

Inner Awareness Training by Guru Rattana, Ph.D.

Handouts for Kundalini Yoga Teacher Training 2019

Basic Universal Energies

All creation and our being are composed of ten basic Universal Energies:

♥ Two Polarities – FOUNDATION - Stable and Flowing

Stable & flowing are the defining qualities of the universal polarities and our soul.

The STABLE polarity always stays the same. It is constant and never changes.

The FLOWING polarity is always changing, moving, and evolving.

♥ Five Elements or Tattvas - COMPOSITION and ROLE IN CREATION PROCESS

Everything is composed of the 5 elements. Working with and experiencing the **five elements**, we can understand and take advantage of our unique energetic make-up. Each element plays a special role in the creation process.

Earth – Consolidate. Ground. Contain. Relax. Physical pleasure.

Water – Flow. Align. Adjust. Integrate. Nurture. Emotional sensitivity. Feeling.

Fire – Energy, warmth. Motivation, Drive, Desire. Magnetism. Ability to attract.

Air – Clarity. Open space. Neutrality. Non-judgmental acceptance. Perceive Truth.

Ether – Vastness. Infinite. Oneness. Inclusive. Trust. Surrender.

♥ Three Modalities of Evolution/Creation – G-O-D

The cycle of creation moves and unfolds in 3 phases.

G - Generate/Cardinal/Brahma - Initiate, take action, create, give birth.

O - Organize/Mutable/Vishnu - Allow, let go, accept, adjust, align, integrate.

D - Deliver/Fixed/Shiva - Hold (not hold on), contain, nurture, BE, enjoy.

What and how am I creating? **How am I using** the universal energies to create?

Our spiritual practice is about experiencing and learning to work with the (1) qualities, (2) functions, and (3) interactive dynamics of the universal energies that make up the energetic anatomy of our being. Our goal is to exit the vibration of fear and elevate our being into the vibration of peace and love, which is possible through oneness with universal energies.

◆ Mastery is to become one with, which happens through alignment, acceptance, allowing things to take their course, relaxation, gratitude, and love. (Not through control, manipulation)

◆ Basically we have only ourselves to work with. We must know ourselves to know God. We go inside to awaken to universal reality and our soul. We discover ourselves by elevating and align-ing our own energies and by accepting, loving, and enjoying who we are. (without criticism)

◆ *You must understand the fundamentals. You have to become total to know the Total. You must learn to obey totally to command totally. It's a simple balance.* -- Yogi Bhajan from ***The Inner Art of Kundalini Yoga*** - new book by **Guru Rattana, Ph.D.**

Kundalini Awakening Begins at the Navel

by Guru Rattana, Ph.D.

1. Begin by inhaling deeply into the nostrils, feeling the breath go up to the bridge of the nose and activating the 3rd eye. Maintain a soft focus at the 3rd eye using the inhale as an activator mechanism.
2. On the inhale feel your belly and chest expand, in addition to awakening third eye.
3. Activate Root (1st chakra) to connect and receive Kundalini energy from Earth. Feel gravity keeping you anchored to the Earth.
4. Relax belly (2nd chakra) to allow the flow of energy up from the root and in your spine.
5. Lightly pull on sex organ to add sexual energy to Kundalini energy. Keep the belly relaxed so that the energy can flow up the spine to the third eye.
6. With a combination of relaxation and delicate muscle action coax and allow the flow of Kundalini and sexual energy up the spine. (Strong squeezing blocks the energy.)
7. Activate Navel (3rd chakra) with powerful pranayama, especially breath of fire). When there is enough prana and apana, they mix to create tappa/heat.
8. While pumping the navel (or on the slow exhale when the exhale is about half way out) pull in the navel to consolidate the tappa. Then pull the muscles at the root-first chakra. Feel the fire/tappa at the navel reach down to Kiss the Kundalini at the 1st chakra.
9. Add fire energy at the navel to empower the flow up to the heart using the diaphragm lock, by pulling the diaphragm in and up. (only works on exhale and suspended breath)
10. Pull spine up to adjust the neck to open the throat to connect body and head. Neck lock is an adjustment of the neck to open the neck space. Relax neck, shoulders, and face.
11. Keep soft focus at the third eye to direct energy up to awaken the neutral mind.
12. Feel and focus at the top of the head to release energy and to open crown chakra.
13. To keep the Kundalini up and awake, pull in navel and root on the exhale. Relax into the Kundalini flow that naturally keeps going (spinning up the spine) when we connect to the nurturing embrace of Mother Earth. Don't stop the flow by escaping into your mind! Don't think! Stay consciously present. Feel and listen deeply to your body!

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For more see **Your Life Is In Your Chakras** by Guru Rattana, Ph.D., www.yogatech.com

Brainwave Meditation

When our brainwaves are stable and we are in our neutral mind, we do not react to every little annoyance. And when we do not react, we are mentally available to respond appropriately to situations as they arise. This meditation specifically changes our brainwaves so that we feel more stable and neutral in our life situations.

Sit in Easy Pose with a straight spine. Bring arms comfortably to the sides of the body with the elbows bent. Hands in fists, with the thumbs over the last three fingers, facing forward. Hold the index finger straight up, tight and stable, but without tensing the rest of the arms and body. The forearms should be perpendicular to the ground. During the meditation, check the position and move the elbows forward as needed to maintain the position.

With eyes slightly open, looking at the tip of the nose, chant in a monotone,

HAR HARE (ha-ray) **HARI** (ha-ree) **WHA HAY GURU**

Enunciate clearly, moving the mouth in a very pronounced way (exaggerate the lip movements). Pump the navel point with each part of the mantra (pull the navel point toward the spine). Once you perfect the above, try adding a slight root lock to the pumping of the navel center, which further stimulates the fire in your spine.

HAR HARE HARI are the three aspects of God: Generate, Organize, and Deliver.
WHA HAY GURU means ecstasy and imprints the mind with a feeling of cosmic well-being.

Continue for 31 minutes. This can also be done for 11, 15, or 22 minutes, but for the full effect, do it for 31 minutes for at least 40 days. To install your neutral space, practice for 1,000 days in a row. You will love the results!

To end, hold the position and listen mentally to the mantra for 2 minutes. Then inhale deeply, hold the breath, tense the whole body as tight as you can, exhale. Repeat two more times for a total of three times. Relax on your back or meditate afterwards. Do not jump up immediately.

COMMENTS: This meditation will bring your brainwaves to the frequency of the neutral mind. In the neutral mind, we are tolerant and we don't take things personally. In addition, the meditation opens up the heart chakra and activates the navel center. The mantra has also been

given as a prosperity mantra. Like many meditations taught by Yogi Bhajan, there are many benefits that are uncovered as you practice.

*** from page 236 *The Power of Neutral* by Guru Rattana, Ph.D., www.yogatech.com**

Guru Ram Das Healing Meditation

This is a very blissful meditation that activates all your chakras, establishes your spine as your center, and fills your circle with healing energy. When you need help of any kind, chant this mantra. Vibrating this mantra in your spine produces healing, magic, and miracles. I love this meditation! It puts me into a deep connected space. I finish my sadhana with 11 minutes of this meditation, which consolidates “the feeling.”

Sit in Easy Pose with hands on the lap, right on top of left, or in Gyan Mudra, thumb and forefinger touching.

Sit absolutely still for this meditation for the full effects.

Chant very quietly in monotone, almost, but not a whisper.

Enunciate with your lips, so you feel a vibration in the lips:

GURU, GURU, WA HE GURU, GURU RAM DAS GURU

Chant the designated sound in each of the chakras (see below). Bring your attention to the specific chakra, but do not move your body. (Tip: GURU is vibrated in every chakra except third and sixth.) Chant for 11, 22, or 31 minutes.

GURU — 1st chakra, base of spine

GURU — 2nd chakra, sex organ, abdomen

WA HE — 3rd chakra, navel

GURU — 4th chakra, heart

GURU — 5th chakra, throat

RAM DAS — 6th chakra, third eye

GURU — 7th chakra, top of head

Feel your body becoming a golden temple for your soul. This meditation helps us turn over the healing process to higher powers. Yogi Bhajan told us that this is the mantra that he used to ask for healing. Allow the power of Infinite Love to take care of the healing process.

*** from page 234 *The Power of Neutral* by Guru Rattana, Ph.D., www.yogatech.com**



Inner Awareness Soul TT

Class Sequence

Tune In - Focus

Standing Warm ups - Earth

Pineal Gland Series - awakening neutral mind

Silent Break

Navel Sets - stretch pose, Sat Kriya

Brainwave Meditation

Guru Ram Das Meditation

“If there is a power to believe, to serve the people with compassion, whatever you were, whatever you are, you are holiest of the holy, if you have achieved a state of consciousness where you have compassion. God is a slave to people of compassion.”

Yogi Bhajan

Sat nam!

Love your teaching, so helpful to have a better idea why i think and act the way I do. I feel more connected to my true self instead of feeling crazy. There is a greater force working in me and for that I can have peace .