

## TUNING IN

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Before beginning Kundalini Yoga practice, always "tune in" by chanting the ADI MANTRA as follows:

Sit in meditation posture with a straight spine and center yourself with long, deep breathing. Then place the palms together in Prayer Mudra at the Heart Center, fingers pointed up at 60°, base of thumbs pressing against the sternum.



Inhale, focusing at the 3rd Eye Point and chant,

Ong na mo

("I call on Infinite Creative Consciousness") while exhaling and extending the sound, vibrating it in the cranium. Take a sip of air and resume

Guru dev namo ("I call on Divine Wisdom".)



Inhale and repeat 2 more times. This chant protects and connects us with our higher selves. Properly done, it stimulates the pituitary and automatically tunes us in to higher consciousness.

#### WARMING UP

The effects of the sets and meditations is enhanced by thoroughly warming up the spine and stretching before practice (see following page).

#### DURING EACH EXERCISE

During each exercise, focus at the 3rd eye (brow) point unless otherwise specified, without blocking out other awareness (breath, posture, etc.)

#### CONCLUDING AN EXERCISE

Unless otherwise directed, inhale, and hold the breath (still maintaining the posture) and apply "Mul Bhand" (root lock - see appendix) either

with the breath held in or out.

#### BETWEEN EXERCISES

Relax a moment afterwards, and go deep within to observe the effects of each exercise (making each exercise a mini-meditation).

#### PROCEDURE

If you are unable to do the exercise for the specified time, cut them all proportionately (ie. in half) and then repeat the set if possible.

Always follow directions as precisely as possible. Neither omit nor add an exercise, and don't skip around, but do them in order, without interruption for maximum benefits.

#### CONCLUDING A SET

Conclude each set with adequate relaxation followed by "grounding exercises" (see "Concluding a Set").

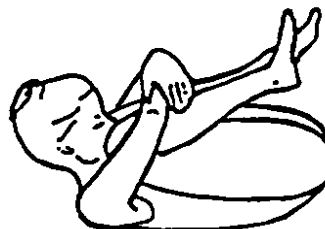
## WAKE UP SERIES

Yogi Bhajan recommends the following series, every morning upon (or even before) arising. They can be done while still in bed.

1. Stretch Pose: Lying on back, arms and legs kept straight. raise feet head and hands 6" off the ground and hold with Breath of Fire from minutes or as long as possible. Eyes should look at big toes, and hands point towards feet. If the waist comes up, place hands beneath hips for support. If held less than a minute, rest and repeat pose, increasing time daily. Sets the navel.



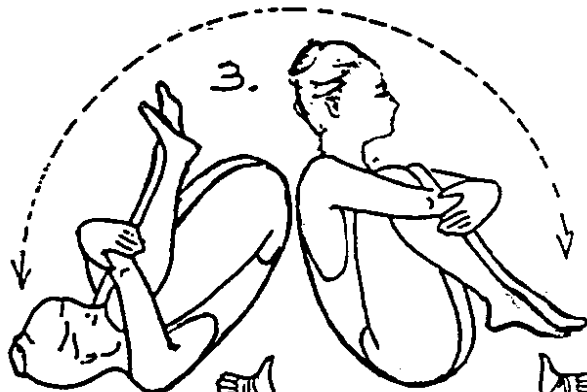
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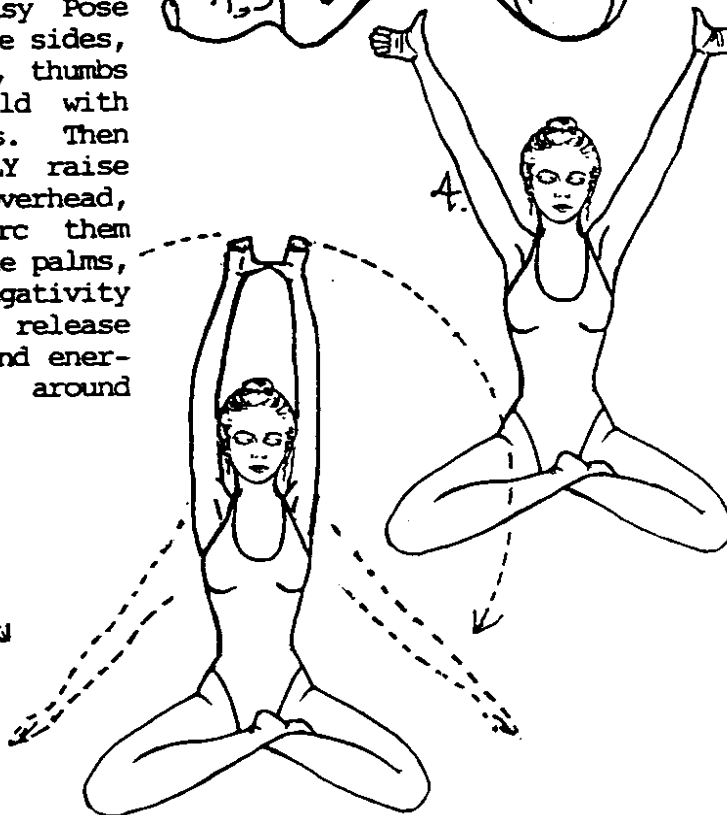
2. Nose to Knees: Bend the knees and clasp legs with arms, raising head so that nose comes between knees and hold with Breath of Fire for 2 minutes. Combines Prana with Apana.

3. Spinal Rock: In same position, rock back and forth on the spine from neck to tailbone for 1 minute. Distributes pranic energy and relaxes spine.



3.

4. Ego-Eradicator: Sit in Easy Pose and raise arms to 60° out to the sides, fingertips on pads of fingers, thumbs extended straight up and hold with Breath of Fire for 2 minutes. Then deeply inhale and VERY SLOWLY raise arms until thumbtips touch overhead, flatten hands and slowly arc them down, sweeping the aura with the palms, collecting any darkness, negativity or sickness, and press and release it into the earth, to clean and energize the aura. Feel light around you and meditate on that light.



4.

WARM-UP EXERCISE SET  
September 7, 1974

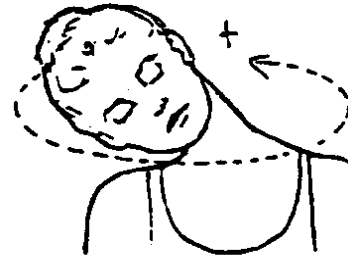
1 CAMEL RIDE: Sitting on heels, flex the spine back and forth, inhaling as it arches forward, exhaling as it contracts back, for 2-3 minutes. (Also known as SPINAL FLEXES)



2 TWIST: Sitting on heels, with hands on shoulders, fingers in front and thumbs in back, twist spine back and forth for 2-3 minutes.



3 Relax hands down on knees, and inhale raising shoulders to ears, exhale relaxing them down again and repeat for 2-3 minutes



4 NECK ROLLS: Place chin on chest, and then circle the head right, so that the right ear touches the right shoulder, then circle back, arching the neck, then to the left (left ear to left shoulder), and then forward again. Continue making slow, smooth circles, ironing out any kinks as you go, and reverse directions for 2-3 minutes.



5 CAT-COW: On all "4"s, with thighs directly under hips, arms directly under shoulders, thighs and arms parallel to each other, arch the back up with the exhale, lowering the head to the chest. On the inhale, press the tummy towards the floor as the neck arches back, and continue, increasing speed as you go for 2-3 minutes.

6 LIFE NERVE STRETCH:

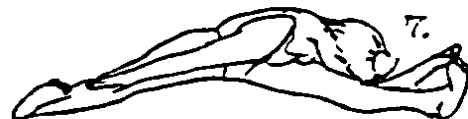
A. Both legs stretched out in front, bend at the hips and grab toes, and exhaling pull the head down to the knees, allowing it to rise on the inhale, for 1-2 minutes.



B. Place left heel in right thigh and repeat, pulling head to right knee on the exhale for 1-2 minutes. Switch legs and repeat.



7 Spread legs wide apart, grabbing on to toes, and inhale, exhale head down to alternate knees for 1-2 minutes. (Times added by G.K.)



## GURURATTAN KAUR'S COMPLETE WARMUP & PREPERATION FOR MEDITATION

All exercises are to be done 1-2 minutes with powerful Breath of Fire unless otherwise specified. You may select from the list, but do them in the sequence given.

1. Standing, lock hips (bending knees if necessary), feet hip width apart, and twist upper torso from left to right, swinging the arms for momentum. Adjust hips, stimulates liver, promotes spinal flexibility, slims waistline.

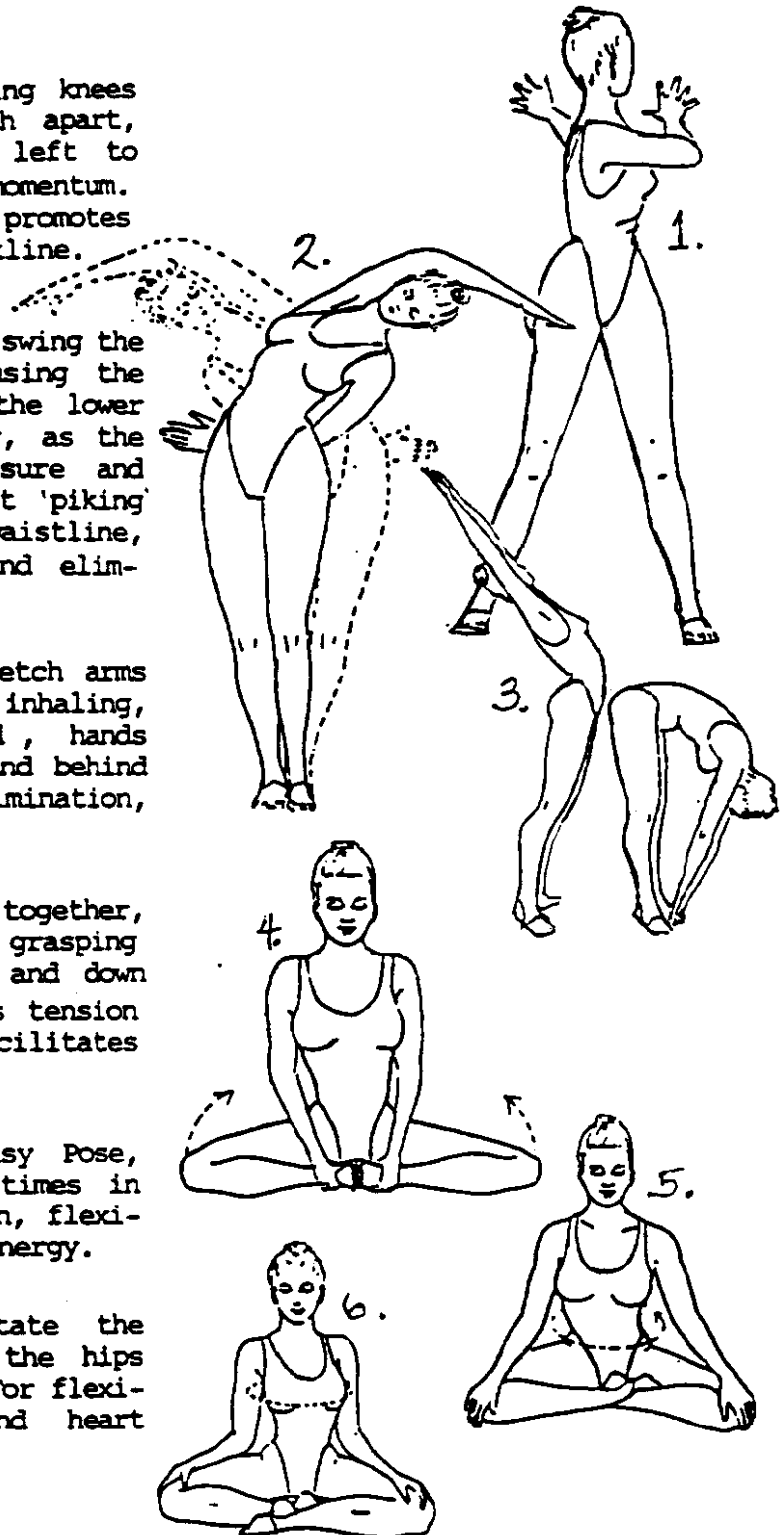
2. Place heels together and swing the torso from side to side, using the arms for momentum, allowing the lower arm to swing behind the body, as the upper rises overhead. Be sure and keep the body straight, (not 'piking' at the hips.) Good for waistline, liver, thighs, flexibility and elimination. 1-2 minutes.

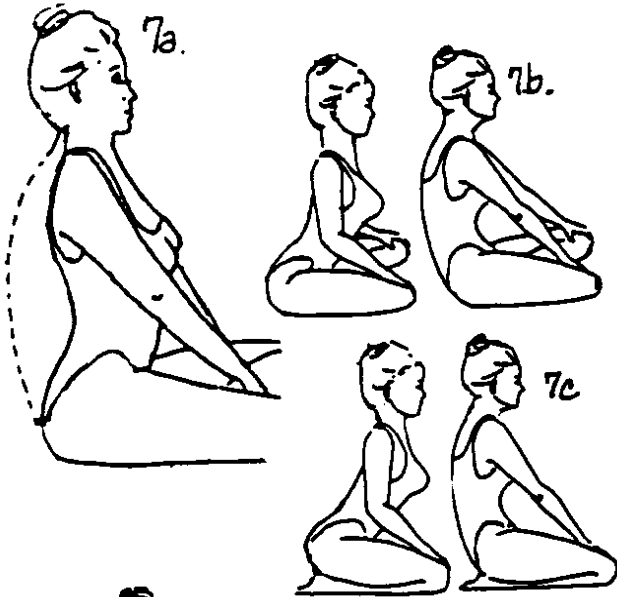
3. Feet hip width apart, stretch arms overhead and arch backwards, inhaling, and exhaling, bend forward, hands touching the ground between and behind the feet. For abdomen, elimination, flexibility.

4. Sit with soles of feet together, heels touching Perineum, hands grasping feet and move the knees up and down to touch the floor. Releases tension in the groin, adjusts hips, facilitates sitting in meditation.

5. Pelvic rotations. In Easy Pose, rotate the lower torso 15 times in each direction. For digestion, flexibility, and grounding sexual energy.

6. Sternum Rotations. Rotate the upper torso without moving the hips 15 times in each direction. For flexibility, tension release and heart center.



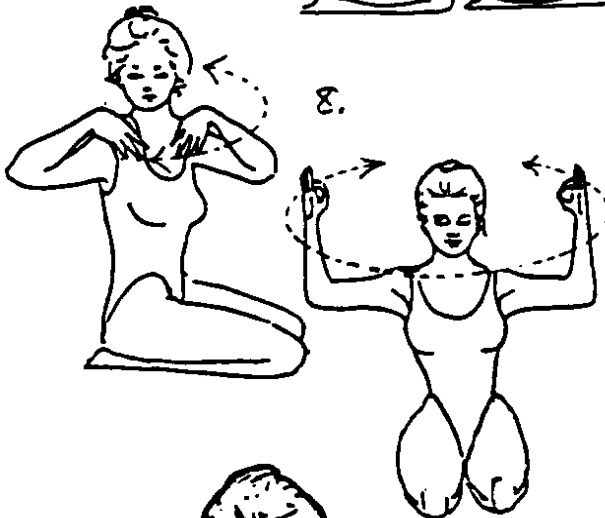


7. Spinal Flexes: Try to keep the head in place, moving it neither up and down nor forward and back to give the entire spine, including the neck, a good workout:

a. In Easy Pose, grasping ankles, inhale, arching the back forward at the waist, and exhale, contracting it back. For 1st & 2nd chakras.

b. Then place hands on knees with elbows straight and continue arching and contracting the spine with the breath. For the upper spine.

c. Then, in Rock Pose, seated on heels, hands on knees, continue with spinal flexes, coordinating the breath. Moves energy to the navel.

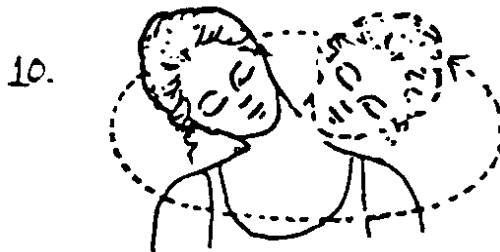


8. Side to side twists, still sitting on heels, hands on shoulders, fingers in front, thumbs in back, inhaling as you twist to the left, exhaling to the right. Moves energy from navel to heart, slims waist.

(Alternate: Upper arms parallel to the ground and out to the sides, forearms up at 90°, hands in Gyan Mudra (thumb and index fingers joined), twist back and forth with the breath, as above.)



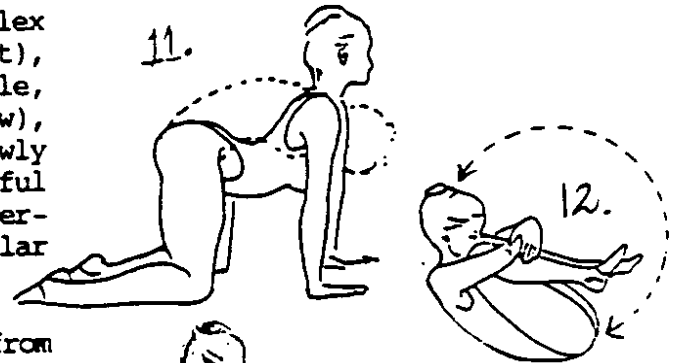
9. Shoulder Shrugs: Alternately shrug shoulders up to ears and down to the limit. For moving energy from heart to throat, releasing shoulder tension, and stimulates heart, thymus and throat center.



10. Still on knees, roll the head evenly and slowly forward, right, back, left and forward again, ironing out kinks as you go. Then reverse directions and continue. For thyroid and releasing tension in the neck.

(Alternate: Bend the head from side to side, keeping spine straight, touching ears to shoulders.)

11. Cat-Cow: On hands and knees, flex the spine up (like an angry cat), head dropping down on the exhale, and then down (like a tired cow), head up on the inhale. Start slowly and increase speed, with powerful breathing. For heart center, upper-spinal flexibility and the glandular system.

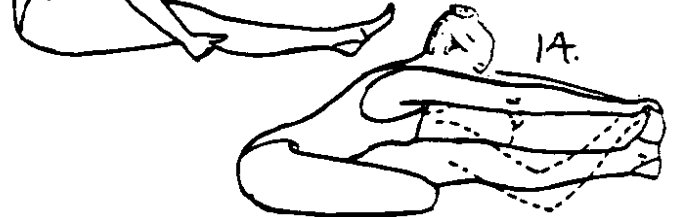


12. Rock and Roll on the spine from the base to the neck, knees clasped to chest, nose between knees. Circulates energy in the entire spine.

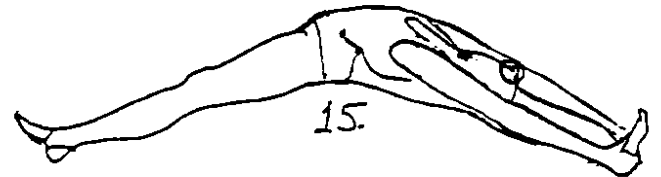


13. Massage the legs on the outsides, backs and behind the knees.

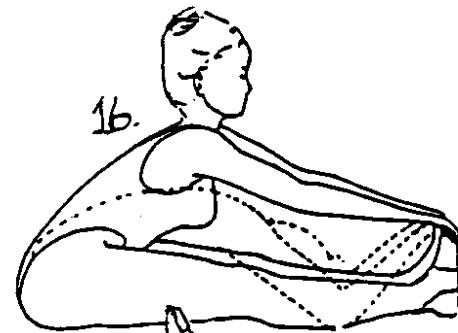
14. Life Nerve Stretch: With left heel pulled into groin, stretch out over outstretched right leg and hold with powerful Breath of Fire. Repeat on the other side. Relieves tension in the small of the back, moves energy up the spine, and prepares legs for sitting.



15. Alternate leg stretches with legs wide apart. Inhale up at center, and exhale as you stretch forehead down to alternate knees. Opens the pelvis.

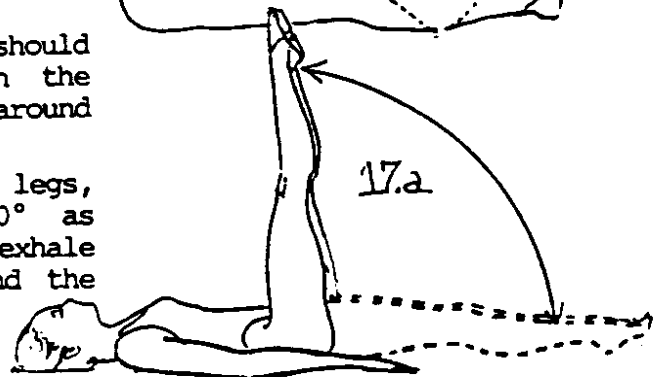


16. Two Leg Life Nerve Stretch with legs together, holding on to the toes or ankles, knees remaining on the floor, inhale up and exhale down. For spinal flexibility, releasing tension in the pelvis.



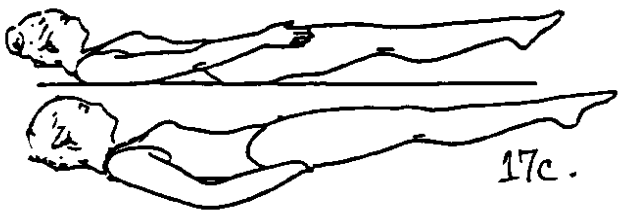
17. Setting the navel. (You should feel a strong heart beat with the fingertips pressed together, around the navel after these exercises.)

a. Leg raises on back. Raise legs, alternately or together to 90° as you inhale and lower them as you exhale for lower abdominal strength and the navel.

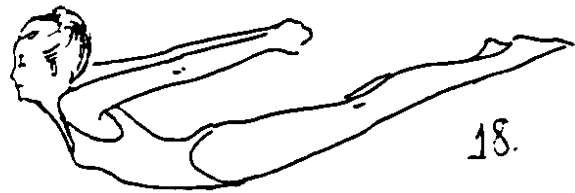




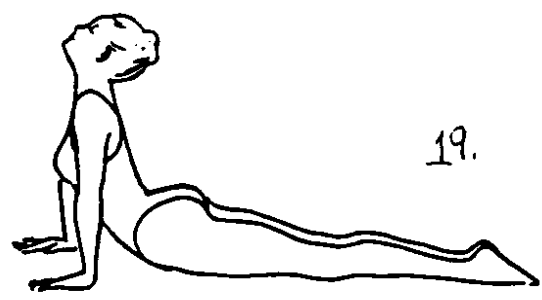
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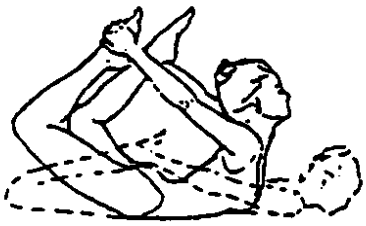
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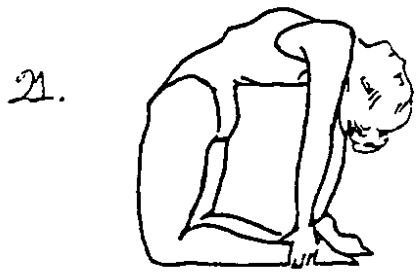
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b. Crunches: Sitting with knees up, arms folded, lean back as far as possible, keeping the spine straight on the inhale, come upright on the exhale. Then lean back, twisting to the left and the right. For strengthening the upper abdominal muscles and the navel point.

c. Stretch Pose: With the hands under the buttocks to protect the back, raise straight legs and head 6" off the ground, and hold with Breath of Fire. Strengthens abs and navel.

18. Cobra variation: On stomach, clasp hands in Venus Lock behind the back, and raise legs and upper torso. keeping arms and legs straight, and hold with Breath of Fire. Then inhale, exhale and pull Mulband, tightening the buttocks to raise Kundalini energy up the spine.

19. Go immediately into normal Cobra (on stomach, hands under shoulders, straighten arms as you arch the back, drop the head back and look at ceiling) Inhale, exhale and apply Mulband and feel the energy rise up and out the top of the head. Relax down, vertebra by vertebra.

20. Bow Pose: Still on stomach, bend knees, grasp ankles and rock back and forth on the stomach, using the breath to move you. Good for tension in the upper spine and shoulders, digestion and elimination.

21. Camel Pose: Kneeling, press the pelvis forward and drop head back, laying palms of hands on soles of feet. Prevents P.M.S in women, removes stress from ovaries and pelvis, and adjusts the Calcium/Magnesium balance.