



Connecting Head & Heart

Through singing!!! I believe that music is the language of the heart... and when we express ourselves through singing, we express our heart. Unfortunately some of us we may have been told that we can't sing... or that we are "tone deaf". I believe we ALL can sing... and I encourage everyone to SING with your heart in yoga class... and you will be amazed at how you feel.



Tuning in with Ong Namō Guru Dev Namō

The Adi (primal) Mantra assures the purest inner guidance. It is the "golden link" to the long line of spiritual masters of Kundalini Yoga. By chanting it at the beginning of the set, it ensures a protective channel of energy for the practice of Kundalini Yoga.

Oh my Beloved, Kindness of the Heart, Breath of Life, I bow to you. And I'm comin' home... and I'm comin' home... and I'm comin' home

Ong Namō *(I bow to the subtle divine wisdom)*
Guru Dev Namō *(I bow to the divine teacher within)*

Oh my Beloved, Kindness of the Heart, Breath of Life, I bow to you. Divine Teacher, Beloved Friend, I bow to you again and again.

Lotus sitting on the water, beyond time and space, this is your way... this is your Grace.

Closing with the Long Time Sunshine Song

This is an old Irish Blessing that became popular in the USA around the time that Kundalini Yoga was introduced to the western world. Yogi Bhanjan suggested that this song end each yoga set and to this day many Kundalini Yoga teachers use it.

May the long time sun shine upon you.
All love... surround you.
And the pure light... within you.
Guide your way on.

Sat Nam *(truth is my identity)*

