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Meditation - For Guidance

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Purpose of Kundalini Meditation Kundalini meditation is part of Kundalini yoga and is meant to move energy through the body. It is based on the concept that energy at the base of the spine (also known as the root chakra) needs to be released through the seven chakras of the body and then out through the crown chakra above the head.

How to Practice Kundalini Meditation - Verywell Mind

The techniques in meditation, Kundalini yoga, and applied human beingness contained in Kundaline Intermediate Manual are drawn from the teachings of Siri Sing Sahib Bhai Sabib Harbajan Singh Khalsa Yogiji (Yogi Bhajan).

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