

Breath of Fire

One of the most common breathing techniques you will practice in Kundalini Yoga is Breath of Fire or Agni Pran. This foundational breathing technique is used during exercises as well as meditation.

What is Breath of Fire?

Breath of Fire is a rapid, rhythmic, and continuous breath that lasts approximately 2-3 cycles per second. The inhale and the exhale are of equal length, with no pause between them. It is practiced through the nostrils with a closed mouth, unless described otherwise in the kriya instructions.

How to Practice Breath of Fire?

Head over to our Deep Dive article on Breath of Fire to learn how to practice this breathing technique safely.

[Read More Here ->](#)

Buddha Mudra

Mudra of Enlightenment

Effects of Buddha Mudra:

Buddha Mudra, also known as the Gesture of Enlightenment, has profound calming and centering effects. This mudra is

traditionally used to promote inner peace and mental clarity, helping practitioners achieve a deeper state of meditation. By balancing the mind and grounding the body, Buddha Mudra facilitates a connection to inner wisdom and spiritual awakening.

How to do Buddha Mudra:

- To work on the male polarity: rest the left palm face-up in the lap with the right hand palm-up on top of it and finally touch the tip of the thumbs together.
- To work on the female polarity: rest the right palm face-up in the lap with the left hand palm-up on top of it and finally touch the tip of the thumbs together.



Buddhi

The component of the mind which perceives reality, discriminates and classifies the impressions which the manas receives. The intellect or higher mind, responsible for discernment and wisdom.

Buddhi Mudra

Mudra of Mental Clarity

Effects of Buddhi Mudra:

Practicing Buddhi Mudra opens the capacity for clear and intuitive communication and stimulates psychic development. The little finger, which is used in this mudra, is associated with Mercury. Mercury symbolizes quickness, mental agility, and the power of communication. By incorporating Buddhi Mudra into your practice, you can enhance your ability to express yourself clearly and tap into your intuitive and psychic abilities.

How to do Buddhi Mudra:

1. Touch the tip of the thumb with the tip of the little finger.
2. Rest your hands on your knees or thighs, with the palms facing upward. Ensure that your arms are relaxed and not strained



Chakra

Chakras are believed to be energy centers or vortices within the subtle body according to Indian spiritual traditions, including yoga, tantra, and Ayurveda. The term “chakra” comes from Sanskrit and means “wheel” or “disk.” These energy centers are thought to be connected by channels called nadis, through which life force energy (prana) flows.

Chatra Chakra Vartee

Transliteration

Chatr chakr vartee

Chatr chakr bhugatay

Suyambhav subhang

Sarabadaa sarab jugatay

Dukaalang pranaasee

Di-aalang saroopay

Sadaa ang sangay

Abhangang bibhootay

Meaning

In all four directions, you are dominant

In all four directions, you are joyful.

You are self enlightened and united with all.

Destroyer of evil times, embodiment of godliness.

You are always within us

Thou art the eternal giver of indestructible power

Effect

These are the last four lines of the Jaap Sahib of Guru Gobind Singh. This mantra eliminates fear, anxiety, depression, phobias, and gives victory. It infuses courage and fearlessness to the fiber of every person. It gives Saahibi -

control over one's domain-, self-command and self-grace.
Recite this when your position is in danger, when your power
of authority is weak.

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Chitta

Chitta is a term from Indian philosophy, particularly in the context of yoga and Vedanta, that refers to the mind stuff or the mind-field, sometimes also called The Universal Mind. It is considered one of the four aspects of the inner instrument (Antahkarana) according to yoga philosophy, along with Manas (mind), Buddhi (intellect), and Ahamkara (ego).

Chitta Vritti

The fluctuations or modifications of the mind, which yoga seeks to still.

Darshani Mantra

This is a visual method of meditation. You mentally project the mantra on an inner screen and concentrate on it as it passes across the screen.

Dhan Dhan Ram Das Guru

Transliteration

Dhan dhan Ram Das Gur
Llini siria tine savaria
Puri joi karamat
Ap sirallanajare dharia
Siki ate sangati
Parbram kar namasakaria
Atal Athajo atol tu
Tera ant na paravaria
Llini tu sevia bao kar
Se tud par utaria
Lab lob kam krod moja
Mar kadhe tud saparvaria
Dhan so tera tan je
Sach tera peskaria
Nanak tu Lena tu je
Gur Amar tu vicharia
Gur dita ta man sadaria II 7 II

Meaning

Praise to Ram Das Guru
To the One who created you, who established you
You are the miracle!
The Creator has installed you on a throne
Your Sikhs and all conscious people prostrate themselves
before you
Because you manifest God
Thou art unalterable, unfathomable immeasurable

Thy limit cannot be perceived
Those who serve you with love are carried across the sea of
existence
The five hindrances (greed, attachment, lust, anger, ego)
cannot exist where thou art
The kingdom you rule is the true place
True is thy glory
Thou art Nanak, Angad and Amar Das the Guru
Oh, when I recognized you, my soul was comforted!

Effect

This Shabd extends to the realm of miracles. The impossible becomes possible. When life seems to be stagnant, praise the domain of Guru Ram Das, the realm of true Reality. It is the realm of the heart of the neutral mind, where all things become pure.

Dharana

In the context of yoga and meditation, Dharana is defined as the practice of concentration or single-pointed focus. It involves consistent penetration of thought, consistent projectivity, and holding the mind within a center of consciousness or on an object. Dharana is considered an essential step in the path of yoga, leading to deeper states of meditation and ultimately, enlightenment.

Dharma

Dharma is a multifaceted term in Indian philosophy and religion, encompassing righteousness, moral duty, universal law, and spiritual teachings. It represents the moral order of the universe and the ethical duties of individuals, guiding them to live in accordance with principles of truth and righteousness. In Hinduism, Dharma includes personal responsibilities based on one's role in society, while in Buddhism, it refers to the teachings of the Buddha leading to enlightenment. Dharma also signifies the ultimate reality or truth and encompasses the religious practices in Jainism that emphasize non-violence, truth, and non-possessiveness. Living in accordance with Dharma brings harmony and balance, fosters spiritual growth, and provides a moral foundation for ethical decisions.

Dharti Hai

Transliteration

Dharti Hai

Akash Hai

Guru Ram Das Hai

Meaning

Dharti Hai – The Earth Is

Akash Hai – The Ethers Are

Guru Ram Das Hai – Gur Ram Das Is

Effect

This mantra connects the earth and the ethers and projects them from the heart. It is a mantra to be used with visualization. It makes you more grounded, calls on your higher self, keeps you humble and active in your new purposes. It brings prosperity and opportunities your way.

Dhyana

Dhyana, in the context of yoga and Indian philosophy, refers to the practice of meditation and is one of the eight limbs of yoga as described by Patanjali in the Yoga Sutras. It involves deep, uninterrupted concentration where the mind becomes completely absorbed in the object of focus, leading to a state of profound inner stillness and awareness. Dhyana is characterized by a deep merger into the object of concentration, causing a flow of thought waves that are uninterrupted and continuous. The meditator remains aware of the thoughts but is not involved with them, allowing for an unbroken flow of awareness. This practice goes beyond Dharana (concentration) by maintaining this focused attention effortlessly, fostering inner peace, clarity, and self-realization, and is essential for achieving higher states of consciousness and spiritual enlightenment.

Drishti

A focused gaze used during meditation or asana practice to enhance concentration.