

Glossary

3HO: The Healthy, Happy, Holy Organization, a non-profit organization dedicated to serving humanity through the teachings of Kundalini Yoga and the 3HO lifestyle as taught by Yogi Bhajan.

Akhand Path: A continuous recitation of the Siri Guru Granth Sahib, lasting about 48 hours, by a team of readers.

Aquarian Age: Age of “I know. I want to experience.”

Aura: The energy field that surrounds and interpenetrates the body, also called the electromagnetic field.

Breath of Fire: Continuous rapid nostril breathing, two to three breaths per second, while pulling the navel point in on the exhale and relaxing it on the inhale.

Brow Point: To focus at the Brow Point, close the eyes and focus at the root of the nose, between the eyebrows, and up about 1/8 inch, as if you were looking at a small blackboard on the inside of your forehead; also called the Ajna, or Third Eye.

Chakras: Eight energy centers located at the base of the spine, sex organs, navel point, center of the chest between the nipples, throat, brow point, crown of the head, and electromagnetic field surrounding the body.

Corpse Pose (Savasana): Lie on the back, arms at the sides, palms facing up, ankles uncrossed. This posture facilitates deep relaxation.

Darshan: Blessing by seeing or being seen.

Dharma: spiritual path.

Diaphragm Lock: See Uddiyana Bandh.

Easy Pose: A comfortable, cross-legged, sitting position; Sukhasan.

Electromagnetic Field: See Aura.

Golden Temple: Most revered and sacred Sikh temple in the world located in Amritsar, India.

Gurbani: The revealed wisdom of the Sikh Gurus in their own words, found in the *Siri Guru Granth Sahib*; the devotional songs of the Gurus.

Gurdwara: Sikh temple or place of worship, the “gate of the Guru.”

Gurmukhi: Literally “from the mouth of the Guru.” The written form of Punjabi, used in Sikh scripture and in contemporary India.

Guru: *Gu* means darkness; *Ru* means light; the giver of technology.

Guru Nanak: [1469-1539] The first of the ten Sikh Gurus, a saint and minstrel, and the founder of the Sikh lifestyle.

Guru Ram Das: [1534-1581] The 4th Sikh Guru, the embodiment of compassion, humility, integrity and service, known for his healing power as “The Lord of Miracles.”

Gyan Mudra: The tip of the thumb and index finger touch forming a circle, and the rest of the fingers are straight; activates the wisdom and knowledge areas of the brain.

Jaap Sahib: Sikh prayer written in praise of God by the 10th Sikh Guru.

Jalandhar Bandh: Neck Lock; stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest.

Japji: the first of five daily Sikh prayers recited to connect one to one’s own soul.

Karma: The cosmic law of cause and effect, action and reaction.

Khalsa: Pure ones.

Kirtan: Sacred music.

Kriya: Combination of posture, hand position, mantra, breathing, and rhythm; literally means completed action.

Kundalini: The energy that lies at the base of the spine.

Langar: Free community kitchen open to all, regardless of religious background.

Long Deep Breathing: Long, deep, slow rhythmic breath; the abdomen expands to begin the inhale, and contracts to end the exhale.

Mahan Tantric: Master of White Tantric Yoga.

Mantra: a syllable or combination of syllables that help focus the mind.

Mudra: yogic hand position.

Mulbandh: Root Lock, used to close off the lower three chakras, allowing the Kundalini energy to flow upwards; simultaneously contract the muscles of the rectum, sex organs, lower abdomen, and Navel Point.

Mul Mantra: The first *pauri* (stanza) in *Japji*.

Naad: basic sound for all languages, originating from the sound current; the secrets hidden in sound.

Nam: Name, true identity.

Neck Lock: see Jalandhar Bandh.

Neutral Mind: the mind that judges and assesses without attachment in relation to either fear or wishful thinking; it observes the actions of both the negative and positive minds, and then makes decisions in relationship to the higher self.

Ong Namu Guru Dev Namu: Opening chant used in every Kundalini Yoga class meaning, “I bow to the Divine teacher within.”

Piscean Age: Age of “I want to know. I need to learn.”

Prana: The life force or vital air above the navel center.

Pranayam: Yogic breathing technique.

Prashad: Guru’s gift (*often meaning blessed food*).

Rock Pose: Sitting on your heels; Vajrasan.

Root Lock: See Mulbandh.

Sadhana: Daily spiritual practice.

Sangat: Community of like-minded people.

Sat Nam (Sat Naam): True identity.

Sensory Human: The fully-functioning human, intuitively aware, self-validated, and authentic.

Seva: Selfless service.

Shabd: Sound current, Divine Word.

Shabd Guru: Sacred volume of writings and source of spiritual wisdom and guidance.

Shakti: woman; feminine aspect of God.

Sikh: Literally a seeker of Truth.

Sikh Dharma: The youngest of the major world religions, founded by Guru Nanak in the 1400’s and based on belief in one God, conscious living, equality of mankind, and respect for all religions.

Siri Guru Granth Sahib: Revered as the living Guru for Sikhs, a 1430 page volume containing the sacred words of many enlightened beings who wrote while in a state of union (*yoga*) with God.

Subtle Body: One of the ten yogic bodies characterized by intuitive knowing and mastery; carries the soul at the time of death.

Summer Solstice: Annual Kundalini Yoga camp held in New Mexico by 3HO at the time of the summer solstice.

Tattwas: Qualities associated with earth, water, fire, air, and ether.

Uddiyana Bandh: Diaphragm Lock, applied on the exhale by lifting the chest and pulling the diaphragm muscle (the area above the navel), in and up.

Venus Lock: Mudra with fingers interlaced. For men, the right thumb tip presses on the Mound of Venus (*base of the thumb*) of the left hand, with the left thumb tip resting on the webbing between the thumb and index finger of the right hand. For women, the mudra is reversed.

Wahe Guru: Indescribable wisdom.

White Tantric Yoga: Meditation workshop for healing and transmuting subconscious thought patterns and expanding awareness.

Yogi Tea: a healing formula made from cinnamon, black peppercorns, cardamom, cloves, ginger, and milk; the original recipe also calls for black tea. ■