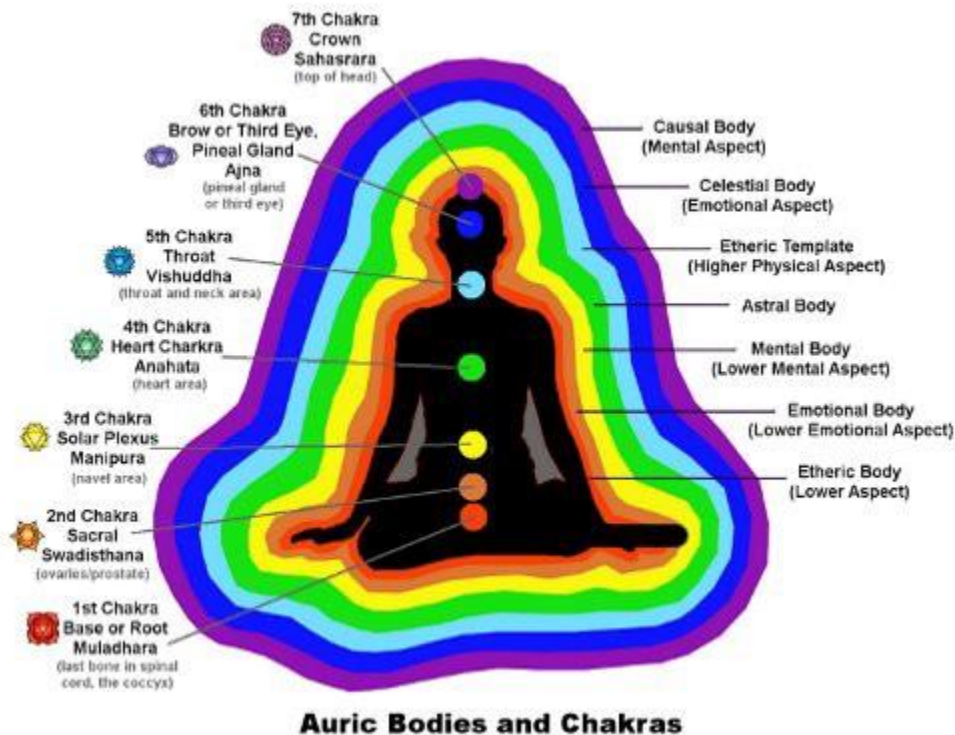


## Bioenergetic Kundalini Breathwork

*"Matter is energy whose vibration has been so lowered as to be perceptible to the senses."* -  
Einstein

The bioenergetic field refers to the electromagnetic field of the human body and the energy that governs all living systems. Oftentimes, you may hear the term **energy medicine** used to describe the practices of chi gong, pranayama, tai chi, reiki, shamanic healing, and any other holistic modality that addresses the healing of the bioenergetic field. The ancients knew the bioenergetic field as the aura.



Just as there are 7 main chakras, there are 7 main layers of the aura. However, note that the extension of the aura ripples out into infinity. Just as the earth's electromagnetic field extends tens of thousands of kilometres into space, and changes depending on celestial movement, the human bioenergetic field also becomes more subtle as it moves away from the physical center of the body.

The study of bioresonance, which has been prominent since the 1870s, with Russian scientist N.E Vedensky spearheading the field, uses machines to measure the frequencies of energy wavelengths coming from the body to diagnose disease. Bioresonance is based on the principle that unhealthy cells emit altered electromagnetic waves from DNA damage. Using electrodes

placed on the skin, bioresonance machines manipulate the body's cells to vibrate at their harmonic frequency, similar to how tuning forks work.

Some of the scientists who have experimented with the frequency of the human bioenergetic field were Royal R. Rife, Fritz A Popp, Harold Burr, Franz Morell, Eric Rasche, Ludger Mersmann. Each exploring various aspects of how the human biofield can be affected through the use of various frequencies to counteract disease.

(<https://explore.scimednet.org/index.php/2016/04/02/the-human-energy-field/>)

Living in the modern world in the last 150 years has brought about more stress on the human bioenergetic field. The field is dampened by environmental pollutants, toxic chemicals, wifi, radio waves, air pollution, pesticides, power lines, electromagnetic radiation, radio fields, etc. This is why people feel so much better in the country away from the city environments because the body gets to return to its natural vibrational frequency, which is in harmony with mother nature. Along with nutrition, homeopathy and the ancient practice of kundalini breathwork is an internal practice that changes the frequency of the auric field.

The following bioenergetic kundalini breathwork exercises are a synthesis of kundalini kriyas and yogic pranayama that I learned in the Himalayas integrated with shamanic wisdom from tuning into Spirit. The origins are ancient and timeless, yet the presentation of it is universal and applicable in a modern sense. Some of the movements were downloaded from Spirit, and not commonly taught. As you practice more and drop into your own inner wisdom and communicate with Source, you will also receive new insights on how to develop and evolve this body of work.

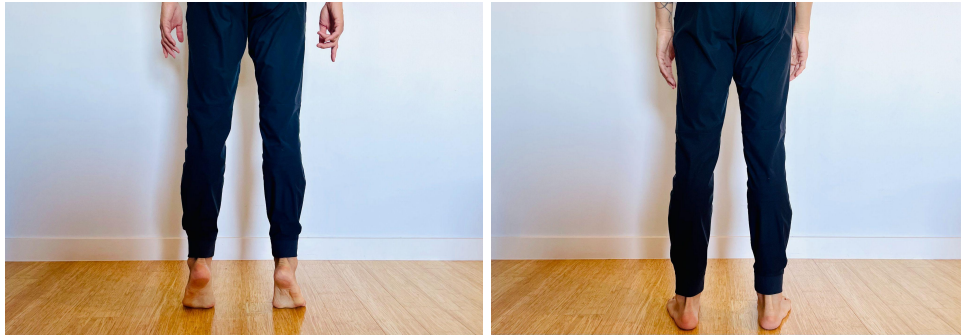
***Below, you'll see a chart of the bioenergetic kundalini breathwork practices. Please watch the video tutorials, and in your notebook, script out the cues of how you would teach these exercises to a private client or a group class. Use the 6 layers of cues.***

## Root Chakra - Releasing

Plie with Prithivi mudra (2-5 minutes)



Heel Pump (3 - 5 minutes)

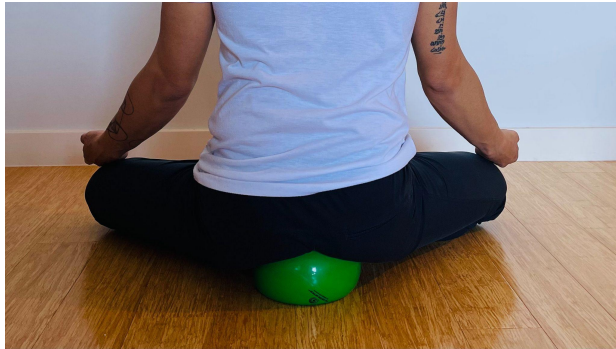


## Root Chakra - Activating

Bridge Pulse (3 - 5 min)



**Pelvic Floor Pulse (1 - 3 rounds)**



**Sacral Chakra - Releasing**

**Trident Breath Buddhi mudra (2-5 minutes)**



**Lunge - Pyramid (1 - 3 min each side)**



**Wide Legged Straddle (2-3 min)**



**Transverse Abdominal Release (1-3 min)**



**Sacral Chakra - Activating**

**Pelvic Thrust (on back) (3 - 5 min)**



**Pelvic Thrust Variation (on forearms) (3 - 5 min)**



**Butterfly with Kali Mudra (3 - 7 min)**



## Solar Plexus Chakra - Releasing

### Plie Twist with Adi Mudra (2 - 5 min)



### Cat/Cow (3 - 5 min)



### Diaphragm Release (1 - 3 min)



## Solar Plexus Chakra - Activating

### Ganesha Twist (Ganesha Mudra) (3 - 5 min)



### Side Bend (3 - 5 min)



### Bicycle (1 - 2 min)





**(Rudra Mudra Meditating)**



**Heart Chakra - Releasing**

**Thymus Tap 1 (2 - 5 min)**



**Chest Release (1 - 3 min)**

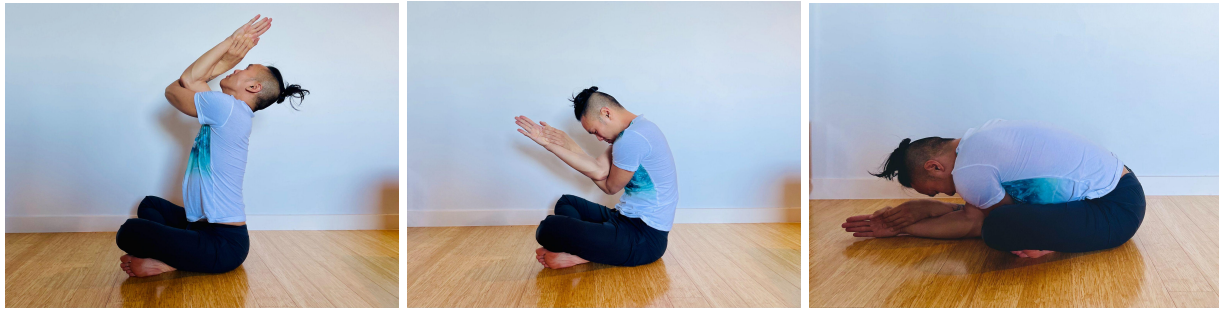


## Heart Chakra - Activating

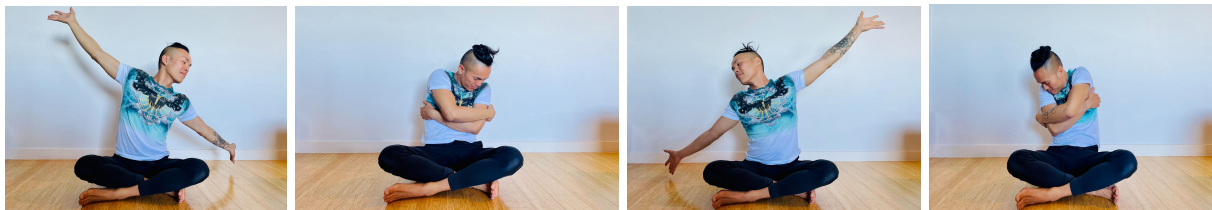
### Cobra Lift (2 - 5 min)



### Eagle Arms (3 - 5 min)



### Eagle Hug (2 - 5 min)



### Thymus Tap 2 (MA mantra) (5 - 7 min)

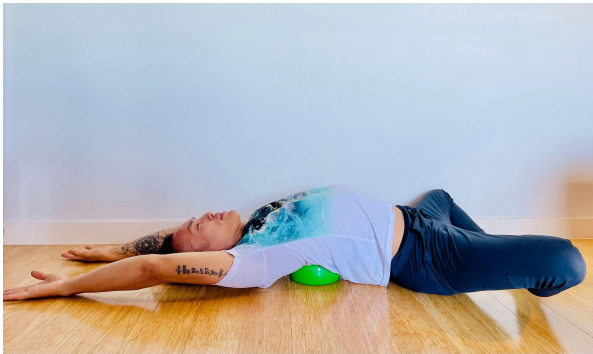


## Throat Chakra - Releasing

### Jaw Release (1 - 3 min)



### Yawning Goddess (3 - 5 min)



## Throat Chakra - Activating

### Shoulder Stand (3 - 5 min)



### Lion's Breath (1 - 3 min)

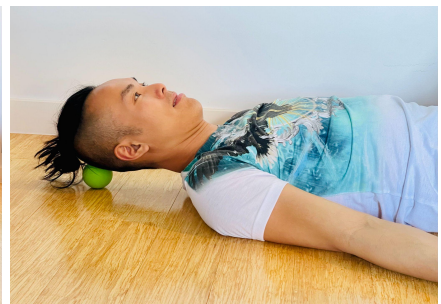
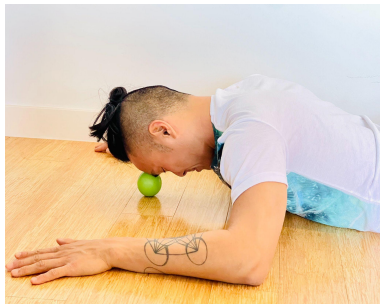


### Throat Cleanse with Mukula Mudra (1 - 3 min)



### Third Eye Chakra - Releasing

#### Brow, Temple & Bindu Release (1 - 3 min each section)



**Brow Tap (2 - 5 min)**

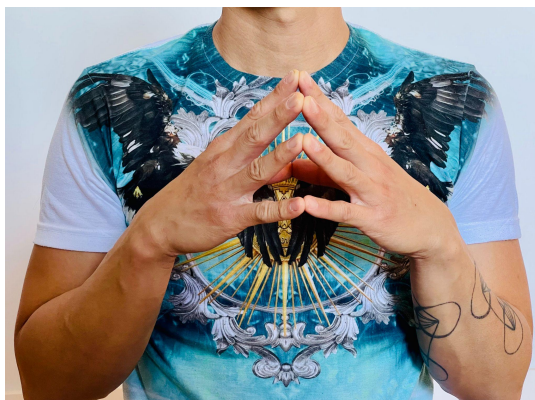


**Third Eye Chakra - Activating**

**Ear Pull with Yawning (2 - 5 min)**



**Hakini Mudra (tapping followed by meditation)**



## Crown Chakra - Releasing

### Crown Tap (2 - 5 min)

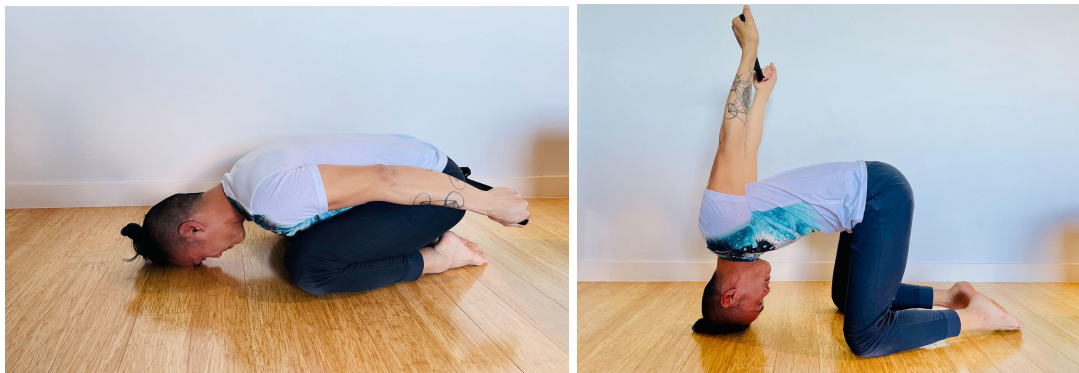


### Crystal Arrow (3 - 5 min)

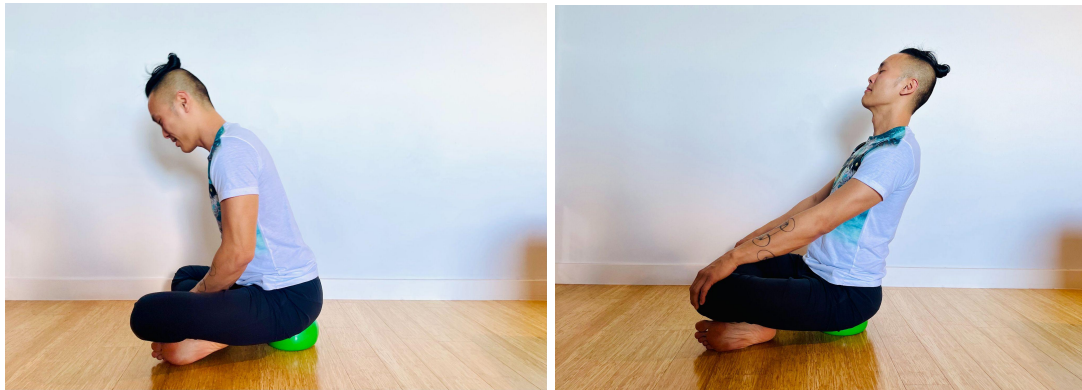


## Crown Chakra - Activating

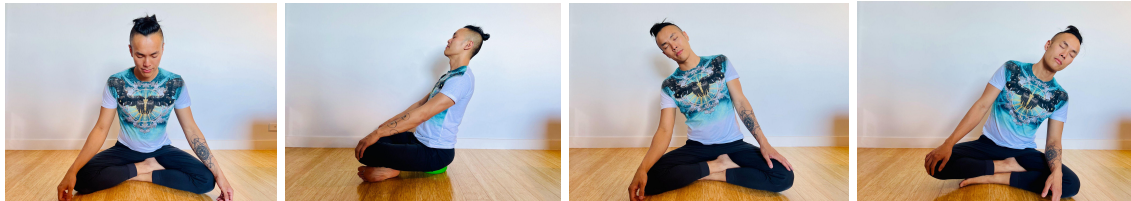
### Yoga Seal (Upavistha Yoga Mudra) (2 - 5 min)



**Spinal Rock (3 - 10+ min)**



**Spinal Spiral (3 - 10+ min)**



**Balancing Scales (Pushan Mudra) (3 min +)**

