

HABITUATION CURRICULUM

Kundalini Yoga To Treat Addictions and
Compulsive Behavior

by Santhika Retreat Center, Bali



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HABITUATION CURRICULUM KY to treat addictions and compulsive behavior



Disclaimer



These sets of exercises and meditations, with their titles, comments and claims have been chosen according to recommendations, based on teaching of Yogi Bhajan ©. They are not offered in substitution for medical advice or treatment. Best results will be obtained by exercising common sense and body awareness in the practice of yoga, and supplementing it with a regular exercise program.

If you have any injuries, chronic disease, or current illnesses, ask advice from your doctor about restrictions for practice.

Follow your sensations and apply efforts without harming your body and psych.



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1. Restraining Compulsive Eating

At the time that compulsive eating affects you, sit in easy pose with a straight spine. Block the right nostril with the thumb of the right hand. Deeply inhale through your left nostril, hold the breath in to your capacity. Then exhale through the left nostril and hold the breath out for the same amount of time as you held it in. Continue in this way for 31 minutes.



Ninety days of practicing this breath technique for 31 minutes per day can take care of most chronic cases. But don't exaggerate. It should be long, deep breathing through the left nostril without pressure on the diaphragm. It makes the initial hemisphere of the left side of the brain to take command and project itself against the impulse that "I must go and eat".



2. Ganesha Meditation

 How to practice this meditation is demonstrated in a video class “Kundalini Yoga for Compulsive Behavior.” <https://youtu.be/Q8riHJC6Sqq>

Make a fist with your left hand, but extend the thumb and pinkie. Then grab your left pinkie with your right hand, also in a fist.

Take the left thumb and push it into the notch at the top of your nose. Close your eyes and breathe long and deeply through your nose for 3 minutes.

This is a great exercise to do “when you want to change the page” on the way your day is going and start things over.



3. Gan Puttee Kriya

 How to practice this meditation is demonstrated in a video class “Kundalini Yoga for Compulsive Behavior.” <https://youtu.be/Q8rjHJC6Sqq>

Sit cross-legged, with your hands in the classic meditation posture known as Gyan Mudra. You will touch each fingertip with your thumb as you chant a mantra, starting with the index finger, then middle, then ring, then pinkie. You chant one syllable per finger, and so you repeat the finger sequence 3 times per repetition of the mantra.

The mantra is

“Sa Ta Na Ma”

“Ra Ma Da Sa”

“Sa Say So Hung”

Eyes are closed, and you keep your navel tight and your back straight throughout. Do this for eleven minutes. You can gradually build your time to 31 minutes.



4. Medical Meditation for Habituation. Variation 1

 How to practice this meditation is demonstrated in a video class “Kundalini Yoga for Compulsive Behavior.” <https://youtu.be/Q8riHJC6Saq>

Sit in a comfortable pose. Straighten the spine and make sure the first six lower vertebrae are locked forward. Make fists of both hands and extend the thumbs straight. Place the thumbs on the temples and find the niche where the thumbs just fit. This is the lower anterior portion of the frontal bone above the temporal-sphenoidal suture.

Lock the back molars together and keep the lips closed. Vibrate the jaw muscles by alternating the pressure on the molars. A muscles will move in rhythm under the thumbs. Feel it massage the thumbs and apply a firm pressure with the hands.

Keep the eyes closed and look toward the center of the eyes at the brow point. Silently vibrate the five primal sounds , “SA TA NA MA” at the brow. Continue 5 to 7 minutes. With practice the time can be extended to 20 minutes and ultimately to 31 minutes.





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Comments: This meditation is one of a class meditations that will become well-known to the future medical society. Meditation will be used to alleviate all kinds of mental and physical afflictions, but it may be as many as 500 years before the new medical science will understand the effects of this kind of meditation well enough to delineate all its parameters in measurable factors.

The pressure exerted by the thumbs triggers a rhythmic reflex current into the central brain. This current activates the brain area directly underneath the stem of the pineal gland. It is an imbalance in this area that makes mental and physical addictions seemingly unbreakable.

In modern culture, the imbalance is pandemic. If we are not addicted to smoking, eating, drinking or drugs, then we are addicted subconsciously to acceptance, advancement, rejection, emotional love etc. All these lead us to insecure and neurotic behavior patterns.

The imbalance in this pineal are upsets the radiance of the pineal gland itself. It is this pulsating radiance that regulates the pituitary gland. Since the pituitary regulates the rest of the glandular system, the entire body and mind go out of balance. This meditation corrects the problem. It is excellent for everyone but particularly effective for rehabilitation efforts in drug dependence, mental illness, and phobic conditions.





5. Medical Meditation for Habituation. Variation 2

Sit with a straight spine, especially pushing the lower 6 vertebrae forward. Make fists, extending thumbs straight out and place them on the temples. Lock molars and rhythmically press them feeling it on the thumbs and chanting

Sa Ta Na Ma

Looking to the 3rd Eye and feeling the mantra there. Continue for 3-7 minutes gradually extending the time to 20-31 minutes.

Then place hands in Gyan Mudra and follow with 3 repetitions of

Ad Gurey Nameh

Jugad Gurey Nameh

Sat Gurey Nameh

Siri Guru Devey Nameh

for comfort and protection.

Comments: Thumb pressure triggers reflex current into the central brain, and activates the brain area under the stem of the Pineal Gland. It is an imbalance in this area that makes physical and mental addictions seem unbreakable. This imbalance alters radiance in the Pineal Gland, which regulates the Pituitary Gland. Particularly effective for drug dependence, mental illness and phobic conditions, it is also effective in tobacco, coffee, sugar and alcohol habits.



6. Breathing Exercise to Stop Smoking

“When you feel the urge to smoke, inhale and hold your breath. So by replacing nicotine with oxygen in a week or two, you will be free of it.”
... “You need your strength. You need to develop your breathing. You should be able to control your breathing. Breathe how you want and where you want. Shallow breathing is the main human problem.” Yogi Bhajan

Technique: 20 sec - inhale, 20 sec – hold on inhalation, 20 sec – exhale, repeat the entire cycle.

7. Meditation for Treating Impulsive Behavior

Part 1.

Mudra: Stretch the arms straight out in front, arms parallel to the ground, no bend in the elbow, right palm flat and face up, left palm flat and face down. Sit very straight, and hold your shoulders tight, to get the correct experience.

Eyes are closed.

Inhale, and in one breath, chant out loud in a monotone:

“Wa-hay Guru, Wa-hay Guru, Wa-hay Guru, Wa-hay Gee-oh”.

Keep repeating this, once per breath, for 18 minutes.

Comments/Effects: The arms have to be absolutely straight. Keep the shoulders held tight and the spine very straight, otherwise the nervous system will crunch it.



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Part 2.

Mudra: Place your hands flat against your chest, right over left.

Continue chanting in a wisper:

“Wa-hay Guru, Wa-hay Guru, Wa-hay Guru, Wa-hay Gee-oh”.

Time: 1 minute total.

To end the exercise, inhale and hold the breath as you tighten every muscle in the body. Make a circle with the lips and explosively blow out all the air as you relax all the muscles. Then repeat this two more times.



8. Kirtan Kriya

Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and in the refinement of sensation and insight it produces. It is a science in the tested certainty of the results each technique produces. Meditations have coded actions to their reactions in the psyche. Through this constant practice, the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation.

📺 Use Video guidance "Kirtan Kriya". <https://youtu.be/obvYQNkMd1Q>

Pose: Sit straight in Easy Pose.



Eyes: Meditate at the Brow Point.

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Mantra: Saa – Taa – Naa – Maa

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This mantra contains five primal sounds (panj shabd): S, T, N, M, A, in the original word form:

- SAA: Infinity, cosmos, beginning
- TAA: Life, existence
- NAA: Death, change, transformation
- MAA: Rebirth

Each repetition of the entire mantra takes 3 to 4 seconds.

This is the cycle of Creation. From the Infinite comes life and individual existence. From life comes death or change. From death comes the rebirth of consciousness to the joy of the Infinite through which compassion leads back to life.

Mudra: This mantra can be done in many different mudras. Most common is to begin in Gyan Mudra. The elbows are straight while chanting, and the mudra changes as each fingertip touches in turn the tip of the thumb with firm pressure.

SAA,
touch the first (Jupiter) finger



TAA,
touch the second (Saturn) finger



NAA,
touch the third (Sun) finger



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MAA,
touch the fourth (Mercury) finger



Each time the mudra is closed by joining the thumb with a finger, the ego “seals” the effect of that mudra in the consciousness. The effects are as follows:

- 1st finger: Gyan Mudra Knowledge
- 2nd finger: Shuni Mudra Wisdom, intelligence, patience
- 3rd finger: Surya Mudra Vitality, energy of life
- 4th finger: Buddhi Mudra Ability to communicate

This meditation brings a total mental balance to the individual psyche. Vibrating on each fingertip alternates the electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electromagnetic projection of the aura.

We will chant in three languages of consciousness:

- *Human*: normal or loud voice (the world)
- *Lovers*: strong whisper (longing to belong)
- *Divine*: mentally; silent (Infinity)

Time: you can practice this kriya 11 or 31 min

- 🎵 Use Audio “[Kirtan Kriya 11](#)” for 11 min meditation.
- 🎵 Use Audio “[Kirtan Kriya 31](#)” for 31 min meditation.

1. Begin the kriya in a normal voice for 2 / 5 minutes;
2. then whisper for 2 / 5 minutes;
3. then go deep into the sound, vibrating silently for 4 / 10 minutes;
4. then come back to a whisper for 2 / 5 minutes;
5. then aloud for 2 / 5 minutes.



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This sequence will take 10 / 30 minutes. Follow with one 1 minute of stretching the arms over your head and spreading the fingers wide, shaking them out, circulating the energy, inhaling and exhaling 3 times. Relax.