

# **The Inner Art of the Kundalini Yoga**

Taught by Guru Rattana, Ph.D.

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In this special workshop Guru Rattana will share her subtle inner approach to the practice of Kundalini Yoga and Meditation to cultivate what Yogi Bhajan set out as a major goal of our practice -- be conscious of your consciousness.

Yogi Bhajan called Kundalini Yoga the Yoga of Awareness because the kriyas and meditations are designed to stimulate and activate the parts of our human vessel that make it possible to wake up to deeper levels of awareness and being. With dedicated practice we can elevate ourselves out of an unconscious automatic pilot dream state where subconscious programming dictates what we think, feel, and do. However, practicing the physical technology is only half the practice.

The other half involves training ourselves to become conscious -- (1) to pay attention, focus, and deeply listen, (2) to feel the subtle ever-changing energies in our body, (3) to witness how they determine our emotional moods, mental state, and physical well-being, and (4) to use the spaces between the exercises to contain the power generated.

This 3 day workshop is about cultivating the inner art of awareness.

You will learn how to

- ♥ activate and use your inner sensory system
- ♥ develop subtle sensitivity to the basic universal energies
- ♥ transcend the thinking mind and awaken your observer conscious mind
- ♥ discover the inner powers of peace, stability, neutrality, and relaxed flow
- ♥ be open and receptive, and not interfere with what is there
- ♥ align your spine and use the locks/bandhas to raise your Kundalini

"The normal person thinks, imagines, and projects through the mind. You ultimately identify with your mind and become dependent on the mind. The reality is that you should not depend on your mind. Instead, you should project from the point of view of your consciousness. You are nothing but a potential living consciousness." Yogi Bhajan

# *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.

## **Inner Awareness Training**

**What** and how am I creating? **How am I using** the available 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 experience peace and love which is possible through oneness.

♥ 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, or domination.)

♥ 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 aligning our own energies and by accepting, loving, and enjoying who we are. (without complaints)

♥ *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 Bhanjan*

# *Steps to Inner Peace, Power, and Love*

## **[1] Shift Direction to Inside**

Look inside

Pay attention with inner sensory faculties (look, listen, feel)

Looking becomes consciousness

## **[2] Awaken Neutral Channel**

Shift from thinking mind to awareness mind.

Neutral opens the door to new powers.

Open the door. Go inside. Stay there!

In Neutral we can feel/intuit what works.

## **Neutral is a magic catalyst.**

Neutral is not moralistic, ideological, righteous, attached, opinionated, or emotional.

All of the above prevent us from tuning into and experiencing our own truth and the Truth.

This is because we are controlled by fear, which limits our view, energy, and possibilities.

Neutral erases the past, heals our wounds, and calms our emotional body. *Neutral is love.*

## **[3] Become Aware of Neutral Qualities**

All qualities are neutral. All qualities arise from space.

Neutral - no opinion

Space - open, vast, pure, clear

Stable - can't change, imperturbable

Silence - one voice, unstruck sound

Peaceful - can't be disturbed

Still - immovable, can't be bothered

Vast - infinite, everywhere

Relaxed - can let go and flow

Carefree - no worries, does not worry

## **[4] Fill Yourself Up and Become One with the Qualities**

Fill yourself up with each quality.

Nurture yourself with each quality until you become it.

Feel each quality until you become one with it in mind and body.

X is infinite. X is in you. You are X and one with X. The power of X is in you.

X is everywhere, in you, under you, around you. There is a blanket of X over you.

There is an infinite abundance of X.

You radiate X.

You can share X without being depleted.

The more you share, the more you receive.

\* When we are full, we are capable of giving, we overflow, we shower peace.

### **[5] Qualities Shift Your Inner Core**

Find stability.

Inner space is peaceful.

Find a space that is always there for you that you can trust.

Peace transforms your mind, body, and emotions -- your perspective, feelings, actions, being.

Peace is the Infinite.

Peace is a power, an agent of change.

With peace within, you are an agent of change.

Nurture peace within and let it work for you.

### **[6] A New Way of Being Awakens**

The experience that you can trust makes you feel secure.

Shift from fear to love.

**Mental Being** - neutral, clarity, intuition, consciousness, focus, attention, acceptance

**Feeling Being** - flow, rhythm, relaxation, emotional balance, kindness, nurturing

### **[7] Qualities Become Powers**

Qualities become verbs, action, transformative and healing powers.

All powers are neutral, unattached, with no agenda.

The qualities do something through us and in us as our frequency is upgraded to their frequency.

Powers happen through oneness with, not power over. We embody through consciousness, deep listening, feeling, flow, and rhythm. We merge and there is no separation. In oneness we become that and are in alignment and synchronized with the Infinite.

- ◆ **Stable stabilizes, holds, supports**
- ◆ **Neutral neutralizes our stories and thoughts**
- ◆ **Peace pacifies**
- ◆ **Silence silences our thoughts**
- ◆ **Stillness stills, relaxes, lets go**
- ◆ **Vastness expands, elevates, no limits**

Practice connecting to, being one with and calling upon the qualities until they become powers.

We embody powers with consciousness and feeling in the physical and emotional bodies.

## **[8] Practice Living in New Mode**

Witness and practice doing through being. Do and Be become one.  
Creating, transforming, healing all happen through being.

With the qualities we can consciously upgrade what and how we create. Steps --

1. Cultivate Oneness
2. Experience that IT is real.
3. Trust IT.
4. Love IT, feel emotional satisfaction and nurturing in body.
5. Let yourself be held by IT.
6. Use IT. Be in and act from this consciousness.
7. Always remember to remember.

### **Path = Practice**

We don't need another set or meditation.  
We need depth. We need training to acquire depth.  
Practice until we get results. 1 year, 1000 days to start!

"The normal person thinks, imagines, and projects through the mind. You ultimately identify with your mind and become dependent on the mind. The reality is that you should not depend on your mind. Instead, you should project from the point of view of your consciousness. You are nothing but a potential living consciousness." Yogi Bhajan

"What is the way out? You can make it. The way out is either slowly suffer the rest of your life, or suffer once in a while and get out of all this." Yogi Bhajan

"I hope you enjoy your stay and the torture which comes with it, and that you will be strong, brave and courageous. And remember what I say, "It isn't the life that matters, it's the courage you bring to it." Do not give up courage, you will always win. Do not give up hope, you will always have a scope in life. Do not give up on yourself, and God will always be there in you. Don't pull down the shutters of hopelessness, and discourage yourself. God doesn't dwell outside of you. In God you dwell." Yogi Bhajan

"Never be right or wrong, always be neutral. Speak not through the positive mind or the negative mind, but from the neutral mind."

# The Inner Art of Kundalini Yoga - Wake Up and Stay Awake

## [1] How do we know and experience ourselves and reality?

Through our sensory system - look, listen, feel, touch, taste

Through awareness in our neutral mind (intuition, not thinking)

## [2] Wake Up and Activate Body Systems and Pranic Body

Feel sensations, grounded and present in body - Be here now.

Be with what is as it is, allow, accept, release resistance, love - non-attachment and kindness

\* Standing exercises, spinal flexes, leg stretches, all physical exercises

\* Breathing - focus on and follow the breath

## [3] Awaken Stable Neutral Mind

Change channels, distinguish between thinking/dualistic and neutral/non-dual minds

Thinking vs. Awareness and Consciousness - how we pay attention

\* Pineal Gland Kriya (in *Power of Neutral, Sexuality and Spirituality*, and *Gift of Womanhood*)

## [4] What do we want to know and to experience?

Discover what is there. Allow it to appear. Not make something up or make something happen.

Our personal reality and universal reality. The Truth. Universal laws and universal qualities.

## [5] What gets in the way?

Conditioning, beliefs, habits, desires, likes and dislikes - attachment and control

Reactions, distorted basic energies - earth (grounding), water (flow), fire (energy), air (space)

Misinterpretations and ignorance, lack of personal experience

\* Key to knowing - Don't add anything extra. All the above are extras.

## [6] Basic Universal Energies - Polarities

Under or beyond duality we experience the dance and integration of polarities which are the foundation of all life. Together the two polarities integrate, create, establish order, flow, and are the motors of change and continuous enfoldment and evolution.

**Stable** - never changes, at peace. We find peace, silence, stillness, stability in our neutral mind.

**Flowing** - always changing. Moving energy in our physical and emotional bodies and breath.

The key is to relax, let go, and not attach to what we like or don't like. Be with what is, as it is.

## [7] Direct Personal Experience

Good ideas and intellectual understanding are not sufficient to create change or to wake up.

We must awaken our neutral mind and body to become conscious of the energies of reality.

Our personal experience makes it possible to release conditioning, old habits, and attachments.

\* Navel and Inner Anger sets are in *Your Life Is in Your Chakras*. pp. 273-4 and 279.

## **[8] Two Centering Chakras - Third Eye and Navel/Hara - We need both!**

6th - open the door to the infinite within, walk in and stay there

3rd - find and be in the center in body, activate fire energy, feel aliveness, find will

4th - neutral and feeling meet as compassion in the heart

To make a quantum shift (wake up), we have to experience quantum reality.

We have to penetrate deeply into and merge in oneness with universal energies at the 6th chakra.

We have to relax and let go into the flow of life, (2nd chakra) while being centered at our navel.

Our breath is an activating, connecting, and integrative mechanism that makes this all possible.

## **[9] Following Your Breath**

We have to focus our mind and activate our pranic body to fully engage in conscious breathing.

\*Our mind will be distracted if it doesn't have the full participation of the pranic body to support it. Our mind will also be distracted if it doesn't have enough to pay attention to.

Conscious breathing works better than trying to follow our breath as it breathes, especially when the pranic body is not first fully activated, in which case the breath can be very evasive and subtle and lull us to sleep. After awakening the pranic body (exercises with breath of fire), a lightly directed breath (not heavy or forced) is easier to follow. The following formula incorporates the locks with conscious breathing.

**Inhale** through the nose feeling the breath go into the nostrils, up to the bridge of the nose and into the center of your head or third eye, awakening the neutral mind. On the last part of the inhale be sure to continue until your ribs expand using and stretching the side diaphragm muscles. This last part of the breath corrects our posture and opens our heart.

**The exhale** begins at the navel, which pulls in as the breath is released. Then the navel fire reaches down to engage the energy at the first (earth) and second (water) chakras. Activating the Kundalini, the energy is pulled up the spine to the third eye. When the body is ready, continue with the next inhale. During the day repeat this sequence to recharge, center, and calm down.

## **[10] Experiencing Both Polarities Is Required**

We can understand intellectually that change is the nature of life, the universe, even ourselves.

The question is how do we participate in a profound way in this change so that we can wake up, stay awake, and experience life in a deeper more conscious way. A deep inner connection with both the stable and flowing polarities is required.

Aware in a stable neutral mind, we experience at a deep focused level the nature of both changing and unchanging reality within ourselves. Watching and feeling the phases of our breath connects us to life unfolding in our own being, giving us a visceral experience of the evolutionary and impermanent nature of universal forces and the ever-changing nature of our



own thoughts, feelings, and moods. Anchored in a detached neutral space to universal silence and stillness, we release resistance, relax into our flow, and enjoy inner peace.

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## **Kundalini Awakening Begins at the Navel**

1. Begin by inhaling deeply into the nostrils, feeling the breath go up to the bridge of the nose to activate the 3rd eye. Maintain a soft focus at the 3rd eye using the inhale as an activator mechanism.
2. Activate Navel - mix prana and apana with powerful breath of fire and navel exercises to create tappa/heat.
3. Activate Root and connect with Earth to receive Kundalini energy from Mother Earth. Feel gravity keeping you anchored to the Earth.
4. Relax the belly and allow the flow of energy from the root up your spine.
5. On each inhale feel your belly and chest expand (in addition to awakening third eye).
6. On each slow exhale, when the exhale is about half way out, pull in the navel and then pull the muscles at the root-first chakra. This is the beginning of the root lock on the extended and suspended exhale.
7. Feel the fire/tappa at the navel reach down to Kiss the Kundalini at the 1st chakra.
8. Lightly pull on the 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.
9. With a combination of relaxation and muscle action, coax and allow the flow of Kundalini and sexual energy up the spine.
10. Add fire energy at navel to empower the flow up to the heart using diaphragm lock, by pulling the diaphragm in and up. (done on the exhale)
11. Pull spine up to adjust the neck, open the throat, and connect body and head. Neck lock is an adjustment to position the head 'to float' on the spine so the shoulders, neck, throat, and face can relax.
12. Keep a default focus at the third eye to direct Kundalini energy to awaken the neutral mind.
13. Feel and focus at the top of the head to release energy to open the crown chakra.

14. The exhale ends at the crown chakra. The next inhale begins at the third eye.
15. The breath can become a circular breath. The inhale is an expansion down the spine. The exhale is a release up the spine.
16. To keep the Kundalini up, periodically pull in the navel and "kiss the Kundalini" on the extended and suspended exhale.