

Vipassana & Kundalini: **Harmonizing Inner Awakening**

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Book Introduction

★ **"Harmony Within: Unveiling the Synergy of Vipassana and Kundalini"** ★

In the serene foothills of self-discovery, two ancient practices converge—a dance of consciousness that transcends the ordinary. Welcome to the crossroads of **Vipassana Meditation** and **Kundalini Yoga Meditation**, where the subtle threads of mind and spirit weave a tapestry of transformation.

Vipassana Meditation: The Art of Insight

In the stillness of each breath, Vipassana invites us to observe without judgment. Like a compassionate witness, we peel back the layers of thought, emotion, and sensation. Here, mindfulness blooms—a lotus rising from the murky waters of our minds. As we sit in quietude, we discover the impermanence of all things—the ephemeral dance of existence. Vipassana teaches us that liberation lies not in escaping life's storms but in navigating them with grace.

□ **Kundalini Yoga Meditation**: Awaken the Serpent □

Enter the realm of Kundalini—the coiled serpent at the base of our spine. Through breath, mantra, and movement, we coax this dormant energy to ascend. The chakras awaken, spinning like cosmic wheels, and our consciousness expands. Kundalini Yoga Meditation is the alchemical fusion of body, breath, and spirit. It ignites the fire within, unraveling knots of limitation, and propelling us toward enlightenment. As the serpent uncoils, we rise—bridging the earthly and divine.

☞ **The Dance of Correlation** ☞

What happens when these paths intersect? Vipassana's clarity meets Kundalini's intensity. The result? A symphony of awakening. As we sit in silent observation, the serpent stirs. Insights bubble forth—a cascade of wisdom. The spine straightens, channels align, and the heart blossoms. Vipassana's equanimity tempers Kundalini's fervor, creating a harmonious fusion. We become conduits of cosmic energy, grounded yet expansive.

★ **Unlocking the Mysteries** ★

In "Harmony Within," explore firsthand accounts of seekers who tread both paths. Witness their struggles, revelations, and the luminous moments when Vipassana and Kundalini intertwine. Discover how these practices complement each other—the yin and yang of enlightenment. Whether you're a seasoned meditator or a curious novice, this book invites you to explore the alchemical dance of two ancient traditions.

Dive deep. Embrace the stillness. Awaken the serpent. ❁

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 yoga meditation makes a person a believer

Friends, I was recently reading a blog article that I liked. However, I did not get any response to my comment. It was written in it that only Hindu religion is theistic religion, all others are atheists. The Sanskrit word Aastik is derived from the word 'Asti', which means 'is'. Meaning, the one who believes only in 'Is' i.e. existence without name and form, is a theist. 'Na Asti i.e. Naasti' means 'does not exist'. One who believes in 'nothing' is an atheist. Anyway, name and form do not exist. Ice forms water, water forms steam, steam forms clouds and water forms again. Despite changing so many names and forms, everything remains water. If we continue this tradition of cause and effect from back to back, everything becomes finer and finer, and in the end only the sky is left. Meaning everything is sky or void or soul form. Void is not void of absence or darkness but void of indescribable form. That is why Hinduism seems escapist, but in reality it is not so. The real believer is not the one who completely rejects name and form. Rather, the real theist is the one who considers the true and real existence to be higher than the false and fake existence in the form of name. If we do not accept name and form at all, then how will worldly life run and how will human civilization develop? In such a situation, everyone will become like detached monks. The whole science is dependent on name and form. If you don't give a name or form to a thing then you will not be able to understand it and how will you be able to control it. Science will not be possible without accepting name and form. On the other hand, other religions are also not completely atheistic. The real atheist is not one who believes only in name and form and denies pure existence. Rather, the real atheist is the one who gives more importance to the existence of name and form than the pure and real existence. While accepting the existence of name and form, pure existence itself comes to be accepted, because 'is' seems to be with everyone. The existence of pure 'is' and the existence of name and form are dependent on each other, and both co-exist with each other. They cannot remain separate from each other. The difference is who is given more importance in the mind. Meaning, the difference is only in the perception of the mind. The worldly life of a theist is the same as that of an atheist. The difference lies in the ideology or perception of the mind of both. Just by changing the perception of the mind, adverse effects like heaven and hell are created. It means clearly that no one can be a complete theist or a complete atheist. In behaviour, everyone is of mixed nature. Various theological scriptures have been created only to keep the mind's perception theistic. Spirituality only improves the perception of the mind. Worldliness will work only through science. Formation and improvement of mental perception is a natural tendency, just as man himself gets drawn towards the experience of happiness. I don't see much contribution of religion in this. Religion does not teach man which situation is pleasant, rather man learns it himself from his own experience. Anyway, human psychology is very complex and diverse. No such general rule can be made in this regard, as is made for inanimate objects like general rules like gravity etc. Here, every person's mind is unique in itself, for which the rules should also be unique. Yes, a religious book can declare a general principle for everyone, but that too should be unanimous and scientifically or spiritually proven. Although there may be human exceptions to that too. Man has to take worldly practical steps himself according to time and circumstances. Meaning everything cannot be written or told. That is why people of all types of beliefs will be found in every religion. Yes, proportion can vary due to different reasons. For example, the Yaksha asked Yudhishtira what was the greatest wonder of the world. To this Yudhishtir replied that people die every day, but despite seeing this, living people think that they will never die. There is no bigger surprise than this. Yaksha was satisfied with this answer. A person with positive perception will take this story in such a way that even while living life with full enthusiasm, a person should always remember that someday his life will end, hence one should not be attached to life. Meaning, do not be attached to name and form, that is, while handling worldly affairs according to the time and place, adopt theistic belief, not atheistic belief. But a person with negative thoughts will take it as if there is nothing left in life, hence one should always remain as if dead. Completely give up the worldly world full of name and form and become a staunch believer. Dharmashastra had written a good story from its side, but how did its author know that many people might misinterpret it. Similarly, Guru can also explain only general rules and principles from his life experience, even he cannot follow every step.

Holding the breath for a few moments and then taking long deep breaths brings more attention to the pure existence of thoughts, and less to their nominal diversity. If Kundalini Shakti is also combined with that Pranayama, then the effect increases manifold, because it gives more strength to the revelation of suppressed thoughts, due to which theism becomes more effective. With Tantric power the effect increases further many times more. With fast and shallow breathing, thoughts keep changing continuously with the breath. Due to this, attention is focused only on their superficial names and there is no time to go into their depth. But when the breath is slow, long or stopped, then the same thought of the mind remains till the breath stops or till the completion of one breath or for many consecutive breaths. Due to this, those thoughts feel as if rise from, grow and merge into soul repeatedly. The word Om ॐ also reflects the same process, in which the letters A, U and Ma represent birth, growth, stopping and dissolution respectively. Om is the seed mantra of Sahasrara because the entire universe keeps on arising, growing and dissolving in the form of thoughts in the mind itself. The two sharp curves or rings on the two sides of this letter ॐ are three-dimensional, but appear two-dimensional on paper. The ring on the left curves to the other side along the curvature of the left brain, and the curvature on the right covers the posterior side of the right brain. Meaning the entire brain is covered with Om. The lunar dot above it is the Sahasrara Chakra point. From this we realize that the names and forms were false, the real form of thoughts is like the void sky or soul, that is, only the existence without names and forms is real, from where they appear to be born and also appear to merge into it. Thoughts change quickly due to fast and shallow breathing. Therefore neither do we see them being born from the void soul nor do we see them merging into the void soul. This makes them visible to us truthfully. We think that the old idea that has now been replaced by the new idea is true, and our brain itself has taken hold of the new idea in its place. Anyway, it is difficult to pay attention to shallow fast breaths.

The meaning is clear that Kundalini Yoga helps in becoming a believer. One of the reasons for this is that during Kundalini Yoga, by maintaining focus on the breath and body, one does not pay much attention to the name and form of thoughts and only their existence remains aware. This is like the practice of witnessing, meaning we are watching them like a witness. And are not affected by them. Additionally, the body remains in a fixed posture during yoga asanas, and resists reaction or movement according to thoughts. Even with this the nominalization of thoughts does not become effective.

The handle of thoughts is breath. This is because thoughts move in sync with the breath. It is very difficult to capture thoughts without breathing. Watching the breath means watching the thoughts, meaning witnessing. When we are not watching the breath, we are not watching the thoughts either. At that time we ourselves become thoughts. When we are not watching the breath, we ourselves become the breath. No one can see oneself. If seen, it goes to someone else only. Meaning then there is no witnessing. There can be only two feelings, either spectator feeling or visual feeling. If the viewer does not have the feeling of being a spectator then the visual feeling is created automatically. Meaning, the viewer doesn't remain detached from the scene but becomes the scene itself. This can happen to a father while watching his son playing in the field. If there is spectator sentiment then there cannot be visual sentiment. Both feelings cannot live together. It is a characteristic of the spectator's feeling that he is not affected by the joys and sorrows of the scene. If a man is being influenced by his thoughts, it means that he does not have a spectator or witness attitude towards his visible thoughts but has a visual or self-conscious attitude. If thoughts are considered as the form of self then it is knowledge, but if the self i.e. man becomes the form of thoughts then it is ignorance.

In this matter, I liked the words of a Tibetan Buddhist yogi that pay attention to the breath as well as the thoughts, that is, leave the thoughts open, only then meditation takes place. Meaning, neither suppress thoughts nor ignore them. When the attention remains on the breath or keeps going there intermittently, then the attachment to them will automatically reduce and the feeling of being a spectator towards them will arise.

Perhaps what is often thought that the uniform darkness of lifelessness is devoid of name and form is wrong. In fact, in the form of that darkness, the worldly thoughts in the form of name are

located in a subtle form, which when given a chance, appear again in a gross form. The real existence without name and form is that of the completely pure soul i.e. God, which is indescribable. However, it is attained only from the world of name and form, because it resides in every particle.

It is written in the scriptures that darkness of lifelessness does not actually exist. We feel it due to the illusion created by worldly attachment. This is the same illusion as after spinning on a circular wheel, after getting out of it, all the things around it also appear to be rotating for some time. The faster or the longer we move around, the faster and longer we feel the things moving around. Similarly, whatever kind of worldly life will happen, the darkness of lifelessness that follows will also be felt in the same way. This is called the subtle body. Then just as the feeling of spinning ends after some time itself, similarly the darkness of the subtle body should also disappear after some time. Meaning man himself should become free after death. But this is not written anywhere in the scriptures. Logically, it seems that just as a man returns to his previous worldly state after the false feeling of wandering, in the same way, after the illusion of lifelessness, a man should re-enter his old worldly life, that is, he should be reborn. But the one who has previously experienced complete liberation or awakening, perhaps he goes back to his previous liberated state, that is, he becomes free. Still, this seems to be somewhat scriptural.

The more massive a black hole is, the more light it swallows and the more darkness it creates inside itself. The information about its original star would be stored in it in the form of the same virtual darkness. It is possible that after some time that darkness will be born again in the form of a similar star. Scientists call this the release of energy through the white hole to another unknown universe. Whereas those stars which are of lesser weight, their destruction leads to darkness for a short period of time, and they merge into the infinite sky full of infinite energy, meaning they become free. They must be like our ascetics and recluses, who keep their worldliness light.

Kundalini Yoga shows Om is the singularity in which the blackhole is contained

Whatever matter-like information goes into the blackhole, it remains in destroyed or inaccessible form. In the same way, the subconscious mind of a man also preserves all his information in the form of thoughts from time immemorial in its destroyed form. When those thoughts are brought back in a visible or manifest form through witnessing, meditation etc., then they gradually become loose and merge into the divine. When all thoughts dissolve, the soul or the subtle body becomes free. Probably, due to the formation of physical world again and again in the same way from the blackhole, those informations keep getting loose and in the end they get united with the God in the form of supreme sky and never come back again. Meaning the blackhole becomes free. There is a catch here. A black hole does not become free by being a gross creation again and again, just as a man does not become free simply by being born again and again. When the information from the blackhole continues to come out in subtle form, in that form it merges into the supreme soul, not directly. Perhaps those microscopic information are Hawking radiation, in whose form the entire blackhole will someday dissolve. Of course it takes a lot of time. Where does it take less time for the liberation of the soul. **Hawkins radiation** also emanates from the blackhole, and it also creates new creations simultaneously, of course, the size of the new creations gradually decreases. In the same way, man's practice of witnessing also goes on in more or less form, and along with it new births also keep on taking place, of course, in the future births, the noise of the mind's thoughts keeps on decreasing, the ego keeps on decreasing. Science says that the more matter enters inside the black hole, the more its gravitational force will increase, and the thicker the accretion disk outside it will be. At first I wondered how it could happen that when the new infinite sky was formed, then the matter that entered it should spread out into the infinite sky, and that should not affect the accretion disk. Also, once an infinite hole has been formed in the original infinite sky, how can that hole get bigger as more matter enters inside, because nothing is bigger than infinity. And increasing gravity actually means increasing the depth of the pit in space. But I found the solution by comparing it with the soul. When the individual-infinite space in the form of soul is formed for the first time, it is like a newly formed blackhole. First thing, how the soul is made. When the first thought of the mind is formed in the smallest creature, Chidakasha or conscious sky i.e. Paramakasha Paramatma bound with it feels it within itself. Being attached to that thought wave, he immediately forgets his Paramakash or Mahakasha or supreme sky form. He lives in the same great space, but forgets its super existence, knowledge (true knowledge) and bliss to a great extent due to delusion. This became the origin of the living space within the great space. However, the cosmic God remains the same, without change, in his original form. It means that the soul has originated inside the Supreme Soul. Now coming to blackhole. A big star ran out of fuel inside it. So there is no force of hot gases towards the outside to counter the gravitational force towards its inside. This causes it to continually shrink within itself to the smallest possible form. I think that form is the most subtle thought of the mind. Because in front of it even the fundamental particles like proton, electron etc. are gross. The smallest thought is the mental sound of Om. The proof of this is that with it the soul has the least illusion of its absolute form. Even the illusion seems to end. That's why Om is uttered spontaneously from the mouth of Brahmagyanis and accomplished Yogis. The more the other thoughts keep on increasing, the more the confusion keeps on increasing. So the smallest thing became the sound Om. The origin of the soul is probably from Om itself, because Yatpinde tat brahmande. A gross object cannot pierce the sky. If it were so, then each stone would be a separate soul or living being, each particle would be alive, and would feel its own separate existence in the infinite sky. But this does not happen. Only the thought of the mind can pierce the sky. That's why as many living bodies i.e. brain or mind, there are as many separate infinite skies as souls of living beings. That's why mind is needed to create a new universe, because it will be created only when there is a hole in the sky. Om is the subtlest mind. That is why it is said in scriptures that the universe originated from the thought of God or Brahma. From Om made of super compressed star, Moolakaash or original sky bound to it forgets its original form and becomes a new complete sky. Although the original sky remains the same. This has been said in the language of science that a singularity

made of a star creates a pit of infinite depth in space. Perhaps Om itself has been called singularity in science, because it is not known what it is. Just figured it's the tiniest thing. Probably we have proved that the smallest thing is Om. Then it is said that due to the explosion in that singularity, the creation of the universe starts spreading. It has been said in the scriptures as well that the universe originates from Om. It also means that even a small thought has a mass equal to hundreds of suns, that is why it makes such a big hole in the three-dimensional sheet of the original sky that a new sky is formed, means a new independent universe in the form of a new independent soul comes into existence. But it is surprising how the creature who can create the universe remains pathetic and dependent. So if warp drive were to be built tomorrow, it would be some kind of machine that could fold the sky as much as it is wanted. This would take you on a trip to space. It is possible that aliens come to earth with the help of such a Om machine. People involved in the case of alien interviews after the so-called UFO crash claim that aliens have spiritual techniques, and that they recognize their true nature very well, like yogis. To them the human civilization on earth is like a monkey civilization. Then after birth, the soul expands its scope. It keeps on receiving information from outside through different senses like eyes, ears etc., and keeps on growing. It is as if the blackhole keeps on swallowing the outside matter, and keeps on increasing its mass. The greater the soul, the greater is the scope of its influence. Where the range of insects is up to a few inches or feet, there is so much information inside the minds of great men that their sphere of influence extends to the whole nation or the world. People from all over the world are drawn to them. Their sphere of influence can be compared to the accretion disk of a black hole. The universe continues to be created from Om and also remains absorbed in it. Someday instead of just one star, the mass of the entire universe will shrink and merge inside Om. This would be called the formation of the ultimate blackhole. It will not get anything to swallow. Due to this, it will die of hunger soon, that means then that Om will also merge in the supreme sky. This is called holocaust. The holocaust will continue for a long time. Then at the beginning of the creation Om will appear again containing the mass of all the old creation. There will be a big bang or great explosion in it and the creation of the universe will start again. This process is repeated again and again. Now many people will say that the black hole has swallowed only a negligible amount of matter in comparison to the universe, how can such a big new universe be formed from it. But brother, the eternal sky would have been formed by Om. New substances can also be formed in it. The swallowed material from the old universe is just a beginning. It is also like a child carrying information from his past life in a very subtle form or most primitive organism feeling first Om sound as first thought in its mind, which appears to be negligible compared to the whole of the past life or its mental creations to be created later on. Then he collects some information from outside also, that too is negligible. He himself creates most of the information within himself through his creativity, through his actions, thoughts etc. In the same way, the first micro organism to be formed has only the subtlest thought of Om, but as it develops, it also becomes Brahma, in which the whole universe is contained. This also means that no matter how small a black hole is, it can form the largest universe, because it forms a vessel of infinite size in the form of an infinite sky. And where there is a vessel, rain water also gets collected there.

have a long practice or who have access to satsang, they can stay however. Karmayogi also remains self-aware all the time, but Karmayoga is also not easy. That's why for the benefit of the common man there is a provision of sadhana three times a day, rest of the time keep doing any practical work, keeping sadhana on the table.

The problem arises when man does not see reality. Does not see the truth. There is no harm in seeing, there is no harm in seeing the real thing. The evil is in seeing things in their false forms. Seeing thoughts in subtle form is Satyadarshan or true viewing, but seeing them in gross and physical form is Asatyadarshan or false viewing. Seeing thoughts inside your body or mind is Satya Darshan, but seeing them outside yourself is Asatya Darshan. Seeing thoughts in one's own form means non-dual form and self-form is true vision, but seeing them in other's form means in dual form and non-self form is false vision. Not that these are only the philosophical things. This is scientific truth. In fact, worldliness is completely based on lies. Subtle thoughts are given a false gross form. Spiritual (Chidakasha-Atman or consciousness-sky-form soul) thoughts are given a false physical (just opposite of Atman) form. Thoughts located inside the body are falsely understood to be outside the body. If we consider thoughts in their true form, then the world has disappeared and only soul and soul is everywhere. It is a great thing that this vision is itself maintained without any special effort while doing yoga, because at that time the activity of thoughts changes rapidly according to the rapid changes in the activity of Prana in the form of body postures and breath, due to which the belief that all these are connected with each other is self-affirmed, and always remains maintained in the subconscious that manufacturers habit of an individual. I am saying body instead of mind or brain because different thoughts carry different energy levels, so they fit on different chakras of the body. The ones with more energy are towards Sahasrara and the ones with less energy are towards Muladhara. The energy of thoughts should not be tampered with, otherwise the burden on the brain will increase which can also cause headache. That is why the real form of man is not the mind or brain, as is commonly understood, but the front channel from the Sahasrara Chakra to the Muladhara Chakra and the group of chakras located on it. Understand that it is a bamboo stick with seven knots. Thoughts are not necessarily attached to the chakras, they can be felt at the height or level of the chakras over any long distance. Perhaps the thoughts of Sahasrara cover the whole distance towards the sky, and the thoughts of Muladhara the whole distance towards the lower worlds down. Wherever thoughts are felt, they should be welcomed there, but in their real subtle and spiritual form, not in their false gross and physical form. Also during yoga, by looking at the thoughts with a true eye, they do not disappear at once like in the normal worldly condition, but they disappear comfortably and slowly giving joy to the soul, because the energy level is high while doing yoga. Calmness with little clearing of Atman is felt too with dissolving thought waves. Along with this, various technical experiments like holding of breath, i.e. Pranayama during yoga also reduce the restlessness of the mind. With this the soul feels well satisfied. In the normal state, they disappear before they can provide proper bliss to the soul and get buried as darkness in subconscious leaving the soul blurred like the scar on the moon, because the energy level is low, so leaving the soul as if thirsty of cleaning water. If we accept thoughts in their false form, then the soul has disappeared and the world and the world is everywhere. It is a simple matter that thoughts become so much more clear by yoga, which is not even in the condition of common material worldliness. Due to this, their true subtle form automatically comes to the fore. Means Kundalini Yoga exposes the biggest lie in the best way. Anyway, the soul gets strength from this exposure to get exposed itself. If there is no lie, there will be no exposure either. This means that the lie and its exposure must go hand in hand. Meaning that materialism and spiritualism should go hand in hand in a balanced way. Balanced means that there should not be so much materiality that it becomes on the life of a man or the life-giving earth starts getting destroyed. There is less lie in an animal, so it has less chance to be exposed, due to which its self-development is also very low or slow. This biggest lie is called ignorance in the language of spirituality, and its exposure is knowledge. Beware of those who try to extract money by mixing worldliness with spirituality, because when they are in worldly mode with money, there is no spiritual mode at that time. Yogi and writer Shri Om Swami is right in saying that Yogi should be financially self-reliant, along with that he should also be an

industrialist who can provide financial support to the society. What a yogi who goes on begging even for himself.

I think that some initial spiritual practice can better be done in a group etc. Later, probably in most of the cases higher stage spiritual practice is fruitful only in solitude, not in a crowd. Anyway, the sadhna that can be done in the crowd is Karmayog, not doing yoga by holding the nose. Come on, no problem, let's flow with the times. There is no compulsion in this. Whatever you find good and suitable for yourself, do it. This promotion is for those who are entitled to it, but are not able to get used to it due to various reasons like hesitation etc. Promotion of a film does not mean that it should be seen by everyone, but that it should be accessible to the curious and needy person. Valentine's Day does not mean that on this day everyone should make a couple and fall in love with each other, but that those who feel the need and scope for it, but are unable to do so due to hesitation etc., should get a chance to do so. Best wishes on World Yoga Day week to all.

Kundalini Yoga as the Varaha avatar of Lord Vishnu mythological story

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

Yoga based mystical analysis of Varaha Avatar story

By meditating on the nostrils and especially on the breath coming in and out of the nostrils, the rising energy shifts to the central line that's in the way of the Sushumna Nadi. It is said that the boar came out through the exhaled breath going out of the nasika. By paying attention to the outgoing breath, the energy descends through the front channel, and penetrates all the chakras and reaches the Muladhara. This is Varaha's going under the sea to reach Patal Lok. Even if Muladhara is considered as an ocean instead of Patal Lok, then the lowest rung of the ocean of the world is Muladhar, because the whole world is settled in different chakras. Probably it has been called sea because the reservoir of water in the form of semen comes under Muladhar area only, where shakti is hidden as subconscious mind. Hiranyaksha means ignorance in the form of duality. Hiranya means gold, Aksha means eye. The one who has respect for gold i.e. prosperity in his eyes, and behind it who is blinded by duality, he is Hiranyaksha. Due to this, Kundalini Shakti hides in the darkness of Mooladhara, that is, it sleeps. Means the shakti of the thoughts of the mind becomes unmanifested in the form of subconscious thoughts and gets buried in the base chakra. It's the kundalini sleeping there. Along with that mental world, the Vedas also get buried in the Muladhar, because pure and sattvaguni or light-full conducts and thoughts are in the form of Vedas. After reaching Muladhar, shakti starts turning upwards passing through the back. Shakti prefers Ida and Pingala to rise, mostly try to rise through Ida Nadi, as there is less blockage in it. Sometimes the energy starts swinging alternately in Ida and Pingala for a few moments in each. In such a situation, by keeping attention on the Ajna Chakra also, the energy stays in the Sushumna too for a few moments in between. Ida and Pingala are shown metaphorically as the two sharp teeth on both sides of Varaha's mouth. The Sushumna Nadi or Ajna Chakra is the round earth balanced on top of those two teeth. The chakra is also round like earth. Sushumna has been called earth because all the experiences of the world take place in the brain, nowhere outside, and energy is transmitted to the brain only through the Sushumna nadi. Varah is the Kundalini-Purush i.e. meditation image. This is the meditation of Lord Vishnu. Like Vishnu, he is also shown in quadrilateral form with conch, chakra, mace, padma, one thing in each hand. That is why it is said that Lord Vishnu incarnated in the form of a boar. The boar has been chosen for the metaphor because it is the boar that digs the ground in search of its shakti hidden in the form of food in the depths. That is why the earth is dear to the boar. That's why he even enters the sea to bring it up. In order to get the sleeping or suppressed earth or shakti in the form of mind, he gropes and digs the muladhara and carries up it with the teeth in the form of Ida and Pingala channels. Then by balancing it in the form of Sushumna, it brings it out of the water that's nadi or channel as it also flows like water, and restores it to its original place. Its real place is the Sahasrara of the brain, because that is the center of all experiences. Sushumna Nadi also goes directly from Muladhar to Sahasrar straight up. With this, the thoughts buried in the subconscious mind start coming back to experience, and starts merging into the blissful emptiness of the Self. Means cleansing happens. Means sleeping shakti in the form of

subconscious thoughts starts waking up. This is Vipassana. Vipassana can be done in any part of the brain, except the Sahasrara, as it requires less energy. In Sahasrar, only the Kundalini picture is meditated upon, which is in the form of an idol or a Guru or a transcendental body etc. This picture feels almost like a real physical form with practice, that is why it takes much more energy than Vipassana. Although it happens in Sahasrara only, but due to less energy, it appears outside. The less energy a thought has, the further away it seems from the Sahasrara. By the way, the place of the soul has been described as Sahasrar. If someone starts awakening the image of a common man in Sahasrar, then he will reach him or her automatically while walking in his sleep at night. Then how will meditation happen? Then all the gods and sages are happy and praise Lord Varah with folded hands. Anyway, the purpose of all these is to remove the living beings from the beginning less suffering in the form of birth and death, which is only possible in the Sahasrar Chakra in the form of awakening, that is why they are happy. To pacify or kill the boar by Shivji means that Yogi left the fascination of Kundalini and became a non-dual Tantrik like Shiva. Anyway, the principle is that after the awakening of the Kundalini, the non-dual tantra is the supreme understanding, which Osho Maharaj also explains to the world in the form of one of his books, "tantra- a supreme understanding".

Kundalini Yoga dhyana having Vipassana i.e. witnessing meditation as an important component

Kapalbhati Pranayama is very useful for Vipassana Sadhana

In the last post, I was also telling about Vipassana. According to my experience Kapalbhati Pranayama also helps a lot in Vipassana. Only the breath has to be pushed out. Let go as you go inside. Don't let yourself get tired. Be relaxed. The colorful thoughts that are arising, let them arise. Whatever old memories are coming, let them come. They themselves will merge into the void form soul. Actually this happens because with appearance of thoughts in one's mind without the help of any material things, man comes to know that they are unreal and as subtle as the sky, but coming in contact with the material world, they become true and gross by illusion. This is also the principle of Vipassana. That is why it has been repeatedly said in the scriptures that the world is unreal. Probably it is written for Vipassana, because when Vipassana makes the world seem unreal, then knowing the world as unreal will lead to Vipassana itself. Vipassana is more obvious with Kapalbhati Pranayama because even in our busy daily routine we breathe in such rapid and jerky ways as kapalbhati. As soon as a thought comes, one feels that the appetite for breath increases, and the inward breath also feels deep, sweet, flavored and satisfying. If the thought is not repressed forcefully, then it becomes a chain of thoughts by joining one by one further and further, and almost all the mind comes out of the pitcher, which is said in an article-story that hundreds or thousands of sons have been born from one pitcher. The thought picture that is already lightly imprinted emerges less. The meaning is clear that garbage gets accumulated in the mind only because of attachment-filled behavior. To bring it out with vipassana again and again means to clean the garbage. Just like the solidified dirt in a pan has to be washed out again and again, in the same way the thought with attachment has to be removed again and again.

One should live like a wanderer, because Vipassana practice becomes stronger by coming in contact with new places and people

Looking at that colorful program of previous post, new and old thoughts were overflowing in my mind with witnessing and joy, and were merging in the void form soul. Means Vipassana meditation was happening by itself. In fact, that area itself became a Vipassana area for me. This happens when an old and unknown relationship is associated with a place, which is similar to one's home area, but the people there remain neutral towards the new man considering him as a stranger and an outsider. They are not able to protest him because they also feel affinity with the new person. Due to this, man's power itself keeps being spent in Vipassana by staying away from the unnecessary hassle of worldliness and relationships. The gods of our village used to be our old kings. They were also our ancestors in a way. With them our forefathers came from the old state to the new state. In the new princely state, king built his house at a place from where he could see the hill of his old princely state directly and at all times. Most of the doors and windows of his house were also made by him in the direction of the same hill. When his temple was built there after his death, even then its door was placed in the same direction. Similarly my grandmother used to tell that a recluse Sadhu Baba used to live in her village, who loved her like a daughter. My grandmother's village was near the top of a high mountain. The mountain was very high, and the surrounding mountains were no match for it. His main purpose in coming to the peak of that mountain was to remain in constant sight of his old village situated near its base, so that the spiritual practice could be done properly, and the memory of the old house would not become a hindrance in the spiritual practice. In fact, unfortunately, all the members of his family had passed away gradually due to various calamities. Due to this, a lot of wealth was also gifted to death. In response to this, he was completely detached from the fascination of the world. The same spiritual psychology works in the case of personal relationships as well. If one's this kind of affinity towards a person creates attraction towards him, but if he remains neutral towards him or ignores him considering him as an outsider and a foreigner, then

Vipassana starts happening on its own. I do not hesitate to say that this second type of personal relationship Vipassana had a great deal to do with my experience of awakening in my sleep.

Hindu classical stories have two forms together, nature protector in physical form and psychological or spiritual in subtle form

We were also talking about the fact that the full enjoyment of reading these stories comes when along with their puzzle-like physical form, their real psychological meaning is also understood. One can easily say that superstition grows from these stories. But those who believed in them did not follow much of their real or physical form, although by having unwavering faith in them, they maintained their divinity and transcendence. They were understood as sacred and otherworldly stories, not worldly and physical. By the way, these stories are not too inhuman. It is said to worship the river Ganges, not to pollute it. This awakens love for nature. Anyway, the Nadi especially the Sushumna Nadi flows like a river ganga. By meditating on the river ganga, it is possible that the attention itself goes towards the sushumna nadi. Meaning whatever the stories are, they are beneficial in both ways, preserving nature in physical form, and upliftment in the form of spiritual metaphor. In some rare cases, it may even appear to be in the disinterest of humanity, as some sentences of Manu Smriti are accused of. But in response to the allegation, mostly their spiritual or transcendental meaning is applied, not physical. We have not seen anyone following them in our life, we have only seen allegations leveled against them. It is quite possible that those sentences were not in the original text and were later added under the conspiracy. On the contrary, in some other religions, I see most of the people walking exactly on the same mystical stories, in their perverted physical form. They do not even allow spiritual analysis and revelation of those stories, and do not spare those who forcefully do so. Examples like Jihad, unnecessary killing of infidels, forced conversions are in front of everyone today. We had written an article in which the similarity between the Holy Spirit and Kundalini was shown. Two or four people started denying that post, even denying any scientific logic. A gentleman started telling that the work of the devil or demon or Satan or enemy. He did not understand that it was an attempt to create friendship and equality among different religions. He was considering the tantra shown in this website as occult or ghostly practice. We should be open minded without prejudice in any subject. More importance has been given to scientific thinking and rationality than others in Hindu philosophy, and less to maintain superstition by force, as far as I understand. By the way, some of the other shortcomings are found everywhere. Together he told me that I identify myself with some religion etc. Since I am a Hindu, why should I not identify with my Hindu religion? All religions have their own specialties. The world appears to be full of colors and beautiful with different religions, although the humanity religion essentially inculcated in them is the same for all. But still I keep my independent views, and I don't believe in what I think is wrong or superstitious. Almost every article of mine has a scientific and humane explanation of one or the other Hindu belief. What can be a more direct proof of the liberal and all-religion thinking of my religion than this. Once I had met a scholar and philosopher teacher on WhatsApp, who was teaching Hindi language. I told him how westerners are taking more interest in yoga than the local Hindus here. So he wrote that they do not have sanskars. Sanskar means cultural tradition passed on from generations. Now I understand his point that how due to lack of culture, a man can suddenly go against the tradition, which he is following wholeheartedly. Rituals keep a man connected to tradition.

Kundalini energy is able to enter Sushumna easily only after it is captured by Ida and Pingala channels

Friends, in an article I was telling how the river Ganga descended. King Sagar's sixty thousand sons are the symbol of thousands of desires. Saagar or ocean means world, Sagar means man drowned in ocean means body. Every living soul is the king of his body that's the whole world actually. The whole world exists in this body. The word Sagar is derived from the word Saagar. It is said that a pot-like figure was born from the womb of King Sagar's wife. There were sixty thousand children like ants in it. They came out and grew and in course of time became sixty thousand perfect human beings. The brain is also like a pitcher, in which thousands of very subtle desires reside. Through the senses, they come out and create many bizarre creations and feelings, which means they become like a fully developed human being. What is human, only a state of feeling. Countless states of feelings means countless humans. Similarly, hundred Kaurav sons were born to Queen Gandhari. Maybe there is a similar secret hidden behind it too. It is about the days of the early classes of primary school. There was a Hindi poem, 'Kaurav Sau The Pandav Panch, children of real brothers; Pandavas were the protectors of Veer Dharam, Kauravas were proud of their wealth'. I would try to explain to all the children in the class that it is impossible for one to have a hundred or sau sons, so instead of 'sau' the word is 'so', meaning 'that's', but all the children would say that Guruji had said 'hundred'. I told them that they had made a mistake in listening to him. When I read the poem in my own way as the teacher asked, he corrected me. I was surprised but he did not give any scientific reason for it, nor did I dare to ask. There was such a deep belief in such stories, although it was not that someone would start trying to give birth to a hundred sons in reality. However, such stories can also contribute in increasing the population. In such stories, there has been a practice of showing mental image or thought in the form of a son in the scriptures. It's spiritually scientific too because the semen that produce a son can also produce an energized or awakened thought. Maybe if we understood their secrets, they would not keep that psychological suspense in our mind, which keeps on motivating the man to move forward.

Spiritual and psychological benefits of nasal vision like an effective and clear nose

Second, we were raising the issue of how the shakti of Muladhara keeps on burning the garbage of the subconscious mind. By meditating on the nose, in any place of stress and fatigue, there is profound peace and one experiences the bliss of Advaita. Visuals begin to emerge with witnessing in the mind, so that it seems that the garbage of the mind is being cleared. Breathing seems improving. This happens because it activates the energy channel in the central line, in which the energy from Swadhishtana and Muladhara starts flowing upwards through the back and flows in a circular loop. One day I went to a nearby school on an invitation to see the annual prize distribution ceremony. There the children were presenting a very nice colorful program. During that time, I felt all these psychological benefits by occasionally squinting towards my nose. Along with this, I was also concentrating on the air touching inside the nose while breathing. Had a fresh shave from the barber, and have a face scrub done, which made the mustache look bigger and clearer. Probably it was also drawing attention towards the nose. It is possible that the practice of keeping mustache has been made in view of this spiritual benefit. It seems that this dominated nose and the above mentioned psychological benefits with it are behind the attractiveness and sexy look of a man with a big nose. Anyway, a person paying attention to the nose looks beautiful, introverted, shying, spiritual and satisfied with himself. Probably that's why many proverbs have been made on the nose, such as lighting a candle on nose, take care of your nose, keep your nose high, save your nose, don't let your nose get cut, don't poke your nose in my work etc. etc. I also think that by fixing Doordarshan that's tv on the wall at eye level or even a little lower, it is more enjoyable to watch it, because while watching it, the eye remains on the nose as well. Nose may be less or not at all visible when it's fixed higher up and along with it comes pain in the neck as well. Some experts even say that the upper edge of Doordarshan should be in line with the eyes, like the computer monitor. Along with this, I

used to get a kind of peace even by mentally pronouncing sleep. While sleep pronounced in the mind, the breath, especially the exhaled breath, is longer, this proves that the energy descends through the front channel with exhalation. While doing pranayama, holding the nose with a finger and thumb and keeping sensitive pressure on the agya chakra point with the tip of second finger of the same hand, I feel the energy getting centralized. I feel my body being recharged with energy by pressing the Ajna Chakra with one hand finger and the Swadhishtana Chakra together with second hand finger. This tantric technique seems strange, but it is of great use. Let the breath move and stop as per its wish, let the energy run as per its wish, in Ida or Pingla or wherever it or you wish. Eventually it will automatically come into the central Sushumna channel, because its two corner points are pressed with the fingers, due to which the blissful sensation of pressure generated by them pushes the Shakti itself into the Sushumna and it starts revolving in a circle. Due to this, sufficient power easily reaches the part of the body where it is needed. For example the tired heart, of course it is in the left side of the upper body. Likewise the tired legs. Actually the energy moves in between those two corner points of the nadi, it can take any path. The preferred path is the one with the least obstruction. Naturally, the path with the least shakti remaining will be the one with the least resistance, because it will attract more shakti to itself, and will allow it to go further after getting enough of it. Many times while doing Yogasana, when the pressure in the brain increases due to stopping the breath, then the point of agya chakra is not pressed, only a slight observation remains on the nose. Due to this, the pressure of the brain decreases enough and goes towards the lower chakras. Actually Sushumna does not come under control directly. It has to be controlled through Ida and Pingala and pushed into Sushumna from there. That's why you must have seen that many people apply Urdhvatripund on their forehead. In this, the two edge lines represent Ida and Pingala respectively, and the middle line represents Sushumna. It is just like a child does not sit down to study straight away, but starts studying after playing a little. Although the shakti in Sushumna does not stay for long, it lasts only for a few moments. Although it is felt in Ida and Pingala also for a short time, but it remains for a longer time than Sushumna. Just like a child studies for less time, and sports for more time. Moreover, one day I was watching some youth of a Hindu organization on Doordarshan means tv. There were long tilaks on their forehead. Some have a thin line and some have a wide one. While viewing one of the widest, longest and brightest tilak lines, my energy started moving very nicely in the Sushumna, and I felt very relaxed. I was taking advantage of seeing that Tilak again and again. Of course it looked ridiculous and odd like that big Tilak. Practical spirituality and Advaita were also visible in his eyes and gait. With other tilaks too I was getting power, but not that much. The brightness of spirituality on their faces was also not that much. In real life even the person who applies Tilak donates Kundalini benefits indirectly to other people when they look at his Tilak. This means that the power of satsang means good company can also be found through Doordarshan. Amazing spiritual science, man.

**Kundalini Yoga shown in the form of Ganges descent
Ashwamedha Yajna appears to be a form of Sakshipan Sadhana or Vipassana written in an allegorical style**

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

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

King Sagar is the symbol of the world-ocean. Means a man addicted to the world. Sixty thousand sons are symbols of thousands of desires and feelings. Ashwamedha Yagya means suppression of the senses. Medha means sacrifice or slaughter. Horse sacrifice means sacrifice of senses. If the horse in the form of external senses is sacrificed in the sacrificial fire in the form of subconscious mind and the fire is kindled in the form of uncovering the suppressed thoughts, then it is natural that one will get salvation in the form of heaven. The deities are pleased by that sacrifice because the whole body is made by the deities and they control it, such as the sun god control the eyes, Indra control the arms, etc. This fulfills the purpose of the God-directed deities, because the main reason behind the evolution of life seems to be to liberate the living being from the sufferings of repeated births and deaths etc. By fulfilling this purpose, the deities get power. That is why it has been said that the deities are pleased with Yagya and in turn they increase the wealth of devotees by providing rain etc. at the right time. The direct benefit is that there is no mutual estrangement between people and there is love and cooperation with each other, which leads to positive development. Performing such a yagya once does not work. Yagya has to be performed continuously throughout the life. This subconscious mind is like a very deep and attractive well, from out of which the garbage of thoughts keeps falling back again, though it remains then superficial, and is permanently flushed out by repeated effort. Maybe once a year, like some annual festival, there is a need to take out the garbage of thoughts in detail. It is called Ashwamedha Yagya. That's why hundred yagyas were performed in the entire age of one hundred years of a man. Due to the absence of the hundredth Yagya, the garbage of thoughts and feelings born in the last year of life remains buried in the subconscious mind, which does not allow a man to be free. Our grandmother used to tell us a fable. There was a rope leading to heaven. Walking carefully on it, people used to go to heaven. Once an old woman was watching a yogi walking on it. He called out to Yogi to take her along too. Yogi felt pity on her and holding her hand started walking her on the rope. But Yogi put a condition that she would not look back and see her brothers and sisters crying in sorrow of being departed from her. If she looked back, she would lose her balance and fall back to the ground. The old woman accepted his condition. But on the way she could not help it, and as soon as she looked down, she fell down, but the Yogi passed on without looking at her. Such fables have very deep and epistemological meanings.

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

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

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

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

Mooladhara as well, but it is also connected with Swadhishtana. I think that Swadhishtan Chakra also does all the work of Mooladhar. The place of awakening of shakti is the brain, so it is natural that the farther the organ or tissue is from the brain, the more it is asleep there. In the scriptures, the Nabhi or naval Chakra is also called the Yagya Kund where the oblation in the form of food keeps on burning. This does not mean that there is no need for external or physical gross sacrifice. Actually the outer Yagya also inspires the inner Kundalini Yagya. I feel the activity of Kundalini while performing physical Havan Yagya in ceremonies etc. Yes, this much can definitely be done so that there is no unnecessary misuse of physical resources in the name of physical sacrificial yagya.

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

Kapil Muni's ashram in Muladhar means there is the holy presiding deity of Muladhar Chakra. To call it a bad word means to consider Muladhar impure. Sending sixty thousand sons by Sagar in search of horse means by man to get his lost shakti i.e. sensory power i.e. Kundalini shakti, leaving thousands of desires and feelings open means trying to sting everywhere in the world. The scriptures say that just as one who wanders in the forest quickly finds a gem, similarly one who wanders in the world quickly finds the subconscious mooladhar and the shakti sleeping in it. This is a great teaching, according to which, after getting tired of wandering in the world, man gets bored with the external senses and starts drowning in the subconscious mind. But this happens only if a person is living in the world with non-duality and non-attachment, otherwise the people of the world do not leave him behind even in the subconscious mind and drag him out of there also and do not allow him to meditate. It is clear from this that for the spiritual progress of the common man, it is very important to maintain a sense of non duality and non-attachment. Just as in this story, underworld or patal abode is below the sea and the path goes there only through the sea, in the same way Muladhar Chakra is also below all the worldly (the world is also called sea in the scriptures) chakras, and like Patal, it's dormant world, that's why it is called subconscious. To see Muni Kapil there means to see the originator of Sankhya Yoga and Jainism in the form of meditation. Jain monks also live in Digambar ie naked state. Accusing Muni of theft by abusing him means that they should know that this meditation picture has pulled Shakti down and imprisoned it. By insulting something, a man cannot take full advantage of it. If you keep peeing on Muladhar, then how will you wake it up by meditating on the Kundalini image on it. If you accuse the meditation image that it has taken away all your add shakti, then how will you give it more shakti? Excess or unused shakti will go into it unknowingly and will remain dormant there. That power or shakti there will be able to uncover the subconscious mind only if you give it a chance to do so and cooperate with it. That's why you must have seen that sexy type of people are very deep looking and thinking. This is because they do not have much garbage in their mind. They constantly cleanse the filth of the mind with their sexual energy located at Muladhara, and on the other hand those who pretend to be clean and keep distance from sexuality are filled with the garbage of the subconscious mind inside. Sexy men are candid and have a sharp mind. Their attention is more concentrated in the Muladhar area than in other areas of the body. Although the face and the base are connected. The burning of those sixty thousand sons by the fire of anger in the form of sage's vision means that all the thoughts and feelings of the mind fall asleep with shakti in the base. Means the Kundalini Shakti went into a dormant state along with the subconscious mind. After many generations in the Sagar dynasty, there was a great man named Bhagirath who was able to bring Ganga, who freed all the sons of Sagar alive, that means the person was able after many births to awaken the Sushumna and achieve the Kundalini awakening, through which the subconscious Thoughts and feelings suppressed in the mind (Patal Lok equivalent) continued to manifest with Ananda, Advaita and Bliss and merged into Brahman. Bhagirath did Kundalini Yoga which means severe penance. Brahma was pleased and gave the boon, which means Kundalini became active in Sahasrar. Sahasrar Chakra is also like a lotus and Brahma also sits on a lotus. Shiva living on

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

Kundalini awakening does not reveal the transcendental ultimate state of the soul

Friends, a few days ago I went out with an umbrella in the midday summer hot sunlight to relax. There was a network of street roads all around with only few shady trees. Wherever they were, there were no platforms under them to sit on. Although there were trees with platforms in three or four places in the entire colony. I sat on each platform in turn, enjoying the musical sound of the cuckoo coming from all around. Stray cows and oxen were coming and going to me, because they knew that I had brought pinnies of flour for them. It is good, if some cow service continues along with the resort. On a small platform there was a stone adjacent to the tree. When I sat on it, I myself felt such a posture, in which my Swadhisthana Chakra was touching the tree firmly, and the back was straight with its upper part touching the tree. Due to this, colorful feelings of years started pouring in my mind. Of course, the scenes of the old events were not in front of me, but the feelings associated with them were absolutely alive and fresh. It was as if those feelings were true and formed in the present at the time of that experience. Even during their actual happenings, those feelings were not felt as subtle and perceptible as they were in that memory. With feelings comes joy. In fact, emotions or feelings are the essence or conscious soul of events. Without emotion, the event is lifeless. Perhaps that is why the Swadhisthana Chakra is also called emotional baggage or the bag of feelings. By the way, all chakras are associated with reflective feelings. Swadhisthana chakra is more associated with the emotions because sex is the greatest experience, and for the same experience one acquires all other experiences. Meaning that the experience of sex dominates every experience. Science also believes that sex is the basic driving force for the development of every aspect of life. Since the Swadhisthana Chakra is the center of sexual intercourse, it is natural that all emotions will be attached to it.

Everything seems to be a mystery because we cannot understand it, otherwise nothing is a mystery. Whatever is understood, it seems to be science. The whole creation is as simple and direct as the gooseberry on hand, if people understand it from the point of view of yoga, otherwise there is no end to its messes.

Muladhara is called the grounding chakra because it connects the brain along with whole body to the source of energy, just as the root of a tree keeps the tree connected to its harboring soil. Mula literally means root. Just as the root gives nourishment to the tree by producing its own energy with the help of the soil and itself becomes strong by pulling the extra energy from the leaves of the tree down towards itself, similarly the root chakra also produces its own energy through sexual intercourse and provides energy to the brain. It also draws down the energy of the extravagant thoughts built up in the brain, making itself powerful.

Then one day I went again to the bank of the same old lake. I sat under the shade of a tree. I wasn't feeling well either, and I was feeling tired. It seemed that the cold virus was attacking me, because suddenly the weather had changed. Suddenly it was freezing cold in the middle of the scorching summer heat due to heavy rain. It is natural that the mind was also a bit stressed and heavy. Thought to find peace there. Gangaputra Bhishma Pitamah also used to go to the banks of river Ganges in the same way for peace. I think it's a metaphorical story. Since Bhishma Pitamah was a lifelong celibate, it is natural that his sexual energy was not wasted outwards but ascended upwards through the sushumna nadi of the back. This is the reason why Bhishma Pitamah has been repeatedly said to go near the Ganges. The river Ganges is called Sushumna Nadi. Because the Sushumna Nadi nourishes and develops the Kundalini-mind as a child with the milk of its energy, that is why Sushumna in the form of Ganga is called mother. After a while I started paying attention to breath of fresh air taking it as deep enough. Due to this, old emotional thoughts started to rise in my mind, as if a strong wind blows dust in the sky. If a man starts looking at the dust, he suffocates, and the mind becomes depressed. If he does not pay attention to it and feels only the air, then he becomes happy. I too stopped paying attention to the dust of those thoughts, and started focusing on the breath. Thoughts were there then, but were not bothering me then. Breath and thoughts always go together. You cannot separate them, just as wind and dust coexist. If there is air, there is dust, and if there is dust, then there is also air. If you put up a wall etc. to remove the dust, then even air will not come there. Similarly, if you forcefully suppress thoughts, the breath will also be suppressed. And you already know

that breath is life. Therefore, do not suppress thoughts, divert attention from them and focus on the breath. Let the thoughts come and go. Just as the dust particles, after blowing for a while, get settled after being attached to each other or becoming heavy with moisture etc., similarly the thoughts too. All this has to be done is not to disturb the dust of those thoughts with the help of watchful meditation. Various visual scenes and sounds from outside strengthen the surface of the mind, so that unnecessary thoughts can keep landing on it. That is why people run towards such natural sights. Just as some part of the dust disappears away in the sky and most of that again sits on the same ground, similarly only a little part of thoughts disappears after their upsurge, the rest a large part again settles on the same plane of mind. That's why the same type of thoughts keep popping up again and again for a long time, they disappear completely after a long time. Light thoughts like fine dust disappear quickly, but coarse thoughts filled with attachment like coarse dust take longer. That's why it should not be understood that with a one-time witnessing the thoughts will disappear and the mind will become pure. One has to practice for a long time. Not an easy game. Therefore, the one who is in a hurry and who cannot wait, he should think before doing sadhna. Anyway, I think that this world-removing sadhana is suitable only for those people who have awakened their Kundalini, or who have achieved almost all the experiences of the world. Ordinary people can be misled by this. For common people, practical Karma Yoga is the best. However, there is no such restriction for those who have the ability to simultaneously walk on different cultivation paths. Within no time, my body itself began to form different sitting poses, so that it would be easier for the Kundalini energy to ascend above the Muladhara chakra. For the first time I felt the self-absorbed yoga postures in such extent, although while relaxing at bed at home, my postures keep happening itself, especially between 5-6 o'clock in the evening. Perhaps this is done by goddess shakti to remove the fatigue of the day, the evening has an energizing effect as well. So my Kundalini energy rushing near the lake in the almost unfathomable morning meant that my fatigue was not caused by work load, but because of some imminent disease. She had come to treat that in advance. Kundalini energy is intelligent, so understands everything. The pressure to raise the Kundalini energy was created by taking long and deep yoga breaths for some time with a witness feeling to the thoughts. With a slight prick of the back tip of the sole of the shoe, the Muladhara Chakra was greatly stimulated with an orgasmic blissful sensation, causing the Kundalini energy to rise up like a raging river. Orgasmic blissful sensations were felt in the Ida, Pingala and Sushumna nadis along with the various chakras. It was as if the whole body was being recharged with Kundalini energy. Even the breaths were filled with orgasmic joy. With the combined meditation of Kundalini with the front Ajna Chakra, Swadhisthana Chakra and Vajra Shikha, the energy descended through the front to the lower part, and along with all the chakras, she was empowering the whole body. In fact, contrary to popular belief, the Muladhara Chakra does not have its own energy, but it gets energy from sexual intercourse. Without recharging the Mooladhara chakra, most of the people try to get energy from there throughout their life, but only few are successful. What are the benefits of running Tulu Pump in a dry well? After the muladhara is completely discharged, the pressure of the sex organs, especially the prostate, is greatly reduced or disappeared. Due to this again the mind gets attracted towards sex, due to which the Muladhara gets recharged again. By the way, even with yoga-based breaths, the muladhara chakra gets charged with energy, which is like a boon for the sannyasis. Prostate problem increases with tea, it is said. Actually, tea increases the pressure of blood circulation in the brain, that is why drinking tea makes you feel good with pleasant thoughts. This means that then there will be no suction effect that lifts the energy from the sex organs. Due to this the Kundalini energy will not revolve, which will increase the chances of the whole body including the sex organs getting sick. High blood pressure also increases prostate problems for the same theoretical reason. It also seems that inflammation or stimulation of the prostate may also be the reason for its enlargement. Health scientists are also expressing similar concerns. Prostate can be stimulated by excessive tantric sex. Tantric withholding of semen can also cause an inward suction, which can lead to infected vaginal discharge reaching the prostate, causing inflammation and infection of the prostate. It can also be a little difficult to cure it with antibiotics. That is why it is said to drink plenty of water, so that the dirty discharge gets

flushed out of the urinary tract. Vaginal health should also be taken care of. Well, nowadays there is a cure for every problem of prostate, even the prostate cancer if it is also brought under investigation in time. Because there were no such facilities in the olden days, so Tantra Vidya was kept secret. An earlier article on the blog that depicts the curse of Mother Parvati given to the pigeon-turned-Agnidev, in which she curses him to feel constant burning sensation as a punishment for his heinous act, is possibly related to the prostate. Yogis perform complete Siddhasana to channelize this burning energy to Kundalini. In this, pressure is applied from the heel of one foot on the Muladhara, and from the heel of the other foot on the front Swadhishtana Chakra. Therefore it is better than Ardha Siddhasana because in Ardhasiddhasana, having the other foot also on the ground does not cause sharp sensory and orgasmic pressure on Swadhishtana. Due to this the energy of Swadhishtana does not come out. This sexuality-based cycle continues as the Kundalini energy moves around, and the man continues to grow. Although this process goes on in the ordinary man also, but in him its main goal is related to the dual worldliness. Whereas the goal of Kundalini Yogi is to lead a non-dual life with Kundalini. Energy rises in the ordinary man without any effort, so this process is slow and light. Whereas the Kundalini yogi can channelize the energy as he pleases, because with practice he has a good knowledge of the energy channels and how to control them, due to which the Shakti is under his enough control. A tantric yogi is even a step ahead. That is why there are also allegations of massive sexual abuse against Tantriks. They control the kundalini shakti so much through rigorous tantric practice that they never get tired of sex. A similar case had come to my hearing that in a Himalayan region, a tantrik who came from the plains had a line of women to get real and blissful sexual pleasure. Some people even beat him knowing the reality, then do not know what happened. This is a big deception with tantrik. Ordinary people do not look at his Kundalini experience, but look at the disgusting feeding habits and conduct that is part of his sadhana. They don't eat mangoes, they count trees. Due to this they insult him, due to which his powerful tantric Kundalini falls behind such people, and harms them. This is called the curse of the deity, the evil eye, etc. That is why tantric practices, especially the so-called maladaptive practices associated with it, were kept secret. Even in ordinary folk circumstances, people use tantric methods, but they want simple sex, not sexual yoga. Whether it is to gain youthfulness from alcohol or to increase sexual pleasure by eating flesh, the same principle works in all. By calming the thoughts of the mind with such things, a vacuum is created in the brain, which sucks the energy up from the Muladhara. This leads to the energy coming down through the front channel. Due to this the energy starts circulating, due to which the organs connected with Mooladhara become active and functional again. I think that the urine that comes openly after drinking beer, it comes only by reducing the energetic pressure of the sex organs, and not by the water present in it, as most people understand. By drinking water directly, the urine does not open so much, even if you drink water as much as you want. Whether the pressure develops again after the effect of alcohol disappears, that is a different matter. Now one should not misunderstand that alcohol helps in the movement of Kundalini energy, hence it is beneficial for health. Hahaha. Lol. Testosterone hormone blocker lowers the pressure because it reduces the sex drive of this hormone. Conversely, many idealistic men are unable to satisfy their women. I was told by a friend of mine that the wife of an idealistic and saintly government professor who was herself also a government high official had illicit relations with a very modest unmarried young employee belonging to her office. When he came to know of this for sure, he was in such an emotional shock that he left everything here and went abroad, because he had come to know that when a woman was addicted to obscenity, to withdraw her from that is very much difficult although not impossible. However, doing so can be very harmful for a woman and her illegitimate lover, especially if her real lover or husband is a Siddha Premyogi. According to Shiv Purana, when Shiva and Parvati were getting married, Brahma was playing the role of a priest in that marriage. While making worship, Brahma's eyes fell on the fingernail of Parvati's foot. He kept seeing it fascinated and fell in love with Parvati. This caused him to ejaculate. Shiva came to know about this. This made Shiva so angry that he decided to create a catastrophe. With great difficulty the gods persuaded him, yet he cursed Brahma with a terrible curse. The catastrophe was averted

but Brahma suffered a great misfortune. If Parvati had developed a disorder in her mind too, and she had become enamored of Brahma, she too would be punished by the Kundalini Shakti of Shiva. If she remained unaffected by that punishment due to the very close association of Shiva, then the effect of that punishment would have been on her close relatives attached to her and that having weak mind, such as her future children etc. All this would have happened without the will of Shiva, because who wants to punish his wife. Actually Kundalini does everything by itself. If such a malicious misdeed happens inadvertently, then the atonement for this is that both the illegitimate lovers consider each other as brothers and sisters and if ever they meet on their own, they should address each other as brothers and sisters, and with true heart say sorry to Kundalini, promising never to like anything other than kundalini, I think so. Whatever happened, happened, forget it. Everything can be improved further. The benefit I got from my above energy surge was that suddenly I started sneezing, and my nose started running water, due to which the cold virus disappeared within two days. It almost couldn't even reach my throat. Actually that Kundalini energy was rising to strengthen this protection wall against the virus. Similarly, once for several days I was in an emotionally injured state for some reason. Kundalini was also healing me strengthened with the spirit of philosophy of physiology or sharirvigyan darshan, but only in an improvised form. Then one day the orgasmic Kundalini energy started falling continuously on my heart with the power of Tantric Kundalini Yoga. I by itself also started meditating on the heart located on the left side of the chest along with the Muladhara, Swadhisthana and Ajna Chakra and the nose tip. I was also feeling both the Kundalini channels, as well as the energy going through it to the heart and then again joining it down in the same central channel. This cycle continued for a long time, due to which my heart became completely healthy with help of my sexual Kundalini energy. Later it was also proved by the sudden change in my behavior and also by the positive behavior of people around towards me.

Let's get back to spirituality again. Spirituality flourishes in the midst of worldliness, not living apart from it, just like beautiful flowers grow better between thorns, protected from enemies thereby. What I was talking about in the previous post, I am giving a little detail for my understanding, because sometimes I get stuck here. Readers can also take advantage of this if they want. Well, this whole thing is the theory only, completely different from the practical. Yes, by understanding the theory, one can be motivated towards practical. When I felt the Kundalini-Purusha completely connected to my soul, that is, when I had become the pure Purusha liberated from Prakriti at time of my glimpse kundalini awakening, it was not as if the thoughts and visual experiences of nature were not happening at that time. They were being experienced as usual, along with the Kundalini picture, because that too is just a thought. But these were being felt by me inside me and inseparable from me, like waves in the ocean. This means that these were not the prakriti form at that time, because these had no existence of their own apart from the pure Purusha form as soul. In ordinary life, nature or prakriti has its own distinct existence. Although it's false and illusionary. Actually the Kundalini picture means the mind is made up of the union of Purusha and Prakriti. When it becomes one with the dark or ignorant soul through constant meditation, then it becomes pure Purusha devoid of prakriti, that is, the perfect Purusha. Meaning that only then Purusha is freed from the bondage of prakriti or nature. The real experience of a perfect and pure Purusha is like a form of ecstasy. It is natural that even with its full experience, the thoughts and pictures of the mind will also emerge along with. But then they will be as false or virtual inside the Purusha form soul as the lines drawn in a pile of lime. Meaning they will not have real existence, only Purusha will have real existence. That is why in a few moments of that Kundalini awakening with ecstasy everything feels completely the same, everything non-dual. The thoughts of the mind are bound with joy in a living man. Thoughts will accompany the joy always. In this way the experience of the joyful Self in the state of complete thoughtlessness is the same as impossible in the living state. Well, that is the highest stage of sadhana. So far out of innumerable awakened beings only one or two can reach this ultimate state. And the transcendental experience of such rarest of the rarest being is written in the Vedas, which is called Aaptavachan or confirmed word. There is no way to know the transcendental state of a completely liberated soul except by trusting it. It is not that one

cannot attain this supreme state after Kundalini awakening. He can do it, but he doesn't do it intentionally. The main reason for this is the impracticality of the supreme state. This stage is like sanyas or renunciation. In this state the man falls behind the rest of the competing world physically. Even gathering eatables may be difficult. Human society is not yet developed enough to handle the responsibility of maintaining and protecting the deserving candidates of this stage. Possibly some such method was developed in ancient India, that is why at that time renunciate Sanyasi Baba used to dominate. But in today's so called modern India the condition of such renunciate babas seems to be very pathetic. In ancient India, the entire emphasis of the society, especially the upper class, was given on Kundalini awakening. It's genuine, social and scientific practice as biological evolution tends to peak in the kundalini awakening. In many Kundalini Yoga based traditions of Hindus, the Kundalini principle also works behind the Janeu i.e. Yagyopaveet, which is worn in the Upanayana ceremony. It is also called Brahmastru. It means the thread reminiscent of Brahma i.e. Kundalini. Many say that it slips to the left arm side and creates awkward interruptions in the middle of the work. Perhaps this is a way of saving from blind karmaism. It also seems that by this it balances the Ida and Pingala nadis by giving extra force to the left side of the body, because in the normal situation without the thread, the man's inclination is more towards the right side. It is kept hanging on the right ear at the time of defecation and even urination, till the man becomes pure from water after retiring from these body cleansing activities. It has two main benefits. One is that the powerful energy of the Mooladhara Chakra, which is active at the time of defecation and urination and even bathing, is grabbed by the Kundalini, and secondly, the impure state of man is known to other people. One advantage of this is that it prevents infectious diseases spread through body wastes, and the other is that the powerful Kundalini energy of a defecating or peeing man is benefited by him as well as those close to him by seeing its signaling janeu, so that they don't misinterpret and misdirect that energy to their harm. Similarly, the mekhla, a sacred thread tied around the waist keeps the navel chakra and swadhishtana chakra healthy, due to which digestion remains normal, and problems like prostate are also avoided. It is a different matter that the cruel and tyrannical Mughal invader Aurangzeb, not understanding the Kundalini science of Janeu, used to eat food every day, when he used to get kilograms of Janeu removed from so called infidel people's neck. It is a pity that even in today's scientific and democratic era, special class people consider him as their role model.

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

Friends, many mythologies cannot be decoded completely. So you have to guess there. Something is better than nothing. From a light beginning, these stories also get decoded later. One such mysterious story is about Ganesh Dev. I think Ganesha is the Kundalini Purush of Parvati. Parvati was bored while being supported by Shiva's Kundalini Purush. She started considering herself as dependent on Shiva. Especially she was provoked by her friends. That is why Parvati says that she was living like a subordinate, living under the protection of Shivaganas. She decided that now she would create a dedicated Gana for herself. Once she was bathing naked, but Lord Shiva scolded the gatekeeper Nandi and entered, which made her embarrassed. That's why she created the perfect and flawless Ganesha out of the filth of her body. The scum is also called raja, and the vaginal fluid equivalent to semen is also called raja. Possibly Ganesha is the psychic Purusha created from the transformation of the sexual energy of Goddess Parvati, just as Kartikeya is the mental Kundalini Purusha created from the sexual energy of Lord Shiva. It was called son, because it was made of vaginal fluid like a normal son, but certainly not in the womb but in the brain or in the mind. For this reason, the secretion of menstrual fluid or the secretion of Raja becomes very less or even zero in the woman due to the practice of sexual tantra. This also protects the woman from weakness. Her Kundalini develops from this Raja or the dirt of her body. It would be appropriate to make it clear here that for us Goddess Parvati is revered, worshipped, and respected. We cannot say anything directly about her. We are talking only about human beings with nature like Goddess Parvati. Because everywhere it cannot be written like, "Man with the nature of Goddess Parvati", because this will increase the scope of writing without need, and at the same time people will be confused and unable to understand. Therefore, in compulsion, one has to write Goddess Parvati or simply Parvati for abbreviation. In a way, we describe particular personality or nature, not any particular god or person. Similarly, one should also understand about all the deities like Shiva etc. Hope and believe that the common man and the gods and goddesses will not take it otherwise. Parvati gave Ganesh a stick and instructed that no one should enter inside her house without her permission. Parvati is actually a soul. Sahasrar is its home. To make Ganesha stand outside the house means to be engrossed in the meditation of Kundalini at all times. From this nothing else can come into focus, that is, anything cannot enter inside the house of its own free will. When the soul desires and withdraws its attention from the Kundalini, then only the other thing will be able to enter the house of meditation. Before that she did not have Kundalini in her mind. That's why she had to allow Shiva and his worldliness to enter meditation hall of her brain even if she didn't want to. While bathing she was naked, that is, lost in intimate thoughts of the depths of the soul. This is a good answer for those who have a misconception that women are considered inferior to men in Tantra. In fact, men and women are equal in tantra, and similar types of practices have been prescribed for both. Once Nandi was stopped by Ganesha at the door. Surprised by this, Shiva asked his Nandi and other ganas to enter Parvati's house turn by turn, but the Ganesh boy beat everyone with his stick. Meaning that Kundalini is soft like a child, who does not have special weapons to protect the soul, but has an affectionate fear depicting stick. Nandi etc. Ganas here are the thoughts of Shiva, who want to introduce themselves to parvati's soul before joining of Shiva's soul with Parvati's soul. This is often the case in the world. It is only through thoughts that a warm meeting of people with each other is possible. Intimidating or beating the ganas with stick by Ganesha means that Parvati, the soul, concentrates on the Kundalini without paying attention to the thoughts coming from outside. Ideas or thoughts are neither to be welcomed, nor should they be shunned. This is what it means to have a fear filled with love. This is to maintain a witnessing attitude towards thoughts or worldliness. This is Vipassana, or vipashyana. The defeat of all the gods and ganas by Ganesha in turn shows that the Kundalini meditation of Parvati is unaffected by all the thoughts and feelings transmitted by Shiva. Then all the deities take it as an insult to Shiva. So they all make a strategy and fight together, and deceitfully kill Ganesha. Meaning that Shiva entangles Parvati in worldly affairs so much that she forgets Kundalini. Filled with immense anger, Parvati turns black and becomes Kali, and sets out to destroy the universe. Meaning that due to the

destruction of the unwavering Kundalini picture of the mind, Parvati gets filled with anger, and falls into the darkness. It is like losing one's favorite thing, or the fear of losing it, and without it he becomes blind. It is just like losing toy by a baby. In such a situation, a person can do any wrong thing, if he is not handled with consolation. Has the Russian power head suffered a similar shock? In this way, man can destroy the world, and himself too. Because the whole universe is settled in the body, that is why perhaps the attempt of suicide by Parvati has been called an attempt to destroy the universe. The meaning of name Kali is "black or dark". Then she turns into goddess Kali and tells Shiva that if you revive Ganesha, she will be pleased. The point is clear that only by getting the lost favorite thing or Kundalini, a person attains his former happy state. It is now necessary to ask the Russian ruler what his favorite thing has been lost, for which he is putting the whole earth at stake by reaching for the nuclear button, and which he will be happy to find. I had also said in a previous article that the Kundalini of today's advanced age is stuck in the Agya Chakra. The nature of Kundalini is to move. She cannot stay in one place for long. Its next and advanced stage is the Sahasrara Chakra. But to raise the Kundalini up to there, a lot of energy is required, which can be found only through sexual tantra. that's why I write about Tantra with divine inspiration. At the same time, there is also a need to reduce the material world, so that the energy saved from it can be used for uplifting the Kundalini. The destruction produced by this war is a subconscious attempt to reduce the worldliness, so that the energy needs of Kundalini can be fulfilled. Counting other causes of war are mere excuses. A nuclear-armed and largest country in terms of area can be afraid of what. The real and only cause of war is the lack of that precious prana energy or life energy by which man moves on the path of humanity and spirituality. To convince the wise, it is enough to show the fear of war, the foolish will not understand even by war, only harm will happen. At the most, he would show a little fighting power, so that the enemy would get a chance to recover and improve. Then the world would also appreciate the diplomacy and war strategy of the warrior. What is it that the whole nation is bent on making hell. On the one hand, the poor do not get a roof to cover their heads, they chill in the open all night, on the other hand you have been destroying luxurious buildings. Think how much blood and sweat would have gone into making them. How much of that vital energy must have been wasted in making them, which could have awakened the Kundalini. This subconscious effort to meet the energy needs of Kundalini is uncontrolled and inhuman, like uncontrolled nuclear energy. What is it that the Kundalini is descending instead of ascending, without achieving its highest goal. Therefore, the change in worldliness or ways of living or lifestyle towards minimalism should be gradual and humane, not abrupt and inhuman. I am not attacking any one nation here. All nations behave like full of war craving. Why such conditions are created by all the countries in the world, which force a country towards war. Most of the countries are engaged in collecting weapons. They want to make money from arms business. They are keeping the dream of imperialism alive. Kundalini is the best medicine for this. With the help of Kundalini, the whole creation starts appearing inside oneself. Man begins to be satisfied with himself, no matter what he is, and no matter what the circumstances. When a head of state feels the whole universe inside him, then why would he want to loot the land of others. He will find the solution to his problem within himself. Then he would not even need weapons in most cases, and neither would war. I know only one country in the world, which has never started a war, nor attacked anyone, even after a lot of provocations. That country is India. Perhaps this has been possible in India only due to Kundalini Yoga and the religion based on it. That is why the whole world should learn a lesson from this soft power nation in this regard, if a peaceful world is to be established. I'm not bragging about anyone. Nor am I looking at sides other than war related. Truth is truth, which no one can deny. Well, Shiva sent his ganas in the east direction in the morning, and said that whichever creature they meet first, get its head cut off, and attach it to the trunk of Ganesha. This means that one has to speculate, but somehow Parvati's lost Kundalini can be recovered. The ganas first got an elephant cub. They revived Ganesha with the help of Shiva by attaching his head to the torso of Ganesha. Goddess Parvati was satisfied with this, due to which the whole world was saved from her wrath.

Kundalini as the basic scientific support for Vipassana or witnessing meditation for it seems difficult and impractical to be like renunciate without Kundalini

Friends, nowadays new secrets about Gita are being revealed in my mind. Actually the whole Gita is a Kundalini scripture. It was narrated on the battlefield, so it has practical points rather than detail. Due to practicality, the same thing seems to be told many times and in many ways. My **philosophy of physiology named sharirvigyan darshan** now seems to me to be completely based on the Gita. Although I made it independently, without copying anyone and from my own experience.

Kundalini is at the root of all types of yoga

योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः। सर्वभूतात्मभूतात्माकुर्वन्नपि न लिप्यते॥५-७॥
He, who has controlled his mind, subdued his senses, is of the very pure mind and considers the Self all the beings as his Self; even though performing actions, does not get bound (tangled) . ॥7॥

All the above qualities remain with Advaita or nonduality itself. **Advaita lives with Kundalini.** Therefore Kundalini is at the root of this verse.

In today's scientific and rational era, every spiritual utterance should have a scientific and rational philosophical basis

नैव किञ्चित्करोमीतियुक्तो मन्येत तत्त्ववित्। पश्यञ्शृण्वन्स्पृशञ्छिघ्नन्नश्नन्च्छन्स्वपञ्चसन्॥५-८॥
The seeker of the truth should think – 'I do nothing at all'. Seeing, hearing, touching, smelling, eating, going, sleeping, breathing , ॥8॥

It's not easy to just feel like I'm not doing anything. There must be some scientific or philosophical basis for this belief. Such an excellent basis has been provided by the philosophy of physiology or sharirvigyan darshan as said above. I had laid the foundation of making it with some divine inspiration, when, under the guise of momentary and dreamy self-realization, I began to steal my mind from my work. I was involuntarily moving towards Sanyas Yoga. This left me physically behind the rest of the nearby surrounding world. Then it pushed me towards worldliness and made my Karma Yoga successful. In this scientific philosophy, it has been proven that **whatever man is doing, the same is happening in our body as well. When the living people in our body do not consider themselves to be doers, then why should we consider ourselves to be doers.** One should understand within the realm of his subconscious mind that the subtle form of that philosophical book is raining on him all the time. I am saying this to the subconscious mind because the direct or conscious mind is busy in the work of worldliness, why disturb it. I myself have seen quick and miraculous benefits from it. With such contemplation, Kundalini appears with joy, and one feels relaxed. This means that there is only Kundalini at the base of this verse. From this, we can also understand that in fact the Kundalini of man's mind is the doer and the consumer, not the man himself.

If such contemplation of philosophy of physiology causes pressure and inertia in the brain, then another method should be tried. In this, a little attention is paid to the philosophy of physiology, then according to the time, every situation should be accepted as its blessing, and one should be happy.

Sankhya Yoga or Sannyas (renunciation) Yoga is equivalent to Vipassana or Witnessing and Karmayoga is equivalent to Kundalini Yoga

संन्यासः कर्मयोगश्च निःश्रेयसकरावुभौ। तयोस्तु कर्मसंन्यासात्कर्मयोगो विशिष्यते॥५-२॥
The Lord Krishna says – Renunciation and pursuance of action both lead to the highest bliss; but, of the two, pursuance of action is better than their renunciation. ॥2॥

Kundalini is more effective in both Karma Yoga and Kundalini Yoga. In this, more importance is given to Kundalini as compared to rest of the world. This is an excellent way, because with this the worldliness also runs very well. **Many of the best types of kings and administrators have been karma yogis.** In sannyasa yoga, by keeping a witnessing attitude to the thoughts, they are dissolved. Many Buddhist people and other tradition renunciates adopt this method, that is why they have to stay away from the world and spend most of their time in monasteries etc. Many modern people also make short-term use of this method to relieve their stress.

The spiritual benefits that are obtained from Witnessing Sadhana are also obtained from Kundalini Sadhana as well

यत्सांख्यैः प्राप्यते स्थानंतद्योगैरपि गम्यते। एकं सांख्यं च योगं चयः पश्यति सः पश्यति॥५-५॥
That state which is attained by renouncing the actions is also attained by those who pursue actions. He, who sees both as the same, sees correctly. ॥5॥

This is the excellent and topmost verse in the Geeta. I have myself experienced this same and it's the topmost saying from me too. This verse means that the liberation or spiritual growth which is attained by Sannyasa Yoga or Vipassana, is also attained by Karma Yoga or Kundalini Yoga as well. The only difference is that it appears more with Vipassana or Witnessing. Because **there is no storm of thoughts anywhere when viewed from inside as well as outside of the Vipassana Yogi, just like a peaceful lake. While the Karmayogis are calm from inside but stormy from outside like the sea.** That's why these two appear different from each other to worldly people whereas both of these are one and the same thing in real essence. I reached upto the level of sankhya yoga after crossing the minimum required threshold level of karmayog. However, it's other thing that I still give more importance to worldly oriented karmayoga. The additional feature of Karmayoga among these two is that, of course, in it there is blissful and Kundalini filled emptiness of mind from inside, but from outside all the work of worldly nature continues to be done in the best way. It just matches to the nature of ocean, stormy from outside whereas peaceful from inside.

This verse was made for people like Arjuna who wanted to leave their duties and responsibilities and become intransitive in the name of witnessing meditation. This verse opened the eyes of such people. They were told through this verse that the highest spiritual benefit is obtained by doing karma, not by giving up karma in the name of spiritual practice. Knowledge meditation is not that easy. Not everyone can become a Buddha. If the practice of knowledge fails, then the hell may be there as per scriptures. By the way, Karma Yoga does not fail. But even if it happens in a rare case due to some vicious circle, then one atleast gets temporary heaven, because in this, man has done good deeds.

Many people use a mixture of both Karma Yoga and renunciation Yoga. They focus more on karma yoga on work occasions, and on sannyasa yoga in the absence of work. I also tried this method. But I think that complete Karmayoga is the best. In fact, there can never be a shortage of work.

It is easier for a person entangled in worldliness to do Kundalini sadhana than to do Witnessing sadhna

संन्यासस्तु महाबाहो दुःखमाप्तुमयोगतः। योगयुक्तो मुनिर्ब्रह्मचिरेणाधिगच्छति॥५-६॥
But, O mighty-armed Arjun, it is hard to attain renunciation of actions before practicing their pursuance. A sage established in pursuance of actions attains Brahman soon. ॥6॥

This verse means that **when Karma Yoga or Kundalini Yoga leads to Kundalini awakening, then only we can make real renunciation of thoughts.** Sustained kundalini activation can also do the same job. Kundalini awakening is the highest level of worldliness. This makes the mind fully satisfied and fulfilled with the world. So after that, it is very easy or it can be said that it becomes automatic or natural to give up thoughts. Without it, the mind wants to remain in the world, because it has not got its full juice. That is why Buddhist monks prefer to practice in solitude while staying away from the world. Due to that, they are able to keep their mind away from the temptation of the world. This clearly shows the importance of Kundalini activity and Kundalini awakening for Vipassana or Witnessing or Sannyas Yoga or Samkhya Yoga. **Vipasana, vipashyana, witnessing, sannyas yoga, jnana yoga, and samkhya yoga, all of these are synonyms to each other.**

Amazing practicality of shrimadbhagvad Gita

I suppose that spirituo-scientific principles of Gita should be practically applied in our daily lives otherwise there appears no special benefit in merely reading or daily chanting it. If a person understands the secret of Karmayoga practically, then he does not need to read too much.

Kundalini in children

It is said that children are the form of God. There are many reasons behind this. However, the main and fundamental reason is related to Kundalini. Kundalini is the basic nature of children. In fact, children have discovered Kundalini. The elders have only copied that discovery on paper. Elders have devised many meditation techniques by copying this basic nature of children. Elders have acquired many yoga accomplishments by imitating this basic nature of children. However, surprisingly, very little credit is given to this basic nature of children. Most people dependent on ego want to collect all the credit themselves. Today we will try to get the children their real rights through this blog post.

Children are non-dualistic by nature

Children only know how to experience. They enjoy the experience to the fullest. They do not go deep. They do not judge. So all seem to be the identical to them. According to them, iron, stone and gold are the same. These are the basic signs of Vipasana meditation. This proves that vipasana occurs in children on their own. Vipasana is their nature.

Children are Kundalini lovers by nature

We have proved this many times before with various proofs that Vipasana (witnessing feeling) / Advaita and Kundalini live together. Because children are non-dual by nature, so it proves itself that children are Kundalini Yogis by nature. This is why children become crazy about one thing. If they like a particular toy, then they follow it day and night. Similarly, if children become crazy about one person, then they are ready to surrender everything to him. However, they often become victims of deception of elders. Yoga-sage Patanjali also says the same, "yathabhimatdhyanatva"; That is, yoga is proved by constant meditation of anything you like.

Kundalini as a most favorite item

This most favorite thing is Kundalini, which remains in the mind constantly. There is one more thing. When the child starts liking something new, he gives up his old favorite thing. Then he becomes obsessed with the same new thing. He is not able to love more than one thing or person together. Kundalini Yogi also has this prominent feature. Yogis also meditate on the same thing for a long time, even throughout their lives, which becomes their Kundalini.

Love as a diet for Kundalini

Kundalini gets strength with love. That is why it is seen that children are most attracted towards love.

Mobile phone-love of children is also as Kundalini-love

Nowadays, children stick to mobile phones all the time. This is not the fault of children. It is their Kundalini-nature, which makes them stick to one thing. They do not even have much knowledge of good and bad. Therefore, for the betterment of children, the society should make such things, which are completely free from side effects. There is also a solution that children should be kindly told about the ill effects of such things. If children will be exposed to hateful duality, then their kundalini will be destroyed, and their childhood as well. They should be explained with love or elders should keep them busy like friends with other activities / games / touring with themselves.

Children read the thoughts of the mind

No matter how much the older people try to hide their will, the children read their feelings. This power has been given to them for self-defence by nature. With this power, they recognize a man well and become crazy with his life, which leads to development of Kundalini. Anyway, Kundalini is easily formed in children, because their mind is empty. That is why it is seen that many times the children of the household are spoiled. In fact, the people of that house are good from outside, but their feelings of mind are not good. Children learn the wrong habits from

those feelings. Conversely, many times children of bad households become very good. In fact, the people of that house seem bad from outside, but their sense of mind is good. The best thing to do is to become good both inside and outside the mind. If the elders also make children partners in their own work, then they learn themselves. Sometimes they are irritated by the name of learning and teaching.

Kundalini is active in children, but they are unable to awaken it

To awaken Kundalini, children have to wait for at least adolescence. At that age, the body starts gaining sexual power. If that sexual power is managed properly, then it starts getting to Kundalini, which can make Kundalini easily awake. Many people get divine and favorable conditions, so this work is done by itself, as happened with Premyogi vajra. Many have to make special efforts.

Kundalini experience of Premyogi vajra

As a child, he was attracted to Kundalini like ordinary children. However, as a teenager, he received divine and favorable circumstances, through which his sexual power continued to be given to his Kundalini. His sexual power was so strong that his Kundalini gave him momentary enlightenment without being awakened. After that, he became completely like a child. All the time, Kundalini lived in his mind like a toy or special lover in the mind of a child. Most people used to make fun of him. Many even used to get down to abuses. In fact, not all people can bear the injury inflicted on their false ego.

The second time he obtained the transient Kundalini Jagran with artificial yoga techniques, with the help of some sexual yoga. This account is described in Hindi book "Physiology Philosophy (shareervigyan darshan)", and in English book "love story of a Yogi", which are available on the page "Shop" of this website. Apart from this, if any Kundalini lover wants to read all the Kundalini related blog posts of this website easily and simultaneously as kindle eBooks, the collection of all of them is also available in book form on this webpage. Hindi-form of that is named "Kundalini Vigyan – ek aadhyatmik manovigyan" and English-form is "kundalini science- a spiritual psychology".

Kundalini in the mountains

Friends, the mountains have their own distinct attraction. There the mind becomes cheerful, clean, light, calm and blissful. Old life starts emerging in the mind in the form of colorful thoughts, due to which one feels great bliss. Anxiety, depression and stress begin to go away. Mental wounds of past life begin to heal. Premyogi vajra also got the opportunity to live in the high mountains for a few years due to his professional responsibilities. He got immense love, support and respect from the people there and the natural surroundings.

Vipasana is practiced automatically in the mountains

It is evident from the above facts that in the mountains, the most favorable conditions exist for vipasana. If man also exerts his force through yoga etc., then soon he gets spiritual success. Premyogi vajra also experienced the above mental glories due to this quality of mountains.

It is Kundalini that produces self-running vipasana in the mountains

Surprisingly, the mental Kundalini of Premyogi vajra, which had been suppressed earlier, had become very strong in the mountains. She was a Tantric Kundalini, and as his mental girlfriend. Along with that, second Kundalini that was in the form of his mental master also became brighter there. However, he saw that the people of the mountains were giving much more importance to the Kundalini made of the form of the girlfriend than the Kundalini made of the form of the Guru. The spiritual people of the Pundit class were giving more importance to the Kundalini of the form of the Guru, though along with the Kundalini of the form of the girlfriend, not the former as alone. The reason for this is that the mountains excite the Kama-rasa/romantic feeling or the shringar-rasa/makeup feeling of the mind. For this reason, beautiful descriptions of high mountains are found in abundance in the Kama/romantic scriptures. For example, the world famous literary work "Meghdoot".

The second proof is that after the Kundalini Yoga practice in the plains, when the Premyogi vajra went on a mountain tour, his Kundalini was awakened there in the mountains, as described on the "Home-2" webpage of this website. For this reason, yoga seekers have migrated from the plains to the mountains since long ago for quick attainment. Additionally, Premyogi vajra had attained his glimpse enlightenment in the mountains as described in "Home-1" webpage of this website.

Why does Kundalini start shining in the mountains?

In fact, the mountains act like an idol of the deity. That is why in many religions the mountain is considered a deity. In a way, the idol of the deity remains in front of the eyes always in the form of a mountain. The existent Advaita/non-dual element in the mountain also creates non-duality in the mind of man. Under the influence of that Advaita/non-duality, Kundalini prevails in the mind-temple.

Even if there is no Kundalini in one's mind, there are many spiritual benefits with non-duality. Together, it gradually starts to form Kundalini in mind.

It has been proved earlier in this website that there is an Advaita/non-dual element in every particle of the universe. In fact, this same is God. The best book to understand this is "shareervigyan darshan".

Vipasana with Kundalini

What is vipasana?

Many people on Quora keep asking questions about Vipasana. That is why I thought that this time I should write a beautiful article on Vipasana.

Vipasana/vipashyana (vi-special, pashyana-seeing) means special pashyana means a special type of eyesight. The normal seeing is the extroverted seeing through which all of us see. The special seeing is the introverted seeing, through which one sees the thoughts and emotions present inside his own mind. In the normal seeing, the mind does not behave as a witness, but in the Vipasana, the mind stays as a witness. There is bondage with normal seeing, while liberation is attained with Vipasana. Ordinary seeing does not provide real happiness, while Vipasana gives real happiness. Ordinary seeing does not bring real peace, while Vipasana brings real peace. However, it is important to note that the basis of Vipasana is the general seeing, because from the general seeing, a lot of subtle material is gathered in the mind, towards which we are able to focus Vipasana's special seeing. Therefore, the general seeing also has its own separate significance. That is why it is said that without science, spirituality is lame, and science without spiritualism is blind. Therefore, there should be a proper mix of science and spirituality in life.

How to get spiritual benefit with Vipasana

When we become detached from the thoughts and feelings of the mind, then it makes sense that what we gain from those thoughts and emotions, we already have that. Apart from our thoughts and feelings, we have our own absolute form / soul. So all the qualities of thoughts and emotions start to be revealed in the soul, such as light, bliss, peace etc. In fact, those qualities are already present in the soul, but are buried due to attachment to the physical and mental world. This purification of the soul is also known by the name of "Shedding of the dark clouds of illusion" or "The removal of the black screen of ignorance" etc.

The removal of the dark cloud of ignorance from the soul

However, it does not seem that the soul is slowly being cleansed, just as the darkness of the night clears slowly with the rise of morning. Although some negligible cleansing of soul may occur (that is not noticeable directly), that results in feeling of peace and non-duality, but that is momentary/temporary. The truth is that light engulfs the darkness in the soul suddenly, as if by switching on the light bulb in a dark room. In reality, it is the mind, not the soul that is cleansed. The soul is always clean. When the mind becomes completely clear, or simply say that the mind becomes devoid of the waste of thoughts, then the black curtain on the soul suddenly disappears. The common man gets discouraged upon seeing that his soul is not getting clean at all. With this, he gives up the effort of meditation.

Another misconception of the common man is that the thoughts of the mind cover the soul, in the expressed form only, not in the unexpressed or the latent form. That is why most people force their thoughts to be shut down and live under the illusion that they are yogis. In fact, thoughts of the mind (with attachment) are very wicked. They cover the soul with darkness even in their sleep state. That is why these buried thoughts have to be destroyed by various meditative practices. This work is most easily done with vipasana. Vipasana can lead to direct enlightenment alone, without any other meditation, as happened to Buddha. It is other thing that it does not appear possible in normal worldly life without the help of Kundalini.

Types of Vipasana and its supporting factors

Vipasana is of two types, active and passive. In the active vipasana, the mental peg (anchor) that is used to tether the mind is made by force. With that, the mind sticks to that peg all the time. Due to this, the mind is not able to pay deep attention to the thoughts and emotions that grow inside it, due to which it keeps witnessing them with detachment towards them. Mantra

chanting, Mala-chanting, breathing, kundalini, name chanting, japa-tapa, fasting, and all other spiritual activities work as the pegs.

In Passive Vipasana, a peg for the mind is created itself during daily activities. For example, during driving, the mind is on the road, so during that time there is spontaneous witnessing of thoughts and emotions. Similarly, during other adventure activities, sports, events, arts, other disciplines etc., the more vipasana that accompanies these activities, the higher their quality is considered. The quality of Vipasana along with them is indicative of their quality. This vipasana of the contestant continues to be induced to the people living with him, the audience as well.

Vipasana from Kundalini

Kundalini (a lonely image permanently settled in the mind) is the best peg for Vipasana. This mental peg keeps loosening, so it should be strengthened by daily Kundalini-yoga.

Passive Vipasana most influential with the help of Kundalini

The Tantric Kundalini itself was stuck inside the Premyogi vajra. She was very strong and clear. She was persistent. She was as a charming mental girlfriend (along with the company of tantric Guru). She became one of the most powerful peg for his mind. Due to her attractiveness, she was also working as a mental video player along with as a mental peg. Due to this, the events of his own past life were bursting as colorful images in the mind of Premyogi vajra. All the pictures were becoming dim in front of that charming peg. All images were getting vipasana on its own, due to which they were fast merging into the soul. His soul was being purified very fast with that. Finally, within two years he became zero. In the end, his final thought in the form of above told mental anchor was also uprooted by divine circumstances, giving him a glimpse of momentary enlightenment. This incident is described in detail in his Hindi book "Physiology Philosophy – A Modern Kundalini Tantra (A Yogi's Love Story)" and in English in the book "Love story of a Yogi- what Patanjali says".

This proves that it is necessary to have an attractive mental peg, so that it can expose clear images of the thoughts and emotions that are buried in the depths of the mind, and they all begin to fade away. Kundalini (especially Tantric Kundalini) is the most attractive, so Kundalini is the best mental peg for Vipasana. Its attractiveness goes on increasing with continued meditation. When everything becomes void, then that last mental peg has to be discarded as a final leap for enlightenment. Based on this basic psychological principle, millions of books and practices have been created.

Kundalini musings~ hidden secrets often overlooked

This article mainly includes Shivbindu-Meditation, Bath-Meditation, Kundalini Better than Vipassana, Secrecy of Kundalini Awakening, Best Awakening, Kundalini Abode in Muladhara, Experience of Prana-Energy Transmission, Real Remembrance, Hatha Yoga as Associate of Raja Yoga, Breath holding, transmission of energy in sushumna, secrecy of tantric words, and superhuman.

Friends, I felt some writer's block last week. Didn't feel like writing anything. Wrote a little bit, but could not compile it as a post. In this post, I gathered those scattered experiential thoughts in my mind. Then made a subtitle by combining the keywords of all the secret ideas.

When the Kundalini in the mind is given the form of Shivbindu, then with the experience of the energy rising from the back, the contraction is formed on the Agya chakra itself. Due to this, the Kundalini straightens in the brain and spreads in a straight line from Sahasrara to Ajna Chakra. We are of such a small stature that we can only contemplate the Bindu of Shiva, nothing else. Shiva is far away. He is the biggest. He is the true complete Brahman. Shiv Bindu itself will lead us to Shiva.

Everyone wants to imitate Shiva from outside but no one from inside does. Shiva remains engrossed in the meditation of Kundalini from within. That's why his real imitation will happen only when one's inner meditation or dhyana continues, may be the Kundalini of his form.

Gush or thrill of energy while taking a bath is a very good experience. It feels great in the brain. This gives a feeling of freshness and mindfulness. That is why it is advised to take a bath daily, and while taking a bath, it is said to chant, so that the Kundalini remains effective in the mind, and the benefits of energy can be given to the Kundalini. Perhaps this thrill is experienced enough only if yoga is practiced daily. There may not be a flurry of energy during yoga practice, but it aligns the energy in such a way that energy surges can be felt at any time of the day when a suitable environment is found, such as while taking a bath.

Vipassana maintains the power of thoughts of the mind. Thoughts towards which witnessing is kept, they are suppressed for some time, but as soon as the feeling of witnessing is removed, the same or other thoughts flash with double power. This happens because we may have suppressed thoughts, but the power of thoughts increases instead of decreasing. That is because the power of thoughts stops being spent. At the same time, not even a special picture is made in the mind, which continuously absorbs the power of useless thoughts. In contrast, in Kundalini meditation, the power of thoughts is not obstructed, but it is removed from the thoughts and applied to the Kundalini. This gets rid of thoughts for a long time. Even if thoughts start coming, their energy is felt by the Kundalini, and they become calm, because we are used to doing so. This happens more with Kundalini and Vipassana combined, because there are two types of meditation done simultaneously. But Vipassana without Kundalini seems to be a very weak and temporary method. That is why Kundalini is called the fundamental basis of spirituality.

I was saying that the best awakening is that which starts with Kundalini. There is another reason for this. This makes Kundalini Yoga completely scientific, and Kundalini comes under one's full control. Man comes to know that we can achieve awakening by our own efforts, not just by chance. With this, man can teach this method to others, by which a large-scale awakening can be possible. Not everyone can get awakened by chance due to rarity. Most of the awakenings that happen by chance happen without effort. Even if there is an effort, it is a simple and mild effort, such as a life full of non-dualism and non-attachment, and other spiritual activities. That effort is not a scientific, strong and dedicated effort like Kundalini Yoga. The one who has got the awakening by chance, he himself does not know how to get it again by his own effort, what will he explain to others. Of course, one who has attained Kundalini awakening himself by the effort of Kundalini Yoga, will think many times about getting it again through that effort,

because it requires a lot of systematic effort. But at least he knows the way by which he can guide others, especially the intelligent, curious, long practising and powerful kinds of qualified people.

Along with Advaita, Mooladhara is activated by worldly actions. This happens because for the Kundalini formed in the mind from Advaita, the supply of energy starts from Muladhara, because it is necessary for Kundalini. For all the functions of the brain other than Kundalini, the brain has a lot of its own energy, there is no need for additional energy from Muladhara. That is why it is said that Kundalini resides in the Muladhara Chakra. The Muladhara of dualists is not active because they do not have Kundalini at all, if it is active due to the influence of the previous birth, then it's very weak or negligible.

The gush or thrill going from the back to the brain is not always felt. It is felt only when the brain needs more energy. I am currently undergoing a transformation phase. During this phase new neuronal connections are formed in the brain and old ones are broken. Means past memories are erased, and new ones are made. For this the brain needs a lot of energy. When the old life starts dominating me, then this thrill feels very loud and joyous. Just like a child, there is a feeling of freshness and newness. But you keep doing yoga, because even without realizing it, the energy from yoga rises up. Whenever the pressure of emotions is high on you too, then too this thrill will be lively felt. Even if there is a creative or new work, the energy thrill will increase. Kundalini or image sadhna should be done in conjunction with shakti sadhna. Only then both are able to join together in Sahasrar, otherwise there is doubt.

While doing yoga, if any creative thought comes, then let it remain in the mind, do not start noting or analyzing it, it can hinder the movement of Kundalini energy. But if the creative idea is very important, and you may forget it later, then you can also make a note.

The practice of hiding the Kundalini seems to me to be promoted by unsuccessful people to avoid their embarrassment. Everyone loves his ego. If a great seeker or guru is not able to achieve Kundalini awakening, but if a low and enemy neighbor makes it, then it will be difficult for him to bear the truth because of shame. The second reason must have been that the man of the so-called low fraternity should not have to be given respect or credit. Because if the Kundalini of such a so-called low is awakened, then bowing to social pressure, one will have to give due respect and credit. Therefore, the so-called learned class must have spread the illusion in the society that one should not reveal his Kundalini awakening in front of anyone, so that neither bamboo remains nor flute can be played.

When we do yoga while holding our breath, the body's instinct to rotate the energy starts itself so that the whole body can get enough oxygen. Yes, this is also a reason. The second reason I mentioned earlier is that by holding the breath, the direction of movement of energy itself remains upwards.

There is no difference between simple awakening and Kundalini awakening. There is a feeling of complete soul in both. In Kundalini awakening, that realization starts from the Kundalini through the Kundalini yoga practice may be artificial or natural whatever. Another type of awakening can be from Vipasana, from emotional shock etc. It is difficult to happen. Because the mind has to be emptied. Kundalini awakening is easy, as it does not require the mind to become empty. In this, the Kundalini itself is made so strong that it unites with the soul and manifests it. Anyway, by staying in the world, the Kundalini method is the best, because the inclination of man in the world is only towards the tendency, not towards retirement.

Personal or intimate knowledge is hidden in the Hindi translation of the Sanskrit Puranas. It means Sanskrit is more mature language. In Sanskrit it is clearly written Retaah in the Shiva Purana, which is written as Kamvasana or lustful behavior in Hindi translation. Well it means semen. Retashchurbindu:, means 4 drops of semen. Nowadays every type of knowledge is

available on internet. That's why it's not necessary to hide the Kundalini knowledge. If it's kept secret, then people will collect wasteful knowledge and could harm themselves.

People say that they are bothered by the remembrance of the past events. In fact it is superficial remembrance. They really don't remember. It is an remembrance full of attachment and duality. The real remembrance is of feelings or deep emotions. There is no attachment in it that's why too joyous. It arises from the practice of deep contemplation or dhyana yoga.

Hatha Yoga without Raja Yoga is much less efficient. First, the Kundalini matures in the mind through Raja Yoga or simple meditation, then Hatha Yoga will be needed to give it additional strength. If there is no Kundalini already, then force from hath hoga will be used up to superficially express kundalini. It will not get any extra strength. Awakening itself is the extreme meditation or dhyana of the mental picture. This picture got its name Kundalini from its association with sexual energy. Sexual energy resides in the Muladhara Chakra. This energy is generated there and gets destroyed there. This is called by the serpent pressing his tail in his mouth. Meaning that the energy generated from the tail (subtle Bindu-energy generated on the vajra-tip) of the serpent reaches his mouth, which he spews out near the tail. It's like seminal discharge. This serpent is a nadi or channel, which after completing two and a half rounds is there like a coil. When I understand the secret of this two-and-a-half coil, I will tell you completely. However, when the circle connecting the front and back Swadhishtana chakras is meditated together, the Kundalini energy ascends in the sushumna more efficiently. I will also understand the meaning of two and half turns. That is why the combination of the energy flowing in it and the meditation picture of brain is called Kundalini. By becoming a Kundalini, the coil or kundali of the serpent opens up and starts standing upwards. It denotes the association of top (mental image) and base (energy). It also means to carry the life energy up from the mooladhara through the path of the sushumna to the sahasrara. This is a kind of Bindu conservation and transmutation itself.

There is no physical means of development of consciousness above the human mind. Then it is the soul itself, the storehouse of infinite consciousness. The superhumans depicted in movies, novels or comics are actually supposed material alternatives of a person with Kundalini awakening. Since Kundalini Shakti cannot be expressed in physical form, therefore such great human beings have to be imagined. This happens not only today, but also happened in the past. For example, mythological characters like Hanuman, Narada, Bhima etc. looking like superhumans are physical manifestations of a kundalini-man.

What it comes to is that Kundalini awakening occurs only when the life energy moves in the Sushumna. That is correct. In it, both the left and right brain become equally active with prana. From the left brain worldly deeds are done, and from the right one keeps an eye on the void. The combination of both gives rise to powerful Advaita. Kundalini manifests rapidly through it. In Sushumna, prana energy runs in central channel. It gives the impression of Advaita and Kundalini for both parts of brain are equally covered from there. Jagran or awakening happens only when it also gets tantric sexual power along with it. In this the whole brain vibrates equally.

Many people feel the Kundalini energy stuck here and there in the body, such as in the shoulders etc. This makes them feel restless. Actually it is due to the rise of energy through Ida or Pingala Nadi in the back. The Ida passes through the left part and the left shoulder and the Pingala passes through the right shoulder. Energy should not be disturbed. Wherever it goes, let it go. After fulfilling the energy requirement of the part suffering from lack of energy, it again comes to the central nadi and starts revolving. To bring this quickly, one should simultaneously meditate on the Agya Chakra, the touch of the tongue to the palate, the Swadhishtana Chakra and the Mooladhara contraction. Keep meditating on these points as many as possible, even changing focus from one point to another as per ease. Actually, these points act as foot ruler to

mark central straight line or channel for kundalini to run upon. Simultaneously, the focus should also be on Kundalini energy. The rotating Kundalini energy is good, not standing or blocked at one place.

The main reason behind the yoga reducing the body weight is Kundalini meditation and not physical exercise. Very little energy is spent by keeping the legs and arms bent. Due to the contraction of the muscles created by Kundalini meditation on the chakra, the excess accumulated fat of the body dissolves, which leads to weight loss. With practice, this Kundalini mediated contraction starts forming throughout the day.

The love that grows by hugging, it grows only by sharing their Kundalini with each other. Everyone loves their Kundalini the most. When one comes in close contact with someone, an imaginary pose is formed like an incomplete yab-yum, in which the Kundalini ascends from one body, and descends from the other. In this way a Kundalini energy loop is formed covering both the bodies. This same happens during god worship, sun worship etc.

kundalini with music

Everyone knows the beneficial effects of music. Not only is music beneficial physically, it also has a major contribution spiritually. Kundalini and music have a very close relationship.

Development of witnessing through music

With music, different types of new-old thoughts start emerging in our mind in the form of pictures. The special thing in this is that there is a sense of witnessing or detachment with those pictures. They seem like pictures of some clear and blissful dreams. This increases the cleanliness of the mind, and brings bliss. This is the main reason for enjoying music. In fact, music does not give pleasure directly, but indirectly through those pictures. There is one more thing. The music that we find more interesting gives us more pleasure. In fact, that music produces a large amount of clear mental images, and a large amount of witnessing in them. That is why one person finds boring music to be very interesting to another. If Anand/bliss were in music, then any music would have appealed to everyone. It also happens that sometimes some music sounds interesting, sometimes another. The choice of music also varies according to the mood of the mind. This means that music does not have its own bliss, but it provides pleasure only through the emotions of the mind. It is known to all that pleasure is produced from the feelings of mind along with the feelings of detachment or witnessing.

Development of Kundalini with music

As mentioned above, music produces witnessing. Sakshibhava/witnessing is another name for Advaita/non-duality. It is also often seen that Advaita and Kundalini try to live together. Kundalini emerges on the mental frame from non-duality, and the thought of Kundalini creates Advaita. This proves itself that Kundalini is developed by music. When the Kundalini continues to come to the mind repeatedly from music, then it will surely develop continuously.

Premyogi vajra's own experience about Kundalini

The music of radio, cassette player etc. was often played in his house. While travelling here and there, he used to hear the songs inside the bus. With those songs, a clear Kundalini glowed in his mind. With romantic songs, Kundalini rose in his mind as a tantric girlfriend, while in serious and spiritual songs, kundalini used to be as a guru. Most of the time, the Kundalini of the consort was strong, because she had sexual attraction, and he himself was also in his youth. The second reason for this was that the Kundalini of Guru's form was not awakened in his mind at that time.

After many years, when the Kundalini of Guru's form was awakened in his mind, she started to become more influential. Then the Kundalini as a girlfriend started falling in front of that. At the time of all types of music in front of him, only the Kundalini of the Guru appeared in his mind. Kundalini in the form of Devirani/consort also occasionally appeared, albeit very lightly. This trend continued like this, and the Kundalini in the form of Guru became progressively stronger. The reason for this is also that he used to meditate on the Kundalini in the form of Guru in the morning-evening (one hourly twice) Kundalini Yoga Sadhana. Encouraged by this, he used to listen to differently colorful songs on the Bluetooth portable speaker day and night through the Internet. This gave him many more benefits. Keep in mind that listening to music at high volume continuously for a long time can permanently damage the ears.

Different chakras are awakened by different tones of music

This is often said in yoga discussion, and it is natural. Each tone produces an emotion. The emotion generated by a particular tone correspond to the emotion associated with the Muladhara chakra, the sentiment produced from someone else tone matches to that of swadhishtnana chakra, and that from any other tone affects heart chakra, and so on. Children's songs have the greatest effect on the heart chakra; romantic songs have the most effect on sexual chakras. In fact, Kundalini is being formed in the mind, no matter which chakra is active.

That is why it is said that all types of music are beneficial. Similarly, there is music in every sound of creation, because all kinds of sounds excite Kundalini.

Kundalini benefits from antidepressant medication

How antidepressant works

Premyogi vajra was a man entangled in worldliness heavily. His mind had become very disturbed by that. Although he was able to control it with the help of physiological philosophy/shareeravigyan darshan. Still he was not able to control it completely. Once he underwent endoscopy with doubt of severe gastritis. Understanding his mood, the doctor prescribed him a half month's antidepressant and anti-anger medicine (not remember the name). He was feeling a great reduction in his depression and anger while eating it. He had read on Google that the effect of this drug could be sustained permanently if eaten daily for one month. Therefore, he has been eating the medicine. The drug seemed to be doing the same work that was done by the spiritual book Shavid. Although the work of medicine was too full of non-liveliness, acrimony, lack of memory, and artificiality. The non-duality producing effect of Enlightenment and Kundalini awakening also seemed similar to the non-duality producing effect of antidepressant medicine, although with the difference in purity and level. Eckhart tolle has also made a similar statement that the antidepressant drug has the same effect as the self-awakening, albeit with comparatively very low-grade and ferocity.

He was troubled by a chronic cough

He took a lot of antibiotics, but the cough did not cure. He understood that antibiotics were not working, due to resistance developed by bacteria. Chronic gastritis was actually the cause of his cough. When he took pantoprazole and domperidone medicines for 1 month, his cough disappeared from the root. In today's stressful life this problem has become huge, about which most people fall prey to misunderstandings

I don't see it as a road to true and lasting awakening, but it can give people a glimpse of freedom from the prison of their conceptual mind (a worth reading interview with Eckhart tolle).....

INTERVIEW WITH ECKHART TOLLE

Transformation with mind-altering medicines

Physiology philosophy is a non-dual thinking. This proves that the drug was causing Advaita. Mind Altering Drugs acts as a power brake to control emotions, which can damage the brain's soft tissue. He felt his memory diminishing. At the time of anger, his brain used to be as breaking, so he could not do anger. With anger, his brain was pressurized, heavy, dull, and dark. Even physically, he began to remain weak. His functionality decreased considerably. He was surprised to see his sudden change. Therefore, he stopped the medicine after 30-35 days, and dumped the remaining medicine in the garbage. Although his transformation was permanent. He never returned to the previous state.

How does anti-depressant drug produce Anand/bliss and Advaita/non-duality?

This makes a person not think deeply about anything, nor analyze or judge in a manner. This creates self-witnessing towards all objects-ideas. Pleasure arises from this. Together, due to lack of analysis and judgment, the gap between all objects-ideas starts to disappear, which makes everything seem the same. This is Advaita. It is like this, if a light doze of alcohol is drunk. In tantra too, consumption of wine is advised with cautionary measures for kundalini benefit. Simply mean that meditation produces non-duality by promoting intellectuality, while brain-altering medicines reduce intellectual power for the same purpose. Yet these medicines still give a glimpse of spiritual awakening. Following that glimpse, a person can get real self-awareness too.

How does meditation get help from brain-altering medicines?

Suddenly slowing down of his mental activity made Premyogi vajra surprised along with some grief. He started thinking of ways to achieve his undone mentality. That mindset was linked to his memory, which was greatly reduced by the effects of the drug. For some time he got the company of a person who regularly practiced yoga. Seeing him, he started doing the same. Gradually, he got practiced. He also started taking help of internet and books. The mental power inside him was as abundant as before, but it was not visible anywhere. The reason for this was that he had forgotten the previous things and events due to the effect of the drug, to which his mental strength was bound. Due to the erosion of his previous world due to medicine, his immense mental strength had become free from clutches of that. That is why he was not feeling his abundant mentality any more. With the help of yoga, his hidden mental strength was targeted to his Kundalini itself. This made his kundalini awakened over time.

The manifestation of worldliness as Kundalini-mentality

He got his lost old mentality with Kundalini Yoga. Although that was not as non-dual worldliness as before, but that was as an alone Kundalini. He became aware of his entire mental strength in the form of his Kundalini that caused her awakening soon.

The attainment of strong mentality is possible only with non-duality

It is worth noting that a strong, continuous and stable mindset is possible only through non-dual worldliness. With dual behavior, the mentality starts to weaken before reaching near the peak. This proves that even the non-dual behavior (karmayoga as per Geeta) of Premyogi vajra became helpful in his Kundalini-awakening.

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

Friends, there is a story in Shivpuran that due to the boon of Parvati, there was a demon named Daruki who was immersed in ego. Her husband Daruk was also very powerful. She used to torment good men by taking many demons with him. She had a forest on the shore of the Western Sea, which was very prosperous. Daruki had given the responsibility of taking care of it to her husband Daruk. People prayed to the sages to drive them away. So the sages said that if these demons continue to kill creatures on earth and destroy the Yagya, then they themselves will also die. Hearing the curse, the gods took advantage of the opportunity and started fighting with them. Fearing the curse, the demons thought that even if they fight, they will be killed, and if they don't fight, what will they eat, they will still be killed. Then Daruki remembered the boon granted by Parvati that she could go wherever she wanted with her forest and kin. On the advice of the demons, she blew up the entire forest and went on the water in the middle of the ocean. Seeing that incident, it seemed as if the mountains were flying in the sky with wings. Due to fear of the curse of Sage Aurva, those demons did not come to the land. Rather, they kept roaming in water only. They would bring people sitting on boats to their city, put them in jail and even kill some. Even while staying there, they continued to torment people in some way or the other. Just as people used to remain afraid when they were on land earlier, the same now started to remain when they were in water also. Once she came out of her city located in the demonic waters and stopped the way to earth to torment people. At the same time, many beautiful boats filled with people arrived from all around. Pleased with that, the demons soon caught them. They tied them in strong chains and put them in jail. There they were also reprimanded by demons, due to which they remained unhappy. Among those people, a devotee of Shiva named Supriya used to perform Shiva puja and used to teach it to all the other people and make them do it. Shiva also used to directly accept his offering material, but even Vaishya did not know this. One day the servant of the demon Daruk saw Lord Shiva directly in front of the Vaishya. When Daruk asked the merchant, he denied knowing. Daruk ordered him to be killed. When the demons came running to kill him, he started chanting Shivkirtan continuously. Due to this, Shiva appeared from that pit i.e. prison with a beautiful temple with four doors all around. Shiva killed all the demons by giving Pashupat weapon to Vaishya. Then he gave a boon that in this forest, the religions of all the four varnas will remain stable and there will be only devotees of Shiva here, there will never be any Tamoguni. Saddened by this, Daruki went crying to Parvati. Parvati quarreled with Shiva to protect those demons. With this Shiva told her to then do whatever she wanted. Then Parvati told Shiva that your promise or boon would be implemented at the end of the era. Till then the evil world will remain. And said that this Daruki Rakshasi is my power, she is the strongest among all the Rakshasas, she should rule over the Rakshasas. These demons' wives will give birth to their sons here. All of them together will reside in this forest with my permission. Then Shiva said that I will also reside in this forest to protect my devotees. The one who will see me lovingly while being established in his varna-ashrama-dharma, will be a Chakravarti king. Then after the end of Kaliyuga and the beginning of Satyayuga, the famous king named Veersen with his big army will become very mighty due to my devotion, and will come here and see me, and as a result will become the Chakravarti king. In this way, Shiva and Parvati, having fun and enjoying the pastimes, settled there. Shiva became famous by the name of Nageshwar Jyotirlinga and Parvati became famous by the name Nageshwari.

investigative analysis of myth

Daruk demon is the ego. His demonic wife Daruki is intellect. Many ideas arise from it. They are the demon children of these two. These keep people wandering here and there, make them worried, create fear etc. in them and create many vices. Many even die due to these defects. The west direction is the back part of the body. Forest is the area of the brain filled with hair, which is spread more towards the back of the body. Sagar aka ocean is the Muladhara area as both are situated at the lowest place. This mental confusion spreads in the brain itself. It is the ego that protects the body along with it. People go to gurus and sages for peace of this mess. The sage says that if the mental confusion continues to distract people like this, then how will they be

able to work. And if they do not work, what will they earn and what will they eat? Due to this, if there are no people who become victims, then this mental mess which has become a hunter, whom it will eat to sustain life. Reassured by this, people keep this mental confusion under control and start doing their work. It is said in this way that knowing the opportunity, the gods started a war with those demons, because people are able to work only through the senses situated in the body in the form of gods. If this mental confusion keeps re-emerging from the mindset of yoga or meditation, then there occurs a witnessing of it itself, because people are busy in their work. This will itself destroy it. If it does not continue to appear, then how can it maintain its existence, that is, how can it remain alive? It has been said that if the demons fight with the gods, they will still be killed, and if they don't, then what will they eat, hence they will still be killed. Meaning, people's problems are their food, and the darkness of ignorance that increases due to them is their increased health. Due to this, the mental confusion becomes hidden in a subtle or latent or subconscious form. In a way, it hides in the dark sea of Mooladhar. In the middle of the ocean, in the depths, there is darkness because no ray of light can reach there. Any person who gets tired or upset with life and becomes depressed, in a way, goes boating in the sea of Muladhar, thinking that there are no earthly troubles of worldly life here. He gets peace for a short time, but then he falls into the trap of the dark subconscious mind. It is possible that during times of poverty, famine, epidemic, political or geographical crisis, many people may have collectively fallen prey to distress and depression. This is what many people going together in boats and descending into the sea has been said. The darkness experienced through the unconsciousness of the subconscious mind is likened to putting people by those demons into a dark prison cell. It is in the form of darkness that those demons haunt them. When old misdeeds buried in the subconscious mind are felt in the form of angry creatures or humans, perhaps this is the demons reprimanding those people. Many people get killed, meaning many people get sick and die from depression, and many commit suicide. A Shiva devotee meditates on Kundalini at Mooladhar in that dark state. Other people also get benefit from his satsang. The more darkness there is in that dark chamber of the subconscious mind, the more the Kundalini shines. Perhaps it is said that a demon saw Lord Shiva directly. The world of darkness prevents the Yogi from doing sadhana. Due to this, neither the light of the world remains in his mind because he has already left the world, nor of Sadhana, not of anyone. This state is similar to death. Perhaps it is said that the ego of the people in the form of Daruk ordered the death of Vaishya through worldly thoughts and things in the form of demons. Due to this, the seeker, out of fear of the world or stubborn anger towards it, intensifies his sadhana and awakens his Kundalini. Perhaps it is said that out of fear of those demons, the Vaishya started chanting Shivkirtan continuously and loudly. Then a temple with four doors appears, and Shiva is seated in it. Muladhara Chakra also has four petals. Kundalini awakening is the manifestation of Shiva. He destroys the demons in the form of mental confusion. Actually the subconscious mind is stuck to the soul in the form of darkness of the soul. When light is born in the soul, it itself gets destroyed.

Parvati is the form of nature aka Prakriti. She wants the expansion of the world, which is not possible without Tamoguna. Intellect or intelligence in the form of Daruki demon is her power. Meaning, the world expands only through intelligence. Intelligence is the most powerful sense. She creates many demonic thoughts by making the egoistic creature her husband i.e. her protector. Those thoughts, by marrying the demonic senses like hands and feet, i.e. by meeting them and with their cooperation, produce various types of worldly things. All those things are said to be the sons of those demons and demonesses. All of them live in the same forest-like brain which resides in the subtle form in the Muladhar. Worldly things may appear external, but they all exist in the mind only. It is only through the intellect that they are permitted to stay there, because if it wishes, it can get them all thrown out through yoga etc. Shivalinga, Shiva temple and Shivamurthy are also part of this forest, which protects the devotees. The person who will follow Varnochit Dharma i.e. Karmayoga and with the power generated from it will awaken kundalini by loving it in the form of Shiva, i.e. will have the darshan of Shiva, he will be a Chakravarti king, i.e. he will be such a soul whose all the chakras will be awakened or active.

Kaliyug, Satyayug, all these are stages of life of people. Kaliyuga stage means man's worldly stage full of competition and materialism. As long as this state exists, the defects of the mind will remain. When man evolves and enters the stage of Satyayuga, i.e. the stage of spiritual practice, then he kills these vices like a mighty warrior. This happens due to the power of Shiva, which means meditation of Shiva. From this he gets Kundalini awakening which means seeing Shiva, which is a state like Chakravarti king. Because the Muladhar Chakra, Kundalini Shakti and Sushumna Nadi are all associated with the serpent, the name of the Linga situated in Muladhar is Nageshwar and the Shakti associated with it is Nageshwari. The mysterious story of King Veersen related to this will be described in the next post.

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

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

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

Hiranyakashipu is also a symbol of tantric sin. Tantrik Panchamakara is sinful mostly. The tendency of sinful energy is more towards the material world. That's why it does not allow man to go towards spirituality. But by Guru's grace, a man's trend becomes towards spirituality. It has been said in the story that the teacher of the school turned Prahlad towards spirituality. Then Hiranyakashipu removed that teacher and appointed a new teacher who gives physical education full of deceit. But Prahlad's nature did not change. The meaning is clear that the blind power tries to take away even from the true Guru, but even if a little contact is established with the true Guru, it does not succeed. As a result, these tantric sins inclined towards spirituality make the Sushumna of man activated. This is the making of red hot iron pole by Hiranyakashipu. The yogi's joining the meditation picture with it is his embracing it, for man's own form is also that which he is meditating on every moment. The awakening of Dhyana-chitra that's meditation image means the manifestation of Lord Narasimha, by whom along with all other sins, those tantric sins committed for the success of Kundalini Sadhana are also destroyed. This is the killing of Hiranyakashipu by Nrisimha. The appearance of Narasimha from that burning pillar in the evening means that at that time Sushumna becomes more active than other times and most likely awakens the image of meditation in Sahasrara. Sushumna Nadi is that fiery red iron pillar. Sushumna also resides inside backbone stiff like iron. Because many people consider the picture of Kundalini as scary like a ghost, because it does not have a physical existence, that is why it has been given the form of a fearsome Narasimha. Meditation picture is neither human nor animal. It can be understood in such a way that when half-human forms like Hanuman, Ganesha are meditated upon, then Dhyana-chitra is most expressive. He is neither inside nor outside. This means that Dhyana-chitra is not a physical object, but only an imaginary picture. It is formed neither during the day nor at night, but it is formed in the evening while doing Kundalini Yoga. He takes Hiranyakashipu in his lap and punctures his belly with his fingernail, that means by lifting up the subconscious and unconscious mind from Muladhara hidden there as ego, he eliminates them by manifesting them on the chakras, means this is Vipassana Sadhana. In Sahasrara Chakra, it remains fully manifested, and remains asleep in Mooladhara, so it does not come to die in both the places. It remains semi-awake or semi-conscious only in the middle chakras, that's why it comes to die in the middle. This is also the principle of witnessing in Vipassana practice. This is Chakrabhedan that's chakra piercing through Shakti. First the dormant thoughts and desires from the surface of the subconscious mind are awakened by life force and expressed on the chakras, then they are penetrated by the flow of life force on the chakras. In fact, those desires and rituals are pierced or destroyed, but

chakras are believed to be pierced. Because the navel chakra of the stomach is the most prominent, hence Hiranyakashipu's stomach has been said to be torn open. Because most yogis strengthen their meditation by placing the tip of the fingernail or at least finger on the chakra point causing the sharp prickling sensation at the chakra with the fingernail, that is why it is said that Narasimha tore Hiranyakashipu with the fingernail. Neither a human nor an animal can kill the ego. It cannot be killed by any type of weapon. It can be killed neither completely being outside i.e. extroverted, nor completely being inside i.e. introverted, but only by a suitable mixture of both. In this, the killing of Hiranyakashipu in the balanced or middle states tells that Sushumna is active only in the state of Sangam or union i.e. Yinyang. The Kundalini Yogi who feels a slight sensation like crawling in the back i.e. Sushumna, makes him believe about awakening of Kundalini, due to which he engages in yoga practice and activates Sushumna and achieves Kundalini awakening. It is said as Prahlad saw a worm crawling on that burning iron pillar, convinced with that he embraced it, from which Lord Narasimha appeared.

Kundalini Yoga as a Spiritual Science Machine

The mental body that's manomaya sharir is also the man himself. He would not have been anyone else. That body would be very detailed. When it is experienced as one's own self, then it begins to wane, and takes the form of the Kundalini image. There is also a feeling of emptiness, lightness and joy. Similarly, knowledge or gyana is actually of the soul. But Vigyan means special knowledge, 'vi' meaning special or vishesh in Sanskrit, it's that when the mind means the mental body is also connected with the soul. The mind is a special form of the soul. That's why when the knowledge of the mind is done in the form of special knowledge of the soul, then this is the Vijnanamaya Kosha. Knowledge of the mind in the form of an ordinary and alien object is Manomaya Kosha. But when it is understood as one's own form, then it is the Vijnanamaya Kosha. This is also our part or body attached to the main body, but it seems as if it is spread out in infinite directions and distances. Actually human being is like a flying kite. The mind is the flying colored paper, the feeling of its being attached to the body is the string, and the physical body is catching that string. As long as the string is there, the kite is safe, otherwise it will go astray and get destroyed. At one place I read written on the dashboard of the bus that the mind is like a parachute, it works well only when it is open. Perhaps this is the same what it means. In the scriptures, it has been said that instead of considering the mind as a visible or seen form, it has to be understood as a seer or own form. Witnessing is also the same, it is a simple and easy way of doing this. Even when the soul observes the mind being itself as a silent witness, the meditative image of the mind begins to manifest itself. This also proves that the mind is a special form of the soul, that means the mind is the form of vigyan. The mind exists only as long as it is considered external or alien. When it is understood as one's own self, then it starts to dim. Self possessions are always undermined and other's possessions seem better. Importance is for external or other things, not for one's own thing or self. The mind is not destroyed in this self form, rather it becomes insignificant and slows down. This creates joy. The Kundalini image gets the extra power that the mind had taken in the earlier wandering state. This adds to the joy, because the Kundalini image remains for a long time and without any philosophical effort on the part of the man, it removes the extra fat from the wandering mind and sucks it, due to which the joy remains for a long time or even permanently in the far reached Kundalini Yogis. The light attitude of the mind is of Sattva guna. That's why the mind-mixed darkness that arises due to the weakening of the mind is called satoguni avidya, as explained in the previous post. This is why there is joy in it. This is the blissful treasure. On the contrary, the complete destruction of the mind is tamogun, and when the mind is in full swing, and it seems to be real, it is rajogun. The darkness of ignorance associated with these is Tamoguni ignorance and Rajoguni ignorance respectively. In the first stage there is sorrow and in the second stage there is happiness, not joy or bliss. Happiness and sadness live with each other. Bliss is beyond happiness and sorrow, and always remains the same. Bliss can also be called a mixed form of happiness and sorrow, because in this both mind and darkness live together in equal balance. In Rajogun, the mind is very bright, with which there is no darkness at all, hence it is happiness. When the mind gets tired and sits down, then it becomes completely lifeless, due to which darkness envelops the brain. This is sadness. This is also the extreme mode of ignorance. The cycle of happiness and sorrow continues, due to which the soul is not purified. I did not know such a deep analysis of it at the time of my initial book, although such a practical experience was definitely there. In that I have written it in such a way that happiness arises only from non-attachment. What has been said is correct. With non-attachment the mind moves slowly. By the way, attachment is only towards others, not towards oneself. That's why by considering the mind as the soul, non-attachment automatically arises. I had given there many examples of the principle of detachment. For example, pleasure is not derived directly from alcohol but from slowing down of the mind with it, which is a sign of non-attachment and sattva guna. Similarly, bliss is born not directly from meat-eating, but from non-attachment born of dispassion born of mortal intelligence towards the life arising from it. Many such examples were given. This effect is also created by Kundalini Yoga. Non-attachment that's Advaita and Kundalini live together. That's why with Kundaliniyoga, happiness arises when the Kundalini image stays in the mind. Therefore, Kundaliniyoga is like a metaphysical machine or technique or trick, which

automatically creates its effect, avoiding the philosophical mess of detachment. I give my own example of this. I had done some developmental work by spending enough money. But due to some invariable reasons some of them were left out and some got lost. I regretted it and didn't too, because walking is life. When a man keeps looking outside, then he is not satisfied with what he has. His own joy also vanishes from it. I started feeling disturbed. I learned Kundalini Yoga from somewhere and thought everything would be fine. Yoga returned my lost happiness, that too with interest. I also made a lot of spiritual progress. At that time its basic psychological principle was not known, but today it seems well known to me. Kundalini is a miraculous mental meditation image, which benefits in every way like an automatic machine. What happened that Kundalini took away the power of my lost mind. Due to this, my Manomaya Kosha changed with Kundalini to Vigyanmay Kosha. Vigyanmaya Kosh was transformed into Anandamaya Kosh. Due to the said developmental worldliness, my three primary koshas had developed a lot. By the way, with the help of Advaita, I was also developing Vigyanmaya Kosh and Anandamaya Kosh little bit along with them, but the rocket speed of the last two koshas was achieved only by Kundalini Yoga, due to which the so-called minor glimpse of Kundalini awakening was also received.

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