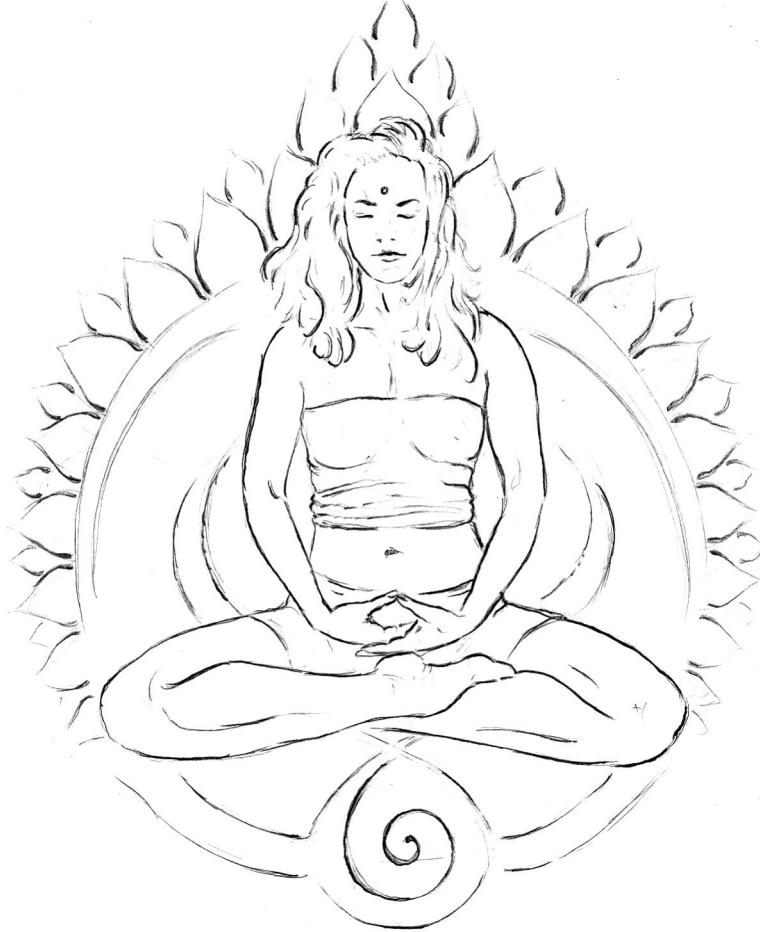


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

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Enjoy & Thank you, Namaste!

- OM -

*Realization may also come if one is oriented
toward the ideal of pure awareness, Isvara, the
creative source from which we emerged.*

*In It lies the finest seed of all knowledge.
Existing beyond time, Isvara was also the ideal of
the ancients.*

*Isvara is represented by a sound, OM.
Through repetition its meaning becomes clear.*

Pātañjalayogasūtra I (23, 25–28)

Om is mother, father, friend, life, and true love. According to Patanjali, *Om* is God itself, embodied in the form of sound. When we attend to the sound of *Om* in our hearts, we can merge with the highest essence of our being.

Om is also referred to as "*praṇavaḥ*," the primordial vibration that projects "*praṇa*" (life force) into the supreme primal emptiness before existence manifests. It is the creative force behind life, existence, and all that is.

Om consists of three audible parts (and an inaudible one): A, U, M. These three parts represent the three stages of consciousness and the threefold nature of existence, which are source, manifestation, and dissolution. Therefore, when we chant *Om* as *uccara*, projecting its essence outward, we chant it as "AUM."

In this exercise, we worship *Om* as the *bindu*, the supreme point from which everything is created. We acknowledge it as the force that generates *praṇa*, the power of life, and the experience of embodying God.

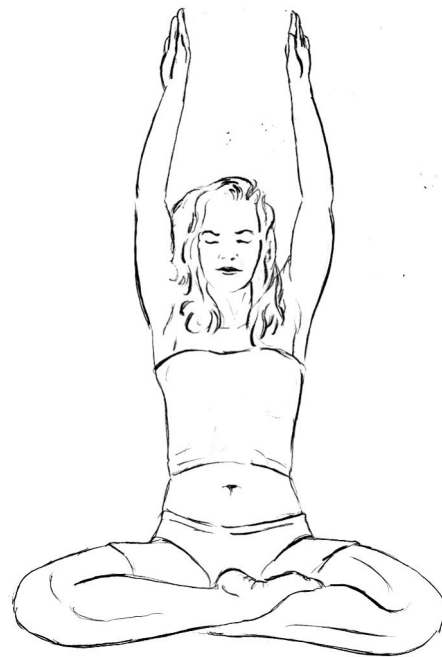
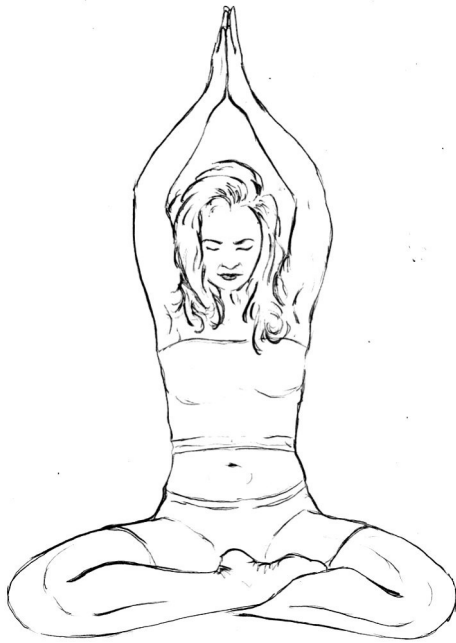
By embodying *Om*, we unite with the river of life, becoming one with its essence.



First, sit in a gentle posture for meditation, relaxing your entire body and cultivating a sense of happiness. Remember that you are loved by God and that you love God. Whatever it is that you love about life, it is what you also love about God. God is consciousness in all things and in this way the underlying essence of all existence, it encompasses everything and all experience.

When consciousness enters the endless ocean of time, it unfolds the universe, when consciousness exists the ocean of time the universe collapses with it, without the One, there is nothing to experience, there is no experience at all. And even if you love being agnostic, this is that then, what love about the One. Practice gratitude for All, it is You.

Bring your hands together in front of your heart and settle into the core of your being.



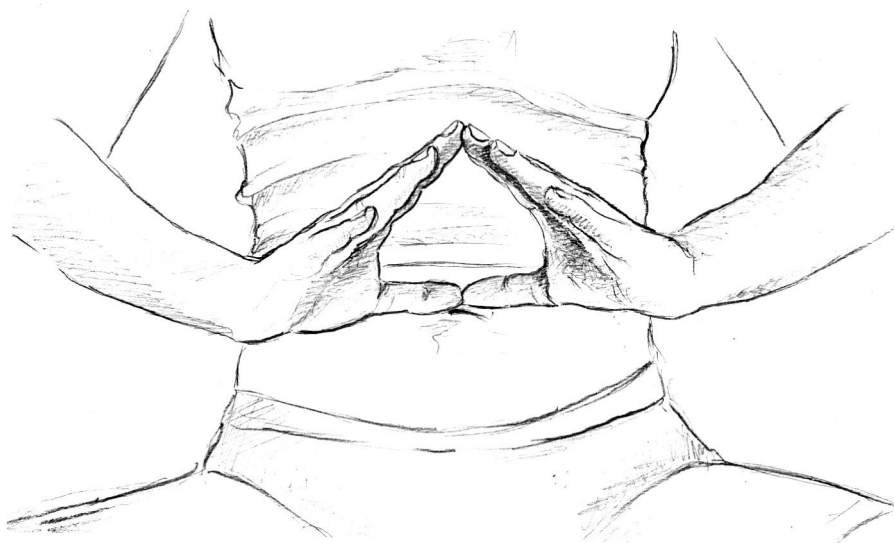
Raise your arms and extend them towards the sky.

Open your hands to the sides and chant "A." The sound "A" represents the universal egg of existence, which contains all life in its seed form. Chanting "A" expands *prana*, the life force.



When your hands reach the height of your hips, turn the palms inward and let the sound flow into "U." The sound "U" manifests existence as the Self and draws everything back into the individual observer.





Move your hands with the sound "U" to your belly button, with your thumbs almost touching. Then turn your hands upwards until your fingers point to the sky. At this point, shift the sound to "M."

The sound "M" signifies existence moving back into the subtle source beyond.



Elevate your arms gently with the sound "M" over your heart towards the sky. When you reach the sky, let "M" expand into silence. Inhale again and begin the cycle once more.



Approach this practice with devotion and love. It will generate *prāṇa*, the life force, and set it in motion, flowing from the source into life and back into the source. It will immerse you in the embrace of God, expanding your awareness and revealing your place in the universe.