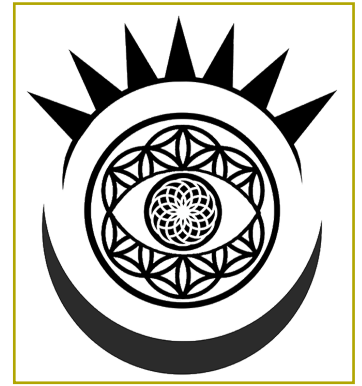


# QUUNDALINI

## Quantum Healing Yoga™ *The Method Booklet*



Quundalini™ Quantum Healing Yoga™ recognizes that there is a living current of energy flowing through you that is highly unique and encoded with information that has never existed before and will never exist again. Your body is the sacred vessel and your life circumstances are the special conditions through which these divine codes can awaken and express. A Quantum Healing Yoga™ practice invites you to learn how to work with your body as an intelligent instrument in order to activate hidden instructions, gifts, and wisdom within you that illuminate your soul's mission and guide your evolution.



### *What Are the Inner Codes?*

Inner codes are the energetic blueprints within our DNA, nervous system, and aura. They hold our gifts, intuition, and mission instructions. Most people live unaware of them, running on default.

Awakening your codes brings greater clarity, direction, and purpose to our lives.

### *Quundalini is the Key*

Quundalini™ is a technology that unlocks these codes. Every breath, mantra, and movement is like a key unlocking dormant capacities. With intention and expanding awareness, you align with your inner blueprint. When you awaken your codes, you waste less energy on distractions. You plug into what's truly aligned. Ease replaces struggle. Flow replaces force. Life becomes more magical, people and opportunities magnetize to you, and where things were once stuck, there is now flow. We are not born to suffer. We are born to create from the potency and potential of Source itself. Quundalini™ Quantum Healing Yoga™ is the technology to know Self as Source and reconnect Source to Self.

**Your codes are your sacred responsibility.  
Your greatest work is to activate and embody them. ~ Jai**

### **Human Daily Maintenance for Quantum Living**

The ancient yogis noted that we know how to drive our cars but we don't know how to drive our body-vehicles. Just as we shower every day and adorn the physical body, we need to give equal, if not more, attention on the subtle body. In order to fully live in our authentic nature and have access to our bliss, beauty, intelligence and divinity we need to do certain things (ideally on the daily) to access our fullest potential. The following *Human Maintenance List* is a guide for caring for your body-vehicle.

#### **Human Maintenance List**

- Flex, release and align our spines
- Re-align our skeletal system
- Release and tone our facia and muscles
- Release our breathing muscles and expand our lung capacity



- Flush our lymphatic system
- Maintain/increase bone density
- Stretch our sciatic nerve (life nerve)
- Release the solar plexus
- Stimulate our circulatory system
- Synch up the bodies bio-rhythms
- Recalibrate our glands
- Cleanse and balance our chakras
- Neutralize toxins
- Activate, center, and balance our navel center
- Stimulate the nadi network
- Brighten and cleanse our magnetic field
- Clear sub-conscious debris
- Balance the hemispheres in the brain and body
- Regulate our emotional body
- Open and (re)connect to our hearts
- Strengthen discernment
- Establish a calm focus
- Direct our mind and body to higher frequencies
- Align and lead from our Higher Self

Quantum Healing Yoga™ practice and Jai Quundalini™ training gives you the tools and techniques to effectively accomplish the human daily maintenance list.

### **About Quantum Healing Yoga™**

Einstein's discovery of  $E = mc^2$  revealed that matter and energy are one and the same, thus scientifically affirming what ancient wisdom has long known: the physical world is condensed energy, and when we shift the energy, we transform the form.

Quantum Healing Yoga™ invites us to remember that all matter is energy - the physical body and greater physical world are simply expressions of underlying frequencies. When we align and elevate our energetic field, true healing becomes not only possible, but inevitable.

Einstein once said, “**The medicine of the future will be the medicine of frequencies.**” We are living in that future. It is time to actively and consciously cultivate a relationship with vibration and frequency so we can swiftly read into the field and garner wisdom and healing needed at any given moment.

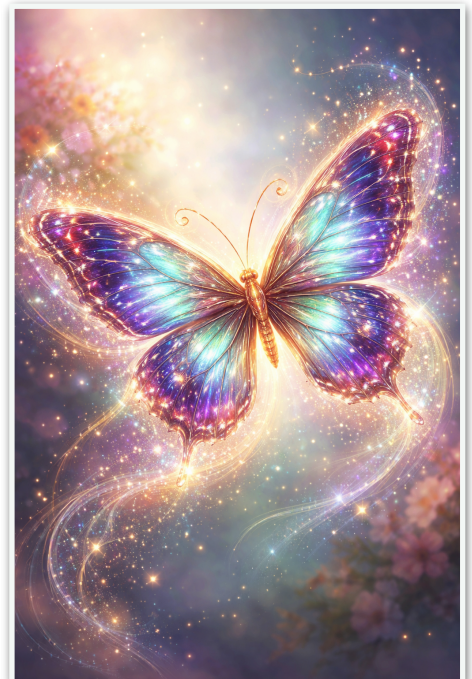
Another great scientific mind who left a legacy of valuable insights was Nikola Tesla, who once said, “**If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.**” This is the essence of Quantum Healing Yoga™.

Quantum Healing Yoga™ recognizes that every breath, every posture, every mantra we speak are not just movements or sounds. They are activations. They are intentions sent directly into the Quantum Field where all possibility lives. The moment we become present and observe our breath, our body, our thoughts, our sound *and* consciously hold a healing frequency for ourselves, we collapse infinite potential into one powerful reality: healing.

When we understand healing from the quantum perspective, we see that every act of healing is not individual, but uplifts the collective. One person who takes the initiative to heal sends out a certain frequency or vibration into the collective, and, like a tuning fork, an entire planetary shift begins to uplift and unfold.

Quantum Healing Yoga recognizes we are the Universe ~ UNI VERSE which translates to ONE (uni) SONG (verse) ~ with many voices, many instruments, many melodies, that as we harmonize together, radical healing happens.

This is the butterfly effect of consciousness.  
You are being the change.



## 🦋 The Butterfly Effect 🦋

The butterfly effect is a core concept in chaos theory which suggests that small changes can lead to big, unpredictable changes over time; especially in complex systems like weather, ecosystems, or even human life. It reminds us that there is a sensitivity to all systems, no matter the complexity. The term comes from the poetic image that a butterfly flapping its wings in one area of the world, like Egypt could set off a chain of events that eventually causes a tornado in another area of the world, say, Texas.

In the sacred weave of the cosmos, even the lightest flutter, a whisper, a breath, a prayer, carries the power to reshape worlds. The butterfly teaches us that when we shift our inner frequency, the universe responds in kind, echoing our transformation through the great tapestry of creation and influencing others into change.

## THE JAI QUUNDALINI™ TRAINING

Jai Quundalini™ Quantum Healing Yoga™ is a multidimensional path of study that weaves together the history of yoga, the mechanics of Kundalini, astrological intelligence, quantum science, and the sacred



sound current. It explores the dance between the physical and subtle bodies, with a focus on how energy moves, awakens, and harmonizes through our physical form. This modality is transmitted through the lens of feminine wisdom and honors the principle of sacred union as the heart of creation.

The Jai Quundalini™ Quantum Healing Yoga™ Training is an immersive journey into Sacred Teachings and Quantum Science, offered in studio and/or online so you can participate from the comfort of your own space and time. For the person seeking mentorship on becoming a teacher/spiritual leader, the **Dalini Path** with Jai guidance is the path for you. See pg.13 for the Dalini Mentor Path description.

## *THE TRAINING MODULES*

### **Module One: The Path of Truth**

**Foundations of spiritual embodiment, discernment, and remembering what it means to be truly awake.**

In this foundational module, we begin by exploring Truth as it relates to the core of all healing. To walk the path of healing is to seek what is real, beyond illusion, conditioning, and limitation. We explore the shift from linear to multidimensional time, opening awareness to the quantum nature of existence where all possibilities coexist in the present moment. Through understanding timelines, shifting consciousness, quantum fields and true spirituality, we begin to perceive reality not as something happening to us, but as something continuously created through us.

This module also highlights the merging of science and spirituality, showing how ancient wisdom and modern science are meeting in the same field of truth - that everything is energy, and energy responds to awareness. This knowledge sets the tone for understanding healing in a quantum world, where to heal is to harmonize our frequency and return to our natural regenerative power. You'll begin to see yourself as an energetic and powerful being, equipped with tools to access, direct, and embody your inner power and awakening your ability to create coherence, vitality, and wholeness from the inside out.

### **Module Two: Origins of Consciousness**

**A journey through the timeless threads of wisdom that have carried consciousness through the ages.**

The ancient yogis, sages, and sadhus left behind a luminous treasury of wisdom - sacred teachings designed to guide humanity, especially in times of great transformation. In this module, we journey into the history of yoga to reclaim its essence and understand how many of its profound teachings have been fragmented or removed from their original context in the West.

Quantum Healing Yoga™ invites a return to yoga as a living, embodied path - not merely a physical discipline, but a sacred technology for awakening consciousness.

As we trace the lineage of Kundalini Yoga, study the sutras of Patanjali, and receive insights from the Tantric and Nath yogis, we also honor the ancient wisdom of the Nagas - the serpent beings who remind us that yoga's roots are entwined with feminine life force and the regenerative power of creation itself.

Through reconnecting with these origins, we restore yoga to its wholeness and reclaim it as transformative path that awakens, harmonizes, and channels energy back to its sacred source.

### **Module Three: Activating the Quantum Vessel**

**Understanding the physical body as sacred architecture; the living bridge between matter and spirit.**

Our bodies are holographic maps of consciousness. When we learn how to read the map, we become active participants in our healing. This module takes a deep dive into the physical and subtle bodies, exploring how they support and reflect one another. Here, we examine the technology behind Quantum Healing Yoga™, understanding that our bodies are not just vessels for our life-force, but gifted instruments for navigating both the physical and subtle dimensions of existence.

We uncover the profound correlation between physical health and emotional, mental, and spiritual well-being, learning how to work with the body's innate intelligence to create coherent rhythms that elevate overall health. Through this study, we see how the glands and other physical systems serve as portals to subtle energies, and why strengthening the nervous system is essential for accessing calm, clarity, and grace under pressure. By engaging both the physical and subtle layers of ourselves, we cultivate a body that is alive, responsive, and fully aligned with the quantum field of healing.

## **Module Four: The Subtle Matrix**

**Exploring the chakras, the multidimensional bodies, and the energetic pathways that form our light anatomy.**

We are multi-dimensional beings living in a multi-dimensional universe. Module four is a journey into the vastness of the subtle realm, expanding our awareness beyond the physical to understand the multidimensional nature of being. We explore the multi-body system, uncover the energetic layers and take an in-depth look at the chakras as gateways of consciousness that bridge spirit and matter.

Here, we learn about the energetic forces behind all things and come to better inner-stand the qualities of reality as fluid and responsive, shaped by our vibration and intention. Through working consciously with the elements, we learn how to harmonize our inner and outer worlds, becoming active participants in the creation of our reality. Central to this module is cultivating Witness Consciousness, the ability to see through the eyes of the Creator, to observe without judgment, and to experience yourself as both the observer and the divine being observed. This state of awareness becomes the foundation for mastery within the quantum field.

## **Module Five: The Alchemy of Healing**

**Engaging Quantum Healing Yoga™ to transform trauma into awakening collective and cellular remembrance.**

Module Five takes us into the heart of Quantum Healing Yoga's potency - the ability to heal trauma at the vibrational level, where imbalance first enters the field. Here, we explore the workings of karma, how it shapes our patterns and experiences, and how dharma (living in alignment with truth and purpose) serves as the path of liberation from karmic cycles.

We view Earth through the lens of being a deeply traumatized planet, where collective pain, conditioning, and belief systems have separated humanity from its true divine nature. By understanding the quantum field, we see how our personal healing ripples through the web of life, contributing to the healing of the collective.

This module also guides us through the Hero/Heroine's Journey, revealing the sacred purpose of ego deaths and dark nights of the soul as the nutrient-rich soil from which evolution and awakening grow. We come to honor the shadow as a valuable ally, a mirror guiding us toward wholeness, and learn how to integrate its wisdom so that light and dark, pain and power, can coexist in harmony within us.

## **Module Six: Cosmic Consciousness**

**Discovering how cosmic forces shape our consciousness and how to align with divine design.**

The ancient yogis understood that yoga and astrology are inseparable. They are sister sciences. A yoga practice without awareness of the celestial energies at play is incomplete, and an astrologer interpreting the stars without grounding in yogic consciousness is missing the mark. Astrology is a comprehensive energetic system that every yogi needs in their vernacular to receive the full benefits of practice.

In module six, we explore the astrological forces that shape consciousness and influence the energetic field of life on Earth. We start with the Yugas, or great epochs of time, to gain perspective on humanity's evolutionary cycles. We also dive into the archetypal energies behind the planets, their transits, and the zodiac signs, learning how they express through us and the collective. Through this lens, we begin to see the cosmos as an energetic map that informs both our inner and outer worlds. Thus the phrase "as above so below." You'll discover how to align your practice, classes, and healing work with the greater movements of the heavens, amplifying your ability to work in harmony with the natural flow of universal energy.

## **Module Seven: Sound Current**

**Entering the vibrational architecture of reality - where sound becomes medicine and vibration creates form.**

There is a reason Jai Quundalini™ is heavy on the mantra. Mantra takes us into the realm of naad, where all knowledge and wisdom exist. In Module Seven, we immerse ourselves in the power of sound and vibration - the energetic current that underlies all creation. Through the study of cymatics, we witness how sound gives shape to matter and begin to understand the invisible patterns that form our lived experience. This awareness expands our perception of the vibrational field we exist within, revealing that every tone, thought, and mantra carries the power to influence our reality.

We then journey into the realm of magic, recognizing it not as illusion, but as a gift from Creator - a natural law that operates through consciousness and frequency. As we awaken to how magic truly works, we learn to engage with it consciously and responsibly. This module reminds us that magic is not something outside of us, but the creative intelligence we are already woven into and by aligning with it, we become deliberate architects of reality itself.

## **Module Eight: The Path of She Who Knows**

**Remembering, Reviewing, and Rewriting the Herstory**

In Module Eight, we enter the Sacred Feminine as an energetic principle, an archetypal force, and an embodied state of awareness. We bring the feminine back in balance with the masculine. This module invites students into the direct experience of the Sacred Feminine as living intelligence within the body, psyche, and lineage. Here, we move beyond inherited narratives and into embodied remembrance.

We explore the difference between history (what was recorded) and her-story (what was lived, felt, and often silenced), and begin the process of restoring the feminine voice within ourselves and our ancestral lines.

## **Module Nine: Living the Quantum Codes**

**Integrating the teachings through service, embodiment, and quantum presence.**

In Module Nine, we ground all that we've learned into practical application, exploring how to weave Quantum Healing Yoga™ into daily life as a living, breathing practice. We study the structure and mechanics of a kriya, understanding how specific sequences of movement, breath, sound, and focus activate transformation within the body and energy field. We learn to design and facilitate healing experiences that are both powerful and sustainable and inspire real, lasting change.

As the Aquarian Age continues to unfold, the world is calling for authentic sources of light - individuals who embody coherence, integrity, and Truth. This module invites you to become that light, to live as a demonstration of what is possible when healing and consciousness unite. Here, we anchor the quantum principles into tangible form, creating practices and offerings that uplift others and contribute to the emergence of an elevated reality for all. **\*This module is for course participants taking the Jai Quundalini™ DALINI MENTOR track.**

**Let us live as Conscious Creators within the unified field, harmonizing spirit and form, and remembering that Sacred Union is the source from which bliss arises in all of creation. ~ Jai**

### **Quantum Healing Yoga™ is the catalyst to Quantum Living.**

Quantum Living is a way of being that recognizes everything - thoughts, emotions, and the body itself - as energy in motion, interconnected within one unified field of consciousness. To live *quantum~ly* is to move beyond the limits of linear thinking, to perceive life as cyclical and multidimensional, and to trust that leaps and rapid shifts in reality are not only possible, but natural. It is living from the awareness that your vibration shapes your reality; that you are the keeper of your frequency.



Quantum Living invites radical responsibility: to release blame, to honor your past without identifying with it, and to consciously tend to the energetic imprint it leaves behind. We are not responsible for what has happened to us, but we are responsible for how that energy moves through us.

To live *quantum~ly* is to live in coherence, where your inner frequency aligns with your intentions, and synchronicities unfold with ease. Life feels spacious, alive, and attuned; a dance between intuition and creation. It is living from presence rather than programming, responding from love rather than fear, and trusting that as you elevate your vibration, the universe reorganizes itself around your new frequency.

In this state of Quantum Living, telepathy, intuitive knowing, and energetic sensitivity become natural expressions of alignment ... signs that heart, mind, and soul are in harmony. As the inner (yin) and outer (yang) worlds unite, coherence becomes the natural rhythm of your life.

## **Quantum Living Affirmation:**

**I activate me.  
I regenerate me.  
I believe in me.**



## **DALINI MENTOR PATH:**

This path is designed for those who feel called to share this work with others. If you are wanting to teach, integrate these teachings into your current line of work, or receive deeper support in developing your voice as a facilitator, this is the path for you. The Dalini Mentor Path offers additional guidance, structure, and mentorship to help you confidently create and lead your own classes. Within this track, we explore teacher codes, class creation, energetic holding, and the art of transmission. This includes an additional module as well as extended time with Jai throughout the training, allowing for more personalized support as you step into the path of the teacher.



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