

**Einladung zum Gastvortrag**  
**Freitag, 24.01.2020, 15:00 Uhr**  
**im Unitobler, Institut für Religionswissenschaft**  
**Lerchenweg 36, 1. Stock, Seminarraum S113**

**Organisiert durch das Institut für Religionswissenschaft**  
**in Zusammenarbeit mit dem Center for Global Studies**

***Philip Deslippe (University of California, Santa Barbara)***  
**The Practice and Experience of Face-Gazing**  
**in Yogi Bhajan's Kundalini Yoga**

Kundalini Yoga as taught by Yogi Bhajan is an outlier within the world of modern yoga as it claims an ancient origin and a unique tie to the Sikh tradition, and contains forms and exercises that are seemingly unique among other popular forms of contemporary yogic practice. Two of the most unique exercises are the practices of Tratakam and White Tantric Yoga, respectively staring at a photograph of Yogi Bhajan and doing an extended series of meditations and exercises while staring into the eyes of a partner. This presentation will offer theories about the experiences of practitioners of Tratakam and White Tantric Yoga based on published research in the field of visual perception and a recently conducted survey of practitioners of these exercises. I suggest that the unusual experiences that occur with Kundalini Yoga practitioners during these exercises are usual and normal occurrences, but the meaning they attach to these experiences is part of a larger framework of meaning within the system of Yogi Bhajan's Kundalini Yoga.

Philip Deslippe is doctoral candidate at the Department of Religious Studies at the university of California, Santa Barbara.

Selected publications:

- From Maharaj to Mahan Tantric: The Construction of Yogi Bhajan's Kundalini Yoga. *Sikh Formations* 8 (3), 2012, 369-387.
- The Hindu in Hoodoo: Fake Yogis, Pseudo-Swamis, and the Manufacture of African American Folk Magic. *Amerasia* 40 (1), 35-56.
- Rishis and Rebels: The Punjabi Sikh Presence in Early American Yoga. *Journal of Sikh and Punjab Studies* 23 (1-2), 2016, 93-129.
- The Swami Circuit: Mapping the Terrain of Early American Yoga. *Journal of Yoga Studies* 1, 2018, 5-44.