

KUNDALINI YOGA

MEDITATION FOR COMPLEX PSYCHIATRIC DISORDERS



**Techniques Specific for Treating the Psychoses,
Personality, and Pervasive Developmental Disorders**



DAVID S. SHANNAHOFF-KHALSA



Kundalini Yoga Meditation for Complex Psychiatric Disorders

Techniques Specific for Treating the
Psychoses, Personality, and Pervasive
Developmental Disorders

David S. Shannahoff-Khalsa



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The techniques and protocols taught in this book are not meant to be a substitute for medical care and advice. You are advised to consult with your health care professional with regard to matters relating to your health, including matters that may require diagnosis or medical attention. In particular, if you have been diagnosed with schizophrenia or any form of psychosis, a personality disorder in any form including paranoid, schizoid, schizotypal, antisocial, borderline, histrionic, narcissistic, avoidant, dependent, or obsessive-compulsive personality disorder, autism, Asperger's Disorder, or any other pervasive developmental disorder, or any other psychiatric or related disorder, or if you are taking or have been advised to take any medication, you should consult regularly with your physician regarding any changes in medication use.

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*Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders,
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A Norton Professional Book

To Raj Yog Guru Ram Das, my Guru in the Divine;

Raj Yog Yogi Bhajan, Master of Kundalini Yoga,
my Spiritual Teacher in the Divine;

David (deceased) and Sarah Shannahoff, my parents for their
life-long loving support;

Bubba, JJ, and Patrick, my three Golden Sons,
for their eternal love and devotion.



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Preface

This book was written as an extension and companion to my first book, *Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth*, published by W. W. Norton & Co. While writing the first book, which covered most of the Axis I disorders, I realized that there was still a need to specifically address the treatment of the psychoses, the personality, and the pervasive developmental disorders. Even though many of the patient case histories in the first book were complex and multimorbid, I thought that much more information on multimorbidity is essential. The people that come to me for treatment usually do so because their previous therapeutic efforts have not led to satisfactory results. Most do not come because they have an interest in yoga per se. Consequently, over the years I have had an opportunity to learn what is required to help make a real difference in their lives using Kundalini yoga meditation techniques. Now six additional multipart disorder-specific protocols and a variety of individual disorder-related techniques that can be used as substitutes are included in this book. Because of the poor overall success rate and complications with the antipsychotic medications, we have a need for new approaches for treating and reducing the symptomatology of the schizophrenic patient, including ways to help minimize the duration of their hallucinations. A

multipart protocol is now included that I have tested over the years for the variants of the psychoses. I have also included a new short miniprotocol that is being used to help minimize the severity and duration of the hallucinations for these patients. Many of my clients have had personality disorders. But, as is par for the course, they only request help for their Axis I symptoms. Therefore, I have devised three multipart cluster-specific protocols that I now use for the three American Psychiatric Association–defined personality disorder cluster groups, called Clusters A, B, and C, respectively. Included are additional meditation techniques that can be used as substitutions for the three different cluster-specific protocols that can help meet any additional needs for these patients. There is also a new symbol-based classification for each of the 10 different personality disorders with a technique that is unique to each disorder. Therefore, we now have 10 variants of these protocols to help meet the specific needs for each of the 10 different personality disorders. In addition, over the years many people have asked me if I had information on how to treat autism or Asperger’s syndrome. That information, which includes a novel approach to treatment, is now also included in this book.

Over the past 35 years I have practiced more than a thousand different Kundalini yoga meditation techniques. When I first started, I realized how important they can be for treating the psychiatric disorders, especially since many of the techniques were taught as being disorder specific. While these individual yogic techniques were devised and discovered many thousands of years ago, these techniques and teachings have their more recent origins from the House of Guru Ram Das and the teachings of Kundalini yoga as taught by Yogi Bhajan. I feel very fortunate to have had the opportunity to learn these techniques and to deliver them in the form of these new multipart disorder-specific protocols that can now more readily serve the needs of those suffering with one or more psychiatric disorders.



Introduction

This book is designed for use by psychiatrists, psychotherapists, psychologists, social workers, physicians, other clinicians, and yoga therapists and yoga teachers who have an interest in working with psychiatric patients, and especially with the nine variants of the psychoses, the 10 variants of the personality disorders, and autism and Asperger's syndrome. This book is also written to more broadly cover the important and common problems of the multimorbidities in psychiatry, and therefore this book is an important complement to my first book, which focuses primarily on how to use Kundalini yoga meditation techniques for treating the other Axis I psychiatric disorders (Shannahoff-Khalsa, 2006). The first book included eight disorder-specific multipart protocols for treating the following disorders: obsessive-compulsive disorder, acute stress disorder, major depressive disorder, bipolar disorders, addictive impulse control and eating disorders, chronic fatigue syndrome, attention-deficit hyperactivity and comorbid disorders, and post-traumatic stress disorder. The first book also had individual meditation techniques, each specific for one of the following disorders or conditions: generalized anxiety disorder, panic attacks, phobias, grief, insomnia, nightmares, fears, anger, to deepen and shorten and induce superefficient sleep, create normal and supernormal states of consciousness; 11 techniques, each spe-

cific for treating the abused and battered psyche; and 14 techniques for couples therapy. However, all of the techniques in the first book can also be used to help enhance one's personal growth, performance, and mental health. In addition, it is worth noting that a "7-part protocol for psycho-oncology patients" has also been published for patients suffering from cancer (Shannahoff-Khalsa, 2005).

The presentation of the material in this book, including the detailed definitions of the respective disorders and their prevalence rates, and a review of the most currently published scientific results using conventional treatment modalities, will be especially useful for those who lack formal study of these psychiatric disorders. However, the reviews on treatment may also be useful as a reasonably up-to-date summary for trained clinicians and others in the public health sector.

The reader of this book would be well served by also reading the first book, which introduces a number of landmark scientific discoveries that help give much greater scientific credibility to the Kundalini yogic meditation techniques and protocols that are now included in this book. This is true because all of those scientific studies were also based on concepts from the ancient science of Kundalini yoga as taught by Yogi Bhajan. That work has led to a new perspective for understanding the nature and dynamics of psychophysiological states and mind-body interactions during both waking and sleep, and how the body's major systems are integrated and coregulated by the hypothalamus. Scientific studies are also presented in the first book on several novel endogenous mechanisms for regulating mind-body states, giving further credit to the value of yoga. These mind-body and self-regulation studies are also discussed in another book in complete detail (Shannahoff-Khalsa, 2008). The history and a comprehensive review of the topic of how to self-regulate these states using selective unilateral autonomic activation via unilateral forced nostril breathing is discussed with a review of the studies that show the efficacy of using Kun-

dalini yoga for treating OCD, and how these techniques can have differential effects on heart rate, eye blink rates, glucose levels, intraocular pressures, and hemispheric-dependent cognitive functions (Shannahoff-Khalsa, 2008). The first book also introduces the concept of the chakra system and how yogis define states of consciousness, the *tattvas* or five elements (ether, air, fire, water, and earth) and their role in understanding the disease process, and the basic physical mechanism that helps explain how mantras work (Shannahoff-Khalsa, 2006). Also covered in *Kundalini Yoga Meditation* are the fascinating teachings of Yogi Bhajan on Kundalini yoga called “the 81 facets of the mind,” and the “female rhythms of the 11 erogenous centers that influence the psyche.” These concepts all help give a much deeper insight into the psyche and they are unique examples of the highly complex understanding of the mind and consciousness that yogis had thousands of years ago. This depth will be apparent when the techniques in this book are explored by the reader.

Chapter 1 in this book presents key studies in the scientific literature on the multimorbidities in the psychiatric disorders in an effort to document the realities and inadequacies of the conventional modalities for treatment in the real world and the greater complexities faced by patients with multimorbidities. A quick snapshot is presented of both the psychiatric problems and general medical multimorbidities that are common for the schizophrenic population. A summary overview is presented for the most expensive trial ever funded by the National Institute of Mental Health, costing \$45 million, called the Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE) Study. To date this is the most comprehensive assessment and well-designed multilevel trial that shows us what to expect with the use of the antipsychotic medications in treating the real-world population of schizophrenics. Selected examples are listed for the occurrence rates for the more common psychiatric multimorbidities for schizophrenia, the personality disorders, and the pervasive developmental disorders. In

addition, the case is briefly presented for considering the use of Kundalini yoga meditation techniques as an adjunct or alternative approach to help improve treatment for the multimorbid psychiatric disorders.

Chapter 2 gives a brief modern history of the psychoses and the detailed definitions for the nine variants as now described in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders*, 4th ed. (text revision) (*DSM-IV-TR*). The prevalence rates and the etiology of the nine variants are presented along with a literature review of the latest studies using conventional modalities for treatment, including an early preliminary study using hatha yoga for treating schizophrenia. The Kundalini yogic view on the etiology is presented. There is a detailed description of the Kundalini yoga protocol called A Protocol for Treating the Variants of Schizophrenia, which is used for treating the nine variants of schizophrenia. Several options are also provided for using different meditation techniques as adjuncts to this protocol. In addition, A Four-Part Miniprotocol for Helping to Terminate Hallucinations is described along with a case history for its treatment efficacy in a complex multimorbid patient. Individual case histories are also presented for schizophrenic patients that have used the primary protocol.

Chapter 3 covers the 10 different personality disorders as defined by the American Psychiatric Association and how they are each included in one of three specific clusters respectively: the Cluster A group (odd-eccentric) includes the paranoid, schizoid, and schizotypal personality disorders; the Cluster B group (dramatic-emotional) includes the histrionic, narcissistic, antisocial, and borderline personality disorders; and the Cluster C group (anxious-fearful) includes the avoidant, dependent, and obsessive-compulsive personality disorders. The history is presented for the personality disorders and the 10 detailed definitions are included as defined by the *DSM-IV-TR*. An up-to-date review of the scientific literature describing the prevalence rates and the efficacy of the conventional treatment modalities is presented. In addition, the