



UN International
Mother Earth Day
April 22, 2011



3HO International Kundalini Yoga Teachers Association

Mother Earth Day Course Curriculum

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Mother Earth Day Course Curriculum

3HO International Kundalini Yoga Teachers Association (IKYTA) offers teachers this curriculum to share with students in celebration of International Mother Earth Day. This is an opportunity to dedicate self-renewal, healing, and balance for our Mother Earth as you participate in this 2½ hour workshop. Dance in honor of Mother Earth! If you meet the criteria to offer CEU classes, this course is worth 2.5 CEUs under Techniques Training/Practice. For more information on CEUs go to:

<http://www.kundaliniyoga.com/clients/ikyta/webshell.nsf/WebParentNavLookup/29F4D418A9D7B37887256A07005ADB92?OpenDocument>

1. Tune In with the Adi Mantra, *Ong Namō Guru Dev Namō*.
2. Pranayam: Perspective & Emotional Balance (Alternate Nostril Breathing)—7 minutes
(attached)
3. Kriya: Self Renewal—40 minutes
(attached)

You may purchase and download Nirinjan Kaur's *Ong Namō Guru Dev Namō* here:

http://www.spiritvoyage.com/Search_Page.aspx?SearchTerm=Nirinjan%20K.%20Khalsa

You may purchase and download *Chatara Chakara Vartee* here:

<http://www.spiritvoyage.com/yoga/Chatara-Chakara-Vartee/Satkirin-Kaur-Khalsa/CDS-001602.aspx>

4. The Divine Shield Meditation for Protection & Positivity—22 minutes
(attached)

Break: participants relax—15 minutes

5. Kriya to Balance the Mind—60 minutes

(attached)

Download Matamandir Singh's Halleluiah

<http://www.invinciblemusic.com/five-religions-chants>

You may purchase and download Nirinjan Kaur's *Every Heartbeat* here:

http://www.spiritvoyage.com/Search_Page.aspx?SearchTerm=Nirinjan%20K.%20Khalsa

You may purchase and download *Punjabi Drums* here:

<http://search.store.yahoo.net/cgi-bin/nsearch?catalog=ahw&query=punjabi%20drums>

6. Remain in your small group. Share what you are doing to nurture and serve Mother Earth—20 minutes

7. Sit in one large circle (you can sit in concentric circles if it is a very large group) and practice the

Healing with the Siri Gaitri Mantra meditation—11 minutes

(attached)

8. Long Time Sun



Sit in an Easy Pose, with a light jalandhar bandh.

Eyes: Eyes are closed, pressed gently up, focusing at the Brow Point.

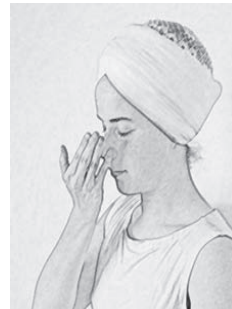
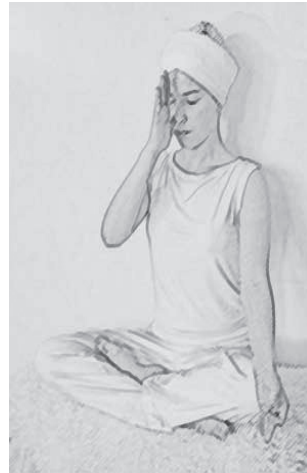
Mudra: Use the right thumb and right Mercury finger (pinkie) to close off alternate nostrils.

Breath: Close off the right nostril with the right thumb. Inhale deeply through the left nostril. When the breath is full, close off the left nostril with the Mercury finger (the little finger), and exhale smoothly through the right nostril. The breath is complete, continuous, and smooth. An alternative method of closing off the nostrils is using the thumb and index finger.

Mantra: Although this can be done without mantra, you can mentally use the Bij Mantra, Sat Naam, to help the concentration. Inhale Sat, exhale Naam.

Time: Continue with long, deep regular breaths for 3-31 minutes.

To End: Inhale, exhale completely, hold the breath out and apply mulbandh. Relax completely.





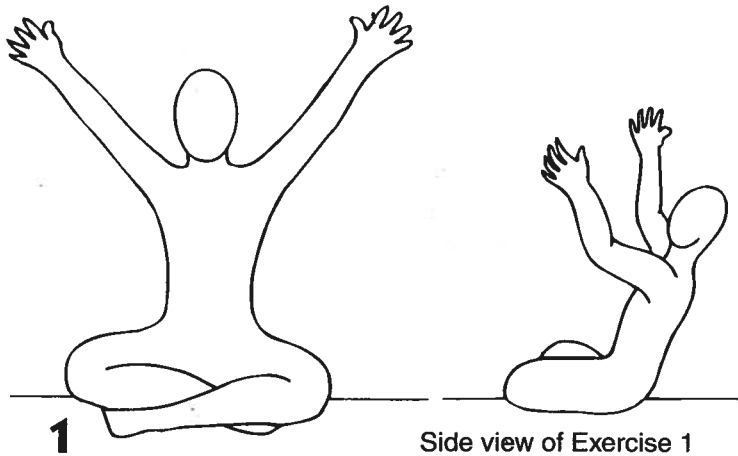
Comments:

This is a basic technique in Kundalini Yoga and Hatha Yoga. Every Kundalini Yogi should master this practice. It is excellent to do before bed to let go of the worries of the day. Inhaling through the left nostril stimulates the brain's capacity to reset your framework of thinking and feeling, allowing new perspectives. Exhaling through the right nostril relaxes the constant computations and cautions of the brain, which helps to break automatic patterns. Regulating your breath pattern in this way sets a new level of brain functioning which establishes emotional balance and calmness after periods of intense stress or shock. The times for practice vary with purpose, skill level, and context:

- 3 minutes is used if this exercise is added to a set.
- 10 minutes as a start, if practiced alone.
- 15 minutes will turn this exercise into a deep meditation.
- 22 minutes trains the mind to use the state created by this breath as a resource.
- 31 minutes will cleanse the body and restore the nervous system from the effects of current and past shocks.

SELF-RENEWAL

MAY 17, 1992



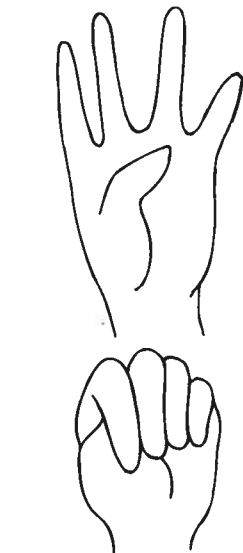
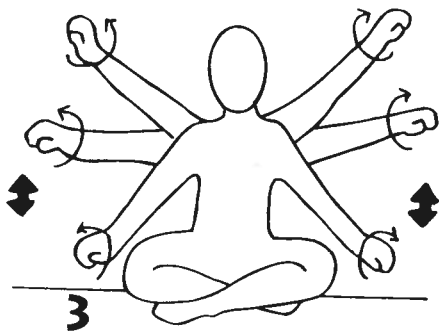
1. To balance the sugar and sodium in your body:
Sit in easy pose and lean backward. Your head is slightly back, your chin is in and your chest is out. There will be a pressure in the shoulder blade area. Spread your arms wide, with the fingers open. Be relaxed and full of ecstasy with no stiffness in your muscles. Begin breath of fire from your navel point, really move the navel with each breath. After 3 minutes, open your mouth and stick out your tongue and continue breath of fire for another 2 minutes.

Is yoga a religion? It is and it is not. In religion you have to believe something and in yoga you have to experience what you want to believe.

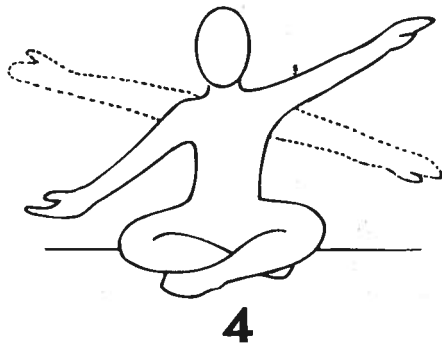
YB



2. To stretch the spine and keep you youthful and healthy:
Sit in easy pose with the arms stretched over your head with the palms touching. Stretch, pulling the spine, rib cage, and armpits upward. Fight gravity with your own will and keep stretching up for 3 minutes. Don't let the palms separate. (This exercise may be increased up to a total of 5 minutes, but no longer unless you have a full hour to relax afterward.)



3. To balance the glandular system (must be done in conjunction with exercises 1 & 2):
Touch your thumbs to the mound below your sun finger (ring finger) and close your other fingers around them to form a fist. Lean back as in exercise 1. Stretch your arms out to the sides and begin quickly revolving your arms backward in small circles, keeping your elbows straight but not locked. Continue to make the backward circles as you raise and lower both arms at the same time. There should be pressure between your shoulder blades. 7 minutes.
4. To loosen up your spine and to balance the left and right hemispheres of your brain:
Sitting in easy pose, stretch your arms straight out to the sides so that your arms are in one straight line. Turn your left palm down and your right palm up. Keeping the arms in one straight line, raise one arm as the other one is lowered (like a seesaw). Move as quickly as you can. 3 minutes.



5. Sitting in easy pose, bend your elbows so that your hands are up by your ears. Put the thumbs on the mound below the Mercury finger (pinkie) and keep the fingers pointing straight up, the fingers are not touching each other. Close your eyes, look at your chin with your closed eyes, and pretend to watch one of your fantasies played on a screen in your chin. (You will never have a nightmare if this meditation is perfected.) Relax and meditate for 11 minutes, listening to Nirinjan Kaur's tape of the last four lines of "Jaap Sahib". Breathe long, slow, and deep. After 11 minutes, inhale, hold your breath, and tighten every muscle of your body as you sit in the posture. Exhale and repeat this 2 more times.

6. Stand up and dance. Shake and loosen every part of your body for 3-5 minutes to spread the benefits of the meditations all over your body.

7. Sit in easy pose and put your hands in prayer pose. The thumbs are gently placed on the part of the eye socket where the eyebrow begins at the side of the bridge of the nose. Don't press too hard here. Chant "Ong Namo, Guru Dev Namo" with Nirinjan Kaur's tape for 3 minutes. Inhale, hold your breath 10 seconds and exhale. Repeat this 2 more times.



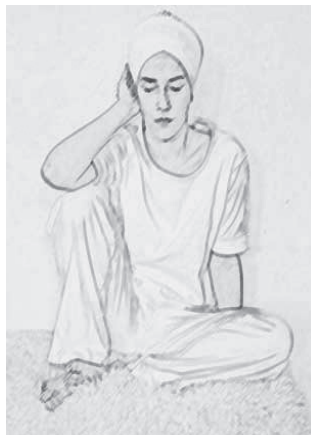


Eyes: The eyes are closed and focused at the Brow Point.

Mudra: Raise the right knee up with the right foot flat on the ground, toes pointing straight ahead. Place the sole of the left foot against the arch and ankle of the right foot. The ball of the left foot rests just in front of the ankle bone of the right foot. Make a fist of the left hand and place it on the ground beside the hip. Use this to balance the posture. Bend the right elbow and place it on the top of the right knee. Bring the right hand back along the side of the head with the palm facing the ear. Form a shallow cup of the right palm. Then bring it against the skull so that it contacts the skull below the ear but stays open above the ear. It is as if you formed a cup of the hand to amplify a faint sound that you want to hear.

Mantra: Inhale deeply and chant the mantra in a long, full, smooth sound. Project the sound as if someone is listening to you. As you chant, listen to the sound and let it vibrate through your whole body. If you chant in a group, hear the overtones that develop and let those tones vibrate all around you and in every cell of your body. The mantra is: MAAAAAAAAAAAAAAAAAAAAA
Chant it at a comfortable high pitch. When you have exhaled completely, take another deep breath and continue. In a group you may all inhale at different times. The group sound will seem continuous.

Time: Continue for 11-31 minutes. Then change the legs and ear to the other side. Continue for an equal amount of time. Start slowly. Learn to hold the concentration into the sound. Build the meditation on each side to total 62 minutes.





Comments:

It is difficult to focus on your higher feelings and sensitivity if you feel fearful and unprotected. If the universe seems hostile, uncaring, and non-responsive it is easy to become filled with cynicism, despair, and hopelessness. In that depressed state it is impossible to sense the fullness and possibilities of life. It is very difficult to solve the very problems that upset you. Those feelings occur when the aura that surrounds the body is weak and small. The human aura can extend out to nine feet in all directions. If it drops below four feet, we tend to become depressed. We cannot fight off negative thoughts from within or from the environment. If we can extend the aura, the outer arc of the aura acts as a filter and a connector to the universal magnetic field. It is that outer circumvent field that preserves the integrity of the aura, the furiously active blend of thoughts and feelings that emanate from our body and mind. The aura can be temporarily expanded. One way is to connect your aura with the universal field by using an inner seed sound that activates the power of the Heart Center. The compassion of the universe uplifts and expands you. It provides a Divine Shield to accompany you through your trials and tribulations. This meditation does exactly that. If you make it a regular practice, you will become positive, fearless, and happy. Nothing will stop you as you pursue your goals. It will eliminate the feeling of loneliness and separation from your soul. The sound of MAAA calls on compassion and protection. It is the sound that a baby uses to call on the mother. Here, your soul is the child, and the universe becomes the Mother. If you call, She will come to your aid and comfort. When this shield is strong, it is easy to sense the tide of the universe, the Tao. You become spontaneous and vital as you move in rhythm with the greater reality, of which you are a part. When the shield is strong you are protected from the impact of your own past actions. You are like a great ship that turns toward God and reality and then must cross the waves of your own wake that you created by your past actions. The shield keeps you alert and awake to the real task of your life



1. Sit in Easy Pose. Sit very calmly and quietly. Close the eyes. Bring the hands to the brow point in Prayer Pose with the thumbs locked. Begin moving in counter-clockwise circles from the pelvis all the way up the spine including the hands. Keep the hands above the eyebrows. Matamandir Singh's Halleluiah. Start singing with it after 12 minutes.

Total: 20 Minutes.

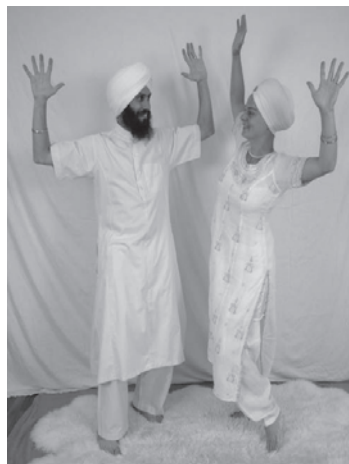
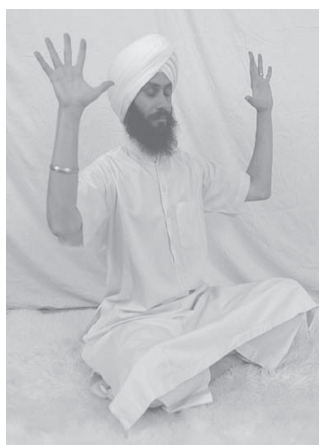
You close your eyes and worship God. It is called Arta. It's actually a self-worship if you really want to understand. It is called Jan Puja— self-worship. Loosen your pelvic bone. Move your own universe. Get into a state of ecstasy. Inhale. Exhale and immediately move into the next exercise.

2. Hold hands with one another and close your eyes. No hand should be single. Sit with chin in and chest out. Sit straight. Concentrate at the soft-spot at the crown of the head—the 10th gate. Breathe long and deep. Breathe consciously. Be steady. This meditation is done in silence. 15 minutes.

To End: Inhale deeply and release your hands. Exhale. If you can concentrate on this point at the time of death, the scripture says you go straight to God. This is the time to prove to yourself that you and God are One. You can free yourself of all diseases at this time. Inhale. Exhale and immediately move into the next exercise.

3. Bring your forearms to 90 degrees so that the hands are above the shoulders with the fingers open. Begin making counter-clockwise circles with your arms and upper body. Sing along with Nirinjan Kaur's Every Heartbeat. Move the energy in all parts of you. 5 minutes.

As you complete this exercise, look around and choose a partner as you get ready for the next exercise. Inhale. Exhale and quickly move into the next exercise.





4. Stand up and dance with a partner. Punjabi Drum music is played.

a. Look into the eyes of your partner. Move your hips. Move your arms. Hands stay above the head as you dance. 2-1/2 minutes.

b. Dance freely, moving your waist; hands can move as you like. 4-1/2 minutes.

c. Begin to clap your hands. This removes arthritis. 30 seconds.

5. Sit in groups of four and play patty cake. Clap your hands.

a) Then turn and clap hands with your partner.

b) Clap your hands then clap hands with the person sitting across from you.

c) Clap your hands then turn to the opposite side and clap hands with your other partner. 2 minutes.

Begin chanting Har with the tip of the tongue on every clap of the hands. 1 minute.

Begin chanting 'I God' as you clap your hands and 'You God' as you clap your partner's hands. 1 minute

6. Inhale deeply and raise your hands up—as if you were surrendering. Concentrate at the 10th gate. 1-1/2 minutes.

To end: Inhale deeply and hold tightly; synchronize the body and spread the fingers. Cannon fire exhale. Repeat twice more. Relax.

Comment: This is one of the most sacred kriyas of Kundalini Yoga

Yogi Bhajan • April 7, 1992





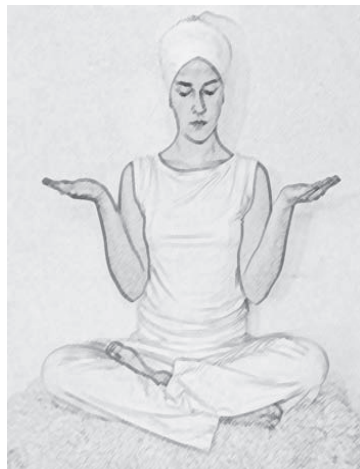
Sit in an Easy Pose, with a light jalandhar bandh.

Mudra: Have the elbows tucked comfortably against the ribs. Extend the forearms out at a 45-degree angle out from the center of the body. The palms are flat, facing up, the wrists pulled back, fingers together, and thumbs spread. Consciously keep the palms flat during the meditation.

Mantra: The mantra consists of eight basic sounds:
RAA MAA DAA SAA, SAA SAY SO HUNG
Pull in the Navel Point powerfully on SO and HUNG.
Note that HUNG is not long and drawn out. Clip it off forcefully as you pull in the navel. Chant one complete cycle of the entire mantra, and then inhale deeply and repeat. To chant this mantra properly, remember to move the mouth fully with each sound. Feel the resonance in the mouth and the sinus areas. Let your mind concentrate on the qualities that are evoked by the combination of sounds.

Time: Chant powerfully for 11-31 minutes.

To End: Inhale deeply and hold the breath as you offer a healing prayer, visualizing the person you wish to heal (including yourself) as being totally healthy, radiant, and strong. Imagine the person completely engulfed in healing white light, completely healed. Then exhale and inhale deeply again, hold the breath and offer your prayer. Then, lift your arms up high and vigorously shake out your hands and fingers.





Comments: Certain mantras are to be cherished like the most rare and beautiful gem. The Siri Gaitri Mantra (this is also a Siri Mantra and a Sushmuna Mantra) is just such a find. It is unique, and it captures the radiant healing energy of the Cosmos as a gem captures the light of the sun. Like a gem it can be put into many settings for different purposes and occasions. When Yogi Bhajan shared this technology he gave a series of meditations that use the inner dynamics of this mantra. If you master any of these practices you will be rewarded with healing and awareness. The mantra is called a Sushmuna Mantra. It has eight sounds that stimulate the kundalini to flow in the central channel of the spine and in the chakras. As this happens there is usually a huge metabolic adjustment to the new level of energy in the body. The brain is also involved. The sounds balance the five zones of the left and right hemispheres of the brain to activate the Neutral Mind. The mantra uses a sound current. The sounds create a juxtaposition of energies. RAA means the energy of the Sun: strong, bright, and hot. It energizes and purifies. MAA is the energy of the Moon. It is a quality of receptivity, coolness, and nurturing. DAA is the energy of Earth. It is secure, personal, and the ground of action. SAA is the impersonal Infinity. The cosmos in all of its open dimensions and totality is SAA. Then the mantra repeats the sound; this repetition is a turning point. The first part of the mantra is ascending and expands into the Infinite. The second part of the mantra pivots those qualities of the highest and most subtle ether, and brings them back down. It interweaves the ether with the earth! SAA is the impersonal Infinity. Then comes SAY, which is the totality of experience and is personal. It is the feeling of a sacred "Thou." It is the embodiment of SAA. SO is the personal sense of merger and Identity. HUNG is the Infinite, vibrating and real. The two qualities together (SO and HUNG) mean, "I am Thou." As you chant this mantra you complete a cycle of energy and go through a circuit of the chakras. You grow toward the Infinite, then you convert the linkage of finite and Infinite at SAA. Then you revert back to an embodiment and blend of purity.