

## FREQUENTLY ASKED QUESTIONS

### **1.What are some of the ways Kundalini Yoga and Hatha Yoga differ?**

Any method of yoga, prayer or even dance that helps you to achieve Universal Consciousness must eventually raise your kundalini to accomplish it. Hatha Yoga concentrates on perfecting the physical body in order to affect the mind and consciousness. The purpose is the same, but it takes a long time to raise the kundalini energy that way. Kundalini Yoga is a very direct, quick and perfect practice for the modern person who works, keeps a house, has a family; in other words does not have the luxury to withdraw from normal life. The beauty of Kundalini Yoga is that when you control your breath, and add a mantra, your mind becomes focused and balanced. In one kriya you can immediately achieve a complete physical, mental and spiritual balance.

### **2.What is the mantra we tune in with, “Ong Namō Guru Dev Namō” and what does it mean?**

When practicing Kundalini Yoga, it is essential to establish a link to the teacher within and to the Golden Chain of teachers before us. We always begin a yoga set or meditation with this mantra. It means “I call on the infinite creative consciousness within”. We sit up tall, close our eyes, bring the palms together at the center of our chest and chant this mantra three to five times. Ong means infinite creative energy. Namō opens you to universal consciousness. Guru takes you from darkness to light. Dev means subtle and divine.

### **3.Why do some Kundalini Yogis wear white?**

White projects a high vibration and elevates. It increases ones radiance and one’s auric projection by one foot. It is not necessary, but it helps. Yogi Bhajan called it "auric color therapy." The combination of white and natural fiber clothing gives you an auric advantage.

### **4.Why do some Kundalini Yogis cover their head?**

It is for personal protection and upliftment when dealing with the powerful energies involved in this practice. Doing so commands the sixth chakra (the third eye located between the eyebrows) which is the center of intuition, concentration, and determination. Teachers of Kundalini Yoga must cover their heads when teaching a KY class, although it is not necessary for students to do so.

### **5.What is Pranayam?**

It is the science of breath. Through breathing techniques, you can manage your energy by controlling the movement of prana (lifeforce). As the mind follows the breath, the key to controlling the mind is by controlling the breath.

### **6.What are some of the benefits of Kundalini Yoga?**

It strengthens the nervous system, stretches and builds muscles, stimulates circulation, magnifies the sensitivity to your body’s internal processes, and cleanses the tissues. Kundalini Yoga teaches you how to gain a strong immune system, vital glands, a strong nervous system, and good circulation .It also increases awareness of your habits and what effect they have on you. Through meditation, you learn to calm the mind and develop your intuition to recognize what is real and important to you. Through practice, it allows the natural unfolding of YOU.

### **7.What is "Neck Lock" and why is it so important?**

The Jalandhar Bandh or “neck lock” is the most basic and most generally applied of the locks. It is the general rule to apply it in all chanting meditations and during most pranayama exercises. Unless otherwise instructed, you use it whenever you are holding the breath in or out. You may notice that some meditators lift their chins upward as if pointing toward the sky. Holding your head in this manner prevents the proper distribution of energy and thereby lessens the effect of a meditation or exercise. The neck lock seals the energy that is generated in the upper areas of the brain stem and acts as a safety valve. It aids concentration, and insures that the heart is calmed and that the flow of energy is natural. When applied, it insures that the spine is straight.