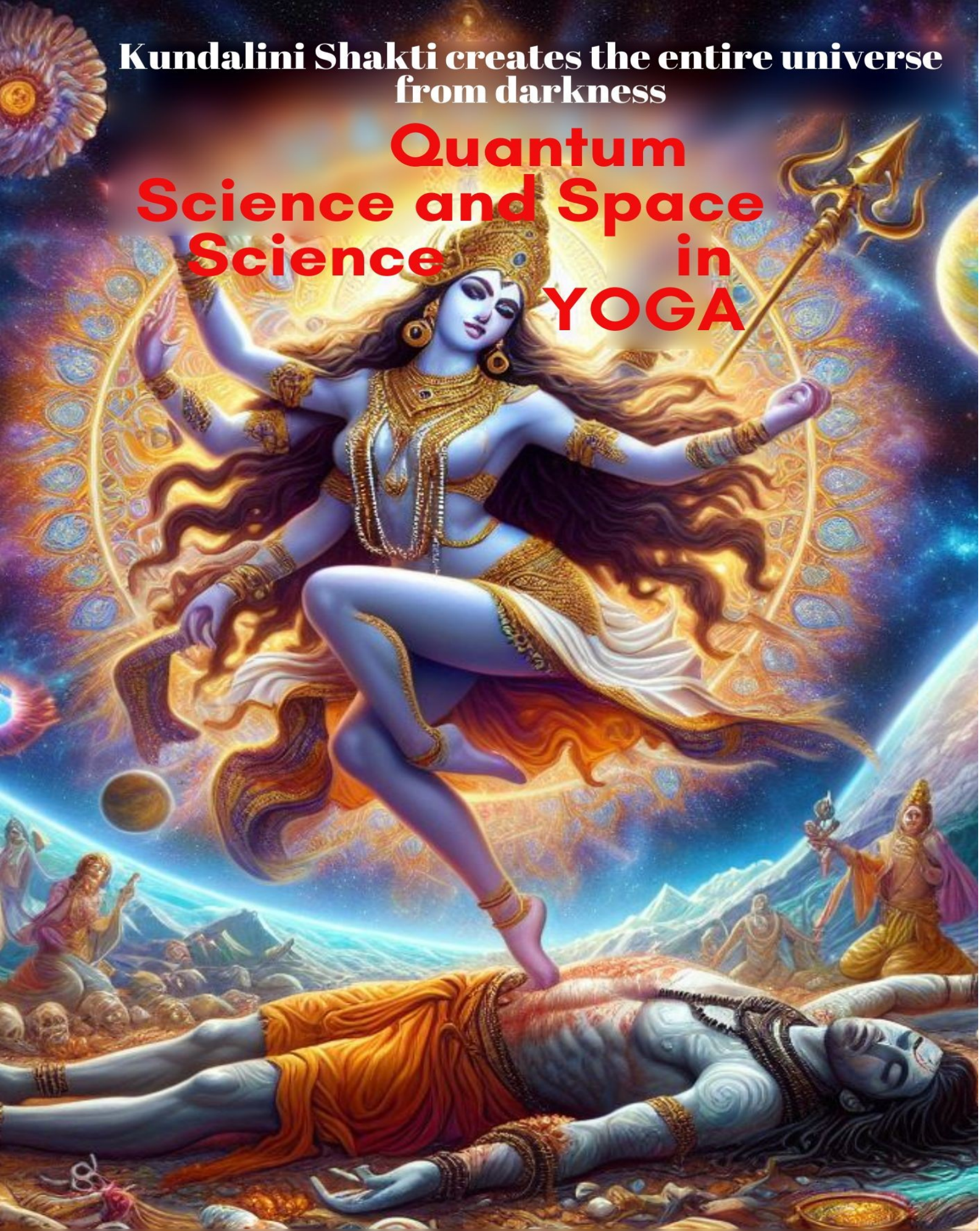


**Kundalini Shakti creates the entire universe  
from darkness**

**Quantum  
Science and Space  
Science in  
YOGA**



**Where science ends there yoga  
begins**

**Premyogi vajra**



# **Quantum Science and Space Science in Yoga**

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**2023**

## **Book introduction**

Dear readers, today's time is the time of climax of science. Due to the untiring work of scientists, the world has solved many so-called inexplicable puzzles of quantum science and space science. But now the needle of science is stuck in invisible elements like blackhole, dark matter and dark energy. It seems that these invisible things are connected with yoga and spirituality. Anyway, even if science has got an indirect idea about their form, they can be known fully only by feeling those. When even such subtle elements cannot be proved without feeling, then how can God, who is the most transcendent and the most subtle, be known without direct feeling? Undoubtedly, science will also get an idea of God someday, but it will be fully achieved only through experiencing him, won't it? Yoga gives such subtle experiences. Probably that's why nowadays the craze for yoga is increasing in the world, even among scientists. This booklet has shown how quantum science and space science are merging into yoga. I have also authored a separate book on Blackholes as enlisted at the end of this book. Hope it will live up to your expectation.

## Author introduction

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

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

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

<https://demystifyingkundalini.com/>

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# Chapter-1

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

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

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

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

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

The universe is like a disorderless wave inside the Chidakash that's conscious sky. It is as pure as **Brahman**. What can be the difference between water and water wave. But man colors it with his feelings, beliefs, and thoughts. That's why this universe is different for each person or creature. That is why it is said that the universe is not somewhere outside, it is only the product of man's mind. This point has been made clear in the entire **Yogavasishtha** book with many stories



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

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

### **The existence of infinite dimensions**

because the physical world is a virtual wave inside the space, so innumerable types of virtual waves can be formed at the same place. One type of wave may not interact at all with

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

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

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

the middle or the tree falls down in two pieces. It is called **Vajrapata** in **Sanskrit**, meaning the falling of an iron-like sphere from the sky, like a bomb falling. This means that the people of ancient times had knowledge of the particle effect of the **electron-wave**. There is a **Bijli Mahadev temple** in **Kullu** of **Himachal Pradesh**. The stone **Shivling** located in it is struck by **lightning** once every year, due to which it splits into two pieces. Then both those pieces are joined with butter by the priests of the temple. This is also a particle nature of electron. A fundamental particle is so small that it can only be detected indirectly at the **Large Hadron Collider** by measuring the impact of its **collision**, just as it produced the **sensation** of a collision on my hand. Even it can never be detected directly, it is a distant thing to be seen.

## Chapter-2

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

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

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

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

apart from the mind, because man cannot know anything apart from the mind. One can only imagine that world, but that imagination is also subtle and inside the mind. Then some logical and curious people can imagine that why the **conscious sky** should be considered as the root, why not the inert sky, because sorrow, absence etc. are pieces of the inert sky.

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

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

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

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



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

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

## **a philosophical thought experiment**

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

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

The standing wave in the form of Moolakan that's fundamental particle can be that when the pair of **Swadhishtan** Chakra and **Ajna Chakra** or the pair of **Mooladhara** and **Sahasrara** points are pressed together or meditated together with the finger and the wave of energy

runs between them sometimes through Ida, sometimes through Pingala, and in between both through **Sushumna** at intervals. Muladhara is **Yin** or **Patala abode** or **Prakriti**, and Ajna or Sahasrara is **Yang** or **Heaven** or **Purusha**. The middle Sushumna Nadi is the original particle or the real form of the world, because it is from it that the Kundalini i.e. mind i.e. the world emerges.

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

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

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

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

Muladhara is the symbol of nature that's prakriti here, and Sahasrara of Purusha. The above temporary virtual particles as two opposite particles of plus and minus form keep on being born. This means that sooner or later the permanent particle-wave will also end, of course at the end of the

universe. Then the wave in the form of opposite particles will move in the opposite direction from Sahasrara to Mooladhara i.e. Purush towards Prakriti. In this case, just opposite to each **plus particle, negative particles** will be formed. Due to this, the particle and the antiparticle will swallow each other by joining each other, and the creation will come to an end. This is called **holocaust**. Then there will be no wave for a long time. This is called **God Narayan** going into **Yognidra**. Means he is in sleep, but he is situated in his fully awakened form at the same time. Science says that as soon as a particle is formed, an antiparticle is also formed, but it disappears somewhere. It is possible that at the end of the universe those antiparticles appear again.

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

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

## **quantum gravity exists**

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

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

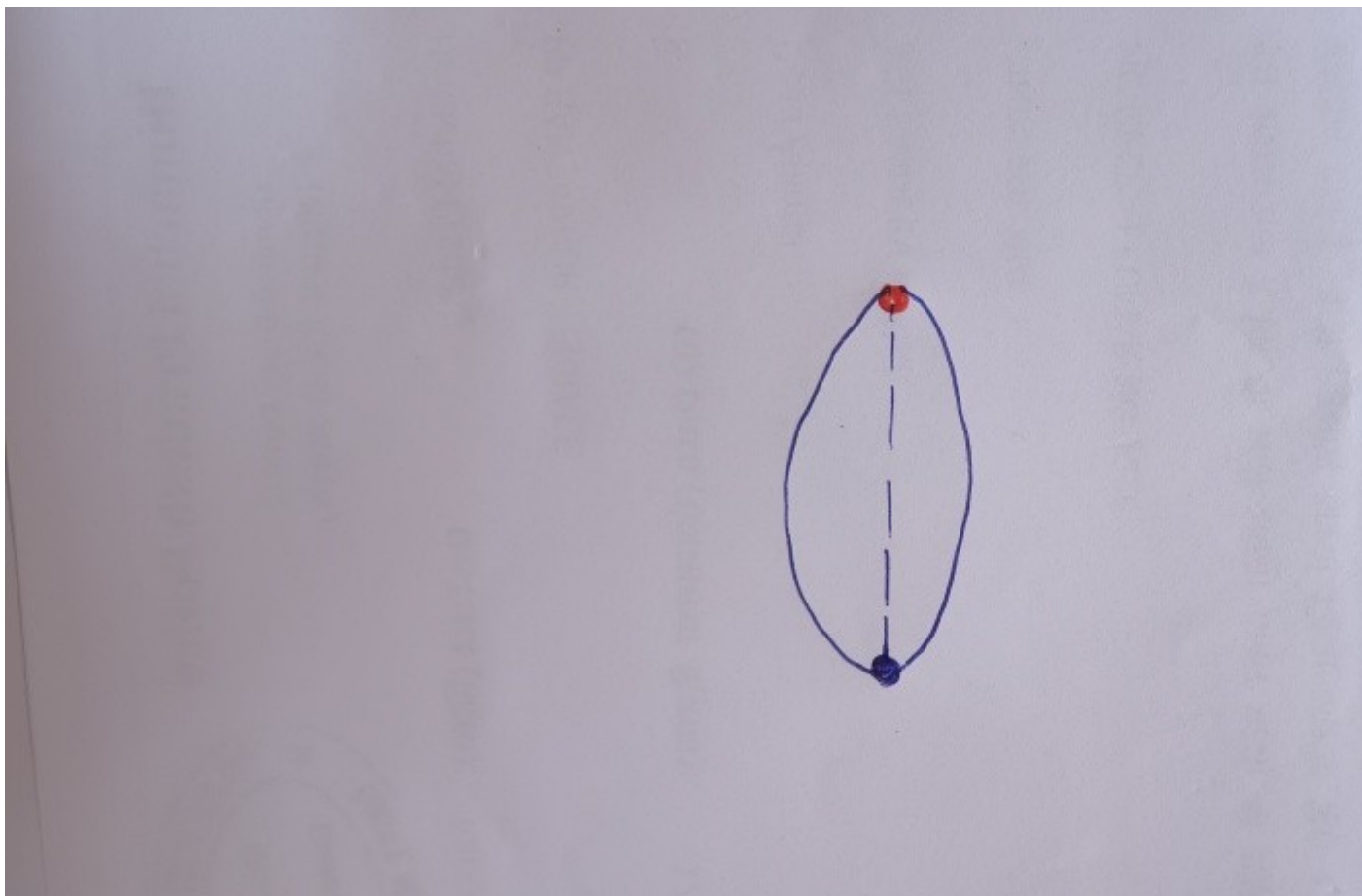
These pictorial points are the two nodes of the most basic **standing wave**. The blue dot on one corner is the negative or **north pole** node and the red dot on the other corner is the positive or **south pole** node. The wave swinging between these is the desire or thought to create the universe.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

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

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

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

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





## Chapter-3

# Kundalini Yoga is also a wave

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

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

**Sushumna nadis** move in wave form only. Actually nothing moves in a wave, the thing making the wave just comes back to its original place by vibrating back and forth or up and down. Only the wave moves forward. Anyway there is nothing in the space like zero to appear. So the only option left is wave. Even there is nothing to tremble at its place to make a space wave. That's why vibrations are shown only in falsehood. Don't know how. Light, which is considered to be **God or devata**, moves only in the form of waves. So is **Agni**.

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

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

## **wave carries information**

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

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

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

## Chapter-4

# Kundalini yoga makes the universe a giant alien or Devata

## electromagnetic wave in vacuum

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

## Origin of field from particle and particle from field

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

smallest particle that's **quark**. Similarly, a field is also formed around the **electron**. It also connects with the **proton** through the electromagnetic field itself. In the field of this attraction also a special particle is probably produced that's **photon**, which establishes this **attraction**. In this way, by creating particles from fields and fields from particles, they both continue to move forward along with the physical world outside.

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

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

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

**Mool prakriti or Avyakt** is the **basic wave** of lightest level. Avyakt is made of unmanifest only, avyakt means subtle level of vyakt or manifest. However, in its origin also, there is a **waveless indescribable Purusha** or **soul**. In the last paragraph, I will explain why a fully actionless man is unable to do any work. Why is he considered like a silent spectator, who helps nature by his mere presence, but does nothing himself. Nature or prakriti does all the work. Purush means pure soul is like a **magnet** by pulling towards which all the



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

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

Actually, the unmanifest **subtle body** of the living beings becomes even more subtle after **death**, because at that time it is not getting any **energy** from the **gross body** at all. It becomes like a thick dark soul-space whose darkness varies according to the unmanifest world hidden in it. That unmanifest world also varies according to the manifest world. That is why the subtle bodies of all living beings differ according to their living time gross nature. In this way, when

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

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

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

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

Kundalini awakening. It does this with Advaita. It is written in the scriptures that Brahma himself says that he creates the world with non-duality, so that he does not fall in the bondage of birth and death. That's why this is his Kundalini Yoga. Advaita and Kundalini Yoga are interrelated. The creation of the whole universe in totality is its Kundalini awakening. As a man feels after Kundalini Jagran that he has done everything, similarly Brahma gets Kundalini Jagran after doing everything, this is what it means. After this, taking retirement from it is the slowing down and stopping of the expansion of the universe. After death, its mixing in the ultimate element or supreme soul is the holocaust. That's why in the scriptures, God Brahma has been imagined, whose body is the whole universe. Nowadays science has also started believing in this concept. That is why a scientific theory is also emerging that the whole universe may be a giant alien.

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

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



## Chapter-5

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

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

When there is hope of getting ready made food, then why make it yourself brother.

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

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

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



## **Chapter-6**

**Kundalini is the visible creation, the energy continuum in Sahasrar is the God, and the dormant kundalini energy in muladhara is the dark energy**

**The world originates from the mixture of Prana-Manas i.e. Time-Space.**

Then it is said in the previously told commentary of hatha pradeepika that the creation originated from the mixture of Manas Shakti and Prana Shakti. It also sounds like some philosophical ruse to me. It may be so in the physical form as well, but it is so in the spiritual form. When the life force reaches the brain, then the mental energy itself gets mixed in it, due to which we experience the world. According to "Yatpinde Tatbrahmande", the same thing is happening outside. For some unknown reason, there is a stir in the sleeping force in the darkness of the void space. In it the psychic power gets mixed itself, because the divine psychic power of consciousness is present everywhere. This leads to the formation of fundamental particles. Possibly these original particles are the creators, that moving forward, create the entire creation. It is similar to the awakening of prana energy, which is asleep in the darkness of the mooladhara. That's why they say that this world is sexual. Then Manas shakti has been called as desha or space and Prana Shakti as kaam or time. Then it is said that the original particles are being generated due to the interaction of time and space, as scientists also believe to some extent.

## **Dark energy is dormant energy**

Friends, even empty space is not empty, but it is full of mysterious dark energy. But it cannot be caught by any device. This is the greatest energy. We can only feel it inside ourselves. The universe keeps on forming and disappearing like bubbles in it. Maybe this is God. It looks like void because we can not feel it. Similarly, the energy that is sleeping in the Muladhara is also dark energy. We feel it as our void soul. We are filled with infinite energy at all times, but are unable to feel its light through illusions. It is considered in Muladhara because it is the most distant from the brain. If there is a great light of consciousness in the Sahasrara region of the brain, then the silence of unconsciousness in the Muladhara will be considered dark. On going down from the brain, the level of consciousness falls, which is reduced to a minimum at Muladhara. If one tries to meditate on Kundalini at a time when the mind is exhausted or filled with darkness of tamoguna, the Kundalini picture is formed in the lower chakras. There is nothing mystical in the ten seconds of momentary enlightenment that I experienced. It is pure scientific. The language style of Sanskrit is such that everything seems spiritual in it. In scientific parlance, you can call it "Experience of Dark Energy" or "visualization of Invisible Energy". Similarly, the energy that rises up in Sushumna is similar to that of dark energy. That is why only very few people at very few occasions experience it, not all. However, it is not completely dark energy, as it is made up of subtle waves or the activity of micro-molecules. True dark energy consists of nothing but void, yet it contains the light of countless universes. At some place I had written about how I once felt my departed grandmother's soul or dark energy in a dream visit. It was as if there was a sky full of bright light, whose light was covered by any force, and that light was trying to break through all the curtains and walls and rise out, that is, to express itself.

## **Origin of creation from yin-yang or prakriti-purusha**

In the dark energy itself, the smallest and shortest lasting particle would have been made at the beginning of creation. This can be called the origin of time or opposite pole. Space or dark energy is the second pole, which was already there. The smallest particle created in the form of time starts moving rapidly towards space with a great explosion. This is the Big Bang or the Great Explosion that started the universe. That particle was destroyed by the explosion in a millionth part of a second, but the wave produced by that explosion produced different types of particles and different substances were formed from them. Later on, the life span of those particles and the substances made from them increased. Anyway, it is said that the creation of the universe originated from the formation of two opposite poles. These can be called yin-yang. This is the prakriti-purusha of classic Indian philosophy. That is the same in the body. There is dark energy in Muladhara, which is awakened by Kundalini Yoga. Being awake means that in the Siddhasana of Kundalini Yoga, it is experienced as a sensation created by the pressure of the heel of the foot on the Muladhara Chakra. Due to the mixing of the meditation picture in this sensation, it became Kundalini. We can also call the origin of this sensation as the bodily form of the origin of the smallest fundamental particle of the universe. Trying to go towards Sahasrar to awaken herself, it started creation of colorful universe in the brain. Meaning that two opposite poles started trying to meet each other. Shakti started getting desperate to join Shiva. That original particle in space began to move in the form of the Big Bang and tried to touch the edge of the dark energy from which it came. The fundamental particle started gimmicking, realizing that it was incomplete, and that it had to go on and on to get the Dark Energy. While doing so, the creation of the universe itself started moving forward. It is as if man's mind or Kundalini creates a whole world in the race to get that invisible cosmic energy. Kundalini is also the complete representative of the whole mind. Say your mind or say Kundalini, it is the same thing. The wave of creation that is moving along with the waves of the Big Bang, we can also call it the flow of energy in the Sushumna Nadi. But it will not get the end of that dark energy. This means that this creation will continue to expand for eternity. But now we understand

it from the body, because it seems that science will not be able to find the answer. When a man awakens his Kundalini by fulfilling all his responsibilities in this world, then he becomes a little above the world. After being quiet for some time, he does not have any attachment with the world. Being happy in the way he is, he does not carry forward his worldliness. Then due to old age etc. his body also gets destroyed after attaining death. Similarly, when the goal of this creation will be accomplished, then the pace of its expansion will slow down. Then it will stop. In the end all the things of creation will disintegrate together in their respective places. This means that the Big Bang will not reverse and merge into the point again. The goal of creation must have been determined in the form of time. It gets destroyed after a certain amount of time, which is called Mahapralay. Because the objects of creation have not to attain real awakening like man, because they are already awakened. They only pretend to sleep. It may also happen that the age of the universe is determined not by the time but by the number and quality of the planets and constellations. When a certain number of planets etc. will be created, and most of the human beings will fulfill their desires, then only the life of the creation will be completed. It may also happen that the universe comes back to disintegrate, at the starting point of the Big Bang. Because a man's body also becomes very weak and thin before he dies. The same seems to be true of science's theory of gravity. When the energy of the Big Bang explosion ends, the force of gravity will dominate, causing the universe to shrink and merge into the dark energy again, after contracting to the smallest origin point. This possibility also seems to be the highest from the point of view of Kundalini Yoga. The Kundalini energy, representing the mental creation, also turns back from the Sahasrara, descending through the front channel back to Muladhara. From there again climbs up the back channel. In this way, the process of creation and destruction goes on continuously in our body.

## **Creation-catastrophe in Sankhya philosophy and Vedanta philosophy**

These are two main schools of thoughts in classic Indian philosophy. In the Samkhya philosophy, both Purusha and Prakriti are said to be eternal. But in Vedanta philosophy the origin of nature is told from Purusha, as I am also saying. Here Purusha is dark energy in original illumined form, and Prakriti is the dark energy going dark by losing self light. I think that in Sankhya, the creation and destruction within the body is being described. We always feel the darkness of dark energy in our mind, even after Kundalini awakening. That is why it is also called eternal. On the other hand, Vedanta talks about the creation and destruction of the outside world. There, there is no existence of nature or darkened dark energy and the particles born from it. We feel it only in our mind. There if they originate, then it's only dramatic or virtual. There is only the energy continuum, full of light. By the way, Vedanta also describes the mental creation itself, because it also does not use any physical laboratory, which can prove the origin of the outside world. But it considers the experience of those great yogis as proof, who are always connected with energy continuum.

## Chapter-7

**Kundalini Yoga helps the Manomaya Kosh in the form of kite connect with Pranamaya Kosh means string and Annamaya Kosh means chakra and fly in the form of Vigyanmaya Kosh and gives pleasure in the form of Anandamaya Kosh**

What happens is that when while doing yoga, the mental body means **manomaya kosh** becomes active as soon as the food body means **annamaya kosh** and vital body means **pranmaya kosh** are active, then this belief is affirmed that the mental body may feel spread in the outer and infinite space, but it is connected to our body. It is our form. Although Annamaya Kosha, Pranamaya Kosha and Manomaya Kosha get activated together during all the worldly works, games and exercises, but they get activated so fast that they do not get a chance to feel unity among themselves. At the same time man's attention remains on the intricacies of work, the technology associated with it, the fruits associated with it and other puzzling worldliness, due to which the feeling of oneness is not taken care of. Anyway, the feeling of oneness is against worldliness full of **duality**. Two opposite things cannot co-exist. Water and fire cannot live together. Due to this self-consciousness towards the mental body, the scientific body means **vigyanmaya**

**kosha** also becomes functional. Every type of worldly knowledge comes under the category of **ordinary knowledge**. Some have knowledge of medicine, some of tailoring, some of barber, some of teaching, some of preaching, some of performing **Yagya** or **rituals** or following other religious traditions. All come in common sense means common knowledge or **gyana** because all are for livelihood and worldly behavior. **Special knowledge** or **vigyan** is different and unique from all these, which is neither for earning a living, nor for the accomplishment of worldly behavior, but only for the complete and direct realization of the soul. **Vigyanmaya** body means a body with special knowledge. On being situated in it, the seeker feels as if he is a **combination of gross body, vital force and mind**. As I have explained somewhere also with the example of kite. Even if you cannot feel the wandering mind as your self, then you can feel that it is connected to the body through the **breath** in the same way as a kite is connected to a **gatu** or **chakri** means rod roll or ringed role respectively through a **manjha** means string. Kite flying will be a lot of fun. Sometimes above the clouds, sometimes in a distant land, sometimes on a distant planet or star, sometimes in another **universe**, sometimes in the other world, sometimes very near or wrapped in the base wheel, sometimes it will disappear from the eyes and only the wheel and thread will be seen, Then suddenly it will appear somewhere, sometimes it will fly clumsily like caught in a storm and look clumsy, like this it will fly everywhere in the **infinite sky**, but will always be connected with the **chakras** of the body. Perhaps the name **Chakra** is derived from **Chakri** itself. Haha. Now **psychologists** are also saying that the subtle body is connected with the gross body by a **silver cord**. This thread is attached to the navel. Just as the string is tied to the wheel, similarly the **yoga breath** moves from the navel. It is a simple matter, the kite in the form of experience is always attached to the self, that is, to the **soul**, that is, to one's own body. Probably that is why the **navel chakra** is called the center point of the human body. There is also a feeling of an inward stretch at the navel when **meditation** of the body is done along with the subtle body. Probably the name of the kite's string-disc is derived from the navel chakra itself. The

soul will definitely get the light of the physical world from it, because then self-feeling is connected with everything. Then, according to the aforesaid, happiness will also arise and Kundalini will also manifest itself, because Kundalini picture is such a physical thing, which is most connected to the soul through meditation. Means Kundalini is representative of the connection of the physical world with the soul. General knowledge, as opposed to specialized knowledge or vigyan, is a matter of worldliness. Knowledge quickly turns into ignorance if it is not supported by vigyan. This doesn't mean science as it seems. Pranamaya sharira means not only meditation on the breath, but also meditation on the movement of the body produced by the breath and other activities. In this case, **walking** seems to be the best **spiritual exercise**. In this, attention is paid to the whole body, its movements, its sensations and the breath. Along with this, along with purity means **sattvaguna** in the mind, the activity of thoughts is also very good.



## Chapter-8

# Kundalini Yoga showing us or aliens the techniques of long distance interstellar travel

Friends, I was telling in the previous chapter that **meditation** on the body is very important to open the **Annamaya Kosha**. It is necessary to have knowledge before meditation. That is why there is an abundance of descriptions of the body as a **universe** in the **scriptures**. At the same time, the description of the universe in spiritual terms is more than the body. Probably because at that time there was no practical scientific technique to check the subtlety of the body, so this method survived. **Physiological philosophy** blends modern science and ancient spiritual knowledge, resulting in an excellent understanding of the body. Probably that is why the book **shrivigyan darshan** has become an object of praise. It can be called a gateway from science to spirituality. Few chapters were more inclined towards **quantum physics** and **space science**. Although those were also associated with the science of Kundalini Yoga. This is because nowadays most of the people consider physical science as science and not spiritual science as science. **Teleportation** can be possible only through spiritual science. It is possible that the **spiritual science** will become so advanced that the man of this earth becomes a subtle body and goes on a tour of the whole universe, and after living in the body of some living being somewhere on some **planet**, comes back to the earth. It is also possible to exchange subtle-bodies with equally advanced beings for some time and return to their respective planets after spending some lives on each other's planets. The infinite universe can be crossed only through the **subtle body**, not through the gross body. Yogis used to go on such journeys in the olden times. **On the whole, being enlightened, man becomes situated everywhere at all times, which is**

**the highest level of space travel.** This seems to me the easiest and correct way of **time travel** and **space travel**, of course anyone can try with physical body too. It is possible that the **aliens** came to know about the earth through that only, after which they started coming here through **UFOs** as well. **Cryosleep, light sails, wormholes and warp drives** offer possible solutions. Unfortunately, these may only be daydreams, which would mean that long distance **interstellar travel** is not possible. Not me, many scientists are saying this. Means only **Tantrik Kundalini Yoga** and **Karma-principle** can take human from earth to other planets. Direct teleportation of the body can also be imagined for entertainment and excitement. A similar concept has been dramatized in the web series "Lost in Space". I saw this recently. I found it nice and binding. I am not campaigning for anyone, but speaking from my heart. The truth should be told, if someone's publicity is hidden in it, then let it be, why to bother.

## **Some diseases seem like man's attempt to become superman**

Scientists are even claiming that the **genetic diseases** that are happening in man are due to the **DNA of aliens**. Once the aliens had taken away the women from here and sent them back after impregnating them or gave birth to children there. Then that DNA spread to everyone. This happened to make man **superhuman**. I think of my **ankylosing spondyloarthritis** as a foreign disease. This disease forces me to do yoga. This proves the claim of the scientists to some extent. I think that prostate and piles are also such genetic diseases. These also make a man like a **yogi**. Old people must have understood it in such a way that yoga becomes successful by suffering, due to which the word **penance** would have increased. Nowadays cancer is also increasing. This is also a disease related to genetics. May be it is a defect born during nature's attempt to make man a superhuman. Anyway, many great yogis have had cancer, especially **throat cancer**. The second purpose of writing about quantum and space was to be of some help to

scientists, as they appear a bit puzzled and frustrated in these areas. Now back to spiritual science, because the fun that is in it, is nowhere else. **Materialism increases the thirst, then spirituality quenches the thirst. Both have their own importance.** Even in the **Gita, Shri Krishna** says in clear words that **“Adhyatmvidya Vidyanam”**. Means I am spiritual science among the sciences. Meaning, he has considered spiritual science to be the best among all the sciences. Nevertheless, as the puzzles of physics continue to be solved, we will keep mentioning them from time to time.

## **Kundalini Shakti creates the entire universe from darkness**

The secret time cycle aka gupta kalchakra seems to me to be a game of the subconscious mind. Information related to each organ of man is hidden in the chakra related to it. These are the information of countless past lives, because the bodies of all living beings, their activities, emotions and chakras associated with them are all almost the same, there may be a difference in quantity or shape. By meditating on the chakras, that information keeps on appearing and disappearing in direct or indirect form. When the gross mind is purified, then man himself turns to Chakrasadhana to purify the subtle mind. Just as the state of the gross mind keeps changing every moment with time, similarly the state of the subtle subconscious mind also keeps changing, because the subtle mind is a reflection of the gross mind, but we cannot see it. That is why it is called Gupta Kalachakra. Meaning that even if the subconscious mind is completely cleaned, there is no guarantee that it will not become dirty again. The practitioner will continue to feel the energy level of all the chakras changing. Nothing can escape the blows of time. Therefore, it is best to accept whatever is there while remaining equanimous and unaffected in every situation. This is vaikalpik kalchakra. This seems to me to be the main objective of Guptakaalchakra Sadhana.

Kundalini Shakti creates the universe, whatever it is said does not mean that it creates physical and gross celestial bodies like planets, stars etc. in space. Rather, it seems to make more sense that it is like the reproductive sexual power that gives birth to a child and creates the entire universe in the form of its body and mind. Although the first statement may also be indirectly true, because what is there in the universe the same is there inside the body, but the second statement appears to be directly, practically and clearly true.

Many people may say that sexual power is for increasing the progeny or lineage, where does Kundalini come from in it. Man can derive any meaning from that power. If we want to

know its real purpose then we should see the animals. They do not move according to their thinking or goals but more according to natural inspiration or instinct. The purpose of procreating offsprings is not in their mind regarding sexual intercourse. They are motivated to have sex only to expand their mind which is narrowed in the darkness of ignorance, that too when natural favorable circumstances motivate them for it, even then the desire for this does not arise in them automatically. A buffalo pair will be motivated to do this only when the buffalo is in estrus i.e. in heat which comes for one or two days in a month. Even that heat stops coming in the summer season. Other times, both will not have sexual intercourse even when they are together. Man is an evolved creature. He knows how to take advantage of natural laws. Tantrayogi is one step further. He lights a small flame in the darkness of the narrowed mind as a meditation image. Then he enhances it so much through sex-assisted yoga that it becomes awakened. This is Kundalini awakening. Now whether you call the mind constricted in the form of meditation picture as Kundalini or the mind constricted in darkness as kundalini. It is the same thing because the same darkness develops through meditation and becomes a meditation picture. The sexual power which gives it the strength to develop, resides in Muladhar i.e. the dark pool or pit or kunda, that is why it is named Kundalini. Meaning, Dhyanchitra got the name Kundalini only when it got the strength of sexual power i.e. semen power. Meaning the word Kundalini itself is tantric. The common man directly interacts with the narrowed mind in darkness or in countless small and sluggish thoughts, due to which that power gets distributed among countless thoughts. Through this he may get worldly expansion or progress, but he gets less benefits of awakening.

When Shakti enters the darkness of the pool of Muladhar, only then the living being gets attracted towards sexual intercourse. A person who always lives in the light of complete knowledge does not feel like having sex. I had a senior foodie and experienced friend who once told me that if I did not eat nonveg, how would I be able to have sex. I could not accept that thing in my mind. Today I am able to

understand the Tantra philosophy hidden in his words. Darkness is not created by eating and drinking alone. It is born out of attachment to worldly matters while remaining active. I think the structure of the body is such that as the darkness of the brain or mind increases, the power goes down. Highest or darkest darkness means that Shakti has gathered at Muladhara. It is the blood circulation that naturally keeps gathering downwards. After reaching the perineum, the energy then passes through the back and goes straight to the brain. When power reaches the perineum, it is natural that the sexual organs there will become active. Many exercises, physical activities and Yoga etc. give that power a chance to rise up through back. Many amplifies it at muladhara using Tantrik method and then raise the increased amount, and some even lower it to fall out. Due to the fall of Shakti, Shakti starts accumulating in Muladhara again, which takes more time than before. With good nutrition it accumulates quickly but it can also involve sinful activities. Also, energy is consumed by digestion and assimilation of nutrients causing net loss of life energy. Then it will be like this, running ahead and wide or coiled behind. These simple proverbs have very deep meanings. Chaud or coil means coil of Kundalini serpent. Meaning power sleeps in the form of darkness of sin, although it has been elevated by the power of that darkness itself. But I think that eating and drinking does not cause as much sin as we do through attachment behavior in the world. That is why Shiva, despite looking like a ghost, keeps roaming around looking cheerful, carefree and sinless. But what will happen when a man's mind or soul becomes so clean that there will be no darkness in it, of course, the power has gone to the Mooladhar. Perhaps then without sex his power would continue to roam like this. He will also have sexual ecstasy and an erection, but he will not be very motivated towards physical intercourse, because he will feel that it is a loss of power, no matter how careful one is. At the time of Shakti in Muladhar, an image of a sensual woman may appear in his mind, and at the time of Shakti in Sahasrara, an image of a Guru or a spiritual person or a loving man may appear in his mind. But he will remain unattached to both and will remain busy in his

work, due to which that power will continue to swing in him and he will always remain immersed in bliss.

When the energy goes to the base, there will be a lack of it in the brain, just like when rain water seeps into the ground, the surface pits filled with water will dry up. Due to this, there will definitely be some darkness in the mind, no matter how pure and perfect the person has become. In this corrupt world, no one can be so perfect whose mind is always filled with light. The light in the mind of a common worldly person exists only with the help of energy. Only a very rare saint can be a Sanyasi who has the light without physical energy. Still, complete illumination is possible only in the state of complete liberation, which is not possible while living in the body. How can one remain completely free from vices when associated with a vicious body? How can a person sitting in a bullock cart avoid hiccups? Those who maintain light in their mind without sexual intercourse, have mastered the sattvik techniques other than sexual intercourse, through which the energy of the mooladhara keeps rising up through the back. These are meditation on breath, meditation on body, meditation on present, meditation on chakras with simple or seed mantras, Vipassana, Devpuja etc. For example, meditating on the Bija Mantras on the Chakras opens the life force, opens the breath, increases the consciousness and the brightness of the mind's thoughts, increases the intellect, and exerts upward contraction force on the Muladhara. Whether the glow is inside or outside the body, it comes with energy only.

Mental darkness is also of two types. One is darkness caused by eating, drinking, physical labour, sleep, rest etc. There is a lot of energy in the body, but it is lacking in the mind, because the consciousness of the mind is suppressed due to violence, intoxication, sleep etc. and the illusion of worldly attachment accompanied afterwards with loneliness. The meaning is clear that when it is not in the brain, then it is concentrated in the realm of Muladhara. There are only two main areas of the body. One is of Sahasrar and the other is of Muladhar. If the energy is not in one realm then it is natural that it will be in another realm. If the coin does not come up

with head then only tail will come up, there is no other option. In such a situation, tantric sexual intercourse is beneficial. The second type of darkness is that in which there is lack of energy in the entire body. This is a condition like illness or depression or fatigue or weakness. That's why one doesn't feel like having sex. If one does, he may fall ill, because first of all, there is already a lack of energy in the body, and on top of that, one is also wasting energy in sexual intercourse. Everyone knows that water in the rooftop tank of the house helps in completing many tasks of life. But energy is also required to raise the water to the roof and there should also be water in the underground tank. If one runs the pump in a dry tank or at low voltage, the pump will definitely get damaged. By the way, there is also a saintly way of Tantric sexual intercourse, due to which minimum energy is consumed and maximum energy goes upwards. It is most important to have energy in the brain, because it controls the entire body. Even if the energy in the lower chakras, especially the bottom two chakras, is somewhat less, there is not much harm.

Many people can talk about how a thought-like creation is created from void of darkness. Darkness itself means subtle or latent or hidden creation. Darkness is not actually void as is often believed. The real zero for Buddhists means the Supreme God. Only two things are required for creation, darkness and power aka shakti i.e. energy. If there is no energy then darkness will not be able to express itself in the form of creation. It is only to express the darkness in the form of a living soul in the form of creation that it gets a body, which provides energy. It is a different matter whether he will be able to nullify that creation through the practice of Yoga or hide it in the same darkness or even more, through attachment to the world, he will convert himself into even greater darkness, for which he will have to take a new birth and a new body. One will get a new body according to your deeds. If good deeds are done then the human body will be found again which will again give the opportunity to bring the universe to zero. If the karma is bad, then by getting the body of an animal, the burden of darkness will be reduced to some extent but it will not be reduced to zero, because



animals cannot do yoga. Like this, I don't know when one will get the chance again. This is what Vedas say.

Scientists have proved through experiments that the same thing happens in the physical universe also. They found that everywhere in space those fundamental particles or waves are present in the form of quantum fluctuations which constitute the universe. Because they are so subtle and unmanifested, they are felt as darkness as they are not grasped. For example, dark energy, dark matter, all this is darkness. When they get energy from somewhere, their vibration starts increasing due to which the creation of the universe or physical substances starts. For thoughts, this energy is obtained from the body, but for the physical creation, where does it come from? There is no clarity and unanimity regarding this yet. Some say that the gravitational waves etc. which are created due to the collision of celestial bodies like black holes and other movements in space, provide that energy. Where there is more movement in space, more stars have been found to be formed. But it is not known from where the energy came for the first movement of space in the beginning of creation. The scriptures say that the sound of Om came from which the creation of the universe began. The sound of Om ॐ is a wave or movement of space. It is possible that it may have started the process of further movements and constructions. The question of where the energy for the movement in the form of OM sound came from remains unanswered. This is perhaps God's own unimaginable power, the answer to which cannot be found through science except Yoga. If there is no Shakti, then Shiva will remain dark like a dead body, both inside the individual body and also in the macro body in the form of physical creation.

## 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) श्रीकृष्णाज्ञाभिन्दनम
- 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 ब्रहमांड-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

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