

The Science of Vibration Through Kundalini Yoga

Kundalini Yoga. What is it? Why is it relevant to sound healing and the science of vibration? I hope to solve those mysteries and may more as you read along.

If you're like me, you may have some confusion as to what Kundalini Yoga is and how safe it may be. Since I happen to be a rural raised female American Southern Baptist. Not only is Yoga a very foreign concept to my child like self but especially Kundalini raising, chakra balancing and Sanskrit Mantra's. They are all words that were probably equally misunderstood or simply unknown to my peers, teachers and childhood community. Human nature is to judge the unknown, so it makes sense that there is hesitation, caution, even resistance to this ancient practice. So, I would like to take the time below to debunk some of those misconceived judgements. Ultimately giving you a better understanding of what it is, it's importance and the relevance to what we've already been learning about vibration.

"Isn't Kundalini an esoteric practice?" Since esoteric means (Intended for or likely to be understood by only a small number of people with a specialized knowledge or interest, or an enlightened inner circle.) and not necessarily evil then yes for many century but in 1969 Yogi Bhajan brought this secretive practice to the west, setting up a foundation in Los Angeles, CA called the Healthy Happy Holy Organization, www.3ho.org, where he began sharing these ancient teaching with regular Americans in order to help give all people not just the selected few an opportunity to reclaim their birthright, to be healthy, happy, and holy.

"If Kundalini was an esoteric practice but is no longer due to its accessibility does that make it a religion or a cult?" It's not considered either although it does come from a deeply rich culture that is quite foreign to many American's. It may have a few similarities to Hinduism, Muslim and Sikhism but ultimately it is a spiritual practice or even a science.

"Kundalini Yoga is the science to unite the finite with Infinity, and it's the art to experience Infinity in the finite.

- Yogi Bhajan

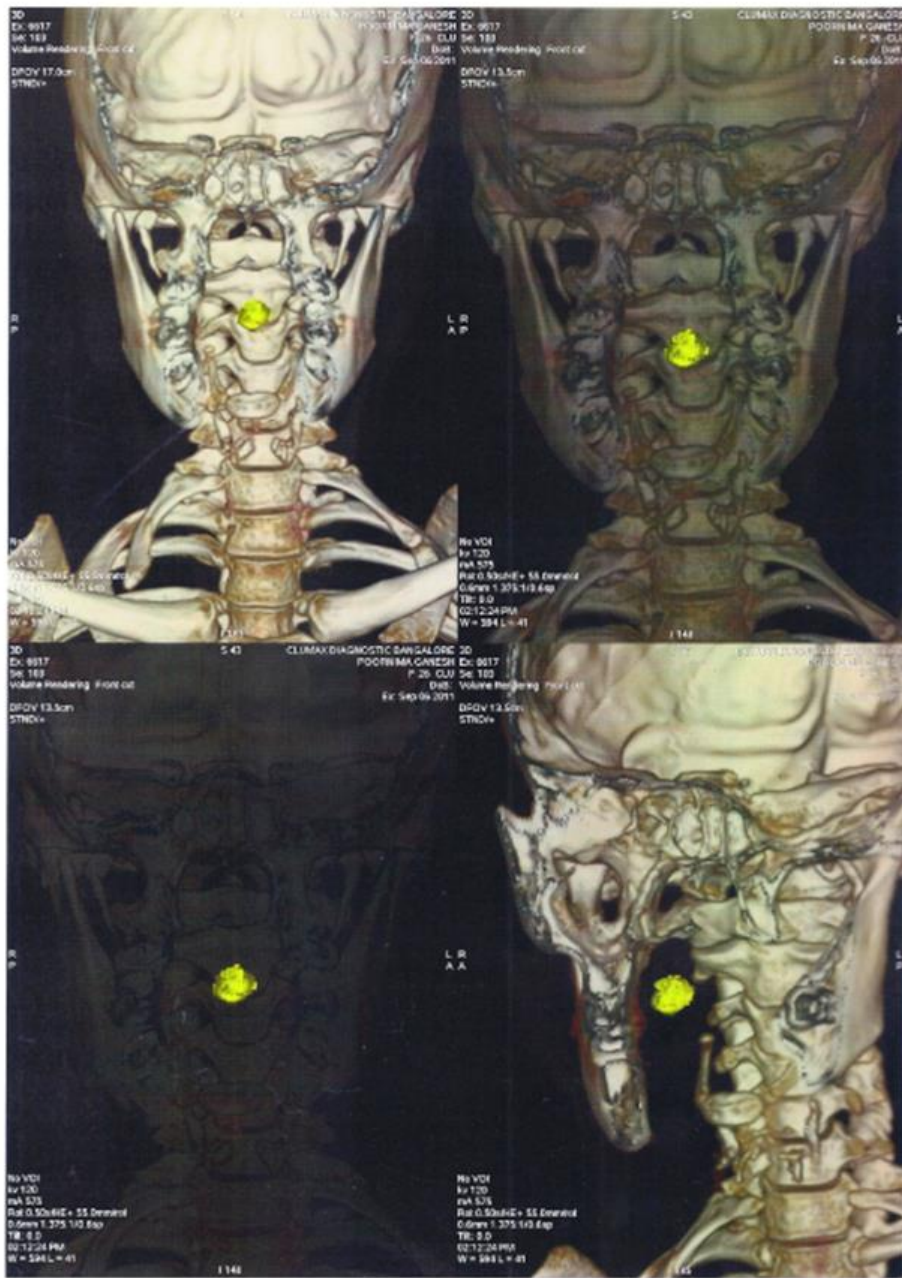
Kundalini affects the perception of a person. It is the energy of life, believed by ancient ones to direct one's consciousness and the actions taken by someone. Originally, in each person, the kundalini is thought to rest at the base of the spine and be "asleep." In this state, the person goes on about their lives with a simple viewpoint on reality, not really conscious of anything beyond the ego-self and "normal" ideas of survival, sex and satisfaction. These are thought to be base-root emotions and perceptions.

When a person has, what is termed a "kundalini awakening," suddenly what is important in life changes, values shift and one becomes more aware of their own healing capacity, creativity, unconditional love and higher insights. As kundalini "rises up the spine" it is thought to awaken various spinal centers the yogis call chakras. These spinal centers determine the consciousness with which one functions. At first, there is an opening and a cleansing that takes place in the once dormant centers. When this happens, an unloading of unhelpful beliefs and subliminal programs comes out of a person. For the aware soul, this is seen as a great relief and a process of unburdening. But, to someone who is unaware of what is going on, it can be like walking through hell, as old patterns, experiences and beliefs surface on their way out of the body. This can be very overwhelming for most but if one stays with the practice and intent to continue in spite of the discomfort profound transformation can occur.

The biggest mistake someone can make during a kundalini awakening is to identify themselves with the patterns coming up for release. By doing this, the chance one must re-experience these things and make them part of their new reality being created is there.

Just like we talked about in class how powerful the vibration of intention and focus is to manifest our futures. The following picture displays an interesting finding during a scientific study done by Paramahansa Nithyananda and a team of scientists back in 2011 on 600 participants tracking a kundalini awakening during a 21 day retreat including 21 attunements from Paramahansa . The QEEG showed Entrainment (synchronicity) in the brainwaves of participants during attunements in which physical items materialized, such as *vibhuti* (sacred ash), *kumkum* (holy vermilion), diamonds, pearls and solidified mercury.

Three different scientific tests were conducted on a volunteer through whom Nithyananda consistently materialized objects, other unusual phenomena happened as well such as levitation and teleportation.



Isn't what your talking about very dangerous? Like most things if life I believe there are polarities to a Kundalini Yoga practice. But with logic, discernment and common sense I believe the power of positive transformation is worth the journey. Yes, I recommend caution and thorough vetting of a guru or instructor. I also personally believe slower is often safer especially with new practices or modalities.

You may be thinking at this point that that is all fascinating, but how is it all related to what we've learned at Globe Institute and Sound Healing itself?

Well Kundalini Yoga is a practice that incorporates the following:

- Asanas – postures including sacred geometry
- Pranayama – specific breathing techniques
- Mudras – ancient hand symbols
- Mantras – seed syllables and rhythms
- Chanting – repetitive mantras with focal points
- Kriyas – meditative complete actions
- Sound – often paired with India’s spiritual music
- Intention – focused desires

As we learned in class at Globe Institute and Albert Einstein probably says it best:
“Everything in life is vibration.” Albert Einstein

You might have noticed from the list above that there are multiple layers and styles of vibration throughout a yogic practice such as Kundalini. There’s a more subtle or at least less audible vibration through the use of Intention and body positioning. Then there’s the other side which is maybe a little more noticeable such as the physical sensations of vibration from body movement (Asanas), focused breathing (Pranayama), vocalized humming of seed syllables (Mantras), repeating Mantras with intention (Chanting) or the music and songs that are intertwined in this beautifully powerful ancient practice.

We also know from class that even if a person was to cut out all of the practice except for Mantra’s that that would be enough to rise our vibration and connect with our higher selves and source energy its self. But did you know that it’s not just because of the intention and audible vibration it’s also a physical response. In addition to the vibrations set in motion, something else happens when you chant. This is important. There are eighty-four meridian points, or pressure points, in the roof of the mouth. Every time you speak, you stimulate them and their associated glands and organs—with the tongue. And every time you chant a mantra, you are tapping out a sequence, rhythm, and position that initiates a chemical reaction in the brain and body. It’s as if you have an electronic, computerized security system in your mouth. Punch in the right code on the upper palate and you gain entry to the brain and your inner chambers of higher consciousness! Just like the brain wave entrainment that we learned in David Gibson’s class.

Now that you hopefully have a better understanding of what Kundalini Yoga is and the power it has to transform. I encourage you to at least look at this ancient practice with new appreciative eyes. It’s not new although you may be new to it. It has roots as far back as maybe 500BC and since that was a few days ago

there is quite a bit of research and information out there. It may not be for everyone, but it has many pieces that would not only be great as a healers own personal practice to keep their own vibration high but there are many many tools available that may be perfect to help a client work through a specific issue such as loss of focus, compassion for oneself, grounding/energetic shielding or releasing excess energy. Focused breathing for example can do wonders for an anxious nervous system. We all know how epidemic that currently is.

In conclusion I would love to leave you with one last quote from another well-known Kundalini master:

Often the mind has its self-imposed limitations and when we are doing a specific exercise the mind will want to stop because it doesn't want to go through challenge or difficulty. Kundalini yoga teaches us to thrive under stress by developing the plasticity between the sympathetic and parasympathetic nervous system. By harnessing the focus of the mind, the body will develop natural painkillers so it gives us stamina to be able to endure and move through life's pains and challenges. So what we are doing on the mat is really a training for life.
– HarJiwan

Doesn't the world need more capacity? I know I do. What if this was the answer? Only you have the choice to take the leap and give yourself permission to show up in a more loving authentic way.