

Uncoil your *Kundalini energy*

Look deep within and unleash your inner goddess
with our how-to yogic guide

Curious about the ancient art of Kundalini but aren't sure where to start, or even what it is? Kathryn McCusker, author of *Everyday Kundalini*, is here to help.

"Kundalini yoga emerged from the meditative practices of ancient Hindu India, possibly as long as 4,000 years ago," she explains to *Soul & Spirit*. "It incorporates a focus on the chakras, movement, breathing exercises and chanting." So what are the benefits, and why should we all be getting our Kundalini groove on?

"The beauty of Kundalini is that it takes you beyond the confusion and clutter of daily life to a place where you experience a sense of real freedom and

"Once we awaken Kundalini energy, we raise our energetic vibration to release stress and allow our mind to come back to peace and balance," explains Kathryn.

"Kundalini meditation combines powerful and effective techniques such as breathing, mudras (hand gestures) and mantras (sacred sounds) to accelerate this process towards a neutral, meditative mind. It is an extraordinarily powerful practice that we can all integrate into our everyday lives."

stillness." This is perfect if you're seeking to embark upon a more mindful path in life, and wishing to get more in tune with the intricacies of your mind, body and soul by really getting to know yourself.

Kundalini translates to 'the coil in the hair of the beloved', and is symbolic of the creative energy uncoiling from within that lies dormant at the base of your spine.

It is often depicted as a coiled serpent sleeping. So how do we awaken this coiled energy source?

The great thing about Kundalini and its exercises is that they don't take long to master. By practising them, you'll be able to harness them in everyday life, quickly and effortlessly. Firstly, we show you the importance of the Goddess, and how to put together the perfect meditation space so you can take your first steps towards your path of Kundalini enlightenment...

"Your goddess is always there – she just needs awakening every now and then!"

Inner goddess

"Kundalini meditation channels the divine feminine slumbering within us all, Shakti, who lies coiled at the base of the spine," explains Kathryn. In essence, we all have a goddess lying coiled deep within us, and that can be awakened through the power of Kundalini. Activating this feminine principle and awakening the goddess is an important part of the practice. As it rises up through you, it passes each of your chakras, giving them a 'boost' and awakening our inner consciousness – simply imagine a lotus flower unbudding and opening up.

Make room for meditation

It is believed that once this feminine Shakti energy rises up through the body, it unites with pure consciousness in the form of a male deity known as Shiva.

“In many ways, Kundalini yoga can be seen as the uniting of the dualities present in all of us – positive and negative, active and passive, male and female,” says Kathryn.

In order to start your journey to Kundalini enlightenment, you must meditate in a spot of calm and relaxation. Here are our tips so you can meditate in peace and serenity:

- 1** Find a space in your home where you can find a moment of mindfulness, where you'll feel comfortable and undisturbed. A small corner, for instance, will do.
- 2** Set up a small altar. Candles, crystals, herbs, or anything that comforts you and helps you to get in touch with your spiritual side are ideal. If you wish, include a small statue or image that represents to you the Goddess in one of her many manifestations.
- 3** Place a cushion or yoga mat on the floor, so you that you can sit comfortably. Drape yourself in a shawl or a blanket, if you need to keep warm. Traditionally, a lot of Kundalini practitioners will suggest you wear white clothing whenever you meditate. “I prefer to wear white, natural, organic cotton when I practise yoga. It is believed that lighter colours have a positive effect on your aura, and white in essence symbolises purity. I definitely feel lighter and calmer when I wear white – but the choice is yours,” says Kathryn.



Unlock creativity with Sat Kriya

Now you know that your deity energy lies in the base of your spine, and you're somewhere comfortable, it's time to put this to practise with one of Kathryn's favourite goddess meditations, Sat Kriya. “This meditation is great for everyone and can be practised daily. It is very powerful and works on many levels of your being. Your chakras will benefit from the rhythmic pulse at the navel, the flow of your sexual energy will be strengthened, and any imbalances in the lower three chakras will be cleared. It is one of the key meditations to awakening Kundalini energy and inviting more creativity into your life. Whenever I am feeling blocked creatively and lacking in inspiration, this meditation shifts my energy within a few seconds.”

- 1** Sit in a Rock Pose, interlocking your fingers, leaving your index fingers together and extended. Women should place the left thumb on top of the right thumb, and men place the right thumb on top of the left thumb.
- 2** Stretch your arms up high, with the index fingers pointing straight up. Try to keep your shoulder blades relaxed as you stretch from the base of the spine to the tips of your index fingers.
- 3** Close your eyes and focus at your third eye. This will stimulate your pituitary gland and awaken your intuition, which is powerfully linked with creativity. In this

meditation, you will feel the connection between them.

- 4** Begin to chant ‘sat nam’ (“sat naam”, meaning “truth is my name”), pulling the navel in and up very powerfully on ‘sat’ and releasing it on ‘nam’, which is a shorter and softer syllable. Your breath will automatically adjust when you find your rhythm. Continue for three minutes.
- 5** To finish, inhale deeply through your nostrils. Squeeze the energy up your spine and hold for a few seconds. Roll your eyes up as if you were looking out through the top of your head. Experience the flow of your unique energy.

Repeat this daily for a few times until it feels natural to you. Once you have mastered the Sat Kriya, you can take this with you wherever you go. Simply practise this pose to bring out that inner goddess and unlock any creativity that may be trapped within. Your goddess is always there, she just needs awakening every now and then!



Everyday Kundalini: Yoga, Meditation, Mantras and Breathing to Empower and Transform Your Life is by Kathryn McCusker and available from Watkins Publishing (£14.99, watkinspublishing.com).