



TURN ON,  
TUNE IN,  
DROP *IN!*

GURU JAGAT

# Your most amplified life is possible.

That means amplified health, amplified happiness, amplified love, and amplified success.

I don't know about you, but I'm certainly interested in utilizing more of my inherent capacity as a human being—in energy, in intelligence, in creativity, and in possibility. This is exactly what Kundalini Yoga does, efficiently and effectively.

Yoga is a set of tools developed and refined over thousands of years that maximizes the body systems and the space-time continuum of the world around us, meaning our experience of reality, to create the most immense results in all areas of life. Kundalini Yoga is a pure, unbroken stream of these yogic practices and I believe is the quickest, most direct—and most accessible—way to activate your own path of Invincible Living.

There are no prerequisites for you to gain the benefits of Kundalini Yoga. No weights, no flexibility, no experience, no spirituality, no lexicon needed. Although if those things interest you or for some reason brought you to the mat, they absolutely can be found within the vast teachings of Kundalini Yoga. Likewise, you don't have to run off into a cave to meditate for twenty years. You can be you. In fact, these techniques uncover even more of your inherent essence, intelligence, and realness.

Known as a householder's tradition, Kundalini Yoga is for people with jobs, families, relationships, homes, cars, creative practices. In Kundalini Yoga, the path of ordinariness is the path to your own royalty, reality, and happiness. It's meant to give you—in the throes of changing diapers, changing jobs, getting married, getting divorced—enough energy to amplify all of those parts of your experience, so that a regular life is invigorating and joyous. Meanwhile, it's a deeply meditative practice that can allow you to reach a so-called enlightened state or, to put it in a less intimidating way, a state of neutrality, even in the trenches of your everyday roles and responsibilities in the world.

Kundalini Yoga is such a powerful and useful practice for the modern world; it will quickly transform every aspect of your daily life. That's because Kundalini Yoga is for everyone. Anyone with a body, a mind, and a nervous system needs productive skills to cope with the pressures of the world. And it allows us to not just cope with these pressures but to succeed in the face of them.

In this time of ever-increasing pressure and stress on the planet, I believe that yoga and meditative practice is no longer a luxury of people who have some extra time in their day or belong to a certain socioeconomic class.

# Change On the Planet

Whether we want to change or not, Kundalini Yoga is a technology that facilitates it. But as humans, there is within us a strong part of us that is afraid of and allergic to change. We go to great lengths to keep ourselves from being uncomfortable. But in our whole experience of life—the ebb and flow of it all—the friction of discomfort is exactly where the strengthening of ourselves, and deep self-fulfillment actually occurs. This is why in Kundalini Yoga, we hold our arms up or our legs in certain ways or control the focus of our mind for periods of time. This is to practice being outside our energetic, physical, and psychoemotional comfort zones. It builds an unmistakable and unshakable strength.

With the demands of technology and the massive shifts in economic, geopolitical, and societal values that it's bringing, our human operating system is also upgrading. We have the choice to either consciously participate in this shift or be in conflict with it. Being in conflict with this upgrade is not unlike being in conflict about the upgrade on your phone. "I just don't have the time for the upgrade," we say when the notification pops up on our phone. "Stop asking me!" We push back the upgrade until later, again and again. But the upgrade has to happen for optimal functioning.

Kundalini Yoga is like the technology of your electronics, but it's for your biological and energetic/subtle bodies. The tech of Kundalini Yoga is that it allows you to relax, renew, and rejuvenate to such a degree that you are able to participate in elegance with the most mundane moments of every day. That may sound simple, but try it for one day—elegantly, gracefully, tolerantly move through every moment of your day. It takes a huge amount of fortitude, focus, and discipline.

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# Working Fast

What I love about the practices of Kundalini Yoga is that they can be so basic and still indescribably powerful. A little bit can go a long way. And the yoga works fast—as fast as the tech on your newest smartphone.

The pressure to evolve is so increased right now for humans that we don't have the leisure to take things slow. The planet is coming to a tipping point, and now more than ever we need people who are interested in cultivating a space within themselves that is still and interconnected to all that is. We need these people in every sector of society—people who have children, jobs, things they need to do, things to deliver in their respective areas of creativity... people who are simultaneously cultivating more tolerance, compassion, and understanding of themselves and others. It is said that using Hatha Yoga takes at a minimum twenty two years to reach some level of mastery. Kundalini Yoga, on the other hand, is a tool of self-mastery, where the practitioner can reach major breakthroughs and exciting new heights within three minutes of practice. It's in no way qualitatively better than any other way, but it is certainly faster and works quickly no matter your physical, mental, emotional, and religious conditions.

A Vinyasa student once told me something really great about the Kundalini practice. She said, “You know, you put your arm up in this weird way and then you’re breathing like crazy. You only do some postures on one side and it’s totally nonlinear. But afterwards—I just feel so much better!” We all just want and need something that’s going to quickly give us a boost so that we can feel better.

Even Carl Jung, the great Swiss psychiatrist who founded analytical psychology, affirmed that the practices of Kundalini Yoga were far superior to anything he or Freud were working on. He just didn’t think that the world was ready for it. That was almost a hundred years ago. We are not only ready now, but we need it.

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# Kundalini Yoga for Everyone

There are a lot of barriers to entry in the yoga world, in my opinion, and they can seem to be in the Kundalini Yoga world too—a lot of mores and soft tones and unfamiliar words in other languages. One of my deepest, sincerest desires is that you feel how you can pick up one or two of these practices that you enjoy, practice them for a couple of minutes, and have long-lasting, life-changing results. I find the yoga, meditation, and spiritual world to be a tricky place in the modern age because many of our high school cliché mentalities—consumerism, competitiveness, and tourism—leak into our inherent desire to feel better and touch something real in ourselves.

So no matching perfect spandex outfits required, no need to see yourself as spiritual or to know mantras or wear a mala, or to be any of those externalized versions of what a spiritual person, a yogi, or a meditator looks like. No need to get tripped up on the word Kundalini either. It's a wonderfully descriptive word that, in its sound, is describing this coiled potential literally within you. It is a fancy word that refers to your birthright, your wiring, your most activated version of yourself waiting for you in every moment, the happiest to the saddest—all the great and small moments that make up this incredible lifetime.

Kundalini just means “energy.” Or, even less esoteric, Kundalini refers to a storehouse or power that's within all peoples regardless of age, gender, race, fitness level, or economic strata.

And the technology of Kundalini Yoga is the physical, mental, and meditative practices that awakens and utilizes that power.

Everybody on the planet right now is looking for some experience of catharsis. Whether it's with drugs or through music, this Technology Age pressure has created a numbness in us. Everybody therefore is craving feeling something, to have a real experience of elevation. And they want it through community and shared experience. These are the natural desires of every human.

Get ready for a revolutionary truth—one that the billion-dollar drug and pharmaceutical industries do not want you to understand or practice—we can actually elevate ourselves and create the same chemicals in the brain that external substances open up. By using Kundalini Yoga, you actually activate the chemical distributions in the brain that are your natural chemical distributions. Because contrary to popular experience and therefore belief—our physical, mental, and emotional systems are totally wired to be happy and to feel good. We just have to access that wiring and activate it. This is the elementary premise behind Kundalini Yoga technology. The yoga is a form of practice that gives you immediate access to your fundamental and effervescent health and well-being.

This is why, unlike a lot of other practices in the yoga world, you don't have to be crazy flexible to do Kundalini Yoga. You don't have to participate in the status quo physically obsessed yogic

culture at all. In fact one of my favorite things is when people roll in to class straight from work or in between errands dressed in jeans or business clothes!

Kundalini Yoga is for men, women, moms, dads, students, busy professionals, artists, grandparents, kids, military vets, hospital patients, police officers, spiritual seekers, creatives... It's for everyone. Every body type, every health level, every phase of life. It always touches me when I have people in their seventies or eighties in the same room as teenagers, which is almost every class! It is for real people with real lives.

The only barrier to entry is your desire to willingly participate in changing your life—which can be a big one! The practices in the Kundalini Yoga teachings given by Yogi Bhanan in over forty years of teaching in the West are easy enough for even the most out-of-shape individual, yet still powerful enough to activate and expand even the most seasoned yogi or athlete.

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# Drop In

In its true unadulterated essence, yoga is a powerful tool that you use for your own fulfillment and to hold a space on the planet for hope, potential, human goodness, and compassion. The physical practice is only a metaphor for the flexibility, power, and strength that develops in all parts of you as a whole being through these yogic practices. In the West, we have gotten fixated on the physical aspects of the practice, thinking that this is the sole reason to practice yoga of any sort.

In the 1960s hippie era, Timothy Leary popularized the counterculture phrase, “Turn on, tune in, drop out.” This is a metaphor for why the revolution of the 1960s didn’t come to fruition.

The rallying cry of this age is only two letters different but represents the monumental shift happening as we speak: “Turn on, tune in, drop in!” The more we make space to turn toward our truest self, the more in rhythm we become with our mind, body, and therefore our experience of the external world or reality.

We have enough fear and terror on the planet right now. We want to and can elevate ourselves so that we can elevate each other. This is a New Revolution. It’s now considered a revolutionary act to be happy in society. A revolution is not necessarily going out on the streets to protest.

New-era revolutionaries are those who have decided that they are going to be themselves, create for creation's sake, love themselves and others with abandon, and enjoy the precious life they have! From these fundamental decisions, a new way of creating and living in society will happen—is happening already.

Our practice has the opportunity to become a place where we are so engaged in our own transformation that we hold within us a space for hope, potential, human goodness, compassion, and the energy to become more available to serve others. To accomplish this, we must engage deeply in our own clarity and strengthening while simultaneously clearing the haze of self-centeredness that is so prolific in our culture today. Obsessing about what we look like and competing with ourselves and others—it's a very well trodden path. But with each conscious breath, awareness literally comes to you in a flash and even greater change occurs on every level of your personal, professional, and creative life.

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# Not Your Average New Age

A lot of times, people don't want to do yoga because it seems very spiritual or physically demanding and they think they don't belong or don't buy into some pseudo-spiritual nonsense of it all. Kundalini Yoga will give you a spiritual experience—which I'll define here as an experience of the vastness of you in relationship to all there is—but it's not about spirituality and certainly not about the Institution of Spirituality, where the idea of being spiritual can become a very slippery slope and a caricature of itself very quickly.

Spirituality has too often been conflated with organized religion, which carries with it both negative and positive associations. Religion too often means that you belong to a certain faction of belief and that you follow whatever was written in a particular edited version of your belief system. There is a way to be good and a way to be bad, and if you aren't following the code for being a good religious person, you're doing it wrong. So oftentimes we drag a lot of our fears, hang-ups, and misunderstanding about religion into our spiritual pursuits, which are in truth simply desires for a deeper experience of ourselves, of God, of some Universal force, of our creativity, of love, of community, and of belonging to something bigger than ourselves.

Kundalini Yoga is a science. It's not about shamans and malas and incense—although everything can be used to discover a deeper part of yourself or create a Sacred Outlook on your world or your life. Using New Age tchotchkes and card decks as a replacement for your own authentic experience, however, starts to create the kind of stereotypical New Age fodder that has been such a turnoff to so many people. Tibetan Buddhist master and teacher Chögyam Trungpa Rinpoche aptly named this kind of spirituality Spiritual Materialism. In the old age of fluffy spirituality, there were a lot of New Agey teachers and people floating around spouting things like, “It’s all about love and oneness.” And it certainly is true—that’s what it is all about. But using some spiritual know-how to glaze things over doesn’t actually work to guide long-lasting changes in the patterns of neurons and thought waves that populate our neuroses or fear of the future. So this glazing-over type of spirituality or consumer spirituality is just another way we abort the mission of truly facing ourselves, having an authentic experience of being alive, and starting to generate and utilize enough energy in our body-mind system.

A truly “spiritual” moment is what happens when you’re in the good, bad, and ugly of it all—I’m angry right now ... and I want to lash out at this guy ... and he’s called my husband—and you have the wherewithal to do or think something more creative, more expanded. This requires a how. Kundalini Yoga provides you with an actionable and repeatable blueprint

of how to achieve the things you want in your life through the countless and very simple ways of using your breath, your body, and your mind to direct and activate your own reality.

In the science of Kundalini Yoga, there is less interest in good and bad, and much more focus on the actual experience. The direct, powerful experience of you, your breath, and your life. How can you have a deeper experience of your own sensitivity or sensory system and then use that to have a deeper experience of whatever it is you want—love, prosperity, compassion, whatever? Kundalini Yoga allows you to become the creator of your own experience in concert with whatever creative forces you identify with, your personal experience with, and understanding of, the generating, organizing, and developing or destroying forces of reality.

In the past, you most likely believed something because someone in religious or societal or familial power told you to believe it. In this new era, you decide if something resonates, and you decide if you want to take it on. When you have an experience, then that experience belongs to you. When encountering and considering the teachings and practices in Kundalini Yoga, I encourage you to pick up whatever works for you and practice it. Some of these practices are so simple, you could do them anywhere—no dim lighting, nag champa, or Buddha statue required.

When you find a practice that means something to you intuitively, and you start to practice it because it just feels right, it's yours forever and the experience you cultivate cannot be taken away. And then you start to radiate with it. Then you start to vibrate with it. Then all sorts of things in your life begin to clear away and activate.

The practices of Kundalini Yoga are very much a process of biofeedback. When you practice Kundalini Yoga, it sends a signal, a command to the Universe. I'm ready. I showed up this morning. I am showing up in my life. I'm engaging in a deeper resonance of my experience of being human. And I'm ready for more, and I'm ready for something that fits better with my current state of beingness and consciousness.

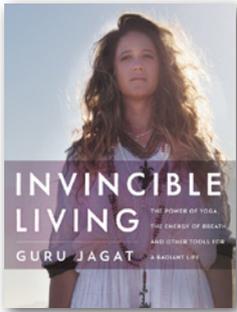
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# Victory

Nothing is more spiritual and, really, braver than waking up in the morning and summoning up the energy to face yourself, your life, and your tasks with solidarity, enjoyment, and vigilance! That's what spirituality is on a daily, momentary basis—making a conscious effort to replace your insecurities and self-doubt with the victory of your humanity. This is announcing that you've shown up on this planet, in your life, and that no matter what comes, you have enough energy and vitality to be with it in a way that will create growth and truth in not only you but also within anyone who comes into contact with you. This is the true victory!

**If you have the vitality, the energy to be victorious, you can ultimately touch your own spirit and the spirit of all that is. Victory. 🏆**

# Info



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**ABOUT THE AUTHOR** | Guru Jagat is the youngest senior Kundalini Yoga teacher in the world and the face of the new Kundalini movement. She is the founder of RA MA Institute for Applied Yogic Science and Technology, a yogic institute with locations in Venice, California; Boulder, Colorado; and Palma de Mallorca, Spain. Guru Jagat's other entrepreneurial pursuits include RA MA TV, the "Netflix" of Kundalini Yoga, and her record label RA MA Records. She lives in Los Angeles.

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