

The Dance of Unity

Kundalini Awakening Through Non-Dual Awareness
Premyogi vajra

Have you ever felt a deep yearning for a profound connection to yourself, the world, and the divine? This book explores the beautiful interplay between Kundalini awakening and non-dual awareness, offering a transformative path towards that very experience.

The Dance of Unity unveils a potent synergy between these two ancient wisdom traditions. Kundalini, the coiled energy at the base of the spine, is said to hold immense potential for spiritual awakening. Non-duality, on the other hand, points to the essential oneness of all existence. This book guides you on how to harness the transformative power of Kundalini while remaining grounded in the non-dual understanding of reality.

Through practical exercises, meditations, and insightful explanations, you'll learn how to:

- Activate your Kundalini energy safely and effectively
- Dissolve the illusion of separation between yourself and the world
- Experience profound states of inner peace, joy, and love
- Cultivate a life infused with authenticity and connection

Whether you're a seasoned spiritual seeker or just beginning your exploration, *The Dance of Unity* offers a powerful and practical guide to awakening to the divine oneness that permeates all of existence.

All chapters in this book were originally part of our earlier work; 'Kundalini Science' series' 'Spiritual Psychology' books. If you enjoyed these, you'll find more in the full compilation.

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Kundalini Shakti is the vehicle, Sanskara or culture is the driver that guides it~'The Kashmir Files' movie with its Psychological Analysis

Friends, this week I saw the movie 'The Kashmir Files' on the big screen. This is the first film I have seen which is fully based on true events. Most of such films should be made, so that along with entertainment, social upliftment can also happen. Everyone should see this film. Religious fundamentalism and jihadi brutality have been depicted alive in this film. Together, I even went to a lake for meditation. By the way, I went to remove the daily stress and fatigue caused by worldliness, meditation happened on its own. I sat and lay for a long time on the rocky grass with various body postures and gazed at the lake. I continued to pay attention to the movement of the body, mainly the chest and abdomen, as happening by the attention on in-and-out breaths. Thoughts were coming and going. Various emotions were rising, and dissolving. I was gazing at them as a witness, because my attention was divided on the breath, and also on the wonderful natural scenery around. White birds were flying over the lake. From time to time they would take a slight dip on the surface of the water, and would fly away with their beaks holding something. They were probably small fish. At times with the big fish, the bird was unbalanced and also showed acrobatics. Once a fish fell down from a bird's beak. He followed it swiftly, again caught it in the water and brought it up and flew away. Scholars have rightly said that Jivo Jeevasya Bhojanam, means living being is the food of living being. A little black bird was sitting on a nearby tree chirping in a sweet tongue, turning around to look here and there and also looking at me, as if making listen something to welcome me, a stranger. I saw my Kundalini as a close and beloved friend in it. I wondered how even such small creatures are so hopeful and positive about life and nature. They too go on their journey of life fearlessly. I began to feel the slight splash sound of the water of the lake hitting the shore as inside me, inside my soul. Let us little remember glimpse of the soul. Nowadays there are a lot of such natural places, where people throng. But such uninhabited though beautiful natural places are rarely found. When many distant people see such places for the first time, they get emotional. Many want to stay there for several consecutive days, day and night by putting up tents to enjoy the fullest of peace. However, I became calm, relaxed and healthy in no time, giving up the idea of making an appointment with the doctor. Well I was talking about the movie 'The Kashmir Files'. One of the scenes that I found most emotional is that of Anupam Kher as Pushkar, feeling the snow chill of Kashmir in the heat of Delhi. He is telling the truth to his grandson that how his community was being killed and driven away by the jihadi mob while shouting freedom slogans, so he should not be misled by such people's slogans today. He gets tired of explaining to him as he is old, which makes him tremble. Shaking, turning his eyes around and up, he says in a very soulful voice in the Kashmiri language that it seems that it has snowed in Baramulla, snow has fallen in Anantnag, etc. names of some other high hills too. Then his grandson stabilizes him by hugging him with love and sympathy. I love this way of expressing deep feelings. Kashmiri language is very beautiful, lovely and soulful language anyway. Reviews, discussions and articles about this film will be found everywhere in detail online, because nowadays it is dominated everywhere worldwide. I will throw light on the basic psychological principle associated with it. Like every time, we would like to clarify in this post that we are neither against any religion, nor in favor of any. We are real secular. We seek truth and humanity, wherever it may be found. The one who follows the truth may feel some difficulty in the beginning, but in the end victory is his companion. We explore the psychological element hidden in the core of religion in the form of Kundalini. A major element associated with this is the sanskara or culture or sacrament.

Sixteen Sanskars of Hindu Philosophy

Friends, we would prefer to speak Hindu philosophy instead of Hindu religion, because it seems to me to be a spiritual psychology. Philosophy also seems to me to be a psychology or a science. Its sixteen rites or sanskaras begin as soon as a person is born, and continue till his death. Death is also a sacrament, a funeral. Some spiritual activities are performed at the time of

each sacrament. They are made in such a way that they leave maximum effect on the subconscious mind. This leads to the imposition of sanskars on the subconscious mind, like planting a seed in a field. Just as a seed germinates from under the ground and becomes a plant with time, similarly the spiritual rite as Kundalini emerges from the depths of the subconscious mind and emerges in the form of Kundalini activation and Kundalini awakening. Actually sanskar is formed in the form of Kundalini only. Kundalini is the seed, which is injected into the subconscious mind through the ritual ceremony. In this way, good humane teachings also get injected with the kundalini as these become tagged with it. Thus mixture of kundalini and human teachings is the sanskara actually. Kundalini is the carrier and human teachings are the carried. With time, both grows together and make possible existence of kundalini awakening and humanly society together possible. These sanskar ceremonies are performed in a person's such life stage, when he is extremely sensitive, and the seeds of sanskar sit easily and firmly in his subconscious mind. For example marriage ceremony. I think this is the greatest sacrament, because a man is most sensitive at the time of his marriage. Similarly, the birth-sanskar is also very effective, because at the time of his birth a man was like buried in the depths of darkness. He has come into the light first time, so he is extremely sensitive. The Upanayana ceremony is performed during a man's adolescence, when he is undergoing transformation due to his sexual hormones. That's why this stage of man is also very sensitive. Sanskar ceremony is mostly to be done in that state of man, when there is more influence of sexual energy in him, because it gives power to Kundalini. At the time of birth, the sexual energy of the parents is taken support of. Even a small sacrament in the form of 'desire for awakening' can eventually lead to Kundalini awakening, because like a seed the sanskar grows with time. This is represented in the Gita by this verse, "Svalpamapysya dharmasya tryate mahato bhayat", that is, even a little ritual of this religion protects against great fear. The rituals of Kundalini Yoga have been called here as 'a little ritual of this religion'.

Kundalini acts as a carrier of rites

At the time of the sacrament ceremony, the atmosphere of non-dualism is created through various spiritual processes. With the power of Advaita, Kundalini starts getting stronger in the mind. With the muladhara-residing power of that Kundalini, the mind becomes very sensitive and receptive. In such a situation, whatever education is given, it is well settled in the mind, and even gets lodged in the subconscious mind. The mind is also filled with joy with Kundalini. So whenever a man continues to rejoice, then Kundalini also keeps coming to his mind, and also the teachings associated with it in olden times. In this way those teachings keep getting stronger. Anand and Kundalini live together. Both get their power from the base chakra. It is the nature of the living being to run towards happiness.

Along with shakti or power, good manners are also important

The culture as driver does the work of giving direction to the power as vehicle. In Hinduism, the virtues of tolerance, generosity, non-violence etc. are due to this reason, because in this these qualities are instilled in the mind in the form of sacraments. The religion in which people are taught from birth and even taught every day that their religion is the only religion, their god is the only god, no matter how many evil deeds they do, they will go to heaven, and people of other religions no matter how many good deeds they do, they will always go to hell, and for not accepting their religion, people of other religions should be killed brutally as soon as they get a chance, what else can be expected from them. They misuse Kundalini Shakti, because the inhuman sanskars in their mind keep pushing them on the wrong path with the help of that kundalini power. Better than this, no rites should be inculcated in the mind, that is, no religion should be considered except human religion. When humans are made, then obviously humanity itself will flourish. Then the human values themselves will start growing in the mind. Buddha

says, if you stop planting thorns, flowers will grow on their own. Kundalini Shakti always leads to goodness. But if by force, and even after lakhs of resistance of Kundalini, evils are repeatedly injected inside, then how long will she be able to keep up with it. Friends, a colorful forest full of various herbs grows around the fragrant marigold flower, while poisonous herb like lantana destroys every plant growing all around, and in the end it also gets destroyed. I was reading in Shiv Purana that one who is a devotee of Shiva, his every sin is forgiven. This means that such fanatical religions have emerged from Shivantra itself. Tantra has many similarities with these. They can also be called extremist tantra. I remember a college time incident related to this. A lone Kashmiri Muslim in the entire hostel. The whole atmosphere seemed to be spoiled by that. Whoever came to mind, beating him. Blind well for flesh and eggs. Wine and slut misused often. Swords were hidden in the room. Expert in making petrol bombs. Once, in front of everyone, he secretly drew a sword from his almirah and put on my neck. I laughed looking at him because I thought he was joking. He too started laughing at the mockery of the fool. Then he put away the sword. An eyewitness friend of mine later told me that I shouldn't have laughed, as it was a serious matter. I never understood what it meant. Yes, I used to rejoice during that time under the full influence of awakening and Kundalini. This shows how great enemies such religious fanatics are there of real spirituality. Just imagine that when a single Muslim among hundreds of Hindus can create so much disdain, what crime would they not have committed on the minority Kashmiri Hindus by being a majority in Kashmir. It was about the same time. This is the difference between rituals. The power is the same, but the sanskars are different. That is why it is very important to have good values along with power. This is what is shown in 'The Kashmir Files Film'. This film is constantly setting new records.

Kundalini is also a ghost~ a holy ghost

Friends, in a post I was telling what are bhoot or ghosts. Some people questioned why in English it is translated into the word ghost, ghost has no spiritual significance. I said it was translated by Google, I didn't. Actually, we are more involved in words, try less to understand the basic feeling. This is a psychological weakness. But they are also right. The actual literal meaning which is derived from the word bhoot (in hindi) can not be derived from the word ghost. The ghost is the mind. It frightens the man, so that the man walks on the straight path. The different forms of the wandering minds are different types of ghosts. Some have eyes on their stomach, some have innumerable arms, some have innumerable legs, etc. Sea creatures are also of such diverse and amazing forms. There is a wandering mind in those too. Their same strange mind is a strange kind of ghost, which is able to choose only a strange body to live in. The mind does not die even after the body dies. Like the soul, the mind is also immortal. The mind cannot die, it can only merge with the soul. When the body is not there, the mind takes the form of a strange darkness. It is thick and shiny like black Kajal or mascara. In it all information of creature from its beginning is recorded in the form of psychological code. They are so obvious that if one sees the ghost of a person he knows, he immediately recognizes that it is his ghost. Even those personal informations of the living entity are more clear and visible in his ghost than in his body of his own living time in past. Actually the ghost feels like a fully exposed person in the mind. The brain gets inspired by it and makes a picture according to the form of the ghost. Brain tricks are amazing, you know very well. It seems to us that it is visible with the eyes, but it happens in the mind only. Man understands that ghosts are formed only after death. Actually a living being or a man is also a ghost. The literal meaning of ghost or bhoot is "born matter" (bhav-being, kta pratyay- in past). Neither God is born, nor is nature. Both are eternal and infinite. Only the soul is born from the Supreme Soul, and also merges in Him. It wasn't even born. Actually it is like his shadow. The shadow is only felt. Shadow does not exist. So is the ghost. Therefore the soul is a ghost. Only a dead ghost is scary to people, because it does not have a body. Now if anyone sees a fire without wood in the sky, he will be afraid of what happened.

Some fanaticism is also necessary for religion

Then I was also saying that while extreme fanaticism is harmful, a little bigotry or a little stubbornness is also necessary for religion. If you do not persist in doing Kundalini yoga regularly, then you will not be able to do it. Sometimes you will make an excuse that you did not do it that day because you went to the wedding or procession on that day. If you were a fanatic, you would definitely do Kundalini yoga after finding solitude for a while. Sometimes you will pretend that I went to the city that day where there was a shortage of space. If you were a fanatic, you would have done it on a chair too. Sometimes you will make an excuse that that day you reached home late at night, so you could not do yoga. But if you were stubborn, you would have done it for a short time, but definitely did it. Sometimes you will pretend that you had dinner that day or that you were ill. But you could also do light asanas and light pranayama. Also, by doing Kundalini yoga even in the midst of problems, the Kundalini benefits increase manifold. In this way, if there is no positive bigotry, then the excuses do not end, due to which the person cannot stick to the practice.

If worship was everything, then sad things would not have happened to the worshipers

Worship is a means, not an end. The goal is Advaita. That is God. Worship increases Bhakti, and Bhakti leads to Advaita. Kundalini definitely resides with Advaita. It is known to all that Kundalini always does good things. By the way, most of the contribution of Advaita is there, which is born from Kundalini. From Advaita to Kundalini, and from Kundalini to Advaita, these two continue to enhance each other. Due to Advaita man remains balanced and full of energy,

due to this the intellect works well. Advaita controls the noise of thoughts, so that there is no wastage of energy. Once I went to the house of a small acquaintance on a business call from him. A member of the household who seemed like a friend to me took me with himself. There I talked to his young brother when he greeted me. I saw a strange look on his face. His name was also associated with the name of Shiva. So I inadvertently compared him to Shiva with joy and smile. In fact, his nature was also the same more or less. He also smiled at this, and so did the other family members. He was an attractive, shy, loving and hardworking boy of his parents. After a day or two, he along with a friend of his school time went for a tour somewhere full of enthusiasm on his brand new bike he had bought. Probably his friend was just learning to ride a bike. On the way, they stopped to visit the temple of a famous Shiva and a local deity. Probably the main purpose of stopping there was getting the new bike worshiped. When they went to roam the city from there, they collided with the back of a tractor trolley on the way. The rider survived, but the young man sitting behind died on the spot. It also shows that children should get good training in two wheelers like cycles etc. at an early age. The common man thinks that the child will grow up and learn on his own, but sometimes it is too late. I have also seen such incidents in some other teenagers who are two Wheeler stealthy or learning. Maybe my subconscious mind was influenced by the ghosts of Shiva, due to which the words of Shiva came out of my mouth. It may also be that my subconscious mind has foreseen the event by powerful non-dual practice. However, at that time I did not do any special and regular yoga practice. My way of working was such that it used to produce effect of practice itself. A detailed description of that method is found in the book "Sharir Vigyan Darshan~ ek adhunik Kundalini Tantra". The family members wondered how the big accident happened even after Shivnam's support was there. Even if it had happened, life would have been saved. Then they would be satisfied assuming that he would have got liberation through Shivanaam. Now who knows what would have happened, but it is certain that worship cannot fill carelessness. Physical deficiency can be fulfilled by physical means only. Worship gives support, but it also has its limits. The mind may feel that all is well, but there is a difference between feeling and being. Feel good and being good. Although both are linked, but up to a certain limit. His family members also said that he used to talk strange including his going out of the world on few instances for some time. It would have been like that. His father, who was often ill, also passed away after a few days in the grief of his son. Whatever happened, my friendship with his little bit maddened brother almost ended. Little disturbed he used to appear earlier also, but not that much. Many times he used to think that his brother might have been made a scapegoat by some black tantra in the temple. What does the sad mind not think? I too felt shock and for some time I also had to take depression pills, also having few other reasons to do so, although my self-created Advaita philosophy and my habit of working according to it soon took over. I realized that even depression medicines cause Advaita, albeit by coercion and with some poor quality and loss of memory and work efficiency. In addition, it also harms the body and mind. When depression is basically removed with non-dualism, then why not take the help of Kundalini, why make a habit of physical medicines. I have also seen co-businessmen who are addicted to these drugs. They seem little bit like patients, especially mental patients. God bless, such accidents should not happen to anyone.

Depression is the younger brother of the ghost, which Kundalini can best drive away

Although everything except God is a ghost, but in public practice only the bodyless soul is considered to be a ghost. The state of depression is also similar to the state of bodylessness or death. In this, the experience of various pleasures of the body decreases. Probably this is the main reason why depressed person has more tendency to commit suicide. Kundalini yoga can play the role of a lifesaver in depression. Actually antidepressants also appear curing depression through kundalini principle. It should be scientifically researched to convince the world. I think these can be used for a short time under the supervision of a specialist doctor for preliminary exploration of Kundalini. I also feel that cannabis also does the same thing, that is why Yogi

sages used to consume them properly in a controlled way. Kundalini is the source or basis of all the pleasures of the body. This leads to the formation of chemicals in the brain that are formed while experiencing material pleasures. We can experience material pleasures only in the form of the mind, not directly. Kundalini is a cultured and refined mind of a higher order. With this, even without material things, there is happiness like material happiness. Simply means that Kundalini is the unique way to bypass material facilities for material pleasures. I have received this Kundalini benefit not once but many times. Everyone gets it, but they don't go deep into it. India was once a country dominated by Kundalini Yoga, only that's why it was then most developed without materialism.

The most practical way of Advaita is to always consider yourself to be part of the whole

Some call him supreme soul, some God, some saviour and some others. But in practicality, it is considered as a whole by very few people. Many believe, albeit from the outside, because if a hungry or helpless dog comes in front of them, they can abuse it, or can hit it with a stick. Then how can the meditation or worship of the whole be done, when one part of it is hated? That's why the best way is that no matter what the situation is, always consider yourself to be a part of the whole. That whole, in which there is everything, from which nothing is different. There is no need to meditate, it is enough to believe. You have to concentrate on your work. If the focus is on the whole, then how will the work be done? Do not reject any circumstance, dark or light or anything, because nothing is separate from Him by everything being part of a whole. By maintaining such belief, Kundalini will also remain in the mind, and moving around keeping the whole body healthy. Although maintaining this belief directly round the clock appears neither practical nor easy, therefore a tactical non dual philosophy and kundalini yoga must be adopted to get this indirectly. The book "Sharir Vigyan Darshan~ A Modern Kundalini Tantra" having this type of practical and tactical nondual philosophy helped me a lot in maintaining this belief.

Kundalini is also a ghost, the holy ghost

When mind is a ghost, then Kundalini also proved to be a ghost, because Kundalini is also a higher level of mind. The common ghost also does not have a physical existence, and the Kundalini also doesn't have a physical existence. Common ghosts are the pure products of the mind, and Kundalini is also the same. But kundalini is different from the common ghost only in single aspect. Where ordinary ghosts take one away from the Supreme Soul, the Kundalini-ghost leads to the divine. Does the Holy Ghost described in Christianity mean Kundalini? I leave that decision up to you.

Kundalini is enhanced with Brahmamuhurta resulting in destruction of ghosts

Moon of Kalratri (dark night) Guru Nanak Dev

Friends, on the occasion of this year's Guru Nanak Day, I got a chance to go to my Sikh brother cum neighbor's home place for Prabhat-Feri Katha or morning spiritual touring story. As invited with great love and respect, therefore, with the inspiration of Kundalini, my eyes were opened before four o'clock in the morning. As soon as I got ready and reached the spiritual story session with my wife, so did the Granth Sahib arrived from Gurdwara Sahib. It was as if I had received a special invitation to serve. It was a very emotional and exciting scene. Shabd Kirtan was held from 4.30 am to 5.30 am with melodious music. I liked it. This time was in the middle of the time of Brahmamuhurta, which lasts from about 4 am to 6 pm. It was as if we were doing kirtan all night. This is because of the high spiritual energy of the Brahmamuhurta. That is why this time has been fixed above all for spiritual practice. In Brahmamuhurta, spiritual practice brings Kundalini closer to the zenith. I felt the same way. Light refreshments were also served at the end of Katha-Kirtan. Man learns something every moment. Sikh itself means learning. This proves that this religion is cutting-edge and scientific as well, because nowadays it is the era of learning. Similarly, there is a great importance of service in this religion. Today's era of consumerism, commercialism and competition is the era of public service. Self-protection is at the core of this religion. This sentiment is also very relevant nowadays, because lies, deceit, and tyranny prevail everywhere. I had heard a lot about Brahmamuhurta, but had not experienced it well myself. The reason people don't know about its power is because they don't do spiritual practice in a proper way. Power does not have intelligence. Wisdom is possessed by the soul or Vivek or part of soul differentiating bad from good. If there is guidance of wisdom-intellect to power, then only it does self-welfare, otherwise destruction is also possible through it. For example, Pakistan can be viewed. According to sources, the Pakistani army kills innocent and unarmed people. Many times, this country seems less as a country, and more like a propaganda machine. If the monkey gets a razor, then the result can be anything. Power is a push. If there is already garbage in the mind, then energy will push it, which will spread it further. By this a person will refrain from even waking up in Brahmamuhurta. If there is Kundalini in the mind, then only Kundalini will get the push for development. I have been related to a Hindu family since birth. My grandfather was an eminent Hindu priest. I had worked with him as a disciple for many years. It seems that he had unknowingly become my guru. I found Hinduism and Sikhism to be the same. In both, Dharmadhvaj or religion flag, Granth and Guru are worshiped or respected equally. Actually, all religions are same from inside, some people differentiate these from outside. According to Tantra, Kundalini is the Guru, and the Guru is the Kundalini. Yes, since Sikhism is associated with spiritual warriors, it is natural to have a little more briefness, practicality and fanaticism than traditional Hinduism. But that too is negligible in front of certain religions. Although Sikhism is built on the defensive side, not the aggressive side. If there has ever been an offensive mode, then it has happened only for the defense of itself and Hinduism, otherwise not. I am not taking side of any particular religion here. We respect all religions. I am just clarifying the human truth. With thoughtful analysis and writing, the truth becomes more clear. Some bigotry is there in all religions. Some positive fanaticism is also necessary for religion, but it is much better if it remains within the realm of humanity and socialism, for which Sikhism is often known and accepted. In the Middle Ages, when the Indian subcontinent was in darkness due to jihadi invaders, Guru Nanak Dev emerged like a full moon by the inspiration of God, which transformed the dreadful darkness into pleasant moonlight.

Lord Shiva shines like a full moon in the middle of a night full of ghosts

In a religious ceremony, along with the luminous God, his shadow may also appear dark. Because light and darkness coexist. Darkness should be respected as the ghost of Shiva, because it came with Shiva. There is night with the moon. Don't be afraid of him. This creates a powerful

Advaita, which helps in awakening the Kundalini. Actually these ghosts are responsible for religious animosity, not Shiva. You must have also seen or heard that after becoming very religious, a person became strange. Sometimes a man does wrong things too. I have a relative. He used to have frequent religious discussions with a friend from his village. Seeing them both gathered, the women of the village started talking to each other while making fun of them saying "look, friends, now the discourse of Shrimad Bhagwat Purana is about to begin". After some time that friend of my relative suddenly committed suicide, which surprised everyone, as he did not show any signs of depression. Too much is forbidden everywhere. Maybe superficial religiosity acted as a veil, covering up his depression. That imperfect righteousness caused a fake smile on his face. Maybe if he didn't wear the cloak of unfulfilled spirituality, people would have known the problem responsible for his inner depression, and would have made him aware of it and suggested a solution. Therefore, he would not have taken a fatal step. That's why it has been said that little knowledge is a dangerous thing. On the contrary, if he had embraced spirituality to the fullest, his depression would have vanished, along with he would have attained Kundalini awakening. The zenith and perfection of righteousness or spirituality lies in Tantric Kundalini Yoga only. Tantric Kundalini Yoga is just a name or symbol or method of a psychological fact. There may be other names, symbols or methods to bring this spiritual and psychological principle to the ground. Why only Hindu, there can be other religions also. It is so, but we do not understand it, do not recognize it. When all religions and life practices would be studied seriously and scientifically, then only the complete picture will be known. Therefore, till the time it is not known, Kundalini Yoga of Hinduism should work. We need pure water to drink, wherever it comes from, or whatever its name is. Tantra had found some solution for this lack of spirituality. It accepted Bhuta Bali as a part of Panchamakara. It is to be noted that there are Panchakakara in Sikhism. These are the five things whose names begin with the letter K, and which a Sikh must carry with him at all times. These are the five things Kesh or hair, kada or wrist ring, kangha or comb, kachchha or briefs and kataar or dagger. From this it seems that the leftist system was dominated at that time, due to which Panchakakaras came in existence as partial copy of tantric Panchamakaras. Bhutbali, means sacrifice for the ghost. By this the ghosts are satisfied and calm down. Once I got a chance to live in the high Himalayan regions for some time. There, when the deity is called from house to house, animal sacrifices are also offered to him. When asked, the local people told that the sacrifice is not for the deity, but for the attendants of the deity like ministerial staff etc. who came with him. The diet of the deity is sattvik. So those attendants were in a way only Shivaganas or ghosts, and the deities became Shiva. Even today, on the same lines, many smart people get a lot of work done by pleasing the clerical staff of the office, the officers just keep looking. In fact, sacrifices are a storehouse of energy. It also has tamoguna or darkness in it. Due to the entry of energy and tamo guna into the body, the excess satoguna becomes balanced, and a non-duality prevails in the mind. Balance is essential. Although this balancing work gets spoiled due to excessive energy and tamo guna. The body also needs a lot of energy to hold the Advaita spirit. Due to the creation of non-dual spirit, satoguna starts increasing again. To create Satoguna with the help of Tamoguna, this is probably the only divine formula of leftist Shaivas and Tantriks. The Muladhara chakra symbolizes the Tama guna, and the Sahasrara chakra symbolizes the Satoguna. First, the Kundalini is allowed to come to the base through the Tama guna. Then it is raised directly to Sahasrara by Tantric Kundalini Yoga. From that, satoguna increases immediately, though with balance or non-duality. One of the countless benefits of keeping Kundalini in mind with Kundalini Yoga is the benefit of balance of gunas or qualities. Because Kundalini keeps the balance of all the three gunas by moving like a bead of a rosary throughout the body. The whole game is about energy or power. That's why it is said that Shiva is attained only through Shakti. By the way, there are many other sattvik methods of achieving energy and quality-balance or non-duality, which are described in the countless scriptures. One such modern book is "Sharir Vigyan Darshan~A Modern Kundalini Tantra". Ghosts become strong and trouble when Shiva is not meditated or worshiped properly. When Advaita Bhava is attached to it, then they calm down and disappear. In fact, they do not disappear but get absorbed in the luminous Shiva. They are false like a shadow. They don't have real existence. They are illusionary. This means that ghosts teach non-dualism. That's why they

are followers of Shiva, because they want to make everyone non-dual like their lord Shiva. They do not like anything except their lord Shiva. In Shiv Purana, this metaphor has been presented with great amusement through stories. These ghosts are called Wrathful deity in Buddhism, who disturb the seeker during the course of meditation. They are depicted as scary figures.

Kundalini awakening occurs by the destruction of ego even to the effort made for the Kundalini

Mind-eye is called the third eye

When we lie down for getting sleepy, and then we stand up at that time, then sleep disappears suddenly. In fact, by standing and moving a little, the energy from the back rises. Yawning has the same effect. I was talking in a post about the possibility of strange happenings due to hypersensitivity born of Kundalini. When Kundalini is activated or awakened in the brain, the sensitivity of the brain increases greatly. All the experiences of the senses are felt intense. For example, the taste of food increases manifold. The fragrance also feels many times stronger. In fact, the prana energy from which the transcendental kundalini can be revealed can also reveal other transcendental experiences, such as the experience of flying, the experience of walking on water. These are called yogic siddhis. Actually these experiences are not from the body, but only from the mind. It is as if Kundalini is not seen with the eyes, but through the mind. This awakened mind is called the opening of the third eye. Because the whole world is from the mind, that is why in ancient yoga books such mental experiences have been written as physical experiences, so that it is easy for the common man to understand. But most people start to think of these as worldly or real physical experiences. A dedicated Kundalini yogi mostly derives the great joy of life from Kundalini. He is not subject to material things for the enjoyment of life. Therefore it is natural that if his Kundalini is damaged or weakened by any worldly troubles, he will be surrounded by darkness of depression. This will happen because he will not immediately understand, nor will he like the worldly way of attaining happiness. That is why it is said that the middle path is the best path, because spirituality and worldliness go hand in hand in this, so that there is no loss due to lack of anyone.

Sedentary lifestyle is the enemy of both materiality and spirituality

Advaita contemplation is more successful while doing yoga, because the good effect of Advaita is obtained only through Kundalini. While doing yoga, all the nadis, mainly the sushumna nadi and chakra, remain open. Due to this the Kundalini emerging from Advaita easily occupies the appropriate chakra. If the level of mental energy is low, the Kundalini occupies the lower chakras, and if the mental energy is high, the Kundalini rushes to the upper chakras. Similarly, meditation of Advaita at the time of any other type of physical activity also gives more Kundalini benefits due to this reason. In times of sluggishness, the nadis and chakras remain asleep, so that Kundalini cannot pass through them easily. For this reason, the fear of falling ill also remains. For this reason people with sedentary lifestyle are neither materially nor spiritually prosperous.

Positive effort never fails

I feel a deep connection with all the world famous artists and rich people. They make me feel like my childhood friends and family. I may have reached the peak of material progress in the previous life, possibly like them. Then I must have felt the desire for Kundalini awakening and I would have tried for that, but I would not have got success. Due to its influence, I must have been born in this birth in the midst of the rich, world famous and spiritual personalities of the previous life. The experience of momentary Kundalini awakening would also have been received by its influence. The people who come under my contact must also have been great people of previous lives, and they must have got some kind of Kundalini association as well. They must have come under my contact with the same Kundalini effect. This means that hard work never fails. Anyway, naturally, the desire for Kundalini awakening occurs only after touching the peak of materiality. Psychologically it may also happen that through the power of

Kundalini awakening, I feel attached to powerful people and things, because Kundalini awakening is the treasure of all powers.

Nothing is achieved without effort or on its own

Mystical outlook has made man careless. This makes him wait for a miracle to happen. This blog is breaking this mysticism. Everything including Kundalini awakening is scientific and it also requires a sustained logical approach over a long period of time like material things. This blog and website has everything to read about my so-called spontaneous awakening phenomenon, including books. Mainly, the book Love Story of a Yogi, then Kundalini science~ A Spiritual Psychology, Parts 1 and 2. Apart from this, following this blog will also provide fresh content every week. Many people think of me as having had higher spiritual experiences on my own or without any effort. The point seems true to a large extent, because I did not make any special efforts for them. I kept getting favorable conditions, and everything happened by itself. But the hard work of my ancestors hidden in it is not visible to anyone. My family was dominated by spirituality and high idealism for at least three generations. Because of this, my family's name and respect was far and wide in the society. For two generations, my family has been working as Brahmin priests. Vedic rituals are performed in this work. The Vedic ritual is actually the first chapter of Kundalini Yoga, because it introduces a person to Kundalini, and strengthens it in the mind in an easy and worldly way. It was in the company of such a spiritual family that the Kundalini unintentionally made its permanent place in my mind. It means that the fruits of my family's hundreds of years of hard work have manifested in me. I didn't get something on my own. You don't get anything by yourself. If we keep on following the path of spirituality, then our children, grandsons, great grandsons etc. will get its fruits. They won't get anything on their own. This means, efforts made for Kundalini never fail. If the person who makes efforts does not see the fruits immediately, then the society and the world definitely get it. Over a period of time, even the one who tries will get the result.

Even ego of doing meditation or yoga should also be shed away to get awakening

Kundalini awakening is a rare happening. It seldom requires forceful attempt. Yes, one can be ready for it mentally as well as physically with forceful efforts. Forceful efforts should be at the level of prana energy available in a man otherwise too much forceful effort may harm body and mind. I tried same. I drifted with world for 15 years though I had nondual attitude always through my self made unique philosophy. Then on availability of excess of prana energy, I did forceful hath yoga for one year and then tantric yoga for next one month. Then I shed my this ego too and I again started drifting with the world. Although Yoga was continued as it was. This shedding ego of even doing yoga etc. or letting go produced glimpse of Kundalini awakening in me just as effortlessly. Still, no one shot a big arrow, because more important than awakening is the awakened lifestyle. To sum up, just a glimpse, because my aim was not any enlightenment, but I wanted to experience Kundalini awakening in a scientific way, and to tell people to save them from misgivings. At last the wish is fulfilled. This means ego of doing meditation or yoga or other virtuous deeds should also be shed away to get awakening. This has been told in scriptures by a famous advising sentence that spirituality grow through satoguna and awakening occur through shedding away ego even to that satoguna too. Satoguna means the manifestation of luminous divine qualities in the mind and body under the influence of yoga practice. Earlier I also did not understand the secret of this saying, but now I have understood its meaning clearly, practically and experientially. During the time of my awakening, I felt no this or that emotion, no special sensation etc. as told by many people in strange ways. All things were quite smooth. It's all an energy game only. For willful awakening, people most often adopt wrong paths full of egotism and so never attain it. Few others keep cool and drift amidst the common river, however abolishing the ego. They attain it without special willful effort. Many

take the middle path of balancing both, which leads to quickest success. Probably the same middle path happened to me as well.

Kundalini energy and chakras are like the water flow of a river and the turbine wheel of a watermill

Should Hatha Yoga be done till Raja Yoga?

I was talking in a previous post about the small difference between a commentary book on Hatha Yoga Pradipika and my spiritual experience. It comes in that the practice of Hatha Yoga should be done only till the attainment of Raja Yoga. It is also written that if Siddhasana is perfected, then there is no use in wasting time on other asanas. At the time of book making, only spiritual culture dominated. People were not interested in materialism. Life was fleeting. Do you know when an epidemic will spread or a disease will occur? There were wars etc. That's why people wanted to awaken Kundalini and attain salvation as soon as possible. Although it is written in Hatha Yoga Pradipika itself that different asanas provide protection from various diseases. But people were less concerned about health, but more concerned about awakening. But in today's scientific age, the life span has become longer, and the standard of living has also improved, so people can wait long for awakening. Because nowadays the fear of deadly diseases is almost non-existent, so people are more enthusiastic than ever to keep their body fit and healthy. That is why I am of the opinion that even if Raja Yoga is achieved, one should continue doing Hatha Yoga. In one case, Yogi Swatmaram is also right. If a Kundalini is already formed in one's mind, then why should it be harmed by extra or unnecessary effort of Hatha Yoga. The same happened with me as well. Due to the spiritual atmosphere of my home, Kundalini always remained in my mind. I think if I tried forcefully to raise her, she might have gotten annoyed. Because Kundalini is very delicate, subtle and shy. Many types of Kundalini do not even like hatha yoga, such as the Kundalini created as a living lover or girlfriend or friend. The happiest for Hatha Yoga is the Kundalini created in the form of a guru or deity. Many times, Kundalini gets the majority of strength from spiritual and diligent social life. Karma yoga also gives a lot of strength. In such a situation, if you do hatha yoga, then it will be a waste of time. If one remains healthy with Hatha Yoga, then he also remains healthy with balanced form of mental and physical work. Hatha Yoga is mostly useful for very material societies or forest-ashrams. One can also strike a balance between Hatha Yoga, Raja Yoga and Karma Yoga. It all depends on the time and circumstance. It should not happen that leaving the Kundalini preformed in the mind and falling into the trap of awakening another Kundalini, because more important than the momentary awakening of the Kundalini picture is to remain continuously in the mind of the Kundalini picture. Maybe this statement of Yogi Swatmaram is for everyday yoga. When the meditation of Kundalini is well established in the mind with Hatha Yoga during daily sadhana, then meditate with the method of Raja Yoga. It is natural that the man's mind will again become unsteady due to the confusion of the day's work. Due to this, it will not be able to be directly controlled by Raja Yoga the next day. Therefore, the next day it will have to be tamed again with the hatha yoga first. This sequence will continue every day. It may also be that Yogiraj has written this for those who do not have the entanglements of worldliness, and are devoted to yoga while living in solitude. When their mind is controlled by the practice of Hatha Yoga for a long time, then they leave it and do only Raja Yoga. Without the entanglements of the world, their mind would never be unsteady again. Even if it is a little unstable, it will still be controlled by Raja Yoga.

Hatha Yoga begins with life energy and Raja Yoga begins with meditation

Kundalini is also not explained in detail. It is written that by doing such asana or such pranayama, Kundalini awakens, or rises above the mooladhara and reaches Sahasrara. Similarly, it is said in the explanation that when Prana and Apana collide with each other in the

Manipura Chakra, there is an energy explosion, whose energy ascends from Sushumna and reaches straight into Sahasrara. This means that the life energy itself is called Kundalini there. Because this energy remains asleep in the pool of Muladhara, hence it is called Kundalini. When this prana energy or kundalini awakens in the brain, then any image of the mind will also wake up with it. This means that in Hatha Yoga the vital energy is awakened first, but in Raja Yoga the image of the mind is awakened first. In Hatha Yoga, the image of the mind is awakened by the awakening of the life energy, but in Raja Yoga, the life energy is awakened by the awakening of the image of the mind. Meaning that in Raja Yoga, the image of the waking mind pulls the river of vital energy from the base through the back to fulfill its energy requirement. This means that in a way, Kundalini and Prana energy are synonymous. What I call Kundalini is a mixture of the Prana of Hatha Yoga and the meditation picture of Raja Yoga. In fact, this definition is the most accurate and practical, because a combination of Hatha Yoga and Raja Yoga is the most practical and fruitful. I too had a short-term experience of Kundalini awakening from this mixture. If one simply takes a Raja Yoga meditation picture or meditation object, then due to lack of energy in it, it will not be able to be activated or awakened. Similarly, if only the life energy of hatha yoga is taken, it will be lacking in consciousness. Perhaps keeping this in view, Yogi Swatmaram has said that after the achievement of Raja Yoga, leave Hatha Yoga. His abandonment of Hatha Yoga would have meant that Hatha Yoga should not be practiced separately, but to practice it by combining it with Raja Yoga. In the initial practice of Hatha Yoga, the most effective picture or meditation picture of the mind predominates. It is fully revealed only after the practice is completed. This happens in about 2-3 months or within a maximum of 1 year. Then Raja Yoga begins. Although Hatha Yoga continues to be associated with Raja Yoga, but because Raja Yoga is more effective in it, it will be called Raja Yoga. I am telling a yoga seeker at the very beginning by describing the mixture of that mental picture and the energy that rises above the mooladhara as kundalini that it will happen later, so that he does not face any problem in sadhana. The mental picture is already awake, that is, conscious. Waking up with the help of that picture, it is only the vital energy located in the root, which remains asleep or unconscious in the normal state. Therefore it is also correct that the same energy is called Kundalini. The Kundalini only awakens, but the meditative picture becomes supremely awakened, because it becomes one with the soul. Meaning the meditation picture awakens more than the life energy. So why not call that meditation picture as Kundalini. Although Kundalini is a mixture of meditation picture and energy, yet the importance of meditation picture is more in it. This is because the meditation picture is equally important in Raja Yoga and Hatha Yoga. Expression of energy gives meditation the picture itself. Energy cannot be felt. Energy is experienced only in the form of a meditation picture. Most people believe that Hatha Yoga is only related to physical health, meditation has no place in it. I used to think something similar before. But people do not see those 2-3 sutras, in which it is shown as the initial ally of Raja Yoga, and it is said that Hatha Yoga culminates in Raja Yoga only. He has allowed the work of meditation yoga to remain with Raja Yoga only. Why would he take credit by copying another? This means that people still had a social sense of copyright type at that time, even more so than today. So why don't we consider Hatha Yoga Pradipika as the first part of Patanjali's Raja Yoga. This is also the truth. Yogi Swatmaram would have done the same with such emphasis if he had known that the coming generation would be confused in this way.

meditation image is kundalini

I will give proof of this from the saying of Hatha Yoga, according to which Kundalini flows upwards in the Sushumna Nadi. If meditation is not done on any chakra during the asanas and pranayamas, then only a thrill or wheezing will be felt in the brain, there will be no mental picture with it. That thrill can be felt in any part of the brain, right, left etc. But as soon as meditation is done on the chakras like Agya Chakra, Mooladhara, Swadhisthana etc., along with that thrill, at the same time the mental picture of meditation in the Sahasrara Chakra appears. Simultaneously, the thrill also comes in the vertical central line of the brain. In fact, by

meditating on the chakras like Ajna etc., the Kundalini energy gets centralized and starts flowing in the Sushumna, due to which Kundalini manifests with it. This is actually due to the principle of Advaita arising out of the mixing of the right and left brains. The energy going to the brain in the form of thrill is always beneficial, whether it is accompanied by Kundalini or not. It refreshes the mind. But all the benefits accrue only with Kundalini.

It was actually Kundalini awakening by Lord Krishna to Arjuna to show his Vishwaroop or mega form

It was probably done by Shri Krishna through Shaktipat. That is why Arjuna tells Shri Krishna that he seems to him to be infinite forms. It means that Krishna's beloved form had become one with Arjuna's soul, that is, he was united with the eternal energy or Energy Continuum. Full Samadhi or Kundalini awakening is like this. I am a modest person. I had only a glimpse of ten seconds, that is why I do not speak much, but that experience of complete samadhi by the power of Shri Krishna remained in Arjuna for a prolonged time.

The frequency of the chakras decreases as you move down the body

Consciousness power and life force meet at the chakra. The lower chakras rotate at a lower frequency. Going up, the frequency of the cycles increases. Frequency means the speed of reaching the kundalini energy from the front chakra here to the back chakra and from there to the front chakra, that is, how many times this happens in a second. This is the definition of frequency in science also. I was also telling this in a previous post that if there is a lack of conscious energy in the brain, then by meditating on Advaita, the Kundalini picture is formed on the lower chakras, that means the lower energy chakras become active. Together it, I was telling that the Kundalini of undeveloped small creatures resides in the lower chakras. This means that their brain lacks conscious energy. As the brain develops, the Kundalini ascends upwards.

The chakras spin by the prana flowing in the nadi, just as the spinning wheel of a watermill spins by the water flowing in the river

Probably so called chakra because, just as the water-spinning wheel of a water mill to grind flour rotates in the middle of a small river or gully, in the same way the chakras rotate in the middle of the sushumna nadi. The word Nadi is derived from the river (nadi in Sanskrit) itself. These chakras also rotate from back to front like a turbine due to the upward movement of energy in the sushumna. With the flow of the nadi going down from the Ajna chakra, they again move backwards. From back to front again, from front to back, in this way this cycle goes on. Let me explain to you by giving an example of Vishuddhi Chakra. In the middle of the neck is the circular turbine. Understand that it has propeller-like blades to convert the linear energy flow of the nadi into its rotational motion. When Muladhara is meditated along with this chakra, the Kundalini picture is formed in the center of the back of the neck. This means that there is pressure on the propeller blades. Then when the Ajna chakra is meditated with it, the Kundalini picture is formed with a contraction in the center of the front part of the neck. Meaning that from back the propeller blade rotates and reaches front, on which the next pressure of the energy flow going down from the command chakra is applied. Then by meditating on Muladhara, it again comes to the first position in the back part of the neck. With the attention of the command chakra, it again comes forward. In this way the cycle continues. You can assume that it has a single propeller blade, which keeps going back and forth as it spins. One can also assume that this turbine has a lot of blades, as there often are. It is also somewhat of a philosophical rumination. By meditating on the Vishuddhi Chakra, Ajna Chakra and Muladhara Chakra simultaneously, the Vishuddhi Chakra starts rotating rapidly. It does take some practice

though. You can understand that prana energy from below rotates that chakra, and psyche energy from above. There is a good mix of both the types of energies on the chakra. The shrinkage felt on the chakra is in a way a push to the chakra by life or prana energy. The Kundalini picture that is felt on the chakra is a push on the chakra by the psychic energy descending down from brain. In fact, the force that pushes the chakras in front is also prana force, not mental or conscious or psychic force. Manas Shakti or mind force mixes with Prana Shakti when it is passing through the brain. It is like when passing of a river through a garden, the fragrance of flowers gets mixed in its water. That fragrance or Kundalini picture decreases downwards in the front channel. This happens because the energy in the front channel loses most of its fragrance while going down. When it turns from the mooladhara and climbs up from the back, there is very little Kundalini fragrance left in it. As soon as it reaches the brain, the Kundalini fragrance gets mixed again in it. She then descends from the front and spreads the fragrance of Kundalini all around through the chakras. In this way the cycle continues. Probably the “Sugandhim Pushtim Vardhanam” of the Mahamrityunjaya Mantra refers to this Kundalini fragrance. I was sharing a similar experience in a previous post that Sahasrara is taken as the vertex of the upper triangle, the line joining the front and rear chakras is taken as the base of the triangle, and the lower triangle starts from this same base and tapers to the muladhara chakra as tip of the inverted triangle. If this base line is meditated along with both vertices as Muladhara chakra and sahasrara chakra, then the middle chakras get very good attention or meditation. Now I am able to understand scientifically from my own experience that why this happens at all. In fact, from the upper triangle the manas energy comes down from the top, and the life energy from the lower triangle goes up. Both of them collide on the chakras located on the base line, creating an energy explosion, which causes the chakra to spin rapidly and the Kundalini becomes alive. The dense accumulation of energy in the pyramid shape is due to this same triangle principle. It is said that the chakras of the body are the energy centers of the body, this means that the Kundalini picture is strengthened on them. That Kundalini picture is very useful in a man's life. That is how Kundalini romance is possible. From that one attains non-attachment and non-duality, attaining which a man never gets tired. Actually, only physical and mental strength is not enough for man to develop. If this was the case, then only the well-made people of a prosperous household would have hoisted the flag of progress in the world. But we see that in most of the cases the people who touch the heights rise above poverty and problems. Actually, the most important is the spiritual power, which comes from Kundalini. Due to this, man is saved from the darkness of ego, which is born by doing work and which hinders the work. Once I started making rounds of doctors and hospitals because I was not tired of work. Ordinary people go to the hospital because they get tired of their works quickly. But the opposite was happening with me. Kundalini was riding on me as a ghost. Kundalini is probably that ghost, whose description comes in a story that he never sat idle and used to do everything in the blink of an eye. When he did not get work, he started harassing the man himself. Then with the advice of someone, he gave him the task of burying and uprooting the pole continuously. Meaning the man was constantly busy in some work or the other. By the way, Kundalini is a good power, never does bad, like a holy ghost. Maybe the name Holy Ghost is derived from this. Still, Kundalini must be properly handled. I feel that for the blind material progress that is happening nowadays, it is the uncontrolled and misguided Kundalini.

When to meditate on Advaita

While concentrating on any chakra, if the subconscious feeling of non-dualism is also done, then the Kundalini manifests on that chakra with joy and contraction. If Advaita is meditated while paying attention to the thoughts of the mind or to the mind, then the Kundalini manifests in the brain with pressure and joy. Due to this, the brain gets tired soon.

sequence of asanas and pranayama in yoga

Then it is said that first asanas should be done. After that pranayama should be done. Finally, Kundalini meditation should be done. In Pranayama too Kapalbhata is done first. I also do it in exactly the same order from my own experience. Asanas open up some of the nadis. Therefore, through pranayama, the flow of Kundalini energy starts easily in them. Kapalbhata also gives a lot of strength to open the nadis, because in it, breathing moves with jerks. About 25-30 asanas are there in Hatha Yoga Pradipika. Some match the asanas I do, some don't. It doesn't matter. There should be a mixture of such asanas, which gives exercise to almost the whole body. Special attention should be paid to the back and the three main channels running in it. I also do 15-20 types of asanas according to my own accord. I do pranayama on the chair. Knees get tired by sitting for a long time in Siddhasana etc. It is good if the chair does not have arm rests, because they do not allow to sit properly. You can also put a cushion on the chair. The chair should be of proper height.

Nadishodhana Pranayama itself continues in the middle of the original Pranayama

After Kapalbhata in Pranayama, for some time, breathing with inhaling through the left nostril and exhaling through the right nostril and then doing Nadi Shodhana Pranayama to remove the suffocation of breath, means to keep inhales and exhales through the alternating nostrils. Then for some time again inhaling in the opposite order that's inhaling through right nostril and exhaling through left one, and doing Nadi Shodhana Pranayama in the opposite order means to keep inhaling and exhaling through alternative nostrils, starting from the opposite nostril of previous nadishodhan pranayam. Then inhale and exhale simultaneously through both the nostrils. To remove the suffocation of breath, do Nadi Shodhana Pranayama of alternate breathing for some time starting from one side and for some time starting from the other side. Similarly, when breathing is withheld while doing Kundalini meditation, one should continue to do Nadi Shodhana Pranayama when there is breathlessness. In this way, Nadi Shodhana Pranayama itself continues. No need to devote time for that separately.

Kundalini yoga and the zeroed void~ busting the common myth

Kundalini Tantra appears slightly different from Patanjali Yoga as the mind zeroing is not the root goal in it.

Friends, Patanjali has said, Yogashchittavritti nirodha. Its literal meaning is, “yoga is blockade of mental waves”. This means that Patanjali would have attained awakening by vacating the mind, that is, through Vipassana. He might have achieved Kundalini awakening by accident or through a sudden and strong effort. What happened that with continuous Kundalini meditation, the work of Vipassana continued. Old ideas began to emerge and becoming dim before the Kundalini. They kept on disappearing and the void kept increasing. When there is absolute zero, suddenly the energy ascending from the mooladhara is felt as samadhi. This is Kundalini awakening. In this, the help of Tantric sexual power and other tantric methods was not taken. I have also mentioned this in a previous post that when due to some emotional shock the mind suddenly becomes emptiness through thoughtlessness, then suddenly the river of energy from Muladhara rises through the back to the Sahasrara. The same thing happened to me for the first time, which I have already described. There is nothing mystical or wondrous in this. This is a pure scientific phenomenon. That is why this incident would not have been bound by the boundaries of religion and lifestyle. It can happen with anyone. Just as lightning emanates from the clouds and falls on the ground due to the increase of the potential difference or energy difference between the cloud and the earth, so it happens between the brain or the sahasrara and the muladhara. When energy is accumulated in the Muladhara through Tantra Yoga, and when due to some mental shock or emotional shock, the energy of the brain suddenly decreases, then electricity falls from the Muladhara to the Sahasrara. That electricity passes through the center of the spinal cord. This is called the awakening of Sushumna or Kundalini awakening. That mental shock can come from being victim of infidelity, deceit, trouble, frustration, etc. That energy awakens the thought of the mind, that is, it creates samadhi. So this means that Kundalini yoga should be done daily. Do you know when a state of mental shock will arise? The possibility of awakening from this will be more only when all the chakras especially the Muladhara chakra are energetic. At the same time, Kundalini yoga will also keep all the nadis or channels open, which will facilitate the movement of energy. The special thing about Kundalini is that it's created and strengthened so that zero can be easily attained. What happens with Kundalini yoga is that Kundalini is more effective than all other thoughts. This means that Kundalini becomes associated with all thoughts. As soon as the Kundalini is destroyed by a mental shock, all the thoughts associated with it are also destroyed immediately. If there is no Kundalini, then it becomes almost impossible to destroy all the hundreds of different thoughts. That is why it is said that awakening comes only to those whose Kundalini is activated. Same happened with me. I was doing Kundalini Yoga for many years. Then there was an online meeting with old classmates. I became very happy. Then for some reason I felt infidelity towards myself which caused a strange mental and emotional trauma to me. That mental state was full of joy and emptiness. I felt as if the Kundalini working since so many years was being destroyed. I became empty, and lightheaded. The potential difference between Mooladhara and Sahasrara increased greatly because my Mooladhara chakra was already very active with Kundalini Yoga. I felt a dazzling streak of energy running up my spine and connected to the Sahasrara. There was also an impression of a slight awakening, not a complete one. Although I was half asleep at that time, and in the same state of somnolence, I felt emotional tears pouring out of my eyes during the night. The momentary enlightenment was also obtained from this type of emptiness once upon a time near my teenage stage of life. But I do not find this method of emptiness suitable for a person living in the world. This makes the man like an escapist. I don't even think this is a scientific method. Emptiness is felt by many people, but samadhi or awakening is felt by very few people. People try to achieve a state of emptiness even from intoxication. My first method of awakening sounds like emptiness to people, but that too was not completely emptiness. That too was an all-round tantric method. Although that was a little less tantric than the second awakening method. Whenever I was inclined towards awakening, or I used to remember awakening, even the most so called scholars used to think of me as an escapist person and make me a victim of mental boycott, let alone the common man. I do not

know why people consider awakening to be zero. This is due to the neglect of Tantra Science. Now tantra science seems to be lost to me. According to the basic principle of tantra science, both awakening and worldliness run together with proper quality and with proper speed. It is very similar to Karma Yoga.

I don't know why I feel deep inside that the emptiness method of kundalini tantra is like a coward's way. I don't know why it seems to me like a method of the beggar and the helpless. For this you have to live with the help of others. When someone gives emotional trauma, then there will be awakening. Can't even thank him for the emotional trauma he inflicted. Strange concept. Maybe I think so, because everyone's body structure is different. These are my own thoughts, and have arisen on my own experience. I am not presenting any theory. When a man is beaten from all sides, then only emptiness will be felt, and there will be awakening. Being beaten up means emotional trauma inflicted by someone. There is no difference between the two. Rather, emotional trauma is worse than physical beating, because it causes beating to the depths of the mind and soul. It is because of this beating principle that this proverb has become popular, "Whose there is no one, there is his God". In this way man also harms his body too often. He does not take balanced diet, does not lead a balanced life. He suppresses the body a lot. This is so that the effect of emotional trauma is maximum. Be more, he becomes more and more void. Because if a man gains strength from a powerful life, he will move here and there to escape from emptiness. This method is like extracting a diamond from a coal mine. This is the way I see mostly popular. I think this method works only in special circumstances, but people have made it general. Actually it is the goal or the end, but people have made it a means. This void is generated by itself in the peak state of cultivation, but people do it by creating it willfully without doing spiritual practice. Actually it's like a virtual zero, not a real zero, but people try to prepare a real zero for themselves as a nest to sit in. It is like a luminous, blissful, conscious and Kundalini-filled void, but many people mock it as dark, sad, and inert void without having Kundalini. This void lasts for a very short time and is destroyed by awakening, but people keep it constant and lock their mind as well as senses as if in a locked room. Rarely will you find awakened by it even by searching. Secondly, even people awakened with the Tantric Kundalini method of heroics and kings are rarely seen by me. Because people don't practice it in proper way and openly. There remains doubt in their mind always. Doubtful being perishes. In this method, their ordinary everyday practical life is not brought down, but the Kundalini is raised so much by the Tantric power, that the whole material life in front of it becomes like a void. It is like fading of a lamp in front of the sun. Then material life doesn't matter much. There is no need of becoming actual zero. There are only two ways to make the Kundalini-Sun shine over and above the world lamp. Either extinguish the world-lamp in front of weak kundalini sun, or make the Kundalini-sun shine so much that the world-lamp becomes faint. With this, physical and social life also progresses simultaneously. This is because Shakti does everything, physical as well as spiritual. To tell my point, I was very active in the worldly life during my kundalini yoga and Kundalini awakening. I did not run towards any cave in the forest for Kundalini awakening. I was reading a famous book on Kundalini by a famous yogi. In it he says that he left the metropolis and practiced meditation for many months in the deserted and terrible forest of the Himalayas. At last he saw in his mind a clear picture of a spider weaving a web. When he opened his eyes, it was the same scene outside. Then he would write that after completing his sadhana, he came to his home. Although it was very high level of concentration, but there was no mention of Kundalini and Kundalini awakening in the completion of sadhana, for which that book was basically written. Don't know what was the perfection of that sadhana? So much struggle to see spider webbing through mind? I am not criticizing anyone here, but I am putting forth the facts. Spiritual growth also stops when one does not scrutinize facts for fear that it may become a criticism of others. Similarly another gentleman writes in his famous Kundalini book that he used to do Kundalini sadhana in a lonely, deserted dark room in ruins. Several months later he felt an egg-like cracking at the base of the back and a luminous fluid rising up the center of the back. With this experience the Kundalini book ends. Although it was an amazing experience, but nothing was concluded about Kundalini and Kundalini awakening, for which that book was appearing dedicated externally. I was walking shoulder to shoulder with a fully developed and

civilized society during the glimpse of my Kundalini awakening. I was following my worldly duties and responsibilities as earlier. Enjoying state-of-the-art facilities. In a state-of-the-art vehicle, I with my family was enjoying the tour of state-of-the-art routes and places. The family governed by my love would often go on long drives to watch high quality movies on the state-of-the-art big screen. We enjoyed the views of both natural and artificial nature to the fullest. What more, I was fully participating in international Kundalini forum. Now, what can be more worldliness than these all. I have never felt alienated from the colorful world. Didn't even feel much affection together. Along with the dazzling world, Kundalini was also kept shining the most by tantric power. Due to this, the whole shining world remained faded in front of the non-dualistic Kundalini that was shining fully. From Advaita everything seemed the same. Perhaps driving and touring also has some contribution in creating Advaita. Kundalini was staying always in the brain. It seemed that everything was inside the Kundalini. This does not mean that Kundalini awakening takes place only by such indulgence. I am just giving example. You can call the first or emptiness method of kundalini awakening as the negative pressure method. This means that the vacuum of emptiness in it sucks the kundalini energy upwards. It's like sucking up the juice through a straw, or the vacuum cleaner sucking up the dust. Similarly, the second tantric method of Kundalini awakening can be called as positive pressure method. This means that the Kundalini is pumped forcefully from the bottom to the top with the help of tantric forces. It is as if the river water is pumped up to the top of the hill by an electric motor pump. Many people make a balanced use of both methods. They also create a little void in the brain, and provide additional force to propel the Kundalini energy up from the Mooladhara as well, through a tantric-powered Kundalini pump. Perhaps this was my way of getting glimpse of Kundalini awakening. I got little virtual void through nondual lifestyle. That's why it happened so easily. Of course it was a ten second glimpse of Kundalini awakening, but it was Kundalini awakening. There is essentially no difference between a liter of water and five liters of water. That glimpse didn't end because I didn't deserve it or I longed too much for it. I intentionally ended that glimpse myself. This is because I did not want to enter the transcendental dimension. I was disheartened from my previous experience. There is no respect for this dimension nowadays. Such a man is considered a lunatic and an escapist. The scientific and progressive thinking of such a man is suppressed by the over orthodox and over materialistic notions of different types together. People with such notions and beliefs understand that this or that attained awakening just while sleeping in the dark pit. They don't understand that this man has to go through many physical struggles for it. This being has received the title of zero when it has achieved the top material and social achievements, and it is ready to enter the progressive material world again, but with awakening. In fact, awakening is such a strange transcendental dimension, which is not visible to anyone, only the void is visible. Similarly, most of the people do not know that the Kundalini which is necessary for spiritual development, the same Kundalini is also necessary for material development. If the joy of awakening comes from the Kundalini, then material enjoyment and luxury is also available with the help of Kundalini. They continue to feel Kundalini, because no one can deny their experience. But they do not know in detail about it. It is as if a person ignorant of sugar can feel its sweetness, but he does not know about it in detail, such as what is the color and shape of sugar, where it came from, how it is made, how it works, what are its benefits, and where else is it used. After awakening, a man's even own dearest people become aliens to him. Because he's transformed. No one understands the depth of the heart of such a man. In many cases even best friends become best enemies. Man takes revolutionary steps by the hand of divine power. He's not an angry revolutionist in fact, but a rebellion, a peaceful social worker. But the ordinary people consider him revolutionist for their attitude is like that. One should read difference between revolutionist and rebellion by Osho for details. There is always a danger to life. I myself have experienced these after my first awakening. Even after doing so much, if your people become alien, then what is the use? That's why we should have full fun in this world openly. The more foolish one is, the happier he is in this world. Only fool is free of transformative shocks. He has all his own. Balance of materialism and spiritualism is the best. Middle path is the best. These are my own views, that's why I am writing on my personal blog. This is not a story telling or preaching blog. I think the Kundalini

method with negative pressure is for those who are weak, sick, old, powerless and away from worldliness. The method of Kundalini sadhana with positive pressure is for those who are strong, healthy, young, energetic and immersed in worldliness.

The real and scientific method is tantric Kundalini meditation. In this, not the emptiness of thoughts, but the high intensity of thoughts (Kundalini thoughts/pictures) is used to raise the energy-river of Muladhara. So it is a humane and loving way. This is a practical and secular method, which is suitable for everyone. This method is best for materialistic type of people. On the other hand, the method of emptiness seems like a wild way. I think that perhaps the nature of some Hindus must have been escapist due to the misunderstanding of this basic sutra of Ashtanga Yoga of Rishi Patanjali. Although both methods are Kundalini driven, there is a small important difference, which people cannot easily see. In the Kundalini method of emptiness, emptiness is created from the Kundalini. It takes a lot of time. It also does not resort to tantric sexual force. This is a pure Ashtanga Yoga or Raja Yoga method. In the Tantric Kundalini method, the Kundalini is strengthened so much by giving Tantric sexual force that the Kundalini bypasses the void and directly draws the energy-river of Muladhara up to the Sahasrara. That is why Tantric Kundalini awakening is always experienced starting from Kundalini. Awakening with emptiness can be triggered by any thought or picture, although most often begins with the Kundalini, and the Kundalini plays a greater role because of its habit of meditating. During the awakening of Tantric Kundalini, a man is having fun in the world, and is roaming around. But during Kundalini awakening with emptiness, he is lonely, retired, and depressed in the eyes of the world. It is not easy for a social being to create emptiness. If it is born, it is not easy to maintain it, because it is not that one can be awakened as soon as emptiness is born. I think that this void sadhana is also responsible for the slowing down of material and intellectual development in Hinduism. Patanjali's notion of blocking Chitavritti or thought wave, or the cessation of thoughts of the mind, would have led people to imply that the less use of the mind, the quicker and better the awakening. But they may not have understood Patanjali's esoteric idea, according to which Kundalini practice itself creates emptiness, no need to deliberately hold the mind hostage. In Patanjali Yoga, an attempt is made to brighten the Kundalini picture by increasing the darkness of the background scenery of the mind with mind restraining methods like Yama-Niyama etc. To give additional energy to Kundalini, there is no provision for the consumption of energy-dense substances such as tantric Panchamkaras. Whereas in tantric Kundalini yoga additional energy is provided to extra shine the Kundalini and also to increase the brightness of the background scene. Simultaneously, the brightness of the background scene is also transferred over the Kundalini by tantric techniques. This does not affect the worldly luxuries either. However, it's a universal truth that something is better than nothing. I mean, in whatever human way awakening is available, it should be grabbed.

Kundalini Tantra highlighted by popular film Bahubali

Friends, I was telling in a previous post that the superman is conceived only to express the Kundalini-man. God Hanumanji once showed an adventurous act just like the Rocket Man of the old days. When a cloth wrapped in oil wrapped in his tail is set on fire in Lanka, he starts flying like a rocket, and burns the whole of Lanka by fire. The reality which is related to the superman of today is also associated with the superman of old times. The difference is that the ancient sages deliberately used to give physical manifestation to the Kundalini-man, but this is happening unknowingly from the intellectuals of today. I saw Baahubali film along with my family on the cutting edge big screen around my Kundalini awakening. Maybe it too has a hand in my awakening. This originally Tamil film dubbed into Hindi was dominated by a fictional superhuman named Bahubali. The literal meaning of Bahubali is 'one who has great strength in his arms'. He would carry a stone Shivlingam weighing hundreds of kilos on his shoulder, single-handedly defeating the entire army of enemies, and flying the boat like a divine plane and romancing his beloved princess on it. The past, present and future three ages were seen united in that film. There was a strange grandeur in it, which can be said to be very old, and also very new. The animation techniques, realistic visuals and lively acting, the combination of all three, was excellent. Songs and music were also seen touching the depths of the soul. A romantic song begins when Bahubali, standing in the water, makes a bridge of both his arms and passes Devasena over it and sits in a big beautiful boat. This scene shows the first teaching of the Kundalini Tantra that men and women have an equal place in Tantra, and women are also revered as goddesses and gurus. The romance of Bahubali and Devasena is shown on a flying boat. Actually it was a boat with sails that was floating on water. Passing through the beautiful coastal hills, the boat reaches the deep sea. This means that the aftermarriage romance of the two starts from a light voyage to a deep responsibilities of worldliness. There their boat starts to wobble due to big storms. This means that their lives being the basis of their mutual love begins to be threatened by worldly entanglements and problems. Then Devasena with a charming smile and making some cryptic gesture releases pink color from her hand which turns the whole water pink. There is a deep meaning hidden in it. I had also told in a post related to the love journeys of Shiva-Parvati that unless a man is badly trapped in the ocean of worldliness, he does not try to get out of it. Pink color is actually a symbol of feminine love. It spreads in the water, that means only through the world can the love of woman reach its target, not by running away from the world. The sea and its waters here symbolize the world. The second Tantra oriented meaning follows from this that the woman is the master or guru of tantra to initiate it. Inspired by her surrendering love, Baahubali also passionately emits a blue color from his heart and hands, which spreads all around. Blue color is a symbol of male-love. These two colors mix together. This means that the love (Kundalini) of both of them mixes with each other and everything around. Then the ecstatic Bahubali spins the steering of that boat and puts it on the flying gear, which makes its sails wings, and the boat starts flying among the clouds. Flying gear here means tantric yoga, and from it the kundalini rising above the heart chakra and moving towards the agya chakra. There is also a whole gathering of people on boat playing songs, dancing and providing services to the couple. It means that all people become associates of Kundalini Yogi by being attracted by Kundalini. It also means the Kundalini is accompanied by all pranas. These facilities denote pranas here. The clouds are shown running and snickering in the shape of horses. These are actually the senses, which are at the peak of their activity by the tantric Kundalini energy. Flocks of white birds like storks are shown flying and chirping. These are also symbols of a mind full of enthusiasm. The mind or soul is also called a bird. Anyway, the senses are depicted in the form of horses in the scriptures. By showing the sky like a pond, bunches of lotus flowers have been shown in it. Along with this, the moon also looks like a beautiful ground object, on which flowers also grow. The clouds start wrapping in beautiful figures on their boat on pillars, stairs etc. This means that after the Kundalini or the mind enters the Sahasrara Chakra, all ground objects and ground expressions begin to appear divine. The land and the sky become one. The muladhar and the sahasrar become one. The cloud is also its symbol, as it contains parts of both the land (water) and the sky (air). That's why the clouds look pleasing. The mind is filled with non-duality. Everything seems the same and full of joy. It is

this tantric kundalini adventure, which is thus depicted as a boat soaring in the celestial garden. Otherwise, how can anyone show the Kundalini joy of the mind? Bahubali and Devasena turn the ordinary romance into a Kundalini romance, bringing their Kundalini to the Sahasrara Chakra. It is shown by flying in the height of the clouds. What is a romance wrapped around a tree? The filmmaker's philosophical imagination has to be praised. In a single song having above told sceneries appears to have contained complete tantra philosophy. It is possible that my subconscious mind was imprinted with the movie Bahubali, and unknowingly my attraction towards Kundalini Yoga has increased. And most of the scholars believe that Mahamanav or superhuman is nothing but a Kundalini-human. Well, I am not reviewing the film here, I am writing on a case-by-case basis.

Kundalini as the best weapon to calm down the mind chattering

Friends, People tell their own remedies to calm the nonsense thoughts of the mind. I find Kundalini meditation the best way. Suddenly the noise of the mind becomes silent. This I have been describing continuously in many previous posts. I have named this as the collision of prana and apana on the kundalini chakras. It is like attending mental thoughts and base chakras together. In a post, I was telling that breath holding pranayama can prevent stroke and heart diseases. My guess turned out to be correct. I attended an online yoga meeting this week. In that research was showing, according to which breathing exercise along with full expansion of chest with inbreathing reduces blood pressure. However I find that holding the breath lowers the blood pressure much more. When I used to do empty breathing exercises, I did not realize it, but when I started doing Pranayama with breath holding, my blood pressure dropped to 70-100. The normal level is 80-120. When I asked the expert in the meeting if this could happen, he said that it is normal to fall so low, but not too much. They were telling something big that this chemical is released in the wall of blood vessel, that reaction takes place etc. I didn't understand that much. I take care of actually important work. The biggest laboratory or proof is experience. In the field of spirituality, if science is more limited to experience, it is better. If proof is found from scientific experiment, then people can use the proof of their experience even less. I am not against scientific experiments, but if someone does not refer to his own experience to prove something, but only refers to scientific experiment, then there is less vitality in it. One who knows the importance of yoga, he will try to experience it himself without scientific experimentation and only by taking the experience of others as proof. Then I was talking about how important it is to adopt the Vedic life tradition filled with yoga in order to achieve mass awakening. One day everyone will have to wake up. How long will people keep ignoring the truth? If a pigeon trapped in a cat's paw closes its eyes, the cat does not run away.

All the feelings of the mind are offered in the form of Prana to the God as Kundalini

God says in the Gita that surrender all your sorrows, thoughts, happiness and everything to me. This is a reference to Kundalini Yoga. God is Kundalini in it. In the collision of prana and apana, the thoughts of the brain as the prana energy is thrown on the Kundalini, which causes the Kundalini to shine. That is what it is to offer or to perform a havan. The verse of Gita also indicates the same to be offered to Prana in Apana. The brain thought of Prana is put on the Kundalini of Apana located on the lower chakras. Kundalini fire ignites from it. The Havan of Prana in Prana is also written there. In that everything in life is in the mind as prana. Kundalini in the form of God is on the heart chakra. There is prana residing in both the mind and the heart as per yoga. I had said in a post that Kundalini should be meditated with Jyotirlinga and Shivbindu on the chakra. Perhaps that is why those places are named chakra, because when those who meditate on the Jyotirlinga or Shivling on the chakra of the backside, then the Shivbindu appears on its counterpart on the front chakra. The chakra also means a hollow wheel.

An ideal awakening should start from Kundalini itself, and end only on Kundalini

I was also saying that if the river of energy reaches the brain from Muladhara, and at that time the Kundalini is not dominant in the brain, then the thoughts or pictures there flash with great clarity, but do not awaken. But if the energy remains there for long and with higher magnitude, then awakening also occurs. Then one feels his complete association with all things, which is called complete non-duality. But no particular picture is recognizable as primary, from which the full merger has started. It is also not recognizable because a person has not made a special mental picture in the form of Kundalini for cultivation. Meaning he is not even doing Kundalini sadhna. Of course, Kundalini becomes strong in the mind later to express spirituality, but it seems improvised and temporary to me. Permanent and real Kundalini seems to me the same, in which awakening starts in the brain and in which it seems to end. It starts with the remembrance of that Kundalini. Then, as soon as the awakening is over, Kundalini descends from the brain and appears to come on the Agya Chakra, and from there on the Anahata Chakra. Then it can be easily revolved on all the chakras. Although every type of awakening is beneficial, but I would call the awakening starting from Kundalini the best.

The flow of Kundalini energy moves alternately in the right, left and middle part of the body, like the breath flowing through the nostrils

Yogasanas are done so that somewhere the Kundalini energy gets caught. This energy is throughout the body. But sometimes it is more effective on some chakra and sometimes on another chakra. Therefore, due to the stress or bend of the joints of the whole body, it gets caught somewhere. I got a new practical experience this week. The yogasana, which is done alternately on both the left and right sides of the body, is done to uplift the energy from the left and right main nadis. Due to this the energy balances itself and comes in the middle nadi. It is difficult to transfer the energy directly through the middle nadi. The left nadi is called Ida, the right one is called Pingala and the middle one is called Sushumna. For example, when I do Shalabhasana with the left arm and right leg raised, the Kundalini energy rises above through the Ida nadi on the left. It goes through the left brain. From there I redirect it diagonally to the command chakra. Its name is command or agya chakra because it commands kundalini energy to go straight in middle channel. With this energy tries to reach Sushumna by descending down and then climbing up from Muladhara. When I do it by lifting the right arm and left leg, then energy climbs up through the pingala and goes to the right brain. Redirecting it does almost the same thing. I also keep a little awareness on the command chakra for this. From that the energy tries to come to the central line. Simultaneously, I also keep a slight mental eye on the muladhara contraction. Then I let the energy go wherever it wants to go, of its own accord. I see that she then goes there herself with great discretion, where energy is lacking. When that deficiency is filled, it goes to its opposite part, so that the energy balance is maintained. Then it comes in the middle channel. From there it starts covering both the sides of the body. These are all parts of the back and brain. It moves like the sound of water gushing through a pipe. That is why the name Nadi is also derived from the river or nadi in Sanskrit itself. Parts of the front part of the body are also covered, if I put a little attention on the tongue touching the palate. Then it descends through the forward nadi or channel and starts revolving in the channel loop.

By holding the breath, Kundalini energy rises in the back

Yogasanas are made so that the energy flowing through the nerves can be experienced, and the whole body can remain healthy by being irrigated by that flowing energy. The energy of a karma yogi continues to flow while doing work, though not as much as that flows through yoga. This was desperately needed by the dhyana yogi, because he had to sit for most of the time to meditate. By the way, it is clear that if people who are physically active also do yoga, then they

will also benefit greatly. I noted something new this week. By holding the breath, the Kundalini energy was rising well above the back, and it was causing gushing in the brain. The same thing was being told in the above meeting also that while breathing, the cerebrospinal fluid rises in the spinal cord. Many scientific types of people say that the Kundalini energy goes through this. But there is doubt, because the kundalini energy rises all of a sudden, but the CSF moves slowly. Maybe when it reaches the brain, it is only then that there is a feeling of ascending energy. That is why only after doing breathing or other yoga exercises for some time does the energy feel like rising, not all of a sudden. That is why it is said to do yoga by holding the breath. However, probably for this, a long practice of doing yoga while breathing is required first. In fact, due to the formation of a pit in the rear Manipura chakra, the direction of the flow of energy is upwards in the back. Then with a little attention that energy picks up speed. Due to inhalation and exhalation, the energy keeps changing its direction continuously, due to which the energy does not get enough velocity. On inhaling it rises upwards, while exhaling it descends downwards.

biking kundalini yoga

I went to my work on a bicycle one day this week. I felt that the front pointed part of the seat of the bicycle acts as the heel of the foot in Siddhasana. When I used to slip forward, then my Kundalini energy started moving in a loop. That's why even on a motorcycle, it is asked to sit at the very front, next to the fuel tank. This makes riding a motorcycle enjoyable due to the sharp pressure on the base. In fact, the prana was already active due to scenic beauty all around and with that the rush of pleasant thoughts in the brain. The helmet on my head made it even more active. Apana also became active due to the pressure exerted by the seat on the mooladhara. The mind or prana was already meditated upon. Meditation on apana was also there from the sensation on the base. When Apana started climbing up from the back, then Prana started coming down from the front. After completing the Kundalini cycle, the union of prana and apana also took place. This resulted in confluence and I got Kundalini benefits. I have written an earlier post on Biking Kundalini Yoga. The Muladhara Chakra works very well with the bicycle, especially the sports and light bikes. After biking, there is a shadow of joy and lightness for many days, it is due to this reason. Keep in mind that on the day of cycling, do not eat more, nor eat less. The same is said for yoga. In fact, due to over-filling of the stomach, even the breathing does not move properly, and the Kundalini energy does not move properly either. Eating less can lead to weakness. The burden should not be felt on the stomach. I have even seen that after eating in a balanced quantity, even if you eat a bread or two or four spoons of rice more, even then there is a burden on the stomach. Therefore, once you feel satiety from food, you should get up. Benefits like biking yoga can always be availed if one has mastered the control of muladhara. If we only compress the muladhara upwards, then fatigue is felt more. If we compress the Muladhara region from front to back, then the Muladhara also gets involved in it along with swadhishtan, and fatigue is also felt less. The effect will be even greater. Even if there is a contraction of any part of the lower region, it works. But keep in mind, while doing any specific brain work like driving or operating machinery, the focus should be on the brain. This will do so that the extra energy of the brain will go down, which will get rid of unnecessary thoughts and increase the efficiency. If all attention is let down, efficiency may decline. I see how scientifically the division of the indivisible prana has also been done. If the brain is more active, then by the union of prana and apana, kundalini with prana reaches the anahata chakra. That is why the field of prana is called up to the Anahata Chakra. If the area around the base chakras is more active, and the brain is a bit thoughtless, then by combining the two, the Kundalini is expressed at the navel chakra or the Swadhisthana chakra. That is why it is said that the area of Apana is from the bottom to the Manipura Chakra. Although the right of equal or samana prana has been told there, but there apana seems more dominant. Samana name has been given to prana there, because prana and apana seem to play about equal role there. Samana in Sanskrit means equal.

Muladhara Pump is the main tool of Kundalini Yoga

I also noted that with just the Muladhara pump one can easily move the Kundalini on the front and back chakras. First the Kundalini descends from the brain to the heart chakra. It remains stable there for a long time with the base pump running as per the need. Then from there it descends down to the Manipur Chakra. There too, staying still for a long time, she descends to the Swadhishthana Chakra. I felt she climb straight up through the back from there creating gushing in the brain. By the way, it is said that Kundalini turns back from the Muladhara chakra. Anyway, it remains active continuously with the Muladhara pump. By paying light attention to the Agya chakra, that gushing becomes even greater, and also comes in the central line. I think that gushing is the sound of blood running in the blood vessels. Blood vessels are also like a channel or nadi or a river. There are other thoughts also in the brain, although their power has already been applied to the Kundalini through the Muladhara Pump. Therefore they are weak. Then when the muladhara pump is applied again, that kundalini again reaches the muladhara chakra, and then climbs up through the back. Feels quite refreshing. In this way this sequence goes on for a long time. Now I'll see what happens next. Yes, then for a while Kundalini remained active in the brain, meaning it has come to the Sahasrara Chakra. When the Sahasrara Chakra got tired, she descended from the front to the Ajna Chakra. Kundalini remained on one chakra for about 5-10 minutes. When the chakra was getting tired by constantly contracting, then Kundalini was moving on to the next chakra. I lay comfortably in a semi-dormant position on a revolving and back-extending chair. I was moving as per the need. When I was doing some other work, or getting up and walking, then Kundalini was staying on one chakra for a long time. This is because the chakra was not getting tired due to the lack of continuous contraction on the chakra. After 5 minutes the Ajna chakra loosened up, and the Kundalini descended to the Vishuddhi chakra. This time along with the front chakra, the back chakra was also acting simultaneously, it seemed that by joining a line, both the chakras had become one. The Kundalini on the chakra also seemed more pronounced. The movement of Kundalini from one chakra to another was being felt more clearly. Perhaps this happened because all the chakras were refreshed and unblocked by the first round of Kundalini. This time the Kundalini was more evident on the Vishuddhi Chakra by touching the opposite face of tongue to the palate. After about 5 minutes she descended to the Anahata Chakra. There it was shining brightly for a long time even without the Mooladhara pump. The chakra does not look to me as if there is a delimited wheel. I only know about the general chakra area and its approximate centre. Like Anahata Chakra, the area of the heart. Yes, the narrowing of that area definitely looks like a point in the center of that area, where the contraction and spasm seems to be the most and pinpointed. Perhaps this point is called the chakra. However, it is made apparent with strong and prolonged dhyana only. Kundalini shines brightly on it. Generally, Kundalini meditation is done by most of the people only in the chakra area and not on the pinpointed chakra. Just as the entire weight of one part of the chariot rests on the wheel of that part, so the strength of an entire chakra area of the body rests in the chakra of that area. By making it healthy, the whole chakra area along with its organs becomes healthy. After about 5 or 7 minutes when the anahata chakra gets tired, my stomach contracts inside and a slight gasp comes out. Simultaneously, Kundalini reaches Manipura or the navel chakra. Been there about 10 minutes. Due to its exhaustion, Kundalini power descends somewhere down. After finding it carefully, it settled on the Swadhishthana Chakra. Then she started climbing to Sahasrar through the back and descended through the front and started reaching there again. The role of the muladhar pump became more important here. With gushing she kept swinging between Sahasrara and Swadhishthana Chakra for about 5 minutes. Then she rested on the Muladhara Chakra. Then she again settled in Sahasrara. Apart from Kundalini, other light thoughts remain in the mind. But Kundalini remains more effective, and Kundalini continues to receive their power. On other chakras only Kundalini remains. After staying in Sahasrar for about 5 minutes, she started descending again. She descended in the same sequence first to the Ajna Chakra, then to the Vishuddhi Chakra. I had to get up again for some important work. This went on for about an hour and a half. I also noted one thing that while kundalini was in base chakras on its second

and third round, a faint genital sensation arose with feeling of scanty fluid oozing. Once I noted that a picture of an attached man appeared from the memory lane of the mind. He was not even getting down with the Muladhara pump. I had to apply pumps several times. Had to spend more energy than average. While coming down from mind, he delivered his energy to Kundalini and she started shining. That is why it is said that before the practice of Kundalini yoga, there should be a practice of non-attachment and non-duality in daily life for a long time. With this, the defects of the mind themselves end. This also makes yoga very easy and enjoyable. The same thing I was saying in a post that first of all I recommend to those who want to take yoga training, read the book of Physiology Philosophy or sharirvigyan darshan and mold it in life for a few years. When the truth comes to be known from that, then the man himself engages in Kundalini yoga with his interest. He doesn't do it out of compulsion or fear. This makes him learn quickly and completely. Therefore, the most important factor in the success of the work is the attitude. 90% of yoga is done by this positive attitude. The remaining 10% is fulfilled by Kundalini Yoga. The same thing happened with me, that's why I am telling. In fact, the humanistic lifestyle and attitude also does not have to change. Lifestyle and attitude have to be adopted according to the contemporary circumstances. All that has to be done is to put on the extra cloak of the Advaita or nondual outlook on your present condition. Nothing to change. You are so good as you are.

Kundalini saves from the terrible condition of Bardo

Today, a verse from the Gita sent by a friend as mentioned earlier touched my heart. I am presenting it here. Prayankale ManasachlenBhaktya Yukto Yogabalen Chaiva.Pranamavesya right in the middle of the forehead tam param purushmupati divyam 8- 10||That devout person, even in the last, by establishing his prana well in the middle of the forehead with the power of yoga, then remembering it with a still mind, attains that divine form to the Supreme Personality of Godhead.10. This is what I think it means, which I have described above. With attention to the thoughts of the mind, let the attention go to the agya chakra located between the eyebrows. Due to this, the prana starts moving in the central channel loop, and Kundalini takes the place of unnecessary thoughts in the brain. In central channel, Kundalini always lives with the prana. Because central channel is nondual channel, and kundalini always accompany nonduality. It is Kundalini that takes you to the Supreme Soul. I think everyone can reach God, but most people get scared of the darkness after death and soon take on a new body. However, they get good or bad bodies according to their deeds. Perhaps their will does not work in the choice of the body. But the Kundalini yogi gets support from the light of Kundalini. So he can wait for a long time to meet God. Buddhists also believe almost the same. They call the horror after death the bardo.

Kundalini also transforms DNA

I think Kundalini also transforms a man's DNA. This happens more with Kundalini awakening. If the thoughts of the mind are brought down, they are transformed into Kundalini on all the lower chakras. Anyway, every cell of the body has a brain. Scientific experiments also point towards these things.

Kundalini appears sufficient for spiritual liberation

Friends, I had put an important post related to Gita online last week. In it, how the whole mystery of Kundalini Yoga is hidden in the two verses of the Gita, it was told. Today I am sharing the second yoga secret hidden in the Gita in this post.

In the 18th and 19th verses of the fifth chapter of the Gita, the secret of spiritual liberation is hidden

विद्याविनयसंपन्नेब्राह्मणे गवि हस्तिनि।शुनि चैव श्वपाके चपण्डिताः समदर्शिनः॥५-१८॥
Such wise men as a Brahmana with wisdom and humility, see a cow, an elephant, a dog and an outcaste, as the same. ॥18॥

इहैव तैर्जितः सर्गोयेषां साम्ये स्थितं मनः।निर्दोषं हि समं ब्रह्मतस्माद्ब्रह्मणि ते स्थिताः॥५-१९॥
With their mind established in this equality, they have attained liberation on this earth itself. As this Brahman(Self) is faultless and homogeneous, indeed they rest in this Brahman (Self). ॥19॥

It is clear from both the above verses that neither Kundalini awakening nor enlightenment is required for spiritual liberation. Salvation comes only from sameness of mind or advaita. Then why do people leave Advaita and run towards spiritual awakening. This is because after awakening it becomes a little easier to maintain non duality. But this happens only for a short time, about 3-4 years. After that, the man begins to forget his spiritual awakening. If high quality advaita is maintained continuously with various spiritual ways, it is equal to awakening. If Kundalini is kept active with various Kundalini practices, then the advaita bhava remains constant, because where the Kundalini is there, there remains the advaita. **At the time of awakening of the Kundalini, the feeling of complete Advaita sentiment and bliss also proves that where there is Kundalini, there is also Advaita or non duality or sameness and bliss.** This also proves that the name of Kundalini is not mentioned in the Gita, of course, but the Gita is a pro-Kundalini Shastra.

should one give more importance to Kundalini or Kundalini awakening

Kundalini should be given more importance. Because if Kundalini remains active, there is not much need for Kundalini awakening. Good even if it happens, and good even if it doesn't. Anyway, when the time comes, the Kundalini awakening happens automatically, if the Kundalini cultivation is maintained continuously. But if a man leaves Kundalini Sadhana and becomes confused, and starts following the bizarre ways for kundalini awakening, then it is very likely that he will neither get Kundalini nor Kundalini awakening. Anyway, even after Kundalini awakening, Kundalini practice has to be continued constantly. Then why not continue it even before the awakening. This shows that the real power is only in the Kundalini activity. Kundalini functionality or activity means full fledged, practical and humanly worldly activities together with Kundalini sentiment. Awakening only instills unwavering faith in Kundalini cultivation, that keeps it maintained. This happens because **Kundalini awakening is the scientific proof of the spiritual power of Kundalini.** The second drawback of Kundalini awakening is that to get it, it is very important for a man to be healthy and young. This is because a lot of life force or prana is required for Kundalini awakening. This means that **older, sick and worldly over indulged people are much less likely to have Kundalini awakening.** But they can take advantage of Kundalini practice. Another fact is that Kundalini awakening happens at a time when man neither has the desire to achieve it, nor is he expected to achieve it. Therefore, it is sufficient to maintain Kundalini activity through Kundalini practice. All the above facts and principles have been explained scientifically, practically and experientially in a book called Sharirvigyan darshan in Hindi and a book named Love story of a Yogi in English.

Kundalini science is the backbone of most of the religious beliefs

Travel paths of Ida, Pingala and Sushumna

Friends, Kundalini science is the backbone of all religions. All religious beliefs are based on it. I will explain this principle by giving some examples of some of the traditional beliefs of Hindu religion along with some practical know-how of Kundalini yoga. Although these beliefs look pity, but these convey a great practical message of Kundalini yoga.

Centralizing the Kundalini with the toe touching the heel

According to this belief, if a heel of a man's foot is hit by another man's foot from behind, then other heel is also to be kicked in the same way. It makes both people auspicious. In fact, with the hit on the foot of one side of body, the Kundalini becomes more active on that side of the body as the Kundalini pursues sensation. When the same sensation arises in the foot on the other side of the body, then the Kundalini starts going to the other side. This brings her to the center of the body, i.e. the spinal cord. This makes a man balanced, which makes him auspicious in every way. The other man also gets the benefit of this effect, because what's karma, that's the fruit. I have seen this happen myself.

One or odd sneeze is inauspicious, but two or even sneezes are considered auspicious

The same Kundalini principle works behind this as well. The sensation of a sneeze activates only one side of the brain. Imagine that the left side becomes active. This means that at that time the thinking of man was limited, linear or logical. Because the two parts of the brain constantly communicate among themselves, it is sure that it will alert the right side. When the second sneeze occurs, the right part of the brain becomes active with it. This makes a man's thinking unlimited or logical. This causes the Kundalini or Awareness to revolve in both parts of the brain and become centered in the middle of the brain. On this central line, Sahasrara and the Ajna chakras are situated. This leads to fullness, balance and joy.

The inner marriage of the brain with itself is the form of Ardhanarishvara god or Shiva Vivah

The right and left parts of the brain keep on working turn by turn. This happens through the permanent contact route between them. This neuronal pathway is called the corpus callosum. In which people it's not there due to any disease etc., these continue to work continuously as separate units for a long time. These people are unable to do their work properly due to lack of mutual coordination between both halves of their brain. In normal person, left brain works for some time. It performs everyday tasks efficiently by staying within a rational, limited, and practical scope. But man gets tired of the glare of its thoughts in a short time. Then the body comes under the control of the right brain. Its work style is unlimited, irrational or illogical, emotional, compassionate and investigative in nature like an open sky. Because there is no dazzle of thoughts that bind man in a limited range, so it is having darkness. By staying in it, as soon as the old fatigue of a man's thought processes is over, this part stops, and the left part starts again. This cycle goes on continuously. The time interval of job transfer may vary according to activity level of a man and his spiritual interest. Now the point is, to make both parts of the brain work together equally. This is the arrival of the Kundalini in the central line or sushumna. With this, the Kundalini Shakti means the vital force is divided equally in both the parts, and makes the whole brain functional. The same is also felt during Kundalini awakening, when instead of a particular area, the whole brain becomes conscious, active and vibrating equally. We can also call this as the internal union of Ardhanarishvara or Shiv Vivaha. It can also be said that the left part of the body is married to the right part. In Hinduism, the left part of Shiva named Ardhanarishvara is shown as female goddess and the half right side as male god. Kundalini picture tries to be in the left brain, that's why Kundalini has been given a feminine form. You see, everyone has natural instinct to be always submerged inside the pool of glistening thoughts. This instinct is to be overcome through regular practice of shifting awareness to empty sky of right brain. An attempt is made to bring it to the center through Kundalini yoga. A person becomes a complete human being only by the centralization of Kundalini. By this, there is logical practicality in him, as well as irrational emotionality and discovery mind too along with . This means that advaita or non duality is born there, because without advaita it is not possible to coexist with two opposing qualities. In the same way, by

directly maintaining the advaita bhava from physiology philosophy or sharirvigyan darshan or Puranas, the clarity of Kundalini is increased in the mind. To keep the two opposing qualities together in the mind or to keep the Kundalini through Kundalini Yoga requires a lot of vital energy. That is why I have laid a lot of emphasis on balanced diet and balanced life for yoga in the last post. In beginning, while doing Kundalini yoga, I used to rotate the Kundalini around the head at the level of the sahasrar chakra and ajna chakra in the brain, as if a farmer is running a plow in a circular field. With this, my whole brain would become active, and Kundalini would be centered with bliss. I also noticed that drawing water from one nose and removing it from the other nose also helps the Kundalini to centralize. This is called Jal Neti. For this, the water should be lukewarm, and mildly salty, otherwise plain and cold water irritates the mucous membrane of the nose.

Ida, Pingala and Sushumna nadis are the only three nadis necessary for Kundalini awakening

During the practice of Kundalini Yoga, there are three sensation paths in the back. The nadis are actually subtle sensory pathways, which can only be experienced. In physical form, I do not see these in my body. They may also be in physical form. This is a research topic. A sensation ascends through the left side of the back, and ends at the command ajna chakra after passing through the left brain. The second sensational path likewise passes through the right part of back and the brain, which is also completed on the ajna chakra. One is Ida and the other is Pingala Nadi. In the middle of these two and right in the middle of the spinal cord, the third channel passes to the Sahasrara, which is in the middle of the back and brain. This is the sushumna channel. Unlike the usual diagrams, I find Ida and pingala more lateral that's towards the margins of back. May be it a short practice effect. Actually, feeling matters more than the theoretical principles in Yoga. Kundalini awakening is done by the Kundalini climbing through this channel. Even if Kundalini is climbing up through Ida or Pingala channel, it should not be interfered, because Kundalini is beneficial in every situation. She should also not be forced to travel through the sushumna channel, because Kundalini does not like force much. Kundalini is happy with surrender. When she is climbing through Ida or Pingala, along with her meditation, Mooladhara or swadhishtan chakra and ajna Chakra should also be meditated together. With this, she comes into the sushumna channel, or after climbing in the channel of the opposite side in the back for a while, she starts climbing in the spinal cord or sushumna channel. This causes Kundalini to be expressed in Sahasrar. Along with this, there is also the attainment of bliss with the balance of body and mind. Kundalini is not taken down from the Sahasrara to the Ajna Chakra, hence the end of the Sushumna Nadi is depicted in the Sahasrara Chakra. In fact, keeping Kundalini in Sahasrar and awakening it there is the primary goal of Kundalini Yoga. All spiritual qualities are manifested by this. The Sahasrara Chakra connects the body to the universe. It is the most spiritual chakra, which is connected to the soul on one side, and the divine or God on the other side. Sahasrara has great ability to withstand the pressure of the Kundalini. It seems that Sahasrara's itching is being erased by the Kundalini, and one is having joy of this. However, if there is unbearable pressure, then the Kundalini can be brought down to ajna chakra and to the lower body through the front channel. However, it appears more difficult and messy as compared to bringing down through Ida or pingala. However, it is helped by keeping the inverted tongue touched with the soft palate. That is why the end of Ida and Pingala is depicted in the ajna chakra, but the end of sushumna channel is depicted in Sahasrara chakra. If you concentrate together on the Muladhar and the ajna chakra, then the Kundalini runs through the Ida channel. If you meditate together on the Swadhisthana Chakra and the ajna Chakra, then the Kundalini is transmitted through the Pingala Nadi. This means that meditating ajna chakra, swadhishtan chakra and Muladhar Chakra, all three together would make Kundalini run through the Sushumna channel up to sahasrar or it will reach the sahasrar chakra directly. This is also shown in the picture. You can see that Kundalini has reached the Sahasrara Chakra without the participation of the Sushumna Nadi. Passing through Ida and Pingala, Kundalini join together at the ajna chakra. From there, she climbs up through the left and right brain and gathers at Sahasrara. It also feels like this. A thick wave filled with pressure in the brain on both sides goes up and feels connected in Sahasrara. That's why both of these short

channels are shown in the picture as thick bands. When the Kundalini is to be lowered down from sahasrar chakra through the front channel, it is through these same band shape short channels that it is lowered from Sahasrara to the ajna Chakra, and down from there. You must have noticed, when a man is mentally exhausted, he rubs his forehead, and also constricts his eyes and forehead. This gives him a feeling of passing of some gushing fluid through both sides of the forehead. That makes him mentally rejuvenated. It is experienced by the functioning of these channels. You can experience it by doing this just now. In real and casual practice, none of these channels are experienced only these four chakras together with Kundalini at sahasrar chakra is experienced. The Ida Nadi represents the female part of Ardhanarishvara Dev that's half man half woman god. The Pingala channel represents right half of his body that's the male god part. The sushumna nadi signifies the union or marriage of the two parts. Sushumna channel carries the most of the energy from the Muladhar Chakra to the brain. That is why, by meditating on Sahasrara during Tantric Yoga, the Muladhar Chakra becomes fully shrunk and loose. In daily folklore, anyone too must have realized that when the brain gets busy with some other work, the sexual arousal becomes completely calm. Of course, that energy is not seen passing through the spinal cord, but the path of its passage to Sahasrara is through the spinal cord or sushumna only. The flow of energy through the spinal cord is experienced through special and long practice of yoga breathings. That too is experienced only for a few moments, as the experience of falling lightning is momentary. But there is no need to experience it. Important is the Kundalini awakening, which happens without its experience. If you are able to reach the fruit directly, then what is the need to see the tree. Probably it may be the source of origination of this Hindi saying, " Eat the mangoes, don't count the trees". Energy also ascends through the Ida and Pingala channels that terminate in ajna chakra, but not as much as through the Sushumna channel.

Kundalini is like a bird that likes to fly in the empty and open sky

Friends, yoga or spirituality has been shown to be associated with flying. The description of planes appears in many places in the spiritual scriptures. Yogis have been shown flying in the sky at many places. The soul has been given the metaphorical form of bird. Today we will discuss it scientifically.

There is basically no difference between the soul and the sky

Both are three-dimensional. Both are ubiquitous. During the divine experience of self-awareness, man experiences himself as a glaring, blissful, all-pervasive, and conscious sky. Similarly, at the time of encounter of the departed soul, the man feels himself like the sky. However, it has very few qualities of light, consciousness and bliss. Therefore, that form appears like a glowing mascara. Yet that form is ubiquitous.

Man's mind has always been tempted to fly in the sky

The reason for this is that the soul is sky-like. Everyone wants to befriend someone like him. That is why every man wants to travel in the sky. This is the reason why you get pleasure sitting in an airplane. When I was sitting in the plane, Kundalini became active with pleasure in my mind. Likewise, I went to an empty field to enjoy kite with my family one day. Children were flying kites in the high sky, and I lay on the ground facing sky over a mat, so that I could see the kite continuously without turning my neck. I kept watching the kite without getting tired for about an hour and a half. During that time Kundalini remained active, with quiet thoughts and old memories slowly creeping with bliss in my mind. Many times I felt like sitting on that kite myself and flying in the high sky. For many days, that bliss remained in my mind, and along with it, the zeal also dominated. There was a good mood in work as well. Similarly, Kundalini bliss increases in the mountains as well. This is because the mountains are also three dimensional like the sky, although slightly less than that. Even in the mountains, man can move in every way. He can also move back and forth, and can also climb up and down.

Kundalini bird starts flying in the sky as it becomes available

When with sharirvigyan darshan or other nondual philosophies, the emptiness of the sky begins to settle in the mind, then Kundalini starts to appear like a flying bird in it. Together, there is bliss as like flying in the sky. At that time the soul is like the dark and void sky of the background, and only the Kundalini expresses like a glistening bird in the sunny sky or as a piece of light. Hence the soul that has been considered as a bird in the scriptures, that's actually Kundalini. Kundalini is the compressed or short form of the soul. As the snake becomes smaller by coiling into a tight spiral, so too the soul. That is why it is called Kundalini that literally means coiled into spiral. When the Kundalini joins the soul fully and becomes universal, then it is called the opening of the coil of the snake and coming to its real and detailed form. In the same way, when one becomes connected to the sky, the nondual emptiness like the sky starts filling the mind. That also creates the same Kundalini effect, which fills the mind with bliss in the same way. That is why, as mentioned above, in the scriptures, yogis are shown flying in the sky, and planes are described in abundance.

Kundalini is the lamp of the deluded soul

The mind becomes void and calm like the sky due to the meditation of non duality, but its bliss and light disappears. This happens because joy and light are with the thoughts of the mind. They disappear with thoughts. To compensate for these, the Kundalini in the form of a lonely picture becomes active in the mind. It acts like a lamp, and fills the thoughtless mind or soul with joyful light. Through the long-term Kundalini yoga practice, there comes a time when the soul produces its own natural light. Then the light of the Kundalini lamp also fades there. But this happens only at the highest and last level of spiritual practice. This is called asamprajnata samadhi.

Kundalini is the physical representative of the soul

The soul is zero like the sky but full of consciousness as opposed to it, although by being in worldliness, it has to bear its ill effects of illusion. This causes its conscious light to disappear. When man tries to return to his primitive soul with advaita spirit, then Kundalini appears there. This is because the neuronal energy in the brain is gathered from the thoughtless state

generated by Advaita, which usually produces thoughts. The easy way to get that neuronal energy out is through Kundalini thought or picture. This happens because for that the brain does not have to decide what the Kundalini picture is like, should it be thought about, what will be the consequences of thinking it, etc. This is because of the long association with the Kundalini picture. This relationship can be as natural as love etc., and also artificial in the form of yoga etc. The same Kundalini picture tries to give the soul the natural qualities of its light, consciousness, etc. At that time the soul is in the form of Yin, and Kundalini as Yang. However this seems to us due to worldly illusion. In fact, it's just opposite, there is Kundalini in the form of Yin and the soul in the form of Yang. The union of these two is Shivvihiva or Shiva marriage. When it is completed, it is called Kundalini awakening or Self Realization. At that time, the consciousness of Kundalini envelops the whole self-sky, and the two seem to be completely mingled with each other. Kundalini is said to be the physical representative of the soul, because it is undoubtedly a limited and solitary image in the limited brain, and is bound by physical constraints, but it has all the conscious qualities of the soul. The same reminds the soul of its true real qualities. But it happens through practice. That is why Kundalini is always remembered through yoga, love, etc.

Kundalini may require the Yogic Panchamakaras of leftist Tantra to balance the three gunas of nature

Friends, last week we talked about the Panchamakaras and the tamoguna that originated from them. We have also described the Panchamakaras in old posts. It appears that it's necessary to read previous post to understand this post fully. Actually, the Panchamakaras are the main weapon of the leftist tantric to hunt for Kundalini. These are the five things whose names start with the letter M. These are sex (maithun in Sanskrit or Hindi), meat (maans), alcohol (Madira), fish (matsya) and mudra (typical sustained body posture). Fifth panchmakara, Mudra is actually Kundalini yoga. It's important to note that Panchmakaras should never be confused with worldly forms of these material things or sentiments. These only become panchmakaras when these are fully accompanied with spiritual sentiment and practices in the guidance of a qualified Guru and are utilized in minimum amount for the maximum spiritual benefits. Not doing so, panchmakaras may turn harmful too. Panchmakaras initially produce duality. Then it can be converted to non duality with various meditation techniques and nondual philosophies like Vedas-puranas or sharirvigyan darshan. Actually, non duality has not its separate existence. It's only the negation of duality. it's the duality that has it's own existence. Therefore, we can only produce duality directly through worldly indulgence. We can't produce non duality directly but only through negation of duality. In other words, duality is the base thing to be attained first. To what we would apply the negation word 'non', if there is no duality. There appears wide spread misunderstanding regarding non duality. We can't remain nondual while fully ignoring the duality. Both sentiments run together side by side. This post is not advocating any particular thing or method or lifestyle. We are only presenting the scientific truth to the readers.

Panchamakars are considered sinful in the eyes of the world

One of the reasons, which was mentioned in a post is that they produce tamoguna. The second reason is that in it violence karma is involved. You get the fruits of karma. But one only gets it according to karma, not according to his choice or thinking. According to classical mythology, most people understand that it will lead to death penalty or will have to face severe torture in terrible hells, because all types of sins or violence are equal. But this does not happen. This is only a spiritual expression, not a physical or practical one. Minor fruits of minor sins continue to be seen, which are ordinarily seen in the common progressive public in any way, such as getting sick, slipping foot, sprains, increase in the chance of an accident, etc. But in most cases, rescue takes place. The power from the Panchamakars makes the man more engrossed in worldly pursuits. Naturally the minor illnesses, physical pains and mental pains that arise from this are as the result of their sins. With them, the sin of the Panchamakaras is destroyed, and the business of the world also continues to progress. Therefore, the maximum use of energy should be done in such a way that one has to commit least sins for it. This is karma management. This is the Yoga.

Nowadays it seems difficult to do Kundalini yoga without Panchamakaras

I was reading about the yoga experience of a young man in a blog. He had become a pure vegetarian for yoga. Once he lives in the wilderness of Amazon as guest to someone he knows. There, he avoids the fish and asks for pulses to be put into a pit made by him in the rice pile in his plate. The laughter of his acquaintance does not take the name of stopping. Embarrassed by this, he becomes a non-veg yogi. It means habits and habitats are according to the country. Eating a balanced diet is very important for a yogi, because yoga requires a lot of energy. Yoga is the second name of balance or balanced life. It highlights the importance of balanced diet in one's life. We consider the balance of food to be limited only to the balance of nutrients. But in fact, this balance should be extended even to the gunas of the nature or prakriti. A person can get all the necessary nutrients from vegetarianism, but he will get the Tamogun of nature only

from the non-vegetarian. One can also use limited alcohol without any harm to health, to obtain the necessary tamoguna. It is known to all and as it has been proved in a posts of this blog that for the balance of life, the three gunas of nature should be in balance inside the mind. These gunas complement each other only when in equilibrium, otherwise they may become inhibitors of each other. All of us know that mind is formed by diet. There is also a famous saying that "What is grain, that is the brain". This shows the importance of having all the three gunas of nature in a balanced amount in the diet. It is said that no worship without eating. Vata, Pitta and Kapha of Ayurveda are also Satoguna, Rajoguna and Tamoguna respectively of nature. Health remains good by balancing them. The word non-violence that Patanjali has inserted in Yama and Niyam of ashtanga yoga means that there should be no violence without a higher purpose. If non-veg such as fish, egg is not taken in the form of mild violence or sin to keep the body strong and healthy, then it will also be violence towards the body. From that, how will the yama and niyam of yoga be applied in Yoga. Violence against the human body is the greatest violence. Patanjali used to think very long, so instead of getting into the mess of vegetarian or non-vegetarian, he added the word non-violence. This is enough for those who understand. Now if according to science, the need of the body is judged, then a man only needs 70-100 grams of meat as doze of one day for two days in a week. It can be harmful for the body if this need isn't fulfilled or even over fulfilled. Over fulfilling also produce unnecessary tamoguna or darkness. I have seen many yogis, who feel the need after 15 days, many after 1 month, and some after 3 months. Many feel the need for non veg at an interval of six months. Now tell what will be the deficiency of nutrients fulfilled by it. From this, it is clear that the deficiency of tamoguna of man's mind is fulfilled by it. It also gives him full and refreshing sleep due to its inherent quality of darkness, which makes a good repair of his body and mind, and that makes him healthy. The body states its own need. When it is needed, meditation starts to decrease in yoga, agility is reduced, appetite decreases, digestive system starts messing up, tremors start to occur in the body. In behavior, anger and irritability comes, it becomes difficult to maintain non duality, the mind starts to wander inside the vortex of duality, it becomes like depression, the body starts getting sick, one starts to feel like fear, disinterest in sex. To maintain the advaita sentiment in the right way in the mind, the balance of the three gunas of nature is very important. Further added, where there is non duality, there is kundalini. Like these, many symptoms occur if body requirements remain unfulfilled. In fact, due to lack of diet, some side effects are produced in every part of the body and mind. Many people ignore them and many people are not aware of these. All these bad symptoms disappear immediately after the nutritional supplements are completed. Anyway, fish is considered the best diet, because it has many healthy properties, and also has no side effects. That is why it has been specially included in the Panchamakaras. Papakarma or sin is also very less due to its consumption. Scientific research has also revealed that the fish does not feel pain. It appears as a gift given to it by the nature to escape from the torture of the very same nature. Although all the three gunas of nature are present in all things and expressions, but in a particular thing, a particular guna is more powerful. Take Panchamakars, then there is excess of Rajoguna in sex and fish, Tamogun in meat and liquor, and Satoguna in Mudra or static gesture. In today's era of pollution and hyper-physicality, the demand for energy of the body has increased a lot. In such a situation, perhaps only the leftist Yogic panchamakaras can guide mankind correctly.

Kundalini makes Lord Shiva Sattvaguni or light form in his mind, whereas he appears to be Tamoguni or dark form when viewed from outside

Friends, Lord Shiva is heard with saying that he is Tamoguni. Tamoguna means dark qualities. Shiva wanders with the ghosts in the crematorium. On top of his body, he massages the ash of cremation ground. It is also said that Lord Shiva is the ultimate Satoguna form. Satoguna means light qualities. In this way both opposing qualities are shown inside Shiva. Then it is said to justify that Shiva is Tamoguni from outside, but Satoguni from inside. Today we will clarify this through Tantric Kundalini Yoga.

Kundalini is the main source of Sattva component of Shiva

In fact, Shiva is the first Lord of Tantra. We can also call him the first Tantric of creation. If we study the conduct of the tantric yogi carefully, then the doubts arising in relation to Shiva will also disappear. Left Tantric are generally considered to be the real Tantric. They also consume five makaras or 5 Ms. Surely, Shiva is not a Panchmakarik, but Tamoguna stays with him just like with the Panchamakarik tantrik. Tamoguna arises through consumption of these panchamakaras inside the common men of the world. This is because they are unable to handle the energy generated by these and do wrong work in their charge. Those wrongdoings add more to Tamogun. The Panchamakaras themselves create a sharp movements or waves in gunas, which also naturally creates tamoguna in most of the people of the common world, under whose influence, they may take wrong step. But a Tantrayogi calms the stir of gunas with the advaita bhava or nondual sentiment achieved through his Kundalini Yoga. A yogi often seeks the help of an Advaita Shastra to do this. The Advaita scriptures contain philosophical books about the deity, such as Puranas, Stotras, etc. Physiology philosophy or sharirvigyan darshan in Hindi is also an excellent class modern Advaita literature. Yogi keeps advaita scripture overlaid on a state of his present gunas. He keeps on understanding the truth that all his conditions exist everywhere and in everything. This makes the Kundalini shine with peace and joy. This gives him a lot of Kundalini benefit, because Kundalini is living often with Advaita. This causes the Kundalini to shine faster. When Kundalini gets the life force and neuronal power suppressed by tamoguna, she starts to come alive. This occur just like candle or spark shining brilliantly in the dark. That's why Kundalini yoga is quickly fruiting if practised in cremation ground as by Lord Shiva. Anyway, it is seen that in the plethora of Tamoguna conditions, the movement of thoughts is stopped in the brain. This may be due to any fear, sadness, passing near the accident, stress, depression, intoxication, tamoguni non veg food, work fatigue of mind and body etc. At such times, neuronal energy is being stored in the brain. In this, the thoughts which arise in between, they are very powerful and bright, because they are receiving condensed neuronal energy. Yogis keep converting these thoughts into single Kundalini thought. This keeps all the neuronal energy going to the Kundalini. The same principle works behind the great benefits generated by remembering God or Kundalini in bad times. After this Tamogun phase, there comes Satogun and Rajoguna phase. It is filled with the light of thoughts. Actually stored neuronal energy is exiting. It is flooded with bright ideas. The common man wastes neuronal energy in them, but the yogi converts those thoughts into Kundalini and gives all the energy to the Kundalini. She travels on all the chakras through Kundalini yoga, and makes each of these healthy and strong. The whole body and mind is filled with joy and light. In this way, the things by which the tamoguna is produced within the common man, they produce the satoguna within the tantrayogi. Due to this very reason, the people of the world see lord Shiva as Tamoguni from outside, but basically he is Satoguni from inside. This also leads to the union of yin and yang, which leads to enlightenment. Yin is tamogun, and yang is satogun.

Kundalini requires various gods that are in the form of molds of different personalities

Friends, I sometimes like a particular deity more, sometimes someone else. Long ago, I loved Goddess mother the most. Now I like Lord Shiva the most. Once when I went to visit Mumbai, I liked Lord Ganesha best. In Maharashtra, Ganesha is quite famous. It is clear that the God who exposes the Kundalini the most, that is the best as a deity. This means that the real joy lies in the Kundalini itself. The gods are helpful in exposing the Kundalini.

The form of a particular deity is a mold of the form of a particular personality

In fact, various deities exist as signs of different personalities. Lord Shiva is a tantric, cool, nondual, naive, self-possessed, nature-lover, quick-tempered and quickly happy, detached and high-spirited self-proudful personality. If anyone likes such a personality and a man with such personality, then he can get benefit from Shiva worship. By meditating on Shiva, the image of a person with such personality appears in his mind temple, and then gradually takes the form of Kundalini. In life, no one can be physically consistent with anyone. But one can always remain mentally consistent. To maintain the mental picture of a lover, a god like him is chosen. The deity is worshiped in the form of an idol, picture, statue, etc. This keeps the mental picture of the lover strong. Many times the reverse also happens. The person by whom a deity is worshiped begins to fall in love with the man with that personality of deity. This then leads to the development of Kundalini. In the old age, Yogis also used to make the idol of the empty deity as Kundalini without any loving person. But nowadays it seems impossible. Because the present-day society is individual oriented rather than Devata or idol oriented. Similarly, one may find the personality of Lord Ganesha interesting, while one that of mother Kali. Gods exist according to everyone's interest. As far as my own experience is concerned, I had a personality like Shiva as my Kundalini. Once upon a time due to some divine event, my inclination towards Lord Shiva became apparent. I felt completely devoted to him, losing myself from all other sides. This inspired me to unknowingly have Tantra Yoga with various favorable circumstances, which quickly awakened my Kundalini.

Gods always exist as a feeling or sentiment

For example, if a particular tantric born in some country or era or say Bhairavnath was considered the god of the tantra, then most people today would not have reverence for him. This would have been because Bhairavnath was a real man, who was born in very old times, and is not today. The life-circumstances of his time were completely different from those of today's life. In this way, the tantric sentiment that was popping up in the minds of people would have perished by worshipping Baba Bhairav. But in contrast, Lord Shiva is eternal. He is the same today, as he was thousands of years ago. He will always remain the same. In fact, he is not a mortal person, but as a personality or sentiment. There have been countless people who cover his personality. Therefore, trust and interest always prevail over him. It keeps trust on Tantra and interest in it.

Gods always give strength to Kundalini

If a deity is interesting or not, he always gives Kundalini benefits. The deity is really like a mixture of living (Yang) and non-living (Yin). He has the quality of a living as doing all the activities like a human being. The qualities of the inanimate are in them in the form of inanimate objects such as air, water, fire, sun etc. A mixture of living and non-living in a deity is possible only if the deity is living and unattached. All the activities of the deity calm down in his mind through Advaita or non duality and Anasakti or detachment. However they are carried out from outside by the deity. If the deity were fully alive, he would be visible like a living human, and

would be immersed in the bondage of the world. If the deity had been completely lifeless, it would have been dead, which could never run the world at all. Moreover, his worship would have been a loss rather than a gain. It is because of this Advaita form of the deity that Advaita prevails in the mind of man, due to which the Kundalini is exposed. That is why it has been written in the Vedas and scriptures that worshipping the deity brings salvation along with the comforts of the world.

Kundalini inspires Lord Shiva to be in Kashi as travelling with goddess Parvati always after putting all worldly responsibilities on lord Vishnu

Wishing all very happy Shivaratri

Friends, I had mentioned in previous posts that Lord Shiva lives like a mast-malang/free and fare tantrik. They do not have anything extra except some very important things. Mata Parvati is also one of them, with whom he wanders freely in Kashi.

It is necessary to stay away from the mess of worldliness for the attainment of Tantra

According to Shivpuran, Lord Shiva originated Lord Vishnu to stay away from the mess of worldliness. He entrusted him with the responsibilities of upholding and protecting the world. He himself started to worship and travel in Kashi to do Yogasadhana happily with Parvati. It is said that they continue to roam there even today.

Premayogi Vajra's own personal experience of solitude

Premayogi Vajra was also trapped in the mess of worldliness like Lord Shiva. He worked hard for nearly 20 years, and established many developmental feats. However, his tendency was also towards Tantric life. Due to this, he was able to stay in the advaita bhava. He used to feel tired from it. This was because some extra energy is also spent to maintain the advaita bhava or Kundalini. Nothing is possible without energy, not even God. That is why Shakti is considered an integral part of Shiva. However, with occasional tantric eating and living, that energy was easily supplied. The fire also burns him, who knows about it; And burns him equally, who does not know about it. Similarly, the mess of worldliness creates a darkness of ignorance within everyone. It is a different matter that the dark is less dense in man with nondual knowledge. This is similar to the way a man who learns about fire tries to avoid it, which makes him less burnt. At the same time his love for Shiva was awakened due to some unforeseen circumstances. Then due to the similar divine circumstances, he got an opportunity to live with his close family in a place full of solitude, far away from home. He almost forgot his old life. In a way Lord Shiva freed him from the mess of worldliness like his own way. It is worth noting here that one who is entangled in the world gets the fruit of renunciation. One who is already asleep, does not get any benefit from sleeping. That is why it is written in Shivpuran that Shiva appointed Vishnu to handle the mess of worldliness and left the world on his own and went to Kashi. An officer can assign his subordinates to the same responsibilities, which he himself knows well and which he has long experience in carrying out. If Lord Shiva had not run the world for a long time, how could he have deputed Vishnu in his place. Those who do not accept the world strongly, they do not get the fruits of the renunciation of the world. So as long as you live in the world, be completely immersed, but keep your senses. Today, science also accepts that when the conscious functioning of the mind drops by more than 50 percent, then the possibility of self-awareness increases significantly. That is why in the old times, the kings used to abandon the kingdom completely and go to exile for austerity. The four ashrams were also built for this reason. The men used to visit the Vanaprastha Ashram located in seclusion, where they used to get a lot of peace after taken care of the mess of the Grihastha Ashram for long. In that seclusion, the Premayogi Vajra, like Shiva, spent a full Tantramayi life and began to visit his tantric companions in picturesque and religious places. This made his Kundalini operational, and within two years she woke up.

Consumption of cannabis by Shiva

The qualities of Lord Shiva's stresslessness, masti/frankness, joyfulness, advaita and naivete, etc. have been shown as his intoxication of cannabis. People only get intoxicated for the

attainment of these qualities. But most people are not able to succeed, because these qualities are dependent on the soul and not on the drug. If mild intoxication is done by tantric method and under the supervision of the Guru, then it can inspire them for permanent attainment of these by showing a glimpse of these qualities. Real and permanent attainment of these qualities is possible only through self-power.

Spiritual psychological secret hidden behind offering milk and cannabis mixed water to Lord Shiva

This morning I walked around with the family to visit a Shiv Mandir. Traveled 4 km on foot. The weather was very pleasant. Nature's shadow was scattered all around. The honeybees were buzzing on yellow floral bunches of mango trees. People were coming to the temple. On the way, some puppies started walking with us, then sniffed something, stopped and looked around. On some old and big trees the vines were wrapped in such a dense manner, as if a sweetie was showing her attachment to her lover or mother to her baby. A dry tree was half bent down, and looked like an old man bent over tired up in his life. In fact, most of the time, we do not see anything. I have gone through that route many times, but I saw these things for the first time. Therefore, brain and mind should also be kept open with eyes. While coming from the temple, I broke some cannabis leaves along the way and brought them along. Grind them finely in the house with chanting of Shiva's mantra for about 20 minutes. Then mixed it with some water, as much milk and some honey. I kept whipping that solution with chanting of Shiva mantra for about 25 minutes. Then filtered the solution to clean it. Taking a little solution from it, I went to another temple nearby with my wife. There I mixed it in the water of worship bowl and began to anoint the Shivlinga with it. For about 15 minutes I kept pouring that water on the Shivlingam little by little. The color of that water was somewhat milky and green. Another couple were also sitting close by, and were singing Shiva's aarti along with the worship of Shiva. As soon as my water used to fall on the Shivlingam, my Kundalini got energy and started shining there. The mind was also in some romantic mood. In fact, that water had become the sexual substance of Lord Shiva. Color of that had turned white with milk, and cannabis had intoxicated that with sexuality. Once, I had the same feeling at the time of Darshan or seeing of Parad or mercury Shivlingam. When I searched on Google, it turned out that liquid mercury is solidified by a special ancient herbal technique. In a way, it has become a solid semen of Lord Shiva. This also sends a message to the subconscious that the wandering liquid mind should be pacified by solidifying it with meditation. I came back home and drank half a glass of that liquid in the name of Lord Shiva.

Kundalini meditation round the clock in three ways

Friends, I had told in previous posts that by touching the palate with the tongue, it brings down the Kundalini through the front channel. I had also said that the only place of experience of any sensation is Sahasrara, not any other chakra. The Kundalini picture is always being made in Sahasrara itself. In other chakras, it appears only when its energy level falls below a minimum threshold. The lower the energy level, the more it goes into the lower chakra. I recently gained a new experience related to this, which I will use to confirm the following principles.

There are two main yoga methods to achieve spiritual dimension

The first method is philosophical, and the second method is experimental or tantric. In the first method, a favorite Advaita philosophy is overlaid over one's present position. In the second method, the tongue is touched by the palate.

First method of philosophy or Raj yoga to achieve spiritual dimension

I was busy with many complicated tasks one day. Duality was constantly being created by those actions. There was a mental problem with the duality. It was natural that physical problems were also occurring. I began to use the philosophical method to convert that duality into advaita. I began to overlay my self-made book called "Physiology Philosophy/sharirvigyan darshan" on my present mood filled state at that time. I was not changing my state at all. Meaning that as the condition was forming, I was allowing it to remain the same. Gods are offended by changing the state, and they interfere with the proper functioning in day-to-day life. They want man to experience all kinds of conditions. It is a different matter that the real yogi experiences all those stages with detachment. The gods become more happy with this, because they themselves remain detached. They face every stage with detachment, not running away from them. It is considered an insult to them by migrating from state to state haphazardly and an insult to their created world, because all the states are in favor of this diversity filled creation. That is why I was believing through the subconscious mind that my nondual philosophy is connecting with all my states and making them nondual too. I was not directly contemplating it, because it could have affected my conditions. With this what used to happen to me was that the Kundalini would appear in my contemplation in my unknown place of thinking, and would be settled then on one of my chakras. The lower the mental energy level of my state, the more my Kundalini would go on to the lower chakra. When the mind was energetic, she used to come on the heart chakra. When the energy level dropped too much, she used to come to the navel chakra. Having less energy than that, she was also situated on the Swadhisthanchakra.

Tantric method for creating self-awareness

I again touched my inverted tongue with the soft palate when my brain was tired. I tasted salty there and felt intense sensation. With this, the energy of the brain descended through the central line on the back of my tongue by penetrating all the chakras and became situated on the navel chakra. Kundalini was also with that. There was only a confusing bundle of thoughts in the brain. That came down and became a Kundalini. This reduced brain fatigue completely. Peace emerged with advaita and joy. Thoughts and deeds started happening with detachment.

The third compound method combining the rules of Raja Yoga and Tantra

After some time, the pressure in my brain again started with duality. I used both of the above methods to reduce it. At first I kept the tongue constantly touched by the palate. Along with that, I tried to create Kundalini in my mind with the help of the book "physiology Physiology/sharirvigyan darshan". But before she could appear in the brain in a manner, she came down through the front channel. While crossing my tongue, there was a sharp sensation filled with taste in the tongue. The Kundalini loop was also completed by this. By this, she also descended more down from the navel chakra and climbed up through the back channel little helped by constriction created in muladhar chakra and then came down again through the front channel. This caused the Kundalini Chakra to rotate in the channel loop. I found this combination method to be the most powerful. However any method can be used to its advantage over time.

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This morning I walked around with the family to visit a Shiv Mandir. Traveled 4 km on foot. The weather was very pleasant. Nature's shadow was scattered all around. The honeybees were buzzing on yellow floral bunches of mango trees. People were coming to the temple. On the way, some puppies started walking with us, then sniffed something, stopped and looked around. On some old and big trees the vines were wrapped in such a dense manner, as if a sweetie was showing her attachment to her lover or mother to her baby. A dry tree was half bent down, and looked like an old man bent over tired up in his life. In fact, most of the time, we do not see anything. I have gone through that route many times, but I saw these things for the first time. Therefore, brain and mind should also be kept open with eyes. While coming from the temple, I broke some hemp leaves along the way and brought them along. Grind them finely in the house with chanting of Shiva's mantra for about 20 minutes. Then mixed it with some water, as much milk and some honey. I kept whipping that solution with chanting of Shiva mantra for about 25 minutes. Then filtered the solution to clean it. Taking a little solution from it, I went to another temple nearby with my wife. There I mixed it in the water of worship bowl and began to anoint the Shivlinga with it. For about 15 minutes I kept pouring that water on the Shivlingam little by little. The color of that water was somewhat milky and green. Another couple were also sitting close by, and were singing Shiva's aarti along with the worship of Shiva. As soon as my water used to fall on the Shivlingam, my Kundalini got energy and started shining there. The mind was also in some romantic mood. In fact, that water had become the sexual substance of Lord Shiva. Color of that had turned white with milk, and cannabis had intoxicated that with sexuality. Once, I had the same feeling at the time of Darshan or seeing of Parad or mercury Shivlingam. When I searched on Google, it turned out that liquid mercury is solidified by a special ancient herbal technique. In a way, it has become a solid semen of Lord Shiva. This also sends a message to the subconscious that the wandering liquid mind should be pacified by solidifying it with meditation. I came back home and drank half a glass of that liquid in the name of Lord Shiva.

Kundalini Yogi may be disturbed by Devraj Indra

Friends, I told in last week's post that yoga is successful only by adopting all types of yoga together. Today we will have some detailed experiential discussion of this fact.

Karmayoga as the initial ladder of all yogas

This is because Karmayoga is the easiest. Due to this, the man who remains in the world remains calm and away from the world, just as the lotus leaf remains submerged in water, but it remains away from the reach of water, and remains dry. Karmayog should always remain in life. But it is of special importance for teenagers and young people, because at this age, deeds are done fast. The higher the amount of karma, the more effective the karma yoga is. Karmayoga is also called Advaita Bhava or Anasakti Bhava. My home inherited the rites of Karmayoga because of the dominance of yoga from the very beginning. My Karma Yoga in my life reached its peak only when Tantra was joined by some unknown divine inspiration. This gave me the privilege of experiencing self-awareness twice. In fact Tantra increases the power to do karma, which also increases karma yoga. Then with some divine inspiration, I created a philosophy of physiology or shareervigyan darshan in Hindi. It is a practical philosophy, and a panacea for a person trapped in the world. This philosophy gave me a lot of strength. This gave me all-round material advancement as well as spiritual progress. I had got a glimpse of enlightenment about 4-5 years before making it. I was made special by that. I was completely immersed in the Advaita Sagar. People of the over attached world started to look me like a man from Mars, due to which they started to think of me as inferior and kept me isolated. They were also right in their place. **They did not want to allow me to enter the transcendental dimension.** Although that dimension is the best, living in that dimension cannot allow the work of worldliness. The gods prevent man from going into that dimension, because if all people went into that dimension, how would their created world be able to run. That is why in ancient times the king of the gods Indra used to come to disturb the austerities of the yogis. Indra feared that if a man would attract the people of the world towards him with the power of yoga, no one would ask him. Indra was constantly afraid of losing the throne of his dominion. It is only in view of this danger that I do my yogasadhana carefully. As soon as I begin to enter into the parlokik dimension, and I feel the danger from the gods, **I immediately come out of that dimension by adopting some tantric tactic.** According to the sources, Yogi Sri Sadhguru also says the same, and probably does. **In fact, man can rise above their created world only by having a good relationship with the gods.**

Due to the above spiritual isolation, it was difficult for me to be openly involved among the world. This made me tortured by boredom and paranoia. This is called Kundalini climbing in the opposite channel. **There is an Ida channel, and a Pingala.** One is emotional, and one is karmic. I was too emotional. Used to be immersed in pictures of bizarre experiences and old memories. Due to this, the power to do karma was diminished. This is why I felt a great need for a sexual partner at that time. From the sexual force, Kundalini climbs into the Sushumna channel in the middle and reaches Sahasrara. This makes a man's life balanced. Not with the sexual partner, but I definitely got support with the physiology philosophy. Advaita generated from this put a check on my useless thoughts. Due to the power saved by this, my Kundalini entered Sahasrara through Sushumna channel. Then, seeing my Kundalini bouncing without sexual power, potential sexual partners also started turning their eyes towards me. At the time when I was in need of sexual strength, there was no one in the sight at that time, but when I made my sexual strength myself, then they also started getting excited about it. Whatever actually was correct to happen, that happened. If I had got sexual strength prematurely, I would not have learned to cultivate my own philosophical sexual force, nor would I have had a second glimpse of self-awareness.

After growing old, I became more inclined towards knowledge and hatha yoga

However, Karma Yoga was also going on. Once, immediately after enlightenment, my bhakti yoga was also greatly increased. In fact, when I was completely discouraged by being deceived by the physical companions, then I had a glimpse of self-knowledge, i.e. God visualization. It gave me a lot of support to be satisfied and happy. I started thinking of myself as a special favorite to God. I was grateful to him again and again, and thanked him with various eulogies or praising verses. This is godliness. This shows that all types of yoga should go on simultaneously. Their mutual proportions should be changed according to the time. By doing this, no one can stop the attainment of self-awakening.

Kundalini with conical or dome-shaped mountain as a type of Shivalingam: Last Blog Post of the Year 2020

Friends, mount Karol is a very attractive mountain in the Himalayas. It is shaped like a Shivling. While climbing above the plains, it appears to be located at the entrance of high mountains. We will discuss its psycho-scientific contributions related to my Kundalini in this post today.

My birth relationship with mount Karol

I was born in the eyes of this mountain, and grew up in front of it. This highest mountain in the vicinity stood like a witness before me all the time. It always kept witnessing to my deeds, and inspired me on the way. It never let me allow ego. As soon as I ever felt a little ego, he used to say, "I am the greatest and the highest, yet I never have ego; then why do you have ego in front of me even as small as a worm". My ego used to be destroyed by this taunt. With that, the Kundalini of my mind used to start glowing. I used to travel and visit this mountain, because most of my friends, relatives and means of livelihood were on this mountain. Every morning when I was offering water to the sun, it was rising from behind this mountain. Due to this, that holy water of worship could also be used by the mountain itself. Unknowingly, that mountain had become my favorite deity and friend.

Over time, my Kundalini became strongly associated with mount Karol

While giving water to the sun, the Kundalini, which grew in my mind, connected itself with Karol mountain. The sun cannot be seen directly, nor does the sun god remain in front of the eyes all day. But that mountain was always in front of the eyes. For a long time, he could also be seen with a straight eye. While working, when I would lift my head a little, then that mountain would come to my sight suddenly, and along with it my kundalini attached to it. In this way, my Kundalini remained with me throughout my life, and continued to grow. As a result, I also got momentary enlightenment with the view of the same beautiful mountain, and Kundalini awakening was also found under the shadow of his feet.

The shape of the Karol mountain like a Shivling also helped in the development of my Tantric Kundalini

Shivpuran has been shown to have a lot of spiritual significance in the shape of Shivling. There, worship of Shivling is considered to be the best. Just think, when the Shivalinga of a small domestic size has so much importance, then why the mountain with the shape of Shivalinga will not matter. This will increase the importance of shivlingam manifold, because due to the vastness, infallibility, immortality, and egolessness of the mountain, respect for him is greater anyway. That is why the mountain is also considered a deity. This is why people go to the picturesque mountains for spiritual practice. By the way, when seen from different angles, that mountain was seen in different shapes, although the beautiful shape like a Shivling was seen more from my house and the surrounding area. This means that the actual shape is not as important as the figure in our awareness. Due to the subtle tantric importance of Shivalinga, the shikhara or peak of the temple has some cone or dome shape. This shape is actually associated with the base or muladhar chakra, and the same is responsible for its strength. The form of Mount Kailash is similar, and is probably the most consistent with Tantra. That is why here is said to be the abode of Lord Shiva.

A mountain is like a human absorbed in a meditative practice

For this reason, the form of the mountain has been associated with the form of Lord Shiva. His flora is Shiva's hair. The river-stream and waterfalls originating from it is the Ganges River originating from Shiva's coir. The moon rising on him is a beautiful crescent of Shiva's forehead. The people and wildlife living inside him are in the form of a snake wrapped on Shiva. His non-vegetative and rocky terrain is in the form of naked part of Shiva's body.

The mountain has its own form as the form of yogi during the Kundalini awakening

This state is a mixed form of existence, nonexistence, and perfection. Even in the state of intoxication, both existence and nonexistence are both together, but existence does not have full potential. The state of nonexistence in the mountain soul is in the form of consciousness devoid of duality and judgment, the state of existence is as the bliss of existence, and the state of perfection is as the perfect bliss of perfect existence. This perfection is in the form of supreme experience. It can also be known as zero or shoonya of Buddhist (neither existence, nor nonexistence). Like the mountain, all other inanimate substances are as super conscious as the Kundalini awakening experience, not lifeless. That is why during the Kundalini awakening everything seems to be the same to one along with perfect bliss and super conscious. Lord Krishna understood this omnipresent form of Mount Govardhana, so he could escape from the wrath of the god Indra and could also save the villagers of Vraj. The villagers considered Govardhan Parvat as their local deity, which was limited and isolated. This narrative also seems like a metaphor to me. Indra is a symbol of city dwellers and people living in plain geographical area with arrogance of development and resources. Govardhan Parvat is a symbol of the natural and lush green valleys of the village. Vrajwasi (villagers of Krishna home village Vraja) is the symbol of an illiterate, rural, hilly, backward, superstitious and egoistic man of narrow thinking. It is worth noting here that the ego is in both the townspeople as well as the villagers. However, in townspeople there is an arrogance of highness and artificiality, and in rural people of lowliness and nature. These two types of ego collide. A man devoid of both these types of egos is like a knowledgeable Krishna who, mixed with both these types of people, remains untouched by their ill effects.

Kundalini could be well connected with humanity through Islam religion

Friends, the recent terrorist incidents in Paris in France and Vienna in Austria in the name of Islam are very unfortunate. And yet another incident happened that in Pakistan, where a watchman killed his bank manager in the name of religion and there he was warmly welcomed for this work. In addition, the management of the main Sikh gurdwara or Sikh shrine in Kartarpur has been withdrawn from the Sikhs and given to the ISI. The world knows that Pakistan's intelligence agency ISI runs organizations of Islamic terrorists. Countless temples have been torn down in Pakistan, Afghanistan and Bangladesh, and ancient carvings have been endangered. Minorities continue to be persecuted there on a daily basis. India has been a victim of such incidents for centuries. Today we will discuss the fact that how Islam could become a religion connecting Kundalini with humanity, but missed due to its only mistake of bigotry.

The real purpose of denial of idolatry was to increase the love of man towards man

Islam could have been the religion of humanity. This is because in Islam it is only asked to meditate on Allah, not on the idol etc. Yet idol worship and other Hindu traditions have their own separate scientific philosophy, which cannot be ignored. Likewise, there are other religions too. Advaita or non duality is meditated on its own with the attention on Allah. With this the Kundalini settles in the mind itself. It is natural then that in the form of Kundalini, only a human will be remembered, not an idol or an animal. The same image of the beloved man then becomes Kundalini. It increases human love. But due to bigotry, this humanity is destroyed again. Now the one who will fall in love, if he is killed because of bigotry, then how that love. Therefore, due to the fear of this possible violence, no real love can be made with a human being. Real Islam will come only when there is a complete stop on bigotry and violence. This happens in the Kundalini tantra. In it, the living guru or deity etc. is loved. Kundalini of his form settles in the mind.

Many religions peacefully oppose Hindu Sanatan traditions

There are many religions even in India, which do not follow many of the eternal traditions of Hindus. This is their own point of view and there is no objection as well, as they do not impose such leftist beliefs on anyone. Islam also has the right to follow its own tradition, without violating the religious freedom of others. But Islam becomes staunch and violent to get its recognition. A forest that is not diverse seems like a desert.

The inclusion of violence in Islam was a compulsion of the Middle Ages

At the time of the creation of Islam, violence was emphasized in it. This seems to be because the people of that time were too illiterate and wild. It was almost impossible to explain to them. The means of education to explain it were not like today. Therefore it was necessary to create fear, because the wave of fear itself spreads far and wide, as a radical means of education. This was especially so in Arab countries. In a country with a decent, favourable and friendly environment like India, education and understanding dominated from the very beginning. Religious fundamentalism and violence from Arabia came through the Muslim invaders to India. Even in today's modern world, that centuries-old tradition remains the same. It is necessary to modify it. Like social reform, religious reform should also continue with time. All religions except Islam have reformed. Muslims should understand this together, and keep going with modernity, shoulder to shoulder with other religious communities.

Kundalini carrier in the form of thousand hooded divine serpent

Friends, I do not get a chance to write my short experiences waiting to write long posts. That is why I have thought that I will write only small thoughts about Kundalini. This will keep a constant connection with Kundalini, which is very important for spiritual progress. Anyway, in busy life it is not possible to write long posts together.

Kundalini also comes down by lowering the pressure of the brain

Kundalini appears in the brain as soon as one's own present condition is considered as nondual like that of the Dehpurusha/body-man. This creates a bit of pressure in the brain. To bring down that pressure, the tongue is pressed with the palate, and the mouth is kept closed while not speaking. Simultaneously, the thinking of descending Kundalini energy is done. It is also thought that the pressure of the brain is descending through the front channel. With this, the mind becomes light, and along with pressure the Kundalini also comes down and sits on a suitable chakra. She then glows progressively due to the constant pressure coming from the brain. The same pressure is also called Prana. When the mind becomes empty or light, the Kundalini energy from the Muladhara Chakra ascends through the back channel to the brain. The same thing happens with the mental trauma or emotional shock as stated in earlier posts. Due to mental trauma, the mind becomes completely empty, and the Kundalini Shakti ascends in the back at full speed, that is, the sushumna channel, the most important Kundalini channel in the spinal cord opens. The same thing happens many times with tantric alcohol use. Even with that, the mind becomes empty. In this way, the Kundalini loop is completed, and the Kundalini cycle starts. It is also called microcosmic orbit. It also calms the impulse of sexual lust, because its energy is absorbed by Kundalini. This is also completely the case in a woman. As mentioned in the old post, their vajra is of comparatively small dimension, which is contained little bit inside body lotus. This is a major technique of Tantra.

Sheshnag's middle hood is the longest

Even in the old post, I had told that when the Sheshnag is laid from the vajra to the brain through the spine, the sensation of vajra easily reaches Sahasrara. Its main symptom is the shrinking of the vajra. It gives a feeling of sensation in the center of the back. The whole serpent is to be meditated together. In fact, sensation has the property of movement and displacement. Sheshnag has thousand hoods, which cover the entire brain. Its central hood is shown to be thickest and longest. This central one is the most working type hood. That's why kundalini runs in this hood. Actually, this has been done for the centering of sensation / Kundalini. This makes the Kundalini run entirely in the central line. Serpent also bends down his central hood and kisses the agya chakra located between the eyebrows. With this, Kundalini reaches the agya chakra and creates joy with pressure there. Many times, the Kundalini reaches the agya chakra directly. Anyway, Vajra Nadi, one of the main nadis of Hatha Yoga, is described as going up to the agya chakra. The Kundalini descends best through the tongue from the agya chakra. One by moving his head and back here and there, the Sheshnag should also appear to be moving here and there. This provides even more Kundalini-benefits.

Sheshnag is depicted in the Kshira Ocean / milky ocean, and its one thousand hoods are spread over the head of Lord Vishnu

The same has been shown in the post image above. In fact, our body is also a subtle ocean. This body has more than 70% water, which is spread all around. That water is as nutritious as kheer (a milk-rice-sugar dish) milk. The above Sheshnag is sitting in the midst of the milky water of

the same body with its hoods erected up. The head of a man is in the form of his thousand heads. Sahasra means thousand in Sanskrit.

Why Centering is Important for Kundalini

Friends, every thing has its energy at its center. It is also called Center of Mass or Center of Gravity. Similarly, the energy of the body is highest on its central line. That is why the Kundalini is rotated on that line, so that it can get maximum power. I found it difficult to meditate on Kundalini in full sun. But when I meditated on the superficial central line of the Sun, it became easy and strong. All these things show that Kundalini's psychology also proves to be just like physical science.

Kundalini awakening with Panchamakaras or 5 Ms (wine, flesh, sex, fish and mudra)

The use of Panchamakaras for Kundalini has been a controversial subject. We neither recommend it, nor refute it. We are only considering its spiritual psychological aspect. These are named 5 Ms because their name starts from Hindi letter "M" viz. Madira, Maans, Maithun, Matsya and Mudra.

Panchamakaras give the opportunity to develop the advaita bhava

By the way, with the Panchamakaras there is an increase in duality. Take the wine. This divides man into darkness and light. In the same way, with flesh one gets divided into violence / anger and non-violence / peace. With intercourse, one starts swinging between thrill and depression. Mudra is called sitting for a long time with a special posture, sign etc. This divides a man into a state of laziness or inefficiency and hard work. It is an undisputed truth that advaita can flourish only in duality. The tranquility of the ocean is dependent on its waves. If the waves in the ocean did not hit the sky, then who would have said that today the sea is calm or tranquil. Therefore, Advaita or non-duality is dependent on duality. If there will not be duality at base, then how will we be able to associate it with the letter "non" that negates it. How can we deny what is not there? If there was no duality, how could we deny it? Therefore, two types of effects are produced by Panchamakaras. A person who accepts the duality born to them and gets into it, forgets his Kundalini. Those who initially accept the duality arising from the Panchamakaras and cleverly convert it into Advaita, they strengthen their Kundalini by becoming a Kundalini Yogi. It is undisputed fact felt by everyone that Kundalini and Advaita live together always. When one of the two things is increased, the other thing itself increases.

Actually, non-duality can only exist with duality, not alone. Therefore the real meaning of term "non-duality" is "nondual duality".

Worship of Panchmakaras

Panchamakaras are duly worshiped before intake. It is common in Buddhist tantra and Hindu leftist or vaammaargi spiritual system even today. Kundalini is meditated inside Panchamakaras, and these are highly respected. At the time of their consumption, as much as possible, meditation of Kundalini and Advaita is done. As long as the influence of the Panchamakaras is on the body, one should try to keep the meditation of Kundalini and Advaita. What happens with this is that when the effects of those Panchamakaras are produced in daily life, or say that when one gets their results or fruits, then the Kundalini itself comes to the meditator in an enhanced form. This is similar to the way that the interest increases when the money is deposited.

Panchamakaras can be used for maximum Kundalini benefits with minimum quantity

In common parlance, the Panchmakaras are the sin form. Therefore, one definitely gets painful results out of these, because the fruits of karma are bound to be delivered. To save the body and mind from that bad fruit, they can be consumed to a minimum. Maximum spiritual benefit can be attained by associating them with maximum Kundalini or advaita bhava. Those who already use Panchamakaras incorrectly can improve their method. For those who want to start it, we advise them to do so only under the guidance of a qualified master.

A book that magically transforms the dualism generated from the Panchamakaras into non dualism

That book is “Physiology Philosophy – A Modern Kundalini Tantra (A Yogi’s Love Story)” in Hindi. This book has been rated 5 star, best, excellent and readable by everyone in a quality review of Amazon. According to medical science, the entire universe is depicted in our own body. By reading this, the whole dualism is transformed into non-duality, and one’s Kundalini becomes satisfied with pleasure. Of course, Yoga provides additional benefits. The panchmakri tantra is also called “everything” or “nothing” spiritual system. If you get Kundalini awakening from this, then everything is got, if not found nothing is found and even hell may have to go.

Kundalini is the magician's parrot in which his life resides

Friends, there is a saying in Russia that the magician lives in his parrot. Even if this thing is not completely true, it has metaphorical significance. Kundalini is the parrot, which gives strength to the magician.

Anything can be made Kundalini

The magician makes a parrot a Kundalini. Parrot is colorful and beautiful, so easily becomes Dhyanalamban/meditation support or Dhyana-Kundalini. A parrot can also be a metaphor. Parrots can also mean something beautiful. Like a lover, guru or any other beautiful thing. One loves the beautiful thing easily and it settles in the mind. The magician may also be a yogi's metaphor. Just as the powers of a yogi are due to his Kundalini, the powers of a magician are dependent on his parrot.

The magician / yogi spreads illusions only with the help of his parrot / kundalini

Just as a yogi acquires Advaita from his Kundalini, the magician obtains Advaita from his parrot. When the magician spreads the illusion, then by the power of Advaita, he himself does not fall into the trap of that illusion. The same yogi also does. Common people are confused with the Yogi's worldly pastimes, but he himself remains untouched by illusions.

The death of a parrot / kundalini makes the magician / yogi inactive

This makes emotional shock, as I have described in previous posts. In fact, the entire life cycle of the magician / yogi is associated with the parrot / kundalini. With the destruction of the parrot / kundalini, all the events, memories and attitudes attached to it are destroyed. This makes him completely calm in the thick darkness. This is called emotional shock. This is also called asamprajnata samadhi of Patanjali. Kundalini awakening can happen under this situation. If it is held for a long time, enlightenment can also be attained. On average, enlightenment can occur within about six months. If you get the support of a qualified guru to handle this situation, you get emotional security.

God is the greatest magician, who keeps the magic of this world running with parrot / kundalini

In various religions, including Hindus, God is believed to be a magician or auspicious, who spreads his magic or enchantment in the open sky. That makes this world. He is fully nondual. This proves itself that he also has his kundalini (parrot) with him because both live together. The same parrot is called Mayashakti.

Kundalini enhances the power or energy generated by yoga meditation

Friends, I am going to reveal the biggest secret related to Kundalini in this post. The thing which is enhanced by yoga practice, has been given different names at different places. Sometimes it is called energy, sometimes sensation, sometimes light, and sometimes it is called Kundalini. Actually all these names are correct. All these names are describing one part of the single sadhana as many blinds describe an elephant with one part of it.

My own experience of uplifting sensation energy

I told in a previous post how my emotional energy was constantly flowing from Muladhara to Sahasrara due to emotional shock. Sahasrara is in the middle of the brain or say that it's a point three fingers forward from the place where the shikha is tied. There is a sensation on pressing there anyway. Energy was going in a straight line in the middle of the neck surface to Sahasrara, not turning with the head curvature. Meaning that it was not going to take the waves along the surface of the head but going up through nearby the middle of it. That luminous energy looked like a bridge, connecting these two chakras. This means that my sushumna channel in spinal cord was opened. In fact, this energy was just like an ordinary sensation of skin scratching, but very condensate. I used to believe less on such energy channels earlier, but this experience confirmed my faith. This energy flow lasted for about 10 seconds, during which I experienced a very bright temple. As if I joined the temple and got united with it. Then my Kundalini came into my field of experience, and I became one with it. Although it was not a complete one. That is, it was a fragmented or meager Kundalini awakening, not complete. Probably this happened because my spinal cord was not fully opened, and it did not remain open for long.

Additional benefits of being united with Kundalini

The moment the sensory energy is flowing from Muladhara to Sahasrara through the sushumna channel, the mental picture that is formed at that time is so intense and clear that the person becomes united with it by fully joining it to the depth of soul. It gives man that greatest happiness of life, which is possible. That makes the man satisfied. With this he becomes detached towards life and becomes nondual. This causes Kundalini to settle in his mind, because Kundalini is always accompanied by Advaita. If a man is already doing Kundalini practice, then during the sushumna flow, instead of other images, the picture of Kundalini is awakened in his mind, and that makes the man unified with kundalini. This gives additional power to the Kundalini. If the Kundalini is paired with yoga sensations from the beginning, then the sensation and kundalini, both continue to enhance each other. When Kundalini came to my mind during the sushumna flow, I felt more connected to that than the temple. This happened because with daily Kundalini meditation, I used to live with Kundalini. It is proved by these things that complete energy cultivation is possible only through Kundalini Yoga.

If chakras are not blocked, then full kundalini awakening can be there without the experience of energy flow through sushumna channel

I give my own example to prove above facts. During my enlightenment experience, I was united with the varied scene seen in the dream, not with any particular Kundalini picture. But after that, my female friend as Kundalini was firmly attached to my mind, with the greatest help of which I reached the experience of that enlightenment.

Many years after that, I started doing Kundalini cultivation. I made the same old spiritual man my Kundalini. During that time, when my spinal cord opened and energy flowed in it (though I did not feel that flow, because all my chakras were unblocked, that's why that was full awakening although I dropped it down out of fear), then the Kundalini picture appeared in my

mind and I became completely united with it. Although I was also united with other background scenes, but the main one was Kundalini. In the same way, at time of enlightenment, I didn't experience energy flow in back that's why that was appearing as full awakening.

Sushumna channel opens up only when there is special breathing

It is said that when the breath is diaphragmatic, that is, abdominal, deep, slow, and without sound; Only then is the sushumna more likely to open. During my emotional shock my breath became exactly like this. This is why my spinal cord opened. This proves the popular conception that yoga is done only by the regulation of breath.

For the energy rise through sushumna, there should be a lot of potential difference between the muladhar and the Sahasrara chakras

It was an emotional shock as detailed in previous post that caused my brain to become fully discharged and it produced negative potential in it. My Muladhar was fully energized and thus was in full positive potential due to regular Tantric Yogasadhana. This led to a lot of potential difference between Muladhar and Sahasrara. This created a sensational electric spark between Muladhar and Sahasrar, which we are calling as Energy rise. And yes, the friend I met with an emotional shock in a post has a lovely compromise. With love...

Kundalini awakening with emotional shock

Friends, it is believed that emotional shock also leads to Kundalini awakening. If Kundalini yoga is already being done, then it becomes more effective. Today I will tell my latest experience related to this.

Meet on WhatsApp after 27 years

After senior secondary school education, many classmates met for the first time on WhatsApp after 27 years. That looked good. There was greenery emerging on old feelings. It was during that class that my Kundalini developed the fastest. Another name of Kundalini is also Love. It is simple that I had a good loving relationship with all the members of the group. I started the group, although most of the members' entry was done by an experienced she member. Some days the group did well. To understand the psychology of Kundalini, I wanted to know in detail about an emotional she member. I am already fond of writing and Kundalini research. The member read my message and she gave promise to talk with me soon after the children who came for tuition etc. finish their studies, in a neutral way. Although that study could not be finished till today. I assume that she may have done well by ignoring for family or other psychological reasons. Because faith is the identity of Kundalini. But I got emotional shock from that. I had felt that type of emotional shock 2-3 times earlier too. In fact, such deception happens when we start thinking of the world of mind as real. But in reality there can be a lot of difference between the two. Your greatest friend in the mind can be your biggest enemy in real life. This clearly shows that love is the greatest friend, and love is also the biggest enemy. A pet animal loves its master very much, and does not want to get away from him, but the same owner hands it over to the butcher. That's why it is said that love or faith is also sometimes blind.

External symptoms of trauma

I had become very sensitive and emotional with that trauma. I was writing something continuously or say rambling in the group. The small talk of other members was tickling me. Because of this I removed two members from the group. Angered with that, the main admin also left. However, I rejoined her at the same time and asked her to re-enter the members who were removed. Even though I was emotional, it also gave me a smell of partiality in getting out of group, which disturbed my mind. Then aforementioned Tution madam also left the group without citing any reason. One by one people started going out of the group. I began to feel their grief for being out of the group. After giving the same reason, I too got away from the group after coming under emotional guilt. Although this continues in social media, but there is talk of sensitivity related to Kundalini here. I cried a lot that evening. At night I had to put a handkerchief under my pillow. Actually, those tears were of joy that were coming on meeting friends after a long time. My whole body and mind got tired. My digestive system went awry.

Kundalini Surge During Emotional Shock

On the same emotional trauma, my Energy was climbing from my back and coming down from the front of the body, in a closed loop again and again with a little attention on this. Sometimes Kundalini was also associated with that energy. Suddenly a lot of energy went up in my back in the night. I had a dream along with that I am entering in through the door of a very big and beautiful temple. That energy was absorbed into my brain. The special thing was, that energy was not causing any pressure in my brain, as it often does. Perhaps my brain was refreshed by getting enough sleep for several days. The second reason was that the emotional shock left the

mind empty. Then Kundalini got connected with that energy in the brain. It was an experience like Kundalini awakening, though it could not reach its level.

The description about Kundalini will be found only in this website

I studied everywhere. Everywhere there is only a description of energy, nowhere is Kundalini. Energy is considered as Kundalini in most places. But there is a lot of difference between the two. Energy without Kundalini is an Indian missile that does not have the national flag of India imprinted on it. The special thing, which is a symbol of love, and the means to real development of humanity, is Kundalini. Energy only serves to give brilliant life to Kundalini. Apart from this website, if there is a description of Kundalini, then it is the classic book "Patanjali Yogasutra". In it, Kundalini is called Dhyanalamban (mental support for meditation). Confusion remains in the mind of most people between the nature of Kundalini and Shakti (energy).

A book that saved me from emotional shock every time and helped me get out of it

That book is "Physiology Philosophy", available on the "Shop (Library)" webpage of this website. For detailed information visit this link.

The liqueur is the Somaras or Elixir of Life with the Advaita / non-dual attitude

With the help of above book, the wine also developed my kundalini or soul along with my transformation. Empty wines harm Kundalini. With the nondual feeling, even a small amount of alcohol used to have a great effect, and there was no addiction to alcohol. This means that the Somaras or Elixir of Life mentioned in earlier times is a high quality wine drunk in right amount with nondual spirit, not any other magical fluid. Gods also use it.

Kundalini can also lead to suicide?

Just a few days ago, the case of **suicide of famous Bollywood star Sushant Singh Rajput** came to light. First, we wish his soul peace. He was on high. Elevations are achieved by Kundalini. So can Kundalini also cause suicide? In this post we will analyze it.

Depression is like an contagious disease, which can be overcome with the help of Kundalini Yoga: A Wonderful Spiritual Psychology

There came a videogame named Blue Whale, with which many children committed suicide while playing. Sushant had posted a painting of a man who had committed suicide on his social media wall for several days. In his film Chichhore, he kept explaining to his son throughout the film to avoid this disease. Similarly, according to a news, a Bihar state boy kept watching news of Sushant's suicide alone till late in the night and he was also found hanging in the morning. This is all a game of the mind. The contemplation related to such suicide creates a bit of tension on the vishudhi chakra of throat. It feels like a choke, and there is a stuffy feeling on the throat. Kundalini yogis already have a habit of meditating on the this chakra. He repeatedly focuses Kundalini there. That gives life force to the throat, and kundalini also becomes strong. Gastritis may also have role in the throat suffocation. Stressful and unhealthy lifestyle leads to gastritis. Nowadays safe medicine exists for its treatment. Such medicines can harm people practicing yoga. Therefore, by eating half of their dose, their effect on themselves should be tested. Anti-depressant drugs can also increase depression for many people, because they significantly reduce a person's memory and performance. Those medicines cause damage to the long-lived Kundalini, which can affect all the work related to it. If luck is good, and hard work is done, then it also gives an opportunity to create a new Kundalini-image and awaken it. However, it takes time to adjust to new kundalini. As per sources, Sushant was taking antidepressants as per doctor's advice, although he was not taking those for sometime. One should stay as much silent as possible with tongue tightly adhered to palate to ease downward flow of kundalini or thoughts from brain. The one who suppresses the suicidal thoughts while he is in the midst of suicidal environment is a real yogi.

Sushant Singh Rajput many times got emotional in memory of his late mother

He loved his mother the most. It is a good thing and everyone should love family ancestors and elders. His last social media post also remembered his mother. We got to hear this from the media. Only the most beloved thing settles in the mind and becomes a Kundalini. This means that he had his mother's image in his mind as Kundalini. This gave him continued successes.

By the way, pure Kundalini related to ancestors and family people or elders is always calm and full of welfare. But many times, with the support of the same Kundalini, the romantic love type Kundalini dominates the mind. She is very gaudy and can be dangerous at times. Sushant's love and breakup from some of the star girls also came to be heard. A stable couple life is very important to give Kundalini positive and right direction. Although this continues to happen in the film world, but not everyone is the same, and it does not suit to everyone either. Suicides in love affair is related to this natural Kundalini. According to the doctor, he was suffering from Bipolar disease. This is another form of Kundalini-depression. This is characterized by a period of intense excitement followed by intense depression. If done properly, Kundalini yoga is the best treatment for bipolar disease. The alleged artist had treated her for a few days, then left.

The sorrow of separation from someone is also a form of Kundalini depression. In order to convert that sorrow into happiness, the mental picture of the separated person should be made as a Kundalini and start practicing Kundalini Yoga with it.

Kundalini brings out the disorders of the mind. In fact, only disorders can cause depression, not the kundalini. One should be busy with work at all times to avoid Kundalini depression. The said artist had left work since many days and closed him inside room.

The spiritual progress of that film artist was also progressing rapidly with help of Kundalini

Eyewitnesses say that he was a spiritual person and very sensitive. His young body had an elderly mind. Such qualities arise from Kundalini only.

Kundalini can make a man carefree

Due to Kundalini, man is filled with advaita or non-duality. This means that night and day, life-death, friend-enemy, happiness and sorrow, all the opposite things start to look the same. This implies that man is not afraid of anything. When a man is not afraid of his death, then he will become careless about his life. That carelessness takes the form of suicide when it crosses the border.

In fact, alertness increases with Advaita, not carelessness. But many people take Advaita incorrectly.

External support is required to handle the Kundalini

In the above situation man should get external support. People should continue to interact. Should spend a lot of time with family and friends. Must be involved in social functions and other social activities. This will show Kundalini Yogi the love for life in people's minds. There will be fear of untowardness in the minds of people. This will inspire him to live life properly. Today's Corona Lockdown has taken away this social support from many people.

Best support for Kundalini is a Guru

The Guru has already passed through the period of Kundalini. Therefore, he knows everything. Therefore, he alone can give power of the whole society to the new Kundalini Yogi.

Kundalini depression is the poison emanating from the spiritual ocean

The description of Samudramanathan or ocean churning is found in Hindu Puranas. Mandarachal mountain is Kundalini. Kundalini-Dhyan is Vasuki Nag. Good things emanating from that are good thoughts, which make a man a deity. The dirty things emanating from that are dirty thoughts, which demonize a man. The churn goes on with the hard work and cooperation of the gods and demons of the mind. The poison that comes out near the end is the depression born of Kundalini. The Shiva who drinks it is Guru. He keeps it suspended in throat. This means that he takes away the disciple's depression, but is not affected by it himself. The nectar that emerges after that is the bliss that comes from Kundalini. The meaning of Lakshmi emanating from the churning of the ocean appears to be tantric. She leads to Lord Narayan.

My own experience related to Kundalini Yoga

What I wrote in this post is my own experience of kundalini related depression, and getting out of it. Luckily, I had the support of a neighbor, to whose house I could move freely without

asking, and with whom I could spend as much time as I wanted. Most other people treated me like a creature from Mars. Good joke done.

Kundalini meditation is an extreme state of knowledge; depression is felt by other people

Kundalini depression is relative. The Kundalini Yogi himself feels the highest state of knowledge in kundalini meditation. Other experts of Kundalini also know this. Those people unaware of Kundalini feel that depression. That is why people keep criticizing Kundalini Yogi, and fill him with depression. People criticize him for his good so that he can learn to live without Kundalini, but he often does not understand this. His depression is caused by removing Kundalini by him from his mind, as he has become Kundalini addictive. There is no question of darkness of depression in front of Kundalini light. That is why either Kundalini should not be left away in any condition or there should be no attachment to Kundalini and the habit of living without it should also be maintained. Otherwise, depression is likely to arise, just as a drug addict feels it while leaving addiction suddenly. The more light one gets, the darker it will be when it is extinguished. That is why the emphasis is on adopting good association or company. It is good, if you cannot sow flowers in the way of others, then also you should not sow thorns. Flowers will grow by themselves. Mahatma Buddha has said the same.

Actually, Kundalini draws the power of body and mind. Weakness generated through it can be the cause of depression. Therefore, to avoid that weakness, there is a provision of consumption of Panchamakars or five Ms in Tantra.

It should be noted that Kundalini depression is higher with naturally occurring Kundalini. Although natural Kundalini results in development of spirituality very fast. Therefore, to avoid this danger of natural Kundalini, artificial Kundalini yoga should be done.

A book that helped me get out of Kundalini depression completely

The book is "Physiology Philosophy" or "shareervigyan darshan".

Kundalini yoga by kids through thumb Sucking- A Wonderful Spiritual Psychology

Image by Karen Arnold from Pixabay

Friends, as I also mentioned in previous posts, the mouth (oral cavity) acts like a Kundalini switch. As soon as the roof of the oral cavity comes into direct contact with its floor, switch is turned on. While eating food, when the mouth is full of food, a contact is formed between the two surfaces. Likewise, a very good contact is formed when the mouth is filled with water. That is why you get a lot of relief after eating food and drinking water. Even with kissing, the same thing happens. The saliva of the mouth also works similarly. Yogis created a technique to touch the tongue with the palate to take full advantage of this principle. Together, they combined Kundalini with that technique.

Children are naturally the greatest yogi

I wrote this earlier also. Yoga started with children. People learned yoga from children. There are many examples of yogis who were children in their age. Shukdev, Baba Balak Nath are examples of such yogi-children, in whose yoga power people believe till today. In fact, the foundation of yoga of child is made inside the womb.

The tendency of children to turn on the Kundalini switch is natural

Children start sucking their thumb in the mother's womb. They obviously have a lot of trouble in the womb. Being imprisoned in a small place, they remain entangled in their thoughts. This causes them to constantly face mental disorders like anger, fear, depression etc. To avoid the same, they suck the thumb. The thumb connects the two surfaces of the mouth. Together, saliva also does this job. This trend is fine in children till the age of 4 years, but after that it can worsen the texture of the mouth. That's why many people say that this habit can be eradicated by teaching yoga, not by scolding older children.

How does the Kundalini benefit when the energy switch is turned on?

With the energy switch of the mouth turned on, the burden of mind comes down. That is why people say that the burden has gone down, they do not say that the burden has gone up. This removes attachment from the thoughts of the mind. This brings peace of Advaita/non-duality in the mind. Kundalini manifests itself to fill the empty space created in the mind by peace. Yogis derive more Kundalini benefits as compared to the common people through the forced meditation of Kundalini and Nadi channels.

How can one swallow anger

People usually say that they swallowed anger or sipped it. Many people try to sip something during anger. With this, the burden of the brain gets down through the throat with saliva. Anyway, during rage people also clench teeth so that they can control anger and fight well. Many do this to get away from the fight. By doing this, both the surfaces of the mouth are tied together through the tongue and are joined together.

How does the Kundalini switch remain on while being in silent mode

The principle of Kundalini switch also works behind silent religion. Teeth are firmly locked together while remaining silent, and there is no gap inside the mouth. By speaking, that gap increases, and the burden of the mind does not come down and can harm the brain. I myself

used to remember my self – realization/enlightenment and Kundalini awakening again by remaining silent. I used to forget them by speaking without awareness. The tongue itself makes a nice connection by touches the palate behind the teeth.

It is disheartening to see innocent children wandering with the workers on foot during the Corona Lockdown.

Kundalini for Guiding the departed soul of beloved beings to God i.e. liberation; Kundalini Yoga aiding in Dream Visitation

Due to Corona epidemic (covid-19) many souls are leaving their bodies. All souls will take a new birth according to their astral body. Some souls will also be liberated. I think it happens according to one's own thinking. After death, the subtle body itself becomes clean slowly. Some souls suffocate in the initial darkness, and cannot wait long. Therefore they take the body. That dreaded condition after death is called Bardo in the "Tibetan Book of dead's". Bardo condition has very scary experiences. One should not be afraid with those, and should assume that they are not real, but all are happening in the mind. Advaita Shakti of Kundalini Yoga helps a lot in crossing that Bardo state.

Dream visitations are different from ordinary dreams

Emotional people have a deep hearted relationship with their loved ones. Even after death, they want to be in touch with their lovers. So they often appear in the dreams of loved ones. This is called Dream Visitation. Sometimes they come to ask for help, and sometimes to provide help. Those lovers are mostly family members or relatives. In most cases, a soul without a body chooses its only supreme beloved and supremely reliable man. That is why it keeps coming in the same man's dream again and again. This happens according to the Kundalini principle.

The dream of interview with a departed soul is different from an ordinary dream

In it, it seems that the real living man is being met. Even it looks more real than the living man. This happens because the code form in which the details of past and future births and bodies of that soul are hidden, is being interviewed by its beloved dreamer. That encoding of subconscious nature is called subtle body. Do not be afraid at the time of dream visitation. For the future too, you should make sure to not be afraid, because that soul comes in the dream again and again. In this way, the dreamer gets used to the soul contact, otherwise the soul disappears after having few initial words while meeting. Advaita or non-duality Shakti of Kundalini Yoga practice helps to overcome that fear.

Souls get a new body, small or big according to the darkness of their subtle body

The longer the souls wait for Bardo's darkness to be trimmed, the better their body gets. Many souls become very clean, so they become deities. Very few tolerant and fortunate souls who wait for their complete cleanliness, only they are freed and join God. Therefore, according to the situation and belief, this non-Hindu belief is also true that man is not reborn, and this Hindu belief is also true that man is reborn after death. However, to be free it is also necessary to have good deeds. If it were not so, then in the great divine catastrophic period (pralay kal) all souls would be freed automatically. In that period, the body is not available for millions of years. The Vedas say that even in that period, the soul does not free itself. Secondly, it is also said in the Vedas that by remembering God at the time of death one gets liberation. But it is also true that only by performing auspicious deeds throughout life, one can remember God at the time of death. This means that auspicious actions should not be ignored at all.

In a post I will tell about the personal experiences of my dream visitations from which I have extracted the above facts.

Kundalini development through getting help from Corona (Covid-19); The incident of the Tabligi Jamaat Markaj in the Nizamuddin-Masjid, New Delhi; A Spiritual-Psychological Analysis

We do not support or oppose any religion. We only promote scientific and human studies of religion.

The news information provided in this post has been taken from the sources believed to be the most reliable. There is no contribution of the author or website in this.

Friends, the lockdown is being strictly followed all over the world so that the corona epidemic can be avoided. In India too, there is complete lockdown in the entire country till 14 April. This lockdown is of duration of 21 days. All people are imprisoned in their homes. Health experts are saying that it will reduce the pandemic for a few days, but a continuous lockdown of about 45 days can completely prevent the pandemic.

In such a situation, people belonging to the fundamentalist religion, who believe in Islam, are pursuing friendship with the Corona virus. People from several corona-infected countries gathered recently in New Delhi, when curfew was imposed in New Delhi. These people were coming to India on a tourist visa, but here they were preaching, which is illegal. They also did not accept the police warning. Many times the policemen are also afraid of them, because they are open to violence in front, but pretend to be tortured behind the back. Most of the domestic and foreign media also present them as a victim. Micro-parasites (corona virus) also have similar strategy inside the body. It has been revealed by a media tape that Maulana Saad, its president in that Tabligi mosque of Nizamuddin is provoking people. He is telling everyone that Muslims should be kept close together, and should not leave eating food in a common plate. He further says that the propaganda of corona virus has been spread to isolate Muslims. If Allah has written death for one through the corona, no one can save him. What good can be done more than being dying in a mosque. Get your treatment from that doctor only who believes in Allah. Then they came out of that mosque and spread all over the country. Many of them were found infected with corona. Some died. Many people are still hiding in mosques etc., which are not getting caught. Even when an attempt was made to keep some people in Quarantine, they turned down every instruction, abused, stoned (some even fired), and spit on the staff so that the corona virus could spread everywhere. After this incident, the number of Corona patients has increased all over the country, which has questioned the success of Lockdown.

Kundalini lies in the confluence of life and death.

In the religious scriptures, there are many stories of disasters like war, famine etc., which are related to death. Together, the same scriptures are full of life-rich stories. This leads to the confluence of life and death. The same confluence is called Advaita/non-duality. Kundalini also exists along with the same advaita. This religiosity should be limited to stories only. When these are attempted in real life, then this is called extremism or fundamentalist religiosity.

Inhuman religious deeds are done only after being motivated by extreme craving to attain Kundalini

This is why Kundalini Yogi at times seems dull, boring, stingy, inhuman, and extremist. This seems to be because they are not afraid of death. With the influence of his Kundalini, he is equal in dualities like life-death, fame-defame, and happiness-sorrow. This non-duality in his mind is created by Kundalini yoga practice. But religious fundamentalists create this samata / advaita/sameness with inhuman deeds. They do wrong things, so that the fear of death, defamation and sorrow is removed from their mind. With this, they also remain equal in life-death, fame-defame, and happiness-sorrow. With this Advaita, Kundalini settles in their mind indirectly.

Meaning that Kundalini yogi achieves Advaita with the help of Kundalini, but religious fanatic achieves Advaita through inhuman acts. For some reason, religious fundamentalists are unable to do Kundalini Yoga. They have the opportunity to live a balanced and tantric life according to the Middle Way, but they do not believe in it, and consider it too slow. Inspired by this extreme longing for spiritual liberation, they become non-humanists. Only a few of them are successful, all the others fall into hellfire. That is why reincarnation is considered in many religions, so that a man does not become discouraged and inhuman, and he can understand that his lack of spiritual cultivation will be fulfilled in his next birth.

Kundalini inspired for the creation of religion or tradition, in the non-duality drink produced by which some selfish religious fanatics dissolved lots of bitter poison of hatred (violence) that destroyed many civilizations and cultures, and made many on the verge of extinction

We don't endorse or oppose any religion. We only promote scientific and humane study of religion.

Friends, recently, a number of indigenous weapons have been recovered from the roof of the house of Aam Aadmi Party (AAP) MLA Tahir Husain in Delhi, which targeted a crowd of innocent people in Delhi, causing loss of many lives. In fact, it did not happen suddenly. The plan of the fundamentalists for this was going on for a long time in a planned manner. In fact, the Kundalini doctrine was resorted to by Islamic fundamentalists to create that conspiracy, although in front of the world, they reject Kundalini outright.

Kundalini is a power, which can do bad deeds in some religious traditional matters just like good works

We should never be under the illusion that Kundalini keeps doing good work itself by force. It is true that to some extent Kundalini inspires man to do good work. But man has the freedom to take the final decision. A man can forcefully ignore Kundalini's gesture and can also do evil work with Kundalini power. Although he has to become a part of a great sin. Some black tantrics do the same misuse of Kundalini. That is why it is said that if Kundalini Tantra can give heaven, it can also give hell. But there is nothing to fear. This happens only when the gesture of Kundalini is suppressed for a long time after being subjected to the long tradition. One such perverse tradition is that of religious fundamentalists and extremists, who do inhuman work in the name of religion. By the way, Kundalini keeps on giving a man the opportunities to improve. When man is doing wrong, then it starts to appear in front of the man like a true master, and starts convincing him. It also gives praise for doing good work.

To make Kundalini easily available to everyone, a rule tradition or religion is created

The creation of tradition or religion was also inspired by the Kundalini principle. The common man could not understand Kundalini. Hence the mental peg (anchor) was made to bind the man in the name of religion or tradition. In it, rules of every work and behaviour were made for the man, which would keep the man's mind tied to that particular religion at all times. Due to this, the man started drowning in fun and enjoyment like a drunk. Taking anti-depressant drugs also feels like Kundalini. That is why communist people oppose religion taking it as a form of intoxication. However, there is a great difference in quality between the advaita/non-duality generated by intoxication and that generated from Kundalini.

History has shown that many civilizations were bloodied by the intoxication of religion

Due to the intoxication of religion, the man became blind. He started believing in religion so much that even the wrong things told in religion started to look right. Many selfish and inhuman elements mixed lots of poisons in the bitterness of the religion-drink, which caused many cultures and civilizations to be bloodied.

Kundalini acts as a craftsman to convert duality produced by inclement weather into non-duality, thereby it protects us from the harmful effects of bad and frequently changing weather including winter depression

Friends, this year the weather disturbed the common people a lot. Severe cold continued to attack again and again. But my Kundalini did not let me have any thought of this problem. Actually no weather is bad. Every season has its beauty. In summer, there is a different feeling of stresslessness, looseness, lightness and peace. Similarly, there is a feeling of agility in winter. There is a different way to enjoy the rain.

Changing weather is harmful for body and mind health

Our body and mind need a few days time to adapt themselves to the new weather. Those days are risky to the body and mind, because in those days they are running according to the old season, and they do not undergo the necessary changes for protection from the new season. On such risky days, Kundalini can provide us additional security.

Such sudden changes in weather occur frequently in the mountains. There is a sudden increase in heat when it is sunny, and when the sun is covered by a bit of cloud, surrounding cools down immediately. This goes on continuously. As the height of mountains increases, the changes of the weather also increase. That is why Tantric Yoga became very successful and popular in Tibet, because it is able to shine Kundalini at once.

Kundalini transforms the duality created by change of seasons into advaita/non-duality

We have already proved that Advaita/non-duality and Kundalini are always in live-in relationship. The changing weather does not hit the body as much as it hits the mind. The changing season itself is also as a duality-form (divided into good and bad), so it fills the mind with duality as well. The mind starts swinging between good and evil (light and darkness). Duality is the root of diseases of the mind. And the root of diseases of the body is the sick mind.

Advaita/non-duality is constantly born with regular Kundalini yoga, which does not allow the duality created by the changing weather to dominate the mind. Even by changing the duality of the changing weather into Advaita/non-duality, enormous Advaita/non-duality is produced. In fact, Advaita/non-duality is created only by duality/dvaita, only skilled craftsman is needed in the form of Kundalini. That is why people have been moving to the mountains for the practice of yoga since the beginning of human history. This is because there is a lot of duality, which Kundalini- craftsman turns into Advaita/non-duality.

Kundalini is effective tool against winter depression

Lack of bright light especially in morning produces winter depression. Kundalini when meditated in early morning produce intense bright light of consciousness in mind. It prevents winter depression and heals if already set up.

kundalini for the formation of three main psychic channels viz. Ida, pingala and sushumna (winged intertwined snakes/caduceus); chakras, and non-duality through tantric sexual yoga

It is certified that this tantric web post has not attempted to hurt anyone's feelings. It has presented its own independent views of the tantric website in the public interest. We strongly condemn sexual violence.

Kundalini is everything. When the same is taken care of at specific points of the body, then they are called chakras. When imaginary paths are formed by giving kundalini motion, then they are also called nadis/psychic channels. Advaita/non-duality itself is produced by meditating on kundalini. Similarly, by meditating on Advaita, the Kundalini manifests itself in the mind.

Two intertwined snakes in our spine have been shown in many religions. There is a straight pole in the middle.

There are two tantric lovers intertwined in yab-yum posture in the same way as two snakes

As you can see in the pictures below. The serpent in blue is male, and the serpent in red is female. We have also told this earlier that man's overall form is only in his nervous system, and it resembles the appearance of a snake raising its hood. The main part of our nervous system is in the back (spinal cord) including the head. That is why our back looks like a snake. Because Kundalini (sensation) runs on the body of this serpent (nervous system), so whatever other path kundalini takes when it moves, it is mostly given the shape of a snake. In fact, one serpent represents the back of a tantric lover, and another serpent represents the back of intertwined partner tantric lover. The male lover begins the meditation of the Kundalini with the woman's muladhara chakra. Then he brings the Kundalini directly back and establishes it on his base chakra. In this way the base chakras of the both lovers are joined together, and the powerful Muladhar Chakra of a central nadi is formed, which is marked with the sign of the cross in the picture. This central nadi/psychic channel is shown as a straight pole called the sushumna. Male snake has been called Pingala, and female snake has been called Ida. Then the male lover lifts the Kundalini up and sets it on his Swadhisthana Chakra. From there, he takes her straight ahead and establishes her on the woman's swadhishtan chakra. In this way, the swadhishtan of the sushumna also becomes active. Then he makes her climb up from the woman's swadhishtan, and sets her on the Manipur Chakra. This makes Manipur in Ida active. From there he takes it straight back and establishes it on his own Manipur Chakra. There, it activates Pingala's Manipur. The Manipur Chakra of Sushumna itself becomes functional due to the working of the Manipur Chakras of both the channels. In this way, this action goes on like this up to Sahasrara Chakra. Woman lover also runs Kundalini in this way. In this way, two snakes appear to be interlocked and moving upwards, and reach the Sahasrara through the sushumna channel.

The symbol of caduceus also refers to tantric sexual yoga

In this sign, two snakes are intertwined in the same way. In the middle of them is a straight pillar, with feathers on top. In fact, those wings point towards Kundalini's upward rise to Sahasrara. Anyway, at the time of awakening, Kundalini feels flying with a massive upward pressure. That column tapers downwards. This means that while ascending the Kundalini becomes more powerful.

Two wrapped snakes in one's own body also indicate a balanced sharing of the activities of the sympathetic and parasympathetic parts of his own body's nervous system

Ida can be called parasympathetic nervous system. It is lunar, calm, passive, and feminine. Pingala channel can be called sympathetic nervous system. It is solar, gaudy, active, and masculine. When the two systems are mixed in equal amounts, then there is non-duality,

balance and harmony in life. In such a situation, Kundalini starts developing, because we have said earlier that Kundalini always stays with Advaita/non-duality.

Kundalini for the development of writer's writing art/skill, personality, experience, brain and overall health

Friends, it is easy to write, but it is not that easy to rule the hearts and minds of the readers with it. The written things should reach the needy people. If they reach out to the non-needy, then there is only harm rather than benefit from them. Non-needy people will waste only their time to read them. Many times people also take opposite meaning. This also damages the writer. The fate of a writer lies in the readers' hands. Therefore, one should always write well. It should be written in such a way that all people benefit. If only one person can benefit from writing, then he is better than millions of casual readers. Therefore, a writer should not aspire for more readers, but should aspire to needy and capable readers. That is why in ancient times many gurus made only one man their disciple, and made him complete like him. I wrote an article on spiritual science related to medical science in my college time. Apparently, all readers were involved in medical science. Only 100-200 readers read it. I do not know what they got from that. However, I definitely guess that they were needy and capable, so they must have benefited from that. Like those readers, I was also needy and capable for that article that is why I got the benefit. This means that the author first writes for himself to satisfy his need. Later it serves the needs of the readers. If your own needs will not be fulfilled, then how will the needs of the readers be fulfilled. I got many benefits from writing that article. It changed the direction and condition of my life. My life became positive, passionate, hardworking and love-full. It seems that readers would have benefited a lot from that article. That is because the writer is a mirror of the readers. He reflects the happiness of the readers, and also the sorrow. Therefore, only good and beneficial should be written.

Kundalini stops unnecessary brain noise, which creates a new place in the brain for beneficial thoughts

By focusing on the Kundalini, the extra power of the brain is spent on the Kundalini. Due to this, the remaining power is unable to keep up with various kinds of unnecessary thoughts. Even if such thoughts are formed, they are very weak, on which the Kundalini dominates. The pause of waste thoughts creates space for new, beautiful, practical, empirical and creative ideas in the brain. When we write those thoughts, a very beautiful article is made.

Kundalini relieves the writer's mental fatigue, which rekindles the mind's excitement for new ideas

Writers have to resort to sharp ideas to write. Those ideas are of different types. Some are new, some are old, and some are very old. The flood of those thoughts makes the writer a bit nervous, restless, tense and confused. His hunger and thirst decreases. His blood pressure rises. He remains exhausted. He becomes a bit irritable. In that condition, Kundalini Yoga works as a lifeline for him. Kundalini refreshes him immediately, and he agrees to write a new article.

Kundalini keeps the writer's own body healthy, which can become diseased by remaining motionless most of the time

The writer has to sit for most of the time, and then only he can write. If a man puts more of his Prana-force / life-force into dynamic works, then it will fall short for writing. Although writers keep their balance, but still have to sit a lot. At the same time, Kundalini works as a medicine for him. She maintains blood circulation on all parts of the body; because where there is a Kundalini, there is a blood circulation / vital life.

Kundalini puts an end to the blind race of searching readers, which is often followed by the writer

Kundalini curbs the spontaneity of the desires of the mind. Those desires also include an ambitious desire to gain readership. Many troubles surround the writer with such desires. Kundalini makes a man aware of advaita/non-duality and satisfies him with the life he has attained. By this, the writer also avoids the futile propagation of his writing. This allows him to

focus his attention on his writing. The reader finds the type of article that he needs. All he needs is a slight hint.

The work of the readers is also brain-dominated like the writer. Therefore, they too get all these benefits from Kundalini. Similarly, people doing other mind-related or physical work also get all these benefits from Kundalini, because brain / mind is everything.

Kundalini awakening requires six important factors to be fulfilled- spiritual awakening is possible for all!

It is to certify that we all under this website don't endorse or oppose any religion. We only promote scientific and humane study of religion. This website is tantric in nature and should not be misunderstood or misinterpreted. Practicing its methods without proper knowledge and qualification may prove harmful for which the website doesn't hold any responsibility

Friends, I wrote in a post that Kundalini awakening cannot be attained by will. However, this may not be the case. If determined and tried properly, it can also be attained by one's own will. Kundalini awakening is a strange phenomenon. It is also the simplest, and also the most complex. It can be attained by one's own will, and even not. It can be attained through our own efforts, and even not. According to the situation, it seems to involve different opposing sentiments.

Today we will tell what five things are required to gather for Kundalini awakening.

Importance of Kundalini meditation for Kundalini awakening

Kundalini meditation is the most important factor for Kundalini awakening. Kundalini image should be made with clarity, joy, and advaita/non-duality in mind. In fact, all human or spiritual qualities manifest themselves in a man through Kundalini. By assessing these qualities it can also be found out how strong Kundalini meditation is. It is not that Kundalini is meditated only through Yoga. In fact, Kundalini meditation arising out of Advaita Bhavna/non-dual attitude (Karmayoga) is more practical, stronger and more humane.

By doing Kundalini-meditation on different chakras, all the chakras also become stronger. Then when the Kundalini is lifted to the brain by passing through all the chakras through the tantric process, the energy of the chakras also reaches the brain itself. In this way, we can say that the power/energy of the chakras is also an sixth important factor for Kundalini awakening.

Importance of Prana for Kundalini awakening

Prana and shakti/energy (bodily and mental power) are synonyms. Just as no physical work is possible without energy, similarly Kundalini awakening is not possible without the strength of Prana. A weak, dull and sick man cannot have Kundalini awakening.

Kundalini and Prana live together. When the Kundalini is offered to the brain from the lower chakras of the body through yoga practice, then the Prana also goes up on its own. If there is a shortage of Prana in the body, even after reaching the brain, the Kundalini will remain weak, and will not be awakened.

Many believe that by sitting comfortably, and eating and drinking, the life force/Prana will be gathered in our body. However, it is not so. If that were the case, then all the elder billionaires would have attained the awakening of Kundalini. Prana actually accumulates with the functioning of the body and mind, sociality, non-duality and humanity. That is why in the olden times, the kings used to go to exile immediately after running the rule in the best method for many years. Then Prana being strengthened by their old activities used to awaken their Kundalini soon.

The same thing happened with Premyogi vajra. After the aforementioned kind of worldliness, he went into solitude to practice yoga. His accumulated vital energy/Prana was made available to his Kundalini, and she was awakened.

Importance of the introversion of the senses for Kundalini awakening

If the mouth of the senses is open outside, the accumulated life force/Prana will go out. With this, they will not be able to awaken Kundalini. Introversion does not mean becoming deaf and dumb. This means, getting least entangled in the outside world.

Even when Premyogi vajra started practicing yoga in seclusion while away from worldliness, he started to remain little extrovert for his maintenance, not more than necessary. Well-done Tantra also helped him a lot. His little Prana energy that was wasted in necessary worldliness that was fulfilled by his tantric way of life. With that tantra-augmented life force/Prana, he studied deep about Kundalini and Yoga, did yoga, did light trips, and did light work. Still, there was a lot of life force/Prana left in him, which was used to awaken his Kundalini.

Importance of semen power for Kundalini awakening

Semen power is the mainstay of the Tantra. Without semen power, Kundalini would not have the escape velocity required for awakening. Through tantric practice, semen energy is raised above the base chakras and passed to the brain. Prana with semen power also goes up. Much Pranas are destroyed with the destruction of semen power. Life force/Prana is saved by the rescue of semen power, which is provided to the Kundalini situated in the brain through the Tantra.

Importance of a trigger for Kundalini Awakening

If all the above favorable circumstances are present in the brain, but even if a mental shock / trigger is not found, then Kundalini awakening does not happen. Let me explain that trigger with an example. Suppose there are two Gurubhai (two people having same spiritual master), who are Kundalini Yogis, and both are meditating on the Kundalini of their Guru's form at two different places. Then after years, they suddenly meet each other lovingly in a fair / ceremony etc., then that meeting will act as a trigger for both of them. With this, the attention of both of them will go to their Guru, so that the Kundalini of the form of the Guru already settled in their mind will be awakened. If that trigger also contains a sex fraction, it becomes stronger.

Kundalini awakening- How it works

Friends, many questions are asked about Kundalini-Awakening on Quora. The main question is 'what is Kundalini Awakening'? Repeating the same answer does not sound like anything rational. Therefore, I decided to create a website post related to it, so that readers can be redirected to it from Quora.

Kundalini awakening as to remember someone

This is essentially so. Only the level of recall varies. Kundalini cannot be remembered more deeply than this. In the state of awakening, Kundalini reaches into the full depths of the heart. At the time of awakening of the Kundalini, the Kundalini is completely descended into the depths of the soul. In fact, Kundalini gets connected to the soul. She merges with the soul. At that time, the soul cannot see it as another object. At that time, the soul sees her as his own form. The soul becomes completely Kundalini-form. The person (guru, deity, lover etc. or literally anything) remembered here is in the form of Kundalini. Soul means here that the common person has as his own absolute and dark form. That form is completely empty of thoughts and experiences. It is like a dark void. It is made dark by illusion. In fact, it is as bright as Kundalini.

This means that at the time of Kundalini-awakening, the soul also starts shining as Kundalini. This makes him feel everything as his own form. There is no duality. Everything seems to be bright in the non-dual form. This happens because all experiences including Kundalini are illuminated by nature. At that time, the joining of Kundalini also illuminates the soul. How can great fire find its flame different from itself? The soul felt different experiences / substances of the world as different from itself when it was not connected with Kundalini. At that time, Kundalini also looked different from itself. Of course, no matter how much attention/meditation was paid to Kundalini, there was some separation from it. How can a dark room feel a sparkle of fire inside it like itself? It will surely feel it different from itself.

Kundalini awakening shows the man a glimpse of his own real soul. By this, he is motivated to achieve it completely by constant practice of Yogasadhana, meditation etc.

Kundalini Awakening does not last long

Kundalini Awakening cannot be held for more than a few seconds. At that time, there is an explosive pressure in the brain. In most of the cases, the man brings down the Kundalini on his own, out of fear or hesitation. If he does not land her himself, the brain becomes very tired in a short time, and stops the experience of awakening itself. Then the man may relax down due to fatigue. He may not feel sleepy because at that time he is full of bliss, peace, advaita/non-duality, and relaxation. His mind can become like a void, in which he can also experience the real bright soul without thinking.

The duration of Kundalini awakening can also depend on the person's practice, morale, mental strength, physical strength, age, social status etc. However, it seems impossible to continue it for more than a minute.

Confusion about Kundalini Awakening

Many people consider Kundalini-Dhyan/kundalini-meditation and Pranotthan/prana-rising (kundalini rising) as Kundalini Awakening. This confusion is natural, as the entire above are the same by nature and in all these situations Kundalini's remembrance or contemplation exists. Only the level of remembrance varies. This remembrance is the lowest in ordinary Kundalini-meditation. This remembrance is more in the prana-rising. It is the highest in Kundalini-awakening. While simple Kundalini meditation and Kundalini meditation with prana-rising can be continued continuously for long time (from hours to days), Kundalini awakening experience cannot be continued for more than one minute. While simple Kundalini meditation and Kundalini meditation with prana-rising can be produced at any time by one's desire and

practice, Kundalini awakening cannot be born at will. Kundalini awakening happens on its own, and without being told. This happens only when many favorable conditions are gathered. In addition, to produce it, a mental shock/ stimulant/trigger must also be present. Actually, the man cannot make any predictions about its timing. This occurs when a man has no idea about its occurrence. But at the same time it is also true that Kundalini awakening occurs only in a state of kundalini meditation and prana-rising, and it should have been continued for a varying period of time (for months to years) according to various individual and environmental factors.

Non duality and Kundalini reinforces each other

Bliss originates from non duality. Kundalini awakening is semifinal bliss. Enlightenment is final/supreme bliss. Therefore, Kundalini awakening and enlightenment, both proves to be the states of semifinal and final non duality respectively. Morning Kundalini yoga strengthens Kundalini. That in turn strengthens non duality. That in turn strengthens bliss. Similar system works after evening Kundalini yoga too, so tiredness fade away immediately. Similarly, Non dual action strengthens kundalini and bliss, both together for all these three live together.

After his glimpse enlightenment, Premyogi vajra had got profound non dual attitude. So Kundalini and bliss also used to accompany that powerfully along with.

Advaita in the Pulwama terror attack

History is the witness that the attacker has won in most of the cases. If he wins, then his success is in front of everyone, but if he loses, he still succeeds. The deep tantric mystery is hidden behind this. Before attacking other, man had prepared the mind completely. The complete preparation of the mind for the attack means that he eliminates the fear of death. He will be able to destroy the fear of death only if both life and death will be equal for him. Life and death will be equal to him, when he will see life in death also, that means, after death, he will accept the matter of getting the Paradise. In other words, this is the Advaita (non-duality), which is the only essence of all philosophies and religions. Many people call the same Advaita as the name of God, Allah etc. Then it is a straightforward thing that every attacker is the man of Allah itself, whether he believe in Allah or does not believe. If he also obeys God or Allah, then he will be blessed with borax on gold, means double reward will be achieved.

Now talk about the attacked. He is never mentally prepared regarding fighting and do or die. This means that he is present inside duality, because he is afraid of death. He is immersed in attachment to life. Its direct effect is that he does not openly fight. Therefore, in most cases he loses. Even if he wins, even then his fear and duality will remain, because his faith remains on the victorious duality. Straightforward it means that he loses even after defeating, and also loses by winning. He can be able to withstand the sudden attack better, who keeps non-duality in his mind at each moment of his life. That means, the mind that lives in a way filled with non-attachment like a Sage-Sannyasi. Even when capable, he does not start the attack, and gives a most appropriate answer to the sudden attack. Such a person is most loved by God. Only then did India take such attacks for thousands of years, and even shown stars in the daytime to the attackers. Only then India has religion dominated, especially Advaita Dharma (non duality-religion). Because of this same power, India never needed to attack anyone. Those need to attack to strengthen their own religion, who cannot hold religion in peace in their daily life. It is not only a mere theory, but also a tantric, Premyogi Vajra has this type of own experience. He has created this website to make every moment of one's life full of Advaita, the unique and real worship of God.

Now tell a best way. If people, who constantly follow the Advaita Dharma, also continue to get the power of Advaita Dharma by attacking the evil ones, then there will be again borax over the gold. Especially those attackers can be attacked, who are a threat to one's security, and those who can attack suddenly. Our country is on the same twist today. Here this method can be proven most successful. All people of India should spend life like sages. The soldiers of India should become sages, and with slogan of Har- Har Mahadev, they should attack those terrorists, who continue to harm the country by attacking deceptively. Once those have been tested, tested twice, tested four times. How long will the country test such extremists?

The restrictions on the shelter of the terrorists should be imposed as much as possible, in the fastest way possible. Those restrictions include stopping river-water, preventing trade, declaring a terrorist country in the United Nations etc.

The truth that is perceived by Premyogi vajra is that when there is a problem in the mind (Kundalini Chakra is blocked), then only in the world it is also visible. If extremists understand the same thing, then they should leave the blind race to improve the world.

Best wishes to all friends on the occasion of holy Shivratri.

Ashutosh Shankar becomes happy very easily. It means that the tantra-oriented technique provided by him gives liberation very quickly. The tantric techniques are made of the simple activities of our daily lives by giving those a spiritual shape. For example, the body of skilled tantric turns, shrinks, spreads and remains rising upward (tucking) itself. Such happen for kundalini to be installed on the chakras itself. When there is fatigue or confusion, this happens, due to which the Kundalini becomes distinguished itself on the cerebral chakra. With this, a long breath is drawn inside the body itself with a sudden relief. This secret is hidden behind the yawning with the body's rise (body tucking up), when it comes to relieve of sleep or boredom.

Shiva's idol is a human-form. It means that the cells (dehpurush) inside the body of that idol are also similar, as those in the inside of our own body. It means that while worshipping Shiva-idol, we are worshipping the non-dual dehpurush inside it. We have given the form of our mental Kundalini to that dehpurush having non-dual attitude. It means straightforward that the Kundalini becomes strong even from Shiva-worship. Kundalini (mental image) can be having a form of Shiva according to somebody's personal interest, can also be the form of a guru, or the form of boyfriend / girlfriend too. Many times, Kundalini-image is also experienced in Shiva-like costumes, such as one riding a bull, with a snake's necklace and with a damroo (special drum), like a soft tantric etc. This happens with the influence of Shiva-Pooja (worship).

Lord Shiva is adorable of all people and religions of the world. Shiva-poojan can establish universal harmony in the world. It can prevent religious mania, fundamentalism, and terrorism. All religions and philosophies have come from Shiva. Its proof is that Lord Shiva does not discriminate against anyone in the case of eating-drinking and in the case of law and order of worship. He loves the people who are like the ghosts just equal to those people who are like God. He accepts all with love and with the same emotion, no matter how religious one is or what type the religion one has. It is clear from the tantric-sadhana given by him. Shiva-provided Tantric Sadhana is the most scientific, relevant, modern, social, productive, and humanistic.

Shiva-Shakti concept is considered in some form in all religions. That which is truth that is Shiva. That is the whole thing. There are all emotions in it. In it, both femininity and maleness are present together. In a sense, the nature of Shiva is close to that form of man, in which he lives in Samadhi. All of us know that the strongest Samadhi (meditation) seems to be accompanied by tantric sexual intercourse. Therefore, the only Lord Shiva has been conceptually divisible in the form of Shiva-Parvati that is easy to understand. In fact, Shiva-Parvati is always united as one, but it is also assumed that Shiva-Parvati are always completely absorbed in tantric-sadhana. Shiva lingam is a symbol of this sadhana.

In Russia, a similar folktale is prevalent that a man used to be perfect. From him the king of the gods was scared and he divided the man into two halves. One part is made of man, and one part becomes a woman. From then on, both sides are anxious to be united, so that they can rule over the gods once they are completed again.

Many people may doubt that Shiva is always absorbed in Tantric meditation, then why he has been given this name as kamari? In fact, only a tantric can conquer sex-malice. A man escaping sexuality cannot win sexually ill thought. His desire for sex in him is very strong, of course, he pretends to be untouched from the outside. Only one can win the sexuality, who understands its secret. Nobody can understand the secret of sexuality more than a true tantric.

Bhootnath (lord of ghosts) is also a name given to Lord Shiva, because he is also the master of those tantrics, who seem to be like ghosts from outside. Although from inside they are fulfilled just like Shiva.

Lord Shiva is also called as Bhola (innocent), because he is situated in full Advaita Bhava (non-dual attitude) with the force of his daily Tantric-Sadhana. That is, he is like a child. For him wood, lumber, and gold etc. everything is the same. Although he demonstrates discrimination from outside to live a mundane life-style, not having it inwardly.

I once saw Lord Shiva in my dream. He was sitting at a place like a table-type rock. He looked somewhat quiet though, like a soft, and semi-old Tantric. Together he seemed like a mast man (easy going). Even so, his dress looked like Shiva. Around him, many of the ghosts were dancing, singing with loud, and mast sound. That voice was loud and clear. That particular exhilarating musical voice (especially low pitch beats of the drum) makes me remember that a little today. I was not feeling frightened at all from those ghosts, but I was feeling very happy and a bliss. It seemed that the people who came to know me and were the departed ones also joined the group of those ghosts. My Kundalini got very much power from that automatic incident, and after about one and half a year to two years, she became awakened too.

Likewise, about 30 years ago, I was going with my uncle's marriage procession. Passing under a big mountain, I saw Lord Shiva sitting in squatting posture in peace on a big rock in the form of a half-old man. There people were offering flowers and leaves, because there was a Shiva-Parvati temple behind the trees and a little above that place, which was not visible from there. I also offered him the leaves, then he gave me something in the form of a gift maybe that was in the form of some grains of rice or he picked up some leaves. I do not remember completely. He was smiling, looking like something serious, in ordinary costumes, and like a softhearted guru. Yet he seemed to be an ordinary man. Then maybe I did not talk to him. Anyway, there was no time to talk about while moving in the long line of people on the tight footpath for early running.

There is no end to the glory of Lord Shiva, but in the form of conclusions it can be said, Shiva is everything; if there is no Shiva, then there is nothing.

kundalini associated with Yin-Yang

Yin-Yang attraction is very important for Kundalini. The contrasting poles of a magnet attract each other. Positive electrical charge attracts the negative electrical charge, and the negative attracts the positive one. The light attracts the darkness, and the darkness attracts the light. Presence and absence attract each other. Similarly, men and women attract each other. Yin-yang attraction is called attraction between opposite expressions, and it plays an important role in the development of Kundalini.

Premyogi vajra was a child with a serious / sober, weak, diseased, dark colored, tall, lazy, and small blunt nosed body / personality in his childhood. He was attracted to a child who was playful, agile, strong, healthy, light-colored, having long-pointed nose, and having a comparatively short body. That child was his distant relative and friend too. He was little elder in age. Both used to live in the same family. This was a good example of Yin-yang charm. All the qualities were in contrast to each other in both of them, yet there was love between the two. Light fight with love, or fluttering, keeps on going everywhere. However, they both used to forget the momentary bitterness and become completely normal. Many times, even for a long time there was a disturbed relation, though with unattached and non-dual attitude. This was due to the spiritual environment of the family. In this way, the image of that child in the heart of Premyogi vajra became distinguished as a strong kundalini.

When they grew up somewhat, they were separated. Premyogi vajra felt the first phase of emptiness. Indeed, all the expressions of his mind were attached to that Kundalini, and due to the weakness of the Kundalini, they were also becoming weak. At the same time, he got an opportunity to live with another society. There was such a goddess-queen in that society, which seemed like that naughty child to Premyogi vajra. Therefore, the Samadhi, which began with the mental Kundalini in the form of that child began to be transferred to the form of devirani / goddess-queen. Devirani-built Kundalini started to replace child-made Kundalini. This Samadhi-transfer is also mentioned in Patanjali Yoga Sutra's commentary (possibly that by Shankaracharya). That later Samadhi was stronger than the earlier Samadhi, because the male and female attraction in that was also associated with the already existing Yin-yang attraction. That is why Samadhi reached peak level in two years.

Then the two types of societies were separated. From this, Premyogi vajra felt the second phase of emptiness. That was much stronger than the first one. With the proximity of that same spiritual old man (as mentioned in website), he got momentary enlightenment during that second phase.

To say, it means that feminine attraction is the top level of Yin-yang charm. There is some emphasis on the Yin-Yang attraction of other levels in society, but gender attraction is neglected. Even if the male and female attraction cannot strengthen the Kundalini of each other, even then it gives strength to the Kundalini of the form of a third person (Guru, God or other lover) and can also awaken that. This sentence is the essence of the tantra. Even other levels of yin-yang attraction can also produce this indirect kundalini potentiating effect through activating the brain centres (mainly spirituality related). Actually, yin-yang phenomenon produces duality. This is soon replaced by non-duality, especially in a right kind of spiritual (nondual) environment. Non duality brings kundalini growth along with for non duality and kundalini live together.

In most societies, yin-yang attraction of ordinary type is also discouraged while citing various social aspects. In those aspects, the main is stereotype. In stereotype, different rituals arise like castism, racism, economism, businessism, genderism etc. Discrimination is essential for yin-yang attraction, but it should be dominated by love. Discrimination and love, both expressions should be together. This is Dwaitadwaita / duality plus non-duality. Yin-yang attraction is a

symbol of duality, and love is symbol of non-duality / Advaita. Dvaitadwait is the only truth. Empty Advaita is incomplete. If there is no love, how can you get the benefits of Yin-Yang attraction generated from discrimination?

Duality and non-duality as complementary to each other

What is duality/dvaita?

Understanding the diversity of the world as true is duality. Diversity in the world is always there, and will remain forever, but this is not true. To live in the world, there is a need to resort to variations. Yet one should not have an attachment towards them.

What is non-duality/Advaita?

According to the aforementioned, detachment towards the diversity of the world is called Advaita. In this, diversity is welcome half heartedly, and is not considered as true. Indeed, Dvaitadvaita is called Dvaita in short form. Advaita cannot be living alone. This is a negation. That is, it denies duality. This rebuttal occurs from the letter "A" before "Dvaita." When the duality is not there, then how can it be denied? Therefore, it is evident that both Dvaita and Advaita live together. That is why Dvaitadvaita is the real name of Advaita.

Dvaita and Advaita to be followed by the same person

This can be done. However, rare people are able to adopt this lifestyle, because it requires a lot of physical and mental strength. This can also affect the quality of the temporal work, especially if not given proper attention with caution.

Division of labour to Maintain Dvaitadvaita

It happens in developed civilizations, and is done by intelligent people. Vedic civilization is also a good example of it. In it, the liability of dualistic cosmic deeds is done to people of a different category, and responsibilities of subliminal religious activities are given to people of a different category. There is a good example in the form of the caste tradition of Vedic culture. In this, people of Brahmin class perform priesthood (religious work), and the other three categories perform various temporal works.

Benefits of division of labour in Dvaitadvaita

It produces a low burden on a person. He has to keep only one type of sentiment. This does not create conflicts between conflicting expressions or sentiments. Therefore, the quality of work also increases. Anyway, in the world it is seen that the more duality is, the better the work is. Advantages of the Dvaita of dualist are received by his accompanying non-dualist man, and the benefits of non-dualistic sentiment of priest are received by the dualist man accompanying him itself. It is like this, if a lame and a blind man help each other. Although there must be close and loving relationships between the two types of classes for full success with it.

The relationship between a disciple and his Guru is similar to Dvaitadvaita-relationship

Premyogi Vajra also got the benefit of this division of labour. His guru (the same old spiritual man) was a true Brahmin-priest. Premyogi Vajra himself was a very materialist. There was a close, loving, and Tantric relationship between the two for a long time. From this, Duality of Premyogi Vajra was got by his Guru, and he received the Advaita of his Guru. Due to this Dvaitadvaita was strengthened inside both of them unintended, and both became free. Because of this, the spontaneous achievement of transient KundaliniJagran by Premyogi vajra along with momentary enlightenment was there. This caused spiritual liberation of both of them itself. Together, Kundalini remained active throughout the life of Premyogi vajra.

This Dvaitadvaita coordination is the religious harmony

If one religion is dualistic, then another religion is non-dualistic. That is why there should be friendly relations between the two types of religions. This gives strength to each other. This

proves the actual non-duality (dvaitadvait) of spirituality. The mutual co-ordination between opposing sentiments was the main reason behind the success of Vedic culture.

Being devoted to Advaita also means being devoted to Kundalini

As we have said earlier that Advaita and Kundalini live together. One increases itself as the other grows. Anasakti/detachment is also a form of Advaita/non-duality. It simply means that God does not live directly or can not be achieved directly, but as Advaita / Anasakti / SakshiBhava or witnessing {Advaita and Anasakti increase with witnessing emotion} / Kundalini. These four expressions are the same, because even with the increase of one, the other expressions start increasing themselves. If all the emotions are increased together, then it is even better, because then there is very fast spiritual progress.

Thank you for reading this book. For more information you can visit the website demystifyingkundalini.com.

Other books written by Premyogi Vajra~

- 1) Love story of a Yogi- what Patanjali says
- 2) Kundalini demystified- what Premyogi vajra says
- 3) Kundalini Science – A Spiritual Psychology
- 4) The art of self-publishing and website creation
- 6) Kundalini demystified – What does Premyogi Vajra say?
- 7) Organic planet- the autobiography of an eco-loving Yogi
- 8) My Kundalini website on e-reader
- 9) My kundalini website on e-reader
- 10) A new age kundalini tantra - Autobiography of a Love-Yogi
- 11) Kundalini science~a spiritual psychology means (book- 1,2,3 and 4)
- 12) Blackhole doing Yoga
- 13) Yoga in quantum science and space science
- 14) Purana riddle
- 15) A new age kundalini tantra- autobiography of a love-yogi means (second part of the present book)
- 16) Comic mythology
- 17) Mythological body

All these above books are also available in Audiobook format.

The description of these books is also available on the webpage “Shop means (Library)” of his personal website <https://demystifyingkundalini.com/shop/>

Please follow or subscribe to this website, “<https://demystifyingkundalini.com/>” for free to get new posts means (especially Kundalini related) on a weekly basis and stay in regular touch.

Good luck everywhere.