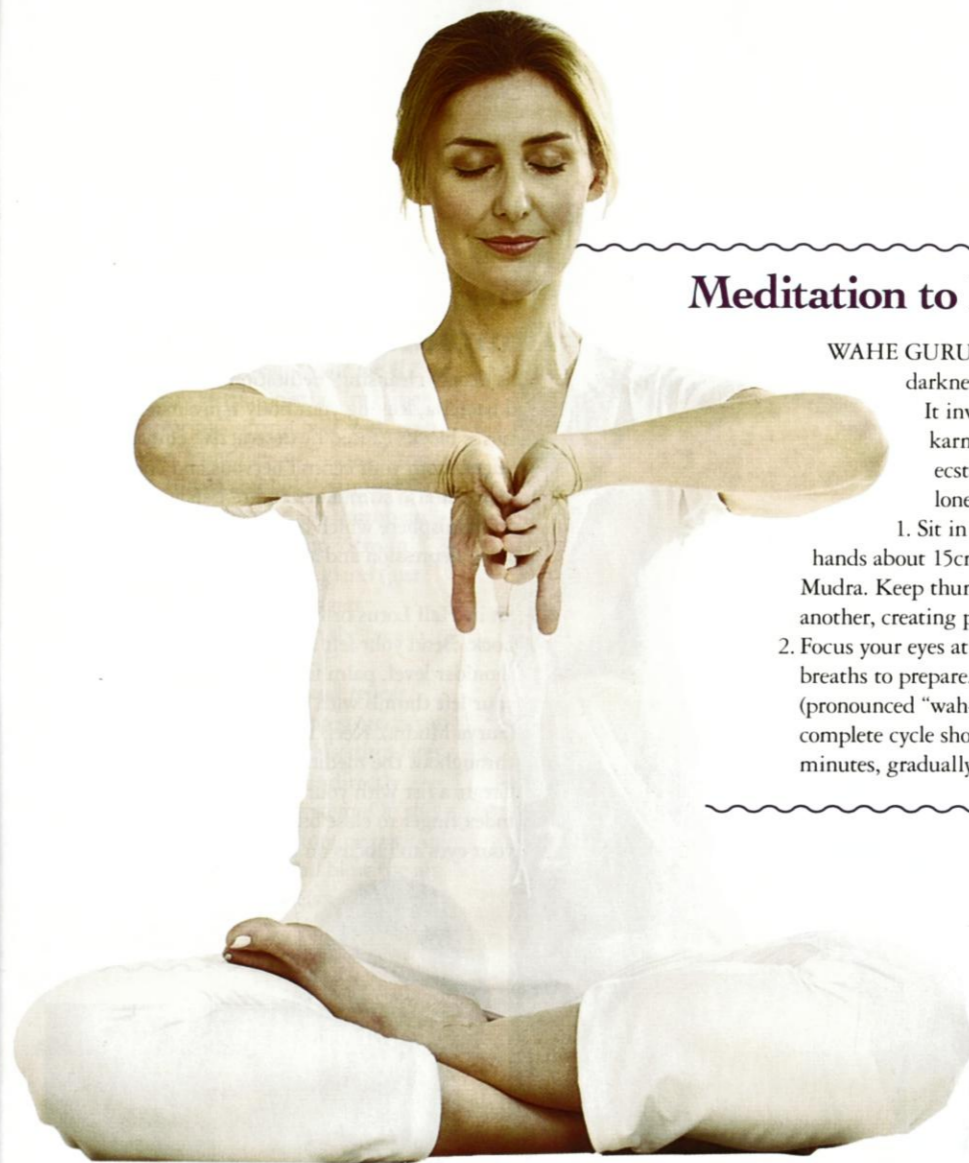




Free the serpent power!

Kundalini expert and international opera star Kathryn McCusker shows you how to release the healing and revitalising power of kundalini – the energy coiled like a snake at the base of your spine.



Meditation to lift depression

WAHE GURU is a powerful mantra that takes you from darkness to light, from ignorance to understanding. It invokes Kundalini energy to purify your past karma and to give vitality. This is the mantra of ecstasy and it will clear away feelings of loneliness, doubt, fear, or confusion.

1. Sit in Half Lotus or Easy Pose and hold out your hands about 15cm from your chest in a reversed Prayer Mudra. Keep thumbs separated and fingers pressed against one another, creating pressure on the back of your hands.
2. Focus your eyes at the tip of your nose. Take a few long deep breaths to prepare. Inhale deeply and chant WAHE GURU (pronounced "wah-hey-goo-roo") 16 times as you exhale. One complete cycle should take 20-25 seconds. Try this for 11 minutes, gradually building to 31 minutes.

Expanding your awareness

Kundalini energy is the awakened identity of your true self, experienced as a timeless and infinite love of the soul. The experience of a Kundalini awakening can have a profound effect on your awareness of your mind, body, and spirit. The transformative power of the awakened Kundalini releases blocks and overcomes difficulties, opening paths to healing and change. Kundalini energy has the capacity to cut rapidly through the limitations of the ego, so you can tune in to your innate wisdom and potential.

The human mind has the potential to be creative and expansive, but in practical reality we don't train our minds to take part in this process. Through regular Kundalini meditation you can awaken Kundalini energy and release the mind's control. Training the mind in this way and giving it a regular experience of its infinite potential will free up the creativity of your intellect and the intelligence of your soul. It takes time, patience and commitment to discipline the mind, but even a few minutes a day can create a good habit and establish a path to expanding awareness.

Meditation for healing (Shown left)

This beautiful mantra meditation (known as the Siri Gaitri mantra) will connect you to the cycle of infinite energy and open you to awareness. It is wonderful to chant in a group, when you can really feel its vibration. The eight sounds – RA MA DA SA, SA SAY SO HUNG – stimulate Kundalini energy and activate the neutral mind.

- RA ("raah") denotes the sun. It energises and purifies.
- MA ("maah") denotes the moon. It cools and nurtures.
- DA ("daah") denotes the Earth. It grounds you.
- SA ("saah") denotes infinity.
- SAY SO HUNG denotes your experience of merging with the infinite.

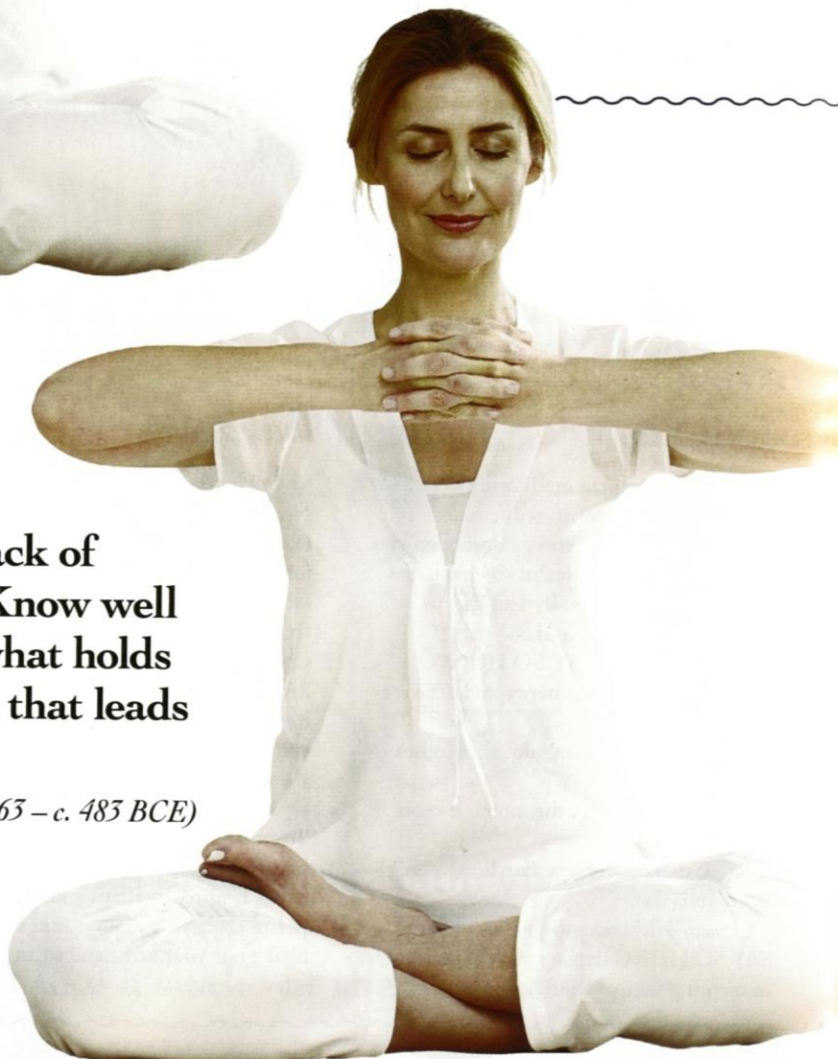
1. Sit in Half Lotus or Easy Pose with a light Neck Lock and close your eyes. Relax your elbows against your ribs and extend your forearms out. Keep your palms flat and facing up, wrists slightly pulled back, fingers together, and thumbs spread.
2. Chant one cycle of the mantra RA MA DA SA, SA SAY SO HUNG, pulling your navel point in on SO and HUNG. Feel yourself connecting to each sound, allowing the vibration to resonate in your mouth and sinuses. Continue for up to 11 minutes.
3. To finish, inhale and hold your breath, offering a healing prayer to someone who needs healing (perhaps yourself). See this person as healthy, happy and strong. Shake out your arms and sit in silence for a few minutes.



Meditation to boost immunity

This deeply cleansing meditation clears out viruses and bacteria, leaving your body rejuvenated. It removes blocks caused by destructive emotions, such as anger, from your central nervous and endocrine systems. It also stimulates and re-balances the brain's right hemisphere which can store negative emotions, causing depression and a weakened immune system.

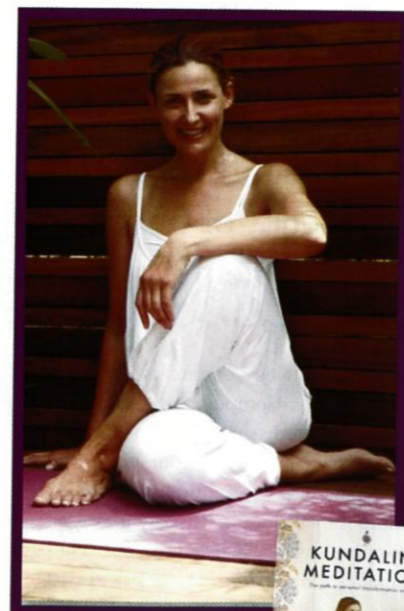
1. Sit in Half Lotus or Easy Pose with a light Neck Lock. Bend your left arm and raise your hand to shoulder level, palm facing forward. Join the tip of your left thumb with the tip of your fourth finger (Surya Mudra). Keep this mudra at shoulder level throughout the meditation.
2. Create a fist with your right hand, extending your index finger to close off your right nostril. Close your eyes and focus on the third eye.



“Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.”

– Gautama Buddha (c. 563 – c. 483 BCE)

3. Begin a powerful and steady Breath of Fire, in through your left nostril, then closing off the left and exhaling through the right nostril, pulsing your navel rhythmically as you breathe. Imagine you are creating a drum beat with your navel point. Continue for 3-5 minutes.
4. To finish, inhale and hold your breath. Interlace your fingers, right thumb on top, and bring palms about 35cm in front of you at the thymus gland (just below your throat). Pull fingers forcefully apart as you hold the breath for as long as you can.
5. Exhale when you need to and repeat three times. Keep up the pressure as you pull your fingers apart – this stimulates the thymus gland, which is directly linked to your immune system. On the last exhalation curl your tongue back in the roof of your mouth and blow the air out through your lips. Relax.



Kathryn McCusker has taught Kundalini meditation and yoga around the world. She is the author of Kundalini Meditation (Watkins Publishing), available from good bookstores, from which this extract is reproduced with permission.

Exercises to master the breath


These will help you control your emotions and develop a meditative mind. With practice, you will become calmer, healthier and happier.

1. Whistle breath

This combines breathing with sound to circulate prana (energy) and shift your consciousness to a higher level. Through the nervous system, you stimulate your thyroid and parathyroid glands, and expand your lungs.

Sitting in Half Lotus or Easy Pose with your hands in Gyan Mudra (index finger to thumb), form an “O” with your mouth. Focus on the third eye (eyes can be open or closed). Inhale through your mouth, making a high-pitched whistle sound. Exhale through your lips. Listen to the sound carried on your breath, going deeper into the sound vibration with each breath.

Variation: Inhale through your nose and exhale through your lips as you whistle.




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2. Lion breath

This dynamic, cleansing breath is great for opening the throat chakra and stimulating the thyroid.

Sitting in Half Lotus or Easy Pose with your hands in Gyan Mudra, open your mouth and extend your tongue as far as possible. Focus on the third eye. Breathe powerfully through your mouth. Feel the pressure build in your upper chest and over the root of your tongue.



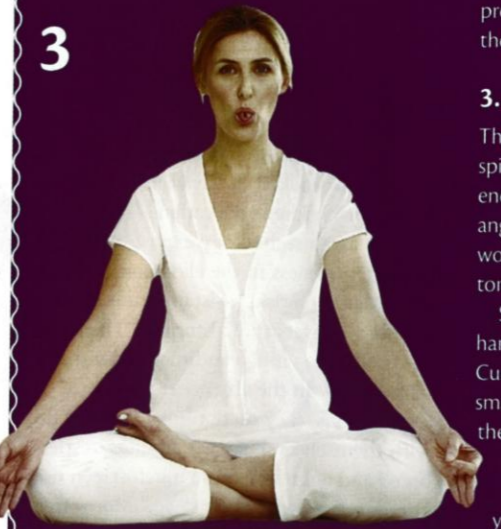
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3. Sitali breath

This cooling breath relaxes and soothes the spine, regulating creative, sexual and digestive energies. It is great if you want to release anger or lower body temperature. Don't worry if you notice a bitter taste on your tongue – this means you are detoxing.

Sitting in Half Lotus or Easy Pose with your hands in Gyan Mudra, focus on the third eye. Curl up the sides of your tongue to make a small hole. Inhale long and deep through this, then exhale through your nostrils as you close your mouth.

Variation: Inhale and exhale through your curled tongue.



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