

Chapter 6

ANGLES & TRIANGLES

Yoga is a science of angles and triangles.

—YOGI BHAJAN



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“Yoga is a science of angles and triangles.”

This is the first thing I ever learned from Yogi Bhajan. Why is this important? The Earth's core is as hot as the surface of the Sun, and around it there is a huge inner sphere of iron which forms a magnetic field. As the Earth rotates it generates an electromagnetic field which ultimately runs all life on Earth. In Kundalini Yoga the angles and triangles of the limbs are very specific as our arms and legs act as antennae. Moving the limbs through our electromagnetic field powerfully affects all ten bodies, especially the aura and arcline.

Each of the ten human bodies is significantly interactive with the others. They must all go through the circuit of the mind to coordinate, and all are dependent on one thing – *prana*. Prana is the life force which charges the molecules and cells of our body.²

Within each molecule a tremendous amount of activity occurs between electrons and protons and this constitutes our magnetic field or magnetic psyche. We each have a magnetic psyche and we live under a magnetic field. Kundalini Yoga enables us to control our magnetic psyche so we can have strength of mind and body and a clear identity of self. We can change our reality by practicing yoga to create a direct relationship between the finite and Infinity.³

The beauty of Kundalini Yoga is that it is a technique to move the psyche through a physical action.

– YOGI BHAJAN

There are three celestial bodies that influence the human body: the Earth, the Sun and the moon. They exert their influence through their electromagnetic fields and their tidal effects and solar winds. It is fascinating to realize that over 5,000 years ago, mankind understood these forces well enough to develop a sophisticated system of yoga to utilize these energies to create maximal functioning in human beings.

The electromagnetic fields of the Earth and Sun communicate and affect our energy levels daily. The psyche of the Earth changes during the ambrosial hours when the magnetic strength of the day begins. You change from subtle to active in preparation for the day's activities from 3:00 am to 6:00 am; from 6:00 am to 3:00 pm your activity continues; and from 3:00 pm to 6:00 pm you and every living thing on Earth begins to slow down.⁴

Kundalini Yoga moves energy through the body by capturing the pranic electromagnetic force via breath techniques in which the lungs and pranic body interact. This strengthens the electromagnetic field around us, i.e. our aura and arcline, which creates a vibrant physical body. Auric changes affect the mind and arcline, while arcline changes affect the soul and subtle body. These changes also improve the way we think, communicate and perceive life, by impacting the focus of our thoughts, or what the yogis and mystics call our awareness.

As human beings we have fiber, we have an electromagnetic field, we have emotions, we have feelings – it's a circuitry of life. It's a dance of ten trillion cells and the beauty of it is that we are dancing in such harmony.

– YOGI BHAJAN

Each cell within our body is alive with a perceptive intelligence called *cell-to-cell*

THE RADIANT BODY

10th Body

As much you say to me you love me, if you just say to yourself you love yourself, you know what will happen? I will be around you all the time because your radiant body will be so radiant.

– YOGI BHAJAN



THE RADIANT BODY KRIYA FOR COURAGE

Throughout the kriya, concentrate at the Third Eye point with your eyes closed, and do long, deep breathing for 1-3 minutes, unless otherwise specified.



1

Sit in Easy Pose and bring your arms up with your elbows bent. Keep the upper arms parallel to the floor and the forearms perpendicular to the floor. Bend the wrists so that your palms are flat facing upwards, fingers pointing out.

2

Sit in Easy Pose with your hands in Prayer Pose at the center of your chest.



3

Sufi Grind. Sit in Easy Pose with your hands on your knees. Begin circling your torso from the base in one direction, keeping your spine straight. Feel the maximum stretch at the heart level. Inhale as you rotate forward, exhale as you rotate back. Change directions halfway through. To end, inhale, straighten the spine and apply Mulbandh; exhale and relax.



4

Come onto your hands and knees. Lift the left leg until you can grab your left ankle with your right hand. Pulling with the left leg let the right arm act as a lever to stretch the shoulder and open the chest. Holding the position do Breath of Fire. Switch legs and repeat with opposite arms and legs.