



Kundalini Yoga vs Other Forms of Yoga

All forms of yoga focus on stimulating and regulating the human energy that is the essence of consciousness. This energy is called the kundalini. As it originally evolved, each student of yoga worked on all aspects of himself. He exercised the physical, disciplined the mental, and discussed the world intellectually, etc. Yoga was holistic, permeating every level of human existence. With the passage of time, the techniques became diluted and divided. As individuals catered to their different needs and personalities, they chose to emphasize and practice separate components of the total yogic system. Some preferred just exercise (Vinyasa, Hatha), ignoring mantra and meditation without breath control. Over time this led to the recognition of 22 different schools of yoga, and growing, as individuals "tweak" their practice. Kundalini is the original form of yoga, we practice asanas to open the Chakras (energy points of the body), mudras (hand positions), mantras (using the body as a musical instrument to stimulate the Hypothalamus), and meditation to calm the mind.

Kundalini yoga was first introduced to the west through a book called *The Serpent Power*, written by Sir John Woodroffe, an Englishman and the Chief Justice of the Calcutta High Court. Deeply impressed by the feats of tantrics he observed in India, Woodroffe was initiated into Hindu Tantra and became one of the earliest westerners to transmit Hinduism to the west.

In Los Angeles in the 1960s, Yogi Bhanan (born Harbhajan Singh) founded the Healthy, Happy, Holy Organization (3HO), which centers on the concepts and practices of kundalini yoga.

Kundalini Rising

The practice of kundalini yoga centers on raising the kundalini, or dormant psychic energy, through the body's seven major chakras, or centers of consciousness. The seven chakras are:

1. Muladhara chakra - base of the spine
2. Svadhishtana chakra - near the genital organs
3. Manipura chakra - behind the navel
4. Anahata chakra - at the heart
5. Vishuddha chakra - at the throat
6. Ajna chakra - behind the point between the eyebrows (the "third eye")
7. Sahasrara chakra - the cerebral cortex

Each chakra is associated with a different set of psychic powers and spiritual experiences. For example, accessing the vishuddha chakra in the throat bestows powers of telepathy and prophecy, while activating the ajna chakra on the forehead brings universal knowledge. Specific colors and sounds are also associated with the chakras and used to activate them.

8. The Aura-The electromagnetic field surrounding a human being or living organism.

Kundalini teachers commonly caution those interested in kundalini yoga to practice only under the guidance of an experienced teacher. Because of the intense power of kundalini yoga, uncontrolled kundalini awakening has been reported to produce unwanted symptoms.

Please see Chakra Treatment

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