

Beware of Kundalini Yoga! It Just Might Change Your Life



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WE LIVE IN AN AMAZINGLY TECHNOLOGICAL WORLD MOVING AT A RIDICULOUS SPEED. We have extraordinary pressure to be super humans at work, at school and even in our homes. Our stress levels heighten every year and the large percentage of stress related diseases has pushed our health insurance premiums to an extreme. As a result, many of us turn to distractions; drugs, alcohol, food, anything to let us have a small escape from our minds or a little happiness, in the only way we know how.

What if there were teachings available to us that could help reconnect us to our true identity? What if we could, not only meet today's pressures, but also exceed our own expectations of what we are capable of?

In 1968, a man named Yogi Bhanan brought a once heavily guarded tradition of yoga, circled by secrets, dangers and myths, to the west. He is quoted saying, "I have come to create teachers, not to gather students." Yogi Bhanan felt it was his dharma (life path) to share a yoga that teaches anyone how to use their innate Kundalini energy to become healthy, radiant, happy and strong enough to cope with their every day lives.

Kundalini Yoga is a precise science of Asana (body posture), dynamic movement, Mantra (sound), Pranayam (energy control through the breath) and Meditations specifically designed to stimulate the Kundalini energy. The word 'kundalini' means 'a coil of hair of the beloved'. This is merely a poetic description of the way the energy wraps around our lower spine. The Kundalini energy brings an experience of our essence, playful spirit and creativity. If you've ever been totally blissed out, overflowed with joy, wholly inspired, or felt peace and oneness with all, then you have an idea of what awakening the Kundalini can achieve.

Some people have major spontaneous Kundalini risings, usually through improper teachings, drug experiences or accidents. When the nervous system is weak and the glandular system is unbalanced, this high voltage awakening can literally shock us. It can leave us with adverse symptoms such as mental confusion, unfamiliar altered states, headaches, or muscular twitches.

Be advised, Kundalini Yoga is not geared to produce a spontaneous high voltage awakening. It is specifically designed to strengthen our nervous system and balance our glands in preparation for this powerful current of energy. When practiced, this yoga gives us immense power and control over our psyche, emotions, and body.

As with any yoga, it is your responsibility to do the work and be conscious of your own limits. If you have just learned how



to swim you can play in the waves near the beach, whereas when are a practiced swimmer and have endurance you can begin your journey into the ocean. Kundalini is like an ocean. As you build your nervous strength and glandular balance you can swim deeper and deeper with your own inner illumination as your guide.

So let your 'Sat Nam', your true identity shine through you! Be in full control of, and have the power and radiance, to fully meet the demands of your life! Go ahead, try a class, the experience might just change your life! May the long time sun shine upon you, all love surround you and may the pure light within you guide your way on. Peace, love and light to you my friend! Sat Nam. ▲

For more information and to find a teacher certified in Kundalini Yoga, as taught by Yogi Bhanan, visit: www.3ho.org or www.purewellness.org.

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A KUNDALINI YOGA EXPERIENCE FOR YOU!

- Begin seated comfortably cross-legged on the floor, hands resting on your knees (or on a chair with your feet flat on the ground.)
- Sit evenly on you sits bones as the rest of your spine rises, vertebra by vertebra.
- Allow your head to be level to the ground and your chin slightly tucked.
- Let your shoulders fall back and down, away from your ears, opening the chest and heart center.
- Focus your closed eyes to the space between your eyebrows and concentrate on the present moment.
- Find your breath. As you expand your belly, the breath falls in through your nose. As you pull your navel center into your spine, the breath pushes out through the nose.
- Now, deeply inhale for a count of five. Gently suspend the breath for a count of ten.
- Now fully exhale. Gently hold the breath out as you rapidly pump the navel center towards the spine. Do this until you need to inhale and then repeat.
- Continue for one-three minutes.
- Relax on your back and be aware your whole being for three minutes.