

*Kundalini Teleclass
Meditation Homework
November 7-14, 2012*

Please meditate for at least 15 or 20 minutes each day. You can meditate at any time of day, or before bed.

In this week's meditation, we'll practice breathing kundalini energy only as far up as the Heart Chakra, which will be our primary focal point.

We'll use three primary tools: the breath, a "soft" practice of visualizing or energetically sensing the energy of kundalini as a spring or point of light, and finally, the sound of the seed (bija) mantra of the Heart Chakra. A seed mantra is the articulated form of the original vibration of the center or energy we want to invoke. The primal seed of the heart is *Yam*. **The "a" is pronounced like the "u" in cup, and the "m" is more of a nasal sound, between "m" and "n."** The mantra is sometimes spelled "yang" to indicate this nasal quality of the last letter.

"Yam" invokes the radiating compassion that is the experience of an awakened heart.

Posture:

Place yourself in a comfortable, upright posture. This will allow the energy to flow easily up and down the body. If it's hard for you to sit unsupported with a straight back, place pillows behind you at the small of your back to push your spine upright.

Find the perineum, the knob of flesh between the anus and sexual organ. You can use your fingers to locate it.

It is also helpful to find the general location of the second, third and fourth chakras, using your fingers if necessary.

The second chakra is located just in front of the spinal column, in the lower sacrum, between the knobs of the 7th and 6th lumbar.

The third chakra is in front of the fourth lumbar, behind the naval.

The fourth chakra is behind the sternum, in the back of the body in the general area of the third thoracic vertebra.

The chakras are not limited to these spots, but extend through the whole body and beyond. However, in this meditation of raising the energy as a thread of light, you may find that pinpointing these locations is helpful.

Meditation on Rising Kundalini and the Heart

- 1) Begin by offering your meditation for the welfare of all beings.
- 2) With your attention on the breath, *become aware* of the presence around you of a benign, loving energy, the energy of grace and love. Have the feeling of welcoming the energy. *Feel* that your breath is arising and subsiding on its own, drawn by the power of Kundalini Shakti, which is breathing you. *Ask* that the power and presence of grace, of Shakti, the power of Kundalini, help you open in meditation.
- 3) For a minute or two, *practice whole body attention with the following four steps*. This will both ground you and expand your awareness of yourself as a unified physical entity.
 - Inhale and exhale, feeling the air flowing in and out of your nostrils.
 - Expand your awareness to include the movements that the chest and abdomen make when you breathe.
 - Allow yourself to be aware of your heartbeat or pulse in your body.
 - Include in your awareness the sense of your muscles holding your body in a balanced posture.
- 4) Now that you have grounded yourself in the body, bring your attention to the area of the perineum, to the root chakra, where your body meets the seat. Have the sense that the kundalini Shakti, in the form of a coiled spring of golden light, is present in the root of your torso. You can imagine her visually, or simply feel her presence as a bud of energy in that part of your body.
- 5) Inhaling, imagine that with the breath, energy is drawn up from the muladhara into the area in the back of the sacrum, just in front of the spinal column. Inhaling and exhaling, feel energy expanding from that area through your lower belly and sacrum.
- 6) After a few breaths, inhale with the feeling that you draw the energy up into the area behind the navel, again towards the back of the body, in front of the spine. Inhaling and exhaling, feel the energy expanding through the whole area of the solar plexus. Continue with this for a minute or two.
- 7) Inhale, and feel that you draw the energy up into the area of the heart. Towards the back of the heart, just behind the spinal column, become aware that there is a thumb-sized golden flame. As the inhalation and exhalation flow in and out, feel that the breath touches the flame and makes it glow.
- 8) Allow the breath to flow with the feeling that the inhalation flows into the flame in the heart, and that the exhalation arises from it and flows out through the whole chest area, radiating out from the flame. Let the focus be soft, more of a gentle attuning to the flame in the heart than a tight feeling of concentration.

- 9) Occasionally, allow the thought “Yam” flow with the exhalation. Yam is the seed syllable (*bija*) of the heart. The seed syllables have the power to activate the energy of the heart chakra, which is the energy of radiating love, as well as the energy associated with the air element.

Let the inner sounding of Yam help you settle into the heart. Your repetition of Yam should be soft, just as your focus on the heart flame should be soft.

As thoughts arise, name them as “Thought “ and bring your attention back to the heart and the thought Yam.

OR, when you notice the thought, “name “ it as Shakti, as an expression of kundalini manifesting through mental activity.

Contemplation Practice

At least twice this week, find yourself a quiet place. Have pen and paper or your journal with you. Take a comfortable meditation posture.

- 1) Read through the following paragraph.

The energy of Kundalini Shakti is awake within me. My inner Kundalini, my own life-force, is the same Shakti that manifests universes. For the sake of love, Shakti has become my body and mind. For the sake of love, Shakti is awakening and transforming me. All this is the work of love.

Let me know my own conscious Shakti. Let me receive her grace. Let me enjoy her love as my own.

- 2) Read the words aloud to yourself three times, listening as you read.
- 3) Whisper them three times.
- 4) Find the sentence that has the most meaning for you.
- 5) Repeat that aloud three times.
- 6) Sit silently for a few minutes, repeating that sentence to yourself.
- 7) Then, take the pen and paper, and with your non-dominant hand, write a message to yourself as if Kundalini were writing. Don “t try to control or judge what you write. Just let it come out.

Read through what you have written. Then, sit in silence for a moment or two, allowing all this to penetrate into your being.