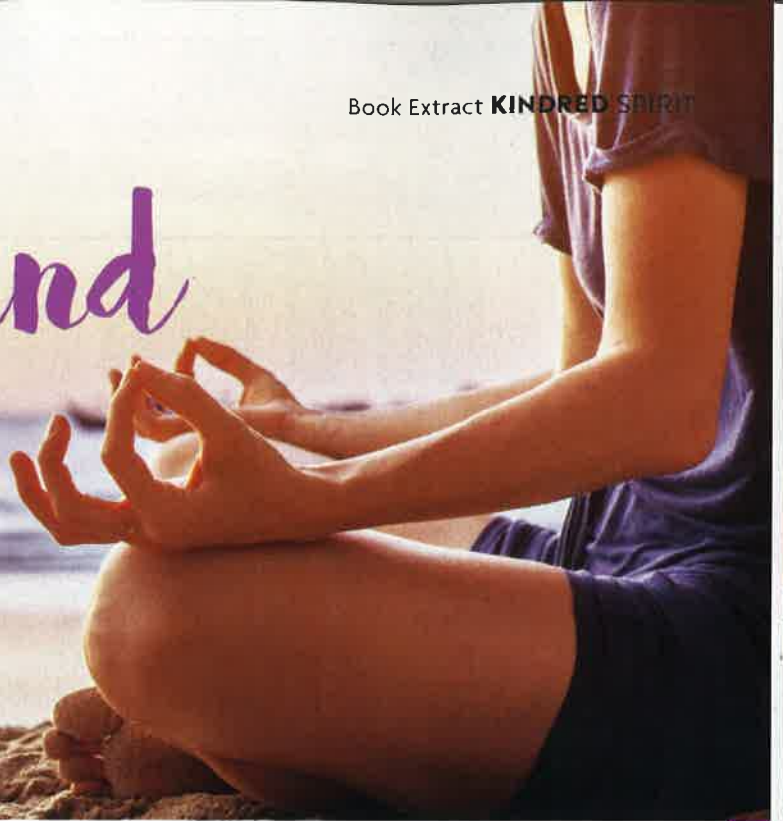


Primal sound

The experience of Kundalini can expand your awareness, leading to full consciousness, and sound can play an important part



Sound is of particular importance in Kundalini traditions, and the chanting of sacred sounds or mantras is a key element in Kundalini practice. Later in the book, I explain in more detail what mantras are and provide some examples that you can practise yourself, but first I want to explain a little more about the transformational aspects of sound.

In Hinduism and Buddhism, the sound AUM or OM is considered to be the start and end point of creation. It is believed that mystics can hear the vibration of the cosmos – a gentle humming of the atoms of the universe. The Sanskrit term for this is anahada nada, which means “sound produced without striking”; this cosmic hum is the pulsating vibration of the universal energy.

AUM or OM represents this sound and is highly sacred. Each part of AUM or OM is rich with meaning. This sound is composed of three parts, “AH”, “OH” and “M”, and refers, in the Hindu tradition, to the trinity of creation, preservation and destruction (Brahma, Vishnu and Shiva). The sound of AUM instantly produces positive vibrations and takes the listener to a state of mental stillness. Chanting AUM will help you to calm your mind, settle your thought processes and realize your true self.

In Kundalini yoga as taught by Yogi Bhajan, we tune in with a Gurmukhi mantra that begins with the sound ONG. This sound vibration aligns us with our creative path and connects us to the eternal sound of the universe. Both AUM and ONG have strong vibratory effects. While AUM refers to the force of all creation, ONG refers to the Creator, who is the Doer of all action. ONG makes things happen and generates Shakti, the creative and generative force of life.

The sound ONG should be vibrated in the nasal passages and the centre of the head, and its vibration should be felt in the body's lower chakras (subtle energy centres), especially the second or

sacral chakra. This powerful vibration also activates the pituitary gland, which is connected to the third eye chakra. The third eye chakra has a powerful relationship with the sacral chakra. Together, they can give us the power to be creative, manifest our dreams and make an active contribution to the world. Sound is thus a spiritually charged phenomenon and helps us to approach ultimate reality most closely. That is why mantras underpin so much of our Kundalini practice.

Opening the Chakras with Sound

You can use a specific mantra and mudra (hand gesture) to open each of the seven major chakras to the flow of energy. As you practise, try sitting in a Half Lotus or Easy Pose. When chanting these mantras, note that “A” is pronounced “ah” and “M” as in the “ng” of “king”.

- **TO OPEN THE ROOT CHAKRA** Bring your hands into Gyan Mudra, on top of your knees. Focus on the root chakra and chant LAM.
- **TO OPEN THE SACRAL CHAKRA** Bring your hands into Venus Lock, at the level of your ovaries/testes. Focus on the sacral chakra and chant VAM.
- **TO OPEN THE SOLAR PLEXUS CHAKRA** Bring your hands into Yoni Mudra at your navel. Focus on the solar plexus chakra and chant RAM.
- **TO OPEN THE HEART CHAKRA** Bring your hands into Prayer Mudra at your heart, in the centre of your chest. Focus on the heart chakra and chant YAM.
- **TO OPEN THE THROAT CHAKRA** Bring your hands into Lotus Mudra at your throat. Focus on the throat chakra and chant HAM.
- **TO OPEN THE THIRD EYE CHAKRA** Bring your hands into Buddha Mudra in your lap. Focus on the third eye chakra and chant ONG or AUM.
- **TO OPEN THE CROWN CHAKRA** Bring your hands into Gyan Mudra on top of your knees. Focus on the crown chakra and chant NG or AH.

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• **Everyday Kundalini: Yoga, Meditation, Mantras and Breathing to Empower and Transform Your Life.** By Kathryn McCusker. Watkins, 2018. Commissioned photography by Jules Selmes. Paperback. £14.99.

