

# Yogic Science to Break Habits & Addictive Behavior - Curriculum

## A Curriculum provided by SuperHealth

SuperHealth is a highly specialized technology that helps people move from recovery to self-discovery. You can learn more about SuperHealth and find more tools and information about Breaking Addictive Behaviors on their [website](#).

1) Welcome. Explain title of class.

Tune In - Ong Namō Guru Dev Namō

2) Do Warm-Ups

3) **The Kriya:** The “4 U” kriya sets the nervous system to withstand pressures of society and challenges of times. Do each posture for 11 minutes for 11 days without moving a muscle and this is said to create nerves strong as steel – “stainless steel forever.” This kriya also works on eliminating fear and developing greater spinal flexibility.

**Framing:** Different people in class will function at individual levels of development and capability. Therefore, though the full time for each posture is 11 minutes, allow people to stop at 3 minutes, 6 minutes and full 11 minutes according to their individual ability. Those who stop before 11 minutes can simply rest until it is time for the next posture.

**Explain:** Each person to access his/her own level of capability without straining himself including those with medical limitations.

**Suggested Music:** As stated by Yogi Bhajan, “[Nirinjan Kaur](#)’s voice is from the heart. The sound on the listener has a profound affect. When the vibration hits the eardrum it stimulates the hypothalamus which triggers the pituitary and pineal glands. This in essence has an ‘awakening experience on the listener’ to the higher center of consciousness.” Coupled with Yogi Bhajan’s poetry in the suggested music below, this music gives the practitioner an enhanced experience. Find Nirinjan Kaur’s music [here](#).

a) The first “U Shape” posture: Lie on the back, raise both legs and arms 90 degrees. Encourage students to set the pose and hold it without moving. Suggested music: *Bountiful, Blissful and Beautiful* by Nirinjan Kaur.

After 3 minutes, ask those who wish to stop to inhale, hold, exhale. Repeat 3 times then relax. Encourage everyone else to continue the posture and everyone can sing aloud. Also encourage to use breath as a tool to help; can do long deep breathing or breath of fire to help maintain the posture, help quiet the mind and give energy.

At 6 minutes, again ask those who will stop at this point to inhale, hold, exhale. Repeat 3 times, then relax. Encourage everyone else to continue the posture and everyone can sing aloud. Also encourage to use breath as a tool to help; can do long deep breathing or breath of fire to help maintain the posture, help quiet the mind and give energy.

After 11 minutes, inhale, hold, exhale. Repeat 3 times, then, relax.

**b)** Second “U Shape” posture: Remain on the back, legs overhead like plough pose however toes not touching the ground. This creates a “U” shape. Arms overhead toward the toes. If support is needed, the student can brace his/her back with hands so as not to create a strain.

See Posture # 1 and repeat same 3 minutes, 6 minutes and full 11 minutes. Suggested music: *Say Saraswati* by Nirinjan Kaur

**c)** Third “U Shape” posture: Sit up with legs extended in front and arms straight out at heart level. Repeat 3, 6 and 11 minutes intervals. Suggested music: *Humee Hum Brahm Hum* by Nirinjan Kaur.

**d)** Fourth “U Shape” posture: Stand up and bend forward with hands pointing toward the toes. Back is straight and head is flat (not tipped back) to create a “U” shape. Repeat 3, 6 and 11 minute intervals. Suggested music: *Heal Me* by Nirinjan Kaur.

**4)** Completely relax on the back. Guided relaxation through every nerve and muscle of the body beginning at toes through crown and top of the head. Suggestion music: *Guru Ram Das* by *Snatam Kaur*. 15 minutes.

Entire Set: 1 hour

**5)** Meditation: Habituation Meditation:



Make fists and press the thumbs on the indentations of the temples. Lock the back molars together with closed mouth. Focus the eyes between the eyebrows. Breathe normally. Silently repeat ‘*Sa Ta Na Ma.*’ On each sound vibrate the jaw muscles by pressing the molars together and releasing. As you press you will feel a movement at the temples.

This meditation is known to break the persistence of substance abuse. It triggers a reflex in the brain and affects the pituitary and pineal gland known to recalibrate addictive patterning.

Begin with 5 – 7 minutes and gradually work up to 31 minutes for 40 days to break a habit.

6) End: Long Time Sunshine

7) Prayer



**Mukta Kaur Khalsa, Ph.D.**, is the Director of SuperHealth and personally studied the teachings for addictive behaviors with Yogi Bhajan beginning in 1973. She directed a specialized rehabilitation hospital in Tucson, AZ, which was rated in the top 10% of all residential programs in the US by the Joint Commission on Accreditation of Healthcare Organizations. Mukta directed a pilot program in collaboration with the Punjab government in India and is co-author of a recently published research manuscript on the results of the India program. Mukta is the 3HO UN Special Representative to the Office of Drug

Control and Crime, Vienna, Austria for the 3HO Foundation and conducts trainings on SuperHealth technology for healthcare professionals, yoga teachers and students, and people seeking a new and healthy lifestyle. Mukta is author of “[Meditations for Addictive Behavior](#)” and lives in Espanola, New Mexico.

SuperHealth is on the cutting-edge of behavioral health and addiction therapy. It is not filled with fads and gimmicks nor is it a quick fix or “talk therapy” approach. A proven and precise yogic technology, the experience rebuilds the nervous and glandular systems, recalibrates the imprint of addictive patterning on the brain, and inspires and uplifts the human spirit. The neuron patterns of the brain must be changed to affect addictive behavior. A person cannot change and sustain the change until his awareness or consciousness has been heightened.

Consisting of Kundalini Yoga, meditation, and nutrition restoration, the SuperHealth program is helpful for anyone whose well-being has been compromised by drugs, alcohol, food issues, smoking, co-dependency, depression, stress or information overload. An overtaxed nervous system can leave you vulnerable to temptations and urges, fatigue, anxiety and disconnection from your intuition and sense of completeness within.

**SuperHealth Weekend Courses approved for CEUs by NAADAC for Addiction Professionals and Counselors** (*National Certification Commission*) #759 (13.5 CEUs), the State of California Board of Sciences for MFTs & LCSWs #4325 (13.5 CEUs) and the Holistic Nurses Association #1046 (12.16 Contact Hours).

**The Specialty Professional Training, 8 day Immersion Course** is also approved by NAADAC for Addiction Professional and Counselors #759 for 48 CEUs, the State of California Board of Sciences for MFTs & LCSWs #4325 for 48 CEUs and the Holistic Nurses Association #1130 for 63.25 CNEs.

[www.super-health.net](http://www.super-health.net)