

Kundalini Yoga - the holistic "Yoga of Awareness"

Kundalini Yoga comes from northern India and has a centuries-long tradition. It was brought to the West by Yogi Bhajan in 1968. It is a powerful yoga system that includes not only physical and meditation exercises, but also healing techniques such as Sat Nam Rasayan and yogic massage, nutrition and lifestyle teachings of Ayurveda, and yogic lifestyle. The comprehensive science of Kundalini Yoga also includes Numerology, the large group meditation courses of White Tantric Yoga, the martial arts technique Gatka, and special pregnancy yoga and yoga for childbirth.

Kundalini Yoga is also called the "*Yoga of Awareness*". It is ideal for people in the prime of their lives, because it helps to meet the daily demands and challenges actively while staying calm and balanced. The aim of this comprehensive self-training is the harmonization of body, mind and spirit through posture and movement, concentration, focus and meditation, conscious breathing and sound (mantra).

The *Kundalini* is originally a static force at the base of the spine, which can bridge the dichotomy of body and mind. It can be gradually awakened by yoga and lead to an experience of higher consciousness.

Dynamic techniques, practically integrated into life

A typical part of Kundalini Yoga are dynamic or flowing exercise series, beside quiet posture-holding exercises and versatile meditations, which are often also applied to Mantra music. The life energy is brought to flow. This can lead to greater vigor and more awareness in everyday life and a more conscious and healthy dealing with one self and others. Kundalini Yoga is not dogmatic, but impact-oriented, full of meditative elements and techniques that can be directly integrated into practical, everyday life.

Kundalini Yoga - the Yoga for everyone

Compared to many other types of yoga, Kundalini Yoga is characterized by more simple basic postures. Many exercises and kriyas are easy to perform, yet highly effective. Kundalini Yoga is therefore suitable for people of all ages and physical condition. Its beneficial effect is quickly noticeable. Kundalini Yoga can open up an individual way to better health and balance, because it teaches body awareness and mindfulness, while working holistically on all physical systems and leading mind and soul to their natural, original state of inner peace.

Efficient harmonization and health maintenance

The effectiveness of Kundalini Yoga as a method for maintaining health and promoting healing is scientifically proven increasingly since the 1980s. In cases of mental stress, mental tension and physical discomfort, Kundalini Yoga is an efficient relaxation and harmonization technique whose primary preventive efficacy is acknowledged and supported by an increasing number of health insurances as a health-promoting action.

Connectivity and Self-Knowledge

In addition to physical effects, Kundalini Yoga develops intuition and awareness, and thus improves the ability of objective judgment. It activates the potential of the right hemisphere of the brain - relaxation, connectivity, intuition - and lays a foundation for harmonious, social interaction with other people. Kundalini Yoga can enhance self-knowledge and lead to the experience of higher consciousness.

Trough mantras being integrated in the exercises and meditations, Kundalini Yoga opens the

access to spirituality as a meaningfulness experience that can be realized through one's own body, far from any esoteric concepts or religious systems.

Yogi Bhajan, 3HO, KRI, IKYTA

Yogi Bhajan brought Kundalini Yoga to the West in 1968, where it became a living experience for many people worldwide. He always described himself as a "water carrier" - a neutral, humble channel for this knowledge. Yogi Bhajan always pointed out that it was not his goal to gather students around himself, but to create independent teachers and to make it possible that everyone can experience their own inner and independent identity through the technology of Kundalini Yoga. This sets Yogi Bhajan apart from many other spiritual teachers.

Yogi Bhajan founded the independent non-profit associations 3HO International and KRI. 3HO (Healthy, Happy, Holy Organization) is acting worldwide as an association of Kundalini Yoga teachers: In many countries, there are regional 3HO associations. The Yoga teachers are certified through worldwide Teacher Trainings in three different levels by IKYTA (International Kundalini Yoga Teachers Association). The Kundalini Research Institute (KRI) develops Kundalini Yoga products, administrates and verifies the teachings of Yoga Bhajan for publications of all kinds and IKYTA (International Kundalini Yoga Teachers Association) certify Teachers (since 2015). Worldwide, about one million people practice and teach Kundalini Yoga - tendency rising!

Kundalini Yoga & Sikh Dharma

Because Yogi Bhajan was a Sikh himself, elements of *Sikh Dharma* are incorporated in his teachings and techniques of Kundalini Yoga. Sikh Dharma, as a spiritual path, in turn has many historical yogic roots. The mantras in Kundalini Yoga originate from *Gurmukhi*, the language of Sikh Dharma, like the mantras in Hatha Yoga are rooted in Hinduism. Nevertheless, Kundalini Yoga can be practiced as a complete exercise system at any or without any special basis of faith. A dedication to Sikh Dharma is therefore not required.

Source: satnam.eu/kundalini-yoga.en.php