

kundalini yoga

Where Lies the Wisdom

Taught by Yogi Bhajan on May 28, 1992

Introduction by Indra Kaur Khalsa

I first began to do this *kriya** because I wanted to experience *shuniya*—the state of deep relaxed awareness and thoughtlessness. Through practicing the kriya, not only did I experience this, but I also discovered that it helped me in ways that I had not expected. I found that my neck was healing from a serious injury I had received in a car accident. Before I began this kriya, my neck muscles were locked tight, with little flexibility. As I practiced the kriya, these muscles loosened and softened. I also began to notice that the symptoms of further serious injury from the car accident began to diminish. In addition, my shoulders and mid-back adjusted and released long-standing tensions. I have gotten so much benefit from this kriya that I hope to be practicing it for a long time.

“The purpose of this class is to strengthen the glandular and circulatory systems, purify the blood, and allow the self to become great and wise.” —Yogi Bhajan



1a



1b



1c

1. Posture: Easy Pose.* Stretch the tongue out, pushing from the root of the tongue.

Mudra: Hands on the knees, palms facing up. Left hand: ring fingertip and thumb tip touch. Right hand: index fingertip and thumb tip touch (**1a**). The other fingers are kept straight.

Breath: Breathe through the nose, intentionally and slowly.

Eyes: Closed.

Time: 16 minutes.

“Push the tongue out and keep stretching it out with constant pressure. You are affecting the Sushmana, the central nerve channel of

the spine. Keep stretching the tongue out, out, out, out, out. The vagus nerve system¹ will be balanced. Push and push and push until you start shaking. If by chance you have a pressure on the forehead or on the back of the head, just don’t worry. This is absolutely normal. Keep it that way. This exercise will renew the balance of your parasympathetic, sympathetic, and central nerve systems. It is very easy, extremely useful, and it will protect you from a lot of confusion. Just stay steady and stabilize yourself.” YB

To end: Inhale deeply and hold the breath, bring the tongue in, and press the tongue against the upper palate as hard as you can with the mouth

closed. Exhale. Do this 3 times, holding the breath for 20 seconds each time (**1b**).

Relax, stretch a little bit, move the shoulders and hands (**1c**). Let the circulation flow. Relax for 5 minutes.

“If you can do this exercise anytime during the day, your own self can give you a lot of strength, power, energy, and intuition. If you can stabilize the tongue under your control from its root and keep it out, breathing through the nose, you will totally change to be super positive with just this effort. But you have to practice it. You have to do it yourself. Changes will be very positive. You will start feeling, ‘I couldn’t do it; now I can do it. I can’t be; now I can be.’” YB >



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2. Posture: Easy Pose. Elbows are bent at the sides near the rib cage. Forearms are perpendicular to the ground and the palms face forward away from the body. Hands are at about shoulder height and slightly in front of the body.

Mudra: Place both thumbs on the mound of Mercury, right at the base of the little finger. The index finger is straight and tight, and the other 3 fingers are closed in a fist over the thumb. The index finger is hard like steel. Put full pressure on it. Keep it firm.

Breath: Not specified.

Eyes: Look at the tip of the nose.

Time: 15 minutes.

Music: *God is Within Me*, available at www.a-healing.com. The music was played for the last 10 minutes of the exercise for encouragement.

To end: Inhale deeply, hold the breath, and come to the stage of *pratyahar*² and *shuniya*. Squeeze your whole body tightly. Allow your energy to stabilize. Exhale. Do this 3 times, 20 seconds each.

“No chanting, no thinking, nothing. Open yourself to reach a stage of infinite balance. This will give you an experience of Infinity. As a human being, whatever you will confront, ultimately you will know how to deal with it. It’s your intuition, your little voice which becomes louder so you can hear it. It will give you a very powerful inner relaxation, if you can strongly keep it under control. Learn the control of the self. Be steady and firm.” YB

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3. Dance while sitting in Easy Pose. Whatever you move will be healed. You will heal yourself. Move your elbows, your shoulders, and your ribcage (Bangara movement). Normally there is no way to adjust the ribs, but you have to learn to do it yourself. Move the hands. Move the fingers as if playing a piano. Dance limb by limb. This exercise prevents heart attacks and nervous breakdowns, and balances calcium, potassium, and sodium.

Music: *Punjabi Drum Music* (available at www.a-healing.com)

Time: 6 minutes.



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5. Talk to each other: (If you are alone, you can speak with yourself during this time.) Don’t meditate.

Time: 18 minutes.

Music: *God is Within Me*

* See Glossary, p. 35.

¹The longest of the cranial nerves, passing through the neck and thorax into the abdomen and supplying sensation and/or motor impulses to the ear, larynx, pharynx, vocal-cord muscles, and abdominal and thoracic viscera

²Consciously and analytically directing your mind towards the Infinite



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4. Posture: Easy Pose. Elbows are bent, and the hands are above the head and slightly behind it. Palms are together, fingers straight, thumbs crossed (locked). Lean backwards about 15 degrees, as if you are saluting someone behind you. It will give you a deeper breath.

Breath: Not specified.

Time: 1 ½ minutes.

To end: Inhale, and tighten and perfect the posture. Exhale. Do this 3 times, holding 10 seconds each time.



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6. Posture: Easy Pose. Place the thumbs on the mounds of Mercury and make a fist with the rest of the fingers. Arms are stretched straight up. Circle the arms backwards from the shoulders in large circles. Armpits are open. Do not bring the hands down below waist level. The pull will be on the central vagus nerve in the armpit area and the area below the armpit.

Breath: Not specified.

Time: 30 seconds. ■