



# Kundalini Yoga Notes



## Making Peace With "Inner Chatter"

Yoga is a challenge for the mind that wants to drift off to events of the past and plans for the future. **Following are some suggestions to help you maintain your focus and quiet the mind:**

**Awareness** - Notice when the mind is starting to drift and gently bring it back to the present moment. Make the promise to your mind that you can work on all that stuff later, but for now, you are here.

**Focus on the breath** - Give the mind the job of analyzing all the physical sensations associated with moving the breath in and out.. Master the breath and you will master the mind.

**Begin again** - When you feel the frustration come up... just observe it... don't try to change it. Accept where you are at... take another DEEP breath and begin again.

## Tuning In

- Begin each Kundalini Yoga Set with **ONG NAMO -breath- GURU DEV NAMO**
- "I bow to the consciousness & guide within."
- ONG uses up about  $\frac{3}{4}$  of the deep breath & creates a vibration in the head.
- GURU is said quickly - rolling the "R" with your tongue.
- DEV uses up  $\frac{3}{4}$  of the deep breath as well.

## Closing the Set

- Using the mantra: **SAT NAM**
- "Truth is my identity. I honor the reality of my soul."
- SAT is long and is said "saaaaawwwwww -- T" (emphasis on the "T")
- Visualize SAT moving up the spine and being projected out the third eye point.
- NAM is short and sounds like "naawwwmmm"

