

## KUNDALINI YOGA IN THE LOOP

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### Articles About White Tantric Yoga®

## Surrender to the White Tantric Yoga Experience

*By Shakta Kaur (aka Susan P. Kezios) - Published in Yoga Chicago March 2004*

For those of us walking a spiritual path, meditation acts to connect us to that aspect of ourselves that does not change. Meditation can result in clearing past karmas, releasing toxic emotions and disposing of any and all energies that interfere with our being in the moment. The ultimate goal of meditation is saibhang, a self-illuminated, radiant awareness of God. But how do we develop ourselves to reach this subtle, refined and spiritual dimension - one that transforms our lives as well as our relationships? For many, the intense meditation practice of white tantric yoga is the key that unlocks this door and accelerates spiritual development.



Our minds release a thousand thoughts in the blink of an eye. Some of those thoughts get lost in the unconscious and some get stuck in the subconscious to eventually affect the unconscious mind. These thoughts become feelings, emotions, desires, fantasies or multi-realities. Too often, instead of mastering our minds, our minds and thoughts master us. Consequently, we make impulsive decisions, communicate poorly and create stressful situations for ourselves.

In the words of Yogi Bhajan, master of kundalini yoga, and the acknowledged white tantric master (known as the Mahan Tantric),



"White tantric yoga enables you to break through these subconscious blocks so that you can have a more enjoyable life. In the shortest time, you can experience release from a lot of the burden and extra weight that you carry in your head. As you see and act on each moment with clarity, you will gain a deeper understanding of yourself and your life will change. Your mind, body and soul will act together as one. This is the path to personal freedom and awareness and will bring more success to every area of your life."

### About the Mahan Tantric

Yogi Bhajan became a master of kundalini yoga at the age of 16 in his native India. He brought kundalini yoga to the West in the late 1960s. In 1971, when the presiding Mahan Tantric, Lama Lilan Po of Tibet, passed from his body, he bestowed upon Yogi Bhajan the authority to be Mahan Tantric. There is only one Mahan Tantric in the world at a time. That same year, Yogi Bhajan decided to open white tantric yoga to anyone who wanted this powerful experience and offered the first course in Los Angeles. For the next decade and a half, Yogi Bhajan traveled throughout the world presenting as many as 30 white tantric courses each year to thousands. Since 1987 white tantric yoga, which can only be practiced under the guidance of the Mahan Tantric, has been offered on video.

## How It Works

Envision the energy of the universe as parallel and perpendicular in nature, like a cloth woven together. As a cloth becomes stronger when it is stretched on the diagonal, so does the white tantric diagonal, or "Z" energy strengthen the participants. This energy, when directed by the Mahan Tantric, cuts through the blocks that are stuck in the subconscious mind. Using the diagonal Z energy, the Mahan Tantric connects his subtle body to the subtle bodies of the participants through the course facilitator. (The subtle body is the medium of the subtle sensitivity of communication with others and with the environment. At the time of death, the subtle body is said to carry the soul to the infinite.) The process works in the same way as a worldwide telephone system that relies on satellites and electromagnetic energy in order to connect two parties.

White tantric yoga should not be confused with black or red tantric. These forms of yoga also transform energy, but in a different way and for different purposes. Black tantric directs the energy to manipulate another human being, and red tantric directs the energy for sexual purposes.

White tantric yoga is done in pairs as a group meditation. Each person sits facing a partner and follows instructions for meditation given on video by the Mahan Tantric, Yogi Bhajan. Every course is facilitated in person by a representative of the Mahan Tantric. Each white tantric yoga course consists of between six and eight kriyas. A kriya is a meditation incorporating a yoga posture (asana), a hand position (mudra), a mental focus or breathing technique (pranayam) and/or a mantra. Sometimes the meditations are accompanied by music. These kriyas vary in length from 31 to 62 minutes. There are breaks between each kriya. The environment is peaceful and the atmosphere is friendly, supportive and uplifting.

The most difficult thing for a first-timer is sitting for seven to nine hours in a crossed-legged position for the 31- to 62-minute kriyas. Even though breaks are taken between each kriya, many participants have not had an all-day meditation experience. The participants can bring a soft mat, blanket or sheepskin to sit on as well as any other meditation aids that they normally use.

## What to expect

There are no prerequisites for participating in white tantric yoga. Beginners will tune into their internal energies and enjoy a deep and sometimes challenging meditative experience. More advanced meditators will deepen their experience and make new inroads in their spiritual awareness.

All participants wear loose, comfortable, white clothing and a white cotton head covering (white combines all the colors and enhances the magnetic field surrounding us and the strength of our auras). White tantric yoga is practiced with the feet uncovered. Because this is a cleansing process, participants are asked to drink plenty of water. By keeping the body sattvic (free from stimulating foods, i.e., caffeine, alcohol and meat products), participants will have a more energized meditative experience.

Although this is a group experience, the meditation experience is personal for each person. As in all meditations practitioners get the most benefit by keeping their focus on what the kriya is. Participants learn to surrender to whatever is going on around them, which they can't control. It is hard to say what new participants will experience. Some might not know how they feel. Others might want to know how to continue the

feeling and integrate it into their being and lifestyle. Whether or not they meditate as part of a personal sadhana (practice) after white tantric yoga, this single day's worth of meditation will be processed for 40 subsequent days. It is recommended that participants pick a particular meditation to practice for the 40 days immediately after white tantric yoga to augment the cleansing process.

For most people, the experience of white tantric yoga is life-changing. As the Mahan Tantric, Yogi Bhajan, has said, "Spend a day and give yourself the gift to fortify your spirit as you walk your path."

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The quotations in this article, as well as the explanations of concepts, were used with permission from *The Aquarian Teacher*, KRI International Kundalini Yoga Teacher Training Level One (Santa Cruz, New Mexico: © YB Teachings, LLC).

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