

Purana Riddles



Mythological stories
disclosed now

Premyogi vajra

Purana Riddles

Mythological stories disclosed now

Premyogi vajra

Book introduction

In olden times, physical science was beyond the understanding of common people, then how could they understand the subtle and transcendental science like Kundalini Yoga. That's why the knowledge of Kundalini Yoga was known only to a few selected people of the affluent class. They wanted the common people also to attain it, because only human beings have the right to spiritual liberation. But they were not successful in explaining Kundalini Yoga to them directly. That's why they molded Kundalini Yoga in the form of allegorical and mythological stories, so that people would read them with interest, due to this, gradually, they got inclined towards Kundalini Yoga. The collections of those stories became the Puranas. By reading those Puranas Kundalini started developing inside people unknowingly. This made them happy, due to which they got addicted to Puranas. People's attraction towards such ancient texts since then till today's modern age seems to be due to this Kundalini-Anand. The one whose mind was sharp among the people who read and listened to Puranas, he used to wake up his Kundalini quickly by catching Kundalini Yoga. In this way, Puranas have been doing immense service to humanity since ancient times. Similarly, in the olden days, mystical teachings were not directly revealed to public. That's why they have been explained in the form of metaphor, that's why many such vidyas are also called Guhya vidyas. Therefore, through allegorical stories, Tantra would have been indirectly put into the subconscious mind of the people, and would have been hoped that in the future it would be decoded and deserving people would benefit from it. The treasure was secured in a sort of secret cave, leaving the map of the cave of knowledge as a labyrinthine puzzle in the form of an allegory. Mythical investigative campaigns shown in films are psychological attempts to express this mysterious mechanism. That's why such movies are very popular.

Metaphors give materiality, simplicity, interestingness, sociability and scientificity to spiritual subjects. Without it,

spirituality would have been very boring. Many people oppose metaphors with a variety of quirks. It is considered conservatism, fanciful imagination etc. Of course it may seem so in today's scientific age, but in ancient times, metaphors have benefited mankind a lot. If in place of Shiva it is said to be formless Brahman, then it would be so boring. Where is that sweetness in the word brain and Sahasrar, which is obtained by writing Himalaya Mountain and Kailash Mountain in their places respectively? Similarly, the word Kundalini also does not sound as interesting as Mother Parvati or Sita appears in its place. Nevertheless, for the acceptance of today's so-called modern and intelligent society, reality has to be written while revealing the spiritual metaphor.

Metaphors cannot replace scientific truth. Metaphors have no mathematics of their own. Metaphors are made only to explain the truth, which are based on scientific phenomena. It means to say that a metaphysical phenomenon became a metaphor, not that a metaphysical phenomenon happened out of a fabricated metaphor. The sages who create such good metaphors cannot be forest dwellers, as is the misconception in many places. They were the most elaborate and fabricated people in worldliness.

There are many beautiful allegorical stories in the Puranas. The art of depicting different parts of the mind as different persons is of great importance in allegorical narratives. All Puranas seem to describe Kundalini Yoga in a mythological and metaphorical way. I think that while telling the story, along with the original story, the mystery of the metaphor given in it should also be decoded. Listeners will get more benefit from this. Although some people more propelled by nonlogical right brain like pure metaphor. It is the matter of liking. If we talk about the minor damage inflicted by unrevealed metaphor, it would have been that people would not have come to know what metaphor is and what is real. The present book is made in this context, which analyzes the metaphors of Puranas scientifically and logically. While not writing much, I pause with the hope that the present book will come true to the aspirations of the Yoga-loving and spirituality-loving readers.

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/>

©2023 premyogi vajra. All rights reserved.

Legal disclaimer:-

This book has not been designed to offend any other notions. The reader will be responsible for such situation arising from reading it. We are not lawyers. This book and all the information written in it have been provided as a promotion of education, and cannot replace any legal advice provided by your judicial adviser. At the time of creation, it has been taken care of that all the information given on this book is correct and useful for readers; even then, it is not a very serious effort. Therefore, book-publisher fully rejects its responsibilities and accountability when there is any harm to anyone. Readers are self responsible for their choice, work and their results. They should contact their judicial adviser if there is any doubt regarding this.

Chapter-1

Mahishasur mardini

(goddess, killer of demon mahishasur)

Mahishasur was a great demon in prehistoric ages. He was having nature and appearance that of a male Buffalo. He used to appear as a divine and smart human being or as a male Buffalo as per his willingness. His army and followers of Buffalo race were too strong to be defeated even by the gods / demigods / devatas. He had captured all the territories including the divine and astral ones. He was torturing everyone. Ordinary people went to the doorsteps of gods, but they were unable to help those and were themselves too badly affected for the demon was not allowing them to work for the development of human race, most intelligent of all the creatures. Ultimately all gods became gathered and went to the doorstep of super god Bramha. He along with those went to another super god Shiva. He finding himself unable to help those went to last and topmost super god Vishnu along with them. Vishnu told them the importance of unity. All gods and super gods expressed out their individual powers. Those all individual powers were then united together and came out in the form of a super power in the appearance of a too beautiful, powerful and divine goddess called as Durga. She warned the demon many times but he took her lightly. Ultimately she killed him thus opening the way for the development of humanity and divinity.

This is a classical pauranik story of Hindu religious literature. We can take it into original scientific form. Mahishasur demon was the prehistoric dinosaur kingdom when Buffalo-mouthed reptilians used to roam the earth, hindering the human evolution by the natural elements / gods. No separate / lonely natural element was able to detain those. So in embodied / body less human spirits went to the personified heads of those natural elements / gods to help them for their embodied expression. Those natural elements ultimately joined together and made a most favorable condition for their destruction in the form of that scientifically proved drastic and prehistoric meteorite-hit that pushed dinosaurs to extinction.

The flashing light of that meteorite was considered as the most beautiful goddess that was made through the so rare incidence of union of all of the favorable climatic conditions as union of individual powers of all the climate controlling natural elements / gods. May be that small meteorite-hits also occurred before that drastic one as the signs of warning from the goddess. This proves that ancient pauranic stories are just only the personified descriptions of the real and scientific world around us. This has only been done with a motive to produce functional non duality that leads to kundalini awakening with sustained practice. So these puranas should be regularly read, understood and that's non dual attitude attached with one's own individual life.

Chapter-2

Kundalini producing creative resolutions has been told as origination of Brahma (Brahmadeva) from the navel-lotus of Lord Narayana (Vishnu)

Hinduism is not a religion. It is a pure science. It is humanistic science. This is Kundalini science. This is spiritual psychology. Because the body and the world are subject to the mind, this proves that Hinduism is also a physical science. Many of its things have stood the test of science. For hundreds of years, various fundamentalist theists and unrighteous beings have been trying to destroy it. Today, they have united with all strength to uproot it. The rapidly growing dream of becoming an Islamic nation is a living example of this. Similarly, forced conversion by various religions (including Christianity) is another example. In India, both these types of anti-Hindu ideological campaigns (agendas) have grown rapidly in recent years. Recently, Sharjil Imam (IIT graduate and PhD scholar at JNU) confessed these things to the police without any regrets after his inflammatory speech. If we do not present Hinduism with science in due course of time, our future generations may be deprived of it.

Everything of Hinduism is based on Kundalini. All Hinduism revolves around Kundalini. Kundalini is in its axis. Hinduism is dedicated completely to the attainment of Kundalini. A similar scientific fact is the scientific interrelation between Kundalini and Brahma-Vishnu. We will describe it in this chapter.

Lord Vishnu / Narayana is in the form of Kundalini

As I have also described earlier, as Lord Vishnu sleeps on Sheshnag/giant thousand hooded serpent, similarly Kundalini also resides in the nervous system (having Sheshnag-like shape). Narayan is Kundalini, and Kundalini is Narayan. Both are same. Now whether kundalini is made of pig, fish, turtle, deity, lover, guru etc. Anyway, Narayan has incarnated in many such forms.

Creative thoughts and resolutions are in the form of Lord Brahma / Brahmadev.

It is clearly written in the Vedas that the mind of the universe is called Brahma. The creative macro-mind / cosmic mind that created this universe is Brahma.

Kundalini produces creative thoughts and resolutions.

Ideas that appear in action are called sankalpa/resolutions. Powerful thoughts are called resolutions. A single and executive thought can become a resolution only when there is no other noise in the mind. That means when the mind is calm. Then the power of the mind is applied to that single thought, from which it becomes confirmed and becomes sankalpa, and produces creative work. Peace of mind comes from Kundalini only. It has also been seen that Kundalini is behind the success of many people. Achieving success by taking inspiration from a guru, lover etc. means that the image of Guru etc. remained in the mind of man continuously. That permanent mental image is the Kundalini. This means that the success through inspiration also comes through Kundalini. I have experienced this myself. It has also been proven scientifically that yoga (Kundalini) enhances creativity.

Thoughts and resolutions are born in the navel of Kundalini

The navel is called the center. Various new and old ideas are revealed with the attention/meditation on Kundalini. The idle thoughts of them become quiet. From this, beneficial thoughts become powerful and become resolutions. Similarly, Lord Brahma (sankalpa-rupa/resolution-form) is said to have arisen from the navel of Lord Narayana. When I was busy with creative work, I used to get a lot of support from my Kundalini. Thus it is proved that the Puranas/ancient spiritual mythology have explained the origin of Brahma from the navel of Lord Vishnu to explain the creation of humane resolutions from Kundalini. This happens in both cases as true, because everything that is happening in our body is happening in the same way in the universe.

Chapter-3

Kundalini is the main theme of Hindu Puranas: the story of Shiva and Ketki flower

What is story of Ketki flower

According to Shivpuran, once there was a quarrel between Lord Brahma and Lord Vishnu. Lord Brahma said that he has created the whole world, so he is the greatest. On the other hand, Lord Vishnu started saying that he is the one who maintains and protects the whole world, so he is the greatest. When their quarrel caused uproar, an astrological column appeared between them. There was a voice from sky that the one who will first find its ends, is the biggest. Lord Vishnu walked upwards, and Lord Brahma went downwards. But both could not find the end of it and returned empty handed. Vishnu narrated the true story of his failure to Brahma, but Brahma started lying to Lord Vishnu. Brahma said that he came back after touching its end. Brahma presented the white flower of Ketaki as a witness. Then Lord Shiva appeared there, angry with this lie. He said that he is the eldest and no one other than him has known its beginning and end. Angered by Ketki's lies, Shiva cursed him that he would never be included in their worship. Together, Brahma was also cursed that he would not have a temple anywhere, nor would he be worshiped.

Tantric Mystery of Shiva-Ketaki Story

Brahma and Ketki flowers symbolize tantric subject

In fact the above narrative is metaphoric, and is pointing towards the excellency of Kundalini yoga over all. Brahma is the symbol of those who are damaging nature by indiscriminate construction work. Businessmen, politicians and fake religious leaders who use egoism are that type people. People who perform religious rituals like Rajoguni Yajna etc. are also included in this. Arrogance arises in them, and they start thinking of themselves as the greatest. They have no shortage of funds, so they buy people and journalists with respectable and clean image in the society. The white flower of Ketaki is a symbol of such people. They make such people sing their full glory, and ignore the real God and become God themselves. That is why insidious people with such clean and white image could not please Lord Shiva. To make them happy, one has to be naive like a child. That is why Shiva is also called Bholenath or Bhole Baba. Tantriks are also naive. The above people with Brahma-like image also do not get true respect from people. Out of fear of his influence, people give him false respect. Just as Lord Brahma searches for the lower end of the pillar, similarly that type people have more inclination towards the bottom, that is, Tamoguna. Tamoguna may express as uncontrolled consumption of alcohol, meat, etc. They are Rajoguni just like Brahma. Rajoguna is more inclined towards Tamoguna. They reach to the very lower realms or chakras, but they do not reach the lowest world, that is, the Muladhara Chakra. This simply means that they do not wake up Kundalini on the Muladhara Chakra. If the Kundalini is awakened even on the mooladhara chakra, it goes straight up to Sahasrara, penetrating all the chakras or realms, and awakens there too. But only tantric people can do this, not ordinary people.

Lord Narayana is the symbol of public servants and donators

Some people of the society are directly connected to the service of the public. Among them, servants and donators are the main ones. People who perform sattvic rituals etc. are also included in these. People doing many types of mental meditation practices are also like this. Although they are

naive, they still cannot find the end of the astrological pillar. They move upwards on the pillar, because they are Sattvaguni. There are no defects of mind inside them. Ego is also less in them. They go to very high abodes or chakras, but do not reach the highest abode or sahasrara. This means that they too cannot awaken Kundalini. Then Shiva said that he only knows this. Together he said that he is the biggest. It simply means that only the tantric devotees of Shiva are able to awaken their Kundalini.

Jyotirmaya or luminous Pillar is symbol of Sushumna channel and different abodes of different chakras

In fact, the whole world is inhabited inside our own human body, according to “Yatpinde Tatbrahmande”. The same has been proved scientifically in the book in Hindi “shareervigyan darshan - ek adhunik Kundalini Tantra (ek yogi ki premkatha)”. The various upper and lower abodes which are said in the story are the chakras located in the backbone of our body. The light pillar is the spinal cord. It is also in the form of a shining sensation. It passes from Muladhara Chakra i.e. the lowest abode to Sahasrar Chakra i.e. the highest lok or abode. Many types of abodes i.e. Chakra come in between. Its short form is Linga or lingam or Vajra. That is the most important part of that pillar, because the light emanating column is produced there.

Chapter-4

Kundalini yoga meditation is proved supreme through the description of the metaphor of the legend of Shiva-Ketaki flower in the Shiv Purana in the best way

The Shiva-Ketaki story I had told in the previous chapter is a classic example of metaphors written in the Puranas. The Puranas are full of such metaphors. The subject presented with the help of metaphors is well understood, and well remembered. Most spiritual knowledge is outside the limits of the mind, and is the object of direct experience. Therefore, it is brought into the realm of mind by metaphors.

Brahma ran upwards and Lord Vishnu ran downwards to search for the ends of the aforesaid light pillar

In the aforesaid story we showed Vishnu moving upwards and Brahma going downwards. But the reality was the opposite. Well it doesn't matter much. We can adapt metaphors to either side. The experience of truth remains the same. Metaphors cannot change the truth. Metaphors have no mathematics of their own. Metaphors are only made to explain the truth. In this contrasting position of metaphor we can mold the experience of truth in the following way. People of Brahma type because they get indiscriminate construction work done, so they get different higher realms as a result of their deeds. They do not attain the ultimate world like Sahasrara chakra, because they are enamored of the world.

Therefore, they are unable to do Kundalini Yogasadhana. If they do, it is not quick fruitful. The rest is all right in the metaphor aforesaid. Similarly, Vishnu types symbolize humility, deep exploration, and contemplation of knowledge. They engage in the service of the oppressed people living in the lower realms. In them also comes the ego of nourishing and protecting the world. Yet they do not boast about their false bravado, nor do they beat their influence too much. Therefore he is said to be going into the lower worlds or lower chakras. For this reason, his Kundalini Yoga practice also does not succeed easily. The rest is all right in the metaphor. The real Tantric Kundalini Yogis are just like Lord Shiva. They have no concern about worldliness. They are blissful and joyful with their Kundalini. They awaken their Kundalini by not wasting their energy enhanced by tantric practice in the world. They do not run into wanting to get more. They get satisfied in what they get. Lord Shiva also has nothing except a tiger skin, a tiger carpet, a trident, a snake, a bull and Parvati Mata. He remains immersed in deep and joyful meditation while remaining happy in those things what he has naturally.

The flower of Ketaki is a symbol of people who do not recognize God even when they are with him

It is mentioned in the story that the white flower of Ketaki fell from the forehead of Lord Shiva, but he also did not know the beginning and end of that pillar flame. People with a clean image like Ketaki are also like priests, who do not know God even after constantly staying in temples. The general public believes in them, so people of Brahma type take this advantage illegally. They make them sing their praises on the basis of money, and show that they know everything, that is, God. The rest is the same in the metaphor.

Chapter-5

Kundalini is the manifestation of Lord Krishna who killed Mythological Kaliyanag in Yamuna river

Yoga is a scientific method. Common people cannot understand it easily. They will practice it when they understand it. That is why the Puranas have been composed to facilitate the common public. Yoga has been explained in the Puranas as various mythic events and stories. Although being as mythological forms these stories are still theoretically true. This is so because these myths are classical and specially designed, as opposed to non classical or ordinary myths. Contrary to the thinking of some so-called modernists, they do not fall under the category of superstition. Many things cannot be said directly to avoid violations of social, personal and practical limitations, hence they have to be said as scientific myths. Yoga can be difficult to understand instantly. One has to adopt a Yogic or nondual lifestyle for a long time. That is why in Puranas, things related to yoga are presented as amusing mythology. This keeps these stories interesting for a man for a long time. With this, a man automatically becomes a yogi indirectly, and with a little extra effort, he can also become a perfect yogi if he gets a favorable situation. If everyone became a fulltime yogi together, then how would worldly work go. That is why yoga is molded as such scientific and pleasant stories, on which faith remains. Due to this, the man remains tied in the Yogic lifestyle at all times even while performing all the obligations of worldliness. One such famous story comes in the Shrimad Bhagwat Mahapurana, which describes the war between Lord Krishna and Kaliyanag. According to that legend, a huge snake named Kaliya who had hundreds of hoods lived on the island of Ramanak, with the fear of

Garuda, the vehicle of Lord Vishnu. He was cursed by some saint that Lord Krishna will kill him and liberate him. Therefore, he came to the river Yamuna flowing near Vrindavan. The water of the Yamuna became poisonous due to its poison, killing the people, birds and animals around. Lord Krishna was playing ball with his grazer friends. Then his ball went into the water of Yamuna. Shri Krishna immediately leaped into the Yamuna. The next moment he was wrestling with Kaliyanaag. After a lot of trouble, Shri Krishna climbed on the middle and biggest head of it. There he increased his weight and mashed his hoods. He grabbed his head and tail together and hit him here and there. In the end, he forced Kalyanaag to give up. Then Kaliyanaag's wives came there and started asking Lord Krishna for his life. Sri Krishna left him on the condition that he along with his family would leave the Yamuna and return to the island of Ramanak and would never enter the Yamuna again.

Kaliyanag is a symbol of the sushumna nadi or spinal cord, and Lord Shri Krishna is the symbol of Kundalini

In fact the structure of man resembles a serpent. The man's software is made up of his central nervous system, which looks like a hood raising snake in shape. The brain and spinal cord come in it. The rest of the man's body has been overlaid on this central nervous system. Sushumna channel runs in this central nervous system. Here the water of Yamuna river symbolizes the cerebrospinal fluid flowing around the spinal cord. Living in the island of Ramanak is a symbol of worldly indulgence. The word Ramanaka is derived from the Sanskrit word Ramanika or ramaneeya, meaning amusing. The fear of Garuda symbolizes the fear of saints. Saints do not go to the indulging places. It is seen that saints keep people away from unnecessary conflicts of worldliness. The curse of a monk means to show the right path to God by a gentleman. Saying about Kaliyanag being killed by Shri Krishna is a symbol of liberating him from the bondage of attachment. Shri Krishna sending him back to the island of Ramanak means that he should go in seclusion away from the innocent people of the

world and spread poison of attachment there. Kaliyanag's wives symbolize the ten senses. There are 5 work senses and 5 knowledge senses in them. These senses are said to be the wives of Kaliyanag because they become very powerful in the connection with the man attached to the world and become one with him. The poison of Kaliyanag signifies an attached lifestyle. It is the most powerful poison in the world. Due to this, man keeps dying in the cycle of birth and death again and again. The poison emanating from hundreds of hoods of Kaliyanag means that this attachment keeps on growing due to the hundreds of desires and worries that arise in the brain. Lord Krishna is the symbol of Kundalini here. His climb to the central hood of Kaliyanag means meditating Kundalini in the Sahasrara Chakra. Playing ball by Sri Krishna means Kundalini Yogasadhana. The ball is a symbol of pranayama here. Boy Krishna's friend grazers symbolize various types of pranayamas and yogasanas. Breathing in and out denotes the ball going back and forth or up and down. The entry of the ball into the river means the entry of pranavayu into chakras. Sri Krishna's leap into the river means that Kundalini also entered the chakras with pranavayu. Yamuna is the holy river in which Sri Krishna jumps. This means that the Kundalini enters only in the chakras consecrated by breathing. Mulling of the Kaliyanag by Sri Krishna means that Kundalini has curbed the mind's unnecessary desires and concerns, and has cleaned up the ideological waste buried in the subconscious mind. The holding of Kaliyanag's head and tail together by Sri Krishna means that the Kundalini has spread across the entire Sushumna channel from Muladhara Chakra to Sahasrara Chakra. Taking power from the Muladhar, Kundalini is shining in Sahasrara. This happens when the palate-tongue joint or Sahasrara and Muladhara are meditated together. By doing this, Kaliyanag's banging means that the unnecessary noise of the brain is being eliminated, due to which man is moving towards eternal joy. To attempt to kill Kaliyanag means to let the central nervous system of the body function in a controlled manner. Kaliyanag's non-entry into the Yamuna again means that after Kundalini awakening, man never behaves indulgently.

Chapter-6

Kundalini resides in Sahasrara Chakra while Kundalini Shakti resides in Muladhara Chakra

Confusion is often seen in the world about the difference between Kundalini and Kundalini Shakti. Many people consider Kundalini as Kundalini Shakti, and many others consider Kundalini Shakti as Kundalini. Today we will discuss this empirically.

Muladhara Chakra is the original abode of Kundalini Shakti, while the original abode of Kundalini is Sahasrara

Shakti is produced in the base chakra. She goes to Sahasrara and confirms Kundalini. From this it seems that Kundalini is being born in Muladhara. From Sahasrara the energy descends through the agya chakra, and spreads to all the chakras of the body. This gives the impression that Kundalini is rotating on all the chakras. Actually that energy is rotating. Shakti is also called Prana or Pranashakti. If there was a Kundalini on the chakras, it would be awake there too. But Kundalini awakens in Sahasrara only.

Brain is the place of experience in the body, no other place

If there is itching in the skin of any part of the body, it is felt in the brain. Although it seems to us that there is a sensation of itch in the itchy area. The same happens with Kundalini. Even if we meditate on the Kundalini on any chakra, it will be felt in the brain. But it seems that there is a Kundalini on the chakra. If the brain is made unconscious by medicine etc.,

there will be no sensation or meditation on the chakras of the body. Similarly, when the sushumna channel is experienced in the form of a bright streak in the back, then that feeling is also happening in the brain itself.

Descending from the brain through the front channel, Prana also brings down the virtual picture of Kundalini

This is proved by the fact that when the Kundalini is meditated in the brain, and when the prana is brought down from the brain by attaching the tongue to the palate, the Kundalini also descends with it and penetrates all the chakras and reaches the base chakra. As energy revolves, Kundalini's picture is constantly being made in the brain, but its experience is on different chakras. Similarly, ascending from the back, the prana seems to be carrying the Kundalini back up. Although Kundalini is only in the brain. This means that when Prana drives Kundalini with him, then Kundalini also drives Prana with her, because the two are interlinked. In Tantric Hatha Yoga, Prana is made as a handle for Kundalini, while in Raja Yoga, Kundalini is made as the handle for Prana. Both methods are used in mixed yoga, so it is most effective.

When the various thoughts of the brain come down with prana, they become Kundalini

This happens because the yogi has a habit of contemplating Kundalini. Therefore Kundalini thought is most loved. That is why we say to the dear person that he is a piece of my heart. The mother refers to her womb for her son. When the prana is centered on a chakra, then there is very little prana left in the brain for thoughts. In such a low state of prana, Kundalini picture can only be made, because with the practice of daily yoga, the brain has a habit of making it easily and with less life energy. Similarly, at the time of yoga practice, when the mind is thoughtless, only the Kundalini is exposed to the energy that is offered to the Sahasrara from the base chakra.

This is because Kundalini does not need to be thought carefully. She keeps herself on the meditation screen by daily practice. Similarly, during yoga practice, even when the breath is full of life, only the Kundalini is confirmed. This is because only the Kundalini picture can shine the fastest, taking the most of those breaths. It is only through daily Kundalini practice.

The place of cognition is the Sahasrara Chakra, that is why it is said that the soul resides in Sahasrara

I felt Kundalini awakening in my whole brain. It seemed that every particle of the brain was vibrating or awake. Although Kundalini was being felt in the upper most part of the brain. It is also called the crown Chakra. When the feeling of awakening ended, Kundalini was felt in the agya chakra. The awakening begins with Sahasrara because the prana shakti that rises above Muladhara directly enters Sahasrara and brightens the Kundalini there. It is possible that the experience is only in the Sahasrara Chakra, and the feeling in other brain centers has come from Sahasrara itself. Although my guess is against scientific experiments, in which many centers of cognition have been reported in the brain. By the way, medical science has not yet solved the puzzle of chakras and nadis. Similarly, just like the agya chakra and lower chakras, the sensations felt at all points of the brain and body are referenced. Sahasrara is the original place of sensations. Just after awakening in Sahasrara, Kundalini comes on the agya chakra. This shows that the lower chakra is of lower energy level than the chakra above it. This means that different levels of prana in Sahasrara are expressed as different chakras. The energy level is at the top most level during awakening. The sensation of awakening ceases as the energy level falls below a certain threshold. Even at that time, Kundalini would have been in Sahasrara itself, but she seems to be in the agya or ajna chakra. This happens because life force has descended from Sahasrara to the ajna chakra. If Kundalini had not walked with life force or prana, she would have felt on any chakra immediately after

awakening. After that, as the prana goes down, Kundalini is also felt going down with it. It is like when a person has severe pain in a limb, he feels it in Sahasrara, and the man says that his head is being torn. This has also led to a saying that "there was so much pain that the peak (choti) stood". Actually the hair braid is tied near Sahasrara. Minor pain is felt localized only in the local area of the affected limb. If the teeth are uprooted without numbness, there is a very severe pain in Sahasrara. The man says that there can be no greater pain or experience than that. Even after the experience of Kundalini awakening, a man says that there can be no greater experience than this. In fact, Kundalini Jagran is the greatest realization in the world. If there is any, it is enlightenment or God. In it there is full feeling of advaita and bliss. Advaita and joy are felt even after the tooth is uprooted, but not in full. It also shows that the place of cognition is Sahasrara itself. Many yogis have talked about the similarity between the feeling of awakening and the pain of tooth extraction. I too once felt the highest level of pain to remove such a tooth. The numbing medicine did not show its effect. It made me feel like my brain was bursting, because the whole prana of my body had entered Sahasrara in pursuit of pain. After that I remembered the enlightenment that had happened 3 years ago, because that stage was as spiritual as that. That stage seemed to be a state of Prana rising. In this, the whole prana is centered in Sahasrara. I have described this in an old chapter. Probably the destruction of sin through sorrow or pain is caused by this yoga feeling. This also confirms that yoga reduces the burden of sins. Now the experience of Kundalini cannot be produced like the experience of pain. If this were the case, the man would have felt the Kundalini carefully by guided hitting of his external organs. Although Kundalini also accompanies prana in brain but most of prana is consumed by pain as described below. Kundalini can only be meditated in the brain. It is difficult for the common man to do so. Therefore Prana is used as the handle of Kundalini. Prana is offered up to Sahasrara by Tantric Hatha Yoga. From there, Kundalini herself appears and keeps on strengthening. This shows that Hatha Yoga is more scientific, practical and easier than Raja Yoga. By the way, mixed use of both of them I

found more effective. According to the above, when Prana reaches Sahasrara with pain, Kundalini also starts to be experienced with it. But much Kundalini benefit is not obtained, because most of the prana is eaten by the feeling of pain. However, in many places the sensation of touch is used for Kundalini. For example, the experience of mutual touch of the tongue and palate causes the Kundalini and Prana to descend from the brain, and move down the front channel. According to the above, just as the pictures made in Sahasrara seem to be made on the chakras, in the same way pictures of the sun, river, mountains etc. made in the outer world are also being made in Sahasrara, but their feeling is far outside. This trick is learned by the brain during gradual development. If everything felt inside, organism would not have run out, and would not have developed. The faster the feeling, the more it clings to the soul. It is also called samadhi. Such a sharp feeling occurs only in Sahasrara. That is why man never forgets sexual lover. In fact, the feeling along with prana rising from the Muladhar Chakra is directly seated in Sahasrara and strengthens the feeling and accompanied image of the lover there. This is why many people becomes mad in love and renunciate like a sage. Due to this universality of Sahasrar Chakra, it has been given a form with thousand petals. This means that it is linked to every point of the body. Other chakras have two, three or four petals, meaning that they are connected to only a few chakras around. I have described this in an old chapter. According to Shiva Purana, Kundalini is Shiva, and Shiva is Kundalini. This is because it has been asked there to meditate on Shiva. Accordingly, Shiva resides in Sahasrar. Shakti keeps climbing above the Muladhar Chakra to meet him. When Shakti's impulse rises above a certain threshold, her orgasmic union with Shiva reaches the peak level. This completes the union of Shiva and Shakti, which manifests as Kundalini awakening.

Mixed Yoga is the most effective, to confirm this statement I give an example of what happened to me. I was in a state of prana rising at that time. Was doing yoga practice every day. One day, because of my suddenly meeting old friend, I remembered Kundalini fastly. I got lost in it. Suddenly my

prana also got up from the base and climbed through back to the brain to support that Kundalini. This awakened her. Its detailed description is on the homepage of this website. Prana was able to climb up because I was practicing tantric hatha yoga every day, and I had a habit of making climbing up of prana. If it was not a habit, Kundalini would have been remembered in the mind fast but she would not have awakened, because she would not have the prana energy of muladhar chakra. The real life force that cause awakening resides in the Muladhar Chakra. This also confirms the aforementioned statement that Prana pursues Kundalini, and where Kundalini goes, Prana goes there too. You can call the remembrance of Kundalini as Raja Yoga, and to uplift the prana from the base chakra is called Hatha Yoga. This proves that all types of yoga work together, and all are different parts of the single Mahayoga.

Chapter-7

Kundalini is Goddess Parvati, the soul is God Shiva, and Kundalini awakening is the Shiva marriage

This well-known theory that actually Kundalini evolution has been termed as biological evolution. Kundalini takes birth in Muladhara, grows in various places, and finally awakens in Sahasrara. This is called Shiv Vivah. Just as a married couple travels to different places after marriage organized in a high-quality home, similarly the soul-kundalini couple gets married in Sahasrara and travels on different chakras. It is mentioned in the scriptures that the sages travel in different worlds or abodes. Actually those worlds are in the form of different chakras. Today we will discuss it.

Kundalini is Parvati

The ego is the king. His daughter Sati is the Kundalini. Man is successful in worldliness only through ego. A static image is produced with it, which is Kundalini. King Daksha as an ego does not want his daughter Kundalini to run after the ghostly Shiva and harm her worldliness. In the end he loses and Sati meditates in the form of Kundalini yoga to get Shiva. She goes against her father's will and marries Shiva, meaning Kundalini wakes up. The ego decreases significantly but does not die. He takes Kundalini away from Shiva and she gets caught in his mess. By the time Kundalini realizes this, her age is complete. Angry Shiva cut the head of Daksha and put the head of the goat there means that the ego does not die even with the body, but it becomes weak. In the next life, Sati or kundalini in the form of Parvati is born to the house of the mountain king. She then meditates to attain Shiva.

Kundalini resumes her campaign in the next life. In the metaphoric tale it means that the yogi holding that Kundalini goes to Yogasadhana in the Himalayas to fulfill her ultimate goal in her next birth. There, Indra sends Kamdev to break the penance of Shiva for fear of losing his throne. Shiva burns him with his sight. Here Shiva is the sleeping soul of Yogi. Kamadeva is the metaphor of the world's colors. If the Yogi's Kundalini is eager to meet his soul, the world's colors cannot harm the soul, but are itself eroded. Parvati's parents initially prevent Parvati from marrying Shiva. Actually, mind and intellect are the symbols of Parvati's parents. Kundalini originates from them only. They expect only the achievements of worldliness from Kundalini, they do not want to allow them to do asceticism etc. for the attainment of God. In order to discourage Parvati, Shiva also meets her in vile disguise and tells the evils of Shiva. In fact, it is the soul of the initial yogi covered with ignorance who continues to create illusions about God. But Parvati continues to meditate. In the end, Shiva is pleased and marries her, meaning Kundalini is awakened. Then Parvati moves to Kailash, meaning Kundalini settles in Sahasrara. His son Karthikeya is born. He is the ruler of the divine army. His son Ganesha is also born, who avoids problems, and defeats obstacles. In fact, all these works belong to the awakened Kundalini. The divine army is the symbol of the senses of the body here. In the mythological story of Shivpuran, Shiva is depicted as a ghost, to whom Parvati is attracted. Her parents stop her. Actually, the soul covered with ignorance is Shiva, who looks like a dark ghost from outside. But in reality, it is a form of light. Ego and intelligence are the parents of Parvati Kundalini. These prevent her from going towards Shiva.

According to Kalidasa's Kumarasambhava, Parvati wants to bring Shiva from the desolation of the cave into the mainstream of household life. Kundalini also wishes to awaken the soul or shiva steeped in ignorance. It is simultaneously written that the worldly system had come to a standstill due to the consumption of Kamdev. Then Parvati married Shiva and got him to revive Kamadeva. Then the process of creation started again. As long as the intense Kundalini Yogasadhana is running, the yogi keeps a distance

from worldliness. After awakening, Kundalini makes his mind go to run again in the world, albeit with knowledge. This has been called the rebirth of kamadeva. According to the Devi Bhagwat Purana, the mountain king Himalaya and his wife Maina delight Bhagwati Adi Parashakti or supreme goddess mother. She becomes her daughter in the form of Parvati. In fact, the soul covered with ignorance or ego is the mountain king Himalaya here, and the intellect is Maina. When the mother nature is pleased with their good worldly deeds and humanity, she settles in their body permanently in the form of Kundalini.

Parvati pacifies Shiva with her romantic dance, when he performs the devastating Tandava dance. Actually, a person filled with ignorance is disturbed and wandered. He does a lot of wrongdoing. It is Kundalini who shows him sunlight and inspires for good works.

According to Shakta tradition, Shiva resides at Parvati's house. Here Parvati is considered as the main and Shiva as the secondary. Shiva is angry with their some mutual dispute and he starts leaving the house. Then Parvati creates the dashmahavidyas and closes every door to avoid Shiva's escape, and thus prevents Shiva from leaving. Actually, apart from Sahasrara, there are various chakras, especially Muladhara as Kundalini's home. She dominates there. The soul is not very comfortable there. For some reason, Kundalini starts to run away or fade away due to some body's weakness. Then Kundalini takes shelter of the Panchamakaras and the five gruesome expressions emanating from them. By this, she becomes very strong and prevents the soul from leaving. Because where there is Kundalini, there is the soul. The various doors depicted for his escape are the Kundalini Chakras. The number of Kundalini Chakras has also been reported to be ten in many places. According to a myth, Parvati is taking a bath. She keeps his son Ganesha as the watchman at the door. Ganesha does not even allow Shiva to enter. Shiva gets angry and removes his head from the torso. This makes Parvati very angry with Shiva. Then to appease her, Shiva

attaches an elephant's head to Ganesha. Actually, Kundalini wants that she gets the too dominance in the body. Ganesha is the leader of the senses. Actually, it's intelligence. He prevents the entry of the dual worldliness that can challenge the dominance of Kundalini. He even prevents the Gods from outside to do so. Due to this, outside religious organizations get angry and punish him. But they have to bow down to the power of Kundalini and resurrect him. Although he is greatly attenuated by those organizations. Shakta cult also states that Shiva without Shakti is a corpse. This is true because without the company of Kundalini, the soul is unconscious and full of darkness. It becomes Shiva only when it is married to Kundalini in Sahasrara. It is evident from all the above facts that Kundalini Yoga is at the root of every mythology related to Shiva and Parvati.

Chapter-8

Kundalini awakening is the sole purpose of creation; foetus development depicted as the universe development in Hindu mythological Puranas

The creation has been specifically described in the Puranas. Somewhere the egg explodes in the sky, somewhere the lotus appears in the baseless water body and the sudden appearance of a deity on it, etc. Somewhere it comes that the direct appearance of intellect from nature, ego from intellect, the subtle experience of natural elements from ego, the senses from it and all the gross creation was born from senses afterwards. When I was younger, I used to ask my grandfather (who was a famous Hindu priest and a household Purana reader) how all of these things suddenly appeared in the open sky without any basic infrastructure. He used to say in the manner of a traditionalist and mystic philosopher, "This is how it is done. It is done." They did not go too deeply. But now with the help of Kundalini Yoga, I understand this classical dictum as the root of all mysteries, "Yatpinde Tatbramhande". This philosophical saying has been scientifically proven in the book "Shareervigyan darshan" in Hindi. This means that whatever is there in this body, that everything is also in the universe, nothing else. Actually, a man can never know anything other than his mind or brain, because whatever he describes that's there inside his brain, not outside. That is why the ancient sages have explained the universe by describing the body. They were amazing body scientists and psychologists.

The creation of universe is explained in the Puranas with help of human body creation

At many places, a lotus was born from the navel of Vishnu that was lying on a great serpent swimming in the endless ocean, on which Brahma originated. His mind created the world. You can consider mother as Vishnu. His body is like a Sheshnag or mythical serpent as the central nervous system, which is located in the spinal cord-brain axis. The serpent is always immersed in the cerebrospinal fluid that's metaphorically related to the ocean water. The sensations of the Kundalini or mother's mind in that serpent are the form of Lord Vishnu that are dispersed throughout the body of serpent, because there is essentially no difference between Shakti and the powerful God. During pregnancy, the belly of the mother emerges outside in the navel area, the same is the appearance of the lotus from the navel of Lord Vishnu. The gravid uterus is also connected with the mother's body through blood vessels and nerves arising nearby the mother's navel area. These are as stem of lotus. Like the lotus petals blooming, in the womb, the placentomes and cotyledons of placenta are formed on the uterus. These button like structures are then again attached to the navel of the infant with a chord called umbilical chord that's again like stem of the lotus flower. These structures provide nutrition to the infant. This infant is Brahma, who develops on that blooming lotus. The pure and unblemished form of the infant is the basic nature, in which there is no waves in gunas (3 basic constituents of nature). In a way, it has all the three basic gunas in equilibrium or equal quantity. Earlier I used to think that samyastastha or equilibrium means that all gunas are equal to each other. Even today many people think so. But it is not so. If this happens, then basically all living beings would be the same, but they maintain their separate identity even after the Holocaust or death. This happens because the amount of tamoguna that covers the soul's light is different. Due to it, the quantity of other gunas also differs by itself. If Tamoguna is more then Satoguna is reduced in the same proportion and vice versa, because they are opposed to each other. In fact, all the gunas are in the unchanging state in samyavastha. All gunas in equilibrium with no waves means

that satoguna (showing light and knowledge) remains same without rise or fall, rajoguna (showing motion, energy and change) also remains same, and the tamoguna (showing darkness and ignorance) too. With this, the baby does not crave for any particular guna, as he has no habit of fluctuating gunas. That is why the child remains a bit indifferent even after experiencing everything. Actually, it can't be said as absence of gunas but it's gunas in equilibrium. Waves in gunas can only be produced if these gunas are already there, not in zero. Only God is nirguna or without guna. That's why God never experiences waves in gunas as observed by all the creatures that bind the soul. This makes God perfectly changeless. God has zero gunas because God has not dark envelope of ignorance on it's soul that makes tamoguna. Tamoguna is the base source of all gunas. That's why panchmakarik leftist tantric appears well developed both in worldly as well as spiritual matters. Then when the baby is a little older, there is an increase in the sensations of the mind or brain. He is attracted towards light. With this, wave is produced in gunas mainly satoguna, and as a result the sattoguna form mahattatva is formed, that is, intelligence. He begins to realize how important it is for his existence to cry and drink milk. This makes the baby feel special and different, which is called ego. Tanmatras originate from it. Tanmatra is the subtle form of the Panchamahabhootas or 5 basic natural elements, which we experience in the brain. It's the smell of the earth, the juiciness of water, the touch feel of air, the form feel of fire and the sound feel of the sky. He recognizes the taste of milk juice, recognizes the smell of toys, touches the warmth of his urine, begins to understand the difference between beautiful and ugly through form, is attracted to the sound of ghungroo or bell or toys. Then the infant looks outside to see where these sensations came from. The senses originate from it, because all of it feels outside with the help of senses such as eye, ear, skin, tongue, nose etc. Along with this, the internal sense of mind also develops, because that is what he thinks of all this. The above five elements originate from the senses, because he seeks or knows them only with help of his senses. He learns that physical substances like milk, toys, ghungroos or bells etc. are also there in the world, which he

feels through his senses. Then as the child continues to learn, the origin of such creation continues to move forward. In this way, the entire creation is expanded inside a man.

Kundalini awakening is the limit of the development of creation

Man extends the creation of the universe only for Kundalini awakening. This fact is proved by the observation that after awakening of the Kundalini, man becomes a bit like a detached from the universe. His inclination starts to move away from the worldly trend but towards retirement. His tendency also becomes like a retirement, because then there is no craving arising out of attachment. It's to be kept in mind that it's only mental tendency as physically he may remain fully indulged and growing in the world. After awakening of the Kundalini, the man feels that he has attained everything worth attaining, and has done everything worth doing.

According to Shiva Purana, the creation was made from Shiva's semen

In Shivpurana, it comes that an egg originated from Shiva's semen deposited in the vagina of nature. The egg lay in water for 1000 years. Then it broke through the middle. Its upper part became the scalp of the universe. From that originated the upper heavenly abodes. From the lower part, the lower abodes were formed.

Actually Shiva is the father here, and Prakriti or Parvati is the mother. The egg is formed in the uterus by the union of semen and ovum fluid. It remains in the nutritious water of the uterus for a long time and continues to develop. Then it explodes, that is, it begins to differentiate into shape of a human being. The top part of it was clearly visible like a head or a scalp or kapola. In it, the upper worlds originated in the form of Sahasrara Chakra, ajna Chakra and Vishuddhi Chakra. In the lower part, lower abodes developed as lower chakras.

Chapter-9

Kundalini awakening as the peak point reached, then the order of the universe's development stops, and after some period of stability, the process of holocaust or Pralaya starts

I wrote in the previous chapter that Srishti or creation development is only for Kundalini development, and with Kundalini awakening, Srishti development completes and thereafter stops. Today we will discuss what happens after that. Actually, the event of holocaust also happens inside our body, not outside.

Description of Holocaust or Pralaya in Hindu Puranas

According to the Hindu Puranas, there are catastrophes when four eras have passed. The first era is Satyuga, the second era is Dwapara, the third is Treta, and the last age is Kali Yuga. There is a gradual decline of human beings in these ages. Satyuga has been described as the best and Kali Yuga as the worst. The order in which the creation of the world happens, in the same order, the holocaust also takes place. The five elements dissolve in the sense organs. The senses merge into the Tanmātras or subtle experiences. Panchatnamatras merge in ego. The ego merges in mahattattva or intellect. In the end, the mahattattva merges

into nature. At the end of the disaster, nature also merge into God.

The four ages are in the form of the four stages of human life and the four ashramas

The childhood of man can be called the Satyuga. In this man would be free from all mental and physical disorders. He is as true as the deity. Then comes adolescence. It can be named Dwapara. In this, some disorder starts in the mind. The third stage is maturity age, in which a man becomes greatly depressed by the mess of worldliness. The last stage is that of old age. It is like Kali Yuga, in which darkness prevails due to distortion of mind and body. Similarly, the four ashrams or residencies of human life are also in the form of four yugas. Brahmacharya ashram can be called Satyuga, householder's residency is Dwaparyuga, Vanaprastha is Tretayuga and Sannyasam Ashram is Kaliyuga. In fact the states are being matched from outside by looking at the Holocaust. In any state of body, a man can be at any higher level of mind.

Human death is depicted as a holocaust

As we clarified in the previous chapter that man can never know the world outside his mind. His world is limited to his mind. This means that then worldly creation and holocaust are also in the mind. This mental world is described in the Puranas. We fall into deception and understand it in the physical world outside. After Kundalini awakening or mental maturity, man's attachment is not in the outside world. He lives with advaita bhava or non duality and detachment. We can call this the stability of the universe after its complete development. Then in the last days of his life, the process of holocaust starts in him. Due to weakness, he leaves the work of worldliness and keeps busy with the maintenance of his body. In a way we can say that the Panchamahabhutas or five elements merge into the senses. Then over time his senses also start to diminish. Due to weakness, his focus shifts from the senses to the inner mind. He cannot drink water with his hand. Others feed him with water in his mouth.

He feels the juices of waters. Nearby attendants feed him food by putting food in his mouth. He feels the taste and smell of food. Families bathe him with their hands. He feels the touch of water. Others show him various pictures etc. He realizes their beauty. Others tell him Katha Kirtan or godly stories. He rejoices to feel their sweet and knowledge-filled voice. In a way, the senses merge into the Panchathanmatras or five subtle inner experiences. Even with the growing weakness, the man also has difficulty in experiencing the Panchatnamatras. Then his beloved brothers call him by name. This causes the flow of a little energy inside him, and he starts to enjoy himself. We can say that the Panchatnamatras merged in ego. With the further increase of weakness, the ego's sense in him also starts to wane. He does not achieve agility even when called by name. With his intellect, he starts analyzing about his condition inside, it's cause, it's remedy and future outcome. In a way, the ego merges into the mahattattva or intelligence. After that, there is no energy to think even in the intellect. Man becomes like a lifeless. In that state he either goes into a coma or dies. We shall call this as mahattattva merging into nature. As mentioned in the previous chapter, at that stage all the gunas fall into equilibrium. Neither do they increase, nor decrease. They remain the same. In fact, it is the thoughtful brain that provides waves to increase and decrease the gunas of nature. It is a simple matter that when the brain itself is dead, then what will give the shock of thoughts to the gunas. Ignorant people go as far as nature. These types of people keep coming back and forth as birth and death again and again. The Enlightened one may go one step further. They leave nature and merge into Purusha or God. All the gunas of nature cease there, and man becomes a form of light. There is no rebirth from there. This can be called as extreme holocaust or atyantik Pralaya.

Chapter-10

Kundalini is Rati and the pacification of lust by Kundalini is the marriage of Rati-Kamdeva

I have a habit of reading mystical literature every day. This keeps my right brain active, because it is difficult to apply logic to mystical stories. Our right brain is also like a mad or illogical man with a sluggish nature. The stories of Hindu Puranas are also like a puzzle. If they are understood, then the left brain becomes active, and if not, the right brain becomes active. Meaning that they always benefit in every situation. I have been able to identify the secret of one such plot this week. I read only one page of Shivpuran every day, in original Sanskrit and in Hindi. The fun of the original Sanskrit is something else. This week I have come across an important Tantric secret. I am sharing it here.

Lord Brahma curses Kamadeva and gives birth to Rati and them marries her to Kamadeva

When Brahma created Cupid or Kamadeva then he became proud of himself. He started testing his power on Brahma. Due to this, Brahma became enamored, praising the makeup of his own daughter and became attached to her. Actually this beautiful creation created by Brahma is his daughter. Cupid is also a symbol of indulgence here. Then Shiva stopped him. When Brahma came to know about Kamadeva's actions, he cursed him saying that if he had to test his power, then why did he do it in front of his daughter. That curse was for Kamadeva to be burned to ashes by Shiva. Shiva is the god of tantra, lustful kamadeva is already ash in front of him. Then Brahma produced his another daughter named Rati from the sweat of his body. She was the most beautiful in the universe. Brahma married her to Kamadeva. Seeing her beauty, Kamadeva forgot his Mohini Vidya or deluding power.

Cupid is the lust of the human mind and Rati is Kundalini

It is also mentioned in the scriptures that even one should not meet his daughter and sister absolutely alone, because Kamadeva is very strong. So it is not surprising that Brahma had become attached to his daughter. To subdue his work, he practiced yoga hard. The drops of his sweat are a symbol of this relentless Kundalini-Yoga practice. The Kundalini which became active or awakened by Kundalini Yoga, is being called by the name of Rati. Kundalini has been given the name Rati because it is attained only by continuous involvement (rat in Sanskrit) in yoga. The word Rat is a major spiritual term like Dhyana Rat, Bhakti Rat etc. It also means absorbed. Kundalini is found only by being absorbed in someone's love or meditation. The name Rati Krida or romantic play is also derived from this. Because both the mind and its most favored part, Kundalini, are strengthened by sex, that is why Kundalini is named Rati. This is explained in a metaphorical form, because in the olden days mystical knowledge was not directly made public. That's why such techniques are called guhya vidya or confidential practices. The story of Kamadeva-Rati also reveals that the Creator of the universe remains untouched by the enticing charm of his beautiful creation only by the power of Kundalini yoga.

Kundalini in the form of Rati kept the lust of the gods and sages under her control

When the deities and sages came to know the secret that kundalini could control sex, they started practicing yoga regularly. That is why Kundalini in the form of Rati has been considered to be the most beautiful, because Cupid attracts the soul only towards beautiful material things. Cupid was defeated in front of Rati. It means Rati or Kundalini is the most beautiful. She is so beautiful that under her delusion, many people leave the world of very good household with heavenly wife and become sannyasins or renunciates. She stopped the business of Cupid. Kamadeva's marriage to Rati means that just as a married man tied to a woman does not look at other women, similarly he too was tied by a Kundalini named Rati. A little explanation of this mystery has also been done there through a verse, in which it is written that Kamadeva used to hide his beloved Rati in his heart in such a way just as a yogi keeps his Brahma Vidya or enlightenment mantra hidden in his heart. Now the real Brahmavidya is Kundalini only, because she leads to Brahm or supreme formless God. Everyone sees a yogi in different circumstances, sometimes in happiness, sometimes in sorrow, sometimes in depression, sometimes in guilt, and sometimes in a state of euphoria. But they do not even recognize that Kundalini of his mind, which remains the same in all these states. Similarly, Rati always remains with Kamadeva, as both married

together. Kama's marriage to Rati also means practicing tantric yoga with social wife with ekpatnivrata or single wife always. According to Tantrayoga literature, first of all only Karma Yoga and simple Kundalini Yoga have to be practiced for many years. During that time the Kundalini named Rati is born, it grows, and reaches the sexual stage, which means it becomes very strong. Then she becomes eligible for marriage with kama or lust. It is only when the Kundalini becomes quite mature that there is the tantric ruling to do continued ordinary Kundalini yoga in a mixed form with sexual yoga. This is the marriage of Rati and Kama. If Rati's child marriage is done prematurely with kama in haste, then there may be loss rather than profit. This is clearly warned in Tantrashastra. If a person harboring the married couple of kama-rati gets into the passion of sex, then people consider him to be ordinary sexually attached. They are unable to see that Rati standing with kama or lust, which is always beneficial. Many tantra yogis get harassed because of this reason. They come in innocence and try to perform Kama-Rati play, but people are able to see only Kama and not the Kundalini named Rati standing with him.

In fact, all indulgent cravings come in the realm of kama. Therefore Kundalini named Rati gets married to all of them and joins them. In the sense of kama, only sexual desire is taken because it is the main and most dominant of all indulgences.

Tantra yogis take the help of Kamadeva to create Rati

It is called hitting the enemy with the enemy's own arrow. Cupid's arrow is world famous. Tantra yogis provide additional strength to their Kundalini with the help of Panchamkaras. They actually transform their energy mainly sexual energy into kundalini energy.

Scientific explanation of Rati-Kama marriage

The force of lust or kama increases blood circulation to the brain. That is why the mind becomes happy. If a man is a Kundalini yogi, it is obvious that the majority of his brain is interfered by Kundalini. In such a situation, if the blood circulation in the brain will increase, then only Kundalini will get the maximum benefit from it. Because Kundalini is in a way a mental picture of high definition resolution, it consumes a lot of life energy or prana. Due to this the storm of kama calms down effortlessly, blissfully and quickly.

Chapter-11

Kundalini grows best in confluence

Rati is the daughter of Daksha and granddaughter of Brahma

In the previous chapter, I had called Rati the daughter of Brahma. In fact she is the daughter of Daksha. The matter is the same, because Daksha is the mind-son of Brahma. Daksha means skillful. When a man adopts in his mind the determination of mastery in worldliness i.e. Karma Yoga, then a Kundalini is born in his mind. This is the birth of Rati i.e. Kundalini from the sweat of Daksha i.e. Karmayoga. This is what I have written in the previous chapter also that Kundalini has to be developed by first being born through Karma Yoga, then only it can be successfully aligned with dedicated Tantra Yoga for final awakening.

Religion or Dharma is a symbol of wisdom

According to the legend, Dharma tried to stop Brahma from having romance with Sandhya, but he did not stop. Then Dharma pleaded with Shiva to stop Brahma. Dharma or Vivek or Wisdom is also the mind-son of Brahma. This too is a form of thought of mind, of course, the intellect is said to be superior to the mind. It really is the knowledge of good and bad. But a man suffering from sexism often does not listen to it. When Dharma sees that things are not working for him, then he remembers Shiva in the form of Kundalini. He appears at the same time and prevents the man from doing wrong. That is why it is said that God or Kundalini is beyond the intellect. Where even the intellect or mind is lost, there is benefit by remembering the Kundalini. If Kundalini is always remembered by daily yoga practice, then what to say?

Sandhya Kaal is a symbol of Advaita

Sandhya woman is a metaphor of Sandhya Kaal (Dusk and Dawn), this is indicated by a verse in which it is written that Kamadeva was being adorned with Rati like lightning shining with clouds in the sandhya time or evening. The word sandhya is derived from the Sanskrit word sandhi, which means union. In the evening all the opposite sentiments are united. In this way Sandhya is equivalent to God or Advaita. Due to the balance of day and night in the evening, man also becomes balanced. In fact, in the evening, the degrees of day and night are equal. In the evening, the left and right brain of a man starts moving equally. Its yin and yang become equal. Equal breath starts flowing through both his nostrils. The yoga technique of connecting prana and apana that I described in the previous chapter is also similar to sandhya. In fact, wherever two mutually opposite feelings join together, it becomes Sandhya. In that calm state all work especially spiritual work becomes more successful. The evening and morning sandhya are so much associated with the worship that the act of worship is itself called doing Sandhya. Similarly, the eclipse period is also a sandhya period. The work done in it gives manifold results. That is why it is said that only good and spiritual works should be done during the eclipse period. In the olden times, the kings used to leave the kingdom immediately and go to the forest for penance. Even the initial period of a few days of exile was like a great Sandhya time for them. At that time they used to wake up their Kundalini quickly by doing Kundalini Sadhana. In the same way, the darkness created by the Panchamkaras is entered into their luminous mind as made by yoga practice by tantrics, which creates a better artificial sandhya time. In that, they attain many siddhis or accomplishments, Kundalini awakening is also one of them. The Ganges and Yamuna rivers meet at the confluence or Sangam of Allahabad. These two rivers have opposite qualities. This makes a very good Sandhya spot. That is why the confluence is considered very sacred. Yogis go to deep mountains and forests for yoga practice because there they feel the confluence. In many religions, the virgin girl is worshiped because in the girl there is a confluence of both man and woman.

One gets pleasure from traveling in the sandhya, but Kundalini development is there only for the yogi

Due to the increase in the beauty of a man, he can easily become a victim of lust in the sandhya. The main reason for this is that in the mind of the romantic lover, the Kundalini of the form of his romantic partner resides. In the sandhya it starts shining brightly. At that time, if such a person is in the

company of immoral people, then he can take wrong steps under the influence of sex driven by sexual Kundalini. It can be unsocial and together can also cause great loss to the Kundalini of his mind. But if he is in the company of virtuous friends and people, then while under their influence, he cannot take any wrong step. He controls the Kundalini, is not in the control of the Kundalini. Due to this his Kundalini progressively grows leading him to Kundalini awakening or directly to enlightenment. This is an example and relates to every worldly indulgence. That is why it is said to be in a spiritual atmosphere in the evening time. Anyway, people go out for a walk on the mall in the evening. Bliss comes from the accumulation of extravagant thoughts from here and there, but it only increases the illusion in the form of worldly duality. Yogis are easily recognizable in such times. The effect of Kundalini on his face gives a special glow and calmness. In the evening, due to the equal and efficient working of both the hemispheres of the brain, mental power is at its peak.

If the common man gets confusion from the sandhya time worldly work, the Tantrayogi strengthens the Kundalini

In fact Brahma is a common man. Everything has its origin in the mind of man. There is nothing outside. These mountains, oceans, moons, stars are all a product of the mind. Similarly, the time of sandhya was also made in the mind. To awaken sex consciousness in the sandhya means to be attached to the sandhya goddess. Later feeling ashamed, Sandhya thought of renouncing her body while doing penance. This means that she was going to lose her true Sacred form. Then Gods like Brahma, Shiva etc. got her married to the spiritual sage Vasistha. Means that the sandhya time was again fixed for spiritual work. Tantric rituals are an exception to this. Of course they may seem material and worldly from outside, but from inside they are spiritual. That is why most of the tantric rituals are also preferred to be done in the sandhya. Kamadeva was cursed by Brahma to be burnt to ashes and destroyed, because he had troubled the sages and the deities in the sandhya time. So this is a matter of fear for the common man, because he lives only on indulgence. Anyway, man remains tired in the evening sandhya time due to the whole day's work. Similarly, waking up in the morning sandhya time, one remains having lethargy caused by sleep. This is the boon of Shiva given to sandhya that indulgence work will not disturb her. Meaning that at that time man's material desires and sexual desires get destroyed. In a way, the kama or indulgence is tiring, the whole of it is not destroyed. Only tantra yogis can do complete destruction of kama. Therefore, this time is a boon for tantra yogis, because they ultimately want to attain knowledge by destroying

lust. They first create Kama or lust with their Tantra Vidya, then destroy the same Kama with their stronger turned Kundalini. They give the power of sex to their Kundalini. The common man does not know the technique of converting the energy generated by sex into Kundalini, so that energy creates confusion with colorful thoughts. The second meaning comes from this that Shiva gives himself as a boon. Shiva is a cool and void form, what does he have to give except himself? But when Shiva is found, then everything is found by itself. Shiva is in the form of Kundalini Rati. Therefore, by Kundalini yoga, the kama itself is destroyed.

Kundalini takes energy from Kama and finally destroys Kama, then revives Kama

Now look at the kama itself. He was so infatuated with Rati that he did not even care about the curse placed on him by Brahma, and he agreed to marry Rati under the instigation of the gods. This was the beginning of it being consumed, because ultimately the Kundalini, the Rati, has to destroy the Kama. Now it is not surprising that Kundalini rati is given the name Shiva, because Shiva and Shakti are essentially the same. Shiva consumed Kama, meaning Kundalini consumed Kama. Now if someone says how can it be that Rati is also Kundalini and Shiva is also Kundalini. So its explanation is that Rati is actually a feeling of the mind, but Shiva is the reality. Although both can be expressions of the mind, but I am talking about the relativity of these two. Meaning that relatively Shiva is more real than Rati. Similarly, Rati is more emotional or mind form than Shiva. If Shiva is in the form of an idol kept in the temple, then Rati is in the form of his meditation in mind. Rati means strong affection. Now in Shivpuran, it's obvious that one will have attachment to Shiva only and not to any other deity. Shiva Purana has been advised to meditate on Shiva everywhere. Similarly, when the marriage of Shiva-Shakti means Kundalini awakening, then Kama is blessed with a revival. It means that after awakening, man again gets absorbed in the world, although with knowledge and non-attachment. After awakening, man is not worried about getting anything, so he starts living freely.

Cupid's flowers injure a man in love

The story is interesting in that Kamadeva, born from the mind of Brahmadev, had five flowers' arrows or weapons. Brahma or Brahmadeva here is synonymous with the collective form of all people or living entities, and Kamadeva is synonymous with the collective sexual desires of all living

entities. That is why word God is associated with Kama and Brahma. If there was talk of single man's sex, one would only say sex. In this way, Kama and Kamadeva are essentially one and the same. These five arrows of Kamadeva are, Harshan means to please, Rochan means to be liked, Mohan means to fascinate or to make one mad in one's affair, Shoshna means to absorb power, and Maran means to kill. Now it is surprising that the last three deadly weapons are also of flowers. That is why a man injured by these weapons loses a lot in love, and he does not even realize it. This shows the practicality, farsightedness and meticulousness of ancient sages. There can be no forest dweller who can make such good metaphors, as is the common misconception. They were the most embroidered and fabricated in the world.

Along with kama, a lot of emotions also run, due to which the man is immersed in blissful fun

Then it is written that as soon as Brahma looked towards the sandhya with a feeling of lust, forty nine expressions were born from his body. The same happens with the common man. After getting aroused, he starts showing colorful expressions. He is the friend of friends, the father of fathers, the son of sons and I can't share the complete list of what and what he becomes. He becomes all rounder. What are the feelings that are not born in him? Mother's feeling, sister's feeling, Guru's feeling, elderly's feeling, child's feeling, young man's feeling, animal's and bird's feeling, tree and creeper's feelings, mountain's feelings etc.-etc. Look at the vast poetry done by such romantic people. These feelings rise more in the sandhya time, because there is peace in the mind at that time. There is no evil in emotions, but there is evil in attachment. In the house where Sandhya Yoga takes place, these sex-borne bhavas or feelings mix with Kundalini and destroy attachment and ill-will. Only pure love remains. Kundalini and love keep increasing each other progressively. So there is no harm in loving, if it is kept pure and spiritual. Rather, that love is the greatest yoga. A man becomes passionate about being enamored with love and rejoices. These days it is called being hyper or hot or colourful. That is the charm of kama. It has been explained in a very beautiful style with practicality, modernity and scientificity, in the book Physiology Philosophy or sharirvigyan darshan in Hindi and Love story of a Yogi. There are many beautiful metaphorical stories in the Puranas. I think that while telling the story, along with the original story, the mystery of the metaphor given in it should also be decoded. This will give more benefit to the listeners.

The boons sought from Shiva by Sandhya were for protection from lust, not from pure love

I am saying this because many people do not even talk to each other in the sandhya due to fear of kama. Shameful penance by sandhya means spiritual practices performed by spiritual people for a long time in the sandhya. It was needed because they had pursued sex, not pure love. Pure love is itself austerity. Three boons were sought by Sandhya, which were fulfilled by Shiva. The first boon, as soon as one is born, there is no sexual desire in a living being, it means that the children born in that house, where the Sandhya Vandana or meditation is performed, have a high level of spiritual sanskaras or ethics. Kundalini is formed in them from birth itself. That Kundalini keeps them away from sex. Or rather say that their Kundalini keeps on transforming sex feelings into love feelings. In fact, as soon as Sandhya was born, Brahma and his sons became attached to her due to the influence of Kamadeva. Sandhya time is very short. It has no existence of its own. It is formed by the combination of two types of opposite times. So there is no question of it becoming big and young, because it starts to dissolve as soon as it is born. The second boon that no one in my family should be enamored, this also means that of course the members of the households of the people performing the sandhya worship should show sexual desire for some reason, but they do not become sensual, that means by coming under the influence of Kamadeva they don't become attached. The third boon that all the women of my family should be virtuous, it means that those who do Sandhya Vandana, their Kundalini becomes very developed and strong. Due to this Kundalini, men are able to keep their wives completely satisfied. It is scientifically and technically true that sexual satisfaction and complete control over sexual activities is obtained through Kundalini only. Shiva also gave a boon to Sandhya that whoever looks at her with lust will become impotent and his power will be destroyed. This also means that one who enjoys the pleasures in the sandhya with attachment or without Kundalini, he will increase the darkness of his soul by falling into the illusion of ignorance. It is the Rati or affection towards Kundalini that controls the sense of lust or attachment. The word Sandhya here seems to refer to all such times, when a man is balanced, his Ida and Pingala Nadi run equally, the Kundalini of the mind is strengthened, and there is deep peace in the mind.

Love and kama or lust keep on increasing each other

By having love everywhere, the kama increases. That kama together with the life partner enhances itself to peak along with the love further. Tantra Yogis

continue to transform that sex-born love into Kundalini love. A tantra yogi has only one life partner or sex partner, so that his Kundalini can easily receive sexual love. The love of a man of lustful type gets divided among many sex partners, so that Kundalini is not able to get it. That is why it is said that Ekapatni Vrat or single wifeness is the biggest austerity. Moreover, it's sexual energy that's sought for kundalini, not the physical charm. Rather extra bodily charm can distract one away from actual source of energy.

Kundalini is the real savior or protector of man

Controlling the lustful Brahma by Shiva at the sandhya means that the man is saved by Kundalini at that time. Shiva is the symbol of Kundalini here. Anyway, Kundalini prevents man from doing bad deeds. Even if a wrong deed is done unknowingly or under great compulsion, then Kundalini also makes atonement or repentance done for it. It is said in Shiv Puran that it is necessary for everyone to meditate on Shiva. So it is natural that even Brahma used to meditate on Shiva. With this Shiva became his Kundalini, and in the Kundalini form he appeared boldly in his mind to stop him from doing wrong.

Shiva Puran is a Tantra Purana

All the things and stories in Shiv Puran are related to Tantra. It is a different matter that most people do not understand them, because they are in the form of metaphors. This was done to prevent misuse of Tantra. The Puranas are derived from the Vedas. This means that the oldest original source of Tantra is the Vedas. Although practical tantra with manuals appears publicly only in Buddhists. It is not that the meditative practice of Tantra has disappeared among the Hindus. It is still prevalent among Hindus, but it is kept very secret, due to which common people do not know about it. Even among Buddhists it was kept hidden. But seeing today's dying planet, hiding any revitalizing knowledge would be bad for humanity, they have understood this.

Experiential evidence of the above principles related to kama and love

Friends, I loved many people deeply. But I lived my life in moderation. Now what to brag more, but if someone benefits from it, then there is nothing bad in it. As I mentioned in this chapter, it all happened to me. All this is my own

experiential description, no one that's taught. In the midst of these experiences was my momentary enlightenment and Kundalini awakening, which is described on the homepage. Of course these were only few moments of experience, but something is better than nothing. And anyway, more important than the momentary experience of self-awareness is the life routine full of self awareness.

Chapter-12

Kundalini Tantra accepted as scientific by lord Shiva

It comes in the Shiv Purana that when goddess Parvati spent a lot of time with Shiva in the divine forests, mountain ranges, she became completely satisfied. She thanked Shiva and said that she is now completely satisfied with the pleasures of the world, and now wants to cross this world knowing its true nature. Shiva told Parvati the best way to worship Shiva. He said that a devotee of Shiva never perishes. Whoever harms the devotee of Shiva, he definitely punishes him. He also told the nature of Shiva bhakti. Told physical methods of worship, archana, pranam etc. Told mental methods like sakhya, dasya, surrender etc. Then said that one who is completely devoted to Shiva, dependent on Shiva, and is always immersed in his meditation, he is most dear to him. **He is compelled to help such a devotee, even if he is of sinful and ill-mannered morals and thoughts.** He has described Shiva-bhakti as the greatest knowledge.

Parvati's walking with Shiva is the creature's pleasure with the help of the soul

In reality, the creature is the form of Chittarup or mind form. The creature here is Parvati, and the soul is Shiva. The thoughts of the mind shine through the power of the soul, it is written in the scriptures and as experienced by enlightened beings. It has not been explained properly. People think that the power of the soul is infinite, so if the mind has taken a little power from it, then what will be the difference. But it is not so. The soul itself becomes darkness by giving its light to the mind. It happens in the same way as the mother herself becomes weak by giving her strength to the child in her womb. Actually this does not happen, but due to illusion it appears to the living entity. For this reason, Parvati's mind

was filled with illusion while enjoying with Shiva. Feeling the deep darkness of her soul, she wanted to cross that darkness forever. It is a psychological fact that unless a man experiences the problem in a tremendous way, he does not try to solve it in a proper way. That is why experienced people say that only after drowning in the ocean of the world does the desire to go beyond it arise. Therefore this tantric theory is a scientific truth that tendency is very important for retirement. Without tendency, the way to retirement is not easily found. Therefore, by being tied in the strings of rules and dignity, one should make a lot of merry in the world, so that the mind gets bored with it and finds a way to go ahead of it. Otherwise the mind may remain entangled in this world. Many are so sharp minded that listening to the tales of others' luxuries, they enjoy themselves to the fullest. Some have to experience them themselves. Kundalini is considered to be Shiva, and Kundalini yoga is considered to be devotion to Shiva.

Kundalini also has the same benefits, which Shiva has told through his meditation

Shiv Purana has called this meditation image as Shiva by not saying Kundalini, because this Purana is completely devoted to Shiva only. Therefore it is natural that the sage, the author of Shiv Purana, would like that everyone should make Lord Shiva as their Kundalini. According to the above Shiva words, Kundalini Tantra is the most scientific, effective and progressive. **Sinful and ill-mannered attitudes are also seen in Tantra from outside, although there is also a powerful Kundalini along with it.** That dazzling Kundalini sanctifies them. Not only Shiva's grace is received by the intense Kundalini Shakti, but material progress is also received from material Panchamkars etc. By getting many benefits from this together, spiritual development happens faster. Shiva himself also seems to be of ill-mannered behavior from outside. Prajapati Daksha had done a great insult to Shiva only by imposing this stigma. In fact Shiva is an eternal personality. What happened to Shiva, is happening to people like him even today, and will always happen. For

the creation of eternal character, the wisdom of the sages has to be admired. On the other hand, ordinary Kundalini yoga has a lack of physical energy, leading to a very slow spiritual growth. Where Shakti resides, there Shiva also resides. They always stay together. That is why it comes in Shiv Puran that contrary to popular belief, Shiva and Shakti or Parvati are never separated. Sometimes they make a closer relationship with each other, and sometimes they stay at a distance while telling stories to each other. Their close relationship means a man's state of Kundalini awakening or samadhi, and a short distance apart means man's general worldly state. I have experienced all these benefits of Kundalini Tantra myself. Once I had a pain in my ear. I took many medicines in vain. I was having the opposite effect. Then I handed over all the responsibility of my ear to Kundalini. I completely surrendered to Kundalini. The very next day the homeopathy doctor himself dialled and told me a small recipe, which made the pain disappear. And there were many benefits from that medicine. Once a misunderstanding made my many enemies. I became completely dependent on Kundalini. By the grace of Kundalini, I kept on progressing, and they kept watching. Eventually they repented. Repentance is the greatest punishment for sin. My son was fragile and sick since birth. Inspired by Lord Shiva, I took shelter of Kundalini for his health. To please the Kundalini or say that to make the Kundalini shine additionally, god Shiva also made some small humanly tantric tricks through me. After that I started getting success in my business and my son also started growing like full moon.

Chapter-13

Kundalini is hungry for sentiments of love, respect, and surrender that are worth gaining through Yoga or social relations or both together

There is a famous story in Shiv Purana. Prajapati Daksha, who was the son of Brahma, got his daughter Sati married to Lord Shiva, inspired by Shiva's desire and the recommendation of his father. Once a meeting of sages and kings was taking place at a place of pilgrimage. Lord Shankar was also sitting in that meeting. Then Brahma also came there. Everyone stood in his honor and bowed to him. But Lord Shiva remained silent. Due to this, Daksha got very angry with him, and started calling him good and bad. The matter did not end there. The fire of anger and revenge in Daksha's mind was not extinguished. So he organized a huge yagya to humiliate Shiva. In it, he called all his relatives, all the gods of creation and special people except his son-in-law Shiva. When Sati saw her sisters going somewhere dressed up, she asked her friend where they were going. When Parvati came to know about her father Daksha's yajna, she went to her husband Shiva and asked her to go. Shiva told that Daksha is hostile to him, so he did not call him intentionally. Sati then said that according to the scriptures, no invitation is needed to visit the father, guru and friend. Then Shiva replied that her point was right, but Daksha's point was different, he would insult him there and insult done by loved ones is greater than death. But Sati did not agree and went there. Seeing no place and part of her husband Shiva there, she became very angry and started reprimanding her father Daksha. Sati described Shiva as the real and greatest deity. Daksha did not talk to her nor did he

allow others to do so. Then when Sati did not remain silent, then he called Shiva against the Vedas, who lives with the ghosts and named Sati as wife of the filthy Shiva. Then Sati, thinking what face she would show to Shiva and what would she answer when he would call her Dakshayani or Daksha-daughter, gave up her body through the science of yoga and entered the fire of Yagya. Due to his grief, 10,000 Shivaganas in anger amputated their limbs with their weapons and died. When the remaining ganas attacked the Yagya, they fought with the Ribhu Devas who were created by the sages from the Yagya. At the same time there was Akashvani or space call which started reprimanding Daksha. He described Sati as the mother of all, the creator of all creation including the sun and moon, the most beloved of Shiva, the half-body form of Shiva, the giver of wealth and liberation, the giver of all happiness, and the most respected. He reprimanded Daksha for not respecting Sati. At that time the Ribhus drove away the Shiva ganas, but later the other dreadful ganas of Shiva came and destroyed the Daksha yagya. That Sati became the wife of Shiva again in her next birth by the name Parvati.

Kundalini Shakti is depicted as Sati, the working mind Brahma, and the ghostly soul Shiva

Now let us understand the secret of the above story. Actually Kundalini is Goddess Sati. Shiva is like the void sky. Both get their power by staying together. Being apart is the same as not being. That means both live together. Shiva gets his radiance from Sati. From Shiva, Sati attains stability or eternality or immortality, and omnipresence. Now here are some philosophical issues that are often overlooked. Man does great religious work, but ignores Kundalini Yoga. Such people are like Prajapati Daksha, who has to go to hell like him. The importance of Kundalini Yoga is hidden in this story. Brothers, what is Kundalini now, the same question arises in every chapter. There are many pictures in my mind. Now who should be considered as Kundalini? So the answer becomes that during Tantric sex yoga or Panchamkar yoga, which emerges most strongly and easily in the mind, that picture is

Kundalini. Because Kundalini is formed only when a picture of the mind connects with the sexual energy located in the root. That picture is a Kundalini picture, not a normal picture of the mind. The second hallmark of Kundalini is that with it the emptiness, and the vastness, also dominates within the man. It is Shiva or the soul, who is said to be the companion of ghosts. Ghost is also called death. Emptiness and wideness are the main attributes of death. Due to this Shiva or the soul became the companion of the ghosts. The third identity of Kundalini is that it is a pure mental picture. It means that it is not available in physical form. By meeting it in physical form, that picture does not remain Kundalini, because thousands of defects are visible in material things. Where will the thing with defects be able to shine in the mind? That is why the mental picture of a deity or a guru is made Kundalini. Due to the special respect to the Guru, the fault is not visible in the physical form of the Guru. The fourth identity of Kundalini is that when a non-dual feeling arises in the mind, only a single Kundalini picture starts shining rapidly in the mind. This happens because Advaita Bhava is the same as zero sky. Meaning it is Shiva Bhava. Sati will reach there by any means, because she is in the form of half the body of Shiva. If still you do not know the Kundalini, then I cannot do anything. Hahaha. The same is written in Shiv Puran which I was talking about in the previous chapters that Kundalini, along with spiritual liberation, also provides material progress and enjoyment. The whole world is in the form of the mind only. What has been said that the whole creation that originates from it, it is all the sprawling of the mind. The whole creation is only in the mind spread inside this football-shaped head, there is nothing outside. And brothers, being the most important representative of the mind, we can also call Kundalini as the mind. So does it not happen from Kundalini itself, the origin and destruction of the whole universe. Daksha here symbolizes the secondary or officiating or working mind engaged in action. He performs various types of yagya to gain fame and merit in the world. He worships various types of deities. From it, Kundalini arises in the mind fuelled by the non-dual spirit. That is his dearest daughter Sati. Shiva wishes to marry her, meaning he induces Kundalini to awaken. It also comes that the pair of Shiva-Sati

is eternal, they keep on separating only for the sake of Leela or drama, and keep getting married. That is why Sati became Parvati in the next birth and again became the wife of Shiva. It clearly means that the soul is separated from God, and also merges in him again and again. Daksha, respecting Shiva's wish, marries Sati to Shiva, which means Kundalini awakens, Daksha means the secondary mind, which is fully enjoying this marriage. Brahma also persuades Daksha to get Sati married to Shiva. It means that the one who is the main or original mind in the form of Brahma, wants to become as big as possible by increasing the creation within himself. He knows that in union with God he will become the greatest. That is why he inspires the busy mind i.e. Daksha for Kundalini awakening. Brahma here symbolizes the original mind. Then Daksha does not invite Sati to the Yagya. This means that after Kundalini awakening, the working mind does not perform Kundalini Yoga and gets busy with the worldly affairs. It is clear that even if Kundalini Yoga is not done after Kundalini awakening, then it is possible to fall. Then the one whose Kundalini has not been awakened, why should he not do it. Daksha did not call Shiva, meaning he did not imbibe non-dualism. Sati went alone to meet Daksha, meaning Kundalini comes again and again in his mind to see if she is respected or not. Shiva will come with her only when she is given respect i.e. by doing so Shiva will also be respected by imbibing Advaita Bhava as kundalini and nonduality remain together. The due respect to Kundalini or Sati will be given by Kundalini Yoga. Daksha did not respect Kundalini, meaning he did not do Kundalini Yoga. Sati committed self-immolation, meaning Kundalini was destroyed. Along with her, the Shiva following ghostly bodies also committed self-immolation, which means that many qualities of Shiva disappeared from the secondary mind or Daksha. Ganas or ghostly bodies can also be called beautiful thoughts. These reside with Kundalini, and are generated with the help or background light of Shiva. The remaining ganas attacked the yajna, meaning worldly disturbances came from the wrath of the Lord. The Ribhus produced by the Yagya drove away the Ganas, meaning Daksha was saved from the merits of good deeds. Later even Ribhu Dev could not save from the great ganas of Shiva, that means at the

time of death, Daksha's good deeds did not work for him, and Shiva also did not support him due to lack of Kundalini. Shivaganas severed Daksha's head, meaning Daksha had to die without liberation. Then Shiva put the goat's head on him, from which he started praising Shiva by making the sound of 'Bain-Bain' or 'Bam-Bam'. Meaning, due to the partial influence of Kundalini, Daksha was reborn as a devotee of Shiva, from which he became free while worshiping Shiva. Goat has no ego. It is the epitome of devotion, because it keeps memorizing its owner through bain-bain sound. It means that one who does not respect Kundalini by Kundalini Yoga, he becomes a devotee in the next life. Bhakti or devotion makes up for his lack of yoga. When a man cannot do Tantric Kundalini Yoga in old age, childhood and in the state of illness, at that time only devotion is his support. Through devotion, he keeps his mind constantly engaged in the Ishta or favored. I don't see any difference between love and respect. Love and respect are really like synonyms. True respect comes from love. Respect without love is respect for pretense or coercion. That's why there is a proverb in the Pahari or Hilly language, "Moond mek rau daal ni karaundi". This means that one cannot be bowed down through bending his head. Where knowledge ends, devotion begins. Lord Ved Vyas composed 17 Puranas. The knowledge of the whole creation and of God was filled in these. But he did not get satisfaction. That is why he composed the eighteenth devotional Purana Shrimad Bhagavatam in the last. Then his Kundalini stabilized, which gave him ultimate satisfaction. But doing devotion directly is also difficult. Real devotion comes only after knowledge. Those who are of loving nature since childhood, they appear to be Kundalini yogis of previous births. Kundalini yoga should not be considered limited to yoga with asana pranayama. It can also happen on its own due to natural reasons. There should be no difficulty in having respect for the Kundalini. It is a mental picture, a spiritual picture. There is no trace of physicality in it. Impurity is possible only in material things. The impurity is only physical. It is mostly made up of harmful liabilities (bodily filthiness, hatred, anger etc.). There is no physical object in the sky or in the void. That is why Kundalini is revered in any condition, no matter in whatever form it may be. That is why

the spiritual or nondual person is made the guru in most cases, because he does not have impurities or defects like the sky. Nonduality is quality of sky. Blame arises out of selfishness. The sky does not need anything because it is imperishable, so it does not have faults. The characters of Doordarshan also seem dear and respected because they are as pure as the sky. They are nothing more than a picture made in the mind. They doesn't make any sense to us physically. There are many responsibilities associated with the physical form. That's why many people become so crazy about these characters that they do not know what to do for them. If such people do spiritual practice by making them Kundalini, then why not get success.

Love, respect and Surrender is the backbone of humanity

The difference between love, respect and dedication is only there in the form of amount of emotion, although all three are the same. We also do love with children. Love for special people combined with respect makes it thicker. One also adds surrender to the very special and closest to the heart. This makes love of the highest order. Kundalini is like this type of very special being that's hungry for love or surrender of the highest order. Whatever we aspire to surrender to ourselves from others, we do it only for the sake of our Kundalini. I had seen the high level of dedication of people towards their inborn king Bahubali in the movie Bahubali. Movies with superhumans or superheroes are good because the Kundalini is strengthened by the incidents of surrender in them. Similarly, at the time of my momentary awakening, the people present there felt devoted to me. My Kundalini felt that sense of surrender and she was awakened. If I had not been doing Tantric Kundalini Yoga, they would not have been surrendered to the Kundalini in a way and the Kundalini would not have been awakened by it. Female-love and romantic love increase the Kundalini, because there is surrender in it. If the romantic love is of a tantric type, then it inflames the Kundalini even more. That is why the scriptures are full of stories filled with devotion and love. Devotion is

also surrender. That is why it is said that where knowledge is defeated, there devotion wins. It is for this surrender that love and courtesy are of great importance in Hindu scriptures. That is why Kundalini culture is an ideal humanistic culture, because it is full of love, respect and surrender, which are the main qualities of humanity. Ancient Aryan culture was one such ideal culture. People of today's generation take these things as a joke. That's why even a YouTube channel with a video game recording gets hundreds of thousands of followers in a few months, and this Kundalini blog full of knowledge and science has not even got five hundred in three years. I am not self-praising, nor do I intend to increase followers, but I am sharing the picture of the pathetic condition of today's society. I am nothing. I am just a mere ten seconds man, meaning all my spiritual experiences have been around ten seconds. Hahaha.

Chapter-14

Kundalini as various gods, energy continuum as Shiva, Sahasrar Chakra as banyan tree and Brain is depicted as Mount Kailash

The gods go to Kailash to persuade Shiva, who is angry with Dakshayagya

Lord Vishnu along with other gods went to Mount Kailash to persuade Shiva, who was angry with Daksha. Apart from humans, that mountain was serviced by eunuchs, apsaras or fairies and yogic sages. That was very high. That was adorned with pearls all around. That seemed strange with many types of metals. That was full of many types of trees and vines. It was surrounded by many types of animals, birds and springs. Siddhanganas or wives of accomplished used to reside on its summit with their respective husbands. It was adorned with many types of cisterns, peaks and many types of tree species. Its radiance was as white as silver. That mountain was full of animals like big tigers etc., devoid of horror, full of splendor, divine and causing great wonder. The mountain was surrounded by the holy Ganges river and was extremely serene. Near that Kailash mountain was the divine city of Shiva's friend Kuber named Alka. Near the same mountain there was a divine forest called Saugandhik, which was adorned with divine trees, and where the wonderful sound of birds etc. was being made. The divine and holy rivers named Nanda and Alaknanda were flowing from outside that mountain, which destroy sins by mere sight. God women come daily from their own world and drink the water of those rivers, and after taking a bath, being attracted by Rati or lust, they live with men. Then leaving behind that

Alkapuri and Saugandhik forest, while going forward, those deities saw the banyan tree of Shankar ji nearby. That banyan tree was spreading shade around that mountain. Its branches were spread on three sides. Its circle was a hundred yojana high. It was devoid of nests and barred from heat. It is visible only to the pious souls. It was very delightful, His Holiness, Shiva's place of yoga, divine, worthy of being consumed or inhabited by yogis, and very perfect. The deities saw Shiva sitting under that banyan tree, which gave shelter to Mahayogamayi and Mumukshu or liberation seeking people. Absorbed in the devotion of Shiva, having a calm body and mind, and being Mahasiddha, who are the sons of Brahma, Sanak etc., were worshiping that Shiva with pleasure. His friend Kubera, who is the leader of the guhyakas and demons, was doing special service to him along with his family and servants. He was wearing the true form of Lord Shiva, the favorite of the ascetics. He seemed to be friend from all over the world with affection, and was equipped with ashes etc. He was sitting on the carton of kusha, a holy grass, and on being asked by Narada etc., he was preaching knowledge to all the listeners gentlemen. He was seated in the truth-beautiful-logic chaperure with his left foot on his right thigh, and his left hand on his left knee, with a rosary of Rudraksha on his wrist. He tells the matter of supreme knowledge that salvation is not attained by action, but by knowledge. Therefore one should act with non-dual knowledge, which means one should do Karma Yoga. Those who distinguish between him, Brahma and Vishnu, go to hell. Meaning that Lord Shiva negates the discrimination.

Mutual equivalence of Mount Kailash and brain

Mount Kailash is the brain. There not only the common people, nymphs and dance-singing artists enjoy the pleasures, but sages and rishis also get the pleasure of meditation there. It is located at the highest point in the human body. Its manimaya Shikhars or pearly peaks means the many ridges or bulges made of its walnut-like shape, which keep shining with the bright thought-waves of the

mind. Various types of metals mean its various structures and colored parts, such as skull bone, white matter beneath it, gray matter beneath it, fluid-soft eyes, ears, nose, teeth etc. The inner part of the brain is also divided into a variety of sizes and colors, such as the pons, hippocampus, pineal gland, etc. Various types of trees and vines mean different types of hair, such as hair of the head, hair of the beard, hair of the mustache, hair of the ear, hair of the nose, etc. You can also add nerve fibers in the list that have varying shapes and sizes. It appears as fibrous flesh on gross viewing. From this it seems that the ancient sages also had a good knowledge of the anatomy of the human body. Its detailed description is in Ayurveda. Many types of animals and birds mean microscopic parasites found entangled in the hair. The meaning of many types of springs is the biological secretion coming out of the glands of the eyes, ears and mouth etc. Visiting Siddhanganas or wives of accomplisheds on its summits means tantric romance by tantra yoginis, from which they derive great pleasure. The place of joy is the mind itself. There are many types of pores or cisterns around the brain, such as eyes, nose, ears etc. The peaks and trees have already been told above. That mountain being like silver means the bright thoughts of the mind full of consciousness. Carnivorous Animals like tiger mean lice, fleas etc. which can hide in the moisture of the hair. 'Without horror' means these minute creatures are not horrific. Divinity is in the mind. All divine expressions are accompanied by the functioning of the mind. Kundalini awakening is the most divine, that is why the activity of the brain is at its peak in it. Similarly, the brain is also a model of wonder. In this, there's the physical expression of life or consciousness. Scientists have not been able to solve this puzzle till date. The river Ganga is the symbol of Sushumna Nadi here. Because she irrigates the Sahasrara, to which the whole brain is attached, that is why it is said to surround the entire mountain. It cleanses the whole brain with energy. The city of Shiva's friend Kubera ie. Alkapuri has been called Agya Chakra. The word "Alka" is derived from Sanskrit's Alakshit and Hindi's Alakh words. It means invisible. The invisible Kundalini is visible from this chakra. That is why it is also called the third eye. In fact, when meditation is done on the Agya Chakra, the Kundalini

appears on the Sahasrara. Because Shiva is in the form of Kundalini in the Shiva Purana, that is why Kuber, the arrogant deity of Ajnachakra, is said to be a friend of Shiva. If Shiva is depicted as energy continuum, even then kuber is proved as friend of Shiva for energy continuum is achievable only by means of Kundalini. The agya chakra is a symbol of intelligence. Therefore, it is natural that the wheel of agya chakra is associated with wealth, because wealth is earned only by intelligence. That is why its god Kuber is the richest in the universe. Near that mountain there is a forest called Saugandhik or nice smelling. Because it is being described immediately after Alkapuri, it means that the forest is near to it. That is the nose. Fragrance is experienced inside it, so it is believed that fragrance is being originated in it. Because the fragrance emanates from trees and flowers, the nose has been given the form of a forest. That forest is called divine because, despite being so small in size, it provides all the divine fragrances around the world. An ordinary forest cannot do this. The follicles or hair located in it can be considered as the divine tree. They are called divine because they are so small in size and few in number yet they help in providing divine fragrances around the world. They also provide protection to the odor-receptor cells. It may be that in the mythological era, the nose-hair was considered the only responsible for the aroma. There was a wonderful sound of birds etc. in that forest. That sound is actually the slow sound of breathing. It cannot be called sweet voice. That's why it is called wonderful. Outside that mountain there are two rivers named Nanda and Alaknanda, ie. Ida and Pingala. The spinal cord is connected with the brain. If the spinal cord or vertebral column is called the mountains at the bottom, then the brain is made up of the mountain tops. Sushumna flows in it. She is called Ganga. Ida nadi flows outside the spinal cord to the left of it. Through this, man enjoys materialistic, limited, logical and judgmental or critical enjoyment of worldliness. That is why its name is Nanda or visibly enjoying. The second Nadi or channel, which is Pingala, flows on the right side of the mountain or vertebral column called Alaknanda. Through this man enjoys a status as spiritual, as void or space or sky, as darkness, as irrational or illogical, as unlimited, as nonjudgmental. Its name is Alaknanda or

invisibly enjoying. As mentioned above, the word Alak is indicative of Alakh or Alakshit or non sensual. Because the sky is inexhaustible due to being infinite, that is why pingala's name is Alaknanda, which means the bliss of Alakshit or invisible or undefined. Sins are destroyed by the sight of both the rivers. The river alone is not being talked about, but both the rivers are being talked about together. This means that by the simultaneous functioning of the left and the right brain, Advaita arises, which is the formlessness itself. Duality is the greatest sin, and non-duality is the greatest sinlessness. God women mean here noble women of a good and well-mannered household. Because they are affluent, they do not get caught up in the mess of worldliness. This keeps them immersed in the joy of Advaita or nonduality. The joy of this Advaita is depicted by the metaphoric writer in the form of drinking the water of both the rivers. They have a beautiful and graceful body. While bathing, Kundalini energy rises through their back, as I mentioned in a previous chapter. The same happens with those god-women as well. As the Mooladhara's energy climbs up, their Mooladhara becomes powerless. It is only to give energy to Muladhara that they are attracted to Rati or pure lust, and lives with men. According to another metaphor, the god's women are symbols of beautiful and human thoughts. Such thoughts are accompanied by Advaita bhava, that is, with them both the Ida and Pingala nadis flow. When both these nadis flow very fast, only then the divine sexual feeling is awakened. This is done only to give energy to Muladhara, because the energy of Muladhara keeps on climbing up through non-dualism. The non-material based Kundalini picture starts developing in the brain due to non-duality. Non material based means that kundalini image is fully mind based without any physical copy or counterpart outside. It requires a lot of energy, because being out of the reach of the senses, it does not get the support of the physical senses to strengthen itself like ordinary mental images. To fulfill this need, the energy rises up from the base chakra. Rati play done in that situation is very pleasurable and soul-developing, that means energy is flowing by means of it. Entering sushumna channel, this energy reaches Sahasrara.

Along with Kundalini, the brain also develops well from muladhar energy. That is why it is said that Kundalini is very important for the rapid development of mankind. The above Kundalini rituals can also be called tantric rituals. When a man is away from worldliness, has sufficient accumulated amount of energy in muladhar chakra due to low consumption, and his energy is already flowing in the sushumna, he is in a sadhu or sage state. He does not have much interest in Ratikrida or lustful play. Those women come from Devlok or god abode, meaning those human thoughts come out of the mind and start performing the work of worldliness with a non-dual spirit. This is said to be bathing in the Nanda and Alaknanda rivers by the goddesses. The gods and goddesses are themselves symbols of non-duality always. In ordinary people filled with duality, the upward effect of this energy is less marked. Therefore, their sensual feeling is only a momentary pleasure, which is called sex. Due to the duality in them, there is no Kundalini in their mind. Therefore, the energy of Muladhara does not climb up due to lack of need. That is why the energy of Muladhara is not conserved but gets destroyed. You can call Kundalini as the sexual-energy storing and delivering battery. Divinity resides in the mind itself. After crossing Saugandhik forest and Alkapuri, all the deities come to a banyan tree, whose branches spread over the entire mountain and cast shadow. Actually, Kundalini is depicted in the form of all those deities. The whole creation resides in the mind. It means that all the deities reside in the mind, because it is the deities who run the universe. Within a single Kundalini picture or meditation picture, the whole mind is absorbed in the same way as a sugar grain contains a whole sack of sugar or a whole sugarcane field. If someone wants to see sugar, then we do not pick up the whole sack of sugar but take one grain of sugar. This makes the job a lot easier. The amount of energy that can lift a sugar sack one foot high, the same amount of energy can lift a sugar grain thousands of feet high. Whatever work will be done with a sack of sugar, the same work will be done with a grain of sugar. Similarly, if the mind is to be taken up to Sahasrara to be united with Shiva, then we do not carry the whole world of the mind but carry only the Kundalini. This makes the task of reconciliation of Shiva-

Mana or Shiva-Jiva very easy. The amount of energy with which the whole mind can be raised from the Muladhara to the Swadhisthana chakra or lower, the same amount of energy can elevate the Kundalini to the Sahasrara. What is the need of mind containing a heap of innumerable pictures, when the same thing will be done with a single Kundalini picture sorted out of that heap. Many deities have been shown in place of Kundalini, so that it can add interestingness and mystery to this psychological narrative. The banyan tree is sahasrara, because sahasrara is connected to the whole brain through nadis. Those nadis can be called branches of the tree of Sahasrara Chakra. Its branches were spread on three sides, it means that from the Sahasrara to the left brain, right brain and then forward down to the front channel, energy is transmitted in three directions. It is getting energy from the back channel located in back and below direction. It is in the fourth direction, which we can call the trunk or root of that tree. Energy always flows from the root to the branches. Its upper extension is said to be 100 yojan high, which is a distance of around one thousand miles. It's a big height reaching the outer space. Actually it means that the Sahasrara Chakra is associated with the energy continuum, which extends into the eternal sky. Probably, one thousand mark has been chosen as sahasrar itself literally means one thousand branches. It is barred from the nest, meaning no normal creature can reach there. It was barred from heat, which meant the very calm Sahasrara Chakra. The duality from which heat is created was not there at all. It was very delightful. This means that the beauty of all places is due to Sahasrara. At delightful places the energy gets condensed in the Sahasrar, that is why those places seem delightful. That's why you must have seen that after roaming in a delightful place, the body does not feel like working for some time due to exhaustion. This happens because most of the body's energy has gone to Sahasrara. After roaming in the delightful place, one becomes refreshed and serene. The old burden of sins seems to have been removed. That is why there is so much craze for tourism in the world. Pilgrimage also involves this very same principle. All this happens because of the Sahasrara Chakra. That is why it is called His Holiness. Only virtuous souls can

see that tree. There is nothing surprising in this, it is clear from experience that the Kundalini consciousness falls down due to acts of violence etc., and rises up by virtue of humanity. It was divine. All divinity happens only in the Sahasrar Chakra. The word divine is derived from diva or light. The origin of light is the Sahasrara and the eternal energy associated with it. It was yogamayi or full of yoga and was the favorite abode of yogis and Shiva. Shiva is also a yogi. Connection or yoga with Brahman or energy continuum is possible only in Sahasrara. Obviously, Mumukshu people who desire salvation will go there, because it is possible to get rid of limited consciousness only in Sahasrara. Shiva was sitting at the root of that tree. Brahma or the unbroken energy or energy continuum is called Shiva here. He was in the guise of being dear to the ascetics. Meaning that he was in the form of non-dual form of unbroken energy, which is liked by the ascetics. Where did ordinary people immersed in duality start liking him? The sons of Brahma, Sanatkumar, etc., who are always absorbed in the meditation of Brahma, are said to be worshiping Shiva, because Shiva is also the greatest Tantrayogi of the universe. By concentrating on Ajna Chakra and Mooladhara, the prana energy gets channelized and centralized and comes to Sahasrara. It is said by Kubera to serve Shiva along with his guhyaka or low level servants and family members. The Guhyak here symbolizes the Muladhara, as the Mooladhara and the Agya chakra are intertwined. Guhyaks are also dark tamoguni like Muladhara. The family members of Kubera are symbols of the prana or psychic energy scattered all around in the brain. The family members are under the control of the head of the family. Vatsalya or child-affection will be there in Shiva only. Lord Shiva, the lord of infinite consciousness, will think us as children with limited consciousness.. He was having bhasma or ash put on his body. Bhasma is a symbol of detachment, essence and loyalty. The essence of the whole world lies in the ashes. Why Shiva, who enjoys in the unbroken and unlimited energy, will like the limited energy called as world? Many people take inspiration from Shiva for Tantra Yoga and attain Kundalini awakening. This is depicted as preaching of divine knowledge of enlightenment by Shiva to his devotees.

Chapter-15

Kundalini Shakti and Shiva unite to give birth to the wisdom named Kartikeya, who destroyed the darkness of ignorance named Tarakasur

According to the Shiva Purana, Lord Shiva, distraught in the separation of Sati, sat down to meditate on the peak of the Himachal (part of Himalaya), where the Ganges river descends. Because of the Ganges, that place is very holy. He started diverting his mind from Sati and engaged himself in the practice of yoga. When Mountain king Himachal came to know about his arrival, he went to meet Shiva with his family and members, and attended his service. Shiva told him that he wanted to do penance there in solitude, so no one should come to meet him. Parvatraj announced in his kingdom that whoever tries to meet Shiva will be given a harsh scepter. But Parvati wanted to serve him, so she insisted on going to Shiva from her father Himalaya. The exhausted Himachal took Parvati back to Shiva, and prayed for Parvati to accept her service. Shiva said that he is engaged in meditation yoga, so what is the work of a woman. Women are fickle by nature, and disturb the attention of even the biggest yogis. Then he said that he is always situated beyond nature in his ecstasy and void form. On this Parvati told him that he could not live beyond nature. Without nature, he cannot even speak, then why is he talking big things. If he is beyond nature and he already is everything, then why is he doing penance on this Himalayan peak. Nature cannot harm the one who is beyond nature, then why is he afraid of it. Shiva liked this reasoning, and he allowed Parvati to do his daily service with her sakhis or she friends. Shiva used to remain unattached to Parvati's gesture. There was never any desire in his mind. However, he

only saw Parvati in his meditation. He felt that his ex-wife Sati had appeared in the form of Parvati. Knowing this good opportunity, the gods and sages sent Kamadeva to create lust in Shiva's mind. They wanted to make Urdhvreta (a man with upward semen flow) Shankar a chyutreta (a man with downward semen flow to outside to be wasted). The gods and sages were troubled by the demon Tarakasura. He was to be killed at the hands of the son of Shiva- Parvati. That is why they wanted to get Shiva and Parvati married. Shiva first became enamored of Parvati, and began to describe her appearance with sensuality. Then as soon as he started putting his hands inside Parvati's clothes, and because of her feminine nature, Parvati started smiling shyly running away, he got the idea of his God form, and he went back repenting of his actions. Then his eyes went to Cupid standing nearby. Kamadeva himself was consumed by the furious effulgence of Shiva's third eye. Shiva wanted that only when Parvati's pride or arrogance is over, he will have a love affair with her. That's what happened. As soon as Parvati's ego was destroyed, Shiva adopted her and from their mutual love, Kartikeya was born, who grew up and killed the demon Tarakasur. Tarakasur had taken the gods and rishis hostage. He used to get the gods to do things of his own free will. In fact, he had asked Brahma for a boon that he should not die at the hands of anyone except the son of Shiva. He knew that Shiva is the real God beyond nature, why would he marry.

Demystifying the the above metaphorical story of Shiva-Parvati marriage

God is also desperate to meet the soul. Being alone, he gets bored. If it were not so, there would be no evolution. In order to meet the soul, he starts doing penance while sitting in the sahasrar of the living being's body. He neither eats nor drinks anything. He just remains silently meditating on his true natural form. This is what Shiva has to do penance there. The body of the living being is the Himalaya Mountain, and the mind of the living being, that is, Kundalini, is Sati or Parvati. Due to the effect of his penance and yoga, he does not get disturbed for her even after being so close to his beloved

Sati. Sushumna is the river Ganges here, which keeps on energizing the Sahasrar by giving it a huge amount of energy carried up from muladhar. The soul of the living being here also is the mountain king Himalaya or Himachal. In this way, the meeting of the soul with God keeps happening in between, but there is no complete meeting. It is written in this form that Shiva refused to meet anyone there. Meeting here means complete meeting. Perfect union between two can be possible only when both are of similar nature. If Shiva will meet the common man completely, then it is natural that his penance will be disturbed, because the common man does not do penance, and is full of many faults. That is why the soul keeps its mind and its senses entangled in the outside world by itself, and does not allow these to go towards Sahasrar to meet Shiva. These mind, senses and pranas are the residents of King Himachal. Even if they ever go towards Sahasrar by mistake, they feel dark. This darkness is the harsh punishment given to them by Parvatraj Himachal. But the Kundalini picture in the mind wants to go to Sahasrar again and again to meet Shiva. This is Parvati. The most powerful picture of the mind is the Kundalini picture. It can easily go on till Sahasrar. This is described as the insistence of Parvati and the Himalaya taking her to Shiva. This also means that Parvati tells Shiva that if he is beyond nature, then sitting in Sahasrar, whom he is doing penance hoping for. Meaning that nature itself has forced Shiva to sit in the Sahasrar Chakra of this body, so that he can meet the Kundalini in the form of Parvati. Happiness comes only by sending the Kundalini picture to Sahasrara, not by sending other pictures. This is told in this metaphorical story by saying that Shiva accepted his daily service to be performed by Parvati. Parvati every day used to go to that holy peak to serve Shiva with her she friends and return home every day. This means that during the daily Kundalini yoga practice, the Kundalini would stay in the Sahasrara only for a short time, the rest of the time on the other chakras. The Muladhara Chakra is the Kundalini Shakti's own home. The main prana energy rising through back and the movement of breath which always stays with the Kundalini are said to be the sakhis or she friends of Parvati. For every action there is an equal reaction. Due to Kundalini being in

Sahasrara, one is experiencing Advaita, that means Kundalini is meditating on Shiva. In return, Shiva is also meditating on Kundalini equally. Shiva sees his consort Sati in Parvati. Actually Jiva or soul or living being or Kundalini or Sati is separated from Shiva once upon a time being infinite years ago. At that time, she used to live united with Shiva as both inseparable from each other. The sending of Kamadeva by Brahma and other deities to get Shiva-Parvati to meet means, naturally, an advanced yoga practitioner is attracted towards sexuality or sexual tantra. You must be seeing every day how big spiritual people are being accused of sexual abuse. Even eminent Brahmarishis like Vishwamitra could not escape this sexual eroticism, and became corrupt. In fact, this sexuality arises in order to impart the ultimate liberation velocity to the Kundalini just as escape velocity imparted to a space shuttle to escape earth's gravitational pull, so that she can become free from materiality and become one with Shiva. But many yogis are not able to handle this sexuality properly, and instead of profit, it does their harm. Taking the help of that sexual sensuality, Kundalini went very close to Shiva, but could not unite with him. This means that Kundalini awakening could not take place. By meditating on the Agya chakra, the Kundalini remains on the psyche, due to which even the sexual act becomes devoid of sensuality and pure. It is said that Kamadeva was burnt to ashes from the third eye of Shiva. The third eye is located on the Agya chakra itself. I consider Ajna Chakra as the third eye. It is due to the influence of this Kundalini Shakti situated mainly at agya chakra or third eye that sexual yoga remains untouched by physical sexuality, whereas in spite of similar physical activities, pornography is full of inflammatory sexuality. On the request of the gods, Shiva married Parvati only when Parvati first destroyed her ego. I was also telling this in the previous chapter that when the ego on the Sattva guna produced by yoga practice is destroyed, only then there is the possibility of Kundalini awakening. Kundalini symbolizes the mind or the living being. The ego of the living being has ended, that is, the ego of Parvati in the form of Kundalini has ended. All the deities reside in the body of the living being. In the form of the soul, they are also bound in the body. For example, the sun god who roams freely in the

universe is bound in two small eyes, the universal wind god is bound in the nose, the water god naturally roaming freely inside celestial bodies is bound in the limited blood etc. Similarly, the sages are also bound by preaching knowledge to the bound soul of living beings. These gods and sages will also be considered completely liberated only when the soul is liberated, which means the marriage of Shiva-Parvati will take place in the form of Kundalini awakening. This is the prayer of the gods and sages for salvation, which Shiva finally accepts. The demon Tarakasura is the name given here for ignorance of soul. Taraka literally means the pupil of the eye, which is dark in color like ignorance. It binds the whole body including the mind of the living entity. Taraka also means eye or light or knowledge. The demon who destroyed it was Tarakasur. Tarakasur or ignorance blinds a man. According to the above, the deities and the sages themselves fall into bondage due to the bondage of the soul. His destruction can only be accomplished by the wisdom born of Kundalini awakening, who is described in this story as Kartikeya, the son of Shiva-Parvati.

Chapter-16

Kundalini mystery is revealed only in the form of eternal love relationship between man and woman

Shiva-Parvati Marriage, World's biggest Mystery ever

Dear readers, there is also another meaning of Shiva- Parvati marriage. Parvati is nature, which is in the form of a thought of the mind. She binds the Parabrahma God. Shiva tells Parvati that he is independent always but she has bound him and made dependent, because she is Goddess nature doing everything. Parvati did severe penance, which means that nature has developed life for millions of years. Then she was able to make omniscient God as a tiny soul. This gave rise to the existence of life. Parvati tells Shiva to ask her father Himalaya for her hand. This means that nature does not want the soul to be born everywhere. If this were the case, then there would be souls in stone, soil, water, germs etc. Therefore nature wants that when the body of the living entity is well developed, then the soul should be born in it. This developed body has been called the Himalaya, the mountain king. Parvati first creates the Himalaya, then she takes birth as his daughter and lives there. Meaning that nature first creates the body, then it itself is born from it, and settles inside it. It is as if a man first builds a house for himself, then himself starts living in it. Then Shiva says that even though he is formless and desireless, he takes on a body for the devotees. In fact, this visible world is the body of Shiva. Running after this, a man actually runs after Shiva, that means he worships him. But the man does not think so.

Kundalini is also the gross form of Parabrahma Shiva, through whose meditation only Shiva is meditated. In a direct form, no one can know or recognize Parabrahma Shiva.

Lord Shiva, the master of Leftist Tantra

In the Shiva Purana, Shiva is called a weird eater (eating non eatables) and a material sacrificer (bhootabalipriya). Meaning is clear. This confirms the belief of the Panchamkari Vammargis or leftists that Shiva consumes meat, liquor, cannabis, etc., and is pleased with the animal sacrifices offered to the deities in temples. Well, only they know the truth. I am only expressing possibility. In fact, God is the one who saves everyone, and he is also the one who kills. But he as killer seems to us only through illusion. Even in killing by him, saving by him is hidden. We can praise God completely, but we cannot imitate Him completely. This is because God is not affected by karma and fruit, but man has to suffer the bad consequences of bad karma. This may have been the initial belief of Islam as well, but over time it has become an extremist and an enemy of other religions and sects. Even Quasim, a muslim cleric has also referred to Lord Shiva as the first messenger of Islam. This reminds me of a recent incident. According to sources, in this Cricket World Cup, a Pakistani player started offering Namaz sitting down in front of everyone in the middle ground. Pakistan got more happiness from preaching than winning the match.

Kundalini as a true life protector

It is said that Kundalini resides on different chakras in different living beings. In developed organisms it resides in the upper chakras, while in undeveloped organisms it is in the lower chakras. I have also described this in an old chapter. This does not mean that all living beings are Kundalini yogis and do Kundalini meditation. This means that when our level of consciousness is low, then if we do a little meditation in the form of meditation on Advaita from the invisible subconscious mind itself, then the Kundalini descends on the lower chakras creating blissful peace. I am calling this as light

thought of invisible meditation because in the low state of consciousness, where is the energy to meditate in the brain. During the darkness of the unconscious, with this inconceivable meditative feeling, the Kundalini mostly comes to experience at the navel chakra, and if the level of consciousness drops even further, then it comes to the Swadhisthana chakra. However, within a few moments, Kundalini ascends to the chakras of the brain, because it is the nature of Kundalini to rise. In doing so, she also brings the energy up from the base chakra. This is because in a state of low consciousness, there is not enough energy level in the brain to place the Kundalini in the upper chakras. It seems that the arrival of Kundalini on the lower chakras is helpful at the time of death. At the time of death consciousness is at a very low level. A dark shadow remains in one's mind. At that time, Kundalini by the subtle spirit of Advaita comes to the lower chakras and acts like a good friend and gives a blissful and calm consciousness. She liberates man, defeating all the sorrows and sufferings caused by death.

Chapter-17

Kundalini meditation- penance is called as Shiva or Ishta meditation- penance grossly

Kundalini shy away from meeting her beloved Shiva like a woman filled with shame, and being unmarried for innumerable ages and births, wanders like crazy in her chaotic pursuit

In the previous chapter, I was referring to Shiva Purana to tell that Parvati was shying back while meeting Shiva, but was also smiling with joy. Actually the same happens with Kundalini or the living entity. As Kundalini begins to unite with Shiva, she withdraws in panic and shyness. Although she enjoys it too much, and later she regrets why she backed out. This is the momentary awakening of Kundalini possibly that happened to me, by the grace of Shiva and by the grace of Guru. Now I don't even remember that experience. So it seems to me that something had happened and I was completely open at that time. It is quite possible that this type of Kundalini story has been written in the form of this Shiva story or Shiva Katha. Even if it is not written, it does not matter, because as happens in the gross world, so happens in the subtle world also. No difference. "Yatpinde Tatbrahmande" in Sanskrit. When Shiva consumed Kamadeva, he himself disappeared. This made Parvati extremely distraught with separation. All the time she was lost in the remembrance of Shiva. She could not find any joy anywhere. Her life had become dull. Seeing her condition, Parvatraj or Mountain king Himachal also became sad. He lovingly consoled his daughter Parvati by placing her on his lap. One day Narada Muni came to meet Parvati and explained to Parvati that she had not destroyed her ego, that

is why Shiva disappeared. Then told her that Shiva wants to destroy her ego for her good, that is why he had turned away from her. Narada asked Parvati to do penance to end her ego. When Parvati asked for a mantra from Narada for penance, Narada gave her the Shiva Panchakshara mantra. It is “Om Namah Shivaya” a famous mantra.

Revelation of the above allegorical or metaphoric story

This phenomenon is visible in many love affairs. Once there is a mental sexual relationship, then there is an immense attraction towards each other. The man constantly tests his girlfriend. He wants to see her crazy in his love. He wants to see her completely loyal and devoted to him. Many restrained men even want the woman to propose him herself and even bring her doli (bride's chariot) of her marriage to his house on her own. This is not a joke, it is a psychological reality. It is inspired by Kundalini. If this is not the case, they do not even refrain from abandoning the woman. A highly spiritual man like Shiva, even after coming very close to the woman, restrains himself and saves himself from wrongdoing. They do not even talk to the woman and take their own separate path in life. It is like the disappearance of Shiva. Due to this, the woman suffers like a fish without water in the memory of the lover. The same happened with Parvati too. The man also settles her memory in his mind and gets engaged in his work. It is just like Shiva going into a meditative state. Most of the men already appear devoid of ego like Shiva. In most of the cases, only the woman has the ego of form, quality and property. I'm not showing gender discrimination here. I'm only showing the natural truth. Exceptions are everywhere, somewhere more, somewhere less. For this reason the man goes away from her, because where is the union of fire and water. Later on, when the ego of a woman is destroyed by the blows of worldliness, then she meets that loving man again by chance. However, most of the women have settled their own separate household. Unlike Parvati waiting for Shiva, it is rare that she keeps on waiting for her lover throughout her life. Still, a woman

receives emotional benefits from her true lover man as a sister, friend, etc., or through any humane relationship. The mixed mental power of both of lovers is automatically passed on to their children, either they marry or not. This is the cosmic union of Shiva-Parvati, and the birth of Lord Kartikeya in the form of psychic power.

Sahasrar is the place where the Ganges descends in the Himalayas

Parvati meditates at the same place where she had a courtship with Shiva. That place is the Sahasrara Chakra itself. That's the place of Kundalini awakening. The verse "Ganga of love" is so popular. In fact, the energy that ascends through the sushumna in the back with love is the Ganges of love. Kundalini mounted on the Sahasrara Chakra, and began to experience the bliss of Advaita. It has been written in such a way that Parvati started doing penance in Sahasrar. Tapas means meditation of Kundalini in Sahasrar. This is also the meditation of Shiva, because in Sahasrar Shiva definitely comes to meet Kundalini later or sooner, which means Kundalini awakening definitely takes later or sooner. Tapas done for kundalini meditation is grossly called as tapas done for meditation of Shiva, because ultimately Kundalini is leading to Shiva only. This again proves the theme of this blog that Kundalini meditation is everything or one and all. penance is done only for meditation. Therefore, tapas can also be called dhyana yoga or kundalini yoga. If tapas or austerity does not lead to meditation, then it is not austerity, it is just a show. Her father Himachal and mother Maneka reach there with their sons and famous mountains to persuade their daughter and stop her from penance. They are saddened by her suffering. They tell her that the recluse Shiva, who consumed Kamadeva, will not come to meet her. Anyway, God doesn't care about anyone. He is complete in himself. He enjoys himself. It is not an easy task to control such a supreme master. But stubborn devotees like Parvati convince him. Parvati was fully aware of the power of devotion, so she does not believe and keeps on doing penance. Actually the brain is the king Himachal. Such

chemicals come out of it, which distract away from penance. This is what Himachal explains to Parvati the wrathful aftermaths of doing penance. It wants to keep the soul entangled in the external world by diverting the attention from the Kundalini or say Shiva. Various mountain peaks are walnut-like bulges of the brain, which control different parts of the body. All these submountains are inside Himachal. The mind or brain remains in fear of losing its power. With the heat of the fire of her penance, the whole universe starts burning. Disturbed by this, all the gods and mountains, taking Brahma along with them, go to her to persuade her and stop her from penance. Actually this body is the whole universe. There is a Sumeru mountain in it. It is the abode of all the gods. This body will definitely be badly afflicted by the austerity. It's natural for brain to stop this all. Brahma lives on Mount Sumeru. Mount Sumeru is called the brain itself. Just as the universe develops from Brahma, so does the body develop from the brain out of its thinking power. Although all the deities reside in the brain, but the most arrogant and powerful deity of the mind is called Brahma that's called primarily living there. All the demigods pervade the whole body along with the brain, but Brahma resides only in the brain. That is why the abode of Brahma is said to be in Sumeru. Therefore, due to austerity, these physical deities and innumerable living cell-shaped creatures living in this body-like universe are disturbed by being hungry and thirsty. In fact, along with the Kundalini, the prana of the body also goes to Sahasrara. Due to this the body becomes powerless like crippled or like helpless or like dependent. It is natural that the body will then become physically backward. It's all inside this body-universe or subtle universe. Nothing happens in the outer gross universe. If the external gross creatures and gods had suffered, no one would have survived till today, because lakhs of people do penance every day in the form of meditation. Many yogis do severe penance even in the forests and mountains.

Chapter-18

Kundalini-Shiva marriage is the origin of ordinary worldly marriage

King Himachal is the symbol of the mind and his kingdom the body

It is told in the Shiv Purana that King Himachal invited all his relative-mountains and rivers for the marriage festival of Shiva-parvati. He stored different types of food. There was decoration all around. He distributed many amenities to all the people of his state. The people of his entire kingdom were pleased with him. The chief sages were sent to Kailash to meet Shiva with an invitation for marriage. Actually, King Himachal and his palace are the brain. Kailash is the Sahasrara Chakra. The land or earth itself is the kingdom of King Himachal. It is the whole body. Anyway, the mountain is called Bhubhrit. It means the one who maintains or supports or nourishes the earth. The mind or brain sustains the body. King Himachal calls all the rivers his palace, meaning the brain attracts the energy of all the nadis or channels of the body towards itself. He also invites all the mountains, that is, the main center of the brain expresses the supreme sensation of Kundalini awakening by gathering sensation-force from all other smaller centres of the brain. This is the marriage of Shiva, and this is what is said to be the joining of various mountains in the marriage of Shiva. Parvatraj Himachal stores various food grains, meaning the brain draws all the energy of the body towards itself. Food is energy, energy is food. Food is eaten only to get life energy. That's why it is said that food is life or prana. The people of the entire state of Himachal are filled with joy and happiness, which means that when the brain is full of energy, then such chemicals are released from it, which benefit the whole body. Such equivalence between the body and the universe

is best depicted in the book Physiology Philosophy or Sharirvigyan darshan. On the day of Shiva marriage, all the people of the state join the abode of various pleasures, and enjoy various luxuries to the fullest. This means that the blood circulation throughout the body increases on the day of Kundalini awakening. What was the need of the sages to write in such detail a simple marriage like a common man, because they themselves were celibate or unmarried and many used to do penance in the forests while staying away from the household. Kundalini has parents, but Shiva doesn't have. Shiva is self born, that's why called as Shambhu. It is evident from this that it's not an ordinary worldly marriage. Kundalini awakening has been described as Shiva marriage, so that even the common people bound in the household can understand it and get its benefit easily.

The highest palace of the state of Himachal is Sahasrar, where only the married couple of Shiva-Shakti can reside permanently

As above, the Saptarishis or seven great sages were sent to Kailash along with marriage invitation letter to Shiva. Kailash is the Sahasrara Chakra. There is the abode of Shiva in the form of non-dualism. In fact, after the prana rising, the energy-river of the body flows only towards Sahasrar. It is natural that with the power of that energy, beautiful pictures keep up appearing in the Sahasrar region with non-duality and joy. It is also natural that most of those pictures are also made of those people or things with which Advaita Bhava or spiritual spirit is associated. This is because a person wants to go to the same area which is favorable to him or is similar to him. Who can be more non-dual or spiritual than the seven great sages. That is why those spiritual objects or persons are shown as Saptarishis. Well it can be any spiritual object like Guru, temple priest, temple, cow, Ganga etc. These things go close to Shiva, and also inspire him to become one with Kundalini, but these are not able to become one with Shiva themselves. This is shown by Shiva purana as an invitation to Shiva for his marriage. Whom to marry, Kundalini. Due to not being able to unite with Shiva, these

are shown coming back after giving invitation. No one can stay for long in Sahasrara without complete Union with Shiva. Spiritual images visiting for few moments in Sahasrara have to come back to general lower areas of brain. Kundalini is able to remain continuously with Shiva in Kailash as a result of being one with Shiva or being awakened. Meaning that after Kundalini awakening, the experience of Kundalini connected with one's soul continues throughout his life in the Sahasrara Chakra. This is the main quality of Kundalini awakening that leads a man to salvation.

It is Pran who creates the marriage of Shiva-Shakti in Sahasrar

Then it comes that Vishwakarma made wonderful and divine marriage pavilions, buildings and courtyards for the marriage ceremony of Shiva. Inertial sculptures looked like living things, and living things looked like sculptures. There was a feeling of land in the water and of the water in the land. Actually, due to the existence of profound prana in Sahasrara around Kundalini awakening, everything seems wonderful and divine. There is a state of great joy. There is peace all around. Advaita Bhava is near the peak, and reaches its peak during Kundalini awakening. Everything seems the same. The distinction ends. It is not a stupor like intoxication, but full of supreme consciousness and bliss. This spiritual sentiment is depicted here in the form of the above interesting story. Water to land or land to water, means the end to experience of distinction between water and land. The appearance of the nonliving as the living and the living being seen as the nonliving, means there should be a similarity between the nonliving and the living. Everywhere was thoroughly cleaned and well swept. This means that real and complete purity is experienced in Sahasrar itself. Clean as much as you want from outside, if there is no prana life in Sahasrar, then everything looks dirty. For this reason, spiritual places smeared with cow dung feel very sacred, because the Sahasrar Chakra is filled with prana life due to the influence of spirituality. Even the neat cleanliness of the costly buildings, where there is a lot of fighting and quarrels, is not

liked, and there is a suffocation. On the contrary, a hut of grass that is covered with cow dung and occupied by a spiritual sage also looks very attractive and blissful.

Chapter-19

Kundalini Yoga in Ramayana through Lord Rama's homeland Ayodhya as metaphorical story

On a deeper look, the Ramayana seems like a practical and inspiring description of Kundalini Yoga

Lord Rama is the symbol of the soul here. There is essentially no difference between the Supreme Soul and the soul. He practices Shakti sadhana during the nine days of Navratri. From this his Kundalini reaches Sahasrar. It makes him pure every day. On the tenth day, he destroys the egoistic self that's Ravana by burning it with his yoga fire. His Kundalini gets awakened on the day of Diwali. It is shown the return of Rama to his home in Ayodhya. Ayodhya is that supreme abode of the soul, which no one can conquer, that is, over which there is no one. This is also the literal meaning of Ayodhya. Rama is the son of Dasharatha. Dasharatha means the chariot drawn by ten horses. The senses are called horses in the scriptures. Five work organs and five sense organs, a total of ten sense organs operate this body. That is why the body is called Dasharatha. Due to this the supreme soul becomes like a conditioned soul or Ram. Although Ram is God, but from him, it is this Dasaratha or body that produces the conditioned soul or ordinary Rama, that is why it is called the father of the soul, Rama. The story that he stays in exile for 12 years, that is Kundalini Yoga Sadhana. Through Kundalini yoga practice, a person remains the farthest and the most isolated, even while living in the midst of everyone. This is what is called exile. The wife of Dasharatha, who is Kekayi, is the supreme intelligence born in the body. She looks foolish and wicked from the outside,

but in reality she is the one who is of supreme benefit. She seems like a kak or a crow to say harsh words like kanya-kanya, that's why her name is Kekayi. She had once saved the body of Dasharatha in a battle with the demons, that is, by strictness and love, she saved Dasharatha from being corrupted by the evil habits of demons. That is why Dasharatha had deep faith in her. To maintain the intellect of Paramarth or supreme purpose, one has to walk on the path of Paramarth. The meaning of Kekayi's threat of suicide by going to Korbhavan or angry-house means that if at least three of her most spiritual words or demands are not fulfilled, then the body will indulge in luxuries and will do evil deeds, due to which it will be destroyed. Saraswati resides in the speech of those who walk on the right path. Their words are not false. It has been said that the Raghukul (the family tree of Rama) bound rituals never had lies, even they die but their words or promises never die. Kekayi's demanded first boon is not to give the kingdom to Rama. It means to keep Rama away from indulgences and unnecessary responsibilities. The second boon is to give 12 years of exile to Rama. Exile is synonymous with Kundalini Yoga Sadhana. It has been written in various kundalini yoga sects that it takes around 12 years to perfect the kundalini yoga. The third boon is to make his son Bharata the king of Ayodhya. Bharata literally means 'devoted to brotherhood', engrossed in the devotion of brother Rama. Bharata is the detached mind of the body. He rules, but with an extinguished mind. He is not attached to the pleasures. He keeps Rama's shoes on his throne, never sits on it himself. This is the great Karmayoga of King Rama. He does nothing in spite of doing everything and remains engrossed in Kundalini Yoga Sadhana. Rama's wife Sita i.e. Rama's Shakti resides with yogi Rama and not with King Rama. This is Sita's going to the forest with Rama. likewise, Hanuman and Lakshmana also live with Yogi Rama under his guidance, not with King Rama or Bharata. Hanuman here symbolizes the wild or blind force, which through various yogic actions helps in Kundalini yoga. Lakshmana is the symbol of millions of thoughts of the mind. Laksh-man-a (laksha means millions, man means thought or mind) means millions of thoughts literally. They also give their sensory energy to Kundalini. In fact, the art of depicting

different parts of the mind as different persons is of great importance in allegorical narratives. Anyway, the whole world resides in the mind itself. If someone asks what Kundalini Yogi Rama used to meditate while practising Kundalini Yoga, the answer is clear that Rama used to meditate on Lord Shiva. The proof of this is the Rameshwaram shrine, where Rama himself has established the Shivling. This very famous pilgrimage comes under the Chardham Yatra of India.

The name of Rama's second mother, Kaushalya, is derived from the word Kushal in Sanskrit that means well being. It is the intellect in the body that seeks the well-being of the body. She looks good from outside, because she wants to give all the comforts to the body, but she is not liked by Rama and the supreme intellect or Kekayi, who wants his real welfare. Kekayi does not like Rama's body or Dasharatha, because what does the body have to do with Paramarth, it just needs luxury. Though obviously she is not liked by Dasharatha, but when she is strong, then she can tactfully tame the body or Dasharatha. This is subduing Dasharatha by Kekayi.

Kundalini is associated with permanent home

We can also call Dasharatha or body as the king of his permanent home. This is Dasharatha, the king of Ayodhya. We can also call the man's own permanent home the city of Ayodhya, because we cannot fight it. We can't harm it. No creature can fight with its permanent home. That is why its name is Ayodhya. It also means that no one can fight a man in his permanent home. That's why it is said that even a dog is a lion in his own house. No matter how much fighter a man may be, he always wants peace in his permanent home. This is a psychological fact. No creature wants to be haunted by guilt all the time, because its permanent home is always attached to its mind. Because man's mind is always connected with his permanent home, so Kundalini is also associated with permanent house, because Kundalini itself is part of the mind, or say it is the top representative of mind.

That is why every man always wants to maintain his honor in his permanent home. In times of trouble, only a permanent home is remembered. You must have seen how people used to run to their permanent homes breaking the corona lockdown. Dharma (religion), Artha (money), Kama (luxuries) and Moksha (spiritual liberation) are the four Purusharthas or the goals to be achieved by a man. Their basis is this body and that body's base is its permanent home. It has also been said that shariramadyam khalu dharmasadhanam in Sanskrit (body is the basis of every achievement). Therefore, of course, Jivatma Rama may ignore it a little bit for his Kundalini awakening, but after Kundalini awakening he has to enter this body and through it into materiality. Of course he may leave his home and go to the forest for Kundalini awakening, but eventually he has to come back home. You must have also seen that a man can go out of the house wherever he wants, but he can make real and permanent development only in his permanent home. It takes many generations of a man to make a new place a home. That's why a famous short poem has been made, "Four children of a bird, spread their wings out of the house; From east to west they roamed, from north to south they roamed the world, saw the whole world, at last knew that home is the most beloved. The glory of the home too is unparalleled, and that of the city of Ayodhya too. That's why the home and the groom have a lot of importance in relationships. Everyone knows that the real home is God, but the way to get there is through one's permanent residential home, it seems. That's why a man is taken chaperhumously to his permanent home. It is only to enrich his permanent home Ghazni that the jihadi invader Mahmud Ghaznavi had looted India wildly. Whatever development man does outside, it is only for his permanent home. So he does. Ghaznavi knew the importance of a permanent house, otherwise have he would not made a permanent house for himself in India? Most of the westerns also did not make permanent house for themselves in different colonized countries including India during the colonial period. The homeland or permanent home appears to be the sole root cause of most of the world's movements, conflicts and wars. This means that a man keeps on fighting for the Kundalini only because a permanent home is dear to

him because of the Kundalini present in it. A man can get enough food anywhere. But home is home. Belongingness is belongingness. It is from Kundalini that there is belongingness. This means that wherever a person may be while doing Kundalini Sadhana, he gets the same happiness as his permanent home, even more than that, if Kundalini Yoga Sadhana is done with sincerity and hard work. This also means that Kundalini Yoga can put an end to most of the world's conflicts and wars by eliminating home sickness, and creating an atmosphere of real and lasting peace in the world, which is desperately needed today. Working hard in his permanent home after Kundalini awakening by a common man is depicted as handling the administration of Ayodhya city by the King Rama in the best way. It is a different matter that after Kundalini awakening, the materiality brought in practice is used with enlightenment, therefore it's not too harmful. It is from this worldliness that awakened Kundalini leads to liberating self-realization, while achieving stability and eternity. I think nothing happens with a mere glimpse of Kundalini awakening, especially if it is not carried forward in the right direction. I want to make it clear that I am not saying that incidents described in Ramayana never happened, or that Ramayana is fictional. Ramayana can be real, can also be metaphorical, and can be in both the forms simultaneously. It depends on faith and belief. Ramayana teaches us in every way. It's as if accept, the whole world is imaginary, if not, then nothing is imaginary, there is no discrimination against anyone or anything.

Chapter-20

Kundalini Shakti as mother Sita in the body, and her exit is Sitaharan by Dashanan Ravana

Dear readers, in a previous chapter we were talking about how Ramayana seems like a metaphorical description of Kundalini Yoga. We will look at it in broader perspective in this article.

Mother Sita is the Kundalini Shakti in the body, and her exit is Sitaharan by Dashanan Ravana

The ten heads of the demon Ravana symbolize the ten doshas, the five defects of the sense organs, and the five defects of the work organs. Those doshas had taken out the Kundalini Shakti. Due to this, the Kundalini Shakti came out of the body and wandered in the world. While wandering in the material world, she was working in the interest of those defects, due to which those defects were becoming more and more powerful. She was making the lust dosha stronger by creating various worldly desires. By making fights, she was giving strength to the anger defect. By creating a desire to have more and more, she was increasing greed. By driving the body after beautiful things, she was increasing the delusion. She was increasing the sedation or Mada by getting intoxicated, etc., and by putting a bad eye on the property of others, she was increasing the jealousy dosha. In the same way she was also increasing the five doshas of the karmendriyas or work organs. That power is Mother Sita. The use of that Kundalini power by the ten doshas to increase their strength has been written as the stealing of Mother Sita by Dashanan Ravana.

Union of soul and kundalini in sahasrara chakra as Seeta meeting Rama again

To do various activities with non-attachment in the external material world through Kundalini Shakti is the way of Mother Sita to remain away from demon Ravana and unattached to him. The return of the Kundalini Shakti inward in the body through intense Kundalini yoga and its meeting with the soul after entering the Sahasrara is the reunion of Lord Rama with Mother Sita. The destruction of the defects of the ten senses by the union of Kundalini and the soul in Sahasrara is the killing of Ravana, Dashanan or ten-headed demon by Lord Rama with the help of Sita. Bharatvarsha is the body, Lanka is the physical world outside the body, and the ocean between them is the dividing zone between the two. Outside world can never enter inside. We don't feel the world, but we only feel the speculated image of outside world inside our brain. That's why great ocean has been depicted between both zones to show their absolute separability. Rama reaching Lanka through a bridge in sea is symbolic as we can not bring a thing back from an area without reaching that. He and his army didn't use boats but a bridge. It means that our brain doesn't actually reach the external world but gets the information through bridge in the form of lights and sounds entering the brain.

All Puranas give mythological and metaphorical description to Kundalini Yoga

In the olden times illiteracy and backwardness prevailed. Kundalini yoga was a subject associated with subtle spiritual science. At that time even the gross science was beyond the understanding of common people, how could they understand the subtle and transcendental science like Kundalini Yoga. That is why the knowledge of Kundalini Yoga was available only to a few people of the affluent class. They wanted that the common people would also get it, because every human has the right to spiritual liberation. But they did not succeed in explaining Kundalini Yoga to them directly. That's why they molded Kundalini yoga into metaphorical

and mythological stories, so that people would read them with interest, and gradually their inclination towards Kundalini yoga would develop. The collections of those stories became Puranas. By reading those Puranas, unknowingly, Kundalini started developing inside people. This made them happy, due to which they got addicted to the Puranas. The attraction of people towards such ancient texts from then till today's modern era seems to be due to this Kundalini-Anand. Among the people who read or listen the Puranas, whose mind was sharp, they could catch Kundalini Yoga immediately and awaken their Kundalini. In this way, the Puranas have been serving humanity since ancient times.

Importance of metaphor in spirituality

Metaphors give physicality, simplicity, interestingness, sociability and scientificity to spiritual subjects. Without it spirituality would be very dull. Although it appears as conservatism, hypocrisy, etc. in today's scientific world but it served lot of purposes in ancient times. If in place of Shiva the formless Brahman is called, how boring it would seem. The words brain and sahasrar are too boring, whereas it's so interesting by writing Himalaya mountain and Kailash mountain in their place. But let me tell you that the mountains mentioned in Shiv Purana seem to be symbolic or metaphorical. It is not that Kundalini awakening takes place only in the mountains. Yes, mountains do help a little more in that. There is peace. But there is also a lack of oxygen and other facilities. Due to this, most of the life is spent in getting rid of such material sufferings. Therefore, a mixture of plains and mountains is the best. Collect a lot of life force in the facilities of the plains, and go for a short time to the mountain to give it to the Kundalini. People used to do this in olden days. Similarly, the word Kundalini also does not sound as interesting as Mother Parvati or Sita seems in its place. Nevertheless, for the acceptance of today's so-called modern and intelligent society, one has to write the reality while revealing the spiritual metaphor.

Chapter-21

Kundalini awakening as Deepawali and Lord Rama's yogasadhana as mythological allegory of the epic Ramayana

Kundalini is Goddess Sita and soul is Lord Rama

Sita is the Kundalini who enters from outside world in the form of a picture of the object through the light entering the eyes. In fact, the Kundalini energy of the body has gone out of the eye. It is also said in the scriptures that the whole personality of a man resides in his mind, which keeps wandering in the outside world by going out through the external senses. Everywhere outside is the kingdom of material defects or Doshas i.e. Ravana, a ten-headed demon. That kundalini power comes in his possession, and cannot escape from his clutches. The living soul i.e. Rama, who resides in the brain, looks helplessly at Sita Shakti wandering in that external world. This is what Jatayu's brother Sampati i.e. a big vulture has to see across the ocean with his sharp eyes and tell her well being to Rama. Then Rama engages in yoga, and associates a lot with the idol of the deity made in a temple, etc. or the guru living there, and pleases him with body, mind and wealth. By this, gradually the impression of the picture of his master deepens in his mind, and there comes a time when that mental picture becomes permanent. This is the start of samadhi or kundalini awakening. This is said as rescuing Sita from Ravana, the king of Lanka, and bring her to city of Ayodhya by crossing the bridge over the sea. The ray of light is that bridge, because through it the physical picture from outside entered the mind. The mind is Ayodhya, in which the soul of Rama resides. No one can fight

with the mind, because it is beyond materialism. Very little is known about the mind of others. Everyone can fight with someone's body, but not with the mind. Its second meaning is also that the mind should be put on the right path only after persuasion and not by coercion or scolding. Even through telepathy etc., it is just a guess. One can never know completely about another's mind. First of all, the soul of Rama, wandering in the outside world that's in Ravana's Lanka, kept seeing his half part that's Sita Mata from afar. Meaning he didn't pay much attention to her. Even if he went out, he indulged himself half-heartedly. That is, he did not make enough efforts to bring back the kundalini power. Then, when Rama became very upset by her separation, then he jumped energetically out of his mind in to the outside world. This is what is depicted in the form of his battle with the demons. In fact, the real and lively life is like a war-level struggle and outward facing or extrovert life. It's Karmyoga, the root and beginning of every meditation. Meaning that he came out of Ayodhya and entered Lanka through the bridge of eyesight. He started working hard in the world with his full heart and with full attention. Meaning that he started looking for Sita in Lanka. Then due to some satsang or good company, divine qualities started increasing in him. Meaning that the practice of Yama-Niyamas of Ashtanga Yoga of Patanjali started by him by itself. This satsang is in the form of friendship between Rama and the demon saint Vibhishana. Due to this, the soul Rama liked something very much, and he was constantly in contact with that one thing. Meaning that Rama's eyes fell on his dearest Sita, and he began to be engrossed in her love. Meaning that in this metaphorical story, this principle of tantra has also been propounded that a woman that's wife is the most helpful in yoga. The main purpose of the Puranas is spiritual and transcendental. The temporal purpose is secondary or inferior. But most people get the opposite. For example, they draw from this spiritual myth the same cosmic ethic that one should not cast an evil eye on a foreign woman like Ravana. Although this teaching is also correct, but they either do not understand or ignore the main and basic purpose of Kundalini Yoga hidden in it. Then the position or chaperure of the body of the soul Rama and the process of breathing itself began to adjust in such a

way that maximum attention could be kept on the object of his favorite. Due to this, the development of Yogi Ram reached the asana and pranayama part of Ashtanga yoga. This means that Rama would sometimes stand for a long time to see Sita from afar and secretly, sometimes he would sit this or that way for a long time, sometimes he had to hold his breath for a long time, sometimes he had to breathe very slowly. This was so that the people entangled in the world, the demons of Lanka, would not come to know about this act of meditation or dhyana, so that they would not disturb his attention or meditation. What is actually a material object or a woman, that or she does not even know that someone is meditating on that or her. This is done very cleverly. If she finds out, she will shy away and will not be able to display her varied looks and emotions. Due to this meditation wouldn't mature, Also, due to the creation of ego due to this, there will be further impairment in meditation. The same happens in the case of Guru as well. Similarly, what does a stone idol standing in the temple know that someone is meditating on it? Because Sita's picture had occupied most of the space in Rama's mind, so it had no desire to store unnecessary ambitions and unnecessary things. Due to this the fifth limb of Ashtanga Yoga, Aparigraha itself became manifest. Aparigraha means neither accumulation of unnecessary things nor wanting them. Then in this way, by prolonged practice of these initial five limbs of yoga, the image of that object or woman becomes fixed in the mind of the soul Rama. These are the dharana and dhyana or meditation, advanced limbs of ashtang yoga. You can call it as start of Samadhi or kundalini awakening. It means that Rama rescued Sita from Ravana of Lanka, and carried her through the same ray of light as bridge built on the ocean of atmosphere to the beach of eyes and then to Ayodhya in the form of mind or through **Pushpak vimana that's an classical aeroplane named Pushpak as written in Ramayana**. Due to this the ten defects of his senses were destroyed. It is celebrated on the day of Dussehra festival as burning of effigy of Dashanan or ten-headed Ravana. The soul or Rama then practiced tantric yoga for twenty days to provide the final and emancipatory leap or escape velocity to kundalini for its awakening. During that time, he kept on

taking picturesque and scenic journeys to reach home. Anyway, meditation along with remembrance of one's permanent home gives more strength to Kundalini, because Kundalini is also associated with permanent house, as I mentioned in a previous article. Kundalini gets additional strength even from picturesque journeys, that's why pilgrimage trips have been made. With that all-out effort, his Kundalini was awakened within a short span of twenty days. This is Ram's reaching Ayodhya that's the original place of Kundalini. This is the Kundalini awakening. The light of sattvikta that engulfs the mind after Kundalini awakening is depicted as the festival of lights, Deepawali. Because the effect of Kundalini awakening spreads the light of joy by spreading all around in the society, especially in the home, so this is the joint celebration of Happy Diwali festival by the people of Ayodhya.

Chapter-22

kundalini tantric yoga helped by sexual sublimation and seminal transmutation in Hindu mythological shiva purana~sex to samadhi- super consciousness

According to Shiv Purana, Goddess Parvati got married with Lord Shiva. Then Shiva kept on roaming while romancing with Parvati. Hundreds of years passed while enjoying by him, but he did not get above it. Due to this, all the gods went to Brahma in despair. Brahma took them all along and went to Lord Narayan. Narayan explained to them that no pair of man and woman should be stopped from enjoying each other. If one does this, he has to bear the pain of separation from his wife and children. He gave examples of many such people who had done so and for which they were also punished. Then he said that Lord Shiva would have intercourse with Parvati for a thousand years. After that they will rise above it. So till then the gods were advised not to meet them. But even after a thousand years, Shiva and Parvati did not come out of the cave. The earth began to tremble due to the play of both of them, and due to the exhaustion of the Kachchap or great tortoise and the Sheshnag or great serpent on which the earth rests, the air of the atmosphere also became fixed column-like. Then all the gods were distraught. They reached near the entrance of that cave. At that time Shiva and Parvati were playing in sexual intercourse. The deities cried out in sorrowful voices praising Shiva, and made him aware of the atrocities inflicted on them by the demon Tarakasur. Hearing their cry, Lord Shiva left Parvati and out of compassion came to the door to meet

them. Shiva explained to them that no one can avert the being or destiny, not even he himself. Then he said that whatever had to happen, it has happened, now let us correct the situation ahead. Shiva said that only one who can receive his semen can protect all of you from the demon Tarakasura. All the gods put forward the fire god for this. Then Shiva reassuredly dropped his semen on the earth. The fire god drank that semen with his beak becoming as a pigeon. Then Parvati came out furious from inside and became angry with the gods, accusing them of making her childless by creating disturbance in her enjoyment of intercourse. Saying this she cursed them that they too would be childless like her. Then rebuking the god of fire, she said that he has done a low act like drinking semen, so he will not get peace anywhere, and will continue to burn with fire. Disturbed by the unbearable effulgence of the semen, he went to the shelter of Mahadev Shiva, and narrated his tale to him. Mahadev Shiva told a remedy to reduce his irritation. He said that if seven women who take bath early in the morning in the month of Magha or January take this semen in their vagina, then he will get rid of the burning sensation of that semen. Then Goddess Parvati took Lord Shiva inside the cave again, and having sex with him produced a son named Ganesha. Then eight sage wives arrived before the deities located at the cave entrance. They were getting cold by bathing in the cold water of Magha month, so seven of them started going near that fire. Another sage wife Arundhati knew everything, so she even stopped them, but they did not stop. As soon as they approached fire, the semen entered inside them through the subtle sparks of the fire, and they became pregnant. When their husbands, Rishis came to know about this, they abandoned them, calling them adulteress. Now they all started wandering here and there in the world, regretting their act. The burning produced by the semen inside them was not doing their well. So they went to the Himalaya Mountain and by giving that semen to Himalaya became free from the weight of irritation and pressure. When the Himalaya could not bear the radiance of semen, it gave it to the Ganges river. Ganga too was troubled by the effulgence of that semen, and she poured it into the reeds growing on its bank. There a child was born from it on top of a reed. There was happiness all

around as soon as he was born. Unknowingly, Shiva and Parvati began to feel the ultimate happiness, freshness and the end of any great burden. Due to excessive love, milk started coming out of Parvati's breasts on her own. There was a festive atmosphere all around their residence. The gods began to rejoice, and the end of demons like Tarakasura seemed to be near. He became famous as the boy Kartikeya, who grew up and killed Tarakasur.

Psychological and Kundalini Yoga oriented analysis of the above metaphor

Shiva is the soul of a living being. There is essentially no difference between the soul and the Supreme Soul. Parvati is his wife. The living entity has full cohabitation with his wife in every human birth, but does not take any means of liberation from life and death. The gods have created the world and the body of the living entity so that the soul living in it can be liberated. The deities also benefit from it, because they then renounce the bondage of the limited body of the soul and start living in their unlimited cosmic body as before. For a few births, they allow him to remain immersed in sexual pleasure with the permission of the Lokpalak God Vishnu. But when his tens of births pass like this, then Vishnu along with the deities also goes to urge him. In relation to spiritual liberation, nature has given free will to man, so he cannot be coerced. This means that the gods have to pray and praise him with love. The gods tell him that the demon Tarakasura is troubling them, and only his son can kill him. Tarakasura is a symbol of ignorance, as he blinds man. Kundalini is said to be the son of Jiva or living being. Actually the soul or jiva is in the form of the linga, and his wife is in the form of the love tunnel, which is the cave itself. Through various spiritual practices Kundalini develops in his mind, like by god worship and satsang or good company. The power of sex also gets mixed with this spirituality. Due to the influence of the fierce Kundalini developing through this mixture, vibrations start to arise in his body, and breathing also starts to crumble. This is actually self occurring pranayama and yogasana to counteract body stress naturally. This is depicted in the

metaphorical story as the vibration of the earth and the static pillar of the wind. The Jiva's central nervous system extends into the spinal cord and brain, shaped like a hooded serpent. The Kundalini picture grows in the same central nervous system. It is natural that it will get tired of the tremendous Kundalini's pressure. The same central nervous system controls the speed of breathing and the vibrations of the body. Due to its exhaustion, the breathing becomes irregular, long or distorted. That's why, in this metaphor it has been told that due to the fatigue of Sheshnag, the air of the atmosphere started columning. He feels the same Kundalini around the Swadhisthana chakra and Mooladhara chakra during sexual intercourse. This is depicted as the gathering of all the deities at the cave. This is concentration of blood there. Blood is the representative of whole body. Actually every god is present there inside the body. Then Shiva in the form of Shivlingam comes out of the cave. The soul becomes aware by the inspiration of the Supreme Soul that when the Kundalini picture becomes so much condensed with the element of semen in the genital area, then by offering it to the brain, samadhi or Kundalini awakening can definitely be achieved. Therefore he tells the deities of his own body gathered there that whoever can hold on to the effulgence of his semen will be helpful in killing Tarakasura that's spiritual ignorance. Then the living entity pulls the semen upwards by strongly contracting the muscles of his pelvis, stomach and ureter upwards. Due to this powerful action, heat is produced in the body. This is what is called semen drinking by the god of fire. The sucking of semen begins with the genitals, which have the shape of a beaked bird. This is said as fire god becoming a pigeon and drinking semen with help of its beak. Many tantric hatha yogis master this process so much that even after pouring out the semen on ground, they suck it back up. This technique is called Vajroli Kriya in Tantra. Because of this, because semen does not fall in the vagina, it is natural that pregnancy will not be formed. This is the curse of Parvati to the gods. Actually, gods are helping to do everything inside the body. Since the body is made up of the deities, it is natural that the deities will also become childless i.e. sterile due to the soul becoming childless. Holding semen causes a pressure or burning sensation in the genital area.

This is the curse given by Parvati to Agnidev. By the order of the Guru or the Supreme Soul, the soul transfers the effulgence of the semen of his genital organs to the seven chakras of its body. Since the eighth chakra is outside the body and slightly above the brain, it cannot give it semen tej that's effulgence. While taking a bath, there is a blissful sensation and contraction on the chakras. The colder the water, the greater the experience. That is why in the scriptures it has been instructed for everyone, especially yogis, to wake up early in the morning and take a bath with cold water throughout the year. With the power of their contraction, the chakras pull that semen from the genitals towards themselves. This is the sages' wives going near the fire due to cold, and through the subtle sparks of fire, the radiance of semen enters in them. Since the month of Magh that's January is the coldest, it is natural that this process takes place the most in this month. This is shown in the metaphor in the form of eight women, seven women and their bathing in cold water in the month of Magha. Because Kundalini-based hatha yoga has the same effect as cold water on the chakras, this metaphorical part also symbolizes hatha yoga part (especially Asanas) of kundalini yoga. The mind is shown as a sage and different groups of brain thoughts as different sages. Different thoughts of the mind are buried in different chakras. That is why the chakras are called sages' wives. The chakra is shaped like the central hole of a ring, so it is depicted in the form of a yoni or vagina. The thought of the mind hidden in the chakra is feminine. The effulgence of semen established in it is masculine. The union of the two creates a pregnancy. This is said to be pregnant sage wives. The effulgence of semen on the chakra is also not as strong, and the Kundalini thought there is also not as strong as the Kundalini thought in the brain. That's why the pregnancy could not be successful. The chakras began to feel burning due to the heat of the womb and semen. Due to this pregnancy on chakra, the noise of stray and extravagant thoughts on the chakra stopped, and was replaced by a single Kundalini thought as a baby fetus. Meaning the mind has left the chakra, because the mind is the cluster of thoughts. This is what sages leave their wives on the charge of adultery. The most burning and pressure is

felt in the Swadhisthana chakra. The chakras gave that effulgent semen along with the kundalini foetus in their wombs to the spinal cord. Meaning that the soul noticed and sensed its spinal cord along with the burning of the Swadhisthana chakra with meditation helped by asanas. The spinal cord runs from the Muladhara Chakra to the brain. But its feeling is more from the rear Swadhisthana Chakra to the rear Agya Chakra. This is what is giving the semen and womb by the sage's wives to the Himalaya. The lower, caudal region is the lower base of the mountain, and the brain is the upper base or summit of that mountain, while the spinal cord is a thin, long and high hill connecting those two fundamental bases. Bone does not have the capacity to make the semen inside it flow because it is solid and hard. Due to this, the irritating radiance of semen started putting pressure on its various and special points constantly at same place. All these points are in the spinal cord just behind the chakras of the front channel. There are two main points of these, the rear Swadhishtana chakra and the rear Agya chakra. In case of excess of semen tej, it is also formed in the area of Anahata Chakra. And If it is still excessive, it is also formed in the region of the navel chakra, in this way. When the intensity of semen increases very much by regular, and continuous yoga practice, full of tantric support, then it goes from the spinal cord to the Sushumna nadi. It has been written in such a way that when the semen became unbearable for the Himalaya, it poured it into the river Ganges. The river Ganges is called Sushumna Nadi here. The luminous effulgence, passing through Sushumna, enters the Sahasrara in the form of an electric line. There the Kundalini gets awakened by the power of that radiance. It has been written as a metaphor that the semen flowing with the Ganges became unbearable for the Ganges. That's why Ganga poured it into the grass of the reed growing on the shore. There a child was born from it on top of a reed. The grassy shore of the Ganges is here said to be the brain. On the scalp covering the brain, there are sharp and stinging hairs like reeds. Animals do not eat both. There are also some such branches coming out of the root in the reed grass, on which flowers grow. These are woody and knotty like bamboo. Small wooden and decorative furniture is also made from these. These are covered with a dense bark

of leaves, which is removed and crushed to make a fiber. Moonj rope is made from it. That is why Moonj is also a symbol of spirituality and sattvikta. Actually Sarkanda that's reed is a multipurpose plant, which grows on the banks of river or pond. In that panicle branch of the reed, there are knots in it's whole length at intervals in the same way as the chakras in the spinal cord. Perhaps that is why the birth of the child has been told on it. The awakening of the Kundalini picture is the birth of a child. But it is not a physical child, but a mental child. Even if there is no awakening, the persistence of the Kundalini picture in the form of a firm samadhi in the mind as a permanent and clear one will also be called the birth of a Kundalini-child. Semen does not produce it by coming out, but by going inside or in the opposite direction. Brahma is also a mental image, that is why he is called Ayonij. Means one who is not born from the vagina. One may doubt how Kundalini awakening or firm samadhi can be attained by just one time attempt of sexual yoga. But it can happen. The famous and great Tantra philosopher Osho used to say that even once one experiences samadhi properly with sexual intercourse, spiritual success is attained. It is a different matter that he took such tantric secrets openly through direct verbal speeches to the general public, due to which many became his enemies and critics due to misunderstandings. It is also feared that some conspiracy might be behind his death. That's why tantra is called secret art or guhya vidya. Although it is not preferred to hide it in today's open world, yet some secrecy is still needed and it should not be divulged out to ineligible, non desirous, unbelievable, unbelieving and non dedicated person directly or indirectly. Displaying it in online blogs for everyone without showing author's direct personal identity and without fixing any potential target, and in an unbiased and unselfish way can't be called as a breach in secrecy in today's open world. Perhaps to maintain this secrecy, the author of the Puranas never made his name and address public. Everywhere the word 'Vyasa' is used to denote the author, which is a common generic term given to all spiritual narrators. With the awakening of Kundalini, half the left part of the body and half the right part of the body, both became strong and happy in equal measure. The Kundalini picture

here symbolizes the happiness of the left part or woman or Parvati, and the peace of the wandering soul here symbolizes the happiness of the right part or man or Shiva. Meaning that both separated from each other, Shiva and Parvati became one in the form of their son. Jiva was once complete and one. But due to the power of Maya, it became incomplete by splitting into two pieces. Since then the two pieces have been striving to be one. The development of the living entity and the world takes place only through the hustle and bustle of the soul to become complete again. Both the male and female parts or both partners of the tantric couple also became happy after being freed from the burden, pressure, and burning of the semen tej. There was joy and happiness in whole mind. The hair of the body blossomed. This is depicted in the story in such a way that on the birth of that child, both Shiva and Parvati, and all the gods were very pleased, and there was joy all around. After Kundalini awakening, the Kundalini picture became more and more clear and permanent in the mind. Then it continued to remain in the mind in the form of a permanent samadhi. From that permanent samadhi the attachment to the world diminished, and the nondual feeling continued to grow. Then the soul realized its liberation-in-life. This was the end of its ignorance. This is shown in the mythological story in such a way that the child grew up to be known as Kartikeya or Skanda, who killed the demon Tarakasur. Along with this, it has also been written about this story that whoever reads or listens to this story with devotion, he will attain spiritual liberation while attaining all the pleasures of the world. This means that this mythical and allegorical story is describing Tantric Kundalini Yoga only. If it were a story of simple cohabitation, birth of a son or a demon-killer, then there would be doubt in the attainment of simple worldly pleasures, leave alone spiritual liberation.

Chapter-23

Kundalini is the breath, the breath is Kundalini

The thing that has been written in the previous chapters that the sage wives who bathed in cold water in cold weather i.e. the six chakras received semen power, it seems to me like the baptism ceremony of Christians. In baptism too, cold water is spilled on the naked body. This opens the chakras, and the circulation of energy improves. At the same time, having a naked body creates a childlike feeling of non-attachment and non-dualism in the mind. This also helps in the transmission of Shakti and the manifestation of Kundalini. I feel like my baptism while bathing every day. This proves that the same principle works behind Yoga and Baptism. Together, it has been written that six sage wives i.e. 6 chakras receiving the virya tej from Agni, who became a pigeon, can also be the remaining six chakras except for the Swadhishthana chakra. That is because the Swadhishthana Chakra itself is a part of that pigeon-turned-Agnidev. In Sahasrar, Advaita Bhava arises from Kundalini. Moon is a symbol of Advaita, because in it both light and darkness are present in equal form. That is why the sun is shown setting and the moon rising. During the same nondual state, Kundalini descends to the Agya chakra and then to the heart chakra. Many yogis consider the heart chakra to be the real chakra. Their experience is that the path towards enlightenment and liberation goes through the heart and not through the brain. I feel like this too many times. The spiritual liberation that is said through love is only through the heart, because love resides in the heart. In any emotional state of mind, Kundalini resides in the heart. It also protects against emotional shock and probably the resulting heart attack in adverse circumstances. That is why it is said to love animals. Animals can recognise kundalini at heart chakra very well. The heart is the controller of the animal, not the brain. It is also because they cannot speak. Therefore, the medium of expression of their mental thoughts is the emotional heart. Take a vow of silence someday and see.

Your Kundalini will remain in the heart throughout the day. There is immense glory of silence. The effect of the heart in the cow is superior to that of all the animals, that is why the cow is given great importance in Hinduism. That is why nowadays the practice of living with a cow in the name of cowcommunication has increased. This normalizes the increased blood pressure, and relieves stress. Actually this is done by setting up camp on Anahata Chakra by the Kundalini Shakti. Therefore, Kundalini yoga should always be done. In bad times, Kundalini protects from all physical and mental harm. Many people have a similar experience of Kundalini descending immediately after a glimpse of Kundalini awakening. In this way Kundalini spreads to all the chakras. It is written in such a way that the moon told Shiva that the Kritikas took Kartikeya with them. The Shakh i.e. Ida nadi and Vishakh i.e. Pingala nadi are said to be giving power to Kartikeya i.e. Kundalini Purush, that is also according to my own experience. I feel my Kundalini getting strengthened by Ida and Pingala, just like Sushumna, provided both the nadis remain together or close to each other. When these two are not balanced, then the Kundalini does not go to the Sahasrara, and it remains less on the other chakras, although it may be felt anywhere inside or outside the body. Therefore, it is rarely able to move around in the microcosmic orbit loop. Although her power increases, but she remains sluggish and disorganized, due to which man also remains the same. Perhaps that is why it is said that the technique of Kundalini Yoga Sadhana should be correct, without the technique one should not meditate everywhere. The Kundalini must continue to revolve in the microcosmic orbit loop. It is also widely spread in the spiritual society that Kundalini should not go to Ida and Pingala. Probably this thing has been said for experienced and expert Kundalini Yogi. In fact, it is very difficult for Kundalini to enter directly into Sushumna without these lateral channels in common worldliness. This means, wherever the attention on Kundalini should be focused, it should be applied. After wandering in Ida and Pingala, she always goes to Sushumna. That is why the method of meditation is not shown anywhere in temples and spiritual activities. Only meditation is given importance through idols etc. We have given the analogy of Mount

Kraunch to Ajnachakra. The real Kraunch mountain is in Uttarakhand. There is a temple of Lord Kartikeya there. It is said that about 80% of the peaks of the Himalayas are clearly visible from there. There is a dense forest, and natural beauty is scattered all around. Actually there is no difference between the body and the universe. The material creations which are in this body are the same outside as well and nothing else. It is a different matter that their size is small in the body, while it is large in the wider world. Although size is relative, not absolute or real. This theory has been proved by examining the test of science in the book 'Physiology philosophy or sharirvigyan darshan'. I think first the Puranas were created, then the allegorical and mythological places depicted in them were shown in the external gross world. One of its objectives can be to promote religiosity and spirituality, while the other objective can also be to promote commercial and religious tourism. There are countless examples of such names. Sushumna Nadi is said to be Ganga river in Puranas metaphorically, but in folk it is shown as a real river originating from Uttarakhand. The meaning of being liberated by bathing in the Ganges is that when the Kundalini energy flowing in the Sushumna nadi is received by the soul living in Sahasrar, then it becomes pure by washing away its sins, which leads to liberation. But the common people took it as an ordinary physical river. People lined up to take a bath in it. Although little indirect benefits are obtained from spiritual symbols, but they cannot give direct and conspicuous benefits like the benefit obtained by bathing in the Sushumna Nadi. Just as the Sushumna travels in the middle of the body, the Ganges river also flows through the middle of the Indian landmass. Just as the Sushumna connects the whole body with the brain, the Ganges river connects the entire Indian landmass with the Himalayas. That is why the Himalayas are called the head of the country. The Sahasrar or Kailash is present in the Himalaya. The Sahasrar form of Kailash is also present in the head.

To testify about Kartikeya before Shiva by the deities is to experience the movements of the body by the soul

To observe your body carefully is to convene a meeting of the deities by Shiva. I have unintentionally described such a gathering in my book sharirvigyan Darshan. I think I used to have a deep knowledge of Shiva Purana in my previous life. In this birth I had never read Shiva Purana, then how did it match my book exactly, although the book Physiology Philosophy is considered modern and scientific . Or, taking pity on the wandering human civilization, it should be the command or inspiration of Shiva that the knowledge given by him now seen endangered should be revived. It may also be that the culture of my family has been imposed on me since my childhood, because I remember that my grandfather loved Shivpuran very much, and used to read it specially. Coming to metaphoric story, then it is for the soul to come to know about the reality that is as if the deities have to make Shiva aware of the situation. It is theft of not to bring that radiance of semen into the experience of the soul in the form of Kundalini Purush. Since the semen doesn't leave the body, the suspicion of its theft goes only towards the deities, who are situated in the body, regulating the whole body. The burning sensation produced by the semen is the curse given by deities to the semen thief. Due to the flush of blood circulation, the organs get life or prana. With the same prana, the respective chakras of those organs become active, due to which the Kundalini also starts shining there. For example, at the time of sexual arousal, the vajra expansion occurs due to the filling of blood in it. Let me state here that the upward creeping of the kundalini-snake is due to the contraction of the vajra after its expansion. Along with this, the Sushumna Nadi of the snake's shape extending from Sahasrar to Muladhara is meditated upon. The vajra is the tail of that serpent, the pelvic girdle is wide of the serpent, it stands up through the center of the back, its innumerable hoods are spread in the brain, and the serpent ends in the central hood pointing to the agya chakra. After the expansion of the vajra, due to its contraction generated by this meditation, it seems that the snake crawled upwards to reach the sahasrar and with it the Kundalini Purush also starts shining in the sahasrar. If you pay attention to the tail of the serpent that it is touching the agya chakra by climbing up from the front,

that means the tail of the serpent is touching its head and making it like a circular ring, then this crawling feeling is more. Then it descends through the front channel from aghya chakra. In this way a loop is formed, on which the energy starts revolving continuously with gushing and orgasmic bliss feel. This lasts for few moments then body becomes somewhat tired due to continued spasmodic type muscular contractions. This contraction-like event mostly happens in almost a single, long and unbroken breath. Perhaps that is why the yogi is made to practice pranayama to hold the breath for a long time. Body regains the power to do it properly again after hours of favorable activities or rest. The engorgement of vajra with blood increases the expression of Kundalini on the Swadhisthana chakra and the Muladhara chakra. The same blood is called milk in the metaphor, because milk is made from blood only. Milk is nothing but a kind of filtered blood. It is also called milk because the tantric kundalini goes the most from the mooladhara to the heart chakra. It occurs at the thorax, where the source of milk is also there as the breast. Even in the Ankhing technique of Egypt, the Kundalini travels from the genital to the rear heart chakra. It is then taken from the back to the top through the ankhing loop and rolled over the head and brought back down from the front to the front heart chakra. Probably this technique has scared Kritika. The repeated revolution of Kundalini in the Ankhing Loop means Kartikeya's assurance to Kritikas and coming to meet her again and again. As soon as the energy is passed through the back to the brain through the back above the muladhara, the Vajra is compressed again to its normal position, and With this the Kundalini also goes up. Then the chakra on which that life force goes, the blood or milk also goes there, following which the Kundalini man also moves. However, on those chakras we do not experience any fluid-borne expansion like the wang expansion, because those areas are located deep and firmly in the body. Sometimes the opposite happens. If the Kundalini Purush is meditated on a chakra, then the power itself rushes there. That is why Kartikeya is called Shanmukhi or six mouthed because it receives nourishment from the prana i.e. milk on the six chakras. Because the blood comes under the control of the water deity, it is said that the water

god told that the kritikas breastfeed the newborn child. The authors of the Puranas of the Puranic era were wonderful spiritual scientists. The shivaganas who go to collect Kartikeya from kritikas are tantric actions which pull the kundalini from the chakras towards sahasrar. Those activities can be of simple hatha yoga as contraction-relaxation type or even a vicious type of Panchamakari kriyas, that is why the kritikas are shown to be afraid of them. It is natural that along with the Kundalini, blood circulation also starts going away from there, so they wither and turn yellow, that is, they start getting scared. The repeated return of Kundalini to the chakras from Kundalini yoga is the assurance of Kartikeya to return to his mother again and again. Due to this, they start to swell with new blood circulation, that is, their fear ends. Many people say that their Kundalini is stuck on some chakra, and does not move even if it is run. In fact, when there is no Kundalini, how will it move? Often a weak Kundalini also gets stuck in one place, like a weak man. No one can stop the mighty Kundalini from moving. Kundalini gets extra power from Tantric Panchamkars. Let me tell you the easiest way to express Kundalini. Take deep, slow breaths and keep your attention on it. Let the thoughts of here and there keep coming and going on their own. Do not welcome them, nor disrespect them. Immediately the Kundalini Purush will start being felt on some chakra. Then start moving it as you wish. Let me tell you another but mild way to express the Kundalini Purusha. Look at any bare areas of your body, such as your hands, with the focus of physiology philosophy that's sharirvigyan darshan. Kundalini will manifest. Kundalini Purush and Kundalini Shakti live together. The mental meditation picture or Kundalini picture is the Kundalini Purush. This is also Shiva. It stays with power or shakti always. Shiva is manifested in full form i.e. in his original form by the flood of Shakti. This is Kundalini awakening. In fact, yogic breathing starts in the above way that's while meditating sharirvigyan darshan along with looking at hand's skin. That is how the Kundalini picture is expressed with it. It's the whole wonder of the breath. Breath is yoga, yoga is breath. When we are attached to a thought, our breath stops. When we start breathing again naturally, attachment disappears and turns into non-attachment. With

this, disturbing thought also calms down comfortably. With this, all mental defects like lust, anger etc. also get pacified, because they are the product of distorted thoughts. If attention is paid to the breath, then detachment from the power of Kundalini increases even more.

The yub-yum technique is an important cornerstone of the sexual Tantra

The technique of Yab-Yum is also hidden in the mystical metaphor in the same Kartikeya-Katha. Because it is said in the story that the genital made in the form of pigeon accepts the semen and provide that to the chakras made in the form of sage wives. In them a womb is formed from it, which starts developing into the Kundalini Purush. The same is done in Yab-Yum. In the joint position of yab-yum, this semen light is transferred very rapidly. In this, the male-female pair concentrates on all their paired chakras together. Due to this, the energy of the two Mooladharas falls on all the chakras one by one. Due to this, Kundalini Purush appears rapidly there, which starts growing faster and faster. This is a very effective technique of tantra. After applying this technique, it seems that the pressure of the Mooladhara and Swadhishtana chakras and related organs has reduced completely and immediately. In fact, after reach of the semen-tej to chakras from there, Kundalini man becomes prominent there. This is to conceive by sage wives. After a long practice, the sushumna nadi opens up completely. Then that effulgence situated on the chakras immediately rises up through the sushumna and fills the Sahasrara. This is Kundalini awakening or in a lighter way prana rising. This is what the sage's wives have to offer semen tej along with the womb to the river Ganges. The reed grass that has grown on the banks of the Ganges is to be provided with it, and a child is born on it. This metaphor has been described in detail in some of the previous articles. The main point to be noted here is that Shivaling is also a symbol of Yab-Yum. For this reason, worshiping Shivalingam also gives the same benefits as Yab-Yum. What's more, hatha yoga asanas are also designed to distribute this seminal energy throughout the

body, it seems. It is from such direct experience that there is a belief in western countries that yogasanas increase sexual power.

It is clearly written in Shiv Purana that only Karthikeya i.e. Kundalini Purush, born from the semen of Shiva, can kill Tarakasur i.e. spiritual ignorance and get rid of it, nothing else. From this, why not assume that sexual yoga is the basic and main technique for self-awareness, the rest are allied activities. If a select number of people are awakened, it is due to unintentional entry of this sexual energy into the mind. It happens so slowly that they don't even realize it. So they attribute the awakening to their colorful activities and picturesque beliefs. This is because at the time of their awakening they are associated with those kinds of activities or beliefs. This also gives rise to mutual disputes. Like the blind, some hold the tail of an elephant and tell it to be a real elephant, while some tell the trunk of an elephant as an entire one. No one knows the real elephant. It may also happen that the sexual power of Muladhara can be achieved by one's specific beliefs or actions, but the man does not express the sexual part of it because of shame. We do not oppose other techniques. But the surprising thing is that the main technique and principle has been made auxiliary or secondary, and the auxiliary techniques are becoming the main. When milk becomes milk and water becomes water, then it is natural that many people will have a clear and scientific awakening, not only a few ones incidentally. Often people are immersed in external rhetoric and metaphors, the real thing is not known. I do not even understand them, and without understanding these mysteries, these appear as stories of some celestial planet. I keep looking on Facebook. Many names of goddesses like Dakini, Kali etc. have been associated with this basic principle. All the sects have given their own names. The basic thing is the same. There is no such thing that people do not know the basic scientific principle of awakening. It is clearly written in the Yoga scriptures that Kundalini resides in Muladhara. Then why run here and there? Why not find the power in the base itself. In fact, it was not considered in a practical form, but as an ornament or a metaphor. The disadvantage of making

metaphors was that people did not know what was metaphorical and what was real. Those who understood this, they started taking the help of all other tricks except sexual intercourse to awaken the power of Muladhara. Perhaps this happened due to social hesitation and shame. Women tend to be more ignorant and hesitant about this, whereas in the olden days only women used to be successful tantragurus. On the one hand we believe that Kundalini resides in the Mooladhara and nowhere else, and on the other hand we are denying that intercourse, which is the most direct and powerful action to awaken the power of the Muladhara. It was a strange contradiction. Probably, lack of power or energy was also the reason for this. Due to the society becoming excessively idealistic and non-violent, there was a lack of strength in the body. Lack of potency leads to decreased interest in intercourse. Consumption of eggs can be a reasonable alternative. Egg can be considered a vegetarian food, because it does not contain any violence. Like milk, it is just a byproduct of an animal. It contains all the nutrients in balanced quantity. Egg also increases sexual arousal, so its intake should be right according to the tantra. In today's developed and scientific era, this sexual hesitation should have reduced. Thanks to science, there is no fear of unwanted pregnancy nowadays. Of course, condoms cannot be used with tantric intercourse, because due to tantric activities, the vajra is continuously compressed and expanded, due to which it can get trapped inside. Without it, there may be an increased risk of transmission of sexually transmitted diseases, such as AIDS. But such a situation does not come because the sexual tantra is accomplished only with one single spouse, that is, the wife. In Tantra, it is forbidden to make other's daughters and wives as sexual partners. In order to awaken sexual desire, indirect contact or laughter goes on in a civilized manner. Yet there are many contraceptive methods. Hormone pills. However, they have to be taken daily for a long time, which can lead to side effects. Even if there is an accidental ejaculation in the vagina during an unsafe cycle during tantric practice, there are other hormonal drugs to prevent pregnancy, such as Vikalp-72, which does not cause pregnancy if taken within 72 hours after ejaculation. If for some reason it cannot be taken,

or in very rare cases, it fails, then there are other hormonal medicines called abortion pills, which, if taken sooner after the missed period, the better the result. There are user friendly minikits available which can detect pregnancy within 2-3 days from the day of missed period. By the way, all these are not needed if sexual intercourse is done during the initial practice of sexual tantra only during safe time. This time is the first seven days and the last 7 days of the menstrual cycle, including the first day of menstruation. In these days, even after ejaculation, pregnancy does not occur, because the egg is not available to the sperms during these days. This time frame is for those in which the cycle period is 28 days, and remains the same and unchanged each time. If the period length is more or less than this, then the safe period is increased or reduced accordingly. If this time is not equal, it can be deceiving. Although no contraceptive method is 100% safe, but all methods combined provide almost 100% protection. Sometimes the preejaculates also have few spermatozoa. But they are often insufficient for pregnancy. Well, mild methods are enough. Complicated methods like copper tee, tubectomy, vasectomy, spaying etc. are mostly not needed. I was reading in an old blog chapter in which a tantra practitioner was saying that nowadays population and unemployment is high, so sexual tantra can cause problems. Therefore, if you practice the sexual tantra, then do it carefully, and assume that if an unwanted pregnancy happens, then it is good to accept it happily. But in today's present era all these things have become obsolete. The womb is also formed from the same type of intense sexual energy, which gives awakening. The sluggish and lazy sex cannot lead to pregnancy, neither can awakening be achieved from it. That is why Goddess Parvati was astonished that a pregnancy had to be made from the powerful semen produced by the powerful intercourse of Lord Shiva, that semen could not fail. But where did she get pregnant? Later it is learned that it appeared in the form of awakening in the womb of Sahasrara. From this it is natural that in the olden days people had to abstain from intercourse tantra, because it has full possibility of pregnancy, and due to lack of physical science there was lack of physical contraceptive techniques and knowledge at that time. Such informative things are

good only in writing and reading, they are felt with hesitation and shame while speaking and listening. For this reason, in today's chatting era, it is seen that sometimes even a goddess-like and virtuous woman, from whom speaking and hearing such things cannot be imagined, she does so much obscene chatting on her mobile phone, that the magic of writing begins to be believed even by those who have been a strong opponent of writing.

Psychological analysis of Tarakasur killing

We can call Veerabhadra the main personality of Shiva, because he is the main gana chief of Shiva. The qualities of a king will definitely come in the chief commander. In a way, this is a tantric personality. With such a personality Tarakasur i.e. ignorance becomes very weak or dying, but does not die. If he dies, it is by the hands of son of Shiva, Kartikeya. Kartikeya here is a symbol of awakening of Kundalini, which results from the offering of semen tej generated from relentless and unbroken sexual yoga to Sahasrar. Satvik Vishnu also came to kill Tarakasur. But his old sins kept bothering him. It is often seen in the world that many sattvik or white mind people are unable to forget even a small sin committed by them. They also do not consume tantric energy, which gives tantric force to destroy sins. The frustration of his old sins does not allow his Kundalini to awaken. It is told in this way that Tarakasur is talking to Lord Vishnu to punish him for his old sins. Kartikeya is called a child because he is a mental person created out of Kundalini yoga, who is newly born, and appears to be less effective than material things. Gods like Sun, Moon, Vayu etc. are from very old times. They have physical existence, so that they are rigid or firm-bodied. That is why they are considered comparatively adults. But Kundalini is a pure mental picture, due to which it is soft like a child. Because the Kundalini picture is born out of the same semen energy of Muladhara, from which children are born. That is why Kartikeya is called a child. Kartikeya attacked Tarakasura, meaning the Kundalini yogi, by the powerful tantric yoga, prolonged the prana rising, so that the sparkling Kundalini remained in the

Sahasrara continuously for a long time. The wind became steady, meaning the Yogi's breathing became very slow and deep, that is, almost non-existent due to the powerful prana rising. At this stage, most of the work of oxygen is done by the awakened prana. The earth began to tremble, which means that the whole body's prana was condensed in the Sahasrar due to the rise of the kundalini, due to which there was a lack of prana in the body. Due to this, the body starts trembling due to weakness due to the slightest load on the body of various stressful activities of the world. The sun started to fade, which means that due to the possession of Kundalini in Sahasrar, there was a feeling of non-duality in the whole mind. In Advaita, happiness and sorrow seem equal, light and darkness seem equal, that is, the sun and the moon seem the same. This is the fading of the sun. Kartikeya cast his luminous power over Tarakasura. Kartikeya's own brilliance of Kundalini is his luminous power, which he exerted over Tarakasur i.e. ignorance. Means the duality of ignorance or Tarakasur was destroyed by the brightness of his own awakening. Tarakasura's soldiers are in the form of ignorance, various mental defects and corrupt practices arising out of them. They get destroyed. Those who remain are transformed and become pure. Meaning that they go to the shelter of Devasena. For example, as Kama Bhava or lust transforms into Tantrabhava tantra feeling, it becomes pure, and helps in the spiritual development of human beings. The demon Banasura here refers to the arrows of the evil eye. Nayan Baan or arrow of eye, this is a famous classical utterance. Since the eyes are associated with the command chakra, it is badly affected by evil eyes. This is the torture of Kroncha mountain by the demon Banasura. The intellect is corrupted by a corrupted eye. The intellect resides in the agya chakra. Because as long as the mind is not satisfied with the awakening, there is always a longing for material enjoyment in the eyes of man in some way or the other. This corrupts the eyesight.

As for example, there is a longing for sexual pleasure from an sexually unbelonged woman, due to which the woman is seen wrongly. This leads to wrong thoughts, due to which the imagination and decision power of the intellect also become

sinful. Meaning, Banasura starts trampling the Kroncha mountain, due to which his presiding deity feels oppressed and saddened. My guess in the previous chapter was correct that Ajnachakra itself has been called Kronch Parvat. The destruction of evil and corrupted eyes after the knowledge of awakening is the killing of Banasura by Kartikeya. Similarly, serpent Sheshnag is called the Sushumna Nadi going from Muladhara to Sahasrara Chakra, because its shape is like that of a snake with a base coil and raised hood. The Sahasrara Chakra itself is said to be its son named Kumud. Kumud means white lotus. The Sahasrara Chakra is also depicted as a thousand-petalled lotus. It is from Sushumna that Sahasrara gets Prana i.e. life, that is why the relation of father and son of both is shown. Pralamb means mala or rosary in Sanskrit. Kundalini also moves in the microcosmic orbit in the form of a rosary. It is a practical experience that when the central main channel in the form of rosary is fully joined, then only the Kundalini can enter all the chakras, especially the Sahasrara Chakra. Kundalini energy is not able to move due to broken rosary. This broken rosary is the demon Pralambasura. He started troubling Sheshnag's son Kumud, meaning the broken energy circuit started disrupting the supply of life energy to the Sahasrara Chakra. Kartikeya killed Pralambasura, meaning after Kundalini awakening, the energy circuit was completed by climbing up of the kundalini from the rear channel and descending from the front channel. Simultaneously, the man, stimulated by Kundalini awakening, continued to practice Kundalini yoga on a more regular basis, thereby the central Kundalini channel as the rosary opening up more and more. In fact, the real rosary chanting is the chanting of Kundalini in the rosary of the chakras. Due to this being misunderstood, a physical garland of threads and beads must have been formed. Or it may be that to bring Kundalini yoga to the understanding of common uneducated people, the practice of thread garland may have been started. However, there are many benefits to this as well. With practice, the outer strand of thread is transformed into the inner strand of chakras.

Chapter-24

Metaphorical stories of Puranas

The sun is yang, the water of the Arghya offered to it is yin. That is why it is said that water should be poured from a height towards the sun, so that the sun and water are seen together. It is considered best if the sun is visible through the middle of the stream of water. This best mixes yin and yang, creating Kundalini-Advaita. Elephant is yin, and human is yang. The name of the mixture of both is Lord Ganesha. Similarly, monkey is yin, and man is yang. Monkeygod Hanuman ji is a mixture of both. That is why by worshipping these two deities, Advaita and Kundalini are experienced very fast. On the forehead of Lord Shiva there are signs of tripunda and third eye. Tripunda is three parallel lines made of sandalwood etc., and the third eye is a tilak shaped like a flame made of sandalwood. Tripunda means the three qualities of nature, Sattva, Raja and Tama. The third eye represents Kundalini awakening. This means that only after making progress in the world, Kundalini awakening is felt, not leaving the world. After bathing, the wet body is asked not to clean it completely with a towel, but to let its water squeeze out on its own. In fact, it creates cooling in the body, due to which the muscles contract. This contraction ascends through the muscles of the back, and descends through the front body. With this shrinkage, the Kundalini also moves very well in the body. Similarly, in temples etc. or on spiritual festivals, bhog or food etc. is given to eat because by it the top and bottom surfaces of the inside of the mouth get joined together, due to which the kundalini circuit is completed when the kundalini switch is turned on. Due to it Kundalini starts rotating. All these things mean that everything in Hindu scriptures and Puranas is scientifically and spiritually true, and is based on Kundalini. Many people call such things superstition. But it is their way of seeing that makes them feel that way. They want to see them in physical form with the gross eyes, but they are seen in subtle form only when they are seen with the mind's eyes. Kundalini is also visible through the mind's eye and not the gross eyes. That is why the appearance of Kundalini is also called the opening of the third eye. This third eye is the eye of the mind. This means that all religions, especially Hinduism, are completely dependent on Kundalini, because most of the things mentioned in it are visible only through the mind's eye and not with the physical eyes. Even the allegorical stories of the Puranas are not understood until a deep thought is given to them. This opens the eyes of the mind. And where there is the mind's eye, there must be Kundalini. I even feel that the physical worship and ritualistic procedures written in the Puranas also express some mental or physical systems in the form of metaphors, not the actual material and physical activities. But people understood them in physical forms, and their

physical follow up began. Lower class people also benefited from this, as they could easily reach higher Kundalini yoga with their help. But the intellectuals of the upper class must have been harmed by this, because they must have been engrossed in it all their life, and would not have been able to give the real effort of Kundalini Yoga, which they were rightfully entitled to. This means that an accurate analysis of metaphors is also necessary nowadays. Nowadays most of the people are intelligent and wealthy. They have enough time and resources to travel to Manoloka or mind abode comfortably. Then it is up to the ability and choice of the people whether they adopt the mythological things in the physical form, or in the subtle spiritual form. For example, Yagya means Kundalini meditation with the help of breaths on the chakra. The air of Yagya represents the breath, the Yagyakund or yagya furnace is Chakra, and the fire burning in it is the Kundalini. Considering it to be material, people started the practice of physical sacrificial-havan/yagya. People started offering thousands of kilograms of desi ghee, sesame seeds etc. to sacrificial fire. Here no custom is being criticized, but factual description is being done. The precious materials of the Yagya can be put in very small quantities only to fulfill the religious formalities. Such a thing happens only because of the population explosion, which was not there earlier. There was no such food problem at that time, as the population was small, and the economy was agricultural. By the way, there are many benefits from yajna. When I perform the Yagya, I feel my Kundalini shining very brightly, in the form of the fire of the Yagya Kunda or yagya furnace. Probably it is the Kundalini that is called Yagya Devta, or Lord Vishnu, or the Agni Devta, who bestows the fruits of the Yagya. Lord Vishnu is the Lokpalak or server of public, Kundalini is also the Lokpalak. Both maintain all the worlds with the help of Advaita Bhava, as I have explained above. Therefore, in the scriptures, Lord Vishnu i.e. Kundalini is called the enjoyer of Yagya i.e. the beneficiary of Kundalini Yoga. She also revolves brilliantly with Yagya in Microcosmic Orbit loop. The question would arise in the minds of many that why Kundalini starts appearing in the mind during Advaita Bhava. I may have clarified this earlier as well, because I write so much that sometimes I can't even remember what is written and what is not. In fact, during the real Advaita Bhava, there is a lot of energy in the sahasrar of the brain, but because everything seems alike, it does not form any particular picture or idea in the mind. Therefore, to take advantage of the available energy, the dearest or most accustomed picture i.e. Kundalini picture starts appearing in the mind unintentionally. Ajna is the chakra that perceives things with discrimination. That is why it is said that when the glimmer of awakening or the intense non-duality is over, the Kundalini energy descends from the Sahasrar to the Agya chakra. At the time

of yin-yang union, the Muladhara chakra becomes active, as it reminds of sexual play. The Mooladhara and Sahasrara chakras are directly connected to each other, so increasing energy in the Muladhara leads to an increase in the energy in the Sahasrara itself. Just as the energy in Sahasrara causes meditation on the Kundalini itself, similarly by meditating on the picture of Kundalini, the energy in Sahasrara itself starts increasing, because every feeling is there in sahasrara only, but displayed on different chakras according to one's energy level. This is also the principle of Kundalini Yoga.

Chapter-25

Kundalini loss caused Parvati's anger and the wrath of the Russian ruler~ A comparative psychological study

Many mythologies cannot be decoded completely. So you have to guess there. Something is better than nothing. From a light beginning, these stories also get decoded later. One such mysterious story is about Ganesh Dev. I think Ganesha is the Kundalini Purush of Parvati. Parvati was bored while being supported by Shiva's Kundalini Purush. She started considering herself as dependent on Shiva. Especially she was provoked by her friends. That is why Parvati says that she was living like a subordinate, living under the protection of Shivaganas. She decided that now she would create a dedicated Gana for herself. Once she was bathing naked, but Lord Shiva scolded the gatekeeper Nandi and entered, which made her embarrassed. That's why she created the perfect and flawless Ganesha out of the filth of her body. The scum is also called raja, and the vaginal fluid equivalent to semen is also called raja. Possibly Ganesha is the psychic Purusha created from the transformation of the sexual energy of Goddess Parvati, just as Kartikeya is the mental Kundalini Purusha created from the sexual energy of Lord Shiva. It was called son, because it was made of vaginal fluid like a normal son, but certainly not in the womb but in the brain or in the mind. For this reason, the secretion of menstrual fluid or the secretion of Raja becomes very less or even zero in the woman due to the practice of sexual tantra. This also protects the woman from weakness. Her Kundalini develops from this Raja or the dirt of her body. It would be appropriate to make it clear here that for us Goddess Parvati is revered, worshipped, and respected. We cannot say anything directly about her. We are talking only about human beings with

nature like Goddess Parvati. Because everywhere it cannot be written like, "Man with the nature of Goddess Parvati", because this will increase the scope of writing without need, and at the same time people will be confused and unable to understand. Therefore, in compulsion, one has to write Goddess Parvati or simply Parvati for abbreviation. In a way, we describe particular personality or nature, not any particular god or person. Similarly, one should also understand about all the deities like Shiva etc. Hope and believe that the common man and the gods and goddesses will not take it otherwise. Parvati gave Ganesh a stick and instructed that no one should enter inside her house without her permission. Parvati is actually a soul. Sahasrar is its home. To make Ganesh stand outside the house means to be engrossed in the meditation of Kundalini at all times. From this nothing else can come into focus, that is, anything cannot enter inside the house of its own free will. When the soul desires and withdraws its attention from the Kundalini, then only the other thing will be able to enter the house of meditation. Before that she did not have Kundalini in her mind. That's why she had to allow Shiva and his worldliness to enter meditation hall of her brain even if she didn't want to. While bathing she was naked, that is, lost in intimate thoughts of the depths of the soul. This is a good answer for those who have a misconception that women are considered inferior to men in Tantra. In fact, men and women are equal in tantra, and similar types of practices have been prescribed for both. Once Nandi was stopped by Ganesh at the door. Surprised by this, Shiva asked his Nandi and other ganas to enter Parvati's house turn by turn, but the Ganesh boy beat everyone with his stick. Meaning that Kundalini is soft like a child, who does not have special weapons to protect the soul, but has an affectionate fear depicting stick. Nandi etc. Ganas here are the thoughts of Shiva, who want to introduce themselves to parvati's soul before joining of Shiva's soul with Parvati's soul. This is often the case in the world. It is only through thoughts that a warm meeting of people with each other is possible. Intimidating or beating the ganas with stick by Ganesh means that Parvati, the soul, concentrates on the Kundalini without paying attention to the thoughts coming from outside. Ideas or thoughts are neither to be

welcomed, nor should they be shunned. This is what it means to have a fear filled with love. This is to maintain a witnessing attitude towards thoughts or worldliness. This is Vipassana, or vipashyana. The defeat of all the gods and ganas by Ganesha in turn shows that the Kundalini meditation of Parvati is unaffected by all the thoughts and feelings transmitted by Shiva. Then all the deities take it as an insult to Shiva. So they all make a strategy and fight together, and deceitfully kill Ganesha. Meaning that Shiva entangles Parvati in worldly affairs so much that she forgets Kundalini. Filled with immense anger, Parvati turns black and becomes Kali, and sets out to destroy the universe. Meaning that due to the destruction of the unwavering Kundalini picture of the mind, Parvati gets filled with anger, and falls into the darkness. It is like losing one's favorite thing, or the fear of losing it, and without it he becomes blind. It is just like losing toy by a baby. In such a situation, a person can do any wrong thing, if he is not handled with consolation. Has the Russian power head suffered a similar shock? In this way, man can destroy the world, and himself too. Because the whole universe is settled in the body, that is why perhaps the attempt of suicide by Parvati has been called an attempt to destroy the universe. The meaning of name Kali is "black or dark". Then she turns into goddess Kali and tells Shiva that if you revive Ganesha, she will be pleased. The point is clear that only by getting the lost favorite thing or Kundalini, a person attains his former happy state. It is now necessary to ask the Russian ruler what his favorite thing has been lost, for which he is putting the whole earth at stake by reaching for the nuclear button, and which he will be happy to find. I had also said in the previous chapter that the Kundalini of today's advanced age is stuck in the Agya Chakra. The nature of Kundalini is to move. She cannot stay in one place for long. Its next and advanced stage is the Sahasrara Chakra. But to raise the Kundalini up to there, a lot of energy is required, which can be found only through sexual tantra. that's why I write about Tantra with divine inspiration. At the same time, there is also a need to reduce the material world, so that the energy saved from it can be used for uplifting the Kundalini. The destruction produced by this war is a subconscious attempt to reduce the worldliness, so that the energy needs

of Kundalini can be fulfilled. Counting other causes of war are mere excuses. A nuclear-armed and largest country in terms of area can be afraid of what. The real and only cause of war is the lack of that precious prana energy or life energy by which man moves on the path of humanity and spirituality. To convince the wise, it is enough to show the fear of war, the foolish will not understand even by war, only harm will happen. At the most, he would show a little fighting power, so that the enemy would get a chance to recover and improve. Then the world would also appreciate the diplomacy and war strategy of the warrior. What is it that the whole nation is bent on making hell. On the one hand, the poor do not get a roof to cover their heads, they chill in the open all night, on the other hand you have been destroying luxurious buildings. Think how much blood and sweat would have gone into making them. How much of that vital energy must have been wasted in making them, which could have awakened the Kundalini. This subconscious effort to meet the energy needs of Kundalini is uncontrolled and inhuman, like uncontrolled nuclear energy. What is it that the Kundalini is descending instead of ascending, without achieving its highest goal. Therefore, the change in worldliness or ways of living or lifestyle towards minimalism should be gradual and humane, not abrupt and inhuman. I am not attacking any one nation here. All nations behave like full of war craving. Why such conditions are created by all the countries in the world, which force a country towards war. Most of the countries are engaged in collecting weapons. They want to make money from arms business. They are keeping the dream of imperialism alive. Kundalini is the best medicine for this. With the help of Kundalini, the whole creation starts appearing inside oneself. Man begins to be satisfied with himself, no matter what he is, and no matter what the circumstances. When a head of state feels the whole universe inside him, then why would he want to loot the land of others. He will find the solution to his problem within himself. Then he would not even need weapons in most cases, and neither would war. I know only one country in the world, which has never started a war, nor attacked anyone, even after a lot of provocations. That country is India. Perhaps this has been possible in India only due to Kundalini Yoga and the religion

based on it. That is why the whole world should learn a lesson from this soft power nation in this regard, if a peaceful world is to be established. I'm not bragging about anyone. Nor am I looking at sides other than war related. Truth is truth, which no one can deny. Well, Shiva sent his ganas in the east direction in the morning, and said that whichever creature they meet first, get its head cut off, and attach it to the trunk of Ganesha. This means that one has to speculate, but somehow Parvati's lost Kundalini can be recovered. The ganas first got an elephant cub. They revived Ganesha with the help of Shiva by attaching his head to the torso of Ganesha. Goddess Parvati was satisfied with this, due to which the whole world was saved from her wrath.

Chapter-26

Kundalini in Islam~Kundalini as Jinn, salat or namaz as Yoga, Alladin as Yogi, lamp as Ajna Chakra, and the body as the bottle, together the eyes and the senses as the lid of that bottle

Now let us understand the next story of Shiva Purana. Ganesha was made Gajanan or elephant headed by adding the head of an elephant. Meaning that Lord Shiva could not bring back the Kundalini of Parvati, but he created Gajanan in the form of Kundalini assistant. The elephant part represents yin, and the human part represents yang. The yin-yang nexus has also been mentioned in a previous chapter. Seeing him, a non-dual feeling arose in Parvati's mind, due to which she remembered her Kundalini i.e. her real old Ganesha, and it always settled in her mind. Therefore Gajanan was very dear to her and she accepted him as her son. She also blessed him that everywhere he would be worshiped first. If he is not worshiped, then the worship of all the gods will be fruitless. In fact the Advaitamayi Kundalini Shakti is exposed by worshiping Gajanan. The same then attains growth with the worship of other deities. Kundalini is the real object of worship of the deities. If she will not be exposed by the worship of Gajanan, then how will she get strengthened. If it is, then very little. Then Shiva-Parvati plan the marriage of their two sons Kartikeya and Ganesha. They say that the one who first goes around the whole universe and returns to them, he will get married first. Kartikeya flies away on a peacock to complete the mission. On the other hand, the mouse is the only vehicle with Ganesha, on which it is impossible to roam around the universe. That is why he revolves around the parents and does circumambulation. He says that the whole universe resides in the body

of the parents, and they are the God. The matter is also right, and it's according to the physiology philosophy or sharirvigyan darshan. The rat in the form of a means to ride means that Ganesha, the yin-yang nexus, is not very active. It does not move in the body like Kundalini. Body means universe. The revolution of Kartikeya i.e. Kundalini around in the body is the circumambulation of the whole universe, because the whole universe is contained inside the body. That is why it has been called he getting the ride of a peacock flying at high speed. Ganesha remains inert outside the body in the form of a physical idol. That is why the slow moving mouse is called his vehicle. He does not revolves himself, but gives power to the Kundalini Purush who moves inside the body. If the mental picture of idol ganesha rotates, then at a much slower rate than the real Kundalini Purusha. It is a mixture of yin-yang. The parent or Shivparvati is also a mixture of Yin-Yang. Due to this similar quality of both, it has been called the circumambulation of the parents by him. Because through Yin-Yang alliance, awakening can be achieved directly without Kundalini Yoga, therefore it is said to be his attainment of circumambulation of the universe very easily through circumambulation of the Supreme Lord Shiva. There is talk of yin-yang, so let me make it more clear. Flesh is death or yin, and the fire burning it is life or yang. That is why Kundalini knowledge is obtained in the cremation ground. For this reason Shiva does spiritual practice in the crematorium. Its smell along with smoke creates additional effect. It also seems that the story of Alladin is derived from the Shivtantra or similar Tantric belief. The one who made this story seems to be a wonderfully knowledgeable, tantrik and awakened person. Perhaps he must have feared death in expressing the sexual tantra, because in the old-fashioned dictatorial system, especially in the Islamic system, who knows when one would have misunderstood it, and became the enemy of life. So he must have tried to instil tantra indirectly into the subconscious mind of people through allegory, and hoped that decoding it in the future by those entitled to it would produce benefit from it. In a way, he secured the treasure in the secret cave, leaving the map of that cave of knowledge as a metaphorical puzzle. Such mythological investigative campaigns shown in films are psychological attempts to express this mystical science. That's why such movies are very popular. The point where blissful sexual sensation arises on the vajra is called a lamp here, because there, when it is rubbed with the muladhara or the vagina of the sexual partner, the luminous flame of sensation gets ignited in it. The jinn in the form of Kundalini is born on that luminous flame. The bottle is kept along with the lamp. With this that Kundalini-genie enters inside the bottle. Nadi-loop is the bottle, which starts from the point of sensation on the surface of the Vajra tip, climbs up through the muladhara

and the back, and comes down through the front nadi channel and gets joined again to that sensation point. The ejaculation door of the vajra is the mouth of that bottle. Filling the genie in the bottle is the way described as to raise the semen power up through back by stopping the ejaculation by tantric method. Avoiding the ejaculate to spill out is said as closing of bottle mouth with its lid. The genie moves inside the bottle by the pressure of the force of breath. With the inhalation, it rises up through the back of the bottle, and with the exhalation, it descends down touching the front wall of the bottle. If the whole body from Muladhara to Sahasrara is considered as a bottle, then the back can be called the back wall of the bottle, and the front part of the body can be called the front wall of the bottle. The middle line connecting the chakras can be called a special highway located on the inner surface of the two main walls of the bottle, on which the genie runs. The chakras can be called the jinn's rest houses. The vajra can be called the neck of the bottle. It is a metaphor with amazing resemblance. In front of this bottle-metaphor, I find even the snake-metaphor of Hindus faded. But the serpent metaphor may be more effective because the serpent is a living being and a natural being, its broad and coiled ground-base, broad hood, thin central part connecting both, and waist-pit are exactly like the structure of the human body. When and whichever metaphor is appropriate, it can be meditated upon, without any restriction.

Opening the lid of the bottle and letting the genie out means ejaculating in a controlled and tantric manner. By the jinn to say 'Kya hukam my master' or 'what order my Master', it means that the jinn or kundalini is clearly visible in the outer world. Although the genie is in the mind, but it seems to have gone out with the semen power. Then the help of the jinn in all the works of man means to experience the jinn as a faithful friend during all the works. Due to this, a subconscious feeling of non-duality and non-attachment remains in the mind while one being indulged in outside world, due to which spiritual liberation along with material pleasures is also achieved. The genie in the form of Kundalini has to be kept continuously in the bottle form body with the nourishment provided through the Kundalini yoga meditation. With this, it keeps on accumulating energy, and when left outside in the open, favours many works for the yoga practitioner. It is as if the kings used to raise horses in their stables with great dedication and love. When the horses made strong lovingly by him were put out in the open, they used to work and get the king's work done with great devotion and dedication as they hunted, pulled chariots, helped in war, made distance travels possible etc.

Water is the yin, and the body of a man full of life-stress and hustle and bustle is the yang. That is why there is peace near the lake etc. The nonliving shape of the tree is yin, and life in it is yang. That is why the tree is called a deity, and people plant beautiful trees around their homes. Muladhara is Yin, Ajna or Sahasrara Chakra is Yang. Picturesque inanimate or dead images and sculptures of stone etc. have yin, and in them the focus on the animate or living deity is yang. The only practical yoga with worldliness, which can be accomplished with the help of Yinyang, is this active Kundalini Yoga. On the other hand, sometimes the Kundalini of a sitting Kundalini yogi keeps on revolving throughout the life, but it is not awakened, and if it does, it is too late. It has been said in this way that worldliness loving Ganesha circumambulated the universe first. So Ganesha got married first. He was given two girls named Siddhi and Buddhi as wives. From them he is blessed with two sons named Kshem (fulfilment) and Labh (profit). Actually the yin-yang alliance is related to worldliness. There is an art in it of taking people together with different types of opposite qualities. Leadership is the art. This leads to the formation of loving material relations, progress in the world. New experiences are available. These worldly achievements have been called Siddhi or accomplishment and buddhi or Wisdom. Whereas Kundalini Yogi lives like detached from the world. By this he does not get worldly material benefits. It is said by this that Kartikeya remained unmarried. He did this by getting angry on hearing the words of Narada Muni. Narada Muni filled his ears that Shivaparvati had done a great injustice to him, and underestimated him than Ganesha too much. Angered by this, he leaves the Kailash mountain, the abode of his parents, and goes to Mount Kraunch, and starts living there permanently. Even today, there is a delightful temple of Kartikeya on Krauncha mountain in Uttarakhand. Shivparvati still comes to meet him once a year under the influence of love. Then there is a fair. In fact, the mind of Kundalini Yogi is Narada Muni. When it sees that Tantric type of physiological-philosophers are getting all kinds of happiness, dharma, artha, kama, moksha or salvation in the world together, but he is getting neither Maya or world nor Rama or god, then he gets his intense Kundalini yoga meditation reduced too much. In this way, we can also call people with nature like Ganesha as Tantric Karmayogi. That is why Ganesha is the main deity of clever traders. You must have also seen the picture of Ganesha on most business-promotional annual calendars. And in them it is written together, 'Good profit'. That is why in ancient civilizations, there was a lot of faith in the deities. But many Abrahamic monotheists left no stone unturned to oppose them. Even today this deity worship system exists in the tribal societies. Each tribe has its own special deity. In the high mountainous regions of the Himalayas, I myself have seen this powerful

practice of non-duality and Karmayoga generating deity worship. Malana village of Kullu district of Himachal is world famous in this matter. There only the administration of the deity works, not that of any government or other machinery. As said above, picturesque inlay images and sculptures of stone etc. have yin or nonliving external form, and in them the conscious deity's meditation is yang. All material and spiritual powers come from this yin-yang combination, although it is through Kundalini, but the path is karma yoga and worldly. Meaning that a Kundalini Yogi with a sitting type meditation practice cannot stay away from the world for long. He soon gets discouraged and drops down his Kundalini from Sahasrara to Ajna Chakra. There he begins to lead a material life intelligently, though staying away from the yin-yang alliance i.e. Shivaparvati, because he is not used to worldly things. At the same time, he becomes more idealistic or having sanskaras. This is what he meant to be angry with Shivaparvati i.e. God. Actually Shivaparvati alliance is the real God. Shiva alone is not the Supreme God, and neither is Parvati alone. Sahasrar is Kailash and Ajnachakra is Krauncha mountain, as mentioned in a previous chapter. Lord Shiva keeps on attracting him towards himself, because of the love of the son. Anyway, Jiva or living being is the son of the Supreme Soul. Sometimes they even meet him in the form of little awakening as glimpse. This is what Shivaparvati is said to come to meet him every year.

Chapter-27

Kundalini Yoga helped with Cold water bath~important in the investigation to confirm the self-declared claim of Kundalini awakening

I was telling in the previous chapters that how Sambhog Yoga is completely based on the famous story of Kartikeya birth mentioned in Shivpuran. How Agnidev, who became a pigeon, eased his burning by giving Shivtej to the chakras represented as the wives of the Saptarishis. Those sage wives used to take a bath with cold water in the early morning or Brahma Muhurta during the cold winter months. In fact, those sage wives, shivering with cold, went to Agnidev to take heat. With the spark of fire, Shivtej entered them. What happens is that while taking a bath with cold water, the muscles of the chakras get contracted due to cold, due to which there is an upward stretch in the abdomen. Due to this, the semen effulgence located on the genitals near the Swadhisthana chakra rises upwards and spreads in all the seven chakras. This also reduces the pressure of the prostate, or it can also be said that due to lack of energy, the muscles that hold urine become loose, hence frequent and open urination is common while taking a bath with cold water. Almost the same process happens in times of fear, which has led to the saying that he was so scared that his paint got wet. In fact, fear creates a dark or void in the brain, which sucks the seminal energy from the bottom up. Due to the power of that kundalini energy, the muscles on the chakras contract further more and heat is generated on them. This is to take the heat of fire by the wives of the sages and through its sparklings to attain Shivtej. This increases the circulation of blood on the chakras, due to

which the Kundalini picture starts shining there, because where there is blood or semen or prana, there is Kundalini. Actually, semen gives a lot more power to Kundalini than blood. That is why it is said that thousands of drops of blood make one drop of semen. With the contraction of the chakra, if the burning of semen at Swadhisthana and Mooladhara chakra is not meditated along with, then the picture of Kundalini is not formed on that chakra, only the contraction remains. That is why it is said that Kundalini resides in Muladhara. This Kundalini picture has been called the child in the womb of sage wives, because just as a womb is formed from semen, in the same way, Kundalini picture is also formed from this same. That is why Lord Shiva assures Agnidev turned pigeon, who became cursed by Goddess Parvati, that he should give his semen effulgence to the wives of the Saptarishis, which will pacify his burning sensation. I'm still surprised with this unique and scientifically told story of Shiv Puran. Just as the semen rises up by sexual yoga, so also by bathing in cold water. That is why both the actions are shown almost same in this story. Means due to socially shameful reason, sexual story has been well told in the form of cold water bath. It's a good alternative. It's an intelligent tactic. May be Lord Shiva has been shown residing in snowy mountain peaks and shivlingam continuously bathed with overhead dribbling water, and rainy season present month of July-August called as Shravan month is Shiva specific month due to this same reason. The river Ganges, falling down from heaven, enters the earth only after bathing Shiva. I would also like to do some philosophical rumination here. The primary objective of sexual intercourse seems to be Kundalini awakening, the birth of a child is probably a secondary or companion purpose. The child is as a reward that such a person has made his life successful by attaining Kundalini awakening, now he should also help another wandering soul to succeed in his life by producing children like him. The proof of this is the existence of Brahmacharya Ashram before the Grihastha Ashram. In this the man used to become dvija meaning awakened. The meaning of Brahmacharya is to raise the semen power without wasting it. It is a different matter that if a weak person is not able to achieve Kundalini awakening in

this ashram stage, then in the next stage of householder or grihasth ashram he can also take the help of Sambhog Yoga for a few years in this household ashram. It is as if a weak child even after moving to the next class takes additional vigorous coaching or training to make up for the gap in the previous class. It can be called super celibacy or emergency celibacy or extraordinary celibacy. Ever since procreation became the primary objective of sex, people started forgetting Kundalini awakening and the world population also started increasing randomly. I was reading on Facebook that such a man reminded thirty thousand people of their past lives, and such a man reminded ten thousand people. There is no discussion of whether anyone got Kundalini awakening helped by anyone. Main work behind, minor work ahead. Here even this present life is not forgotten, and on the other hand some people are also engaged in remembering the lives of past births. Weird and ridiculous the matter appearing. I also feel that the channel in front is shown as the left side of Ardhanarishvara i.e. female part and the channel exact behind spinal cord is shown as the right i.e. male part. The same goes for the yab-yum chaperure. Probably because of shyness towards the yab-yum chaperure, it has been shown like this as it is. Anyway, photos etc. cannot even show three dimensional yub-yum on a two dimensional background. But it could be shown in an idol. That's why shyness seems to be the main reason. These two channels try to unite by joining. This allows the powerful Kundalini energy of Muladhara to rise up in the form of a wave and enter the Sahasrara, penetrating all the chakras, and not turning back down, as the Kundalini channel in front merges with the channel behind. Meaning the joining of both the channels opens up a central channel named Sushumna. Probably a little ahead of the spinal cord is the left ie Ida channel, and a little behind the spinal cord, the channel touching the back skin is the right ie Pingala. The spinal cord is the central or sushumna channel located in the center of the vertebral column. Perhaps this is the basic scientific principle of yin-yang i.e. male-female attraction. By the way, left and right channels also exist in the same way as usually shown. I am giving them extra dimension by moving the left

channel in front of the spine and moving the right channel behind the spine.

Everyone knows that as soon as the chakras receive heat through contraction, they also get semen effulgence. The sage wives gave that radiance to the Himalayas, meaning the backbone. When cold water falls on the body, uddiyana bandha along with yoga breathing is felt by itself. In this, the stomach squeezes inwards and upwards. Due to this the burning or kundalini effulgence of the chakras goes to the spine. The spine gives that effulgence to the river Ganges which means Sushumna Nadi. Sushumna gives it to the reeds growing on the sides, meaning Sahasrar Chakra, where Kartikeya's birth means Kundalini awakening or Kundalini activation occurs. If the Sushumna nadi is fully opened then Kundalini awakening otherwise Kundalini activation takes place. Meaning the Kundalini picture becomes like a living or real physical picture in the brain. This is the importance of bathing in cold water, which is described in every religion. In the Baptism of Christianity, possibly even with cold water, this physical action of bathing, which is called initiation, brings alive the Kundalini picture in the brain, which sets a man on the path of spiritual liberation. That's why baptism often shows miraculous effects. That's why the crowd of devotees keeps on taking a bath in the Ganges river. The water of the Ganges river is icy cold, by bathing in which the Kundalini Shakti runs brightly, creating bliss. There is a fast of Rishi Panchami among Hindus, in which a lady has to bathe continuously for a long time in a spring or pond of cold water, and also have to keep doing holy teeth brushing and cleaning with chewed wooden stick. Possibly due to the tooting, the extra energy of the brain keeps coming down from the front channel, which makes it easier for the Kundalini to move around, which also does not let feel cold. Actually, contraction of muscles and conduction of nadi is the natural effort of the body to protect it from cold by generating heat in the body, Kundalini benefit is Sahalabha i.e. associated benefit. Tibetan Buddhists melt ice cubes by placing them on top of them. The more rocks one melts in this match, the bigger he is considered to be a yogi. The one who melts the most ice cubes is declared the winner. This is

a good way to measure meditation power. The contraction of the muscles of the chakras due to kundalini meditation there produces heat, which melts the ice. I was thinking in the previous chapter that I wish there was a way to check one's self-proclaimed claim of Kundalini awakening. If you want, you get something or the other. This is the way to melt the ice cubes on the body. It is simple, indirect, effective and practical method. There is no need to take a blood sample to find a possible Kundalini marker in it. Of course, Kundalini awakening is not known directly from this, but by measuring the power of Kundalini meditation, it is known indirectly, because Kundalini awakening increases the power of Kundalini meditation. It is a different matter that due to prolonged practice of Kundalini Yoga, Kundalini meditation power increases without awakening. The main thing is this Kundalini meditation power, not Kundalini awakening, it seems to me. However, Kundalini awakening has its own educational and authoritarian significance. With this test technique, Kundalini awakening can only be estimated, it cannot be confirmed. There seems to be one more drawback to this technique. If a yogi has sufficient Kundalini meditation power, but is weak, he may not be able to maintain the contraction of the chakras for long, due to lack of energy. This is my own guess, it may not be so. But common people should not do this without practice. It can be causing cold too. People living in cold places like mountains are more agile due to Kundalini Shakti, it seems.

Chapter-28

Tripurasur demons are three gunas of nature and killing them is awakening the kundalini~ a Shiva purana story demystified

One demon's residence building was that of gold, the second's that of silver and the third's that of iron. These are symbols of sattva, rajas and tamo qualities of nature respectively. Rakshasa means the attachment-full feelings that arise with these qualities. To kill them, Shiva means the soul made a chariot in the form of a human body, Mandrachal mountain means the spine was made as a bow, and Vasuki serpent means Sushumna was made as the arrow. Fighting with demons means raising Kundalini Shakti from Muladhara through Yogasadhana through Sushumana and awakening it in Sahasrar. By that all attachment to the three gunas of nature ended, meaning Tripurari demons died. This pleased the deities who resided in the body as they were freed from the bondage of the body. I'll throw some more light on this if there's time, but it's the actual point in nutshell.

Mahakal Jyotirling of Ujjain

It is said that this Tripurasur incident took place in the Mahakal temple in Ujjain. That is why the sculptures and artifacts depicting it have been most prominently placed in the recently built grand Mahakal corridor. Due to killing of tripurasurs by Shiva, he's also called as tripurari.

Chapter-29

Andhakasur story from Shiv Puran

Once Lord Shiva leaves Kashi with Parvati and reaches Kailash, and starts traveling there. One day Shiva was in meditation when Goddess Parvati came from behind and placed her hand on his forehead closing his both eyes, causing a drop of sweat from her finger to fall on the ground due to the heat of Shiva's forehead. A child is born from that drop, who is very ugly, cries and is blind. That's why he is named Andhakasura. On the other hand, the demon Hiranyaksha remains very sad for not having a son. He does severe penance to please Shiva, and asks him for the boon of having a son. Shiva hands over Andhak to him. Overwhelmed and excited by the attainment of Andhak, the son of Shiva, he ascends to heaven, due to which the deities run away from heaven and hide on earth. He hides the earth in the underworld by submerging it in the ocean. Then Lord Vishnu incarnates as Varaha to help the deities, kills Hiranyaksha and by keeping the earth on his teeth, lifts it up from the underworld and puts it back in place. On the other hand, when the boy Andhak is playing with his brother Prahlad etc. other demon children, they tease him by saying that he is blind and ugly, so he cannot handle the throne in place of his father Hiranyaksha. Saddened by this, Andhak starts doing great penance to please Lord Shiva. He drinks the smoky fire, cuts his flesh and offers it in the fire pit. From this he remains merely a skeleton. Shivji is pleased with him and makes him completely healthy and full of eyes according to his demand, and says that he will die only if he tries to make a great yogi's wife his wife. Pleased and proud of the boon, Andhaka drowns in furious enjoyment, enjoys with many courtesans in various sex-enhancing places, and misuses his age. He also tortures a lot on sages and gods. They all gather together and go to Lord Shiva. To help them, Shiva begins to visit Kailash with Parvati. One day the eyes of Andhak's servant fall on Goddess Parvati, and he tells this to Andhak. Being enamored of Parvati, Andhak insults Shiva by calling him dirty ascetic, jatadhari etc. and says that such a beautiful woman is worthy of him and not of any ascetic. Then he goes to fight with Shiva with the army. Shiva's Gana Veerak single-handedly defeats him in the war and chases him away, and does not allow him to enter the Shivgufa. Then Shiva goes away to do penance to get Pashupat Mantra. Seeing the opportunity, Andhak attacks again. Parvati is alone in the cave. Even Veerak is not able to stop him. Out of fear, Parvati calls all the gods for help, who then arrive in female form with weapons. Female form because they do not like going to the room of the goddess in male form. There is a

fierce battle. Vighas, the soldier of Andhak, swallows the deities like Sun, Moon etc. There is darkness all around. However, by chanting some divine mantra, they also come out by punching him in the mouth. Only then Shiva also reaches there. Enthused by him, the ganas start killing the demons. But demon guru Shukracharya revives all the dead demons with his Sanjivani Vidya. Shivgan tells this to Shiva that how Shukracharya is misusing the knowledge given by him. Enraged by this, Shiva sends Nandi the bull to capture him. Nandi kills the demons and captures him and brings him. Shiva swallows Shukracharya. Not finding an exit hole in Shiva's abdomen, it moves around like it is moving with the speed of the wind. He tries for years to get out of there, but cannot get out. Then Shiva takes him out of his linga in the form of Shukra i.e. semen. That's why he was named Shukracharya.

Actually Sanjivani Vidya was given to him by Shiva in a very old time. He installs Shiva's linga at a very beautiful place. On that he worships Shiva hard. He drinks the smoke of fire, and do severe penance. Appearing from him, Shiva gives him Sanjivani Vidya, and gives him a boon that he will be born in his semen form by entering his abdomen in future. He names the linga as Shukresh and the well established by him as Shukrakoop. He tells the immense results of the devotees taking a bath in that well.

Kundalini-Based Analysis of the Andhakasur Story

Shukra means energy or speed. Venus or Shukra, semen, Energy and Tej all these are synonymous with each other. Shukracharya was swallowed, which means Yogi Shiva lowered the Kundalini energy down the front nadi channel by touching the tongue to the palate in Khechhari Mudra, so that the Kundalini energy created from the transformation of semen energy ascended from the Mooladhara Chakra through the Sushumna nadi of the back. With the velocity of the wind, he started wandering here and there, which means, with the speed of breath, the Kundalini energy started moving round and round in the microcosmic orbit loop. After rotating Shukracharya for a long time, Yogi Shiva took him out through the seminal path, that is, after rotating the Shakti in the chakras for a long time and meditating on the Kundalini picture in the form of Ishta Dev or Guru etc. on the chakras, when he Shakti starts to weaken means Shukracharya is getting exhausted, then he was thrown out in the form of semen. He was accepted as a son by Yogi Shiva, which means he adopted what Osho Maharaj calls, 'Samadhi from intercourse'. In this sexual tantra, the samadhi picture in the Sahasrar Chakra is superimposed on the ejaculation-sensation. This resulted in the same thing as written in a previous chapter that the child Kartikeya was born from Shivvirya on the reed grass

growing on the banks of river Ganga, meaning Shukracharya attained the sonship of Shiva like Kartikeya. According to the above story, Shukralinga will be considered as the most famous, dear and powerful linga, because it is completely real, others are more apparent, like some ara stone linga, some pardalinga, some snow linga etc. Shukrakooop is a well of cold water nearby, which is helpful in the sexual tantra, because as shown in a previous chapter, how bathing with cold water works to make sexual energy dynamic and functional.

The fact that Shukracharya was reviving the demons means that the semen energy, being going external, was promoting worldly mental defects, attached feelings and thoughts. Shiva asked Nandi to catch Shukracharya, it means that Nandi is the personification of Advaita Bhava because he is such a Shivgana in which animal in the form of bull and man in the form of Gana exist together. It is a yin-yang mixture. Advaita helps Kundalini Shakti to rise up from Muladhara.

Goddess Parvati closed the eyes of Mahadev Shiva, due to which he became blind. This is said to explain that a prospective yogi was in a state of ignorance, having neither knowledge of worldly behavior, nor spiritual knowledge. Then he fell in love with Ishq Vishq. Due to this his shakti started rotating, but she was without Kundalini picture. Kundalini picture means meditation picture is made in the higher state of spiritual knowledge. Spiritual knowledge is obtained from the culmination of worldly knowledge and experience. A long time of life passes in this happening. What happens with unscientific love is that man cannot transform and direct the sexual power in a positive manner that leads to its degradation or misuse. The same abuse has a son named Andhak. It simply means that such and such a future Yogi must have rotated the Shakti. This is proved by the above story that Parvati closed both the eyes together, which means Yin-Yang got balanced. But due to lack of maturity, he could not understand the constant translucent picture of any form associated with Kundalini shakti shining slightly from this balance and intentionally abandoned it considering it useless. The extinguishing of the brightness naturally resulted in darkness, which is shown as the closing of the eyes. Because the image that is formed in the brain with high clarity by shakti is called son, as was also proved in one of the chapters of this blog. Without any physical intercourse, a real or physical son cannot be born, that too on the ground full of mud and stones or on the reeds. Because of that spiritual power or shakti only darkness got concentrated in the mind of the future yogi of this chapter, hence he was shown as the shiva-son Andhak. Since a person full of darkness is not liked and considered

efficient by anyone, it is shown that he was unpleasant to everyone and his childhood friends used to make fun of him by calling him unworthy of the throne. It is natural that the future Yogi tries his best to achieve perfection in the world in the form of respect, happiness and even awakening, because he has a lot of energy, only he lacks a steady meditation picture. He gets an indirect feeling of this deficiency after stumbling in the world, so he goes into solitude for Kundalini meditation. This is shown in such a way that the blind then goes to the forest and meditates on Shiva or Brahma and does intense penance. Cutting his flesh into pieces, he goes on offering them to the fire. Along with this, he drinks the smoke of fire. This means that the future Yogi does hard Hatha Yoga, which not only dissolves his extra fat, but also makes the muscular body lean by burning with the fire of Yoga. The carbon dioxide gas that comes out from this combustion is called smoke. Because the breath is often held inside in yoga, that is why it is called drinking the smoke. When he becomes so weak that he looks like a bone frame, Lord Shiva appears to him. This means that after practicing Hatha Yoga for a long time, the Yogi feels his body as light as a skeleton due to the increased sattvikta or holiness in his Sahasrara Chakra, then the Kundalini is awakened. Means the invisible or dormant Kundalini Shakti awakens in the form of a mental image of Shiva. Now Shiva makes Andhak completely healthy and beautiful. Well, such a sudden and positive transformation happens with Kundalini awakening. Now he asks Shiva for a boon that he should never die. Shiva says that this is not possible. It is also necessary to protect the world. After attaining immortality, anyone can destroy the world by becoming a tyrant, because there will be no one to stop and scare him. That's why Brahma asks him to choose one or the other cause of death, no matter how impossible it may seem. On this Brahma says that when he wants to marry a woman as respected as his mother, then he will die. Now these are the mysterious things of Tantra, if the secret of which is revealed, then the general public may find it strange. In Tibetan sex tantra, the master's sexual partner teaches tantric sex arts to his disciples practically with his permission. Guru's wife is treated like a mother in every religion and sect of the world. Means that after learning tantric sexual yoga, the blind will rise above blind worldliness and become calm in his soul or self, meaning he will die in a way. The same thing happened later, after his death Shiva made him his Gana, which means he became liberated. No one becomes liberated after a common death. It also means that when one falls in love with a respectable woman unfit for marriage or sexual intercourse, then her form starts coming to his mind again and again, due to which it takes the form of samadhi image, as happened with Premyogi Vajra. After getting Brahma's boon, Andhak became the king, and became very debauched. He had already got a beautiful

and shapely body, so he started wasting his valuable time enjoying in various beautiful places with countless courtesans. With the power of this sexual power, he also started committing many sins. After driving the deities out of heaven, he started ruling there himself. When someone does bad things, the deities in the body controlling bn body cells and other constituents will run away in sorrow, because the main purpose of the deities is to make the body do good things. Now I will tell the recent incident related to this and then finish the chaper because otherwise it will become very long and difficult to read. I'll try to unravel the mystery of the rest of the story over the next week. It's about all I've figured out so far. Maybe you can reveal it before me, if so then definitely write in the comment box.

Chapter-30

Kundalini Yoga shown in the form of Ganges descent

Ashwamedha Yajna appears to be a form of Sakshipan Sadhana or Vipassana written in an allegorical style

Dear readers, there is a famous story of the descent of Ganga in Hindu philosophy. What happened that King Sagar had sixty thousand sons. Once they started performing Ashwamedha Yajna. At the end of the Yajna, the Yajna horse was released. Devraj was afraid that if that hundredth Ashvamedha Yajna of King Sagar was successful, then Sagar would get his chaper of Indra. That's why he stole the horse and tied it outside Kapil Muni's hermitage in Patal Lok. The sons of Sagar guessed that Kapil Muni had stolen the horse. That's why they started abusing him. Due to this, when Kapil Muni opened his eyes, they themselves were burnt to ashes by the fire emanating from him. Then being saddened by this, King Sagar started apologizing to Kapil Muni and started asking the solution for the salvation of his sons. Then he spoke of their salvation from the river Ganges. Then no one could do such a big task. Born many generations after Sagar, Bhagirath asked Brahma as a boon to get heavenly Mother Ganga on earth and prayed to Shiva to bear her in his hair. His wish was fulfilled and the river Ganga passed over the ashes of the sons of Sagar and saved them.

Kundalini Science based analysis of the story of the birth of river Ganges

King Sagar is the symbol of the world-ocean. Means a man addicted to the world. Sixty thousand sons are symbols of thousands of desires and feelings. Ashwamedha Yajna means suppression of the senses. Medha means sacrifice or

slaughter. Horse sacrifice means sacrifice of senses. If the horse in the form of external senses is sacrificed in the sacrificial fire in the form of subconscious mind and the fire is kindled in the form of uncovering the suppressed thoughts, then it is natural that one will get salvation in the form of heaven. The deities are pleased by that sacrifice because the whole body is made by the deities and they control it, such as the sun god control the eyes, Indra control the arms, etc. This fulfills the purpose of the God-directed deities, because the main reason behind the evolution of life seems to be to liberate the living being from the sufferings of repeated births and deaths etc. By fulfilling this purpose, the deities get power. That is why it has been said that the deities are pleased with Yagya and in turn they increase the wealth of devotees by providing rain etc. at the right time. The direct benefit is that there is no mutual estrangement between people and there is love and cooperation with each other, which leads to positive development. Performing such a yagya once does not work. Yagya has to be performed continuously throughout the life. This subconscious mind is like a very deep and attractive well, from out of which the garbage of thoughts keeps falling back again, though it remains then superficial, and is permanently flushed out by repeated effort. Maybe once a year, like some annual festival, there is a need to take out the garbage of thoughts in detail. It is called Ashwamedha Yagya. That's why hundred yagyas were performed in the entire age of one hundred years of a man. Due to the absence of the hundredth Yagya, the garbage of thoughts and feelings born in the last year of life remains buried in the subconscious mind, which does not allow a man to be free. Our grandmother used to tell us a fable. There was a rope leading to heaven. Walking carefully on it, people used to go to heaven. Once an old woman was watching a yogi walking on it. He called out to Yogi to take her along too. Yogi felt pity on her and holding her hand started walking her on the rope. But Yogi put a condition that she would not look back and see her brothers and sisters crying in sorrow of being departed from her. If she looked back, she would lose her balance and fall back to the ground. The old woman accepted his condition. But on the way she could not help it, and as soon as she looked down, she fell

down, but the Yogi passed on without looking at her. Such fables have very deep and epistemological meanings.

The purification of the mind is ultimately achieved through Vipassana, which is a peaceful form of meditation

By the way, liberation is not achieved through Kundalini awakening, self-knowledge etc. They only help in cleaning the accumulated garbage of thoughts or deeds, if someone wants to do it. If someone does not want to do this cleansing then it is a different matter. That's why nowadays brain-shaking experiences like Kundalini awakening are not much prevalent and important, if I tell the truth. Anyway, in today's busy, technological and study-filled era, there is already a lot of pressure on the mind. How much more pressure will he bear in the name of awareness. It is very difficult for most of the people to get solitude and peace. Excessive brain pressure can lead to incurable brain diseases like Parkinson's, Alzheimer's. But these are not mine but the views of some other yogis. In fact, this does not happen if kundalini meditation or Kundalini awakening is done properly by staying within the limits of one's tolerance. There is always benefit from kundalini meditation. I am writing this paragraph to test the views of some other people. In true sense, nowadays, it is the era of quiet Vipassana, that is, the practice of witnessing. By the way, Vipassana is also a meditation, calm, simple, natural and slow meditation. If the buffalo itself is going on the right path, then why should it be beaten with a stick, brother. If you want to clean only the garbage, then go straight and do it, why run through the crooked way. Even if the garbage of thoughts located outside is seen sometimes, it is still pure because it does not create attachment or craving. It can also be said that Vipassana makes a person calm, relaxed and light, due to which his mind itself does Kundalini meditation. That and Kundalini awakening further helps Vipassana, in turn Vipassana strengthens Kundalini meditation. In this way Vipassana and Kundalini meditation practice enhance each other.

Dhyana Yoga or Dhyana Yagya is the real Yagya, and animal sacrifice is the suppression of the senses

The senses are given the analogy of a horse or an animal in the scriptures. Pashupati means the owner of the animals as senses is a name of Lord Shiva. As the animal is inclined towards the outer world rather than towards the inner soul, so are the outer senses. The life span of a man is hundred years. After that death means attainment of heaven. Heaven cannot be attained while alive. Salvation is heaven even for Devraj Indra. That's why Indra considers the attainment of this supreme heaven as an insult to him as for him how one can rise above him and the three worlds controlled by him. Although Indra along with the gods also gets strength from the liberation of man, but the ego when settles in the mind, it does not allow one to see his good and bad. Tying the hundredth horse to the underworld means that Indra established the power means shakti of the senses in the dark region of Muladhara. The body is governed by Indra. The extra energy of the body naturally goes to Muladhara itself, that is why its name has been associated with Indra. Everyone knows that it goes to the navel chakra, that's why when there is no work and stress, there is a lot of hunger and the food is also digested well. It increases more shakti in the body. From there it descends to the Swadhishtana Chakra because such is the direction of movement of Shakti. There, if sex-related work is taken from it, then it climbs up again through the back and spreads with pleasure in the whole body or goes out and gets wasted. If even that work is not done, then it descends to the Muladhar and remains lying there. If ever a lot of work is done which gives fatigue and tension, then it reaches the concerned tired part through the back and repairs it, otherwise it remains asleep there. It must have been said that Shakti is sleeping in Muladhara because when we chant sleep-sleep continuously in the mind, then Shakti is felt going down passing through the front chakras and does not climb back up. If it goes up, it comes down immediately. If there is a hindrance in the energy coming down, then it comes from the brain to the throat. It is

accompanied by a sudden sense of calmness and relief, and a sudden drop in cerebral pressure and blood pressure. Shakti works in every chakra, but not usually in Mooladhara, because that is the bedroom of Shakti. There the shakti has to be awakened. Different organs are associated with each chakra. Though anus is connected with Mooladhara as well, but it is also connected with Swadhishtana. I think that Swadhishtana Chakra also does all the work of Mooladhar. The place of awakening of shakti is the brain, so it is natural that the farther the organ or tissue is from the brain, the more it is asleep there. In the scriptures, the Nabhi or naval Chakra is also called the Yagya Kund where the oblation in the form of food keeps on burning. This does not mean that there is no need for external or physical gross sacrifice. Actually the outer Yagya also inspires the inner Kundalini Yagya. I feel the activity of Kundalini while performing physical Havan Yagya in ceremonies etc. Yes, this much can definitely be done so that there is no unnecessary misuse of physical resources in the name of physical sacrificial yagya.

Energy rises from below, but because of the residence of the subconscious mind at Muladhara and Swadhishtana, it has been shown going down from Sahasrar

Kapil Muni's ashram in Muladhar means there is the holy presiding deity of Muladhar Chakra. To call it a bad word means to consider Muladhar impure. Sending sixty thousand sons by Sagar in search of horse means by man to get his lost shakti i.e. sensory power i.e. Kundalini shakti, leaving thousands of desires and feelings open means trying to sting everywhere in the world. The scriptures say that just as one who wanders in the forest quickly finds a gem, similarly one who wanders in the world quickly finds the subconscious mooladhar and the shakti sleeping in it. This is a great teaching, according to which, after getting tired of wandering in the world, man gets bored with the external senses and starts drowning in the subconscious mind. But this happens only if a person is living in the world with non-duality and non-attachment, otherwise the people of the world do not

leave him behind even in the subconscious mind and drag him out of there also and do not allow him to meditate. It is clear from this that for the spiritual progress of the common man, it is very important to maintain a sense of non duality and non-attachment. Just as in this story, underworld or patal abode is below the sea and the path goes there only through the sea, in the same way Muladhar Chakra is also below all the worldly (the world is also called sea in the scriptures) chakras, and like Patal, it's dormant world, that's why it is called subconscious. To see Muni Kapil there means to see the originator of Sankhya Yoga and Jainism in the form of meditation. Jain monks also live in Digambar ie naked state. Accusing Muni of theft by abusing him means that they should know that this meditation picture has pulled Shakti down and imprisoned it. By insulting something, a man cannot take full advantage of it. If you keep peeing on Muladhar, then how will you wake it up by meditating on the Kundalini image on it. If you accuse the meditation image that it has taken away all your add shakti, then how will you give it more shakti? Excess or unused shakti will go into it unknowingly and will remain dormant there. That power or shakti there will be able to uncover the subconscious mind only if you give it a chance to do so and cooperate with it. That's why you must have seen that sexy type of people are very deep looking and thinking. This is because they do not have much garbage in their mind. They constantly cleanse the filth of the mind with their sexual energy located at Muladhara, and on the other hand those who pretend to be clean and keep distance from sexuality are filled with the garbage of the subconscious mind inside. Sexy men are candid and have a sharp mind. Their attention is more concentrated in the Muladhar area than in other areas of the body. Although the face and the base are connected. The burning of those sixty thousand sons by the fire of anger in the form of sage's vision means that all the thoughts and feelings of the mind fall asleep with shakti in the base. Means the Kundalini Shakti went into a dormant state along with the subconscious mind. After many generations in the Sagar dynasty, there was a great man named Bhagirath who was able to bring Ganga, who freed all the sons of Sagar alive, that means the person was able after many births to awaken

the Sushumna and achieve the Kundalini awakening, through which the subconscious Thoughts and feelings suppressed in the mind (Patal Lok equivalent) continued to manifest with Ananda, Advaita and Bliss and merged into Brahman. Bhagirath did Kundalini Yoga which means severe penance. Brahma was pleased and gave the boon, which means Kundalini became active in Sahasrar. Sahasrar Chakra is also like a lotus and Brahma also sits on a lotus. Shiva living on Kailash holds the Ganga in his hair, which means the line of consciousness flowing in the Sushumna nadi gets absorbed in the Sahasrar. Sahasrara Chakra is inside the head full of hair just like Shiva. In many places Sahasrar is given the likeness of Mount Kailash. That Ganga came from heaven i.e. energy flowing in Sushumna and Sahasrar Chakra connects with divinity i.e. divine world which is called unique and unparalleled experience during Kundalini awakening. In fact, the seat of the subconscious mind is also the brain, but because it is awakened by the Sushumna-Shakti coming up from the Mooladhara, it is said to have been dormant with the Shakti in the Mooladhara Chakra. Similarly, if you start uncovering the subconscious mind with meditation, then Muladhara and Sushumna start functioning. Meaning these three are connected to each other. That's why it is said in this mythological story that Ganga means glistening line of Sushumna Shakti came to Kailash means brain from heaven means all-pervasive and all-blissful experience of awakening, from there to Himalayas means spinal chord in backbone, then descending to ocean means world or different chakras, then to underworld or patal means reaching ultimately to mooladhar chakra. Actually the opposite happens, that means the shakti rises from the bottom up. Then it is said that Bhagirath kept walking along the Ganges, and wherever its path was blocked, he was removing that obstruction. It is like a man meditating on the chakras turn by turn to remove blockages of energy or shakti . Chakra-blocks are those blockages. People like Zakir Naik, the so-called international fugitive Islamic scholar and surrounded by allegations of terrorism, must follow this blog, because he tries to defame Hindu scriptures by exposing the mythical side of them, but is unaware of their scientific side.

Chapter-31

Kundalini Yoga makes peahen become pregnant by drinking peacock's tears

One day a Facebook friend of mine shared a chapter making fun of the unscientific myth that peahens get pregnant by drinking peacock tears. A **sadhvi** who gave such **discourse** was also ridiculed. It had become his habit to do propaganda without any argument. I gave him a spiritual explanation for this. I said brother, such stories have very entertaining and enlightening spiritual meaning, please don't connect them with the material world. The peacock dances looking at the clouds. Means he knows how to be happy even in the atmosphere of **depression**. Peacock is like a Yogi. Probably that is why **Yogishwar Lord Krishna** used to wear Mormukut that's peacock feathered crown. Meaning peacock let the tears of sorrow or depression fall. He didn't stop them. He allowed the mood of depression to express itself. Thoughts of depression were allowed to rise a bit. The peahen here symbolizes the intellect and the peacock the **soul**. Peacock means the soul is experiencing depression in the form of darkness of bitter or sluggish thoughts. Wisdom accepted the power of bitter thoughts expressed in those tears, and gave birth to a son in the form of beautiful and powerful thoughts. In the **scriptures**, there is a trend of calling strong beautiful thoughts of the mind as sons. Kundalini picture is the most beautiful and powerful thought of mind, so she is given the form of the best son or **Kartikeya**. According to the best method, the intellect decided to do Kundalini Yoga. Due to this, the power of bad thoughts got attached to the brightening Kundalini picture, due to which the darkness of depression ended, and possibly Kundalini awakening also happened along with it. The intellect of the one who was not a Kundalini Yogi, in an artistic way made the man do such activities, which generate

beautiful thoughts, such as writing, painting, music-playing, acting etc. In this case too, these beautiful thoughts took the power of the foggy thoughts of depression. It is clear that the balloon of depression should be allowed to burst, it should not be kept locked inside. The same thing happened to me once, when many roads in the world were closed in front of me. There was no new work, so old sluggish thoughts were pouring out like peacock's tears. Then I gave the power of those thoughts to Kundalini Chitra through **Tantrik** Kundalini Yoga. The friend did not discuss the above explanation, but got out of the friend list. This pretty much proves that my unanswerable analysis was correct. The propagandists disappear by initial verbal firing like this. What is your opinion?

Chapter-32

Kundalini Yogi destroys ego and tantric sins in the form of Hiranyakashipu with the help of meditation picture as Lord Nrisimha and saves soulful intellect as Prahlad

Friends, in the previous chapter, how the peacock became a Yogi. **Yogi's back energy channel is male peacock, while the front channel is peahen.** In an atmosphere full of depression, the power of Muladhara creates many faulty thoughts in his mind, because the power does not find any other way to be spent. He drinks the same thoughts i.e. tears by touching the inverted tongue to the soft palate inside the mouth as Khechari mudra. The same tears descending through the front channel take the form of Kundalini image on the chakras, especially on the navel chakra, which means the **peahen becomes pregnant.**

According to a legend in the **Puranas**, a **demon named Hiranyakashipu** sought a boon from **Brahma** that he should not be killed by humans or animals, neither in the day nor in the night, neither inside nor outside the house, nor by astra that's fired weapons or shastra that's handheld weapons. Hiranyakashipu considered **Lord Vishnu** as his worst enemy. But his son **Prahlad** was a devotee of Vishnu. Hiranyakashipu explained a lot to him but when he did not agree, he made many attempts to kill him. Once he got the iron pole red hot and asked Prahlad to stick to it. When Prahlad saw an ant crawling on it, he hugged the pillar without fear. Only then a strange creature came out of it, whose face was of a lion but it was a man from below. His name was **Narasimha**. He took him to the door of the house

in the evening, took him on his lap and killed him with his nails.

Hiranyakashipu is also a symbol of **tantric sin**. Tantrik **Panchamakar** is sinful mostly. The tendency of sinful energy is more towards the material world. That's why it does not allow man to go towards spirituality. But by **Guru's grace**, a man's trend becomes towards spirituality. It has been said in the story that the teacher of the school turned Prahlad towards **spirituality**. Then Hiranyakashipu removed that teacher and appointed a new teacher who gives physical education full of deceit. But Prahlad's nature did not change. The meaning is clear that the **blind power** tries to take away even from the true Guru, but even if a little contact is established with the true Guru, it does not succeed. As a result, these tantric sins inclined towards spirituality make the **Sushumna** of man activated. This is the making of red hot iron pole by Hiranyakashipu. The yogi's joining the meditation picture with it is his embracing it, for man's own form is also that which he is meditating on every moment. The awakening of Dhyanchitra that's meditation image means the manifestation of Lord Narasimha, by whom along with all other sins, those tantric sins committed for the success of **Kundalini Sadhana** are also destroyed. This is the killing of Hiranyakashipu by Nrisimha. The appearance of Narasimha from that burning pillar in the evening means that at that time Sushumna becomes more active than other times and most likely awakens the image of meditation in Sahasrara. **Sushumna Nadi is that fiery red iron pillar**. Sushumna also resides inside backbone stiff like iron. Because many people consider the picture of Kundalini as scary like a **ghost**, because it does not have a physical existence, that is why it has been given the form of a fearsome Narasimha. Meditation picture is neither human nor animal. It can be understood in such a way that when half-human forms like **Hanuman, Ganesha** are meditated upon, then **Dhyanchitra** is most expressive. He is neither inside nor outside. This means that Dhyanchitra is not a physical object, but only an **imaginary picture**. It is formed neither during the day nor at night, but it is formed in the evening while doing Kundalini Yoga. He takes Hiranyakashipu in his lap and punctures his belly with his fingernail, that means by

lifting up the subconscious and unconscious mind from Muladhara hidden there as ego, he eliminates them by manifesting them on the chakras, means this is Vipassana Sadhana. **In Sahasrar Chakra, it remains fully manifested, and remains asleep in Mooladhara, so it does not come to die in both the places. It remains semi-awake or semi-conscious only in the middle chakras, that's why it comes to die in the middle. This is also the principle of witnessing in Vipassana practice.** This is **Chakrabhedan** that's chakra piercing through **Shakti**. First the dormant thoughts and desires from the surface of the subconscious mind are awakened by life force and expressed on the chakras, then they are penetrated by the flow of life force on the chakras. In fact, those desires and rituals are pierced or destroyed, but chakras are believed to be pierced. Because the **navel chakra** of the stomach is the most prominent, hence Hiranyakashipu's stomach has been said to be torn open. Because most yogis strengthen their meditation by placing the tip of the fingernail or atleast finger on the chakra point causing the sharp prickling sensation at the chakra with the fingernail, that is why it is said that Narasimha tore Hiranyakashipu with the fingernail. **Neither a human nor an animal can kill the ego. It cannot be killed by any type of weapon. It can be killed neither completely being outside i.e. extroverted, nor completely being inside i.e. introverted, but only by a suitable mixture of both.** In this, the killing of Hiranyakashipu in the balanced or middle states tells that Sushumna is active only in the state of **Sangam or union i.e. Yinyang**. The Kundalini Yogi who feels a slight sensation like crawling in the back i.e. Sushumna, makes him believe about awakening of Kundalini, due to which he engages in yoga practice and activates Sushumna and achieves **Kundalini awakening**. It is said as Prahlad saw a worm crawling on that burning iron pillar, convinced with that he embraced it, from which Lord Narasimha appeared.

Chapter-33

Kundalini image takes over the entire creation by taking the incarnation of Lord Vamana, awakens and sends the egoistic King Bali to the underworld

In the previous chapter, there was a little talk about religion. Religion or Dharma in Sanskrit literally means lifestyle. Whose lifestyle is fanatic, he lags behind. Nokia didn't keep up with the times. At the same time, it was also concluded that many people who are thought to be psychopaths and are suppressed by drugs, exploitation or social ostracism, are actually patients of awakening. I wish psychology could differentiate between the symptoms of Kundalini and the symptoms of psychiatry or foolishness. I think it is difficult for a culture like western civilization to make this difference, but people of eastern culture are comparatively habitual in it as they have experienced it since ancient times. So, You must have seen, how lion had become a Yogi in a recent previous chapter. By the way, there is also a Yogasan named Singhasan. Anyway, Kundalini Yogi has been given a dragon-like form, whose mouth is also open like a lion. Yoga is a game of breath, and even a lion roars with the power of breath and makes his face menacing. There is a similar mythical story in Hindu Puranas that Lord Vamana had measured the whole earth in three steps. Actually the three steps are the symbols of the three gunas, sattva, rajas and tamas. Ida Nadi is mother Aditi, and Pingala Nadi is mother Diti. Pingala increases worldly discrimination, intelligence and ego, which means it increases demonic dualist gunas, Rajoguna and Tamoguna. But Ida Nadi creates divine feelings

of sattvaguna like peace, tensionlessness, non duality and other pure qualities. That is why it is said that Aditi is the mother of all the gods and Diti is the mother of all the demons. These two were the wives of Kashyap Muni. Kashyapa was the son of Brahma. Brahma is the main expressed mind. Because the mind creates the whole world. He sits on a lotus, on a lotus in the form of sahasrar chakra. As the place of the soul is described as Sahasrar, the same has happened to the mind because both are interrelated, one isn't without the other. Sage Kashyap is the subconscious mind, because it is born from the mind. He lives in hellish Muladhara as opposed to his father brahma who lives in heavenly sahasrara. Ka means water, and Shya is derived from the word Shayan or sleep, meaning one who sleeps in water. Water is in the form of semen and the cerebrospinal fluid flowing in the spinal cord, and the subconscious mind is shown as the sleeping man, because it is in it that all emotions remain suppressed. This subconscious mind resides in deep and dark pit like places like Muladhara and Swadhishtana Chakras. When its expressing feelings get the support of Advaita Bhava i.e. Ida Nadi, then they become his sons as gods, but when they get the support of Dvaita Bhava i.e. Pingala Nadi, then they become his sons as demons. These waking thoughts are the sons of Kashyapa and Aditi or Diti. Ida and Pingala nadis are his two wives in the form of Aditi and Diti respectively, because with their help he awakens in the form of thought-form sons, which means he becomes strong. Ida and Pingala nadis are his two wives, because with their help he becomes expressed, that means he becomes strong. The mental Kundalini image itself is Lord Vamana. It is the best among all thought-form sons, hence it is called the incarnation of Lord Vishnu. Very cool psychology. Brahma is the original mind. In fact, it is He who builds various worldly creations like houses, gardens, roads, bridges etc. He does not give birth straight to thought-form sons. He first creates the subconscious mind-like Kashyapa Muni. Thought-form sons are made from that. You must have also seen that if you do not do any work in the world, then no strong thoughts will be formed directly. By doing work, its memories get absorbed in the subconscious mind, which later keep on emerging in the form of powerful thoughts. The

left brain under the jurisdiction of Pingala Nadi is under the authority of the demon king Bali, the Ida-ruled right brain is under the authority of the gods. Raja Bali is ego. The name Bali seems to have been given to him because he sacrifices (means giving bali in sanskrit) living beings, commits violence to maintain the power of his ego. Also, Bali name originates from Sanskrit word Balin that means powerful. Ego is too powerful in fact. Kundalini image is formed by the influence of Ida. Although both Ida and Pingala should be in a balanced form, because the existence of both is dependent on each other, but Ida should be comparatively more effective. Under the influence of Ida Nadi, a person becomes calm, stress-free, with good appetite and good digestion. In this state of peace, the picture of Kundalini resides in the mind, which means Lord Vamana is born from Mother Goddess Aditi. To see, he is a small lonely mental picture, that is why he is called a dwarf or vamana. He asks King Bali for only three steps of land in the universe. How much space will a mental image take up? Like every mental object, that meditation picture is also made of three gunas, sattva, rajas and tamas. These are the three steps. Man as ego promises to give him even that much space, and thinks what harm it will do to him. Ego is very powerful. He does the biggest things in the world. He takes the small Kundalini picture as a joke. The backbone is secretly depicted as the conch shell. It has the same shape as a conch shell, wide at the head and thin at the tail or bottom. The spinal cord or Sushumna Nadi located in it is the drain inside the conch. The word nadi is derived from the word river (Nadi in Hindi). The water flowing in that drain is the sensation of Kundalini Shakti. Energy also flows like water flow. Because Kundalini-meditation or kundalini-thought as Sankalpa that's sharp thought or resolution is mixed in it, hence it is called Sankalpa-Jal. Meditation itself is called resolution or sankalpa in Sanskrit. During every religious ritual in Hinduism, while pouring water from a conch or argha (a special vessel for worship), a sankalpa is made for a few moments about the reason for the ritual, the process of the ritual, the priest, and its resulting fruit. Deep meditation itself occurs with it for a moment. Due to this, the karma becomes fruitful quickly and more. While sitting in the Yagya, Bali had pledged to give three steps of

land to Lord Vaman while pouring water from the conch. It is possible that by pouring water, the Kundalini energy starts flowing, because there is a similarity between the two, which strengthens the meditation. Along with the falling stream of water from the Arghe or conch, the Kundalini Shakti also starts flowing down the front channel, due to which it passes through the back channel and climbs up the back, taking with it the additional and special orgasmic Kundalini Shakti of Muladhara. It also carries along Vamana in the form of the meditation image because vamana is the main purpose, in the Sushumna-conch channel in the form of a thin spinal cord, with the push of the flowing water or Shakti in the form of meditation or Sankalp, and this way vamana keeps on growing through Yogasadhana, and finally awakens and pervades the entire creation. This is to measure the three worlds with three steps. Due to this the ego itself gets buried in the underworld in the form of subconscious. It has been said this way that Vamana placed the third step on the head of Bali. This story continues in the next chapter as well.

Chapter-34

Kundalini as Lord Vamana pierces Shukracharya's duality-form eyes

Dear readers, continuing the previous chapter, that sacrificial ego that's king Bali let Vamana come under compulsion, and he also gets apprehension that he may not survive after Kundalini awakening. By the way, the glory has been sung in such a way that King Bali was the biggest donor, who donated three steps of land to Vamana despite knowing his future destruction. Every living being is the supreme donor like King Bali. Knowing that his ego will be destroyed by Kundalini Yoga, his boundless material world will be destroyed, still he does Kundalini Sadhana at some point or the other. When a man is engaged in good deeds like King Bali, then sometimes Lord Vishnu comes to him in the form of a meditation picture to do good to him. He can be a friend, lover, guru or deity in any form. Guru is also considered as the form of God. Anyway, for everyone, their lover is God. For example, suppose a woman enters a man's life. Men have tens of businesses, and hundreds of relationships. Because of them, innumerable images are formed in his mind. So he takes that woman for granted, and thinks that a woman is nothing in front of his vast material world. He allows her to take up space in his mind, that is, he allows the first step associated with it in the form of her Bhava or existence or Sattva Guna, the second step in the form of her motion or Rajo Guna, and the third step in the form of Darkness or Tamo Guna to fall into his mind-like kingdom. But gradually his love for her grows, and with time she occupies more and more space in his mind. In the end, she spreads throughout his empire, and then awakens and destroys man's ego as king Bali. The same happens in Kundalini Yoga. This means that there is no difference in essence between yoga and love. King Bali was also doing a great Yagya, which means he was doing a good deed. A man knows that he will become a crazy yogi or crazy lover by falling in the circle of meditation, yet

he adopts it and moves forward. Through the awakening, kundalini captured the entire heaven with one step, that is, with Sattvagun. Heaven is dominated by goodness. Because all the three gunas become infinite at the time of Kundalini awakening, that is why it has been said that Kundalini or Vamana has completely permeated all the three worlds. The second step means that the Kundalini picture spread in the whole earth with Rajoguna, because the earth is Rajogunapradhan. With the third step in the form of Tamoguna, the ego and its associated thoughts of karma go into the dark subconscious of the Mooladhara. Since tamoguna is created by killing or destroying someone, it is created by destroying the ego and the mental creation it feeds on. The position of Lord Vishnu as the gatekeeper of Patal Lok or pit abode means that Dhyanchitra keeps on purifying those demons i.e. thoughts buried in the subconscious by letting them go up, i.e. to the brain or heaven, so that everyone becomes gods. At the same time, Vishnuswarupa Dhyanchitra is focused on the Swadhishtana and Muladhara chakras by Kundalini Yoga, so that the demonic emotions that are suppressed in them are exposed and become pure when they come in contact with it, so that they do not bind the yogi, that is, demons are not able to trouble the deities, because all the deities reside in the body itself. Anyway, Swadhishtana Chakra is called emotional baggage.

Shukra Acharya, the rakshasguru who became Bali's priest in the yagya, first explains a lot to Bali that he should not trust Vamana because he will snatch everything from him in three steps. But when Bali does not agree, then Shukracharya enters the hole of the conch shell being used to pour out water as a mark of strong will power to donate, but Vaman enters kusha that's a special grass stick in it and breaks his eye? One more thing, because the conch shell is also on the back of the living being, and like the spinal cord gives it protection, it becomes even more confirmed that the sushumna nadi itself has been called the conch shell. In addition, the shape of the conch is similar to that of a hooded serpent or dragon, which is equated with the spinal cord and the Sushumna located in it. An experienced patriarch never wants to let his host get lost in the wilderness of spirituality,

no matter how beneficial it for the host may be. He knows that if the host comes to know the truth, then it will not be easy to cheat him and extract money from him in the name of Yagya etc. rituals. Although rituals are right at their place and are an important ladder for awakening, but who cares about the ladder when the destination is reached. Shukracharya i.e. priest or Guru by pouring out Shukra i.e. semen to block the energy flow of Sushumna is depicted as entering the conch shell. Vaman's opening it with the Kusha stick is the raising of the Shakti from the Muladhara with the help of the Kundalini Dhyana-chitra. It is the line of sensation extending from Muladhara to Sahasrara which is in the spinal cord. It is a thin light streak felt like a broom stick or the stick of kusha grass. This is Sushumna activation or awakening. If the back, especially the spine, is massaged before sexual intercourse, then this sensation line is felt easily and with pleasure. Then the semen power easily rises up, making the sexual intercourse very blissful and spiritual. The pressure of the sexual organs also ends. Man often does this inspired by the greed for Kundalini bliss, that is why the myth says that Vamana did this. Due to this, Shukracharya's eye bursting means due to the effect of Kundalini, the dual vision of semen power or Shukracharya is destroyed. Shukra means semen in Sanskrit. When the semen power will not flow towards the world full of duality but will flow towards the soul full of non duality, then it is natural that the duality filled vision of semen power will be destroyed. Bali or ego goes to Patala, means after Kundalini awakening man cannot express ego in the form of luminous world because he has experienced the most luminous Kundalini awakening. Therefore, being detached from the gross world, he becomes unmanifested in the form of his subtle body. Moreover, he finds himself too down in front of awakening. This down feeling is depicted as patal or submerged abode. It is like darkness. This is his hellish abode. However, due to the gradual purification of the subtle body, it continues to be purified. It is said as Lord Vishnu guards it as its gatekeeper.

Chapter-35

Kundalini Shakti kills the demon Vritrasur by becoming Indra-Vajra

Friends, in the previous chapter we have seen how the worldly intelligence in the form of Shukracharya wants to deprive the soul as King Bali from awakening. Very beautiful story. One such yoga-mystical story of Vritrasura killing comes in the Puranas. The gods made a thunderbolt from the bones of Dadhichi Rishi to kill the demon Vritrasura. The word Vritra seems to be derived from the word Vritti. It means the thoughts of the mind. There are thoughts in the mind or chitta. Chitta means the collection of thoughts that happened physically earlier, and are now stored in memory. That's why remembering is also called coming to mind or coming Cheta. Only Kundalini awakening can weaken or paralyze them. It seems that Kundalini awakening can be achieved only when Sushumna located in the spinal cord is activated, otherwise not. Vritrasura died due to thunderbolt, which means Kundalini was awakened only because of the awakening of Sushumna in the spinal cord. It is said that along with the thunderbolt, Vishwakarma also made an arrow. The shape of Vajra has been called Dandavat or cylindrical. The spinal cord is also a bit cylindrical. The name of the arrow is Brahmashir, meaning it goes up to Brahmrandhra, which is at the top of the head that's the opening of sahasrar chakra. This arrow is the Sushumna Nadi. Vishwakarma had made many other weapons from the bones of Dadhichi Rishi. Meaning that Yogasanas are possible only with the help of bones. Different joints of bones help us to perform different chaperures. Then energy is transmitted in the body through those asanas, which helps in awakening the power. That Vritrasura used to trouble all the gods. This means that the body's metabolism gets disturbed due to restlessness of the mind, and various diseases enter it. The body is made of gods only. The literal meaning of Vishwakarma is, the doer of all the work of the world, means the creator of the world. The whole world

resides in the body only. It is said in the story that the Vajra and the arrow named Brahmashir were made from the bones of the spine. It is also said that Indra called Surbhi cow and made her lick the bones and then ordered Vishwakarma to make vajra from them. Indra, enhanced by the effulgence of Lord Shiva, picked up that thunderbolt and ran furiously at Vritrasura, as if Rudra was running towards Yama. After this, that Indra, being well prepared, quickly cut off Vritrasura's head like a mountain peak with that thunderbolt. This is figurative language. With the glory of Shiva, it means with the help of Tantra, because Shiva is the originator of Tantra. This is the description of the energetic state of Kundalini awakening. Because the thoughts of the mind are born in the head, that is why it is said to behead Vritrasura. This story continues in the next chapter as well.

When all the gods work together, it is said that Indra did that work, because Indra is the king of the gods. Kundalini Yoga is accomplished only by the combined efforts of all the parts of the body, that is, all the deities. That is why it is said that Indra killed Vritrasura. I think khechari mudra is said as licking by surabhi cow, in which the opposite surface of tongue is touched with the soft palate. Because the head is directly connected with the spinal cord, hence it is a part of Vajra. Due to this the energy circulates easily in the channel loop. After that Vajra manufacturing starts, that means energy starts running in the spinal cord.

Vishwakarma made it, means it is made automatically by scientific principle, no man makes it. All you have to do is create favorable conditions for being itself. The world is also created by itself. The name of Vishwakarma has been given to decorate this very being.

Chapter-36

Kundalini help is sought out even by gods to succeed

Well, continuing with the previous chapter, that is why the branch of Tantra in Buddhism is named Vajrayana. That is why the name Premyogi Vajra has also been given. Basically, there is Premyoga in his practice, but Tantra also has a good contribution in it. The deities fought with Vritrasura for a long time. But they could not defeat him. In the end, accepting defeat, they left their weapons near Dadhichi Muni's hermitage and ran away. It means that the gods put many organs like hands, feet, eyes, ears, brain etc. in the man's body to avoid the thoughts of sorrows. Earlier man was a unicellular organism like a virus. It was a state full of sorrow. To remove that sorrow, the gods developed that primary creature for many ages. In the end, the human body became existant. Where did the sorrows end even after so much hard work? On the contrary, it started growing. Today, the more progress science is making, the more tampering with nature is increasing, due to which the devastation of life and property is also increasing. Natural disasters are increasing. Crimes like murder, robbery etc. are increasing. The main five defects of the mind, lust, anger, greed, attachment, pride, jealousy and the innumerable mental disorders arising from them such as depression, loneliness, violence, selfishness etc. are on the rise. Means Vritrasur attacked him in the form of a mountain of sorrows as ego. The gods were forced to raise their hands. Dadhichi Muni here called is the soul. Near his hermitage, the gods left their weapons, meaning they created all the parts of the body, because the body is closest to the soul. The gods accepted defeat, meaning that the supreme sorrow or enemy of the mind in the form of ego could never be destroyed by the power of senses and organs, it was completely proved, minor physical and mental sorrows would have definitely gone away. This supreme sorrow was the demon Vritrasur. Due to the boon of Shiva, the bones of Dadhichi Muni had become like a

thunderbolt. It means that due to Shiva provided Yoga, there was so much elasticity and liveliness in the bones, especially in the spinal cord, that the Kundalini energy could easily flow in it. Just see the lightning. It breaks even the hard rock, and along with it electricity also flows in it. Similarly, the movement of the luminous energy line in the sushumna nadi of the spinal cord is like a lightning strike, and the destruction of the ego by it is like the breaking of a rock. Ego is the hardest thing in the world, which is the most difficult to break.

It is said that sage Dadhichi also had a wife named Suvarcha. When the deities went to Brahma seeking help, it was he who advised them to ask for the bones from Dadhichi. Suvarcha was in the inner chamber, and the deities demanded his bones from Dadhichi, who was sitting in the outer chamber. Dadhichi left the body after applying Yogasamadhi and he merged into Brahman. When Suvarcha found out she became very angry, and cursed the gods. Suvarcha was pregnant at that time. With the semen power of the sage, she got a son as great as another Shiva. His name was Pippalad. Brahma is the original creator of the universe. He knows that the gods may exert as much force as they like, but they cannot remove spiritual ignorance. He also knew that when the Kundalini is awakened by the energy flow in the Sushumna located in the spine of the Yogi, it can be destroyed. With awakening, not only will ignorance disappear, the ego will also vanish. Ego is the form of man's own ordinary worldly experience. When there is no ego, then how can a human being exist. It is said that Dadhichi Muni himself left his body and went away. Actually the ego has already ended before awakening. Only then there is an experience of awakening. How can one experience awakening if there is even an iota of ego, because both are diametrically opposite to each other. When the yogi's ego is destroyed by tantric yoga practice, then only the real awakening begins. Due to the elimination of ego, the worldly garbage in the mind of the yogi also remains to a minimum, due to which sufficient nervine power is available for the awakening of the Kundalini. Suvarcha, the wife of Rishi Dadhichi, is actually Buddhi or intellect. The destruction of the ego leads to the transformation of man. Through this, old thoughts and memories become destroyed

like a roasted seed. but that luminous intelligence or good sense remains, which puts one on a good path. Old experiences are also remembered. The Sanskrit word varchas means shining. She cursed the gods, which means that the body does not act arbitrarily under the control of the gods, but behaves rationally under the guidance of good sense. After the transformation of a man, his new, awakened and godlike state comes, he is called son Pippalad. That state has a tantric nature like Rudra i.e. Shiva, that is why he is called Rudravatar.

Chapter-37

Kundalini awakening as Brahmastra side effects are prevented by Shaivastra aka Pashupatastra

Friends, there is a great personal character named Ashwatthama in Mahabharata. He has been called the incarnation of Lord Shiva. He was the son of Guru Dronacharya. Dronacharya was the teacher of Kauravas and Pandavas. He was proficient in all the sciences, even in the transcendental theology. He was a Brahmin, and at that time the real Brahmin was considered to be the one who knew Brahmavidya. There were many Brahmins by name. Brahmavidya is synonymous with Kundalinividya, because both lead to spiritual awakening. Dronacharya also had the biggest war weapon named Brahmastra. Brahmastra has the ability to burn the entire universe, like a nuclear weapon. Dronacharya had given that highly secret Brahmastravidya only to his son Ashwatthama, not even to his most beloved disciple Arjuna. When the Kauravas were defeated, Duryodhana, desperate and saddened by it, asked Ashwatthama for help. He too could not turn down the demand of his dear friend. He cut off the heads of five sleeping men from the Pandava house in the dark of night thinking those as pandavas. But actually they were five sons of Pandavas. Furious with their mother Draupadi's lamentation, Arjuna sat on the chariot with Krishna and started following Ashvatthama. Ashwatthama ran away in fear and fired Brahmastra i.e. Brahmashir astra on Arjuna. It posed a threat to the entire universe. The universe started burning due to its bright glow. It created a huge fire in all directions. Seeing the danger to his life, Arjuna was saddened and his brightness was destroyed. Even Shri Krishna was not able to stop that weapon. Ashwatthama did not learn the art of stopping it from his father. Ashwatthama was also realizing

his mistake, but was unable to do anything. He was scolded by everyone including Shri Krishna that when he did not know how to stop the Brahmastra, then why did he use it. Then, with the advice of Shri Krishna, Arjuna remembering Lord Shiva pacified it by firing the Shaivastra i.e. Pashupat weapon given by Lord Shiva while meditating on him in the past. The damage caused by it was averted, although it was trying to burn Abhimanyu's wife Uttara's womb, but Sri Krishna saved it until the Pashupat weapon was fired.

Spirituo-scientific explanation of the above story

Firstly, this Brahmastra is also called the same Brahmashir arrow in a neighbouring verse, which was made from the spine of sage Dadhichi and that had killed the demon Vritrasura. In the recent old article, we proved that it is the energy line in the form of awakened Sushumna. Second, Ashwatthama was a learned Brahmin, to whom his father Dronacharya, who was well versed in the Vedas, had given all the education. Brahmin's job is to study and teach Vedas, what do they have to do with weapons. If someone says that of course fighting was the work of the Kshatriyas or warrior group people, but teaching how to fight was the work of the Brahmins, then this statement does not suit. The one who does not know how to fight himself, how can he teach others how to fight. I find the language of weapons used for them to be figurative. This must have been done so that it does not happen that the warrior Kshatriyas do not come under the control of Brahmins by coming into the ego. Anyway, intelligence has been considered the biggest weapon, because even the biggest war can be won or avoided by intelligence, and intelligence is in abundance with a Brahmin. Even the war of Mahabharata seems like a mental war to me. A long time ago, news about radioactive radiation of Mahabharata war in Kurukshetra field was read in newspapers and social media. It was written that when so-and-so scientists investigated, the tests turned out to be positive. Don't know how they present fabricated things as truth, from where they bring scientists, and where they get them investigated. On probing deeply, it was found that there is no scientific confirmation of this, and it is still considered as Mythology. It is a different matter that it

cannot be completely denied, because what is happening inside in a subtle form, that is also happening outside in a gross form. Brahmastra destroys the subtle world of the mind, and the nuclear weapon destroys the gross world of exactly the same form outside. In fact everything is subtle. Perhaps such stories like half-truths are created only to increase the curiosity towards spirituality in the common man. One more thing, if the wars described in the Puranas were real physical wars, then the Hindu community would have been the most fighting community, but it is not so, it's quite the opposite seemingly. Hindus appear shrinking today. In addition, the war was kept closed from sunset to sunrise. This happens only in the war of life, when people work during the day and sleep at night. All this shows that those battles were against the defects of the mind that were fought with the help of Kundalini Shakti in the body itself. To make them interesting they are shown as outside and real. Although it's a different matter whatever takes place inside body, the same happens outside too. Duryodhana means the person who is hardly won in the war seems to me a symbol of ego. The Kauravas were one hundred brothers. There is also a popular saying that there are hundred bad qualities in such and such person. I am also not denying that Mahabharata is history. May be both things are true. It is also evident from this that Brahmastra is awakened Sushumna only. Ashwatthama made it run on Arjuna, meaning he started awakening Kundalini inside Arjuna with the power of his vision also called as eye born shaktipat. Anyway, Ashwatthama was an awakened person. The proof of this is the gem buried on his forehead. Actually it is the awakened agya chakra or opened third eye. A sudden awakening of the Kundalini will cause the same uneasiness as a man who has lived in a dark cave for years is brought out into the sun suddenly. Due to this, great light was created in all directions, which means that Arjuna's brain was shining all around, because the whole universe is inside the brain. At the time of awakening, there is a fear of strange untoward happening, though it's different from normal fear. It is full of bliss, light and peace. Together with the destroyed ego, which means that one's personality ends, there can also be a feeling of impending death. This feeling is also different from death and is luminous and fully

expressional. One may feel that he is going towards a peaceful divine world or Muktiloka that's liberated abode. Arjuna was saddened by this and his glory was destroyed. Actually the glory of the ego was destroyed, the glory of Brahman was increasing. Fighting sharpens the ego, but Brahmatej causes forget everything and makes one like a monk. Understand that Arjuna got Kundalini awakening or started getting. Due to this, side effects of Kundalini awakening were born on him. These are being described figuratively. Life is a war. If a man is suppressed by the burden of Kundalini, then how will he fight in the battle of life, how will he kill the ego like Duryodhana. The problem is that from where a pure and sattvic Brahmin like Ashwatthama can bring so much energy, which helps destroy those Kundalini Doshas. He was a bachelor boy at that time, so Guru Dronacharya did not teach him energy rich tantric techniques. But the married Arjuna had already learned those Vamachari or leftist techniques from Lord Shiva, which have been named Shaivastra or Pashupatastra. Shri Krishna reminded Arjuna of that. Ashwatthama was an incarnation of Shiva, because he was supporting the Kauravas that were in the form of bad qualities. Even Shiva looks like a vicious tantrik when seen from outside. He is always on the side of the demons, but when the gods persuade him, he comes over to the side of the gods. He's innocent, isn't he? Anyone can easily mislead and convince him. The Pandavas along with Krishna removed the gem from his forehead as a punishment. This means that if one tries to become like Shiva without proper knowledge of Shaivism, he will be misguided even after being awakened. It is tantamount to death sentence for him. Why didn't Dronacharya teach Brahmastra Vidya to his disciples, and why only to his son Ashwatthama. In worldly education, it is the other way round, that means a teacher can teach everything to his students, but cannot teach anything to his son, for whom separate tuition has to be arranged. This also proves that it was a transcendental yoga science. It's understandable less by someone's teaching, but by the constant company and rituals of one's present family and ancestors, it comes to be learnt itself without teaching. One more thing, the physical weapon does not allow itself to reach the child in a woman's womb without

harming her. Yes, the radiation from a nuclear weapon can do that. But it damages the womb of countless women, not just the womb of a single chosen woman. Kundalini is said to influence DNA. Because they were all members of the same family, their DNA was intertwined. Because the fetus was the most delicate, his DNA was most affected. He felt that there was a bright and burning radiance all around, which Lord Krishna was pacifying with his Sudarshan Chakra. In fact, when Kundalini Shakti reaches the brain, a meditation image automatically appears in the middle of it to protect one from its side effects. Probably Shri Krishna was in this form. Shri Krishna only because he was the closest, dearest and most respected of his family.

Mahabharata is called the fifth Veda. There is an experiential and esoteric description of the Supreme in the Vedas. The same has been simplified in Puranas and Mahabharata with mythological stories. What is the use of physical science in them? Although the same is inside the gross physical world, which is inside the mind and soul, but the main focus is placed on the aspects of the mind, soul, and the body associated with it. Lord Krishna is the soul. The five Pandavas are his five Pranas or life forces. Shri Krishna himself has also said this. Arjuna is the main prana. Hundreds of worldly thoughts are hundred Kaurav brothers. They constantly keep on snatching the power of the pranas. They want to keep them away from the soul. Krishna's dearest friend is Arjuna. He acts as main Prana that help kundalini Shakti rise up to meet the Atman. Prana gives strength to the breaths. It remains closest to the soul. That's why at the time of awakening the breath becomes calm. It is only with the power of the breath that the power ascends up. Ashwatthama fired Brahmastra on Arjuna means Yoga provoked Prana to awakening. The seven chakras are the seven sons of the Pandavas. The chakras are activated by the vital force or prana. Five sons were killed by Ashwatthama means good worldly activity in the form of yoga etc. stuck in the midst of hundreds of evils pierced the five chakras. Anyway, due to physical activity, maximum pressure falls on Muladhar Chakra, because it is close to the waist joint. Yoga increases this pressure, because in this we

bend more, bend for a longer time, and bend while holding the breath with awareness. The rear Swadhishthana Chakra which is the raised hip bone, seems to have a depression on the adjoining upper side, I think that is the real Mooladhara or directly connected to mooladhara. By massaging deeply in it, there is a feeling of intense sensation like sexual pleasure which ascends upwards. Abhimanyu and Ghatotkacha were left among the sons of Pandavas, which means that the top two main chakras were not penetrated. That's why the symptoms of Kundalini were not tolerated by Arjuna. Now call it a fabricated story or a real yoga story created by a epic writer Rishi, but it is well made and factual.

There is another side to this story as well. Drauna is also the name of a mountain. Dronacharya means Acharya who controls the mountains. Anyway, he had done penance on Mount Drauna. Bones have been called mountains at many places. Yoga etc. is done with the bones only. That's why I am telling Ashwatthama Yogasadhana. When the chakras were penetrated by yoga, the suppressed emotions came out and became extinct, that means they died completely. Due to this, their mother Buddhi or intellect i.e. Draupadi started crying with sorrow, because those feelings were created because of her actions. Prana Arjuna along with the soul Krishna also got disturbed by this and they ran to stop the yoga i.e. to catch Ashwatthama. But by then Sushumna had awakened, which means it had left the Brahmastra. Anyway, Sahasrar Chakra is also called Brahmastrandhra. Ashwatthama was maintaining the friendship of Duryodhana, because when a man gets tired or bored of selfish worldliness, then he himself adopts yoga. Prana could not bear the radiance of that awakened Kundalini, so he brought it down to the agya chakra by rubbing his forehead. Then don't know where it got merged. This is to extract a gem from the forehead of Ashwatthama. After awakening man feels like a new birth like a child. This is the complete shaving of hair on head and face of Ashwatthama. If the Brahmastra was a physical weapon, its radiance and other effects would be felt by all, but it was felt only by Arjuna, because it was inside him. Krishna is the real soul, it doesn't matter to him, because he is always awake. Shaivastra is a worldly mind like an open style of

living. Panchamkar of Tantra is the biggest worldliness. After meditating or seeing it, the Shaivastra was launched, due to which the Brahmastra became calm. It is possible that some dance or ceremony of women etc. is going on nearby. As soon as you pay attention to it, the Shaivastra must have launched. In fact, Ajna Chakra and Sahasrar Chakra should also become active, only then the Kundalini awakening can be tolerated well. The manifest and unmanifest complex thoughts of the intellect are reduced to ashes by the activation of the agya chakra. Similarly, the activation of the Sahasrar Chakra increases blood circulation there, so that the pressure of awakening can be tolerated. Along with this, the active and repressed unrestrained visual thoughts are also consumed.

Arjuna's son was Abhimanyu and his son was Parikshit who was watching Krishna in Uttara's womb. He used to test Krishna in everyone even after coming out, that is why he was named Parikshit that literally means to judge. Abhimanyu literally means very angry. Actually, anger is expressed through the prana. That anger was towards the deceitful worldliness like Duryodhana. But it was downgraded inside superficial thinking, not upgraded with deep thinking. Means Arjuna hated him superficially, not deeply. 'Ut' literally means above, and Tara means floating. Due to this the power of anger was being transformed into the image form of Kundalini meditation. Due to this, the Navjeev or newborn as Parikshit was feeling kundalini in the form of Krishna's Dhyanchitra. The new soul is because the soul is transformed into a new one by meditation. Then that transformed person, even after growing up, used to search and test the same meditation picture everywhere, because it is very blissful and benevolent. When it is so good in the subtle form in the mind, then how much better it will be in the physical form. But the physical form has its own compulsions. That's why it is nowhere to be found. A man keeps on testing it everywhere. Every man especially awakened man is Parikshit.

One more thing, the war chakravyuh in which Abhimanyu entered had seven layers. Firstly, the name is also chakra, and the count is also equal to the chakras of the body. Both are in the form of a layer on top of each other. Muladhara Chakra is limited to itself, Swadhishtana Chakra covers it too etc. In this way, the upper chakra covers the lower ones as well. Sahasrara covers all the chakras. When a person enters Chakra meditation due to anger on someone, then he can enter inside, but cannot come out, because anger ends with the effect of Sadhana or meditation. Dhruva went out to find Lord Vishnu filled with anger towards his step mother, but when lord Vishnu met, his anger ended and he started loving the same mother very much. Perhaps the same happened with Lord Rama, that's why his ill-wishing stepmother was most dear to him.

Chapter-38

Kundalini Yoga is important for environmental protection

When Arjun was doing penance to Lord Shiva for the Pashupat weapon, a demon named Mook sent by Duryodhana came there in the form of a pig. He was going through the same route where Arjun was, breaking the peaks of the mountains, uprooting many trees and shouting various types of meaningless words. Seeing him, Arjun started remembering Shiva. Shiva came in the form of Bhilraj or jungle tribe's king to kill him. That boar between Arjuna and Shiva looked like a wonderful peak. Both of them fired arrows together. Lord Shiva's arrow entered the tail, came out of its mouth and soon disappeared into the earth. Arjun's arrow (probably after entering the mouth) came out of its tail and fell on the ground in the side. The pig fell down dead at that very moment.

Explanation of the above myth

Duryodhana means ego makes Arjun's Karmayogi soul do so much work that his Ida and Pingala nadis become active, meaning Arjun's body itself becomes like a pig. The mooladhara itself is its tail. Ida and Pingala are the two sharp teeth on its sides. The diverse thoughts of the wandering mind in the duality-forest are its face. Only the wandering mind can break the mountains, not the body. The Mook name is Hindi word for dumb. Because the wandering mind never tells a man that he is his enemy and has come to fight with him, but keeps on attacking by deceit, that is why it is called dumb demon. Just as the mind feels like a mountain between the soul and the Supreme Soul, similarly it was feeling like a pig. Due to the alternate activation of Ida and Pingala nadis, a person becomes so active as if he is ready to break a

mountain. When Ida is activated, he does the work of the world in a frenzy, and when Pingala is activated, he falls asleep. After waking up from sleep and so getting refreshed, again starts running to do sinful deeds like looting and hunting. He oscillates between this duality of darkness and light, and does not see the equanimity or non-duality of the sushumna nadi between them. The color of the Indian wild boar is also a mixture of black and brown, indicating the duality. Filled with stupidity like an animal, he keeps on doing bad and environmental-killing work. Nowadays man is like this. There is no brake on activity. He is hitting his head everywhere like a blind man. Hollowing out the ground. The forests are being destroyed. After polluting the air, land and water, he is roaming in it with joy and fun. All these are characteristics of a pig. Shiva inserted an arrow through its tail, which means Shiva caused activation of the sushumna channel through mooladhara. Actually, this is what happens by meditating and worshiping Shivalinga. That arrow came out of his mouth i.e. Sahasrar Chakra and merged into the body through the front channel called as getting lost in the earth.

Arjun was anyway meditating and worshiping Shivalinga. It is natural that his Sushumna became active. This Brahmashir arrow emerges out of the Brahmrandhra. The whole body of the pig is the face. It can also be understood that the arrow turned down and merged into the agya chakra. From there it reaches the mouth, through the secretions of the palate. There that secretion goes into the land, that is, the stomach, and there it is spent or merged in the form of energy in digesting food. Just as food is made in the soil, similarly it is made in the stomach too, of course in the form of light and broken micro pieces to be absorbed by the body. By touching the tongue with the palate, Arjun brought down the energy of the brain through the front channel. Due to this, that previously ascended power went back to Muladhar down. That which is meditated by Arjuna by his will inside the brain, is the arrow released by Arjuna. It comes from top to bottom through the front channel. Suppose that Shaktibaan or energy arrow reached the Muladhar and came out and fell on the ground in the lateral part. But how did it fall out? There is a possibility that Shakti fell out in the form of semen.

But why did Arjun have to run out to get it. By the way, great things are done with the power of semen, big industries and businesses run, and material prosperity spreads all around. Perhaps Arjun ran here and there to collect them, calling them his own. There is also a possibility that Shakti came in the form of semen to the Vajra tip, which Arjuna tried to pull back up through the yoga. But how did it fall to the ground? It may have fallen in the vagina, which is being pulled back through Vajroli Mudra. But Shivganas should not have objected in this, because it is a personal matter. Shivgan said that the pig was killed by Shiva's arrow and it is the arrow of Shiva that fell to the ground. In fact, due to the effect of Shivlingam, the power of Mooladhar itself was going up to Sahasrar and then turning and coming down through the front channel. Arjuna thought that he created that power by meditating in his mind, but in reality he was able to meditate in the mind only by the power of the Shakti coming up from Muladhara, not by his self-power or will. With the awakening of Muladhara Chakra, Sushumna was activated, due to which Ida and Pingala became like inactive. Means the pig in the form of ignorance had died and also the mischief caused by ignorance alongwith. Arjuna leaving the shelter of Shivling forced to do so by his ego or not giving credit to Shivling for killing the ignorance form pig is his fighting with Shiva form Bhilraj. In the end, he has to understand the greatness of Shivling through his defeat by Bhilraj. The Shaktibaan that fell on the side of Arjuna could be in any form of food, grass, flower etc., which he had grown by walking with his legs. Energy descends mainly from the mooladhara to the legs. And Muladhar got power from Shivling. That's why Shivgan was asserting his rights on them. The animals, birds and insects that eat food grains, grass, leaves, flowers etc. are Shivagana, who are dependent on the cooperation of man for their life.

Arjuna said that the arrow was painted with back lines and his name was inscribed on it. We can call the lines the ridges of the ribs situated transversely on the front channel, which are at its beginning. We can say that the name is engraved in the form of heart chakra, because in it the whole attitude of a man, meaning his identity, is hidden. Arrogant man would have fought only with God, to collect his wealth. God keeps

on punishing him for that selfishness. This is the fight between Shiva and Arjuna which reaches to the wrestling match. Then a time comes when man rubs his head in the temple of God to fulfill his selfishness. This is the same part of the story, in which Arjuna grabs Shiva by his feet and tries to throw him around, but at the same time, pleased with his feet being held, Shiva reverts to his real form and gives him the Pashupat weapon as a boon. It is like when a man goes to the temple of God with any sense and attains good wisdom, and unknowingly obtains the boon of being saved from calamity. Pashupat Astra means Shiva had explained to him through the above incident that only Mooladhar can control Shakti well, not Sahasrara or brain. With this understanding, he calmed the irritation of the brain caused by the Brahmastra shot by Ashwatthama. This phenomenon can be understood more clearly in the following way. Arjuna fought with Shiva in the form of Bhil for many years, first with arrows and then with wrestling. Actually such a war can happen only between ego and truth, because two persons cannot fight continuously for years. Ego first spends all the equipments and all the prosperity of its life in denying the God. God destroys them one by one so that man can improve. Of course he destroys them in his mind in the form of boredom with them, not in the outer physical form. In the end, when nothing is left, man fights with the Lord with the help of the memories and desires of those material achievements within him, that means he maintains his existence separate from the divine. If any member of the family leaves the house, he will go after fighting, not by hugging with love. Sanskrit word Vasna seems to be derived from the Punjabi word vashana or vice versa, which means smell. All the joy is in the smell. When there is no sense of smell due to cold etc., then food does not taste tasty at all. You must have noticed that sometimes an old memory comes to mind with great pleasure. It seems that the pleasure which might not have occurred even at the time of that actual physical event, comes in a very vague memory. This is the lust or smell of that event. It is just like the fragrance of a perfume. Perhaps this is the most subtle form of the world which is also called Tanmatra. If such smells of past events or the past world are coming, then understand

that the Yogi is situated at a high stage of spiritual practice and his worldly waste is getting purified and merging into the soul. Soon he may even get a glimpse of awakening. When the last weapon of Vasana is destroyed, then one starts drowning in darkness, which is also called the Dark Night of the Soul. Then he goes to the temple of Lord Shiva to defeat him, which means he grabs Shiva's feet to throw him away. It is like a man going to a temple to seek material prosperity. Then God becomes pleased and reveals His true form before him, due to which he accepts defeat at that very moment. The darkness of ego cannot stand in front of the light of God. Maybe this is awakening.

Chapter-39

Kundalini Yoga powered Ganges flow irrigates the chakras in the form of Shivlinga

Famous legend of Atri-Anasuya

The story of Anasuya comes in Shivpuran. Anasuya means one who does not criticize or condemn anyone. Once there was a great famine. There was shortage of water everywhere. People and animals started dying due to thirst. Saints cannot see the sufferings of the world. Therefore, Sage Atri started doing penance for water. His disciples also left him. Only Anasuya continued to serve her husband and worshiped the Shivling everyday. One day Atri asked for water. Anasuya took the kamandal that's sacred handheld pitcher and started searching for water. On the way she met Ganga. Ganga was pleased with Anasuya's devotion to her husband. Anasuya asked for water from Ganga. Ganga asked her to dig a pit. That pit became filled with water. Anasuya went away with water. He gave water to Atri. Atri said that it was not like everyday drinking water. Anasuya told the whole story. She took Atri to that pit. Both of them took bath in it and drank it. All the people were satisfied with that. When Ganga started leaving, Anasuya prayed to her to stay there forever. Ganga in return demanded from her the fruit of her one year's husband's service and worship of Shiva. Ganga said that she likes husband service the most. When Anasuya gave it, Ganga settled there. Along with this, Shiva also sat there forever in the form of Atrishwar Linga.

the explanation for mythological story

Atri is a living soul. Atri literally means devoid of all three qualities or gunas. Only the soul is like this. Anasuya is intelligence or intellect. Intelligence does not condemn anyone, because it wants everyone to get its work done. Only a useless mind condemns. Intelligence is like a devoted wife to her husband as soul. She serves the living being soul in every way, along with worshiping Lord Shiva. An idle mind does nothing. Actually work is done by intellect, and work itself has been called worship. Work is the worship of Shivling because the world is made up of a combination of Purush meaning Shiva and Prakriti meaning Shakti. The body itself is that drought-stricken country. All the cells of the body are its people and creatures. They were thirsty means deprived of water in the form of energy. Energy flows like water. Intellect used to provide the soul in the form of Rishi Atri with enough energy or simple water for living. But the whole body country could not survive well with it. That's why sage does penance i.e. Kundalini Yogasadhana for extra energy. One day, on asking for Shakti-jal by Rishi-jiva, Anasuya-buddhi started wandering all over the body in search of it. By the grace of Shivling, she felt the sexual based Kundalini Shakti i.e. Ganga around Muladhara. She inspired the prana of the body i.e. the workers of Dahdesh or body-country to make a pit there i.e. to press Muladhara with the heel in Siddhasana or to make a sensory pit in the front Manipur Chakra by yogasanas, massages etc. It seems to me that this pit is the deep pit above the base of the back or the hip bone prominence. At the time of massage, by pressing hard with the base of the straight palm and slowly sliding upwards, a sharp and blissful sensation is felt, which starts climbing upwards in the spinal cord. It seems to be directly related to the real or textual Mooladhara, because Mooladhara is also often referred to as the pit. Massage should not be done in the spine with the force of fingers, because there can be a fear of damage like injury to the delicate bone. Divine water was filled there, which means there was a feeling of blissful energy. She fed that water to the sage means the soul felt that sensation. The soul found it different and divine from other days because sexual pleasure was also mixed in it. Both of them took bath in it, which means that it climbed up from the coccyx to the brain, due to which both of them got refreshed along with the

whole body. Both the intellect and the soul reside in the brain and are connected to each other, so they feel everything together. It can also be taken in another way that a tantric couple is consuming energy together in Yabyum posture. All living beings were satisfied after drinking water, which means all the cells of the body were refreshed and recharged with energy. Ganga liked Anasuya's chastity. Surely she must have taken her test, only then came to know. Nowadays there are many examiners of the religion of chastity. For women going to office or work, various men peeping at them and talking to them with love-filled obscenities, being in the mood to misbehave with them, etc. is their test. There will be no exam while sitting inside the house. The meaning is clear that stay with everyone but serve your husband only. Ganga asked Anasuya for a year's good deeds in exchange for permanently settling there, which means that Sushumna can be permanently awakened by one year's Tantric Yogasadhana and Shivling worship. There the Atriswar Linga was also established permanently. To me it seems to be the awakened Muladhar Chakra. Chakras are in the form of lingas, because the same sensation as linga-based is experienced there. Twelve Jyotirlingas are twelve chakras only. The light is created there by the shining of the meditation picture. That meditation picture can be the form of Shiva, Guru, lover etc. According to Shivpuran, there are many lingas and upalingas, but these twelve Jyotirlingas are the main ones. Other lingas are called sub or upa lingas only, not Jyotirlingas, because the brightness of the Kundalini picture is felt only on the chakras. By the way, every cell of the body can be called a linga, because they become active only when Ganges water in the form of energy falls on them. As far as the Kundalini Shakti in the form of Ganga reaches to bathe, there is linga's presence. Anyway, cerebrospinal fluid flows in the spinal cord, which is just like water. Many scientists claim that energy flows in the same way as the flow of a fluid. Although at the time of Sushumna awakening, energy flows in the form of sensationally bright line. It is possible that flow can occur in both ways, especially in the common and simple energy flow, the contribution of fluid flow is more. From this story it seems that any sage

discovered Kundalini Shakti and realized it, which he told in the form of a myth rather than telling it directly.

Chapter-40

Kundalini Yoga as the story of demon Mahishasura killing

The method of writing in Puranas is Vedic i.e. classical or social. There is decency, etiquette and discipline in their stories. There are limited words. Anti-social mysteries are also described in them in a social manner. For example, Muladhara is described as a dark deep pit or underworld on earth somewhere or the ocean. The attached thoughts of the wandering mind or the ego are likened to demons or animals. They are shown entering the pit or living there. They are shown killing and harassing all living beings and gods including humans. Then Indra and other gods are shown going to Brahma and he alongwith them to the divine hero for help and pray for that. Then the hero of the story enters that pit and takes out the demons and their overlord. Fights them and by killing them or purifying them grants them the highest position of salvation. In fact, all thoughts merge in God only. This is the spiritual science of Kundalini Yoga. Meaning, God has installed Yogakundalini shakti in the body himself to fight ignorance. The yogi concentrates on the meditation image in the Muladhara chakra area. When that image reaches the brain through the nerves, it also brings with it the suppressed thoughts and emotions of the subconscious mind. Due to this, they get expressed in the mind with the feeling of witnessing and merge into the soul. In reality, Shakti ascends from the base, with the help of meditation image. The same Shakti exposes the emotions buried in the mind. To explain, it is said that the meditative image in the form of Shiva brought out with itself all the suppressed images in the form of demons from the pit in the form of Muladhar and liberated them by killing them. Shakti is sleeping in Muladhar, due to which due to lack of energy in the brain, its Kundalini-like buried or hidden or subconscious or unconscious thoughts are also sleeping. It is explained that

those thoughts also sleep in the Mooladhar. When that Shakti starts awakening due to strengthening of Mooladhar, it also starts awakening or expressing the thoughts of the brain. It is explained that the Kundalini Shakti of Muladhar is awakening, that is, the mixture of Shakti and thoughts is awakening. That is why people who live longer are taking special care of their perineum area. I was watching the webseries Live to 100 Years, where one of the secrets of longevity of the people of Okinawa, Japan was to keep their base strong through exercise, physical labor etc. The story is built on the base. God himself just make the Shakti accessible and agreeable and also provide favourable conditions for her waking up. This is according to the statement of Patanjali Yoga that while doing Yoga, one should remain surrendered to God and also worship Him because He helps in making Yoga successful. He has called this Ishwar Pranidhan. There is almost a similar trend in all the stories. Similar stories keep coming in between few verses or pages direct spiritual knowledge with changes in name and form to make all interesting. In Shivpuran, Shiva is shown as the hero who kills those demons, whereas in Vishnupuran, Vishnu is shown. The same non-dual principle is called by the names of different gods, which is the experience of awakening. The body is shown as the universe, and the special organs and senses are shown as ordinary gods. People or body cells or simple organs are shown as common people or public. These are all interconnected.

For example, there is a story in Devibhagwat purana that a demon named Mahishasur was in the shape of a buffalo. Sometimes he would take the form of a handsome young man and sometimes he would become a buffalo because he was an impersonator. The common ignorant man is also such an impersonator. Sometimes he creates a beautiful appearance with the external garb and glitter of the attached thoughts of the mind, and sometimes it comes in its true and hidden form, which is in the form of darkness and ego. Sometimes he is shown fused, half buffalo and half man. This is like when there is depression inside a person. At that time, dark and blurry pictures are being formed in his mind. Or there is that condition of man in which he cleverly faces his

dark state and tries to get illuminated with good thoughts. That demon used to torture humans and gods, killing them and causing pain to them. Everyone dies due to ignorance. Ignorance is also the cause of sorrow. He had driven away the gods from heaven and took charge of the governance of all the worlds. In reality, the gods are the representatives of the Supreme Soul, hence, they ensure the material progress of man and take him towards him i.e. towards salvation. Not only do they control the physical world, they also stay in the body and keep the body under control. But when man comes under the control of ego born out of ignorance, then he behaves arbitrarily, due to which even his material progress becomes cosmetic and ultimately painful, and he moves away from God. Heaven is the brain in which Sahasrara and Ajna Chakra are the main places. The brain itself is a world as luminous as heaven. In a knowledgeable person, god means the luminous non-dual feeling and by keeping him under his control, he makes the man's body and mind perform auspicious deeds. But in an ignorant person, this demon i.e. darkness or duality in the form of ego takes control of the body and mind and makes one perform inauspicious deeds. Gods are still doing all the work of the body, but they do their work secretly in other worlds, away from heaven. In a way they become slaves of demons. It is like the workers in a state do all the work, whether the king is of their choice or of their dislike. If it is of their choice, they get proper respect and facilities, and get proper position or representation in the palace, if it is of their dislike, they remain like slaves. The king of the body is the soul, which resides in the brain. Through satsang or spiritual company it remains under the influence of gods, and through bad company it remains under the influence of demons. As he associates, so does he become. That Mahishasura expressed his desire to marry the goddess. The goddess played with him a lot. In the end she fought with him and killed him. He became free by merging with the goddess. An ignorant common man also wants and tries to do the same. When he is in the darkness of spiritual ignorance, his Kundalini Shakti is in Mooladhara. She wants to get up from there. For that he wishes for love and marriage with the woman. A woman like Devi does not accept his proposal at all. She makes him dance a lot behind

her. Due to this, the charming image of that woman gets settled in the man's mind in the form of a continuous trance. Gradually, all his actions and thoughts are burnt to ashes by that samadhi picture, and he also becomes awakened by his continuous natural meditation. After awakening him, the goddess also leaves him. The man has died in a way, because due to transformation his previous world comes to an end. Because Goddess has the biggest contribution in this awakening and transformation, so it was believed that he was killed by the goddess. Actually it seems like that too. That goddess seems to be both an enemy and a friend. An enemy because she destroyed a man's world or killed him and a friend because she awakened him or liberated him by merging him with herself. That is why most of the demons, despite being enmity with the god all their life, praise and thank him while dying at his hands. Instead of goddess, there can be a god too in male form. This is the general style and principle of the stories of the Puranas, which applies to most of the mystical stories. It also seems that in other Puranas these have been kept more secret than Shivpuran. In most of the stories of Shivpuran, there are some key words or key sentences which help in solving the story. The reason for this seems to be that Shivpuran is mainly written for people engrossed in ecstasy and worldly illusion, whose intelligence is not very subtle, and who do not find the revelation of such stories odd or strange. Although this is a common principle of common household life, it is rarely experienced before awakening. We can also call this natural Kundalini Yoga. It is said in the scriptures that the one who is killed by an incarnation of God becomes free by merging with him. Probably this principle is at the core of this story also.

Chapter-41

Kundalini Yoga consuming surplus tantric power

Friends, there is a story in the scriptures mainly the Shivapuran that once Devraj Indra along with Lord Brahma and other gods left his house with the desire to go to Kailash and have the darshan of Lord Shiva. Lord Shiva came to know about this because he is trikaldarshi or all time viewer. He thought of testing him. He disguised himself as an Avadhoot or badly posed renunciate type with matted hair and stood in his way. Devraj Indra asked him who he was, and asked him to leave the path. Also asked about the here about of Shiva if he was at Kailash or not. But he did not answer. He was asked again and again, yet he did not answer. At last, in anger, Indra fired his deadly weapon Vajra at him. At the same time Shiva came into his true form so that the vajra could not do any harm to him. Lord Shiva was very angry at Indra and was about to kill him when Brahma fell at his feet and started placating him. Due to this Shiva felt pity on him. Shiva asked him where he should vent his anger. Once the anger of a Purnayogi or accomplished yogi comes out, it never returns. Brahma asked him to pour that anger into the sea. From it the demon Jalandhar was born from the sea.

Spiritual analysis of the above story

Shiva means the awakened one here. Indra here means ordinary Tantrik or ordinary Panchamkari. The power obtained by him from simple tantra is not used for Kundalini meditation, but for the growth of worldly life. It also includes Kali Tantrasiddhis or black magic like Maran, Taran etc. Probably the use of Marana or killing Shakti by Indra has been called Vajraprahar, because like awakening, the basic source of such tantric powers also seems to be the Vajrashakti or Sushumna Shakti passing through the spinal

cord. There seems no other way to attain supernatural power in the body than this. But it does not harm a real Tantra Yogi in the same way as fireflies cannot harm a lamp, on the contrary they can burn themselves. Sometimes, if many fireflies gather, they can cover the lamp a little bit. Similarly, very powerful Vajra Shakti or hateful tantric Vajra Shakti launched by many people can also cause some harm to the awakened Yogi too. However, he keeps walking on the path of truth without caring about his own loss, but when his life is in danger, then anger comes out naturally for self-protection, it is not a common anger that is expressed deliberately, nor it sounds like anger. His anger may come out in a transformed form. Like in the form of some social reform movement or as a boon to someone. That anger does not harm anyone, because an awakened person does not harm anyone at all. Now, it is not known what good of the society is hidden in the origin of Jalandhar, but Indra was saved from destruction, meaning the entire creation was saved from destruction, because Indra is the king of the gods. Anger is man's biggest enemy. Anger weakens or destroys one's own body, and all the gods including Indra are situated in the universe of our own body. It can be said that Jalandhar is the energy of anger that has descended to Muladhar. This is called drinking anger. At that time it was drunk but later it can also come out of Muladhar in the form of immoral love affair. This is Jalandhar who had become enamored with goddess Parvati and Lakshmi. Only his devoted wife Vrinda saved him from death. This means that he had become as powerful as Shiva and Vishnu through the power of Tantra. He is already considered to be a part of Shiva. He defeated all the gods, meaning he was no longer under the control of the nature governed by the gods, and despite giving pain to everyone, remained happy through the power of Tantra. When Vishnu violated Vrinda's modesty by deceit, she committed suicide through burning in the fire and the Tulsi plant grew there with her ashes. Tulsi is the most sacred plant of Hindu religion which can be found growing in the courtyard of almost every Hindu family. It is a storehouse of medicinal and spiritual properties. The meaning is clear that a devoted woman is superior to all types of human beings and should be present in every family. Jalandhar city of Punjab is named

after this demon. There is also a temple of Vrinda here. In fact, the wife plays a big role in the success of a tantra yogi. If the wife does not cooperate, even the gods do not cooperate. Failing in this path of salvation is considered death. In reality, the extra tantric power of a meditative yogi gets spent in Kundalini meditation, due to which he has not any strength remaining to think bad or do bad. But those who use tantric practices and techniques but do not do proper meditation, their excess tantric energy remains accumulated in the body. Only it can make them do wrong. Call it black magic or sorcery or posing bad eye or creating ruckus by eating and drinking or keeping jihadist type mentality in local language. It would not be an exaggeration to say that many organisations, nations, religions or sects have been using this excess or uncontrolled Tantric energy for centuries for their illegal and immoral growth. Even demons were born from this, although they also died from this. It depends on the method of use. Energy has to be released. Anyway, Shiva is having fun. Meaning he is happy with himself. This means that he possesses all the qualities within himself as per his need. That is why they are called ghostly, because they also accept dark Tamoguna when needed. Perhaps this is how the concept of Tantrik Panchamakhar originated. Others depend on each other for balance of basic qualities or gunas. Some people always remain in state of Satoguni, such as Vishnu, some in Tamoguni, such as Asuras or demons and animals and still others in Rajoguni, such as Brahma and Indra. These three types of people remain dependent on each other. Therefore, they avoid angering or disturbing each other as much as possible. Especially people with good qualities or satoguna, because it's the weakest, and it needs both the other gunas even for its sustenance. But Shiva does not care about anyone. He is completely capable in his own right. That is why he's not in a mood to forgive Indra, but it has to be done for the public good, not to fulfill his selfishness, because he does not need anyone. The state of awakening cannot be called Satoguni, although it is achieved by abundance of Satoguna. Of course, there is a light like good quality in it, but it is different from the common worldly good quality. It also has the appearance of Tamoguna and Rajoguna, but they also seem different from worldly gunas. It cannot even

be called a mixture of all three qualities, of course one has to take help of them to describe it, and it feels like a mixture of them, but according to the scriptures it is not even a mixture of them. Perhaps that is why it has been called Trigunatit or devoid of any Guna. It is like if lemon, sugar and salt are mixed in equal quantity in water then that water will appear plain but in reality it is not pure plain water. Similarly, if all the three gunas remain equal then that state will appear to be trigunateet but in reality it is not a pure trigunateet or nirgun state of the soul. Perhaps because of this deception many spiritual leaders consider themselves God. It is for this reason that the experience of awakening does not seem different in nature from the worldly experience. But in reality there is a world of difference between the two. While the experience of awakening is like pure water, the worldly experience is like water mixed with salt, lemon and sugar. The ratio of all three keeps changing every moment. When it becomes equal, then light and happiness like awakening is felt. This mainly happens due to the balance of Idapingala i.e. Yinyang through Yoga. It gives us a feeling of a state of awakening. This inspires one to achieve real awakening. The meaning from these talks is clear that the so-called Tamogun of Shiva does not hinder but helps in his awakening. Although it is not Tamogun but it looks like Tamogun. If it happens then it is of good nature. Perhaps this happens by eliminating the ego of good qualities or Satoguna. It is also said in the scriptures that awakening from good qualities is achieved only when the egoistic feeling towards it is destroyed. Due to destruction of ego, despite having good qualities, one does not focus on these much. It is because of the lack of attention or attachment towards it that it appears to be like the state of Tamo Guna. All this means Shiva's Tamoguna is virtual, not real.

Kundalini Shakti assisted Goddess Bhagwati creates the entire universe including Brahma-Vishnu

Happy Navratri festival to all friends

Friends, the description of creation is almost the same in all the Puranas. Everyone considers their own deity as supreme. Meaning, in Vishnu Purana, Vishnu is considered favourable, in Shiv Purana, Shiva is considered favourable, and in Devi Purana, Goddess Bhagwati is considered favourable. There is a story in Shiva Purana that Shiva was alone, although complete in himself. Just like for a fun, once a desire arose in his mind to make himself into two. Therefore, he manifested His body in two bodies, Shiva and Parvati. Then from Shiva and Parvati, man and nature aka Prakriti (woman) were born respectively. Original Nirgun Shiva asked both of them through Akashvani aka sky voice to perform penance. When both of them asked for a place to do penance, Nirgun Shiva created the city of Kashi inside his own form. Due to their penance, many streams of water emerged from their bodies, which filled the entire void. Nothing was visible at that time. When Vishnu in the male form nodded his head to see that surprise, the gem fell down from his ear. It became Manikarnika Tirtha or pilgrimage. When the city of Kashi (Panchkoshatmika/five kosha in area) started sinking in water, Shiva established it on his trident. After that Vishnu slept there with his wife named Prakriti. Then, on the orders of Shankar, Brahma appeared from his navel. Then, with the permission of Shiva, he created a wonderful creation. He created fourteen worlds. The expansion of this universe is fifty crore yojanas in area. Thinking that how will I get the beings bound by karma in the universe, Shiva kept Kashi away from the universe. Shiva established his salvation-giving Linga named Avimukta there. Even after completion of one day of Brahma, that Kashi is not destroyed. At that time

Shiva wears it on his trident. When Brahma re-creates creation, he re-establishes Kashi.

Explanation of the above story

The initial part of the story itself is descriptive. A man and a woman will marry and think of building a house only if they have the space to do so. The basic requirement is space. They can also add resources and assets later. Asking them for marriage is asking them for penance. Marriage is also a Yagya, which we can consider as an initiation ceremony for the asceticism of a householder. His father etc. gave him a piece of land to establish his household or rather gave him a place in his earthly world. That is Kashi given by the Supreme Father. He is the form of Shiva, because everything is Shivamay or Shiva form. Anyway, everyone has a sense of self or ego attached to their land and property. They do penance there, that is, keeping in mind the auspicious idea of world development, they do lovemaking, dating etc. among themselves. Due to this both of them get immersed in love. Water is also a form of juice. Love has been compared to water. Water all around, means love only love. Lovers see nothing but love. The void is filled meaning the state of depression is filled with love. When a man sees this with surprise, an idea arises in his mind to do something, which means he starts developing some practical intelligence. This is shown in the story that due to the gem falling from his ear, Manikarnika becomes a pilgrimage site. Pilgrim because immense love is mixed in his behavior, intelligence or creation, due to which purity, divinity and intimacy remain in him and his creation. Still, their love kept on increasing, due to which they started forgetting their daily routine due to love madness. They are not even able to remember where they are, what time it is and what they have to do. It is said this way that the city of Kashi started drowning in water. Then his worldly inclination returned by remembering Shiva. Trishul or trident is a symbol of three qualities, and worldly life is also basically three qualities or gunas in nature. Then, with the inspiration of elders and gurus and their instinct, they started sleeping together to have children. Then the

woman became pregnant. Foetus is also in the form of Vishnu. He was also situated in water, because the womb is filled with water. Vishnu was said to be sleeping in Kshirsagar or milk dessert ocean. The water of the womb is also full of nutrition like kheer that's a dessert made of milk and rice which nurtures the child. That can also be called love interest between mother and her son. It can also be called the city of Kashi because on it or because of it, the mother does penance for the creation of her son, that is, she endures the great pain of pregnancy. During sleep, both of them sleep together. Only then does the fetus, connected to the umbilical cord, start growing and takes the shape of a human being. It is called the Lotus because all the chakras are shown as lotus, especially the Sahasrara Chakra, which is the largest lotus with a thousand petals. When the brain develops, the mind i.e. Brahma is born on it. In the mind, strange scenes, thoughts and experiences keep developing in the form of the universe. Readers may have a doubt that Vishnu was called the father and not the son in the womb. So its meaning is that in the scriptures the son has been called the father's form, that is why the son is also addressed as the father's self. It has been said that even after the destruction of the universe, the city of Kashi remains the same, which means that even if a man dies, the womb of the mother remains the same. After the birth of the child, the uterus shrinks and returns to its original form ready for the next fetus form universe to form. It is probably said that with the destruction of the universe it becomes situated on Shiva's trident. This means the triple form in the state of equilibrium, because in such a situation nature remains present in its original form, but does not do any work in the universe. That womb is the best land of penance and the land of liberation, because there one has to endure hardships, but it is there that the sanskars are imparted, which in the future help a person attain salvation. That is why it is said that a woman should do spiritual fellowship and good deeds during pregnancy. There are many such examples in history, when a man had done spiritual practice while still in the womb. Uterus can also be called a dark place like a pit. Darkness is considered to be the form of Mooladhar. From there the power goes directly to Sahasrara for awakening. Doing

penance in the cremation ground by Shiva is like doing sadhana in the pit. Ravana also got the darshan of Shiva by worshiping him in the pit. If the Kundalini Shakti is concentrated there, then the subsequent liberation of the fetus is certain or immediate and special. A means firm or immediate, and Vi means special. That is why it is said that Avimukt Linga is situated there, whose bath should be done with Ganga water i.e. Kundalini Shakti and one should definitely continue meditating and worshiping it. Probably it is around the navel. Probably, the sound made by the movement of the fetus in water reaches the ear and is as pleasant as the tinkling of a gem. Because she feels it from within, hence her name is Manikarnika. Meaning, like a gem, it flows through the white bones and reaches the ear, and not through the air. Then it is said that whatever creature (even insect) is born or dies in Kashi, definitely attains salvation. It is said everywhere in the scriptures that only man has the right to salvation. Meaning, the creature that comes into the womb of a human being will definitely be freed, provided it remains a human being. Then came the question of dying. This seems tantric to me. There is a child in the womb, and by nature he is as free as innocent Shankar. One who remains non-dual like a child while fulfilling all the worldly duties correctly, will definitely become free even at the time of death. The energy of the sexual tantra does not go to the birth of a child but to awakening. Meaning, in the same Kashi where a child is born, an awakened person is also born in the same Kashi. An awakened person also dies in it. A common man can die in any ordinary condition. 'Ka' means water, and shayan is formed from 'shi'. Meaning sleeping in water. It is Lord Vishnu who sleeps on Sheshnag. It seems that Kashi is a metaphor for something like a uterus.

It is said that the goddess first created water in the void sky. Then Lord Vishnu woke up with the power of Goddess Bhagwati who was sleeping on Sheshnag in the water. Actually Vishnu is the sleeping Kundalini Shakti i.e. unmanifested soul. When a woman is pregnant, the fetus appears in the water of her womb. He takes the form of a developed humanoid little child, and starts experiencing

everything, i.e. becomes awake. It is connected to the woman's body through the umbilical cord. In fact, the true form of man is like a snake with its hood raised. The same female form has been shown. It is said that it used to protect the snake Vishnu. What protection does a mother not give to her womb? In Devi Purana, Devi has been shown to be greater than Vishnu and the creator of the universe. It has been argued that who would willingly take birth in a woman's womb, because the womb is a prison, and the problems faced in it are no less than the tortures of hell. It is the goddess who forces him to be conceived. Meaning, the Purana itself is making it clear that Vishnu is a fetus, Brahma is his mind born from him, and the various thoughts in him are the creation full of diversity. Along with this, the mother who brought that child into the womb is Goddess Bhagwati. By dying in the nearby shrine of Prayagraj, one attains auspicious worlds like heaven etc. 'Pra' means abundant and 'Yag' means Yajna or Yagya. Yagya is called virtuous action. Prayag may possibly be referred to Manipur Chakra. Because here Yagya is said to be performed through sacrifice of lives, grains etc digested in belly. Anyway, hunger comes from the stomach itself, and good deeds are done by the movement of its muscles. Meaning, deep and long yogic breath comes from the stomach, and with this type of breath, sins are burnt away and virtuous deeds are accomplished. Shallow, fast and chest breathing increases mental defects like anger, due to which sins increase instead of being destroyed. The name Manikarnika may also be because when the fetus moves or nods its head, its sound can be heard by placing the ear in the navel area. Manipur Chakra is called Tirtha as mentioned above. Now it may be that all parts of this analysis are correct. Even if nothing happens, it is still beneficial to remember the story.

Two demons named Madhu and Kaitabh, who were born from the earwax of Narayan, had threatened the existence of Vedapuran i.e. consciousness or knowledge of the entire universe. Then the Goddess gave power to Vishnu and got him killed. In fact, when a person has earwax of infection, he keeps his head tilted to one side due to pain etc. The deviation of the fetus's head sideways has been called

earwax. Due to this, he is not able to come out of the uterus when the time comes, and his life is in danger. Then he tries to straighten his head with the power obtained from his mother's blood. With the power of the mother, the uterus also helps him in this by exerting force. Due to this he becomes erect, meaning Madhukaitbha dies and the child is born, meaning the universe is saved.

Kundalini awakening kills demons and ghosts hidden inside the ocean in entirety

Friends, there is a story in Shivpuran that due to the boon of Parvati, there was a demon named Daruki who was immersed in ego. Her husband Daruk was also very powerful. She used to torment good men by taking many demons with him. She had a forest on the shore of the Western Sea, which was very prosperous. Daruki had given the responsibility of taking care of it to her husband Daruk. People prayed to the sages to drive them away. So the sages said that if these demons continue to kill creatures on earth and destroy the Yagya, then they themselves will also die. Hearing the curse, the gods took advantage of the opportunity and started fighting with them. Fearing the curse, the demons thought that even if they fight, they will be killed, and if they don't fight, what will they eat, they will still be killed. Then Daruki remembered the boon granted by Parvati that she could go wherever she wanted with her forest and kin. On the advice of the demons, she blew up the entire forest and went on the water in the middle of the ocean. Seeing that incident, it seemed as if the mountains were flying in the sky with wings. Due to fear of the curse of Sage Aurva, those demons did not come to the land. Rather, they kept roaming in water only. They would bring people sitting on boats to their city, put them in jail and even kill some. Even while staying there, they continued to torment people in some way or the other. Just as people used to remain afraid when they were on land earlier, the same now started to remain when they were in water also. Once she came out of her city located in the demonic waters and stopped the way to earth to torment people. At the same time, many beautiful boats filled with people arrived from all around. Pleased with that, the demons soon caught them. They tied them in strong chains and put them in jail. There they were also reprimanded by demons, due to which they remained unhappy. Among those people, a devotee of Shiva named Supriya used to perform

Shiva puja and used to teach it to all the other people and make them do it. Shiva also used to directly accept his offering material, but even Vaishya did not know this. One day the servant of the demon Daruk saw Lord Shiva directly in front of the Vaishya. When Daruk asked the merchant, he denied knowing. Daruk ordered him to be killed. When the demons came running to kill him, he started chanting Shivkirtan continuously. Due to this, Shiva appeared from that pit i.e. prison with a beautiful temple with four doors all around. Shiva killed all the demons by giving Pashupat weapon to Vaishya. Then he gave a boon that in this forest, the religions of all the four varnas will remain stable and there will be only devotees of Shiva here, there will never be any Tamoguni. Saddened by this, Daruki went crying to Parvati. Parvati quarreled with Shiva to protect those demons. With this Shiva told her to then do whatever she wanted. Then Parvati told Shiva that your promise or boon would be implemented at the end of the era. Till then the evil world will remain. And said that this Daruki Rakshasi is my power, she is the strongest among all the Rakshasas, she should rule over the Rakshasas. These demons' wives will give birth to their sons here. All of them together will reside in this forest with my permission. Then Shiva said that I will also reside in this forest to protect my devotees. The one who will see me lovingly while being established in his varna-ashrama-dharma, will be a Chakravarti king. Then after the end of Kaliyuga and the beginning of Satyayuga, the famous king named Veersen with his big army will become very mighty due to my devotion, and will come here and see me, and as a result will become the Chakravarti king. In this way, Shiva and Parvati, having fun and enjoying the pastimes, settled there. Shiva became famous by the name of Nageshwar Jyotirlinga and Parvati became famous by the name Nageshwari.

investigative analysis of myth

Daruk demon is the ego. His demonic wife Daruki is intellect. Many ideas arise from it. They are the demon children of these two. These keep people wandering here and there,

make them worried, create fear etc. in them and create many vices. Many even die due to these defects. The west direction is the back part of the body. Forest is the area of the brain filled with hair, which is spread more towards the back of the body. Sagar aka ocean is the Muladhar area as both are situated at the lowest place. This mental confusion spreads in the brain itself. It is the ego that protects the body along with it. People go to gurus and sages for peace of this mess. The sage says that if the mental confusion continues to distract people like this, then how will they be able to work. And if they do not work, what will they earn and what will they eat? Due to this, if there are no people who become victims, then this mental mess which has become a hunter, whom it will eat to sustain life. Reassured by this, people keep this mental confusion under control and start doing their work. It is said in this way that knowing the opportunity, the gods started a war with those demons, because people are able to work only through the senses situated in the body in the form of gods. If this mental confusion keeps re-emerging from the mindset of yoga or meditation, then there occurs a witnessing of it itself, because people are busy in their work. This will itself destroy it. If it does not continue to appear, then how can it maintain its existence, that is, how can it remain alive? It has been said that if the demons fight with the gods, they will still be killed, and if they don't, then what will they eat, hence they will still be killed. Meaning, people's problems are their food, and the darkness of ignorance that increases due to them is their increased health. Due to this, the mental confusion becomes hidden in a subtle or latent or subconscious form. In a way, it hides in the dark sea of Mooladhar. In the middle of the ocean, in the depths, there is darkness because no ray of light can reach there. Any person who gets tired or upset with life and becomes depressed, in a way, goes boating in the sea of Muladhar, thinking that there are no earthly troubles of worldly life here. He gets peace for a short time, but then he falls into the trap of the dark subconscious mind. It is possible that during times of poverty, famine, epidemic, political or geographical crisis, many people may have collectively fallen prey to distress and depression. This is what many people going together in boats and descending into the sea has

been said. The darkness experienced through the unconsciousness of the subconscious mind is likened to putting people by those demons into a dark prison cell. It is in the form of darkness that those demons haunt them. When old misdeeds buried in the subconscious mind are felt in the form of angry creatures or humans, perhaps this is the demons reprimanding those people. Many people get killed, meaning many people get sick and die from depression, and many commit suicide. A Shiva devotee meditates on Kundalini at Mooladhar in that dark state. Other people also get benefit from his satsang. The more darkness there is in that dark chamber of the subconscious mind, the more the Kundalini shines. Perhaps it is said that a demon saw Lord Shiva directly. The world of darkness prevents the Yogi from doing sadhana. Due to this, neither the light of the world remains in his mind because he has already left the world, nor of Sadhana, not of anyone. This state is similar to death. Perhaps it is said that the ego of the people in the form of Daruk ordered the death of Vaishya through worldly thoughts and things in the form of demons. Due to this, the seeker, out of fear of the world or stubborn anger towards it, intensifies his sadhana and awakens his Kundalini. Perhaps it is said that out of fear of those demons, the Vaishya started chanting Shivkirtan continuously and loudly. Then a temple with four doors appears, and Shiva is seated in it. Muladhara Chakra also has four petals. Kundalini awakening is the manifestation of Shiva. He destroys the demons in the form of mental confusion. Actually the subconscious mind is stuck to the soul in the form of darkness of the soul. When light is born in the soul, it itself gets destroyed.

Parvati is the form of nature aka Prakriti. She wants the expansion of the world, which is not possible without Tamoguna. Intellect or intelligence in the form of Daruki demon is her power. Meaning, the world expands only through intelligence. Intelligence is the most powerful sense. She creates many demonic thoughts by making the egoistic creature her husband i.e. her protector. Those thoughts, by marrying the demonic senses like hands and feet, i.e. by meeting them and with their cooperation, produce various types of worldly things. All those things are said to be the

sons of those demons and demonesses. All of them live in the same forest-like brain which resides in the subtle form in the Muladhar. Worldly things may appear external, but they all exist in the mind only. It is only through the intellect that they are permitted to stay there, because if it wishes, it can get them all thrown out through yoga etc. Shivalinga, Shiva temple and Shivamurthy are also part of this forest, which protects the devotees. The person who will follow Varnochit Dharma i.e. Karmayoga and with the power generated from it will awaken kundalini by loving it in the form of Shiva , i.e. will have the darshan of Shiva, he will be a Chakravarti king, i.e. he will be such a soul whose all the chakras will be awakened or active. Kaliyug, Satyayug, all these are stages of life of people. Kaliyuga stage means man's worldly stage full of competition and materialism. As long as this state exists, the defects of the mind will remain. When man evolves and enters the stage of Satyayuga, i.e. the stage of spiritual practice, then he kills these vices like a mighty warrior. This happens due to the power of Shiva, which means meditation of Shiva. From this he gets Kundalini awakening which means seeing Shiva, which is a state like Chakravarti king. Because the Muladhar Chakra, Kundalini Shakti and Sushumna Nadi are all associated with the serpent, the name of the Linga situated in Muladhar is Nageshwar and the Shakti associated with it is Nageshwari. The mysterious story of King Veersen related to this will be described in the next article.

Kundalini Shakti gets activated by entering the pit with the wooden fish and worshiping Shiva there

Salutations to Shiva Salutations to Guru Shiva is the Guru Guru is Shiva

Friends, in a beautiful country called Nishadha, in a family of Kshatriyas, a son named Veersen who was Mahasen was born and who was very dear to Shiva. Veersen performed severe penance for 12 years while worshiping Lord Shiva. Then Shiva became pleased and told the same grown up king that he was making a fish out of wood, applying Ranga paste on it and enriching it with Yogamaya and giving it to him. Taking it, he should immediately sail towards that hole while sitting in the boat. Then reaching there enter the hole made by him and worship Nageshwar and get Pashupatastra from him and destroy these major demons like Daruki etc. Shiva again said, "With the effect of my darshan aka visualisation, you will not face any kind of shortage. By that time, Parvati's boon will also be completed, due to which the other Maleccha-form aka dirty form people there will also become virtuous. Then Shiva disappeared." In this way Lord Nageshwar Dev, in the form of Linga, the lord of lights, was born. He is the one who always fulfills all the wishes of the three worlds.

Scientific analysis of the above myth

The word Nishadha is derived from the word prohibition. That country where there is prohibition of ugly or ignorant sexual conduct, prohibition of violation of Vedas, prohibition of indecency, prohibition of indolence, prohibition of misdeeds etc. Every man is the king of his body form country. Mahasen literally meaning great army means one with a huge army. Meaning, he is a well-known, famous and respected person in

the world or his society, who has a crowd of people following him. Veersen means the man in that army of the world, who bravely faces problems and does not retreat from the Vedic path of humanity. He was also proficient in meditation. This means that he was deeply in love with someone. Love can be with Shiva, any other god, guru, girlfriend or anyone. That is why he is called a devotee of Shiva because Shiva is a symbol of meditation and love. There are 12 chakras in the body. On those chakras he meditated on Kundalini or Shiva form. If the sadhana of one chakra is considered to be for one year, then there are 12 chakras in 12 years. Man keeps developing like this since birth. For some years after birth man remains in the darkness of ignorance of Muladhara Chakra. Then when adolescence comes, due to hormonal changes, he comes to Swadhisthana Chakra. Due to increase in strength and increase in love during youth, he comes to Manipur Chakra and Anahata Chakra respectively. By developing expertise in love and worldly affairs, he also becomes adept in conversation and negotiations. It can be said that his consciousness reaches the level of Vishuddhi Chakra. Then to get employment or success in business he has to use his intelligence a lot. With that he comes to Ajna Chakra. By becoming proficient in his professional matters, he becomes certain about his earning, and so getting some worldly relief he starts trying for his liberation through the practice of spirituality etc. Due to this his consciousness comes into Sahasrara Chakra. Actually, if a man gets the right environment, he can awaken his Kundalini at just the age of 17-18 years. But in this story we are talking about Satyayug aka truth age, hence 12 years have been written. At that time, child marriage was probably prevalent, which would have taken place till the age of 12-13 years. That is why marriage is considered to be the stage of Sahasrar awakening, because through this, Sahasrar gets direct and tremendous power from Muladhar. This is also clear from the entire story, in which after the completion of twelve years of sadhana, he is asked to put the fish in a hole. By thinking a little deeply, its meaning becomes clear on its own. Shiva has created the body of all of us and also of King Veersen. Meaning, Shiva himself has created all the body parts, which also includes the fish-shaped genitalia. Science also believes

that wooden fish means wood is also a biological substance like flesh, and both are components of living beings. The hormonal system in the body and the stimulation generated by it which causes stiffness in it, all this is also a system created by God Shiva. Ranga is called tin metal. It is moderately hard, not as much as iron, and not as little as loose flesh or wood. Similarly, the sexual cavity in the body is also created by Shiva. As far as the fish enters the hole, the hole should be considered finished there. The boat is left behind. A fish with Maya means it has divine sexual sensibility, which can fascinate anyone. Probably that is the crest of the organ, the rest of the part has been called boat. Now the place where the hole ends should be considered as the floor of the pit just as described in case of Mooladhar. It falls at almost the same place between the two organs, where the location of Muladhar Chakra has been mentioned in the yoga scriptures. To me, this seems to be the real muladhara, because this is it provides energy. The rest of the details seem symbolic or close to it, not real. There is no dark pit outside where the position of the Muladhara Chakra point is shown. The dark pit is inside in its line. However, as the plexuses of intense genital sensations are located inside, some of their effects are also felt externally. Well, meditating on Nageshwar Linga in that hole means meditating the meditation picture of Nageshwar Shiva on the Linga. This is a tantric practice of the highest order called Meditation at Tip. The term naga aka serpent also indicates the perineum and its associated structures. Because all these structures have been built by Lord Shiva for his attainment, hence one of his names is Nageshwar. By worshiping Shiva there, one will get Pashupat weapon, which means one will get the power to uncover the demonic thoughts buried in the pit of subconscious mind. Due to this, the main demons like Daruk etc. will be destroyed, meaning the main thoughts of the intellect and mind will come out and merge into the real void soul. These are the main obstacles in awakening. Countless other small thoughts continue to dissolve even after awakening, throughout life. Darshan of Shiva means means awakening after which there is no shortage of anything. The people of the world also have cyclic pattern of behaviour like the ages. After the environment like Kaliyug, they create an

environment like Satyayug. They all are also present in the brain forest of the meditating man as everything is inside by default. With the help of their good deeds, it becomes easier to kill the demons. Means it becomes easier if such favorable conditions continue to prevail. Reading this story, it does not seem at all that the sages did not experience sexual pleasure, as is often seen in common belief. On the contrary, it seems that only after being completely fulfilled in the householder state, they were able to write all this for the good of the world in the later ascetic states like Vanaprastha and Sannyasa.

Kundalini science can make the Ravana-story somewhat clear

Friends, there is a story in Shivpuran that once an arrogant demon named Ravana started worshiping Shiva devotedly on Mount Kailash. When Lord Shiva was not pleased with this, he took another solution. He made a fine pit in the land full of trees to the south of the Himalayan Mountains, lit a fire in it, installed Lord Shiva near it and started performing yajana havan. He started doing penance in three ways - sitting amidst the five fires during the summer season, sitting on a platform during the rainy season and staying under water during the winter season. In this way, he performed severe penance, yet Lord Shiva, who was fierce for the evil spirits, was not pleased. Then Ravana cut off his head and started worshiping Shiva. In this way he cut off his nine heads one by one. Then Sadashiv became happy and appeared before him when only one head remained. Shiva healed his heads as before and gave him the desired results and immense strength. Then Ravana folded his hands and said to Shiva, "Swami, please come with me to Lankapuri, I am under your protection." Due to this, Lord Shiva, feeling distressed, told him with an upset heart that of course he should take away his best Shivalinga, but wherever he placed it on the ground, it would be established there. But on the way, Ravana felt like having an urge to pee. He handed it over to the Gop standing nearby and went slightly away to pee. The Gop could not bear its weight for long, so he kept it there on the ground. In this way, that Linga, which originated from Vajrasara, became established there, which can remove sins and fulfill all the desires just by seeing it. Its name was Vaidyanatheshwar who is the giver of enjoyment and salvation and the destroyer of all sins. Ravana then went home. All the gods gathered together and worshiped and established that Linga properly. All the gods and sages got worried and went to Narad and said that this evil Ravana is already troubling them a lot, after getting the boon of Shiva,

he will make them more sad. Narad went to Ravana's house to help them and praised him falsely. When asked by Narada, Ravana proudly narrated the entire incident of Shiva's boon, how he kept increasing his ferocity in the way of pleasing Shiva and when he started cutting off his tenth and last head, Shiva appeared and stopped him and like a physician attached all his heads as before. Along with this he was also blessed with immense strength. Ravana then said that now he has come home to conquer the three worlds after worshiping the Jyotirlinga. Narad laughingly told him that Shiva is vicious, he lives casually under the influence of cannabis, what lie he can't tell, so he should not believe him. Saying this, he instigated Ravana to uproot Kailash and said that this would test Shiva's boon. Doing the same, he lifted Mount Kailash in his arms. Due to this, everything situated on Kailash started shaking and everything started colliding with each other and falling. When Shiva surprisingly asked Parvati about this, she sarcastically replied that his best disciple Ravana was doing all that. Due to this, Shiva considered Ravana ungrateful and egoistic of his power and cursed him that soon someone would be born there who could take away the pride of his arms. Narad heard the curse of Shiva and Ravana also kept Kailash down and went home happily. Thus, accepting Shiva's boon as true, Ravana controlled the entire world with his power. At that time, there was no enemy of Ravana who could match him with the powerful divine weapon obtained by the order of Shiva.

Psychological explanation of the above myth

Ravana means one who makes one cry. A person who is full of mental defects makes the world cry, not laugh. Meaning that he can only give sorrow to everyone, not happiness. When people oppose him, he is unable to compete with them. Therefore, he meditates on Shiva in the brain or Sahasrara called black magic in common language to gain strength to fight with them. Guilty people often like Shiva, because they see Shiva as full of faults like them. How can Shiva be pleased with simple meditation? Shiva demands

complete dedication towards himself. Whether you consider it as Shiva's wish or the principle of awakening that only by inculcating the only image of Shiva or any other single image in the mind fully, one gets awakened. Right now Ravana had many faulty thoughts inside him, that is why he was not able to concentrate properly on the image of Shiva. Then, with the inspiration of Shiva, he tried the second solution i.e. leftist tantric solution. The second one can be completely different from the first one. If the first was a pure Vaishnav, the second automatically proved to be a Tantrik. It is not the other that gives the sense of number, but the one that gives the sense of otherness or oppositeness. If the Himalayas are the brain or Sahasrara and are considered to be in the north, because the geographical location of the Himalayas is also in the north of India, then its southern part is the ocean or Mooladhar region. The pit dug in that area is the muladhara chakra. The powerful deity named Gaddha of a particular caste group is probably created by the power of Mooladhar, that is why its name is Gaddha or pit. It is notorious for witchcraft, and black exploits. It is said that no one, only Hanuman can protect from him. Perhaps Hanuman's sattvik power would have defeated his tamasic power. Ravana established fire in that pit, which means he concentrated his life force there through breathing pranayama. The establishment of Lord Shiva near it means that the idol or picture of Lord Shiva was meditated there. Havan means burning the glucose, fat etc. stored in one's body in the fire of life force or prana, which generates power or energy. At the time of emergency, Kundalini Shakti located at Muladhar inside body is required, due to which it becomes active. That is why it has been said to bear the heat of five types of fire in summer, to sit on a platform in the rainy season and to practice meditation by being submerged in water till neck in the winter season. It is only when Muladhar becomes active that lovers remember each other in times of sorrow or distress. That is why loving couples like to stay together even in good times and at the time of death. That is why penance and control over luxuries are considered great in most religions. Yet Shiva did not appear before Ravana because he was an evil spirit and was full of the defects of the senses. The conscience is made up of four types of subtle organs,

mind, intellect, chitta and ego. Similarly, the senses are made up of five subtle organs or elements, eyes, ears, smell, skin and genitals. Ravana disabled all these nine organs one by one. This is called cutting off his nine heads by Ravana. Because each organ provides a different type of knowledge, each organ has been considered a separate head in the story. When he started preparing to cut off the last tenth head i.e. his real head on which all the other heads are supported, Shiva appeared. This means that he had become so weak while doing sadhana that he was close to dying, when he got awakening. When a man is in a "do or die" situation, he has the maximum chances of success. Then Shiva restored his head and gave him the desired boon, meaning Ravana became eligible to return to the worldly life again. In worldly life, all the senses and also the ego are needed. Anyway, perhaps Ravana had only got a momentary glimpse of awakening, due to which he became exactly the same as before immediately without any sudden transformation. Whatever a man can desire or achieve, the ultimate limit is awakening. When one gets awakening, it feels as if he has got everything. This is Shiva's way of giving him the desired results and immense strength. Strength arises from weapons and the attainment of power. All these also come under the attainment of awakening. He who has something left to achieve is afraid. Zero fear means infinite strength, because strength exists only to attain fearlessness. Ravana wanted to take the power awakened in Muladhara to his favorite chakra. It is said that he wanted to take his Shivalinga to golden Lanka. Perhaps it is some special chakra or point of the body, which is not known to us, and by awakening which one gets incomparable demonic power. That's why Shiva felt sad because he could misuse it. Gopa means cowherd watchman, that is, one who grazes cows, and cow means senses. Ravana could take that semen power only to a nearby chakra and then he went for peeing. Due to this, the sense organ related to Muladhara became relaxed, and the Shakti remained stuck there, because it is from this sense that Shakti gets the strength to climb up. Where the power got stuck on a particular chakra in the middle, that too appears to be an unknown chakra. It was named Vaidyanatheshwar Linga. It is said in the story that that Linga

was made of Vajrasara. This also indicates that it was sublimated semen. Vajra is formed from the spinal cord, hence its essence is the power passing through the sushumna inside the spinal cord, which kills the Vritrasur demon or ignorance by striking the Vajra in the form of awakening. That sensory power is formed in Muladhara, in the formation of which semen plays a major role. Because Shiva, like a doctor aka vaidya, had joined all the heads of Ravana, that is why that Linga was named Vaidyanatheshwar. All the gods came to worship it. This gives an indication that no matter where this Linga Shakti was located, it had not reached the area of the brain that could be experienced by the soul. It is only over this area that the living beings themselves have complete control, not the gods. Meaning, the will of the living being operates in this area. All other parts of the body are under the control of the gods. Like we can move around as per our wish, we can think, we can work, but we cannot digest food, our heart cannot beat on our will, and we cannot do countless other body functions. Perhaps this voluntary area is Sahasrara itself. If Shakti had reached there, Ravana would have caused so much harm to the world. The mind itself is Narad Muni. After Ravana's momentary awakening or Shiva darshan whatever, he realized that now he can trouble the gods to his heart's content. This is what the gods have to complain to Narad Muni. Encouraged by this, Ravana's mind thought that why not go to Sahasrara once again and see whether he has really got power. He was engrossed in the devotion of Shiva and was looking only at Shiva in everything, although of course under the influence of selfishness. Suddenly, when he went to Sahasrara, his flow of devotion to Shiva stopped, because there is an atmosphere of non-dualism in Sahasrara, and where there is non-dualism, there is no devotion. Devotion happens only in duality. Therefore for a short time the worldly objects related to the devotion of Shiva fell away. It is said that everything turned upside down in Kailash. One should know Kailash here with a mind filled with devotion and as concerned to raising it up, it should be Sahasrara area. One who lives too much in non-duality does not know the loving brotherhood full of worldly duality. Due to this, ego can also develop in him. It is natural that he has many enemies,

one of whom may become his death. This is said to be cursed by Shiva after getting angry. This made the gods happy, because if everyone became completely monistic then how would the world created by them be able to function. It is heard that erotic paintings were made in the ancient temples and caves of India because of the wave of monism. People were leaving their homes and going to the forest. Now I don't know how correct this analysis is, but it seems necessary to make the story scientifically fit into Kundalini Yoga and to remember it.

What else can we call the darshan aka visualisation of Shiva other than awakening of Kundalini, because both are supreme achievements. There can be only one supreme achievement, not two, hence both are one and the same. It is also possible that darshan of gods is such a deep state of meditation in which the gods are clearly visible and one can also talk to them. Of course, this should be a little below the highest level of Kundalini awakening. Because if Devdarshan itself was Kundalini awakening, then at least one demon would have gained wisdom from Devdarshan, but it appears that no one got it, on the contrary, whatever was there also went away due to the arrogance of power. Secondly, in the state of Kundalini awakening, one cannot ask for anything because by feeling complete unity with the Supreme, a person also feels his own completeness, then what is left to ask for. On the other hand, during Devdarshan, the demons used to place a long and detailed demand letter in front of the deity. Well, even if both experiences are similar, this story also refutes the belief that an awakened person can do no wrong. In fact, awakening inspires to do good work, but there is no guarantee that good work will be done. It is like someone getting the company of a great person but ignoring his inspiration and not doing any great work. Culture, mentality and practices are responsible for good or bad work. This story also shows that just as good deeds are done by power, bad deeds are also done by power. The powerless cannot do anything. Mischievous people have a lot of power. If their power is channeled in the right direction they can awaken most quickly. Perhaps the same happened with Ravana also. He was a mischievous person but with the

desire for more power, he started worshiping Shiva. The mind of mischievous people wants immediate results, just as a thief cannot wait to earn money, so he steals something to get it immediately. Similarly, when Ravana did not see any benefit from worship, he adopted another method. Meaning, when did the vicious mind start liking the simple, slow, idealistic and ordinary way like the general public? Therefore he adopted a crooked, sharp, idealless and extraordinary Tantric method. Perhaps due to the success of Tantric method, he might have been under the illusion that he is expert in sexual activity and can do it with anyone without any restrictions. Due to this confusion, he might have violated the modesty of Rambha Apsara, Kubera's future daughter-in-law, and under this confusion, he might have abducted Sita, due to which he was killed by Sitapati Ram.

I think Ravana's own home was Sahasrara Chakra, because it is believed that the soul resides there. That is why Lanka is called the city of gold. In Chinese Tao philosophy, the Golden Flower is felt on the Ajna Chakra under Golden Flower Meditation. Ajna Chakra can also be a golden Lanka because an egoistic man like Ravana is not going to live in a divine place like Sahasrara, certainly he can live in a materialistic and rationalistic Ajna Chakra. There is a mythological story that a tunnel like a lotus stem used to go from Lanka to the underworld. This suggests that Lanka was agya chakra connected by nadi to Muladhara, as Muladhara is often referred to as Patala. Lanka has been described as lying between Trikuta Parvat meaning between three mountain peaks. If one peak is considered to be the left brow bone, the second peak is considered to be the right brow bone and the third is considered to be the nose bone, then Lanka appears to be Ajna Chakra.

Shiva knew that Ravana was evil by nature, hence if his intelligence got the brilliance of Shivalinga then he would become more evil. It is also possible that Sahasrara was his home, but he misused its divinity. This means that it is not necessary that by visiting Sahasrara a man himself becomes a gentleman. He will still have to try. The heads of many

particular religions probably awakened the Sahasrara and always resided in it, but they carried out endless massacres in the name of religion and God, which continues till today. If such people get derailed then they can become the embodiment of death. No one can do any harm to them because they themselves are situated at the supreme position. Probably that is why theology would have been kept secret in ancient times. Now even the nuclear bomb is no longer a secret, what to fear now? I also feel that those who try forcefully for awakening through Tantra etc., get only momentary or partial awakening, like Ravana got, not complete awakening. Ravana was seeking the same complete awakening from Shiva, who is said to have wanted to keep the Shivalinga permanently in his house. But Shiva did not allow this to happen considering him as unauthorized. Meaning, before becoming awakened one has to become human.

This story can also be given a little more twist. Ravana is ego only. The tenth head was the ego form itself. An attempt to cut it meant he had become very weak and was about to die when Shiva appeared. Meaning, if the ego becomes zero, the person will definitely die, then who will attain awakening and how? Giving darshan by Shiva means the remaining ego gets merged into Shiva, not destroyed. Ravana's Lanka is also Mooladhara, as it is in the middle of the ocean, and in most stories Mooladhara is shown as the ocean. The ten senses of Ravana steal the Shakti as Sita and carry that to muladhara as Lanka. Meaning that man wanders in worldly affairs through ten senses. Due to this, the pictures of the world become powerful in his mind. These come into expressed form and called as expressed shakti or dancing goddess, and then soon get buried and registered in the subconscious mind in latent form. This is where the power in the form of Sita has to go to the muladhara chakra in the form of Lanka. Now the readers will say that earlier Ajna Chakra was called Lanka, and now they are calling it as Muladhar Chakra. There is no contradiction in this, because Muladhara and Ajna Chakra are directly connected.

There can also be a doubt that earlier the mind was called Brahma, and now it is called Narad Muni. There is no contradiction in this either. Narada Muni is the son of Brahma, meaning only a small part of the entire mind in the form of Brahma is the messenger mind in the form of Narada.

Kundalini Shakti is the water and Ishta Dhyana is the fish, which help the awakened Lord Manu in saving the creation from destruction as per the Matsya Purana mythology

Friends, in the original and main story of Matsya Purana, it is said that in ancient times, Maharaj Vaivaswat Manu, the enlightened son of Surya, handed over the kingdom to his son and performed severe penance in a part of Malayachal. Through this he attained the best yoga. After millions of years of his penance, Brahma appeared and asked him to ask for a boon. On this Manu asked for a boon that he would be able to protect all living beings in case of cataclysm. Brahma gave this boon. Once, while performing Pitru Tarpan in the Ashram, Manu found a fish falling on his palm along with water. Out of pity he put that in Kamandalu. In a single day and night it grew sixteen fingers and started saying protect me, protect me. Then the king put it in an earthen pot. There also that fish grew three feet in one night. Then she started saying that she is under their protection, please protect her. Then Manu kept that fish in the well. There she again became one yojan bigger. And she e started saying the same thing. Then Manu left her in the Ganga. When she became huge there too, Manu threw her into the sea. Manu asked in fear whether she e was a demon king or a god. Then God in Matsya form said that she is fine, saying that he has recognized him. The Lord said, "King, in a short time this earth along with the mountains, forests and banks will be submerged in water. Therefore, to protect all the living beings, the gods have created this boat. You protect creation

by putting all the living beings on it. When this boat begins to waver due to the winds of the Yugaant that's age end, at that time you tie it to my horn. Then at the end of the destruction, you will be the creator of all the living beings of the world. In this way, at the beginning of Kritayuga, you will appear as an omniscient and patient king in Manvantara that's manu age. You will be the ruler of the world. At that time the gods will worship you. Then Manu asked some questions to which Madhusudan answered in the following manner. From today till hundred years there will be no rain on this earth. This will cause a terrible famine. Then in the presence of that final cataclysm When this happens, the seven fierce rays of the Sun, which will shower hot embers, will start tormenting all the living beings. Badwanal will also take a very terrible form. The poisonous fire coming out from the mouth of Sankarshana that's Cosmic serpent rising above the underworld and emerging from the forehead of Lord Rudra at third eye. The fire will also rage, destroying all the three worlds. In this way, when the entire earth will be burnt to ashes and the sky will be saturated with heat, then the entire world including the gods and stars will be destroyed. At that time, seven types of clouds will drown the earth with heavy rain of water generated from the sweat of fire. Then the seven oceans will get angry and become one, and will convert the three worlds into one cosmic ocean. At that time, you take this boat in the form of Vedas, load all the living beings and seeds on it and tie it to my horn. In such a situation, even when the entire group of gods gets destroyed, you will still remain alive with my power. In this inner destruction, only Soma, Surya, I, Brahma along with the four worlds, Narmada River, Maharishi Markandeya, Shankar, the four Vedas, the Puranas surrounded by knowledge and this world (in the form of a boat) along with you, will survive. During the doomsday period of Chakshusha Manvantar, when the entire earth will be immersed in Ekarnava that's single cosmic ocean and the creation will begin through you, then I will save the Vedas again. Saying this, Lord Matsya disappeared.

Main myth plot of Matsya Purana exposed

The soul must have been called Suryaputra, because the luminous Sun is often said to be the true form of God. Manu means a pro human being. Malayachal means a mountain filled with white sandalwood trees. Millions of years have passed while doing penance, which means man has evolved from an ordinary creature over millions of years. To give a boon from Brahma means to be naturally capable of that because only Brahma does everything in nature. When a cataclysm occurs, it means that when a man dies, he should be able to protect all living beings, that is, through reproduction, he should be able to create new humans. Power or shakti is called fish. It is called God because there is no difference in principle between Shiva and Shakti. That is the same Kundalini Shakti which rises above the Muladhar and takes the form of the rapidly growing Sheshnag or mythical serpent, which spreads across the entire body as cosmic ocean. Boat probably refers to the reproductive organ. Because the gods have created all the parts of the body. That Yugantak Vayu means vital air will become shaky i.e. active. The boat was tied to the front part of the body of fish with its horn, meaning a fish-like mouth having organ. At the end of the Pralaya, it means at the birth of a child, you will become the father of all the living beings, because the entire creation including all the living beings is in the mind and body of man or child. Manvantar means difference of births of a man. After the death of a human being, when in another body he's reborn, that is the Manvantara or different human life. That second birth is Kritayuga or Satyayuga, because a person who is spoiled in one human birth often improves in his next birth. Just as the cycle of ages rotates outside, so does it inside. Lord of Manvantar means father. Omniscient because he knows everything about the previous birth of that new human being born, of course in a subtle or subconscious form. Being patient because the creation of a new creation means the development of a new human being took a lot of time, for which Manu waited patiently. The gods worship the father. The son's body is made of gods. The son will serve or worship his father, which means he will be worshipped by the gods. The life span of a human being is only hundred years. During that time, the creation that takes place in his mind takes place without rain, because rain occur

in the physical world, not in its subtle form in the brain. This is called famine. Then the holocaust is described as the death of a man after completing one hundred years of age. There are seven types of body fever. These are called the seven types of rays of the Sun. Badwanal means fire in the sea. In the scriptures, Muladhar has been compared to the ocean. Fire in it means meditation of Shiv Shakti in it, as Ravana did. Badwanal has been given the form of a horse in the scriptures. The shape of the horse somewhat resembles that of a dragon. This means that the Kundalini Shakti itself is Badwanal, which ascends up through the horse-shaped nadi. That is why Badwanal is also shown being used as a weapon on the enemy. Power itself is like a weapon. Anyway, horses have special hair on the back, just above the Sushumna nadi, in the central line of the body, from the tail to the head, and even in some species up to the midpoint of the brow. Maybe that's why horses have a sharp mind. In emergency or trouble, Muladhara starts getting activated to give strength to the body. The dying man's breathing becomes rapid and deep. With the force of those breaths, the power of the Muladhara also starts rising rapidly, and rises up through the Sushumna nadi and spreads throughout the brain and takes the form of Sheshnag i.e. Sankarshana. The air coming out of the mouth is its poison. It is called poison because ancient people knew that if fresh air is not available from outside, then breathing in one's own exhaled air can lead to death due to suffocation. When the power rises, it is natural that it will concentrate on the Ajna Chakra. This is the third eye of Shiva that spews fire. Since both of these types of events result in death, it is said that the body will be burnt to ashes. Anyway, dead bodies are burnt. After fever, sweating occurs. Seven types of fever resulted in seven types of sweat. They have been called seven types of oceans. All the oceans have gathered, which means in the end the body becomes completely cold. The entire body including the mind gets absorbed in a subtle form in the ocean i.e. Mooladhara. Meaning someone died. The entire world of the dead person gets transformed in a subtle form and gets situated in the Muladhar of the future father i.e. Manu. 'Shya' means one who sleeps. The creature that slept in Manu's Muladhar became a human being. In the same sea of Mooladhar, there

is a boat in the form of related sense organ situated. On the same boat, he loads the dead person present in subtle form in the form of living beings and seeds i.e. semen. Seed is also a living being. The further story of fish etc. becomes understandable on its own. Because the body was destroyed, the gods were also destroyed. Due to the dead person not breathing, the Vayudevs were destroyed, due to not producing heat, the Fire gods were destroyed, and due to lack of blood circulation, the Water gods were destroyed. These are the three main deities. All the other deities related to different organs were also destroyed. Some eternal things like Soma, Surya, and I (Matsya in the form of God), Markandeya, Narmada etc. have been mentioned. Perhaps these are such things which are related to the eternal nature of God. Soma means things related to mind, Surya means soul etc. Everything happens in the subtle body, but it has been described in brief as the subtle world. The subtle body is actually the universal form, because it enters the body through the senses and gets suppressed and becomes subtle. We can call the body a machine that suppresses the world. In detail, the soul, intellect, mind, senses etc. have been described in the subtle body, but this is only a philosophical expansion only, because all these things come under the world. When the womb of creation is established by Manu, then Lord Hayagriva will rescue the Vedas from the demon, which will be explained in the next article. In this way, when Lord Matsya was pulling the boat in the cosmic ocean, at that time he was telling the things of knowledge and science to Manu, which became Matsya Purana. By the way, due to the activity of the so-called Matsya, the Shakti itself remains active in the Sushumna which keeps providing new knowledge and scientific experiences to a man. Just as every particle of the universe is a form of God, similarly every part and particle of the body is also.

Because power rises rapidly only through penance and yoga practice, that is why the water came into the sage's hands while performing tarpan or ritualistic water pouring. In Tarpan, water is dropped on the hands from a sacred copper spoon. The fish in the hand means power shakti is felt on Anahata chakra, because at the time of tarpan a strong

feeling is done from the heart. In a way, Shakti gets entangled in the world by the senses of the body. This is why the fish is afraid of the predatory aquatic creatures and seeks protection from Manu. Due to this Manu started the practice of energy cultivation. When that power increased, it descended to Kamandalu in the form of grown up fish to navel chakra. As she grew further, she descended into the well in the form of Muladhar. As it progressed there, it climbed up the back channel i.e. Sushumna i.e. Ganga. In this way, it became widespread like Sheshnag with its hood raised up. It was then lowered through the front channel into the ocean of Muladhar. Meaning the huge fish was released into the sea.

I think Kundalini awakening itself is shown metaphorically as Devdarshan or god visualisation. The thing with which a person engages in Kundalini Sadhana in his mind will be fulfilled after awakening. It is said as a metaphor that the God appeared and gave a boon. According to Yoga, the pure scientific and theoretical awakening of Kundalini is such that a person becomes one with the mental picture of an image and becomes completely open to the infinite form, there is no verbal talk etc. with that picture. Rishis used to do sadhana with good intentions in their mind, but demons used to do sadhana with bad intentions. The goal of protecting the universe was in Manu's mind, as is the mind of every father. But Ravana had the goal of defeating the whole world. That's why the demand for the same boons came out of their mouths. Manu had just awakened the Kundalini when he saw a fish the size of several crores of yojanas. One crore yojana is equal to approximately 13 crore kilometers, which is approximately the distance from the Earth to the Sun. Seeing such fish spread over such distances seems to be nothing other than awakening of Kundalini. Matsya spread so much, meaning the snake-shaped Shakti spread through Sahasrara in the entire universe. Shakti became one with Shiva. Because without any meditation picture, Manu's power got awakened and spread into infinity, that is why Manu is not shown asking for boon from any deity like Shiva, Vishnu, Ganesha etc., but directly asking for help from Shakti molded in the metaphor of fish. This means that Matsya Purana may

be much older than other Puranas. At that time perhaps the benefits of meditation image had not been discovered or well documented, and people used to do spiritual work directly. Although the meditation picture itself is formed from spirituality, but perhaps they did not give special emphasis to awaken it, because due to not knowing its scientific principle, there was no complete faith in it. A man does not take his car across a pit full of water whose depth is not known. Due to this, the spiritual energy that had been accumulating for a long time was suddenly felt as a glimpse of surprise awakening. Patanjali's scientific Ashtanga Yoga would have been written later, which would have revealed the importance of meditation image and its quick awakening. That is why meditation aka dhyana and meditation images are prevalent everywhere in the Puranas. Later on, Ramayana was also written on this basis, in which Ram is sent to Muladhar in the form of Lanka after making him a meditation picture, from where he lifts the sleeping Kundalini Shakti in the form of Sita through the Pushpak Vimana in the form of Sushumna channel and brings it to Ayodhya in the form of Sahasrara and awakens it.

It is also possible that the transformation after awakening is shown to be the birth of a new creation after the destruction. Awakening is anyway called new birth. That is why Manu does not die in that holocaust. Everything old in the brain gets destroyed, but its subtle seed remains, only then it takes birth again in a new form. This means that just as the old creation became distorted and filled with suffering over time, so too can the new one. That is why even after awakening, one has to be careful and continue doing Yoga so that the new creation remains protected from getting distorted. The power in the form of Matsya helps in his transformation. During transformation man learns new and good things, this is what is said by Matsya Lord narrating Matsya Purana to Manu. Both types of analysis can also be correct, because the stories of the Puranas often have multiple meanings.

Malaya is the name given to white sandalwood. Malayachal means a mountain full of white sandalwood trees. It seems to be the brain only. In this, bright and joyful resolution pictures emerge. Meditation happens in the brain only. Fish can also be a symbol of meditation image. Both are delicate, actively moving and actively growing. The falling of Sankalp water symbolizes the movement of Kundalini Shakti in the microcosmic orbit. Therefore, due to the rotation of Shakti, a meditation picture itself came into Manu's grip, meaning it came into his hand. It is also commonly said that a certain thing or fish fell into his hands or got trapped in his net. The Puranas use mostly colloquial words. The fish in the form of meditation picture survives only in the water in the form of Shakti. That meditation picture grows very fast through tantric practice. The hand is connected to the Anahata Chakra. This chakra represents the heart and emotions. The love with which Kundalini Yoga begins, originates in the heart itself. With this love mixed with kindness, he took care of the beloved mental image as a fish in his heart and on its overgrowth transported it to Kamandalu i.e. the more powerful and widespread lower Chakra Manipur Chakra. When meditation image becomes strong in the heart, then it automatically descends to the navel. It is also commonly said that after love one feels hungry. The shape of the navel is also like Kamandalu, which means a crooked pit like the sacred pot of worship. In the ocean of the world, there are big carnivores in the form of material defects, that is, pain giving mental images as larger fishes, from which single beloved image as isolated cute fish has to be saved. By continuing to give it loving attention, it continued to grow rapidly. With this, it itself descended to the Swadhisthana Chakra in the form of a pitcher. Anyway, this chakra is called baggage i.e. bag or pitcher shaped container of emotions. There too, it grew with the love of Manu, due to which it descended into the well of Mooladhar. The biggest pit is Muladhar itself, and what can be bigger pit than a well. From there, through Manu's Yogasadhana, it went up through Sushumna with the help of Kundalini Shakti. This is called putting the fish in the Ganga by Manu. It is written in the beginning of the story that Manu attained Uttam or perfect Yoga while doing penance. This indicates that Kundalini Yoga is being described,

because Kundalini Yoga is the best among all types of yoga. From Ganga it went to the Samudra i.e. Sahasrar Chakra. Many people will say that earlier Muladhar was called Samudra aka ocean and now they are calling Sahasrar. There is no contradiction in this. Both chakras are directly connected to each other through the Sushumna Nadi. Muladhara and Sahasrara are two sides of the same coin. As soon as it reached Sahasrar, its shape became like a huge serpent or fish with its hood raised. Meaning Manu's Kundalini was awakened, due to which his transformation began.

Kundalini transmission is as Lord Hayagriva in all mythological vedas and puranas

Friends, the story of Hayagriva appears in many Puranas. In some, Hayagriva is shown in the incarnation of a god, in some as a demon, and in some in both the forms. Like other mythological characters, Hayagriva is also taken from the Vedas. “Haya” means horse and “grivā” means neck. The one who has the body of a human being or a god, the neck and the head of a horse, is Hayagriva.

According to a story in Bhagwat, when Brahma was going to sleep at the beginning of the Doomsday, the Vedas that came out of his mouth were stolen by the demon Hayagriva, who was killed by Vishnu in the form of a fish. He took the Vedas from him and returned them to Brahma, who had awakened after the cataclysm.

It is almost similar in Agni Purana also that when the world was reduced to ashes during the cataclysm, the demon Hayagriva started destroying the Vedas, but Vishnu took the form of a fish and killed him.

It is mentioned in Matsya Purana that when the world was burnt due to the cataclysm, Vishnu saved the Vedas by taking the form of Hayagriva.

It is mentioned in a story of Bhagwat that Vishnu in the form of Hayagriva had killed the demons Madhu and Kaitabh and obtained the Vedas from them.

According to Devipurana, the demon Hayagriva got a boon from the goddess that he would be killed only by Hayagriva and not by anyone else. Therefore Vishnu has to come in Hayagriva avatar to kill him.

According to Skanda Purana, the gods started the Yajna and they located Vishnu, who was performing meditation somewhere on an island etc. in the middle of the ocean with a bow. He lifted Vishnu, due to which one end of the bow string broke and cut Vishnu's neck, which had been eaten raw by ants. Vishwakarma then gave him the head of a horse. Vishnu was pleased and gave gods the Vedas, which completed the yajna. Then termites and Vishwakarma also asked for their share in the yajna.

Meaning Hayagriva is somewhere in all three forms, somewhere in divine form, somewhere in demonic form and somewhere in a combination of both together. He has both forms in Bhagwat Purana, but each form is in different stories, not both together in the same story, because Vishnu is the main one in this Purana. But in Devi Bhagwat Purana, both the forms are shown in the same story, because in it Devi is the main one, not Vishnu.

Spiritual analysis of the legendary myth of Lord Hayagriva

Although the situation becomes more clear only by reading the Purana in original Sanskrit, but still you can try like this. So many Puranas can be found together in the library itself. I couldn't find these available even online. There is a Shivpuran lying at home, in which I feel like gaining expertise, because I find it to be the most simple, and scientific. Anyway, we are part-time or hobby researchers, not full-time. Therefore, we want to limit ourselves to Shivpuran only. Anyway, the theme of the stories of all the Puranas is the same, which is mainly Yoga, only the stories change. The stories of Hayagriva, Matsya etc. from other Puranas are often mentioned due to the context. Even in printed Shivpuran, many times there is a problem that it

takes more time to find anything, whereas online search is done in the blink of an eye. Found a site by the name of SanskritBooksOnline.com but the PDF books in it are such that Nothing inside these is searchable. Then how will scientific research happen? There is a need for a single PDF that contains at least all 18 Puranas, with a search function. If found please let me know. If all the Vedas, Puranas, Upanishads and other Sanskrit literature are in one PDF, then great research can be done. I think that the best use of today's online communication facilities is to read and understand the ancient Sanatan culture. Today's technology and old culture, this is the best combination. Today's culture is such that there is nothing much except technology. Spiritual awakening and liberation, which is the ultimate goal of mankind, to which the old, especially Sanatan culture was completely dedicated, there is not their even a trace visible in today's culture.

The time of doomsday means when the entire knowledge of Brahma in the form of man was immersed in the darkness of Mooladhar, meaning Brahma had fallen asleep. Many people will say that the lifespan of man and his expressed mind is hundred years, then why is the age of Brahma said to be many ages long. This is because the mind can go far beyond the body. By the time an organism evolves and becomes a human being, millions and billions of years have passed since the creation of the universe. Therefore, the influence of that entire time is accumulated in the mind of man, also because he can think so much and also through DNA during evolution. The longer the day, the longer the night. The time a person spends awake working, he sleeps for the same amount of time. Meaning that as long as he lived as Brahma, even after death he would remain in that state for the same amount of time, which would be Brahma's night and sleep.

A unique feature of the horse's body is that it has special and large hair in the central line on its back, just above the path of the Sushumna Nadi. They are very beautiful and large in size in the neck and head, forming mane of its body. That is why in Hayagriva incarnation only the neck and head of the

horse have been taken, the rest of the body is of a human being only, because only he can do yoga properly. It means that the figure of a Yogi is like that of Hayagriva. From this body, Shakti ascends from Mooladhar through Sushumna to Sahasrara located in the brain. This power is the basis of all knowledge and science. It is natural that through which body the energy ascends, it also descends through the same body. The ladder by which a person climbs to the roof of the house, he also descends by the same ladder. When at the time of death, the power of a person's brain descends through the front channel to the Muladhara, then it is said that Brahma was going into sleep, and at the same time the Vedas came out of his mouth, because the front channel passes down through the mouth. Demon Hayagriva hid in the sea with those Vedas. When that person is reborn, he realizes the power and consciousness in his brain, because then the power is ascending from the muladhara to the brain. The proof of this is the growth and deepening of the mutual love affair between the newly conceived or newborn child's parents. Their mind is receiving power from their Mooladhara through their bodies like Hayagriva. Due to extreme closeness and love, the same power is being transmitted to their child also, due to which he develops rapidly. Parents also keep raising the power of the child from his Mooladhar level in his Hayagriva-like body by lovingly caressing the child's body and massaging it well. It is said for him that Brahma has woken up from sleep, and Lord Vishnu has incarnated as Hayagriva and killed the demon Hayagriva, freed the Vedas from him and returned them to Brahma.

At many places the birth of Brahma is said to be from the lotus in the navel of Vishnu. Here Vishnu in the form of Hayagriva helps Brahma awaken. It's the same thing, only the words are different. Only one who is awake can be said to be born. What is the birth of someone who is asleep or of a person devoid of knowledge? Meaning here also Vishnu is creating Brahma. In the first case, Vishnu is lying on Sheshnaga aka cosmic serpent in the sea, in the second, Vishnu is searching for the Vedas in the sea. In the first case also Vishnu creates Brahma by the development of his body, the same happens in the second case also. The lotus of

consciousness that blossoms in the minds of parents due to mutual love is also the awakening of Brahma from sleep. This can also be called the birth of Brahma, because what kind of birth is that of a sleeping person? Just as Brahma is born in their brain, the same can happen in the potential child growing in their womb. In a way, the Kundalini sleeping in Mooladhar is also Brahma sleeping in Pralyarnav aka doomsday ocean. When Vishnu or Yogi in the form of Hayagriva lifts it up, it starts awakening in Sahasrara, and starts the process of creation. Complete awakening i.e. awakening of Kundalini should be understood as the completion of creation. This is a matter of the scriptures about Brahma's sleeping and waking up. But it is also mentioned in the scriptures that Brahma himself becomes liberated after the completion of creation. Man is also like this. One who has not attained the perfection of awakening, wakes up or takes birth again after sleeping or dying, but one who has attained it, becomes free after the completion of his life.

Now let us understand a little more how the demon Hayagriva steals the Vedas and keeps Brahma unconscious. It is known that the energy of the brain goes to the perineum through the front channel. Consider the front channel as the demon Hayagriva, and the back channel as Lord Hayagriva, because in both, most of the energy travels through the central line. If Lord Hayagriva is not there, then all the energy in the form of Vedas will remain buried in the ocean of Mooladhar. Such up and down movement of power happens in everyone, but because only yogis have direct and clear experience of it, that is why the things of yoga have been linked to it.

The forms of fish, Sheshnag, Hayagriva etc. are philosophically related, hence anything can be said. At the time of the cataclysm, at some places the world is said to be a pile of burnt ashes and at other places it is said to be submerged in the ocean. Both indicate darkness and absence as that's there at Mooladhara.

According to a story, Hayagriva killed and the fish saved vedas or creation, let us understand this. This seems to me a tantric matter like Matsya Purana. How a small sensitive fish in the form of Kundalini picture becomes a huge fish and provides worldly happiness and awakening in the form of creation to the living beings trapped in the bondage of karma.

I think Madhu kaitabha is the epitome of Ida Pingala. These nadis cover the left and right sides of the body. Due to this, the body remains extroverted, due to which the person becomes distant from spirituality. Energy remains in the body only, and the body also remains healthy, but it is not able to circulate in the central loop or ring, due to which there is a lack of energy in the Sahasrara. Sahasrara is the most important chakra of spirituality. The knowledge that is present in Sahasrara is the entire form of creation, because in it the knowledge of the world is non-dual, and the creation is also non-dual. Due to Hayagriva's meditation the energy comes into the central ring, meaning Madhu Kaitabh dies, and the Vedas which correctly describe the creation become active. Anyway, when any unnecessary thought is troubling the mind, then in the meditation of Hayagriva, it disappears and in its place comes the Kundalini picture. The horse listens less to his brain and more to his heart. The donkey seems to be one step ahead in this matter, that is why it is the vehicle of Mata Shitala Devi and Kalratri Devi. It is possible that the names or faces of the two goddesses may not get much attention, that is why the donkey has been kept with them. This means that if there is any worry about facial beauty etc., then by meditating on Hayagriva it gets eliminated and Kundalini appears.

The wavy wooden base of the bow is the back channel of the man's wavy spine, and the string tied to it is the front channel of the body. It is said that Vishnu was doing sadhana with the bow, because yoga is done with the help of these two main channels. His energy was not going down from the brain due to the useless thoughts clinging to it. These thoughts are called termites, because they keep eating the

life of a person like wood. Due to this, his front channel was already weak, when the gods lifted him from yoga, it broke completely, meaning the neck was cut, because the channel itself is called neck. Then the horse's head was placed so that the front channel ran best. From this Lord Hayagriva became apparent. When this energy loop was completed, it was natural that the Vedas in the form of creation were restored in Sahasrara. With this the yagya of the gods was completed. Yagya is performed for the welfare of the universe. Worldliness with Advaita, what better welfare of the universe can there be than this. Vishnu is called Yagyapati because only he can complete the Yagya in human form with correct behavior. Other gods are like slave servants, who are engaged in the service of the body of Vishnu i.e. the place of sacrifice and Vishnu himself in the form of soul. The final decision regarding life behavior and attitude has to be taken by the soul himself. That is why only Vishnu gets the largest share of the fruits of the yagya. Through Hayagriva meditation, one gets good attention on Manipur Chakra, and Manipur Chakra is also called the place of Yagya, where the offering of food is always given through the fire god in the form of Jathragni or stomach fire for the satisfaction of all the gods in the body, but the Yagya is finally performed by the Yagya Purusha. It is completed only with the participation of Lord Vishnu or Lord Rama or a noble human being.

Kundalini Shakti must have emerged as the Ganges river water from the branch of a sycamore aka Gular tree

There is a myth in Shivpuran about sage Gautam and his wife Ahalya. He meditated on Brahmagiri mountain in the south direction for ten thousand years. There was no rain there for 100 years. Not a single green leaf was visible. Then where would we get the water that sustains living beings? All the sages, humans, animals and birds ran away in ten directions. Some sages started passing that terrible period by doing pranayam and meditation. Gautam also meditated with Pranayam for 6 months. Due to this, Varun Dev appeared before him and he asked for the boon of rain. Varun said that he cannot disobey the orders of God. Then Gautam asked him for water which is inexhaustible, divine and gives eternal fruits. Varun asked to dig a pit. Gautam dug a hole of one hand size. Varun filled it with divine water. Varun said that any religious and noble deed done at this place would be inexhaustible. Gautam performed daily routine rituals with that rare water. He sowed various grains there for Havan. Various fruitful trees grew there. Seeing this, thousands of other sages came there and started living as householders with their families. One day, the sages' wives who came to collect water stopped Gautam's disciples from taking water, saying that they would take the water first. When the disciples complained to Gautama's wife Ahalya, she herself went with them to get water and gave it to the sage, with which he completed his daily routine. Those sages' wives reprimanded Gautama's wife and returned home and complained directly to their husbands. Enraged, the sages did penance to Ganesha and forcibly took the boon from him to harm Rishi Gautam. Ganesh was forced to become a very weak cow and started eating the vegetables grown by

Gautam. She died as soon as Gautam removed her from the straw. All the sages were happy with that and started cursing the sage by calling him a cow killer. They ordered Gautam to leave their area and started pelting him with stones. He also said that as long as he is guilty of the sin of cow slaughter, he cannot do any religious work. When Gautam apologized, the sages asked him to atone for his sin of cow slaughter by circling the earth three times. Then come back there and observe the month's fast and after that circumambulate that Brahmagiri mountain, and then take a bath with hundred pitchers of Ganga water and worship the earthen shivling again. Or in return they were asked to bring the Ganga there and take a bath in it, then make one crore earthly Lingas of Shiva and worship them, then circumambulate Brahmagiri 11 times, and then after bathing with a hundred pitchers of Ganga water, perform the earthly worship again. Gautama and Ahalya adopted that second method, and their disciples continued to serve them during that time. Then Shiva Parvati appeared pleased and asked for a boon, then Gautam asked him for the boon of eradicating his sins. Shiva said that his devotee can never remain a sinner. He also told Gautam all the misdeeds of those wicked sages and asked what punishment he should give them. Gautama asked him to forgive them saying that if they had not been evil they would not have seen him. Shiva was very pleased with this and then asked him to ask for a boon. Gautam asked for this boon that the words of these sages should not be false.

After that, the water which was the essence of earth and heaven and had been taken out and kept in the past, and whatever water was left which was given by Brahma during the marriage, Shiva gave it to that sage. That Ganges water appeared in the form of a woman. Gautam bowed to her and requested her to purify him. Shiva also requested Ganga. Then Ganga informed about her return after purifying Gautam's family. Stopping Ganga, Shiva asked her to reside there till the twenty-eighth Kaliyuga of Vaivaswat Manvantara. Then Ganga said that she would reside on earth only if her importance would be highest here. She also requested Shiva to reside near her along with his Ganas and Parvati. On this Shiva said that he is not separate from her,

because she is his Shakti, yet he will reside there. Then all the divine souls including the gods came there, who started cheering Gautama, Shiva and Ganga. Shiva was pleased and asked the gods to ask for a boon. So the gods requested Shiva and Ganga to reside there. Then Ganga asked the gods how they would maintain her uniqueness. Then the gods said that when Jupiter will remain in Leo, then all those will remain close to her. And when they become dirty by washing people's sins for 11 years, they will come to her to wash them off. There she became famous by the name Gautami Ganga and Shivalinga by the name Triyambak. During the above mentioned Muhurta, all the divine souls along with the Gods come there, and as long as they stay there, they do not get the results, meaning they get the results only after returning from there.

Ganga appeared from Brahmagiri mountain. When its stream gushed out from the branch of the sycamore tree, Gautama, his disciples, and all the other people present took bath in it. Since then that area was named Gangadwar. By seeing it all sins are destroyed. When those sages who had spoken ill of Gautam also came to take bath, then the Ganga got disappeared. When Gautam requested Ganga to appear, Ganga said that the deceitful sages should first repent by circumambulating this mountain 101 times with your permission, only then they can have darshan of her. When they had done this, Ganga again appeared for them at Kushavarta, the place below Gangadwar as named for by Gautama. The one who takes bath here gives up all the sins and attains rare knowledge and becomes entitled to salvation soon.

Explanation of the above myth

What happens that due to the stories of the Puranas, one gets the habit of detachment from worldliness. Because these stories seem both true and artificial. Therefore the mind remains detached from them. That is why there is joy in them. Someone will say that even Harry Potter stories are like this. But they are devoid of the main purpose. The main

objective is Kundalini awakening. The mythological stories of the Puranas are based on the scientific principles of Yoga, Kundalini and awakening, hence the person studying them unknowingly takes him towards them. This story of Rishi Gautam seems to me to be a mixed spiritual and physical. It is not that the ancient people lacked understanding, that is why innumerable scriptures were created on the same simple yoga. Rather, it is because a person should remain in touch with Yoga throughout his life and at every moment. Man can get bored by reading the same thing over and over again, so yoga was adapted into countless stories and activities in various forms. For example, theoretically the meditative picture of Shiva itself remains near the Shakti passing through the Sushumna. It is said in this way that Shiva promised Ganga to be staying close to her. Perhaps Kundalini Shakti appeals to meditation because it is sexual based, and everyone knows that sexual matters are disclosed only to very close relatives or lovers. The closest and most intimate lover is the most favoured mental picture. Not only do you feel ashamed of a material object or person, you may also be left with an impression of their personality. But Guru or God is devoid of separate personality or is a form of impersonal God, hence they do not hinder the personality of a man, but only indirectly or silently helps in improving him further. That is why most of the time they are made to be considered as meditation pictures. Actually anything repeatedly favoured in mind can happen to be a meditation image, because every pure mental thing is sacred, impurity comes from materiality. That is why such a picture can also be called Kundalini picture. Through Sushumna, Shakti goes directly to Sahasrara, where the companion of non-duality is the lonely Kundalini picture. That is why these Kundalini based stories are called classical or shastriya stories or scriptures. Music can be anything, but that which is made up of a lot of thought and direct experience and helps in taking man to his ultimate goal, that is classical music. Similarly, classical dance, sports etc. can be any worldly activity.

Rain is that in which there is abundance of water in the form of knowledge or power. No god can do this, because when materialism and evil are prevalent all around, then what can

the gods do, because no one can forcefully change people's thinking. Yes, the deity can give darshan and advise his devotee to do something so that the external environment does not affect him badly. Therefore Varun Dev advises Gautam Muni to dig a one hand deep pit. This is to activate the Muladhara, into which the water in the form of sleeping Kundalini Shakti as suppressed thoughts seeps. The same missing water gets filled in it. Although earlier also he was making his living through pranayama and meditation, but this was insufficient in front of the rain of awakening. It is common in the Puranas to mention a famine of a hundred years. In the scriptures, the age of a man is stated to be 100 years. Not being awake within a hundred years of lifetime seems to me like a famine of a hundred years, which is said to be the death of living beings. This is because the entire creation including all living beings exists in the mind of man only. Brain dead means everything is dead. Deep pits also get filled with underground water, but pits of one hand's length i.e. 10 or 12 inches were never seen filling with water on their own. If it was so then why would you have meditated and asked for a boon, you would have dug it up in the first place. Anyway, ordinary water does not give inexhaustible results and is not even divine. It also seems to me to mean that doing sadhana in a dark pit means in solitude, away from comforts and worldly tendencies, so that the energy saved from being spent in the world, which remains captured in darkness, is spent in brightening the Kundalini picture. And at the same time, he also gets the additional booster force of sexual tantra so that he can awaken faster, before the troubles of worldly life start again. Many times what happens is that we get a chance to stay away from worldly matters for a short period of time. During that time, if meditation is done like a tortoise or an ordinary move, then awakening cannot be achieved. The sages had indirectly done good to Rishi Gautam by banishing him, only then he could awaken Kundalini through intense meditation in solitude. Had he not been able to do it in that limited time, a new world would have been created for him in the new country and the same old story would have started. Because he attained awakening even before joining the new country heartily, seeing his achievement the old countrymen invited him back among

them. These stories seem strange when seen superficially, but when seen deeply, they appear to be extremely practical and beneficial. This happens often with the common man. Not only the people of the world but also the family members and relatives are jealous of the person who actually does spiritual work and keeps giving spiritual messages through it, and they keep looking for an excuse to fight with him. Actually, I am saying this because fake, and hypocritical religious people keep getting cheered. Then they feel at peace only by driving him away from them. However, they are deceived because when the lamp is removed, they are falling into darkness. When he awakens again in remote solitude, his old opponents seem to disappear, but some of those who had a soft spot for him at heart appear to be repenting. But an awakened person does not have any resentment towards those opponents in his mind, because it is their bad intentions that indirectly inspired him to get awakenings. This happens to many because this is the worldly principle, that is why it is written in the Puranas. What is the benefit of just writing empty stories?

I think that at that time a person with the name Gautam or with the changed name would have searched for attaining awakening from Muladhar along with worldly pleasures. These discoveries may have been described indirectly or in the form of myths, so that people do not misunderstand or misuse them. Such sages were scientists or say spiritual scientists who searched for truth. Learning from him, other sages also did the same, meaning everyone got water. First they ran here and there in search of water meaning knowledge or shakti. Anyway, in olden times people used to travel far and wide in search of knowledge. The further story that there was a fight on water etc., etc., seems to be ordinary physical events added to make the story interesting, which has not much to do with spirituality. It is possible that they too have some deep secret. Then Shiva appeared. Gautama requested Shiva to forgive his enemies. It is natural that when a man is rebuked and tortured by the world, then only he is able to meditate in solitude. He was awakened by meditation on Shiva, but now the effect of that awakening had to be maintained continuously throughout his life. This

could have been possible only due to the functioning of Sushumna. This is said to be the descent of Ganga and its permanent existence through yoga etc. Momentary awakening can be achieved even without the experience of Sushumna, but Sushumna has its own importance in daily activities, because it keeps supplying power continuously. Sins continue to be destroyed by this power.

I think one should be skeptical of mythology. Due to this the man runs his mind everywhere as to what could be its meaning. Due to this, doors of secrets open to him unknowingly. If these stories are accepted as true literally, then man becomes superstitious, unscientific and foolish. Meaning, they should be accepted as true but in the form of a hidden mystery, not literally in the ordinary physical way. Through such unusual mythological stories, our right brain becomes active, which remains dormant most of the time. To awaken, both parts of the brain must remain active in a balanced manner. Even this child can understand that the river Ganga cannot gush out of a branch of a tree. Similarly, the lack of physical water cannot be fulfilled by pranayam and meditation. Yes, the lack of power can definitely be compensated to some extent. Then if we understand it as a mysterious metaphor, then mountain means brain, from it worldly achievements means Shakti or Ganga descending through front channel reaching sycamore tree means muladhara chakra and going through its branch means sushumna channel aka Brahm Nadi and coming out of branch tip at gangadvar means sahasrar chakra, in which bathing by Gautam rishi means jivatma or soul resulted in destruction of all his sins. His discovery was also adopted by his disciples. His family members benefited from his good company. Sycamore tree is a divine plant, which is considered to be ruled by Venus, which is the representative planet of love, beauty, attraction, sexual pleasure, love marriage, wealth etc. From this it can be understood in itself what would have been called the branch of the sycamore. It also seems somewhat tantric. I also think that lovers get strength from each other's Mooladhar. That is why Ganga seems to have been given the form of a woman. Anyway, Shakti is considered feminine. Now when the crooked sages also

started imitating him, they did not succeed, because for the functioning of Sushumna one has to become innocent like a child, that a crooked person can't become. Love and wickedness are against each other. The element of Swadhisthana Chakra is water. Water is also a symbol of love. For those sinners, Gautama made him descend to the lower world. This would have been called Kushavarta. Anyway, the consciousness of sinners is stuck on the lower chakras only.

Reproduction happens only through Shakti. And from it a new man is created, in whom heaven and earth are included. The power that was left from that activity was the same power that Brahma, meaning the mind that created the entire universe including the body, gave it to Shiva at the time of his marriage. With the inspiration of Shiva, the mind in the form of Brahma passed the same through Sushumna in the form of Ganga. Well, it also has a tantric and scientific basis. Scientific discoveries so far have revealed that water was not created on Earth, rather it came from outer space bodies like comets. Ancient people also had this apprehension because they did not see water forming anywhere on earth. The same water kept changing its form in the form of ice, steam, clouds etc. That is why it would have been considered more divine.

The burden of sins falls most heavily on the gods, which operates the body. The body keeps protecting a person from those sins through fasts, pilgrimages, yoga and other spiritual practices. Perhaps it is from these reasons that 11 years have been taken in the story, because in Hindu religion most of the things and activities are of 11 types. But the subtle imprints of those sins keep getting deposited on the chakras of the body. That is why the power of Sushumna is required to cleanse the chakras.

The presence of Jupiter in Leo is a very good combination. In this the man is advanced in every field. Presence of Jupiter in Leo also helps in building deep relationships in love and relationships. Leo people have a sense of possessiveness towards their partner, but their love is also loyal and devoted.

The presence of Jupiter in Leo is the reason for many yogas more than any one yoga. Jupiter is considered the most auspicious planet, which gives auspicious results in the fields of religion, knowledge, luck, wealth, marriage, children, education, business, politics etc. Leo is also a higher zodiac sign of Jupiter, which is regal, sunny, bright, proud, leadership, creative and generous. Therefore, Jupiter being in Leo is a combination of the qualities of both, which gives many auspicious results to the person. In fact, at such times of all-round development and adaptability, there is the highest possibility of Sushumna awakening and Kundalini awakening. It is said that the gods will remain near Ganga during such yoga. Because this combination seems rare, that is why it is said to come after 11 years. Because one does not get the benefit immediately at the time of Kundalini awakening but gradually gets it over the years with spiritual practice, when one's conscience becomes quite clear. At the beginning of the story, I leave the answer to the readers as to what would be the meaning of doing penance for ten thousand years by Rishi Gautam and Ahalya.

Kundalini Yoga is the background music of life

Friends, in the previous post we were talking about Shakti water. I think that the rain that Indra makes is the rain of awakening, he is the one who fires the thunderbolt in the form of Sushumna Shakti. Indra's happiness means happiness or favor of all the gods. This is Chaddi kala aka allround development. I am not saying that Indra is not associated with physical rainfall. That is also definitely there because whatever is inside is also outside. Just as for rain to occur, favorable conditions are required with the help of all the Gods, similarly for awakening too. If there is love and faith in the Puranas, then all the paths start opening on their own. Then it came in the story that Gautam Muni got inexhaustible water with the boon of Varun Dev. Varun Devta is a major deity of the Vedas. He is the presiding deity of water. Without the power depicted as water, it is not possible to have correct knowledge of the esoteric spiritual Vedas. Varundev can give only limited water. Khwaja was also one such god of the Indus Valley civilization, who was the ruler of the sea, rivers and water. I had heard of a man who used to discover underground waters and made very accurate measurements, and was an accomplished worshiper of the Khwaja. By the way, even today in many villages Khwaja is worshiped as water god. It is possible that in the Vedas, in the secret language, Varundev has been mentioned as the symbol of that with the help of which the availability of Shakti-water in the body is maintained, but its readers or interpreters may have considered him as the god of physical water. Whatever may be the case, there is similarity on the inside and outside, hence they must be influencing each other. I myself feel that Kundalini Shakti starts moving very well near water sources like lakes, ponds etc. filled with pure water, because it is in the nature of both to flow. There is definitely a relation between the two. Among Hindus and Buddhists, Nagdevata is also considered the god of water. Kundalini Shakti or Nadi is also in the shape of a snake. In our village, both Neua meaning divine serpent or snake and Khwaja were considered to be the lords of the local waters and the vegetation growing around them. Anyone who cut

vegetation around water was made to fear being chased by the Neua snake, which resulted in good protection of the forests. At many places I also saw Khwaja in the form of a fish-like idol. It means that Varun, Naga and Khwaja are connected and all three are gods of water-like power. It is also believed that they not only provide water, but also other worldly prosperity and protection. Meaning, they look more like a god of power or Shakti.

Similarly, Lord Indra is also mentioned in abundance in the Vedas. There will be more description of a god who is necessary for the awakening. Because the basic aim of Veda is awakening. Perhaps in a secret way it has been written as rain. Where there is rain, there are deeds, sacrifices, yajanas, wealth and all the glory. It is from these that everyone remains in Chaddi kala or allround development. Awakening occurs in such a state. Of course it has both physical and spiritual meanings, but the latter seems more accurate, because the Vedas seem to deal with spirituality, not materiality.

I think there is a difference between awakening and self realization. The first one is the beginning, while the second one is the peak or end of spiritual development. I found this through AI powered Bing search. It is said that the Kundalini of many people is awakened since childhood. If Kundalini awakening was completion of the development then why would there be rebirth after that. It is also possible that even after experiencing perfection, complete purification of the soul is necessary, for which many times a new birth is required. It is also said that the Kundalini of great people like artists and leaders also is already awakened. Bing AI is free and I found it to provide the best information, both in Hindi and English. Nowadays, AI is helping a lot in writing blogs and doing research. Further exploring, when a person feels darkness without physical contact with his body and functional mind, it is said that the Shakti is sleeping. But when a meditation picture always shines even in the midst of darkness, then it is said that the Shakti is awakened. From here the meditation begins, due to which the meditation picture gradually brightens, meaning the Kundalini Shakti is

awakened more and more. Then there comes a time when the meditation image becomes so strong that the seeker does not feel any difference between himself and the meditation image, nor does he feel that he is meditating on it. Meaning, in this the meditator, the meditation picture and the process of meditation, all three become one. This is called Samadhi. During this period one can experience self-realization i.e. enlightenment at any time. Perhaps I was describing this earlier by calling it Kundalini awakening. No problem, it's just a difference of terminology, there is no difference in experience.

According to the previous story, the Shakti-water in the form of Ganga had told the gods to always reside in Sushumna on the condition that it would have to be given utmost importance. The meaning is clear that if the power flowing in Sushumna is not felt while doing yoga daily, then it will fade away. Meaning, of course, you may miss some work, but you should not miss yoga. What often happens is that only the physical karma is visible, not the mental or spiritual karma. In ancient India, people were engaged in mental activities like knowledge, devotion etc. more, which is the greatest activity because it gives liberation and the right pace to the cycle of creation. In the rest of the world, especially in the West, people were busy with materialism, cleanliness etc., which are clearly visible in the form of work. However, the best method is Karmayoga, in which physical work and yoga practice itself go together.

Actually, Kundalini Yoga is the background music that connects the various tunes of life. When for some reason the main music stops playing, this background music becomes the basis for a happy life. Just as when the main music stops, the background music becomes very loud, in the same way, when the noise of worldly activities of life subsides, the meditation picture of Yoga starts shining very brightly, due to which it can also be awakened. Probably, in the Puranas, this has been compared to meditation in a pit or meditation in a dark prison inside the sea, etc.

There is also another variation of the previous story of Rishi Gautam. In this, after the death of the cow, Gautam comes to know about the conspiracy of the crooked sages. Angered by this, he curses them and their children to remain ostracized from Shaivism and become hell-bound from it. It is said that then Kaliyuga was filled with people like them. There is no mention of him having seen Shiva in that version of the story. The meaning is clear that he did not take the conspiracy of the evil sages positively and did not do Shiv Sadhana properly, rather he used his accumulated energy in anger and cursing, that is why he did not attain awakening. Every action has a reaction.

Kundalini tantra is based on Shiva-linga

Friends, according to a story of Shivpuran, once some disciples asked the Purana narrator whether Shivlinga is worshiped everywhere because of being a linga or there is some other reason. On this, he narrates a story that in a great forest named Daruk, devotees of Lord Shiva used to always meditate on Lord Shiva. Some time they had gone to the forest to collect Samidha. At the same time, Shiva came in the guise of a Tantrik Avadhoot to teach them and test them, who was making evil attempts while holding the Linga in his hand. The sages' wives got very scared after seeing him. And others came there desperate and surprised. Some other women held each other's hands and hugged each other. Some women became ecstatic with the friction of that embrace. At the same time Rishivars came and seeing that behavior became sad and distraught with anger. They started saying among themselves, who is this, who is this. When Tantrik Avadhoot did not say anything, they cursed him saying that he was behaving against the Vedas so his Linga should fall on the ground. So did happen. That Linga burnt all the objects in front like fire. Wherever it went, it would burn everything. It went to hell, went to heaven, went everywhere on earth, but did not settle anywhere. All the people became distraught, and those sages also became very sad. No god or sage found peace. The gods and sages who did not recognize Shiva took refuge in Brahma. Brahma scolded them a lot for unrecognising Shiva like illetrates though they being knowledgeable and scholars and said that if Goddess Parvati becomes Yonirupa then it will become stable. To please the Goddess, they were told the following method. An eight-petalled lotus should be made and a Kalash should be placed on top of it and water from the pilgrimage site containing Durva and Yavankurs should be filled in it. Then that Kumbh that's holy handheld small pitcher should be invoked through Veda mantras. Then, after worshiping it in the Vedic manner, one should anoint the Shivalinga with the water from the Kalash while remembering Shiva and reciting Shatrudriya mantras. Then sprinkle the Linga with the same mantras, then it will become calm. Then after installing the arrow or

Bana in the form of Girija yoni, the Linga should be placed on it and then it should be invoked. Then Shodashopachara puja means God should be worshiped with sixteen types of ingredients, and then He should be praised. This will make the Linga stable and healthy, and all three abodes will become free from disorders and happy.

However, this story cannot be explained. This is a sensitive religious matter connected with the faith. This can be understood by one himself. Yes, it can definitely be said that every man wanders in search of his sexual partner at some time or the other. During that time, the picture of trance that is formed in his mind can definitely make him irritable and jealous. This is because samadhi requires additional energy, which can be obtained only with the help of a close companion. The octagonal lotus is a symbol of the Anahata Chakra, and love originates on it only. Placing a pot filled with water from the holy places on it means gathering and concentrating the meditative power on it. Different pilgrimages mean different chakras. Durva grass symbolizes fertility, growth and development. Yav Ankur means sprouted barley, which appears the symbol of Chaddi Kala or all-round development, because it contains all types of tonics, vitamins and minerals, that is why it is also called green blood. In common language, it seems to mean to sacrifice everything for the heart, i.e. for love. Yogis are also like this, who leave their families and engage in worshiping their deity and attain knowledge. Worshiping that Kalash means worshiping the deity image etc. associated with shakti on the heart. Due to which it becomes more enlightened i.e. happy, just as by serving a person that person becomes happy. Worshiping with Veda mantras means giving more sharpness to that picture and making it clear, pure and luminous. Beejmantra also does the same. That mental meditation picture can be of anyone, Guru, beloved, deity, seed mantra etc. The amplified shakti along with that worshiped picture is then descended from Anahata Chakra to Swadhisthana and Muladhar Chakra. This is the anointing of that divine Linga with the water of the Kalash. In Abhishek, the stream of sacred power in the form of water flows continuously. Prokshan is called sprinkling of water. To bring down the Shakti from the heart pot again and

again through morning and evening sadhana is the divine prokshan. Shatrudriya Mantra has various secret Mantras etc., which release various invisible waves, which have invisible divine spiritual effect on the mind of man. Although natural banalinga is found in the Narmada river, yet it seems that the arrow has been described as the seat or peetha of the Linga. When I inquired from Bing AI, it replied that a consecrated arrow is buried in the ground, and Shivalinga is installed on top of it. Maybe it is right. Because at many places such Shivalingas are seen which do not have a peetha or base. When asked, the priests etc. there tell that this Shivalinga is dug deep in the ground. It is possible that the arrow inside the ground may be its peetha. By the way, the shape of the peetha also resembles an arrow. Then beyond that, in common man's language, only tantric or divine sexual intercourse is considered. Well, everyone may have their own opinion. Due to this, all the three worlds i.e. the entire body becomes calm and healthy i.e. it becomes established in its pure self, because all the worlds are present in the body itself. This is often seen in the world, that is why spoiled or spoiling youth are married off by their families in a hurry. After that I have seen many improvements in them. But nothing improves in someones. I also blame their wives for this, yet males may appear more responsible for this too. That is why it is said that only Parvati as the peetha can hold the Shivalinga. That's why Imparting spiritual values to women was considered more important than to men, because woman is the foundation of the entire family. I heard a grown man express his personal opinion that if men were not married, they would eat each other raw, because wives control men. He himself married another woman after the death of his first wife. What has been said is correct. A friend was also saying that Tantric sex does not seem like sex at all, it becomes some other very sacred spiritual act. I think only foolish, negative, unsuccessful and heretical people vent their anger by putting both in one category. In a book, Love Story of a Yogi, when the author was asked by a woman about the main reason for his recent Kundalini awakening, instead of marking out his experience to the questioner, he narrated his experience to everyone and said that while meditating on the Kundalini picture on

the sensation of Vajrashikha, he got his awakening. He attained awakening by moving it in and out of its receptacle, but what he did was not sexual intercourse. On this, that Western or possibly American woman asking the question present on the online Kundalini group pinpoints him with loving surprise and little funny style and tells him that in their country it was called sexual intercourse, she don't know which strange culture or land he belongs to. After reading that by all group members, everyone's communication in that group on that topic had stopped, but diverted it to the usefulness of tantra accepting its utmost importance in awakening. Meaning, the author had expressed his feelings and indirectly answered the main question. This story also seems like the ankhing technique of Egypt.

It is clear that the false propaganda spread by heretics or hindu opponents has been refuted in this story. The sage was very far-sighted. He knew that this could happen in the future. This story also reflects a common incident happening in the society, not any divine transcendental type etc. Unmarried teenagers are like that. They keep making gender-oriented jokes with girls whenever they get a chance. One of them is also the real knower of Shiva type Tantra. But people consider everyone to be the same lewd and scoundrel. It is said that along with the grain the mite also gets ground. How do public know who is true and who is a liar? Therefore, along with others, they also insult Shaiva and curse him, which means they also look upon him with evil eyes. In fact, the Shaiva linga is not a normal Linga. Due to the influence of Shaiva Tantra, it actually becomes the favorite deity. In a way, due to the effect of Sadhana, that Shaiva person becomes Linga form. Wherever he goes, in a way, his favorite linga is going in his form. The displeasure of that presiding deity troubles everyone, i.e. burns them. This can also happen, because the whole world is in the wandering minds of the people, and by being in the company of that presiding deity in the form of Shivalinga, they are getting disillusioned with their wandering minds, this can be called the burning of the world. Only a Tantrayogini like Parvati can wear that Maheshwar Linga properly, so that the meditation picture of the presiding deity can also be

meditated along with it. An ordinary woman will not be able to cooperate in meditation. This means that the presiding deity will be angry and will remain without awakening. Kundalini activity without awakening can also be harmful, as it can go out of control. Uncontrolled power will burn everyone. Awakening shows man the true and complete form of power. And that form, though most beautiful and powerful, is also extremely peaceful. This keeps the man calm, meaning he remains in control of his awakened awareness.

I found this story to be the one of most meaningful story of Shivpuran. One can write as much as one wants on this. The answer to the question raised by the sages in the beginning whether Shivalinga is worshiped only because it is a Linga or there is some other reason, has been given in a very civilized manner. This is similar to the answer given by the above author. Meaning, Shivlinga is not the ordinary worldly linga, as the wicked, foolish, lustful scoundrel, Entangled in the illusion of materialism, very work-oriented, anti-religious or sexy type of people understand or talk about. It is surprising when many Hindus also fall under their influence and provocation, and start thinking the same way. Everywhere on social media etc. they ban considering Shivalinga as a part of Shiva's body, saying that it is only a sign or symbol of Shiva, or only a symbol of union of Shivashakti, or a cosmic union, not of any physical so and so. Well, at their place and in a spirituoscience sense they are right too, because there is nothing like ordinary worldly object or organ in it. Learning from them, Bing AI also says the same. In this case, if the heretics fall very low, then those so-called Hindu protectors rise very high. No one lives in the middle of the practical world i.e. on the middle path. Extremism is prohibited everywhere. The middle path is the best. This can be understood with an example. There is only one gun. One civilized man kills a terrorist with it, while another madman kills the general public. What is the fault of the gun in this? Similarly, the Shivalinga controlled by Yogi Shiva kills the demon in the form of ignorance, while on the contrary, the ordinary one used by the common people kills the gods in the form of knowledge. Once I met a tantric person, who was a friend of my friend. He had taken initiation from Guru in the

famous Kamakshi temple. He was telling that in front of him a Tantrik had used his mind controlling art aka Vashikaran Vidya on a common and unknown woman passing through a crowded road, due to which she was ready to follow him and do anything with him when he called her. However, he was just testing his knowledge, so he stopped the vashikaran, due to which the woman went back on her way. True Tantriks never do wrong things, if they do they go straight to hell. It means that there is a similar Vashikaran secret hidden in the above mythological story, because for the people of old times, awakening was the most important achievement, for which they used to make the most efforts. Nowadays, many other sciences and arts are prevalent, for which people struggle a lot. Yet those mythological teachings may still survive in Guru traditions, which, if supported by the Crown, can be discovered and preserved for posterity.

Kundalini Yoga is just an add-on feature over the regular worldly life

Friends, there is a story in Shivpuran about a demon named Andhak. It is said as that demon, the enemy of God, had taken all three worlds under his control. He lived in the shelter of a pit in the sea. That extremely powerful demon would come out of that pit and after tormenting the people, would enter the same pit again. Then being sad, all the gods repeatedly prayed to Shiva and expressed all their sorrows to him. On this Shiva assured them that he would kill him and told them to go there with his army, he himself was coming there with the Ganas. Then when that terrible darkness, which hated the gods and sages, came out of that pit, and the gods entered that pit. Then the gods and demons fought a very terrible war with each other. By the grace of Lord Shiva, the gods became victorious in that war. As soon as he entered the pit after being tormented by the gods, Lord Shiva pierced and lifted him with his trident. Then, sitting in the trident, he meditated on Lord Shiva and started praying, "O God, after seeing you at the end, the living being becomes like you." Shivji became happy and asked him to ask for a boon. Then the demon, having attained Sattvik Bhava, bowed to Lord Shiva and praised him and sought his devotion for himself and requested him to reside there. On this, Shankar threw the demon in the same pit and with the wish of public welfare, he settled there in the form of a linga.

Spirituo-psychological or scientific analysis of the above pauranik mythological story

I think the subconscious mind itself has been called a dark demon. This is what controls the man. Whatever happens to a person unknowingly comes under his influence. That is why a person, under the influence of alcohol etc., reveals deeply buried thoughts, feelings and physical actions. At that time the present conscious mind remains inactive, due to which the subconscious mind gets more opportunity to control the body. The pit of the ocean is the Muladhara Chakra. There is water in the ocean too, and there is water in the form of

Shakti in the chakras also. The ocean is also located at the lowest point on the land, and the Muladhara Chakra is also considered to be located at the lowest point in the body. The empty hole in the middle of the chakra is that pit. Just as Muladhara Chakra is the most remote and inactive part of the body, similarly the subconscious mind is also the most remote and inactive part of the entire mind. Just as there is darkness in the depths of the ocean due to lack of light, similarly there is darkness in the subconscious mind. Therefore, both Muladhar and subconscious mind are shown living together at one place. Andhak means blind or one who causes darkness. When a man is under the influence of the subconscious mind, it also makes him blind or in darkness. Just as a person wakes up and becomes active with vigor after remaining in the subconscious mind for some time in the form of sleep etc., in the same way, the power sleeping in the form of subconscious mind in Muladhar wakes up and rises up, making the entire body and mind chakras healthy and active. Old desires and habits are suppressed in the subconscious mind in the form of subtle desires. These determine the behavior of man. When a man's mental strength becomes weak, these desires can awaken and create six vices like lust, anger etc. in his mind, due to which he often commits bad deeds, which leads to his downfall or destruction. These two keep increasing each other, desires leading to bad actions and bad actions creating desires again, and again so and so cyclically. Even a good work will be considered bad if attachment is joined to it, because this attachment helps in the formation of lust. Yes, compared to bad work, it will be beneficial that good work will also get good results. However, by enjoying a good fruit with attachment, it will also become a lust and get registered in the subconscious mind, which will make the person do good work again. Whatever type be the action or result, if attachment comes along then it will definitely bind one. Consider good deeds and their fruits as chains of gold, and the action and fruits of bad deeds as chains of iron. Both will surely trap a man in the cycle of birth and death. After that short attack of andhak rising up from muladhara or subconscious, when the man regains consciousness, that lust that remained awake for a while again goes into the pit of his

subconscious mind. This happens again and again. Andhaka means subconscious mind and the various doshas aka vices arising from it mean the various demons in his army. As soon as the vices like lust, anger etc. start dominating a person means andhak coming out of pit, at the same time the meditation picture in the form of Shiva starts appearing on the lower chakras by meditating on the nondual deities expressed by him with the help of nondual literatures like physiology philosophy aka sharirvigyan darshan etc. or nondual enhancing deeds like worship of gods etc. Same thing happens with yoga also. Through yoga, when the life force of the body revolves and reaches the Muladhar, then it can be called the arrival of the gods there, because the gods are associated with the body parts and the power that moves them. The army of gods would have been said to be spiritual acts and the army of Shiva i.e. Ganasena would have been said to be tantric acts. Both complement each other. It is natural for the meditation picture of Shiva to be expressed along with Shakti. There the war with the demons means the manifestation of the suppressed thoughts that are gross or associated with this birth and thereby their weakening or destruction. Thoughts from countless births are buried in the subconscious mind. Therefore it is not so easy to defeat it. When power reaches the brain, it continues to appear in the form of gross thoughts and actions, and when power reaches the Mooladhar, which is farthest from it, it keeps hiding in its dark original form. Meaning the man is completely under its control, although he may feel that he is doing everything as per his own will. As soon as it reaches Muladhara with Shakti, it rises again with Shakti going up through the back channels. Meaning, as soon as it reaches the Muladhar Chakra while going down, it starts rising up through the ida, pingla and Sushumna nadis. This is hanging of Andhak on his trident by Shiva. After reaching the brain through those channels it becomes pure by the company of shiva form meditation image. From there it then falls down through the front channel and again reaches the Muladhara Chakra. This cycle continues. Because Muladhar Chakra keeps purifying that Andhaka by lifting it on the trident, hence this is a type of Andhakeshwar Linga. Shivalinga means Shiva's linga as it is associated with the Shiva-form meditation picture. Because

Dhyanchitra, like background music, protects man from the jolts of the noisy music of life, hence the story says that Shiva protected the gods and people from darkness. Meaning, if Yoga brings out the old suppressed thoughts and desires to purify them, then the meditation used in it keeps the Yogi from falling prey to them. If one falls prey to these then despite weakening of those, new lustful desires will be again formed. The meaning is clear that without meditation, yoga is incomplete and can also be harmful. Meaning there should also be a meditation session at the end of the yoga session. It takes a lot of time to cleanse the desires. Therefore, yoga should be continued and practiced regularly throughout life. By the way, it is worth noting that even with common worldly tasks, Shakti keeps moving around. When a person does physical work, the body and mind get a lot of blissful freshness and energy due to blood circulation. Then, when a person gets tired and takes rest, the body does not have the activity to circulate the blood, due to which the running blood gets deposited on the Muladhara Chakra due to its heaviness, and along with it the power also gets deposited there. Due to this, the man again falls into the trap of darkness of subconscious mind. Bored with that, he then tries to divert the power accumulated on that Mooladhar by adopting worldly activities. Due to this, energy reaches the entire body and brain and the person becomes happy again. Meaning, darkness comes out of the pit and starts controlling the physical world. Because the actions of a man are those which are buried in his subconscious mind. However, due to the company of elders, gurus and knowledgeable people, he also avoids doing bad deeds by coming under its influence. But for how long? There is no complete security until it is completely destroyed. Checked

If the old thoughts keep getting weakened due to worldly activities, then new thoughts also keep getting deposited in the subconscious mind. Meaning running ahead, gap widening behind. That is why work is said to be done in the form of Karmayoga. In this there is no attachment to the doer, action and result. Due to non-attachment, they do not settle deeply in the subconscious mind but instead remain on the surface and soon come out and get destroyed. Due to

this, overall destruction of thoughts is more than the birth of thoughts, due to which the darkness in the form of subconscious mind gets purified gradually.

Secondly, during yoga we allow the suppressed thoughts to be expressed openly. This is because they cannot make us do ridiculous work or behavior, because at that time we are not working at all but are doing yoga in solitude. Due to this, they keep appearing and getting destroyed again and again. These can be called misfires of wet gunpowder. On the other hand, at work we do not allow bad thoughts to appear openly, because they can mislead us and make us do bad deeds and behave badly.

Thirdly, meditation aka dhyana is more effective during yoga. They reduce the ill effects of the manifestation of ludicrous suppressed thoughts. This is because more attention is paid to meditation, due to which less attention is paid to the bad mental tendencies that are grossly expressing. Although meditation is effective even during Karmayoga, but not as much as during Yoga. Although during my Karma Yoga, meditation image was more effective than ordinary yoga, yet it was slightly less effective than meditation image in Tantra Yoga. There was only a little difference. Of course, the power worthy of awakening was obtained only through Tantra Yoga. There is a lot of power in Karmayoga also. Considering this spiritual scientific benefit of Dhyanchitra, the author of Shivpuran has given it the form of Shiva. With the help of yoga, he keeps lifting Andhak on the trident again and again, purifying it and throwing it back into the pit. Meaning, the subconscious mind keeps rising up with Shakti and Shivchitra through the nadis of the back channel, keeps getting purified by releasing its energy, and keeps falling down through the front channel. Then again rises up from behind. This cycle continues.

Fourthly, worldly activities cannot revolve the power aka shakti as much and as quickly as through yoga. By doing yoga throughout the day, Shakti can be rotated hundreds of times, whereas while working, Shakti can be rotated only maximum 4-5 times. Shakti rotates once in the morning after

breakfast. Then there is rest during lunch time. After rest, the power rotates once again through work. Everyone rotates the power approximately 1 or 2 times. Many people relax and have tea in the evening. The subsequent work rotates the power for the third time. Fast people rotate it fourth time doing everything from waking up early to having breakfast. Very active people even rotate the Shakti for the fifth time between the time of evening puja and after eating food till sleeping. Meaning, for the energy to circulate, rest along with work is also necessary.

This is all a game of gunpowder. The gunpowder of thoughts stored in the subconscious mind has to be burnt in such a way that there is no explosion and it keeps burning. For this, little water as detachment can be sprayed on it. This is the aim of yoga. Natural efforts are also a mild form of Yoga, in which a man keeps getting the results or fruits of his thoughts of action buried in his subconscious mind. With this, those associated old Karmic thoughts are remembered by them, by this they releasing their energy, meaning they were in the form of suppressed energy, which comes out and merges into the soul. Energy is neither created nor destroyed. It keeps appearing from the soul and keeps merging in it. The suppressed thoughts of this birth are remembered, but the thoughts of the previous birth keep disappearing without being remembered. Although it is definitely felt. That is why after getting any good or bad results, a person feels lightness and happiness arising in himself. Because a person is afraid of bad results and takes them in a different and negative form, hence even though there is joy in it, he is not able to feel it. If a person adopts the attitude of non-attachment and non-duality, then there is only happiness, whether the result is good or bad. Kundalini Yoga has been created to speed up this natural Yoga.

Kundalini yoga can make a dead person alive

There is a story of Sudharma Brahmin in Shivpuran. He remained satisfied, happy and in a non-dual state. He had a devout wife named Sudeha. Much of his life passed but he did not have any son. Still the philosopher Sudharma did not feel sad at all. But his wife was very sad about not having a son. She asked her husband to try for a son. Then Sudharma would scold him and explain what his son would do. Who is whose mother and who is whose father, who is the son and who is the brother or friend. Everyone is selfish. Once a neighbor woman scolded Sudeha for not having a son. She again started complaining to her husband. He explained to her a lot but when she still did not understand, he placed two flowers in front of her and asked her to pick one of them. Sudeha picked up the flower on which the Brahmin had thought about not having a son. Still she did not agree and threatened to commit suicide without her son. Then Sudeha brought her real sister Ghushma and asked her husband to marry her for a son. Sudharma explained to her that she would become jealous of her if she had a son, which would hurt her. On that Ghushma said how could she be jealous of her real sister. Ghushma used to make, worship and immerse one hundred and one earthly Lingas every day. In this way, when the number of one lakh Lingas was completed, she was blessed with a beautiful son. Sudharma was very happy to see him and started enjoying pleasures without attachment. After that Sudeha became very jealous of Ghushma. All the relatives started respecting Ghushma. Although Sudharma still gave more respect and love to Sudeha, there was deceit in her mind. Ghushma's son also got married. Burning Sudeha Couldn't stay calm on a day. She killed the stepson who slept with his wife, dismembered his body and threw those pieces into the river. Coincidentally, Sudeha also used to immerse the earthly shivlingas at the same place. When the daughter-in-law woke up in the morning and saw splattered blood and pieces of her husband's body scattered on the bed, she cried. Sudeha also started crying while acting. But Ghushma did not feel sad at all and continued fasting for the Shiva's prayers. Her husband also did not pay

any attention until the Shivling worship was completed. With a steady mind, she took the name of Shiva and went to leave the earthly Shivalingas and when she turned back, she saw her son on the banks of that lake. Ghushma was not very happy to see her son alive, just as she was not sad at his death, but remained ready to meditate on Lord Shiva. At the same time, Satisfied Sadashiv appeared from there and asked Ghushma to ask for a boon. Then she asked for the boon of protecting her sister Sudeha. When Shiva expressed surprise at this, Ghushma said that all the sins are destroyed by the mere sight of the one who does good to the one who does harm. Then Shiva became happy with this and asked her to ask for another boon. Then Ghushma asked Shiva to always stay with her. On this, Shiva settled there under the name Ghushmeshwar Linga. Seeing her son alive, Sudeha felt ashamed and sought forgiveness from both of them and started fasting to erase her sins.

Psychological analysis of the ghushmeshwar linga story

The glory of Karmayoga, non-attachment and non-duality has been described in this story. Ghushma was not very happy even after seeing her son. Meaning, a Karmayogi also feels happy for the benefit of another person, but not much, that is, not so much that he becomes attached to him. Ghushma did not feel sad at all after seeing her dead son. The one who had to go, has gone. What was the use of feeling sad for him? There was no sorrow for herself at all, meaning the Karmayogi does not accept sorrow for himself at all. Perhaps he doesn't even consider happiness for himself. The little happiness she felt on seeing his living son must have been for him, not for herself. By living in a non-duality, one automatically starts concentrating on the desired aka ishta. It is said that she was not happy to see her son alive, but remained attentive to Lord Shiva. As far as justice is concerned, meditation on God should give rise to a feeling of non-duality, perhaps this is what has happened. This is the principle reason behind the development of spiritual qualities through Kundalini meditation. A dead person can never come alive. Whatever she saw as her dead son, she saw him in her

mind only because of her deep meditation due to the influence of her Shiv Sadhana. Then she also saw Shiva, which means she became awakened by that meditation. If her son had really come alive then why would Sudeha do penance and atone for it, because then the sin of killing her son would itself have been destroyed if her son was alive. The story tells indirectly that seeing her killed son in the meditative imagination of Sudeha by Ghushma made her remember her that sin repeatedly that propelled her to do penance. Many films have been made on such types of stepmothers. A Punjabi film Saunkan Saunkne seems to have exactly the same story. The difference is that the daughter-in-law in this herself separated and went to her maternal home before any harm could be done by her. As far as forgiving the one who has done wrong is concerned, the Vedas and Puranas are full of such examples. Perhaps that is why Hinduism is the most tolerant community. But many communities also took unfair advantage of it. It is said that if Prithviraj Chauhan had not forgiven Muhammad Gauri in the battle of Tarain, India would not have become like a slave of the Mughals for hundreds of years. Glimpse of slavery still appears existing in some form or the other. Everyone knows which communities can create the most obstacles in implementing the population control law and uniform civil code. There are many such examples. Now take Myanmar's Buddhist saint Wirathu. His statement was widely shared on social media that love and tolerance are good but you cannot sleep next to a mad dog. Well, this thing started based on Purana, it has no separate purpose. Overall, extremism is harmful everywhere. Meaning that forgiving others is certainly very virtuous, but if the person in front is inclined to kill you then what will you do with that virtue, because everything depends on the body. However, Lord Shiva seems to be against this extremism, because almost everywhere he expresses surprise at such a boon of extreme tolerance. He would not have been surprised if asking for such a boon was natural or absolutely right. By the way, he was also very happy about this. Meaning that the line dividing tolerance and over-tolerance is very thin, and reactions should be tailored to the occasion. I think people like Ghushma, Atri etc. were great devotees of Shiva who attained awakening with

the help of Shivalinga. To honor them, permanent Shivalingas would have been built in their names at their residences so that people could continue to get inspiration from them. When physical scientists are also given such credit then why not spiritual scientists? This seems to be the reason behind the origin of Ghushmeshwar Linga, Atrishwar Linga etc. This story also gives an idea that remembering someone after death gives him/her benefits in the next world. It is possible that when Ghushma, through intense meditation, saw her son alive, he may have become alive in a subtle way, although of course not visible to anyone. That is why many cultures have a tradition of remembering and worshiping dead relatives every year. Perhaps this is a relationship similar to that between a mother and the child growing in her womb. Many times, when an evil spirit resides in someone's body, it also makes him do wrong things. Then he has to be chased away with the help of Tantrikas. That is why it is said to avoid bad company. Good souls do not interfere much in anyone's body because they understand their limitations, however, they keep guiding them on the right path whenever the need arises. Therefore, there is no need to chase them away, rather it is done by calling them, like invocation of the gods. Well, moreover what strange can not happen in this world full of wonders.

Kundalini awakens from the Kunda and activates the vaikalpik Kalachakra as Sudarshan Chakra in which sharirvigyan darshan ek adhunik kundalini tantra book helps a lot

It is said that the word Kundalini is not in the scriptures. But the word Kund is there a lot in Shivpuran. In Sanskrit language, a masculine object shaped like an earring or ring is called Kundalin and a feminine object having such shape is called Kundalini. Perhaps the word Kundal is also derived from the word Kund. The relation between the two is clearly visible. The literal meaning of Kund is round pit, and Kundal means round ring. The only difference between the two is that the pit has a bottom surface, but the rings do not, otherwise both are the same. Just as word Harshil is made from Harsh, similarly Kundal can be made from Kund. Harsh means full of joy and Kundal means accompanied with pit. This is because kundal fits properly inside kund. Only any Sanskrit grammar scholar can check this guess of mine, if he is reading this article. Even if a kundal is not formed from the word kund, the snake gets molded into the shape of the coil and hides in the kund i.e. the pit. That is why it is said that the snake has made its kundali. It should not be surprising if the pit in which a snake coils itself and hides is called a kund. In the dark pit of Mooladhar, the widespread power of the mind shrinks and gets hidden in the form of a meditation picture. That is why that power is called Kundalini. It climbs up through all the chakras and spreads in the nadis of the back and brain shaped like a hooded snake. Vishnu installed Shivalinga in the pit. Since it is related to religious faith, not much can be said about it because some staunch Hindus start doubting the fact that the one who calls the stories of the Puranas mythical is a Hindu. Well, in their opinion they are also right, because these stories are not fabricated. Myths are also of two types, one apocryphal or useless type and one based on scientific truth or useful type. The myths of the Puranas are of a different type, meaning that although they may seem like myths, they are completely based on scientific truth. That is why we highlight their scientific truth so that they are not considered fabricated myths and their

lost respect can be regained. However, with common worldly thinking, it can be understood that the above Shivalinga worship by Lord Vishnu is similar to the way some skilled Tantra yogis gave Shivdhyana-superimposed sexual power to Muladhara as generated from Yabhyum Asana. It is only by Shiva's meditation on the Linga that it becomes pure and becomes Shivlinga. The method of great and ideal yogis like Dev Vishnu may certainly be advanced and sattvik, but the aim of all is the same, and that is to awaken the Shakti.

Vishnu was trying to worship Shiva with a thousand lotus flowers, that is, he was trying to lift the Shivadhyana-chitra from the perineum up to the Sahasrara Chakra through the spine. Shiva hid a flower with his Maya shakti, which means that Vishnu, being fascinated by Shiva's illusive power, was not able to offer his ego to Shiva. Vishnu searched for that last flower everywhere on earth but could not find it, meaning ego is within, not outside. Even if the entire external creation is offered to Shiva, the offering will still remain incomplete, because the ego residing inside the brain has not been offered. Vishnu then offered his one eye i.e. by awakening the third eye i.e. Ajna Chakra, he brought its power down from the front channel to the Muladhara Chakra. Being completely satisfied with that, Shiva present there climbed up to the Sahasrara Chakra and became fully awakened, that is, being pleased, he presented himself in visual form to Vishnu. The web of ego resides in the form of intelligence, and the symbol of intelligence is the Agyachakra. Meaning, the power of the mind which was trapped in the web of intellectualistic worldliness, got freed and got attached to Shivdhyana Chitra i.e. Kundalini picture, due to which it woke up. Then Shiva gave him Sudarshan Chakra, meaning the Sahasrara Chakra formed after sudarshan or good visualisation or Shivadarshan i.e. awakening, is Sudarshan Chakra. Killing evil and demons means eliminating bad thoughts. At many places it is also shown like a rod, which seems to symbolize the Sushumna Nadi.

Shri Krishna had lifted Govardhan Mountain on the Sudarshan Chakra itself, that is, through the awakened Sahasrara

Chakra, the form of knowledge, he made the physical world so light, subtle and ethereal that it rose up and came in the middle of the void sky. With this, the cowherds men, i.e. the common worldly people under the influence of senses, were saved from the indiscriminate rain of sorrows, which was being caused by Indra in the form of ego. Cow is called the senses and the one who grazes the cow means an ignorant human being suffering from the influence of senses. This seems to be a similar case of Ravana lifting Mount Kailash on his arms. Sudarshan Chakra moving only at will and coming back on its own after striking and always rotating indicates that it is a divine chakra i.e. Sahasrara Chakra. Its spokes, axles etc. indicate seasons etc. Kalachakra is also compared to this among Buddhists. Even in Kalachakra, there are spokes etc. equal to Sudarshan Chakra which indicate the movement of time, seasons etc. Both contain thunder and electricity. This is the energy flowing in Sushumna and giving instant awakening. Like Sudarshan Chakra, Kalachakra is also associated with Vishnu, Krishna, Shiva etc. Both are described in the Vedas. However, Kalachakra is mainly used among Buddhists.

There are three types of Kalachakra, baahya or external, aantarik or internal and gupta or secret. External macro universe is included in external, internal is micro universe inside the body and secret is included in mysterious liberating sciences like yoga etc. I think that having complete knowledge of one leads to knowledge of all three. For an extroverted person, it is the sadhana of the external Kalachakra. internal for an introvert and Gupt Kalachakra is made for Sanyasin or renunciate type of person. Knowledge and liberation come from all three. Premyogi Vajra's philosophy of physiological science or sharirvigyan darshan can be called a kind of internal Kalachakra, because it describes the universe inside the body. Kalachakra is a circle in which various deities, symbols and figures are displayed. In fact, there is a world with similar diverse forms in all the three time cycles aka kalchakras. By its sadhana it is natural that Sushumna, Sahasrara and Kundalini etc. get awakened, which then destroy the demons in the form of evil thoughts and nature. In this case also Kalachakra and Sudarshan

Chakra are same. It can be said that the Kalachakra is available to a common man, whereas the Kalachakra available to an ideal man like Vishnu has been called Sudarshan Chakra. The common man destroys only his own ignorance whereas Vishnu and his incarnations like Ram, Krishna, Buddha etc. destroy the ignorance of countless devotees. That is why Sudarshan Chakra can be called a special Kalachakra.

In Vamana Purana also this chakra has been called Kalachakra. Its twelve spokes indicate the twelve months and six navels indicate the six seasons. It is also said that the mantra 'Sahasrat Hum Phat' is inscribed on its spokes. This sounds like a Buddhist mantra. The Sikhs also used the Chakra as a weapon, which could be used directly or by throwing. At many places it is also said that the center of Sudarshan Chakra is made of Vajra. Vajra is the same spinal cord through which Vajra Shakti passes to Sahasrara. This article will be completely understood after reading the next article because its original story described in Shivpuran will be written in it.

Even in Rigveda, Sudarshan Chakra has been called Kalachakra. Apart from the three Kalachakras, there is also a fourth alternative Kalachakra, in which the mind is not allowed to be affected by the movement of time. This is the chakra of enlightenment and spiritual knowledge. This is Advaita, this is Dvaitadvaita, meaning Advaita is living amidst duality. This is the concept of tantra philosophy called body science philosophy created by Premyogi Vajra. This is Vishnu's evil destroying Sudarshan Chakra. These are the three previous Kaalchakras, which due to the blows of time are going to put the common man's mind in duality, ignorance and sorrow and put him in the cycle of birth and death again and again. The benevolent Sudarshan Chakra, the fourth and last one is the alternative Kalachakra, which undoubtedly rotates at the speed of time, but by teaching man to live non-dually in it, gives him happiness, prosperity and liberation. Anyone can have the time cycle that can kill, but only a knowledgeable person like Vishnu can have the one to save. That is achieved when the Sahasrara Chakra is

awakened. This time continues like a cycle and never stops. Birth is followed by death, death is followed by birth and then again death. Creation is followed by destruction, destruction is followed by creation and then again destruction. Seasons keep changing in cycles, happiness and sorrow keep coming and going in cycles. We cannot run away from this cycle. The cycle itself cuts the cycle. Varadayī that's boon providing Sudarshan or Alternative Chakra is the only way to escape. Meaning, keep moving with the cycle but do not let it disturb your non-dual peace. This is the praise and worship of Sudarshan Chakra.

Sudarshan Chakra cut Shishupala's throat, which means that due to Shishupala's duplicitous behavior his power did not rise above Vishuddhi Chakra. Because a person speaks with the power of Vishuddhi Chakra of the throat, then the power rising up is stopped by the throat and ends in abusive language, which means the path of power near the throat is cut, which means the throat is cut. Shishupala was abusing Krishna a lot. Kundalini chakras are also called chakras because the level of power on them also keeps changing cyclically. Sometimes the power increases and reaches a peak, which is called awakening of the chakra, and then decreases and reaches a minimum. For example, sometimes the heart's emotions are in full swing and sometimes it becomes emotionless. After some time, the heart again gets filled with emotions, which sometimes leads to creation of a good poem. This cycle continues. If the Chakra is awakened, it does not mean that it will remain awakened forever. Its power will keep increasing and decreasing. Don't be afraid of this nor be affected by it. This is the vaikalpik Kalachakra, meaning the Buddhist thinking kalchakra i.e. through truthful imagination or philosophy, we have to eliminate the ill effects of Kalachakra and create positive effects from it. Similarly, Sahasrara Chakra is also sometimes at its peak power. At that time, this can give material prosperity and liberation to deserving person by giving knowledge or boon, and by cursing the sinful person, it can also put him in material loss and bondage. Then the Sahasrara Chakra also occurs at a lower Shakti level, at which time Shri Krishna used to behave like a common man. He behaved like an incarnational man

only when the Sahasrara was in a state of extreme power, at which time the Sudarshan Chakra was shown rotating on his finger as an external and physical symbol of the Sahasrara Chakra. Common people cannot feel the subtle Sahasrara Chakra inside the mind or brain. Through awakened Sahasrara Chakra that's Sudarshan Chakra there is divinity, prophecy and greatness.

Man is born in the external kalchakra and learns a lot by living in it for a long time. This is the time cycle or kalchakra of initial practice. Then, being troubled by the blows of sorrow arising from it, he starts imposing it on the internal kalchakra. Meaning, he starts giving solace to his mind that whatever is there in the vast universe is also there in his own small body. Meaning 'Yatpinde tat brahmande'. To do this becomes very easy with the book titled "**sharirvigyan darshan, ek adhunik Kundalini Tantra, ek yogi ki premkatha**". This gives him a feeling of non-duality due to which he feels some protection from the blows of time. This happens because despite the entire Kalachakra running inside the body, none of its components fall into the bondage of duality. After remaining stable in it for a long time, when he becomes pure enough, then his tendency automatically leans towards the secret time cycle or gupta kalchakra of Yoga Sadhana. While doing yoga and moving forward, he himself turns towards Tantric Kundalini Yoga. Through Tantra Yoga, his Kundalini is awakened in the Sahasrara Chakra, which means he becomes the possessor of the vaikalpik Kalachakra or Sudarshan Chakra. Yet whenever he keeps coming down from this supreme Kalachakra due to lack of energy in Sahasrara, he easily reaches there with a little push of tantric energy.

The infinitely wide external kalchakra becomes smaller and smaller. First it reaches the level of the internal kalchakra. Then it becomes more subtle and limited to seven Kundalini Chakras and becomes the Gupta Kalachakra. It's called Gupta or secret because not everyone can feel it but only the Kundalini yogis. Then after awakening, it becomes subtle to the level of the point of sahasrar chakra and becomes an vaikalpik Kalachakra. The kalchakra continues from the

beginning till the end, but earlier it was the one who puts you in the bondage of ignorance, in the end it becomes the giver of knowledge and liberation. This is a very effective and practical meditation which must be adopted. To put it in the simplest terms, it is like that in between the material worldly life, one should keep experiencing one's body as well, the paths ahead open up on their own. **Yoga is made only to develop its habit. While doing Yogasana, worldly thoughts keep coming due to the activity of Prana and along with this, attention is also focused on the special posture of the body and breath, which means the external Kalachakra keeps getting transformed into the internal Kalachakra.**

Kundalini Yoga is Gupta Kalachakra in Buddhism

At some time the demons had become very powerful. They started tormenting people and destroying Dharma. Distressed, the gods expressed their grief to the protector of gods, Vishnu. To fulfill the task of the gods, Vishnu himself went near Mount Kailash, built a pit, lit a fire in it and started performing penance in front of it. He kept worshiping Lord Shiva with joy with the lotuses born in Manasarovar by chanting various types of mantras and hymns in the earthly manner. Hari Vishnu himself remained seated and did not get distracted. Shiva did not appear for a long time. Vishnu was surprised at this and started chanting the Sahasranama of Shiva. He started worshiping Shambhu by chanting his name mantras one by one and offering him a lotus with each name mantra. At that time, Shiva abducted one of the thousand lotuses to test the devotion of Vishnu. Vishnu, not understanding Shiva's illusive act, started searching for a lotus. Vishnu traveled the entire earth for that lotus. When he did not receive it, he offered one of his eyes in its place, although Shiva had stopped him from doing so. Then Shiva appeared pleased and got ready to grant a boon to Vishnu. When asked, Vishnu told that his weapon was not able to kill the demons. Hearing this word of Vishnu, Shiva gave him his very brilliant Sudarshan Chakra. After receiving it, Vishnu quickly destroyed those mighty demons without any effort. In this way there was peace in the world. The gods became happy and Vishnu also became extremely happy after receiving the beautiful Sudarshan Chakra.

Psychological analysis of the above story

Vishnu or Vishnu Avatar is the soul that operates the body, and Parabrahma Vishnu is the indescribable Supreme Being from whom it descends. He nourishes the three worlds in the form of the body and also provides nourishment to various gods in it. Similarly, Shiva incarnation Rudra is the state of the same soul which destroys the body near death. Brahma is also in the state of creating the creation as per the mind of the same soul. There is no Parabrahma form of Brahma,

because he is only the mind generated from the soul in the form of Vishnu. That is why it is said that Brahma is born from the navel of Vishnu. The body, governed by the gods, tries hard to escape from the clutches of the deadly demons of ignorance, but is unable to succeed. The last support is Vishnu in the form of a living being soul. For this he does Shiva Sadhana through Tantric method. Kailash is the Sahasrara Chakra where the Supreme Lord Shiva resides. Near it is the Muladhar Chakra which is like a pit. Both the chakras are said to be close to each other because both are directly connected through the nadi, although the physical distance is greater for Muladhara than for other chakras. The word Kund has been used a lot in Shivpuran for pit or pond. This means that the word Kundalini is derived from this Kund. The snake sits coiled in the pit. The coiled he snake became Kundalin and the she snake became Kundalini. Similarly, Dhanin means a man with wealth and Dhanini means a woman with wealth. Rings worn in the ears are called kundal. Therefore, Kundalin means a male one shaped like earrings. And Kundalini means a female one shaped like earrings. There is a connection between the earrings and the ear pit. Similarly, there is a connection between Kundalini and the pit or pool of Muladhar. Establishing fire in the pond means activating the Muladhar Chakra with vital air. Shiv Sadhana in that pond means special meditation on Muladhar Chakra. Shiva was worshiped in the earthly manner, meaning a Shivalinga was made of clay. The human body is also called the earthly body. So his body parts became earthly parts. Flowers of Manasarovar mean flowers of mind or meditation. He offered thousand lotus flowers, that is, he established the energy of the chakras on the Muladhar one thousand times and did Ishta meditation on it. Meaning the energy revolved around one thousand times. The flower here is called the chakra. Shiva stole the thousandth flower which means the energy was not fully reaching the Sahasrara Chakra. Due to this, Vishnu opened his third eye i.e. Ajna Chakra and by meditating on it i.e. by meditating on it in Shambhavi Mudra, the energy became centralized. That energy first reached Mooladhar, where he meditated deeply on Shiva and then went to Sahasrara along with Shivdhyanchitra where he got

the direct darshan of Shiva, which means he attained awakening.

The above story can be understood in another way also. One petal can be called a flower because offering a few petals of a flower during ritual worship is considered as offering the entire flower. This also saves flowers and many deities can be worshiped with a single flower. The lotus flower in the form of Sahasrarachakra has a thousand petals. Offering a flower in the name of Shiva meant that a petal of flower in the form of a certain amount of meditation on Shiva was offered to muladhara from where it was straight redirected to sahasrara. It's difficult to offer energy directly to sahasrar, so practical method appears offering it to muladhara from where it gets itself redirected straight to sahasrar easily. Actually full energy of all the chakras is to be offered to sahasrar to get awakening. When Sahasrara is a flower and it blooms with meditation then it is natural that meditation is also a flower. Just like pouring water into a vessel filled with water increases its water content, similarly adding flowers to the Sahasrara flower will increase that flower. Sahasrara was about to bloom completely, meaning awakening was about to happen but its last petal was not blooming. It also blossomed with the flower of meditation in the form of Agya Chakra. In ritual puja, while meditating, the flower is placed inside the closed hands in Namaskar position. As a means of dedicating that meditation in the end to the deity, the flower situated in Anjali or closed praying hands is offered at the feet of the deity.

This article is connected to the previous and next article. There is also a good research discussion on Kaalachakra. Gaining Advaita Bhava in the outer Kalachakra is the main aim of the inner Kalachakra. This is because there is no visible duality-born and attachment born bondage anywhere within the internal chakra. All the gods, rituals etc. are part of the internal kalchakra. Meditating on the gods in human form in every external object in the form of their presiding deities is to meditate on the internal kalchakra. Due to this, man gradually becomes pure and moves towards Gupt Kalachakra i.e. Kundalini Yogasadhana. The sharirvigyan darshan

philosophy gives further strength to Devsadhana because it scientifically shows that the entire universe including gods as well as human beings i.e. external Kalachakra is present inside the body of all living beings.

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, 3 and 4)
- 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
- 16) मौलिक व्यक्तित्व के प्रेरक सूत्र
- 17) बघाटेश्वरी माँ शूलिनी
- 18) म्हारा बघाट
- 19) भाव सुमन: एक आधुनिक काव्यसुधा सरस
- 20) Kundalini science~a spiritual psychology (book-1,2, 3 and 4)
- 21) Blackhole doing Yoga- A matching cosmic story
- 22) ब्लैकहोल की योगसाधना- एक मेल खाती ब्रह्मांड कथा
- 23) क्वांटम विज्ञान व अंतरिक्ष विज्ञान में योग- विज्ञानांत से योगारम्भ की ओर बढ़ते कदम
- 24) Quantum Science and Space Science in Yoga- Where science ends there yoga begins

The description of these above books is available on Amazon, Author Central, Author Page, Premyogi vajra. The description of these books is also available on the web page "Shop (Library)" of his personal website <https://demystifyingkundalini.com/shop/>

To receive new chapters weekly (especially related to Kundalini) and keep yourself in regular contact with Kundalini, please follow / subscribe to this website, <https://demystifyingkundalini.com/> for free.

Good luck

