

WALDZELL

I N S T I T U T E

Kundalini Yoga – The Key to Personal Excellence

A SCIENCE OF REALITY

The effects of Kundalini Yoga are proven by a number of scientific research studies. The applied technologies are concentrated in Kriyas. A Kriya is a sequence of postures (Asanas), combined with hand positions (Mudras), concentration of the eyes (Dhristi), specific breathing techniques (Pranayama) and certain frequencies of sound (Mantra), assembled into a single permutation and combination to stimulate the physical, mental and energetic systems. It is a complete action with accurate execution times, pauses and relaxations to allow a certain predictable and desired state of consciousness.

The impact on the body to stimulate the electromagnetic field is accompanied by a decisive operation of the subconscious. The action of the Kriya penetrates the subconscious to remove the blocks that keep us from relating to reality as it is. On a mental level, it educates the neurons to find new associative paths, unraveling old habitual patterns, opening up new opportunities and scenarios, thus preparing the mind to see as possible something it previously didn't believe.

Kundalini Yoga combines the functional and impersonal minds to interact in certain proportions to experience new mental habits, appropriate for every kind of need, task and situation. The perceptive and creative activity is improved and refined with the meditations and the vibration of the applied sound current, stimulating the hypothalamus, thalamus and frontal lobe, responsible for the development of our Self Sensory System.

In each technique, directly and indirectly, the Kundalini energy, which is dormant in every human being, is stimulated to awaken and ascend. This gives clarity, awareness and magnitude to understand the reality of ourselves and of others, and to perceive the consequences of our intentions, words and actions. This acceleration in awareness and pace of change and renewal are supported by the active cooperation of a strong nervous and glandular system. All other body systems are monitored, managed and regulated, so that health and vitality prevail.