

# 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

