absorb the positive. Although this may sound like a horrible thing, you will grow into a much better person because of it. Also, it's an easy way to tell you are moving forward and the Kundalini is working. This vibrational flu does not affect all people, but it does affect some. If you are not dealing with the symptoms of vibrational flu, you will still sense the changes in yourself. You will find yourself more focused and your energy more easily directed. You will find your thought processes more positive and filled with love and hope. Most importantly, you will find as you grow, that you love more, you anger less easily, and you surround those around you with a positive energy that may have been lacking in you before. Your energy level will increase. The more you grow towards your Awakening, the more energetic you will be. This is a result of Earth energy reaching the chakras it was blocked from before this time. All productive positive changes result in a more positive, wonderful you.

To prevent issues with your Awakening, I suggest you refrain from meat products and alcoholic beverages. Such habits seem to be problematic and in some cases prevent the Awakening you are searching for. Your whole health requires your system to be whole and free of toxins. Congratulations on your search to be a new and better you, to be one with your Earth energy and to promote peace, love and light.

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Amy K. Jung is an Herbal and Energy Healer, with training and attunements from all over the world. She has been treating with and teaching Reiki for more than 5 years.



THE KHALSA WAY™

By Caroline Ashley

A Program of Prenatal Kundalini Yoga and Meditation by Yogi Bhajan

Overview



There are few lifetime experiences as profound as childbirth. Over a period of nine months, a woman experiences enormous physical, emotional and spiritual changes that prepare her to create and welcome another human being into the world. In addition, this new adventure will forever change the relationship between loving partners, as they become mother and father.

If a woman is living in calmness, radiance, joy and good health, this is the atmosphere in which her baby will enter the world. The Khalsa Way™ will let a woman begin her physical and spiritual journey toward childbirth with an ancient, graceful, and powerful system. As parents, she and her partner will be prepared mentally, physically, and spiritually for every challenge they meet on the greatest adventure of their lives. In loving, caring classes that take mothers and fathers-to-be away from the stress and pressure of daily life, our birthing method creates a space in which they can focus entirely on their inner selves, each other and her pregnancy.

The Khalsa Way™ integrates thousands of years of yoga technology with the latest and most innovative

birthing techniques. The effect is an improved physical stature and stamina and a heightened mental capacity that can benefit women choosing either home births, birth centers or hospital births. The Khalsa Way™ program is unique in terms of its emphasis on community. Women celebrate together, sharing stories and experiences. They help and support each other. As a result, they often develop friendships during their pregnancy that will continue throughout their lives. The Khalsa Way™ is not simply a technique; it is a caring, a sharing and an invitation to experience a new and vastly improved way of life.

Pregnancy is a very special time in a woman's life. Mothers-to-be are a reflection of the Divine Mother. Through her prayers -- her conscious projections -- a mother can help form her unborn child into a giver, a saint, a hero, a gift to the planet Earth.

Yoga during pregnancy needs to be different from 'regular' yoga for the safety and health of the mother and baby, and is designed to accommodate the mother's changing body. We call our prenatal program The Khalsa Way™, which literally means a way of bringing purity and elevation into pregnancy, childbirth and mothering.

During the first 16 weeks of pregnancy, a woman can generally do whatever she pleases in terms of activity. There are no mandatory restrictions on yoga practice at this time. If something feels like a strain rather than a stretch at any time, avoid it or do less. Let your body, your feelings and your intuition, be your guides. And of course, if your health care provider recommends a restriction on activity, follow those guidelines.

After the 16th week of pregnancy, the basic rule is to avoid anything that puts a strain on the abdominal area. If during your pregnancy you are continuing with a non-prenatal yoga class, tape, or manual, make modifications as described below. Let your instructor know that you are pregnant.

Pregnancy Dos and Don'ts

NO breath of fire. Breath of fire is a rapid breath from the belly, commonly taught in Kundalini Yoga. No heavy canon fire breathing, or 'O' mouth breathing.

Modification: Slow, deep breathing.

NO inversions. Plough pose, headstand, or shoulder stand are examples of inverted poses.

Modification: If comfortable on your back, lift the knees to the ears and curl up in an egg shape. If not comfortable on your back, lift into downward facing dog, which is not considered an inverted pose.

NO leg lifts on the back, especially double leg lifts.

Modification: Come onto all fours and extend alternate legs behind you, inhaling as you extend the leg and exhaling as you return the knee to the floor.

NO pulling of the lower locks. Neck lock is fine (ie, no mul bandh.)

Modification: Substitute a Kegel exercise for the other locks.

NO abdominal pumping. NO abdominal crunches. NO stress on the abdominal muscles at all. If something strains your belly avoid it!

Modification: Substitute a Kegel exercise or squats.

Note: Be careful of anything where you bend the back, especially as the pregnancy progresses. This applies to the inhale position of cat-cow and standing cat-cow.

Caution on anything that feels too strenuous or straining. If your yoga or exercise program calls for running, quickly moving in and out of poses, etc., you may wish to take the pace down a bit.

NO 'body drop' exercises, in which you lift your hips or buttocks from a seated position using upper body strength and then drop to the floor.

NO stretch pose. This is very intense on the belly area and should be avoided.

Modification: Lift up into table pose and back down.

NO exercises involving lying on your stomach, such as bow pose or cobra.

Modification: Cat-cow or spinal flexes.

Note: As the belly gets big, any stretching forward from a seated position is done with legs spread wide in front of you, at least 2 feet apart.

In baby pose, make sure to open the knees wide to allow the belly room so as not to be pressured.

The pulse should not go above 140 beats per minute.

NO exercising to the point of total exhaustion.

NO squats without hand support when coming up.

NO abdominal crunches, and no pressure applied to the naval or pelvic area (no sit ups, etc.).

Note: During relaxation: If no longer comfortable on your back, relax on your side instead

It's About You & Your Child

Because pregnancy is an ever-evolving state, each woman develops trust in her ability to listen to her body; it will always tell her what she can and cannot do safely. This is a prelude to her being able to listen to her body during labor, and develop the ability to intuitively know what her child needs once it is born. If she feels overly tired or uncomfortable during any of these exercises, she allows herself to stop and rest, breathing in long and gentle breaths through her nose. Every day is a new day during this magical time, so listen to your body!

Blessings: A Prenatal Meditation by Yogi Bhajan

This meditation is a very noble act. It brings you into a deeply personal experience of blessing and being blessed. According to Yogi Bhajan, "You may not understand what blessing can do. It's no secret: If you bless -- God immediately, spontaneously blesses you." A person who blesses will not go empty.

To start, sit in easy pose with a straight spine.

RIGHT HAND: Extend the right arm out in front of you, sloping up slightly at about 45% angle, right palm flat and facing the ground. The arm is relaxed, and the elbow doesn't necessarily have to be kept straight.

LEFT HAND: The left hand is placed flat against the heart center.

EYES: Close your eyes, and look deep into the naval point.

TIME: Hold this posture and continue the mediation for 11 minutes.

FOCUS: Imagine that you are very angelic. Begin to bless the universe, the earth, and even your enemies, all of humanity, good and bad. Feel very caring and kind. To bless is a noble act. And don't forget--BLESS YOURSELF. Use the word 'bless' constantly and consistently in your mind. Open and deepen your heart. During the final two minutes, focus on blessing yourself.

END: Inhale deeply, hold the breath as long as you can and feel the blessings circulating throughout your body. Repeat three times total. Relax.

Essential Oils for Labor and Birth

Clary Sage: great morale booster, reduces anxiety; restorative to whole system

Jasmine: relaxes muscles, warms the spirit and releases blocks

Lavender and peppermint/spearmint: cooling, helps with nausea, stimulating and uplifting, and can help release deep fears and suppressed anger

Rose: antidepressant, improves circulation, soothes fear, anxiety, frustration; a wonderful tonic for

the heart and soul

Ylang Ylang: relaxing, eases tension, anxiety and depression

Create Your Own Labor Massage Oil

Into two ounces of a 'carrier oil' (a pure and natural edible oil such as almond oil) add:

14 drops of clary sage

5 drops rose oil

6 drops ylang ylang

Use this oil throughout labor, massaging it on the laboring mom's back, legs (light pressure), hips and buttocks, arms, hands, and feet.

Oils to Avoid During Pregnancy

Angelica	Basil
Cedar wood	Clove
Coriander	Hyssop
Juniper Berry	Myrrh
Pennyroyal	Sage
Thuja	

Special Note:

To Relax Dad

Bath of: 4 drops clary sage
3 drops ylang ylang
4 drops chamomile

To Energize Dad

Bath of: 4 drops peppermint
4 drops eucalyptus
4 drops grapefruit

Two Highly Recommended Books are: *Bountiful, Beautiful, and Blissful*, and *The 8 Human Talents both* by Gurmukh Kaur Khalsa

For Healing and Balancing: Healing Hands Kriya

1. Rub the palms of your hands together briskly for 3-5 minutes. Produce heat in the hands. Then stretch your arms out to the sides, parallel to the floor, palms up, thumbs pointing back. Breath of Fire for 3 minutes (or if pregnant, practice long deep breathing).

2. Then inhale, hold the breath in (or continue breathing if pregnant), and with the arms still out to the sides, bend your wrists, so your palms are facing out (away from the body) as if you were pushing out the walls on either side of you. FEEL THE ENERGY IN THE CENTER OF THE PALMS FLOWING TO YOUR ENTIRE BODY.

3. Rub hands together again for 2 minutes. Then, bend your left elbow, keeping the forearm parallel to the floor, with the left hand in front of the diaphragm, palm facing up, place your right palm facing down about 8 inches above the left palm. The hands will be below and above the heart chakra. MEDITATE ON THE EXCHANGE OF ENERGY BETWEEN THE PALMS OF THE HANDS.

Practice this for 11 minutes every day if you want to be able to transfer healing energy to someone or to something, such as massage oil or a glass of water. Or place your energized hands onto an area of your own body that needs additional healing or balancing.

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Caroline Ashley Aka Karuna completed teacher training in the Kundalini Yoga tradition as taught by Yogi Bhajan and has been teaching yoga in Boulder. She has also been certified to teach pregnancy yoga in the Kundalini tradition.



EXPANSION OF YOUR PERSONAL ENERGY FIELD

By Divyaa Kummar

Utilizing your conscious mind to direct the subconscious mind to enter into communication and harmony with the universal mind is the secret of personal power.

-Unknown



Energy follows thought. Your energies travel to where you place your attention.

If we truly understand this we get a big clue into understanding Kundalini beyond its exotic connotation! For Kundalini, simply put, is a term given to personal energy fields; and when we speak about 'raising our Kundalini', what it really implies is an expansion of our personal energy field! And as we extend our individual energy fields from current self to higher and wider aspects, finally merging into pure consciousness and its oneness, we naturally experience its bliss-- indeed what Kundalini is mostly associated with-- within us!

If you keep in mind that energy follows thought, it follows that mind expansion, which is Gyan yoga, and its expanded thinking helps raise our Kundalini! Gyan yoga encompasses a long-term focused attention on higher aspects of self and life; our attention shifts from the microcosm to the macrocosm and with our attention thus placed energies follow, and over time this indeed leads almost automatically to raised energy fields. This answers why we can be operating from a raised Kundalini and its higher awareness and bliss without ever doing any direct 'Kundalini work,' and why gyanis are able to touch enlightened states of being!

Of course it also follows, that a raised Kundalini (through whichever means, for there are many ways of expanding your energy field) implies the wisdom and purity of an expanded mind. This answers those who wonder how energy management, be it through pranayam, kriyas, chakra work or meditation leads to

higher, finer, clearer thinking! Of course, the two in tandem -- mind expansion and meditation or some means of directly working with your energies -- help raise the Kundalini and expand your personal energy field at a geometric rate!

'Energy follows thought.' Mull on this and you will further understand why Bhakti yoga leads to a raising of your Kundalini! Bhakti is traditionally considered devotion to God, but at deeper levels it is love in its various expressions, starting with the love of self and evolving into the unconditional love for humanity and indeed all that is. If your focus is on love, if your centre of attention is love, your energies follow in tandem and you indeed dwell in an expanded energy field moment-to-moment, for the feeling we call love is in itself an extension of self to Self leading thereby to what's then called a rising of your Kundalini!

'Energy follows thought' also explains why meditation helps in expanding your personal energy fields and why guided mediations are becoming so popular! Guided meditations are actually the modern alternative to ancient dhyana technique whereby you willfully with a clearly honed focus place your attention on higher, divine aspects of self. Your energies follow and if you are a regular meditator (through guided means or not), over time your energy fields blend and merge and become one with your point of focus in these meditations -- be it your Master, your God or the Universe, all symbols of pure consciousness. This expanded energy field then leads to higher, finer and purer thinking and beingness, and you have set into action an ongoing expansion! It is somewhat akin to seeding your energy field with the fragrance of divine thoughts so that like a lover who yearns to follow his beloved's scent, your energy fields are drawn to these higher and finer aspects of self! In analogy, think of the gopis being pulled by Krishna's flute, which beckons them ever so hauntingly towards this same inner union.

'Energy follows thought' implies therefore that your energies can be directed through constant focus and continuous attention! And thus raising your Kundalini is not as exotic as it seems, and is more about where your thoughts reside on a 24/7 basis! As your mind expands, as love flows through you, as your center of attention shifts from the lower mind centers (chakras) to the higher, your personal energy field correspondingly responds!

This leads to two further corollaries: based on the law of attraction, if you are vibrating at a higher finer frequency you are attracting likewise into your life! And more importantly, energy resists its opposite. So raised energy fields automatically resist the denser energy signatures of anger, judgment, sorrow and the like and we find ourselves increasingly in sync with the universal qualities of love and beingness!

This may also make you better understand why a raising of your Kundalini must be a process, which gradually unfurls through the various tools of gyan and bhakti and Kriya and meditation tailor-made for you; and why artificial means to raise your Kundalini through quick fix routes is inadvisable. Remember, a raised Kundalini implies expanded energy fields. Remember, your current physical reality is only a reflection of this inner you! And if you compel your Kundalini to rise, whatever is not in alignment with this expanded aspect of Self cannot 'be' and thus you may experience its purification, cleansing, removal process on the outside as crisis or havoc in your day-to-day life.

Density cannot coexist with raised energies and whatever doesn't match this expansion -- be it eroded but safe relationships or restrictive but comfort-zone structures -- will begin to disintegrate. Without the support of gyan and its deep understanding, without the succor of bhakti and its deep acceptance, without the dedication to self growth, you may be well thrown off guard!

Kundalini is a vast subject and can be tackled from many perspectives and all I seek to do through this article is to remove some of the mystic aura around it!

You do not need to go to someone who promises you a quick fix means of raising your Kundalini. You do not need someone to confer on you your Masterhood. You do not need to be a yogi in the mountains. You can do it at your own comfort zone from where you currently are. Tapas is not in difficult procedures to which you don't resonate. Tapas truly is in finding your ideal blend, within which a passionate focused path but naturally unravels and keeps you on track! Gyan is a beautiful way for the more intellectually inclined. Kriya, pranayam or hatha yoga will work equally well for those more inclined to these. All inner expansion inherently leads to bhakti, which automatically amplifies the process leading you to a 24/7 meditation within and an enhanced reality on the outside! And that's truly what's called a raised Kundalini!

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Divyaa Kummar, from Mumbai, India, is a spiritual facilitator reaching out through discourses, writings, tarot workshops, personal energy sessions, and meditation groups blending ancient dhyana and tantra techniques with a more current approach.

'Practical Yoga' for Addiction Recovery

By Genevieve Dharamvir Mack



Simple and easy. In this day and age there is no convincing necessary that yoga is good for you. It is glorified by celebrities, rock stars and we all know that deep breathing, meditating and stretching is "what we should be doing." Still this gives us as much motivation as telling a kid to clean his room or having adults do any task that we really don't want to do "no matter how good it is for us." So with that in mind, this article is about yoga information as well as offering a playful challenge to your internal "I don't wannnnna do it." Yet as they say, "the proof is in the pudding" and what is 3 minutes of your time to experience something that is both practical and proven through the ages to shift even the most difficult life issues such as inner turmoil and addiction recovery.

I ask you to try one of the three following meditations from www.3HOSuperhealth.org (A Kundalini yoga addiction recovery program) listed below and see the results for yourself. If it works, keep it up and maybe try another or pass on the information to a loved one. If it doesn't work, try it again and remember that a river can cut through a mountain if given enough time.

Addiction

It is common understanding and knowledge that most people want things to be easy especially those who turn time and time again to addictive kinds of behavior to alleviate discomfort. Addiction is defined as a "persistent compulsive use of a substance known by the user to be harmful" (Webster's Dictionary) as well as response to stimuli or a situation with the underlying belief that taking (fill in the blank) will make one feel (fill in the blank). Just look at this in action when people start with a morning cup of java to "get their engine started," an addiction that society supports and often jokes about. And see how it can extend to the person who responds to life's stresses with a variety of chemicals that take such a toll on the body that there is irreversible damage to their brain and liver. Either way, in both cases, there is a breakdown of the body, the life force is reduced and the person feels something outside of themselves is needed to get them where they want to go -- either up, down or numb.

The complexities of why a person is addicted to an outside source can range from the small to the complex -- hardly appropriate to unravel in a short article such as this. I do propose a coping mechanism and alternative choices such as 3 minutes yoga exercises and meditations meant to shift you from lethargy or anxiety to positive productivity and peaceful rest. Whether or not your addictions are 'small' or 'large,' these tried and proven yogic techniques assist the body in balancing the parasympathetic nervous system, charge the lungs, enhance physical and mental stamina, revitalize and cleanse the blood, and increase self awareness and personal connection to a God of one's own individual understanding (Step 11 of AA's 12 Step process).

Before moving on I would like to take a moment to remind you (and those you love) that your body wants to be balanced, healed and it is natural to be in a state of well-being. And you can choose to 'go there' as often as you like. We are all on our own journey of self love and accepting goodness. Remember that as we gain mastery over our bodies and mind by building integrity and endurance, we will be able to face those stimuli and situations that we use for reaching to something outside of ourselves, to shift our feelings of inadequacy, anxiety and depression, to feeling a life of self mastery that offers grace and strength that will see us through in Healthy, Happy and Holy ways.

This is a natural result of 'Practical Yoga for Recovery.' Now let's have some fun…

Getting Started for your Kundalini Yoga Practice

Prepare Yourself

Remember to practice in a well ventilated and comfortable room
You should be free of interruptions and have a place to relax afterwards
Wear comfortable clothes
If uncomfortable on the floor, please sit up straight in a chair
Please as always, if concerned, consult your doctor before doing any of these exercises

The 'How's and 'Why's of Yoga

Breath (Pranayam)

Our body responds to our breath and we have the power to influence our moods easily and naturally. Short quick breaths in and out circulate more healing oxygen through our blood stream naturally revitalizing us. And controlled breath, especially with holding the breath in and out, promotes peace as well as allows the heart muscle to be regulated in a defined rhythm. In addition, the use of the breath gives us a chance to build physical stamina as well as mental determination

Hand Positions (Mudras)

Every day we 'talk' to ourselves and others through our hands. Notice a clenched fist when frustrated on the freeway or open palms when giving a loved one a hug. In addition, the Chinese acupressure meridians (energy pathways) are stimulated by choosing certain hand positions, allowing us to move into positive emotions and well-being.

Repetitive words (Mantra)

Words have meaning as well as a vibration to them. When mantra is added to yoga, the ancient sound vibration moves through us bringing with it a subtle yet powerful healing force.
Mantras allow the mind to focus and are practiced silently or out loud.
Sa Ta Na Ma is the most common mantra of Kundalini yoga and means:
Sa Infinity, Ta Life, Na- Death, Ma Rebirth

Posture (Asana)

Ranging from the simple to complex, they encourage a straight spine allowing cerebral spinal fluid to flow optimally up and down our spinal chord allowing a gentle and positive feedback circuit of mind and body. A simple check list to run through your mind: Does your back feel supported (you may need a back rest). Easily allow the chin to be pulled in to open the throat, feel the arms and legs relaxed and add a gentle smile to uplift your attitude and beautify yourself while you practice.

Eye focus

There are four different focus points on the face to 'look at' during yoga: tip of the chin, this gentle action allows the optic muscles to 'tug' on the pituitary gland (located in the center of the head) causing the glandular secretions to flow through out the body in a continuous and healthy manner. The most common position is 'looking' at the center of the forehead with the eyes closed, which is noted for increasing intuition and inner wisdom.

Getting Started and Closing the Session

Tuning in

Ancient sound to tune into your inner wisdom.
Please say out loud or chant Ong Namo Guru Dev Namo
3 complete times before beginning a Kundalini yoga set or meditation
'Ong' like the 'O' in 'song'
'Namo' like the 'A' in 'ma' and the 'O' in 'go'
'Guru' like 'Goo Roo'
'Dev' like 'Dave'

Tuning out

Respectful closing that sends healing to yourself,
others that you chose to focus on or those you are practicing yoga with.
Repeat 1-3 times at the end of every session
Translation is 'Truth (love, kindness, etc) is my Name (what I identify with)'

Sat Nam

'Sa' like 'A' in 'ma' with a crisp 'T'
'Na' like 'A' in 'ma' with a easy 'M'

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Genevieve Dharamvir Mack KYI, LMT, RsSP has been part of the wellness field for over 18 years and she has been teaching 'Practical Yoga' for Recovery through Kaiser's outpatient program in Los Angeles, California for the past 5 years. She is currently active in the 12 Step Program and holds positions at the local level and enjoys educating others about www.3HOSuperhealth.org, a Kundalini yoga program for addiction recovery

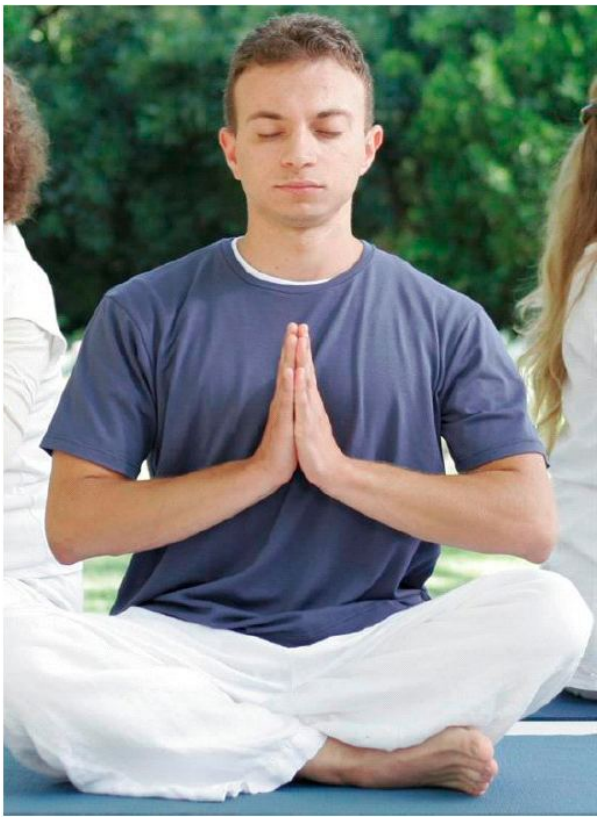
The following four meditations are good for addiction recovery. These meditations are selected from a larger set of meditations.

Meditation 2

Breath for Energy

BENEFITS:

This meditation helps to overcome anxiety, confusion and commotions of the mind by conscious breathing. It also connects us with our inner selves to experience a power greater than ourselves. This will positively affect our state of mind!



Posture: Sit with spine straight in a chair or cross legged. Palms flat together at the heart center in prayer pose, thumbs pressed against the sternum. Focus between the eyebrows with the eyelids lightly closed. Inhale through the nose in 4 equal parts like sniffs. Exhale in 4 equal parts. On each of the sniffs, powerfully pull the naval point in.

Practice for 3 - 5 minutes

To end, inhale deeply and press palms together with maximum force for 10 seconds. Then exhale. Relax for 15 to 20 seconds. Repeat this sequence twice more.

Meditation 4

Stress Relief and Clearing Emotions of the Past



BENEFITS:

Useful for dealing with stress, difficult relationships, past family issues, and unresolved emotional conflicts.

Practice for 11 minutes



Posture: Sit straight in a chair or cross-legged on the floor. Place your hands at the heart center of your chest, tips of the thumbs and each finger touching the corresponding fingers on the opposite hand.

Fingertips are pointing upward. There is space between the palms.

Look at the tip of the nose and inhale for 5 seconds, hold for 5 seconds, exhale 5 Seconds.

To end, inhale, hold the breath for a few seconds than exhale and relax.

Meditation 8

Reverse Negative Attitude, Frustration or Depression

BENEFITS:

This meditation immediately and spontaneously changes unwanted feelings and emotions to a positive and healthy state of mind.



Reverses any negative attitude, frustration or depression. Helps break habit patterns.

Part 1:





Posture: Sit with spine straight in a chair or cross legged. Palms face each other at the heart, 12 inches apart.

Move hands towards each other with each inhale, away from each other with each exhale. Movement of the arms can swing wide to open the armpits. Keep fingers tense at all times.

Move vigorously 7 times without the palms touching. Count 1 - 7 like clapping, but don't clap. On the 8th time, powerfully clap hands together at the heart. Go at your own pace.

Clap very strongly. Move to create a sweat. **Practice for 3 minutes. Then relax for 3 minutes.**

Part 2:



Posture: Sit comfortable with spine straight. Touch thumb and pinky finger together on each hand, holding hands up at the heart center, palms down.

Move hands in a circular motion rolling over each other at the heart center. Move rapidly. Breath normally. You may find that the breath adjusts itself with the movement.

Practice for 3 minutes.

To end, inhale and hold the breath for a few seconds. Then exhale and relax.

Meditation 12

Meditation for Habituation

BENEFITS:

The thumb's pressure on the temples triggers a reflex in the brain, activating the pineal gland. This corrects an imbalance related to the persistence of addictions.

This is one of the best meditations for drug dependence and specifically benefits rehabilitation.



Practice 5 to 7 minutes.
Gradually increase to 20 minutes, and then to 31 minutes

Posture: Sit with spine straight in a chair or cross-legged. Make hands into fists, pressing the thumbs on the indentations of the temples.

Lock the back molars together with closed mouth.

With your eyes closed, focus the eyes at your third eye point, between the eyebrows. Breathe normally with a relaxed breath.

Silently repeat: "**SA, TA, NA, MA***"

On each sound, vibrate the jaw muscles by pressing molars together and releasing. As you press your molars together, you will feel a movement at your temples.

To end, inhale and hold the breath for a few seconds, exhale and relax.

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Shree Kundalini Mahadevi Ki Jai!

Victory to the Great Goddess Kundalini

By Lawrence Edwards, Ph.D.

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What is Kundalini?



Kundalini is a term from the yogic tradition for the power of the Divine. It is Kundalini who creates the universe and knows Its Self as Creator. Kundalini has been called "the face of God." Just as we recognize someone by his or her face we recognize the Divine by Its power of Consciousness, Kundalini. It is Kundalini that clothes the formless in form, that gives the Absolute a face to adore, a presence to inspire, traditions to revere and a body of wisdom to serve and guide. She is the esoteric goal of all yogas, the awakened mind of the thatagatas and the transcendent vision of saints and sages. By knowing Her, all is known and life becomes suffused with ananda - sublime joy. The source of that joy is our very own Self, forever present, nearer than our breath, waiting in Stillness to be revealed. Drown the ordinary ego-mind in Stillness if you truly want to know the Knower.

The Eastern traditions revere Kundalini as a Goddess, the Great Mother who gives birth to all that is. She is seen as taking on limitations, contracting and condensing to form the material world. She is the essential energy, more fundamental than nuclear power, that is the basis of who we are and all that we experience. When our limited mind is infused with Her transcendent power of Consciousness we know directly the truth of our unity with the Divine and all Its creation. Every spiritual tradition has its name for

Kundalini - Holy Spirit, Grace, Shekhinah, Anima, Chi, Bodhicitta - and every saint and mystic has known Her blessing. Seekers on all paths need Her grace to succeed on their journeys. For this reason shamans, yogis, monks, priests, nuns and aspirants of all types approach Her as suppliants. Being the Great Mother, the Great Lover, She's willing to take whatever shape and bare whatever name Her children wish to use as they bow to Her.

Kundalini is often used to refer to the power of the Divine present in each person. She has two aspects. One maintains the entire existence of our body, mind and spirit. The other aspect, considered dormant, is the power of Consciousness to know the Divine in Its infinitude as Self. This potential power, innate to all of us, can propel our awareness from the paltry limitations of individual existence, with all its wants and needs and deficiencies, to Unity Consciousness - the sublime awareness of our Divine Self, infinite and all-encompassing. Symbolized by a coiled serpent asleep in the center of earthbound consciousness, this aspect of Kundalini awaits the great awakening, the most profoundly important event in the long life of the soul, a life that extends over countless cycles of physical birth and death.

What is Kundalini awakening?

Shaktipat, the Sanskrit term for Kundalini awakening, means "descent of grace." It is an act of grace, an act of the Divine that releases the dormant potential power of the Absolute residing within us. God blesses God so that God may know God. Your true Self blesses you so that you may know your Self.

Kundalini awakening may occur in a ritual designed specifically for such a transmittal of power, as in some initiation ceremonies or as baptism was once meant to be. The person conducting the initiation and the ritual or practices must have the power to invoke such an awakening for it to be genuine. Unfortunately there are many, many more impostors than there are genuine conduits for the power of Grace.

Awakening can also occur through various yogic practices and disciplines developed over thousands of years specifically for preparing the mind and body for this vast influx of power and aiding in the arousal of Kundalini. Prayer, devotional practices, chanting, selflessly serving others, meditation, mantras, ritual dance, drumming and many other sacred endeavors can awaken Divine Consciousness, Kundalini.

Spontaneous awakening of Kundalini can be precipitated by near death experiences, traumatic experiences, pain, deep sorrow, prolonged periods of one-pointed concentration, or even in dreams through the initiation given by a wise being. It's even possible for one to have been initiated in a past life and have the signs of awakened Kundalini continue in this life without any recollection of the past-life Shaktipat.

Though Kundalini awakening is the greatest prize on the spiritual quest, the blessed soul receiving this grace is on its way to the realization of the highest, the awakening and its attendant process of renewal is not without peril. When the dormant or potential aspect of the Kundalini arises, Her single intent is the transformation of individual consciousness with its vehicles - mind and body - into fully expanded Consciousness of the Divine. That process of transformation and purification is marked by both beatific sublime experiences of the Divine, as well as by dark nights of the soul, by physical, emotional and mental states of ecstasy as well as periods of purgation and distress. Kundalini awakening can create experiences that mimic psychiatric and somatic disorders. As you study this field you will find many accounts of misdiagnosis and mistreatment of what is essentially a Divinely inspired process. The Soul's Journey: Guidance from the Divine Within focuses on the many dimensions of transformation wrought by the grace of Kundalini. She works on all levels of human experience; nothing remains untouched by Kundalini! When I did my doctoral research

examining the changes wrought by Kundalini I found 169 types covering virtually all of human functioning. If you have experienced Kundalini awakening or you're seeking it, be prepared for a cosmic makeover!

The awakened Kundalini can stir up everything from latent diseases of the body to emotional or psychological disturbances. Some people feel like chaos has descended upon them, not grace, as Kundalini renovates body, mind and relationships. Symptoms of Kundalini arousal include: sweating, trembling, sensations of heat and cold, rushes of energy through the body or up and down the spine, fear, anxiety, weight loss or gain, food cravings, dissociation, visions, out-of-body experiences, body movements and hatha yoga postures happening spontaneously during meditation, retention of breath and other changes in breathing patterns, mantras and sounds arising from within, distortions of time and space, profound stillness and peace, healings, habits or addictions dropping away, inspired creativity, and states of boundless ecstasy and love arising for no apparent reason. This is just a partial list of what may be experienced. These signs of Kundalini process may be confused with or misdiagnosed as anxiety disorders, psychotic disorders, dissociative disorders, chronic fatigue syndrome, fibromyalgia and other diseases. While initial experiences may focus on physical, emotional and mental purification and transformation, shifts in values, attitudes and behaviors will also occur and have a major impact on relationships. Changes in appetites for food and sex along with attitude and value changes are the most stressful areas of transformation for relationships.

Kundalini opens the doors of perception to vast realms of Consciousness. Your meditation may include visions, lights, colors, sounds, journeys to archetypal realms, and infinite expanses of utter stillness throbbing with an absolute fullness of Being. Tears of joy may stream down your face as love beyond measure courses through your body. The Kundalini's gifts are incomparable. After receiving them no one is ever the same.

Support is essential for anyone experiencing Kundalini awakening and evolution. Finding skilled and knowledgeable individuals who can assist and guide without pathologizing or taking advantage of the vulnerable state one is in can be difficult. Out of desperation and ignorance people give up their power and discrimination to teachers or practitioners who create dependence, demand loyalty or secrecy or otherwise compromise the autonomy and integrity of the seeker. The guru market is worse than the used car market, be wary! There are few bad intentioned individuals, but ignorance can be nearly as harmful. If you're seeking support ask whomever you're approaching for help - potential teachers, counselors, psychotherapists, health professionals - about their experience and knowledge of dealing with spiritual experiences, Kundalini and the dynamics of spiritual transformation. If you don't like their answers, move on. I've listed resources and organizations for people to contact for possible help, but they don't come with a blanket recommendation. It is critical that you carefully check out anybody you are considering giving the privilege of entering into your sacred process. It is also critical to remember that you can always expel them if you feel your boundaries, integrity or autonomy are being violated or if you become aware of them doing that to another person.

There are many approaches to working with Kundalini. My experience is based on a loving, devotional path of reverence for the Infinite within everyone and everything. My guru and teachers worshipped the Kundalini and received Her full blessings. If you want to draw near to some one, what better way than through love? Do you think this wouldn't be true of the Divine? However, there are teachers who speak of attacking the Kundalini, forcing Her to do their bidding, prodding Her into action and other aggressive approaches. They're also more likely to focus on negative effects of Kundalini awakening, “wrong rising” of Kundalini and directing the Kundalini by will or force. I believe this attempt to

assert control is part of the outmoded patriarchal paradigm in which male gods and male priests sought to overthrow the Divine Feminine. Some yogic paths have a very strong patriarchal bias, denouncing women, viewing them as dangerous to one on the spiritual path and treating Kundalini as dangerous and in need of subjugation. Given that kind of hostile way of treating Kundalini, is there any wonder that difficulties ensue? Instead, seek to understand, appreciate and be in harmony with Her through study, self-discipline, meditation and devotion. She is the power of your own Divinity come to take you home. Who has greater intelligence and knowledge than Her? It's hubris to think we know better and She should follow our will! What will we have is a gift, a tiny spark of Her Divine Will. Let's use it to keep in step with Her dance as best we can!

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www.thesoulsjourney.com
www.anamcara-ny.org
www.optimalmind.net
www.kundalininet.org
www.kundalinisupport.org

Lawrence Edwards, Ph.D. is the Founder and Director of Anam Cara Inc., a non-profit organization dedicated to teaching meditative practices. He is a certified neurotherapist, licensed psychotherapist and hypnotherapist with an extensive background in yoga, meditation and the dynamics of Kundalini.



Integral Kundalini Awakening

By Prabhath P



Ancient traditions, especially the pre-patriarchal integral traditions of Tantra, understood Kundalini as a Goddess. Those ancient adepts knew that Kundalini energy, existing deep within human beings, is an aspect of the Divine Feminine energy of the Supreme Goddess who creates and sustains the Cosmos.

The ancients had the awareness that our planet Earth is a living being with psycho-spiritual dimensions, a Goddess who is the Earthly aspect of the all-pervading Supreme Goddess. In ancient India, the Earth was revered as Bhoomi Devi and in ancient Greece the planet was worshipped as Goddess Gaia.

After the scientist James Lovelock formulated the Gaia hypothesis that presents Earth as a collective superorganism, the Earth consciousness began to be referred as Gaia consciousness in popular parlance. Those who are aware of the ancient integral intuitive understanding of the Earth Goddess know that Gaia consciousness is a superconsciousness, which cannot be fathomed by theories confined to the conventional scientific framework of rationalist reductionism.

Kundalini Awakening is not simply a phenomenon of the Divine energy rising in individuals alone. According to ancient esoteric wisdom, the planet has a complex energy system that includes major Earth chakras, minor Earth chakras, a planetary spinal

channel and a lunar channel and solar channel on the sides of the planetary spine, similar to the chakric system of human beings. Actually, the human chakric system is only a smaller version of this planetary chakric system in which the human race is immersed along with all other beings of Earth. Planetary Kundalini rises and circulates through this network of Earth chakras and channels.

Since humanity is an integral part of this Earth consciousness, Kundalini Awakening in individuals is intimately connected to the collective planetary Kundalini. Trying to separate from the Earth consciousness after individual Kundalini realisation, will lead to a lopsided awakening that is not integral. Some of the dreadful side effects associated with Kundalini rising happen due to the individual realisation not being in tune with the collective Kundalini of Earth.

Integral Gaia Yoga and Kundalini

Ancient integral Tantric yoga traditions saw the material Universe and Earth as real manifestations of the omnipresent Divine consciousness rather than as insubstantial illusions to escape from. In such an integral view, both Heaven and Earth are different expressions of the same Spirit and there is no need to leave Earth behind to enter Heaven. It is possible to manifest Heaven right here on Earth! Integral Enlightenment can dawn only when the ethereal summit of Heavenly consciousness unites with the depths of Earth consciousness.

Integral Gaia Yoga, which I practice, has evolved from the ancient roots of the integral Tantric yoga traditions. Integral Gaia Yoga endeavours to integrate all the aspects that have evolved on Earth so far, and also create new aspects of individual and collective evolution. The purpose is the simultaneous integral heightening, deepening and widening of individual and collective consciousness. Integral Gaia Yoga aims for an Integral Kundalini Awakening as part of this spiritual evolutionary process.

People with materialist orientation might focus on the lower chakras and ignore the higher chakras, leading to the energy getting stuck and stagnant. On the other hand, people who believe that the reality of the physical Universe and Earth is illusory, often neglect the lower chakras after the energy reaches the higher chakras, causing the loss of the grounding provided by the Earth consciousness. Actually, in all the chakras, both creative evolutionary and disruptive devolutionary energies are present, which must be worked out with an integral approach. Ignoring either the higher chakras or the lower chakras will lead to incomplete realisation. It is necessary to remember that in integral spiritual evolution, the words 'higher' and 'lower' do not denote superiority or inferiority of the chakras. In the interdependent arising of interwoven and integral multidimensional existence, all the chakras in the human body are equally important and exist as interconnected parts of an integral and holistic web of energy, which encompasses the Earth and the Cosmos.

The root chakra of an individual (Mooladhara) is the opening through which the planetary Kundalini inherent in the Gaia consciousness of Earth enters the individual. This planetary Kundalini activates an individual's dormant personal Kundalini that sleeps like a coiled serpent in the root chakra, which initiates the process of the individual's Kundalini Awakening. When we integrate all the interconnected chakras, the Divine Masculine Solar consciousness that enters the human body through the Crown chakra of Thousand-petalled Lotus unites in Communion with the Gaia consciousness that rises through the individual's Kundalini from the root chakra, passing through all the chakras. This manifests an alchemical process within the physical body and consciousness of the individual resulting in an integrated existence of Spirit and Matter as the expression of One integral multidimensional Ultimate reality.

When the number of individuals who attain this

integral Kundalini realisation reaches a critical mass, it will trigger a snow-ball effect eventually leading to a collective planetary Kundalini Awakening. This intensification of the Planetary Kundalini will pave the path for the evolution of an Integral Gaia Consciousness as the Earthly aspect of the Supreme Goddess in Communion with the Masculine Divine Consciousness of the Solar Spirit, manifesting Heaven on Earth.

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Prabhath P is a writer, editor, integral intuitive consultant, artist and spiritual healer. He is now developing Integral Gaia Yoga.

INTEGRAL CONSULTANCY SERVICES



Prabhath P is currently evolving Integral Gaia Yoga, which aims for individual and collective Enlightenment. Prabhath offers integral intuitive readings to help individuals manifest their infinite potential and create their own personal, professional and spiritual destiny.

Integral intuitive advice helps you to expand your consciousness and evolve your life in tune with your inner intuition and your life's purpose on Earth in co-creation with fellow beings.

Please indicate any questions you have and the areas of life you want the intuitive reading to focus on.

Prabhath also offers Integral Dreamwork services,

distant Reiki healing and Integral Gaia Healing.

Contact: prabhath77@yahoo.com
www.envisionearth.net

Spiritual Poems

The Bite of Kundalini

You whispered my name…
It's time, you said
But I was afraid of your flame
So I turned and fled

I ran around in circles
I ran away from me
I was at the end of cycles
So unable to see

Until your first deadly bite
You cut me deep that day
And filled me with fright
But it was the only way

O coiled serpent within my spine
Your awakening means my death
And birth of my counterpart divine
So fill me with your life giving breath

Remove the veil of illusion…
Oh Energy of my Soul
Rip apart my delusion
And make me once more whole

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The Glow of the Soul

On her head, she carries the light of the worlds
Brilliant, sparkling halo that swirls

But not for long, slowly melting in her own heat
She leaves a pool of molten lava at her feet

Sometimes she enters with spicy fragrance
Dancing with passion and exuberance

She puts on quite a show, her face aglow
Hot, liquid gold starting to flow, oh, so slow

As you begin to focus on your breath
She mesmerizes you to your very depths

She is your Kundalini, a candle to keep your soul warm
She is also your best port in any dark storm

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The Enigma

How can I explain this?
Yesterday, pain cleaving a path
over shoulder and arm,
eyes stunned by arrows of light,
back a maze of burning rivers

Today, Vivaldi, "Stabat Mater,"
a subtle lifting in the heart,
wrists floating in rapture,
in my mouth the taste of honey and flame.

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These poems are from *Marrow of Flame: Poems of the Spiritual Journey*

www.kundalinisplendor.blogspot.com

Don't Make Lists

Every day a new flower rises
from your body's fresh soil.
Don't go around looking
for fallen petals
in a fairy tale, when you've
got the golden plant
right here, now,
shooting forth in light from your eyes,
your awakening crown.

Don't make lists, or explore ancient accounts.
Forget everything you know
and open.

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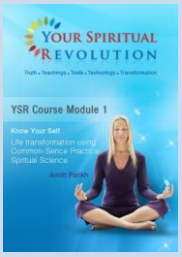
Your Spiritual Revolution Course

Life Transformation using Common-Sense Practical Spiritual Science



Be Ready for Miracles!

Truth - Teaching - Tools - Technology - Transformation

"*If you can start exploring possibilities, you will start surpassing all known boundaries!*" - Amitt



What you will explore...

- Know Your **Self**
- Your **Desires & Dreams**
- **God** is Everywhere
- **Truth** leads to Peace & Happiness
- Art and Science of **Balance**
- Brain is in the **Mind**
- Love and Fear - **Duality** in Design
- **Awareness** Transforms
- Consciousness + Energy = **Reality**
- Law of **Attraction** - Act to Attract
- **Freedom** of Choice - Evolution vs Entropy
- Law of **Karma**
- **Time** & Space - An illusion
- **Psychic** / **paranormal** abilities exist
- As above so below: Microcosm vs **Macrocosm**
- **Change** is the only constant - **Evolution**
- Enlightenment - **Immortality**
- Law of **Abundance**
- **Illusion** vs Reality - Analyzing Dreams

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- Significant improvement in your **emotional health**
- Significant improvement in **financial condition**
- Significant improvement in your **intelligence**
- Significant improvement in your **relationships**
- Aligning your thoughts & activities with **life goal**
- Love, peace, happiness and **abundance** in your life
- Development of **divine ego**
- Development of dormant **psychic abilities**
- **Lucid dreaming & astral travel**
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- **Living** the Truth

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