



YOGA KUNDALINI Un-coiling Kundalini Yoga

by BellaBianca

Kundalini yoga practice is more active than the majority of western yoga classes. It emphasizes mantras, breathwork, and the spine. Its primary focus is to awaken, un-coil, and ascend the energy from the base of the coccyx, or tailbone. As with any yoga, it aims to heighten our consciousness and shifts our reactive mind into a neutral mind. In Kundalini, this shift happens when we move through ourselves: through our vibrations, health, thoughts, and emotions.

Vibrations

Kundalini founder, Yogi Bhanan says that “we call this life a vibration” so it’s no mystery as to why mantras are an integral part of Kundalini yoga. Vibrating vocals reminds us that we’re made of moving cells within multiple systems. Even in meditation, we are not static.

When chanting, we control our mind through the sound and as we listen, we heighten our awareness of it; we simultaneously create and witness the waves in our body. As adults learning to hear frequencies and *become* that witness, we can learn from infants: the sound heard in children under two years old is

“Anahat.” This sound is lost by the age of three, yet it is heard during the most effective meditation when mind, body, and spirit come together.

Sounds of Health

Because we outgrow the “Anahat” sound due to societal pressure, the most effective meditation is not instantly created. We can explore other techniques that do bring us closer toward an altered state of consciousness—toward a better health. These Kundalini techniques are known as kriyas. Physical and mental happenings are initiated that affect the body, mind, and spirit. One example is Sat Kriya that pumps the naval and strengthens the heart. The connected chant is “Sat Nam” meaning “truth is my essence.”

To un-coil means that there is also an emphasis on spinal health. In the beginning of practice, a cushion lifts the tailbone above knees to ensure that back muscles are not holding up the sitting pose. This also opens the thoracic area, avoiding constricted breathwork. From sitting, the body inhales the spine upward in a convex manner and exhales it down in a concave manner.

Following this is a series of spinal twists, extensions, and contractions. These movements keep spinal fluid moving and ring out toxins. The convex and concave

movements are reinforced in sun salutations through backbends and forward folds. Our ability to transition through poses is like a barometer: when stressed or sick, we lose mobility because of tight fascia, weakened immunity, or precise water amount in our tissues.

Sensing Numbbed Emotions

When our spine functions in a healthy way and we are physically open, we’ll open parts of ourselves along the endocrine system with which we are subconsciously struggling. For instance, Sat Kriya brings conscious awareness from buried emotions forth: childhood, infertility, self-esteem, and love. We may respond with tears because we’re massaging the organs that house these themes.

In Kundalini, we move up through energy points, chakras, that hold our stories. Awareness changes our stories and thoughts as we experience what Bhanan describes as ‘limitless’ rising. We un-coil weaknesses, doubts, fears, and shadow selves in order to find the higher, present self.