

ALCHEMY

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KUNDALINI SHAKTI: THE SHINING SKULL

With Guru Dharam Singh

The frontal bone of the human skull has the unique property of being the only bone in the skeleton to be porous to light. The light absorbed through the frontal bone sets the rate of the impulsion of the pituitary gland and it's interaction with the pineal.

The release of the correct proportion of melatonin and serotonin by the pineal then determines patterns of wakefulness and sleep to set a basic biorhythm. When this process is dysfunctional lethargy, insomnia, narcolepsy or depression may result.

Esoteric and spiritual practice teaches that the awakening of the pathway known as 'the Golden Chord' leads to a condition of Expanded Consciousness and Enlightenment.

The Golden Chord is the energetic pathway between the pituitary and pineal glands, the secretory sending stations that correlate to the sixth and seventh chakras. The Shining Skull is the name given to the practices that light up the frontal lobe and illuminate the Golden Chord.



Guru Dharam Singh Khalsa BAcC RCHM Guru Dharma has taught Kundalini yoga since 1980 and been practising Oriental medicine since 1988. He founded the School of Kundalini Yoga in the UK in 1996 (with Darryl O'Keeffe his coauthor of 'Kundalini the Essence of Yoga') which became the International School of Kundalini Yoga in 2007. Since 1980 Guru Dharam has developed a practical system of Yogic Therapy, applying the science of Kundalini, mantra and visualization, helping to empower many thousands of people to a healthier and happier life.

Sunday, 4th December 2011

10:00pm - 1:00pm Fee: £35 in advance; £40 on the day

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