

Why & What is Teen Spirit Kundalini Yoga ?

In Today's World we are bombarded with negative, fear based information & as we know (even though they will never admit to it), teens are extremely sensitive. They also are receptive & deeply influenced, by those they think they are accepted by and thus equate that with trust. Often as they turn to their peers to satisfy the need for belonging, many are disillusioned. Much of the peers have been indoctrinated by competitive rituals through family, media, school & sports. Thus the "them against me" syndrome begins. Sometimes it is "them against us" which results in unhealthy clicks to say the least. Like us all, teens want to be loved, accepted & supported in their enfoldment. Their deepest nature is to blossom & to come into themselves. To feel safe in their enfoldment, they need & desire a deep sense of belonging as they step into their independence. What a paradox!

This sense of belonging to a tribe is ancient and is truly and profoundly a birth right. Yet through time & the evolution of societal values we seem to have forgotten the Universal Values which always serve us All Equally in our Evolution. Western cultures have become convinced that such belonging is a result of acceptance based on social, economic or intellectual status. All of the Ancient Wisdom Keepersremind us that only when we walk together as One will we Realize The Divine from Within each of us. This is what is to bring back Heaven on Earth: A life where hunger or homelessness is unknown; Each being honored and elevated to their fullest potential from birth on, instead of being denied, abandoned and finally rejected! I believe that this is what leads us humans into our insecurities and thus to our addictions. This in turn keeps us from connecting & opening ourselves into our innate interconnectedness.

When we choose to truly honor children in their process, trusting their innate gifts: Unconditional Love, Trust, Intuition etc.. and remain present throughout their growing challenges as loving accepting guides,(who are openly evolving as well), something miraculous happens : children step into their power and meet us as equals, spiritual equals, they shower us with their innate unconditional love & trust as they grow into Teens. This however has to be earned through our unwavering trust in them first & foremost.

When we are met by them at this level, we are inspired to re-consider many of our societal values & what we engage ourselves in as not only models but to shine in their eyes! Adults want to be loved by their children too! We all need to know that we are loved.

Fortunately children born since the 90s are exceptional in standards much different & superior then those of our societal concepts of success. For those closest to them these Beings are revealing themselves as incredible teachers in the most unexpected ways.

When we are not welcomed into Life as a Spiritual Equal our societal values create a deep chasm within our human psyche. In this state of vulnerability, we give into many addictions : LYING for self-elevation from a sense of inadequacy, CONSUMERISM to feel able to afford & look good, SEX attempting to feel ecstasy or control, ILLNESS to drop responsibility & to be cared for, ALCOHOLISM to forget the void & numb pain, MEDICAL & RECREATIONAL DRUGS for temporarily relief from emotional or physical dis-ease.

Many of today's Teens have felt us stumble, if not watched us adults give into any of these addictions. Without our Inner Spiritual connection, Life loses its Preciousness, its Sacredness. Humans have even become capable of killing in the name of a Nation, of a God or simply for money! Our Teens have had no modeling of the Sacredness of Life, no matter where they turn in their daily rituals TV, religion, government, school, medicine, family, all systems we adults had hoped to be able to trust have failed us through unimaginable levels of corruption which is being revealed daily in our technologically instantaneous world!

We believe that Youth is Hungry for a new paradigm and a direction that has a solid foundation. Throughout the many transitions Youths face, as they step out into their own lives, they are constantly looking to a place of belonging other than their blood family as this is how they believe they individualize.

We are committed to offer a support which goes beyond physical space and time, right into the heart.

Ancient Wisdom have empowered many to elevate above daily stress. I believe that while we buy into the elements that create stress and estrange from connection with Youth, our most precious living resource: our teens' and children's Hearts & Spirits are literally hanging by a thread. No wonder so many are turning to the Inner by default, through alcohol &/or drugs (medical or illegal).

Kundalini Yoga is the most powerful reset button on the nervous system and the glandular system, it is used more and more in mental health by professionals with depression, addictions of all kinds as well as Schizophrenia. It brings physiology and physical structure back to its innate balance while supporting the re-birth of the whole brain, whole body & whole heart from Within.

Kundalini Yoga is the Raj Yoga within which all other forms of yoga can be found, thus making this form of practice the fastest way to open into ourselves through consciousness. What can take up to ten years in other Yogic practices can often be achieved within a year by the seriously committed students.

The focus that Yogi Bhajan had on the Divinity of Women and how to re-birth that truth into our society is of the greatest value in a world which has lost its Sacredness

This brings forth the sense of responsibility needed in each of us to reconsider Life and giving Life as a conscious choice thus eliminating the unwanted, accidental humans who suffer needlessly. In a reality where teens parents earlier and earlier, these considerations need to be outlined and considered with the highest importance.

Kundalini Yoga & the Consciousness film series explores the Ancient pearls of Wisdom for self-growth from many Earth-based Cultures to the most advanced societies in our history. Teens today have no direction! Our next generation has difficult decisions to make.

Kundalini Yoga specifically deals with Consciousness by developing a very deep internal awareness. This leads to incredible self-knowledge and can result in great self-discipline. This is something teenagers really need, specifically in today's society where difficult situations abound...

This innovative program is an offering to our next generation as a prayer of unconditional support in a transition which we are all tight roping together and hopefully into the Light...

Furthermore, an **online program** for Highschoolers **after graduation** will be offered. This is in the form of an **on-line weekly Yoga & Yogic Wisdom class** with **confidential individual counseling** while nurturing a **Sisterhood Circle** for our young women and men.

Offered by Ancha Baumann a certified teacher in Conscious Pregnancy & a student at KRI (Kundalini Research Institute) who is specializing in bringing forth a form of **Yoga & Education based on Yogic Wisdom for Children, Teens and Women**. Conscious Womanhood & Conscious Pregnancy are offered by Ancha who has been working with Children & Teens for over 35 years locally & internationally to empower our future Generation through her "Art for Inner & Global Awareness" program, A Dialogue through the Arts for Children worldwide supporting each other in the visualization of the healing of Life forms on our Planet. She is also a Montessori teacher K-12, cranio sacral therapist, CMT and Aquatic Therapist.

She can be reached at 707 354 2787.