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Philomena Breen, September 2008,  
An extract from Maya, re: kundalini , enjoy, Philomena

## Kundalini Yoga

There are many types of yoga and they all have the same goal, to establish the Union between You as an individual and the Universe. That's what Yoga means. Union...

Kundalini Yoga has its own way of getting you there. It's the mother of all yoga, it is a method of waking up your Kundalini energy, which we all have, we are all born with. It is our essence of life force. It lies in the chakra at the 4th vertebrae of the spine and it is only when we wake it up that we recognise and establish the power within us.

Kundalini Yoga was kept a secret in India and was first brought to California by Yogi Bhanan in 1969 who's teaching I am now sharing with you. It is specifically designed to strengthen your nervous system and to prepare you for the Aquarian Age of 2012. We are now in transition to a heart-centred world, where people will recognise their divinity, take their power back and fulfil their Dharma, their purpose in life, making the impossible, possible! Kundalini yoga will help you become that new person, awake, aware, conscious and present. As Yogi Bhanan says, we are all spiritual beings having a human experience, so let's make this experience an enjoyable one!

Kundalini combines movement, breath, chants, mantra and sound vibration to awaken the spirit, energise the body and relax the mind. It is specifically designed for busy minds. It releases tension and stress and it builds your immune system. It is Alchemy, transforming the old, stagnated energy. It helps you to handle everyday life circumstances much better.

All classes are different and there are lots of different sets, working on all parts of the body. Please be aware of the limitations of your body, doing yoga is not about competition. You know your body best, so be gentle and

go very slowly at the beginning. Following the instructions and do as much as you can... Just trust the process and believe that you will progress more every day. If you feel any sharp pain or discomfort please stop. Don't push too hard. Yoga should be fun and enjoyable.

I would like to thank Yogi Bhajan for bringing Kundalini Yoga to the West and sharing this teaching with us. It has helped me through difficult times in my life and I have got fit not just physically, but mentally too. It has changed my life. I hope that by following my classes it will help you change your life too.

By Maya Fiennes