

Class 3: Navel Point and Projection of the Sound

"Speak from here. (YB puts his hand on his navel point.) One who doesn't speak from here is dead. Every communication which does not come from the navel point brings disease, sickness, sorrow, sadness, madness, insanity, and bad luck. True. It's as true as anything. Never speak from here. (YB points to his mouth.) Never speak from here. (YB points to his throat.) Never speak from here. (YB points to his heart center.) Speak from here (YB points to his navel point), from your original self. Do you see when I talk, how this thing goes in and out? (YB points to his navel point.) Practice.

Speak it from the guts. Speak it with your soul. Speak it with your power. God gave you a chance to speak. God gave you intention and notion to communicate. Speak truth which is you. Anything else you speak is untrue. And the word must have power, must project, must hit the target. If you speak from here (YB points to his navel), hit the heart. If you speak from here (YB points to his Third Eye point), hit the heart. Never aim your language at the head of a person. It will come back to you as boomerang, and hurt you more than you know."

Yogi Bhajan, Manual *Master's Touch*, Class two: Art of Communication, morning July 22, 1996

Navel Point

In the Ancient Shastras it states that "all yoga starts at the navel point".

There is an old Indian story which illustrates this point well. Once, a young student asked his teacher how far he must travel to find enlightenment and the true path to the Self. The teacher spread his fingers wide and said, "You must travel the distance from the thumb to the tip of the little finger. If you place the spread hand on your stomach with the little finger at the Navel Point, then the thumb stretches to the heart center. This is the mystical path consciousness must ascend." Upanishads describe navel point as follows: *In the center of the stomach, the navel center reposes in the chakra known as Manipura (third chakra). Between the navel and the last bone of the spinal column is the Navel Point, shaped like a bird's egg. This encloses within itself the starting point of 72,000 nerves, of which 72 are vital and of these 72 there are ten that are the most important. In order to have a proper control over these nerves, one has to take special pains.*

Testing the Navel Point

There is a simple method for testing the Navel Point. It is based on a physical correlate to the Navel Point – the position, strength, and rhythm of the abdominal heart or navel pulse. The exercises, diets, manipulations, and daily habits that create a constant strength at the Navel Point are the "special pains" mentioned in the Upanishads.

To locate and feel the navel pulse, on empty or almost empty stomach do the following:

- 1) Lie on the back. Completely tense and relax the entire body two or three times. This allows the abdominal muscles to totally relax and stimulates the navel pulse for easy location.
- 2) Do the Stretch Pose for 2-3 minutes. This exercise is even better for relaxation and bringing our the navel pulse.
- 3) Next, make the tips of your fingers into a little circle. Press the tips down on the belly button toward the spine. Press firmly but with gentleness. You will be able to feel one point with your fingertips that beats strongly. If this beat is exactly in the center of the navel, then we say the Navel Point is centered and in place. If it is displaced, many hard-to-diagnose maladies can exist in the person's body.

It is normal to have a weak pulse in the morning after sleeping. That is why it is strongly recommended to set your navel center before you start your day. Also during the day, if you feel off center, pump your navel center or do breath of fire to come back to center. (See: Kundalini Yoga for waking up series from Class 2)

Causes of displacement

- Overeating or eating improper foods. For example eating too much meat and sugar are common causes
- A fall, or uneven distribution of body weight due to jerky motions
- Birth control pills, drugs, and tranquilizers can all cause displacement
- Carrying heavy things during menstruation

Setting the Navel Point

Certain yoga exercises and diet can be used to correct the Navel Point displacement.

- Stretch Pose done every day will help maintain Navel Point in alignment
- *Nabhi Kriya*
- *The Navel Adjustment Kriya*, which includes Stretch Pose, Bow Pose, Wheel Pose and Fish Pose – can be done in combination with other Nabhi kriyas but only if other kriyas are done prior to these exercises
- Eating a yogic diet can be very effective in correcting Navel Point displacement

The Third Chakra and Mantra

There is a special relationship between Navel Point and using mantras. When you speak a mantra and vibrate the tip of the tongue, you want to speak it from the central channel – sushmuna, and vibrate from the Navel Point at the same time. When the tip of the tongue and the Navel Point are correlated, that extra pulse of energy coming from the navel moves the words into the realm of *anahat* – ‘without boundary’. The action of speaking receives a powerful projection, like the will of the warrior. It is vibrated without speaking out loud. Each cell vibrates the energy released from the Navel Point. Example exercise: After clearing the pranic channels (kriya, pranayama) and sitting very straight, try chanting the steady rhythmic pulse of Har, being conscious of the tip of the tongue and pulling the Navel Point in. (Use the tape *Tantric Har* and experience what happens when you systematically build and release the energy of the Navel Point.)

Resources:

Aquarian Teacher Level 1 Manual, p. 69, p. 180

Master's Touch manual by Yogi Bhanjan

Additional reading:

- Stretch Pose explained: <https://www.3ho.org/articles/stretch-yourself-stretch-pose>
- Yogi Bhanjan lecture on balancing the Third Chakra: <https://www.3ho.org/kundalini-yoga/chakras/yogi-bhanjan-lecture-power-third-chakra>

"You have a right to be healthy, happy and holy. It is your birthright." – Yogi Bhanjan

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