

What is Kundalini yoga?

Short answer:

It is a fast track technology working with our latent, potential, vital energy to liberate us from our old subconscious programming and limited existence, to heal all aspects of ourself, to awaken us to absolute truth, and to prime the being that we are to thrive in state of higher consciousness.

It uses: Energy, Breath, Mantra, Mudra, Movement, Meditation, Visualization, Imagination, Postures, Music and Kriyas.



Long answer:

1. Kundalini Yoga is known as the yoga of awareness.

It is a technology that bring us into full awareness of ourselves, our energy, our behaviors and our patterns. The techniques create awareness of our environment, the choices we make and the people we chose to be around.

It brings us into full awareness of the way the world really exists and ultimate truth.

This awareness happens with the aid of awakening and moving energy. In a Kundalini Yoga session we are always directing our focus inwards to experience the subtle changes that are happening within, through us and around us.

The more awareness we have the deeper the layers we can work on to shift ourselves.

2. Kundalini Yoga is a Raja Yoga.

Raja Yoga is an ancient path of yoga. Its a practice that has 8 branches that creates a full holistic lifestyle integration. This means that Kundalini Yoga is not just about practicing on a mat, but is about lifestyle, diet, choices, daily routines, communication, relationships, and the activities we choose to partake in. It is about our personal conduct and behaviour. It works all of our internal systems of thinking, feelings, beliefs, values, patterns, emotions – all of which we can purify and streamline with the help of Kundalini Yoga.



3. Kundalini Yoga is a healing therapeutic yoga (Somatic Yoga) that generates and uses energy for total healing.

Healing happens on the physical, emotional, mental and energetic levels.

In a session, for example, you will feel the shifts from a stressed out chaotic mind to a calm neutral mind, or a tense pain body to a relaxed soft body, or from anxiety and anger to relief and peace.

Kundalini Yoga is designed to move even deeper than this level of healing. We can heal from memories, past or current experiences, old patterns and limiting beliefs, on past lives, and traumas.

Each Kriya / Meditation / Pranayama / Mantra has a very specific unique code that gets into the deep unconscious and subconscious parts of the mind to re-wire and re-program the mind. When this happens we stop running the programs that create suffering, pain and living a reactive life. The unique code gets into all of our 10 bodies (the 10 bodies will be explained later) to either remove blocks, improve the flow of energy or to strengthen specific areas of our being.



4. Kundalini Yoga is a tool to make sense of everything that is happening.

When we start transitioning from unconscious awareness to conscious awareness it can feel new, exciting but it can also feel a bit unsettling or scary. The technology helps us understand what is going on as we go through these shifts.

We use Kundalini Yoga Practice as an anchor and a foundation for this shift.

Human kind is also going through a cosmic conscious shift at the moment. This shift is a raising of collective consciousness. In this transition there is a lot of chaos, systems breaking down, disruption, fear, worry and madness. There is a push and pull between the old way of doing, thinking and behaving with the new way of existence and being. Kundalini Yoga was brought to us in the 1970s for exactly this reason, so that we can use it for grounding, keeping us on the path, keeping our vibration high, and keeping us aware of the ultimate truth.

It keeps us out of the Maya (veil of illusion).

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