Excerpts from The Aquarian Teacher: Vitality and Stress KRI Level 2 Manual

"Kundalini Yoga is simply the uncoiling of yourself to find your potential and your vitality and to reach your virtues. There is nothing outside, everything is you. You are the storehouse of your totality." —Yogi Bhajan

Yogi Bhajan thought of vitality as a property of our being; a quality of our spirit. It is not so much something that we acquire or possess, but rather a gift that is always within us which we can accept, nurture, and release. Vitality is expressed in our flow of life and in our intuitive sense that guides us to act with integrity, innocence, and kindness.

**Many of the kriyas and meditations that Yogi Bhajan gave for increased vitality gradually build energy within our system, circulate the energy we already have, or release the blocks keeping us from our own energy. The goal is to use the energy that is always naturally with us. Vitality is a universal gift of consciousness, caliber, and strength.**

Yogi Bhajan often said that we could revitalize ourselves in as little as 15 or 20 minutes. Because vitality is an innate part of our being, we can do certain simple things for a very short time and have a profound effect. If there is a dam with miles of water locked up behind it, all we have to do is open the gate. That rush of water clears every obstacle before it, making a way for the streams to flow and for growth to come to the thirsty lands awaiting it.

Each of us wants to awaken vitality, recognize and release stress, and master relaxation. Stress is a "constraining force or influence." **Yogi Bhajan would say we experience stress or strain when our inner resources are insufficient or blocked and so we cannot respond to challenges effectively.** Sometimes under stress, we maintain an effective consciousness and act from a place of vitality and applied intelligence. At other times the stressors become so heavy that we often act at odds with our self.

How do we recognize stress and vitality in our self and in our behavior? We act very differently in different circumstances and with different people. Yogi Bhajan emphasized that 85% or more of our behavior is automatic and determined by our environment. Our physical body acts according to the dominant emotions, threats, opportunities, and expectations in that particular circumstance.

We are literally shape shifters! Our body is so cooperative and sensitive that we change in milliseconds. Our faces change, our movements and walk change, our speed of action changes, how our eyes scan the world around us changes. All those changes can be sensed immediately by others on the subconscious level.

**Our hormones and neurotransmitters generate complex cascades of chemistry that establish a matrix of constant communication between all of our cells.**

The vision of vitality as conceived by the yogi and the scientist converge as we observe this somatic intelligence and sensitivity which forms a profound matrix of communication and interaction between every cell, organ, and system of the body. This is what Yogi Bhajan meant when he said **our conscious experience is based in oceanic waves of chemicals and subtle electromagnetic connections.** In yoga we call this Ang Sang Wahe Guru. Each cell is a living potential and intelligence. Yogi Bhajan calls this our "30 trillion intelligences" that communicate, compute, and act.

When we experience our maximum vitality all these waves of communication, emotions, feelings, and responses flow smoothly and freely, coordinating all of our functions from the individual cell to a complex problem-solving thought wave. When this happens naturally and unimpeded, we are our most present and our presence is most potent.

We do not restrict life, we embrace everything that we feel, and we act spontaneously without distraction or over-thinking. Our auras are bright, extended, symmetrical and penetrating. Our chakras are flexible and shift their activity seamlessly in the immediacy of life's flow and our own identity and energy.

Our vitality diminishes when we block our responses to this flood of life. **When emotions are denied, suppressed, or rigidified instead of being processed; when our fears and traumas constrict our natural flow of intelligence; we lose our sense of integrity, within both our body and our personality.** This process often goes unnoticed, dwells in the subconscious, or is simply denied. That is why Kundalini Yoga is about freeing what we already have as much as building further resources and capacities.

**Kundalini Yoga re-establishes the integrity and vitality of our emotional, mental, and physical bodies and closes the gap between our self and what we experience.** Thoughts, feelings, and information flow together to make us alert—to be and express who we are in the moment. This is why a realized yogi is full of vitality! A signature of that vitality is the ability to act consciously conscious and authentic while being emotionally flexible and available to the entire universe of emotions. It is only with this capacity that we can universally engender compassion, kindness, and courage.

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