

# KUNDALINI SCIENCE

## A SPIRITUAL PSYCHOLOGY

### BOOK-4



HUMAN MIND IS LIKE A FLYING KITE

**KUNDALINI YOGA SCIENCE CAN PEEP  
INTO BLACK HOLES TOO**

# **Kundalini science- A spiritual psychology**

**Book-4**

**Author- Premyogi vajra**

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## **Book introduction**

This book is fourth part (book-4) of the Kundalini science series. Its first part, second part (book-2), and third part (book-3) are also available. It is the compiled form of blog-posts. Those posts are written by Premyogi vajra, a mystic yogi. He is enlightened as well as he has his kundalini awakened. These all posts are related to kundalini. One post corresponds to one chapter. Premyogi vajra is writing about Kundalini since 4 years ago, when his kundalini awakened after one year long continued kundalini yoga meditation. He became amazed on seeing that nowhere Kundalini had been mentioned or described completely. Even Kundalini had not been defined properly. He searched and read many kundalini awakening experiences, but he found none as genuine and complete. Although he found Samadhi as mentioned in Patanjali Yoga Sutras as equivalent to Kundalini, but that was described in a mystic and ancient way that was difficult to be understood by the laymen type general public. Therefore inspired by these shortcomings, he decided to present every know-how about kundalini in very simple or childish way keeping everything at ground level, true, experiential, scientific, original, practical and intuitive. That genuine, honest and humane effort resulted into the origination of this wonderful book. That is why this book appears as a blessing for kundalini seekers. Because it is not comfortable to read so many blog posts together on glare producing screens, therefore those posts were presented in the form of a kindle e-book that is comfortable and enjoying to read. As a result, it is fully hoped that readers will find this book spiritually uplifting and comfortable to read.

## Author introduction

Premayogi Vajra was born in the year 1975 in a small village in the beautiful basket valley of Himachal Pradesh, India. He is naturally fond of writing, philosophy, spirituality, yoga, public service, applied science and tourism. He has also done commendable work in the field of animal husbandry and veterinary medicine. He is also fond of polyhouse farming, organic farming, scientific and water conserving irrigation, rainwater harvesting, kitchen gardening, cow farming, vermicomposting, website development, self-publishing, music (especially flute playing) and singing. He has also written close to ten books on almost all these subjects, whose descriptions are available on Amazon Author Central, Author Page, Premyogi vajra. The description of these books is also available on his personal website demystifyingkundalini.com. He had also been a Vedic priest for a short period of time, when he performed religious rituals in people's homes with the help of his Vedic priestly grandfather. He has gained some advanced spiritual experiences (enlightenment and Kundalini awakening). His autobiography, along with his unique experiences, is particularly shared in the book "Physiology Philosophy - A Modern Kundalini Tantra (A Yogi's Love Story)" written in Hindi. The matching equivalent of this book in English is "Love story of a Yogi- what Patanjali says". This book is the most prominent and ambitious book of his life. This book contains the most important 25 years of his life's philosophy. He has worked very hard for this book. In a quality and unbiased review on Amazon.com, this book has been reviewed as a five-star, best, must-read and excellent book. Google Play Book Review also found five stars for this book, and this book was rated as good (cool).

Premyogi vajra is a mysterious person. He is like a polymorphic man, who has no fixed form of his own. His actual form depends on the size and type of the trance/Samadhi that he is continuously experiencing in his mind, no matter what he looks like from outside. He is enlightened (self realized), and his Kundalini has also awakened. He had self realization or enlightenment naturally / through love yoga, and Kundalini awakening through artificial means / Kundalini yoga. At the time of natural samadhi, he was assisted by symbolic and uni-vehicular Tantra yoga, while at the time of artificial trance/Samadhi he got the help of complete and bi-vehicular Tantra yoga along with the majority of his own efforts.

For more information, please feel free to visit the following place-

<https://demystifyingkundalini.com/>

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# **Kundalini Yoga as the Varaha avatar of Lord Vishnu mythological story**

Friends, in the previous post I was sharing some spiritual secrets related to nose and Ida-pingala. I remembered a mythological story related to this, so thought that in this post, let's try to make its yoga-based revelation. It is said that in the olden days, the demon Hiranyaksha stole the earth and hid it deep inside the ocean. Distressed by this, all the gods took Brahma along with them to Lord Vishnu and obtained a promise of help from him. Only then a small pig came out of Brahma's nose. Actually Lord Vishnu had taken the form of that boar. As soon as he saw it, it grew up and entered the sea. There he saw the demon Hiranyaksha hiding in the depths and started fighting with him. In no time, he killed Hiranyaksha and by extending both his long and sharp edged molars one at each corner of mouth forward he picked up the earth along with the Vedas and balanced the round earth on them. Then he came over the ocean and he set the earth in place. Even then Lord Varah was not getting calm. Lord Shiva pacified him by taking an avatar.

## **Yoga based mystical analysis of Varaha Avatar story**

By meditating on the nostrils and especially on the breath coming in and out of the nostrils, the rising energy shifts to the central line that's in the way of the Sushumna Nadi. It is said that the boar came out through the exhaled breath going out of the nasika. By paying attention to the outgoing breath, the energy descends through the front channel, and penetrates all the chakras and reaches the Muladhara. This is Varaha's going under the sea to reach Patal Lok. Even if

Muladhara is considered as an ocean instead of Patal Lok, then the lowest rung of the ocean of the world is Muladhar, because the whole world is settled in different chakras. Probably it has been called sea because the reservoir of water in the form of semen comes under Muladhar area only, where shakti is hidden as subconscious mind. Hiranyaksha means ignorance in the form of duality. Hiranya means gold, Aksha means eye. The one who has respect for gold i.e. prosperity in his eyes, and behind it who is blinded by duality, he is Hiranyaksha. Due to this, Kundalini Shakti hides in the darkness of Mooladhara, that is, it sleeps. Means the shakti of the thoughts of the mind becomes unmanifested in the form of subconscious thoughts and gets buried in the base chakra. It's the kundalini sleeping there. Along with that mental world, the Vedas also get buried in the Muladhar, because pure and sattvaguni or light-full conducts and thoughts are in the form of Vedas. After reaching Muladhar, shakti starts turning upwards passing through the back. Shakti prefers Ida and Pingala to rise, mostly try to rise through Ida Nadi, as there is less blockage in it. Sometimes the energy starts swinging alternately in Ida and Pingala for a few moments in each. In such a situation, by keeping attention on the Ajna Chakra also, the energy stays in the Sushumna too for a few moments in between. Ida and Pingala are shown metaphorically as the two sharp teeth on both sides of Varaha's mouth. The Sushumna Nadi or Ajna Chakra is the round earth balanced on top of those two teeth. The chakra is also round like earth. Sushumna has been called earth because all the experiences of the world take place in the brain, nowhere outside, and energy is transmitted to the brain only through the Sushumna nadi. Varah is the Kundalini-Purush i.e. meditation image. This is the meditation of Lord Vishnu. Like Vishnu, he is also shown in quadrilateral form with conch, chakra, mace, padma, one thing in each hand. That is why it is said that Lord Vishnu incarnated in the form of a boar. The boar has been chosen for the metaphor because it is the boar that digs the ground in search of its shakti hidden in the form of food in the depths. That is why the earth is dear to the boar. That's why he even enters the sea to bring it up. In order to get the sleeping or suppressed earth or shakti in the form of mind, he gropes and digs the

muladhara and carries up it with the teeth in the form of Ida and Pingala channels. Then by balancing it in the form of Sushumna, it brings it out of the water that's nadi or channel as it also flows like water, and restores it to its original place. Its real place is the Sahasrara of the brain, because that is the center of all experiences. Sushumna Nadi also goes directly from Muladhar to Sahasrar straight up. With this, the thoughts buried in the subconscious mind start coming back to experience, and starts merging into the blissful emptiness of the Self. Means cleansing happens. Means sleeping shakti in the form of subconscious thoughts starts waking up. This is Vipassana. Vipassana can be done in any part of the brain, except the Sahasrara, as it requires less energy. In Sahasrar, only the Kundalini picture is meditated upon, which is in the form of an idol or a Guru or a transcendental body etc. This picture feels almost like a real physical form with practice, that is why it takes much more energy than Vipassana. Although it happens in Sahasrara only, but due to less energy, it appears outside. The less energy a thought has, the further away it seems from the Sahasrara. By the way, the place of the soul has been described as Sahasrar. If someone starts awakening the image of a common man in Sahasrar, then he will reach him or her automatically while walking in his sleep at night. Then how will meditation happen? Then all the gods and sages are happy and praise Lord Varah with folded hands. Anyway, the purpose of all these is to remove the living beings from the beginning less suffering in the form of birth and death, which is only possible in the Sahasrar Chakra in the form of awakening, that is why they are happy. To pacify or kill the boar by Shivji means that Yogi left the fascination of Kundalini and became a non-dual Tantrik like Shiva. Anyway, the principle is that after the awakening of the Kundalini, the non-dual tantra is the supreme understanding, which Osho Maharaj also explains to the world in the form of one of his books, "tantra- a supreme understanding " .

# **Kundalini yoga science is the pinnacle of quantum mechanics, space science, cosmology and astronomy-physics**

## **Kundalini awakening proves that the non-existent void does not exist**

Friends, I was thinking of transmitting my recently awakened experiences to the scientists, so that they can solve the mystery of the origin of the universe, on which they are badly stuck. But I could not find any comment box on their sites nor did I find any such appeal from their side on Google. After getting the address of one or two, contacted them on Gmail, but did not get any response. If you know any such platform please do share.

Spiritual science and space science are interrelated, and are incomplete without each other. That's why the science of **astrology** was also included with **Sanatan Vedic philosophy**, and it had a special respectable place.

## **Nihilism is the root of all problems**

Nihilism is the biggest **duality** producing **spiritual ignorance**. If science had not resorted to nihilism, then nature and **humanity** would not have been destroyed today. Due to this, there would not have been hue and cry in the form of **wars**, natural calamities etc. all around today. Then science and spirituality as nonduality would have been progressing together and complete and all-round development of mankind would have been ensured. Buddhism was almost thrown out of **ancient India** for the same reason, because it resorted to nihilism. Although Buddhists argue a lot that their worship object is not void but conscious **Brahman**, this is also true, but from the external ethics of Buddhism it appears to be void. Common people

only see superficially, they cannot understand the deep things.

It appears that the most anti-zero culture in the world is the **Hindu Sanatan culture**. In this, along with soil-stone etc. inanimate objects, the dark black sky is also worshipped. For example **Shani Dev** and **Kali Mata**.

## **Origin of the universe and its basic structure based on the experience of awakening**

What we think of as void or darkness or blissless sky, and also feel it as our **soul**, does not feel like that at the time of awakening, that is, it feels like non-zero, light and blissful **sky**. I am saying non-zero because it looks like the full physical world. The visible physical world and the mental images or thoughts created from it are felt like waves in it. Just like there are **waves in the ocean**. The same has been described in various **theology**. So is science ignoring this?

## **space is soul in its original form**

Whole world is virtual and unreal

Original means real, that is, in a viceless form. This was already evident from **Einstein's theory of gravitation**, but no one had understood it in this metaphysical form. Einstein was so great but it seems he did not encounter a true awakened person. Lol. Einstein proved that **spacetime** can be twisted like a three-dimensional sheet, can have holes or pits in it. By the way, what is already like an empty pit, how can another empty pit be made in it. From this, it is clear that space is not empty as the common man thinks. It is empty and not empty at the same time, though it is void in form, it is soul, it is God, it's **supreme soul**. Its pit is like a boat making a depression in the water of a pond. The wave also moves in the same way making a depression. Means waves can be formed in space. Then how did it become zero? Many may even say that it is such a void in which falsely

assumed **virtual waves** can be formed. Rishimuni also tells the same experience of the soul. It means that it is not such a wave that can distort the soul in reality. Even the water seems to be distorted by the wave only for a short time, after the wave has passed, its surface also becomes completely flat and as before. The same happens with the air. Then space or sky is even more subtle than them, how can it be distorted. It cannot be perverted even for a short while, because where will it go after being perverted. Because there is sky everywhere. Water and air move to the empty space, but where will the space move? This means that space waves are more virtual than water and air waves. Means the wave does not move anywhere, it only appears. Isn't it a surprising fact. Amazing zero brother. Probably this is the magic or illusion of God which shows everything even though it is not there.

As classical evidence, the **Mahabharata**-sized epic **Maharāmāyaṇa**, aka **Yogavasistha**, repeatedly and everywhere refers to the soulful void-form sky or space as the Supreme Soul. Everywhere in it the world has been called **false** and virtual.

## **If the whole world exists in zero, then it must have the same qualities as the real physical world**

Now let us give an edge of logic to the above scientific analysis. All the activities that take place in the physical world take place in the void of space as well, as we said above. This means that the nature of the void must be the same as that of the world. This is possible only if the **Sattva guna, Rajo guna and Tamo guna**, all these three gunas of nature are present together in that void, because the material world is made of these three gunas, as stated in the **scriptures**. That's why that zero soul has been called **trigunateet**, means outside of three gunas, because having all the three gunas in equal quantity cancel each other's effect, although all the three are present always. That is why, in spiritual scriptures, God is also called **indescribable**, that means he has all the three

qualities, he doesn't have them, he has both these things and he doesn't have both. These qualities cannot be more or less than each other in the void, because with the change of material things with time, the qualities keep becoming more or less, but zero cannot change. This means that the zero soul is present with light in the form of Sattva, activity in the form of Raja (in the form of a virtual wave together with wave's absence too) and darkness in the form of Tama altogether simultaneously. This all proves the scriptures saying that the all pervading real space that's supreme soul is **conscious** though in a far superior way than all the worldly living beings and it's attainable.

## **void space also behave like physical substances**

However, the only difference is that what void space does everything in virtual form, physical matter does that everything in reality. That's why called in scriptures that supreme soul is the biggest **actor, dramatist** and magician. For example, water from sea water bounces out in small pieces to form real drops. But in the ocean of void space, first thing, void cannot jump as a piece, secondly there is no existence of such an empty space, which is not in the form of one continuous void sky. That's why there is only one way left, that is to make falsehood, that is, to make appearances, that is, to make virtual drops. According to science, we call them the basic particles i.e. **Elementary Particles**, which keep on **popping** out of the empty space, that is, they keep on appearing and also keep on merging in it. Just like the drops of water keep coming out of the ocean, and keep merging in it. Then why not accept this experience of self-awakening scientific and correct that the whole universe is a virtual wave inside the soul. The problem is that experience cannot be shown to anyone else and no machine can verify it. It has to be experienced by oneself.

## **Transformation of Science-era into Yoga-era**

It is abundantly written in the **scriptures** that the world cannot arise out of nothing. From long time ago sages knew from self-experience that this world originated from **self-illuminating** soul in the form of sky, not from any dark empty space. Many scientific arguments were given for this, which also proved the same. **Self-awakened** means **Kundalini-awakened** people also tell the same experience. That soul cannot be grasped by the material senses, but is experienced only as one's own true nature. That's why one thing is clear that it can only be guessed by science, but it can be seen only through yoga. Science will calm down after guessing it, and then move towards yoga to experience it. All scientists will become yogis, and the science-age will be transformed into the yoga-yuga.

## **There is no difference between the outer and inner universe**

If the universe of the mind is experienced inside the soul, then the physical universe outside too, because we can know it only in an approximation from the mental universe, never directly and in reality. But this much is certain that the real form of the external universe is also like the mental universe. The only difference is that the outer universe is more stable than the inner universe, that's why it looks almost the same to everyone for thousands of years, but the mental universe keeps changing every moment with thoughts and experiences.

## **Many deep mysteries of science can be solved by Kundalini awakening**

For example, what is the deepest core of the universe, what is the principle of **quantum entanglement**, what is an electromagnetic wave and how it moves, **vacuum energy**, quantum fluctuations, **dark energy**, big bang, expansion of the universe, black hole, **multiverse**, **parallel universe**, Anti Universe, Fourth Dimension, **Spacetime Travel**, Teleportation, **Alien** Hunting etc., and many more. Caleb

Scharf, an astrophysicist, says that the entire universe may just be a giant alien. For **Einstein**, time is an illusion. All such thoughts and **theories** match with the thinking of learned **sages** and **philosophers**. That's why scientists should leave one-sided physical thinking and include yoga and **spirituality** in their study, only then all the **mysteries** of the world can be revealed. Many quantum theories can be understood from yoga science, such as the **wave particle dual nature of matter, standing wave**, the double slit experiment, the de Broglie principle, the **Casimir effect**, and many more. **The theory of everything** for which scientists have been trying for a long time, it seems that yoga can meet it. Some scientists are also moving in spiritually truthful direction, such as **Stephen Hawking's string theory Robert Lanza's Biocentrism Theory**, the theory of aliens being hidden in every object, **Adam Frank's** theory considering Earth as a living being, A theory considering Earth as a prison for criminals and **Moon** as prison monitoring center etc, and many others. Although these are all scientific guesses, like I said above. To prove these, there is a need to take along those people who have directly experienced Kundalini awakening through yoga. Nowadays, the atmosphere of discussion on such inexplicable types of science riddles is heated everywhere. The iron is hot, and scientists should not hesitate to take the hammer. If you also want to contribute in solving these riddles, then do write in the comment box.

# **Kundalini Yogi is like a truly quantum scientist who is the master of subtle physical world**

## **Kundalini Yoga can fulfill man's curiosity to learn and move forward**

Friends, in the previous post I was telling about the space-form nature of the **soul**. In practice it is seen that everything keeps on breaking down to below and below to successive finer constituents. In the end the smallest thing will be remaining which will not break. That is the **sky**. Then again in the beginning of the creation when things start to be made from it, the first thing to be made will be a virtual wave in the sky because there was nothing except the sky. There is only one way to make it look like a wave or a particle by making a **running or standing wave** respectively. I was also telling in the previous post that when the medium and the particle are the same thing and the particle is nothing other than the medium, then the particle will also be called a wave. A particle of water can be formed inside the air, but how can a particle of water be formed inside the water. The only way is to make it look like a particle by creating a **virtual** standing wave. That's why in the scriptures that **Chidakash** i.e. **conscious sky** has been called as **Neti-Neti**. The **Sanskrit** word **neti** is made up of two words, **na** and **iti**. **Na** means no, and **iti** means this. That's what **neti** means, this is not, means this is not **God**. Whatever is seen, will be considered **neti**. All the particles and waves will also be considered **neti**, as long as they are found. In the end, the invisible dark sky that remains will also be **neti**. That is because we are able to see or know it in another from **self form**. Any kind of thought or feeling will be considered as **neti**. In the end, such an element will remain, towards which we will not be able to point, that means it will be our own self. Because we will not be able to address it by saying **iti** i.e. this, therefore it cannot be **neti**. **Neti** can be what we call **iti**. It means, the silence is the top knowledge. This self is experienced during **Kundalini**

**awakening.** Nonliving or dark sky can't be self-sky because it can't show glistening world inside it as its waves. Only living or conscious sky can be the self-sky as it does so. Means a mental feeling of light and consciousness is a small wave inside infinite ocean of it, not as a particle inside unrelated base medium as per physical experiments and awakening experiences. Both goes side by side to prove fully. Although inner experience of awakening is alone enough for more philosophicals and intellectuals. What can be a bigger proof about God than this? Most of the scientists and modernists who think that such-and-such particle will be found or such-and-such force will be known or such-and-such theory will be proved, then probably all the **secrets** of the universe will be exposed. But this is not true. Whatever you get will be iti, that's why it will come under neti. There will always be something left to find. Means the origin of the universe will not be known. The ultimate origin means the ultimate soul will be known only when one will feel his self-form without meeting any iti i.e. something different from oneself. This is possible only through Kundalini Yoga. This proves that only through Kundalini Yoga, all the **mysteries** of the universe can be revealed at the root level and it fulfills the curiosity of man to learn and move forward. A long-standing mental thirst appears having been quenched.

## **As many creatures as the universe means multiverse**

The universe is like a disorderless wave inside the Chidakash that's conscious sky. It is as pure as **Brahman**. What can be the difference between water and water wave. But man colors it with his feelings, beliefs, and thoughts. That's why this universe is different for each person or creature. That is why it is said that the universe is not somewhere outside, it is only the product of man's mind. This point has been made clear in the entire **Yogavasishtha** book with many stories and examples. We can also call this the multiverse. With Kundalini Yoga, when the mind's thoughts and feelings are purified, means the **attachment** to these is removed, then the noise of the restlessness of the mind calms down, then

only the experience of the original Brahma-like universe along with its wavy world is realized, due to which the person starts living as self-satisfied. Kundalini itself is **Advaita**. Advaita is to see all the things of the world as same and inseparable from self meaning as waves in the self-form sky. Quantum scientists also see true nature of subtle substances as inseparable from space, wave-like and similar to each other. There's no difference between light or photon wave and electron wave. Both are waves. But particle nature varies. This means duality resides in untrue particle nature and nonduality resides in true form wave nature. Also, it's only possible to show a wave as particle, not particle as a wave. This also proves that wave nature is true nature of the quantum objects. This is the true view of gross world too, because it is only the subtle substances that join together to form the gross world. This means the wave form of the world is the truth, the particle or physical form is imaginary and unreal, as it has been said everywhere in the scriptures. The particle view is dualistic vision that's full of falsehood, **illusion**, distraction and saddening virtues in the world, and arises from looking at the world with **attachment**. It is like if you try to see the elementary **particles in the double slit experiment**, they behave like particles, otherwise they are in their true wave form. If you want to enjoy double, then stand near the double slit and sometimes look at it with a slant and sometimes turn away shyly. Haha.

## **Innumerable universes at one place means the existence of parallel universe**

The existence of infinite dimensions

because the physical world is a virtual wave inside the space, so innumerable types of virtual waves can be formed at the same place. One type of wave may not interact at all with another type of wave. Therefore there can be innumerable independent universes located simultaneously at one place. It is possible that where I am sitting at this moment, exactly there means in the space occupied by me, all the things of

the universe and all the activities of the universe are present, because there will be something in the universe of one dimension, and something in another, like this, everything will be covered in countless universes. It may also happen that there are countless entire universes present in this same place, because small and big are also relative, not real. This means that in this way **innumerable dimensions exist**. We can never know them, because the virtual wave dimension in which our universe is located will not be affected at all by the dimensions created by other types of virtual waves. It is possible that the **Great Attractor**, which is inflating the universe like a balloon, may be in the form of countless and enormous universes in unknown dimensions. We are considering it to be the natural gravitational force of space, while it is being created from invisible universes.

## **Scientific experiment in the form of personal experience of the dual nature of matter**

Once a spark of **lightning** struck my hand. I felt as if someone had hit a stone hard on the back surface of my hand. Even I started looking here and there for who had thrown the stone. That sparkling electric ring fell on an iron sheet about ten meters away around which children were also playing but they were saved luckily. Amazing thing that there was no scratch on that iron sheet, it was exactly like before. There was no sound of hitting anything etc. This means that the fundamental particle of matter, the electron, behaved like a particle on my hand, while it behaved like a wave on the iron sheet. **Photoelectric effect** and **double slit experiment** was an experiment with inanimate substances, but I felt this experiment on my living body. You must have also seen how the whole building collapses due to lightning, or a big hole is formed on its roof. Also as it happens with a tall tree, a lot of its wood gets chipped from the middle or the tree falls down in two pieces. It is called **Vajrapata** in **Sanskrit**, meaning the falling of an iron-like sphere from the sky, like a bomb falling. This means that the people of ancient times had knowledge of the particle

effect of the **electron-wave**. There is a **Bijli Mahadev temple** in **Kullu** of **Himachal Pradesh**. The stone **Shivling** located in it is struck by **lightning** once every year, due to which it splits into two pieces. Then both those pieces are joined with butter by the priests of the temple. This is also a particle nature of electron. A fundamental particle is so small that it can only be detected indirectly at the **Large Hadron Collider** by measuring the impact of its **collision**, just as it produced the **sensation** of a collision on my hand. Even it can never be detected directly, it is a distant thing to be seen.

# **Kundalini Yoga is the origin of Quantum elements like fundamental particles, wave and planck length of the physical universe**

**both inside and outside the mind are relative and illusory**

The existence of anything or the world outside the mind cannot be proved

Friends, in the previous post I was telling how the mental world is not real, but a virtual wave inside the soul. Similarly, the physical world does also not exist, it is also created by the mind. This is not today's invention, as is being shown in many places. This was experienced by **sages** and many other awakened persons thousands of years ago, which they left by writing in spiritual scriptures for the benefit of future generations like us. Especially in the book **Yogavasishtha** there is a very beautiful and scientific description of these facts. Once upon a time there was so much attraction for it that to read it peacefully or after reading it many people used to leave their homes and go to secluded ashrams to gain knowledge. It places the reader in a quantum or otherworldly dimension. It's too repetitive, so repeating the same thing over and over again in different catchy ways makes it like **mindwashing**. The staunch materialists may say that this is true about the mental subtle world inside the soul-space as experienced through awakening, but how to accept it about the gross physical world outside. But they forget at the same moment that there is no existence of such a thing as the physical world apart from the mind, because man cannot know anything apart from the mind. One can only imagine that world, but that imagination is also subtle and inside the mind. Then some logical and curious people can imagine that why the **conscious sky** should be considered as the root, why

not the inert sky, because sorrow, absence etc. are pieces of the inert sky.

## **The unconscious space is also virtual and false inside the conscious space that's true soul like the expressed world**

Awakened people answer this in such a way that like **Chidakash-wave**, the **unconscious sky** also does not exist. It is illusoryly felt as one's own soul. That illusion increases with **attachment** to the world, and decreases with **non-attachment**. Just as the expressed world is virtual in the conscious sky, so is the unconscious sky that's the **unexpressed world**. That is why **Sankhya philosophy** considers the unconscious sky as eternal as the conscious sky. However, the highest school of thought **Vedanta philosophy** clarifies that the unconscious space is virtual and not real in the conscious **soul-space**.

## **Perfection is felt only through the experience of the conscious sky as presence-form, not through the experience of the unconscious sky as lack or absence-form**

If you think deeply, it is also empirically proven. One does not feel through the experience of the unconscious soul that he has realized everything or is complete, and that he has nothing left to know, do and experience. But this all is felt through the experience of the conscious soul. The meaning becomes clear from this that in reality the consciousness-space is true and infinite, the physical world that comes in common experience is like a minor and **illusion**, that is, like a virtual wave in it.

## **Creation is indescribable and experienceable like Brahman**

The world is imaginary, means the physical world is imaginary, because we do not have access to it. The **mental microcosm** is not imaginary because it is experienced. Although the subtle is also relative to the gross. When there is not gross and outside anywhere existent then how can anything be subtle and inside. Means that all opposite and dualistic feelings like gross-subtle etc. are imaginary. That's why the world is just a form of experience, it is indescribable. This is called jaggery of the dumb. Everyone is situated in **Brahman**, only there is a difference of level. The awakened individual at a higher level, others at variety of lower levels. No one is perfect.

## **a philosophical thought experiment**

**Science**, which considers itself to be staunchly experimental, real and objective, is also nowadays presenting many philosophical thought experiments, which cannot be proved by physical experiments at all. Then why should we hesitate to do thought experiments, because the field of Kundalini is more philosophical and **experiential** than physical science. It is a thought-experiment to consider the subtlest element of the universe as the practice of Kundalini Yoga. By the way, this thing is proof-proven from the **scriptures**. The **Vedas** and scriptures are also considered to be direct evidence like physical evidence, in many cases more so than physical evidence, such as in the case of **God** and awakening.

## **The Ida and Pingala nadis are the crest and trough of the subtlest wave**

The standing wave in the form of Moolakan that's fundamental particle can be that when the pair of **Swadhishtan** Chakra and **Ajna Chakra** or the pair of **Mooladhara** and **Sahasrara** points are pressed together or meditated together with the finger and the wave of energy runs between them sometimes through Ida, sometimes through Pingala, and in between both through **Sushumna** at intervals. Muladhara is **Yin** or **Patala abode** or **Prakriti**, and

Ajna or Sahasrara is **Yang** or **Heaven** or **Purusha**. The middle Sushumna Nadi is the original particle or the real form of the world, because it is from it that the Kundalini i.e. mind i.e. the world emerges.

**The temporary fundamental particle is in the form of partial yoga practice while the permanent particle is in the form of complete yoga**

Just as there is a constant flow of energy between Mooladhara and Sahasrara in man, in the same way between Prakriti and Purusha in **Mulakana**. That's why the wave keeps on moving, it never stops. It is like a stable or real particle. The virtual particle is like the initial yoga practice by a learner, in which the flow of energy in Ida and Pingala is temporary or intermittent, and less effective. That's why these temporary particles keep appearing for a short time, and keep getting absorbed in the sky.

**The particle is in the form of a wave traveling from Muladhara to Sahasrara, while the antiparticle is in the form of a wave returning from Sahasrara to Muladhara**

At the end of the universe, antiparticles of all the particles will be expressed, which will destroy each other and bring holocaust

Muladhara is the symbol of nature that's prakriti here, and Sahasrara of Purusha. The above temporary virtual particles as two opposite particles of plus and minus form keep on being born. This means that sooner or later the permanent particle-wave will also end, of course at the end of the universe. Then the wave in the form of opposite particles will move in the opposite direction from Sahasrara to Mooladhara i.e. Purush towards Prakriti. In this case, just opposite to each **plus particle, negative particles** will be formed. Due

to this, the particle and the antiparticle will swallow each other by joining each other, and the creation will come to an end. This is called **holocaust**. Then there will be no wave for a long time. This is called **God Narayan** going into **Yognidra**. Means he is in sleep, but he is situated in his fully awakened form at the same time. Science says that as soon as a particle is formed, an antiparticle is also formed, but it disappears somewhere. It is possible that at the end of the universe those antiparticles appear again.

## **At this moment the antiparticles are in the form of gravity**

I am saying this because many scientific type people are also saying the same. Gravity is like a hole in space. Half of the wave is also like a pit. Both cannot meet due to some force. That's why gravity pulls the particle towards itself into a **virtual pit inside the sky**, but it cannot completely merge with it. When only the top half of a wave is visible, it looks like a particle. When the crater of gravity is also seen with it, then that particle comes in wave form. This means that at the time of **doomsday**, gravity will swallow up the entire universe.

## **quantum gravity exists**

It is clear from the above analysis that even elementary particles like electrons, quarks etc. have gravity. It is in the form of an antiparticle like a microscopic virtual pit in the space created by the particle. Science is not able to find it, but it is also not able to deny the existence of quantum gravity.

## **The first node of the original wave is Prakriti, and the second node is Purusha**

These pictorial points are the two nodes of the most basic **standing wave**. The blue dot on one corner is the negative or **north pole** node and the red dot on the other

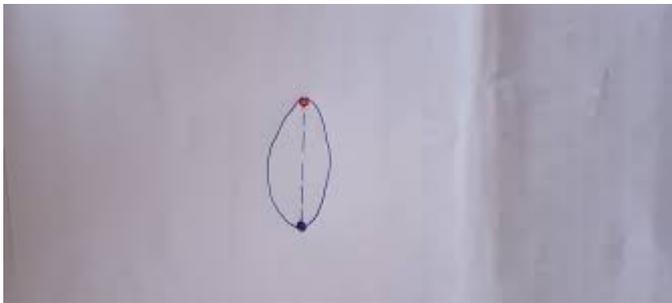
corner is the positive or **south pole** node. The wave swinging between these is the desire or thought to create the universe. The assumed central line is the Sushumna in the form of **meditation**, which is the firm determination to create the universe. Assumed central line means particle nature is assumed, real nature is wave. That's why it is said that **Brahma** created the universe with **penance** in the form of meditation. Means Prakriti is one node and Purusha is the other node. Anyway, the **origin of the universe** is believed to be due to the combination of Prakriti and Purush. Prakriti is the **dark sky**, and Purusha is the self-illuminated sky. Both are eternal. Prakriti is the negative node, and Purusha is the positive node. The stable wave formed between these two is the smallest fundamental particle. Such particles keep popping out in the sky and merge in it. When they get stability from something, they join together to form countless particles. This leads to the expansion of the universe. This means that every particle of the universe is doing yoga. **The whole universe is yogic.**

## **Fundamental quantum particle is a Kundalini Yogi doing Kundalini meditation**

Planck length is the minimum distance between node and anti node of the smallest wave

Scientists haven't found any particle smaller than a quark. It may also be possible that there are waves smaller than quarks as assumed in **string theory**, but they can show themselves as particles only after rising to the level of quarks. Waves are detected only at the particle level. Maybe the shortest wavelength is exactly equal to the Planck length, which is the smallest length possible. One node of that Planck wave is nature, and the other is Purusha. Well, Prakriti and Purusha are one and the same, there is only virtual difference. In this way the Planck length is also not real but virtual. Waves in the sky can also be virtual, not real. From Prakriti means Muladhar, a wave of shakti rises towards Purush means Sahasrar, means God Brahma meditates for yogic penance. That wave swings alternately to the left and

right in the form of Ida and Pingala, meaning Brahma tries to immerse himself in meditation. When the meditation is a little stable, the wave of energy starts flowing in the virtual type Sushumna channel in the middle. This makes the **Kundalini picture** stable in the mind, which means the first and smallest particle is formed. Then the world goes on increasing further and further. Even today, the whole creation is running towards the open and empty space outside, which means that the same basic habit is intact that there is racing of the nature that's prakriti towards the Purusha. Every object and creature of the universe has only one basic habit, **running from unconsciousness to consciousness.**



Fundamental particle

# Kundalini Yoga is also a wave

Friends, in the previous post I was telling through a **thought-experiment** how **gravity** will swallow all things at the end of creation. Some Scientists are also making a similar guess, which has been named **Big Crunch**.

Along with this, there was also talk about the wave nature of the fundamental particles. In the case of physical waves like wind, water etc. it is seen that crest and trough cannot form simultaneously. When water rises above the surface to form a crest, it cannot sink below the surface as a trough at the same location at the same time. But this can happen in the case of a sky wave, because it is virtual, and does not require any physical object or medium. That's why the **three dimensional fundamental wave** looks and behaves like a fundamental particle, as illustrated in the previous post. The wave in the form of particles keeps moving forward making such **three dimensional crest and trough**, because prakriti and Purusha are present everywhere, and the race from **prakriti to Purusha** goes on everywhere. That is why fundamental particles appear together in many places. The next trough is formed from the previous crest, and the next crest from the previous trough, because nature loves **symmetry**. In this way, in the form of countless waves, countless subtle loops are formed in space. Means the whole sky seems to be divided into loops. **Quantum loop theory** also says that space is not flat but divided into the smallest pieces. There cannot be smaller pieces than that. But if it is seen from the principle, then everything will definitely become the smallest after breaking. It is nothing but the empty sky without attributes. What has been called the quantum loop of space is not actually the natural form of **void space**, but a virtual fundamental particle in space. This gives the answer to all these things that why wave behaves like a particle, how **standing wave and propagating wave** are formed etc. Any wave is actually a form of **meditation. Ida, Pingala and Sushumna nadis** move in wave form only. Actually nothing moves in a wave, the thing making the wave just comes back to its original place by vibrating back and forth or up and down.

Only the wave moves forward. Anyway there is nothing in the space like zero to appear. So the only option left is wave. Even there is nothing to tremble at its place to make a space wave. That's why vibrations are shown only in falsehood. Don't know how. Light, which is considered to be **God or devata**, moves only in the form of waves. So is **Agni**.

## **The movement of the nadi is also in the form of a wave**

Sensation in the nadi moves forward in the form of waves. The **sodium-potassium pump** works in this. Sodium and potassium ions keep coming in and out of the nerve fibre wall at their own place, and the wave of sensation continues to move forward.

## **wave carries information**

If a pebble is thrown somewhere in the pond, a wave is created on its water and spreads everywhere. Due to this, aquatic animals become alert from the possible danger. By walking on the ground, a wave is created on it, by which animals like snakes become alert or run away. Everyone knows about the transmission of information in the form of sound waves through the air. From **Mooladhara**, the wave of sensation goes to **Sahasrara**, due to which Sahasrara becomes alert i.e. active. The alert is from the enemy as passing time, which always stands in front of the man in the form of inevitable death early or late. Hence Sahasrara strives for **awakening or spiritual lifestyle** in the form of worldly experiences with **Advaita**. Actually worldly goals too are achieved with the healthy Sahasrar because it's the site of feeling.

## **The soul feels the virtual world inside itself with the help of electromagnetic waves**

The movement of **charged particles** in the nadi creates an electromagnetic wave in the surrounding sky. That wave is

felt virtually dividing the **self-sky** of Sahasrar in to varying patterns according to the em waves being made through varying physical experiences brought about by senses. That is why it is said that the **place of the soul is Sahasrar**. It is surprising that innumerable virtual artifacts are created in the sky by electromagnetic waves at innumerable places, but they are felt by the soul only in the Sahasrara of the brain of the living being. If we get the correct information about its structure and its functioning, then it is possible that science will also be able to create an **artificial organism and artificial brain**.

# Kundalini yoga makes the universe a giant alien or Devata

## electromagnetic wave in vacuum

Friends, I was telling in the previous post that the **mental world** is created by electromagnetic field or waves. Then why not assume that the physical world outside is also made of these waves. The only difference is that in the mental world, these waves are unstable, and keep on changing according to the information being brought from outside through the senses like eyes, but in the gross world outside, after getting stability from some force, they behave like permanent particles. Through this the world keeps moving forward. In the brain, the electromagnetic wave is created by the energy coming from the Muladhara, but from where this energy comes in the **empty space** outside, it is a matter of search.

## Origin of field from particle and particle from field

**Quantum field theory** is the most modern and accepted one today. According to this, there exists an omnipresent field of every particle and **force**. Space is not empty but filled with these fields. Field means **potential**. Field means ability to create particle and the effect of particle. I think it as small accompanied waves with a main wave when a pebble is dropped in to a water body. The main big wave is like a particle and small waves are as its field. The area up to which these subtle waves are felt is the field area of that main wave as particle. This field is a lightest level wave. When a point in the electron field receives energy, the amplitude of this subtle wave increases, and a particle is generated there. That is electron. These fundamental fields are smaller than the smallest particle that's **quark**. Similarly, a field is also formed around the **electron**. It also connects with the **proton** through the electromagnetic field itself. In the field of this attraction also a special particle is probably

produced that's **photon**, which establishes this **attraction**. In this way, by creating particles from fields and fields from particles, they both continue to move forward along with the physical world outside.

## **The rise of the manifest from the unmanifest and the unmanifest from the manifest**

Mind is also like a quantum field. In this, every type of resolution remains in the form of **unmanifest** i.e. invisible wave. It is called **Avyakt** according to **Samkhya philosophy**. When it gets energy from Mooladhara, then the **subtle waves** of this mental quantum field start getting bigger, which creates a bizarre mental world as counterparts of gross particles in outside world. From that more fields are born, from which more thoughts are born. In this way this cycle goes on and the thoughts of the man do not come to stop. Being the unmanifest born from the **manifest** and manifest from the unmanifest, the inner **mental world** continues to move forward like the physical world outside.

## **Similarities Between Quantum Physics and Spiritual Psychology**

**Mool prakriti or Avyakt** is the **basic wave** of lightest level. Avyakt is made of unmanifest only, avyakt means subtle level of vyakt or manifest. However, in its origin also, there is a **waveless indescribable Purusha or soul**. In the last paragraph, I will explain why a fully actionless man is unable to do any work. Why is he considered like a silent spectator, who helps nature by his mere presence, but does nothing himself. Nature or prakriti does all the work. Purush means pure soul is like a **magnet** by pulling towards which all the work gets done spontaneously by nature. That's why it is said that the one who is dependent on **God**, his life ends well by itself. But God must be real and well understood, which is possible only through **Kundalini Yoga**. Just as our every

action and thought is pre-existing in a subtle form in the form of unmanifest nature called the subtle body, similarly every **quantum particle** is pre-existing in the form of its own quantum field. Shakti coming from **Vyashti Muladhar** means individual Muladhara creates disturbance in the **Vyashti Avyakt** means individual Avyakt or **Vyashti quantum field**, due to which thoughts in the form of different waves i.e. **Vyashti Mool or fundamental particles** emerge. In the same way, due to the shakti or energy generated from the **cosmic Muladhara** that is, the universe-pervading Muladhara, disturbance is created in the **cosmic quantum field**, due to which the **fundamental particles** are born. But where does this energy come from in the universe? Philosophically and psychologically, the **basic nature or mool** prakriti can be considered as the universal basis or cosmic Muladhara, because the word mool means origin is attached to both, and both are the first stones of the basic foundation or adhar of all worldly creations whether inside or outside, but how will it be proved physically scientifically? Like the Muladhara of the individual, there should be some sex act and sex power generated from it in the cosmic Muladhara. So why not consider it as sex between cosmic Purusha and cosmic prakriti, which is indicated in the scriptures.

## **The process of childbirth is the minor physical path of Tantric Kundalini Yoga**

Actually, the unmanifest **subtle body** of the living beings becomes even more subtle after **death**, because at that time it is not getting any **energy** from the **gross body** at all. It becomes like a thick dark soul-space whose darkness varies according to the unmanifest world hidden in it. That unmanifest world also varies according to the manifest world. That is why the subtle bodies of all living beings differ according to their living time gross nature. In this way, when the unmanifest soul-space of many living beings joins shoulder to shoulder with the collective unmanifest i.e. basic nature or mool prakriti to form the united unmanifest spirit i.e. darkness of the soul-sky beyond a certain limit, then from

there a wave of energy jumps towards the Purusha. Due to this an increase in the amplitude of waves in the basic quantum field occurs resulting in to the rise of the fundamental particles and the beginning of the expansion of the world. It is like when a man starts sinking into the darkness of **sorrow** or **depression** beyond his tolerance limit, then with the help of **sex**, his unmanifest **mental world** drowned in the darkness of Muladhara rises up with shakti to the **Sahasrar**, so that the mental world of his thoughts can start re-illuminating. It is also said in the **scriptures** that when the actions of the living beings become oriented to bear fruit, that is, when the living beings seem to be **bored with the darkness**, then they appear physically collectively in the world being remade after the **annihilation**. It gives inspiration to start the world again. It is a universal ie collective **creation and holocaust**. Individual creation and destruction go on with the **birth** and death of every living being. After spontaneous or ordinary natural death, the soul rests in the unmanifest for some time playing the flute of peace, then soon gets bored of it. That's why Shakti hidden or unmanifest in it wants to try to move towards Purusha to express that unmanifested soul. In fact, shakti does not move anywhere, because Purush, Prakriti and Shakti all three live together in Purusha or brain. The unmanifest, the manifest and the shakti that creates them remain in the brain or Purusha or soul, but the unmanifested world is felt to rise up from the Muladhara or individual mool prakriti, because the special sexual force that drives the shakti of the brain rises up from the Muladhara or individual mool prakriti. For that a mutual meeting of a man and a woman is necessary through sex. Coincidentally, the nature of that dead soul matches with the unmanifested world situated in the mixed Mooladhara of a specific sexualized man and woman couple. The mixed unmanifest world in Muladharas of both rising up through the power of sex, taking with it the suppressed feelings and hidden thoughts throughout all the chakras, manifests with joy in Sahasrara, and mixed with each other in both Sahasrara Chakras. From the man's Sahasrar, that mixed world descends with the Shakti through the front channel, transforms into semen and enters the **woman's womb** to create a **child**. That is why

the qualities of both mother and father are mixed in the child. That is why the behavior of the parents has a deep impact on the children, because the energy of all three is interlinked. **That's why it is seen in practice that the children of a couple who enjoy sexual pleasure with love progress a lot, materially as well as spiritually. On the contrary, the children of couples living like strangers often remain frustrated.** It is a different matter that many people with good fortune make a living from here and there. Haha. Experienced **tantra yogis** focus the Kundalini shakti of **sexual intercourse** on only one meditation picture in their Sahasrara instead of expressing the whole world with it, and keep it there for a long time without lowering it down into the seed in the form of semen, so that it becomes mental birth of a child that's the kundalini image wakes up. This is called **Tantric Kundalini awakening**.

## **the whole universe is an alien**

These above facts mean that the universe also behaves like a giant organism or human being. Due to this the Vedic saying, "Yatpinde tat brahmande" is proved scientifically here also. It means that whatever is there in a small thing like body, it is also there in the universe, nothing else. Here only the body is called Pinda, not anything else, because after someone's death, when his soul is given food and drink through Shradh etc., it is called Pinda-daan. Because if every little thing had to be including in the word Pinda then other words like Ande, khande etc. would have been better, not Pinda. Secondly, in Punjabi language the place where people live collectively in a close group that's the village is called Pinda. Moola Prakriti is the foundation or Muladhara of the universe, and Chetan Purusha or Paramatma is its Sahasrara or Kundalini awakening in it. In the form of the creation of picturesque worlds, its living or Karmayoga has to move towards Kundalini awakening. It does this with Advaita. It is written in the scriptures that Brahma himself says that he creates the world with non-duality, so that he does not fall in the bondage of birth and death. That's why this is his Kundalini

Yoga. Advaita and Kundalini Yoga are interrelated. The creation of the whole universe in totality is its Kundalini awakening. As a man feels after Kundalini Jagran that he has done everything, similarly Brahma gets Kundalini Jagran after doing everything, this is what it means. After this, taking retirement from it is the slowing down and stopping of the expansion of the universe. After death, its mixing in the ultimate element or supreme soul is the holocaust. That's why in the scriptures, God Brahma has been imagined, whose body is the whole universe. Nowadays science has also started believing in this concept. That is why a scientific theory is also emerging that the whole universe may be a giant alien.

## **What we call dark void or unmanifest is also not empty but is full of cosmic waves with limited ups and downs**

If someone becomes too much situated in the conscious soul-space or the Supreme Soul or if he remains constantly in the soul-space, then he cannot do any work. He remains dependent and innocent like a monk. This means that at that time the manifested world in him is no longer in the form of unmanifested sky. Means they become pure soul. It means that there are no vibrations called quantum field in their soul space at all. It becomes complete Chidakash or waveless conscious sky. For this reason, even in the gross universe too, the sky is empty at that place, where there are no vibrations. Other places are filled with planets and stars. Virtual particles keep on being created due to a little vibration. Means, even those sannyasins do a little bit of work, but they are not able to run any decisive work-campaign or world-business. Yes, there is an intermediate all-round way that through Tantric Yoga, continuously keep creating and destroying vibrations in the soul space to get the benefits of both.

# Kundalini yoga science can peep into black holes too

## Shakti is eternal like Shiva

Friends, in the previous post I was telling from where the shakti comes. **Shakta** sect says that like Shiva, Shakti is also eternal. It has to be accepted, because if Shakti is perishable, then from where does it come in the initial void of creation. If Shiva is considered to be the only indestructible and original element, then there is a new explanation. The **quantum fluctuations** of the **subtle body** get recorded in the **soul**. There is darkness in the soul according to those quantum fluctuations. Means the darkness of the soul varies according to the type and quantity of quantum fluctuations. This rule is applicable in both individual and macro cases. This is called the **causal body**. The same darkness of the soul again creates quantum fluctuations according to itself in the beginning of the universe. Means the causal body or the causal universe comes in the form of a subtle body or a subtle universe. From that then the gross body or the gross universe is formed. But still the question remains. Immediately, this answer is made that **cosmic Shakti** i.e. the cosmic causal body remains in the form of dark space, but it does not have its own existence in the form of experience of illusion of darkness by any soul, and that unaffected Supreme Soul is only Shiva. Or say that Shakti as dark zero becomes one with Shiva.

## At the beginning of the creation, Shakti separates from Shiva and starts the creation of the universe

Just like the water of the lake always keeps moving, in the same way **subtle waves** always keep rising in the space. In both, sometimes the waves increase more due to wind etc. This is the rise of **particle from energy**. These waves in space are created by the collision of **celestial bodies**. **Scientists** also say that when there is more

upheaval in space, more new **planets and stars** etc. are formed. But how this upheaval takes place in the zero space of the beginning is a matter of research.

## **The secret of the birth and death of the universe may be hidden in the black hole**

When a star dies, it compresses to a **singularity** and becomes a black hole. That singularity dissolves into the unmanifested sky, because the final limit to the smallness of something ends in **nothingness**. Meaning it first becomes the smallest **fundamental particle**. Its gravity is very high. Meaning it is **quantum gravity**. The secret of the creation of the universe from a single particle, that is, the secret of the **Big Bang** is hidden in it. When a whole star can fit inside a single particle, then the whole star can also emerge from it. That re-creation can happen through a . That is why it is said that a black hole can be a factory of creation. It is possible that at the end time of the universe, gravity dominates and destroys the entire universe by making it a black hole. Then the whole space itself will become black hole i.e. **unmanifest sky** i.e. dark sky i.e. original nature or **mool prakriti**. However, the whole universe will be contained in it under high pressure. Now it is not known in what form it will be there. When the pressure in the form of darkness of that ultimate black hole will cross a certain amount or time limit, then the **holocaust** will end and the unmanifest substances buried in it will start erupting out in the form of luminous waves i.e. moving towards the ultimate manifestation that's the ultimate **Purusha**. This is called the attraction and sexual intercourse between **Prakriti** and Purusha, i.e. **Yin and Yang**. This will lead to the rebirth and development of the new creation in infant form. It is natural that the world will be created in the same way as it was before because only the buried matter of the previous world is creating it. The process and order of new creation will also be like the old one because it is often seen that in the order in which a thing breaks down and gets destroyed, it gets re-created in almost the same order and process by connecting further. It is also possible that instead

of the **Big Crunch**, the Big Bang continues, so that in the end all the fundamental particles also get scattered away from each other and merge into the sky. But even then black hole type will be formed. In that too everything, even light, will disintegrate and disappear into the darkness of the original space.

## **The subtle body of man is also a black hole**

Man also dies like this. He builds up the mental universe throughout life. In the end everything merges into the unmanifest like a dark blackhole. On the new birth of that man, his new mental universe is created from this **mental or individual blackhole**. Meaning, as the information is recorded in that darkness, the new universe also becomes like that. That's why it is said that a man's new **birth** is according to his old births.

Light can be included in a black hole as much as countless stars, but it is suppressed or latent. It is like the subtle body of the soul i.e. the **ghost** after death. The light of the world of many births is contained in it, but it is suppressed, that is, unexpressed. It seems that the light is desperate to come out.

## **Every living being receives birth and death in the form of a universe and a black hole**

Empirical Description of Black Holes

I was telling in the previous post that the soul is reborn in the womb of a mother. This is one of many possibilities. The soul can go through the **sun-etc routes**, it can also go through the **lunar path**, it can go to **heaven** as well as **hell**, it can go to any **planet** or the **other world**, it can be **liberated**, and it can remain **bound**. The real experience of this was done by the wise **sages** only, which they have described in the **Vedas and scriptures**. We try to explain their experiences scientifically. My experience is that once I had encountered the soul of a close acquaintance. It was like a

black hole, meaning it contained the man's entire personality, I experiencing them more than his living time state, even with the effects of all his past lives, but still everything was dark, though like an endless open sky. Just like the whole world is contained in a black hole. It seemed as if the luminous world of his living state i.e. his whole previous personality till now from eternity was suppressed by some pressure, due to this that state was **kajjali** that's **mascara** like or shiny black, meaning it was having **consciousness** and **self-awareness** not as fully darkness, inertness or foolishness as generally thought. It was not having ordinary physical light although having consciousness type of experiential light, and so there was also a peaceful joy in it, although the joy was incomplete because of the lack of well expressed light. Looked just like giving someone happiness but keeping him locked in a dark room. Perhaps it's this bondage like animal tied in a dark room but well fed and watered that's why **God** is called as **pashupati nath** or master of animals. It was as if that suppressed **background light** wanted to burst out in full force and explosion in the form of **expression**. Probably black holes are also like this. That's what it looks like when viewed with **Event Horizon**. You can call the event horizon as the gross body or manifestation form of man, and the black hole as its **subtle body** or suppressed form. In the event horizon, the entire visible world is bright and gross, while inside the black hole it goes into subtlety and darkness, remaining there as well. The subtle body is in a strange state. Then after many days that soul was felt walking in a **divine** like state. Probably she was going towards heaven or liberation. I have explained this in detail in an earlier post. I was deeply practicing **Tantric** Kundalini Yoga during this experience. Perhaps this is what made me worthy of that divine experience. She was a **well wisher spirit**. Similarly, once in the middle of my yoga practice, I also had the experience of the subtle bodies of some **inauspicious spirits**. They looked violent and angry and bloodthirsty. Actually the subtle bodies are felt by one inside his soul or in the form of his soul directly. It is a feeling, for which there is no need to run the horse of thoughts. Do thoughts tell you the sweetness of sugar? No, it is an inner feeling. Good ideas

and thoughts can come from behind with it, that's a different matter. Similarly, with the feeling of those **evil spirits**, some bone-like, red-eyed and big sharp teeth and angry pictures were formed in the mind, but they were thoughts chasing feelings, not feelings itself. The **astral body** is just a feeling, without any physical form. The **brain** is like a **theater man**, which creates pictures according to the feeling or mood. I pacified that bad feeling by remembering **Guru**. That feeling must have been for 10-20 seconds only. After a day or two, we got the good news of a bad incident being averted. In the same way I had told in the previous post how the soul is born. This too, I was giving scientific explanation to the things written in the scriptures, with some of my own light experience, although it is not a deep or conclusive experience. In one **Upanishad**, it has even been said at one place that after reaching the clouds, the soul dissolves in the rain water and comes to the ground, then enters the food plant through the roots. When a man eats the grain of that plant, it passes through his body and reaches his semen. From him enters the womb of his wife and takes birth.

## **That which is beyond the reach of physical science can be reached only through spiritual science**

Physicists are unable to peer into the darkness of a black hole. But Yoga science is pointing out that all the substances exist in it in the form of invisible soul, that is, particular invisible sky, which can be directly experienced by the soul in the form of **special dark sky**, but not through **physical senses**. The subtle body of the living being is also like that.

## **Black hole is the subtle body and causal body of the universe-body i.e. Brahma**

Aliens are closest to us yet farthest by being present in every physical form

This is proved by the above facts. I don't see much of a difference between the disembodied subtle body and the causal body. In both the quantum fluctuations get **recorded** in the soul. The only slight difference is that the subtle body lasts for a short time, because the material creation exists to manifest it in a gross form, while the causal body lasts for a long time, because at that time there is **annihilation** of creation, and Nothing happens in physical form anywhere. Also, causal body appears fully calm because it has not remaining any quantum fluctuations in the form of flashy **ghostly expression** for so long as that occasionally happens in case of subtle body. This means that a living entity named **Brahma** also exists like an ordinary living being, as stated in the scriptures. The universe itself is his body. It is a different matter that he is not bound by it. At the time of annihilation, the universe gets recorded in the soul of Brahma. At the time of creation, it again appears in its old gross form. But the scriptures say that Brahma becomes liberated with his death at the time of annihilation. Then where does that recording remain for the new world? The meaning is clear that he becomes **Jivanmukt** or **lively liberated**, not **Videhmukt** or liberated after death. Means his body and the cycle of birth and death always remain, but with the feeling of **liberation**. But he was Jivanmukt earlier also. This is probably written to show that the movement of the **Jiva** and Brahma is the same. There is no difference between Brahma and Jiva. Whatever you think about Jivanmukt, it is right, because he is not influenced by anyone. It's like some space scientists are speculating that the reason we don't see aliens is because they've been molded into physical objects, and made to be either they are and they aren't together. The entire universe could also be one such giant alien. Probably knowing this, the tradition of considering all things as **deities** and worshiping them in different forms started. Only people who are liberated in life are like this. Then the scriptures say that any living being can progress to become Brahma. This means to me that one can

become a complete Jivanmukta like Brahma, not the real Brahma.

## **If Shiva is a lake, then Shakti is a gust of wind that stirs it**

Let us assume that like the movement of water in a lake, quantum fluctuations always exist in space, which we call **latent creation**. Let's also assume that at the time of **Mahapralaya**, space becomes like a completely calm water-lake, in which there is no movement at all, which means quantum fluctuations also stop. Just as the same type of wave patterns are formed again and again in the same order on the surface of the water due to a gust of wind, in the same way, the same type of creation in space also gets formed again and again in the same definite order. But still the question remains in the end that when everything is zero at the end of holocaust, where does that energy or power come from, which starts or increases that movement. Where does that gust of wind come from in the void, which creates the initial movement. Later on, it can also be accepted that due to upheaval, the upheaval itself continues to move forward. That gust of wind that shakes the **space** is the shakti, which the people of the Shakta community believe to be **eternal** and indestructible like **Shiva**. If Shiva is the still space, then Shakti is the gust of wind that creates movement in it.

# Kundalini Yoga prefers the wave nature by ignoring the particle nature from the dual nature of matter

Friends, I was telling in the previous post that **black hole** is the **subtle body** of the **universe**. Consider the **Galaxy** as its gross body, and the black hole at its center as its subtle body. Every living being is a sky, and there is a separate universe in it. All are independent and can never destroy each other. It is possible that in the same way there are countless independent gross universes in the same sky.

## A man never dies

Not only I am saying this, but scientists are also expressing apprehension that man actually does not die, but after death goes into a black hole and passes through it to another universe. This is the same thing that the **scriptures** say that after death a man becomes a subtle body and takes a **new birth**. New birth is a new universe, because as many **souls** as many universes. Every living being is an infinite space, and the collection of thoughts and experiences in it is the whole universe. Interestingly, like the gross universe, the subtle **mental universe** is also created in **infinite space** itself, and not in the body or mind of the living being, as is often believed. The **brain is just a machine** for generating those virtual waves in space that space can feel within itself. In scriptures like **Yogavasistha**, it is explained that the soul is like the sky imprisoned inside the pot hanging in the sky. It appears to be separate only by illusion, in reality it is one with the infinite sky. **Virtual waves** keep on forming in the sky inside the pitcher, by which the living being is fascinated. Let me refer to the previous post that with attachment to a small part of the infinite sky, means experiencing the waves as separate from the self-sky, the whole bright **self-sky** feels dark in itself. Actually it is an illusion. This leads to attachment to

the **quantum fluctuations** created by those waves too even after death, leading to the illusory darkness that I probably experienced in the **astral body**. It is similar to how in **quantum physics**, when fundamental elements are viewed in particle form, they abandon their wave-like infinite form and behave as finite particles. Meaning infinite energy becomes confined in the form of a particle. Think of it as the light of infinite space is turned off, and only finite light remains in the form of particles. Glowing particles in the dark sky. When we see them as their true '**waves of the infinite sky**' form, they behave that way as waves of space. Meaning that wave is luminous because the space in which it is created is itself luminous. Means the light of the entire infinite space remains on along with the light of wave. A wave made in water can be colored only if that water is also colored. If the water is black, then the wave created by it cannot be colourful. When that wave is to be felt as a particle, meaning independent of water, then the color of the basic water needs to be destroyed, but the color of the wave needs to be allowed to remain. But this is not possible. Therefore the color of the wave-medium that's water has to be made to disappear in virtual form, ie, by creating an illusion, like a **magician's** illusionary trick. That's why even though the real form of matter is waves, they seem to be particles by illusion created by **attachment** and **duality**. It's a simple matter. Meaning that **spiritual ignorance seems to be based on quantum ignorance** in physics.

# **Kundalini Yoga shows the same infinite space as all black holes, universes, and living beings**

It is not known where a living being went after **death**. Similarly, it is not known in which universe a **galaxy** has gone after coming out of a black hole. Just as there are innumerable **subtle universes** in the form of innumerable living beings in the same infinite space, in the same way there can be innumerable **gross universes** in the same infinite space. Take out as many copies of infinite space as you want. Each copy is as complete as the original, not a duplicate, because more than one infinite space is not possible. Similarly, there is no existence or **independent existence** of anything other than the only one experiential-form infinite space. Whatever **wave, particle** etc. is felt in the **virtual** form in the infinite space, it is felt with its base infinite-space, not independently. Means it's felt by infinite space as a virtual wave inside itself. If those virtual artifacts had their own independent existence, then every **inanimate** object such as chair, stone, picture, statue etc. would be alive, as shown in many **animation films**. The world, thoughts etc. are virtual waves in that **sky-soul**, which are not real at all. That's why only one option remains that only one infinite space is shown as all living beings and universes. This is explained in the **scriptures** by a verse or shloka, "**Om purnamadaḥ purnamidam purnāt purnamuduchyate, purnasya purnmadaya purnmevavasishyate**". It means that 'that' means the **supreme element** named **Om** is complete, means infinite space form, 'this' means soul is also infinite space, even after 'this' infinite space leaves 'that' infinite space, the same infinite space remains in 'that', there is no reduction in it. How can anyone extract anything from the void of infinite space? Because all infinite space is one, therefore all living beings are also one. Just as the **mental universes** of the living beings located at different places inside different bodies are '**one space form**', in the same way, the gross universes located at different places, although appearing in

the same space, but having different independent local existence, have each independent infinite space along with them as their soul. This proves the point of multiverse itself. Just as the subtle universes are innumerable in the form of living beings, similarly the gross universes are also innumerable. Although everyone has their own infinite space, so everyone is an infinite space form, and someday they will merge into it. Although we have always merged, but we will be seen merging virtually. In the same way as there is liberation of the subtle universe in the form of a living being, in the same way it must have happened in the case of gross universe as well. It is a different matter that the **prideful soul** of the gross universe i.e. **Brahma** is already **unattached, non-dual** and **liberated** in his life, as stated in the **scriptures**. The scriptures themselves believe in the multiverse. They say that Brahma is innumerable like the innumerable living entities. Probably they say that every living being crossing the progressive order of development near the last stage of the journey of life definitely becomes Brahma. It is in this context that it is said in the **Gita** that the soul is neither born nor destroyed. Meaning that man never dies. The same is being proved from the above scientific facts that the infinite and void sky can neither be created nor destroyed. Yes, it is definitely that the **confused infinite space** in the form of soul can be united with the **original infinite space** i.e. the **Supreme Soul** by removing its **virtual illusion** in the form of ignorance through Kundalini Yoga. The union is already there, just the cloud of virtual illusion has to be removed.

# **Kundalini                      Awakening                      vs. Subtle Body-Samadhi**

Friends, in the last few posts I was talking about experiences like **blackhole** and **subtle body**. **Spiritual scientists** analyze it a little more deeply. I think that what is in physical form, different from the soul that's **infinite** and **void space**, no matter how small the particle is, we cannot experience it as self. Only **soul** can connect with soul, nothing else. By the way, the **virtual wave** of the **soul-sky** can also connect, not the **particles** at all. Because particle is the symbol of **duality**. That is different from the **self-sky**, like the **sky-flower** or **sky-garden**, as the **scriptures** say. If we feel the **Kundalini image** in the form of self through yoga samadhi, then it will be experienced as a wave in self-sky, integral with our soul, not as a separate physical object or particle. What I experienced in the subtle body form was not a wave form. Meaning it was not the same as all physical things are ripples in the form of thoughts of the mind. Means their power or brightness keeps on decreasing-increasing. But that subtle body was dark with a uniform **sooty glow**. Then how I was feeling the full details of it, even more so than one gets from its living physical form. This means that there were subtle waves in it, which were not felt, but all the information recorded in them was fully felt. These waves can be in the form of **quantum fluctuations** or movements, which were not getting **energy** without the body, due to which they were not able to express in the form of gross **mental waves**. Those subtle waves can be also like physical waves. We can understand this in a way that if the energy of throwing a stone in a **pond of water** creates macro waves for a short time, then even after the energy received from the stone is exhausted, micro waves of the same pattern continue to be created for a long time. This is because waves behave like pendulums, meaning they rise and fall by their own intrinsic energy. Then after **death** the vibrations of the subtle body of a man should continue to decrease and ultimately one should become a vibrationless **Chidakash** i.e. **superconscious sky** or **Paramatma** i.e. man himself should become

liberated. In many places the scriptures also point out that this happens, although it is not clearly said, but one who does not have spiritual knowledge or who has lived a life full of attachment and duality, being afraid of that darkness or getting tired of it, soon becomes desirous to be expressed. A new body is chosen by him, and the body gotten is good or bad according to his subtle vibrations. This also means that in the same way, the subtle waves of the blackhole also calm down with time, and it becomes completely one with the infinite and void space like the still ocean. Although it may take millions of years, because it is not a vibration in water but in empty space. But the scriptures also clearly say that **salvation** does not come automatically. Even in the **doomsday** that continues for millions and billions of years, the **causal body** remains binding the soul with itself. I think both are true, according to the time and circumstances, although the second would fit most cases.

By repeatedly meditating on the Kundalini picture, it becomes one with the soul in the form of samadhi i.e. Kundalini awakening. Means by meditating about anything and awakening it, we come to know everything about it completely, as the scriptures say. It has been said in **Yogavasishtha** that on connecting with Vayu in Yogasamadhi one gets all the powers of Vayu, such as **flying** in the sky, becoming invisible etc. Similarly, by connecting with other substances like fire, water etc., having complete and direct knowledge of those substances gives all their powers. Now I cannot do their scientific analysis at this time. But whom shall we meditate upon to awaken someone else's or our own subtle body. Will do for the subtle body only. Don't know how. Probably similar to what is done to **ghosts**. It is said in the **Gita** that those who worship God become gods, and those who worship ghosts become ghosts. So it is natural that the one who meditates on the subtle body will become a subtle body. Because there is the rule of **darkness** in the subtle body, therefore it seems to me that the ghost or the subtle body is experienced in the form of self by tantric Kundalini yoga with **Panchamakaras** like **meat** and **alcohol** along with **sex** that create darkness and energy together. Ghosts want to contact people and give or take help, but for this

man must have the power to withstand the high pressure energy charge of the ghost, which seems to be possible only through dedicated **Tantric Kundalini Yoga**. If the Kundalini picture is related to that particular ghost or subtle body, then meditation becomes successful and effective more quickly. But for how this happens, a little in-depth analysis has to be done.

I got a new insight. The above Samadhi experience was not like Kundalini awakening. Means in that experience I did not get united with the **Supreme Soul**, but got united with another soul. If I had become one with **God**, I would have been filled with infinite **light**, sky and **bliss** for a few moments like Kundalini awakening. Along with this, pleasant thoughts in the mind or brain would rise like waves in the ocean, as I have written in a previous post that the brain works like a **theater man**, who presents scenes according to the mood. However, after experiencing the subtle body for a few moments, the brain started forming thoughts related to it, such as people saddened by his death, etc. Although these experiences were not felt like waves in the ocean, because I was not experiencing that **divine-ocean** in which everything is in the form of waves. Pure experience ends with the rise of thoughts. Thoughts create a noise or confusion. Yogis have more such experiences because they can remain **thoughtless** for longer periods of time. They happen to everyone, but due to the noise of thoughts, they remain for such a short time that they are not recognized at all. As **Osho Maharaj** says that everyone experiences samadhi during the few moments of ejaculation experience during intercourse, but it lasts for such a short time that it is not detected. That's why they ask to increase that time through **meditation**. **Animals** are said to be having some idea of future because they are more thoughtless than human beings, although in a different or ignorance filled way. My this above experience cannot even be called oneness, because **oneness** can only happen with God. It can be said like this that I left my self for a few moments and became another subtle body. It was as if there was only one **astral body**, but two souls experiencing it simultaneously. The real or host soul was that of the departed acquaintance. The fake or guest or intruder soul was mine. The subtle body can be

contacted in the same way. What other way can there be to know the dark void sky. To know their problem or their question, I connected with their subtle body. His words could not be heard by the ears, but were directly felt in the soul. Neither his body, nor his face, nor his words. Still I was able to know everything about him and was able to hear everything he said. Staying in his subtle body, I also replied to him, which he listened to attentively, but in the same **self-language**. Then probably when I started coming into my subtle body to remember my awakening experience, then the noise of thoughts in my head started increasing, due to which the connection was lost. But I had told the main thing. May be that the host had kicked out the intruder. Haha. There may have been many reasons, but the main reason was the fear that I might be imprisoned in his astral body forever, and knowing my astral body to be empty, his soul might occupy it. Brother, first we had to save our house, not help anyone. Anyway, in most of cases one cannot stay in another's subtle body for a long time, just as one cannot occupy someone's house by being a guest. Probably, **Parakaya Pravesh Siddhi** or another body entrance accomplishment is the improved form of this, in which the guest soul resides permanently by driving away the master soul of the subtle body. It's heard that **Indian mystic adiguru shankaracharya** was master in this art. There is a story in the scriptures, in which Prince **Puru** donated his youth to his old father and King **Yayati**. This can happen only if they have mutually exchanged their subtle bodies. In my childhood, I had read and heard the description of a so-called true incident, according to which a British officer says that he saw an old Yogi Baba dragging the dead body of a young man through the bushes. After some time, that young man was alive and crossing the river in a boat. The meaning is clear that the Yogi had taken out his subtle body from his old body and inserted it in the dead body of the young man so that he could do yoga for a long time. Now don't know whether it is true or it is a pretense when someone's body is possessed by an external spirit, due to which the mind and body of that person comes under its possession. It is rectified by **tantra-mantra** etc. There is definitely something, which only

spiritual science can understand better, not the physical science.

# Kundalini awakening differs from black hole visualization

Friends, the previous post was getting long so the topic had to be stopped there. Now let's continue it in this post. When the experiences of all people are taking place within the same **infinite space**, then any man can relate to the experience of any other man. I mean to say that I am also an **infinite cosmic form** like every living being. I am attached to the **subtle body** created in the brain of a man named **Premyogi Vajra**. Then why can't I connect with the subtle body created in the brain of my friends, Ramu and Shyamu. As my own real form is infinite space, similarly the real form of Ramu and Shamu is also that infinite space. The same infinite space is associated with three different subtle bodies. Due to that my infinite space form became different experience, theirs became different experience. Means the same infinite space started appearing as the three of us as different people, although it is the same. Perhaps I had become attached for a few moments to the **astral body** of my aforesaid acquaintance. This is not a **miracle** but **spiritual psychology**. A conditioned person becomes what he is feeling at that time. That's why while experiencing that subtle body, I became the same subtle body. On the contrary, during the experience of Kundalini awakening, man is in a completely **liberated** state. At that time he is situated in his real infinite **consciousness-space**. At that time all his experiences, whether they are related to his gross body or his subtle body in himself are in **wave** form i.e. false or say virtual. He doesn't feel these even when he feels these. As soon as the experience of a few moments of awakening is over, the light of the consciousness of that shining **infinite sky** is extinguished, and he again feels himself to be the **dark infinite sky** as before. In the form of that darkness, the subtle body of that person is recorded. So why not understand that the subtle body does not exist in the form of any **quantum movement** but in the form of **virtual darkness** covering the light of the **soul-sky**. I am saying this because the acquaintance whose subtle body I experienced had died and therefore did not have his own body. The soul

or infinite space cannot feel any movement outside the body by connecting with it. If this were so, then there would be innumerable movements outside the body in the form of innumerable waves having self existence. Then every electromagnetic wave would be alive. Even soil, stone, chair etc. everything is alive and contains soul, but it is not so. This means that from the beginning of the journey of life, the entire details of a man's life of many births are recorded in the form of a special kind and amount of darkness experienced in his infinite soul-sky. That is called the subtle body. Now let's take it on **black hole**. Understand that the **star** is completely destroyed like the death of a man. Means it is left with nothing in physical form. Only I am not saying this. **Einstein** has also proved through complex **mathematical calculations** that the blackhole gets compressed till the **singularity**. It is a different matter that most of the **scientists** are considering the smallest single particle as singularity, but I am going one step down to **zero sky**. Of course sky seems to be the biggest, but it is also the smallest. Means blackhole becomes a dark sky like a subtle body. Of course there is no one to experience it, because when no special soul was tied to the star when it was alive, then how can a soul be tied to it after its death. The **machine for the bondage of the soul is only the body made of flesh and bones**. When there is no one to experience, then what is the justification of the dark sky. We can't even say that. If this is so, then what is the justification of countless waves in the form of objects like soil, stone, when they themselves are not experiencing themselves, means they cannot experience themselves. Just as **Chidakasha** that's consciousness sky cannot perceive these things in it, similarly it cannot perceive its virtual darkness created by their destruction. That virtual darkness is dark matter and dark energy. After the death of a person, many people are drawn towards him due to grief. Perhaps the initial **ghost** is dark matter itself. A black hole is also **dark matter** in the beginning, that is why it pulls everyone towards itself with its strong **gravity**. After some time everyone forgets the ghost, and while hating it, everyone gets busy in their work as before. Means the evil spirit pushes everyone away from itself. Probably at that time

the ghost becomes **dark energy**, because it also has the power to push everyone away. Probably, in the same way, with time, the dark matter of the black hole also becomes dark energy by getting absorbed in the infinite sky. It has also been proved by science that blackholes also continuously release radiation called **Hawking radiation**, and in this way they get destroyed after a very long time. As dark energy, then it does not work to pull other bodies but to push. Don't know in which universe the information recorded in the subtle body of the departed man in the form of dark infinite space can be expressed inside the man born. That man can be reborn in any corner of the infinite space. In the same way, the information recorded in the **macro subtle body** called Blackhole, the dark infinite space of a destroyed star, may go to which universe and manifest itself in the form of the birth of a new star, nothing can be said. **White hole** and **teleportation** are hidden inside this principle. This also maintains the principle of **science** that **quantum information** is never destroyed. Information passed from the star to dark matter, from dark matter to dark energy, and from dark energy back to the star. In this way this cycle continues like the birth and death of a man. Many people will say that the ghost does not remain contained in a sphere like a black hole. Haha. Brother, this is **spiritual science**. In this, like in **physics**, one plus one cannot do two. Yes, it can show equality. After the death of a person, his soul remains localized like a black hole for some time. It is called a wandering or attached soul. Many people feel this soul. Then it goes infinite like dark energy by fully merging into infinite space. Different spiritual acts are performed in different **religions** so that it can speed up as soon as possible and it can take a new birth through the infinite space.

From the above scientific description, it is clear that the old people knew about **wormholes**, white holes and teleportation etc., though in their own way. They knew that this is not possible with the gross body, but it is possible with the subtle body. So they used to make their astral body as good as possible by doing good deeds, so that it can take them to a good **planet**, star or universe, because they also knew that quantum information is never destroyed.



# Kundalini Shakti protects from inauspicious and ghostly events

Friends, I was telling in the previous post that old people knew about **wormhole**, **white hole** and **teleportation** etc., though in their own way. They knew that this is not possible with the physical body, but it is possible with the subtle body. So they used to make their **astral body** as good as possible by doing good deeds, so that it can take them to a good **planet, star or universe**, because they also knew that **quantum information** is never destroyed. For this reason, we see that today's children are **hi-tech** from birth. They don't even eat food without a **smartphone**. Actually the hi-tech information of their recent past birth is recorded in their **subtle body**. As for passing through a white hole with the body or doing teleportation, I don't think it is possible. Let's assume that some miraculous power made this possible. Still, where will we go because till now no completely **habitable planet** has been found. Some are planning to go to **Mars**, some to the **moon**. Go there later, first go to the higher **Himalayas** and see. Even a one-degree drop in temperature can cause shivering and put life at risk. Go to another planet later, because there will be innumerable such problems, that too in a gigantic form. There are many such places on earth itself, which **science** is not able to make habitable, let alone other planets. There is nothing wrong in maintaining **enthusiasm** and **positivity**.

Scientists are speculating that the matter hidden in the **black hole** can go to the hidden **universe** in some other dimension. An infinite number of dimensions of space can mean an infinite number of copies, as explained in a recent previous post. Now don't know in which copy it goes and take birth again in physical form. It is as if a man goes to who knows which copy after his death. We creatures are in another copy means we cannot experience the universe located in other copies at all. Although we can feel the body of another living being. In the same way, we can know the other universe in external means in gross form. But other universes are beyond our reach. It is like a person sitting at

the North Pole cannot see the person sitting at the South Pole.

Now this evidence has also been found that all the matter in the black hole is buried under very explosive pressure. They probably want to go out with a bang, because no matter what the person or thing, they don't like to be under pressure. Things like air, water etc. move from the area of high pressure to the area of low pressure. Every year thousands of employees change their companies due to unnecessary pressure of work, otherwise they fall ill. But those buried substances of the black hole are not able to run away from the **gravitational force** of the black hole. This is similar to what I was talking about in a recent post about the **spirit** in the form of a subtle body. However, in some cases, black holes have been observed spewing out a small amount of material. Similarly, **ghosts** can also scare people by making scary appearances in rare cases. These are called lost or **wandering souls**. This happens more with those who die of **premature death**. Premature death means the sudden death of a man immersed in worldly illusion. The same can happen to a man with **attachment** and **duality** towards the world. In this man does not get a chance to lighten and reduce his **mental universe**. Due to this their subtle body suddenly becomes made with a lot of pressure. Due to the same pressure, they keep on making scary forms like virtual forms. Don't know how. Some have more pressure of good thoughts, that is why they experience **heaven**. Many have a lot of pressure of bad thoughts, that's why the same thoughts continue to erupt outside in the form of an experience of **hell**. By the way, the ghost lives in the form of **darkness**. There are no resolutions or thoughts in it. But the thoughts and choices are hidden in it in the form of darkness of the soul. When a man comes in contact with such a **soul**, those hidden thoughts come alive in his mind. They can be so powerful that they can even appear to him in their true physical form. This is called seeing a ghost. Bhoot in Sanskrit means past. Means it happened in the old time, not now. That's why in **ghostly movies**, the poignant incident of the living time of the soul which became the ghost of a man is shown as a ghost and scares. If someone encounters such an imaginary ghost, then it is said that one should not talk to

it. Because don't know what a scary sight the clever mind can show in a falsehood, due to which heartfail will happen. Another example of a trick of the mind is the arrival of the black **Yamraj** sitting on a black buffalo to carry a dying man with him. It is also written in the **scriptures** and it is also a universal experience, meaning it is not limited to any country or **religion**. Actually at that time there is such a mental state that the mind creates such an imaginary scene which seems like real. Physically, no buffalo or Yama comes anywhere. Once, in a vivid dream, a black buffalo led me on its back through a dense dark forest towards the top from lower side of the hill. That darkness was **divine** and **blissful**, like the subtle body of a great man or a **saint**. That buffalo ran away leaving me in the middle of the way. Then I climbed up and reached that lonely and medium height hill. It was a **supernatural scene**. There was a two or three storied divine hut. The light was divine and like the moon or a candle, yet dazzling. When I came out in the open courtyard or terrace of the second floor, there was a divine Sadhu Baba. My newly written book was in his hand and was smiling happily saying that he had received it from the post etc. and he was waiting for me. He respected me affectionately and divinely. Soon the dream broke and I passed out of that divine feeling. I have also described this on the about page of this website.

Let me narrate an incident regarding the lost soul. I used to go to a dhaba on a beautiful hill to have lunch occasionally. Veg and non-veg food was prepared in it. It was heard that once at night some miscreant customers, after an altercation over the bill, forced their car over dhaba owner's father and fled. The death was sudden, and painful, so it was a premature death. After that whenever I used to go to that dhaba, I used to feel **strange energy** there. Along with this, every time one or the other bad incident happened with my relatives, it was averted. Probably Kundalini used to save me, but due to not doing Kundalini Yoga, it used to affect the weak minded relatives. Probably some effect of Kundalini used to reach them as well. After that I completely stopped going there. Ordinary religious rituals are performed by everyone, but after special death they should be special and powerful, so that the departed soul may rest in peace.

Similarly, once I slept in an acquaintance's house. At night I saw burning wood falling on me from the roof. I screamed too. Then I meditated on **Guru** and **Kundalini**. This removed the ghostly vision and I fell asleep. There was an old history of such ghostly incidents and premature death there. In brief, the incidents heard by the eyewitnesses, a person used to see lights floating on the water at night, which kept on burning and extinguishing. A nearby **haunted** family had buried the ghost in that water by tying it in ballasts. Perhaps small pieces of stones or such instruments that's **yantras** are called ballast. A friend saw children playing near a deserted road in the middle of the night who were growing up and going small too. A friend used to hear door knocking at night in a **haunted house**, on opening the door it seemed that something ran inside and came out with the sound of some objects from a hole etc., but nothing was visible. My past gentleman and innocent neighbor as directed by a **tantrik** went to the **crematorium** or **burial ground** alone at night so that his endangered business would be safe. In the morning he was found dead there. The report revealed that he had **heart failure**. But my grandfather was so brave that he used to say that he could sleep comfortably alone in the crematorium. Just a bed sheet is needed to cover the top. He had a lot of **Kundalini shakti** inside him. **Hanuman Chalisa** is considered best in exorcism. I also feel that Hanuman Chalisa immediately activates the Kundalini Shakti and **Kundalini picture** strongly. Yes, the same **Lord Hanuman** gives power through this chalisa, which has been perfected by **pundit Dharendra Shastri of Bageshwar Dham sarkar**, and by which he shows many **miracles**. What I found most thrilling, saving from fake gurus and highlighting family love, is that his **grandfather is his godfather or Guru**. Many so-called **magicians, secular** and **heretical** people came forward to expose him, but could not succeed. Nowadays it has become a **burning topic**.

Then it is said that black holes pull the shining stars towards them and swallow them. Meaning they are mortality-inducer. The subtle body is also a form of death. Life revolves around it. It is at the center of life, and with increasing age pulls life

more and more towards it. In the end life ends by falling into it. The subtle body of a man exercises control over every activity of his life. It is said that those impressions remain in the subtle body that's **subconscious mind** only called as **Sanskaras**, which affect the behavior of a man. Similarly, the black hole also keeps all the planets, **stars** and other **celestial bodies** attached to it under its control and rotates them around itself. Similarly, dark energy and **dark matter** also maintain the balance of the entire universe. Then it is said that a black hole not only swallows its parent star, but many also swallow countless other stars. Even the subtle body of a great soul such as a great **leader, sportsperson** or any other great **artist** attracts countless followers towards it. After his death, his followers live in an atmosphere of mourning and despair for many days, many commit suicide, and by spreading **riots**, many commit **Genocide**, that is, mass death. Of course they all get absorbed in a big blackhole, but their separate existence also remains.

# **Kundalini yoga shows Quantum entangled particles are bound together by dark matter in the same way just as two lovers are bound together by their subtle bodies**

Friends, there is frequent contact with the subtle body. The one with whom there is a loving relationship, there is contact with his subtle body. Similarly, with whose subtle body contact is established, **love** is also experienced. There cannot be love with only physical body. Just look at the **soulmate**. It seems to them that they are **mirror images** of each other. Of course their outer looks may not match each other, but their minds match a lot. One of them is a boy, and one is a girl. Of course, **sexual attraction** also brings them closer to each other, but it can only bring them closer to each other, it cannot create love. That's why you must have seen that man is never satisfied with **sex**. If sex had the power to create love, man would never have been **divorced**, man would never have had more than one **marriage**, nor would he have had **sex** with more than one woman. I feel that sexual contact is an inspection campaign, by which a man goes closer to find out whether he is in love with so-and-so or not. It is a different matter that many people get so deeply involved in this survey that they are unable to come out and compromise by staying there under compulsion. Some would think that I am talking contradictory. I like to keep an open mind, not to stick to any particular thought. I have said many times that **sex has the power to create love**. This is also true, but the condition applies. This requires a lot of time, effort and resources. When there is hope of getting ready made food, then why make it yourself brother.

In deep man-woman love, the subtle-bodies may be interconnected, but they cannot replace each other. In deep love, telepathic contact is made with each other, each other's

thinking and life start influencing each other. If one partner thinks something, the same thing happens to the other, no matter how far away they are. It is clear that they are influenced by each other's subtle body. But don't know why everyone starts getting worried after entering the arena of the third subtle body. Haha. This also proves that the subtle body is all-pervading like the **infinite sky**. Once my **university** friend's father had passed away. I had also met him many times in a loving atmosphere. He was hundreds of kilometers away from me. I didn't know anything about him. The same night I saw a vivid picture of my father's death in my sleep. I could not understand its reason. It made sense the next day when I got the news. During that time I used to practice intense **Tantric Kundalini Yoga**, which is probably why I felt so alive. It seems that **quantum entanglement** is also the same. The two entangled quantum particles may be associated with each other as a microscopic loving pair. It is obvious that at the base of the visible universe is an infinite space filled with **dark matter and dark energy**. It is also known that the same appears as the visible world, remains under its control, and when destroyed becomes the same and merges into it. This means that dark matter and the visible universe mutate into each other over and over again, never creating anything new, nor destroying what has been created. This world was there before, it is there today, and it will always be there in the future. New role-playing actors will continue to come in this, and in the form of liberation will continue to go to the background permanently. Entangled quantum particles have the same microscopic body. That subtle body is the dark matter of the particles they are made of. That's why when one particle is manipulated, it affects the other at the same time, no matter how far they are from each other, even if one is at one end of the **galaxy** and the other at the other end. This means that each fundamental particle has its own separate dark matter, which is spread out in infinite space. Similarly, each living being is a separate infinite **cosmic** form, of its own kind. Just as every activity of a man gets recorded in his subtle body, and accordingly keeps on repeating itself, similarly every activity of every particle gets recorded in its dark matter. After

the **holocaust**, when the time comes for the re-creation, then that dark matter again becomes the original element, and according to the information recorded in it, it starts creating the universe from the front. In this way, with the cooperation of all the fundamental particles, the creation is recreated. It has been said in the **scriptures** that first **Brahma** was born, then many **Prajapatis** were born from him etc. etc. It means that even in the scriptures, the basic particles have been given the form of human beings, because the nature of both is the same. It seems that **physical science** is understanding the subtle body in a different way. According to it, the **wavefunction** of entangled quantum particles is connected to each other. They remain connected even to the distance of infinite space. Then it is said that two fundamental particles can be entangled if they are brought close enough to each other. Probably due to this, their dark matter reaches each other. It is like the subtle-bodies of two close lovers reaching each other, as mentioned above.

The above description also proves the claim of some scientists and scriptures that past, future and present are all interrelated, meaning **time does not exist**. What is happening today, and what will happen in the future, the same happened before, nothing different. **Everything is predetermined**. However, there is also the importance of man's **work and effort**.

# Kundalini yoga shows the DNA as subtle body and the dark energy or dark matter

**subtle body is made up of five sense organs, five action senses, five pranas, one mind and one intellect.** It is the subtle body that goes to the other world, not the **gross body** made of flesh. One can say that when the gross body is destroyed, then how can these senses, life force etc. remain, because all these are the dependents of the gross body. This is the trick. You can also call it the **art** of describing in **writing**. If the author wanted, he could have written directly that the body and all its activities get recorded in its subtle body. But this description would not have been attractive and easy to understand. Because the body and all its activities are dependent on its **mind, intellect, knowledge based sense organs, action based sense organs, and the five pranas**, so it is said that the subtle body is made up of these five types of things. I didn't have such an experience. I did not feel these things separately in the **astral body**, but felt one undivided darkness in which the impression of all these things was felt. The meaning is clear that the subtle body perceives through its **soul** only, decides through the soul, works through the soul, receives the experiences of all the senses through the soul, and performs all the activities of daily life through the soul. Means all the past lives of the **Jiva** are fully recorded in the subtle body, which he continues to experience in himself as self. In a way, it is a combined average form of all the previous births. Many people would think that the subtle body would be a mind without a body, in which **waves of thoughts** would keep rising in the empty space, but then what was the difference between the gross and the subtle body. Anyway, the existence of the gross mind is not possible without the support of the gross body. For example, consider the **diamond** in your ring as a subtle body. All the information from its birth is recorded in it. Once upon a time it was pure energy. With the creation of the **universe**, it became a tree on earth. Then, due

to **earthquakes** etc., **coal** was formed by tree being buried hundreds of kilometers below the earth. Then stone coal was made. For millions of years it has withstood extreme temperatures and pressures. There were many changes in this. It performed innumerable actions and reactions. It took countless years. Then it was dug out. Then carved. Then you bought it and put it on your ring. All these information are recorded in this diamond. Although we do not get to know these information in gross form by looking at the diamond, but we do experience those information in subtle form, only then we find diamond very beautiful, attractive and precious. Similarly, from the experience of someone's subtle body, the whole past details of it are not known in the gross form, but it is experienced in the subtle form, by experiencing its average nature. In the **Gita, Maha Yogi Sri Krishna** says that he knows all the previous births of **Arjuna**. It does not mean that he was feeling all the scenes in his mind like **tv screen**, rather it means that he was feeling the essence of them all in the form of his subtle body. The style of the **scriptures** is such that they often do not analyze the facts completely and leave them in a **miraculous** or **mystic** form, so that the reader becomes bewildered. These experiences are subtler than experiences from the gross body, although it seems to us, instead to the subtle body, they may seem as powerful as the gross experience, because in that state there is no interference from the noise of thoughts of the living state, which cloud the experiences. In addition, the experiences of all past lives remain in the soul all the time in a subtle form, while in the gross body it remains buried in the noise of gross thoughts. Yes, it cannot take new experiences, because for this the physical body is necessary. That's why there is no further development of it. It has to take birth as a gross body for further development. To me, the subtle body seems to record all the information of the organism like **DNA**. Similarly, to me **dark energy or dark matter** also seems to be the **eternal DNA** of the gross universe.

The equivalence of dark energy and the subtle body can be proved only if we do not divide subtle body into compartments and consider it as a single **dark sky** in which all the information of its gross form is recorded in the form of

subtle form as waveless or unchanging experiences in **self-sky**. Please don't mistake this as complete **self-realization** i.e. self-knowledge. This is the highest level of self-experience, which is of a single kind, and in which no information is recorded i.e. it's the pure self-form, while the subtle-body as self-experience is of a very mild degree, and contain many hidden information. According to the experiences attained in the gross body state there are innumerable types or levels of subtle bodies. Hence only in this undivided encoded form, subtle body will be fully like dark matter or **black hole** as described earlier according to famous verse "**Yatpinde tat brahmande**".

# **Kundalini Yoga opens anandamaya kosha with all Koshas of body simultaneously**

According to the **scriptures**, the name of our gross body is **Annamaya Kosha**, which ends with **death**. The group of five air that's pranas and five organs of action located in the body is called **pranamaya kosha**. The group of the five sense organs along with mind has been called **Manomaya Kosha**. The group of five sense organs containing **intelligence** is called **Vigyanmaya Kosha**. The innermost and subtlest sheath is the **anandamaya kosha**, it is governed by **satvaguni avidya** that's light-dominated or existence-dominated darkness. But the **soul** is untouched by all these. Let's analyze it a bit. The gross body means the food sheath that's annamaya kosha is visible to everyone. **Karmendriyas** that's action senses have been included in Pranamaya Kosha because first of all the clear effect of Prana is visible on the action senses only. During Kundalini Yoga, when Prana is concentrated on a particular **chakra**, there is a contraction-like movement there along with rapid, blissful and satisfying **breathing**, and the karmendriyas associated with it get power. That's why the breath moves fast due to exercise, sports, running and heavy work, due to which the flow of prana to the physical senses increases. Mental work does not cause such breath, so it is kept in Manomaya Kosha. There is no breathlessness while watching or listening to television. There is no breathlessness even after smelling and tasting any food or even touching it. That is why the **skin, eyes, ears, nose and tongue** have been placed in the five sense organs. That means they are knowledge oriented rather than action oriented. Although littlebit karma is also done through them. Genital organs have also been kept in Karmendriya, because by its use also the breath becomes inflated. The anal sense has also been placed along with the action-oriented organs. The five sense organs are kept with the mind in the Manomaya Kosha because the **mind** becomes active through the experience of sensations through them. Seeing beautiful scenery or

listening to beautiful music brings beautiful thoughts to the mind. Thoughts can be called common knowledge. Special knowledge is born only with the help of intelligence. Like many ordinary thoughts come in the **showroom of the car**. When a man decides to buy a car wisely, then the thoughts related to his purchase are more powerful, effective, practical and action-motivating. **“Vi” means special, so “vigyan” means special knowledge**. This creates joy. Who doesn't enjoy being the owner of a car. It is felt from the blissful sheath that's anandmaya kosha. Actually bliss is felt in the **soul without waves**. The powerfully expressed waves of vigyan and karma leave a powerful imprint on the subtle body. That impression has been called above as **“sattva guni avidya”**. That means, you can call the act of buying a car virtuous, because this work is done comfortably, with joy, with satisfaction, with hope, with humanity and courtesy. That's why the impression it makes on the **subtle body** as ignorance i.e. special darkness is also the same type. For a limited time only, this impression has more influence than the rest of the infinite subtle body, because this impression is fresh, later it dissolves in the innumerable impressions present in the subtle body. With this it becomes ordinary like them. That's why the pleasure derived from materiality does not last forever. For another example, imagine that you are sitting in a beautiful **resort** after arriving in a beautiful car with your family and a good relative. **Sunbathing** in a comfortable chair outside on the **lawn**. There is pure water for drinking on a round glass table in front. And even for food and drink, it is available on order. Your family is happily walking nearby. Children are playing in the **park** in front. There is a **swimming pool** in front. You are languishing by taking long and slow breaths. You will feel great joy in the darkness of your soul. Although it is like the ordinary darkness called **avidya**, but it will be full of bliss unlike other ordinary darknesses. This is because this darkness will be full of **being** and **existence** of one's own. This is Sattvaguni darkness. Means all the facilities that increase power or existence that's Satta in Sanskrit are available in front of you, but you are enjoying the bliss of ignorance. There is also a limit to the enjoyment of man's comforts. After getting tired of it, happiness comes only from Sattvaguni Avidya. In fact,

the source of happiness is Sattva Guni Avidya only, not directly the pleasures. **Avidya means negation of Vidya or knowledge.** That's why it is the darkness of ignorance. Let me give you another example of sattvaguni avidya. Suppose you are at such a place, from where a **plain** starts on one side. The **mountain** range is visible on the other side in front of you. You will enjoy more in that mixed plain area than in the pure plain area, because the inaccessible and difficult mountain in front will make you feel more existential power relatively than the real one as that's felt in pure plain area. Anandpur is one such place. Probably because of this special joy, it has got this name. The famous **Gurdwara Anandpur Sahib of Sikhism** is located here. The darkness that arises with **anger, fear, lack, anxiety**, etc., in contrast to sattvaguni avidya, does not bring joy. In these, the darkness of ignorance is against self existence. The same darkness is felt in different ways in different circumstances. This is interesting **psychology**. One step deeper than the Anandamaya Kosha is the Absolute Pure Self or soul. There is no word like bliss associated with it, because it is **indescribable**, above bliss. Most of the people are fascinated by the Bliss or Anand of Anandamaya Kosha as pure soul, and do not make special efforts for self-awakening. There is no impression of the gross world on a pure soul. That's why it is fully luminous in its original form. Actually the word light or luminosity is also worldly, the soul is beyond this. That is why the soul has been called the most unaffected, that is, untouched.

All the koshas or treasures are best opened in turn and in sequence, as if the security fences of a palace are crossed. Eating and drinking in childhood develops and opens the Annamaya Kosh. By playing **sports**, exercising and learning various works, the Pranamaya Kosha develops and opens. Then after reaching the higher classes of **secondary school** level, one opens Manomaya Kosh by taking education of complex and special subjects. By taking **technical and practical education** at the **college** or **university** level, he opens the vigyanmaya kosha. Then he starts earning money while doing **job or business**, and with the help of Vigyanmaya Kosha opens Anandamaya Kosh. By developing

that too completely, he tries to reach the soul by getting himself attracted towards Tantrik Kundalini Yoga.

With Kundalini Yoga, all the koshas can also be opened together. Yogasana and Pranayama induce hunger, and the body remains healthy. This keeps the Annamaya Kosh open. Pranayama keeps the Pranamaya Kosha open. When the Pranamaya Kosha opens, it causes Manomaya Kosha to open. Then with **Kundalini meditation on the chakras**, the Vigyanmaya Kosh opens. When the Vigyanmay Kosh opens, the Blissful anandmaya Kosha automatically opens. In the end, when the **Kundalini is awakened**, man reaches the **ultimate soul** as well.

Let me show you an easy way to cross the **treasure of bliss**. Sit comfortably on a chair in the sun. Looking at the whole body, meditate on it. This will open the Annamaya Kosh. Relax and de-stress the mind by meditating on **Nidra Devi** and chanting the word sleep mentally. **Deep breath** will come. Focus on that. Slow and deep breaths will start. That will open the Pranamaya Kosh. It will awaken other thoughts along with old **memories** in the mind. This will open the Manomaya Kosh. Then by making a determination with the intellect, keeping **witnessing** on those thoughts, continue to meditate on the body, on the breath and on the sleep. This will awaken the vigyanmaya kosha. In a short, the thoughts will merge into the soul. This will make feel like a darkness of **thoughtlessness** in the mind. This will be called sattvaguni avidya. This is because it was deliberately created from auspicious **sattva guna**. This isn't Rajoguni avidya that's born out of fighting or daily struggle of life. Nor was it born from Tamoguna that's born from intoxication, overconsumption of flash etc. By feeling bliss from **Sattva-Guni darkness**, the Anandamaya Kosha will also open. In about an hour this complete meditation will be done. If a person continues to practice Tantric Kundalini Yoga for about one or two hours beyond the Anandamaya Kosh is open, then the Kundalini will continue to move towards the soul in the form of **awakening**.

Death is an unchanging truth. But **dying** is an **art** for some, while it is **luck** for others. Some die with happiness and joy through satoguni avidya, while some have to die with great

sorrow and pain by being forced by rajoguni and tamoguni  
avidya.

# Kundalini Yoga as a Spiritual Science Machine

The mental body that's **manomaya sharir** is also the man himself. He would not have been anyone else. That body would be very detailed. When it is experienced as one's own self, then it begins to wane, and takes the form of the **Kundalini image**. There is also a feeling of emptiness, lightness and joy. Similarly, **knowledge or gyana** is actually of the **soul**. But **Vigyan means special knowledge**, 'vi' meaning special or vishesh in Sanskrit, it's that when the mind means the mental body is also connected with the soul. **The mind is a special form of the soul**. That's why when the knowledge of the mind is done in the form of special knowledge of the soul, then this is the **Vijnanamaya Kosha**. Knowledge of the mind in the form of an ordinary and alien object is **Manomaya Kosha**. But when it is understood as one's own form, then it is the Vijnanamaya Kosha. This is also our part or body attached to the main body, but it seems as if it is spread out in infinite directions and distances. **Actually human being is like a flying kite. The mind is the flying colored paper, the feeling of its being attached to the body is the string, and the physical body is catching that string. As long as the string is there, the kite is safe, otherwise it will go astray and** get destroyed. At one place I read written on the dashboard of the bus that the mind is like a parachute, it works well only when it is open. Perhaps this is the same what it means. In the **scriptures**, it has been said that instead of considering the mind as a visible or seen form, it has to be understood as a seer or own form. **Witnessing** is also the same, it is a simple and easy way of doing this. Even when the soul observes the mind being itself as a silent witness, the **meditative image** of the mind begins to manifest itself. This also proves that the mind is a special form of the soul, that means the mind is the form of **vigyan**. The mind exists only as long as it is considered external or alien. When it is understood as one's own self, then it starts to dim. Self possessions are always undermined and other's possessions seem better. Importance is for external or other

things, not for one's own thing or self. The mind is not destroyed in this self form, rather it becomes insignificant and slows down. This creates joy. The **Kundalini image** gets the extra power that the mind had taken in the earlier wandering state. This adds to the **joy**, because the Kundalini image remains for a long time and without any **philosophical** effort on the part of the man, it removes the extra fat from the wandering mind and sucks it, due to which the joy remains for a long time or even permanently in the far reached **Kundalini Yogis**. The light attitude of the mind is of **Sattva guna**. That's why the **mind-mixed darkness** that arises due to the weakening of the mind is called **satoguni avidya**, as explained in the previous post. This is why there is joy in it. This is the **blissful treasure**. On the contrary, the complete destruction of the mind is **tamogun**, and when the mind is in full swing, and it seems to be real, it is **rajogun**. The darkness of ignorance associated with these is **Tamoguni ignorance and Rajoguni ignorance** respectively. In the first stage there is **sorrow** and in the second stage there is happiness, not joy or **bliss**. Happiness and sadness live with each other. Bliss is beyond happiness and sorrow, and always remains the same. Bliss can also be called a mixed form of happiness and sorrow, because in this both **mind and darkness live together in equal balance**. In Rajogun, the mind is very bright, with which there is no darkness at all, hence it is happiness. When the mind gets tired and sits down, then it becomes completely lifeless, due to which darkness envelops the brain. This is sadness. This is also the extreme mode of ignorance. The cycle of happiness and sorrow continues, due to which the soul is not purified. I did not know such a deep analysis of it at the time of my initial book, although such a practical experience was definitely there. In that I have written it in such a way that happiness arises only from **non-attachment**. What has been said is correct. With non-attachment the mind moves slowly. By the way, attachment is only towards others, not towards oneself. That's why by considering the mind as the soul, non-attachment automatically arises. I had given there many examples of the principle of **detachment**. For example, pleasure is not derived directly from **alcohol** but from slowing down of the

mind with it, which is a sign of non-attachment and sattva guna. Similarly, bliss is born not directly from **meat-eating**, but from non-attachment born of dispassion born of mortal intelligence towards the life arising from it. Many such examples were given. This effect is also created by Kundalini Yoga. Non-attachment that's **Advaita** and Kundalini live together. That's why with Kundaliniyoga, happiness arises when the **Kundalini image** stays in the mind. Therefore, Kundaliniyoga is like a **metaphysical machine** or technique or trick, which automatically creates its effect, avoiding the philosophical mess of detachment. I give my own example of this. I had done some developmental work by spending enough money. But due to some invariable reasons some of them were left out and some got lost. I regretted it and didn't too, because walking is life. When a man keeps looking outside, then he is not satisfied with what he has. His own joy also vanishes from it. I started feeling disturbed. I learned Kundalini Yoga from somewhere and thought everything would be fine. Yoga returned my lost happiness, that too with interest. I also made a lot of spiritual progress. At that time its basic psychological principle was not known, but today it seems well known to me. **Kundalini is a miraculous mental meditation image**, which benefits in every way like an automatic machine. What happened that Kundalini took away the power of my lost mind. Due to this, my Manomaya Kosha changed with Kundalini to Vigyanmaya Kosha. Vigyanmaya Kosh was transformed into Anandamaya Kosh. Due to the said developmental worldliness, my three primary koshas had developed a lot. By the way, with the help of Advaita, I was also developing Vigyanmaya Kosh and Anandamaya Kosh little bit along with them, but the **rocket speed** of the last two koshas was achieved only by Kundalini Yoga, due to which the so-called minor glimpse of **Kundalini awakening** was also received.

Note- this book is still expanding-----

## Other books written by Premayogi Vajra and some other recommended books-

- 1) Love story of a Yogi- what Patanjali says
- 2) Kundalini demystified- what Premyogi vajra says
- 3) कुण्डलिनी विज्ञान- एक आध्यात्मिक मनोविज्ञान (पुस्तक 1, 2, और 3)
- 4) The art of self publishing and website creation
- 5) स्वयंप्रकाशन व वैबसाईट निर्माण की कला
- 6) कुण्डलिनी रहस्योद्घाटित- प्रेमयोगी वज्र क्या कहता है
- 7) बहुतकनीकी जैविक खेती एवं वर्षाजल संग्रहण के मूलभूत आधारस्तम्भ- एक खुशहाल एवं विकासशील गाँव की कहानी, एक पर्यावरणप्रेमी योगी की जुबानी
- 8) ई-रीडर पर मेरी कुण्डलिनी वैबसाईट
- 9) My kundalini website on e-reader
- 10) शरीरविज्ञान दर्शन- एक आधुनिक कुण्डलिनी तंत्र (एक योगी की प्रेमकथा)
- 11) श्रीकृष्णाज्ञाभिनन्दनम
- 12) सोलन की सर्वहित साधना
- 13) योगोपनिषदों में राजयोग
- 14) क्षेत्रपति बीजेश्वर महादेव
- 15) देवभूमि सोलन
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- 17) बघाटेश्वरी माँ शूलिनी
- 18) म्हारा बघाट
- 19) भाव सुमन: एक आधुनिक काव्यसुधा सरस
- 20) Kundalini science~a spiritual psychology (book-1,2, and3)

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