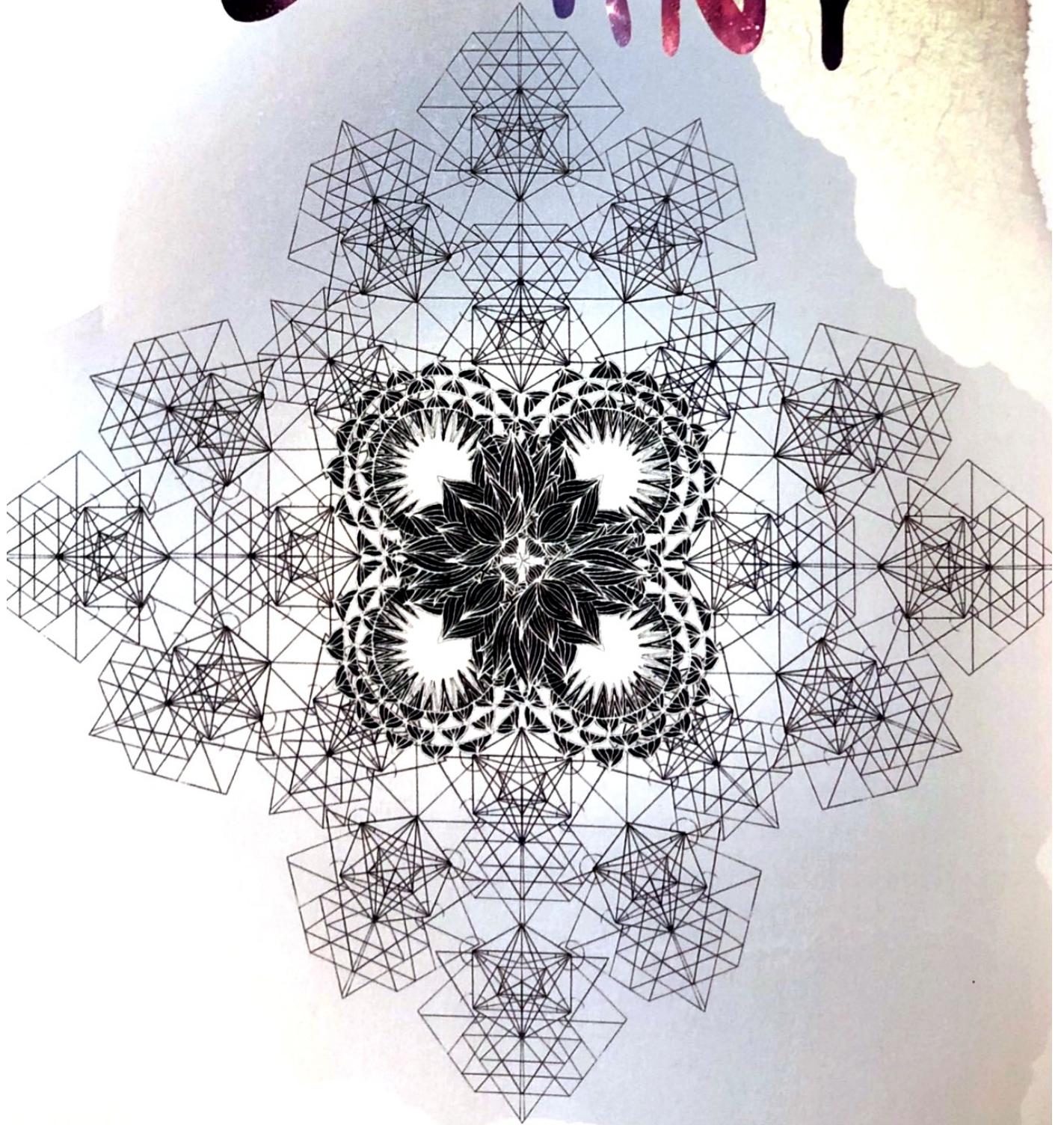


12. Quantum DESTINY



There is a destiny for you. A fulfillment of your purpose. A high frequency for your total life experience.

Kundalini Yoga puts—and keeps—you in charge of your own destiny. In the past, your destiny patterns, your karma, were considered set and a place of disempowerment.

This is one of the major advances of Kundalini Yoga and Meditation. The yogic, bioenergetic technology of Kundalini Yoga is so precise, so cultivated in its accuracy, that just a simple eleven-minute meditation can shift lifetimes of patterning. In the past, when maybe you'd have had to spend your whole existence working off a bad karma, you now have the power to reorganize your thoughts and therefore your experience of reality. Through Kundalini Yoga, you can activate *destiny* for greater fulfillment in this lifetime, and learn to hack the mainframe to reprogram any thought or behavior that is keeping you from this.

You no longer have to take the long way around. You don't have to suffer for centuries upon centuries—

or even years upon years or months upon months. You can change your experience right now, in a matter of minutes.

WRITING YOUR OWN DESTINY

DIRECTIONS: Sit in easy pose or lie on your back, close your eyes, and draw your positive imagination of the picture of your life and self as radiant and strong and prosperous. Keep imaginatively writing the beautiful story of your life as you want it on your own forehead.

Continue for 11 minutes.

CLEARING THE CONFUSION

While we have an intuitive sense about our destinies, there's also a lot of confusion around what destiny means and how to live it. Many people, once they find some spiritual path, get this idea that they're not supposed to do the job that they currently do. Their work is beneath them in some way. They just can't handle the water-cooler chat. It's not their "destiny." This is a real misconception. Yogic practice says very strongly that if you want anything to change in your life, you have to have enough energy to find beauty and elegance in the most mundane of tasks and bring that up to the surface of your experience. It's a highly meditative and spiritually disciplined task to do that, especially if you don't like what you do for work or who you have to do it with.

Whatever is already here, whatever job you have, whatever relationship you have, whatever chore you have to do, do it with openness and with the inherent beauty of the moment and the people—then you will open up almost instantaneously. In the West, everything always looks much greener on the

other side. We don't want to engage with what's in front of us. We've been programmed to consume, always looking for the next better thing. But if we train ourselves to serve and engage in each moment, literally we become evolution in action.

Your job is not a block to your destiny. Waking up in some way in your ordinary life is actually such a wonderful opportunity to engage in a bigger way with everything through a more actualized version of yourself. This means that you don't get on a high horse or embody the classic spiritual self-righteousness. You may leave your job eventually, but you're definitely not too spiritual for it. The true concept of destiny is ultimately vibrating and broadcasting the biggest, most compassionate version of yourself. You can do that anywhere—in line at the grocery, dealing with the public, writing an email, or cooking dinner.

Many things are currently changing in our society and consciousness, and therefore there is a breaking out of some of the programming of what success used to look like. Some are still locked into the model of existence to go to college, get the thing, then do the thing, and then do that thing for the rest of your life and then retire. Or the model to elevate money, money, money at the expense of living. That's not truly a fulfillment of destiny and will always leave you empty-handed no matter how shiny and seductive it was. And no matter how ordinary the task is, if our intention is to become more alive in each moment and each day, then whatever it is will become deeply satisfying.

Destiny gives you the heights of living.

The ways that we give our gifts are changing. Every five years, even every two years, people are redefining themselves. This is good news. There's an alignment with bigger truths of ourselves. That doesn't mean you should drop your 3-D world the moment you have some wink of spiritual energy or experience. But it also doesn't mean staying put in a place that doesn't allow you to expand into the fullest experience of your incarnation. As you engage more deeply with what's in front of you, you will graduate in some sense, and new opportunities and calibers of experience will be available to you.

You may not know what your destiny is exactly. That's okay. First we want to lock in a deeper resonance of fulfillment and happiness, because once we have that experience in our beingness, then it starts to illuminate right action more and more clearly. Clarity and joy have momentum.

DESTINY DISCOVERY

We know two things: if you engage deeper in *love* with what is in front of you, *something* will be revealed. That's number one. Number two is that if you *serve* more than just your own personal preferences in this era, then something's going to open up that's a higher frequency of the destiny.

When you don't know why you're here, you just have one mandate and it's actually quite simple! In every moment of every day, you create more prayer, more *love*, and more genuine interaction between human beings, and you see where that takes you. This energy will open up the chambers of your destiny and, ultimately, the powerfully magnetic energy of your heart. Bringing more love into every interaction on the planet—and treating every moment as a prayer in action, a self-blessing—will automatically start to give you more direction into destiny, purpose, and mission.

TIME STREAMS

There are literally boundless destiny streams available to you. If there are a thousand thoughts in the blink of an eye and two ionic poles to each thought, and each thought is a choice that takes on a new destiny stream, there are literally exponentially more options with each decision you make. And the choices you don't make keep streaming, whether you are aware of them or not, whether you're on their wave of reality or not.

Yogi Bhanan had some beautiful and powerful teachings around the time

streams of destiny and the time streams of fate. There are multiple levels, multiple realities simultaneously happening. As I explained earlier, it truly is like a Choose Your Own Adventure book. You read up to a certain point in the book, and if you want to go down the forest path, flip to page sixty-three, and if you want to continue on the paved road, keep reading.

These options of fate and destiny are not subtle. They're actually quite concrete. Even though we're not attuned to them, even though we're not taught about them, you can always actually feel different timelines of possibility.

Such timelines are very tangible and navigable. We all have dreams, visions, and missions. Part of the challenge and the *joy* of living is figuring out how you are going to pursue and accomplish your dreams, visions, and missions—how you're going to get through obstacles. And how you're going to make this journey with the fewest stubbed toes and scraped knees as possible. Also the fewest casualties in your wake. When you want to navigate this life with success, and I mean really navigate, not just numb out and follow the hypnotic cookie-cutter unfulfilled protocol, then you have to learn to be sensitive. You become aware of the variables and then sophisticated enough to move with them.

It takes energy to maneuver through all of the possibilities and to not mis-take. Energy and *command*.

COMMANDING TIME STREAMS

We live on a polarity planet. Everything has a double termination, an electromagnetic duality inherent in our human experience. And *fate* is an uncontrolled relationship with that duality. Fate is our lack of command, our lack of mastery of this elemental duality.

When you are not in command, it means the wave hits you and takes you. Sometimes you're happy; sometimes you're sad. Sometimes you're in the mix and everything is going well. In the next moment, nothing is going right

and you can't figure out how things fell apart or what to do next. You're at the whim of time. And that is commonly just called a life.

Destiny is a mastered relationship with this duality. You command the charge of time and space. The polarity is a given, but *you* direct the sequence of the polarities. So instead of being at a disastrous work party till 3:00 A.M. and then not being able to find a cab home and waking up on the wrong side of the bed the next day, you direct a different experience. One that is more to your liking. Or even better, one that is more to your satisfaction and fulfillment. When you have that command and that dexterity, you are beginning to live destiny.

One of my favorite applications of this command is called Making a Mold of the Day. Here's how it works.

MAKING A MOLD OF THE DAY

DIRECTIONS: In the morning, take a survey of the tasks you have to do that day: what you have to engage in, what you have to be accountable for—everything. Then make some determinations about how you're going to spend the energy of your day. You create a *mold* of how you want your day to be. Then you put your day into the mold.

This is *not* what we normally do. Normally we wake up on the wrong side of the bed, we're trying to catch up, and we let the day run us. This is different.

You create a *directional* mold of the day and then put your day into that mold. This will give you power as well as security and steadiness to make decisions and be clear minded and focused.

RADIANT BODY

The time of the hustle and the hassle is over. We have been highly conditioned to believe that the hustle is the only way to make it. The hustle and all of the energy thereof actually gets in the *way* of your destiny.

There is an opportunity now to activate your radiant and magnetic consciousness. When you do this, you activate what we yogically call the radiant body. All who are supposed to meet you, all opportunities meant to be yours, all situations that you want to experience, will come to you. It is a part of the magnetic law of the Universe.

Now, you do have to *work and show up*. And I mean that in all senses of the word *work*. You have to be willing and attentive. You have to practice—hence all the little treasures of practices I’ve given you in this book that have been gifted to me by my teachers. But the time of the hustle mentality is over.

Deactivating the hustle instinct can take a little bit of work. We’re getting more and more sensitive as humans, so any way you are wired toward the hustle—and these wirings can be very subtle—you can train yourself to start noticing. Just get intuitive about how you hustle and how you compromise or prostitute yourself for something externally driven.

I know this is very foreign to our programming, but if you want to have a greater flow of energy exchange, such as more cash in exchange for products, you don’t have to “advertise.” You don’t need to convince or persuade or trick anybody into buying. You don’t have to hustle by fixating on your social media likes. What will make you attract the most incredible experiences of your destiny is completely and committedly having a practice of clearing yourself to be a living example of what it means to be *comfortable* being yourself. Look around—all the most successful people in history had some sort of radiant power through their own comfort of being themselves one way or another. When you have this, it makes you someone who people *want* to be around or listen to or buy services from and so on. This is a very tangible result of your yogic and radiant body practice.

People want energy, because at a basic level, it takes energy to live some version of your destiny. So the more you can practice and generate energy, the easier it is to navigate the time and space of your most elevated life.

Now, we do live in a time when people are still under the influence of major hypnotic advertising, social media loops, and other collective distraction propaganda. But that time is fading. People are by the moment getting more sensitive. So don't get caught in that loop. It will soon be outdated, and you will wonder why things aren't working out for you.

The impression you make and the impression you leave are the projective essence of your radiant body and aura. When you use your radiant body to achieve and energetically leap into higher vibrations of your destiny, things can happen really fast. And I mean *really* fast! And if it doesn't happen really fast for you, don't lose hope and retreat back into the hustle, defeated. Sometimes it takes a little time to establish the auric and radiant body architecture. So just stand up, command again. It's there, and it's yours to claim. You wouldn't have dreamed it or imagined it if it somehow wasn't a possibility of your destiny. Again, patience pays. Alertness pays. Practice reveals your perfection and the perfection of the moment.

ENERGY

So to develop radiance and to command the mold of your day, you need *energy*. And another way of saying that is, you need conviction, assurance, and commitment.

When you have self-doubt or a lack of energy, that survives on one type of thought form: *There is something inherently wrong with me*. Unfortunately, this root insecurity is still weighing on the human mind today, maybe heavier than ever. The base of it is lodged into our psyches through the religious teachings on original sin. The capitalist agenda based on our own insecurity makes a lot of money off of us thinking there is something wrong with us.

There's a major investment in having people believe that *there is not enough* and *you are not enough*. When you doubt yourself, you are low energy, and when you are low energy, you are more controllable, and when you are more controllable, you are more exploitable for money and all other kinds of things. This is really noxious because just one thought form of self-doubt instantaneously takes 30 percent of your energy for the day. That's a lot: *30 percent!* So self-doubt is a place of massive energy loss. If you want to change your destiny, you have to start to understand that you really can't afford that habitual belief of unworthiness or self-doubt.

It takes some strength and some yogic training to stand up and say, "Okay, not only do I believe that I am enough and that I can handle this and that I'm worthy of it, but I'm also going to step into it . . . even if I don't know what I'm doing." But remember this: not only is there nothing wrong with you, but you are also the most powerful creation that ever was created.

This is why "Fake it till you make it" is actually such a deep spiritual practice. Every time you take that leap of faith, even if you don't know what you are doing, you build an energetic ladder to another level of yourself. When you act with faith in yourself and with conviction, you start to seal up the spots where energy had been leaking away from you. To start to believe in your destiny, or even just to engage with a higher frequency of your life on this planet, these practices help to create a tighter container of energy and seal up and heal the places we have been leaky.

GUILT, COMPLAINT, AND LINEAL HABITS

It's time we really cut the guilt. Guilt is a big waste of energy and is another way we leak a lot of our command of our lives. Spiritual guilt is a whole new renaissance of guilt. I see it a lot because when people find a spiritual practice, they all of a sudden transfer a lot of their religious and societal guilt onto their spiritual practice. They didn't do the meditation, or they did but not for as

long as they think they should have. Spiritual practice is a *great* place to put all of your guilt consciousness. And it's very seductive that way, because we have a lot of guilt in our lineages and a lot of guilt that's running through the collective consciousness. It doesn't serve any sort of your progression to lose energy on these different incarnations of guilt.

Another way we quickly lose our intuitive and action power is through complaining. It's a highly effective practice to cut down on the amount of complaining you do. Literally one complaint closes 30 percent of our intuitive faculties like an iron gate. That's 30 percent on top of the 30 percent we've already lost from self-doubt. You can see how this quickly snowballs into fatigue, confusion, and misdirection.

We picked up many of these mental and psychoemotional habits through our lineage and early childhood programming. Kundalini Yoga is a *raj* yoga—a royal path and lineage. The raj of your experience is a self-concept that is based in your own blessing of yourself. This is the teaching of the raj yoga: *There's a throne. It's there for you. The only person who can enthrone you is you. The throne is your destiny. The throne is waiting for you to be brave enough to be you.*

So many habits are deeply ingrained, you might wonder how exactly you are going to put a stop to the ones that have continued the last seven generations of your family to enthrone yourself in your rightful place. Almost any practice I've shared in this book will do it. It doesn't have to be complicated—as mythic and poetic as it sounds, it can literally be just you—through the couple of minutes you've committed a day—paving a path to the experience of your own human excellence and majesty.

SELF-BLESSING

Most of our self-concepts were created in the womb under circumstances beyond our control. These self-concepts were not the highest accord, order, or vibration. Then, throughout our lives, we've engaged in a lot of negative refer-



MEDITATION FOR SELF-BLESSING

POSTURE: Sit in easy pose. Place your right hand 6 inches above the crown of your head with the palm facing down. Bend your left elbow parallel to the ground to hold your left hand at the level of your heart, palm down.

EYES: Keep your eyes closed, gently focusing up and in at the brow point.

BREATH AND MANTRA: Breathe naturally and chant in monotone: *I bless myself, I bless myself, I bless myself. I am, I am.*

TIME: 3 minutes

TO END: Inhale, hold the breath, repeat the mantra mentally, and exhale. Repeat twice. Relax.

encing about ourselves—like *What a piece of crap I am*—from every subsequent trauma, embarrassing mishap, or whatever else we might have gone through: social exclusion, critical teachers, or fighting or busy parents. We take on so many negative and destructive self-concepts, it actually takes *a lot* of training and patience to reprogram our concepts of ourselves.

One of the basic parts of that training is blessing yourself. This is a daily process. From the moment you wake up till the moment you go to sleep for the night, you learn to bless yourself. I can tell you now, it's a rigorous spiritual practice—one of the deepest.

I really invite you to practice this: *Bless my body, bless the work I'm doing, bless my partner, bless my family, bless, bless, bless.* This mantra helps you reprogram your self-concept, which gives you the kind of successful feedback loop that will create self-reverence—one that is solid, secure, and ultimately beneficial for all of humanity.

DAILY PRACTICE

It's very easy to get tossed around in and by life. But we are not here to be shaken by time; we are here to shake time. This is the difference. This is Invincible Living.

Human integrity is above time and space. We are not meant to be swallowed by time and space. This is the basic lesson of human life given by Yogi Bhanan, "Humans *make* time and *give* grace to space." But in order to do this, we have to master time and space. The way that we make time is through the relationship with our mind, and the way that we cultivate a relationship with our mind is through our meditation *practice*.

*Meditation, it is between You and Now,
You and your Destiny.*

—YOGI BHAJAN—

I've included dozens of yogic breath practices, meditations, affirmations, diets, and lifestyle practices in this book. If you pick just *one* of them to do on a daily basis, to become a master of, your practice will create a vortex of momentum, or wind horse, as they call it in Tibetan Buddhism, to propel you into higher, more integrated realms of your consciousness and destiny.

You don't have to wait. You don't have to work for decades. You don't have to self-flagellate for success. With enough energy in your system, your ten bodies *know* how to navigate more successfully. Because the ten bodies are naturally attuned to radiance, they will—with the proper energy—instinctively allow your natural skills and intelligence to determine right action and move in it. All of the ten bodies are balanced and activated through the yogic breaths, meditations, affirmations, diets, and lifestyle technology outlined throughout this book.

Daily practice doesn't need to be done like some sort of religious ritual. It can be fresh and alive, an act of self-discipleship and discipline that allows you to trust your commitment to fulfilled living more and more deeply. Daily practice grants you a victory over your tiredness, your sluggishness, your fatigue, your challenges and laziness.

There's actually a physical biochemistry to staying steadfast, secure, contained, conscious, and relaxed. By practicing Kundalini Yoga every day, you create that physiology. You set the biochemical foundation for long-term prosperity, health, and vitality on a daily basis—with just a couple of minutes of practice. So the times when your practice feels tough, when everything wants to magnetically pull you from doing it . . . that's when the

Science of Angles

Kundalini Yoga is a science of angles and triangles. And different body angles have unique physical and energetic effects on the body.

Keeping my arms at 60 degrees increases lung capacity. It also opens up heart meridian and triggers the flow of compassion.

Angles of Legs

0–6 inches—heals ovaries and reproductive organs

6–18 inches—strengthens navel point and kidneys

1–2 feet—cleanses liver, spleen, gallbladder, and pancreas

1.5–2.5 feet—detoxes upper stomach

2–3 feet—develops heart and lungs

Over 4 feet—stimulates thyroid, parathyroid, and pineal glands

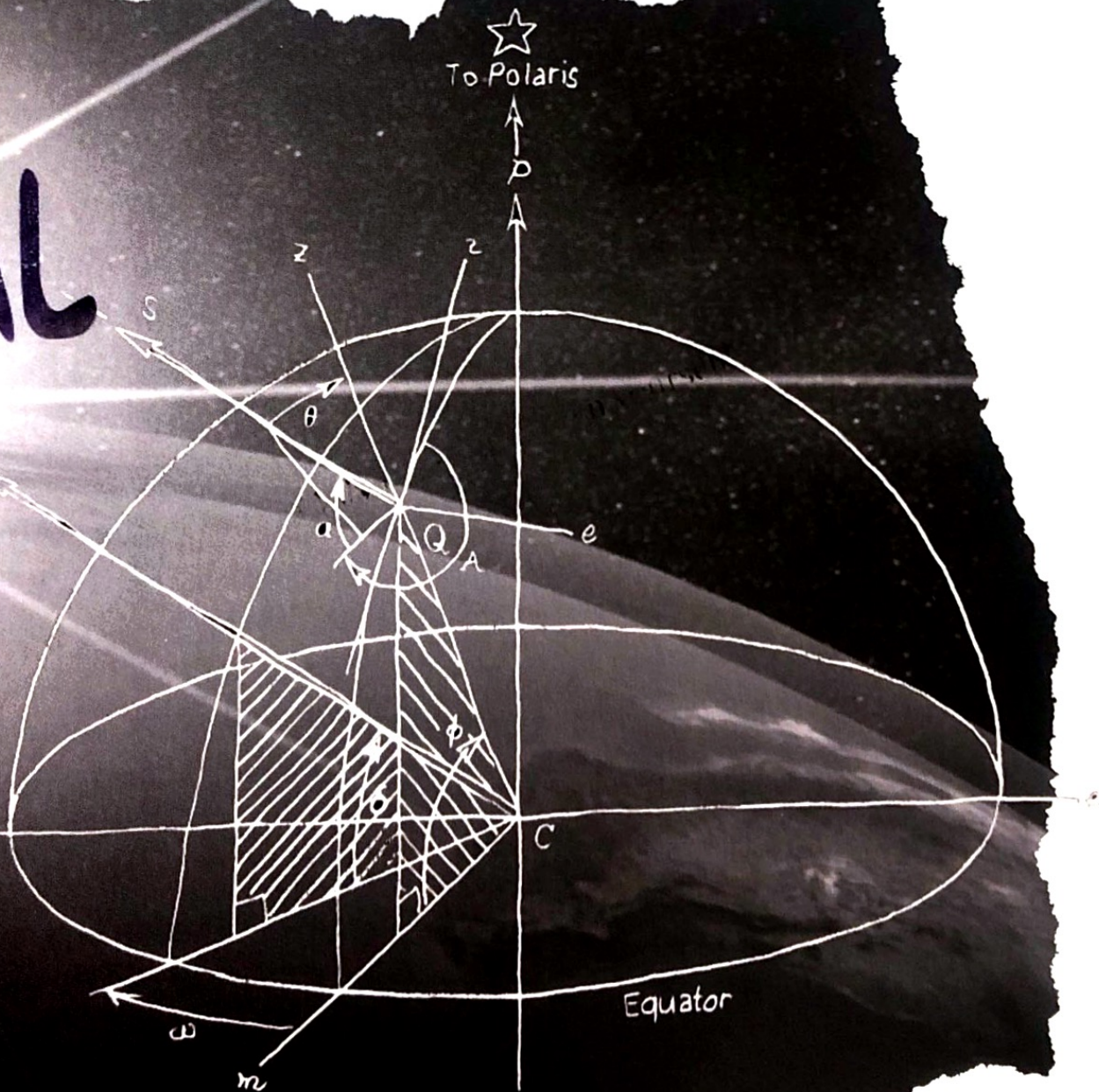
90°—feeds pineal and pituitary glands, and memory

AMBR
HOU

I wake up during the ambrosial hours (3:00 A.M. to 6:00 A.M.) to practice two and a half hours of yoga before sunrise. During this time, the angle of the sun to the Earth creates a very sacred space and the efforts of my yoga practice are forty times more powerful.

Balancing my lower triangle (the first three chakras) with upper triangle (the heart, throat, and third eye chakras) gives a complete sense of embodiment.

AMBROSIAL
HOURS



work is even more valuable. That's when it's not necessarily blissful or pretty but just real. When you *still* do it, those are the moments of true alchemical transformation in you.

It is nice to get up and do your practice as soon as you wake. This really sets the energetic tone and current for the day. And you can feel the difference throughout the whole day. All of a sudden, your day just starts running smoother. Things become synchronistic, and you have all kinds of successes, big and small, that lead to a satisfying experience of your day.

There are a few of us real fanatics out there who get up at around three or four in the morning and do our yoga practice at that hour. From the 3:00 to 6:00 A.M. window, there is something called the Amrit Vela, or ambrosial hours. And it's a powerful time to practice because any yoga set or meditation you do during this window is amplified fortyfold in your body-mind system. If your daily practice is like depositing a thousand dollars into your energetic bank, practicing it during those hours is like depositing the same amount of money and then the bank multiplies it to forty thousand dollars—so it's a good return on investment.

But whenever or wherever you practice, and for however long—the very act of those couple of minutes may be the greatest gift you've ever given yourself, because in essence, you are giving your self back to your self. It is a great, great treasure that you are uncovering, one that you have not even scratched the surface of, even if you are already a profound yogic and meditative practitioner. It is *infinite*. You are *infinite*.

There's no pressure here and no indoctrination, but the benefits of Kundalini Yoga are cumulative. You can spend your energy money really fast, but if you practice daily, you always have something for that crazy, shit storm of a day. Additionally, a lot of times we're building new habits or breaking old ones that need daily reaffirmation, so it doesn't matter if you get up at the break of dawn or if you do your practice for three minutes or three hours, if you are consistent, you will make great strides! And when you miss, you just

keep going. No drama, no guilt. Just a long, wide road of incredible human experience in front of you. Train your mind to always see the big picture and your little burp won't fall into the pattern of what often happens, which is where people get so guilty and heavy-handed with themselves that they never meditate again.

Now, consistency is no easy task. About 80 to 90 percent of the time, you do your practice because you *have* to, not because you want to. Very rarely at first do you ever *want* to do your practice every day.

Kundalini Yoga is a technology that will make you happy, healthy, and holy, but that doesn't mean it will be easy. Even if your daily practice is nothing more than just doing the Breath for Victory I gave in the first chapter of this book, something in you will still resist doing it. That practice is so easy and really enjoyable, but there's going to be that *one* day when your subconscious mind convinces you not to do it or the day when you just "forget." That's natural. But that's the day that, if you can catch it, you do it anyway and create grit and begin to really trust yourself. It's quite beautiful.

There are so many forces reminding you again and again of failure, misfortune, misery, and mistakes. Make it a point every day to saturate yourself in something positive, the higher frequencies, so you create a rhythm where you are moving faster than the hypnosis of negativity, comparison, violence, and gluttonous consumerism.

So when you practice daily, on a consistent basis, it creates an angle to your life that gives you a major amount of energy, which gives you power and choice. This brings your light to the surface. When you win, when you succeed over that insidious self-sabotage riptide, that victory will serve you for the rest of the day and truly for more than you can even know or fathom.

So here's the basic formula for a daily practice. It can get a whole lot fancier than this, and you can also really adjust it to your lifestyle—meaning you just do your practice wherever, whatever way you can. However, this is a pretty basic, doable framework.

VERY BASIC DAILY PRACTICE

1. Wake up. Say something positive to yourself or inhale *Sat*, exhale *Nam*.
2. Go to the bathroom, brush your teeth, and splash some cold water on your face.
3. Find a quiet spot to meditate where you know you will not be disturbed.
4. Tune in. Say the mantra *Ong Namō Guru Dev Namō* three times.
5. Begin your practice. Your practice can be as short as a three-minute meditation to however long you would like it to be. A “full” practice would be:
 - A. Pranayam
 - B. A yoga set
 - C. Meditation

However, feel free to just do one of these as your personal practice.

6. Relax for a moment before you close out your practice and seal it with a long *Sat Nam*.

Feel free to adjust this formula to your lifestyle. As I wrote in the first chapter, the point of yoga is not to be a “good” yogi or a “bad” yogi. It’s to have an *experience*. And my intention for your experience of daily practice is this: bioenergetically, daily practice is a place where you create yourself and your

reality for several moments each day—a place where you can tune up, tune in, and get ready to be the most stellar version of yourself possible.

So whether that practice is a cold shower, a strong yoga set, or a meditation that you don't want to do, you're basically making your system get stronger. Daily practice is not comfortable. Nor should it be. But it gives you the conviction to know that you can do anything and face anything—any stress, any strain. *You already woke up and you already won.*

If a person in the morning does not move his body in such a way that the capacity of his body developed during his sleeping hours is not activated to take away the stress and strain of the day, then we are getting right straight into a problem for the whole day. We will think that we are awake, that we are perfect ba ba ba, but it doesn't work out that way.

Basically, a lot of healing happens during sleep. However, if you don't get up and direct the energy in a certain way, then the healing that happened during sleep doesn't know how to be utilized properly. So you can say to yourself, "I am a perfect being, a child of God, an instrument of the Universe . . ." or whatever love and light nonsense you want, but it doesn't work out that way unless you *practice!*

That's why the main mantra for the Aquarian Age, the main wave of the mind, is *Keep up*. Keep up because the world is changing and we have to get stronger as quickly as we can.

The subconscious mind, and all of its quagmires, has a particular pace,

so we use the movement, or kriya, we use the mudra, we use the sound current, we use the mantra to create a velocity in us that is literally faster than the speed of neurosis and unhappiness. And that velocity will catapult you beyond the pace of these subconscious quagmires—the habits of self-hatred and self-loathing. Personal practice gives you a running start—you catch the day before the day catches you.

If you want to know who you are, if you really want to know who you are, if you want to know *where* you are, meaning a kind of litmus test of what's going on with you, if you want to know how you are, where to go, and how to get there, the practice is to keep up. Keep up no matter what's happening in your life. And when you don't want to keep up, use the resistance, in a kind of yogic aikido countermove, to create *more* energy, *higher* velocity, and a *longer* trajectory.

Invincible Living is a daily choice to keep up, to find your basic sanity, to express it through creative and compassionate choices, and to maintain it through consistent, no-nonsense practice. This equation of awakened life will grant you access to a level of human experience that is unfathomably more fulfilling than what we've been told is possible. It will give you strength and courage to find some piece of the mystery of yourself and give it to the world with generosity, energy, and abandon. Truly being invincible is conducting a life whose keystone is clarity of mind, generosity of action and creativity, and not being afraid to actually *live*—with all the pitfalls, failures, successes, expansions, and contractions thereof. There is dignity and divinity in living this way, and may you use these invincible technologies of Kundalini Yoga and Meditation to create the kind of society and world that we know is possible.