

Inside Out Posturing . . . Continued. Garbha Pindasana and Kukkutasana continued.

Also on Garbha Pindasana

Threading your arms through your legs also presses your left heel in deeper to your liver, hence the extra liver cleansing (for more information on yoga and your liver see the inside out research on ardhha baddha padma paschimattanasana (click this link and scroll to May 2013 topic : <http://www.befityoga.com/philosophy-lifestyle/topic-of-the-month/>)

Furthermore, **the arms squeezing through the calf and thigh exerts pressure on the lymphatic vessels** of the arms helping to cleanse the lymph tissue. Lymph has a very important job in our body, it filters the water and other fluids that leak from our cells -- killing the

bad bacteria and disease in the fluid then transporting the clean fluid back to our heart where it is mixed in with our blood. Our lymphatic system is kind of like municipality water . . . It is waste water that is filtered and cleaned and dumped back into the heart to be used a water in our blood.

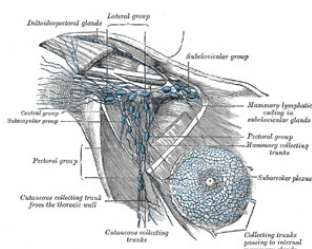
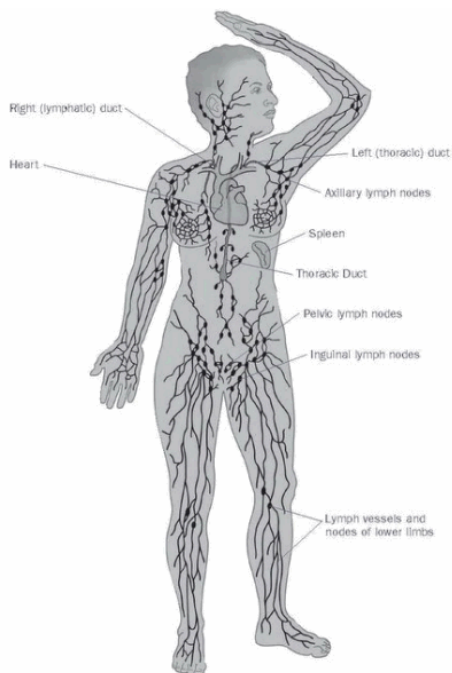
It's really an interesting process . . . Here is another overview of your Lymph system:

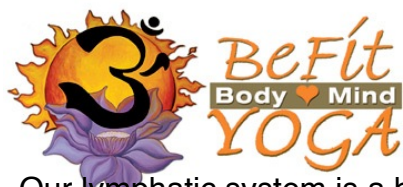
ॐ As our blood courses through arteries, pressure from the flow makes fluid including wastes, salts, pieces of cells, proteins, urea, glucose, and various other compositions depending on what we are putting in our body leak from our capillaries. Our capillaries are known as "little leakers" ;)

ॐ Our lymphatic vessels are similar to veins in that they have thin walls and many of the vessels lie just beneath the skin (there are deeper lymphatic vessels as well). These cute little vessels have overlapping walls that allows fluid to enter but not leak out. They kind of "suck up" this fluid that has leaked from our arteries into the

spaces between our cells.

- ॐ Along our lymphatic vessels are lymph nodes. Lymph nodes are filters filled with white blood cells that kill bacteria, as your lymphatic fluid flows through the vessels it is filtered by the lymph nodes.
- ॐ Lymphatic fluid does not have the heart to pump it, it is moved by breathing, walking, massage, intestinal activity and muscle action. Lymph fluid moves much slower than blood -- and it relies on our body movements -- as muscles tighten, lymph vessels are squeezed and lymph is pushed along its path. So it is easy for our lymph to get stagnant and not flow — leaving a build up of toxins in our body which lead to cancer and disease. And under certain toxic conditions unfiltered lymph fluid can be dumped into the heart causing heart palpitation or arrhythmias due to the toxins being dumped into the heart.





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Our lymphatic system is a big part of our immune system. In western medicine you are not taught lymphatic massage until you are diagnosed with cancer! In Ayurveda we learn about an oil massage for the lymphatic system to PREVENT cancer...

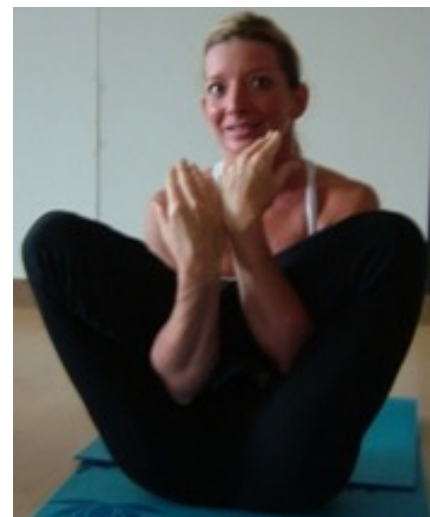
- ॐ Ways to move Lymph? Deep breathing, massage, exercise, bandhas (80% of our lymphatic system is in our gut which is why the bandhas are important lymph movers), yoga postures themselves also move lymph, and Ayurveda's oil massage technique called abhyanga move lymph. The lymph vessels lie just below the skin -- you do not need hard pressure to move the lymph — just the act of threading your arms through your legs will help to move lymph.
- o To do abhyanga; after you shower use oil (sesame or coconut depending on the season) rub oil into your skin using long strokes on your bones toward your heart and circular motions around the organs and joints.

Take a preventative approach and cleanse the lymph system BEFORE disease sets in. To learn more about your lymphatic system, see inside out posturing on Bandhas: **click on 2013**

NOVEMBER <http://www.befityoga.com/philosophy-lifestyle/topic-of-the-month/>

Garbha Pindasana and your Lymphatic flow

In addition to having a conglomerate of lymph nodes in the gut, we also have a conglomerate under our arms. The pressure of threading your arms through your legs is just enough pressure on the lymph vessels of the upper extremities to aid in the movement and cleansing of our lymph. **THIS IS WHY YOU WANT TO THREAD YOUR ARMS THROUGH YOUR LEGS in Garbha Pindasana.** I have seen people who find this difficult to get in to the posture differently; for example putting their right leg in lotus then putting their arms into their legs before tucking the left leg into lotus therefore putting the arms into our lotus legs without the threading procedure. Remember most every movement in ashtanga has a purpose! Just attempt to thread your arms once you have lotus — don't push. Even if you get your arms through part way, and then pull them out to rock and roll you have exerted some pressure on lymph system :) **Just try, don't push** is all you need to do to get this benefit.



Lymph and our water

Since the lymphatic system is the waterways in our body, the water we put in to our body greatly effects our lymph among many organs.

Our lymphatic system cleans the water in our body . . . Since we have poisoned our own water supply our lymph system has to work much harder these days. Finding clean water to drink will help reduce the work load of your lymph system. I have struggled with what is the best source for clean water;

- ॐ Municipality water is sick water. It is waste water (from cities toilets, showers, etc. that is filtered and cleaned and re-used . . . I know our lymph does this with our water, cleans the waste out to re-use the water . . . however I don't think our municipality methods of cleaning waste out of water are as good as our body's ways. Nature always prevails. Municipalities are struggling to remove medications from the water supply, so the water pouring out of your tap can be filled with anything from anti-biotics, to anti-depressants, to statins . . . all bad products that I would not put in my body voluntarily. Making matters worse most municipality water companies are now using chloramine to kill bacteria in the water. Chloramine is ammonia and bleach mixed together . . . we all know what happens when you mix ammonia and bleach,



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right? YOU DIE. Now supposedly in our water the amount is not enough to kill us . . . but I wouldn't be so sure as it is killing off our micro biome. And you can not use it in fish tanks as the fish will die (and I can't use it for my worms) . . . if the fish die from it, we will not be far behind. Clearly this is not good water. I have a whole house filter on that filters the water right where it comes into my house. I then double filter my drinking water through a Berkey filtration system. I have read if you are stuck with municipality water, reverse osmosis is most likely your best option — but I have some concerns with RO water as well (it uses a lot of water in its process and strips all nutrients from the water as well).

- 36 As for the natural springs that companies bottle up the water from . . . well, first of all they have to irradiate the water to legally sell it which not only kills the good bacteria in it, but also who knows how much radiation that puts into the water . . . (I get enough radiation flying!). Also many companies are un-ethical and basically get tap water from the same city the spring is in. Shame on them. Furthermore it is then transported in plastic bottles — and many companies' trucks are not temperature controlled . . . any water transported in plastic bottles can be toxic water . . .
- 36 Drilled wells pull the water out of the ground while it is still immature, and it has not been naturally purified by rising through the earth and rocks which filter the water.

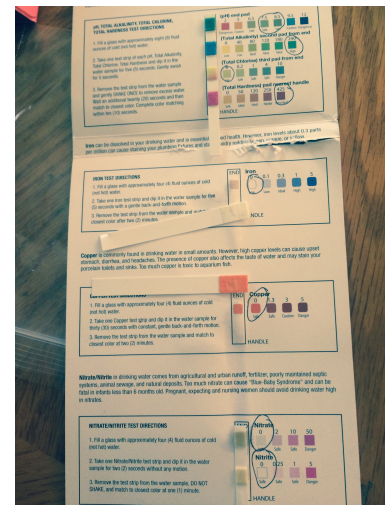


36 It seems to be most beneficial in our bodies when the water naturally rises to the surface through the earth and rocks which naturally filter the water. Our best sources are a good well or a spring that has been tested for its purity, here is a link to help you find one. www.findaspring.com We are lucky enough to have approx. 30 springs here in Central PA of which one is just a couple miles from my home and studio :) Pictured here. This is the spring off Orrs bridge road, from the pike go down to bottom of the hill on Orrs Bridge Road (just before the bridge) and see the pull off and the spring on the right :)

Fresh water like this is now being called structured water and seems to operate better within our cells than municipality water which is

stripped of everything good — but still toxic. We can also get this “structured” water from naturally occurring waters in fruits and vegetables.

I have been using this fresh spring water for my drinking water for a couple months now, I tested it with a \$10 test kit I bought at the local hardware store. Except for being hard (we have a lot of limestone in our area) it tested clean and perfect in all other areas :) The pH balance is perfect and the alkalinity is high. It tested completely clean of iron, copper, chlorine, nitrates and nitrites. Because we have a lot of limestone in this area, the hardness is most likely calcium. While calcium supplements are made from crushing stones and shells (not very appetizing) and therefore are very different in our body than naturally occurring sources of calcium that are in





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water or foods. Calcium that naturally occurs in water is beneficial for us as is the calcium that naturally occurs in leafy greens. This is all the calcium we need. Forgo the supplements to save your arteries.

And for the time being find a fresh spring. Even though our little spring here is just 5 minutes away from my house, down a steep hill from a busy road, it feels like vacation when I walk up to it (in the stream :) to fill my water bottles. Nature is so calming to our nervous systems. Just taking 20 minutes every other week or so to run and fill my water bottles is a breath of fresh air.

Here is a little history on our little spring : <http://www.verberdental.com/story-of-the-spring/>

KUKKUTASANA

Kukku means rooster . . . What are we waking up? Kundalini? The Hatha Yoga Pradipika says this posture awakens are kundalini :) (I am looking forward to talking about that). Or maybe it is what is waking us up? Shakti?

Mostly I hear the benefits of kukkutasana being "it strengthens the wrist and waist" . . . and this is all good . . . but it just seems like an understatement compared to what is going on on the inside when we take a look . . .

Yoga Mala says:

Then pressing the palms to the floor and doing puraka, lift up the padmasana, and stand on the strength of the palms; this is the 8th vinyasa. Then in this position, revolve the stomach (navli), lift the back and chest fully, and do rechka and puraka.' Next doing rechaka come down slowly.

When in the state of this asana, one should do rechaka and puraka deeply while keeping the chest, waist, and back completely straight. Then, with the heels

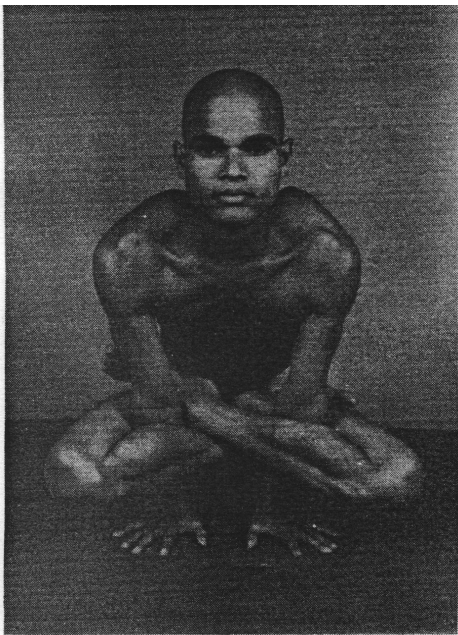
pressing on either side of the navel and keeping the head lifted , one should do uddiyana bandha and nauli. There is no mula bandha in this asana.

p93 Yoga Mala

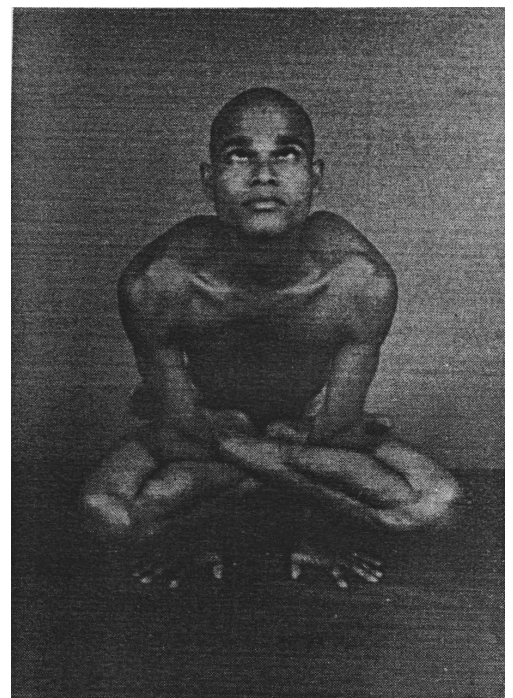
By means of kukkutasana, the intestines are purified, the fat of the lower abdomen is dissolved, and diseases affecting the bowels and urinary tract, as well as excess phlegm, are cured.

Hatha Yoga Pradipika says:

This asana is said to be useful in the process of awakening



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Kundalini. It strengthens the arm and shoulder muscles and gives a sensation of levitation.

Normally the body weight is on the legs and feet, but in this asana it is altered and, therefore, the energies of the body flow in a different direction.

I will address this in a bit, it is some of the fun side of this posture :)

What I would like to address is the Nauli.

To nauli or not?

In reference to the nauli; nauli is a churning of the stomach, done to help improve digestion and burn out toxins. This is a beneficial exercise for most people (but not woman who want to have babies, nauli is said to shred the lining of the uterus which can interfere with conception — but it should not be relied upon for birth control).

Nauli is best done on a breath retention (holding your breath out -- after you take a full exhale); in recent Modern Ashtanga there's no longer retention after the exhalation and so no possibility to engage in nauli during asana.

Upon asking Manju Jois about nauli during this asana, he advises “no kriya during asana practice — and this is quite difficult even for advanced practitioners, and therefore not recommended”. **If you feel you need nauli kriya; it is best to do this practice with your morning routine separate from your asana practice.** (Kriyā is a Sanskrit term, derived from the Sanskrit root, kri, meaning "to do". Kriyā means "to do an action, deed, or effort" and many times refers to breathing or internal cleaning exercises -- or a spiritual practice.)

In Krishnamacharya's '*original*' Ashtanga there was the option of including breath retention in certain asanas; and this was often recommended to achieve the full benefit of the posture. Including the option of breath retention in certain asana and mudras which allow the option of engaging uddiyana bandha and nauli more deeply.

In most cases the breath was held in when picking up and moving our body weight for stability in the abdomen and spine, and the breath was held out during postures where we could engage uddiyana bandha more deeply for a deeper cleansing (for example downward facing dog).

Nauli is what would help purify the intestines and remove diseases of the bowels, as stated in yoga Mala; even with breath retention and nauli being removed from this asana the heels pressing into our lower abdomen will still exert some pressure on the intestines helping to purify them. With our arms thread through our lotus; this further pushes the heels a little deeper into either side of our navel aiding with the cleansing.

No more breath retention in ashtanga?

I did however want to research a bit on breath retentions during asana — there does seem to be some benefit when done correctly. My best guess as why a short breath retention was removed from asana was due to the fact that many people were **subconsciously holding their breath in a stressful pattern** of poor breathing habits that puts stress hormones into our blood stream and creates the Valsalva maneuver (exhaling against a closed glottis) in a detrimental way (raising blood pressure and increasing risk of stroke or fainting). However there is a way to have a slight breath



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retention without performing the valsalva maneuver (not that the valsalva maneuver is bad — it does serve a purpose but can be “bad” when done unconsciously for an extended period of time; we do use the valsalva maneuver during coughing, child birth, going to the bathroom).

When breathing is deep with a slight retention **done consciously in a relaxed way** it can stimulate the parasympathetic nervous system removing stress hormones and improving health. As in many areas of our society we take what might not be good for one or two people and recommend it for everyone, losing our individuality.

And note, Krishnamacharya uses the terms Brahmana Kriya and Longhand Kriya during asana breathing and retentions, which I understand to be **moving and breathing with short retentions** after the inhale and exhale respectively. Krishnamacharya's students books (Yoga for the Three Stages of Life: Developing Your Practice As an Art Form ...By Srivatsa Ramaswami page 97) further state some asanas are best for holding the breath in, some best for holding the breath out, and some best for a controlled cycle of yogic breathing without retentions . . . and there are some movements that can be performed either breathing in or breathing out or holding or not . . . **depending on the health of the practitioner and the results desired from the practice** . . . It goes on to say that the breath in asana helps one to reach and work on deeper organs, tissues, nerves, and muscles inside the body that are hard to access without the breath.

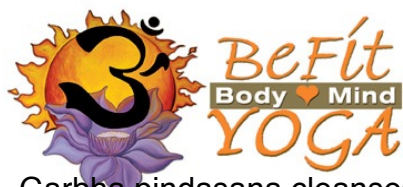
Pattabhi Jois mentions in Yoga Mala (pp. 35 in ©1999 version): “*Chale vate Chalam Chittam.*” Meaning, “**It is common knowledge that we lift heavy objects more easily if we hold our breath and concentrate on the object we are lifting.**” With this statement, it would lead me to believe that slight breath retentions were part of the ashtanga practice — especially when we are lifting our body weight solely by the strength of our hands and arms as in kukkutasana.

Exercise science also supports short breath holding patterns while performing weight lifting exercises — the inhaled air in the chest increases pressure and stability of the thorax giving the spine more support while moving heavy objects. (And this agrees with Pattabhi Jois's statement in Yoga Mala mentioned above.) Again it is a brief hold; using the valsalva maneuver briefly in a beneficial way that does not increase blood pressure or stress in the body.

And as I mentioned above . . . there are times in life that require internal pressure and a brief breath hold like the Valsalva maneuver, so it is something we want to know how to do correctly.

And my big question regarding kukkutasana, **why no mula bandha?** When I asked Manju, he said it automatically comes with the posture, there is no effort required. Not quite the answer I was hoping for, but I can not find any data in any yogic textbooks or on the internet about why this particular asana should not have Mula Bandha. I will keep my eyes open for some tidbit of information that I may come across some day in some obscure yogic texts that says why mula bandha should not be performed during certain asanas. In my own opinion it might have something to do with the releasing of toxins from the urethra and/or rectum.

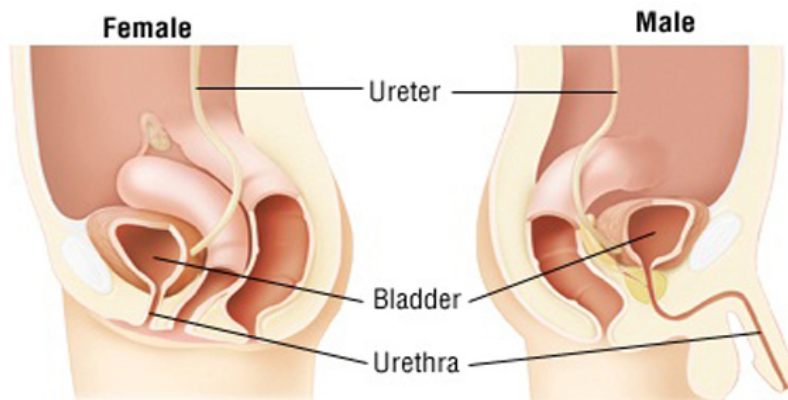
Kukkutasana's benefits include cleansing the urethra -- the urinary tract.



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Garbha pindasana cleanses the first part of the urinary system -- the kidneys and ureters. Kukkutasana finishes the cleansing of the urinary system with its influence on the urethra. The urethra goes from the bladder to outside the body, to rid our body of the water soluble wastes that the kidneys cleaned out. In women the urethra is much shorter than it is in men.



Lino's book (which is said to be written with the guidance of Pattabhi Jois) says kukkutasana helps to cleanse the urethra.

When I looked in medical books and on the internet about what methods best "clean the urethra" I was quite shocked at what I read ... Mostly it seems to be men who care about cleaning their urethra ... Whether in a clinical setting or one of the home methods I read about — I would NOT recommend either approaches. Both would disrupt the balance of beneficial bacteria in the urethra only to bring on long term problems.

In lieu of a lack of data if pressure in the lower abdomen helps cleanse the urethra; my hypothesis is the pressure of the heels -- which is accentuated threading your arms through your lotus -- may help put a little pressure on the urethra helping to squeeze out bacteria that may be lining the inner walls.

Put aside medical and home "bleaching" methods to clean the urethra, one of the best ways to keep your entire urinary system healthy is through fluids. Staying well hydrated with fresh water being the most important, here are a few other tips to prevent UTI and keep the urinary system healthy:

Apple cider vinegar: one teaspoon in a glass of warm water can help to eliminate the bacteria that causes urinary tract infections.

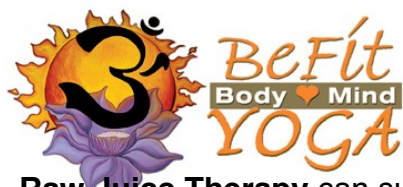
Asparagus can prevent and treat urinary system problems.

Bicarbonate of soda: one teaspoon in a glass of water or milk can instantly treat urinary tract infections.

Pure unsweetened **cranberry juice** is also good therapy for the urinary system as folk lore tells us. Cranberry juice actually works by making the bacteria slip right out the urethra ... It has a natural occurring simple sugar in it called D-mannose (also found in berries, peaches, apples, and some plants) that provides the slippery element — and the bacteria can not hold on to the urethra walls. Funny how simple that is

Coconut water is also a tonic for the entire urinary system.

Fermented foods will also benefit our urinary systems.



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Raw Juice Therapy can successfully treat urinary tract infections. The best organic natural foods to juice for your urinary system are: **apple, apricot, peach, lemon, carrot, celery, cranberry, cucumber, parsley and watercress.**

Urethra and our Vajra Nadi . . .

An interesting aspect in yogic lore about the urinary tract is also that the Vajra Nadi originates in the urethra on its course to the lower brain. Vajra means thunderbolt . . . the vajra nadi is one of the sex nadis, however it is not complete. It starts in the 2nd chakra and only goes to the lower brain, not all the way to the crown like some of the other “preferable sex nadis do).

There are 6 nadis that carry the energy of pure love or consciousness called Kundalini Shakti. 5 of these 6 Love nadis go base to crown, taking different “paths” — the more direct path your energy chooses to take the better balanced your sexual energy is. The five that go base to crown originate in the first chakra and culminate in the higher spiritual centers in the brain — these nadis that go base to crown give us the contented feeling of true love when we connect with our partner.

The vajra nadi which does not go base to crown, delivers a sexual “satisfaction” that is not fulfilling, it lacks the feeling of having a true love “oxytocin” connection with your partner; which can result in a feeling of not being satisfied and needing more to get satisfied — leading to a depletion of our life energy.

When our dormant Kundalini Shakti starts to move (in our teens when we start to get interested in sex) . . . It can take any one of these 6 nadis for our spiritual journey of love and sex. Some nadis are more direct than others — the more direct a nadi the more balanced an individual is. If our first experiences of sex are not bound to love we risk the chance of our kundalini shakti entering the vajra nadi — leaving us unsatisfied sexually. If our experiences of sex are bound to love we have a greater chance of taking one of the nadis that go base to crown giving us more contentment in our love lives.

If you feel like your kundalini shakti has entered the wrong nadi (maybe from sex without love or something inappropriate); not to fear it can be rerouted! To experience true love our kundalini Shakti has to travel back down to the first chakra (from what I understand we may need a short period of “letting the fires cool down) and from there it can re-enter a more direct nadi if we **make the intention to include true unconditional love in our relationships.**

Poses that stimulate the vajra nadi (Laghu Vajrasana, supta vajrasana, bharadvajasana — second series postures) are said to help us bring awareness to this nadi in our energetic body so we can direct our love energy appropriately. Hopefully kukkutasana cleanses this nadi as well as our urethra!

John Douillard has an excellent article on this titled “The Ayurvedic Energies of Love & Sex <http://www.lifespa.com/sex-road-less-traveled/>

Speaking of Kundalini and morality and kukkutasna . . .

Kukkutasana and Morality - Kukkutasana raises your kundalini?

The hatha yoga pradiipika says kukkutasana raises your kundalini :) The act of being raised up on your hands instead of standing on your feet gives a sensation of levitation. “Normally the body weight



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is on the legs and feet, but in this asana it is altered and, therefore, the energies of the body flow in a different direction" — I would also think the act of the heels pressing into the lower abdomen helps in stimulating this movement.

What is raising your kundalini?

Most yoga texts describe kundalini rising as some dormant magical energy (the kundalini) that is coiled up sleeping at the base of your spine in your "first chakra" ... Yoga exercises, breathing, and meditation awaken this energy or awareness. As it rises it goes up our spine piercing our "chakras" we magically become "enlightened". So What is Kundalini, what is a "chakra"? Many people explain chakras as "energy centers that are situated along our spine and head, that are not tangible and you can not see on an x-Ray. I beg to differ ... Chakras are tangible; each chakra coordinates with a major nerve plexus in the body. Each chakra or part of our nervous system deals with different aspects of being human. Kundalini, well that one is a bit harder to explain . . . Enlightened . . . not so hard to explain. Please read on.

So how does doing yoga poses equal what yoga means -- Union. Uniting ourselves with a higher universal power ... Yoga exercises can do this?

I like how Jiddhu Krishnamurti (an Indian philosopher) described it:

The real yoga which is to lead a highly moral life (not morality according to circumstances or culture) — True ethical activity; not to hurt, clear thinking, acting morally, right amount of sleep and food, doing the right thing.

(Or as one of my favorite Buddhist sayings say: Just do the next Right thing!

The other point I feel this is making . . . the highest good for all involved . . .). Not just what is good for ourself, but everyone effected by what we do and think . . . Highly moral for every being effected "not morality according to circumstances or culture"!

On kundalini rising . . . If you get the right amount of sleep and food, and exercise You have more energy ... you are not dulled by disease, feeling sluggish from bad food; you are less likely to be in a bad mood attitude, if you move your body and eat fresh foods ... This increased energy makes you feel better and be happier and more caring with others -- this is your kundalini rising!

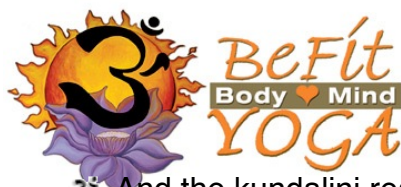
The physical asanas are exercise for a healthy body, for discipline -- discipline is necessary in our life, we do sometimes have to do things we just don't feel like doing . . . and in our modern life exercise is more needed — in the old days our lifestyle naturally had more exercise built into it that is not there today.

I want to expound on kundalini rising energy and leading a highly moral life; This means we get rid of "our agendas", no longer do we want to operate looking for what is best for ourselves only, its not just about me or you. We want to operate in a way that what we do — even our vocation — is the highest good for all effected. And truly moral — not morality according to culture or circumstances takes into effect societies that put women down, this is not moral. Or if you steal because you are poor or hungry — it is not moral.



Here I will try to put in tangible terms what it is like when our “kundalini begins to rise”:

- ॐ The first chakra deals with our family (sense of belonging to a community), our home (food water shelter). As we learn to accept the predicaments we were born into and love our family members even though they may be radically different than us (or me radically different from them), this would be higher minded ... For example if your yoga makes your family uncomfortable you don't need to talk them about it or push it on them. If you choose to be vegetarian and your family is not, do not expect them to have vegetarian food for you at family gatherings. And if we live modestly, a comfortable home without being wasteful or indulgent, this does not waste our resources. These may be signs your kundalini has pierced your first chakra ...
- ॐ Second chakra energy is relationship energy and vocation energy. Signs of kundalini rising through your second chakra may be things like caring for your partner -- feeling true affection for one another. Also, signs of kundalini energy in your second chakra might be choosing a vocation that gives back to humanity, not just choosing a vocation to make yourself some money. We all have our strengths and weaknesses, ideally we get a job based on our strengths and skills, and hopefully something we enjoy as well that helps our community and/or world. Then pray to God we can earn a comfortable living from it! There is a balance with money; too little and you are struggling with no time for Spiritual pursuit . . . and too much comes with another whole lot of issues . . . We do want to be comfortable, this is good. And yes we do need to earn money, but keep it in perspective. It is not what makes life happy or fulfilling.
- ॐ Third chakra energy is the core of our personality. Our ego is housed here. Kundalini piercing the third chakra might take the form of something along the lines of giving up the "ego". This gets a lot of attention when starting on the yogic path -- the absence of ego. This might include things like not talking about yourself so much, not always trying to get attention, not trying to pretend you are so important or your job is so important ... **Not putting your self worth in how well you can do yoga postures** Is a good sign your kundalini has made it to your third chakra.
- ॐ Fourth chakra kundalini rising is all about love. Unconditional love. For example, give love even if you don't get it in return. Respond with love in all your dealings and doings.
- ॐ Fifth chakra kundalini rising is something like giving up your will, letting the universe guide you -- have faith you will either be given solid ground to stand on or wings to fly ... and then roll with it. Also the fifth chakra governs what goes in our mouth and what comes out. Eat smart and Speak kindly. I like what Pattabhi Jois says about satya or truth ... **Speak the truth, but don't hurt. Very difficult.**
- ॐ Sixth chakra piercing may give us clear visions and clear thinking. Realizing the big picture, not getting caught up in the little details. Easier able to operate in a meditative state most of our day. **There is something important to point out here:** The yogic textbooks (Kundalini Tantra by Bihar School of Yoga) states that it is important to open your 6th chakra first when you start to work with your kundalini rising . . . then go base to crown with your ‘openings’. *“If our kundalini starts rising before we open our 6th chakra it will rock the stability of the practitioner; one may experience physical, mental, and/or emotional shocks. The awakening of the 6th (ajna) chakra brings a great degree of detachment, which allows one to withstand the lower chakra awakenings without excessive shock. One is able to observe chakra experiences with the attitude of a witness.”*

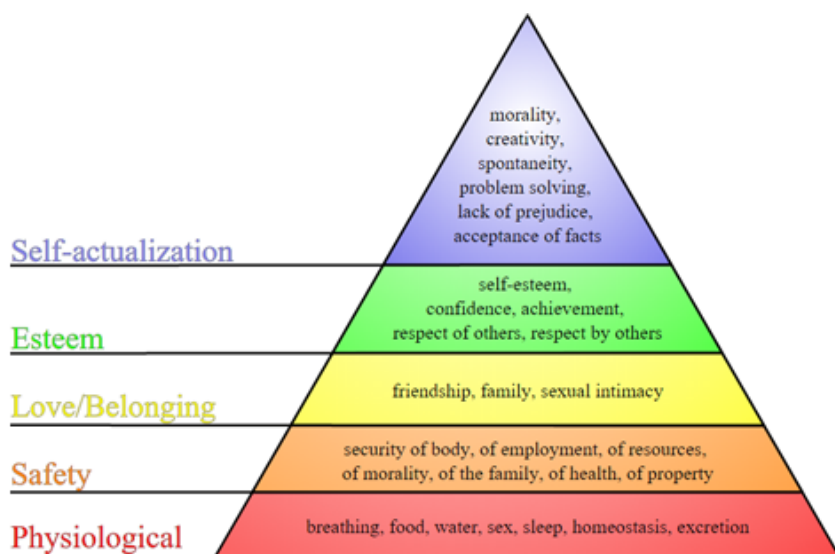


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ॐ And the kundalini reaching the 7th chakra; the 1000 petal-ed lotus flower on the crown of our head where we connect with our spirituality ... Wow ... I guess when that happens you go sit by the River all day

So really what this is saying is the practices of yoga get us healthy, help us get grounded in family and community, give us self esteem and strength, help us respond with love, have faith in what the universe throws at us, and develop the ability to see the big picture in life. When these fall into place we are able to follow a higher path of understanding and serving our communities.



I like how Dr. Kelly Brogan, Functional Medicine Doctor and Kundalini Yoga Teacher used the pyramid to describe this process:

First we must get our home, health, and family stable, then we need to feel safe, have a job and connection to people and community, then we need to love ourselves and respect other. After

all this is in place we are ready to work on our spiritual journey, the rising of our consciousness. The practices of yoga are aligned with this principle, get the body and mind healthy then you can see the bigger picture and operate in a way that all you do is the highest good for everyone effected in any of your thoughts, words, and actions.