

HOW KUNDALINI YOGA HEALS YOU

Healing, from the perspective of Kundalini Yoga, means to make whole. When your body is in rhythm with infinite consciousness, there is health, or ease. When this rhythm is lost, there is dis-ease. Understanding healing in this way allows you to feel liberated and whole throughout your life, even when confronted with health challenges.

Kriya for Disease Resistance and Heart Helper

Tune in with *Ong Namō Guru Dev Namō* (Onngg Nuhmo...Gu-roo Daayv Nuhmo). Repeat the mantra at least three times and align your mind with sacredness and the intention of your practice.



1. Sit in Easy Pose. Interlace the fingers of both hands. Press the thumb tips together. Put this mudra* with palms up in the lap. Apply Mulbandh* by contracting and pulling up the rectum, and sex organs, and by pulling the navel point up and in. Inhale. Chant: *God and me, me and God, are One*. With each cycle of the mantra, pull Mulbandh a little tighter. Continue for 3 minutes. This exercise improves health by invigorating the first chakra and the power of elimination. It promotes calmness and disease resistance.



2. Sit in Easy Pose with the hands in Gyan Mudra* resting on the knees. Inhale deeply, exhale slowly and completely without dropping the rib cage. Hold the breath out and pump the stomach in and out. When you cannot pump anymore, inhale, exhale, take another breath, and continue for 3 minutes. This exercise stimulates the third chakra (navel center) which enhances endurance and nerve strength.

Illustrations by
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3. Sit in Easy Pose. Bring the left arm in back of the torso. Bend the arm and stretch the left hand toward the right shoulder. The palm faces away from the body. Inhale deeply, exhale completely. Hold the breath out as long as you can. Apply Mulbandh. Then release Mulbandh and inhale and repeat the cycle. Continue 3 to 5 minutes. This Exercise strengthens the heart and increases circulation above the diaphragm.

4. Sit in any comfortable meditation posture. Meditate on the regular energetic flow of the breath. Feel your radiance and light. Relax on your back for 3-11 minutes.

End your practice with a projection for healing and peace. Three repetitions of this kriya for disease resistance is an effective practice.

* See Glossary, page 87

Understanding How a Yoga Session is Organized

Each Kundalini Yoga session or class involves practices that touch all aspects of your being.

- Tuning in stimulates your mind and spirit to align with your intentions and practice as well as supporting you with the wisdom of the Masters.
- The physical exercise helps bring energy—prana—to your body. The underlying rhythmic exercise with its synchronization of body, breath, and mind brings you to a still point of focus and clarity.
- Each kriya¹ is a complete action. Each sequence of posture, breath (pranayam), and sound (mantra) is integrated to create a particular healing state in which you become aligned with your personal inner truth and the Infinite truth. Some kriyas are simple, one exercise only. Other kriyas are more complex and involve many exercises.

- Relaxation brings rejuvenation to your body and mind.
- Meditation brings clarity and self-realization.
- Projection for peace and healing is uplifting.

As a result of practicing Kundalini Yoga in a systematized way, you bring healing—wholeness—to each yoga session.

A Suggestion

Approach your practice with sacredness and simplicity. Practice what is helpful to you in your life. What is helpful is also healing. At times of challenge, you may feel lost. In reality, you have an inner truth that can guide you—you already know what you need and where you need to go to realize your destiny. Your yoga practice can be a compass, indicating true north—your destiny, pointing you in the right direction.

¹ See Glossary page 86

DISCLAIMER:

The practice of yoga has benefited millions of people, but these pages are not intended as medical advice. The intent is solely for information and education. Please consult a health care professional should the need for one be indicated.

Questions for Further Growth

- What does *healing* mean to you?
- Meditate on the areas of your life that need healing. When life brings pain or disappointment, what is your most immediate response? How would you adjust your response so you feel more empowered and relaxed, even during challenging times? (You can also direct your healing intentions for anyone you know who needs help.)
- What stops you from realizing your dreams, from standing up for yourself and your values?
- What areas of your life trigger your most negative sensations, either physical or emotional? What steps can you take to heal yourself so that events or situations in your life do not negatively affect your physical, mental, or spiritual well-being?
- Choose a yoga set or meditation that will help you heal. Commit to practicing it once a day for 40 days. The repetition of the kriya or meditation gives you a deeper experience of the benefits of the practice. Choose something simple and helpful to you.

For definition of yogic and other terms, please visit our Glossary on pages 86-87.