

kundalini yoga **For the Heart**

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.

1



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.



3a



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

3b



5



3c



kundalini yoga

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

ONE



IN THE

SPIRIT

**Kundalini Yoga
provides an avenue
to unite as one
human family**

**By Shakti Parwha
Kaur Khalsa**

Movies such as *Syriana*, *Paradise Now*, and *Munich* reflect and affect the growing public consciousness of the futility of war—the tragedy and futility of hatred—while they reveal the common humanity buried inside people, no matter how fanatic or cruel their actions. Some people consider these films controversial. To me, they are valuable signs of the times. It is no accident that these “based on true events” dramas are being shown at this time as our planet is going through the upheaval and turmoil of bringing in the Aquarian Age. Yogi Bhanan told us insanity and violence would increase, and we shudder in horror at the accuracy of his prediction. Yet we see light at the end of the tunnel. Mother Nature erupted in 2005 with tsunamis and hurricanes, tragedies that injured and killed, but brought out the courage, compassion, and kindness of “strangers.”

When 3HO was in its infancy, we sang many rousing choruses of *We are One in the Spirit, we are One in the Lord*. It captured the prevailing enthusiasm¹ of the idealistic generation that flocked to learn from the Yogi. It was an openhearted era of loving acceptance of everyone, presaging the Aquarian Age of brotherhood yet to come.

We didn't know how traumatic the change of Ages was going to be, but Yogi Bhanan did. He traveled extensively throughout the world, preparing people for the Aquarian Age. Even when his words had to be translated, his teachings went straight

to the hearts of the thousands of people he reached. Language was no barrier for him.

A number of years ago when I was in Loche, France, to facilitate the White Tantric Yoga course at the European Yoga Festival, everything the Mahan Tantric* said on the video and everything I said, had to be translated into five different languages. I kept my comments to a minimum, which is not easy for me!

I set up informal evening meetings with students from the various countries. One night with the Italians, one night with the French, one night with the Germans, one night with the Dutch, and one night with the Spanish-speaking group. Each evening was a different experience and I recognized a different feeling, a different “flavor.” Some groups were more serious and subdued while others were more gregarious and prone to laughter. The beauty of the experience was the feeling we shared of all being part of the same 3HO family.

I had always assumed that “people are people,”—fundamentally the same. And, of course that is true—fundamentally. But in practical application, people in every country, every continent, even in every state in the U.S. are different. Different cultures have their own unique ways of eating, of dressing, of talking, of worshipping, of behaving toward one another. Customs, attitudes, and values can vary from just one time zone to the next. Folks in Texas have a different mindset from New Yorkers. They go at a different pace and definitely have a different way of talking. Hawaiians and Bostonians; mid-westerners and Californians, and people in each country in South America have their unique identity. Right across the border only a few miles apart, Canadians and Americans sound different and act different.

With the electronic age making global communication instantaneous, geographic distinctions seem to be non-existent—*seem* to be. For even with the Internet connecting everyone, are we there yet? Are we one united family of humanity?

In his *Language, Thought, and Reality*, Benjamin Whorf postulated that the way their native language is structured is a major factor in the way people understand the world and behave with respect to it and each other. I'm sure that is true. The amazing thing is how the teachings of Yogi Bhanan have transcended the differences and acted as a unifying force bringing about harmony and spiritual understanding among people of all nations, all languages. I don't know why I call it amazing, since he was, after all, a Master of communication. His Ph.D. dissertation, *Communication: Liberation or Condemnation*, reveals some of the techniques he naturally used which made him so successful in bridging any language barrier. He knew Kundalini Yoga and the 3HO way of life could bring the great human family into harmony and oneness. And that is the light that I see—not just at the end of the tunnel, but already shining in the tunnel, for it radiates from the hearts of all those in the growing global community who understand that we are indeed, One in the Spirit, i.e. Sat Nam! ■

Shakti Parwha Kaur was Yogi Bhanan's first student in the United States. She has been teaching Kundalini Yoga since 1969. She was officially certified by KRI after completing the first *Masters Touch Teacher Training Course* in 1996. Author of *Kundalini Yoga: The Flow of Eternal Power, Tool Kit for Teaching Beginners*, and *Kundalini Postures and Poetry*, Shakti is currently working on *Marriage: The Highest Yoga*.

*See Glossary, p. 40.

¹Derived from the Greek, meaning “filled with God”