

Kundalini science- A spiritual psychology

Author- Premyogi vajra

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Book introduction

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

Author introduction

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

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

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

<https://demystifyingkundalini.com/>

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1. Psychology of Kundalini meditation

Kundalini meditation in the brain

We cannot concentrate deeply on the Kundalini in the brain for long. Doing so increases the pressure in the brain, causing discomfort, and may also cause dizziness. Being under the pressure of the brain starts to affect everyday activities. Memory decreases. There is no mind in worldly works. There is fatigue in mind and body. The head feels like spinning. If you are unaccustomed, there is also a fear of damaging the brain, which can also cause brain diseases like Alzheimer's disease.

Kundalini's meditation on lower chakras

The above problem is solved by chakra-meditation. In this, the focusing on the Kundalini is done on the lower chakras of the body. The intensity of meditation on the chakras keeps increasing upwards. That is why Kundalini-Yogis start with Muladhar, so that they can get used to it gradually.

In Vedic culture, Kundalini was meditated inside nature

In the ancient Vedic age, life was very disturbed. There were many problems. A man was extroverted and materialistic. There were no machines. All the work had to be done manually. There used to be terror of wild animals. In such a situation, it was not possible for the common public to meditate deeply. That is why the people started worshiping nature, and meditated on Kundalini within natural substances. There are many examples of this in the form of Suryadeva/sun god, Vayudev/wind god, Agnidev/fire god etc. In that system, Kundalini was situated at the most distance from the brain, which made her meditation very easy. A man growing in the midst of nature used to get benefits of this type of meditation always and spontaneously.

The idol tradition helped to intensify meditation

Gradually, human became developed, which made a lot of extra time available for him. Idolism was born from that. Now man could concentrate in solitude, staying away from nature. Places of idol-meditation emerged as temples. Devamurti/god-idols were providing more kundalini-meditation, because those idols were closer to the brain, and were more like a human being.

With beginning of Kundalini Yoga, meditation got wings

In the course of time, man had developed so much that his reserves were filled with the extra grain and additional resources collected by him. With this, he could do deep meditation for a long time. Hence, Kundalini-yoga was discovered. In it, Kundalini had to be meditated on different parts / chakras of the body. The distance of Kundalini from one's brain had decreased a lot, and Kundalini

had reached the person's own body. This brought meditation to an unlimited height, which reached its peak in the Sahasrara Chakra, in the form of Kundalini-awakening.

Meditation is always in the brain

Wherever you meditate on Kundalini, it would have been in the brain, because the brain is the only place of all experiences. It is a different matter that the closer Kundalini is to the brain / Sahasrara, the stronger the focus on it.

In today's era, appropriate meditation practices exist for every type of person

Today is an era of diversities. Many people are very busy. Kundalini-Dhyana (Karmayoga) with Vedic culture is available to them. For those who have a little extra time, many temples exist to meditate on the deities. Full-fledged Kundalini yoga is also available for those who have the most extra time.

2. 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.

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 (google)

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.

3. Kundalini as the basis of beauty

What is beauty?

It is often said that beauty is not in any other, but inside the mind of the observer of the beauty. This thing becomes very clear with meditation yoga. The beautiful object is said to be beautiful because it has the power to settle in our hearts for a long time with joy. The same attractive and permanent image in the mind is also called Kundalini.

Spontaneous meditation of the beautiful object

Attention to the object sitting in the mind for a long time causes mind itself focused on it. Due to this, varied types of thoughts and colourful emotions continue to grow in the mind itself. Witnessing and non-attachment towards them remain present itself, because the above single thing sitting in the mind constantly keeps the attention of the person towards itself. Due to this, those emotional thoughts are impaired, resulting in a person increasingly moving toward emptiness. Eventually, the person achieves complete emptiness or enlightenment.

The most beautiful thing

In the temporal perspective, a virtuous woman is considered as one of the most beautiful for her worthy and her interesting person. This is because the picture of such a woman is most strongly settled in the mind of that man. The picture keeps getting stronger through everyday contact between the two. Ultimately, it becomes so much stronger and stable that it takes the form of a Yoga-Samadhi. If in the middle of a healthy attraction (true love), it is disrupted anyway, then mental image may also go weak. It mostly happens due to over interaction, physical relation between both etc. In cosmic behaviour, it is also noticed that after the marriage, mutual attraction decreases. If there are favourable conditions, then such a strong yin-yang attraction is enough for two years to reach level of Samadhi and enlightenment. In such a number of cases, seeing favourable conditions that are astonishing produces a strong faith in God and good deeds.

The availability of beauty is not dependent on worldly things, but dependent on good deeds and grace. Many people's past actions are not good, and they do not even have God's grace. Such a strong yin-yang attraction is not available to such people. Even if for many people it is available, but if they do not get favourable conditions, that attraction and subsequent mental image cannot stay stable for a long time. In such a situation, Samadhi cannot be achieved. Many people are doing very good things right now. They are virtuous. They keep elderly, old men and gurus happy, and obey their commands. They remain in front of them. They endure all the difficulties and abuses with pleasure. With this, the

images of their gurus, old people and family members are settled in their minds. Any favourable image out of them becomes their Kundalini. Many times people who are too fortunate, they get indirectly strengthening their Kundalini through Yin-yang (sexual) attraction.

Kundalini-Yoga is a great relief for people without opportunities

It seems that Kundalini Yoga has been created mainly for the majority of the people who do not get the opportunity to meditate naturally. Many discouraged and pessimistic people also call it “extracting oil from the sand”. Although it is now the truth that there is also oil (petrol) in the sand. At the appropriate time, it becomes very easy, practical and effective by combining it with the sexual yoga of Tantra.

Artificial love

It is also a magical work done to meet the lack of daily love of a certain person through meditation. We can also call it as “synthesis of love”. Yoga is a factory that produces artificial love. This workmanship has influenced me from childhood. It does not have the possibility of collapse like a temporal love, because all the interaction with the object is in the mind only. Only the participation of external senses produces over indulgence.

Beautiful is relative and virtual

If the beauty was absolute, then a beautiful woman would appear equally beautiful to all kinds of people, and the violent animals would become lame in front of her. Similarly, if the beauty was dependent on the physical form, then the Kundalini of the form of aged gurus and black mother (externally ugly and horrific) enriched through yoga would not be considered the most beautiful by corresponding yogi, and that would not be bound most tightly in the mind of the yogi.

4. Similarity between ancient Egyptian spiritual sexuality and Indian Tantra

What is Ankhing and how is it done?

In the Ankhing, by filling up a little less of full breath (90%) and holding it, the energy is lifted to the anahata chakra (fifth chakra according to it) of backbone, and from there it is turned backwards at an angle of 90 degrees in the open. It then goes up through the loop of ankh itself, reaching the eighth chakra (one hand length above head). That chakra is located at a 90-degree angle from the vertical bodyline. From there, energy gets down from the front part of the ankh-loop and re-establishes on the Anahata Chakra (front side). Then the rest of the remaining 10% of the breath is also filled in. Leaving the breath slowly, it is meditated that the energy is revolving in that ankh channel. Then take deep breaths, until the relaxation is felt throughout the body. Then make your breath natural. Meditate in mind that this energy rises throughout the body, spreading all around, reinforcing all its cells, even spreading outside of it. Then completely relax, or sleep.

Psychological secrets of Ankhing's line drawing and loop

The energy does not touch the body part above the heart in the ankling process. It makes a loop all around the body, outside of it, and reaches the heart chakra again. That is why the line-drawing showing the path of energy in a straight line touching the spinal cord has been shown only from the sexual chakra (Muladhara) to the heart chakra, not above it. Above of it is the ankling-loop connected. A straight line going back and forth on the heart chakra makes a cross. This design means that there is no need to lift the Kundalini going through the front component of the Mooladhar Chakra and the navel chakra, because they are in the flexible part, and due to the yoga locks/bandhas, they collapse inside and become one with the rear components of these chakras in the spinal cord. The energy of the chakras ahead of it gets itself behind the chakras. Therefore, there is a line going back and forth on the heart chakra, because the front chakra does not connect to the back chakra fully. It is also seen that the area of chest is elaborate, less flexible and does not move too much in and out.

Scientific explanation of Ankling

Energy comes out from the rear Anahata Chakra at the 90-degree angle due to the psychological pressure. Means, it is thought this way, and then only it happens. Even it climbs through the ankh (ankling-loop) up to the eighth chakra due to same psychological pressure/will. In a way bypassing the in-between chakras, shakti/energy straightway reaches the eighth chakra. Even it comes

downward with similar will-pressure. In this, the drawing of the ankling corresponding to the texture of the body also helps in building up the pressure of mental contemplation.

Equality between the Ankling and Sexual Kundalini yoga

In Kundalini Yoga, energy is called Kundalini. This is the mental picture of the master or God in most cases. In this yoga, the Kundalini is affirmed by sexual energy in various chakras, especially in the brain. The Kundalini, after attaining strength, continues to be experienced and so it purifies the mind and body for long period. The same happens in Ankling. Although here energy is considered to be centered only in the heart area. For some time it also stays at the eighth chakra. In the in-between track and the loop, there is only a subtle movement of it. Actually, the most lovable thing is settled in the heart. This object is single and one. There is no love with two. The heart is the place of love. In this way, the so-called energy of Ankling proved itself as a Kundalini. According to the belief in ancient Egypt, during sexual intercourse, the energy of sexual orgasm / ejaculation either falls down to underground, or is blurred in the form of various thoughts of the brain. In both cases, it is destroyed. However, if the brain is thinking about the sole kundalini, then sexual energy is not destroyed. That is because Kundalini's meditation is done daily, not of other thoughts. Therefore, the sharpness of the Kundalini, which is made of sexual energy, persists for a long time. Because other thoughts are rarely born again, so their tremendous sharpness has almost collapsed. Together, sexual energy produces very small effect by dividing itself into all the thoughts, whereas in kundalini yoga, whole of the sexual energy is received by the sole Kundalini, which keeps it completely sharpened. Therefore, it is proved that the so-called energy of ancient Egypt is only the Kundalini, and Ankling is not different from sexual Kundalini yoga. In a way, we can also call Kundalini Yoga as simple and scientific variation of the ankling technique.

In ancient Tantra, reaching peak of orgasm is not entirely taboo, but it is forbidden not to have self control over it

As per Premyogi vajra, if the root lock and uddeyaan (flying) lock are kept firmly applied and for a long time at the time of the orgasm / ejaculation, then the entire sexual energy is attached to the brain-based kundalini. At that time, it seems that the sexual chakra and the brain-chakra have joined together, and the Kundalini is shining together on both. It also reduces the erosion of semen, while enjoyment is too much. If only flying lock is applied, then this positive effect is greatly reduced.

Other authentic articles for the above facts can be read at the following links-

Sex, and specifically the orgasm, is more than just something that feels good and allows procreation. There are many other functions, such as the release of dysfunctional energy within the body, which can help to keep one from becoming diseased. There is the function that opens the higher chakras, and under the right conditions allows a person to begin the process of enlightenment. And further, if two people, lovers, practice sacred sex, the entire experience can lead them together into higher consciousness and into worlds beyond this plane— —

Ancient Egyptian Sexual Ankhing (google)

“The ancient Egyptians believed that orgasm is more than just something that feels good and allows procreation...

This Ancient Egyptian Sex Technique May Be the Secret to Eternal Life (google)

Chapter 5. A basic revelation about Guru

Who is Guru?

Guru is a great personality, on whom one has faith, who is loved, and who seems to one to be much more important than himself. The Sanskrit word “guru” means very heavy or big.

Can a lover take the form of a Guru?

Largely, a lover can take the form of a Guru, although in most cases, he cannot become Guru completely. By the way, some exceptions are found everywhere. In most of the cases, respect for the lover is less and his importance is also less. Due to this, the picture of the lover does not sit well in his mind. It is necessary to have both respect and feeling of importance along with love for a Guru. That is why the guru is mostly close to old age. From this, they are knowledgeable, meditative, respected, and yogic. They are spiritual, ritualistic, and priests of deities. They are supposed to live a simple and satvik (pure) life. They are free, softly speaking, balanced, non-violent, and non-fanatic. All the virtues are inhabited in their mind-temple. They are devoid of the defects of the mind, are unattached and non-dual. Due to the above affection and importance for the Guru, his external form full of pastime (leela) settles in the heart of the disciple, and remains for a long time.

Divine qualities are essential in guru

It is so because kundalini itself is divine and tends to produce divine qualities. Therefore, divinity of Guru helps better in strengthening of the kundalini in one’s mind. In addition, divinity attracts God’s grace too. It is so because God also is full of divinity. God’s grace is also an important factor in kundalini growth.

Guru and romantic lover as complementary to each other

Coalition of guru and romantic-lover is an integral and fundamental part of tantra. According to tantra, relationship or connection between the guru and the lover / girlfriend should be maintained in any way. Many spiritual aspirants keep strong relationship (mental or physical or both) with lover and also with the Guru at the same time. This also causes union of images of lover and Guru both together in the mind of aspirants. From that, the respectful affection towards the Guru is transferred over the lover, and the love for the lover is transferred to Guru as pure love. It is like this, if a blind and a lame help each other. Usually, due to the old age of the Guru, love for him is not strong enough to attract them as much as that is there for a romantic loving partner. Similarly, there is not much respect for a

sexually based lover, as opposed to an elderly Guru. The reason for this is that mostly this type of gender based lover is materialistic, low-aged, less experienced, less qualified, less yogic, having low-quality, having flaws of mind and dualistic.

The creation and development of two kundalinis together

With the constant contact of the Guru and lover, Kundalini (clear and permanent mental picture) made of pastime forms of both grow together. They both give strength to each other. In the physical atmosphere, the kundalini of lover, and in the spiritual atmosphere, the Kundalini of the Guru develops more. According to favourable conditions, any of the two Kundalinis can be awakened first. Most of the time, the Kundalini of the form of a Guru is awakened, the kundalini of lover becomes its assistant. This is because full mental union is possible only with the guru. Physical stimuli and excitement associated with romantic lover becomes obstacle in the way of his/her form being unified with her/his lover (Kundalini awakening). This is exactly what happened with Premyogi Vajra, who is the protagonist of this website.

Chapter 6. Prana rising as the start of Kundalini Awakening

What is Prana

Prana is called the vital power of the body. It is the life force or life power or vital force that keeps life moving. Oxygen (Prana-vayu) keeps the life force maintained. Food and water eaten by man also upkeep this power. Movement of body, work and yoga exercise also keep up this power. Cravings, anger, mental defects, and various diseases keep on reducing this power.

Up rise and downfall of Prana

In ordinary, balanced, and ideal human condition, Prana is equally spread throughout the body. His life force is equally distributed in the mind-brain and in the external senses. When a person starts falling down from the ideal human state, then his life force starts flowing more towards the external senses. In the same proportion, life force starts decreasing in his mind. In other words, we can say that his life force starts concentrating in the lower chakras of the body. When most of his life force is absorbed in the external senses, then he becomes like a demon or a beast. We can say that in this situation his life force has completely centered below the navel chakra. With this, man becomes dualistic, attached, and with the defects of mind. When a person becomes tired of the delusion of such a life or gets bored with it, then he goes out in solitude and peace. He becomes free of external senses. In such a situation, there is no more physical work for his prolific Prana there made out of his past living in over worldly life. That is why Prana climbs to the brain, and shows its effect there. This is called Prana rising. With this, varied old memories in his brain begin to flourish with pleasure. Due to this, these memories begin to get absorbed in the soul with peace. There is a lot of peace in the mind. The garbage of the mind starts to clear. In this way, the Prana of a great human being or god-type is more centered in the higher chakras.

Digestive system as a second brain

I want to clarify this above fact with an example. The meditation takes place in the mind-brain itself on a fasting day. The digestive system is also called the second brain, because it feeds a lot of Prana energy. Due to this system getting restive relief through the fast, the Prana energy of this system becomes available to the brain.

Scientists have also confirmed that the rapid development of the human brain during human evolution was accompanied by the discovery of fire. Most of the functions of the digestive system

were done by the fire. This led to the availability of most of the Prana energy of the digestive system to the brain.

Nurturing the Kundalini with Prana rising (pranotthan)

If the Kundalini (a particular mental picture) is not reinforced by the over abundant Prana reaching the brain, then the Kundalini cannot be awakened. Rather, different types of mental images will continue to strengthen themselves, which will divide the life force between them. With no enough Prana, no mental picture will be able to awaken. Therefore, Kundalini-meditation is also necessary with Prana rising. If Kundalini-meditation is already continued, then it is even better.

Kundalini-meditation in every chakra along with the brain is helpful, because on all the chakras abundant of Prana is accumulated, which reinforces the Kundalini. In fact, the meditated Kundalini is strengthened in the brain only, whether it is meditated in brain or anywhere outside, because eventually the brain is the place of all experiences.

Best way of Prana rising

In fact there are many methods for Prana rising. Although the sexual yoga of tantra is the best and practical way for this. From this, even the person seriously trapped in the worldly confrontation instantly gets Prana rising. Man suddenly feels miraculously transformed himself. The best way to do sexual yoga is during the daytime in full consciousness and with full spirit/dedication. However, it should be done with full social and humanely responsibilities.

Symptoms of Prana rising

Kundalini's meditation in mind continues to be persistent and in itself without willful meditative efforts. Feeling of peace, happiness, lightness, integrity, satisfaction etc. and many more divine qualities is there. Yoga practice seems full of charm and appealing. There are no cravings towards the world, although normal desires do not stop. There is no attachment to anything. Whether anything is done or not, it is fine. Whether anything is achieved or not, it seems fine to him in both cases. Everything seems identical. It is Advaita/non-duality. Worries and stresses end. Hunger looks good. There is feel good health. Depression ends. The best mentality is around its peak. There is no enmity with anyone. The person becomes tolerant, cheerful, attractive, dear to all and friendly. Forgiveness is there. Defects of mind (arishadvarga) like lust, anger etc. disappear. There is no mind in heavy, unstable and fast-moving physical activity; because most of the body's Prana energy flows towards

the brain. However, whenever there is a need, man takes in hand such works too, although with this his Prana-rising starts falling down from his brain.

Prana rising is very important for kundalini awakening

Kundalini awakening occurs when there are favorable conditions along with this state of Prana rising. There is no Kundalini awakening without Prana rising.

Kundalini awakening as the Prana rising reaching the peak point

There is no fundamental difference between Prana rising and Kundalini awakening. Only the different level of expression is the difference between the two. That is why many over ambitious people recognize their Prana rising as Kundalini awakening. Kundalini awakening is the complete and perfect Prana rising only, nothing new. Prana rising can remain for a long time. Even it can remain for many years, especially if the Kundalini is of a tantric type. Prana rising with the Kundalini only provides enlightenment. Kundalini awakening only makes it strong in additional form, nothing else. The study of books and other intense mind related activities also give rise to Prana rising, although it gets intensity, spirituality and stability for a long time only with Kundalini. Kundalini awakening is transient in nature in contrast to Prana rising. Its experience stays for no more than half a minute or a maximum of a minute. Most people drop it down in a few seconds only due to fear of strangeness, as had happened with the protagonist of this website, Premyogi Vajra.

The triangle, circle and petal of kundalini chakra- demystifying a hidden secret

There are triangles on all the chakras except Sahasrara and Swadhishtana. Somewhere it is upright, but reverse somewhere. There are two triangles transecting one another somewhere. Similarly, there are four petals on anyone chakra, but anyone has six or seven etc. There are thousand petals in Sahasrara. What can be the secret behind these? Some mysteries are philosophical, whereas some secrets are experiential and psychological. While doing yoga, I also find some experiential secrets hidden behind this, which I am sharing through this post.

Kundalini's highways and supply routes

The lines of the triangle are in fact the highways of the Kundalini-picture, on which the running kundalini is meditated. Similarly, the points of the triangle are also the resting places of Kundalini. The petals of the chakra are psychic channels related to that chakra, which carries the conscious nutrient power or meditation power from widespread area of the body to the chakra and the Kundalini situated on it. These are just like the leaves of the tree or the flowers.

Inverted triangle of Muladhara Chakra as downward

The triangle is reversed on the muladhara chakra. One of its arms starts from the genitalia and goes through the front Swadhishtan chakra (in the root of genitalia) up to the back swadhishtan chakra in the spinal cord. Its second arm is there from the back of the Swadhishtan chakra to the Mooladhar chakra (mid point between the genital and the anal opening). Its third arm is from the tip of genitalia or from the front Swadhishtan chakra to the mooladhara. I saw that leaving the genitalia, creating a small triangle is also good for meditation there. From genitalia, Kundalini gets extra strength at many occasions. One point of that small triangle is the Swadhishtan chakra of the front channel, the second point is the Swadhishtan chakra at the rear, and the third point or the tip of the triangle is the mooladhara. 4 Petals mean that one petal is up to genitalia, second one is up to front Swadhishtana chakra, the third is up to the rear Swadhishtan chakra, and the fourth is of the muladhara chakra of its own (available from the contraction of the chakra).

There is no separate triangle on Swadhishtan chakra, as it is covered in the triangle of the Mooladhara. Its 6 petals come from the following areas. 4 From the Mooladhara (root chakra), one from the genitalia and the sixth petal is of its own (available from its contraction).

Triangle also displaying pyramid or cone and reverse triangle also representing backward direction

In the Manipur Chakra, there is a downside triangle and 10 petals. In fact, the reverse triangle is a triangle pointing backwards. On the two dimensional paper, the forward and backward pointing triangles have been shown pointing upwards and downwards respectively. In this, the main meditative plaque stretches from right to the left in the navel area. Although expanding the strip, the entire abdominal area can also be shown in the shape of a cone or pyramid (someones say triangles as pyramids), whose crest is on the rear Manipur chakra (in the spinal cord). The navel area looks like a pyramid. The two sloping sides of the pyramid are made of the lowest ribs. The base arm of the pyramid is made from a hypothetical line dividing pelvic cavity and abdominal cavity. This pyramid points inside to the rear Manipur chakra. That is why many people rotate the Kundalini in the entire abdominal area. In fact, when the stomach is compressed with meditation, it seems that the stomach and spinal cord have been united together, and with this, both the back and front chakras united too. Six of its 10 petals come from Swadhishtan (from its upward contraction). 7th comes from the right part of the abdomen, 8th from the left side of the abdomen, 9th comes from its own contraction and 10th from Anahata chakra (in collaboration with Jalandhar bandh/lock).

Beautiful hexagon on Anahata Chakra

There are two triangles intersecting each other in Anahat Chakra, which creates a beautiful hexagon. Because this chakra is the most important. I myself saw the beautiful and blissful hexagon stretching from front to back in meditation. A triangle points back to the rear anahata chakra. Its base is from the heart to the right area of the chest. The second triangle points to the front anahata chakra, whose base arm is spread on both sides of the rear anahata chakra in the spinal cord. When the man stands up and inflates out the chest while inhaling and moving the head backwards, the base arm of the triangle is in the front chakra area, between the two breast-nipples, and the top of the triangle is at the posterior anahat chakra point. . When leaving out the breath, the chest is narrowed inwards, while tilting the head down and turning the shoulders forward; The base arm of the triangle then extends from the bulging bone on one side of the back of shoulder to the corresponding bulging bone on opposite side at back, and the front anahata chakra forms the tip of the triangle.

6 of its 12 petals come from Manipur Chakra (through its upwardly contraction). 2 come from the base arm of front, 2 from base arm of the rear, and one petal of both chakras each. Well I found it easier to have a lonely, small triangle, whose base arm is from the heart to the front anahata chakra.

Inverted triangle on the vishuddhi chakra

There is inverted triangle on the vishuddhi chakra. Where there is contraction in the throat (at the voice point), there is the top of the triangle. The base arm of the triangle is around the middle of the length and breadth of the spinal cord on the neck. The rear chakra is at the centre of this base arm. When looking into the mirror, that area of the throat looks like an inverted triangle, especially when the flying lock/uddeeyan lock is fully applied. Upward contractile force on voice point in throat along with flying lock propels kundalini upward up to its rear counterpart. 12 of its 16 petals come from the Anahata Chakra, two from the Agya chakra, and the last two come from its own areas.

The base arm of the triangle of the agya chakra between the two eyes

The triangle is reversed on the Agya chakra. It also means like afore said that its base arm extends from the left eye to the right eye, and it points to the rear Agya chakra (the point directly opposite to the front chakra, on the backside of skull). One of its two petals comes from the right eye area, and other from the left eye area.

The brain itself is filled with nerve pathways, so there is no triangle on the Sahasrara Chakra

There is no triangle on the Sahasrara chakra, because there is no special line drawing required to meditate in it. There can be meditated anywhere in it, and also directly on the chakra itself. Thousands of petals mean that for the sake of its nourishment, the whole body's emotional energy, including the whole mind reaches there. Meditate on any part of the body or on any of the chakra, eventually it reinforces the Sahasrara Chakra.

Circles on chakras like the round field of a Kundalini-farmer

However, Kundalini can be meditated on lines of hexagon on any chakra as per ease. On many chakras, the circle (spherical drawing) is also there to represent something. It means that the Kundalini can also be meditated in the circular area, like a farmer ploughing a spherical farm field.

Triangle of sexual chakra is very impressive

I want to give an example here, to clarify, how easy and effective is it to meditate with a triangular drawing. Here I am going to talk about the sexual chakras at the bottom of our body. At Most of the time, these are meditated in the assembled form as a combined unit, not separately. Prana of upper body gets concentrated on the front swadhishtan chakra with help of Jalandhar bandh. The lower body life force/prana gets there from the contraction of the Mooladhar. This makes Kundalini glowing over there. Only then, there is an experience of its contraction towards the backside. From it, the Prana with the Kundalini gets focused on the rear Swadhishtan chakra, also collecting the prana

from the genital tip. After a while, the muscles nearby swadhishtan chakra become tired, so Prana sinks down to the Mooladhar. Then the Mooladhar is constricted upward, so the prana then ascends to the front Swadhishtan Chakra. The same sequence is repeated again and again, and the Kundalini rotates on the triangle glistening more and more every time.

Chapter 7. **Some important and practical tips for yoga-seekers**

1) Yoga should be done daily

If there is a busy day and there is too much fatigue, even then the daily routine of yoga should not be broken. This is so because on the busy and exhausted day, Yoga-seekers learn a new and effective yoga technique itself. Additionally, a new insight develops on that day. If yoga is not done on that day, then the seeker can be deprived of that new technique or insight for a long time.

If there is too shortage of time, only then the Yoga practice should be summarized, otherwise it should be done with full detail as before. For example, I had learned the art of meditating both of the chakras together by adding the chakras of the front and the rear in the same busy time. Earlier, I used to meditate on Kundalini separately on the front channel and separately on the back channel. In the first round, I used to meditate all the front chakras from top to bottom one by one. In the second round, I used to meditate rear chakras from the bottom to the top. During a busy day, I attempted to meditate both of the front and rear chakras together connecting both through a psychological, imaginary and experiential line. With great joy and bliss of Kundalini, I experienced both of them. Kundalini was going forward and backward on the imaginary line connecting them with each other. She would ever have been located on front chakra, then on the back chakra. Sometimes she used to be located in the middle of the line, and represented both chakras there.

2) Stay relaxed while doing pranayama

Pay attention to the inward going and outward going breath. Due to this, the attention settles on the Kundalini itself. If other thoughts arise then those also become pure, because all mental thoughts appear as being witnessed in the state of comfort and stresslessness. Mental thoughts that arise in the state of mental chaos / defects like tension, anger etc. are impure and binding. Therefore, always try to remain free of tension, calm, and free of mental defects. Physiological philosophy (shareervigyan darshan) helps a lot in this.

Premyogi vajra became absolutely tensionless after his transient enlightenment. He tolerated the poor mentality of the agitated and troubled people for a long time peacefully. One day his anger got over, and he beaten an intoxicated man who was creating a lot of nuisance. Although he did this in his defense only. From that day onwards, he started feeling his bondage with the thoughts of his mind, and that continued to grow. His unrest and his tension began to grow day by day with his self-bondage. He lived a bit scared. Both types of expressions started increasing each other. As the fear

arises with the self-bondage, so the soul becomes bound by fear. He began to forget his enlightenment quickly. He was surprised how even the anger of one time can downgrade Yoga of a man too seriously. Actually, it is a type of chain reaction, and when it starts, it goes on growing itself. God Krishna has also said in Geeta that one who has no enemy ship with anyone, he is dearest to me.

Therefore, it proves that real love and harmony can prevail in the world only with the yoga.

Chapter 8.kundalini in christianity

Baptism with Holy Spirit means Kundalini activation

Kundalini and Holy Spirit are two names of the same thing. In Christianity, the description of the Baptism with Holy Spirit comes. In the same way, Hinduism describes the activity and awakening of Kundalini. Based on my experience, I can say that both Holy Spirit and Kundalini are showing the same thing. We can also prove this by the following scientific arguments.

Holy spirit and Kundalini, both are action force of God

Holy Spirit is said to be the action force of God, means God's power in action. Similarly, Kundalini has also been called a life force. Just as God projects his power in form of Holy Spirit as per his plan, and fulfills his desire with that power; in the same way, he also fulfills his auspicious desire through Kundalini.

Holy spirit and Kundalini, both have similar names

As Holy Spirit has been named as breath, wind, the vital or animating force in living beings, spirit persons including gods and angels; in the same way, Kundalini has been given all these names. Just as the Holy Spirit is called God's hands and fingers, in the same way the Kundalini power is also called the functional part of Lord Shiva or his half body.

Holy spirit and Kundalini, both have been provided identical forms

In Christianity, it has been said that God works and performs many great jobs with the help of his Holy Spirit. For example, the wonderful works done with the creation of the universe, the bible, and the great people including preachers of old times. In the same way, Kundalini also performs great works. According to this religion, Holy Spirit is not a personal form, but it has been personified like other things. Similarly, Kundalini has been given the form of a goddess or serpentine, though it has no physical form.

Holy spirit and Kundalini, both are as mental image

Holy Spirit is a helper, who has been sent in the name of Christ that will teach Christ's followers all things, and bring into remembrance the teachings of Christ. This means that by chanting Christ's name, the image of Christ in the mind will be settled, which will become a Holy Spirit. Kundalini also develops in the same way as the mental image of master, god etc.

Holy spirit and Kundalini, both teach us the same thing

Holy Spirit wants to teach us who is Jesus actually. That is, Holy Spirit brings non-duality. Christ's form is also non-dual. The same Advaita/non-duality develops with the Kundalini as well.

The Holy Spirit makes it easy to understand the Bible. Holy Spirit teaches the same, which is there in the Bible. Holy Spirit helps to remind the Bible. Similar work is done by Kundalini too, and even after knowing her, all religious texts become known or read itself.

Holy spirit and Kundalini, both produce similar qualities in a man

Holy Spirit gives the power to fight sins. Similarly, Kundalini also destroys old sins, and does not let new sins flourish. The person receiving the Holy Spirit walks in spirit, and he does not fulfill the body's cravings. This means that he becomes non-dual and unattached. Kundalini also makes a person non-dual and unattached. Holy Spirit also wants to stay in our heart just like Kundalini. It means that both of them are very deeply loved, because both of them remain persistently in our mind. Both Holy Spirit and Kundalini guide us.

Holy Spirit or Kundalini also gives the power to bear great burden and adversity. Both of them lead to positiveness from negativity, and with both neighbors are happy. It is also described in Hindu texts that all the people of Kundalini-yogi become lovers and friends, no one is his enemy. 'Walk in Spirit' means that you do not be misguided by devils, and always remain obedient to the Holy Spirit. Similarly, for Kundalini-Yogi, constant Kundalini-meditation is considered necessary that is equivalent to walk in spirit / kundalini.

Walking in Holy Spirit gives the same benefits, which are provided through transformation resulting from Kundalini. God has not given us the spirit of fear (general dualistic thinking), but has given the spirit of power, love, and healthy mind (non-dual and unattached attitude). Kundalini-yoga also says this same thing.

Holy spirit and Kundalini, both produce similar mystical experiences in a man

Experience of entry of Holy Spirit can be similar to Kundalini awakening's experience. The experiences of both are mystical. For example, the experience of endless happiness with the running of a current or golden water throughout the body. The gift of tongue can also be obtained. This is similar to the speech-accomplishment (vaak-siddhi) of Kundalini Yoga, wherein the said words goes true. Like the activation of Kundalini, the activation of Holy Spirit can also be in a silent form.

Holy spirit and Kundalini, both are activated due to similar causes

Now we consider the similarity between causes responsible for Holy Spirit's Baptism and those for Kundalini awakening. When someone repents his sins, then the Holy Spirit becomes active. According to Yoga, when a person exposes his past life with witnessing and non-duality in his memoirs repeatedly, then he himself becomes a good repentant itself. From this, the Kundalini becomes functional. When someone surrenders himself to God or Christ, then the Holy Spirit becomes activated. In Yoga, surrender to God and Kundalini has been given the highest importance.

Even remembering God or god (devata/deity) directly activates Holy Spirit or kundalini. I have always experienced it clearly myself. Whenever I tried to be non-dual with help of shareeravigyan darshan (philosophy of physiology or body-science), I used to experience kundalini. God is an authoritative name for non-duality. Both names denote the same thing. I have already proven experientially that non-duality and kundalini tend to live together always. This is the Christian point from where the relation between God and Holy Spirit (kundalini) stems. Additionally, I have also experienced myself that if any thing is remembered repeatedly, then that thing becomes kundalini. On the same basis, remembering Christ and Bible repeatedly makes them available in the form of Holy spirit. That is why it is said that Holy spirit teaches the same just as taught by Christ and Bible for all of these three are same and one thing. In the same way, remembering Guru or god or Vedas-Puranas results in their appearance in the form of kundalini.

One has to be born in a new life to achieve Holy Spirit. In the same way, one has to be transformed through yoga-practice to activate kundalini. The new birth should be related to the Christ. This means that according to yoga, the transformation should be positive, not negative. It also means that there should be a spiritual atmosphere from the beginning in one's home. Anyway, after Kundalini-awakening, there is transformation like a rebirth. The new circuits are made in the brain.

One must obey the Holy Spirit. This underlines the importance of Kundalini yoga. The yogi who is remembering his Kundalini continuously by means of Kundalini Yoga, he can be said to be following her command always.

It is very important to believe for getting Holy Spirit. The constant remembrance of the Kundalini by means of Kundalini Yoga means that the yogi has immense belief in Kundalini.

Holy spirit and Kundalini, both do not provide accomplishments always

In every case of the Baptism in the Holy Spirit or Salvation, 'Speaking of Tongue' is not obtained. It is like this, that Siddhis are not necessary for Kundalini awakening and salvation.

Conflict between Holy Spirit and Kundalini appears due to misunderstanding

Now we consider things that oppose the similarity between Kundalini and Holy Spirit. Holy Spirit comes from outside, but the kundalini is within the body. This notion is there in order to prevent the spread of yoga in Christianity. Yoga can be misused, due to which it can lead to worklessness and laziness. It is also possible that the enlightenment and similar mystical experiences have been called the entry of Holy Spirit. Enlightenment comes from outside, that is, God, while Kundalini-awakening is available through one's own inner efforts. After enlightenment, Kundalini or Holy Spirit itself develops, and remains constant. This same happened with Premyogi vajra. Likewise, prayer and devotion to God may bring many kinds of supernatural experiences, such as the experience of current or the river of light flowing in the body as aforesaid. Kundalini or Holy Spirit can become active even with such types of strange looking experiences.

Kundalini or Holy Spirit enters into the body with human action and love. That is why Christianity has given the highest emphasis on humanity and love.

In addition, there is mention of tree of life bearing 12 fruits in Christianity. This fructified tree is spinal cord with 7-12 chakras.

There is dualism in both of Christianity and Hinduism with the same purpose

In Christianity, there is a sense of dualism between God and creation. This is so that God can be best proven, so that one can develop strong faith in him. Hinduism also says that God is similar to this world as well as different too. Actually, Advaita (non-duality) is the only truth. Because the good habits that develop after Holy Spirit's Baptism, those are only produced from Advaita.

Christianity and Hinduism, both have evil spirit

Many people think that there is no evil spirit in yoga like Christianity. However, this is not true, because in Yoga, evil Spirit has been accepted as 'Maya', which keeps distracting the yogi from meditation and good efforts.

All religions are same basically

In fact, the thing is the same, which we call as an object of meditation or goal object (dhyeya of Patanjali yoga). In Christianity, it has been described in natural, worldly and ordinary form as Holy Spirit; While in Hinduism in renounced, artificial and philosophical form with plenty of mythical

decorations as kundalini. However, unfortunately many people forget the real, practical, and the original thing in this philosophical expanse. Religions appear to be diverse in nature, but in reality, all religions are basically the same, and all are in favour of humanity and love.

Mixture of Christianity and Hinduism is quickest to yield spiritual success

Now I talk about a mixture of Christianity and Hinduism. According to the policy of Christian religion, a person develops his Kundalini with Karma yoga. Then, when his age increases, he has enriched the world with humanity, and has become skillful in Kundalini; then his promotion will be done to stage of Kundalini Yoga. Then he gives more attention to devoted and sitting kundalini-yoga practice, so that his kundalini becomes more mature and awakened. Premyogi vajra also did the same with divine inspiration, which enabled him to experience Kundalini awakening too quickly. This leads to the conclusion that in all religions, it is all that is also there in other religions. In many religions, there are hints of these, while in many other religions, these are in detail.

Kundalini in worship

All religious activities are endowed in Kundalini just like rivers in the sea. When we are worshipping some goddess or god, then we are indirectly worshipping the Kundalini. According to the physiology philosophy / shareervigyan darshan, the gods and goddesses are present in the form of non-dual dehpurush in the body of deities. Therefore, worship of the deity becomes their worship automatically. Advaita is strengthened in the mind of the person who worships him. According to the philosophy of physiology, it is the principle that Kundalini and Advaita/non-duality live together. Therefore, the Kundalini-Pooja / kundalini worship is done through Devapujan / god worship itself, due to which the Kundalini becomes progressively stronger, and can be awakened by observing favorable conditions.

Even if we do not accept the existence of Dehpurush inside God-idol, there is no problem even then. Because all the things of nature that we call as the nonliving are not lifeless actually, but are living with non-duality. All atoms and fundamental particles of nature also exist in the body of the idol. Therefore, the worship of the God-idol is equal to the worship of the non-dual nature itself. The scientific imagination of the existence of Dehpurush is done only to show complete equality between the entire nature and the human-form idol. This also increases the strength of non-duality.

As soon as the Kundalini becomes manifest with idol worship, and the relation between worship and Kundalini is taken into consideration, that soon by meditating on worship procedure, the Kundalini receives the meditation itself. Due to this, Kundalini keeps on shining. For example, by meditating on the sound of a bell in front of a God-idol and subtle or indirect thinking about it as serving the kundalini present in God-idol, sharper meditation goes on shifting to the Kundalini itself at intervals. This is the case even when the ancestors are being worshiped. Because the bodies of the ancestors are also pure, divine, and non-dual like the God or Nature.

It means that one, who does not have knowledge of Kundalini, he does not receive the full result of worship. A Kundalini-yogi can be a perfect type of priest. If the Kundalini is not built in anyone's mind, then the worship made by him can also cause mental trouble. Puja will give power to strange-looking thoughts in his mind, because worship gives peace and mental strength. In this way, power of worship can also be got by poor quality ideas, which can cause harm. The power, which can strengthen the lonely and beneficial thinking about the Kundalini that can also strengthen the harmful jumble of thoughts. That is why it is said that being an able and qualified priest or master is very important, not merely being.

I used to accompany my grandfather to Vedic pooja in the homes of people. From that worship, my already existing Tantric Kundalini would become very strong. From that, I got a lot of positive power with great pleasure. The hosts would have received that power as well, because they used to have love and respect for my grandfather along with me.

Similarly, every action can be made as worship very easily, if according to physiological philosophy, this true theory is understood that every action is done only for the appeasement of non-dual Dehpurusha of our own body.

Interrelation between Kundalini and idol worship

One has to make cordial relations with Kundalini for a very long time to activate and awaken it. Most likely it is very hard in a single lifetime. It is therefore necessary that Kundalini be remembered by one since his birth. Even when a man is in the womb of the mother, then he must start getting subtle impression of kundalini meditation. Ishtadev (favored god) has been conceptualized to make it possible. Ishtdeva is always the same for all. From this, in the family that believes in that god, the habit of meditating on him continues to grow throughout the long series of generations. That is why it is easy for the people of Shaiva Sampradaya (Shiva-creed) to meditate on the same form of Shiva. By the same meditation, Shiva, who settles in a Shaiva people's heart, he can become their own Kundalini, which can eventually become alive as a Kundalini-awakening. If Shiva were not given a definite form by the visionary sages, then the meditation of Shiva would not progressively increase and would be interfered repeatedly.

Suppose, a man would have considered Shiva as longhaired, and his son would have considered Shiva as short haired, what would happen? In this way, the son did not receive the meditation earned by his father. He collects his own meditation from the beginning, making him a little profit. The benefit that he would get, it would be that in his life, in a small quantity, non-duality and non-attachment would arise. Then he would not get Kundalini awakening due to tremendous non-attachment and non-duality.

Dev Shankar is the most important among the deities. That is why he is called great Lord, being the Lord of Lords. He has been given a definite form. The necklace of the snake is there in his neck. He has lengthy hair on his head. The half moon is seated on his head. The Ganga River is coming out from his head-hair. There are three parallel lines marked with sandalwood and ash on his forehead, which is called Tilak. It is also called Tripund. The third eye is also seen open at many places in his mid eyebrow. He is covered with ash. He has a trident in one hand, and in one hand, he has a damaru (a special single handed drum). He rides a bull. He wears the tiger's skin, and does not wear any other clothes. He is beautiful. His facial look and texture are balanced and free of error. His face is vibrant and attractive. His body is soft, muscular, strong and balanced. He has a facial complexion of medium white color. His movements are full of advaita (non-duality), non-attachment, and quietness.

Likewise, other deities and goddesses have also been given certain shapes and sizes. Along with these, they have also been given certain quotes and ethics. Ganesha has been described as a mouse rider, a laddoo (a type of sweet) lover, and having an elephant face. Similarly, nine different Goddesses have also been given different introduction.

According to this principle, making your ancestor or family elderly (grandfather etc.) as your master is more beneficial. Because a person is acquainted with him since his birth and is very cordial with him, so it is the easiest to put him in mind. Then the same mental idol (mental picture) made out of him becomes active and awakened by becoming a Kundalini with constant practice.

God-idol is associated with old friends, acquaintances and ancestors. When someone reconnects to those contemporary deities of those acquaintances, then the memories of those familiar beings are re-opened. The most effectively remembered being of them could emerge in the form of permanent remembrance (Kundalini) with the repeated practice. In science, it is called conditioned reflex. According to this, when two objects have sat together in the mind, then both objects are joined together. Whenever an object is remembered, then the other thing associated with it is remembered by itself. It is just like that biological phenomenon, when a cow starts letting down her milk on seeing her calf. In this way, god-statues work as social conditioners or social links. They play an important role in maintaining the memory of loved ones and acquaintances. This same principle applies in relation to all other prescribed religious laws. Although idols are main in it, because they are human, beautiful, easy to be accessible, unrivaled, and attractive.

If one does not notice direct benefit from idol worship, even then a good habit of meditation and deep feeling is formed with help of it. It helps in the overall growth of humanity. The same happened to Premyogi vajra, that is why he could get glimpse forms of Enlightenment and Kundalini awakening. Actually, deities were worshipped in their pure natural form in Vedic period. Later on, many of these deities were personified in human form with ongoing social reforms, Which is also based on scientific philosophy.

Natural things are non-dual and detached in their inherent internal form. That is why a blissful peace is felt at natural places. Actually, god idols are the miniaturized models of the vast nature for it is scriptural and also scientifically proved by “Shareervigyan darshan” that everything external is situated inside the human body. These tiny models have been designed for the confined home environment.

Now it comes about religion-change. Based on the above facts, we should never sacrifice our religion. Because of the change of religion, the memories of the familiar ones that are associated with one's home religion are lost, and so the good opportunities for Kundalini-growth are missed by hand. A

saying in this regard also comes in the scriptures, “Shreyo Swadharmo Vigunopi, Paradharmo Bhayavaha”. That is, even though one’s own religion is of low quality, then too it provides welfare, but the religion of others is so frightening. It does not mean that one should be strictly religious or religious extremist, or should not accept other religions. Rather it means that while accepting all the human religions, one’s own religion should be made the main one. It should be kept in mind that this does not apply to yoga, because yoga is not a particular religion. Yoga is a spiritual psychology, which is an integral part of all the religions.

Relation between Kundalini and meditation on Breath

The breath is very important in Kundalini-meditation. With the mind of the Kundalini, breathing starts improving, so the body's metabolism improves. Similarly, by focusing mind on deep and regular breathing (with the body moving with it), the Kundalini appears on the chakras of the body (especially on the Anahata and Manipur chakras), and on the nose tip. Especially it is noticed on the nose tip, when the breath touching the nasal tip is minded. The same thing is written in the Gita (Hindu-scripture) too. There comes a topic called "meditation on nasikagra / nose tip or starting point of nose." Many scholars consider it as a midpoint between the eyebrows, that is the Ajna chakra. They call the starting part of the nose as this midpoint, because in their view the nose starts from there. Actually, the nose tip is nearest to the front lips, from which the nose starts. I can say it with evidence. When I go on a morning walk, and feel the touch at the sensitive part of the beginning of the nose with the cold breeze of the morning, then on my nose tip, on the peak of nose or slightly outside it, my kundalini appears. When I count one number with full breath (both inside and outside breath), likewise counting from one to five (most of the times foot-steps also aligned with the breath), and then breathing five times without count, and repeat such a sequence again and again for long, then the Kundalini becomes even more stable and clear.

Similarly, with the meditation of breath, you can also pronounce "So(silent a)ham" in mind. It also helps to get the godly power of "OM". When pronouncing "so", there is in breathing, and while pronouncing "ham", there is out breathing. Sanskrit word "So / Sah" means "He (God)". The Sanskrit word "ham / aham" means, I, That is, I am God / Brahma. In yoga, the importance of all types of breaths is there. If breath is shallow, then mind focusing on that at nasikagra / nose tip is easy. If there is deeper breath, then at the Vishuddha Chakra, at the Anahata Chakra with still deeper breath, with deeper than that, it is easy to meditate on those breaths at the Manipura Chakra and with the highest deepness level of breaths, it is easy to focus mind on those at Swadhishtan-Muladhar Chakra. By breathing with the stomach, meditation of breath at the navel chakra appears to be the easiest and most effective.

While bearing the Advaitabhaav / non-dual feel like Dehapurush, Kundalini is exposed up, and with this, breathing (along with metabolism) improves. Puffs become regular and deep. The air of the breath is felt appealing, and the feeling of satisfaction begins. Stress starts to end. The mechanisms of the body are relaxed. The working of the heart improves. The burden of the heart decreases. There is calm in the mind with joy.

Double way can also be adopted. In this, by holding the Advaita (mainly with the help of physiologic philosophy / shareervigyan darshan), the breaths are slightly deepened and regularized. Then paying attention to those breaths, more benefits are obtained. In addition to the non-dual feeling, the breath can be improved even by direct meditation of the Kundalini. Advaita and Kundalini-meditation, both of them can be run together. With the non duality, Kundalini becomes manifested anyway. Additional attention can be given to that exposed Kundalini. After concentrating on the breath for a long time, the Kundalini becomes like a stable and clear image in mind under meditation. The Kundalini then refreshes the whole body, relaxes it, and removes the disease.

While focusing on breath, moving parts of the body with breath itself attract the meditative attention. Almost all major body parts move with breath. In this way, the entire body gets entry into meditation. The whole body is full of Advaitic (non-dual) men. Therefore, the mind itself is filled with non-duality by indirect attention on those dehpurushas. According to “physiology philosophy,” these micro human beings exist in the form of body cells, and body biochemicals. These micro human beings behave just like living beings. Because a being having an Advaita feeling can only be a human being, not another creature. In other organisms, there is even lack of the bhaav / mental possession / feeling, so there is no question of type of feeling. Therefore, the form of a human being appears superimposed over those dehpurushas. Because a yogi has made a man (master or lover) as his own Kundalini, so the yogi is most habitual of that man’s form. From this, the form of that special man that is attributed to his Kundalini, that is superimposed over Deh-Purusha of that meditating yogi. With the practice of yogic pranayama, the breath becomes associated with the kundalini. From this also, the Kundalini manifests itself in the meditation of the breath. In this way, the Kundalini is constantly reinforced with various efforts, so that both of the mind and the body remain healthy. In this way, Kundalini can be awakened in the earliest times. In all these efforts, physiology-philosophy has a very important role to play.

Mutual relationship between Kundalini and love affair

Kundalini is a Life force. What is the matter of living in the society with the help of memories; it is only a matter of living with the help of Kundalini. Likewise, love affair also produces Kundalini, which causes various Kundalini-symptoms. Kundalini gives strength to pranas / subtle breath-power (including breaths). Kundalini is a synonym for mental thought. In this way, all mental thoughts affirm life.

A continuous memory of a particular person, that is to remain in the mind, is the Kundalini-activation. From that, the mental image created from the physical form of a particular person is called Kundalini, and Kundalini awakening is to be united with that mental image.

When a person says that he cannot live without his lover, then he talks about not living without the Kundalini. In fact, he can live without the physical nature of his lover, if the image of the lover has settled in his mind. Only then, many lover couples spend their whole life happily, living apart from each other, with the help of each other's memories. The same image in the mind of lover is Kundalini. She keeps his whole existence moving. He cannot leave her. If he forcefully tries to remove her, then he starts drowning in the darkness, because his everything has gone attached with that image. That is why he maintains her in compulsion. When the image begins to dissolve over time, then a new image begins to take its place. This shows that Kundalini is a life force. Sexual mood gives strength to that mental image. Similar are also the words of Osho Maharaja. Only then, sexual relations are considered the greatest happiness in the world. If that relation is with the Tantric method, then kundalini gets even more power, so that she can also be awakened.

Therefore, there is axiom by the above things that kundalini symptoms arise in romantic love affair also. The mental kundalini built from the physical form of a lover constantly resides in the mind. The person is encouraged to make sexual relation or to create a marriage relationship, so that the Kundalini can calm down. Although the Kundalini is beneficial, the person gets distracted by its temporary side effects. These are the following types of side effects. She uses less or more of his physical and mental powers. His mind wants to be less in the world. He seems to like seclusion. It looks to people as if he has gone extinguished. Other all those symptoms are common, which are normal for the Kundalini, such as subtle tremors in the body, mainly vibrations in the hands, heaviness in the head with headache, emotionalism, excitement etc. Only then do many lovers take fatal steps when their love fails, because they think that Kundalini will not leave them normal, and will make them rejected altogether. However, the reality is that the Kundalini, by washing all their sins, leads them to enlightenment. This was the case with Premyogi Vajra, which is described in detail in his book

(in Hindi) “shareervigyan darshan- ek adhunik kundalini tantra (ek yogi ki premkatha); Physiology philosophy – A Modern Kundalini tantra (The Love Story of a Yogi)”, and “love story of a yogi- what Patanjali says”. Both of these are also available on “shop” page of this website. Later, his Kundalini made of his Guru’s form had awakened in his mind, who had replaced his girlfriend’s Kundalini. In this way, after twenty years of pursuing it, he was exempted from the kundalini made of his girlfriend’s form.

Ironically, even after the success of love, the person does not get satisfaction. After marriage, the attraction of the lover ends, so that the Kundalini of her form also disappears. He seems longing for the force of life. Then he regrets why he did not allow love to go to peak out of fear of lover’s memories (the Kundalini). He thinks that the lover’s physical form is worse than the mental kundalini built from her that physical form. Although nothing is non repairable then too, if he understands the potential of the spot. Because in such a situation, he can resort to the contextual Tantra / indirect Tantra in which he can awaken the Kundalini of the form of Guru, God, favorite etc. with the help of loving life partner. All such facts are described in detail in the above book.

By the way, all thoughts of the mind give the force to life. These thoughts continue in an extroverted man, so his life force continues to be sustained. When his body gets impaired for some reason, then his extrovert nature also becomes impaired. This leads to a bit of gross thoughtlessness and yearns for life. Then he starts to consolidate the single mental image with the yoga, so that he can get the life force. The wise person keeps on strengthening the Kundalini along with his extrovert nature with help of yoga / meditation or love or both, so that she will work in times of crisis. An ill fated one does not take full advantage of changing thoughts, nor of the yogic thought alone, that is named as kundalini. Therefore, due to the absence of life force, his life remains in crisis.

kundalini associated with Yin-Yang

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

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

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

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

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

In most societies, yin-yang attraction of ordinary type is also discouraged while citing various social aspects. In those aspects, the main is stereotype. In stereotype, different rituals arise like castism, racism, economism, businessism, genderism etc. Discrimination is essential for yin-yang attraction, but it should be dominated by love. Discrimination and love, both expressions should be together. This is Dwaitadwaita / duality plus non-duality. Yin-yang attraction is a symbol of duality, and love is symbol of non-duality / Advaita. Dwaitadwait is the only truth. Empty Advaita is incomplete. If there is no love, how can you get the benefits of Yin-Yang attraction generated from discrimination?

Relationship between Kundalini and antiquity

It will not be an exaggeration to mention the subject of Kundalini as an archaeologist. The word “Kundalini” is also of Sanskrit language. Sanskrit language is also called an archaeologist. The most beloved image that is constantly sitting in mind is called Kundalini. That image can also be of God, can also be of a boyfriend / girlfriend, it can be of a master (guru), and even an enemy can be. Without love, the image of the enemy settles in the mind. Krishna’s image was settled in his enemy Kans’s mind. Similarly, in the mind of Shishupala, Lord Krishna’s image was settled. This is an exception. Similarly, a mental image created by a tantric love affair can sit in the mind without love or with less love. In most cases, the image of the ultimate lover is in the mind. Even so, the tantric attraction (yin-yang attraction) appears to be the basic means of settling the image in the mind. Osho maharaj says the same thing. In Krishna’s love, the divine image of Krishna was settled in the mind of Mira. Similarly, the image of Krishna in the Gopis’ mind was settled. The image of Heer was settled in Ranjha’s mind, and the image of Ranjha was settled in Heer’s mind. In the mind of Laila, the image of Majnu was settled, and in Majnu’s mind, the image of Layla was settled. Similarly, the image of Juliet was settled in Romeo’s mind, and the image of Romeo in Juliet’s mind was settled. If you take the love affairs in the mountains, then in the mind of the Ranju, the image of Phoolman was settled and vice versa. In Duryodhana’s mind, the image of his friend Karna was settled, and in Karna’s mind, the image of Duryodhana was settled. The image of Mata Kali was settled in the mind of yogi Shri Ramkrishna Paramahansa. Similarly, in the mind of Swami Vivekananda, the Kundalini-image of Shri Ramkrishna Paramahansa, his own master and yogi, settled. In the mind of the devotee Hanuman, the Kundalini of Lord Rama was settled.

Therefore, Kundalini is the name of love. Yes, love is Kundalini. Kundalini is not a special pulse, special bone or any other physical object. Yes, it is possible to reinforce the Kundalini with various physical objects, and those help in its awakening too. The uninterrupted image of the lover in one’s mind is the Kundalini. Whenever a person is lost so much for a few moments in that image that he does not realize his separate existence, and he becomes united with the Kundalini, then he is called having Kundalini awakening or full Samadhi. Then how does the Kundalini of Hath yogi grow? Hath yogi does not love anyone.

Hath yogi reinforces the Kundalini in his mind with continuous practice of yoga. The work that is done by love itself is done by the power of yoga. Only then can he awaken that type of kundalini image in his mind, which usually does not grow in love. For example, he can awaken the image of the sun, the image of the sensation of the air-touch, the image of the sound etc., any type of image in its mind. Although it requires the addition of more yogic power than the yogic power needed to awaken the

image of a loving human. Such a huge yogic power can be produced only by the yogis of far reaching, which are very rare. The easiest way is to first confirm the image of the unique lover in love with love-full interactions, and then awaken it with the help of the additional Yoga. The Kundalini-image made of a humanely lover is also the most humanitarian, because it greatly increases the respect and love towards humankind.

Now talk about the old and the modern side of living. Long-term mutual goodness, goodwill, cooperation, reconciliation, selflessness, brotherhood, and coordination are accompanied by a person's love for a loving being. To do so, it is called an ancient cult, and the doer who is doing this is a fundamentalist. Opportunism is called modernism. Opportunism does not get the opportunity to create a strong love relationship, together with it destroys the already created love-relationships. As long as the other person will feel good for himself, that long he will remain in love. As soon as he starts to feel harm from him, the love-made love relationship will be broken. This is called opportunism itself. In order to give the image of a person the form of a stable Kundalini in your mind, bypassing your interests, it has to be kept affectionate for a long time. This is called old fashion. That is why I have called the Kundalini as the antiquity.

Enlightenment and advaita (non-duality) are also ancient. Enlightenment is available only from the Kundalini. Even after enlightenment, the Kundalini remains in the mind continuously. Similarly, in previous posts it has been proven that Advaita and Kundalini keep increasing each other. Likewise, all religious activities are also known as old ways, because the only purpose of all is Kundalini.

Therefore, it proves that the old style of life is in the form of a Kundalini-oriented lifestyle, whereas the so-called modern style is in the form of a Kundalini-opposing lifestyle. There is no physical variation between old and new modes. The only difference is there in the form of approach, ideology, and life-style. In this way, we can see that spiritual advancement in the new way of life is very rare. Nowadays, the most practical way is to adopt modern and old ways in mixed form. This tantric method of life is the main basis of "Shareeravigyan darshan" written by Premyogi vajra.

Best wishes to all friends on the occasion of holy Shivratri

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

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

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

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

that Shiva-Parvati are always completely absorbed in tantric-sadhana. Shiva lingam is a symbol of this sadhana.

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

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

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

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

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

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

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

How to keep control over body weight through Yoga

Body weight decreases with yoga. Even I have noticed my pent becoming loose at waist even with one day of heavy physical work. This occurs because I am habitual of daily yoga practice. When I worked hard, routine yoga exercise along with that depressed my appetite due to my too tiredness. So fat loss with that hard work was not rebuilt up, which resulted in my weight loss. Ordinary people without routine yoga practice eat a lot after heavy work thus rebuilding up their lost fat immediately. Yogic exercises should be continued daily and forever. If anyone continues his exercises for short time, say for 2 months, then he would experience reduction in his body weight. But if he stops exercising after that, then his built up stamina has no way to work other than to provoke the voracious appetite. Due to this he becomes too hungry and eats foods especially high energy foods abundantly. This results in substantial build up of his body fat which results in his body weight gain again that can surpass even his earlier basic body weight. So exercises continued should be kept continued always. It is a scientifically and experientially proven fact that hathyogic stretching exercises burn down a moderate amount of calories. Although stretching type yoga exercises don't burn major amount of calories yet these exercises keep body fit, healthy, active and flexible. This helps in undertaking of any type of simple or hard physical work at any time successfully and with ease, also making gym exercises more effective. Also, it also helps in uniform circulation of blood throughout the entire body in appropriate proportions. This helps in easy withdrawal of fat deposited in the remote storehouses of the body. This in turn makes that fat available to all the body cells as the main source of energy. Therefore body doesn't send the message of energy shortage to the appetite centre, that results in inhibition of voracious appetite just as seen commonly after a heavy work. Yoga is nothing special but a synergistic combination of stretching exercises, breathing and focused concentration. Focused concentration works as a controller valve for thoughts for it prevents sudden rush of chaotic thoughts thus preventing build up of paranoia and mind swinging. When accumulated thoughts in subconscious mind becomes too agitated then those are made to be released slowly and safely by the meditatively focused image inside the mind. Those thoughts are made sterile and non harmful or in other words get purified due to company of that strongly shimmering meditative image. That image also keeps check over the chaotic mental activities arising out of day to day worldly activities. Due to this an interest is generated inside the yoga practice and it is never missed out of daily schedule. With yoga exercises without the focused concentration on a kundalini image, interest for yoga exercises is lost soon and daily schedule severally suffers due to the chaotic rush of various hidden thoughts.

Tantric technique is another trick to reinforce the mental kundalini image and thus to enhance up the yoga-interest. It also results in enhanced breathing thus profuse supply of nutrient rich and

welloxygenated blood to the entire body. This also puts a check over body weight. Actually tantra is not a separate discipline at its own independent of the ancient Indian spiritualism. It is a natural and spontaneous run / process towards the awakening. It only reinforces the spiritual efforts as a final or leaping step to awakening. If there is no spiritual motive and spiritual achievement inside one's intellect, then there is no way for tantric power to go other than to become used up inside the chaotic external world. It means that kundalini image should be enough strong inside one's mind prior to the application of tantric technique. Tantra provides the required and final escape velocity to kundalini to awakening. This is true for the common saying that Guru must be there with tantric sadhna. That guru is nothing other than the firmly affixed mental kundalini image. This is the reason why in Buddhist meditation, a yogi is allowed to take over the tantric sadhna after spending many years of simple concentrating meditation. But today Buddhists especially Tibetan Buddhists are trying to reveal all the secrets including the tantra to the world for they are afraid of losing for ever their rich spiritual heritage due to the long persisting external invasion.

Importance of Body Chakras in Kundalini Yoga – A Scientific Discussion

Giving the importance of equality to all the chakras in the Kundalini Yoga during everyday life, Kundalini visualization / visualization is done on all the chakras turn by turn. Its advantage is that in some parts of the body the Kundalini comes into the grip. In fact, the Kundalini is associated with the chakras / parts of the body. When the activity of a chakra increases, then the blissful expression of the Kundalini, which is being visualized there upon, also increases. The activity of the body depends solely on physical blood circulation. When blood circulation increases on a chakra, then the activity of that chakra also increases. The total blood circulation of the body remains the same, only in different parts it keeps on changing only. If blood circulation increases on one chakra, then it is naturally decreased on any other chakra. By brain work, blood circulation increases in the brain, so during that time the Kundalini-visualization in the brain-chakra / Agya chakra is very simple and successful. Speech, writing, reading, colloquial etc. increases the circulation in the throat, thereby making the Kundalini's visualization simple and effective on there / in the throat chakra / Vishuddhi chakra. When the feeling of emotions in mind increases the blood circulation in the heart, then due to visualization in the heart centre / heart chakra / Anahata Chakra, the Kundalini becomes more ignited. When the digestive tract is powerful, then there is increased blood circulation in the abdomen / naval area. Therefore visualization in naval chakra / Manipura Chakra at that time is of greater benefit. The effectiveness of sexually energizing sexual activity, the proper health of the waste-emitting organs and other physical (especially hands and feet related) actions increases the blood circulation on the sexual chakras / swadhishtana and muladhara chakra, therefore there is more activity in the Kundalini. That is why at that time those two chakras seem to get more attention.

In the household life, especially in duality and ignorance, all chakras cannot be functioning simultaneously and in common, because sometimes the tasks related to a particular area have to be emphasized, then sometimes tasks related to any other area. Therefore, in a single sitting of Kundalini Yoga, visualization of Kundalini is done on all the chakras turn by turn. Then the influential chakra itself comes under the purview of visualization, which has a greater sense of visualization-benefit. By this, visualization-gains gradually become accumulated in Kundalini Jagran / awakening. On the contrary, there is no cosmic responsibility for the ascetic-yogi or devoted yogi, so that he can easily keep stirring the activity for a long time on a particular chakra. Therefore, it is said that visualization should be done on the same chakra for a long time and then should move towards the next chakra, it has been said only for such a dedicated yogi. He is saved by a slight loss of visualization caused by chakra-change, nothing special. By continuously meditating on the same chakra, it can increase blood circulation to that chakra for a long time, because visualization on any part of the body increases

blood pressures there itself. This is also the principle of spiritual healing. When someone entangled in the worldly life, by leaving his chakra, which is actively working with its naturalness, takes a forceful attention on any other chakra, then according to that need, the blood of the functioning chakra runs towards that chaotic chakra. From that necessity, the natural function of the functioning chakra will be affected by it less or more. Therefore, in the Yogasadhana / meditation-sitting under such busy worldly circumstances, the dhyana / attention should be applied on the same chakra which is easily or spontaneously meditative. Do not be forced to coax with other dormant chakras. By the way, by keeping the attention of all the chakras in the same way, all parts of the body are equally healthy; Life becomes balanced and moves forward in every field. By focusing continuously on a particular chakra, specializations can be gained quickly in the related areas of that chakra, although life can become unbalanced, and the health of the areas related to other body chakras can be questioned.

This type of perfect physical and mental balance becomes available from the advaita / non duality of Puranas / Aryan personified natural stories and through the Advaita obtained from the physiology / body science philosophy. This is because, because of non duality all things look alike, and there is no special attachment to a particular area. From this, the person meditates on all parts of his individual body as well as on the universal body, because the worldly creation (related to the world) and the individual creation (body-related) are both interconnected according to “yatpinde tatbrahmaande”. The control over one is reflected itself as the control over the second one too in the same manner and same extent. From this non duality practice also, kundalini develops itself gradually and with less special efforts.

Burning ravana- deep secret hidden inside

It is Dushehara festival of Hindus / descendants of Aryans today. Ravana, a human-rascal of Ramayana-period is burnt on this day. Many people see it superficially and think that it is merely an ancient happening. However the truth is that it has deep meaning inside. I do not rule out the truth of the ancient story, but I see more truth in the collateral non dual- tantric message that it gives. Actually, the entire nature is present in the form of a beautiful woman. Whatever there is happening inside the body of a woman, that all is happening in a similar way inside the nature too, nothing else. It is a tantric and vedic truth that has been further proved scientifically by Premyogi vajra in his tantric book, Shareeravigyaan darshan. Ignorant people exploit this nature in a bad manner and with a bad attitude. God Rama always in union with his nature can not tolerate this and thus never allow such people to gain self realization to enter his abode. Therefore such people are burnt by physical fire on their demise for they being deeply identified with their physical bodies. So the message is clear that love the nature and its creatures. The entire Aryan civilization is based on this fundamental guideline. God can never be approached directly without satisfying his nature. It is a deep tantric secret that also demystifies Kundalini more or less. That is why nature-worship is so much abundant in Aryan lifestyle. Today, the world is in great danger. The nature has been over exploited by the human. The result of it is global warming. If it continues, there would be disasters in every field of life. Beautiful Venice city would be submerged fully inside the ocean. So all the coastal areas. Therefore it is right time now to adopt Aryan practices and to worship the nature like those. May be the nature along with her consort, God become pleased and give us the right direction to follow, and also dilute down the disasters little or more.

The ancient story that Ravana had stolen Seetaa, the wife of Lord Rama is a metaphor type. The one disrespecting woman or nature can not please the God. Hanuman, the monkey god and servant of Seetaa is the metaphor of creatures inside the nature. He helped god Rama means that all creatures except of willfully ignorant human beings are innocents. Rama took help of Hanuman to save Seetaa means that when nature is exploited by human, then invisible God makes the other creatures outnumbered thus creating problems for selfish human beings. In this way, God teaches a good lesson to human and so he starts saving the nature. It is entirely similarly seen today, what was happening there thousands of years ago, in the Ramayana-age .

Mahishasur mardini (goddess, killer of demon mahishasur)

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

This is a classical pauranik story of Hindu religious literature. We can take it into original scientific form. Mahishasur demon was the prehistoric dinosaur kingdom when Buffalo-mouthed reptilians used to roam the earth, hindering the human evolution by the natural elements / gods. No separate / lonely natural element was able to detain those. So in embodied / body less human spirits went to the personified heads of those natural elements / gods to help them for their embodied expression. Those natural elements ultimately joined together and made a most favorable condition for their destruction in the form of that scientifically proved drastic and prehistoric meteorite-hit that pushed dinosaurs to extinction. The flashing light of that meteorite was considered as the most beautiful goddess that was made through the so rare incidence of union of all of the favorable climatic conditions as union of individual powers of all the climate controlling natural elements / gods. May be that small meteorite-hits also occurred before that drastic one as the signs of warning from the goddess.

This proves that ancient pauranik stories are just only the personified descriptions of the real and scientific world around us. This has only been done with a motive to produce functional non duality that leads to kundalini awakening with sustained practice. So these puranas should be regularly read, understood and that's non dual attitude attached with one's own individual life.

Premyogi vajra has made a Tantric book in Hindi, in which he has described universe existing inside our own body in a Purana-style. He has taken help of medical science for this. He has correlated everything happening inside our own human body with our gross social life. It's already proved that

whatever there is inside the universe, that everything is present inside our own body. His book appears more interesting than Purana today for he has written everything that's scientifically proved, so in an easy form to comprehend. I have myself read it and found it suddenly transforming and spiritually elevating. It's an extraordinary, incomparable and wonderful book. Detailed description of this book is available here at-

The non dual, tantric, Kundalini yoga technique (the real meditation), and spiritual Enlightenment explained, verified, clarified, simplified, justified, taught, guided, defined, displayed, summarized, and proved in an experiential, philosophical, practical, humanely, scientific and logical way best over (demystifyingkundalini.com)

Kundalini versus Hypnotism

Kundalini/kundalini yoga is the best preventive measure and antidote for the effect of hypnotism. We think that hypnotism is a special thing, but it's not so. All of us are hypnotizers to little or more extent. When some one is trying to become over influential among others, actually he is hypnotizing others unknowingly. In this way, all great leaders, rulers, artists etc. all are hypnotizers. Positive hypnotism leads to progress but negative hypnotism leads to downfall. Positive hypnotism means that hypnotizer is positively oriented and leads to positivity inside the hypnotized beings too. Negative hypnotism is just the reverse of it. Actually kundalini is also a positive hypnotizer and Kundalini yoga is an artificial means to amplify it. Kundalini is the mental image of a positively hypnotizing being/guru/devata/god/lover/consort inside one's mind/brain. Therefore kundalini doesn't allow the mental image of different street hypnotizers to occupy one's brain for that kundalini has already occupied most of the space inside the brain of a kundalini yogi keeping no space vacant for the others/negative hypnotizers. Nondual hypnotizers like qualified guru or diety or god produces spiritual as well as material progress. Beings having uncontrolled and duality filled mind produce mostly downfall in both of these. Five Ms of tantra produce enhanced hypnotizing effect of any being. So, if used properly and under guidance, they produce very strong positive hypnotism otherwise negative one. The improper use of 5 Ms of tantra resulted into the defamation of tantra, the real science of mind/spiritualism. Religious extremism/terrorism is one of the best example of this misuse. If we take it in a positive way, stray hypnotisms give a tough competition to kundalini, so kundalini becomes more and more stronger.

In honor of Ganesha parva/chaturthi

Ganesh is not only an idol, but also a very good Kundalini carrier. Actually, mental Kundalini is worshipped indirectly through superimposing her over the physical structure of an idol. Otherwise how can a mental image be worshipped that is inseparable from the own self of the worshipper for one can worship the separately existing other thing only, not his own self. In this way, God Ganesha's physical structure is simplest, semi real and non judgemental that's why it doesn't interfere with the process of focusing one's mental image over it. On the other hand, too attractive/comparatively fully real idol-structures of other gods may interfere with this process little or more specially in case of an unaccustomed and novice kundalini meditator. Ganesha idol is an intermediary link between nonliving god-symbols (stone etc.) and fully personified god-statues/idols, thus having properties of both of these intermixed together. It is the Link between inanimate vedic deity symbols and full fledged personified gods of later history. His head of elephant is there only to replace that with the head of personified mental kundalini.

Happy janamashtami

Geetaa philosophy dictated by Lord Krishna is a wonderful treatise of worldwide spirituality. Every religion, philosophy, spirituality seems to be emerging out of it. It's Karmyoga is an amazing gift to the world. Today, it's most necessary for people are becoming more and more lethargic, workless and paranoiac/depressed due to today's mechanized work style. Many types of strange diseases like diabetes, heart ailments, thyroid ailments etc. are gaining their strong foot hold.

Actually, karmyoga teaches us how to be busy physically and mentally along with the development of spirituality round the clock. It helps in achieving worldly as well as spiritual goals, both together in a quickest possible time. Karmayoga is equal to tantra, but with additional sexual element added in tantra for super fast spiritual success. Lord Krishna was also a tantric. Keeping so many gopa-girls happy and even arranging raas in the lonely night with too many of them isn't possible without tantra.

In karmyoga/tantra, one need to maintain non duality/mental awareness every moment. This is done through practices of vedas-puranas, shareervigyaan darshan/body science philosophy or any other suitable means. It's a psychic principle that non duality, kundalini and bliss remains always together and enrich each other. So, there are four options for karmayogi. Either enrich kundalini with Kundalini yoga or enrich non duality through philosophical contemplation or through increasing his bliss through humanely relationships or all of these. Last is the best for it incorporates all the spiritual fundamentals. For detailed experiential information, please visit this website.

Non duality and Kundalini reinforces each other

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

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

Tribute in the memory of Atal ji

Rise up brave, whether it is light or dark grave;
Tie arrow-box on the back, fill up hiss to that pack.

Make bow down heads of both, could never then hit when you be in sloth;
Rise up brave, whether it is light or dark grave.

This poem seems to be related to Kundalini Yoga itself. This poem says to an spiritually ignorant sleepy man means a common man, "O brave man, wake up from sleep and rise up!" Do not be afraid, whether there is a bright light environment or a dark darkness. This means that if you do not care light and darkness, watch them both at a glance, that is, you become untainted. On the back, tie up arrow box means that you will get involved in cultivation of Kundaliniyoga. The painting / different ideas / thoughts that arise in his mind from that sadhana / meditation will be different arrows of that technique. The Kundalini cult can also be done through sitting yoga ie. full yoga, and also through action-yoga / karmayoga. Then the poem says that apply poison to the arrow to make that a hissing serpent. This means that you make a most qualified and beautiful mental picture as your Kundalini, and always start meditating / concentrating on it or visualizing it. From that, the Kundalini will be powerful like a poisoned arrow. "make bow down heads" means that both the light and the dark will appear to be neutral in front of that huge and all light full kundalini. With Kundalini-Jagaran / awakening, they will become completely neutral, because in that awakening of the Kundalini, all the excellent qualities of light and darkness will exist. This will be because that ultimate luminous Kundalini will appear to be the integral to seeker's soul. If they both are completely neutral, they will never be able to fight, because then in any form of both of them the attachment will never be generated in the mind of that seeker.

Tantralaya in place of Vaishyalaya

Prostitute centres/vaishyalaya should be socialised and channelized/transformed into the spiritual/kundalini realm with help of tantra, just as the household sexual activities are transformed by it. In this way, number one misconduct would become as a number one kundalini uplifting machine. Honor of woman would also be saved, she being appearing as tantra-godess in this way. With help of the present time health screening and health check ups, tantra yoga would become fully safe unlike that in old times when diseases used to spread to each others during such tantric feasts. There should be appointed well qualified tantric gurus in those community tantra centres. Illegal sexual relationships with accompanied crimes would automatically come down. Many psychological diseases due to restricted sexuality would come down. There would be done nothing additional to the present scenario but the proustite centres already existing would be transformed only.

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 blog-post 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.

Surrender to Kundalini is the real surrender

There is a lot of emphasis on surrender to God in all religions. In fact, surrender to Kundalini is the surrender to God. God is formless. No one can see him, cannot know him, nor can anyone perceive him. How can one be devoted to someone, about whom he has no idea? In fact, only Kundalini is that small form of God, which can come in knowing properly. This kundalini can be in the form of a mental image of Christ, it can be in the form of a mental image of Lord Rama, and in the mind of someone else as an image of his own guru / friend / lover etc.

Being devoted to Advaita also means being devoted to Kundalini

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

When Premayogi Vajra adopted Advaita for a long time through the philosophy of physiology, he gained many spiritual qualities, and Kundalini also grew, which eventually woke up.

Dedication to God leads to self-surrender to Kundalini

In fact, Kundalini is also meditated by the meditation of God. The meditation of the formless God leads to the meditation of Advaita/non-duality itself, because God is the same or unchanging in all situations. In addition, it is the undisputed truth that Kundalini's meditation begins to happen by Advaita meditation itself. It also proves that surrender to God itself becomes surrender to Kundalini indirectly. Then why not we should do Kundalini-Sadhana directly.

That is why Guru is said to be more important than God

A famous verse in Hindi

Guru Gobind both met, whose feet I should touch.

It is you the great Guru first, who shown me God..

In comparison, the Guru has been told more important than God, because God is attained only with the help of Guru. Kundalini is really the image of the guru / lover in one's mind. It also proves that devotion to Kundalini is more easy, human, practical and effective.

Hinduism and Islam speak the same thing

The religion of Islam emphasizes devotion to Allah / the formless God. On the contrary, in Hinduism, the emphasis is mainly on devotion to the personified God / idol / Kundalini. We have also proved above that the meditation of the formless God produces the meditation of the Kundalini itself.

Similarly, meditating on the Kundalini / idol leads to the meditation of the formless God / Allah itself. Together, this also proves itself that the opposition to idol / Kundalini worship in Islam is not real, but imaginary, which is born out of some misunderstanding.

Human problems also activate Kundalini

What are the human problems

Problems of people that are superficial or unreal, and which do not harm themselves or others, are called humanitarian problems. For example, one realizes the problem of breaking up of a relationship. Although the reality is that his love affair had never started. Premyogi vajra had a similar surprising feeling, which helped him to experience momentary self-awakening.

We take another example of fasting. That sounds like a problem to us, but in reality it is not. Along with body and mind, fasting also provides energy to the Kundalini.

The problem for humanity is also a human problem

Spiritual activities like chanting, penance, yoga etc. are good examples of this. To bear the problem for the country, society, human religion, family etc. is a human problem. The more people become benefitted from goodness, purity and intensity of the problem, the better will be its humanity.

What happens with human problem

Aman with a human problem starts loving humanity . He starts loving all humans. The image of a special human being (Guru, Friend, Dev etc.) starts residing in his mind. With time, that image becomes a Kundalini. The same happened with Premyogi vajra. Due to his hyperactivity running under the influence of physiology philosophy, the image of that spiritual old man was confirmed in his mind .

How Kundalini develops due to human problem

When Kundalini becomes very strong in one's mind, then there comes a time when he breaks due to a double burden of work and Kundalini. In such a situation, as soon as any major problem comes in his way, he surrenders completely to Kundalini, and becomes dependent on Kundalini. With this, his Kundalini becomes active.

How then activated Kundalini is awakened

After the Kundalini becomes active in a problem-filled man, his mental depression decreases, and his pleasure/bliss increases. This increases his faith in Kundalini, and he feels that it is his Kundalini that protects him from all problems. Then he starts studying and practicing the yoga type literature. This keeps his knowledge and practice related to yoga moving forward. Eventually, his Kundalini is awakened.

How Premyogi Vajra got the escape velocity for his Kundalini from his problem

Premyogi vajra was broken, physically as well as mentally, by the human problems being received under the influence of physiology philosophy, various human activities and the burden of non-duality/Kundalini all together. His memory was also reduced significantly. Although his mind had felt an increase in joy/bliss and peace. Then he got the opportunity to live in a picturesque place with

family in peace that was too far away from his home. He bought a state-of-the-art and very expensive vehicle to travel from home to there. He did not get a driver seat comfort in that. He was very sorry, but what had to happen, that had been done. In order to handle himself, he started meditating his kundalini while completely surrendering himself fully in front of her. With this, his Kundalini started glowing, and his anxiety almost ended. Convinced of this, he started learning and practicing yoga with the help of e-books, paper books, internet and friends. Due to this, his Kundalini became very strong in a year. In the last one month of his that practice, she awoke when he took the help of sexual yoga. After that he got used to his car, and came to know that his car's comfort was more than that of other vehicles. This means that his problem was not real, but it was unreal, which was born in him to awaken his Kundalini.

Surrender to kundalini is the surrender to God

The real problem should be after a lot of efforts for success

If the problem is faced only after few attempts, then the man's faith remains on the physical world, and he does not surrender fully to the Kundalini. But when the man realizes the loss even after making a lot of efforts, his faith in the vulgar and diversified world is lost, and he completely kneels in front of the Kundalini {a single mental image} to get prana-juice or life-juice without much physical efforts. It is theorized that the problems that occur after a lot of efforts are virtual or positive, not real or negative.

This kundalini inducing problem {so called emotional and psychological trauma} can be better defined as positive and temporary loss of faith in the physical world

This kundalini inducing problem is defined as emotional and psychological trauma by so many. Although it is not trauma actually for trauma carries one down, not uplifts up to kundalini heights. Actually it should be called as positive and temporary loss of faith in the physical world, which propels one towards the mental world of kundalini.

According to Tantra, Kundalini is easily attained only by filling the mind with physical worldliness.

Aman should experience every sphere of life {as Premyogi vajra had experienced}; otherwise, his mind will remain in the physical world out of longing for it. He must also be sufficiently rich {as was Premyogi Vajra}; otherwise, he will remain worried about earning, so that his mind will not be removed from the physical world. It is a straightforward matter that the person whose mind is filled with positive, karmic and human colours of the physical world, gets the opportunity to rise above the world easily.

Enlightenment by Kundalini's dissolution

Doing Yoga-Sadhana/yoga, there comes a time when Kundalini starts dissolving in the soul. Then the person's trust moves away from the Kundalini and focuses on the soul. Only then, he gets glimpse

enlightenment. The same happened with Premyogi vajra, which he has described in detail in his book “Physiology Philosophy – A Modern Kundalini Tantra (A Yogi’s Love Story)” in Hindi and in the book “Love story of a Yogi- what Patanjali says” in English.

Happiness filled with humanity is the real and Kundalini associated happiness

Scientists have proved through experiments that human genome develops only with the happiness filled with humanity (**Eudaimonic**). The same thing is being said from the beginning in Vedic culture and in different religions. They studied the genomes of three types of groups of people. They measured the simple genome of a common group. That genome was simple. Then they formed two groups out of that. One group was asked to adopt happiness filled with humanity and the other group to adopt happiness filled with selfishness (**Hedonic**). When their genome was measured, they found that the genome of the group of humanity was expressing/evolving at a rapid pace, whereas the genome of the self-possessed happiness group was the same as earlier.

So does genome evolve with Kundalini as well?

The genome also develops with the spirit of humanity, albeit at a slower pace than the deeds filled with humanity. In fact, man is only emotional. Karma also creates emotion. So there is no doubt that if the spirit filled with humanity prevails, then the development of the genome from it can be more than humanity-filled deeds. Kundalini (clear and stable mental image of human form / guru / deity / lover) is also a strong loving emotion filled with humanity. Conversely, if humanity-filled deed is not creating a sense of humanity, then that deed does not seem to have any special benefit for the genome.

Emphasis on the spirit of humanity in Vedic culture

For these reasons, Sanskrit mantras were made emotional. They develop a sense of absolute humanity. At times, even the deeds filled with humanity are dwarfed in front of those.

Relationship between Kundalini and the spirit filled with humanity

Kundalini is a symbol of ultimate love. Love is the most important criteria of humanity. This means that the genome also develops with Kundalini Yoga. It is also scientifically proved. The genome slowly evolves from the joy filled with humanity to a stage that activates the Kundalini. With the Kundalini awakening, development of the genome gets a full wing.

Some important examples of the spirit of humanity in Vedic culture

Yatpinde tatbrahmaande

This means that whatever is in the universe, that everything is also in our own body.

Purusha-sookta

It describes the human body as a universe.

Sarvadevamaya dhenuh

This means that all the gods exist in the cow's body. Therefore, by serving cows and other animals/creatures, all the gods, that is, the whole creation is served. This develops a feeling of absolute humanity.

Shaktipeetha

Devi has many Shaktipeethas. The land-place where a particular part of the goddess's body has fallen, has become famous as a special Shaktipeeth. Shaktipeeth named Naina Devi has fallen eyes of the goddess. Similarly, the tongue of the Goddess has fallen in Jwalaji. There are others like this. It simply means that when a particular land-place is in the form of a part of the goddess-body, then all the living beings, especially humans, are components/dehpurush (cells, biochemicals etc.) of that organ. Therefore all are to be served. This philosophy completely matches physiology philosophy.

Mantra acknowledging Physiology philosophy

आत्मा त्वं गिरिजा मतिः, सहचराः प्राणाः शरीरं गृहं।
पूजा ते विषयोपभोग रचना, निद्रा समाधिः स्थितिः॥
संचारः पदयोः प्रदक्षिणविधिः, स्तोत्राणि सर्वौ गिरौ।
यत्पत् कर्म करोमि तत्तदखिलं शंभो तवाराधनं॥

This above mantra is also showing the body as the whole creation, and is describing its service as worshipping God.

Conclusion

All the work done in a selfish manner, by keeping the spirit as above, also becomes the work done for the whole universe. This fact has also been proved scientifically in physiology philosophy (shareeravigyan darshan) composed by Premyogi vajra.

Physiology philosophy makes sense of humanity

This philosophy has shown scientifically how all kinds of beings, all kinds of structures and all kinds of activities are present in our own bodies. Our own body also has a wide variety of huge mountainous ranges, and water sources. There are large industries. There are extensive agricultural tracts. There are dense forests inhabited by picturesque wild animals. People have developed civilization. There are many types of executive departments, such as water department, communication department etc. Devasur struggle (god-demon war) continues in it all the time. Supernatural love affairs are also seen. After understanding this scientific philosophy well, man always becomes happy and humanist. All the activities that he has done for the good of his body become activities for the good of the whole creation. If physiological philosophers also start doing other works for the betterment of other beings, then this philosophy gives even more benefits. With this, his genome develops quickly and activates his Kundalini.

Interestingly, molecular analysis of hedonic and eudaimonic individuals revealed quite different gene expression patterns. Individuals with high hedonic happiness showed increased pro-inflammatory gene expression and decreased expression of genes associated with antibody synthesis —

[Different Molecular Profiles of Eudaimonic and Hedonic Happiness](#) (google)

Kundalini for Environmental protection

The current state of our environment

Nowadays the environment is rapidly going towards destruction. The environment is being polluted everywhere. Every person is engaged in polluting the environment. Man's wishes are not at all controlled. Material goods are being manufactured indiscriminately, for which extensive exploitation of the environment is being done. Everything has become poisonous today. People are suffering premature deaths due to natural disasters and pollution.

Environmental protection in ancient life

Our ancient life was an eco-friendly life. The environment was worshiped like gods. All things, including mountains, rivers, seas, trees, forests, were worshiped as gods. Many so-called modern people say that old people lacked brains, so they were backward in technology. However, the reality is that they were faster than today's people in terms of mind. That is why they used to spend their life happily in the forest too. Most people of today cannot live their lives without technology. The ancient people did not want to use technology because it damaged the environment.

Contribution of Kundalini in protection of environment in ancient era

As we have said above, the people of old times considered all things to be gods. For example, let us look at the Aryans. They were nature worshippers. They gave the form of a beautiful god to everything in the world, such as Vayu Deva/wind god, Jal Deva/water god, Surya Deva/sun god, Agni Deva/fire god etc. Even today, Vedic rituals have the tradition of worshiping all these deities. A similar tradition existed in ancient Egypt and Celtic society. In almost all countries, this tradition has been in one form or the other. This helped in saving the environment for a long time.

The worship of natural things means worship of Advaita/non-duality. Because on a little thought, the soul of all things appears to be non-duality. All things exist, and not too. They work, and not too. They get fruit of karma, and they do not get too. They are also light-forms, and dark-forms, and devoid of both too. This means that Kundalini used to reside in the minds of ancient people, because Advaita/non-duality and Kundalini live together in the mind. That is why Kundalini used to be very influential in the ancient era, and it is definitely mentioned in some form in all the religions of the world.

How does Kundalini save the environment?

Most people are under their mind. The mind is like a monkey. They keep dancing with it too. They are slaves of the mind, and cannot leave the mind. Their power is associated with the power of the mind. They also feel destroyed due to loss of mind. Their mind is dependent on the physical world. If the mind does not get physical activity, it starts dying. Therefore, it keeps searching for new business without any need. It also does not hesitate to harm the environment, because it does not see the

deity / Kundalini in the environment due to duality. It sees only darkness in the environment. In this way, the environment is damaged.

In contrast, a Kundalini Yogi's mind remains dependent on the Kundalini. He keeps taking vitality from Kundalini. There is no need to take life force from material activities. Therefore, he keeps himself busy in the least occupations of his need, and is not entangled in the needless business. He also deals with his needs without harming the environment. This is because in his eyes, there is Kundalini everywhere. It is proven that there is an Advaita element everywhere in the universe, and also that there is a Kundalini with Advaita.

Own personal experience of Premyogi vajra

He became intransitive after momentary enlightenment. At all times, he used to enjoy meditation in Kundalini. He used to get a full life from Kundalini. He did not feel the need to do any work. By working, his Kundalini was also harmed. He used to work only when necessary. He used to do the work with Advaita, so that his Kundalini would suffer the least. He had become very environmentally conscious and nature-lover. Most of the time he used to spend alone in the midst of nature. To others, the work without need seemed like madness to him. However, he also had to do many such compulsions, so that he could walk with everyone. From this, it is clear that a single Kundalini Yogi does not create a special difference in the system of society. For environmental protection, it is necessary that most people become Kundalini Yogis.

An environmentalist shares his story of transformation through Kundalini Yoga and hope for the future.

[This Expert Thinks Kundalini Yoga Could Save our Environment](#)(website link)

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 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”.

Ideal childhood refers only to the right attitude to be adopted with life, not the actual experiences of life. The way of living life comes to learning only through practical experiences gained from living human life socially. Therefore, elders and children help each other with loving behavior in the same way as a blind and a lame.

Assuredly, I say to you, unless you change and become as little children, you will by no means enter the kingdom of heaven.

[The Reason Why God Wants You to Be Like a Little Child](#)(website link)

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".

After all, we know that primitive tribes throughout Asia believed mountains, lakes and rivers to be inhabited by spirits.

[The Sacred Himalaya](#)(website link)

Contribution of Sanskrit for Kundalini

Friends, there are many questions on Quora about learning Sanskrit. Some people also benefited from my answers. Then I thought why not make a beautiful blog post on Sanskrit so that many people can benefit. This post is the result of the same thinking.

My tendency towards Sanskrit

I have grown up in a family full of Sanskrit-scholars from the very beginning. In this way, Sanskrit was inherited by me. It was compulsory to read Sanskrit subject from class VI to X, it also helped me a bit. If Sanskrit was the subject from the first grade itself, it would have been more beneficial. It is a matter of regret that many states of India give more importance to their regional languages than to Sanskrit. Sanskrit language is not taught in many states, such as in Punjab. This is also one of the main reasons behind progressive decline in Sanskrit in India.

Kundalini gets strength from Sanskrit

This has also been my personal experience. During my younger days, when I was busy with my business activities full of materiality, I used to study Sanskrit every day. I liked Sanskrit mostly that of the great Puranas. I used to write a few words in Sanskrit on getting some more free time. In a few years, a small size book was prepared from those Sanskrit articles, which will be available to you free of cost at the following link. Due to the influence of that Sanskrit, my Kundalini lived in my mind permanently. Whenever I used to go away from Sanskrit, then that Kundalini used to disappear from my mind.

Sanskrit increases memory

This fact has been proved by scientific experiments. Scientists in the US have discovered through a scientific research that structural changes were seen in the brain due to the influence of Sanskrit. Those changes were an increase in the capacity of the brain, mainly the increase of memory. We all know that memory is the main criterion of brain's efficiency.

Sanskrit enhances meditation

In fact, there is no difference between meditation and memory. Meditation is nothing special but remembrance of the highest order. That is why the clear form of Kundalini in the form of Kundalini-Dhyana/meditation is constantly remembered in abundance. It can also be said that by focusing the memory on the Kundalini, it becomes the meditation power. Hence it is proved by itself that Kundalini gets power from Sanskrit. If Sanskrit is in the form of rhythmic, simple and interesting mantras (as in the Puranas); Then Kundalini gets more benefits.

Hindu-Puranas are unique reserves of Sanskrit

The Sanskrit of the Puranas is very simple, clear, rhythmic, musical, versatile, interesting and knowledgeable. My grandfather used to read Purana in original Sanskrit and its Hindi translation every day. Due to its influence, my Kundalini lived in my brain permanently.

Similarity between Sanskrit and English

I did not find this information in any article etc., but this is my own experience. One who has a good grasp on Sanskrit, may also have in English. In both languages, the basic properties such as the addition of words, short forms of words, ornamentation and depth of grammar are the same. For example, unforgettable – English, अविस्मरणीयः – Sanskrit, भुलाया न जा सकने वाला – Hindi. Here the English and Sanskrit word structure looks similar.

Some tips for the curious to learn Sanskrit

Many people engage in grammar for years to learn Sanskrit. They are deprived of the real Sanskrit of the Puranas. If you do not read Puranas, what is the benefit of Sanskrit? Language comes not from grammar but from practice. Therefore, the Puranas should be read directly. I lived in this same practice for years, and could never be convinced about my Sanskrit knowledge. Then, with the advice of an old man, I ordered from the Bombay Printing Press a Yogavasistha text written in original Sanskrit with a Hindi translation. This book is as big as Mahabharata. There are too many repetitions in this. So I started reading it with full rapture, without going into depth. I looked for Hindi translation only when it was very important. Sanskrit shlokas/verses that were not understood, those were further clarified ahead again and again. I also kept a simple book of translation, a Sanskrit to Hindi dictionary, a shabda roopavali/word-formations and a dhaatu roopavali/verb formations to help me. In about six months, I read the whole book. From that I started to have sense of grammar itself. I started to believe that I knew Sanskrit. Then I felt Sanskrit cravings. After that, Bhagwat Purana and then 108 Upanishads were also read in original Sanskrit with the help of a little Hindi translation. Then Sanskrit filled my mind with satisfaction. If empty grammar was entangled, then nothing would be found. Even today, I read 1-2 pages of Purana in Sanskrit every day. If Sanskrit remains a daily practice, then there is a lot of benefit. Therefore, Sanskrit seekers are advised to learn Sanskrit in a similar planned manner, so that success can be achieved soon. In fact, for those who know pure Hindi, it is very easy to learn Sanskrit. Sanskrit words are there as such in Hindi. When different mathematical type formations are correctly inserted in those words, then those Hindi words become Sanskrit words.

A unique attempt to promote Sanskrit

I compiled a miniature Sanskrit book titled “PhysiologyDarshanam/shareervigyandarshanam” with the unforgettable support of my soul mate Premyogi Vajra. The download link of that free booklet is given here.

Dr. James Hartzell studied Sanskrit and India studies at Harvard and Columbia University.

[How learning Sanskrit literally expands and improves the brain](#)(website link)

kundalini for pleasant dreams

Friends, now I get myself to write new posts every week, and new events. Tonight I dreamed of a tantric system. That looked lively, clear and real. That dream came in the morning hours. It seemed that it must have been based on an incident of my previous birth. That is why I was very much emotionally swept away in it, and I enjoyed it. From that dream, the picture in my mind about the tantra of ancient times became clear. As such, a Kundalini Yogi keeps on facing the events of old or his past lives in his dream. All those dreams are very meaningful.

Tantra was very advanced in ancient times

In that dream, I saw that I was in a place like a high mountain tourist place with my family, where I was walking, and I was enjoying a lot. I also met some old acquaintances there. The foothills of that mountain were connected to a plain like terrain. There was a place like a giant temple on that joint. We got down and entered that temple complex. There were many beautiful walks around. I was enjoying a lot. The complex also had a luminous cave-like structure, inside which the markets were also adorned. My wife was lost somewhere while walking and shopping in it. I was looking for her too. In that research, I saw many rooms in the temple, which were in line. However, some rooms were also up some stairs. It seemed as if the entire temple complex was under a giant roof. I entered a room in the bottom row. Many people were sitting on the floor carpet. In the middle of room, I took off my bag from the back, and I sat down. Then a woman came in, and with great love and belongingness took me to a room at the top of the stairs, along the streets. Some old acquaintance was also felt with her, but that was not clear. Maybe that is why I was enjoying her. She even got me to touch her at one or two places. She sat in a chair in that room. Many papers were lying on the table in front of her. Two-four men were also sitting on chairs near her. The woman showed some papers of an insurance-like scheme, and told me that my wife had agreed to that plan. When I started to turn back, there was a slight disappointment on her face. Then they started settling the work of some other customers, so that I got the chance and moved away. I came back to the same room where I was sitting earlier, because I forgot my bag right there. However, I did not find my bag there. I was quite depressed because I had an expensive Kindle e-reader along with some other important things in it. I started searching the bag very disappointed. I searched in many rooms, wondering if I was sitting in other rooms. I then went to the open lobby in the middle, in which those rooms used to open. It was a very open space like a railway station, where there was a lot of activity. There, one or two policemen were also sitting on a cement bench. I asked them, but they casually replied to get rid of me that my bag would never be found, and someone must have picked that up. I again opened the door to the same room where I was sitting. There were two gentle men enjoying and drinking wine in night suits. Both of them were sitting in squatting posture comfortably. They looked of somewhat

medium size with belly little out and somewhat dark. Happy smile due to light sedation was visible on their face. On asking, they told me that my bag was lying in the same room. I was very happy and told them that with alcohol, the eye of knowledge opened in them, so that they could find my bag. They smiled very happily, and holding a peg in their hand said to me that I too should have drunk that in the name of Mother Goddess. I smiled, thanked them, and walked away. Although I was constantly thinking that I would put a peg in the name of Devimata/mother goddess. However, I refused them, so I did not want to turn back. A queue of shops was seen coming out of the premises. I sneaked into a sweet shop to buy some sweets. Standing there at the very beginning of the shop, I found some very familiar friends who happily started talking about alcohol. I said do not say such things, otherwise, my mind will also make a peg in the name of Mother Goddess. Hearing this, everyone started laughing. The road lined with those shops was going out in the direction of climbing. After some climbing, I climbed a concrete platform in front of a shop on the valley side of road. Then I started hearing the sounds of bizarre and heart touching music. People would be taking a tableau of Mother Goddess on a decorated chariot. I was so swept away by the love of Mother Goddess that I was flooded with tears of love in my eyes, and I started crying in a soft voice. I was repeatedly folding my right arm, wiping my eyes with it, and even covering my eyes. I was doing this so that no one knows me as weeping and weird, and that does not distract me from flowing in my feeling of love. Then I thought that nobody would recognize me in that strange place. Therefore, I started crying loudly with an open heart. Then I saw a lying devotee on the road, who was rolling and coming upwards. She would be a great devotee of Mother Goddess. He was also medium dark colored. He stood up and looked at me with big and soulful eyes, and he too was carried away as if in spirit. Then I saw a dark and powerful man holding a goat kid with his left hand straight above his head, catching its neck, and watching it with anger and violent expressions mixed with devotion to the Mother Goddess. Kid was screaming with fear.

His other right hand was straight down, holding a large dagger. He was repeatedly taking the name of Mother Goddess. I retreated to the shop, so that I would not see that ruthless scene. After a while, I moved forward so that I could see if there was a dislocated trunk and head of the kid, and there was blood all around. However, all the kids there were alive as before, and were happily moving around. I breathed peace with that, and felt happy. Perhaps offering was made to the Goddess Mother in a symbolic form. Then the alarm sounded, and my dream broke.

That dream gave me a clear feeling about the advanced tantra, especially black tantra of ancient times. Tantra was in the form of an advanced science in ancient times, and was well spread among people. However, that also had many defects like violence, adultery etc., especially when that was not adopted properly. It was only due to misuse of the tantra that it declined. Islam is also a kind of

extremist tantra. It is so fanatical that people shy away from talking about it. That is why it remains as it is. The Hindu system also had the practice of Narbali/human sacrifice in ancient times, but it was discontinued when there was widespread opposition to it.

Own experience of Premyogi vajra related to Tantra

He did not resort to any special or dedicated tantra for the development of his Kundalini. He did the same things as other ordinary people do, but he did those tasks with a non-dual / tantric point of view. This method appears appropriate. This does not abuse the tantra.

Kundalini for skill development

Today's era is scientific era. Skills and science are key contributors to each other. Science is incomplete without skill, and without science, skill is incomplete. In any work, scientific techniques also fail or become harmful / fatal if there is lack of skill. Science is present almost everywhere, but skill is not present everywhere. In underdeveloped countries, most places lack skills. Similarly, there is a sense of inefficiency in remote and tribal areas of developed countries. Every day when I look around, I feel a severe lack of skill. Take, for example, Masonry Work. I do not see this as a quality work anywhere. Small things are not taken care of, which lead to big losses. Most masonry workers are not familiar with scientific facts. Those familiar are lazy to apply them in practical terms. Many are unable to muster the courage to implement them. Many lack training. Many do not deliberately implement them due to orthodox thinking.

How does Kundalini lead to skill development?

It is well known that the image that resides in the mind with non-duality is called Kundalini. It can be of Guru, lover, son, parents, grandparents, friends, any favorite place or thing etc.

The frequent appearance of Kundalini in one's mind simply means that he goes to the depths of anything, and does not leave anything superficial. With this, the nature of going deep becomes as his own. It is from this patient nature that when he does any work, then he performs it in full detail. He does not want to let it fall short. He clings to that work for a long time. This gives him a chance to get maximum knowledge and experience about that work. With this, his Kundalini also gets stronger, because Kundalini also needs a sticky nature. With this, both Siddhis/accomplishments are attained simultaneously. On the one hand, with the development of skills, he is getting material accomplishment in the form of high quality of physical work, on the other hand, spiritual attainment in the form of Kundalini development.

Premyogi vajra's own experience regarding the relationship between Kundalini and skill development

When Kundalini as the first devirani/goddess was completely blown up in his mind, then he used to do all the work very efficiently and in full detail with self-awareness. He used to do his academic studies very deeply and clearly. He went to the root of every subject. He did not like the work done superficially and haphazardly by others. He also used to taunt them many times for that, causing many people to consider him impractical, critical, negative, big-talker, and arrogant. However, how could he make a change without the help of others? Gram alone cannot break a pot. Hence, he had to compromise with the situation many times.

Over time, when the Kundalini of Guru's form began to shine in his mind, he became very practical and self-supporting. Then all the works he did were done with full quality. He had to do all the small

tasks himself, because no one could understand his fine and deep eyes. When people saw his miraculous results, then people came to know the reality, and they started praising him.

Skill develops more in a cordial environment

In such an environment, people exchange goods and services, and practical information with each other. Kundalini development also requires a cordial environment. This also proves that Kundalini helps in skill development.

Kundalini yoga should be included in skill development training

Premyogi vajra naturally got so much love that Kundalini developed on his own. He did not need to do yoga. It is a different matter that he later got Kundalini awakening from Kundalini Yoga for the benefit of others, so that all people can get Kundalini. Not all people are as lucky like him.

Kundalini with animal love

It is well known that Kundalini is a symbol of love. Kundalini is a symbol of dedication. Kundalini is a symbol of reverence. Kundalini is a symbol of devotion. Kundalini is a symbol of service. Kundalini is a symbol of altruism. Kundalini is a symbol of obedience. Kundalini is a symbol of endurance. These are the main qualities of living with Kundalini. Many other qualities also exist with Kundalini. If we notice, all these main qualities are also present in animals. Many of these qualities appear to be much higher than humans. This implies that animals are Kundalini-lovers. Come, let us discuss this.

Kundalini is the symbol of devotion

Anyone has not seen more master-devotion in a creature than a dog. There are many examples when a dog has even given life to its owner. This means that in the mind of a dog, the image of his owner's personality is fixed and clearly inhabited. That image acts like a peg for the dog's mind. With this, the dog keeps getting detachment or witnessing attitude towards its thoughts and activities. Thus the dog continues to enjoy it. He never forgets the importance of that Kundalini image, and can even die for her. Conversely, many humans are unable to show loyalty to their master. This proves that the dog is more Kundalini lover than man.

Kundalini is a symbol of service sentiment

For example, take the cow itself. She serves us by giving us milk. Most cows give milk to their owner. If someone else goes, they can also kick forcefully. It simply means that the image of its owner rests in the mind of the cow, which acts as a Kundalini for it. A man can leave his master at any time, but a cow never does that. This also proves that animals are more devout than human beings.

It is a different matter that due to lack of mind, the animal cannot change the owner (Kundalini) again and again like a human being. Most men start boasting so much on their mind that they change the Kundalini before it matures. From such a situation, the condition of the animal seems better. There is one more thing. When the pet gets protection and food by the man, then it gets an opportunity to grow the Kundalini more.

Kundalini is a symbol of altruism

Similarly, different animals and birds continue to do good to humans by offering different types of products. This can only be possible with their love for humans. The mother feeds her baby only after being subjugated by love. It is also true that love only comes from Kundalini. It is a different matter that the animal cannot speak it. Even if there is no love, he falls in love with one while doing his interest. Even trees and plants are Kundalini-lovers, because they are always engaged in altruism.

Kundalini is a symbol of obedience

We obey the command of a person with the most promptness, who is most strongly settled in our mind, whom we find most important, and whom we believe most. The same is as our Kundalini. She is

also a source of pleasure. Dogs obey their owner's command very well. In a dog, the brain is also less developed than a human. This simply means that the dog is motivated only by obedience to Kundalini, not by other logic. A man applies a lot of logic while helping others. It simply means that even a dog has a good understanding of Kundalini.

The purpose of these things is not to prove human being as secondary. There is no doubt that man is at the top of the ladder of evolution. Here, only the Kundalini is being talked about.

Kundalini is a symbol of duty

Even if an ox is unwell, he does not back down from plowing the field. Similarly, even if his mood is off, he does not step back. This is a different thing, if he gasps gasps or falls down while ploughing. It simply means that the bull is also a lover of Kundalini. His daily work and the personality of his boss settles in his mind as a strong Kundalini, which he cannot ignore. Who would want to step away a wise creature from its source of pleasure? Similarly, in terms of endurance, it should be understood.

Own experience of Premayogi Vajra about Kundalini love of animals

His baby life was full of domesticated animals. He used to enjoy reading animal mind. It was thrilling to encounter bulls in the forest in game fighting. After the cattle were satisfied enough while grazing in the forest, their running towards their enclosure produced a different thrill. A cow was very naughty, playful and also milch. Like a leader, she used to run in front of all the cattle. All the cattle were eager to hit her, so she used to graze alone. She did not go away from their eyes due to fear of the forest. Her heifer (daughter) also turned out like that. She was also very beautiful to look at. While descending from the forest towards the enclosure, she ran up lifting the tail straight upright with great speed, going few meters ahead, and then waiting for the cattle coming from behind as shown by her backward bend of head and neck to look at those. When they came close, she would run again and so on.

When the Kundalini of Premyogi vajra was strong, all the cattle used to graze around him. Some cattle bending their ears looked at him with surprise and love. Many even started licking him. They sniffed him repeatedly, and would rejoice. Perhaps they also felt the scent of sublimated semen existing with Kundalini emanating from his skin pores. He also had a similar experience in relation to animals around Kundalini awakening (during the prana-rising). Many times the buffalos with weak heart tied to the pegs would get scared when they suddenly found him in front of themselves, and then suddenly started sniffing with love. This was mostly the case with those who were usually angry, horny, and inattentive to milk. This simply means that those types of animals were less familiar with Kundalini.

Kundalini development by living among animals

Premyogi vajra realized that Kundalini used to develop more clearly by living in the midst of animals, especially those who roam open in the forest, domesticated, and cattle of cow category. Animals are nature lovers by nature. AdvaitaRupa/non-dual Kundalini is present everywhere in nature. That is why the lover of Kundalini should also love animals.

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.

Every sensation helps to express kundalini over it accompanied with witnessing of the thoughts. Hearing is one of the purest and powerful sensations.

Listening to music with Kundalini Yoga is a wonderful experience. For example, along with other sensations in the upper part, the sensation of hearing also focuses on the heart chakra. Through the bandhas/locks, the sensations / Prana of the body below heart also are focused on the heart chakra, coming up. Upward and downward sensations collide and create a subtle explosion, which causes the Kundalini to glow on the heart chakra, and becomes very clear, creating bliss. Similarly, for the Sahasrara Chakra, the sensations going from the bottom up / Prana also take up the auditory sensation, and brighten the Kundalini on Sahasrara. Similarly, in the case of other chakra, one should understand the similar pattern.

Music in spirituality has to move me. It has to transport me to different realms. It has to activate and ignite my emotional body.

IMPORTANCE OF MUSIC IN SPIRITUAL PRACTICE

Kundalini as a Serpent

Friends, a few weeks ago, I along with my family got an opportunity to visit an ancient serpent-temple. That was quite famous, and a fair is held there throughout the month of Shravan/rainy month. I do not remember the idols etc. in its sanctum sanctorum, but there was a huge and colorful wall painting of the serpent touching the heart. He was like Sheshnag/multi hooded serpent, on which Lord Narayan sleeps. He had many hoods. I could find that as my familiar figure. There, my Kundalini also started glowing sharply, which made me enjoyed. He seemed to me some mysterious puzzle, which my mind tried to solve spontaneously.

Serpent is a symbol of darkness

My first analysis was that Narayana (God) is seen by the common man as a form of darkness. He does not see his light due to illusion of Maya. That is why Shesh Nag, a symbol of darkness, is shown with him. Nevertheless, I was not satisfied with this analysis.

Nag as a symbol of Kundalini

I was reading a post of yogaindia.com. Something was written in it, which I understood that the serpent is located on the muladhara chakra by placing three and a half spirals/rings. He is holding his tail with his mouth. When the Kundalini Shakti is passed through those rings, then he rises straight up and reaches the brain through the spinal cord. He is also accompanied by Kundalini Shakti.

I concluded from this that our nervous system looks like a raised serpent and acts like that. Scientifically, the sensations in the nerve travel in waves like a serpent. Vajra is the tail of that serpent. It can also be called half ring. The area of the testicles is the first ring / coil. The second circle outside it is of flesh and fibers. The third ring is the bone, which is attached to the spinal cord. Just as a raised serpent has a bend in the inner direction at the lower back, similarly it is there in the lower part of our back (exactly opposite of the navel). After that both emerge outward, and then both have a bend of head, which is almost identical. Many heads of the serpent are shown because our head is several times wider and thicker than the spine, comparatively.

Our nervous system is like a serpent

We can also see the nerve inside the spinal cord like a serpent. Similarity will be found in both. The nadis/nerve fibers are also like serpent or rope. Consider the nerve of Vajra as the tail of a serpent. The same is also as a half ring as shown above. The Samvedana Kshetra/sensitive area of the Swadhisthana Chakra (where Kundalini is meditated) is the first ring / Kundal / circle of the Serpent. The nerves of the surrounding area also join there, that is the first whorl of the serpent. The second enclosure may be called that, where that nerve connects to the sacral plexus / network of nerves. The third circle can be called as where the sacral plexus joins the spinal cord. There the serpent / spinal cord stands up and also become thicker. In the lumbar region of the back, there is a bend with the pit

towards the stomach. The next turn comes in upper area, close to the head. The neuronal network inside the head is there as many hoods of that serpent, which are attached to the spinal cord / serpent-body.

Kundalini Chakras of our body as main body points of god Serpent's body

There is no need to go so deep as above. It is a simple matter that the entire sacral/sexual area is thick, circular and layered like a standing serpent's ringed base. All its sensations go upwards through afferent nerves along with the sensation in Vajra / serpent-tail. The main bulging points of the serpent are the seven chakras of the body. Kundalini glows more at these points during meditation. The tip of the vajra is attached to the Muladhara Chakra. The snake's tail (vajra) on the Swadhisthana Chakra (base of the vajra) is attached to that main body of the snake in the annular form, which is on the ground. The rising up of the snake on the rear Swadhisthana Chakra creates an angle of about 90 degrees. The deepest point of the turning of the body of the snake is on the posterior navel chakra. At the back of the Anahata Chakra, the body of the snake emerges out. The Vishuddhi Chakra at the back has the deepest point of turning of the hood-shaft of the snake. Above it comes the outward rise of the head/hood of the serpent again on the posterior Ajna chakra. Entire brain above it/the top of the entire brain is the place, where there is a Kundalini sensation (in the middle of the foremost and most posterior part of the upper surface of the head; it feels like a pit here, hence it is also called Brahmarandhra). There are thousand phanas/hoods of the great serpent/god serpent. That is why it is called Sahasrar (one thousand parts). Kundalini is present on the middle main hood of the serpent.

Kundalini-experience with Nag/serpent during meditation

I was meditating with the tantric method one day in the same context. I started meditating on Nag in the above ways. I felt the Kundalini emerging on his tail / vajra-crest and going up to his multi hood / my brain with a serpent-like rustle. In my brain, kundalini was very shining, calm and like Lord Narayana. It was as if Lord Narayana was doing luxury over Sheshnag in the form of Kundalini. Together I got the same feeling as in the Naga temple above. Then I was able to understand the importance of serpent in spirituality.

Serpent worship

Serpent is considered sacred and revered in almost all religions. Narayana sleeps on the serpent. The serpent also sits on the forehead of Lord Shiva. In many religions, two snakes are shown wrapped together. They are possibly two tantric partners tied in yab-yum asana/posture.

Nag is not Kundalini

I kept listening that Kundalini is a serpent. But kundalini is not a serpent. She walks like a serpent on Nag's body / nervous system. In the same way, as God Vishnu/Narayana is not a serpent himself, but he shines on the serpent.

Nag gives extra strength to Kundalini

It is not that Kundalini awakening occurs only with the Nag. Premyogi vajra did not pay attention to the serpent. He once felt Kundalini rising straight up inside his body, like a helicopter rising straight up in the air. The attention to the serpent only gives her additional strength to get up. That is why the serpent is shown along with most of the big gods and goddesses.

Earth on Sheshnag's head

There is a mythological belief that the god Sheshnag / Multi-Hooded Serpent has all the earth on his head. In fact, this Sheshnag is our own aforementioned nervous system. The whole earth is the same as all the experiences in our nervous system / brain. In fact there is nothing gross and out. This last sentence is the basic mantra of spirituality.

Superimposing Kundalini over sensation

Every physical sensation goes through the nerve to the brain. When Kundalini / a special mental picture is superimposed over it, then she also reaches the brain with it. The most intense and enjoyable sensation of the body is that of the Vajra-tip. Therefore, the Kundalini charged with this sensation becomes alive in the brain. That is why it is said that Kundalini sleeps in Muladhara. In fact, only the Vajra-tip is depicted in Muladhara Chakra, both joining through an imaginary line. That is called the tail of the serpent. Kundalini sleeps there in the common man. This means that Kundalini cannot be awakened there. She has to be taken to the brain for awakening. Nag has his tail entered into his mouth. This means that kundalini starting at the Vajra, returns to the same in the form of ejaculation, and is wasted from there. The serpent's standing upright by opening its coil means that the Kundalini is moved in a straight direction from the Vajra tip to the brain via the spinal cord, not rotated in the sexual area again and again. There can be a feeling that the whole sexual area (which is of a large snake's ground pile / pitcher-like shape) is immersed with kundalini fully in all sides, kundalini thus gaining energy from it and going straight to the top. There at the top of serpent's hood/brain, the Kundalini is strengthened, and it is not taken back to the vajra in the form of ejaculation. However, the Kundalini can be moved slowly down through the front / forward chakras, making them stronger. The Sanskrit word Kundalini means a thing having Kundali / coil along with. That is, a mental figure sitting on a serpent's coil.

Kundalini for prevention of riots by development of a sense of security

Nowadays the feeling of insecurity has increased more than necessary. What people have, they do not have full enjoyment of it. The reason for this is that they worry more about the future. The feeling of insecurity in the mind of people regarding future has increased so much that they have become violent and have distorted their present. Take, for example, a bill passed by the Parliament of India. The bill is called the Citizenship Amendment Act / CAA. The bill provides for citizenship in India to the persecuted religious minorities in neighbouring countries. These neighbouring countries are the ones who were separated from India in the name of religion. Those countries became Islamic nations, but India remained a secular country (although muslim appeasing).

Muslim brothers of India are being instigated by selfish politicians and intellectuals in the name of religion to protest the above bill. They are violently protesting against it. They believe that at present this bill is fair and humanitarian. Their fear of the mind is only about apprehensions (NRC / NRC bill etc.) towards the unknown future. Such people will not escape the law.

Animals are better than humans in terms of security related to the future

I was in the evening walk with my wife during the last summer. There we sat on a bench made in a meadow. A cow was sitting there, which was ruminating very comfortably. It seemed that she had all the comforts of the world at that time. She was pleased. There was not a little worry about her immediate future on her face. It was going to be cold in a few months. She was homeless, so it was apparent that the thought of coming two months of winter nights would blow her senses. However, she was oblivious to that and was enjoying her current situation fully. Had there been any man, he would have passed the entire summer season in fear and worry about future. He would be immersed in the worry of the coming winter, and could not enjoy the pleasant summer nights. Excessively relying on your analyzing mind does the same. Advaita / non-duality and Kundalini should be resorted to avoid such false brainwaves.

How does Kundalini increase the feeling of security?

Kundalini Yoga strengthens the Kundalini in the mind. Advaita Bhava / non-dual attitude is strengthened by that. The man feels that everything is equal due to the strengthening of the advaita bhava. Due to this, there is no attachment towards anything special in his mind. He does not flinch to get something special. For this reason, he does not oppose any situation. If ever he does, he does it peacefully. Humanity, non-violence, and peace are the most important qualities within a Kundalini Yogi. **Kundalini makes human a human.**

How does Kundalini protect from problems?

Kundalini controls the man. She does not allow the man to flare up. She increases the endurance of the man. Through it, one feels peace and joy. It makes the brain work well and positively. This helps in

solving the problems. Kundalini revolves throughout the body, which keeps the whole body healthy. That makes a man's body strong and hardworking. Problems start to be solved by that too. This is the true principle that karma is definitely rewarded. A man cannot do bad things with Kundalini. He is not likely to get bad fruits from this in future. This prevents future problems.

Kundalini Yoga is a scientific and natural religion

History has shown that iniquity has not done as much harm to humanity as religion has done. First of all, the natural and humanistic religion was Kundalini Yoga. It was adopted by the organization of people belonging to a particular place and with special ideology. It became Hindu religion. Some different organizations of people living in other places formed some different religions opposing Hinduism. However, they lived with the misconception that Kundalini Yoga is the discovery of Hinduism. They are still in this confusion till date. That is why they hesitate to adopt Kundalini Yoga. However, the reality is that Kundalini Yoga is completely scientific, colourless and natural. Without Kundalini Yoga, any religion is incomplete.

Kundalini's contribution to the life of Premyogi vajra

He was an ordinary man. Ever since he got support with Kundalini, he started making progress. He got a lot of support from Kundalini. In fact, God only helps through Kundalini. With her help, he was able to study higher. With her help, he was able to serve the people with high spirit. Because of her, he was able to live a high standard of life. Because of her, he was able to avoid many kinds of problems, and could overcome many types of problems.

He once left all his possessions, including his house, and went too far from his home. This erased all his future worries. He did not feel his insecurity at that new and deserted place at all. This brought him peace and he started studying about Kundalini, and started doing Kundalini Yoga. Within a year, his Kundalini was awakened. Kundalini awakening means the attainment of all the pleasures of the world together. This makes the mind fully complete and satisfied.

It simply means that the feeling of worry and insecurity about the future is false. Nothing is gained from those, but what people have, that is also gone. Those should be avoided as much as possible.

Kundalini is the real secularism.

To understand the scientific nature of kundalini, the following book is recommended.

Kundalini science- a spiritual psychology

Kundalini for prevention of sexual violence

This tantric post is dedicated to Tantra's Adidev/first God Bhagwan Shiva and Tantra Guru Osho.

It is certified that this tantric web post has not attempted to hurt anyone's feelings. It has presented its own independent views of the tantric website in the public interest. We feel and express sympathy with rape victims.

Nowadays news of sexual violence is being heard everywhere. It is happening all over the world. No geographical area is an exception in this case. The most recent example is the 'Dr. Priyanka Reddy sexual murder incident' in Hyderabad recently. Another recent example is that of Unnao in Uttar Pradesh, where a rape victim was burnt alive. Let us consider the psychological, social and tantric aspects of these matters.

The main causes of sexual violence

The main causes of sexual violence are audiovisual materials served in public places, filled with obscenity, profanity, adultery and porn. Although, it should be kept in mind that these can benefit a sexually disciplined and tantric person physically as well as spiritually rather than harming. Therefore, type of mental attitude appears more important factor in this case.

The second main reason for sexual violence is lack of proper sex education in the society. In many places, the sex education that is given is not according to Tantra, so it is not completely effective. Real sex education is tantric sex education. Tantra is the science of sex. Nowadays, even when physical sex education is being spread everywhere, what is the reason for increasing sexual violence? The reason for this is that the spirituality of tantra is not being included in it. Physical sex education sometimes hurts rather than benefits, and deprives people of real sexual pleasure. It is Tantric sex education, which provides physical sexual pleasure, and enhances man physically, mentally, and spiritually.

The third main cause of sexual violence is the increasing mismanagement and unemployment in the society. This increases feelings of insecurity, which leads to sexual violence. The empty mind is the house of the devil. A man who does not have work and income, he thinks ludicrous.

The fourth cause of sexual violence is the lack of real spirituality. Spirituality also keeps the empty mind under control. That is why the jogi-fakir/sages never think or act wrong while sitting empty.

The fifth major reason is judicial reason. The justice system is also doing the right thing in its own way. However, it is not creating enough fear or shame in the mind of the criminal mindset. Crimes either stop with fear, or with shame. The way of causing shame in it is more humane. The harsh truth is that in most cases, criminals kill the rape victim only because of fear of punishment so that more evidence can be erased. It is also true that mostly sharp minded people become criminals. If such people continue to get proper guidance, then instead of crime, they can do many other important things in the society.

Prevention of sexual violence by adopting tantric ethos

Of course, Tantra looks like a sex-freak scripture from outside, but it is not. Tantra is the exact opposite of porn or rape. In this, the sexual partner is treated by one completely like himself own and is loved deeply. It involves mutual consent. There is a lot of attention on sexual health and sexual discipline in it. The truth is that in the face of disciplined tantra, even common and family love relations seem like rape. In Tantra, anyone's daughter or wife is not made as a sexual partner. This does not harm anyone's emotional wealth. Tantra has to maintain an intimate relationship with a sexual partner for a very long time. It cannot be changed for many years. It cannot be left in the lurch. This also prevents transient desires like rape, porn etc. In Tantra, Ekapatnivrata (keeping single wife for whole of one's life) is considered the best ethics, and the wife is considered the best Tantric companion. The pairing of Lord Shiva-Parvati is a good example of this.

Prevention of sexual violence by preventing the exit of Kundalini Shakti

As much as possible, by stopping the ejaculation by tantric method, its power should be converted into Kundalini Shakti. However, tantric sex should not be discontinued after ejaculation done during the **safe period of menstrual cycle (first 7 days and last 7 days of the cycle, although no period can be 100% safe)**, but it should continue with semen-protection. With ejaculation, shakti/power is extroverted and destroyed. This creates animosity towards the sexual partner, which can turn into sexual violence. In this way, the mouth of power (serpent) opens outwards, and remains the same for a long time. After a few days, when the mouth of the outsider **Shakti (serpent)** is closed, then the foolish man forced by habit opens it through the ejaculation again. Due to this, his Kundalini power is constantly extinguished and wasted. With this, the man is trapped badly in the fascination of the outside world, and many bad vices are born in him. That power should be ascended upwards (towards brain) as soon as possible after ejaculation. Even tantric sex done once with the preservation of semen and its upward guidance gives very beautiful results, even if sex is stopped after that for many days. With this, the negativity resulting from the outward drainage of psychic power (the serpent's face is downward) takes the form of the positivity arising with its u-turn immediately (the serpent's mouth is upward). This also increases the love towards the sexual partner, which prevents sexual violence. As and when semen increases, the level of Kundalini Shakti also increases with that in the brain. This happens because we have directed the power of semen to go to the brain through sexual yoga. With that, Kundalini develops itself towards the brain, because through sexual yoga we have superimposed the Kundalini on the semen power.

Kundalini yoga to curb sexual violence

It is psychologically and spiritually true that every creature makes sexual relations only for the development of its own Kundalini. The great Tantra guru Osho has also said that the attainment of

Samadhi through sex is the easiest and most practical. Samadhi means continuous Kundalini-Dhyan/meditation or Kundalini-Jagran/awakening here. From this perspective, if the help of Kundalini-yoga is taken for the development of Kundalini, then there is no need for sex. For this reason, sages and great yogis were able to live a fully satisfied life without a lifetime marriage.

History has shown that ever since the soft Vedic culture has been encroached by fanatic or over materialist cultures, cases of sexual violence have increased, and have become gruesome. Therefore, Kundalini Yoga should be promoted to avoid sexual violence.

The following are the books that make tantric sex education universally approved and available-

- 1) Love story of a yogi- what Patanjali says*
- 2) Kundalini demystified – what Premyogi vajra says*
- 3) Kundalini Science – A Spiritual Psychology .*

Kundalini with proper sitting posture

Friends, I got a golden opportunity to visit Mata Vaishno Devi shrine a few days ago. I will tell you important things about it later on. But one thing that I found new was about sitting in a proper way. During that journey, my Kundalini was hitting the boom.

Keeping a straight back like a pole is not called a proper method of sitting

Earlier I used to understand that the back should be straight like a pole. It is not so actually. The normal bend in the back should remain at its full depth. The proper position of the back is like a snake, as I have described in detail in previous post. In this, a pit is formed on the back at lumbar region, in the direction of the navel. Then the back goes up outwardly. Finally, there is a bending of the head towards the inside. At level of the navel, the deeper the pit will be on the back, the more straight the back will be considered. This will create a stretch / spasm on a point on the lower back (on the hip), that is the Swadhisthana Chakra in the back, where the Kundalini will shine. In fact, the Kundalini will shine well on all the chakras of such back. By meditating on the back as a snake, this stretch manifests with Kundalini on each chakra. An upward stretch is also felt.

Learn to sit properly from the car's driving seat

The driving seat (bucket seat) of most modern cars is like a tight body fit. It has to fit the body in minimum space. According to physiology, more the man keeps his back in its natural posture, the more the muscle tone (strength) of his body will increase. Together, healthy breath / abdominal breath will also improve. With this, he will be able to adjust his body, especially his longer legs, well and comfortably even in a small space.

My kundalini on driving seat

I had a medium sized car. The car was the best, but its driving seat seemed to me somewhat tight. With a natural and compensatory process / inspiration, I kept my back straight on that seat. I started placing a folded towel in the pit area of the lumbar region of my back as said above. That towel used to support that pit, and I also experienced the pleasant touch of the pit. At that pit point, my Kundalini used to shine very much, which used to run on all the chakras from Sahasrara to Muladhar often. There was a lot of bliss, peace, and the real driving was the same. I used to feel like I fit in the cockpit of a fighter plane. Initially, I thought that why I had bought an expensive car with a tight seat, but later the reality was revealed. Perhaps influenced by the same seating, I was inspired to start practicing Kundalini Yoga.

Unique Kundalini Yoga with the help of a good chair-table

An appropriately-sized chair is very beneficial, in which the entire back can remain stable throughout the depth of its natural position. Lumbar support of proper bulge should be in proper place. It should

have headrest in proper place. The headrest should be almost straight up the neck. A slight tilt can be given backwards. In fact, the back on the chair should be perfectly aligned with a snake raising its hood. Arms rest should be at the height where the elbow of the straight arm is located. They should be straight forward. The legs should climb towards the knees, so that the level of the knees is higher than the level of the hip. Many people say that it causes knee pain. To avoid this, the slopes of the legs can be reduced slightly, or the knees can be strengthened with exercises. The legs should not extend forward, as this worsens the natural shape of the back. The more the legs have shrunk towards the body, the more robust the natural back will be. **The car's thoughtfully made driving seat is similar to this. With this posture, man remains most alert and mindful. Kundalini is also strengthened by this posture. It also proves that with Kundalini, a man becomes alert, contemplative and developing.**

Now let's talk about the table. Good if there is an adjustable height table. The table should be at such a height so that the natural position of the back does not deteriorate, and there is no burden on the eyes while reading the book on it. This height is straight up to the level of the elbow. The chair is also better if it is adjustable / hydraulic.

A similar incident happened with Premyogi vajra. He made the above type of chair and table fit into a small room. It was light, inexpensive, improvised, old-fashioned and made of tin. Nevertheless, it developed a proper posture of his back. He would sit on it day and night and study continuously. From that, his study also reached to peak, and also his Kundalini.

Scientific basis for proper back seating

Possibly, sitting with a natural back makes the spine completely relaxed and efficient. All sensations travel up and down through the spine/spinal cord. Scientifically, Kundalini is the supreme sensation of the body.

Kundalini awakening- How it works

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

Kundalini awakening as to remember someone

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

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

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

Kundalini Awakening does not last long

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

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

Confusion about Kundalini Awakening

Many people consider Kundalini-Dhyan/kundalini-meditation and Pranotthan/prana-rising (kundalini rising) as Kundalini Awakening. This confusion is natural, as the entire above are the same by nature and in all these situations Kundalini's remembrance or contemplation exists. Only the level of remembrance varies. This remembrance is the lowest in ordinary Kundalini-meditation. This remembrance is more in the prana-rising. It is the highest in Kundalini-awakening. While simple Kundalini meditation and Kundalini meditation with prana-rising can be continued continuously for long time (from hours to days), Kundalini awakening experience cannot be continued for more than one minute. While simple Kundalini meditation and Kundalini meditation with prana-rising can be produced at any time by one's desire and practice, Kundalini awakening cannot be born at will. Kundalini awakening happens on its own, and without being told. This happens only when many favorable conditions are gathered. In addition, to produce it, a mental shock/ stimulant/trigger must also be present. Actually, the man cannot make any predictions about its timing. This occurs when a man has no idea about its occurrence. But at the same time it is also true that Kundalini awakening occurs only in a state of kundalini meditation and prana-rising, and it should have been continued for a varying period of time (for months to years) according to various individual and environmental factors.

Detailed information about Pranotthan/prana-rising can be read on the following post.

There is no fundamental difference between Prana rising and Kundalini awakening. Only the different level of expression is the difference between the two. That is why many over ambitious people recognize their Prana rising as Kundalini awakening. Kundalini awakening is the complete and perfect Prana rising only, nothing new.....

[Prana rising as the start of Kundalini Awakening](#)

The following webpage can be read to know the real time experience of Kundalini awakening.

My head turned heavy with great tautness and pressure. That pressure was special because that was agitating and flaring up my consciousness unlike the normal and routine pressure that depress it. That was appearing as if a consciousness-river in the form of a whirl was swirling in my mind with full speed and shaking every particle of my brain, tolerating which my brain was becoming incapable.....

[Premyogi vajra describes his kundalini awakening experience in his own words as following](#)

In the next post, we will tell what 5 things must be gathered together in the mind/brain for Kundalini Awakening.

To reach the heart of the Kundalini subject, please read the next two posts sequentially.

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

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

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

Importance of Kundalini meditation for Kundalini awakening

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

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

Importance of Prana for Kundalini awakening

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

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

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

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

Importance of the introversion of the senses for Kundalini awakening

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

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

Importance of semen power for Kundalini awakening

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

Importance of a trigger for Kundalini Awakening

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

Go to the following link to read the real-time experience of Kundalini-awakening resulting from the gathering of all the above six factors together.

[Premyogi vajra describes his kundalini awakening experience in his own words as following](#)

To become an expert on Kundalini subject, please read the previous post and the very next post.

Kundalini awakening is possible for everyone only through tantric sexual yoga assisted kundalini yoga

This tantric post is dedicated to Tantra's Adidev/first God Bhagwan Shiva and Tantra Guru Osho.

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

Friends, both previous posts including this post are the soul of Kundalini. If these three posts are read sequentially, then one can become an expert on the subject. If all these three are implemented too practically, then Kundalini awakening can also be achieved. In this post, I will try to explain what is the easiest, effective and quickly fruitful way of awakening Kundalini. Sexual yoga aided Kundalini yoga is the only method for this.

In the previous post, I explained what are those six important factors, whose gathering together leads to Kundalini awakening. In this post, I will explain how those six factors are amplified / boosted by sexual yoga aided kundalini yoga, which awaken the Kundalini very quickly and easily.

Kundalini meditation amplified with tantric sexual yoga

Vajra expansion is at its peak during the time of sexual yoga. There is a lot of blood flowing in the vajra. This makes the sensation at the vajra-tip at its peak. The vajra-tip is the muladhara chakra/base chakra on which the abode of Kundalini Shakti is described. In fact, when the vajra hangs loosely, the vajra tip is touching that point, which is said to be the place of Muladhara Chakra. The place is said to be at the center of the line connecting the base of vajra and the anus opening. Then the Kundalini-image is placed over the intense sensation of vajra tip. When the two tantric lovers are connected together in the yab-yum posture, then that vajra sensation is blocked within Lotus, causing it not to run out as ejaculation. Both meditate on each other's body by touching the front and back chakras with their hands sequentially. After that, the vajra sensation is brought to the peak during the tantric sexual play. Then it is lifted up by the yoga-bandhas/yoga-locks. With sensation, Kundalini immediately jumps to the brain, and starts flaring brightly there. Together, the vajra becomes relaxed. It also prevents ejaculation. By doing this repeatedly, the Kundalini in the brain becomes alive. It is also called Pranotthan/prana-rising/prana rise or Kundalini-Utthan/kundalini-rising/kundalini rise. In the same way, the Egyptian method of Ankling can also be used. Clitoris does the work of vajra in a woman, because that is where the greatest sexual sensation is produced. Other work is done in the same way in woman as in man. In women too, the sensation of clitoris is elevated up to the peak level. As superimposed over the sensation, the charged Kundalini also goes up. It also prevents woman sexual discharge as in man, and gives full sexual fulfillment.

Prana amplified with tantric sexual yoga

It is already proven that prana also exists with Kundalini. When the Kundalini is flared on the vajra by sexual experiment, then the life force/Prana itself becomes fierce there. When that Kundalini is carried to all the chakras, then the life/Prana itself also goes to all the chakras.

Internalization of the senses amplified with tantric sexual yoga

With the help of sexual yoga, life/Prana is communicated throughout the body. With this, both body and mind become healthy. This creates healthy thoughts, which leads to a feeling of pleasure. Due to this, a man remains satisfied with his own body and mind, and becomes detached towards the outer world. This same detachment is called introversion. He runs the worldly activities according to the need, but there is no craving in him. At the same time, his life/Prana, which is flared up by sexual yoga, also helps him to remain detached in the world.

Semen power amplified with tantric sexual yoga.

If sex is not to be done, how will semen be produced? If the semen itself is not produced, then how can its strength be obtained. This means that only sexual yoga produces semen power, and that is received by Kundalini. Semen power is wasted by normal intercourse, and not having sex does not produce semen power.

Trigger amplified with tantric sexual yoga

Sexual yoga greatly increases the sensitivity to the trigger. This happens because the Kundalini is already very strong in the brain with sexual yoga. She needs a minor trigger. Therefore, light and simple trigger also works.

Go to the following link to read the real-time experience of Kundalini-awakening resulting from the gathering of all the important six factors together assisted with the tantric sexual yoga.

[Premyogi vajra describes his kundalini awakening experience in his own words as following](#)

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

It is to certify that we don't endorse or oppose any religion. We only promote scientific and humane study of religion.

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

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

Lord Vishnu / Narayana is in the form of Kundalini

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

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

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

Kundalini produces creative thoughts and resolutions.

Ideas that appear in action are called sankalpa/resolutions. Powerful thoughts are called resolutions. A single and executive thought can become a resolution only when there is no other noise in the mind. That means when the mind is calm. Then the power of the mind is applied to that single thought, from which it becomes confirmed and becomes sankalpa, and produces creative work. Peace

of mind comes from Kundalini only. It has also been seen that Kundalini is behind the success of many people. Achieving success by taking inspiration from a guru, lover etc. means that the image of Guru etc. remained in the mind of man continuously. That permanent mental image is the Kundalini. This means that the success through inspiration also comes through Kundalini. I have experienced this myself. It has also been proven scientifically that yoga (Kundalini) enhances creativity.

Thoughts and resolutions are born in the navel of Kundalini

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



only indicative image (केवल संकेतात्मक चित्र)

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

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

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

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

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

Writers have to resort to sharp ideas to write. Those ideas are of different types. Some are new, some are old, and some are very old. The flood of those thoughts makes the writer a bit nervous, restless, tense and confused. His hunger and thirst decreases. His blood pressure rises. He remains exhausted.

He becomes a bit irritable. In that condition, Kundalini Yoga works as a lifeline for him. Kundalini refreshes him immediately, and he agrees to write a new article.

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

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

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

Kundalini curbs the spontaneity of the desires of the mind. Those desires also include an ambitious desire to gain readership. Many troubles surround the writer with such desires. Kundalini makes a man aware of advaita/non-duality and satisfies him with the life he has attained. By this, the writer also avoids the futile propagation of his writing. This allows him to focus his attention on his writing. The reader finds the type of article that he needs. All he needs is a slight hint.

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

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

CONGRATULATIONS TO ALL FRIENDS FOR SHIVARATRI FESTIVAL. This tantric post is dedicated to Tantra's Adidev/first God Bhagwan Shiva and Tantra Guru Osho.

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

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

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

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

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

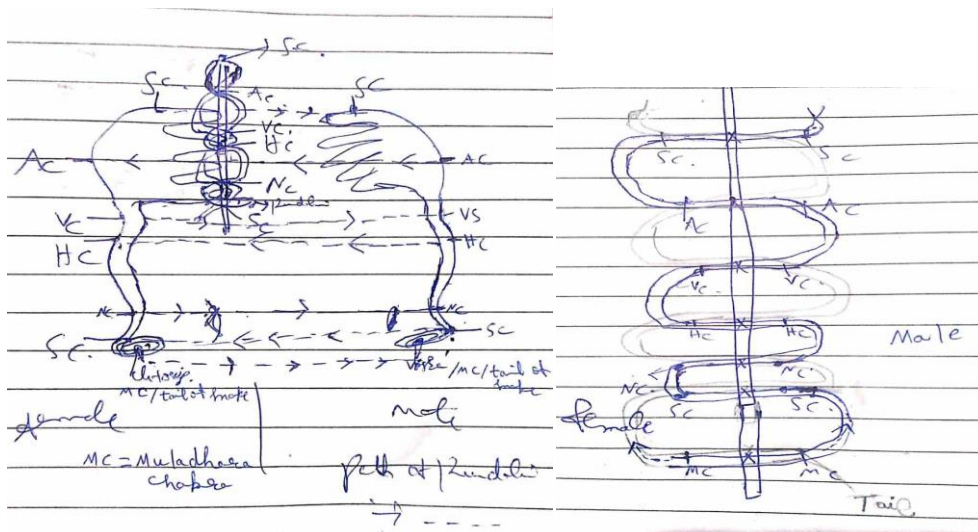
Chakra. Woman lover also runs Kundalini in this way. In this way, two snakes appear to be interlocked and moving upwards, and reach the Sahasrara through the sushumna channel.

The symbol of caduceus also refers to tantric sexual yoga

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

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

Ida can be called parasympathetic nervous system. It is lunar, calm, passive, and feminine. Pingala channel can be called sympathetic nervous system. It is solar, gaudy, active, and masculine. When the two systems are mixed in equal amounts, then there is non-duality, balance and harmony in life. In such a situation, Kundalini starts developing, because we have said earlier that Kundalini always stays with Advaita/non-duality.



(symbolic diagrams

only)

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

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

Changing weather is harmful for body and mind health

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

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

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

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

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

Kundalini is effective tool against winter depression

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

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

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

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

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

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

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

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

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

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

Kundalini is responsible for the riots, and Kundalini is also responsible for the protection from the riots; Psychological analysis of Delhi riots against NRC

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In the previous post, we read how the preparation for the Delhi riots had been going on for a long time with the utmost precision, coordination and secrecy. Such excellent work style that leads to violent campaign is visible in our own body, nowhere else. Because our entire body is propelled by Kundalini Shakti (Advaita Shakti), this proves that Kundalini Shakti was the main contributor behind the jihadi mentality incident in Delhi.

From the Kundalini itself, the entire functioning of the body (microcosm) and the universe (macrocosm) exists

In physiology philosophy, perfect equality has been proved between the subtle society of the body and the gross society of man. Whenever I used to work thinking about that philosophy, Kundalini (Advaita Shakti) used to dominate my mind. My Kundalini was also awakened momentarily by 15 years of practice of this darshan (philosophy). This proves that the body is running with the Advaita tattva or Kundalini, because where there is an advaita element, there is also a Kundalini. Because our body is an imitation of creation, so in the case of creation too, Kundalini is completely responsible.

Our own body's security system exhibits great complexity and accuracy

Our body's security system also includes micro-soldiers (white blood cells), micro-officers (hormones, etc.), micro-military vehicles (mobility from blood flow), micro-weapons (toxins, etc.), micro-intelligence (various messaging systems) and everything else. It takes place in a subtle form. Cleverly loaded micro-schemes (biochemical reactions, etc.) are formed. Several types of tactics are used to kill the micro-attackers (germs) that attack the body. If Delhi's security forces had a similar approach, the militants would not have rioted. If they too would have taken the help of Kundalini, just like the body, they would have got help.

The germs that attack the body (such as the corona virus) also destroy the body's protection system many times only with the help of Kundalini

The functioning of germs (virulents, for example the corona virus) is also very complex and clever. They try to destroy the body with complete readiness and devotion. They do so with the help of Kundalini. The only difference is that they take the help of Kundalini to carry out the inhuman work, while white blood cells (security soldiers) to save humanity.

Every time soldiers of body-society destroy the extremists who attack their society by giving them a befitting reply. In rare cases, they are overwhelmed by the extremists, due to which the body

becomes diseased. Even in such condition, the body competes with them. In such cases, even in very rare cases, micro-extremists are able to destroy the body.

But in our own macro society this is reversing. Religious extremists take the help of Kundalini in the name of religion every time and they cause great loss of life and property. In rare cases, the security forces fail their plans. This means that our security forces need to be empowered, for which Kundalini's full support should be obtained.

Countless number of wars go on running inside and outside of this body-country, every moment. Many enemies full of hatred, stay outside of the boundary walls for long, waiting for the right opportunity to invade the Body-mandala/country. When border-fencing of this living Mandala gets damaged due to any reason, then those enemies cross over the border. There they are discouraged by the first line of defense until the soldiers of the second line of defense showing great hatred and anger against those enemies arrive quickly. Great war starts. In the majority of cases.....

[Universe inside our own body](#)

This post is taken from the book "shareervigyan darshan (Physiology Philosophy)".

[The name of the English variant of this book is "Love story of a Yogi- what Patanjali says"](#)

Kundalini against Corona; Kundalini plays the most important role in life-threatening situations, be it the corona virus or any other terrible situation

Some far reached things have to be believed only, because they cannot be proved by direct science. One of these Faith run things is to get the help of Kundalini at the time of spiritual transcendence/ afterlife visit to astral realm. It has been said in all religions that one should keep meditating on Favored. The same favored facilitates travel to astral realm. If that ishta/favored is remembered at the end of life, then salvation is sure. Even if there is no salvation, it is for sure that it frees the soul from the bondage of the earth, so that the afterlife journey is smooth and quick. Means, kundalini saves from becoming earthbound souls. It is also proven by science that a spacecraft needs a great force to be released from the Earth's gravity. After that it keeps going up on his own. The same force comes from the remembrance of the beloved. The same is called Kundalini.

King Parikshit got liberation in a week with this favored- meditation

King Parikshit had come to know that he was going to die in a week. Therefore, he focused his attention on Lord Shri Krishna. This gave him freedom. Similarly, Raza Khatwang came to know that he was going to die 1 hour later. Therefore, he had focused all his attention on his favorite. This gave him freedom.

That is why my maternal grandmother used to say that nowadays it is very easy to achieve liberation. Nowadays, doctors tell in advance, when and how likely is the death of a sick person.

Kundalini meditation can help in dealing with the corona virus both physically and spiritually

The corona virus has also revealed that the life of a man is temporary. Taking education from this, people should start practicing Kundalini meditation. First, Kundalini will try her best to save the man from Corona, as it has been told in the previous one and other health related kundalini posts. If the man is still not able to survive, it will give him freedom or it will make the journey of afterlife easy.

Kundalini should be specifically focused on the palate and throat

Although Kundalini should be focused on each chakra alternately, still special attention should be paid to the palate chakra, the vishuddhi chakra and the Anahata chakra. Corona virus attacks these areas. Focusing Kundalini in these areas will increase positive blood circulation there. Being positive of blood circulation means that Kundalini will also exist along with blood circulation. That Kundalini is Advaita Shakti/non-duality power. The subtle soldiers of the body fight with germs and viruses with the help of the same non-dual power, and kill them. Blood circulation also increases with simple exercise, but it does not have that divine Kundalini power. The palate chakra lies just behind the mouth, where a finger-like structure of flesh hangs down. There is also a sore as there is a sore throat. The Vishuddhi chakra is at the very center of the neck, where there is also a thyroid gland. The Anahata Chakra lies in

the chest and in the middle of both nipples. Vishuddhi and Anahata, both have two parts one in the front and one in the back, which are connected by a straight imaginary line. With the practice of two to four days, these chakras themselves are detected. By meditating the Kundalini on these chakras one feels like a contraction on them, and a sensation like a rustle. This means that those chakras have become functional.

Kundalini can work against the corona (COVID-19) in the form of nectar (ambrosia) falling from the Sahasrar Chakra

This post is not an alternative to medical science, but its supplement. Please follow the doctor's advice to fight the corona.

The brain is the boss of our body. It keeps on spreading the message throughout the body for the smooth functioning of the whole body. Some messages are in the form of hormones, while some messages are in the form of nerve signals.

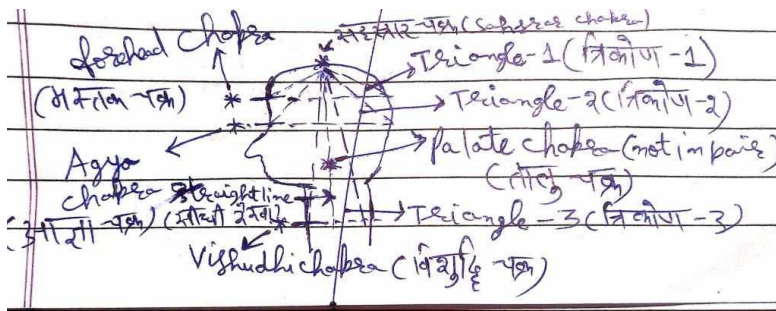
We cannot feel those messages, so we cannot force them to the entire body from there. Whatever we can feel in the brain, we can only move it towards the body. We can feel thoughts in the brain. We can take them carefully down to different cycles of the body through meditation. This also strengthens the formation of messenger chemicals in the brain, which are transmitted throughout the body. But this force is very weak, because the brightness of rising and changing thoughts is blurred. Together, a person's mind may remain paranoid or distracted by resorting to different thoughts. The solution to this problem lies in Kundalini. Kundalini is the only favored image, which is made very bright by daily practice. Her rapid glow rapidly produces chemicals in the brain. When that Kundalini is brought down to different chakras, then all those chemicals also reach there, which help the body a lot. By taking recourse to a single image the mind of the man is also not disturbed. Together, Kundalini also brings spiritual progress, which leads to liberation.

Kundalini is the nectar (ambrosia) that springs from Sahasrar

It is written in the yoga scriptures that the sun eats the nectar born from the moon. Sahasrara is the moon. It is also called Bindu. The vishuddhi chakra is the Sun. Kundalini is called nectar because it provides light, bliss and liberation. Together, Kundalini also protects us from fatal diseases such as corona, as explained further.

It is also taught in yoga practice that the Kundalini should be lifted from the muladhara (energy-producing chakra) to the sahasrara (hood of the great snake) by the way of the back (great serpent). Then it should be gently lowered through all the subsequent chakras. This also means the same.

Various sketches can be drawn to bring down Kundalini from Sahasrara



The oblique-vertical line exiting the

head-neck boundary is formed by mistake.

Kundalini is mounted on the lines of these sketches, which makes it progressively glow.

Kundalini can also be lowered through the great snake

From the Vishuddhi Chakra to the lower chakras, Kundalini can also be transported with the help of a snake. The neck remains straight till the swadhishtan cycle, but for the chakras below it, the neck is bending forward and the chin is attached to the chest. It is called Jalandhar Bandha (Chin lock). With this it can be imagined that the serpent is lowering its head and kissing the Anahata Chakra. With this, the Sahasrar and Anahata Chakras are connected with the bridge of Kundalini. Similarly, the Sahasrar and Manipur Chakras; Sahasrar and Swadhisthan Chakra; And Sahasrara and Muladhar Chakra also get interlinked. With this, all the biochemicals of the brain also reach all the chakras along with the Kundalini, which keeps both body and mind healthy.

Kundalini can help fight against Corona

In the old days, antibiotics and vaccines were not available. Still people were healthy. Kundalini was largely responsible for their good health, which was included in their daily life. Yogis were never ill.

In the olden days, most of the people used to go through respiratory diseases. The corona virus also causes breathing disease. Respiratory diseases begin with diseases of the throat. The Vishuddhi Chakra is located in the throat. The fountain of nectar is also mainly shown from Sahasrara to Vishuddhi Chakra. It is simple that throat diseases were cured with it, which saved the lives of yogis. That is why Kundalini has been called Amrita or nectar i.e. life saving.

Kundalini protects us from diseases as deities

In ancient times, there was a temple of a special deity for protection from special diseases, like Shitala mata to protect children from small pox. The temple of that Goddess Mata used to be in a cool place, near the flowing water. It means that the fever of the disease used to get cold from that cold place. Even today many such temples are there. In fact, Kundalini is strengthened by the worship of those deities, which strengthens our immune system.

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

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

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

Kundalini lies in the confluence of life and death.

In the religious scriptures, there are many stories of disasters like war, famine etc., which are related to death. Together, the same scriptures are full of life-rich stories. This leads to the confluence of life and death. The same confluence is called Advaita/non-duality. Kundalini also exists along with the

same advaita. This religiosity should be limited to stories only. When these are attempted in real life, then this is called extremism or fundamentalist religiosity.

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

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

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

Corona virus (covid-19) as the latest avtar/incarnation of Kundalini; Basic outline of possible corona-mythology/corona-purana

Friends, Corona has taught to make webposts on Android phones. This week my desktop computer also went into Lockdown. In fact, the world has a lot to learn from Corona. Corona has curbed the blind physical race of the people. It has taught people how to live life. It has given a boost to humanity. This has provided the opportunity for nature to be healthy. That is why we are considering Corona as an incarnation of God, because only the incarnation of God does such amazing things in such a short time.

Kundalini and God live together

Say Kundalini-avatar/incarnation or God-avatar. It is the same thing. Kundalini is power. God is Shiva. He is Advaita. Shiva and Shakti live always together. Advaita and Kundalini too live always together. Everyone has become nondual due to fear of Corona. They have learned to live happily feeling sameness in birth-death, fame-defame and happiness-sorrow. In this way, Kundalini is dominating everywhere. Kundalini is shining everywhere.

Kundalini can incarnate in any form

The Puranas describe various incarnations of God. God has ever attained the Matsya avatar/incarnation in fish form, sometimes the Varaha avatar/incarnation in pig form, sometimes the Kachhap avatar/incarnation in tortoise form, sometimes the haygreeva avatar/incarnation in horse form and sometimes the human incarnation. In all incarnations, he has established true humane religion by destroying unrighteousness. When God can incarnate as a fish, then why not as a virus (corona). Corona virus is also destroying iniquity.

Kundalini destroying iniquity through her corona avatar

First of all, it has put a check on the gathering of religious fundamentalists who were grossly insincere in the name of religion. This has weakened their power. Secondly, it has smashed down the ego of those developed countries who were making weapons of mass destruction in the pride of science and technology. Today their weapons are of no use to them, and even have become a problem for them. The situation is that the US, which once sold weapons to the world, is spreading its hand for a drug (hydroxy chloroquine) against corona in front of India. Third, it has served to stop the indiscriminate meat consumption by the people. Fearing Corona has led people to leave animal violence and meat eating.

Kundalini attracts the wicked and kills them like lamps do for insects

According to reliable sources, Pakistan is getting its terrorists infected with Corona and making them

infiltrate into India's borders. This will destroy the same. Even in the Mohini avatar/incarnation in maiden form of Lord Vishnu, the evil demons were attracted by the beautiful Mohini Devi and thus were destroyed by Devas.

Kundalini's hands are very long

Today's people had lost faith in the Puranas. They began to misinterpret the stories of the incarnations as written in the Puranas. They were beginning to understand what the avatar of a bow and arrow or a sword-holding god would do in today's era of missiles and nuclear bombs. They were wondering what avatars like fish or turtles would do today. Now Kundalini (God) has introduced such people to his avatar of Virus (not Vishnu, but vishanu/Virus), whose name is Corona. Today, no man's weapon is able to harm it, nor is anyone able to stop it easily. It is rightly said, "No one knows in which form Narayan/God is found" Therefore, it is right for a man today to consider the Corona virus as a Kundalini and greet him, apologize to him for his crimes, take a lesson from him for the future, and leave the wrongdoing to start on the path of righteousness. With lessons from Corona, people are now again believing in the Vedas. Hope the readers have liked this brief Corona Purana.

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Kundalini development with flute yoga; Flute as the most important instrument of the Corona period

Friends, every week the corona virus attracts attention. I feel like writing about this. Perhaps happy with this, it goes back to forgive the sins of the world. hope is life.

Importance of music in the Corona era

I felt like imprisoned in the house because of the lock-down. The songs were also heard a lot. I had seen a lot of films too. Films like Bhootiya Atma/ghostly or spirit related dominated. Nowadays these films are looking good. One day I was talking to my family about the artists who were refining their art, especially musical art, during the lock-down. Many people even started learning music by themselves. Then my attention went towards the flute kept in the store room which had been lying there for some years. What could have been a better gift than that at that time, because at that time, due to the lock down, the movement of all items other than the essentials was banned. I used to play flute occasionally from college time. It had been 20 years of befriending the flute. If an art has been used even once, it keeps growing with time, of course, then why not stop using it. That is why in olden days, exposure of all disciplines and arts was given in childhood. By playing the flute, my blurred Kundalini started to shine again.

Flute and kundalini's interrelationship; Flute yoga

Playing the flute causes pranayama or breathing exercise. While inbreathing, the Kundalini rises upward in the spinal cord, and while exhaling it descends downward through the front chakras. In this way the Kundalini starts circling the whole body. This makes all the chakras active. Deep inbreath is filled with meditation of Kundalini. Then by slowly exhaling with meditation, sweet melodies of the flute are also played, and Kundalini also descends through the front chakras. Together, the power of the flute's voice is also felt by the Kundalini. Thus Kundalini starts shining through all this. After that the man feels as if he has done Kundalini Yoga. Flute yoga is also unique Kundalini yoga. With this, both body and mind become absolutely healthy.

The flute is the best type of instrument

The flute is the cheapest and universal instrument. It can be made easily from bamboo plant anywhere and anytime. It does not require any science or technology. There is also little use of

resources in making it. Everything in it is natural, nothing is synthetic. Because of this flutes are environment friendly. Being small in size, it can be easily placed anywhere. Due to these qualities, flute is evergreen and eternal instrument. Probably that is why Lord Krishna was particularly fond of flute. Many people avoid playing the flute in the house thinking that it should be played in the open. I used to think the same, but my illusion was broken 20 years ago when I saw people living in wild countryside playing flutes inside their living rooms. No matter how big a lock down or emergency comes into force, the flute will always keep us entertained, and keep the man on the path of spirituality. Therefore every house must have at least one bamboo flute.

Kundalini with backward flow method (kundalini pump or reverse flow method of breathing) as an alternative to sexual kundalini yoga; atleast in today's Corona period air should be inhaled properly and fully, because who knows when the corona snaps one's breath?

In yoga, breathing is the most important thing. Most of the journey of yoga is done only by breathing properly. That is why it is said that by winning the breath, the mind also comes under victory. Kundalini moves by itself with proper breathing. Therefore, by revolving the breath on the chakras, the Kundalini starts revolving on its own.

Backward flow (reverse breathing) method is the main part of breathing yoga

To learn the inverse breathing method, the first is to learn to breathe through the abdomen. It is also known as diaphragmatic deep breathing. In this, the stomach swells out when air inhaled. When the breath is exhaled, the stomach shrinks inward. If this causes the stomach to move in the opposite order, then that breath is considered to be from the chest. Breath taken from the chest keeps the mind fickle, and the body does not get enough oxygen.

In inverse breathing method, the breath is not left out of the body

Physically, this thing may seem strange, because the breath will surely come out during out breathing. But it is true spiritually. The subtle meditative power of the outgoing breath is pushed down from the stomach. It produces a sensation below the navel and around the Swadhisthana Chakra. That sensation stimulates the semen-making process.

The inhaled breath actually goes up the spine

The outgoing breath creates a point of semen sensation on the Swadhisthana Chakra. That sensation ascends upwards with inbreathing through the spinal cord after first passing to the rear Swadhisthana Chakra. It goes through all the chakras to reach Sahasrara. That sensation is accompanied by the subtle power of semen and Kundalini. In this way we can see that the air going downwards inside the bswadhishtan chakra goes upwards, and the air going upwards goes downwards. That is why it is called backward flow method.

The reverse-breathing method becomes easier with the meditation of the Sheshnaga (divine serpent) extending from the Muladhara to the Sahasrar Chakra

According to my previous posts of Sheshnag, Sheshnag has placed its base coil on the muladhar and the swadhishtan chakra. He is standing up through the spine, and he has a thousand hoods in the brain. When we breathe through the stomach, he becomes straight and stiff, stretching backwards, and lifts his hood. This means that the breath in his body climbed upwards and reached his hood. With this, the power of the aforesaid sensation goes upwards. When we exhale, Sheshnaga becomes loosened, and tilts his hood down. It seems that he exhaled with hissing downward. At the same

time, the stomach also shrinks inward and presses downwards. Both of these physical effects result in sensation formed at aforementioned swadhishtan point.

Reverse breathing method is the best alternative for sexual yoga

Many people are unable to have sex due to various physical and mental reasons. This method is best for them. Renunciant Yogis also used this method. By this, the energy of semen gets transferred to the brain easily.

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

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

Dream visitations are different from ordinary dreams

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

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

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

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

The longer the souls wait for Bardo's darkness to be trimmed, the better their body gets. Many souls become very clean, so they become deities. Very few tolerant and fortunate souls who wait for their complete cleanliness, only they are freed and join God. Therefore, according to the situation and belief, this non-Hindu belief is also true that man is not reborn, and this Hindu belief is also true that man is reborn after death. However, to be free it is also necessary to have good deeds. If it were not so, then in the great divine catastrophic period (pralay kal) all souls would be freed automatically. In that period, the body is not available for millions of years. The Vedas say that even in that period, the

soul does not free itself. Secondly, it is also said in the Vedas that by remembering God at the time of death one gets liberation. But it is also true that only by performing auspicious deeds throughout life, one can remember God at the time of death. This means that auspicious actions should not be ignored at all.

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

Kundalini empowers you to handle all kinds of experiences safely; And Kundalini awakening is the greatest experience, in front of which all experiences are dwarf; Some incidents of encountering the afterlife (ghost) spirit

Friends, in the previous post I told about Dream Visitation. In this post I will tell about my experiences related to it.

Man (soul) does not die, he only changes form

Two years before today, my grandmother had died. Old age was the main cause of death, though it was also contributed by a prolonged illness. **It is also a coincidence that she had a problem with respiratory system, and Corona (covid-19) is also spreading respiratory disease.** She gave up her life amidst many physical and mental sufferings. By nature, she was gentle, emotional, happiness seeking and fearing. At times, she seemed obsessed with a sense of belonging, but she used to call it love. She was an idol of mercifulness, human nature and affectionate nature. She was hardworking and kept a good test of good and bad. She was well concerned for happiness and good of her nearby belongings. **She loved children very much. She did not allow the children to be scolded at all,** giving them a angry hand was a distant thing. She also took great care of the domesticated animals. She used to do a lot of relaxed thinking. Was very afraid of dying and the subsequent misery. About 15 days after her death, I met her in a dream. It was a strangely peaceful darkness. It was too dark to fill in a fist. But in contrast to the common darkness, it had a glow like shiny mascara. It is the natural glow of a soul submerged in attachment or ignorance. I was clearly recognizing her even as in that undifferentiated type of darkness. This means that her form was encoded in that darkness. **Meaning that the darkness of a man's soul is according to his qualities and deeds (form).** The same qualities and deeds reappear in the next life from the same darkness. This means that all darkness is not the same.

I liked that look. It was completely open and wide like the sky. I felt it like my momentary self-realization. But the light and blissful quality in it seemed like being covered by the suppression of something. Perhaps this pressure is known as ignorance, attachment, dvaita/duality, mohamaya/illusion, karma samskara/deed seeds etc. It seemed as if the sun shaped like a sky was completely covered in the eclipse period, and the light below was wanting to spread outward with pressure, giving that black sky some strange or bright mascara-like glow. This is called covering the soul with the veil of ignorance. It is also called covering of the sun as a soul by cloud of ignorance.

When I asked her about her well-being, she said that there appeared no such problem in that state. She seemed to be knowing it fulfilling or ultimate situation, but I was feeling lacking in it. Perhaps she was considering that situation as God. I had also told her near her end time by raising my

hands up towards the sky in a happy posture and looking up, that she would go to the highest sky of supreme being, which she had heard carefully and with faith. One of the reasons for her belief was that my grandfather had told her about my enlightenment (self realization) in front of her 25 years ago with joy and great self proud. My grandfather had a huge contribution in the making of my Kundalini.

Then in that dream visit, my grandmother said to me, "Many of your ill-wishers are speaking against you behind your back". So I told her, "You are very close to God, so please pray for me to normalize the situation". "Okay" she said. I was doing Kundalini yoga meditation every day at that time. This means that Kundalini (Advaita) leads to God after death.

It is a great thing to remember God by the spirits, because at that time it is completely hungry, thirsty and devoid of shelter. It may have given her momentum towards God. Surprisingly, the place where the urn (pot with bottom hole) of water was kept according to the religious custom for her spirit to drink water, I met her there. A Shivalingam was working as a telephone set there, through which she was talking. She had a very clear, expressive and lively voice. That was not the sound of the mouth. That was coming straight from her soul and touching my soul. It seemed like a switch was pressed and I entered an strangely energetic bodyless dimension. Then I wanted to make her talk with other family members. But they were considering her dead. Then I also started little realizing that she was dead. I mourned a bit and was a little scared. With that the soul disappeared and I immediately came out of the dimension of the soul.

The souls of loved ones also make forecast of impending danger

A few months later I saw her in a terrible state. It was probably the same situation she felt at the time of her death. I saw her sitting dead in the verandah of my ancestral home. It was a strange and sad experience. She may have wanted to tell me about the accident the next day, but could not speak. The next day there was a poisonous cobra snake on the window of my room, from which my staff narrowly escaped.

Once I encountered that subtle body again

She was sitting outside with everyone at a relative's place in a blissful condition everywhere. I reminded her of God when I met her. She slowly moved inside the building and disappeared as dead. Her appearance seemed a bit cleaner than before. The astral body cannot bear the glory of God for much longer.

Last time I saw that subtle body very clean

She was entering the verandah from the main gate of my ancestral house. She was wearing bright white clothes. She looked very serene, peaceful, blissful, smiling and joyful. My skin pores blossomed after meeting her. She asked me where I went. I said that I had gone to Haridwar. Haridwar is

considered to be the biggest shrine of God. It is located close to the world famous yoga capital Rishikesh. She entered inside the building smiling and asking me if I had not been to Haridwar before that. She meant to ask from me that I had gone to Haridwar earlier also.

When my uncle's subtle body came to warn me

Shortly before that, my uncle had died due to sudden cardiac arrest due to hyper thyroid disease. He was very smiling faced, sociable and social. In the Dream Visitation, I found him walking inside a quiet cave with a strange dark, accompanied by and joking with his friends and laughing. I along with my 7-8 year old daughter also climbed some steps at a strange, dark and moon mixed blissful place and followed them. At the other end of the cave was a very bright heaven-like light. Uncle asked me to walk with him smiling. I refused out of a strange fear. My daughter was very fond of that view, so she insisted on walking with them. I stopped her forcefully and we returned back out of the cave. The next day, my car was saved from leaving out the road with a narrow margin. My family sitting with me warned me in time.

The souls of the unfamiliar may also seek help in dream visitation

In the dream, a relative's son used to visualize the sage of a temple in his dreams, who was asking him to perform his last rites. Investigations revealed that the monk was murdered and his body was thrown into a drain. My relative made an effigy of the monk and got him duly cremated. After that, that monk stopped coming in dreams. At first, I hardly believed that in my mind. But after experiencing my own dreaming of the above metaphysical happenings, I started believing in supernatural events.

Kundalini switch; Comparative Study of Kundalini Yoga (Khechari Mudra) and Microcosmic Orbit

In the yoga world, it is often said that while doing yoga, the tip of the tongue should be touched with the soft palate in the back of the mouth. **This ancient technique may prove wonderful to relieve the burden of huge stress in today's Corona (covid-19) age.** Today we will consider its psychological and physiological aspects.

Touching the tongue with the palate turns the Kundalini switch on, thereby completing the Kundalini circuit

I did not feel so special before. But when I passed 2-3 years doing Kundalini Yoga, I realized its importance. When my tongue turned up and back and massaged the soft pellet, I felt as if it was sucking my mind downwards. The soft pellet felt like a slippery soft mattress, on which sliding the tongue here and there was a very pleasant feeling. Then with the juice of the brain, my Kundalini also descended through the back of the tongue down to the throat. From there, reaching the Anahata Chakra, then the Manipur Chakra, and finally the Swadhisthanachakra-Muladhar Chakra. From there, went backwards and upwards with the power of breath. It then reached the brain, penetrating all the chakras of the spine. From there, again came down through the tongue. In this way the Kundalini circuit was completed, and the Kundalini started moving round the body. This process is also contributed by the centering of the body, which we will mention in the coming posts.

Lightness in the mind is felt by turning on the Kundalini switch

As soon as my brain juice or brain burden (Kundalini) came down through the Kundalini switch, my mind became very light and calm. When Kundalini climbed from the back to reach the mind, the mind again became heavier, thus it came down again and likewise. In this way, the kundalini power began to rotate throughout the body.

Tongue is touched with palate in Khechari Mudra and Microcosmic Orbit

Many people think that the description of the Kundalini switch is there only in the microcosmic orbit, and that it completed Kundalini yoga. Before that, Kundalini used to be stuck in the mind due to Kundalini Yoga and used to cause mental troubles. In fact, there is a detailed description of the Kundalini switch in yoga's Khechri pose. In it, the tongue is cut at its joint so that the tongue is made so long that it turns back and enters the hole that is going to the nose. This causes the Kundalini switch to be permanently turned on, which causes the yogi to always rejoice in Kundalini's bliss. However, this method is not recommended without the close guidance of a super specialist, as it may pose a huge risk to health and lifestyle.

Microcosmic orbit and Kundalini yoga are for different conditions

Kundalini awakening occurs in the mind itself, not in other Chakras. Hence it is proven that Kundalini Yogi used to have quick Kundalini awakening. Ancient India used to have a very peaceful and comfortable lifestyle. The environment and climate were also the best in the world. Therefore the yogis there would bear the burden of Kundalini well in their mind. Most yogis did not need a Kundalini switch. I too did not need it for Kundalini awakening. But today I feel the need of it, because now the burden of other works has increased in my mind.

Kundalini switch provides many health benefits

Many times in the morning, when my bowel pressure does not come up, then I turn on the Kundalini switch after Kundalini Yoga. It makes the circuit of Kundalini till the navel chakra complete. Kundalini penetrates backwards from the front navel chakra and climbs upwards through the posterior navel chakra. Soon my intestines start to stir, and my stomach clears.

Physiological science hidden behind the Kundalini switch

While eating our tongue touches the palate again and again. This completes the kundalini circuit. Through it, the energy of the brain reaching the navel chakra helps in food digestion. That is why blood pressure also decreases after eating food, and the man feels lightheadedness.

The names Ambrosia, Nectar, Amrit, Elixir of God, Love Potion, CSF etc. are associated with Kundalini Switch

After some practice I tasted a sweet-salty and jelly-like juice from a soft pellet. He is born with a decrease in the burden of mind with pleasure. He is also known by the above names.

Kundalini against hypertension – a master key to prevent and relieve stress; Food yoga

There are two major channels for Kundalini flow in the body. One is in the front of the body. The second is in the back of the body. These passing in the middle of both the bodies, the body is seen divided into two equal and symmetric parts. One part is the left part (feminine or yin), and the other is the right (male or yang). This has led to the concept of God Ardhanarishwara. The left part of that Shiva God is shown as the female form and the right part is the male form. Both channels intersect all the chakras. The two are interconnected on all the chakras, forming many loops. The largest loop is formed when both channels are interconnected on the perineum and brain chakra. That loop covers all the chakras. Kundalini tours the loop. Many other channels originate from these two main channels, which are spread throughout the body. They are described in detail in Hatha Yoga and Taoism.

Front channel

Brain is producer of love and heart is amplifier of love

Love is born in the brain. It goes down to the heart while eating food. That is why it is said that eating together increases love. It is also said that the path to the brain passes through the stomach. During school days, when my friends used to show me the tiffin of my imaginary girlfriend and asked me to get ready to eat food, I used to have a very fast and joyful feeling of love. Happiness is born in the heart, the burden is felt in the mind. **Kundalini awakening and enlightenment also happens when the heart connects with the mind.** Not Kundalini awakening but madness can arise in the sole mind alone. That is why it is said to touch the tongue with the palate and bring the Kundalini from the brain to the heart. Of course it looped from the heart up to and down from the brain. With this, the heart and mind get connected. That is why people often say that, “intoxication of her beauty took over my heart”. Meaning it was a lot of enjoyment.

Kundalini descends from mouth with food

It simply means that with the thought of tiffin, my kundalini used to descend to my heart with the juice of my mouth. Those juices or food particles combine both jaws together acting like a conductor joint-grease. Through that, Kundalini used to descend to the heart and create joy and love. From there, Kundalini used to descend to the navel chakra, which after eating food gave me a feeling of strength and satisfaction. That is why it is called that there is guts in the navel. In fact, gut is second name of intestine. I feel the strongest joint between the brain and the body by filling the mouth completely with full sip of water, and that sip of water looks like nectar to me.

Willingness to have sex after having a full meal

It is often seen that after eating more food one wishes to have sex. This happens because the Kundalini descends from the navel chakra to the swadhisthana chakra through the front channel. Kundalini climbs back from there. The muladhar chakra is kept at bottom most to divide the body in the middle, so that the Kundalini channel opens in a straight line in the middle of the body. However, it also serves to bend the Kundalini upwards. This chakra is also associated with Malotsarga/defecation. That is why there is a feeling of Hajat/defecation sensation after sex and the stomach becomes clear. In fact, Kundalini comes down from the Swadhisthana Chakra and comes to the Muladhar Chakra. other way around, If the Vajra Shikha is meditated on Muladhara, which is the reality, then the attention on the two sexual chakras gets fixed together and Kundalini also turns back well. Many people also say that Kundalini descends from the ajna chakra by turning back and Sahasrara is only for centering and meditation like Muladhara. But I find it easier and more effective to take Kundalini to Sahasrara. In the same way, the centering of the body is also done with help of the nose tip, the agya chakra and the place of hair tuft on the head. **For this kundalini centering, in Hinduism, a long hair braid/tuft (shikha) is placed in the middle of both sides on the back of the head.**

Science has not been able to define the front channel properly. I think the front channel is made up of mutual sensations. This tactile sensation moves through cell to cell contact. Anyway, while swallowing the food morsel, it first creates sensation in the vishudhi chakra of the throat. Then it creates sensation in the anahata chakra of the heart and on reaching the stomach it creates sensation in the navel chakra. When the stomach hangs down due to overeating, it stimulates the genital area by pressing downwards, which makes the sexual swadhishtan chakra active.

Spinal channel

Sex is the most enjoying. The strongest sensations arise in the genitals. It is also true that bliss is born in the brain and heart simultaneously with a sharp sensation. This means that sensations from the genitals go straight to the brain and heart. First it goes straight to the brain. Then it is moved to the heart with help of tongue. **Profuse salivation plays a big role in this kundalini sensation transfer. That's why there is profuse salivation while having sex.** This also makes the brain less tired. The spine is the way to send sensations from the genitals to the brain. It is also proven by science that the spinal cord is directly connected to the genitals of the brain. According to science, each chakra is also connected to the brain through the spine.

Repeated revolution of sensation in chanel loop

Where there is already a physical chanel, the sensation moves through that. In other places, the contact sensation runs through the cell to the cell. I think the sensation of the spine also rises upward

through the touch experience initially. In this way, the Kundalini starts rotating in the Chanel loop. **This channel loop is similar in Taoism's microcosmic orbit and Kundalini yoga.**

This channel loop disappeared from the realm of experience, but can be reawakened by Kundalini practice

The man began to experience only those sensations he needed to materialize. He began to ignore other sensations of the body. This spiritual Chanel loop was also included in those subtle sensations. Hence this channel loop disappeared over time. However the good thing is that this Chanel loop can be reawakened by the practice of Kundalini yoga continuously.

On touching the pellet with the inverted tongue, the increased blood pressure with burden of work decreases immediately

I told this in previous post also. I have tried this technique many times. Now I will show the proper way for this. Make contact of the back of the tongue with the palate as flat and tight as possible. Of course do not disturb the tongue by turning back too much. A very good contact point is formed even if a slightly inverted tongue tip touches immediately behind the tooth. **This inverse touch causes the counter current system to start and the Kundalini descends.** This counter current system is similar to that like rotating a glass of hot milk in cold water plate and rotating the cold water in the plate in opposite direction. With this, the milk cools down immediately. The heat of milk gets transferred immediately to the water. Through this tongue contact, it seems that the brain has spread throughout the body. Once I was getting angry. At the same time, I applied my tongue to the palate. My brain became calm immediately and its energy descended to the heart chakra and spread to both arms. My arms were ready for battle in defensive mode, because my mind was calm and did not want to start fighting. **That is why true yogis and kunfu/kung foo scholars are defensive, not offensive. Such a branching Chanel system like the above arm branching emerges from the front channel and extends throughout the body.** Imagine that the brain is connected to the throat through the tongue. With this, a stiffness in throat will arise. By receiving the burden of the brain, that stiffness will increase more on the vishudhi chakra, centre of throat. After a while, that burden will reach the heart chakra. After a while, it reaches the navel chakra. It seems clear that some kind of wave went down from the brain and merged in the navel. With that, the mind becomes completely empty and light. **Disorders of the mind, such as anger, also become calm, because they are born from the burden of the mind.** Blood pressure also feels drastically reduced. Kundalini also starts glowing on the navel chakra with bliss. **That is why the navel is also called sink or sea, because it absorbs all the burden of man.**

There is a thin vein-like feeling starting from the tip on the back of the tongue and landing in the middle of the throat and covering all the front chakras. Kundalini moves over that. That vein, when touched by the soft palate, brings down the Kundalini or other sensations or burden from the mind. In

the microcosmic orbit, not the Kundalini but directly the energy or sensation or burden is channeled into the channels.

People are fleeing for Kundalini in violation of Corona lockdown

Without food, a man can live for several days. Anyway, if a lot of food is eaten at one go, then there is no need to eat again for two days. I had a well-known person who often used to eat the food of 5 men in one go especially in marriages etc. where delicious and well fried food is prepared. ceremonies. Then he used to sleep in the room for 5 days without eating anything, and he used to drink a lot of water only. He used to laugh a lot and used to laugh outright. Together he used to be completely cool. This helped him to digest food. Similarly, if one does not work due to Lockdown, he can go with a heavy meal for three days. But **food not only provides nutritious elements for the body, but also reduces the burden of the mind and provides pleasure of Kundalini.** For this Kundalini benefit, the people, especially the workers, are running away for their home, in violation of **novel corona (covid-19) virus lockdown**, not from hunger. Anyway, in most cases, free food is being available in the camps. If the food was needed only to make the body, then the fat man would not have eaten for several days.

Kundalini can flow in both directions

At the time of learning, the Kundalini is driven upward in the front channel in Taoism. I also once felt kundalini moving up through the front channel during the tantric process. It was uplifted elegantly and clearly like a helicopter. It took about 5–10 seconds to reach the brain from sexual chakras. The Kundalini sensation rose up like a wave. The area it went through, it made that area happy. The lower area kept shrinking. Meaning that as soon as it rose above the genitals, those shrank instantly. At first they were fully aired.

Although the most beautiful feeling occurs when the Kundalini descends through the front channel and turns back at the muladhar and climbs up through the back channel. When the energy reaches the brain, the facial skin with is stretched upwards and the eyes are constricted to closure. There is a sensation like a rustling or gushing flow penetrating the brain up from nearby the ears. It may be that blood flows gushingly under the pressure of the stretch. Then that gushing-filled pressure is carried down through the bridge of tongue. Coming down, that gushing again turns into kundalini. It then turns up from the base chakra. **That Kundalini sensation reaches the brain due to imagining spine as Sheshnag with raised hood spreading. The snake and the tongue have deep interrelations anyway.** Then the same momentarily gushing in brain and then the same process continues again and again.

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

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

Children are naturally the greatest yogi

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

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

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

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

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

How can one swallow anger

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

from the fight. By doing this, both the surfaces of the mouth are tied together through the tongue and are joined together.

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

The principle of Kundalini switch also works behind silent religion. Teeth are firmly locked together while remaining silent, and there is no gap inside the mouth. By speaking, that gap increases, and the burden of the mind does not come down and can harm the brain. I myself used to remember my self – realization/enlightenment and Kundalini awakening again by remaining silent. I used to forget them by speaking without awareness. The tongue itself makes a nice connection by touches the palate behind the teeth.

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

Kundalini surge with biking (riding bike / bicycle) Yoga

Bhishm and Hridayesh

People think that daily busy lifestyle hinders Kundalini practice. However, this does not happen. Kundalini rises very fast due to busy work. Yoga also gives the power to do daily work. Both of work and yoga are complementary and supportive of each other. After 3 days of cycling, my Kundalini reached the brain from the muladhara. In the midst of heavy heat, I was able to run so much with bicycle, because my mind and body were fit with daily Kundalini yoga exercises.

My Bicycling Yoga Experience

This week, due to partial corona lockdown, I started visiting my office on cycle. One day used to travel for a total of 20 kilometers. On the first day, I noticed that my basement/muladhar was very strong and full of pressure. That sensation was the same as one feels with semen retention. It was as if someone on my muladhara chakra had kicked deep with a pointed leather shoe from the front, and then I was getting sweet and deep pain. That made me a little restless during the day. That sensation again increased while doing yoga. I used to try to push that sensation repeatedly through back. By contemplating the Sheshnag of the back with Pranayama, that sensation seemed to go up. I have described this pranayama in an old post with “backward flow” and “Sheshnag” category. When that pain-like sensation used to go up, then there was a sweet pain like spasm in the back. At the same time, the Kundalini picture also used to appear there. This went on for two days. On the third day, that sensation hit my rear Anahata Chakra. It seemed as if someone had hit my back Anahata Chakra with a pointed leather shoe, after which sweet and deep pain was being caused on it. From it, the pressure and the sensation at muladhara disappeared. Sensation bypassed the Manipur Chakra. This meant that the Manipur Chakra was not blocked. The chakra that is blocked, there the sweet pain is felt. After a day, that sensation started climbing up through the neck. Then I started feeling the sweet pain and stiffness in the center of the neck (Vishuddhi Chakra). On the same day, my Muladhara got more sensation from outside means. That sensation went up easily, as the base chakra was already unblocked by the previous flow. It met the neck sensation and made it stronger. The sensation of Anahata Chakra disappeared. The next day, that sensation from the neck started reaching the brain, causing the head to feel lighter but heavier during energy surges. I was sitting in a chair during the day, and I got a 4-5 minute nap. When I got up, the energy surge was sweeping the entire brain. The mind was heavy and pressurized. It seemed that bunches of bees were flying in it. Although bliss was also coming. To prevent that feeling from interfering with the work, I touched the opposite face of tongue with the palate. From that, immediately the surge of sensation came down through the front channel and came to my front anahata chakra. That made my mind completely calm, as if nothing had happened. Kundalini appeared strongly in the heart, and that was elated with joy. There was lonely

energy in the brain; Kundalini appeared only in the heart. This proved that love resides in the heart. It is not a surprising miracle, but a phenomenon related to the normal physiology of the body. This type of Kundalini flow continues throughout the life of a yogi. Kundalini awakening happens only when there are many favorable conditions for it, and the chakras are not blocked. At the time when the energy surge was enveloping my mind, if I had a deep memory of Kundalini for any reason, then it would have been a favorable situation for Kundalini awakening. In fact, it was a surge of Prana in the brain, because it did not have a Kundalini. Conversely, Kundalini can also create a surge of Prana. This means, deep remembrance of Kundalini itself creates a surge of Prana in the mind. Kundalini is associated with this surge itself, because it is Kundalini that has created the surge (great wave) of Prana. In that case, Kundalini awakening often occurs. The same Kundalini awakening happened to me about 3 years ago, which I have described on the homepage of this website.

Biking or cycling yoga stimulates diaphragmatic breath

I think my Muladhara Chakra was greatly agitated by taking deep breaths with my belly while riding a bicycle. In sports bikes, the posture of the back is in its natural state, and Muladhara Chakra is also stimulated by the pressure of its thin seat. Together, the meditation of Sheshnag breathing in and out in the form of my back gave my Muladhara more energy. With that, semen power started accumulating in the base chakra. It also triggered backward flow, which caused the accumulated energy in the base chakra to climb up through back channel. Muladhara's sensation was the same as that produced by conserving sexual energy. Together, it was also motivating for sexual intercourse. Perhaps this is the reason why people active in work are also sexually active. I used to keep the mouth and tongue closed tightly, and most of the surface of the tongue was tightly affixed to the palate. I used to think of it like a slab of the top of a pillar, which connected the brain to the front pillar or energy channel. With this, at the time of cycling, the useless thoughts of the mind used to flow down, and give energy to the body. It also kept my mind calm, and there was no tiredness either.

The next day my Kundalini energy returned to the Manipur Chakra

The next day my deep and sweet pain came on the rear Manipur Chakra. Possibly, it descended from the front Anahata Chakra to the front Manipur Chakra. From the front, it had come to the rear Manipur Chakra in the back. In fact, this sweet pain is called energy. This energy rotates in the channel loop. When the strongest and favorite mental picture is mixed with this pain, then this energy is called Kundalini. I also felt that empty energy is more effective on the back chakras, while Kundalini is more effective on the front chakras. The twists or bands that form in the back at various places form the energy with which the Kundalini picture is mixed.

Kundalini awakening is not necessary for spiritual progress

The contribution of Kundalini awakening is that it instills unwavering faith in the mind of the seeker towards Kundalini Yoga meditation. From that, the seeker keeps doing Kundalini Yogasadhana every day. In this way, if a person always performs Kundalini Yogasadha in the right way, then in a way his Kundalini will be considered awakened. However, to learn Kundalini Yogasadhana properly, he will need a qualified teacher. In a way, this website is also working as a guru (e-guru).

Kundalini can also lead to suicide?

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

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

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

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

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

By the way, pure Kundalini related to ancestors and family people or elders is always calm and full of welfare. But many times, with the support of the same Kundalini, the romantic love type Kundalini

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

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

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

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

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

Kundalini can make a man carefree

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

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

External support is required to handle the Kundalini

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

Best support for Kundalini is a Guru

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

Kundalini depression is the poison emanating from the spiritual ocean

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

My own experience related to Kundalini Yoga

What I wrote in this post is my own experience of kundalini related depression, and getting out of it. Luckily, I had the support of a neighbor, to whose house I could move freely without asking, and with whom I could spend as much time as I wanted. Most other people treated me like a creature from Mars. Good joke done.

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

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

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

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

A book that helped me get out of Kundalini depression completely

The book is “Physiology Philosophy” or “shareervigyan darshan”. Full details are available at the following link.

<https://demystifyingkundalini.com/shop/>

Kundalini promotion

Friends, this week I was busy editing and updating previous post. The subject of the previous post was important. A lot of misunderstandings were brewing from that. If those were removed already then the post would have been very long. So there had to be a balance between the length of the post and the extension of its subject. A friend of mine drew attention to those shortcomings, so I named him as co-editor. It is the responsibility of the writer that no misunderstanding arise from the subject written by him.

Today's post is promotional as well. Nowadays the most important, basic and ambitious book of this website is going on with a huge discount offer, which expires on June 29. Click the following promo image for detailed information.

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Kundalini awakening with emotional shock

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

Meet on WhatsApp after 27 years

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

External symptoms of trauma

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

that were coming on meeting friends after a long time. My whole body and mind got tired. My digestive system went awry.

Kundalini Surge During Emotional Shock

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

The description about Kundalini will be found only in this website

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

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

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

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

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

Kundalini enhances the power or energy generated by yoga meditation

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

My own experience of uplifting sensation energy

I told in a previous post how my emotional energy was constantly flowing from Muladhara to Sahasrara due to emotional shock. That luminous energy looked like a bridge, connecting these two chakras. This means that my sushumna channel in spinal cord was opened. In fact, this energy was just like an ordinary sensation of skin scratching, but very condensate. I used to believe less on such energy channels earlier, but this experience confirmed my faith. This energy flow lasted for about 10 seconds, during which I experienced a very bright temple. As if I joined the temple and got united with it. Then my Kundalini came into my field of experience, and I became one with it. Although it was not a complete one. That is, it was a fragmented or meager Kundalini awakening, not complete. Probably this happened because my spinal cord was not fully opened, and it did not remain open for long.

Additional benefits of being united with Kundalini

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

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

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

Many years after that, I started doing Kundalini cultivation. I made the same old spiritual man my Kundalini. During that time, when my spinal cord opened and energy flowed in it (though I did not feel that flow, because all my chakras were unblocked, that's why that was full awakening although I dropped it down out of fear), then the Kundalini picture appeared in my mind and I became completely united with it. Although I was also united with other background scenes, but the main one was Kundalini. In the same way, at time of enlightenment, I didn't experience energy flow in back that's why that was appearing as full awakening.

Sushumna channel opens up only when there is special breathing

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

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

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

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

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

Anything can be made Kundalini

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

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

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

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

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

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

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

Kundalini being the male form gets a lot of strength from the sexual attraction of the female Kundalini

Friends, in the field of Kundalini, there is no greater science than Tantra at this time. Tantra with me was proven to be natural and practical. Although I knew nothing about Tantra. Maybe it is the effect of my past life. Today, in this short post, I will throw light on the importance of sexual yoga for quick awakening of Kundalini.

Sexual stimulation increases the clarity of the Kundalini, and it becomes vibrant

The lone Kundalini made of guru's form can also be grown through yoga-meditation. Although this method is slow, but it is safe. There is more peace and sattvikta or purity in it. In the second way, Kundalini of consort form is also meditated along with Kundalini of Guru form. The main Kundalini is in the form of Guru. Kundalini made of consort offers Guru-kundalini sexual attraction. Just as the physical bodies of man and woman continue to energize each other with the power of sex, in the same way, the subtle pictures or the kundalinis of man and woman made in the mind of the yogi. Although this method is more powerful and intensely fruitful, but it is unsafe. This method can cause disturbance, restlessness and weakness. To avoid this, one may have to use Panchamakaras or 5 Ms. These 5 Ms are as a form of sin for the common man. Therefore, these also bring bad fruit in result. That's why this method is called the all or none method. This either fulfils man's all accomplishments, or he may have to suffer in the hell.

Sexuality is used in the leftist tantra of Buddhists

The Buddhist tantra consists of obscure statues or idols of two figures. One of them is the male idol, and the other idol is feminine. In the male idol, the Guru or the deity is meditated upon. Similarly, in the female idol, the consort or goddess is meditated.

Kundalini is the best protection against unsuccessful love affair

Friends, nowadays cases of unsuccessful love are increasing. The main reason for this are evils of human nature, such as mistrust, disrespect of feelings, misunderstandings in relationships, selfishness and deception. The shock of unsuccessful love is shaking the whole body and mind of man. Kundalini yoga is the best means to avoid this. That is why everyone should do Kundalini Yoga nowadays, because in some form or the other all people are persecuted by love.

Lover's body settles in man's chakras

The man has a very close association with his lover. He has constant memory of his lover in his mind. While eating, the lover's image with remembrance settles on the palate chakra, front anahat and front Manipur Chakras of the man. It becomes stronger on the Anahata Chakra when he is emotional. On getting sexual stimulation, it comes down from the mind and settles on the swadhishtan and mooladhara chakras. From there, it rises upward through the spinal cord and reaches the Sahasrara Chakra of the brain again. This also establishes that picture or image on the back chakras of the man. While thinking deeply, the picture of the lover reaches in the agya chakra. In a way, the picture of a lover becomes Kundalini, and Kundalini Yoga continues inadvertently. This process is very slow and natural, so there is no sense of it and the picture of lover is also very firmly fixed on all the chakras of the body.

Artificial Kundalini of yoga replaces the natural Kundalini made of lover's image

Artificial Kundalini of Guru or Dev/god form is fixed on the chakras by daily Kundalini yoga practice. This causes the natural Kundalini as a lover's image to move away from the chakras. This relieves the man from the shock of unsuccessful love. Together, the Kundalini Yogi is also protected from the shock of unsuccessful love for the future. This is because the artificial Kundalini is already camping on its chakras. Due to this, the natural Kundalini of love cannot settle there.

It should be kept in mind that image of lover can also be made as kundalini while doing artificial kundalini yoga. However, proper physical restraint is to be maintained with respect to lover to avoid weakening of kundalini and many social problems. When full exposure of lover's image is experienced then the lust or craving for lover subsides itself. Thereafter, Kundalini also weakens. This process lays pavement to awakening of that kundalini or quick development and awakening of another kundalini mainly that of Guru or god.

The book "Physiology Philosophy – A Modern Kundalini Tantra (A Yogi's Love Story)" or "Shareervigyan darshan- ek adhunik kundalini tantra (ek yogi ki premkatha)", written in Hindi for treating and preventing shock resulting from unsuccessful love, seems to be the best.

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

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

Panchamakaras give the opportunity to develop the advaita bhava

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

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

Worship of Panchmakaras

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

Panchamakaras can be used for maximum Kundalini benefits with minimum quantity

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

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

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

Kundalini motivated Tantric Bhairav Nath to insult Mata Vaishno Devi

Friends, there is a legend at the origin of Vaishno Devi, the holy pilgrimage center for Hindus, that Tantric Bhairav Nath had run after the girl Vaishno. He wanted to achieve his liberation through her (most probably through tantric sexual yoga). He wanted to do this by awakening his Kundalini. Kanya (Maiden) Vaishno could not understand his good intentions and became Kali (black mother) in anger and started killing her. Then Bhairava came to know of her divinity and he apologized to her. Vaishno also came to know about his good intentions. She probably regrets that she inadvertently attempted to kill a supernatural tantric. That is why she gave him the boon of liberation and also said that without the visit to temple of Bhairav, there will be no fruit of visit to my temple. This theme also appears to be symbolic or metaphoric. Mata Vaishno did not actually kill Bhairava. To truly attain salvation one has to become void. You have to lose everything. Bhairav also had to become a zero for liberation. This zero is also called asamprajnata samadhi, which leads to enlightenment. This is said to be the death of Bhairava. Due to Bhairava's attachment to the beautiful form of Vaishno mata in his mind, he developed spiritually and reached the highest level of his liberation, surpassing the level of asamprajnata samadhi and enlightenment. therefore it is said in the story that Vaishno beheaded Bhairava.

In other way, it may be that he had received tantric inspiration from the short company of the goddess mother. With that he got the Kundalini awakening with the help of his real tantric consort (tantric girlfriend), which led to his radical transformation. This is said to be he killed by goddess mother.

Thirdly, the killing of Bhairav Baba by Goddess Mother can also be a metaphor of this theory that using sexual tantra for material prosperity gives material progress but does not give liberation, that one has to die.

Nevertheless, despite good intentions, Baba Bhairav had acted against the rules of Tantra. Tantra never allows an attacking attitude. One has to behave like a decent and detached monk or a naive child. Voluntarily made tantric companions have to be revered, and even worshiped, like a deity. Both have to treat each other as equals. Tantric guru's mediation is also necessary.

The premarital affair appears to be a distorted form of the above story of Vaishno-Bhairava

We said distorted form because in most of the cases, the love affair between the boy and the girl is not for Kundalini awakening. That is, that love affair is not of a tantric type. In tantra, it is forbidden to have physical relations with one's daughter or wife. Therefore, in order to maintain a premarital or extramarital affair, it is necessary to avoid physical relations. It also benefits a man by promoting deep tantric practice by him with his real tantric lover or spouse as he being fully satisfied with them.

By the way, the main function of Tantric love is to create physical attraction, so that the immovable picture of the lover can remain as Kundalini in one's mind continuously. This attraction can also arise from simply seeing each other joyfully, speech, working or behaving together in life, gestures, laughter, jokes and outings etc. In fact, physical attraction arising from this go together is stronger and more durable than physical attraction arising out of direct physical relationship. Also, keeping physical relationship with more than one partner isn't good for community health and community relationships. So as far as possible, it should be restricted to single partner only.

Vaishno Kanya was doing penance for her husband Parmeshwar (pati parmashwar) or God

The combination of power of three goddesses viz. Saraswati, Lakshmi and Parvati resulted in the birth of Vaishno. She wanted to have God as her husband. In fact, all humans have come from God, and want to have the same. Its metaphoric meaning is that a woman with a tantra is looking for a perfect husband (God-like). If she cannot find such a husband, then she also makes her ordinary husband a god.

Premarital affair can also be life-threatening, while soulmate is the safest

This is probably what happened to famous Bollywood film actor Sushant Singh Rajput recently. Probably, he had become very attached and passionate about his love affair. In such a situation, if the girlfriend does not give the right guidance, then it can prove fatal for the lover. Soulmates (super fast friends) save from this situation. Soulmate is a lover's girlfriend or vice versa who has a lot of attraction towards him, though he never gets to meet her. That means there is no attachment to that attraction. A person sees his form or his reflection in his soulmate. Soulmates take each other towards the Enlightenment.

Other books written by Premayogi Vajra and Dr. Lekhram Shastri

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