



BALANCING THE BRAIN

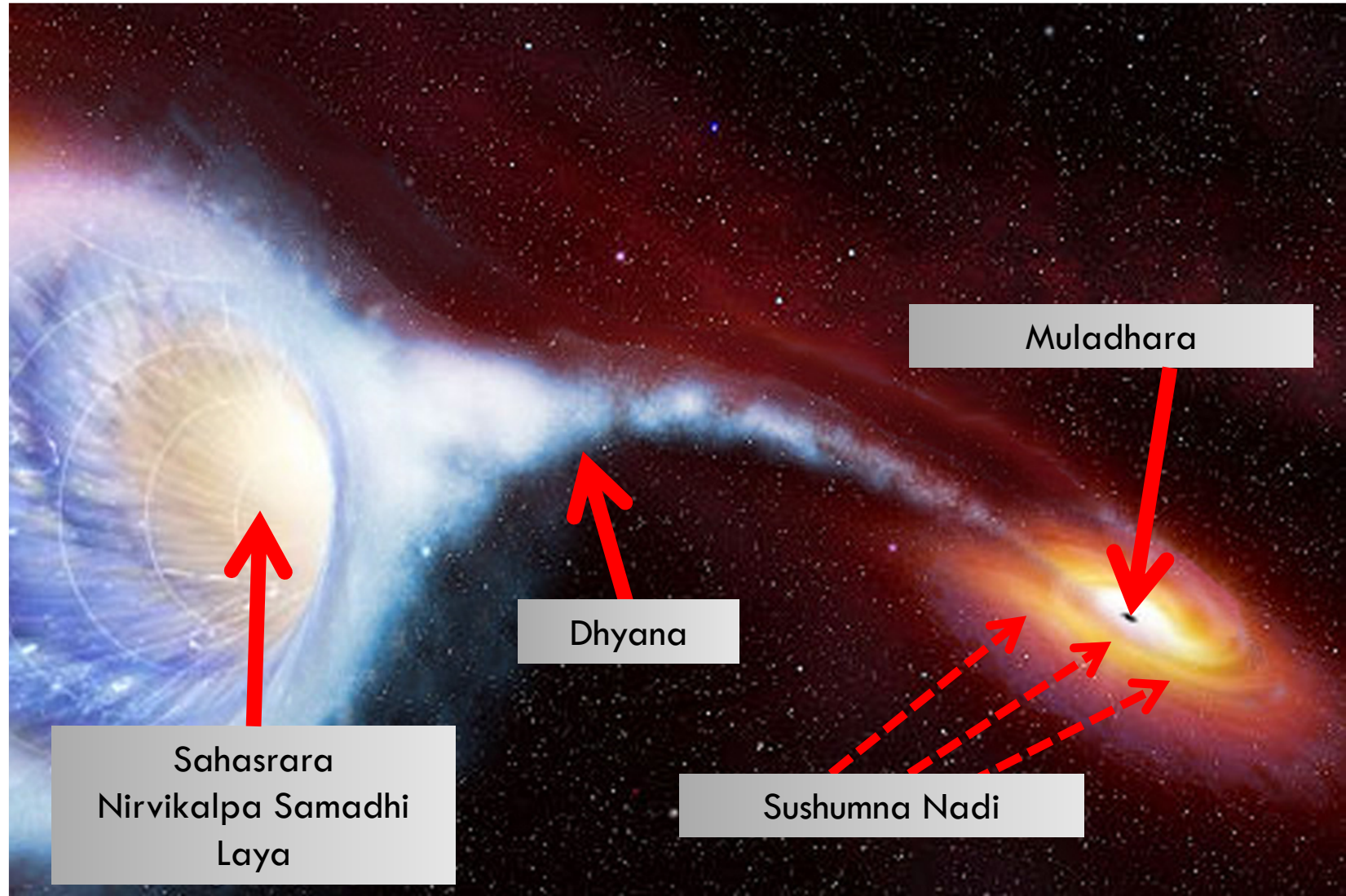
Achieving a Healthy Spiritual Evolutionary Journey

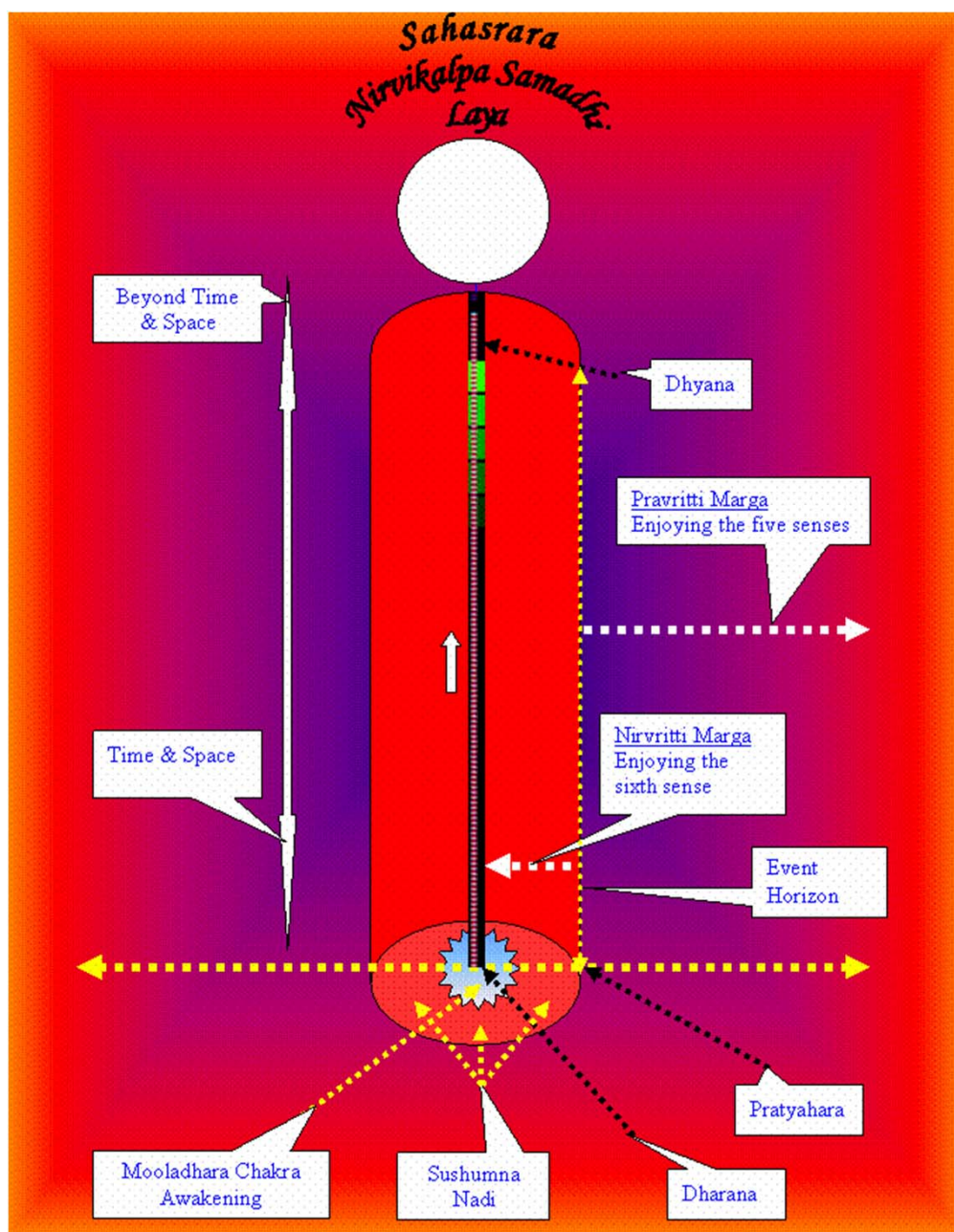
What We'll Cover Today

- Explore the ancient concept of Kundalini and the concept of balancing the nervous system.
- Walk through specific practices to assist the individual through the process of awakening
- Discuss the research approach of the KRP.

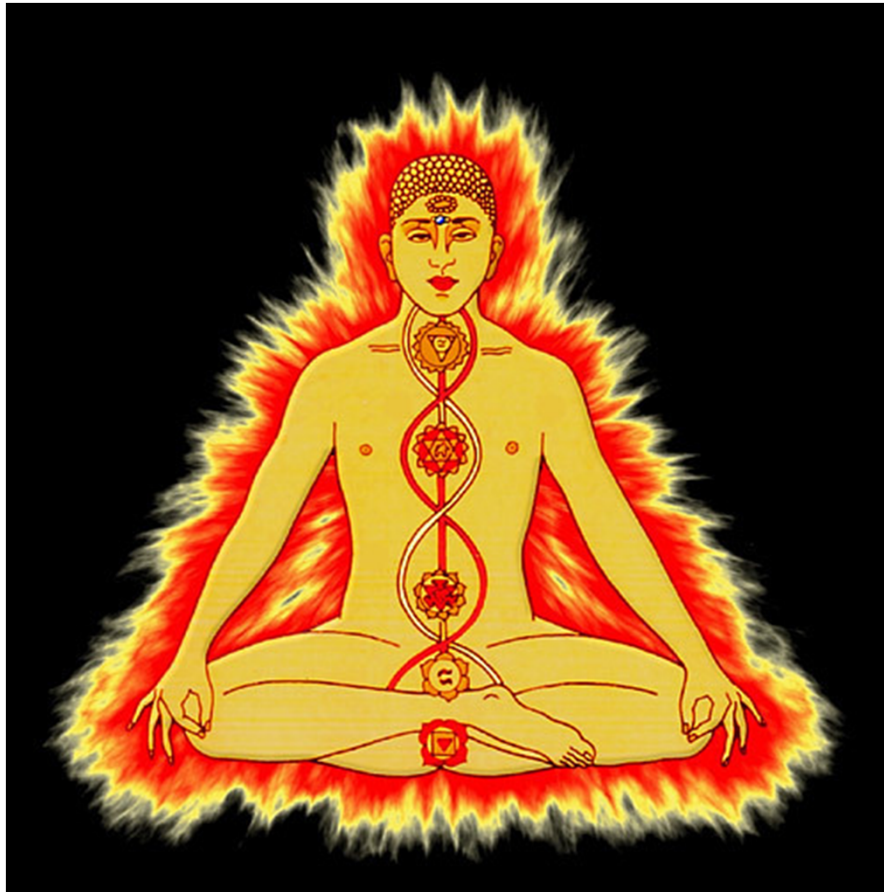


Yoga is the Science of the Soul





Balancing the Brain



- Ida Nadi
- Pingala Nadi
- Sushumna Nadi



Hands On: Trying Alternate Nostril Breathing

First breath slowly into the palms of both hands through your nostrils, or into a small mirror that you hold under the nostrils. If using a mirror check the condensation then left on the mirror. When you have established which nostril the breath is predominately flowing in, you are ready to commence Alternate Nostril Breathing

Beyond Ida, Pingala, Sushumna 1

□ **Pingala Nadi**

- Active when the breath is flowing in the right nostril
- When active, called **Prana Shakti**

□ **Ida Nadi**

- When active; this is called **Manas Shakti**

□ **Prana Shakti**

- Intimately connected with the gross physical body (**Sthula Sharira and Annamaya Kosha**) (food dependant body)
- More subtle than the Annamaya Kosha is the **Pranamaya Kosha** (Kosha means sheath)

□ **Manas Shakti**

- Intimately connected with the subtle Astral body - **Linga Sharira**, and the **Manomaya Kosha** and the **Vigyanamaya Kosha**.

Beyond Ida, Pingala, Sushumna 2

- When the breath is flowing in both nostrils with a perfectly equal flow for an extended period of time (it is said 15 to 30 days) it is a prior indication that you should prepare for the awakening of **Sushumna Nadi** and **Kundalini Shakti**.
- The **Sushumna Nadi** “only” grants the access pathway to the **Chakras**.
- As the **Kundalini Shakti** rises through the Chakras it (your awareness) passes through the all of the four Kosha's (body sheaths) mentioned, and finally it enters the **Karana Sharira** (the **Causal Body**), and the **Anandamaya Kosha**. (Ananda means Bliss)

The Chakra Network in Your Body

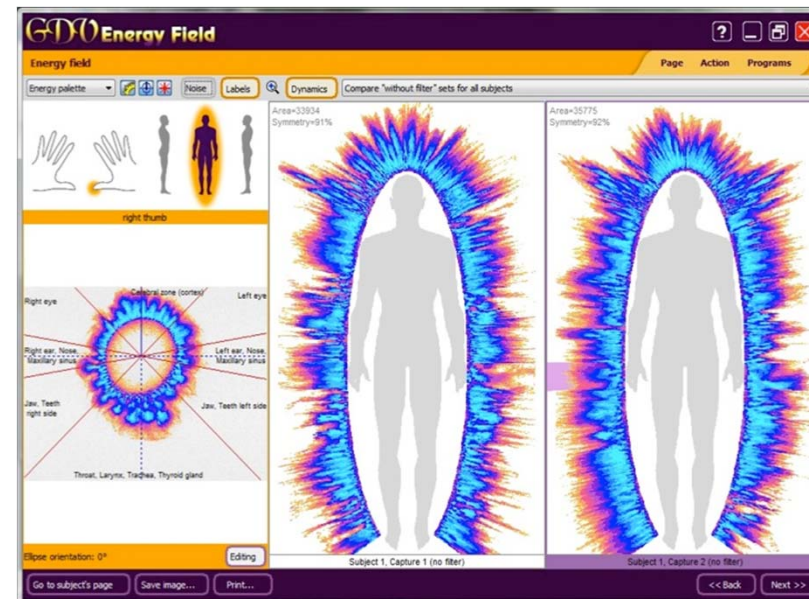


The Kundalini Research Project

□ The Kundalini Research Project (KRP)



Our research facility at the UNESCO Chair World Peace Centre since 1998



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