

# COVERING OUR HEADS DURING WHITE TANTRIC YOGA® & OTHER MEDITATIONS

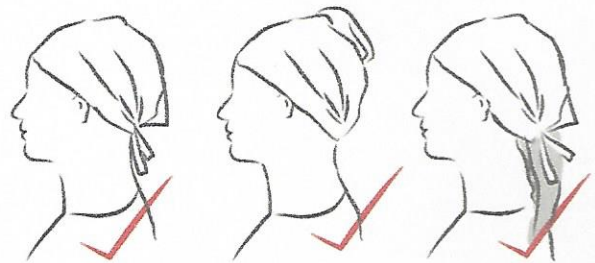
*White Tantric Yoga® is a deep meditative process and requires wearing a complete head covering around the hairline. (Not just the crown chakra).*

Scientific studies show that hair is alive and has an energy function. Long hair, put it in a rishi knot on the top of our head helps contain the energy.

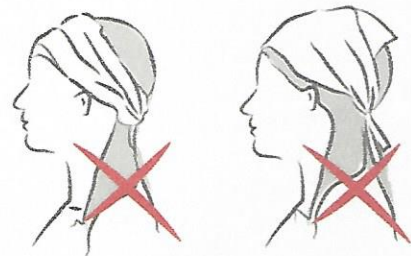
Likewise, wearing a head covering during meditation enables you to command your sixth center, the Ajna Chakra. Covering the head stabilizes the cerebral matter and the 26 parts of the brain, which are interlocked with the neurological system and electromagnetic field. Covering the head creates a focus of the functional circuit of the hemispheres of the brain, and tunes the neurological system. The whole head around the hairline is to be covered, not just the crown chakra.

The skull is made up of tiny bones that are constantly moving even if only by micromillimeters and the degree to which they move impacts levels of calmness or anxiety. Covering the head provides a sense of containment and focus while practicing yoga or while doing work that requires clarity of thought. It literally helps "keep your head together."

Head coverings of any kind are useful for a meditative practice. Turbans are useful for holding energy in, and for creating a meditative focus at the third eye point (brow point). Another benefit of wearing a turban is that when you wrap the 5 to 7 layers of cloth, you cover the temples, which prevents any variance or movement in the different parts of the skull.



Whole head and hairline completely covered.



Back and top of the head or hairline not exposed.