

KUNDALINI YOGA



Mukhande Amenarah

"She then recognizes the entire universe in her body as being no different from the soul of the world. This path of Kundalini conquers the macrocosm."

Yoga-Kundalini Upanishad

Kundalini Yoga is a traditional holistic practice from ancient India, based on the esotericism of the body with its subtle layers, its psycho-energetic pathways and the dynamics of the soul. The teachings were embodied and transmitted by the Siddhas, then by the Sikh lineage and more recently, by Yogi Bhajan (whose ambivalent personality may have undermined the original value of the knowledge in question). As an explorer of ancestral ways of awakening consciousness, the author suggests - and invites us to broaden the study proposed in this booklet - that the essence of Kundalini Yoga inhabits other traditions of the world, particularly the traditions which can be described as "shamanic" or "tantric", from the Amazon to Ancient Egypt.



SUMMARY

1
A PSYCHO-ENERGETIC APPROACH
TO A REDEFINITION OF IDENTITY
P.5

2
ACCOMPANY
THE PROCESS OF AWAKENING
P.6

- DETACHMENT & INNER SMILE P.7
- IDA, PINGALA & SUSHUMNA P.8
- COLD WATER P.9

3
DANGER AND
SPIRITUAL PRINCIPLE
P.10

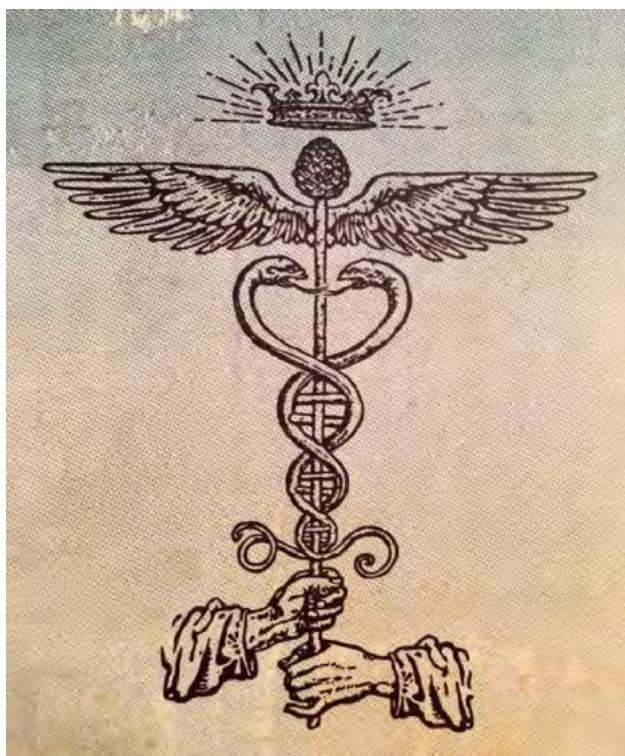
4
AN OBLIGATORY
PASSAGE
P.12



SATNAM

TRUE IDENTITY

Kundalini Yoga is a tool to prepare and support the first impulses of our deep self - the "Kundalini" being compared to *the nerve of the soul*. It can also enrich more advanced practitioners, by providing energetic and vibrational structures to contain the complex and adventurous play of the Divine in perpetual revelation in our lives...



Kundalini Yoga in its original form is a precise and expertly optimized body of knowledge, to precipitate the dissolution of our human limitations. Our intention is to embody our "True Identity (SAT NAM)" in the world - that is, to become both free and fully invested in the continuity of the great work of life.

WARNING

The practice of Kundalini Yoga should not be mixed with the neglectful lifestyle that we often find in our consumer-oriented societies. It is absolutely incompatible with the use of drugs, alcohol and certain health conditions (including pregnancy) : please always inform your teacher and seek the advice of your doctor.

The Kundalini Research Institute successfully develops practices adapted to conditions of disability and addiction : look for a practitioner to support you individually if necessary.

Hatha Yoga is recommended to approach Kundalini Yoga in a way that is more comfortable for the physical body.

Classes must be conducted with care and progression. Traditionally, the "diploma" and the institutionalization of Western wellness centers are not a guarantee of securing the true Kundalini Yoga approach. Adopt the sincere stance wof a researcher and communicate with a diversity of practitioners to broaden your understanding of the path.

A PSYCHO-ENERGETIC APPROACH TO A REDEFINITION OF IDENTITY

Sexual energy can provide a taste of the ecstatic force of Kundalini. However, it will be necessary to control it, in order not to bring more chaos than already exists in the world... If Kundalini Yoga deals with sexual energy, it offers a rigorous approach, warning against attachment and identification with pleasure, in order to penetrate the most unified and eternal dimensions of life.

Kundalini is a dynamic of psycho-energetic awakening, which can be considered intrinsic to the human adventure.



The circumstances of life tend to confront us, to polarize us between different seemingly incompatible desires. Desire itself is suffering, in that it waits for what it does not have and already fears the end of what it can obtain. When we accept the "friction" created within us, by focusing our attention on the tug of our vital energies, we activate the energy-consciousness which lies dormant in our foundations and aims to defend our highest coherence. After a narrow, uncomfortable passage, we always end up regaining control of our free will and evolving towards a new frame of reference of identity: that of our Being in control of its life experience, its choices, and its directions of evolution.



Along the way, our system undergoes a global readjustment. *"The evolving human frame is tending to develop a higher personality endowed with the attributes which characterize men of genius and seers by the refining and development of the vital principle with corresponding adjustments in the brain and the nervous system, somewhat in the same manner as a more powerful electric current passing through a more properly adjusted filament in a bulb leads invariably to brighter illumination."*
Gopi Krishna



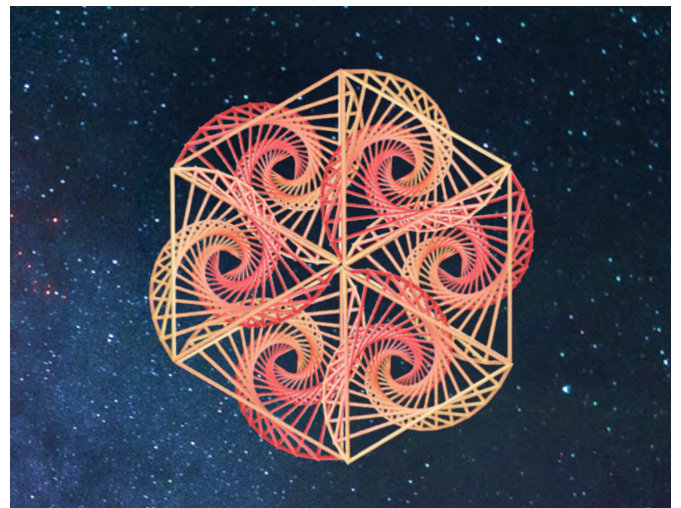
ACCOMPANY THE PROCESS OF AWAKENING



"The siddhas invented kundalini yoga as a powerful means of self-realization (samadhi). It was a product of their own experimental efforts to find more effective ways of knowing the truth of things, beyond the heavily intellectual, ritualistic, devotional and ascetic paths. They taught that our own experience is the most authoritative source of knowledge and wisdom – and that to acquire it, one must turn inward into the subtle dimensions of life, through Yoga and meditation."

Marshall Govindan

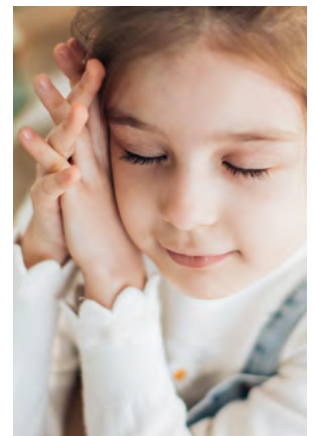
By encouraging our concentration and offering us the opportunity to experiment with ways of being and vibrating, Kundalini Yoga precipitates our individuation. When we begin to ask questions about the meaning of things and how to be happy, we encounter multiple, often contradictory, perspectives. We may wonder who is right and become very confused. From a yogic point of view, this is a good sign, we are getting closer to our truth. **Daily practices** intelligently prepare all our structures to assist in the awakening and development of our consciousness.



DETACHMENT AND INNER SMILE



The spiritual path invites us to question deeply who we are; the basis is a certain state of detachment, acceptance and peace. It is not a question of putting aside our problems and our suffering as if they did not exist, but to approach them with equanimity, to be able to contemplate them as if they were not so much personal as impersonal, to not identify with them. Cultivate a Buddha face constantly in the background of your reality, smiling impassively at all circumstances. The Buddhist space can then welcome the mad trance of the oracle and the wrath of the protective divinity. But without it in the background, the faces of complex, multidimensional consciousness can engulf us in polarized expressions and sink us into inner heartbreak.



Hatha Yoga is a good preparation for Kundalini Yoga,

because it seeks the balance of polarities (polarities symbolized by Ha-, the sun, and -tha, the moon), therefore favoring our equanimity and the centering of ourselves. The practice focuses in particular on harmonizing the left and right of our body. It is even breathing in one or the other nostril whose flows and rhythms we seek to equalize. The subtle body is impacted by the physical alignment and the energy then circulates properly in two major channels intertwining along the spine: Ida and Pingala, carriers of the emitting and receiving polarities. As a natural consequence, the central meridian, Sushumna, is finally pierced, and the pulsation of life within us gathers into an axis of irreducible **symmetry**. *"When Ida and Pingala meet, there is only one channel existing, the Sushumna. And when the Sushumna is active, there is no sin, punishment or authority of any kind that can take you to the wrong path. You can transmute your sexual and sensual energy into great clarity and purity."* Yogi Bhajan



We can promote the operability of the Sushumna nadi (meridian) by turning our consciousness there: this is a totemic practice of Kundalini Yoga. By attaching our mind to our breath and tending towards the potential of this subtle axis discovered by the yogis of the past, we awaken the underlying and occult pattern of our mysterious human body. As we inhale, we travel along this ideal little tube, from the bottom to the top of the spine; as we exhale, we travel in reverse, from top to bottom. Thought, breath, and energy merge to activate the emergence of this internal spring of righteousness.

2.2

COLD WATER



Exposure to cold water is another iconic practice of Kundalini Yoga. Yogi Bhajan praises its benefits at the physiological, emotional and psychological level: *"By doing any exercise for hours, you cannot stimulate the psyche of your cells as much as with cold water. (...) All this neurosis and anger will end."* He also underlines the esoteric meaning of traditional hydrotherapy: *"Water is a paternal shield, paanee pita; anyone who can produce this shield conquering the cold of water can conquer death."* That is to say, the contact with cold water stimulates our **spiritual invincibility**: a force allowing us to overcome the otherwise fatal fragmentation of our identity.

In Tibetan Tantrism, complex exercises prepare for and accompany exposure to the cold. They are based on breath, sound, and visualization, again directing energy into the central channel. Extraordinary bodily heat can be released. The Tibetan Tradition refers to this source of internal heat as a fierce and passionate deity, named Tummo. It is important to cultivate emptiness and let the ecstatic feeling permeate everything that comes to mind next.



Step forward with gratitude and intentional certainty. Submit the body to an encounter that shatters its apparent limitations... Trigger the physiological and psycho-energetic guardian mechanisms of the Self... Reveal mental invincibility... Welcome la Medicina. Listen to the voice that seeks itself, that rears up, shivers and shudders through its last sufferings, wounds, gaps... See the texture of truth, depth, the legend of the soul... the faces and the infinite songs that bubble up. Recognize the impulse of mastery which finally rebels, regains its rights, to invite dance, laughter, freedom. Merge, bring together, reunite everything. Touch the bindu, the connection point, the portal. Towards the Eternal.



DANGER AND SPIRITUAL PRINCIPLE

The force of flow (...) was so strong that Shiva had to take charge of regulating its intensity. To do this, he first lets it pass through his head.

There are many warnings against Kundalini Yoga. Indeed, Kundalini Yoga – and the ancient practices related to it – produce in us a phenomenal experience, giving us access to other dimensions of reality... It is as if we could see behind the scenes, the puppet strings pulled by other hands, the more or less successful acting of the actors. When the apple is eaten in the Garden of Eden, it brings knowledge, but also the fall of the soul

into the experience of duality. Our soul begins to sweat with nostalgia for a deeper union, it finds its clothes too tight. All of a sudden, one can have the impression that everything around us is illusory, false, or disguised. And one can't really go back: the frameworks, the conditionings have been shattered, at least for an instant, having shaken our ordinary structures.

→

"Kundalini Yoga is the most dangerous form of yoga because it is also the most powerful... The outside must want to change quickly too. This requires discipline and focus." SadhGuru

To protect us from an interior deconstruction which would be too violent and premature, **the Elders invite us to include the spiritual principle at the center of our practice.**

That which can stabilize our personality is in our link to an overarching and underlying power, unifying, matrixlike, nourishing. In ancient India, the disciple cultivated this bond through devotion to his personified teacher : the meaning of this protocol was not so much to deify the teacher, as to develop the spiritual body of the disciple. We can develop our bhakti (devotion) by honoring an impersonal teacher: the guru tattva (principle of the guru, the one who bridges the gap between the shadow gu-, and the light -ru). It can also be a reverence towards Kundalini itself, as the primordial mother energy of life.

- **"The 18 Siddhas have made**
- **reference to Kundalini, just as**
- **awakened and difficult to control**
- **as the Goddess Kali Devi. When**
- **the power of the Kundalini can be**
- **controlled and when this brings**
- **peace and bliss, the Siddhas**
- **referred to it as Durga, the**
- **beautiful goddess who rides the**
- **Tiger. When Kundalini is awakened,**
- **she manifests as creative energy,**
- **with varying levels of refinement.**
- **She is venerated in many goddess**
- **figures: Lakshmi, Parvati, Sarasvati,**
- **and others forms of the Divine**
- **Mother." Govindan Marshall**



In the new yoga of Sri Aurobindo, the importance of the descent of energy is highlighted, rather than its rise. This requires an opening of the crown chakra, at the top of the head. An ancient story implies this teaching: that of the flow of the Ganges from an invisible plane, towards our Earth. The force of the Ganges flow was so strong that Shiva had to take charge of regulating its intensity. To do this, he first lets it pass through his head. The psycho-energetic center of the crown being associated with the place of mystical union, this agrees with what we said previously : we must emphasize fusion with the spiritual principle in order to maneuver the awakening of consciousness.

A NOW OBLIGATORY PASSAGE



Our time is that of a leveling of human evolution. A surprising evolutionary capacity, going beyond the limits of our usual beliefs, may have been touched sporadically in the past. Yogis, prophets, saints, mystics left behind formidable achievements, but remained isolated cases. Distant civilizations and native populations have certainly also reached extraordinary levels of collective consciousness, but have ultimately, for whatever reason, fallen into oblivion. In our globally tumultuous times, now is the time to move forward together.



"The Truth or the abysses", said Mother (Mira Alfassa) in the 1960s, inviting humanity to further invest in its responsibility as a species, on a threatened planet. At the same time, the hippy movement, although immature and utopian, sowed the beginnings of a new collective aspiration in our polarized and suicidal societies. As for indigenous cosmovisions, they have always been clear on the fact that the Earth expects us to "decolonize" ourselves massively from our greed towards it, and our brazen exploitation of its resources, having produced a state of dramatic global imbalance.

What permeates today's researchers is the tremendous process of awakening of our mother house, the Earth, and its primordial energy ...

It is with the outpouring of "Maha Kunda", the planetary Kundalini, that we learn to surf. Earthquakes, cyclones, tsunamis and volcanic eruptions are, for shamans, manifestations of our planet shaking itself, to shed what has corrupted it. Lydia Thunder Buffalo explains that a powerful fire, guarded by two dragons, inhabits the planetary heart, intended to destroy the "false matrix" – the web of illusion and self-sabotage of which we are, all of us, prisoners. To find the diamond of planetary consciousness behind the veil,

*we need to
" tame
the dragons ..."*



Gopi Krishna
Kundalini, The Evolutionary
Energy in Man, 1967
Sri Aurobindo,
The Synthesis of Yoga,
1921
Mother (Mira Alfassa),
Agenda (13 Volumes),
1951-1973

Govindan Marshall:
www.babajiskryayoga.net
Lydia Bison Tonnerre :
www.sibaterma.com

www.3ho.org
www.isha.sadhguru.org



The awakening of our Kundalini energy-consciousness, as a natural, creative and autonomizing power, is no longer simply an option - it is a necessity. To be sovereign over our health, our happiness and our integrity, we must turn to our most promising resources : our human energy and our consciousness. Many of the substances we consume can be produced through the psycho-energetic practice of Kundalini Yoga. Our addiction to urban life models can be cured by diving into the richness of our interiorities. The necessary shift from a mechanical paradigm to a vibrational and quantum paradigm, to heal the grueling complexities of our developmental models, lies in our search for the ultimate reality – the simmering Unity within us.

***Purify and straighten our channels.
The original and natural flows
of the Supreme Consciousness
Circulate in our bodies,
and that of the Earth.
We get a taste, we hold on,
We go through
systemic collapses.
Confined within,
Outflowing towards the world
from another center,
We contribute
to the rebirth of the Earth.
Soothing her
most violent catharses,
We join
the fractals
of her alchemical body.***

Mukhande
Amenarah •



