

KUNDALINI YOGA

EXERCISE SERIES FOR THE HEART

This *kriya*¹ for the heart is challenging, energizing, and balancing. It is meant to stimulate the blood circulation, bring a lot of *prana*² to the chest, and help to reduce tension and the impact of stress hormones on the body. Be sure to go deeply into the slow deep breath, inhaling *Sat* and exhaling *Nam* in the last exercise. It will relax and rejuvenate you.



Before practicing Kundalini Yoga or sharing it with others, tune in to your higher self and the ancient lineage of this science with the mantra *Ong Namō Guru Dev Namō*.³

1. Sit in Easy Pose⁴ with the hands in Active Gyan Mudra (forefinger curled under the thumb with the other 3 fingers straight), and the wrists resting on the knees with the palms facing up. Inhale in 3 equal parts, hold the breath a few seconds, then exhale in 3 equal parts and hold the breath out a few seconds. Repeat 5 times, then relax.

2. Sit with the legs extended in front of you, feet together, toes pointed. Raise the arms out to the sides at a 60 degree angle to the floor, with the palms facing each other and fingers stretched open like antennae to draw in energy. Raise the left



leg (keeping it straight) to chest level. Begin Breath of Fire⁵ and continue for 3 minutes. Inhale, exhale, and relax for 1 minute. Repeat with the opposite leg for 3 minutes. Then relax for 3 minutes.

5 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

1 A combination of posture, mudra, mantra, breathing, and rhythm; a kriya can be one exercise or a specific sequence of exercises

2 The life force or vital air above the navel center

3 For instructions, see *The Aquarian Teacher Level One Textbook* or *Kundalini Yoga Sadhana Guidelines*

4 A comfortable, cross-legged, sitting position; Sukhasan



3. Lie down on your back and lift yourself into Platform Pose, supporting your entire body with only the heels of your feet and your elbows. Place your hands in fists at the sides of your chest. Press the toes down towards the ground. The body should be in a straight line from head to toe. Begin Breath of Fire and continue for 3 minutes. Then inhale and hold the breath for a few seconds, exhale, and relax. Relax on the back for 2 minutes.



4. Lying on the back, raise the legs to a 90 degree angle, keeping the legs together. Catch the toes with the hands and straighten the knees. Begin Breath of Fire and continue for 3 minutes. Then inhale, exhale, and relax on the back for 2 minutes.



5. Stand up and rise up on the toes with the heels together (5A). Extend the arms parallel to the ground in front of you. Begin Breath of Fire and continue for 3 minutes. Then inhale and slowly crouch into Crow Pose (squatting with the feet flat on the floor; and the spine straight) (5B). This may produce a cold feeling in the hands. Hold for as long as is comfortable up to 1 minute, then exhale and relax.



6. Cat/Cow: Come onto the hands and knees with the hands shoulder-width apart, fingers facing forward. The knees are directly below the hips. Inhale into Cow Pose, tilting the pelvis forward and arching the spine down. Bring the head up and back without scrunching the neck (6A). Exhale into Cat Pose, tilting the pelvis in the opposite direction, arching the spine up like a frightened cat, and bringing the chin into the chest (6B). Do this exercise rapidly for 1 minute, coordinating the movement with the breath (inhale into Cow, exhale into Cat). Then sit in Easy Pose and relax for 2 minutes.



7. Sit in Easy Pose, apply Venus Lock behind your back (men interlace the fingers so that the right thumb rests on the fleshy mound at the base of the left thumb, the left thumb rests on the webbing between the right thumb and index finger, and the left little finger is on the outside (7A). Reverse the fingers for women). Focus the eyes at the Brow Point.⁶ Chant *Ong* as you lower the forehead to the floor, raising the arms up to a 90 degree angle behind you (7B). Chant *Sohung* as you rise into the original sitting position. Continue for 3 minutes then relax.



8. Sit in Easy Pose with the hands in Gyan Mudra.⁷ Calmly meditate on the breath, as it leaves and enters your body, silently inhaling *Sat* and exhaling *Nam*. Continue for 10 minutes, then inhale deeply, exhale, and relax.

⁶ Close the eyes and focus at the root of the nose, between the eyebrows, and up about 1/8 inch.

⁷ The tip of the thumb and index finger touch and the rest of the fingers are straight

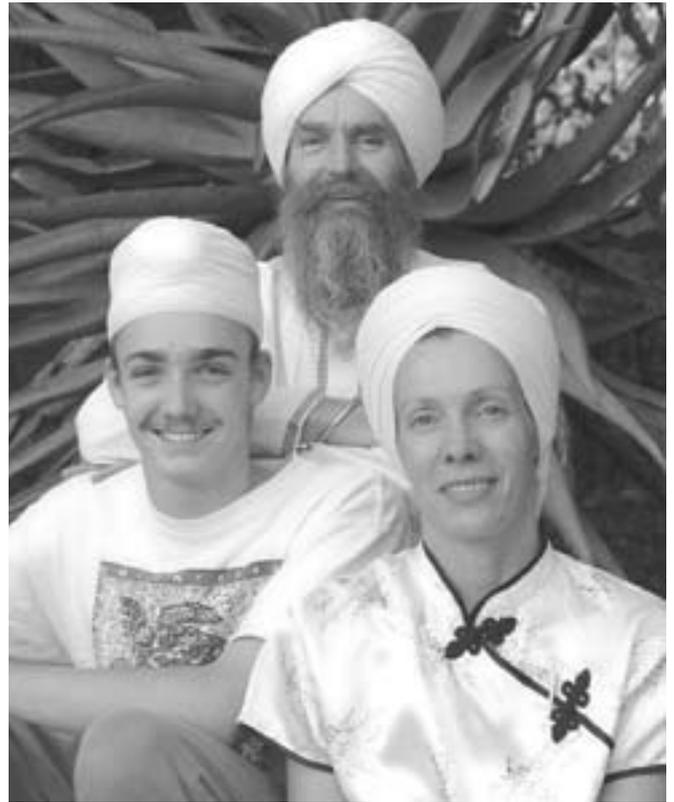
DEDICATION TO SERVICE IN SOUTH AFRICA

By Pritam Hari Kaur Khalsa

“[South Africa] is a country in which one can expect the unexpected. An inspiration for all. What made it possible was the determination of the people... to work together ... to transform bitter experiences into the binding glue of a rainbow nation.”
— UN Secretary General Kofi Annan

South Africa is a many-faceted country with many challenges. It has traits of both first and third world economies that influence each other and are still undergoing a great process of learning to harmonize with each other. Yogi Bhajan sent my husband Har Bhajan Singh here in 1985, or actually I should say, ‘returned’ him, post haste, to the country of his birth. Two years later he gave us his blessing upon our engagement and asked me to teach here. I relocated from my ashram life in Germany. These early days were interesting times to say the least. They were the last tense years before the demise of Apartheid. I remember one newspaper would leave big empty spaces on its pages as a visual protest indicating that content had been censored in this so-called “state of emergency.” The atmosphere was a bit heavy. Har Bhajan Singh started a natural foods store in Johannesburg, the economic capital known as the City of Gold. The store was called Fruits & Roots. In addition, we merrily taught our few yoga classes and offered early morning *sadhana*.¹ After all, ‘when things are down and darkest’ what better thing to do than share techniques and products that lift our spirits?

Two decades later, I bow my head to the energy and dedication of the many incredible Kundalini Yoga practitioners and teachers in South Africa. Somehow, in this ‘new’ South



Har Bhajan Singh, Hari Bhajan Singh, and Pritam Hari Kaur, Johannesburg, South Africa

Africa, Aquarian beings honor the call from the heart by serving and benefiting their communities.

In Cape Town, Maha Mataji, Atma Kaur, recently moved to Barrydale in the Klein Karoo (a semi-desert area towards the interior), opening her yogic retreat centre, Little Samadhi. Anton Casciati runs Guru Ram Das Studio, a healing centre where students of Kundalini Yoga teachers Yogi Prana and Linda Kantor/Siri Atma Kaur take classes. And it is always a good place for *sadhana*, followed by breakfast.

George Golding created a website that enables members of the public to bypass organizations and directly support a cause or individual. Dorly Viollier/Siri Ram Kaur holds Kundalini Yoga for Menopause classes from her exquisite studio in up-market Camps Bay. She also serves *langar*