

Why Kundalini Yoga, as taught by Yogi Bhajan, is Not Dangerous

You might have heard stories of people who have had spontaneous Kundalini openings, and the dramatic changes they go through. Often people ask us, "I've heard Kundalini Yoga is dangerous. Is that true? What causes someone to have an extreme Kundalini opening or release?"

Kundalini Yoga as given by the Master, Yogi Bhajan, is a very sacred science that was put together by the Divine Elders, thousands of years ago. It is particularly suited for the evolutionary changes that are taking place as we move from the Piscean Age into the Aquarian Age. It is very elevating and balancing to a person's body, mind and soul.

Kundalini Yoga is a science that involves postures (asanas), kriyas (sets of exercises put together in a very specific format), breathing techniques (pranayam), mantra and chanting (naad), and focal points. There are several reasons why you don't have to worry about Kundalini Yoga being dangerous.

All kriyas and meditations are to be preceded by a sacred mantra which we are taught to chant before every Kundalini Yoga class or practice. The chanting of this mantra, the "Adi Mantra" (Ong Namoh Guru Dev Namoh), establishes a link between the devotee and the Divine. This provides a divine protection throughout the practice session.

In addition, all kriyas and meditations are designed to stimulate and awaken the Kundalini, the sacred force, in a person in a very specified manner. We all have a lot of energy in our body which is stored in tension or is just lying dormant. Through this yogic practice it is freed and channeled through the chakras, and finally released through the auric field. If it were not channeled to the higher levels, this energy would be loosened through the nervous system and cause many extreme symptoms. But these exercises in Kundalini Yoga are geared to make the nervous system stronger, thus giving you the ability to hold a greater energy field. Daily practice gradually strengthens and opens a person's body and mind to be able to assimilate all these changes into their normal perspective. The shivasan (corpse pose) at the end of every class is very important in letting the cells, glandular system, and nerves incorporate the energy changes which are

occurring.

Generally when a person has had a spontaneous Kundalini opening, it could be for several reasons. Perhaps the person was not working with this particular system that helps coax the energy open in a slow and gradual fashion, all the while strengthening and preparing the body for the opening. Sometimes you'll see people who have taken a lot of drugs in the past, or worse yet continue to take drugs while they are practicing. We consider Kundalini Yoga a very sacred approach to one's own spiritual journey, and taking drugs while practicing is not recommended.

Kundalini Yoga is a very evolutionary science – it evolves the person's awareness and psyche. It is very useful in maturing a person and helping him/her to advance into the next stage of their own destiny.

You'll find people becoming more radiant with their ongoing practice. Many people become more healthy, less depressed, stronger in their emotional stance towards their life, more creative and able to think better. When practiced under the guidance of a teacher trained in a KRI sponsored program, undertaking a Kundalini Yoga practice can be one of the most transformational events ever to occur in a person's life.