

The Myths and Magic of Kundalini Yoga

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Today I share with you insights that I have gained from 41 years of daily practice of Kundalini Yoga. From my experience I will summarize what you can expect (and not expect) and how you can maximize the benefits of your practice of this very special technology.

[1] We Are Consciousness

We usually think of a spiritual path and the technology that goes with it as a means to attain enlightenment. Most of us have a fantasy based definition of enlightenment, i.e. somehow we will awaken and be saved from being human and having human challenges.

Yogi Bhajan didn't talk about enlightenment. He talked about consciousness.

Yogi Bhajan offered a special twist (and profound meaning) to self-realization, knowing who we are, or waking up to our true identity.

He told us that we must awaken to the fact that we are consciousness.

Our goal is to experience that our being/our soul is consciousness and then to live our life from that 'awakened' awareness. Yogi Bhajan said the true miracle is to live conscious lives.

Yogi Bhajan used to tell us, 'Be conscious of your consciousness and how you use it.'
I consider this to be one of the most fundamental and important teachings of Yogi Bhajan.

I didn't know what he was talking about. I forgot his words. But through years of practice, the experience of his words has awakened in me. I am beginning to know what he was talking about.

There is only one way and that is for the individual to relate to his or her consciousness consciously. -- Yogi Bhajan

What is consciousness?

[1] Awareness - the human mental capacity to be aware, awake, and to notice.

Consciousness is NOT thinking. If we are thinking, we are not paying attention with consciousness. Compulsive thinking gives way to intuition, which processes reality from the soul

and not from mental analysis. We know and we know that we know.

With consciousness we have an expanded capacity (beyond thinking) to choose what we pay attention to and create. To develop the faculty of consciousness and intuition we have to train ourselves to listen beyond our thoughts in our thinking mind.

[2] Consciousness is the alive, active, creative quality of all energy.

In this sense consciousness is a force or energy that pervades all reality.

It is everywhere and always interacting with everything else.

Universal energies have consciousness, are alive and always active and creating.

In fact, these energies create all life including ourselves and Planet Earth.

The Spiritual Path

The spiritual path and awakening is about

[1] awakening our capacity of consciousness

[2] becoming conscious of the fact that our very being is created from, composed of universal energies or consciousness.

[3] cultivating awareness of how we interact, receive, and respond to all universal energies

In sum, we use the techniques to cultivate the ability to pay attention with consciousness to our energy, how it feels in our body, and how we are using it.

Only in Our Neutral Channel

The faculty of consciousness is awakened, experienced, and operates from the neutral channel in our mind. In our neutral channel we can become aware of a vaster reality that generally remains unconscious or buried in the subconscious.

Most people (1) are stuck in the confusion and conflict of the dualistic mind, (2) are slaves to thinking, thought patterns, and beliefs (mental constructs) and thus (3) not capable of independent thought. They only have opinions, many of which are not even their own.

Only in our neutral channel are we able to access 'no thought' beyond thinking and the faculty and presence of consciousness in our being. This is the place where we can feel safe and cozy.

In neutral we can experience the different qualities of universal energies that create positive transformation. Silence, neutrality, peace, vastness, strength, imperturbability, fearlessness, invincibility, compassion, kindness, caring, goodness, and joy are forces that we can tune into, embody, and use to create and change. Just to feel them and be with them is transformational.

With Kundalini Yoga we elevate our altitude (refine and increase the vibrational coherency and

frequency of our energy in all our ten subtle bodies) to change our (1) attitude, and (2) perception of reality, so that we are able (3) to live, act, and interact in an expanded reality where we experience these forces as real power and enticing pleasure. (i.e. We want to have this experience. Commitment is doing what it takes to have this experience.)

How Can We Be Conscious of (aware) Our Consciousness (energy)?

[1] We have to be conscious of something.

We have to use the faculty of consciousness to stay conscious.

We pay attention to the sensations in our body, our breath, inner sounds, and to how the universal energies feel in our body.

We pay attention to the qualities of the energies and the feelings that arise.

[2] We pay attention with the faculties of looking, listening, and feeling deeply.

We are either paying attention with looking, listening, and feeling or we are thinking.

Osho offers us a good touchstone - We are either thinking or feeling.

♥ Pineal Gland Kriya

[2] The Nature of Our Relationship with Energies

Kundalini Yoga helps us in many ways to take good care of ourselves.

Our attitude is of critical importance. Our basic goal is to release fear and anger and awaken to and operate from love. If we want love, we have to practice with love. We must love ourselves, not fight with ourselves.

The Power of Love and Compassion.

Acceptance, nurturing, and loving are powers that create transformation.

Love uplifts the energy and acts as a glue to integrate this higher frequency into the body.

Love transforms chaos and confusion into coherence.

Through self-knowing and self-love we can access our total capacity and awaken the light of our soul.

The formula is straightforward, but we have to train ourselves to access and use each faculty. We have to practice each part of the process.

Experiencing the Elemental Energies

We are either resisting or accepting what we feel.

We are stressed and upset or relaxed and at peace.

Notice resistance which includes trying to ignore (not feeling, thinking, analyzing, or judging). Or we can allow, accept, nurture, and love what we feel.

Water - frozen OR flowing

Fire - burning or extinguished OR pure light and free energy

Earth - stuck, immobilized OR grounded and present in the body

Air - clogged, clouded, conflicted and confused OR clear, open, vast, pure.

♥ **Physical Kriya**

[3] Study Ourselves - Self-Initiation

On our human journey we are given ourselves to study.

We study ourselves to know who we are.

Our most basic problem is that we are not aware of who we are.

Oneness with Universal Energies

We are each a unique composite identity of the ten universal energies.

Two polarities - stable and flowing, 5 elements, 3 phases of creation.

We study and experience our unique configuration of universal energies to become aware of who we are. As we experience the alive dynamics of our energetic being, we align with universal energies.

As we realize that we are our own unique configuration of the same active and creative vibrations of the universe, which is itself a dynamic play of conscious energy, we awaken to our oneness with the universe. We could call this experience self-realization.

♥ Kundalini Yoga is a comprehensive technology, which integrates body, mind, and emotions (actually all our ten bodies) at a frequency that makes it possible to experience non physical reality while still in physical reality and in a human body.

♥ Knowing ourselves energetically connects us to our physical body so we can be here/present, be contained, and establish a stable presence -- all of which are essential for deep contemplative meditation. In our body, our experience of stillness, silence, peace, and neutrality in our mind becomes part of our experience of being alive in, and not disconnected from, physical reality and Mother Earth.

♥ As our subtle sensitivity increases, we are able tap into a reservoir of energy and consciousness (the Kundalini) that make it possible to explore the depths of our own being. We begin to connect

with the meditative, contemplative roots of the ancient practices and teachings. We are no longer simply performing the techniques, we are using them to awaken and be conscious of our consciousness.

Self-Initiation and Self-Responsibility

Consciousness, awareness, and alignment are a personal affair. No one else can do the practice for us. And no one can pay attention to what is happening to our energy. Results cannot be bought, transferred, or gifted.

The path of Kundalini Yoga is about self-initiation. Yogi Bhajan was very clear -- In Kundalini Yoga we do not initiate a person. We do not worship a person. We follow and practice the teachings.

♥ The path of self-initiation offers us a radically different approach than following a human guru. The technology of Kundalini Yoga is our guru. The promise is that as we are able to experience and maintain our self-identified identity as consciousness, our world will change around us.

♦ The moment we concentrate on self, our frequency changes and the universe around us changes also. We make ourselves available. That is when the magic starts to happen!

♥ The path of Kundalini Yoga is about trusting this idea and committing to a practice that can effect this change. It is also about enjoying the results and being happy.

[4] Kundalini Yoga Is a Path and a Practice

Kundalini Yoga is a path that must be practiced.
Good ideas, intentions, and wishful thinking don't compute.

We have to increase our frequency to achieve alignment and to be able to handle the constant shift in energies and to more optimally meet the challenges of life.

“The science of self and self-awareness is the highest knowledge we can possess because then we can pull ourselves through all circumstances.” Yogi Bhajan

We have to strengthen our nervous system, keep your body systems healthy, and develop a neutral mind. All of the above require patience and practice.

“Without labor one never understands the master within oneself.” Yogi Bhajan

No Escape from Humanness - No Nirvana

Practicing Kundalini Yoga does not deliver us to nirvana on Planet Earth. There is no nirvana here. Nirvana comes later, when we are some place else. Yogi Bhajan was very clear about the fact that we cannot escape the challenges that we inevitably face in our Earth School experience. There will always be challenges. When challenges are over, life is over.

We can however change how we deal with our life challenges. We can change our attitude from one of victimization to one of acceptance, responsibility, awe, and magic.

When we are not awake, not conscious of our consciousness, we create problems for ourselves. We suffer. We attract from fear, anger, and negativity, from karma, not destiny or dharma.

We can deal with our life from our truth (and find contentment and happiness) when we raise our frequency from fear to love and vibrate with the subtle realm of peace.

Our personal truth and universal truth are always in us. We already know and can feel what is right. We can access this knowing and awakened consciousness with Kundalini Yoga

Kundalini Yoga is Not a Religion

Kundalini Yoga is not a religion. It is a technology designed to achieve self-knowing, awakening, inner peace, and universal consciousness.

The Kundalini Yoga path works through commitment, not conversion. It is not about converting or convincing anyone to do anything. We are willing to try it and practice, or we find excuses. Free will leaves the choice up to each one of us.

Universal concepts are usually incorporated into religious doctrines. But universal truths exist beyond religion, dogma, and rational thought.

The promise of this technology is that we can expand our consciousness to the level that we no longer think in terms of religion, form, or boundaries. We seek an experience that is inclusive, deep, universal, and very real. Our experience is a non-verbal or vibrational feeling. We know it when we feel it. This is enlightenment.

We need guidance about where we are going and how to get there.

Yogi Bhajan offered us Jap-ji and the Sikh path to guide us on our personal spiritual path. We can also use Buddha's, Christ's, and the teachings of other awakened masters to guide us.

Buddha, Christ, Yogananda, and the Ten Sikh Gurus were all living examples of the highest human expression. They showed us that in the human experience enlightenment is possible.

There were many others whose names we do not know who awakened to universal consciousness and experienced the joy of peace and love.

We all have access to the same truth and experience, which is made possible through our personal alignment with the unifying universal energies.

There are different ways and many paths that help us to achieve this alignment. We meet with other paths in awareness and our experience of universal reality.

An Integrated Spiritual Path

♥ Raj Yoga is the ancient name given to the meditative practices to purify the mind so that it can access universal wisdom, be liberated from human distractions and suffering, and be united or achieve oneness with the universal field of consciousness. (Raj Yoga is an integral part of the Kundalini Yoga taught by Yogi Bhajan.

♥ The physical techniques prepare our physical being and mind so that we can access and investigate our inner world. Through activation, alignment, and release of tension and stress, we are able to explore the subtle dimensions of our mind and being -- the aspects of our energetic selves that we must be in touch with to connect, experience, and merge with the world of spirit.

♥ Our mind is not liberated without the transformation of the physical and emotional bodies where the patterns and energies of suffering are stored. We need to liberate these bodies to liberate our mind. We must release suffering in our body to release suffering in our mind. We need to feel the flow of reality in our body, to witness the flow, silence, and stillness of reality in our mind. A pure, clear mind requires a pure, clean body.

♥ **So many blessings** -- With Kundalini Yoga we can raise our vibration and align with the Divine. We can train ourselves to focus, consolidate, relax, trust, surrender, accept, be kind, and love ourselves and our life.

Infused with Magic

The possibility exists for every man and woman to awaken and experience inner peace and happiness. When (1) our mental attitude is neutral, (2) we achieve security and calmness within, and (3) we vibrate with love and not fear, everything in our outer reality aligns with this elevated inner frequency and projection.

And herein lies the magic of Kundalini Yoga.

We work for what we get. **AND there is magic encoded in the process.**

We have to do our practice and train ourselves to feel, relax, and pay attention, but we don't make the magic happen. It is already happening. As we wake up, we notice. Our alignment

supports us.

One day (or gradually) we see the magic and miracles all around us.

Our altitude changes our perspective and our attitude.

As our scope of life and existence expand, we see all the great things that are happen all the time.

The Big Test and the Ultimate Practice

Can we stay in the magic of the moment?

Can we sustain the awe during our challenges?

Can we be in the miracle of life with grace and gratitude?

Can we be open and present to our lives as they unfold?

Can we welcome what shows up and be with it until it passes?

Can we relax into the flow of life?

Can we relate to ourselves and our life as the magic and miracle that we have been looking for?

Daily sadhana is our insurance policy. In addition to all the above benefits, we create an energy field that works for us. We cannot always be conscious of everything all the time. There are so many energies that our energy bodies interact with on an unconscious level. With elevated coherency, our energy bodies work for us, creating magic and miracles to help us out.

Yogi Bhajan took a poll -- Ninety percent of those asking him for advice did not do sadhana.

Love to all. Light to all. Peace to all! Sat Nam!

I Am Only Who Only I Can Be

Yellow has been inserted in Myths and Magic Above

“One thing you cannot copy and that is the soul of another person or the spirit of another person. It is the spirit in you that matters.” Yogi Bhajan

“Live as royal saints. Nobody shall walk over you, but nobody who needs you shall be deprived of your strength.” Yogi Bhajan

[1] A Shift to Be Happy

Yogi Bhajan told us that it is everyone's birthright to be happy. Yet we witness that everyone on planet Earth has been subject to some trauma, abuse, and shaming. These experiences have resulted in a misunderstanding and lack of knowledge of who we are and why we are here on Planet Earth.

To release ourselves from ingrained negativity and past traumas and attain a state of happiness,

we have to change our perspective. Let's try -- We are actually souls who have embodied on Planet Earth to see, if through all the density and life challenges, we can awaken to and experience higher love while in physical form.

We must recognize the extent to which we have learned to be hard on ourselves and to doubt and dislike who we are. Because of these insults, we have become self-protective and limited in our ability to expand and discover who we are and why we are here.

The good news is that we can re-train ourselves to know, love, and trust ourselves and our life.

[2] Attitude and Altitude for Self-Initiation

We must recognize and accept (without blame, shame, or being a victim) that we have all be subjected to challenging situations, misguidance and misinformation. Recognizing that much of what we believe is counterproductive and self-sabotaging, we have to discard fabricated ideas of who and how we think we ought to be and to stop trying to conform to what others and society try to impose upon us.

It is critical to keep in mind that our awakening is not about the nebulous and misunderstood idea that we have to eradicate our ego. Our interpretations of this overused concept generally perpetuate the shame game and reinforce thinking that something is the matter with us and that we have to work on ourselves, get rid of our faults, and improve.

♥ The path of self-initiation offers us a radically different approach. The promise is that as we are able to experience and maintain our self-identified identity as consciousness, our world will change around us.

The moment we concentrate on self, our frequency changes and the universe around us changes also. That is when the magic starts to happen!

♥ The path of Kundalini Yoga is about trusting this idea and committing to a practice that can effect this change. It is also about enjoying the results and being happy.

[3] Victimization Mentality

A most basic cause of human suffering is that we see ourselves as victims -- victims of our upbringing, relationships, situations, culture, the political and economic system, and karma. In sum, we identify something or someone outside of ourselves as the cause of our problems.

Our tendency to view ourselves as victims reflects some truth in a predatory economic system designed to take advantage of people through the manipulation of human needs and desires. Although understandable, we must take care not to be a victim of our belief that we are a victim.

Victimization is supported by blame, denial, ignorance, explaining away what we don't like, and trying to figure out how we can escape instead of deal with what is happening in our lives. Basically we try to find excuses (and solutions) that avoid our need to change or to look at our situation from a broader perspective.

♥ The problem is that in victim consciousness we will always live in conflict, carry resentment, be consumed by inner anger, and never find peace and happiness. (All conditions that fester into physical disease!)

Releasing ourselves from a victim mentality requires (1) accepting and our life as it presents itself, (2) taking responsibility for our challenges, and (3) dealing with them the best we can. (We can also ask for help from others and in prayer. Universal angels are always available, but need to be asked and thanked to assist us.)

We can't convince ourselves or rationalize ourselves into another attitude.

We have to cultivate our own experience of honestly and courageously living our lives.

It is our personal responsibility, with our power of free will, to save ourselves!

We have Kundalini Yoga and Meditation as our helpers and guides.

[4] From Savior Mentality to Saving Ourselves

Our perception of victimization usually goes hand in hand with the desire to be saved by some external authority or miraculous situation. We have to save ourselves! And we can!

We can redirect our desire for a savior, to recognizing how we can save ourselves from our own illusions. There are many ways to take responsibility for our own lives.

I am not saying to give up your dreams. But in the meantime, prepare yourself, take care of yourself, and do what you can do to get ready.

♥ We can use our free will to take action to support and take care of ourselves.

♥ We can separate ourselves from abuse by making choices that no longer attract and perpetuate debilitating relationships and situations.

♥ We can be realistic, embrace our life challenges as part of our Earth School experience, and be willing to take responsible for ourselves, without being resigned or resentful.

♥ We can transform our inner reality, release our interlock with negativity, and see what an accepting grateful attitude attracts.

♥ With our spiritual practice we can energetically align our energies with universal energies.

♥ With alignment and patience, we can deliver ourselves to the always available dimension of magic and miracles.

[5] Go Inside to Discover Your Identity

Most of us have not experienced enough unconditional love and compassion or been taught how to be happy. But we can change that now!

We must go inside because this is the only place where awareness, healing, love, happiness happen. It is the only place where we can connect with our soul. Kundalini Yoga draws us in so we are able to pay attention to how we feel, think, breathe, react, and act.

In order to be happy and to live authentic and fulfilling lives, we have to go deep into our own hearts where only we can go. Our human journey is about connecting with our soul and feeling how our soul is manifesting in this incarnation to be a certain way, to be only who we can be, and to do what only we can do. It is our personal responsibility to find and identify our identity and our destiny.

Our awakening is about an **identity uplift** that shines our heart light and awakens us to a compassionate and elevated experience of who we are -- our soul identity is compassionate consciousness in this special human incarnation.

NOTE: Our astrological birth chart offers us insight about the energies of our being and how we are composed and influenced. This knowledge helps us get to know ourselves better. This information can help us help ourselves through both peaceful and challenging times.

[6] Transformation Happens with Self-Love

We find and maintain compassionate consciousness through self-knowing, self-acceptance, and self-love.

With kindness and compassion towards ourselves, we can uplift, discover, and be more and more of our authentic selves. With self-acceptance we build self-confidence, self-trust, radiance, and authentic beingness.

[7] I Am Only Who Only I Can Be

You and only you have access to your truth! Only you can walk your path.

Only you can focus and apply yourself to find YOU.

Only you can do what it takes to wake up to your personal clarity and purity.

Only you can know who and how you are.

To know ourselves, we must love ourselves the way we are.

And to love ourselves we must know ourselves.

Our guiding touchstone is -- *I am only who only I can be.*

Affirmation: I can love, honor, take care of, and be myself. I can be only me. I am. I am.

[8] I Do Only What Only I Can Do

We do what we do because of who we are. As we accept our own life, we realize what we came here to do. We identify our piece of the puzzle.

And then we commit -- I do only what only I can do.

One day I looked into the possibility that there was no more government or organizations to 'organize' human activity. What would we do? The answer I got was that each of us could offer our special talent. Everyone looked happy to offer their special piece and grateful that the others were contributing their special piece. We each knew that we could do our piece, but we couldn't do what others could do. We could organize around competence and sharing, not competition or greed.

Kundalini Yoga can help you identify what only you can do. As you get to know yourself, you will narrow down your options and get clarity of what you want to offer. You will know because, this knowing will make you happy!

You may also discover that you are already on your path and doing only what you can do.

We follow what feels good and peaceful to our soul. As we develop and refine our sensory system we feel lighter and freer. We are better able to compute and follow what is honest and authentic to us.

We are happy when we are who only we can be and do what only we can do!