

kundalini yoga

For the Heart

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When the Heart Chakra is balanced and strong, it is like a healthy immune system which lets love in and keeps disease away. The Heart Chakra is intricately involved in keeping the heart, lungs, and thymus gland in proper working order. It is located in the center of the chest, not at the physical heart, and is the center of kindness, compassion, and selfless acts of giving. When the Heart Chakra is open, we can see ourselves through the eyes of others, and we can see others to be as important as ourselves. This Kundalini Yoga set works on opening the Heart Chakra and strengthening the physical heart.

Tune In: Sit in Easy Pose, with your spine straight. Join your palms together at your heart center, thus joining the sun and moon energies, prana* and apana,¹ creating a balance within. Call on the Creator within by chanting *Ong Namō Guru Dev Namō** three times.

1 Keeping your palms together, begin Long Deep Breathing* for 3 minutes, focusing your concentration on the beat of your heart.

2 Come into Back Platform Pose, with your weight on your heels and elbows. Your hands form fists at the sides of your chest and from toe to head your body is a perfectly straight line. Do Long Deep Breathing for 3 minutes. Relax.

3 Sit on your heels with a straight spine in Rock Pose. Lock your hands together, so that each is pulling on the other, with one thumb straight up and the other straight down. Your hands join together in front of your heart center, the pivot point (3a). On the inhale, raise your left elbow up and, keeping a straight line between your elbows, lower your right elbow (3b). On the exhale, raise your right elbow and lower your left elbow (3c). As you fall into a rhythm, quicken the pace. After 1 ½ minutes, inhale, exhale, and proceed to the next exercise.

4 In the same posture as exercise 3, inhale and with your arms parallel to the floor, pull with maximum force at your hands. Exhale and engage root-lock (mulbandh)* while you pull on your hands. Inhale and repeat the same process 3 more times. Then relax in Easy Pose.

6b



6a



Yoga model: **Dhanwant Kaur Khalsa** was born in St. Petersburg, Russia, and moved to New York City 18 years ago where she took her first Kundalini Yoga class. She moved to Hacienda de Guru Ram Das in Espanola, New Mexico three years ago.



5 In Easy Pose, have your right arm down in active Gyan Mudra (thumb locked over index fingertip with the rest of the fingers straight), wrist resting on the knee. Your left arm is raised at your side at a 60 degree angle to the floor. Engage Root Lock (mulbandh) and breathe long and deep for 5 minutes. Your eyes should be open and focused straight ahead on one point.

6 Place your right hand palm down on your chest, at the heart center. Place your left hand palm up on your back, just opposite your right hand. Feel the flow of energy between your hands. As you deeply inhale and exhale, concentrate on the energy at your heart center. Inhale Sat, exhale Nam.* Continue for 5 minutes.

Relax on your back. ■

*See Glossary, p. 40.

¹The eliminating force of the body



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For Relaxation

Sat Nam* Law of Tides: Vibrate Sat in six waves and let Nam be the seventh. On each wave thread the sound through the chakras beginning at the base of the spine. On Nam, let the sound and energy radiate from the seventh chakra at the top of the head through the Aura, unto Infinity.

1 Sit on your heels in Rock Pose. Bend forward with the Brow Point* on the ground and the arms stretched out with palms together. Do Long Deep Breathing* for 1 minute. Then begin to chant the mantra *Sat Nam* in the law of tides, also known as the law of seven (see paragraph above right). Continue for 15 minutes.

2 Immediately stretch your legs out straight in front of you. Sitting up with a straight spine, lean forward, keeping the spine straight and bending from the hips. Grasp your toes (or as close as you can get) and relax the torso down towards the thighs. Keep the head aligned with the spine. Do Long Deep Breathing for 3 minutes.

3 Relax on your back for 7 minutes. Do not move. Be immersed in stillness. Let each section of your body relax. In higher consciousness you are infinite, radiant, and full of energy. Do not think. Let your thoughts drift overhead like so many misty clouds. Deeply relax.

4 With your eyes still closed, stretch your body with the arms overhead on the floor. Then roll your wrists and ankles in circles. Come sitting up in Easy Pose. Raise your arms to a 60 degree angle from the floor. Cup the palms toward the sky. Concentrate on your palms. The amount of energy you can pull in from the Cosmos is proportional to your concentration. Continue for 3 minutes.

Comments: It is difficult to be perfect in the art of relaxation. We live in duality. In our innermost self we were created perfectly. But by our own attachment we create a personality to oppose our divine personality. We push many thoughts into our subconscious and cannot expand because of fear: fear that this erected false personality is all there is and if we let it go, we shall die.

The basic reality is the fundamental truth to which a person belongs. It is that radiance that comes to a person's face when he is relaxed. Happiness comes from relaxation. There are two basic ways to attain happiness. One is the fulfillment of desires,



but all desires can never be fulfilled. The other way is to realize you are part of the Infinite. The Universe is not beautiful without you; you are part of the beauty. If you relax about the Unknown, or God, 75% of your tension will go.

In the first exercise, the meditation on the name of Truth (*Sat Nam*) is powerful enough to change the body metabolism and body temperature. The second exercise stretches the life nerves and forces circulation. The deep relaxation lets you taste the realms beyond the body and the beyond in the body. The last exercise energizes your heart circulation and power of healing. ■

*See Glossary, p. 40