

Jappa

Jappa literally means “to repeat” and is the practice of repetitive recitation or chanting of a mantra, name, or divine phrase, often aloud, to develop the power of simran (remembrance of the divine). Jappa can be performed aloud, whispered, or silently in the mind, and is used as a form of meditation to focus the mind, cultivate inner peace, and connect with the divine. By continuously repeating the mantra, practitioners aim to transcend ordinary thought patterns, purify the mind, and achieve deeper states of spiritual awareness and devotion.

Jnana Yoga

It is one of the traditional paths to spiritual realization, emphasizing the pursuit of knowledge, understanding, and insight into the nature of reality and the self. Practitioners of Jnana Yoga seek to transcend ignorance and delusion through self-inquiry, contemplation, and the study of sacred texts such as the Upanishads and the Bhagavad Gita. The goal of Jnana Yoga is to realize the true nature of the self (Atman) and its identity with the ultimate reality (Brahman), leading to liberation (moksha) from the cycle of birth and death (samsara).

Kal Akal

Transliteration

Kal Akal Siri Kal
Maha Akal
Akal Moorat
Waheguru

Meaning

Kal: Death
Akal: Without death
Siri Kal: Great death
Maha Akal: Great beyond death
Akal Murat: Never dies

Effect

This mantra can protect and eliminate any negativity. There is no defense against this mantra. It captures negativity and seals it. It can also erase the shadow of death.

Karma

Karma refers to the law of cause and effect governing all actions and their consequences. According to this belief, every action, whether physical, mental, or verbal, has a corresponding effect on the individual's future. Good actions lead to positive outcomes, while bad actions lead to negative consequences, shaping the individual's destiny and influencing

their future lives through the cycle of birth, death, and rebirth (samsara). Karma is not just about individual actions but also includes the intentions, attitudes, and consequences of those actions, emphasizing personal responsibility and the importance of ethical behavior.

Karma Yoga

Karma Yoga is the path of selfless action and service in Hindu philosophy and yoga. It is one of the traditional paths to spiritual realization, emphasizing the performance of duties and actions without attachment to the results. Practitioners of Karma Yoga seek to overcome selfish desires and ego by dedicating their actions to a higher purpose or to the service of others. The goal of Karma Yoga is to attain spiritual liberation (moksha) by purifying the mind and cultivating a sense of detachment and equanimity towards the fruits of one's actions.

Kauree Kriya

Transliteration

Saa Re Gaa Maa Paa Dhaa Nee,
Saa Taa Naa Maa Raa Maa Daa Saa,
Saa Se So Hung

Meaning

Sa Re Ga Ma Pa Da Ni Sa: Musical scale

Sa Ta Na Ma: Birth, Life, Death, Rebirth; the Panj Shabad or the five primal sounds.

Ra: Sun

Ma: Moon

Da: Earth

Sa: Impersonal infinity

Sa Say: Totality of infinity

So: Personal sense of merging and identity

Jong: Infinite and real vibration (So Jong: I Am You)

Effect

This mantra is regularly used in Kauri Kriya, a meditation in which the mantra is chanted in an ascending musical scale. It aligns the chakras, raises the Kundalini, and activates healing energy.

Kirtan

Devotional singing or chanting, often performed in a call-and-response style.

Knot of Brahman

The first energetic knot in the subtle body, located at the base of the spine, associated with the root chakra

(Muladhara). It represents obstacles related to physical survival and primal instincts.

Knot of Shiva

The third energetic knot, located at the area of the third eye, associated with the third eye chakra (Ajna). It represents mental and intellectual blockages and the challenge of overcoming illusion and duality to achieve higher consciousness.

Knot of Vishnu

The second energetic knot, located at the heart center, associated with the heart chakra (Anahata). It represents emotional attachments and difficulties in transcending ego and desires.

Kosha

Kosha is a Sanskrit term meaning “sheath” or “layer.” In yoga philosophy, koshas refer to the five layers of the human being, each representing different aspects of existence from the physical to the spiritual. These layers are believed to surround the true self or Atman, and include the physical body (Annamaya Kosha), the energetic body (Pranamaya Kosha), the

mental body (Manomaya Kosha), the wisdom body (Vijnanamaya Kosha), and the bliss body (Anandamaya Kosha). The understanding of koshas helps practitioners realize the holistic nature of the self and guides them towards self-realization and spiritual growth.

Ksepana Mudra

Effects of Ksepana Mudra:

Ksepana Mudra, the Gesture of Release, targets the heart and sacral chakras, as well as the air and water elements. This mudra helps expel negativity, stress, and tension, promoting emotional cleansing and balance. By practicing Ksepana Mudra, you can create space for positivity and rejuvenation, leading to a lighter and clearer state of being.

How to do Ksepana Mudra:

- Interlace the four fingers on each hand, wrap one thumb over the other, extend the left index finger and the right together, and hold in front of the body.



Kundalini

Kundalini is a Sanskrit term that refers to the dormant spiritual energy believed to be coiled at the base of the spine. In yoga and tantra traditions, Kundalini is seen as a potential force that, when awakened, rises through the energy centers or chakras along the spine, leading to spiritual enlightenment. The awakening of Kundalini is said to result in a profound transformation of consciousness, unlocking higher states of awareness, creativity, and spiritual insight. The practice of Kundalini yoga aims to awaken and channel this powerful energy through various techniques such as asana, pranayama, mantra, and meditation.

Kundalini Surji

Transliteration

Kundalini surjhee satsangat,
paramanand guru mukh macha.

Jinho baat nischal dhru jaanee,
tayee jeev kaal tay bacha.

Tin tario samundar rudar khin ek meh,
jalahaar bimb jugat jag rachaa.

Siri guru sahib sabh upaar,
man bach karam sayveeai sacha

Meaning

Those who realize the Eternal, Unchanging Word of God, like Dhroo, are immune to death.

They cross over the terrifying world-ocean in an instant; the Lord created the world like a bubble of water.

The Kundalini rises in the Sat Sangat, the True Congregation; through the Word of the Guru, they enjoy the Lord of Supreme Bliss.

The Supreme Guru is the Lord and Master over all; so serve the True Guru, in thought, word and deed.

Effect

Kundalini Surjhee shabd is from the scripts of Guru Ram Das. This recitation gives the practitioner an understanding of the flow of the Kundalini Energy and has a rejuvenating effect on the body through toning the inner organs.

Laya Yoga

Laya Yoga is a form of yoga that focuses on the dissolution or merging of individual consciousness with the universal consciousness. It emphasizes the awakening and ascent of Kundalini energy through the chakras, leading to spiritual enlightenment. Laya Yoga involves practices such as mantra chanting, meditation, visualization, and breath control to awaken and raise the Kundalini energy from its dormant state at the base of the spine to the crown chakra at the top of the head. The goal of Laya Yoga is to transcend the limitations of the individual ego and experience oneness with the divine.

Maha Bandha

The Great Lock

Maha Bandha, also known as The Great Lock, is created when you apply simultaneously Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha. Maha bandha is central to Kundalini Yoga as its main purpose is to awaken Kundalini Energy. This is done by uniting Prana Vayu with Apana Vayu, and sparking the awakening of the Kundalini Energy which is then forced to move up the Sushumna Channel and activate the seven chakras.



Head over to our Deep Dive article on Maha Bandha to learn how to practice this technique safely.

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