

## Kundalini

Life-force energy, *prana* in Sanskrit, flows, swirls and eddies in a rhythmic dance of life. Spirals of energy travel up and down the spine, fuel the breath, the heartbeat, and branch out to initiate all the movements of the body. It also vibrates out into the world, carrying information, attracting situations, creating the experiences that fill our daily lives.

Ancient seers mapped out 72,000 *nadis*, or pathways that carry these currents of energy. Two main branches, *ida* and *pingala*, correspond to the two energies of polarity; positive and negative, light and dark, expansion and contraction, giving and receiving, etc. Normally these two partners of duality play dances of energy up and down the spine in the tree of life. They travel in a winding, helical pattern around the spine and central *sushumna* channel, intersecting at major energy centres call *chakras*, originating at the root (perineum) and terminating at the third eye (between the eyebrows).

These energies are sparked by your awareness, charged by your emotions, and directed through your thoughts. As powers of creation, they are connected to the Soul-self, and express its wishes in form. Their direction is often overpowered, however, by incessant mental chaos, and driven by the conflicting will of the ego, a much louder voice in our daily lives. Thus our energy system can vibrate in dissonance, creating ill health, suffering and distress, and attracting unwanted situations in our lives. Through yoga we have direct access to this energy, and can balance it, creating a resonance and harmony within ourselves and the world around us.

The yoga *asana* were revelations of energy patterns and channels that could be stimulated through postures that animate the body in creative, life sustaining ways. They can help us regenerate, release tensions, reverse negative tendencies, and clear out stagnations that result from trauma and destructive patterns of thinking, moving and living. *Pranayama*, breath control and extension, builds more subtle awareness of *prana* in the body, and trains us to direct its flow in the direction of evolutionary growth. Meditation further calms the mental chaos, focuses our attention, and immerses us in stillness, where we build our connection to Source, and are infused with the charge of creative love.

With the tools of yoga we gain the ability to balance the two opposing energies and direct pure, resonant energy inward, to *sushumna*, the central core of our being. Herein lies coiled the *kundalini* that holds the spark of creation passion, the dormant serpent power with infinite potential to manifest Divine Will. It holds the power of creation, preservation, and destruction, and goes beyond the time and space of all universes, all matter and form. Infinite in potential, this Divine energy is awakened only in sacred space. Immersed in *samadhi*, the eternal bliss of being, the sacred seed is incubated, nourished with the sacred fire of life on the altar of love. As it awakens, it snakes upward, flowering in each *chakra*, and activating the latent potentials and powers hidden within each of these sacred seals.

When it meets no fear or resistance in its path, the living energy reaches all the way up to the crown, and there, in a rain shower of Divine love, *kundalini* blooms like a thousand shimmering lotus pedals, reaching out of the mud and into the sun. It opens in a radiant, blissful expression of unique beauty, an offering of love to its Source. With the door open to the unfathomable power of creation, the energy surge becomes unlimited, and it beckons to its creator to use its power in full expression of creative force. And thus we become the Masters of our own energies, of our own potential to live a life of pure health and happiness. Our only destiny to surrender to the arms of love, infused with the bliss of ultimate reunion, yoga in its true form.