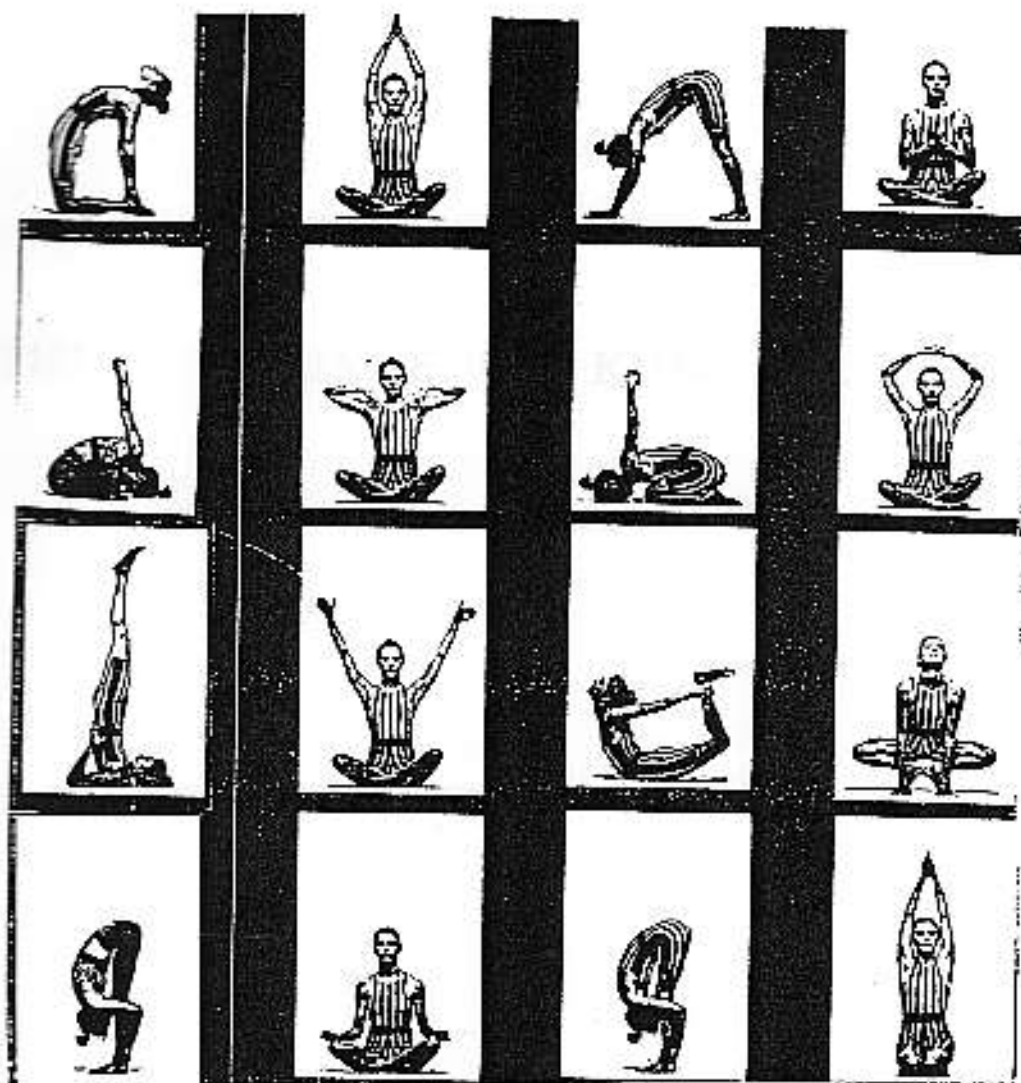


THE LANGUAGE OF KUNDALINI



"CLEARING YOUR CHAKRAS"

 Donna Amrita Davidge
Simplicity In A Complex World
www.sewallhouse.com
Yoga/Meditation
NYC/ Maine Yoga Retreat
cell: 626-316-5151

3HO/ 500 hr RYT/teaching since 1985
amrita@mindspring.com

by Donna Davidge

Table of Contents

• <i>Dedication</i>	<i>i</i>
• <i>Introduction</i>	<i>ii</i>
• <i>Explanations</i>	<i>1 - 3</i>
• <i>First Chakra (Rectum)</i>	<i>4 - 6</i>
• <i>Second Chakra (Sex Organs)</i>	<i>7 - 8</i>
• <i>Third Chakra (Navel Point)</i>	<i>9 - 11</i>
• <i>Fourth Chakra (Heart)</i>	<i>12 - 14</i>
• <i>Fifth Chakra (Throat)</i>	<i>15 - 16</i>
• <i>Sixth Chakra (Third Eye)</i>	<i>17 - 18</i>
• <i>Seventh Chakra (Crown)</i>	<i>19 - 20</i>
• <i>Chart of the Chakras</i>	<i>21</i>
• <i>Conclusion</i>	<i>22</i>

October 30, 2011

When my student Irene asked me in the early 90's to write something on the Chakras and that she would punch the keys on her computer to create the booklet I hardly knew what a computer was!

Fast forward to almost 2012 and technology moves faster and faster. Computer pioneer Steve Jobs has recently passed away- he is the same age as I am. Yoga has exploded in to a multi-billion dollar business split between the commercialism our culture thrives on and those who still see it as a pure practice.

With technology making it so easy to connect I have finally found a day to scan this booklet, which people still find useful to this day, and share it with you.

I hope the words inform you and the little pictures of the poses inspire you to try them yourself. Whether you currently practice yoga or are a curious beginner the chakras are an interesting way to look at yourself and others.

If you don't do Kundalini Yoga, this is a bare bones intro. Yoga is a rich world with always more to explore. I too have explored many forms as I continue my yoga journey.

Since this booklet was written, I have embarked on an adventure of creating a small yoga retreat in my great grandparents' homestead, which I deliberately bought in 1997 to keep in the family. In 2001 my husband joined me and in 2003 we were married in the backyard. I encourage you to see where life takes you, to listen to your own hopes and dreams and be willing to commit, to act and to learn from whatever that brings.

I can be reached at info@sewallhouse.com or amrita@mindspring.com

And you can join our e-list or Facebook page at www.sewallhouse.com

Written on the day of first snowfall for the winter in northern Maine at Sewall House

Donna Amrita Davidge

Dedication

This book is dedicated to all the women who have studied with me and from whom I have learned much. And to the other women who have been my teachers / my mother and sister.

One day, a sunny clear June New York City day, 1992 as I taught my women's meditation group, we were doing a 31 minute meditation for intuition. The idea came to me that the book I wished to write on yoga would be for women, to support women in their place in this world. It has become most apparent to me in my 8 years of teaching that a woman's strength, beauty and radiance come from her inner self. That is what this book will focus on - getting women in touch with their inner selves, opening them up and strengthening them...mentally, physically and spiritually. Many of us are stuck on issues from our childhood, our past. With the aid of Kundalini yoga your efforts to release these scars from the past can enable you to live a fuller, more positive and rewarding life in the present. May I encourage you in this journey to find ways to enrich your physical, mental, spiritual and emotional path daily. Share time with a friend, a pet, a child - read or listen to uplifting beautiful books or tapes or simply commune with nature. Exercise in ways you enjoy. You've heard it all before. Now do it!

Here is your start. This book will be broken down into 7 sections - one for each chakra, or energy center (wheel) in your body. Tune into yourself and feel what area or areas of your body need strengthening or opening on this particular day. Make it a daily practice if this suits you. Don't feel guilty if you reach for this tool only occasionally. Every time you do it you will benefit. That is enough.

One final but important note - thanks to Yogi Bhajan who brought this wonderful art and science to our country and to Ravi Singh who started me on the path of teaching...and who both realize and pronounce the importance of women.

Footnote: Although this book is dedicated to women, the material is meant for all to use.

INTRODUCTION

Welcome to the world of Kundalini Yoga - an exciting adventure of awareness of yourself - a powerful tool to enhance the functioning of your physical and mental self and safe space to tune into what we call your higher self or spiritual self. Yoga is not a religion. One man I met said " Oh how interesting. You teach yoga. I am a Catholic." Every time I tell that story I laugh. He was a wonderful man, taking care of his physical body by jogging and eating right - on the same track (no pun intended) as those of us who practice yoga.

We are working to better ourselves, to open ourselves up to the possibilities our time on this planet has to offer. It's really very simple. You are as flexible as your spine is flexible and as open as your breath is open. If you are saying " I'm not flexible. I can't do yoga" eliminate the negative and open yourself to the possibility of your body stretching, strengthening and having a new awareness. Be easy on yourself. Move at your own pace. Find a teacher in tune with your needs and move ahead! Kundalini can enhance your work performance and any sport that you may choose to be involved with. It's been around for thousands of years. There must be a reason. Give it a go and watch yourself grow!

EXPLANATIONS FOR EACH SESSION

SOUND: *moves energy in the body, releasing blocks and opening the channels.*

Always tune in before you start the yoga with these sounds:

First, inhale through your nose and let out the sound ONG NAMO. Second, sip the air in through the mouth and chant GURU DEV NAMO which means " I call upon my higher self to help me do my very best."

Always finish with a long SAT (pronounced "Sut") and a short NAM, which means " true word or true self". (Do this in one breath, inhale deeply and let the sound out.)



BREATH: *is the gift of life and Yogi Bhajan tells us "a long breath is a long life". Breathing regulates your mind.*

There are many types of breathing exercises. In this introductory book, we will focus on two. On both of these breaths, always think Sat on the inhale and Nam on the exhale.

1) LONG DEEP BREATH - inhaling and exhaling through your nose slowly and deeply, focusing on your breath and at the third eye point (eyes are closed and looking up between the eyebrows).

2) BREATH OF FIRE - same as above but increase the speed to a rapid, rhythmic breath, equally inhaling and exhaling through the nose. This will cleanse the mucous lining of the lungs, increase the lung capacity and oxygenate the blood. Breathing from the navel will also release energy (heat) through out the body.

Both of these breathing techniques will strengthen the nervous system.

POSTURE: *all postures bring you into direct relationship with what's going on with yourself.*

Hold all physical postures (body positions) that are not given specific times for 1-3 minutes, depending on your endurance. Start with one minute, build the time up.

Start all yoga sessions in easy pose, sitting cross-legged with a straight spine, chin tucked slightly into the neck. To tune in, bring palms together and press thumbs into the sternum. Chant ONG NAMO GURU DEV NAMO 3 times as described above. It is always good to warm your body up with a spine flex (sitting cross-legged, hands holding shins, inhale press chest forward, exhale release it back, don't bob head, at a speed comfortable for you.) and a spine twist (a good one is fingertips on shoulders, thumbs in back, arms parallel to the ground, inhale twist left, exhale twist right at your own rate of speed letting the head move with the body.) A life nerve stretch is always good so stretch your legs straight out in front of you, let your head and body drop forward and reach your arms forward, long deep breath.

In between the postures you choose to do, relax in either easy or corpse pose.

Easy Pose: Sitting cross-legged, wrists resting on knees, palms up, index fingers meeting thumbs in gyan mudra (this mudra or hand position will give you a feeling of well-being), spine straight as possible with chin tucked slightly into the neck, eyes closed and focused within, preferably focused between your eyebrows at the third eye point. Long deep breath, focusing mentally on SAT as you inhale, NAM as you exhale. If your mind wanders, bring it back.



Corpse Pose: Laying on your back, arms out to the side, relax your legs and let your feet drop out to the side. Continue to focus on your breath, filling the belly on the inhale and deflating it on the exhale.



FIRST CHAKRA

Everything has a basis - where does the basis originate? At the base.

Our spines are wonderful conduits of energy and this vital energy starts at the base of the spine. We call this our first or root chakra, located in the rectum area. You've heard people say "Oh, so and so's such an anal person". You can be sure this means so and so does not "let go". People whose energy is blocked here may be labeled as up tight. The energy here is the energy of *elimination* or apana. It is the most powerful of the elements in our bodythe earth, manure, our own feces. This energy moves down and out. People who do not eliminate properly may also have a fear of taking in - as they fear that their eliminative process, the functioning of their intestines, is not efficient and therefore is not capable of eliminating that which they take in. These people may be overly conscious of what they eat and drink. Our bodies are made to function perfectly. People with too much apana tend towards lethargy and depression.

Here are a few suggestions for releasing that apana:
(especially good first thing in the morning)

- **stomach grind** - to massage internal organs, keep them functioning optimally. Sit cross legged, holding on to knees, rotate from the waist, breathing slowly through the nose, 1-2 minutes in each direction.



- **standing flex** - hands on thighs above knees, (knees slightly bent) inhale, press spine forward, exhale release it back (don't bob head).



- **shoulder stance** - turns internal organs upside down, freeing them from gravities pushing on them. Start by laying on your back, bring your legs up into the air, supporting your weight at the lower back with your hands. Stand upside down as tall as possible (11 minutes of this rejuvenates like 2 1/2 hours of sleep).



- **1 minute spine flex** - sit cross legged, hold on to knees or shins, take a deep inhale, hold your breath in up to 1 minute, flexing your spine forward and back. Repeat up to 5 times breaking through fear and deep emotional blocks (keep face forward, move from the spine, not the hips or shoulders).



• **depression eliminator** - sit cross legged, arms straight up in the air, move arms in circles, breathe into it for 5 minutes. Keep those arms straight! Feel the massage to your rectum (let your body rock and move with the motion of your arms).



SECOND CHAKRA

Next we move to the genitals, the seat of our passion and creativity.

This is another vital and powerful energy in the body, when open and in balance. It is how we relate to others sexually, and the world, creatively. This chakra relates to the element of water and we eliminate our energy here through the urine, the result of the filtering process of the kidneys. Here are the reproductive organs, the ultimate creative gift woman has been given. People who are stuck here gage all their worth on whether they are sexy or attract the opposite sex. Everything they do (including their jobs) are based on this. We've all heard people boast of sexual exploits with no sensitivity to the heart or mind of the person they shared this intimate act with. Note that our media is largely targeted at this chakra. People who are blocked here have not dealt with their basic insecurities.

Here are some ways to unleash and balance that energy:

- **sex nerve stretch** - sit with soles of the feet together, holding on to the feet, elbows on or in front of the shins, elongate the spine, then drop the head and body forward...long deep breathing.



• **energy unleasher** - on your hands and knees inhale kick your right leg straight up in the air behind you, head up, then reverse on the exhale and bring the knee towards the forehead. Move quickly and breath deeply. 26 times on each side.



• **back platform** - lay on your back lift yourself up on your arms and heels. Tuck your chin into your neck...breath of fire, spine straight. Strengthens your spine and balances pelvic energy.



• **modified bridge pose (inverted camel)** - lay on your back, knees bent, feet on the floor. Press hips up in the air, bring arms under the body, clasp the fingers together (this hand position is Venus lock and balances sexual energy), breath of fire.



THIRD CHAKRA

Our navel is the power center of the body.

It lies right below the belly button. Many nerves run through here and therefore much energy. (Visualize your nervous system as electricity turned on by your breath and movement, especially spinal movement. There are 72,000 nerves running off your spine). When the navel is not balanced we can manifest symptoms like constipation, irritability or bad dreams. If self esteem is an issue, work on your navel. This will get you in touch with your own personal power and empower you to live from your strength. People blocked here are motivated by a need for power with greed and ambition as leading factors. Once we are balanced and can use this energy with our higher centers, we can live for our good and for others. The element here is fire which relates to anger. When we don't elevate this vital energy, we push our anger down to the lower chakras and get "pissed off" (genital chakra) or uptight (anal chakra). Women especially must realize and use their power as nurturers and the ones given the gift of creation. The universe's ultimate gift is our children. This center relates to the adrenal glands.

Here are postures to strengthen your navel and sense of self:

- **stretch pose** - laying on your back , hands underneath your buttocks palms down. Head and heels 6 inches off the ground, breath of fire. This will set and balance your energy for the day.



• **cantilever pose** - lie on your back raise the upper body and lower body off the floor at a 60° angle. Your body is in a "V" position, stare at your feet, breath of fire. Arms should be in front unless you have to hold onto the floor.



• **spine flex on your heels** - sit on your heels, hands on the thighs palms facing down, inhale press chest forward, exhale release it back. Keep face forward (do not bob your head). Can also be done with a breath of fire, inhale as you pass center-exhale to either extreme.



• **leg raises** - laying on your back, hands by your side or under you buttocks (this protects your lower back) Begin with alternate leg lifts, inhale leg up foot flexed, exhale leg down toes pointed. After a minute on each leg begin to raise both legs on the inhale and down on the exhale. For more of a challenge when lifting both legs do a continuous breath of fire. If your lower back feels put upon be sure to have hands underneath the buttocks, palms down.



• navel breath exercise - sitting cross - legged arms straight up in the air, fingers clasped and inverted. Do long deep breathing for 5 minutes, focusing on the navel. When finished bring hands down into lap, one palm on top of the other, facing up. Inhale deeply, exhale deeply, hold the breath out as long as possible and pump the belly in and out. Repeat 2 more times and feel the heat from your navel.



FOURTH CHAKRA

Our heart center is related to the upper spine and sternum. This is the pathway to the higher centers, joining the lower triangle (rectum, sex organ, navel) and higher triangle (throat, third eye, crown). It is the center of compassion, forgiveness and love.

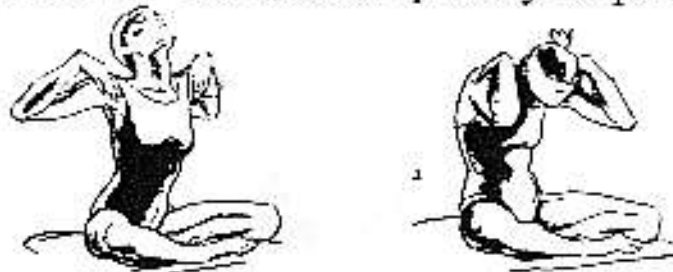
When the heart is open we are willing to give unconditionally to others, which attracts good to us. The gland here is the thymus. People who walk with shoulders bent forward are protecting their heart. Good posture, with shoulders back, physically and psychically opens your heart. In all you do, whether personally or professionally, putting your heart into it will fulfill you. Hearts that have been hurt repeatedly store much grief. This, though sometimes frightening and painful, can be released over time, opening you to a world of non resentment and love. Our element here is air.

Here are some postures to open your heart:

- **spine twist-** sit cross-legged with the fingers on the shoulders, thumbs in back, arms parallel. Begin to inhale left and exhale right letting the head move with the body, moving as quickly as you can. If you get light-headed this will pass. Just breathe deep and relax. If you ever feel like you are passing out (rare), take a break.



- **sternum spine flex** - have body in same position as above, inhale and press your head, neck and shoulders back, exhale and press it all forward. Do this as quickly as possible.



- **thyroid stimulator heart stretch** - sit cross-legged, hold onto opposite shoulders, head tilted down. Hold up to 31 minutes (build up gradually). Body is in same position as sketch #2 above except hands are holding opposite shoulders. Keep spine straight - no slouching!

- **heart opener** - hold arms straight out to the side, palms facing up. Hold this up to 7 minutes. Let the grief flow through your arms. Straighten arms as if someone was pulling on them. To feel the energy generated, bring arms slowly forward and slowly out to the side, then forward one more time, let palms face but not touch and feel the energy between the palms. Bring hands into sternum and finally join in prayer pose to balance energies of left and right side of the body.



• **heart healing meditation** - hold hands 6 inches apart 2-3 inches in front of the sternum, palms facing each other, eyes closed and focused at the brow point (third eye). Mentally focus on the space between your hands, feel whatever comes up and let your heart heal.



FIFTH CHAKRA

The throat chakra houses the thyroid and para-thyroid glands, which regulate our metabolism and relates to patience. This is the center of self expression and creativity.

People who have chronic throat problems often are not communicating directly and honestly. Often sitting on rage and deeper emotions, they are afraid that if they are honest about their feelings they will lose control. Free flowing energy in the throat means open channels from heart to head, honesty and spontaneity. Coughers are literally choking back feelings. Our emotions come from below the heart, in the solar plexus at the base of the ribs. True expression originates here ("gut" feeling) and flows smoothly through the throat.

Here are the exercises for your throat:

- head twist - sitting cross-legged, wrists resting on knees, palms up and index fingers meeting thumbs, inhale turn head right, exhale turn head left, keep this movement going



- waa guru twist - same position as above, turn head right say "waa", turn head left say "guru". Let the sound come from deep within and practice up to 11 minutes.

- neck tilt - hands over head and joined together, inhale drop head back, exhale drop head forward at a moderate graceful pace.



- throat opener - arms straight out in front at sternum level, drop head back, open mouth, tongue out of mouth, pant like a dog (breath of fire through mouth)



- head roll - sitting cross-legged, hands in any relaxed meditative pose. Drop head forward to collar bone. Begin to roll the head around, breathing deeply through your nose. After 1-3 minutes, reverse direction for same amount of time.



SIXTH CHAKRA

The third eye is between the eyebrows and is the point we focus at while doing the yoga and while meditating (unless otherwise specified).

It relates to our intuition and the pituitary gland or master gland. As you learn to trust your intuition, your decisions will become easier to make and your intuition is always right and true to you. Rational mind interjects to make our mind a chatterbox to doubt our intuition. Meditate here as often as possible to increase the power of your "sixth sense".

Here are the postures:

- **cow pose** - on hands and knees, press spine down and head up, eyes closed focused at third eye (as if they were crossed and looking up). Breathe long and deep for seven minutes (especially good for women when needing to make a decision).



- **parachute pose** - sit on heels, rest forehead on floor, stretch arms straight out in front, palms together. Hold up to 11 minutes with long deep breath. Opens creativity, creates clarity of thought, opens chakras 6th (third eye) and 7th (crown).



• **third eye massage** - take the knuckle of one of your thumbs and lightly massage the third eye, with a breath of fire.



• **sat kriya** - sit on heels preferably or cross-legged. Arms straight up in the air, palms together, fingers clasped with index fingers pointing up. Say "sat" (pronounced "sut") as you pull your navel in and "nam" as you release it. Do this for up to 11 minutes. This subtle and powerful kriya balances the navel, strengthens the nerves and raises energy from the lower chakras up the spine to the third eye. You may experience heat and sometimes a white light is experienced at the third eye point. Make sure to rest on your back in corpse pose for an equivalent amount of time after completing this one.



SEVENTH CHAKRA

The highest physical center is at the top of the head. We call this the "crown". As royalty wear crowns, when we wear our energy here we too are majestic and graceful.

The crown chakra relates to the pineal gland, which has also been called the seat of the soul or pathway to higher consciousness. This elevated energy relates to the ethers (light and joy). When it is open and flowing the beams of radiance emanate into the aura (energy field). We then are electromagnetically strengthened, decreasing risk of accident and illness, attracting positive things to us like a magnet, as our energy field gives out a radiant glow of positivity.

Here is a series to elevate your energy to the crown:

- hands 6 inches over head, clasped fingers (venus lock) sitting cross-legged, eyes closed and focused at the center of the head. Long deep breath for 2 1/2 minutes.



- meditate sitting cross-legged, wrists on knees, eyes closed, breathe slow for 5 minutes.

- hands 6 inches over head, fingers clasped, thumbs pointing back (not touching) sitting cross-legged with eyes closed focusing at center of the head. Breathe long and deep for 2 1/2 minutes.



- meditate again for 5 minutes.

- fingers clasped 6 inches over head, index fingers pointing up, sitting cross-legged, eyes closed, hold for 2 1/2 minutes. Again focusing at the center of the head.



- meditate for 5 minutes.

- sitting cross-legged, arms straight at a 60° angle and fingertips wide, eyes closed focused at brow point, breath of fire for 3 minutes. Visualize your arms as a funnel, raising all your energy up to your crown.



AURA

(Electromagnetic Field)

When positive and balanced, protects you from illness and injury, like a SHIELD.

Results in positive exchange with others and your environment.

HIGHER TRIANGLE

(PRANA)

CROWN

THIRD EYE

THROAT

Throat carries the navel :

HEART

If balanced in navel (centered) then we can TRUST, heart opens up.

LOWER TRIANGLE

(APANA)

NAVEL

SEX ORGAN

RECTUM