

KUNDALINI YOGA

Foundation for Infinity

Being grounded is being in the moment. When we feel grounded, events in our lives flow effortlessly. When we aren't grounded, things don't work, and we feel frustrated and stuck. We often find ourselves thinking of past or future events, conversations, or things we wish we would have said in a given situation. When we think of past events or other people, that's where our consciousness goes. We are no longer in the present moment, or in our body. Being grounded connects us with our body, and thus connects us to all the healing energy that is available to us in the moment.

Illustrations by
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The premise of this set, **Foundation for Infinity**, is that to experience boundlessness, you must first be firmly grounded in the physical world. The exercises in this set open, stretch, and strengthen the pelvic area, which is literally the foundation of the body. The meditation at the end of the set also builds a firm foundation allowing you to experience your connection to the Earth by focusing the mantra at the navel center. Then it gives you the experience of limitlessness as you project the sound through the crown chakra.* This set is physically challenging but very doable.

Kundalini Yoga Kriya: Foundation for Infinity¹

Spinal Twist Variation. Sit in Easy Pose and interlock the hands behind the neck at the hairline. Inhale and twist to the left, then exhale and twist to the right. Continue at a medium pace for 3 minutes.

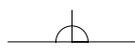
Tip: Remember to keep the fingers interlaced behind the neck, instead of resting on the shoulders. This limits the range of motion in the twist and brings the motion down into the pelvic area. Move slowly at first to allow your body to feel the difference in the stretch. Use a full inhale and exhale to focus your mind on the movement of your body.

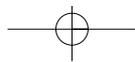
2a Yoga Mudra. Sit in Easy Pose with the hands interlocked behind you at the base of the spine.

2b Begin Breath of Fire* and bring the forehead to the floor and the arms up to the sky behind you. Continue this up and down motion with Breath of Fire for 2 minutes. Move at a steady pace in coordination with the breath.

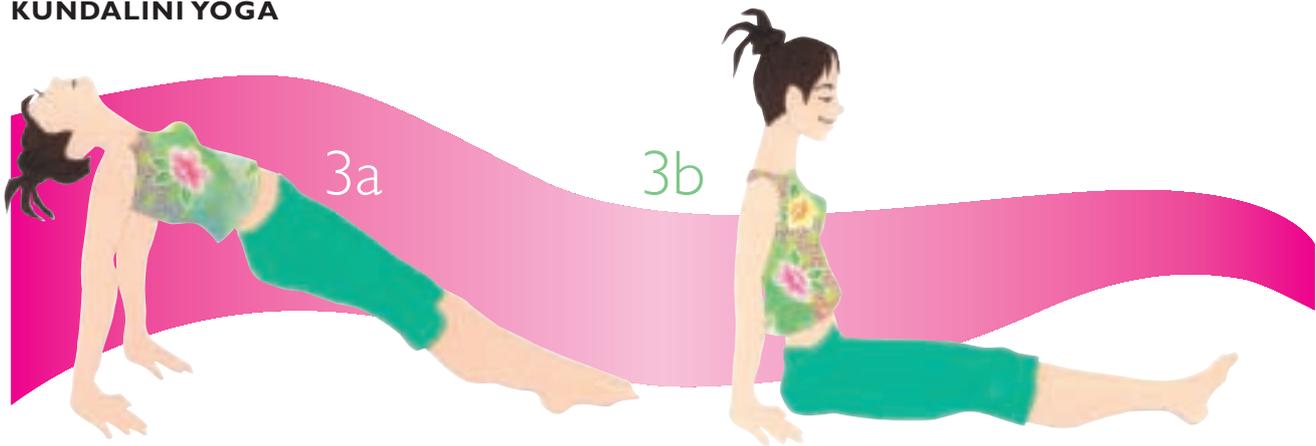


¹ From *The Aquarian Teacher*, page 357, available from KRI at kri@3ho.org





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3a & b **Back Platform Pose.**

With the legs together out straight in front of you and the palms of the hands flat on the floor by the hips, raise the torso making a straight line from the feet to the shoulders. Let the head drop back. Then lower the buttocks to the floor and bring the head straight in line with the spine. Create a steady rhythm alternating between these two positions with Breath of Fire for 1½ minutes. This exercise is to increase the strength and flexibility of the pelvic area and release the pelvis if it is locked.

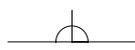
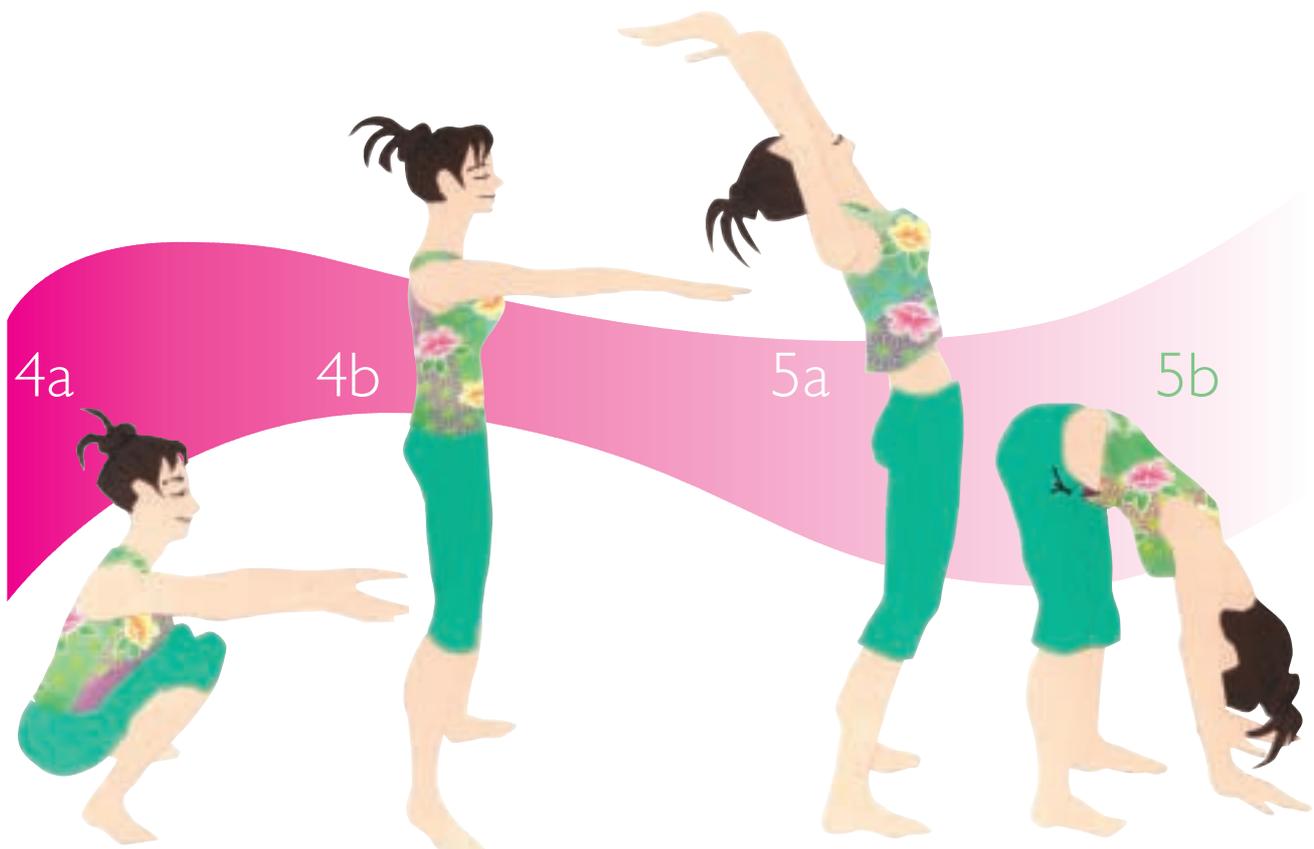
4a Crow Pose. Squat down keeping the feet flat on the floor, and extend the arms straight in front, parallel to the floor with the palms facing down.

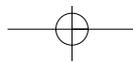
4b Inhale and stand up, exhale and squat down. Do 26 squats.

Tip: Keep your feet flat on the ground and bring the weight of your hips down evenly between your knees. Only go down as far as your knees will allow.

5a Front Bends. Stand up straight with the legs shoulder-width apart. Extend the arms above the head, palms facing forward. Inhale and stretch back as far as possible.

5b Exhale and bend forward to touch the floor. Repeat the cycle 26 times.





6 Side Stretch. Stand up straight and extend the arms above the head. Inhale and bend to the left, then exhale and bend to the right. Bend to each side 26 times. Then relax the arms.

7 Rhythmic Kick. Remain standing. Place the hands on the hips and kick alternate legs forward keeping the legs straight. With each kick chant *Har*, placing the tip of the tongue on the upper palate on the *r* sound. Kick rapidly once per second for 3 minutes. The *Tantric Har* tape available from Ancient Healing Ways works well with this.



**8 Meditation for the Tenth Gate:
To Experience Your Boundlessness.**

Sit in Easy Pose with the spine pulled up straight, chin pressed down lightly. Place the hands in the lap, palms facing up, right palm resting in the left, pads of the thumbs touching. Focus the eyes upward, guiding the attention to the top center of the head, the Tenth Gate (Crown Chakra*). Mentally say the mantra *Har Har* as you pull the Navel Point in. Then, holding the navel in, press the tip of the tongue against the roof of the mouth and mentally say the word *Mukanday* (moo-kun-day). Concentrate deeply and immerse yourself in this meditation to experience the radiance of the Crown Chakra. Feel yourself expand beyond time, beyond space, into a realm of total peace and joy. Continue for 11-31 minutes. Then, slowly bring yourself back into full awareness of your body. *Har Har Mukanday* from the *Crimson Series CDs*² works well with this.

Tip: *Mukanday means Liberator. Liberate your subtle body from this firm physical foundation you have just built. Enjoy the experience.*

Comments: To reach the subtle realm of ether where we are by nature boundless, we first set a firm foundation on the Earth. Practicing this kriya, which works primarily on the pelvic region, is a means of setting that foundation. Then the meditation launches you into the realms of Infinity.

Physiologically, the pelvis acts as a foundation—the point of balance for the torso on the Earth. The female pelvis is especially delicate, because the bones aren't fused together, and are therefore easily misaligned. Yogic tradition teaches that chronic misalignment, tension, and inflexibility of the pelvis will eventually show their effects on the physical and emotional well-being of women through sciatica and menstrual problems; and in men, through such conditions as impotency.

* See Glossary pages 85-86.

² Available from Ancient Healing Ways at www.a-healing.com.

