

### [Who can do White Tantric Yoga®?](#)

Anyone can participate in White Tantric Yoga® as supervised by the Mahan Tantric.

### [Who will be attracted to White Tantric Yoga®?](#)

Those who:

- Want to live in the present, unencumbered by blockages in their subconscious minds;
- Want to accelerate their meditation practice;
- Believe that they are spiritual beings in a human body;
- Want to see God in themselves as well as in others.

### [Can a beginner do White Tantric Yoga®?](#)

Yes. There are no pre-requisites for White Tantric Yoga®. Beginners can tune into their internal energies and enjoy a deep and sometimes challenging meditative experience.

### [Why should I wear white?](#)

White is not a color in and of itself, rather it is the combination of all the colors of light. It balances our aura and expands our magnetic field, helping us to be more open and receptive. At the same time it gives a neutral message to others.

### [Why do I have to cover my head?](#)

When we meditate we raise energy up our spinal column (sushmana). The energy manifests in the form of heat, which rises up our spine to our crown chakra. This energy or ojas is what changes the patterns of the brain. We cover our head to contain that energy. Specifically, wearing a head covering enables you to command your sixth center, the ajna (or ajna) chakra. Covering the head stabilizes the cerebral matter and the twenty-six parts of the brain, which are interconnected with the neurological system and electromagnetic field. This creates a focus of the functional circuit of the hemispheres, and tunes the neurological system. The whole head is to be covered, not just the crown chakra, using white natural fabric.

### [Where should I look when I am supposed to be looking into my partner's eyes?](#)

We don't mean that each of your eyes should be looking into the opposite eye of your partner. Instead, that you should be looking at the eyes. You will find that sometimes you will look into one eye, or you will have a hard time focusing. The aim is to maintain eye contact. Yogi Bhajan says: "When you cannot look into a person's eyes, it is your personal weakness."

### [Can I talk during the Kriya?](#)

White Tantric Yoga® is an internal and personal practice. Although it is practiced with a partner, it remains a personal meditation. Verbal sharing should happen during the breaks.

### [Can I move if necessary?](#)

If it is very essential, you can, while maintaining the posture as best you can. The strongest experience will occur with the most concentration and correct posture.

### [If I can't keep up, does it ruin the effect?](#)

The results you get will be based on the effort you put in, and like anything, you will improve with practice.

Yogi Bhajan says: “Everybody cannot do so perfect. Some might be doing and may not be doing 100%, some, may be doing 80%. From zero to 100 doesn't mean anything. So long they are in the line, the energy will cross diagonally.”

### [What is the significance of sitting in a row facing a partner?](#)

White Tantric Yoga® is based on geometry. Sitting in this arrangement creates the diagonal energy.

### [Is it better to do it with a partner of the opposite sex?](#)

No, it doesn't matter. White Tantric Yoga® is a science based on polarity. Whoever sits opposite you is acting as your polarity for the purpose of this experience. Integration of polarities is necessary for spiritual development.

### [Do you fall in love or attach to your partner?](#)

Best is to attach to the Universal soul that we all share.

Yogi Bhajan says: “If you fall in love with God at that moment, it will cover the entire distance. Actually, you are supposed to fall in love with the Unknown. That is the purity of consciousness.”

### [Can I participate in White Tantric Yoga® while pregnant?](#)

Yes, before seven months, with the same limitations you would utilize doing other Kundalini Yoga practices.

### [Can I do White Tantric Yoga® on the first day of my menstrual cycle?](#)

Yes, with the same limitations you would utilize doing other Kundalini Yoga practices.

### [How many White Tantric Yoga® workshops can I attend in one year?](#)

As many as you want.

### [Is there a benefit to repeating the same course?](#)

Yes, because White Tantric Yoga® depends on the time and space in which you are practicing it. Unlike asanas and pranayams, which always have the same effect whenever and where ever you do them, the White Tantric Yoga® kriyas' results are based upon the time and space in which you are participating in them. This means you will bring a different you to the experience each time and as a result a different you will participate and be affected by the diagonal energy. The results are the outcome of a momentary experience with the diagonal energy and since your encounter with each moment is unique your encounter with the same course will be unique.

### [What is the subtle body?](#)

The consciousness.

### [How does it work?](#)

The Mahan Tantric Yogi Bhajan connects his subtle body to the subtle bodies of the participants through the course facilitator. This works the same way as a world-wide telephone system that relies on satellites and electromagnetic energy in order to connect two parties.

### [Is there any research on its affects?](#)

Just the testimonials of practitioners.

### [Why not do our favorite exercises on our own?](#)

If you do, it will have no effect, because the Mahan Tantric acts as a filter when he guides the course, and there will be no filter.

### [Is it dangerous to do on our own?](#)

Yogi Bhajan says: “It is dangerous to do on your own. We have examples where people went astray and did what they wanted to do and declared themselves that they did it, and what misfortune followed is not worth discussing.”

### [What is the difference between this and Tantric courses offered by others?](#)

We do not know what other courses offer, we don't compare, we don't compete. We only know about White Tantric Yoga®.

### [Who are we chanting to?](#)

Chanting the mantras used in White Tantric Yoga® makes possible a vibratory union between ourselves and our Creator.

### [Who was the last Mahan Tantric?](#)

Lama Lilan Po of Tibet.

### [Is the Mahan Tantric always a man?](#)

Yogi Bhajan says: “No, no, no. There's no man and woman in the eyes of God.”

### [How will the videos work after Yogi Bhajan passes on?](#)

The same way they work now. The subtle body does not die.

[How will the next Mahan Tantric be selected?](#) Yogi Bhajan says: “In our beliefs, in our knowledge, and in our experience, everything is bestowed by God. Nobody's competent enough to earn it. Nobody's competent enough to maintain it. Nobody's competent enough to snatch it. These forces of power, earthly power, do not prevail. So it is Lord's own grace on whose head He bestows the crown.”