



KUNDALINI SCIENCE A SPIRITUAL PSYCHOLOGY **Book~3**

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

PREMYOGI VAJRA

Kundalini science- A spiritual psychology

Book-3

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Book introduction

This book is third part (book-3) of the Kundalini science series. Its first part and second part (book-2) are also available. It 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 4 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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Kundalini-Shiva marriage is the origin of ordinary worldly marriage

Friends, Happy Chhath festival to all of you. I was mentioning in a recent blog article that the spiritual culture of Hindu festivals is the worship of nature, and is against environmental pollution. According to sources, just 2-3 days ago when some women stood in the middle of the waters of Yamuna river in Delhi to offer arghya or holy water to the sun god to worship the sixth goddess or goddess chhathi, the world came to know about the real pollution of Yamuna. The waters of the Yamuna were black, and there was so much white foam floating on it that they looked like mountains of ice floating in the middle of the polar sea. Needless to say that now the efforts to clean Yamuna have started in full swing. But in order to get this done, the work of whistleblower was unknowingly done by those Hindu traditionalist women who risked their lives to enter the poisonous river to honor and worship nature. Some so-called modern people may call them orthodox and superstitious, but they have done what the great modernists and rationalists seldom dare. This is a small example. There seems to be inferior look towards nature loving Hinduism, that is why nature seems to be going towards destruction. I am not taking the side of any particular religion here, nor I'm opposing any tradition, but I am describing and analyzing the true incident which has happened.

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

It is told in the Shiv Purana that King Himachal invited all his relative-mountains and rivers for the marriage festival of Shiva-parvati. He stored different types of food. There was decoration all around. He distributed many amenities to all the people of his state. The people of his entire kingdom were pleased with him. The chief sages were sent to Kailash to meet Shiva with an invitation for marriage. Actually, King Himachal and his palace are the brain. Kailash is the Sahasrara Chakra. The land or earth itself is the kingdom of King Himachal. It is the whole body. Anyway, the mountain is called Bhuhrit. It means the one who maintains or supports or nourishes the earth. The mind or brain sustains the body. King Himachal calls all the rivers his palace, meaning the brain attracts the energy of all the nadis or channels of the body towards itself. He also invites all the mountains, that is, the main center of the brain expresses the supreme sensation of Kundalini awakening by gathering sensation-force from all other smaller centres of the brain. This is the marriage of Shiva, and this is what is said to be the joining of various mountains in the marriage of Shiva. Parvatraj Himachal stores various food grains, meaning the brain draws all the energy of the body towards itself. Food is energy, energy is food. Food is eaten only to get life energy. That's why it is said that food is life or prana. The people of the entire state of Himachal are filled with joy and happiness, which means that when the brain is full of energy, then such chemicals are released from it, which benefit the whole body. Such equivalence between the body and the universe is best depicted in the book Physiology Philosophy or Sharirvigyan darshan. On the day of Shiva marriage, all the people of the state join the abode of various pleasures, and enjoy various luxuries to the fullest. This means that the blood circulation throughout the body increases on the day of Kundalini awakening. What was the need of the sages to write in such detail a simple marriage like a common man, because they themselves were celibate or unmarried and many used to do penance in the forests while staying away from the household. Kundalini has parents, but Shiva doesn't have. Shiva is self born, that's why called as

Shambhu. It is evident from this that it's not an ordinary worldly marriage. Kundalini awakening has been described as Shiva marriage, so that even the common people bound in the household can understand it and get its benefit easily.

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

As above, the Saptarishis or seven great sages were sent to Kailash along with marriage invitation letter to Shiva. Kailash is the Sahasrara Chakra. There is the abode of Shiva in the form of non-dualism. In fact, after the prana rising, the energy-river of the body flows only towards Sahasrar. It is natural that with the power of that energy, beautiful pictures keep up appearing in the Sahasrar region with non-duality and joy. It is also natural that most of those pictures are also made of those people or things with which Advaita Bhava or spiritual spirit is associated. This is because a person wants to go to the same area which is favorable to him or is similar to him. Who can be more non-dual or spiritual than the seven great sages. That is why those spiritual objects or persons are shown as Saptarishis. Well it can be any spiritual object like Guru, temple priest, temple, cow, Ganga etc. These things go close to Shiva, and also inspire him to become one with Kundalini, but these are not able to become one with Shiva themselves. This is shown by Shiva purana as an invitation to Shiva for his marriage. Whom to marry, Kundalini. Due to not being able to unite with Shiva, these are shown coming back after giving invitation. No one can stay for long in Sahasrara without complete Union with Shiva. Spiritual images visiting for few moments in Sahasrara have to come back to general lower areas of brain. Kundalini is able to remain continuously with Shiva in Kailash as a result of being one with Shiva or being awakened. Meaning that after Kundalini awakening, the experience of Kundalini connected with one's soul continues throughout his life in the Sahasrara Chakra. This is the main quality of Kundalini awakening that leads a man to salvation.

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

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

costly buildings, where there is a lot of fighting and quarrels, is not liked, and there is a suffocation. On the contrary, a hut of grass that is covered with cow dung and occupied by a spiritual sage also looks very attractive and blissful.

Kundalini is enhanced with Brahmamuhurta resulting in destruction of ghosts

Happy Guru Nanak Day birthday to all my friends

Moon of Kalratri (dark night) Guru Nanak Dev

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

analysis and writing, the truth becomes more clear. Some bigotry is there in all religions. Some positive fanaticism is also necessary for religion, but it is much better if it remains within the realm of humanity and socialism, for which Sikhism is often known and accepted. In the Middle Ages, when the Indian subcontinent was in darkness due to jihadi invaders, Guru Nanak Dev emerged like a full moon by the inspiration of God, which transformed the dreadful darkness into pleasant moonlight.

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

In a religious ceremony, along with the luminous God, his shadow may also appear dark. Because light and darkness coexist. Darkness should be respected as the ghost of Shiva, because it came with Shiva. There is night with the moon. Don't be afraid of him. This creates a powerful Advaita, which helps in awakening the Kundalini. Actually these ghosts are responsible for religious animosity, not Shiva. You must have also seen or heard that after becoming very religious, a person became strange. Sometimes a man does wrong things too. I have a relative. He used to have frequent religious discussions with a friend from his village. Seeing them both gathered, the women of the village started talking to each other while making fun of them saying "look, friends, now the discourse of Shrimad Bhagwat Purana is about to begin". After some time that friend of my relative suddenly committed suicide, which surprised everyone, as he did not show any signs of depression. Too much is forbidden everywhere. Maybe superficial religiosity acted as a veil, covering up his depression. That imperfect righteousness caused a fake smile on his face. Maybe if he didn't wear the cloak of unfulfilled spirituality, people would have known the problem responsible for his inner depression, and would have made him aware of it and suggested a solution. Therefore, he would not have taken a fatal step. That's why it has been said that little knowledge is a dangerous thing. On the contrary, if he had embraced spirituality to the fullest, his depression would have vanished, along with he would have attained Kundalini awakening. The zenith and perfection of righteousness or spirituality lies in Tantric Kundalini Yoga only. Tantric Kundalini Yoga is just a name or symbol or method of a psychological fact. There may be other names, symbols or methods to bring this spiritual and psychological principle to the ground. Why only Hindu, there can be other religions also. It is so, but we do not understand it, do not recognize it. When all religions and life practices would be studied seriously and scientifically, then only the complete picture will be known. Therefore, till the time it is not known, Kundalini Yoga of Hinduism should work. We need pure water to drink, wherever it comes from, or whatever its name is. Tantra had found some solution for this lack of spirituality. It accepted Bhuta Bali as a part of Panchamakara. It is to be noted that there are Panchakakara in Sikhism. These are the five things whose names begin with the letter K, and which a Sikh must carry with him at all times. These are the five things Kesh or hair, kada or wrist ring, kangha or comb, kachchha or briefs and kataar or dagger. From this it seems that the leftist system was dominated at that time, due to which Panchakakaras came in existence as partial copy of tantric Panchamakaras. Bhutbali, means sacrifice for the ghost. By this the ghosts are satisfied and calm down. Once I got a chance to live in the high Himalayan regions for some time. There, when the deity is called from house to house, animal sacrifices are also offered to him. When asked, the local people told that the sacrifice is not for the deity, but for the attendants of the deity like ministerial staff etc. who came with him. The diet of the deity is sattvik. So those attendants were in a way only Shivaganas or ghosts, and the deities became Shiva. Even today, on the same lines, many smart people get a lot of work done by pleasing the clerical staff of the office, the officers just keep looking. In fact, sacrifices are a

storehouse of energy. It also has tamoguna or darkness in it. Due to the entry of energy and tamoguna into the body, the excess satoguna becomes balanced, and a non-duality prevails in the mind. Balance is essential. Although this balancing work gets spoiled due to excessive energy and tamoguna. The body also needs a lot of energy to hold the Advaita spirit. Due to the creation of non-dual spirit, satoguna starts increasing again. To create Satoguna with the help of Tamoguna, this is probably the only divine formula of leftist Shaivas and Tantriks. The Muladhara chakra symbolizes the Tama guna, and the Sahasrara chakra symbolizes the Satoguna. First, the Kundalini is allowed to come to the base through the Tama guna. Then it is raised directly to Sahasrara by Tantric Kundalini Yoga. From that, satoguna increases immediately, though with balance or non-duality. One of the countless benefits of keeping Kundalini in mind with Kundalini Yoga is the benefit of balance of gunas or qualities. Because Kundalini keeps the balance of all the three gunas by moving like a bead of a rosary throughout the body. The whole game is about energy or power. That's why it is said that Shiva is attained only through Shakti. By the way, there are many other sattvik methods of achieving energy and quality-balance or non-duality, which are described in the countless scriptures. One such modern book is "Sharir Vigyan Darshan~A Modern Kundalini Tantra". Ghosts become strong and trouble when Shiva is not meditated or worshiped properly. When Advaita Bhava is attached to it, then they calm down and disappear. In fact, they do not disappear but get absorbed in the luminous Shiva. They are false like a shadow. They don't have real existence. They are illusionary. This means that ghosts teach non-dualism. That's why they are followers of Shiva, because they want to make everyone non-dual like their lord Shiva. They do not like anything except their lord Shiva. In Shiv Purana, this metaphor has been presented with great amusement through stories. These ghosts are called Wrathful deity in Buddhism, who disturb the seeker during the course of meditation. They are depicted as scary figures.

Kundalini is also a ghost~ a holy ghost

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

Some fanaticism is also necessary for religion

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

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

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

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

Although everything except God is a ghost, but in public practice only the bodyless soul is considered to be a ghost. The state of depression is also similar to the state of bodylessness or death. In this, the experience of various pleasures of the body decreases. Probably this is the main reason why depressed person has more tendency to commit suicide. Kundalini yoga can play the role of a lifesaver in depression. Actually antidepressants also appear curing depression through kundalini principle. It should be scientifically researched to convince the world. I think these can be used for a short time under the supervision of a specialist doctor for preliminary exploration of Kundalini. I also feel that cannabis also does the same thing, that is why Yogi sages used to consume them properly in a controlled way. Kundalini is the source or basis of all the pleasures of the body. This leads to the formation of chemicals in the brain that are formed while experiencing material pleasures. We can experience material pleasures only in the form of the mind, not directly. Kundalini is a cultured and refined mind of a higher order. With this, even without material things, there is happiness like material happiness. Simply means that Kundalini is the unique way to bypass material facilities for material pleasures. I have received this Kundalini benefit not once but many times. Everyone gets it, but they don't go deep into it. India was once a country dominated by Kundalini Yoga, only that's why it was then most developed without materialism.

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

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

Kundalini is also a ghost, the holy ghost

When mind is a ghost, then Kundalini also proved to be a ghost, because Kundalini is also a higher level of mind. The common ghost also does not have a physical existence, and the Kundalini also doesn't have a physical existence. Common ghosts are the pure products of the mind, and Kundalini is also the same. But kundalini is different from the common ghost only in single aspect. Where ordinary ghosts take one away from the Supreme Soul, the

Kundalini-ghost leads to the divine. Does the Holy Ghost described in Christianity mean Kundalini? I leave that decision up to you.

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

Heartfelt tributes to the brave Indian army chief Bipin Rawat, who took the most stern stand against global terrorism and expansionism, his wife and some other senior army officers after their untimely martyrdom in a tragic helicopter crash and heartfelt wishes for their soul to rest in peace

Friends, I could not write any Kundalini article last week. The reason was hectic lifestyle. Hundreds of kilometers of bike riding had to be done on the highways due to some important work. Although the bike was latest, comfortable and sports type, yet environmental friendly. Got a good experience. Got to learn a lot new. Enjoyed the journey a lot, and learned the importance of a permanent home. As long as there is no compulsion to do any work on a man, he keeps abstaining from doing difficult work. When the situation of 'do or die' comes, then he does it and learns too. This week I will discuss the connection between Kundalini Yoga and the Ramayana.

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

Lord Rama is the symbol of the soul here. There is essentially no difference between the Supreme Soul and the soul. He practices Shakti sadhana during the nine days of Navratri. From this his Kundalini reaches Sahasrar. It makes him pure every day. On the tenth day, he destroys the egoistic self that's Ravana by burning it with his yoga fire. His Kundalini gets awakened on the day of Diwali. It is shown the return of Rama to his home in Ayodhya. Ayodhya is that supreme abode of the soul, which no one can conquer, that is, over which there is no one. This is also the literal meaning of Ayodhya. Rama is the son of Dasharatha. Dasharatha means the chariot drawn by ten horses. The senses are called horses in the scriptures. Five work organs and five sense organs, a total of ten sense organs operate this body. That is why the body is called Dasharatha. Due to this the supreme soul becomes like a conditioned soul or Ram. Although Ram is God, but from him, it is this Dasaratha or body that produces the conditioned soul or ordinary Rama, that is why it is called the father of the soul, Rama. The story that he stays in exile for 12 years, that is Kundalini Yoga Sadhana. Through Kundalini yoga practice, a person remains the farthest and the most isolated, even while living in the midst of everyone. This is what is called exile. The wife of Dasharatha, who is Kekayi, is the supreme intelligence born in the body. She looks foolish and wicked from the outside, but in reality she is the one who is of supreme benefit. She seems like a kak or a crow to say harsh words like kanya-kanya, that's why her name is Kekayi. She had once saved the body or Dasharatha in a battle with the demons, that is, by strictness and love, she saved Dasharatha from being corrupted by the evil habits of demons. That is why Dasharatha had deep faith in her. To maintain the intellect of Paramarth or supreme purpose, one has to walk on the path of Paramarth. The meaning of Kekayi's threat of suicide by going to Korbhavan or angry-house means that if at least three of her most spiritual words or demands are not fulfilled, then the body will indulge in luxuries and will do evil deeds, due to which it will be destroyed. Saraswati resides in the speech of those who walk on the right path. Their

words are not false. It has been said that the Raghukul (the family tree of Rama) bound rituals never had lies, even they die but their words or promises never die. Kekayi's demanded first boon is not to give the kingdom to Rama. It means to keep Rama away from indulgences and unnecessary responsibilities. The second boon is to give 12 years of exile to Rama. Exile is synonymous with Kundalini Yoga Sadhana. It has been written in various kundalini yoga sects that it takes around 12 years to perfect the kundalini yoga. The third boon is to make his son Bharata the king of Ayodhya. Bharata literally means 'devoted to brotherhood', engrossed in the devotion of brother Rama. Bharata is the detached mind of the body. He rules, but with an extinguished mind. He is not attached to the pleasures. He keeps Rama's shoes on his throne, never sits on it himself. This is the great Karmayoga of King Rama. He does nothing in spite of doing everything and remains engrossed in Kundalini Yoga Sadhana. Rama's wife Sita i.e. Rama's Shakti resides with yogi Rama and not with King Rama. This is Sita's going to the forest with Rama. likewise, Hanuman and Lakshmana also live with Yogi Rama under his guidance, not with King Rama or Bharata. Hanuman here symbolizes the wild or blind force, which through various yogic actions helps in Kundalini yoga. Lakshmana is the symbol of millions of thoughts of the mind. Lakshmana (laksha means millions, man means thought or mind) means millions of thoughts literally. They also give their sensory energy to Kundalini. In fact, the art of depicting different parts of the mind as different persons is of great importance in allegorical narratives. Anyway, the whole world resides in the mind itself. If someone asks what Kundalini Yogi Rama used to meditate while practising Kundalini Yoga, the answer is clear that Rama used to meditate on Lord Shiva. The proof of this is the Rameshwaram shrine, where Rama himself has established the Shivling. This very famous pilgrimage comes under the Chardham Yatra of India.

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

Kundalini is associated with permanent home

We can also call Dasharatha or body as the king of his permanent home. This is Dasharatha, the king of Ayodhya. We can also call the man's own permanent home the city of Ayodhya, because we cannot fight it. We can't harm it. No creature can fight with its permanent home. That is why its name is Ayodhya. It also means that no one can fight a man in his permanent home. That's why it is said that even a dog is a lion in his own house. No matter how much fighter a man may be, he always wants peace in his permanent home. This is a psychological fact. No creature wants to be haunted by guilt all the time, because its permanent home is always attached to its mind. Because man's mind is always connected with his permanent home, so Kundalini is also associated with permanent house, because Kundalini itself is part of the mind, or say it is the top representative of mind. That is why every man always wants to maintain his honor in his permanent home. In times of trouble, only a permanent home is remembered. You must have seen how people used to run to their permanent homes breaking the corona lockdown. Dharma (religion), Artha (money), Kama (luxuries) and Moksha (spiritual liberation) are the four Purusharthas or the goals to be achieved by a man. Their basis is this body and that body's base is its permanent home. It has also been said that

shariramadyam khalu dharmasadhanam in Sanskrit (body is the basis of every achievement). Therefore, of course, Jivatma Rama may ignore it a little bit for his Kundalini awakening, but after Kundalini awakening he has to enter this body and through it into materiality. Of course he may leave his home and go to the forest for Kundalini awakening, but eventually he has to come back home. You must have also seen that a man can go out of the house wherever he wants, but he can make real and permanent development only in his permanent home. It takes many generations of a man to make a new place a home. That's why a famous short poem has been made, "Four children of a bird, spread their wings out of the house; From east to west they roamed, from north to south they roamed the world, saw the whole world, at last knew that home is the most beloved. The glory of the home too is unparalleled, and that of the city of Ayodhya too. That's why the home and the groom have a lot of importance in relationships. Everyone knows that the real home is God, but the way to get there is through one's permanent residential home, it seems. That's why a man is taken posthumously to his permanent home. It is only to enrich his permanent home Ghazni that the jihadi invader Mahmud Ghaznavi had looted India wildly. Whatever development man does outside, it is only for his permanent home. So he does. Ghaznavi knew the importance of a permanent house, otherwise have he would not made a permanent house for himself in India? Most of the westerns also did not make permanent house for themselves in different colonized countries including India during the colonial period. The homeland or permanent home appears to be the sole root cause of most of the world's movements, conflicts and wars. This means that a man keeps on fighting for the Kundalini only because a permanent home is dear to him because of the Kundalini present in it. A man can get enough food anywhere. But home is home. Belongingness is belongingness. It is from Kundalini that there is belongingness. This means that wherever a person may be while doing Kundalini Sadhana, he gets the same happiness as his permanent home, even more than that, if Kundalini Yoga Sadhana is done with sincerity and hard work. This also means that Kundalini Yoga can put an end to most of the world's conflicts and wars by eliminating home sickness, and creating an atmosphere of real and lasting peace in the world, which is desperately needed today. Working hard in his permanent home after Kundalini awakening by a common man is depicted as handling the administration of Ayodhya city by the King Rama in the best way. It is a different matter that after Kundalini awakening, the materiality brought in practice is used with enlightenment, therefore it's not too harmful. It is from this worldliness that awakened Kundalini leads to liberating self-realization, while achieving stability and eternity. I think nothing happens with a mere glimpse of Kundalini awakening, especially if it is not carried forward in the right direction. I want to make it clear that I am not saying that incidents described in Ramayana never happened, or that Ramayana is fictional. Ramayana can be real, can also be metaphorical, and can be in both the forms simultaneously. It depends on faith and belief. Ramayana teaches us in every way. It's as if accept, the whole world is imaginary, if not, then nothing is imaginary, there is no discrimination against anyone or anything.

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

Friends, in a previous blog article I was talking about how Ramayana seems like a metaphorical description of Kundalini Yoga. We will look at it in broader perspective in this article.

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

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

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

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

All Puranas give mythological and metaphorical description to Kundalini Yoga

In the olden times illiteracy and backwardness prevailed. Kundalini yoga was a subject associated with subtle spiritual science. At that time even the gross science was beyond the understanding of common people, how could they understand the subtle and transcendental science like Kundalini Yoga. That is why the knowledge of Kundalini Yoga was available only to a few people of the affluent class. They wanted that the common people would also get it, because every human has the right to spiritual liberation. But they did not succeed in explaining Kundalini Yoga to them directly. That's why they molded Kundalini yoga into metaphorical and mythological stories, so that people would read them with interest, and gradually their inclination towards Kundalini yoga would develop. The collections of those stories became Puranas. By reading those Puranas, unknowingly, Kundalini started developing inside people. This made them happy, due to which they got addicted to the Puranas. The attraction of people towards such ancient texts from then till today's modern era seems to be due to this Kundalini-Anand. Among the people who read or listen the Puranas, whose mind was sharp, they could catch Kundalini Yoga immediately and awaken their Kundalini. In this way, the Puranas have been serving humanity since ancient times.

Importance of metaphor in spirituality

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

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

Kundalini is Goddess Sita and soul is Lord Rama

Sita is the Kundalini who enters from outside world in the form of a picture of the object through the light entering the eyes. In fact, the Kundalini energy of the body has gone out of the eye. It is also said in the scriptures that the whole personality of a man resides in his mind, which keeps wandering in the outside world by going out through the external senses. Everywhere outside is the kingdom of material defects or Doshas i.e. Ravana, a ten-headed demon. That kundalini power comes in his possession, and cannot escape from his clutches. The living soul i.e. Rama, who resides in the brain, looks helplessly at Sita Shakti wandering in that external world. This is what Jatayu's brother Sampati i.e. a big vulture has to see across the ocean with his sharp eyes and tell her well being to Rama. Then Rama engages in yoga, and associates a lot with the idol of the deity made in a temple, etc. or the guru living there, and pleases him with body, mind and wealth. By this, gradually the impression of the picture of his master deepens in his mind, and there comes a time when that mental picture becomes permanent. This is the start of samadhi or kundalini awakening. This is said as rescuing Sita from Ravana, the king of Lanka, and bring her to city of Ayodhya by crossing the bridge over the sea. The ray of light is that bridge, because through it the physical picture from outside entered the mind. The mind is Ayodhya, in which the soul of Rama resides. No one can fight with the mind, because it is beyond materialism. Very little is known about the mind of others. Everyone can fight with someone's body, but not with the mind. Its second meaning is also that the mind should be put on the right path only after persuasion and not by coercion or scolding. Even through telepathy etc., it is just a guess. One can never know completely about another's mind. First of all, the soul of Rama, wandering in the outside world that's in Ravana's Lanka, kept seeing his half part that's Sita Mata from afar. Meaning he didn't pay much attention to her. Even if he went out, he indulged himself half-heartedly. That is, he did not make enough efforts to bring back the kundalini power. Then, when Rama became very upset by her separation, then he jumped energetically out of his mind in to the outside world. This is what is depicted in the form of his battle with the demons. In fact, the real and lively life is like a war-level struggle and outward facing or extrovert life. It's Karmyoga, the root and beginning of every meditation. Meaning that he came out of Ayodhya and entered Lanka through the bridge of eyesight. He started working hard in the world with his full heart and with full attention. Meaning that he started looking for Sita in Lanka. Then due to some satsang or good company, divine qualities started increasing in him. Meaning that the practice of Yama-Niyamas of Ashtanga Yoga of Patanjali started by him by itself. This satsang is in the form of friendship between Rama and the demon saint Vibhishana. Due to this, the soul Rama liked something very much, and he was constantly in contact with that one thing. Meaning that Rama's eyes fell on his dearest Sita, and he began to be engrossed in her love. Meaning that in this metaphorical story, this principle of tantra has also been propounded that a woman that's wife is the most helpful in yoga. The main purpose of the Puranas is spiritual and transcendental. The temporal purpose is secondary or inferior. But most people get the opposite. For example, they draw from this spiritual myth the same cosmic ethic that one should not cast an evil eye on a foreign woman like Ravana. Although this teaching is also correct, but they either do not understand or ignore the main and basic

purpose of Kundalini Yoga hidden in it. Then the position or posture of the body of the soul Rama and the process of breathing itself began to adjust in such a way that maximum attention could be kept on the object of his favorite. Due to this, the development of Yogi Ram reached the asana and pranayama part of Ashtanga yoga. This means that Rama would sometimes stand for a long time to see Sita from afar and secretly, sometimes he would sit this or that way for a long time, sometimes he had to hold his breath for a long time, sometimes he had to breathe very slowly. This was so that the people entangled in the world, the demons of Lanka, would not come to know about this act of meditation or dhyana, so that they would not disturb his attention or meditation. What is actually a material object or a woman, that or she does not even know that someone is meditating on that or her. This is done very cleverly. If she finds out, she will shy away and will not be able to display her varied looks and emotions. Due to this meditation wouldn't mature, Also, due to the creation of ego due to this, there will be further impairment in meditation. The same happens in the case of Guru as well. Similarly, what does a stone idol standing in the temple know that someone is meditating on it? Because Sita's picture had occupied most of the space in Rama's mind, so it had no desire to store unnecessary ambitions and unnecessary things. Due to this the fifth limb of Ashtanga Yoga, Aparigraha itself became manifest. Aparigraha means neither accumulation of unnecessary things nor wanting them. Then in this way, by prolonged practice of these initial five limbs of yoga, the image of that object or woman becomes fixed in the mind of the soul Rama. These are the dharana and dhyana or meditation, advanced limbs of ashtang yoga. You can call it as start of Samadhi or kundalini awakening. It means that Rama rescued Sita from Ravana of Lanka, and carried her through the same ray of light as bridge built on the ocean of atmosphere to the beach of eyes and then to Ayodhya in the form of mind or through **Pushpak vimana that's an classical aeroplane named Pushpak as written in Ramayana**. Due to this the ten defects of his senses were destroyed. It is celebrated on the day of Dussehra festival as burning of effigy of Dashanan or ten-headed Ravana. The soul or Rama then practiced tantric yoga for twenty days to provide the final and emancipatory leap or escape velocity to kundalini for its awakening. During that time, he kept on taking picturesque and scenic journeys to reach home. Anyway, meditation along with remembrance of one's permanent home gives more strength to Kundalini, because Kundalini is also associated with permanent house, as I mentioned in a previous article. Kundalini gets additional strength even from picturesque journeys, that's why pilgrimage trips have been made. With that all-out effort, his Kundalini was awakened within a short span of twenty days. This is Ram's reaching Ayodhya that's the original place of Kundalini. This is the Kundalini awakening. The light of sattvikta that engulfs the mind after Kundalini awakening is depicted as the festival of lights, Deepawali. Because the effect of Kundalini awakening spreads the light of joy by spreading all around in the society, especially in the home, so this is the joint celebration of Happy Diwali festival by the people of Ayodhya.

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

ॐ कर्पूरगौरं करुणावतारं संसारसारं भुजगिन्द्रहारम् सदावसंतं हृदयारविन्दे भवंभवानीसहितं नमामि

A famous Shiva Stuti Sanskrit Mantra

Friends, according to Shiv Purana, Goddess Parvati got married with Lord Shiva. Then Shiva kept on roaming while romancing with Parvati. Hundreds of years passed while enjoying by him, but he did not get above it. Due to this, all the gods went to Brahma in despair. Brahma took them all along and went to Lord Narayan. Narayan explained to them that no pair of man and woman should be stopped from enjoying each other. If one does this, he has to bear the pain of separation from his wife and children. He gave examples of many such people who had done so and for which they were also punished. Then he said that Lord Shiva would have intercourse with Parvati for a thousand years. After that they will rise above it. So till then the gods were advised not to meet them. But even after a thousand years, Shiva and Parvati did not come out of the cave. The earth began to tremble due to the play of both of them, and due to the exhaustion of the Kachchap or great tortoise and the Sheshnag or great serpent on which the earth rests, the air of the atmosphere also became fixed column-like. Then all the gods were distraught. They reached near the entrance of that cave. At that time Shiva and Parvati were playing in sexual intercourse. The deities cried out in sorrowful voices praising Shiva, and made him aware of the atrocities inflicted on them by the demon Tarakasur. Hearing their cry, Lord Shiva left Parvati and out of compassion came to the door to meet them. Shiva explained to them that no one can avert the being or destiny, not even he himself. Then he said that whatever had to happen, it has happened, now let us correct the situation ahead. Shiva said that only one who can receive his semen can protect all of you from the demon Tarakasura. All the gods put forward the fire god for this. Then Shiva reassuredly dropped his semen on the earth. The fire god drank that semen with his beak becoming as a pigeon. Then Parvati came out furious from inside and became angry with the gods, accusing them of making her childless by creating disturbance in her enjoyment of intercourse. Saying this she cursed them that they too would be childless like her. Then rebuking the god of fire, she said that he has done a low act like drinking semen, so he will not get peace anywhere, and will continue to burn with fire. Disturbed by the unbearable effulgence of the semen, he went to the shelter of Mahadev Shiva, and narrated his tale to him. Mahadev Shiva told a remedy to reduce his irritation. He said that if seven women who take bath early in the morning in the month of Magha or January take this semen in their vagina, then he will get rid of the burning sensation of that semen. Then Goddess Parvati took Lord Shiva inside the cave again, and having sex with him produced a son named Ganesha. Then eight sage wives arrived before the deities located at the cave entrance. They were getting cold by bathing in the cold water of Magha month, so seven of them started going near that fire. Another sage wife Arundhati knew everything, so she even stopped them, but they did not stop. As soon as they approached fire, the semen entered inside them through the

subtle sparks of the fire, and they became pregnant. When their husbands, Rishis came to know about this, they abandoned them, calling them adulteress. Now they all started wandering here and there in the world, regretting their act. The burning produced by the semen inside them was not doing their well. So they went to the Himalaya Mountain and by giving that semen to Himalaya became free from the weight of irritation and pressure. When the Himalaya could not bear the radiance of semen, it gave it to the Ganges river. Ganga too was troubled by the effulgence of that semen, and she poured it into the reeds growing on its bank. There a child was born from it on top of a reed. There was happiness all around as soon as he was born. Unknowingly, Shiva and Parvati began to feel the ultimate happiness, freshness and the end of any great burden. Due to excessive love, milk started coming out of Parvati's breasts on her own. There was a festive atmosphere all around their residence. The gods began to rejoice, and the end of demons like Tarakasura seemed to be near. He became famous as the boy Kartikeya, who grew up and killed Tarakasur.

Psychological and Kundalini Yoga oriented analysis of the above metaphor

Shiva is the soul of a living being. There is essentially no difference between the soul and the Supreme Soul. Parvati is his wife. The living entity has full cohabitation with his wife in every human birth, but does not take any means of liberation from life and death. The gods have created the world and the body of the living entity so that the soul living in it can be liberated. The deities also benefit from it, because they then renounce the bondage of the limited body of the soul and start living in their unlimited cosmic body as before. For a few births, they allow him to remain immersed in sexual pleasure with the permission of the Lokpalak God Vishnu. But when his tens of births pass like this, then Vishnu along with the deities also goes to urge him. In relation to spiritual liberation, nature has given free will to man, so he cannot be coerced. This means that the gods have to pray and praise him with love. The gods tell him that the demon Tarakasura is troubling them, and only his son can kill him. Tarakasura is a symbol of ignorance, as he blinds man. Kundalini is said to be the son of Jiva or living being. Actually the soul or jiva is in the form of the linga, and his wife is in the form of the love tunnel, which is the cave itself. Through various spiritual practices Kundalini develops in his mind, like by god worship and satsang or good company. The power of sex also gets mixed with this spirituality. Due to the influence of the fierce Kundalini developing through this mixture, vibrations start to arise in his body, and breathing also starts to crumble. This is actually self occurring pranayama and yogasana to counteract body stress naturally. This is depicted in the metaphorical story as the vibration of the earth and the static pillar of the wind. The Jiva's central nervous system extends into the spinal cord and brain, shaped like a hooded serpent. The Kundalini picture grows in the same central nervous system. It is natural that it will get tired of the tremendous Kundalini's pressure. The same central nervous system controls the speed of breathing and the vibrations of the body. Due to its exhaustion, the breathing becomes irregular, long or distorted. That's why, in this metaphor it has been told that due to the fatigue of Sheshnag, the air of the atmosphere started columning. He feels the same Kundalini around the Swadhisthana chakra and Mooladhara chakra during sexual intercourse. This is depicted as the gathering of all the deities at the cave. This is concentration of blood there. Blood is the representative of whole body. Actually every god is present there inside the body. Then Shiva in the form of Shivlingam comes out of the cave. The soul becomes aware by the inspiration of the Supreme Soul that when the Kundalini picture becomes so much condensed with the element of semen in the genital area, then by offering it to the brain, samadhi or Kundalini awakening can definitely be achieved.

Therefore he tells the deities of his own body gathered there that whoever can hold on to the effulgence of his semen will be helpful in killing Tarakasura that's spiritual ignorance. Then the living entity pulls the semen upwards by strongly contracting the muscles of his pelvis, stomach and ureter upwards. Due to this powerful action, heat is produced in the body. This is what is called semen drinking by the god of fire. The sucking of semen begins with the genitals, which have the shape of a beaked bird. This is said as fire god becoming a pigeon and drinking semen with help of its beak. Many tantric hatha yogis master this process so much that even after pouring out the semen on ground, they suck it back up. This technique is called Vajroli Kriya in Tantra. Because of this, because semen does not fall in the vagina, it is natural that pregnancy will not be formed. This is the curse of Parvati to the gods. Actually, gods are helping to do everything inside the body. Since the body is made up of the deities, it is natural that the deities will also become childless i.e. sterile due to the soul becoming childless. Holding semen causes a pressure or burning sensation in the genital area. This is the curse given by Parvati to Agnidev. By the order of the Guru or the Supreme Soul, the soul transfers the effulgence of the semen of his genital organs to the seven chakras of its body. Since the eighth chakra is outside the body and slightly above the brain, it cannot give it semen tej that's effulgence. While taking a bath, there is a blissful sensation and contraction on the chakras. The colder the water, the greater the experience. That is why in the scriptures it has been instructed for everyone, especially yogis, to wake up early in the morning and take a bath with cold water throughout the year. With the power of their contraction, the chakras pull that semen from the genitals towards themselves. This is the sages' wives going near the fire due to cold, and through the subtle sparks of fire, the radiance of semen enters in them. Since the month of Magh that's January is the coldest, it is natural that this process takes place the most in this month. This is shown in the metaphor in the form of eight women, seven women and their bathing in cold water in the month of Magha. Because Kundalini-based hatha yoga has the same effect as cold water on the chakras, this metaphorical part also symbolizes hatha yoga part (especially Asanas) of kundalini yoga. The mind is shown as a sage and different groups of brain thoughts as different sages. Different thoughts of the mind are buried in different chakras. That is why the chakras are called sages' wives. The chakra is shaped like the central hole of a ring, so it is depicted in the form of a yoni or vagina. The thought of the mind hidden in the chakra is feminine. The effulgence of semen established in it is masculine. The union of the two creates a pregnancy. This is said to be pregnant sage wives. The effulgence of semen on the chakra is also not as strong, and the Kundalini thought there is also not as strong as the Kundalini thought in the brain. That's why the pregnancy could not be successful. The chakras began to feel burning due to the heat of the womb and semen. Due to this pregnancy on chakra, the noise of stray and extravagant thoughts on the chakra stopped, and was replaced by a single Kundalini thought as a baby fetus. Meaning the mind has left the chakra, because the mind is the cluster of thoughts. This is what sages leave their wives on the charge of adultery. The most burning and pressure is felt in the Swadhisthana chakra. The chakras gave that effulgent semen along with the kundalini foetus in their wombs to the spinal cord. Meaning that the soul noticed and sensed its spinal cord along with the burning of the Swadhisthana chakra with meditation helped by asanas. The spinal cord runs from the Muladhara Chakra to the brain. But its feeling is more from the rear Swadhisthana Chakra to the rear Agya Chakra. This is what is giving the semen and womb by the sage's wives to the Himalaya. The lower, caudal region is the lower base of the mountain, and the brain is the upper base or summit of that mountain, while the spinal cord is a thin, long and high hill connecting those two fundamental bases. Bone does not have the capacity to make the semen inside it flow because it is solid and hard. Due to this, the irritating radiance of semen started putting pressure on its various and special points constantly at same place. All these points are in the spinal cord just behind the chakras of the

front channel. There are two main points of these, the rear Swadhishtana chakra and the rear Agya chakra. In case of excess of semen tej, it is also formed in the area of Anahata Chakra. And If it is still excessive, it is also formed in the region of the navel chakra, in this way. When the intensity of semen increases very much by regular, and continuous yoga practice, full of tantric support, then it goes from the spinal cord to the Sushumna nadi. It has been written in such a way that when the semen became unbearable for the Himalaya, it poured it into the river Ganges. The river Ganges is called Sushumna Nadi here. The luminous effulgence, passing through Sushumna, enters the Sahasrara in the form of an electric line. There the Kundalini gets awakened by the power of that radiance. It has been written as a metaphor that the semen flowing with the Ganges became unbearable for the Ganges. That's why Ganga poured it into the grass of the reed growing on the shore. There a child was born from it on top of a reed. The grassy shore of the Ganges is here said to be the brain. On the scalp covering the brain, there are sharp and stinging hairs like reeds. Animals do not eat both. There are also some such branches coming out of the root in the reed grass, on which flowers grow. These are woody and knotty like bamboo. Small wooden and decorative furniture is also made from these. These are covered with a dense bark of leaves, which is removed and crushed to make a fiber. Moonj rope is made from it. That is why Moonj is also a symbol of spirituality and sattvikta. Actually Sarkanda that's reed is a multipurpose plant, which grows on the banks of river or pond. In that panicle branch of the reed, there are knots in it's whole length at intervals in the same way as the chakras in the spinal cord. Perhaps that is why the birth of the child has been told on it. The awakening of the Kundalini picture is the birth of a child. But it is not a physical child, but a mental child. Even if there is no awakening, the persistence of the Kundalini picture in the form of a firm samadhi in the mind as a permanent and clear one will also be called the birth of a Kundalini-child. Semen does not produce it by coming out, but by going inside or in the opposite direction. Brahma is also a mental image, that is why he is called Ayonij. Means one who is not born from the vagina. One may doubt how Kundalini awakening or firm samadhi can be attained by just one time attempt of sexual yoga. But it can happen. The famous and great Tantra philosopher Osho used to say that even once one experiences samadhi properly with sexual intercourse, spiritual success is attained. It is a different matter that he took such tantric secrets openly through direct verbal speeches to the general public, due to which many became his enemies and critics due to misunderstandings. It is also feared that some conspiracy might be behind his death. That's why tantra is called secret art or guhya vidya. Although it is not preferred to hide it in today's open world, yet some secrecy is still needed and it should not be divulged out to ineligible, non desirous, unbelievable, unbelieving and non dedicated person directly or indirectly. Displaying it in online blogs for everyone without showing author's direct personal identity and without fixing any potential target, and in an unbiased and unselfish way can't be called as a breach in secrecy in today's open world. Perhaps to maintain this secrecy, the author of the Puranas never made his name and address public. Everywhere the word 'Vyasa' is used to denote the author, which is a common generic term given to all spiritual narrators. With the awakening of Kundalini, half the left part of the body and half the right part of the body, both became strong and happy in equal measure. The Kundalini picture here symbolizes the happiness of the left part or woman or Parvati, and the peace of the wandering soul here symbolizes the happiness of the right part or man or Shiva. Meaning that both separated from each other, Shiva and Parvati became one in the form of their son. Jiva was once complete and one. But due to the power of Maya, it became incomplete by splitting into two pieces. Since then the two pieces have been striving to be one. The development of the living entity and the world takes place only through the hustle and bustle of the soul to become complete again. Both the male and female parts or both partners of the tantric couple also became happy after being freed from the burden, pressure, and burning of

the semen tej. There was joy and happiness in whole mind. The hair of the body blossomed. This is depicted in the story in such a way that on the birth of that child, both Shiva and Parvati, and all the gods were very pleased, and there was joy all around. After Kundalini awakening, the Kundalini picture became more and more clear and permanent in the mind. Then it continued to remain in the mind in the form of a permanent samadhi. From that permanent samadhi the attachment to the world diminished, and the nondual feeling continued to grow. Then the soul realized its liberation-in-life. This was the end of its ignorance. This is shown in the mythological story in such a way that the child grew up to be known as Kartikeya or Skanda, who killed the demon Tarakasur. Along with this, it has also been written about this story that whoever reads or listens to this story with devotion, he will attain spiritual liberation while attaining all the pleasures of the world. This means that this mythical and allegorical story is describing Tantric Kundalini Yoga only. If it were a story of simple cohabitation, birth of a son or a demon-killer, then there would be doubt in the attainment of simple worldly pleasures, leave alone spiritual liberation.

Kundalini literature as Sanskrit literature is a spiritual, psychological, ultra modern and evergreen literature

Sanskrit literature is an unique literature because of being Kundalini based literature

Friends, I am born fond of Sanskrit literature. Sanskrit literature is very captivating, alive, enthusiastic and full of consciousness. Many years ago a Sanskrit scholar gentleman wrote a beautiful, concise and knowledge-rich book named ‘Sanskrit Sahitya Parichayika’ that means ‘a mini introducer to Sanskrit literature’. At that time the era of online books had not arrived. Due to this it remained in oblivion till date. I wanted to put it online. There was a problem with typing on the computer, as most of the words were from Sanskrit, and were difficult to type. Good luck to Google’s intelligent keyboard in Android. Most of the typing was done by itself. I type only the first few characters, the rest it predicts itself. Now fully typed. I have even published it online on most of the publishing platforms. I will be doing it online soon in the rest of the places as well. It is also available as a free PDF book at the link for free books on the shop page of this website. It is worth reading for all literature lovers. Nowadays a basic introduction to any subject is enough. Speaking it means that a hint of the subject is enough. The rest of the detail about it is found on Google and through other means. It is only necessary to make the initial imprint on mind associated with literature, which this book makes very well. This book is no match for the full enjoyment of Sanskrit literature. It is definitely small, but it is like an ocean in a pitcher. Guided by this book, I started searching for Kalidas’s Kumarasambhav poetry on Google. I came to know that it describes the story of the love of Shiva-Parvati, and the birth of Lord Kartikeya from them. Kumar means boy or child, Sambhav means origin. It is said that due to the sin of describing the sexual intercourse between Shiva and Parvati, the poet Kalidas had got leprosy. So there he left it incomplete. Later it was completed. Some people say that the general public did not accept their sexual intercourse description due to devotion towards Shiva and Parvati. So he had to stop it. The first possibility, though rare, seems factual, as it is not a common sexual intercourse. It cannot be described in a worldly way. It is in the form of a tantrasadhana or tantric meditation, and metaphorical, as shown in the previous post. There is no place for worldly humor and entertainment in it. There is also a psychological fact behind this possibility. Since many people have beliefs associated with the gods, their insults may not only reflect their expressed badmouthing or ill-will of displeasure, but may also be expressed in a subconscious form. Observing in this way, it is known that all the Sanskrit literature is based on the stories and narratives of the Hindu Vedas and Puranas. Most of the literature lovers and writers take a favorite subject from the Vedas or Puranas, and by expanding it, they create a new literature. Because all the subjects of Vedas and Puranas are scientific because of being based on Kundalini, therefore Sanskrit literature also proves to be Kundalini-oriented and scientific.

Making public the revelation of mythical spiritual stories of various religions appears a fundamental demand of today’s modern, scientific, and materialistic era

I sometimes feel that revealing spiritual mysteries can bring great benefits to the society. I do not say that the mystery should be revealed everywhere, because by doing so the joy of mystical tales will end. But at least in one place, there should be a composition available to reveal those secrets. It is said that spiritual principles and techniques were made mystical so that man would not be misled by trying them before spiritual maturity. Even if a man comes to know the truth of the mystery even before his spiritual maturity, he will be able to benefit from it only when he attains maturity. By understanding the mystery, he will surely get the benefit in this way that he will be inspired to attain spiritual maturity quickly by trying to achieve spiritual progress as soon as possible, so that he can benefit from that mystery. Together, by then he will be well acquainted with the secrets and principles of yoga practice. Those won't look new and awkward when he needs them. It is also said that if a person keeps the goods of a tea shop with him for a long time, then one day he will definitely open a tea shop and become a successful industrialist. In today's era, more than ever before, it seems necessary to make spiritual revelation public because honest, and accomplished spiritual masters are rarely found these days, and those who do are also mostly out of reach of common public. Earlier this was not the case. At that time spirituality was dominant. Nowadays, physicality dominates more. If one becomes spiritually mature nowadays, and does not get the right guidance as per his need, then he may have to suffer great spiritual loss. Another benefit will also be available that when all the religions are revealed, then only Kundalini element that's nondual element will be seen as the basic element of spirituality. This will end the mutual animosity between all the religions and in fact **Sarvadharm Sambhav or equality of all religions** will be established. It will end most of the worldwide conflicts.

Ida Nadi has been called Rishi's wife Arundhati

Now let's move on to the allegorical narrative described in the previous post. The sage wife named Arundhati, who is described in it, is actually Ida Nadi. Ida Nadi represents the feminine part of Ardhanarishvara or half man-half woman god. Sometimes while practicing hatha yoga, the prana starts flowing more in the ida nadi. This means that she prevents prana from entering the sushumna. It is only through the Sushumna that the prana is well established on the chakras. Along with Prana, there is also the luminosity of semen. It is told by saying that Arundhati prevented the sage wives from approaching the god of fire. But the yogi, by meditating on the agya chakra, made flow the virya tej or semen luminosity along with the prana through the sushumna and poured it on the chakras. It is shown that the sage wives did not listen to Arundhati, but obeyed the path as directed subconsciously by Lord Shiva. Ajnachakra is also a symbol of Shiva, because his third eye opens there.

The difference between Kundalini awakening and Kundalini yoga is only in the extent of experience, not the nature of the experience

In many places, Sahasrara is considered to be the eighth chakra. The transmission of semen up to Sahasrara is more difficult than other chakras. Doing so forcibly can cause headaches. Therefore semen is established only on the lower seven chakras. In this metaphor it has been said that out of eight, only seven wives went to Agnidev and started getting heat of fire. Even the eighth wife came, but she did not take the heat of the fire. Meaning that even a little bit of semen goes up to Sahasrara, but it is negligible. Up to Sahasrar, the semen tej goes usually

through more active sushumna. In this metaphor it is said that the Ganges river poured the semen of Shiva into the grass of the reed. It should always be kept in mind that there is always a Kundalini picture or mental thoughts in it's absence associated with prana or virya tej or energy or power. All these names are synonymous with each other, that is, all are synonymous. The first and most burning sensation is felt on the front Swadhishtana chakra born of the semen tej. It is associated with the same genitalia referred to in the previous article as the pigeon. Along with this, when the Kundalini is also meditated on the front chakras, then it starts coming on the front chakras. Then it is felt going from the chakras to the spinal cord. Probably it seeps from the front chakra to the rear chakra. That's why both the front and back chakras interact with each other through a thin line, means both are said to be connected together through a short energy channel. This is told in the mythological story by saying that the sage wives gave that bright semen to the Himalaya, because the rear chakras are situated along the spinal cord. The Puranas are very meticulously written. Each of their words has a huge and deep meaning. This semen-shifting is felt by a feeling of pleasure with the contraction running from bottom to top in the central part of the back and a feeling of lessening of the burden below. Then after a while, with the help of that contraction, it is felt to enter into the sushumna. The feeling is very mild, and appears to be a joyous or orgasmic line of soreness or any sensation made up of a length wise spasmodic type contraction of central part of back. Simultaneously, the Kundalini picture is felt in Sahasrar. With practice, all kinds of experiences keep on increasing. In this metaphor it has been said that Agnidev gave that seminal glory to seven sage wives, sage wives gave to Himalaya, Himalaya to Ganga river, and Ganges river to reed grass. It simply means that Kundalini ascends to Sahasrar only sequentially, not directly. This is often said in yoga. However, through tantric yoga, one can go straight to Sahasrara. Someone's Kundalini is said to be in the Muladhara, someone's ascended up to the Swadhishtana chakra, someone's up to the Manipura chakra, someone's up to the Anahata chakra, someone's up to the Vishuddhi, someone's up to the Agya chakra and someone's up to the Sahasrara chakra. Although Kundalini rises and descends in these seven chakras in daily yoga practice, it takes a lot of practice to keep the Kundalini on one chakra for a long time. Your Kundalini will also go to Sahasrara every day, but it will remain in Sahasrar for the same amount of time you meditate on Sahasrara during yoga practice. When Kundalini starts staying in Sahasrara continuously, throughout the day, for many days and without any yoga practice, then only it will be considered as ascended to Sahasrara. This is also called the prana rising or pranotthan. In this man is full of divine qualities. Animals become aware of this state of man. When I am close to this stage, animals start to sniff me strangely and show other reactions. There's maximum probability of kundalini awakening during this phase. For this, sexual yoga helps a lot. It is not necessary that all these experiences happen only when there is Kundalini awakening. Every Kundalini yogi always has these experiences. Many do not understand them, many cannot feel them properly, and many cannot separate them from other minor experiences. This probably happens when Kundalini yoga is not practiced daily or regularly for long periods of time. On leaving the practice, the experiences related to Kundalini reach the normal level of the beginning. I'll give an example. While taking a bath, wherever the touch of water in any part of the body is felt with meditation, that sensation is felt with a shrinkage going through the back to the Sahasrar. It is evident from this that the Sushumna Nadi lies in the spinal cord, because it carries all the sensations of the body to the brain. The difference between Kundalini awakening and Kundalini yoga is only in the amount of experience, not the nature of the experience. In Kundalini awakening, the Kundalini experience reaches the highest level, and other experiences related to it can also reach the highest level. After the momentary glimpse of kundalini awakening, one is again an ordinary kundalini Yogi, not more.

Meditation at Tip

Meditation at Tip is a shortened form of the Vajroli Kriya. It can be called as partial vajroli. In this, the semen is not thrown out, but carried on the penis tip or Vajrashikha, and then it is brought back up. It is as if without ejaculation the sexual sensation is increased to near its peak sensation, and then intercourse is stopped. It is such that even if a little intercourse is done after that last upper limit, then the ejaculation occurs due to uncontrolled force of genital orgasm. This technique is popular among today's tantrics especially Buddhist tantrics. It's also very impressive and powerful. This technique has come from the Shiva Puran story of Agnidev where in he becoming a pigeon as described in the previous article. It is also more secure, because it does not require much expertise and practice like full Vajroli, and there is no fear of infection etc. Actually, the mystical stories written in the form of metaphors in Shiva Purana are the basic foundations of the world wide Tantra.

The body and its parts should be respected as deities

It is mentioned in the Tantra scriptures that all the deities reside in the vagina. That is why the yoni is worshiped in the Kamakhya temple. With this all the deities are worshiped on their own. Actually this happens only because of the tremendous energy of Muladhara. In fact, this is what gives energy to the mooladhara. One experiences the Kundalini picture there due to this tremendous amount of energy. Because the mind is comprised of all the deities, and Kundalini is the essence or representative of the whole mind, that is why it is called so. Therefore some of the sexual parts of the metaphor described in the previous article should not be taken for granted or shouldn't be misunderstood or misinterpreted. According to the philosophy of Physiology, all the parts of the body are in the form of gods. According to the Puranas too, all the parts of the body are gods. All 33 billion deities reside in the body. This means that every cell of the body is a god form. This also implies that serving and caring for the body is tantamount to worshiping all the deities. This all has been proved with facts in the book 'sharirvigyan darshan'. This body is the essence of all the Puranas and the philosophy of Physiology or sharirvigyan darshan. The Puranas were written in ancient times, but the philosophy of physiology is modern. Therefore, no part of the body should be insulted. Insulting bodily parts insults the deities. By doing this the deities do not help in destroying the ignorance or demon Tarakasur, which delays the liberation of man unnecessarily. Many people get upset in the name of religion because of comparing a deity to a part of the body. It means considering the body and its parts as inferior to god. On one hand they are pleasing the deity, but on the other they are also displeasing the god.

Kundalini man grows as Lord Kartikeya

Friends, I am finding the story of Lord Kartikeya very interesting. Many Kundalini secrets also seem to be hidden in this. So we will investigate it thoroughly. According to Shiv Purana, then the child born on the reed was seen by the sage Vishwamitra. The boy asked him to get his Vedokta sanskar or ritual ceremony done. When Vishwamitra said that he was a Kshatriya or warrior caste and not a Brahmin caste, Kartikeya told him that he had become a Brahmin by his boon. Then he baptised him. Then there came the six kritikas. When they started fighting over that child, he made six mouths and started breastfeeding from the six together. Agnidev also gave him powers by calling him his son. Taking those powers, he climbed Mount Karaunch and broke its summit. Then Indra got angry and attacked him with a thunderbolt, from which three men Shakha, Vaishakh and Naigam were born and all four of them ran to kill Indra. The Kritikas brought up Kartikeya after drinking their milk, and gave him all the comforts of the world. They kept him hidden from the eyes of the world so that no one would snatch that lovely little boy from them.

Parvati was apprehensive and asked Shiva where his unfailing semen had gone. Who stole it? That cannot fail. When Lord Shiva was sitting in his meeting with Parvati and other deities, he asked all the deities about this. He said that whoever stole his unfailing semen would be liable to punishment, because the king who does not punish the punishable, he becomes defamed in the world. All the deities gave their explanation in turn, and gave different curses to the seducer. Then Agnidev said that he gave that semen to the wives of the Saptarishis on the orders of Shiva. He said that he gave it to Himalaya. Himalaya told that he could not bear it and gave it to Ganga. Ganga said that she poured that unbearable semen into the reed grass. Vayudev or god of air said that at that very moment that semen became a child. Surya said that because he could not see the crying child, he went to the sunset untimely. Chandra or moon said that the Krutikas took him to their home. Jal or water said that Kritika has raised that child by lactating. Sandhya or dawn said that Kritikas have named him Karthik after lovingly nurturing him. Ratri or night said that those kritikas would never let her go away from her eyes. The day said that those kritikas dress him in the best ornaments, and make for him delicious food. This made both Shivparvati very happy, and all the people too. Then the ganas of Shiva went to Kritika with the divine plane. When the Kritikas refused to give him to them, the ganas showed them the fear of Shivaparvati. When the Kritikas were scared, Kartikeya consoled them and said that they do not need to be afraid while he was there. They hugged Kartikeya to the heart while weeping and asked him how he would be able to separate from his lactating mothers who would not let him go out of sight even for a moment. Kartikeya said that he would come to meet them. Mounting on the divine plane, Kartikeya came to Shivaparvati at Kailash. A festival of joy was celebrated. Shivparvati hugged him. Impressed by the divine radiance of Kartikeya, many people became his devotees and started praising him. They call him the one who helps attain Shiva and gives freedom from birth and death. They called him their favorite presiding deity. A goat tied for a man's yagya had run away. Everyone looked for him everywhere in the universe, but he could not be found. Then the man came to Lord Kartikeya and started praying to him that only he could bring that goat, otherwise his Ajamedha or goat sacrificing Yagya would be destroyed. Kartikeya entrusted that task to a gana named Veerbahu as created by him. He brought the goat tied from any corner of the universe and handed it over to the man in front of Kartikeya. Kartikeya, sprinkling water on it, told him that the goat was not worthy of sacrifice, and gave it to the man. He left after thanking Kartikeya.

Revelation of the above kundalini metaphor

Vishwamitra had experienced Kundalini. He was a Kshatriya, but Brahmatej had come to him by the experience of Kundalini. He became a Brahmarishi only by the experience of the same Kundalini Purush i.e. Kartikeya. Brahmarishitva is by means of Kundalini, not only by caste or religion. To perform the rites of Kartikeya means that he established the Kundalini Purush or kundalini man with his yogasadhana. The six kritikas are the six chakras. Kundalini Purush i.e. Kundalini picture travels on all the chakras, sometimes going to one chakra and sometimes to another chakra. This is called their fighting among themselves. Then the yogi, with intense yoga practice, made him move around all the chakras so fast that he appeared to be situated on all the chakras simultaneously. It is like this that if one moves a burning torch around rapidly, it looks like it is burning simultaneously in the whole circle. This is said to make the six faces of Kartikeya and drink the milk of all the six kritikas simultaneously. One gets strength from the meditation of the Kundalini Purush on the chakras. This is said to drink the milk by Kartikeya. Romance related subjects are also called 'hot'. That's why Agnidev has control over those subjects. Because the Kundalini Purush originated from these romantic subjects, that is why he became the son of Agnidev. Even after its origin, the Kundalini Purush continued to get strength from Tantric Yoga, in which tantric type love plays the main role. This is said to give strength to Kartikeya by Agnidev. Then Kundalini came on top of the agyachakra taking power from god of fire. Mooladhara and Ajnachakra are shown to be directly connected to each other. It is said that Kartikeya climbed the mountain of Krauncha, agyachakra being the krauncha. The word closest to krauncha in hindi is kranti or revolution. The agya chakra is an intelligent chakra. Revolution happens only by intellect, not by foolishness. Kartikeya breaks the summit of the mountain krauncha, meaning it destroys the sharp, judgmental and dual intelligence. The soul filled with ego wants to prevent Kundalini from going to Sahasrara. That ego is called Indra. The thing that he stops Kundalini from ascending up is the thunderbolt attack on Kartikeya by him. Kundalini comes from three nadis on the agya chakra. These nadis are Ida, Pingala and Sushumna. Due to this, Kundalini keeps on coming down from the Agya chakra, and keeps on going up again through the three nadis. This makes her very powerful. This is the separation of the three pieces from Kartikeya due to the thunderbolt. The shakha branch is Ida, Vishakha is Pingala, and Naigam is Sushumna. Shakha itself means branch in Hindi. The name associated with branch is given because these two nadis are like twigs. The main tree is Sushumna, hence it is named as Naigam. Sushumna is the essence of all the nigamas i.e. Dharmashastras, hence the name Naigam. Together with the Kundalini Purush i.e. Kartikeya, these three metaphoric men rushed to kill Indra, which means that Kundalini was moving towards Sahasrara forcefully, due to which the ego of Indra was to be destroyed. Everyone is praising Kartikeya in the same way as the Kundalini Purush form as deity is praised. Kundalini can also get power through tantric activities. This is more so when intense manifestation of Kundalini is accompanied by a lot of physical exertion. This means that it is Kundalini that makes tantric yagyas successful. The completion of the yajna by finding the scapegoat by a gana named Veerbahu, born by Kartikeya, reflects this principle. Veerbahu means a person who is brave because of the power of his arms. It is a sign of labor. Most of the time, Kundalini is satisfied with the symbols of Shakti, there is no need for violence for Shakti. It also implies the combination of least violence and maximum spiritual gain. It is shown that Kartikeya sprayed water on the goat and asked it to be released to protest the illegitimate violence in the name of Tantra. This is a symbolic form of violence. The rest next week.

Kundalini is the breath, the breath is Kundalini

Friends, the thing that has been written in the previous blog articles that the sage wives who bathed in cold water in cold weather i.e. the six chakras received semen power, it seems to me like the baptism ceremony of Christians. In baptism too, cold water is spilled on the naked body. This opens the chakras, and the circulation of energy improves. At the same time, having a naked body creates a childlike feeling of non-attachment and non-dualism in the mind. This also helps in the transmission of Shakti and the manifestation of Kundalini. I feel like my baptism while bathing every day. This proves that the same principle works behind Yoga and Baptism. Together, it has been written that six sage wives i.e. 6 chakras receiving the virya tej from Agni, who became a pigeon, can also be the remaining six chakras except for the Swadhisthana chakra. That is because the Swadhisthana Chakra itself is a part of that pigeon-turned-Agnidev. In Sahasrar, Advaita Bhava arises from Kundalini. Moon is a symbol of Advaita, because in it both light and darkness are present in equal form. That is why the sun is shown setting and the moon rising. During the same nondual state, Kundalini descends to the Ajna chakra and then to the heart chakra. Many yogis consider the heart chakra to be the real chakra. Their experience is that the path towards enlightenment and liberation goes through the heart and not through the brain. I feel like this too many times. The spiritual liberation that is said through love is only through the heart, because love resides in the heart. In any emotional state of mind, Kundalini resides in the heart. It also protects against emotional shock and probably the resulting heart attack in adverse circumstances. That is why it is said to love animals. Animals can recognise kundalini at heart chakra very well. The heart is the controller of the animal, not the brain. It is also because they cannot speak. Therefore, the medium of expression of their mental thoughts is the emotional heart. Take a vow of silence someday and see. Your Kundalini will remain in the heart throughout the day. There is immense glory of silence. The effect of the heart in the cow is superior to that of all the animals, that is why the cow is given great importance in Hinduism. That is why nowadays the practice of living with a cow in the name of cowcommunication has increased. This normalizes the increased blood pressure, and relieves stress. Actually this is done by setting up camp on Anahata Chakra by the Kundalini Shakti. Therefore, Kundalini yoga should always be done. In bad times, Kundalini protects from all physical and mental harm. Many people have a similar experience of Kundalini descending immediately after a glimpse of Kundalini awakening. In this way Kundalini spreads to all the chakras. It is written in such a way that the moon told Shiva that the Kritikas took Kartikeya with them. The Shakh i.e. Ida nadi and Vishakh i.e. Pingala nadi are said to be giving power to Kartikeya i.e. Kundalini Purush, that is also according to my own experience. I feel my Kundalini getting strengthened by Ida and Pingala, just like Sushumna, provided both the nadis remain together or close to each other. When these two are not balanced, then the Kundalini does not go to the Sahasrara, and it remains less on the other chakras, although it may be felt anywhere inside or outside the body. Therefore, it is rarely able to move around in the microcosmic orbit loop. Although her power increases, but she remains sluggish and disorganized, due to which man also remains the same. Perhaps that is why it is said that the technique of Kundalini Yoga Sadhana should be correct, without the technique one should not meditate everywhere. The Kundalini must continue to revolve in the microcosmic orbit loop. It is also widely spread in the spiritual society that Kundalini should not go to Ida and Pingala. Probably this thing has been said for experienced and expert Kundalini Yogi. In fact, it is very difficult for Kundalini to enter directly into Sushumna without these lateral channels in common worldliness. This

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

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

To observe your body carefully is to convene a meeting of the deities by Shiva. I have unintentionally described such a gathering in my book sharirvigyan Darshan. I think I used to have a deep knowledge of Shiva Purana in my previous life. In this birth I had never read Shiva Purana, then how did it match my book exactly, although the book Physiology Philosophy is considered modern and scientific. Or, taking pity on the wandering human civilization, it should be the command or inspiration of Shiva that the knowledge given by him now seen endangered should be revived. It may also be that the culture of my family has been imposed on me since my childhood, because I remember that my grandfather loved Shivpuran very much, and used to read it specially. Coming to metaphoric story, then it is for the soul to come to know about the reality that is as if the deities have to make Shiva aware of the situation. It is theft of not to bring that radiance of semen into the experience of the soul in the form of Kundalini Purush. Since the semen doesn't leave the body, the suspicion of its theft goes only towards the deities, who are situated in the body, regulating the whole body. The burning sensation produced by the semen is the curse given by deities to the semen thief. Due to the flush of blood circulation, the organs get life or prana. With the same prana, the respective chakras of those organs become active, due to which the Kundalini also starts shining there. For example, at the time of sexual arousal, the vajra expansion occurs due to

the filling of blood in it. Let me state here that the upward creeping of the kundalini-snake is due to the contraction of the vajra after its expansion. Along with this, the Sushumna Nadi of the snake's shape extending from Sahasrar to Muladhara is meditated upon. The vajra is the tail of that serpent, the pelvic girdle is wide of the serpent, it stands up through the center of the back, its innumerable hoods are spread in the brain, and the serpent ends in the central hood pointing to the agya chakra. After the expansion of the vajra, due to its contraction generated by this meditation, it seems that the snake crawled upwards to reach the sahasrar and with it the Kundalini Purush also starts shining in the sahasrar. If you pay attention to the tail of the serpent that it is touching the agya chakra by climbing up from the front, that means the tail of the serpent is touching its head and making it like a circular ring, then this crawling feeling is more. Then it descends through the front channel from agya chakra. In this way a loop is formed, on which the energy starts revolving continuously with gushing and orgasmic bliss feel. This lasts for few moments then body becomes somewhat tired due to continued spasmodic type muscular contractions. This contraction-like event mostly happens in almost a single, long and unbroken breath. Perhaps that is why the yogi is made to practice pranayama to hold the breath for a long time. Body regains the power to do it properly again after hours of favorable activities or rest. The engorgement of vajra with blood increases the expression of Kundalini on the Swadhisthana chakra and the Muladhara chakra. The same blood is called milk in the metaphor, because milk is made from blood only. Milk is nothing but a kind of filtered blood. It is also called milk because the tantric kundalini goes the most from the mooladhara to the heart chakra. It occurs at the thorax, where the source of milk is also there as the breast. Even in the Ankling technique of Egypt, the Kundalini travels from the genital to the rear heart chakra. It is then taken from the back to the top through the ankling loop and rolled over the head and brought back down from the front to the front heart chakra. Probably this technique has scared Kritika. The repeated revolution of Kundalini in the Ankling Loop means Kartikeya's assurance to Kritikas and coming to meet her again and again. As soon as the energy is passed through the back to the brain through the back above the muladhara, the Vajra is compressed again to its normal position, and With this the Kundalini also goes up. Then the chakra on which that life force goes, the blood or milk also goes there, following which the Kundalini man also moves. However, on those chakras we do not experience any fluid-borne expansion like the wang expansion, because those areas are located deep and firmly in the body. Sometimes the opposite happens. If the Kundalini Purush is meditated on a chakra, then the power itself rushes there. That is why Kartikeya is called Shanmukhi or six mouthed because it receives nourishment from the prana i.e. milk on the six chakras. Because the blood comes under the control of the water deity, it is said that the water god told that the kritikas breastfeed the newborn child. The authors of the Puranas of the Puranic era were wonderful spiritual scientists. The shivaganas who go to collect Kartikeya from kritikas are tantric actions which pull the kundalini from the chakras towards sahasrar. Those activities can be of simple hatha yoga as contraction-relaxation type or even a vicious type of Panchamakari kriyas, that is why the kritikas are shown to be afraid of them. It is natural that along with the Kundalini, blood circulation also starts going away from there, so they wither and turn yellow, that is, they start getting scared. The repeated return of Kundalini to the chakras from Kundalini yoga is the assurance of Kartikeya to return to his mother again and again. Due to this, they start to swell with new blood circulation, that is, their fear ends. Many people say that their Kundalini is stuck on some chakra, and does not move even if it is run. In fact, when there is no Kundalini, how will it move? Often a weak Kundalini also gets stuck in one place, like a weak man. No one can stop the mighty Kundalini from moving. Kundalini gets extra power from Tantric Panchamkars. Let me tell you the easiest way to express Kundalini. Take deep, slow breaths and keep your attention on it. Let the thoughts of here and there keep coming and going on

their own. Do not welcome them, nor disrespect them. Immediately the Kundalini Purush will start being felt on some chakra. Then start moving it as you wish. Let me tell you another but mild way to express the Kundalini Purusha. Look at any bare areas of your body, such as your hands, with the focus of physiology philosophy that's sharirvigyan darshan. Kundalini will manifest. Kundalini Purush and Kundalini Shakti live together. The mental meditation picture or Kundalini picture is the Kundalini Purush. This is also Shiva. It stays with power or shakti always. Shiva is manifested in full form i.e. in his original form by the flood of Shakti. This is Kundalini awakening. In fact, yogic breathing starts in the above way that's while meditating sharirvigyan darshan along with looking at hand's skin. That is how the Kundalini picture is expressed with it. It's the whole wonder of the breath. Breath is yoga, yoga is breath. When we are attached to a thought, our breath stops. When we start breathing again naturally, attachment disappears and turns into non-attachment. With this, disturbing thought also calms down comfortably. With this, all mental defects like lust, anger etc. also get pacified, because they are the product of distorted thoughts. If attention is paid to the breath, then detachment from the power of Kundalini increases even more.

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

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

It is clearly written in Shiv Purana that only Karthikeya i.e. Kundalini Purush, born from the semen of Shiva, can kill Tarakasur i.e. spiritual ignorance and get rid of it, nothing else. From this, why not assume that sexual yoga is the basic and main technique for self-awareness, the rest are allied activities. If a select number of people are awakened, it is due to unintentional entry of this sexual energy into the mind. It happens so slowly that they don't even realize it. So they attribute the awakening to their colorful activities and picturesque beliefs. This is because at the time of their awakening they are associated with those kinds of activities or

beliefs. This also gives rise to mutual disputes. Like the blind, some hold the tail of an elephant and tell it to be a real elephant, while some tell the trunk of an elephant as an entire one. No one knows the real elephant. It may also happen that the sexual power of Muladhara can be achieved by one's specific beliefs or actions, but the man does not express the sexual part of it because of shame. We do not oppose other techniques. But the surprising thing is that the main technique and principle has been made auxiliary or secondary, and the auxiliary techniques are becoming the main. When milk becomes milk and water becomes water, then it is natural that many people will have a clear and scientific awakening, not only a few ones incidentally. Often people are immersed in external rhetoric and metaphors, the real thing is not known. I do not even understand them, and without understanding these mysteries, these appear as stories of some celestial planet. I keep looking on Facebook. Many names of goddesses like Dakini, Kali etc. have been associated with this basic principle. All the sects have given their own names. The basic thing is the same. There is no such thing that people do not know the basic scientific principle of awakening. It is clearly written in the Yoga scriptures that Kundalini resides in Muladhara. Then why run here and there? Why not find the power in the base itself. In fact, it was not considered in a practical form, but as an ornament or a metaphor. The disadvantage of making metaphors was that people did not know what was metaphorical and what was real. Those who understood this, they started taking the help of all other tricks except sexual intercourse to awaken the power of Muladhara. Perhaps this happened due to social hesitation and shame. Women tend to be more ignorant and hesitant about this, whereas in the olden days only women used to be successful tantragurus. On the one hand we believe that Kundalini resides in the Mooladhara and nowhere else, and on the other hand we are denying that intercourse, which is the most direct and powerful action to awaken the power of the Muladhara. It was a strange contradiction. Probably, lack of power or energy was also the reason for this. Due to the society becoming excessively idealistic and non-violent, there was a lack of strength in the body. Lack of potency leads to decreased interest in intercourse. Consumption of eggs can be a reasonable alternative. Egg can be considered a vegetarian food, because it does not contain any violence. Like milk, it is just a byproduct of an animal. It contains all the nutrients in balanced quantity. Egg also increases sexual arousal, so its intake should be right according to the tantra. In today's developed and scientific era, this sexual hesitation should have reduced. Thanks to science, there is no fear of unwanted pregnancy nowadays. Of course, condoms cannot be used with tantric intercourse, because due to tantric activities, the vajra is continuously compressed and expanded, due to which it can get trapped inside. Without it, there may be an increased risk of transmission of sexually transmitted diseases, such as AIDS. But such a situation does not come because the sexual tantra is accomplished only with one single spouse, that is, the wife. In Tantra, it is forbidden to make other's daughters and wives as sexual partners. In order to awaken sexual desire, indirect contact or laughter goes on in a civilized manner. Yet there are many contraceptive methods. Hormone pills. However, they have to be taken daily for a long time, which can lead to side effects. Even if there is an accidental ejaculation in the vagina during an unsafe cycle during tantric practice, there are other hormonal drugs to prevent pregnancy, such as Vikalp-72, which does not cause pregnancy if taken within 72 hours after ejaculation. If for some reason it cannot be taken, or in very rare cases, it fails, then there are other hormonal medicines called abortion pills, which, if taken sooner after the missed period, the better the result. There are user friendly minikits available which can detect pregnancy within 2-3 days from the day of missed period. By the way, all these are not needed if sexual intercourse is done during the initial practice of sexual tantra only during safe time. This time is the first seven days and the last 7 days of the menstrual cycle, including the first day of menstruation. In these days, even after ejaculation, pregnancy does not occur, because the egg is not available to the sperms

during these days. This time frame is for those in which the cycle period is 28 days, and remains the same and unchanged each time. If the period length is more or less than this, then the safe period is increased or reduced accordingly. If this time is not equal, it can be deceiving. Although no contraceptive method is 100% safe, but all methods combined provide almost 100% protection. Sometimes the preejaculates also have few spermatozoa. But they are often insufficient for pregnancy. Well, mild methods are enough. Complicated methods like copper tee, tubectomy, vasectomy, spaying etc. are mostly not needed. I was reading in an old blog post in which a tantra practitioner was saying that nowadays population and unemployment is high, so sexual tantra can cause problems. Therefore, if you practice the sexual tantra, then do it carefully, and assume that if an unwanted pregnancy happens, then it is good to accept it happily. But in today's present era all these things have become obsolete. The womb is also formed from the same type of intense sexual energy, which gives awakening. The sluggish and lazy sex cannot lead to pregnancy, neither can awakening be achieved from it. That is why Goddess Parvati was astonished that a pregnancy had to be made from the powerful semen produced by the powerful intercourse of Lord Shiva, that semen could not fail. But where did she get pregnant? Later it is learned that it appeared in the form of awakening in the womb of Sahasrara. From this it is natural that in the olden days people had to abstain from intercourse tantra, because it has full possibility of pregnancy, and due to lack of physical science there was lack of physical contraceptive techniques and knowledge at that time. Such informative things are good only in writing and reading, they are felt with hesitation and shame while speaking and listening. For this reason, in today's chatting era, it is seen that sometimes even a goddess-like and virtuous woman, from whom speaking and hearing such things cannot be imagined, she does so much obscene chatting on her mobile phone, that the magic of writing begins to be believed even by those who have been a strong opponent of writing.

Kundalini disinterest can also be considered a mental illness

Friends, I was sharing some practical information in the previous blog article. However, all information is personal. Some information is useful for some, some for others. There should be addressal of every kind of human information, who knows what information will be useful at what time? The personality of a person keeps on changing. I could never believe in tantra at all at one point of time. Although I knew about it in detail. That information came in my work when my personality and karma changed, due to which I started believing in it. Well, there has been a lot of misuse of Tantra too. The Tantra mechanism by which Kundalini awakening could be achieved was used to promote material worldliness. The result is in front of everyone. Today's blind materialism and jihadi kind of fanatical religiosity are the result of that. A fatwa of death is issued just by saying about a particular religion, and no person or organization can say anything out of fear, what a great contradiction in today's age of science. The name is Hindustan, but the campaign of cleaning Hindus is in full swing. There is a well-planned international conspiracy going on. In this anti-Hindu series, now the jihadi conspiracy to kill Suresh Chavhanke ji, the head of Hinduist and nationalist Sudarshan channel has been exposed. Forced conversion continues. Then they are also called rice bag converts. Religions were created to promote humanity. What religion is there that does not run with humanity? Humanity is the biggest religion. Those other religions and countries who are supporting it indirectly by keeping silence on it, they do not know that tomorrow their number can also be found. There is no limit to double standard nowadays. If Baptism is scientific, then Gangasnan is also scientific. If bathing in the Ganges is superstition, then baptism is also superstition. Why the hypocrisy? Trudeau, who was supporting the farmers' movement on the Singhu border as democratic, is today calling the truck drivers' movement undemocratic. No superficial rhetoric should be made without in-depth examination. Tantra is a force or power. Abuse of tantra means abuse of power. It has also pushed nature towards destruction. The animal sacrifice that was offered to Goddess Kali was for Kundalini only. It is called Kali though it's Kundalini. But how many people understood it and took full advantage of it. Although some indirect benefits are available, but they take a long time to become fruitful. But how many people would have understood, and how much effort would have been made to awaken Kundalini with that power. Maybe very few or a few hundred people out of millions. How many of them would have made the right effort. Maybe ten or twenty people. How many of them would have got Kundalini awakening? Maybe one or two people. Then where is the mistake in understanding and explaining the Kundalini symbols like Kali etc. Perhaps only for the sake of getting this research done, time has pushed that practice towards extinction today. By the way, that practice was far better than the blind animal violence of today. In the Vedic age, people used to fulfill most of their body's needs through the occasional sacrifices. Although the discussion on animal violence does not seem human, but on which we will not speak, how will we correct that. To clean the mud, one has to descend into the mud. Animals are also creatures, they also feel pain and grief. According to Hinduism, all the gods reside in the body of the cow. The philosophy of physiology or sharirvigyan darshan also says that the whole universe is situated in the body of all living beings. Therefore their rights should also be taken care of. There are many animal rights organizations these days, but I don't find most to be fair and selfless. While they remain silent on large scale and inhuman religious violence happening in a particular religion, at the same time they create a ruckus on minor religious and humanitarian violence of any other particular religion. Today there is no control on animal violence. Like the Human Rights

Commission, there should also be an Animal Rights Commission. But where is the Human Rights Commission functioning in a fair and proper manner today? If the Human Rights Commission had worked, today there would not have been murders in the name of religion. Today, even spiritual and humanistic symbols and rules are not associated with animal violence. There are no rules and regulations. Animal cruelty today seems to be nearing its peak, and spiritual development at its lowest. Many people today do not use animal products at all. Then how is there so much killing of animals? Meaning is clear. Those who consume animal products are consuming much more than they need. Due to this they are becoming less healthy and more sick. Nowadays the disease of obesity is increasing all over the world is a good example of this. They are filling the shortage of those who do not use them. Then what is the use of leaving them by some people? Those who are consuming more are also getting sick, and those who are not consuming at all are also getting sick. If those who use excessively are saving their body from getting sick with the help of exercise or medicines etc., yet their mind is getting sick. Too much Tamoguna and Rajoguna will make the mind sick. What is that in western culture, disease of the body is mostly considered as disease. Mental illness is also mostly confined to depression. In fact, lack of mind in spirituality is also a disease of the mind. Life development is happening for Kundalini. If one is avoiding Kundalini, then he is going in the opposite direction from Jiva Vikas or organic evolution. If such a mindset is not a disease, then what is it? This is what is happening due to unbalanced life nowadays. There is no balance anywhere. It would have been better if all the people consumed them according to their material and spiritual needs, as was the case mostly in the olden times. This would have greatly reduced the atrocities on animals. And the question of livelihood does not even arise in front of those who are poor people associated with animal business. I had a friend, who was a wealthy man in the animal business. He used to say that the business related to animal violence is done by those who are very poor, and who have no other option of earning. Animal meat is mainly consumed by the poor and working class people, because they get all the nutrients easily in it cheaply. They do not have enough money to buy expensive vegetarian products with high nutritional value. Common middle class man does not want to do such sinful work. If the upper class man does it for the fulfillment of his hobby, then that is a different matter. But today the greed has increased to such an extent that man wants to do business related to animal violence to become a millionaire. It is also true that in the name of animal welfare, man cannot be left to starve. It is clear that a campaign is successful only if the whole society cooperates in it. Only a few people do not bring about a complete change in the system of society. Although it does come, but it can take a lot of time. If all the people change at once, the society will also change immediately. Society is a group of people. I am not speaking for or against any way of life. Any person is free to choose his lifestyle according to his situation. Something might suit some, something might suit others. I am just trying to bring it into discussion by describing the situation spiritually and scientifically. We do not advocate illegitimate life-violence, so there must be some rules and regulations. If someone says that all these things are related to materialism, how can one get spirituality from them. Actually, the real spirituality starts after Kundalini awakening. And Kundalini awakening comes after touching the peak of human materialism. Real Advaita begins with the climax of human duality. Real spirituality begins at the climax of human science. Many people oppose the scientific analysis of spirituality assuming that Kundalini is not attained by a logical or analytical mind. Thus they remain ignorant of spirituality. They make no effort for spirituality. They remain careless and arrogant about every task, pretending to be unattached, and pretend to be perfect. Such people are situated at the lowest rung even lower than the attached and ignorant ones. This happens because a real attached or ignorant man will at some time try for non-attachment and knowledge and awakening, but a man who pretends to have non-attachment or knowledge

will never try for it, because he will be under the deception that he is already detached and knowledgeable. In real non-attachment, man does not even know that he's detached, nor does he run away from worldly affairs in the name of non-attachment. Many people remain apathetic because they see many people as spiritual or awakened without their efforts or since their childhood. But they do not understand that the efforts of their previous life are working in this life. Nothing is achieved without effort, not even a breath. The truth is that a true irrational or illogical state of mind occurs only after scientific reasoning and investigation have reached its peak. When a man has done a complete investigation of spirituality on a scientific basis, then he gets tired and sits silently. That's where the real irrationality based on God-refuge and faith begins. The irrationality that is forced upon by one without prior or without any effort to investigate is a pretense. It is a different matter that people pretend to be spiritual by imitating others. That's fine too. Something is better than nothing. But it requires unwavering faith. Otherwise, do you know whether it will be useful in the hereafter or not? I am not discouraging anyone here. Only possibility is being expressed openly. Who knows what happens in the hereafter, but it can only be guessed by our limited intellect. Even in today's scientific age, the ethical words of ancient spiritual texts can be believed only after careful consideration, not blindly. I am not claiming that I have had Kundalini awakening. I have got glimpses of Kundalini awakening through Guru's grace and Shiva's grace. Because the associated words like momentary, glimpse, kundalini cannot be written everywhere, because of the fear of expansion, so one has to write Jagran or Kundalini awakening in a hurry. If one reads each and every blog post of mine carefully, then only he/she will know what that awakening is. Seeing a momentary glimpse of a thing does not mean that he has seen that thing in a full way. Yes, seeing a momentary glimpse of Kundalini awakening has convinced me that Kundalini awakening exists, and is essential to spirituality. And also how can it be obtained. It is like that after seeing a glimpse of something, one becomes convinced about the existence of that thing, and the way to get it is known. In fact, I am an ordinary Kundalini seeker just like any other spiritual person. My innate hobby is to have spiritual discussions. When learned people were available, I used to discuss face to face. Now I write on the blog. I liked the blog as the best way. No unnecessary trolling can be done on this. If you like someone's comment, then approve it, otherwise deny or delete it. Face-to-face discussions are deceiving nowadays. Many people pretend to be spiritual from their outside. If you trust them and discuss with them, then they say yes like a great devotee at that time, and later are ready to release smoke, because they take illegitimate advantage of the spirituality of another man by taking it as his weakness. Even while listening to a spiritual discussion, many people start making fun of the speaker. Friends also start becoming like strangers or enemies. Therefore, keep writing good thoughts that come to your mind rather than telling them to anyone. At least people won't call you mad. If instead of writing, you start murmuring in yourself, then people will definitely call you crazy. Apart from two or four people, no one from my own circle is the follower of my blog. Most of them are those who have ever liked one or two posts of mine or a book, and then I asked them to follow my blog. Some were even guided step by step how to follow. Well none of them left my blog. It is clear that they are getting benefit from it. Although I write blogs for my own benefit, but if someone else also gets the benefit, then I get double happiness. Most of my friends and acquaintances know about my blog, but no one has tried to know about it, far from following. Most of my followers are from far and wide abroad. Most out of them are from developed countries. This also confirms the belief that real spirituality begins only after reaching the peak of scientific or intellectual or social development. There is also a saying that Jogi of home is jogda and Jogi of the distant is Siddha, means practitioner of home is simple, but practitioner of far and wide is accomplished. Anyway, I have no interest in being called Siddha or accomplished. If one Reach the destination, then the fun of the journey is over. The

real fun is if the journey continues even after getting the destination. Due to this, the fun of travel and destination keeps on getting together. The truth is that absolute perfection is never achieved. Man keeps on walking, keeps on moving, never stops. In between, he keeps breathing in the form of awakening. By the way, the prevalence of website and blog is less in developing countries. To build and read a website with awakening requires extra energy anyway. Where there is lack of energy even to meet the common needs of everyday, from where will we get the extra energy for awakening. Most of the people here do not have free time available from WhatsApp and Facebook. The knowledge that one gets from dedicated blogs and websites, cannot be found from microblogging platforms like Facebook, Quora etc. Quora is fine for a beginner writer, but later without a website-blog, the mind is not satisfied. I also do not like to follow most of the websites and blogs on the net. I take information from them according to the need, but do not feel like following them. One, they are not devoted to a single subject. Second, not with detailed scientific discussion. Third, either there is a flood of posts in them, or no post is published for a long time. Fourth, those posts contain language and grammar errors. They don't even have a practical approach, and they seem more like mystical stories from another planet. They tend to have less fun and positive or meaningful interaction. Lack of time is also a reason. In them all subjects are cooked like khichdi or biryani. Nothing makes sense from this. It is a common saying that try one, achieve full one; try for all, and don't achieve full all. If there is a dedicated blog dedicated to astrology, like DemystifyingJyotish.com, etc., then why would I not follow that? Second, the swarms of advertisements in them do not let readers rest. That's why I have not placed ads in my blog. Money is not everything. Whoever advertises about a product, he himself does not know about it, where he has tested it by using it, or what survey he has done. Then why cheat the public? Personal blog names should also sound professional and thematic, so that people can be attracted towards them. Better than name like saxena.com or john.com are musicsaxena.com or writingjohn.com. This will show whether the specific topic of these blogs is music or writing. Other topics, personal articles and personal events can be written in between thematic articles. Such website can be called two in one type. This is professional as well as personal. It looks more impressive. For their personal website, the cost of Rs 200-250 per month is more for people. But the additional mobile SIM recharge of Rs 200 per month, which they do not use much, does not cost them much. Information from all over the world is available from the website, but nothing is available from the extra SIM, only the burden of responsibility increases. On another instance, there is no dearth of negative people nowadays. I was reading an answer by someone to a question related to Kundalini on Quora, when a question mark was put on Kundalini by saying that where is it written about Kundalini in old scriptures, as people are making claims on social media these days. Perhaps he meant to say that the experience is wrong in addition to what the scriptures say, and it is also wrong to describe it on social media. Meaning, many people want to blame their weaknesses on the scriptures, and use them as a shield for their anger and jealousy. They don't appear having an open mind. Putting on the shoulders of the scriptures, they want to shoot a gun, don't want to contribute anything. This is a thinking stemming from the oppressive policy that foreign invaders kept in this country for hundreds of years. It is such a thinking that the real Kundalini Yogi should remain buried in the society and never raise his voice. Then how will spirituality flourish in the society? Surprisingly, it got a lot of upvotes and favorable comments. I didn't think it right to say anything on that, because why get trolled by discussing on the forum which has already taken a decision.

Let us again go back to the story of Lord Kartikeya related to Kundalini. Various gods came to kill Tarakasur, but they could not kill him. Then came Virabhadra, the chief gana of Shiva. He almost killed him with his immense might. But Tarakasur stood up again. In the end all

the gods together sent Kartikeya to kill him. Then the demon Tarakasura laughingly seeing that child told Lord Vishnu that he is very shameless, that is why he has sent the child to fight him and die. Then, cursing Vishnu, he said that he was a hypocrite and a sinner from the very beginning. He had deceived Bali in Ramavatara, and had deceived the demons in the Mohini avatar. In this way Tarakasura enumerated many sins of Vishnu, and said that he would kill him and punish him for all those sins. Then Kartikeya attacked Tarakasura. A fierce battle ensued. The wind became like a standing pillar from it, and the earth trembled. The sun also started to fade. Kartikeya unleashed his extremely luminous power on Tarakasura. This killed Tarakasura. Many of his soldiers were killed. Many soldiers saved their lives by accepting the refuge of Devasena. Banasur, a demon of Tarakasura, had escaped alive from the battle. He started torturing Kronch mountain. When he complained about him to Kartikeya, he then killed Banasura too. Similarly Pralambasura started troubling Kumud, the son of the huge god serpent Sheshnag. Kartikeya killed Pralambasur too.

Psychological analysis of Tarakasur killing

We can call Veerabhadra the main personality of Shiva, because he is the main gana chief of Shiva. The qualities of a king will definitely come in the chief commander. In a way, this is a tantric personality. With such a personality Tarakasur i.e. ignorance becomes very weak or dying, but does not die. If he dies, it is by the hands of son of Shiva, Kartikeya. Kartikeya here is a symbol of awakening of Kundalini, which results from the offering of semen tej generated from relentless and unbroken sexual yoga to Sahasrar. Satvik Vishnu also came to kill Tarakasur. But his old sins kept bothering him. It is often seen in the world that many sattvik or white mind people are unable to forget even a small sin committed by them. They also do not consume tantric energy, which gives tantric force to destroy sins. The frustration of his old sins does not allow his Kundalini to awaken. It is told in this way that Tarakasur is talking to Lord Vishnu to punish him for his old sins. Kartikeya is called a child because he is a mental person created out of Kundalini yoga, who is newly born, and appears to be less effective than material things. Gods like Sun, Moon, Vayu etc. are from very old times. They have physical existence, so that they are rigid or firm-bodied. That is why they are considered comparatively adults. But Kundalini is a pure mental picture, due to which it is soft like a child. Because the Kundalini picture is born out of the same semen energy of Muladhara, from which children are born. That is why Kartikeya is called a child. Kartikeya attacked Tarakasura, meaning the Kundalini yogi, by the powerful tantric yoga, prolonged the prana rising, so that the sparkling Kundalini remained in the Sahasrara continuously for a long time. The wind became steady, meaning the Yogi's breathing became very slow and deep, that is, almost non-existent due to the powerful prana rising. At this stage, most of the work of oxygen is done by the awakened prana. The earth began to tremble, which means that the whole body's prana was condensed in the Sahasrar due to the rise of the kundalini, due to which there was a lack of prana in the body. Due to this, the body starts trembling due to weakness due to the slightest load on the body of various stressful activities of the world. The sun started to fade, which means that due to the possession of Kundalini in Sahasrar, there was a feeling of non-duality in the whole mind. In Advaita, happiness and sorrow seem equal, light and darkness seem equal, that is, the sun and the moon seem the same. This is the fading of the sun. Kartikeya cast his luminous power over Tarakasura. Kartikeya's own brilliance of Kundalini is his luminous power, which he exerted over Tarakasur i.e. ignorance. Means the duality of ignorance or Tarakasur was destroyed by the brightness of his own awakening. Tarakasura's soldiers are in the form of ignorance, various mental defects and corrupt practices arising out of them. They get destroyed. Those who remain are transformed and become pure. Meaning that they go to the shelter of Devasena. For example, as Kama Bhava

or lust transforms into Tantrabhava tantra feeling, it becomes pure, and helps in the spiritual development of human beings. The demon Banasura here refers to the arrows of the evil eye. Nayan Baan or arrow of eye, this is a famous classical utterance. Since the eyes are associated with the command chakra, it is badly affected by evil eyes. This is the torture of Kroncha mountain by the demon Banasura. The intellect is corrupted by a corrupted eye. The intellect resides in the agya chakra. Because as long as the mind is not satisfied with the awakening, there is always a longing for material enjoyment in the eyes of man in some way or the other. This corrupts the eyesight.

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

Kundalini transformation phase of international society as era change~Ukraine-Russia War psychology

Many many congratulations to all friends on the occasion of Shivratri

Friends, I was talking about religious terrorism in the previous post. Recently another incident has come to the fore. In Karnataka, a 23-year-old unmarried and well-built activist of Hindu Bajrang Dal, who peacefully opposed the new trend of wearing hijab in schools, was brutally killed by some jihadists. Such anti-Hindu incidents have been happening regularly for hundreds of years, sometimes less, sometimes more. But by creating an atmosphere of fear, they are suppressed or diluted with false propaganda. The welfare of all people lies in this that people of all religions live together. Today there is a need to modify all religions and take out inhuman bigotry from them. I am not speaking in favor or against any particular religion, but feel the need to highlight the scientific or human or Kundalini side of religion. Cases of religious violence are seen in every religion, some less or more. Actually what happens is that when a person selfishly expects from a particular religion that he should get economic benefits in the form of money or employment etc., and social benefits in the form of respect etc.; due to this, he is not able to tolerate even the slightest thing that seems against that religion, not even a true and scientific thing. Because then he starts to worry about losing his livelihood and his honor. This is where religious fanaticism emerges. That is why it is rightly said in the scriptures that one should not earn a living from religious works, nor should one expect respect from them. No matter how much someone insults him, he should bear it. That is why this famous Doha is very popular among the common people. Earth endure the beating; forest bears the cuttings, wicked words can only be endured by the sages, and these can not be tolerated by any other.

Also, I was talking about the importance of semen. The body becomes lethargic after ejaculation. There is a weakness in the body and mind. Scientifically speaking, semen does not contain so many nutrients that it cannot be replenished by food. This shows that there is some nerve stimulating element in it. Due to the health of the nerve, the nutrients of the food are properly assimilated in the body. This means that after ejaculation, additional nutrients are required for the earlier functioning of the body. The lack of activity of the nerve has to be made up with additional nutrients. That is why hunger also increases immediately after ejaculation. However, it may be a little difficult to digest it. Possibly a provision of meat-eating had to be made to meet this deficiency in the tantra. Possibly there is some nerve stimulating substance in the meat as well. That is why a lot of energy is seen in carnivorous animals. Maybe it is a special vitamin, which can be called as mobi-vitamin. It is formed in the body only after eating meat. It is unable to work even though it is present in the body of vegetarian animals. Science has not yet discovered that vitamin. If that vitamin is found, it can also be made in the laboratory, from which healthy tonics can be made. This can reduce the amount of illicit atrocities on animals to a great extent. But if the serpent's face is turned upwards after ejaculation by tantric techniques, then weakness does not arise. Once the serpent's face turns upwards, the semen power starts climbing upwards again. Due to this, the nerves become active again, due to which the whole body starts working smoothly again. The sooner the process of lifting this serpent is done, the more benefit is received. This again proves that semen does not contain any special nutrients, as science also says, but probably it

contains some special nerve stimulating element, which is very important for the functioning of the body. If scientific research is done on this, then a very powerful medicine can be made. Due to this, the efficiency of man can be given the desired speed by replenishing the deficiency of nerve energy. With this, where man's present-day material backwardness can be removed, along with this, awakening can also be easily accessible. Even in the scriptures, semen is said to be the most powerful substance, thousands of times more than blood. It is said in them that a drop of semen is made from thousands of drops of blood. This means that after repeated filtration of the blood, a particular element keeps on accumulating slowly in the form of semen. The more times the Vajra is expanded, the more often it must have been considered a blood gush for the formation of semen. Whatever sexual arousal increases after each vajra expansion, it must have been considered as an increase of semen store.

Many people often say that they don't even feel the energy moving up their back. What will you offer up, when nothing will be made below? This means that when Kundalini energy is created in the Muladhara, then only then will it be able to climb up. Kundalini energy is created on Muladhara in many ways. The main ones are yogic breathing, the correct method of sitting with the spine straight, yoga asanas, various exercises, various types of physical activity, walking, cycling, living with non-dualism and sexual intercourse. Sex gives the most and quickest benefits, but it requires a great deal of dexterity, and it has to be kept secret. This gives a clear impression of the energy rising up in the back. Men often become lethargic after intercourse. This is the wrong method. Man's brilliance should never decrease. Actually semen power is converted into Kundalini energy. This loss of sharpness is caused by not transforming it and by not raising the serpent as soon as possible after an urgent ejaculation. In fact, if the divine serpent is allowed to remain facing downwards, a subtle psychological message is transmitted to the body that the production of semen should be stopped. This is probably due to a subtle and indirect fear arising from the possibility that the semen will be wasted in the same way again. Due to this, the body becomes lethargic due to lack of semen. Conversely, if the serpent's face is turned upwards after ejaculation, it sends a message to the brain that what happened has happened, but now the body will not waste the semen and use it. Due to this, the production of semen increases even more than before, due to which the weakness caused by the previous ejaculation is also removed soon, and along with it further development also starts. This does not mean that ejaculation should be continued. The special power of a man is from his semen. Without semen, he is as powerless as an eunuch. Therefore, one should always try to conserve semen. There is some loss due to ejaculation, but it remains very less with the practice of tantric meditation. Then it cannot even be called loss, because that loss is then converted into Kundalini gain. Rather it means that if it happens by mistake, or out of necessity, or if it is done for pre-planned Kundalini benefits, then how can one avoid weakness. Because of this weakness arising from ejaculation, sexual intercourse has become infamous. At the same time, the woman has also become infamous. She was considered to be an energy squeezer or Dakini or Witch, etc. Negligence of man, but blame on woman. Well, to some extent, a woman can also help a man. The woman herself could have removed the stigma against her, but she always remained shamefully silent. She also turned her back towards Tantra. That is why I have been saying from the very beginning that only Tantra can bring back the lost respect to a woman. When people will understand these facts, then sexual violence will also decrease. Then the woman will be revered and considered a goddess. I am not talking about gender discrimination here, but trying to analyze factually.

People with less energy usually hate people with more energy. Just take the animal. They like their low energy like simple life. That is why they prefer to live in forests rather than cities.

But the hi-tech people living in the hi-tech city are also less energetic in front of the awakened man. Most of the people in the world are of low energy. That is why they can keep the awakened people in isolation. That is why awakened people often become victims of various excesses. Example of Christ is there.

What happens is that even the slightest desire for a spiritual goal makes a man successful. A small desire may seem minor, but like a seed, it gives birth to a big tree. Just as a small seed grows into a great tree with time, similarly a little spiritual effort also leads to a great spiritual success i.e. growth in the form of awakening. That is why there has been a special tradition of inculcating spiritual values in children, so that they grow up and attain awakening, and also take the society in the right direction. For example, a few days ago my son suddenly started a spiritual quiz with me. Although the attention of today's children is only on the spicy audio and video online, but on that day he had a different mood. He started asking why he was being asked to give water to Peepal tree. So his mother told that the peepal tree produces oxygen even at night, and the ghosts keep away from it. Then he asked how it makes oxygen at night, so I said by the process of photosynthesis in the light of the moon. Then he asked how ghosts run away from it, so I said that photosynthesis produces energy in the tree, whose waves do not allow ghosts to come near him. Energy is consciousness, and consciousness itself is extermination of ghosts. After some reasoning, he agreed to this point. Then he asks if I can explain all spiritual beliefs scientifically. So I said yes. Then he asks why when the plate falls from the hand to the floor, it is asked to hold it immediately and stop making its sound. I said that the frequency of the sound of the ground hitting plate decreases gradually. A frequency may come up, which can match the frequency that is generated in our brain. This can create resonance, which can increase the frequency of our brain very much. It can increase blood pressure and stress. Then he asked why it is said that the sound of that ringing plate reaches God. So his mother said that God is within us, which is hidden in the depths of the heart. Due to the creation of a lot of energy in the brain, its feeling is felt till the heart, which means it reaches to God. I approved it too. He became more impressed and started asking a new question that why he is advised not to eat three breads, and why after eating three rotis, he is asked to eat half more bread. I said that with an odd number, our nadis become unbalanced, but with an even number they become balanced. This is because the number of main channels is two, which is an even number. Their names are Ida and Pingala. Anyway, odd number is called odd or unlucky number. Then he asks how did I come to know about these things, then his mother said that even after reading so many Puranas, why I will not know. Then the baby became busy here and there. Come on, there was so much good sansakara implanted in the child. In fact, the sanskar is very small and like a subtle seed, but it continues to affect the mind, due to which a big change is seen in the course of time. When the sanskars are imposed on the mind, it is not even known about it, like the mustard seed is not even known. Its effect is visible only after a long period of time, like a blooming mustard field is visible only after several months of sowing. Sanskar starts growing as soon as it gets an opportunity, and stops there in adversity. It does not diminish or end without serious yoga practice. It is similar to that, when there is a slight drought, the crop stops growing, but when it rains, the crop starts growing again. Just as many times the weeds growing along with the crop are destroyed due to excessive drought, similarly, by doing Kundalini yoga, bad sanskars are also destroyed by burning. That's why one should always do Kundalini yoga. The sanskars of many past lives are buried in our mind in the form of subconscious mind. Their purification seems possible only through Kundalini yoga. The special thing is that only bad sanskars are destroyed by Kundalini yoga, not good sanskars. Kundalini yoga creates Advaita Bhava, which is a divine spirit. In the Divine spirit only good things happen, not bad.

There should be such an education system in the school too, including yoga, which inculcates good and strong values on the mind.

It takes a lot of effort to lift something high. Downstairs it itself goes. Similarly, a lot of pumping force is required to raise the Kundalini energy to Sahasrara, which is achieved through Kundalini yoga. But the same Kundalini energy itself falls down and reaches Muladhara and remains lying there, because Mooladhara is at the lowest level. Scientists tell that the heart of a giraffe is about 30 times bigger than that of a man. This is natural because the giraffe's neck is very long and its head is situated at a very high point. The heart has to work very hard to push blood there, which is possible only because of the large size of the heart. So why not assume from this that blood is the Kundalini energy. Although it is concluded that Kundalini energy is only Nadi or neuronal energy, but it shows its effect by controlling the blood flow. Let me tell you a recipe to raise the Kundalini energy to Sahasrar. You suppose yourself situated in space or somewhere on the Sun, Moon etc. Then look at the multihooded serpent of your body from there as sitting on the its base coil, and who has raised his hood, and is holding his tail in its longest and central hood. Due to this the Kundalini will start shining in the Sahasrar while moving in a circular loop. The advantage of this method is that the body does not have to work hard to raise the Kundalini. This is because when viewed from distant space, our body is like a small ball, not an elongated shape. This gives a psychological support. It was remembered from Chandra or moon that Chandra loka or moon abode is also called Pitru-loka. One day I was walking outside at night. Above the head and a little further ahead was a beautiful round moon. It was as if it was walking with me. Looking at it carefully and lovingly, I could see my smiling ancestors inside it. Simultaneously, the Kundalini energy also started moving round and round in me. It is possible that Kundalini energy has come to give its support only to strengthen the subtle and faint remembrance of the ancestor. The Moon also became a part of that Kundalini loop, which, like Sahasrara, appeared to be the highest peak of the round ring or loop. By the way, at that time I was walking hand-to-hand with my tantric consort. Advaita and Kundalini are manifested by the union of Yin-Yang. Perhaps men try to increase their masculinity only to increase their yang. They try to show bravery or grandeur or sportsmanship in schools-colleges. His hidden intention behind this is that Yin means girl should be attracted towards him. If this happens then they get great bliss of Advaita and Kundalini. Even if the boy is already yin-like, and yin is attracted to him, it still doesn't make much sense. That's why it is said that to gain something, you have to lose something. While showing bravery, the risk of life remains. This is the reason that Boys Hostel and Girls Hostel remain highly attracted towards each other. Actually Boys Hostel is the sea of Yang, and Girls Hostel is the sea of Yin. There is a lot of power in the Yan-Ying alliance. This is divine power. That is why parents are considered to be the form of God. Advaita, and Ananda, have been given to this alliance so that the living entity can take good care of his children. From Advaita a feeling of love and benevolence arises. That is why parents love their children the most. If there was not this Advaita or Kundalini power in the yin-yang alliance, then the parents would neglect their children, making the expansion of the universe impossible. This non-dual feeling in God is at its peak, that's why he gives ample opportunities to everyone to live happily without any rivalry with any living being. That is why all living beings are called children of God. Although the yin-yang alliance was created by God for children, spiritual scientists used it for Kundalini awakening. This became the tantra. The weak king used to give his daughter's hand to a strong king or his son to increase friendship with the powerful king. It is natural that the friendship between the two grew due to the yin-yang alliance. Even today people are using it for their social upliftment. History is witness to how the woman has shown her glory from time to time. The war of Mahabharata was fought with the anger of a woman. She had

decided not to tie her hair until she had washed her hair with the blood of the Kaurava sons. Meaning that she set aside her yin power, and did not allow her full nexus with yang. Due to this her husband Veer Pandavas always remained war-lovers. If she hadn't confined her yin to her hair like this, she must have mixed with yang, instilling in her husbands the peaceful godly qualities, which probably would have averted the war. Although there are many reasons and sides of this story, but I am making my point clear by keeping only one side in front. By the way, this goddess power of woman is also misused a lot. For example, women are sent by wicked nations to seduce generals. It is heard that Pakistan is also doing something similar against its enemy nations these days. Today, if Putin, Biden, Jinping and Ukraine's head of state Zelensky form such a yin-yang nexus in their mind, the world could avoid a disastrous war. I say this common sense thing without going into it deeply, that if there is defeat or loss in front, then running away from war is also a strategy, not cowardice. And all know that no matter how the war is, there is bound to be some loss in it. I have said a lot in gestures. For the wise, a hint is enough. I have been very busy with work for the last few days. If I had known that my writing could stop the war, I would have left all work and sat down to write. Now let's come to the main topic of the post. That is why it is said that a woman has a lot of power. Large armies and great nations bow down before her. A woman is a goddess. But that would prove on ground, if the woman understood it. Today she seems to have forgotten this mysterious tantra. The sun is yang, the water of the Arghya offered to it is yin. That is why it is said that water should be poured from a height towards the sun, so that the sun and water are seen together. It is considered best if the sun is visible through the middle of the stream of water. This best mixes yin and yang, creating Kundalini-Advaita. Elephant is yin, and human is yang. The name of the mixture of both is Lord Ganesha. Similarly, monkey is yin, and man is yang. Monkeygod Hanuman ji is a mixture of both. That is why by worshipping these two deities, Advaita and Kundalini are experienced very fast. On the forehead of Lord Shiva there are signs of tripunda and third eye. Tripunda is three parallel lines made of sandalwood etc., and the third eye is a tilak shaped like a flame made of sandalwood. Tripunda means the three qualities of nature, Sattva, Raja and Tama. The third eye represents Kundalini awakening. This means that only after making progress in the world, Kundalini awakening is felt, not leaving the world. After bathing, the wet body is asked not to clean it completely with a towel, but to let its water squeeze out on its own. In fact, it creates cooling in the body, due to which the muscles contract. This contraction ascends through the muscles of the back, and descends through the front body. With this shrinkage, the Kundalini also moves very well in the body. Similarly, in temples etc. or on spiritual festivals, bhog or food etc. is given to eat because by it the top and bottom surfaces of the inside of the mouth get joined together, due to which the kundalini circuit is completed when the kundalini switch is turned on. Due to it Kundalini starts rotating. All these things mean that everything in Hindu scriptures and Puranas is scientifically and spiritually true, and is based on Kundalini. Many people call such things superstition. But it is their way of seeing that makes them feel that way. They want to see them in physical form with the gross eyes, but they are seen in subtle form only when they are seen with the mind's eyes. Kundalini is also visible through the mind's eye and not the gross eyes. That is why the appearance of Kundalini is also called the opening of the third eye. This third eye is the eye of the mind. This means that all religions, especially Hinduism, are completely dependent on Kundalini, because most of the things mentioned in it are visible only through the mind's eye and not with the physical eyes. Even the allegorical stories of the Puranas are not understood until a deep thought is given to them. This opens the eyes of the mind. And where there is the mind's eye, there must be Kundalini. I even feel that the physical worship and ritualistic procedures written in the Puranas also express some mental or physical systems in the form of metaphors, not the actual material and physical activities. But people understood them in

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

who think sharply and smartly keep twitching their eyes, because the agya chakra is told located in the middle of the eyes. Now if there is a lack of energy in the brain due to intoxication or other downgrading lifestyle behavior, eating excessive or unhealthy nonveg or due to fatigue etc., even then it feels like non-dual, because no thoughts are being formed in the mind. It feels like depression or darkness. It does not have energy to give to the Kundalini, so a Kundalini picture may come to mind with practice, but with very little brightness. So it goes to the lower energy chakras. This is what we say that man has fallen because of bad deeds. However, with the practice of Yogasadhana, she soon rises up, and within a few days reaches Sahasrara. This time she shines there even more than before. It is as if one starts jumping very high by practicing jumping over and over again. It is said that such a person has risen again. In the world, this game of rise and fall continues always. Perhaps the basic principle of tantric yoga with five makaras is also this repeated jumping of Kundalini. This temporary ascending and descending of Kundalini goes on in different people at their own times. But there is also a more permanent mass Kundalini movement. In this, the Kundalini of all the people of a society moves together and becomes situated on some chakra, and then remains there for a long time. For example, during the development of material and social amenities, the collective Kundalini of the people is on the agya chakra. Even after touching the peak of development, it remains there for some time, and then starts going to Sahasrara. In this period many people start getting awakened, and people's interest starts shifting from physical science to spiritual science. People start being loyal to the deity, nature and god. In such a situation, it is natural that the excessive materiality which harms the nature starts getting destroyed. People think this is the downfall of the modern system. It is often said that after the end of the period of development, the period of decline begins. But this is not a fall but a spiritual transformation of the system. Only by not understanding it properly, intolerance towards it can lead to incidents like war, looting, etc., and human-crisis of different types. But if this transformation is handled properly, then the era of real spiritual growth begins here. This is called the change of ages, such as the coming of Satyuga after Kali Yuga. I think the world is going through this mass transformation today. If the transformation of a single man is not handled properly, then he can go into depression and take any wrong step. Similarly, if the transformation of the whole world or any country or society within it is not handled properly, that too can lead to mass depression. Anything in the form of war etc. can take place. By the way, nowadays small societies like states or countries also have a lot of meaning, because all the countries of the world are connected to each other by being dependent on each other. The movement of one country can cause turmoil in the whole world. The world is transforming today towards a higher level of awareness. The transition should be well guided and smooth, otherwise violent turmoils are bound to occur. Therefore, in the risky phase of this transformation, more and more spiritual writers are needed, who should explain spirituality to the whole world in a scientific way, because the thinking of today's people is scientific, and something can be explained to them only in a scientific way.

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

Friends, many mythologies cannot be decoded completely. So you have to guess there. Something is better than nothing. From a light beginning, these stories also get decoded later. One such mysterious story is about Ganesh Dev. I think Ganesha is the Kundalini Purush of Parvati. Parvati was bored while being supported by Shiva's Kundalini Purush. She started considering herself as dependent on Shiva. Especially she was provoked by her friends. That is why Parvati says that she was living like a subordinate, living under the protection of Shivaganas. She decided that now she would create a dedicated Gana for herself. Once she was bathing naked, but Lord Shiva scolded the gatekeeper Nandi and entered, which made her embarrassed. That's why she created the perfect and flawless Ganesha out of the filth of her body. The scum is also called raja, and the vaginal fluid equivalent to semen is also called raja. Possibly Ganesha is the psychic Purusha created from the transformation of the sexual energy of Goddess Parvati, just as Kartikeya is the mental Kundalini Purusha created from the sexual energy of Lord Shiva. It was called son, because it was made of vaginal fluid like a normal son, but certainly not in the womb but in the brain or in the mind. For this reason, the secretion of menstrual fluid or the secretion of Raja becomes very less or even zero in the woman due to the practice of sexual tantra. This also protects the woman from weakness. Her Kundalini develops from this Raja or the dirt of her body. It would be appropriate to make it clear here that for us Goddess Parvati is revered, worshipped, and respected. We cannot say anything directly about her. We are talking only about human beings with nature like Goddess Parvati. Because everywhere it cannot be written like, "Man with the nature of Goddess Parvati", because this will increase the scope of writing without need, and at the same time people will be confused and unable to understand. Therefore, in compulsion, one has to write Goddess Parvati or simply Parvati for abbreviation. In a way, we describe particular personality or nature, not any particular god or person. Similarly, one should also understand about all the deities like Shiva etc. Hope and believe that the common man and the gods and goddesses will not take it otherwise. Parvati gave Ganesh a stick and instructed that no one should enter inside her house without her permission. Parvati is actually a soul. Sahasrar is its home. To make Ganesha stand outside the house means to be engrossed in the meditation of Kundalini at all times. From this nothing else can come into focus, that is, anything cannot enter inside the house of its own free will. When the soul desires and withdraws its attention from the Kundalini, then only the other thing will be able to enter the house of meditation. Before that she did not have Kundalini in her mind. That's why she had to allow Shiva and his worldliness to enter meditation hall of her brain even if she didn't want to. While bathing she was naked, that is, lost in intimate thoughts of the depths of the soul. This is a good answer for those who have a misconception that women are considered inferior to men in Tantra. In fact, men and women are equal in tantra, and similar types of practices have been prescribed for both. Once Nandi was stopped by Ganesha at the door. Surprised by this, Shiva asked his Nandi and other ganas to enter Parvati's house turn by turn, but the Ganesh boy beat everyone with his stick. Meaning that Kundalini is soft like a child, who does not have special weapons to protect the soul, but has an affectionate fear depicting stick. Nandi etc. Ganas here are the thoughts of Shiva, who want to introduce themselves to parvati's soul before joining of Shiva's soul with Parvati's soul. This is often the case in the world. It is only through thoughts that a warm meeting of people with each other is possible.

Intimidating or beating the ganas with stick by Ganesha means that Parvati, the soul, concentrates on the Kundalini without paying attention to the thoughts coming from outside. Ideas or thoughts are neither to be welcomed, nor should they be shunned. This is what it means to have a fear filled with love. This is to maintain a witnessing attitude towards thoughts or worldliness. This is Vipassana, or vipashyana. The defeat of all the gods and ganas by Ganesha in turn shows that the Kundalini meditation of Parvati is unaffected by all the thoughts and feelings transmitted by Shiva. Then all the deities take it as an insult to Shiva. So they all make a strategy and fight together, and deceitfully kill Ganesha. Meaning that Shiva entangles Parvati in worldly affairs so much that she forgets Kundalini. Filled with immense anger, Parvati turns black and becomes Kali, and sets out to destroy the universe. Meaning that due to the destruction of the unwavering Kundalini picture of the mind, Parvati gets filled with anger, and falls into the darkness. It is like losing one's favorite thing, or the fear of losing it, and without it he becomes blind. It is just like losing toy by a baby. In such a situation, a person can do any wrong thing, if he is not handled with consolation. Has the Russian power head suffered a similar shock? In this way, man can destroy the world, and himself too. Because the whole universe is settled in the body, that is why perhaps the attempt of suicide by Parvati has been called an attempt to destroy the universe. The meaning of name Kali is "black or dark". Then she turns into goddess Kali and tells Shiva that if you revive Ganesha, she will be pleased. The point is clear that only by getting the lost favorite thing or Kundalini, a person attains his former happy state. It is now necessary to ask the Russian ruler what his favorite thing has been lost, for which he is putting the whole earth at stake by reaching for the nuclear button, and which he will be happy to find. I had also said in the previous post that the Kundalini of today's advanced age is stuck in the Agya Chakra. The nature of Kundalini is to move. She cannot stay in one place for long. Its next and advanced stage is the Sahasrara Chakra. But to raise the Kundalini up to there, a lot of energy is required, which can be found only through sexual tantra. that's why I write about Tantra with divine inspiration. At the same time, there is also a need to reduce the material world, so that the energy saved from it can be used for uplifting the Kundalini. The destruction produced by this war is a subconscious attempt to reduce the worldliness, so that the energy needs of Kundalini can be fulfilled. Counting other causes of war are mere excuses. A nuclear-armed and largest country in terms of area can be afraid of what. The real and only cause of war is the lack of that precious prana energy or life energy by which man moves on the path of humanity and spirituality. To convince the wise, it is enough to show the fear of war, the foolish will not understand even by war, only harm will happen. At the most, he would show a little fighting power, so that the enemy would get a chance to recover and improve. Then the world would also appreciate the diplomacy and war strategy of the warrior. What is it that the whole nation is bent on making hell. On the one hand, the poor do not get a roof to cover their heads, they chill in the open all night, on the other hand you have been destroying luxurious buildings. Think how much blood and sweat would have gone into making them. How much of that vital energy must have been wasted in making them, which could have awakened the Kundalini. This subconscious effort to meet the energy needs of Kundalini is uncontrolled and inhuman, like uncontrolled nuclear energy. What is it that the Kundalini is descending instead of ascending, without achieving its highest goal. Therefore, the change in worldliness or ways of living or lifestyle towards minimalism should be gradual and humane, not abrupt and inhuman. I am not attacking any one nation here. All nations behave like full of war craving. Why such conditions are created by all the countries in the world, which force a country towards war. Most of the countries are engaged in collecting weapons. They want to make money from arms business. They are keeping the dream of imperialism alive. Kundalini is the best medicine for this. With the help of Kundalini, the whole creation starts appearing inside oneself. Man begins to be satisfied with himself, no

matter what he is, and no matter what the circumstances. When a head of state feels the whole universe inside him, then why would he want to loot the land of others. He will find the solution to his problem within himself. Then he would not even need weapons in most cases, and neither would war. I know only one country in the world, which has never started a war, nor attacked anyone, even after a lot of provocations. That country is India. Perhaps this has been possible in India only due to Kundalini Yoga and the religion based on it. That is why the whole world should learn a lesson from this soft power nation in this regard, if a peaceful world is to be established. I'm not bragging about anyone. Nor am I looking at sides other than war related. Truth is truth, which no one can deny. Well, Shiva sent his ganas in the east direction in the morning, and said that whichever creature they meet first, get its head cut off, and attach it to the trunk of Ganesha. This means that one has to speculate, but somehow Parvati's lost Kundalini can be recovered. The ganas first got an elephant cub. They revived Ganesha with the help of Shiva by attaching his head to the torso of Ganesha. Goddess Parvati was satisfied with this, due to which the whole world was saved from her wrath.

Kundalini based case study of Russia-ukrain war aftermaths~birth-death cycle on body chakras

Friends, the third eye opens near the agya chakra. This is also the eye of Shiva filled with anger, which causes destruction. Meaning that if Kundalini is not handled properly on the Agya chakra, then it can also cause destruction. This is what I have tried to explain in the previous post that if the intellect is not controlled by knowledge, then how can it cause destruction. The famous scientist Stephen Hawking also used to say that today human civilization is at the top of development and science. If destructive wars are avoided at this time, then only the earth will be able to reach the golden and supernatural state, otherwise the condition of the earth may be like Mars. Together, I was describing Lord Ganesha as the Kundalini-form. It is to be noted here that in the Shiva Purana, it is written earlier that after the birth of Lord Kartikeya, Goddess Parvati gave birth to Lord Ganesha through sexual intercourse with Shiva. Then in the next chapter it is written that Parvati gave birth to a son Ganesha from the filth of her body. So that which is also made of sexual intercourse, and at the same time is also made of the filth of the body, can only be a mental Kundalini-Purusha created from Tantric sexual Yoga.

The cycles of birth and death are in this human body and in this life, leave outside. When Kundalini is on the Muladhara chakra, there is a life full of animalistic and ignorance-attachment. This is the life of the lower creatures like insects and moths. Kundalini climbs up to the Swadhishtana chakra when a person makes some progress. It is the animal life of a higher consciousness, such as the life of a chicken, a goat, etc. Most of the time these living beings remain engrossed in sexual pleasure. On further progress, the Kundalini ascends to the Manipura Chakra. Manipura Chakra is located in the navel, which is related to food and drink and digestion. This is the life of a higher animal, which is always busy eating. For example, grass-fed animals. They keep on eating something or the other round the clock. On further development, Kundalini reaches Anahata, that is, the heart chakra. This is the life of a loving and sentimental creature. For example dog, elephant, dolphin etc. On further climbing up, Kundalini reaches the Vishuddhi Chakra. It's a life like a sweet-sounding animal. For example, cuckoo. Then the Kundalini rises up to the Agya chakra. It is life like an intelligent being, like primates, humans etc. It takes a lot of energy to lift the Kundalini on top of it to sahasrara. Very few people are able to raise the Kundalini up to Sahasrara through tantric practices and yogic practices in solitude. Even among them, very few people are able to keep the Kundalini in Sahasrara for a very long time. Only a very few among them are able to awaken the Kundalini in Sahasrara. Even among them, very few people are able to keep the Kundalini active in Sahasrara for the rest of their lives. This is where the journey of life ends. This is the realization of God. From there, the man does not fall down again. If he seems to be falling, then only for public show. In fact, he is always situated in the Sahasrara Chakra. Perhaps this is what has been called Brahmaloaka. He remains with Brahma i.e. mind till the full life of Brahma i.e. till the full life of man, and finally becomes free with Brahma. Most of the people are not able to go above the agya chakra, and start falling down from there. By passing through all the chakras turn by turn, they again reach the dark well of mooladhara. That is, they reach the bottom step by step through the lower consciousness. From there, their growth starts again, and they slowly rise up. Human beings after attaining the human life or agya chakra, and without attaining the Supreme Soul, start falling down again, taking the

form of different creatures. In this way the cycle of birth and death continues over and over again. Today the world is also situated at this last juncture of agya chakra, from where it seems to have started falling down due to not being able to take the last leap for Satyayuga or abode of truth or sahasrara. Well it's not too late, it's time to recover. Take the Ukraine-Russia war that broke out recently. The man was at the peak of his intellectual and material development. The wars imposed on Iraq-Syria etc. were being buried in history. Religious terrorism was also being tightened and crushed from all sides. Meaning that the Kundalini of the world was on the agya chakra. In a way, the world had become a man. More and more Kundalini events and awakenings were being heard and seen. The world was being transformed to Satyayug. Many physicists, psychologists, spiritual scientists and writers were helping in this. Plenty of resources had accumulated with the man. This left the man with enough extra time to do Kundalini yoga meditation to give the Kundalini enough emancipatory velocity i.e. escape velocity for the final leap of liberation. He was conserving and storing energy by reducing the extravagant worldliness and simplifying the complex lifestyle, so that, that energy could be given to the Kundalini. Everything was happening smoothly and peacefully. But only then this war has put a question mark on this developmental process. The man's Kundalini-energy began to descend again to fulfill the sense of security or survival instinct. Man again went back to the primitive age. He became wild again. Now he is only meant to fill his stomach. Only lucky was able to cover his body well. Only the VIP type of wild was getting a roof over his head. All the energy of man was being spent in arranging bread, clothes and house. Words like spirituality, Yoga, liberation etc. started appearing with rarity. All the energy of man was being spent in coping with the struggles for a living. Even for achieving sexual pleasure, energy was hardly available, let alone intercourse yoga. Due to the struggles, the mind had become so restless that there was no justification for serious yoga practice. Because by practicing yoga, the mind became stable, but with a steady mind, the struggles could not be competed. Because most of the energy used to make the mind stable and non-dual goes to the brain, this leads to a lack of energy in the arms and legs, from which most of the material activities of the world are handled. To meet the lack of energy, the use of non-vegetarian food was increasing, which created an atmosphere of sin and violence all around. Such wars increase the unjustified atrocities on animals. Some having good family values and having knowledge of spirituality were doing their spiritual development by consuming flesh etc. Due to this, Tantra Vidya was also developing. Due to the conflict, the mental tension of the people had increased so much that alcohol was being resorted to, to overcome it. The Tantric type of people were getting material benefits as well as spiritual development by practicing yoga along with it. Some worldly people imitating his yoga practice started doing yogasanas without meditation, like physical exercises that twist the body. They were also getting some benefit, and after a few years of practice, they were also able to become a Dhyana Yogi i.e. Kundalini Yogi. Today, the practice of meditative Kundalini yoga, which is practiced while sitting in solitude, is happening due to the surplus life energy available through reaching the climax of human civilization. Because meditation requires a lot of life energy. Due to lack of prana energy, even powerful yoga like Sambhog Yoga or sexual yoga cannot be taken full advantage of. If it is forcefully practiced or over practiced with lack of sufficient life energy, rest, sleep, touring, hath yoga exercises, balanced lifestyle and time, then various physical and mental disorders can also arise, such as enlargement of prostate gland, infection, depression, stress, gastritis etc. and may be some others too. Probably that is why it has been advised not to do sex-yoga in a vaginal infection like leucorrhoea in Tantra. Children and Kundalini yogis are most affected during times of war-induced collapse. Just as most of the energy of children is being spent on their physical and mental development, so too does the Kundalini Yogi. Amazing transformation is going on in both. That is why awakening is also called the second

birth, only after that a person becomes a dvija or a real brahmin. Dwij means second born. A lot of life energy is also spent to maintain the Kundalini in the body and mind continuously. I was watching a child frightened by the Russian attack, fleeing on a journey of hundreds of kilometers. His parents were killed in battle. He had none. The innocent child was crying, and could hardly walk, dragging around a bag too along with him. Older people and women are also affected more likewise because they are the weaker part of the society. Similarly, animals are also greatly affected. But they are rarely counted in such cases, although they are also an important part of a healthy society.

By the way, sometimes even small countries become responsible for such wars. Let's look at Pakistan for example. It has claimed thousands of innocent lives till date by spreading terrorism across the border. This process has been going on for more than about fifty years, but there appears no change in its policy even today. India has always prevented a major war by keeping peace. UNO has helped it very little, on the contrary, many times it has put it in the dock. The few times the UNO may have made the slightest effort to help, though it has faltered in the face of Pakistan's international propaganda. I don't understand why UNO plays its part too weakly in these types of matters. Even today it seems to be working with insufficient zeal. Well, in this war-crazy era and even after that, some very busy people were not able to find any time to do yoga. Among them, people with good sanskars or values were trying to do Karma as Yoga i.e. workmanship in a non-dual spirit, i.e. adopting Karma Yoga. To help in this, new philosophies like the philosophy of physiology or sharirvigyan darshan were being discovered, so that along with material upliftment, spiritual upliftment would be easily available. Such philosophies were becoming popular, as they were accompanied by novelty, which presented the old Gita-like philosophies in a new form. This led to the rapid expansion of philosophy and literature. People who are fond of some old scriptures used to grope through old philosophies like Gita, scriptures and Puranas day and night, so that some ray of knowledge would be visible. Due to this fierce war, the human civilization, which had reached the peak of development, had reached the lowest level, from where it had reached there after developing for hundreds of thousands of years. This cycle seems to have been going on continuously for many ages. Rarely will development reach its peak, as only a rare person attains Kundalini awakening. But just as all people can achieve Kundalini awakening with proper practice, so too can the whole earth enter the golden age. But it was not given careful attention, and it was taken lightly. I think that the time when the Puranas and spiritual philosophies were composed was Satyuga, especially in ancient India. Only by remembrance of it, we can get satisfaction now. With a cry of fear, pain etc. born out of war, looting and anarchy, Kundalini descended to the Vishuddhi chakra. Then she descended to Anahata Chakra to handle the emotional shock. Some of the energy also went from there to the arms for self-defense. Due to the atmosphere of such hustle and bustle, the hunger increased to a great extent. A lot of physical struggle also had to be done, due to which Kundalini came to the navel chakra. Guts resides only in the navel. Then Kundalini came to the Swadhisthana Chakra. This is the birth of the world in the form of sexual creatures like chicken, goat etc. From there it descends to Muladhara. The world is filled with foolishness like insects. Then the process of development of the world starts again. The Kundalini ascends through all the chakras in turn. In this way man is not able to control the inhuman violence like war etc., due to which the cycle of birth and death of the world goes on like this.

I laugh at UNO too. Giving veto power to a country means that no matter what it does, there is no one to stop it. Then what is the purpose of UNO? At least the country against which there is a resolution should not have the right to veto in its own defense, someone else may of course do it. What is it that I am a thief and I am police too. By the way, if the veto is used

properly, then it also has its benefits. India has been involved in anti-terrorist operations since its inception. Or we can say that this campaign was started by India itself. Now most of the countries of the world have started joining this campaign. At that time, against this campaign of India, resolutions were brought against it in the UNO using propaganda. But only one or two of the countries used veto power to drop those proposals. Sometimes the reverse also happens, when a country with a veto power saves the wrongdoing country because it has a selfish relationship with it. That's why I think that the same old-fashioned method of decision making in the assembly is right, in which the majority is seen, the side which gets the more votes, the same decision is considered valid. I feel that a decision taken by majority in the House is in a way like God's decision. God also sees it, because God is the biggest chairman. That is why in most places in the scriptures, God is depicted as the chairman. One more thing is worth noting. A strong child is beating a weak child, asking him not to go to another strong boy for his defense. He will go more with this. Yes, if he is treated with love, he will not go. It has been happening since the beginning that there are two superpowers fighting among themselves, and the ruins become the small country for which they are fighting. Fight the bull, and let the grass be destroyed. Then in most cases those superpowers do not cooperate properly in the reconstruction of that small country. Mostly some developing countries like India try the work of reconstruction, because they see humanity, not religion, caste, class etc. Then it is said that developing countries do not develop. How will they develop when big countries keep engulfing the world in wars? The example of Afghanistan, Syria and Iraq is in front of everyone. I had described these types of international events in the book Physiology philosophy or sharirvigyan darshan by some divine inspiration. However, I had shown all this to happen in the body according to health science. There I even wrote that nuclear war destroys the whole country, that is, it dies, which is reborn in the form of reconstruction. This destruction was a description of the subtle country inside the body, God bless that nothing like this should never happen in the gross country outside.

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

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

seek truth and humanity, wherever it may be found. The one who follows the truth may feel some difficulty in the beginning, but in the end victory is his companion. We explore the psychological element hidden in the core of religion in the form of Kundalini. A major element associated with this is the sanskara or culture or sacrament.

Sixteen Sanskars of Hindu Philosophy

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

Kundalini acts as a carrier of rites

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

Along with shakti or power, good manners are also important

The culture as driver does the work of giving direction to the power as vehicle. In Hinduism, the virtues of tolerance, generosity, non-violence etc. are due to this reason, because in this these qualities are instilled in the mind in the form of sacraments. The religion in which people are taught from birth and even taught every day that their religion is the only religion, their god is the only god, no matter how many evil deeds they do, they will go to heaven, and people of other religions no matter how many good deeds they do, they will always go to hell, and for not accepting their religion, people of other religions should be killed brutally as soon as they get a chance, what else can be expected from them. They misuse Kundalini Shakti, because the inhuman sanskars in their mind keep pushing them on the wrong path with the help of that kundalini power. Better than this, no rites should be inculcated in the mind, that is, no religion should be considered except human religion. When humans are made, then obviously humanity itself will flourish. Then the human values themselves will start growing in the mind. Buddha says, if you stop planting thorns, flowers will grow on their own. Kundalini Shakti always leads to goodness. But if by force, and even after lakhs of resistance of Kundalini, evils are repeatedly injected inside, then how long will she be able to keep up with it. Friends, a colorful forest full of various herbs grows around the fragrant marigold flower, while poisonous herb like lantana destroys every plant growing all around, and in the end it also gets destroyed. I was reading in Shiv Purana that one who is a devotee of Shiva, his every sin is forgiven. This means that such fanatical religions have emerged from Shivantra itself. Tantra has many similarities with these. They can also be called extremist tantra. I remember a college time incident related to this. A lone Kashmiri Muslim in the entire hostel. The whole atmosphere seemed to be spoiled by that. Whoever came to mind, beating him. Blind well for flesh and eggs. Wine and slut misused often. Swords were hidden in the room. Expert in making petrol bombs. Once, in front of everyone, he secretly drew a sword from his almirah and put on my neck. I laughed looking at him because I thought he was joking. He too started laughing at the mockery of the fool. Then he put away the sword. An eyewitness friend of mine later told me that I shouldn't have laughed, as it was a serious matter. I never understood what it meant. Yes, I used to rejoice during that time under the full influence of awakening and Kundalini. This shows how great enemies such religious fanatics are there of real spirituality. Just imagine that when a single Muslim among hundreds of Hindus can create so much disdain, what crime would they not have committed on the minority Kashmiri Hindus by being a majority in Kashmir. It was about the same time. This is the difference between rituals. The power is the same, but the sanskars are different. That is why it is very important to have good values along with power. This is what is shown in 'The Kashmir Files Film'. This film is constantly setting new records.

Kundalini helped by good company and sanskara or culture or rite or sacrament

Friends, I was talking about sacraments or sanskara in the previous post. The more a person delivers the message of good promise or good deed or good conduct to people, the stronger his sanskar becomes on the mind. For this sanskar building, people write blogs, write articles, promote, organize paid or free camps, organize small and big functions, etc. The more crowd he gets, the more successful he is considered. These activities sometimes cost a lot, sometimes they are done cheaply. Many times it would have been done free of cost by the grace of elders and guru people. In this case, I narrate the incident that happened to me related to awakening. In college time, I got a chance to write an article in a magazine by the grace of the teachers. I wrote two or three articles and gave it away, which fortunately got printed on one page. Those articles were related to general physiological philosophy, humanity, religion, love, patriotism, karma yoga, tantra and poetry. I got a new identity from that. It instilled such a deep impression on my mind that I became very active and started making quadruple progress day and night. I feel that after many years of material development, when that seed of sanskar became a tree full of seeds, only then I got a second glimpse of awakening, due to which the creation of the philosophy of body science was completed in the form of a book, many others too. Many books were written, and Kundalini blog writing was also successful to a great extent. Meaning that first I have lived a lot of books in my practical life, later I have brought that life in the form of books and blogs. Not that I was born, and sat down to write. It is an imitation. Real writing is that in which one sees his life coming down on paper. At that time my sexual hormone levels were very high, as is the case with everyone at that age. But I feel that it was too much in me and spiritually special because of the first glimpse of awakening and activated Kundalini thereby. Perhaps this is the reason why the good sanskar has become so firmly established, which seemed desperate to be associated with me throughout my life. I also feel that after the first glimpse of awakening, my old conflict-like childhood had suddenly collapsed in my mind. It cleared my mind like a child, like a new blackboard without writing. Like a child, my transformation was going on, due to which my mind became very receptive like him. That's why that auspicious ritual created such a positive and everlasting activity in my mind that it later showed me another glimpse of awakening. That is why it is said that children should be given good values. This makes it clear why a cultured teacher who instills good values in children has been given so much importance in the society. First of all, the first teacher is the mother. The effect of the sacraments given by her is the most stable in mind. That is why it is said, 'ramante tatra devatah, narayasyatra pujoyante, means gods live there, where women are revered. Shivaji Maharaj had started receiving rituals from mother Jijabai right from birth (say that from the womb itself), due to which he could protect Sanatan Dharma from the invading Mughals. The effect of samskaras remains on the mind for many births. I had heard and read a thing long ago. An 80 year old woman from Russia started school. When asked how that study would be useful to her, she replied that it would be useful in her next life. Means she was studying for the next birth. She may not have said this by study, but on the basis of her experience and inference etc., because I feel the theoretical dominance of reincarnation is there in Hindu religion only. A healthy society is built from a healthy mind. Healthy mind is made of healthy habits. Healthy habits are formed by a healthy education system. There is a proverb in Hindi, the mouth of a thorn is sharp from the beginning. This means that the personality of any person is known in his childhood itself. That's why this proverb also shows the importance of rituals.

The above example also implies that it is not necessary that one should rely only on large and expensive ceremonies for the formation of samskaras. However, there remain the best practices in the society with these. The Sanskrit mantras that are uttered every morning also form the sacraments. The power of those mantras is that they create sanskars by having a deep effect on the subconscious mind. Kundalini power is also derived from Sanskrit mantras because while singing them, the breath becomes long, deep, slow and regular. They are in sync with the breath. Some part of the mantra is sung with a long deep breath going in, and some part with a long deep breath going out. In most of the cases, it is sung only with the exhaled breath. Only the attention is paid to the deep breath going in. By concentrating on the breath, more Kundalini-Advaita benefits are obtained. This makes the ritual stronger. Detached meditation on breath and mantra-words would lead to the emergence of non-duality and witnessing. Speaking Chalisa etc. also provide benefits from this psychological principle. By the way, everyone gets some benefit by singing a song. This is the spiritual psychology of singing. When I used to go to my maternal grandmother's house in my childhood, my maternal grandfather used to call me and my two almost age maternal uncles again and again and reminded me of many such early morning mantras, which I still remember. Vedic Sanskrit creating a universal generosity that depicts real secularism, I will tell you that in this mantra. Saha navavatu saha nau bhunaktu saha viryam karavavahai, Tejasvinavadhitamstu ma vidvishavahai. It means protect us together, means we all protect each other, we all eat together means no one goes hungry or everyone gets employment, we all use force together means we all help each other. The knowledge acquired by us should be full of light of practicality, that means not just bookish, we should not hate each other. This is a very powerful mantra, and if not more then at least it must be recited every morning. When spoken by singing, it sounds more attractive and effective. In this the word 'Ma' is particularly influential. Although its meaning is 'no', but it also creates the effect of maan i.e. mother on the mind. Due to this the mind becomes naive and receptive like a child. Therefore, while singing, the word Ma should be given elongation and gravity. The famous Indian slogan, 'Sabka Saath, Sabka Vikas, Sabka Vishwas' is also this mantra in simple words. There is no doubt that this is an attempt to inculcate good values in the people of the country, which will surely bear fruit in time. Amazing psychology is hidden in Sanskrit mantras. If these are studied deeply, many mystical powers can be found. Being a Vedic mantra, its Sanskrit grammar and meaning is not very clear. Vedic mantras are like this. There is suspense in them. This is so that, of course, it is not understood in the gross, but with its special pronunciation and word formation, it leaves a deep subtle impression on the mind, which is far more powerful than the gross understanding. There is a lot of power in suspense too. Due to this man makes the horse of thoughts run fast, and can easily achieve many destinations. That's why movies full of suspense are very popular. The above mentioned articles written by me were also full of suspense, that is why many people got so much power from them as I believe. I got it, but I think there are many others too who read it. Those were having double meaning. Two meanings emerged from them, both material and spiritual, civilized and uncivilized, religious and irreligious, sarcastic and serious, critical and analytical. Sometimes vulgarity was seen in them and sometimes tantric psychology. Such was the tinge of the philosophy of physiology with them that all of these contradictory expressions were also visible in them, and together nothing was visible. Everything seemed like a silent sky. That's why they appeared to me liked by all kinds of people. Also, there was some virtual thrill in them. I feel that the stories of Puranas are very effective because they are full of suspense and thrill. Why did the movie Bahubali become so popular? There was suspense in it from the beginning, which ended at the end of the second part of the film. Thrill was also very much in it and of a virtual or mythological kind. Similarly, there is another mantra, 'Karagre vasate lakshmi---' etc. It appears pauranik mantra so having clear grammar. Opposed to it, Vedic

mantras are like speaking in tongue, that's why very powerful. It is said after waking up in the morning and looking at the palm. This reminds physiological philosophy, because it creates the experience of the whole universe in the hand, that is, in the body. Many people blame others for their rude conduct. But in reality the fault lies in the lack of good values in them. It is a different matter that the whole society is responsible to some extent for the lack of good values. For not inculcating good values, sometimes the blame is placed on the parents, sometimes on the teachers and sometimes on the family members, friends, relatives etc. and other close acquaintances. However, man himself is also responsible for his sanskars. It is the sanskars of a man's past lives that decide what kind of sanskars he will receive. That's why you must have seen that sometimes a person born in a very bad family also becomes a great Mahatma. Actually he does not get attracted towards bad sanskars in his present life because of good sanskars of previous birth, but he runs towards good sanskars, even if they are outside the family. Similarly, a man in a well behaved family can go corrupt. There is a lot of meaning in this small saying, 'Where there are the seeds of acacia sown, how from there one gets mangoes'.

Importance of Sankars for Kundalini

Material achievements can be achieved even in a short period of time. But it takes a very long time to attain Kundalini. In most of the cases, even a whole life falls short and it takes many births. Who knows the address of the next birth, where to go, how to go. Therefore, efforts should be made that Kundalini be attained in this one human life. This can be possible only through rituals. If one starts giving him Kundalini rites from birth itself, and this process is continued throughout the life, then only this seems possible to happen. This also happened in the ancient Indian Hindu tradition. This is not a false boast. There used to be a temple at every step. Spiritual festivals and fairs used to take place. Spirituality was associated with every activity. People had faith in astrology. Vedic rituals dominated all around. Varnashrama Dharma ie. scientific division of society existed in its best form. Sixteen sacraments were performed for each person. All this was for Kundalini only. All this is Kundalini science, spiritual psychology. When elders used to impart sanskars, then the impression of their personality became deep on the mind of the children. With this, the child grew up to live two lives together, both his own and that of his ancestor. For example, suppose a person gives Kundalini rites to his grandson. By this a good feeling should be created in the grandson's mind towards his grandfather. Due to this unknowingly, the grandson starts getting the benefit of the life experiences of the grandfather. Meaning that the grandfather is living second life as a grandson without dying, that is, the age of the grandfather has doubled, and the grandson gets twice the age of the grandfather along with his age. With this, the age of the grandson will be considered as three times, that is, 300 years. Now understand that the grandson has done Kundalini yoga continuously for 300 years. With so much time of meditation, it is very possible that he may get Kundalini awakening. The grandson's real life is only one hundred years old, but he is getting the benefit of three hundred years due to the rituals. This is the reason why confusion arises in the matter of time counting as described in Hindu scriptures. Somebody's age is said to be 300, some 500 or some thousands of years. Similarly, some do penance for hundreds of years and some for thousands of years. Actually it is not the actual age or time, but it is the benefit of such age or time being received due to the rituals. In the above example, similarly the grandfather lives two ages together, one for himself and one for his grandson. Even if he dies of old age, he still gets the benefit of both the ages of the previous birth in the next life, because of the sanskars. Sharing life with each other is possible only through sacraments or good company. In Hindu spirituality, the Guru tradition is also meant to increase the

sanskars. If one's guru tradition is going on from 10 gurus, then the sacramental age of the present guru will be considered as 1000 years. Meaning he will get the benefit of 1000 years long Kundalini Yogasadhana automatically. This will happen because every guru has been giving his whole life to his disciple i.e. future guru in the form of sacraments, so that the sanskars keep on increasing. Similarly, if one's lineage has been going on for 10 generations, then the sacramental age of the person of his present generation will be considered as 1000 years. The more emotional and loving relationship there is with each other, the more will be the benefit of the sacraments. If a family has been living a spiritual way of life continuously for ten generations, then the member of its present tenth generation will be understood to have been living a spiritual way of life continuously for a thousand years, without dying. This means that the more ancient the way of life or tradition, the more is the force of the sacraments in it. In this sense, the Hindu or Vedic tradition is the most powerful, because it is the oldest. If I am decoding Shiva purana then it may mean that I'm getting the sanskara of its author sage little or more through lineage. Sanskars are hidden in the tradition, so we should not allow the tradition to become extinct. Even if it is to be molded according to the age, then its original form should not be tampered with. The famous Chinese philosopher Confucius says that bring newness in such a way that oldness also survives. A man cut by tradition becomes directionless like a kite cut from a string. However, today we find all ancient traditions strange like the above Vedic tradition or way of life. This is because today they have become distorted, not in their original form. Today it has become a pretense or a sham. Today they do not have power. Today we have become very idealistic, due to which we have forgotten our original culture. It is as if the story goes in the Shiva Purana that Lord Vishnu created Buddhist-Jain type monks with shaved heads in order to misguide the Tripurasars named godly demons. They started preaching their illusory religion by preaching pseudo non-violence etc., things against Shivling, Vedas, Yagyas and animal sacrifices given in them. Due to this, the women became sluts. Due to which everyone became powerless. Those monks used to tie a cloth like mask on the mouth, and walked very slowly, so that no ant etc. creature could be harmed. By leaving Shivling worship, everyone turned away from the tantra. Knowing them to be powerless, the gods, knowing a good chance, got those Tripurasars killed by Shiva. Then those Mundi or shaved people went to Lord Narayan and said that your work is done, now you tell where we should go. Narayan instructed them to go to the desert and said that in Kali Yuga or black age, come out and spread in the world. In today's Kali Yuga, this seems to be true. I will reveal this story in the next post.

The above points prove that Kundalini without sacraments is rare. There is no need to associate the word auspiciousness with sanskars, because it itself means auspicious sanskars. Special words can be added to describe special rites, such as physical rites, rites of cleanliness, etc. Since Kundalini is got through spiritual rites, therefore, in this Kundalini-related website, the meaning of sanskar will be understood as spiritual rites, which is a type of auspicious rites. Bad or inauspicious has to be associated with word 'bad'. It can be understood that Kundalini Yoga or other spiritual activities cannot be done easily by the child, but the sanskar can be instilled in him. No one will even know when this seed of sanskar will become a great tree in due course of time. Sanskar is formed by company or good company. Company itself means good company. That is why good company has great glory in spirituality. With the slightest company, countless people, even other living beings, have crossed the ocean of the universe. The scriptures are full of such examples. For example, a crow used to eat prasad or food offering offered at the temple. Due to the influence of company or sanskar, he became a monk in the next birth and became liberated. Any living being or man became spiritually liberated by staying in the company of a monk's hut, etc. In Vrindavan garden of Lord Krishna, even the flowers and plants got salvation

through the company of Lord Krishna. All this is a miracle of sanskar or company. Everything happens itself without doing anything. Like the sacrament, the meaning of company is also understood here to be auspicious or spiritual company. Basically there is no difference between good company and sanskar.

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

Friends, I was telling in the previous article that how it is very important for a good writer to be experienced. The culmination of experience is in awakening. That's why we can say that an awakened person can become the most capable writer. What happens is that the waking person's past life is about to end soon, due to the fast-moving transformation. That's why a natural instinct is born in him that he can save his old life by writing quickly, so that if needed he can read it and remember his old life. This doesn't hurt him during transformation. The second reason for this instinct is that people should get inspiration for awakening and they can know what kind of life is necessary for awakening. If he himself ever needed another awakening, he could benefit from it. The people who wrote the Vedas and Puranas used to be awake. They are called Rishi. This is clearly visible from reading their works. Reading them seems that they were filled with all the experiences of life. Their writings touch on every aspect of human beings. Together I was sharing my own experience, how my own article inspired me. Most of the others are inspired by the writings of others. My own article surprised me. I could see many meanings in it, sometimes someones, sometimes some others, and sometimes nothing. It is the mental nature of man that he thinks again and again about things full of suspense and thrill. That's why that article always stuck in my mind, and I felt like it was guiding me in life. In fact, if something is constantly sitting in the mind, it takes the form of Kundalini. Many people cannot bear it and become a victim of depression. That's why people often seem saying that such a person went crazy thinking about such and such thing continuously. In fact, it is due to lack of energy. Kundalini absorbs the energy of the body. If one does not take the extra energy, then it is natural that the body will be like having powerlessness in it. With this, his mind will not even bother for his daily cleaning. The definition of depression is also that a person is not able to take care of his body properly, leave the rest of the work. I had a known coworker being on meditation for depression. He used not to bath and cook food for days. Kundalini, energy and power are almost synonyms of each other. In depression, a person starts living in loneliness because he wants to save his energy by avoiding unnecessary messes. But this sometimes increases his depression, because there is no one to give him loving sympathy. But if additional energy is supplied to the Kundalini, and the man's work is not affected by it, then the Kundalini miraculously leads the man to liberation. Sometimes a depressed being has not a lack of energy, instead has misguided energy. With kundalini yoga, energy can be properly guided to kundalini avoiding depression. This almost happened to me and I recovered from self proclaimed depression. In those writings of mine there was also the force of sexual desire, in the form of tantra. Because you must have noticed that almost every movie has romance. It is meant to provide interest. We find something interesting only when it sits in our mind with Kundalini Shakti. It is clear that in the film, the temper of love relationship is added so that it activates the Muladhara-resident Kundalini Shakti, so that the whole film can sit well in the mind and people discuss it with each other and promote it a lot, and it is a blockbuster. That is why even if a film is made on a historical document, even then romance is added to it, if not true then it is falsely

added. That is why sometimes such films are opposed too. Due to this protest, the name of the film Padmavati (female) had to be changed to Padmavat (masculine). This is the psychology of the film industry. It seemed that those articles were not written by me, but by my Kundalini. My mind was divided into two parts, one part as Kundalini Purush or Guru or narrator, and in the other part my whole personality as a disciple or listener. This benefit of Kundalini is also worth mentioning. Although the common man cannot get much benefit from the articles written by his enemy or written by himself, but the person wearing Kundalini also takes full advantage of them, because he feels that they are written by Kundalini. Probably that is why Kundalini is called the greatest guru or guide. I also felt threatened by one of those articles, because it also contained some truthful and stinging things about religion. Nothing was written wrong though. I had also received some threatening warnings about that. The reason for that also seems to me that it would have hurt the arrogance of the elders and so called religious contractors that how could an ordinary young boy write anything about religion, tantra and spiritual science. They may have also felt that in those writings the insult of the Guru was reflected at one place. However, they seem to have realized later that there was no such thing, and those articles were filled with innumerable meanings that would appeal to all kinds of people. Well they should have asked this question to the article selectors for the magazine, what they had selected after seeing my articles. I also benefited from the fear created by those articles. Fear always kept my attention on those articles, together I developed an understanding of the nuances of writing. My writings were also read by one or two elders in my family. They too felt some improvement in their writing from these. Together, I was describing how rituals are associated with ancient things. Inspired by this psychological principle, the sages of the Puranas never measured or shown any limited time period in their writings. Only 'very old thing or story' is written. By this it is recorded in the subconscious mind of the reader that these are things of time immemorial. From this, the most time-possible sanskar is attained by itself. Similarly, if the time count is done somewhere, then it is very far away, millions of years or yugas. That is why most people like to call Hinduism as Sanatan Dharma or eternal religion.

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

around in the body is the circumambulation of the whole universe, because the whole universe is contained inside the body. That is why it has been called he getting the ride of a peacock flying at high speed. Ganesha remains inert outside the body in the form of a physical idol. That is why the slow moving mouse is called his vehicle. He does not revolves himself, but gives power to the Kundalini Purush who moves inside the body. If the mental picture of idol ganesha rotates, then at a much slower rate than the real Kundalini Purusha. It is a mixture of yin-yang. The parent or Shivparvati is also a mixture of Yin-Yang. Due to this similar quality of both, it has been called the circumambulation of the parents by him. Because through Yin-Yang alliance, awakening can be achieved directly without Kundalini Yoga, therefore it is said to be his attainment of circumambulation of the universe very easily through circumambulation of the Supreme Lord Shiva. There is talk of yin-yang, so let me make it more clear. Flesh is death or yin, and the fire burning it is life or yang. That is why Kundalini knowledge is obtained in the cremation ground. For this reason Shiva does spiritual practice in the crematorium. Its smell along with smoke creates additional effect. Possibly attracted by this Yinyang, people like Tandoori Chicken etc. I have heard from some of my elders that the people of the Vedic period used to throw live bull or goat into the blazing fire of the Yagyakund, due to which the gods of the Yajna were pleased with all kinds of welfare. It is said that there is such a yagya in which the cow is slaughtered, whereas the cow is considered very sacred in Hindu religion. Many people who show lightness to the violence of Yagya, also give this unscientific argument that the sages of old times used to revive the animal that died in the Yagya with their power, but nowadays no one has such power, so nowadays such Yagyas are not in common practice. Many philosophical types say that an animal sacrificed in a yajna attains heaven. When they are asked by the Buddhists type people why they don't sacrifice their father in place of the animal in the sacrifice to get to heaven, then they become silent. Probably the kundalini was in the form of the sacrificial deity or yagya purusha. This must have happened because such violent sacrifices are described in the Vedas. Similarly, in black tantra or black magic, Kundalini energy, also known as Jinn, is created by the burning of meat. We want to make it clear here that we are strongly against illegal animal violence, and here we are citing facts on a case-by-case basis, not advocating any way of life. Imran khan made a lot of black magic through Bushra Begum, but things did not work out. I am reminded of one thing related to this. A friend of mine was once telling me that a particular class of people involved in the business of a dead animal have a powerful deity. They call it the pit or gaddha. Actually every year a cut dead goat is buried in that pit. Due to which very dangerous carnivorous bacteria keep growing in it. If someone wants to do bad, then a handful of soil from that pit is thrown over the enemy's house. Soon a member of that household either dies, or becomes seriously ill. According to science, bacterial infection spreads from that soil. But I also think there is some deadly psychological reason behind it. What is a jinn, it is Kundalini. Thing is the same. This depends on the seeker how he is creating it, and for what purpose he will use it. If it is created through the sattvik or white method, and is for self-welfare or world welfare, then it is called Shakti or Kundalini or Holy Ghost. If it is created in a tamasic or black way, though it is used for self-welfare and world welfare, then it is called Tantric Kundalini. If it is created in a tamasic or black way, together it harms the people of the world for one's momentary selfishness, then it is called jinn or ghost or daemon. Many people of Abrahamic religion who call Kundalini as daemon or Satan are right in their own way. I am not saying that everyone says that. You will find all kinds of people in every religion. For us all religions are equal. There is no place for religious enmity in this website. Due to Kundalini yoga, various symptoms like vibration, contractions, pulse or nadi-conduction etc. start manifesting in the body, they are called the possession of the devil by them. But I would call it the possession of the deity's spirit. The devil and the god are two sides of the same coin. Those so called

kundalini criticizers do not have the techniques and rituals or sanskaras to control Kundalini, so she makes them cause violence, harm, riots, jihad, conversion etc. Recently, at many places across the country, there has been violent stone pelting by the heretics on Ram Navami processions, that has happened because of power or shakti. The culprits do not remorse for that, because they have considered it as a work of great humanity, both in writing and collectively. We believe that Kundalini Shakti works for humanity, they also believe so, but they have deceived Kundalini, by defining humanity in a distorted way. It is as if the snake had entered the house to hunt the mouse, but the sleeping man inside became a victim, as the mouse entered his bed to escape from the snake. It is a wonderful psychology, on which if research is done properly, then the mutual animosity prevailing in the society can be ended. Shakti appears synonymous with Kundalini, or power in a broader sense. Power comes from Kundalini only, whether one feels it or not. For them, Kundalini would be called Satan. But in Hindu religion, by subduing Kundalini through various methods like guru tradition, rituals, etc., works related to humanity, service, world welfare, and salvation are done. That's why the same Kundalini becomes the deity for Hindus. Even after this, many people in Hindu religion too are not able to tolerate the charge of Kundalini at times. I once lived for some reason in the high Himalayan regions. The landlord of some of our friends was a very nice person. He had great faith in the deity. Always used to participate in Dev Puja. The rites of his entire family were so sacred. He used to hang out with one of my roommates frequently. Once the Kundalini Shakti of that landlord got uncontrolled, and he started eating and drinking too much, due to which he was probably further unable to control the Kundalini. He used to drink every day with my roommate and played cards with him and few other people throughout the day. I objected to it. He didn't understand even after explaining. His face with big and red eyes horribly kept searching for emptiness. It looks weird and scary. It is as if the shadow of the deity has fallen on him, but in the reverse form. My roommate was also very upset. He did not come under anyone's control except the police. Later he started apologizing. Very ashamed of what he did. He gave up alcohol completely, and he became a more noble person than before. This shows that he was under the control of the deity or Kundalini. That's why he was not beating others or doing any violence etc., instead ready to be bitten by others. If beatings etc. by him had created a ruckus, he would have believed that he would have been under the control of the ghostly Kundalini. His Kundalini was getting too much tantric energy, due to which he was unable to control it. Had he been doing it of his own free will, he would not have apologized later, would not have been too embarrassed, and would not have made atonement. I have seen many good people like this, to whom I do not know what happens immediately. They don't even eat or drink. They have an absolutely sattvik or sacred life. It seems that this also happens due to not getting enough energy to Kundalini. If their lack of energy is met with high energy items, especially nonveg or special tonics, they get well immediately. That is why it is said that power is thirsty for blood. Maan Kali holds a khadag or sword in one hand and a bowl full of blood in the other. If the Kundalini is angry due to lack of energy, then it's so due to excess of energy too. That is why emphasis has been laid on balanced diet and lifestyle in yoga. For the sake of my business, I even lived in a forested area for some time. There in a village I saw that an elderly man needed meat every day to eat, of course only a little. If he didn't get the meat someday, he would get possessed by a ghost, and he would do strange things, get angry, throw utensils here and there, and trouble the family members, otherwise he would be full of divine qualities. There might have been psychological reason too behind it, although not the only that. Many people believe that only demonic qualities like fighting and quarrels arise from power, not divine qualities. But the truth is that even divine qualities like kindness, love, humility, tolerance require power. If strength is needed to carry the garbage, then strength is also needed to carry the nectar. It is a different matter what the power source is. But it is also

true that the best source of energy is a balanced diet, and it is not complete without non-veg. Idealists say that vegetarianism is a complete diet. If this were the case, then most of the animal species would not have become extinct from the world, because most of the animals have been used for food only by man. We here objectively set forth scientific facts, not someone's way of life. Millions of innocent people died due to the partition of India. Partition was also very strange and clumsy. Breaking and uniting the country was made like a doll-doll game. The people so called responsible for that were very high living ideals and non-violent. Then why they were not able to assess the social justice, religious justice, equality, benefit and harm, diplomacy and the probable problems in near future. Prima facie it seems that they must have been lacking in energy, and their opponents must have been full of energy. Then what is the use of such idealism and non-violence religion? It would have been better if they could stop that terrible human-killing violence by adopting sporadic humanly violence to fulfill their energy needs, and also secure the future forever. A hint is enough for the wise. No need to say much about this. We are not criticising anybody but presenting the facts. The opposition is between policies, ideas and actions, not individuals. We are not pointing any finger towards idealism either. Idealism is the cornerstone of the higher personality or moral character. This is a good and human habit. This appears to be the fundamental factor in the factors leading to the attainment of Kundalini awakening. What we mean to say is that most of the people in the world, especially in today's Kali Yuga, are opportunists and are ready to take illegitimate benefits from idealists. Therefore, with idealism, extra vigilance is needed. There is a lot of fish production in South India, being a coastal area. That's why most of the people there are non-vegetarian. Yet there Hindu culture gets a lot of respect. Its glimpse is found a lot in south films. Mainly for this reason, nowadays the films made there are making a splash all over the world. Perhaps above said person's Kundalini energy was not manifested in a right way due to lack of energy, but became like a ghost. In a way, his mind was strengthened by a balanced diet, because Kundalini is the mind itself, a specific, permanent, and strong image or thought of the mind. It becomes clear from this that the Kundalini itself also gets power from the things that gives power to the mind. Kundalini gets the largest share of this power, because Kundalini is the most influential part of the mind. That is why it is said in a nutshell in yoga that Kundalini gets power etc., there is no talk of mind. In Yoga, only the Kundalini means, the rest of the broad mind does not have any special purpose. You can easily tame the leader of the people of a tribe, not the whole tribe. Just as by subduing the chieftain, the whole tribe is subdued, similarly by controlling the Kundalini, the whole mind is under control. It can be said that Kundalini is the heart of the mind. If one has caught hold of his Kundalini, he has captured his whole mind. That's why every man hides about his Kundalini. Communal violence takes place in a thoughtful and planned way by a specific religious community, and no one from them apologizes for it even if there is need for heartfelt remorse, because it is written in that specific religion that it is a good deed and it is the giver of paradise. The deity was trying to benefit the follower of such religion, but he was not able to take advantage. His body was unable to bear the charge of the deity. Therefore the deity became a ghost or daemon for him. To avoid this, the body has to be made healthy by the practice of Hatha Yoga, only then one gets the ability to tolerate and control the Dev-Kundalini. If a monkey gets a razor, then it is not the razor's fault, but the monkey's fault. Similarly, I once observed that a Gur (special person in whom the shadow of the deity enters) began to hum or dance to the sound of a dhol or drum in front of a deity, and he died of a heart attack. People said that instead of the deity, the shadow of the ghost fell on him. In fact, his weak body would not have been able to bear the charge of the deity form Kundalini. That is why it is very important to have good health for Kundalini yoga. The action of yoga itself also creates good health. The shadow of the deity was cast on my grandfather too. It is also called god shadow or shadow picture. The yin-yang alliance is the

deity itself. The Kundalini picture formed in the mind from it is called the shadow of the deity. When the deity danced inside him with the sound of the dhol, then his breathing became quicker. His back became straight and stiff, his head straight, and he swung vigorously up and down on his seat in squetting position. At that time both his hands were joined and clenched at the front Swadhisthana Chakra. It seems that the Kundalini energy was ascending from Muladhara through his back. I never asked him, if I get a chance, I will definitely ask. At that time, when asked about something, he gasped and spoke in some vague words, which was considered to be the true voice of the deity. Many works were accomplished by him, and many disputes were settled. People used to follow the orders of the deity wholeheartedly, because that order was always auspicious and social. In 5-10 minutes, the deity's shadow descended, and he looked calm, relaxed and radiant. Sometimes due to his fatigue, he used to take naps of sleep during the day. At times that deity would come and lighten only for a while. Sometimes it came for a long time and very powerful. Sometimes it came only nominally. Sometimes it didn't come at all. Then after a few days that process had to be done again, which is called Namala in the local language. This had to be done 1-2 times a year, especially during the new crop. Sometimes the deity had to be summoned even in emergency to end the immediate dispute. The stronger the god-shadow came, the more auspicious it was considered.

By the way, jinns can also be good, those who do not harm anyone, they only benefit. It depends on the social culture as above and on the way the jinn is handled. If a divine force like Kundalini had always been the devil, the jinn would never have been good. This means that what she will provide depends a lot on the handler of the Kundalini Shakti. Salat or namaz is Kundalini Yoga. In this too, one is seated on the knees in Vajrasana. Allah is meditated upon, due to which it is natural that the command chakra on the forehead will be activated. Then bending forward, the forehead, that is, the agya chakra located on it, is touched or rubbed on the ground. Due to this, the Kundalini or Allah's attention on the Agya Chakra becomes stronger and starts moving in the form of an energy flow around the body. Then raising the back, the man straightens again, and keeps his eyes closed. Due to this, that swirling energy is not able to come out after getting locked in the bottle body, because the lid of the bottle as senses like the eye is also closed. When a man starts working in the worldly affairs, when the need arises, that Kundalini-like meditation comes out and starts appearing in the outside world, and helps him in his work by giving him sympathy, and does not allow him to create tension or stress. Then at the time of next salat, with the power of meditation, that meditation picture again enters inside the body, which is then closed there again. You must have understood what it means. Still, I'll tell. Salat is Kundalini Yoga. Vajrasana is yoga. Agya chakra or forehead is the lamp. Keeping and rubbing the forehead along with agya chakra on the ground is rubbing the lamp on the ground, or it is the meditation of the Muladhara chakra along with agya chakra. Anyway, Muladhara is called the ground chakra i.e. the chakra that connects one to ground. In fact, by touching the forehead to the ground, the completion of the circuit between the Agya chakra and the Muladhara chakra connects the two, meaning yang and yin become one. The birth of nonduality and subsequently a luminous Kundalini picture in the mind is the coming out of the glowing genie from the lamp. Keeping the back and head straight upwards and meditating on it inside the body is to fill it in the bottle. The body itself is the bottle. Closing the eyes means closing the doors of the senses, that is, the withdrawal of the senses is to close the mouth of the bottle with a lid. The meditation picture escapes through the senses itself and is superimposed on the things of the external world. It is kept imprisoned in a bottle-like body, that is, it is revolved throughout the chakras, and it is also brought out as per the need. Coming out, it creates a feeling of non-duality and non-attachment in worldly actions and deeds, which leads to salvation. At the

same time, there are material achievements too to be found. The attainment of salvation can be said to be the attainment of everything. That is why it is said that the jinn gives everything, or gives whatever you want. It is clearly written in the Holy Quran Sharif that a jinn was born from a fire without smoke. The Hindu religion also says that when the fire of the Yagya becomes bright, flamboyant and without smoke, then the God of the Yagya, i.e. Kundalini, appears and is satisfied by the offering made in it. I myself have felt this way many times. This also proves that Jinn and Kundalini are two names of the same thing. To avoid bad jinn, good jinn should be promoted. A good jinn accompanies Allah or God through meditation and yoga, otherwise the bad jinn takes over. I had a similar dilemma with me. Two kinds of jinns used to dominate me. A jinn was godlike, sage-like, aged, brilliant, spiritualist, karmayogi, and of the masculine type. The second genie, though not ghostly, was flamboyant, ultra-materialistic, scientific, progressive, beautiful, young and feminine. It had only one drawback. It used to get very angry at times, but was pure and innocent in mind, did not harm anyone. I got the most out of both types of jinns. Both provided me awakening with immense material prosperity. According to the time and place, sometimes the former genie used to dominate me more, sometimes the second one. Now I am too old, so I can no longer bear the charge of second genie. That's why I now have to keep the earlier genie stronger with the help of Kundalini meditation. My experience is according to this Islamic belief that jinns have lives just like people. Their gender, family, temperament, etc. are similarly different. They have ages, different body states. That's how they are born, grow, and eventually die. I felt both the jinns being born and growing, albeit at a slow rate. Now I feel that the age of the first genie is about to end. Although I don't want that. I would feel bad without him. Then I will have to befriend a new genie, which is not an easy task. Both the jinns used to get power from my intercourse. Sometimes they themselves used to have sex with me. Used to have direct sex, can't even say that, but used to inspire me to have sex with someone, so that they could get power from sex. If the sexual partner does not get power from sex but those jinns get power, then it will be said that the jinns had sex and not the physical sex partner. From Social point of view, speaking it seems shying and shameful, but it is true. With second jinn I used to feel every type of relationship together at the same time. At a time, first jinn even propelled me towards homosexuality and second jinn once towards rape, but I was saved at the brim. At that time of sexual uplift, they could be felt very clearly in my mind's eye, and kept on making me happy for many days. When the former jinn, by the power of my non-dual life, karmayoga and sex, reached its zenith, came alive for a few moments in my mind, that was called Kundalini awakening. The second genie stayed with me like a wife for a long time, she also had children, then due to her age, she almost stopped having sex with me. At times it seemed that the two jinns were in the form of husband and wife or as a loving pair, though divorced and hating each other, and used to come to me alternately to save me from each other's excesses. This used to balance me. It's all psychological experience, present in mind only, nothing of physical materiality. Those jinns never contacted me. They lived in my mind as if the memory of an old acquaintance or friend resides in the mind. I think they were not real jinn, but just a shadow of jinn, means just like image in the mirror. If they were real, they would have their own ego, due to which they could be annoyed and interfere with my yoga practice. This means that only the shadow of the jinn or the deity helps in the practice of yoga, not their real form. That's why it is said that the shadow of a deity has entered such a person and not the real deity. This experience is also according to Islamic belief. Hindu belief is also similar, because the thing is the same, only the name can be different. According to Hindu belief, there are ghosts. Just as this is the material world, so there is a subtle world. Just as people are in the material world, they are also in the subtle world. They communicate with each other through telepathy. Just as activities take place in this gross material world, so also happen in the subtle spiritual realm.

Similar ceremonies, friendship, enmity, employment, animals and birds and everything else is exactly the same. Only that the residents of that subtle world are called ghosts. Not everyone feels it. They can be felt either by yogis, or they can be felt by those on whom ghosts attack. Tantric yogis can control them, but they themselves can control the common man. Yogis subdue them and transform them into blessing Deity or Kundalini by the power of yoga. This is called Bhutsiddhi. Bad people can also cause harm through them.

It also seems that the story of Alladin is derived from the Shrivtantra or similar Tantric belief. The one who made this story seems to be a wonderfully knowledgeable, tantrik and awakened person. Perhaps he must have feared death in expressing the sexual tantra, because in the old-fashioned dictatorial system, especially in the Islamic system, who knows when one would have misunderstood it, and became the enemy of life. So he must have tried to instil tantra indirectly into the subconscious mind of people through allegory, and hoped that decoding it in the future by those entitled to it would produce benefit from it. In a way, he secured the treasure in the secret cave, leaving the map of that cave of knowledge as a metaphorical puzzle. Such mythological investigative campaigns shown in films are psychological attempts to express this mystical science. That's why such movies are very popular. The point where blissful sexual sensation arises on the vajra is called a lamp here, because there, when it is rubbed with the muladhara or the vagina of the sexual partner, the luminous flame of sensation gets ignited in it. The jinn in the form of Kundalini is born on that luminous flame. The bottle is kept along with the lamp. With this that Kundalini-genie enters inside the bottle. Nadi-loop is the bottle, which starts from the point of sensation on the surface of the Vajra tip, climbs up through the muladhara and the back, and comes down through the front nadi channel and gets joined again to that sensation point. The ejaculation door of the vajra is the mouth of that bottle. Filling the genie in the bottle is the way described as to raise the semen power up through back by stopping the ejaculation by tantric method. Avoiding the ejaculate to spill out is said as closing of bottle mouth with its lid. The genie moves inside the bottle by the pressure of the force of breath. With the inhalation, it rises up through the back of the bottle, and with the exhalation, it descends down touching the front wall of the bottle. If the whole body from Muladhara to Sahasrara is considered as a bottle, then the back can be called the back wall of the bottle, and the front part of the body can be called the front wall of the bottle. The middle line connecting the chakras can be called a special highway located on the inner surface of the two main walls of the bottle, on which the genie runs. The chakras can be called the jinn's rest houses. The vajra can be called the neck of the bottle. It is a metaphor with amazing resemblance. In front of this bottle-metaphor, I find even the snake-metaphor of Hindus faded. But the serpent metaphor may be more effective because the serpent is a living being and a natural being, its broad and coiled ground-base, broad hood, thin central part connecting both, and waist-pit are exactly like the structure of the human body. When and whichever metaphor is appropriate, it can be meditated upon, without any restriction.

Opening the lid of the bottle and letting the genie out means ejaculating in a controlled and tantric manner. By the jinn to say 'Kya hukam my master' or 'what order my Master', it means that the jinn or kundalini is clearly visible in the outer world. Although the genie is in the mind, but it seems to have gone out with the semen power. Then the help of the jinn in all the works of man means to experience the jinn as a faithful friend during all the works. Due to this, a subconscious feeling of non-duality and non-attachment remains in the mind while one being indulged in outside world, due to which spiritual liberation along with material pleasures is also achieved. The genie in the form of Kundalini has to be kept continuously in the bottle form body with the nourishment provided through the Kundalini yoga meditation.

With this, it keeps on accumulating energy, and when left outside in the open, favours many works for the yoga practitioner. It is as if the kings used to raise horses in their stables with great dedication and love. When the horses made strong lovingly by him were put out in the open, they used to work and get the king's work done with great devotion and dedication as they hunted, pulled chariots, helped in war, made distance travels possible etc.

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

time, he becomes more idealistic or having sanskaras. This is what he meant to be angry with Shivaparvati i.e. God. Actually Shivparvati alliance is the real God. Shiva alone is not the Supreme God, and neither is Parvati alone. Sahasrar is Kailash and Ajnachakra is Krauncha mountain, as mentioned in a previous post. Lord Shiva keeps on attracting him towards himself, because of the love of the son. Anyway, Jiva or living being is the son of the Supreme Soul. Sometimes they even meet him in the form of little awakening as glimpse. This is what Shivaparvati is said to come to meet him every year.

Kundalini Yoga is the only real monotheism, which is the basic essence of all religions and sects of the world

Friends, in the previous post I was talking about the equivalence of Jinn and Kundalini that when the jinn became alive in my Sahasrar chakra and became one with me, that is, when the one who sees that's me and the jinn who is being seen become inseparable, then that is called Kundalini awakening. This is the definition of samadhi or Kundalini awakening in the scriptures as well. Why don't we say angel instead of jinn, as it seems more appropriate to me. Because he was not a real jinn but a mirror-reflection of him. Meaning he did not have his own free will, he used to walk in the direction of goodness according to the will of God. The same happens with the angel. Since the jinn has its own independent existence, it can move in any direction. It can be understood in this way that a jinn is a mental picture of a living being or a man wandering in the ways of the hassled up world, just as the memory of a man is settled in the mind. That man may also be in a living state somewhere in the present, or also in the post-death transcendental phantom state or in any other life. This means that whatever desire or action he will do, it will be transmitted to his picture through intuition, telepathy etc., which will definitely disturb the seeker who is holding it in the mind. Also, along with his remembrance, his attachment and bad qualities must also have settled in the mind. Sadhak has to suppress them with his strong will. That is why it is said that one has to work hard to keep the jinn on the right path. But on the contrary, an angel is a mental picture of someone who, if alive, is desireless as a jivanmukta or lively liberated, or if dead, is either fully liberated, or is in a heavenly world. Also, along with his remembrance, the divine qualities of non-attachment etc. also reside in the mind itself. Hence the angel is always neutral and unbiased. That's why he does not interfere with the sadhna of the seeker and helps in a way in the sadhna. That is why it is said that one should meditate on the Guru or spiritual enlightened or liberated person or deity. Then it is said that an angel is made of light, not of fire like a jinn. In any case, light is more divine, calm, subtle, possessing good qualities, and splendid than fire. A person with spiritual qualities like detachment and non-duality is already subtle, so it is natural that his mental picture will be even more subtle. That is why the angel is called light. On the other hand, jinns are mostly pictures of gaudy and sexy people. That's why they are more gross, like fire. That's why sexy people dominate the world more. Where do people who are trapped in the world like the saints who become angels? I had received sage and sexy together, so I did not get bored with sage. Sexy being maintained an attraction towards Sadhu or saint, probably because there was good mutual tuning between Sadhu and Swadhu means saint and sexy. It was like gulping bitter medicine with sugar syrup. That's why in my mind a jinn, and an angel, both permanently settled together, as I was talking about in the previous post. This could prove to be a good tactic. Jinns are mostly made of sexual fire. When the fire of sex remains buried in the mind for a long time due to a failed love affair, then it becomes a jinn, that is why the jinn are hungry for sex. I think that fire without smoke has been called the sexual sensation of vajra, because it is full of light and heat like fire, and there is no smoke in it. Jing refers to the energy of sexual-sensation. The word genie may have been derived from Jing itself. Both these words belong to the same category. It can have many meanings at once. The jinn has to be made good, but the angel is good by nature. The angel keeps a check on the evil nature of the jinn. There is not much difference between the nature of a good jinn and an angel. A good jinn can be spoiled due to lack of spiritual practice or rituals, but the angel does not get

spoiled. The angels also get power from sex, but they take the man towards Kundalini awakening with that power, whereas the jinn mostly lead towards worldliness. Together I was telling how after Kundalini awakening, man's tendency towards writing increases. Actually writing is also a Kundalini yoga, a witnessing yoga or vipasana. By writing, old things emerge on the surface of the mind with non-attachment and start disappearing blissfully, due to which the conscience becomes clean. The same happens in Kundalini yoga. With the power of Kundalini awakening or Kundalini meditation, picturesquely new and old thoughts emerge in the mind with a sense of witnessing or non-attachment in this same way and disappear soon. As long as the old events are not brought up again in the mind, they remain buried in the same mind, and prevent man from moving forward. I was also telling that the subtle or celestial beings like jinn etc. exist only in the mind and nowhere outside. This means that in reality they are only images means mental pictures of a physical man or woman, but completely different from them. You look at your face in the mirror. You yourself will say that I am not this. The true form of a man is his mind, not his face. Man associates his feelings, his mind, his beliefs, his perceptions with that mental picture created in his mind. That is why it is said that the world looks to us as we want to see it, or as it is our own nature, world has no form of its own. you Meditate on your guru for years, get Kundalini awakening from him, then if you meet him suddenly, he will not even recognize you. You meditated on the outer form of the Guru, not his mind. No one can meditate on someone's mind, because it is not visible. A young man in my college time wanted a girl very much. When he met her many years later, she refused to even recognize him. He could not bear this grief, and he committed suicide by jumping into the river from the nearby bridge. Although he had attempted suicide in the past too, was depressed, and was under some degree of alcoholism. In fact, under the influence of sexual love, he used to meditate only on the external appearance of the girl, not her mind, that is, her true nature. He had given his form to her picture made in his mind. In a way, he loved himself. In fact everyone loves himself, but he overlays it falsely on someone outside, and gets trapped. Many clever people convince this lie by making sweet things, due to which many times the girlfriend gets caught in their trap. That is why in Patanjali Yoga, the picture of that thing is called the support of meditation, which is meditated in the mind, not the meditation itself. Actually, meditation is always one's own, not of anyone else, that's why the mental picture is said to be the support for meditation, not the object of real meditation. That's why meditation is also called self-research, means again searching self for its buried thought processes. Meditation is called Atman anusandhan or self research, not Kundalini Anusandhan or Jagat means world Anusandhan. Actually kundalini meditation or kundalini awakening is a means of self research, not real self research. You must have also seen in the movie Munnabhai MBBS that the Gandhi who was seen by Munnabhai in his mind used to tell him the same thing that he himself knew. What he himself did not know, even his Gandhi could not tell him. In fact, after reading a book about Gandhi, his mind became like Gandhi, but his mind made him fall into the illusion that Gandhi himself settled inside him. This artificial method is good to meditate on a single, specified and constant mental picture in the morning and evening, and live life happily. Everything done or experienced by meditating being will be considered done and experienced by that picture. Man himself will remain untouched by all things, unattached, like a lotus leaf lying in water. Just like Gandhi was doing everything for Munnabhai, while in fact he was doing everything himself. This is daily Kundalini yoga. This is daily worship. This is the daily morning-evening worship. It is a wonderful spiritual psychology that leads to liberation.

It is a belief in Christianity that the fallen angel carried the human race forward by having sex with women. There are many old paintings or inscriptions in which the demon is shown having sex with a woman. That is why in the olden times, women much beautified did not

have much freedom to roam outside in the open. The fallen angel is actually a fallen mind or a fallen Kundalini, because the Kundalini picture is representative of the mind. That Kundalini picture is the angel. Kundalini was once in Sahasrar. She kept falling down because of the man's wickedness and bad temper, and, piercing all the chakras, fell into the veil of the mooladhara chakra. To rise up again from there, she resorts to sex. There is also confusion among people about the relationship between angels, the eternal angel or archangel, and the Holy Spirit. In fact, all three are essentially the same thing. To explain the same spiritual power or shakti element, it is divided into three elements. The Holy Spirit is considered to be the eternal companion of the Supreme Soul and integral to it, just as sunray is inseparable from the Sun. The shakti of Shiva is also like this. This means that the eternal shakti is the Holy Spirit. Ordinary angels are said to be temporary and mortal. People also have personal spiritual masters, as I have mentioned about my angel-turned-guru. He can be different for everyone, and remains confined to his disciple. The eternal angels or archangels are our eternal Vedic deities like Ganesha, Durga, Shiva etc. Their forms as meditational mental images continue to take people towards liberation in every age. I think a lot of people keep quarreling among themselves by finding arbitrary differences between them, and are deprived of the real thing.

In a previous post I was also talking about how the contradiction between polytheists and monotheists continues. These ideologies have nothing to do with religion, because they can happen in any religion. Actually it depends on the mental or spiritual level of the person, which ideology he believes. A person can be a monotheist even if he belongs to a polytheistic religion. Similarly, a person may suffer from polytheism i.e. dualism even if he belongs to a monotheistic religion. The real spiritual and scientific ideology is monotheistic. Kundalini yoga is also monotheistic. Kundalini yoga is achieved through concentration. Concentration means concentrated meditation that literally means one thing in front, everything else behind. The only thing that stays in the forefront is Kundalini. Actually no religion is polytheistic, just by delusion it seems. If any religious sect worships Ganapati, it worships only Ganapati and not any other deity. Similarly, if a Shakta sect worships only Durga, how is it polytheistic? Meaning that no religion is polytheistic at the sect level. I had also told in the previous post how the formation of Yinyang alliance by worshiping the deity idols etc. activates the single Kundalini of the mind. Even if one worships a variety of deities, he is not a polytheist, because all form a yin-yang alliance, which only strengthens only the Kundalini and no one else. In contrast, If a person who believes in monotheistic religion does not believe in Kundalini and Yoga, then he is a person full of polytheism or duality. When the only thing in his mind i.e. Kundalini will not be permanently fixed, it is natural that his mind will be lost in the dual world full of diversity. Then how can such a dual person be considered a monotheist. Actually, Kundalini is the only God whom we can worship in the form of meditation. She herself leads one to the Supreme Lord. Directly we can neither see nor feel the formless Brahman, then how can he be worshipped. If one tries to worship, more or less Kundalini starts appearing in the mind to accept that worship, though not as much as Kundalini manifests directly through kundalini meditation. Then why not directly do Kundalini meditation i.e. Kundalini Yoga. If the monotheist worshiping the formless God will forcefully oppose the single Kundalini being born in the mind, then the psychic energy will have no choice but to be exposed as a world full of diversity. Meaning that the mind of a worshiper of Brahma i.e. formless supreme lord will be filled with a world full of duality. Where is he behaving as monotheist then? That is why it is said that what is claimed or seen is not always the same actually, but sometimes quite the opposite. To know the truth one has to do psychological research.

The energy which is inside the body is also outside. Just like outside, inside also, she wants to meet Shiva, so climbs up through man's back. Although she is avyakt i.e. formless or unexpressed, but to express herself she creates the world of the mind. The Kundalini picture is the most influential part of that mind. Shakti awakens in this form and unites with Shiva. Shakti or energy has no form of its own. It can be experienced only as a sensation. Even among the sensations, the highest sensation is hidden in the mental pictures, among them also in the pictures of the individuals, in them also in the pictures of the familiars, and among them also in the picture of any most preferred guru or god or ancestor. By the way, theoretically, the highest sensation is hidden in the shadow of God, that is, the shakti in the form of the god shadow can be most easily awakened by being most expressed. Dev or god means non-duality, and Devchhaya or god shadow means a pure and permanent picture formed in the mind with the help of non-duality. This shows that the two most important things for awakening are Shakti and Devchaya or god shadow. We can also call Devchaya as Kundalini chitra or picture or in short Kundalini or Holy spirit or Jinn or Angel, as mentioned in the previous post. Outside also, that power or shakti similarly creates various gross worlds. There are also some special areas in that world, such as the country of India, in that too Haridwar or Kashi, or other special and beautiful or spiritual tourist places etc. Shakti is maximally expressed in the form of those special areas. Only then there is more possibility of awakening in such areas. That is why man is engaged in the creation of such beautiful areas, where his mind becomes elated and expresses itself in its ultimate form. The ultimate manifestation of the mind or Kundalini Shakti is called Kundalini awakening. Although nature or collective shakti or energy called samashti shakti is also engaged in the creation of such beautiful areas, but individual energy called vyashti shakti in the form of a living being especially human plays a very important role in accelerating it and putting four moons in it. But nowadays man is obstructing its work by tampering with nature excessively, which is not good for its existence.

The similarity between individual and collective shakti means that by cultivating shakti within the body, one can gain some degree of control over the external gross shakti. For example, imagine that a person is about to suffer an accident under the influence of an external evil force. The man becomes aware of this and becomes extra alert while meditating on the Kundalini. The darkness of his mind is dispelled by the meditation of Kundalini, due to which the darkness of the external shakti is also dispelled to some extent, due to which she makes special efforts to save him even outside, such as finding a safe place or material to escape. It happens only to some extent, so one cannot fully rely on it, but it does help in some way or the other. It can be from a distance or even by prayer, because the shakti is all-pervading. What happens is that the evil or black shakti that has come to kill a person trapped in a calamity can be felt even at a far distant place by a person known to him. If through Kundalini meditation he calms her down inside, then she can become calm for the person in trouble outside too. Perhaps this is the secret of prayer.

The one who has mastered to rotate the shakti in his body according to his will, it seems that he has mastered a lot. Illiterate people used sexual plays for it. Due to this play, feeling of sensational energy in the lower parts of the body made the power of the brain to descend through the front channel to give strength to that energy in lower parts dominated by muladhar chakra, due to which the brain also became lighter, and all the chakras below were also satisfied with the energy. So that the whole body was satisfied. However, they received little and short-term benefits, as they experienced only the dualistic world associated with sensation and not the Kundalini associated with it, as they did not have a single permanent Kundalini picture in their mind. Due to this they felt power in the form of sensation on the

organs attached to the muladhara chakra only, but not on the intermediary chakras, such as on Anahata Chakra, Manipura Chakra etc. This was because mostly the Kundalini picture on these intermediary chakras represents the shakti, there is no sensation on them, nor the dual world. The dual world exists only in the mind inside the brain, not on the mind elsewhere in the body. The Kundalini picture itself produces a contraction of the muscle on the chakras, which produces a slight sensation. Kundalini Yogi made this process artificial, scientific and more effective avoiding sexual intercourse as much as possible. He created an artificial sensation by pressing the muladhara chakra with the heel of the foot during Siddhasana or Ardhasiddhasana. Simultaneously he superimposed the kundalini picture over that sensation, so that there would be more attraction for the energy to be drawn, and the energy could be attracted through the kundalini picture even when less sensation was created. Everyone knows about the additionally accompanied liberation benefit that comes from the Kundalini. That is why it is said that by doing yoga the body and mind also remain healthy, and the soul too.

There must also be some permanent base or shelter of shakti. It can be in the form of any art, learning, interest or hobby etc. Likewise the sine of my shakti is writing and composing poetry. Due to this, my being wasted energy is spent in writing and writing poetry. Once a man harmed me. That instilled in me a mighty zeal to fight with him. Then I decided wisely that there is no gain in fighting, there is only loss. The power or shakti that was born in me, I diverted it towards composing poetry, which made a beautiful poem ready. Meaning that I transformed or directed the power. A similar story comes in Shiv Puran also. When Shiva became very angry with humiliation done by Indra, he was eager to make him ash. Then Brahma and other gods persuaded Shiva with great difficulty. But Shiva's anger was not subsiding. So the gods took out Shiva's anger from his forehead and threw it into the ocean, from which a demon named Jalandhar was born. We will reveal the Jalandhar story in the next post. I wish that the power of Ukraine, Russia and NATO would get the same guidance. The Muladhara Chakra is the biggest sink or absorber or attractor of energy. That is why in Kundalini Yoga, the heel is placed on the Muladhara Chakra. In fact, due to the sensation created by the pressure of the heel, the power of the brain is divided equally in all the chakras while descending, but the sensation was created by Muladhara only. It is as if by delivering water from the roof tank to the lowest floor, the water reaches the intermediary floors by itself. If only the middle floor is given water, then the floors below it will be left without water. Through sexual yoga, additional strength or tensionlessness of body and mind is obtained by the additional support of Vajra being received by Muladhara. At the root chakra, the power resides in the most avyakt or unmanifested form, like a veiled darkness. That is why in such a dark mental state, the mind of a man runs towards sex. The place of intercourse is the base chakra. That is why it is said that the original abode of Shakti is Muladhara. Man is mostly at home in an unexpressed or relaxed state. His expression increases when he goes out for business. Kundalini also wants to come out of her home, Muladhara, to manifest in the same way. She resorts to sexual intercourse for maximum expression as quickly as possible. Through sexual intercourse, it directly reaches the Ajna Chakra and Sahasrar Chakra. Otherwise, in a normal worldly manner, it becomes more and more expressed by gradually penetrating all the chakras while climbing up. Of course, it climbs through the back of man, but the power of each chakra of the back continues to seep up to its counterpart main front chakra. She becomes most expressive at Sahasrar. There also on touching the peak of manifestation, she awakens and merges with Shiva. Only man can achieve this ultimate manifestation of shakti. Other beings can express shakti to varying degrees, except for full manifestation. In this way there are countless levels of energy or power or shakti. The lower rung in this evolutionary chain a Jiva or Yoni or organism have, the less is the manifestation

of Shakti in it. The ghost spirit also has its own specific energy level, that is why it is also called a living being. Similarly, the energy level of insects is also very low. Although these all lower forms have the same shakti as any human, deity or god or even supreme lord, of course it is not manifested, means it's in latent or potential form. Meaning that while increasing their expression, they will definitely reach Shiva at some point or the other. That is why it is said that considering everyone equal, one should see his soul in everyone or even everything. A surprising thing that emanates from this thought field is that the inanimate things which we call as nonliving are also living, having least expression of shakti in them. That's why in Hinduism everything is worshipped, even stone, river, mountain too. Similar nature-worship is recognized in some other cultures of the world, such as in the endangered ancient Celtic culture. Also, that is why Lord Shiva has made the ghosts his own favored ones by giving them equal status to him. This famous quote, 'Ahimsa Paramo Dharmah' or 'nonviolence as the best religion', is also derived from this principle. Illegal life-violence is not supported in any religion of the world.

Kundalini is the Purusha of Sankhya philosophy, whose experience in the form of samadhi is complete and separate from Prakriti through awakening of Kundalini is the main goal of yoga

Friends, in the previous post I was sharing some rare secrets about Kundalini. The more alive and spiritual the Guru is in his physical form, the stronger is his mental form in the form of Kundalini. Even that inner mental form is so strong that not only other mental forms or thoughts fade before it, but all the outer physical forms also fade away. Krishna and Rama were such Kundalini men, that is why they are considered incarnations. Countless people were saved from the ocean of samsara by meditating on their Kundalini form. Ages have passed, but they are still effective today. Although the Kundalini Purush should possess all human and spiritual qualities, but selflessness, egolessness, and generosity seem to be the most important of these. Think for yourself that if someone shows his selfishness, arrogance and narrow-mindedness in the slightest, then even the friendship made by him gets spoiled, love gone to take oil. And where there is no love, there is no Kundalini either, because Kundalini is dependent on loving mental contemplation. I grew up in a joint and social family. Lovely behavior prevailed all around. There was some silliness even then, but then it was secondary and reprehensible, not as main and praiseworthy as it is today. Today, even if someone complains about someone's bad behavior, he is put on the sidelines, by not showing sympathy with him as much as possible. The question mark is put on the questioner itself. That's why you have to keep quiet. At that time, the cots of those who behaved badly were kept raised by the society. At that time most of the people were full of selflessness and generosity. Any man or animal, who came in the courtyard, did not go hungry or thirsty. It was common among acquaintances or relatives to settle permanently in each other's families and homes, because of trust in each other, even after minor deceptions. Nowadays people have no time for guests, and even for their families. At that time, efforts were made to give respect and facilities to others more than loved belonging ones. Today even the real member of the family does not feel that he is a member of that family.

As per the previous post, Kundalini is said to be asleep in the Muladhara chakra because it is there unmanifested and not destroyed. Man remains unmanifested in sleep, not destroyed. He wakes up again in the morning. The thing that exists can never be destroyed, it can only become unmanifested. When the time comes, it will definitely be expressed, because it is the habit of nature to keep changing forms from non-expression to manifestation. The name Chakra is also derived from planetary orbits, it seems to me. Just as the different circular orbits of the planets in the Solar System or the electrons inside an atom represent different energy levels, so also the different Kundalini chakras also represent different levels of Kundalini, the manifestation of the mind. Chakra itself means a circular ring like a wheel. The movement of Kundalini from front to back and from back to front chakra can also be called the rotation of Kundalini in a circular path. It is as if the back-and-forth motion of the pistons of the engine is converted into the circular motion of the fly wheel attached to the crank shaft.

I was also telling how God resides in every living being, even in the darkest of darkest forms and states, just as a huge tree is hidden in a tiny seed. Of course, in those states, God is most avyakt or unmanifested, but not completely unmanifested. That is why in the Vedic Sankhya philosophy or school of thought, the most subtle original nature is also called avyakt or pradhan. It is also said to be eternal and infinite like God. This is Shakti or the Holy Ghost. From here the soul of all living beings comes. That is why even if all the souls are liberated together, new souls will continue to be born, because the original nature, the origin of their souls is imperishable. After liberation the soul never again returns to the original nature. It is released from its grip forever, because it becomes one with the divine. This is what the scriptures say. My own small experience says the same thing. I had glimpse feeling of enlightenment only for ten seconds in a dream. It kept me isolated from the world for a long time and kept me detached. It took me almost ten years to come back completely. So imagine, when in a dream, joining for ten seconds as one with God (that too not completely one) man comes close to being released from the clutches of the world, then the God who has been situated in His perfect form since time immemorial, How can he get caught in its clutches? In the old time, only few out of a million people would have attained such a perfect state, even in today's material age it does not seem like that to me. Between Kundalini awakening and the fullest state of soul, there is a difference of ground and sky. Kundalini awakening is just the beginning of the liberation journey. Where did the soul that became the first living being come from? Many people keep raising this question. It's like if egg came first or the hen. According to the above, it cannot be said that it came from God. And it also cannot be said that it did not exist before, because matter which is not in reality cannot be created. Nothing can ever be born, nor can anything ever be destroyed, everything can only change form. Science also confirms this Indian philosophy. In science, it is called the Principle of Mass Energy Conservation. Meaning that the thing which seems to us to be destroyed, it is not destroyed, but first it gets converted into visible energy and then into invisible energy or dark energy. The atomic bomb has been made through this same principle, which Russia is repeatedly threatening against Ukraine and NATO. Zero also has its own existence. This void is called black energy i.e. dark energy in science. Therefore it has to be believed that the first soul came from the original nature of zero form. By this the timeless and the infinite form of nature itself is proved. According to Advaita Vedanta philosophy or vedantic Indian thought of school, even the original nature is not different from God. Both are two sides of the same coin, as I was talking about in previous posts. Now let me explain why the name 'Holy spirit' is given to the original nature. Actually it is the ultimate avyakt or unmanifest, meaning that everything in it is unmanifest or avyakt completely and in equal measure. So it proved fair like the child or the divine, for whom everything is equal. That is why according to Sankhya philosophy, it is also called as equal state. That is, it has all the qualities of gross nature in equal measure, although in latent form. It means that if something will ever be expressed by this, then everything will be in equal measure, that means the whole creation will be expressed from it. Overall everything is equal in the universe, plus and minus are equal. If so, it is dark like a ghost, but it is pure. Whereas in ordinary ghost evil deeds are more hidden in avyakt form. So they do harm to others, and do bad deeds when they are expressed or when they are born. Most of the evil deeds are hidden in the darkness of the ordinary ghost, whereas in the darkness of the Holy Ghost the whole creation is hidden. Although good deeds may also be hidden in ordinary ghosts, but they are not equal or impartial or detached or nondual like the divine. Their inclination is more towards a particular action or tendency. That is why it is said that the Holy Ghost leads to God. This is natural as both have many similarities as mentioned above. Especially both are unchanging, non-dual and non-attached. This is very well shown in the book Physiology Philosophy or sharirvigyan darshan. This is the Advaita Tantra, which gives

the quickest results. Tantriks consume Panchamkars with non-dualism. By this they become non dually latent like the original nature. Then suddenly their Kundalini enters Sahasrara with the power of sexual yoga. This is because there was no desire for any particular thing in their mind. If that were the case, their energy would be stuck on the manifestation of that particular object, that is, on a particular chakra. Each chakra represents a particular substance and emotion. Such as Muladhara chakra, protection etc., Manipura chakra represents food etc., Anahata chakra represents social, emotional relationships etc., Vishuddhi chakra, speech-behavior etc., Ajna chakra represents the substances and expressions associated with intelligence or cleverness etc. The Sahasrara Chakra represents omniscience or non-duality. For this reason, the Kundalini gets stuck on the chakra associated with it due to attachment to a particular substance or emotion. Just as by destroying that particular attachment in the mind, the chakra associated with it opens, and gives way to the Kundalini to move forward, in the same way, by opening that related chakra by Hatha Yoga actions, the attachment to it itself gets destroyed. In this way Advaita Sadhana and Kundalini Yoga Sadhana are complementary to each other. I was reading in a book that a man was opening his chakras, the knots of the mind, by massaging his body. He used to do deep oil massage touching the bone. Actually the attachments or knots of the mind get deposited in different parts of the body through the chakras. When they are opened by massage, the chakras also open because they are attached to the chakras. The same happens with heavy exercise such as hard exertion or cardiac or cycling. The same happens with Kundalini yoga in the best and scientific way. The chakras are massaged with the asanas of the whole body, along with all the remote nerves and nadis are also massaged, due to which the knots of attachment trapped in them are opened. From the above description of mool prakriti, it is clear that the word Holy Ghost or Holy Spirit appears to be more simple, practical, explanatory, lively and abstract than the words original nature or original shakti etc.

There are two eternal elements in the Samkhya philosophy, Prakriti and Purusha. Jiva or living being even every thing is formed by the combination of these two, just as it is formed by the combination of Raja or ovum and Shukra or semen. In this the dark or raja or yin or females or unconscious part is Prakriti, and the light or shukra or Yang or male or conscious part is Purusha. All living beings feel the Purusha only in this joined form, not pure or unconnected from original nature. Meaning that living being had once experienced the original nature in its pure form, because once he started his life journey from there. He was born because at that time, the consciousness seed of a pregnancy was planted in original nature by the Supreme God. That is why God is said to be the father who put the seed as semen and Prakriti as the mother of the universe or ground or yoni. But once he started the journey of life, he could never feel the pure original nature, because then there was always a part of the Purusha in it, sometimes less and sometimes more. He also had never felt the pure man or purusha. Realizing it is the beginning of the liberation of the soul. Kundalini Yoga is the name of the practice which is done to experience the pure Purusha in the form of Kundalini. In practice, there comes a time when the focus on the Kundalini becomes so intense that one feels completely one with the Kundalini, with immense bliss and non-duality. This is the Samadhi state. This is Kundalini awakening. This is the experience of a pure man or purusha. This is the actual and original form of man's conscience. It is also called discretionary knowledge. Meaning that the difference between Prakriti and Purusha and their alliance is well understood. This is because apart from the awakening of Kundalini, every experience of man is made up of a mixture of Prakriti and Purusha. Man has his own form as Prakriti, and the form of experience is Purusha. That is why there is a duality in those experiences, that is, man does not feel his unity with the experience. He feels that he is experiencing scenes different from himself being as a spectator. But at the time of Kundalini

awakening, a person feels the form of experience as his own, not at all different from himself, that means there is a complete non-duality. He feels that he is of course the spectator, but not separate from the visual experience, and is realizing himself as the visual experience. This means that man has experienced pure Purusha, that is, the soul. Well, these are the theoretical things, which make up the Samkhya philosophy. Its practical form is the experience of kundalini awakening, which forms the philosophy of yoga. Yoga substantiates the Sankhya philosophy through scientific experiments.

Then I was saying that what is said in a metaphorical or mystical form is much more effective than the obvious, because it becomes a sacrament or sanskara deeply sitting directly in the subconscious mind. That's why I never wanted to make scientific revelations of Hindu scriptures and Puranas. But when I saw that the so called pseudo Hindu or secularists or modernists, and other anti-Hindu mindset people are determined to destroy Hindu religion by continuously spreading propaganda, then I had to do so. This is especially for shutting their mouth. This will happen only when they understand the science of Hindu philosophy and benefit from it. If these are not disclosed in good spirit, then the anti-Hindu people will reveal their secret in bad spirit, or make false revelations. Like nowadays it is being done about Shivling found in Gyanvapi Masjid. Well, in fact, I never thought nor did anything like this. Everything happened on its own as per the need. In this I am showing the thought of nature and its action. Therefore, it is only appropriate if it is considered as the contribution of nature, not mine. If someone would give it to me to read, I would prefer to read that mystical archetype. Similarly, if you want to read or like someone's good work, then the contribution of mother power should be seen mainly in it, not the creator. Many people do not read or like good works because they consider it only the work of the humanoid creator, and sometimes they have a bias towards the creator. If they consider the creation to be the work of Mother Nature, then they too can benefit from that creation, and can also increase the spirit of the creator. I am not saying that man should pay attention to every creation. But if he is really liking the composition, then he should not remain upset, he should take full advantage of the composition. This will also please the creator. Nowadays, I often see such factionalism on Facebook and WhatsApp, when people do not see the composition and see the group or person from where the literary creation has come. A lot of reactions are received even on the sneeze from one's own faction or bigoted person, whereas even if the person of the opposing faction or the often silent person bestows the gathering nectar from heaven, even then there is no reaction, of course, sweet balls are bursting in their mind. It is a different matter that the real writer does not expect from the reaction, but the reader gets additional benefit from the true response. The sages and mystics had realized this shortcoming of man long ago, so they had warned about it ages ago by making this couplet, "Buy the sword, let the sheath lie". A man should be an impartial receiver. Just as a swan drinks only milk out of the milk mixed with water, similarly a man should take good things from everywhere. Many people read the work out of selfishness. The motive of some is to establish their dominance in the society. Many people read someone's writings so that in return they also read their works. I like those readers most who selflessly assess the work. Anyway, I like readers more than writers. Arrogance can arise in the writer, but not in the reader. That is why the benefit of the composition goes to the reader more than the writer. Reading and liking the composition also inspires the reader to create excellent works. I used to read many excellent books, poems, and used to like them too. What happened with this is that I also got the power to create compositions, due to which my creations continued to improve. Now I see many great future writers in my readers. This tradition continues continuously, and the society keeps on moving step by step towards awakening.

Similarly, in the previous article, it was said that although meditation is being done on the Kundalini picture during yoga, but in reality it is not of that picture or the image or the object that made it, but the seeker is meditating on his own form. Whatever the images or expressions of one's mind, they all together make up that person's own form or mind. The Kundalini picture is strengthened with regular meditation, so that it can become the leader of the whole mind. The crowd can be controlled only through the leader and not directly. Think of your mind as a doormat. Think of your thoughts and feelings as dust stuck on it. Consider the stick as a Kundalini picture. Think of Kundalini meditation yoga as beating the doormat vigorously with a stick. The dust particles that fall out from it, consider them as thoughts and feelings of the conscious and subconscious type buried in your mind. Think of the particles clinging very deeply to it as the subconscious type of thoughts of mind. Think of the particles sticking lightly to it as superficial thoughts of the conscious kind. The dust particles first appear to exit, then merge into the open atmosphere. Similarly, the thoughts of the mind are first felt, then it seems that somewhere they have disappeared into the void. Just as the dust particles come out in large quantities and disappear in the open sky due to the high speed of air moving around, similarly by taking long and deep breaths, the suppressed thoughts of the mind come out in large quantities and merge into the open sky of the soul. This is Sakshibhava or witnessing or Vipassana. In this way the soul gets purified, and it keeps on becoming purer and purer. This is called meditation of the soul, with the help of Kundalini. Just as a moderate, uniform and one-direction wind blows away the dust particles more thoroughly to make them disappear, so the thoughts of the mind disappear better with similar breaths. Like a light and turbulent wind blowing dust particles, but they sit on the doormat again, in the same way, if one does not breathe properly, the waste of thoughts again settles on the mind again. Just as we remove the stick after sweeping the carpet, in the same way, after the mind is completely cleared, the Kundalini picture itself starts disappearing. It is a different matter that it is always kept alive by regular yoga practice, so that the dust of thoughts that accumulates continuously on the mind remains being removed. It is as if every morning and evening the rug is kept swept with the stick, and during the day the stick is kept aside. Holy Kundalini Image as the same angel depicted in the previous post is considered a true Muslim in Islam. Other mental images can also be kafir jinns, who take away from Allah.

It was also mentioned in the previous article that people are attracted towards sexual intercourse in order to lift the Kundalini from the mooladhara at once. But they are not able to give enough time and power for it, due to which the benefits are less and sometimes there are losses, such as the problem of the wasteful discharge of semen power, unwanted pregnancy, sexual infection or prostate problems etc. Sex is the most enjoyable and decisive thing in life. That remaining time of the night has been kept for it, during which time he has no power to do any work, and when he is like in a comma type condition. Such is the divinity of sex that it tries enough to refresh the man even in that condition. Then think how much divinity and kundalini power it must have given when one is already refreshed. It is also described in the scriptures. A sage had sex with his lustful wife in the evening sandhya, due to which two terrible and powerful demons were born from her womb. This happened with the same sexual power. It is a different matter that for some reason he could not give the sex power to Kundalini Dev, due to which it was itself got by the oppositely natured demon. If Kundalini Dev had got that power, then perhaps one or two gods would have been born. Meaning that he did not treat sex as sexual yoga. Perhaps that is why sexual intercourse is prohibited in the scriptures during day times. So much has been itself proved from this that there is a lot of power in having sex during the day. The power from which a demon can be born can also create a deity. Rakshasa or demon is possibly a metaphor for worldly being filled with

attachment. The deity i.e. Kundalini again became a being or the status of mind filled with non-attachment and non-duality. You can call ida and pingla as two demons. Sushumna channel can be considered as single god. If power of ida and pingla is transferred to sushumna instead of worldly indulgences then ida and pingla can be called as two gods. In this way, society's neglect of sex means that it has been considered as the most wasteful and unnecessary work, whereas the truth is that the path of all progress and liberation of life goes through it. The best times are marked for the bondage of worldliness, and that time is given for this sexually awakening activity, when a man is exhausted from everywhere. A coeval village uncle of mine was once telling me that when he was once passing through a path made in the middle of the forest, some local women were cutting grass for the animals above that path. One of them was telling the rest that one should go home tired after working the whole day and they should slide it like a cylinder at night. All the similarly suffering fellow women approved of her sad story. Strange astonishment. What a great insult to the women's race, and she is not aware of it. On the contrary, women can file cases against such factual things. A blog friend of mine from USA was also saying the same empirical point that during semen retaining sex continuously in a single attempt for a long time such a threshold comes when the Kundalini energy of the muladhara rises up through the back to refresh and transform the whole body towards awakening. Although sometimes this upward and transforming energy is not felt at that time, but it starts to be felt after a day or two, especially with Kundalini yoga. It seems In fact, it is not the energy of direct sexual intercourse, as common people mistakenly think, but the spiritual or Kundalini energy created by its transformation. Therefore, we cannot even use the common colloquial word sex for this. Sexual yoga seems to be a more appropriate term. Understand that for this, leaving all business in complete solitude (even if it is never reported to anyone, because sexually frustrated people have a very bad eye on it, anyway it cannot be called social, that is why it is called secret art or guhya vidya), 3-4 hours in a refreshed body-mind state in the early morning or at any other time of the day devoted to it, without any hindrance or disturbance, is enough to achieve the threshold required for this start of the process of awakening. If someone has the energy and time, he can do it for as long as he wants, taking naps of sleep in between. What could be more important than love and happiness? But man does not want to tell such things to anyone. In a sex-frustrated society, a person who talks about sex becomes a laughing stock. Hahaha. Lol. It seems that due to this sexual frustration, people are not getting enough sexual satisfaction, due to which the cases of female harassment, adultery and rape are increasing in the society. I even think this is the root cause of all the conflicts and problems in the society. Anyway, in between daily kundalini yoga practice regularly, the Kundalini has to be recharged with sexual yoga at intervals of every few days, otherwise it starts to seem boring and less effective. Osho Maharaj rightly said that there has never been enough research on sex. Society has not become so free even in today's so-called modern era that someone can frankly say that he is going on outings for sexual break for a few days from work. Nowadays, work is widespread everywhere. Work, work and just work. Sexual intercourse has been taken as a mere mechanical process to produce children, it seems. Along with this, it has been considered as a waste and the most frivolous work. The result, population explosion. The quality of the population that will be formed by having sex with such a mentality will definitely be questioned. There is no sense of personal life and the path of liberation. Accidents and wars are taking place due to this blind passion, due to which innocent people are being killed. Just look at the Russia-Ukraine War. Was it for this reason that they had developed so much by working hard day and night. What is the use of blind work which destroys the intellect? Just four-five days ago, a fire broke out in an illegal factory in Delhi. More than twenty people died of burns and an equal number of people went missing. Admit that there is negligence of the administration, but the general public is no less.

Although innocent people are forced by poverty and dense population to live under danger. The biggest culprits are those big people, who are doing such illegal work for more profit. The screams of a young girl, saying that she will commit mass suicide along with her mother and other sister if her missing sister is not found, goes to heart. There have been many such incidents in the past, but anyone did not take proper lessons from them, it seems. Just growth, and development. If the population is not controlled, then as much as you develop, everything will fall short. Development is also such that it has been more than seventy years since independence, but the weight of children's school bags is increasing instead of decreasing. One day I took my son's school bag on my back and went to drop him to school on my bike. The bag felt so heavy that I lost my balance, and as soon as the bike stopped, we both fell to one side along with the bike. The son was holding the bag, so he also swung to one side with it. Most bike accidents related to balance are caused by the person sitting in the back, so only sit behind the person who knows how to sit on the bike, or teach him to sit. Although the ground surface was also inclined to one side there. In fact, in today's modern motorcycles, the neutral gear comes between the second and first gear, it looks deceiving. When I downshifted, neutral gear was engaged. Due to this the bike did not race. This upset the balance. Thankfully, there were no injuries and a school bus was moving quite a distance, very slowly, as there was a turn and there was a little rush of traffic. However, sensing the opportunity, he had already stopped the bus. Schoolmen should keep children's books in the school itself. A friend of my wife's friend who also lives abroad was saying that the driving here is very strange and revolutionary or deadly. But I think that the drivers here are very sensible, that is why there are relatively few road accidents despite having lack of basic facilities and such a large population. Yet here the road runner has to be very extra careful. God Save. Similar development happened in Kashi Vishwanath temple in seventy years. Even today, the Shivling of the temple which was demolished by the Muslim invader Aurangzeb there, is being told to be found by a survey in the Wajukhana pond of the mosque at that place. Ayodhya got its Ram temple back, but what about the thousands of temples that were demolished and replaced with mosques. Evidence of many temples has also been found in Qutub Minar. The Taj Mahal, which has got a place in the wonders of the world, is also said to be once Shiva temple named Tejo Mahalaya, which is said to be confirmed by many historical evidences. The similar is also the story of the main Shri Krishna temple of Mathura.

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

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

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

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

Then one day I went again to the bank of the same old lake. I sat under the shade of a tree. I wasn't feeling well either, and I was feeling tired. It seemed that the cold virus was attacking me, because suddenly the weather had changed. Suddenly it was freezing cold in the middle of the scorching summer heat due to heavy rain. It is natural that the mind was also a bit stressed and heavy. Thought to find peace there. Gangaputra Bhishma Pitamah also used to go to the banks of river Ganges in the same way for peace. I think it's a metaphorical story. Since Bhishma Pitamah was a lifelong celibate, it is natural that his sexual energy was not wasted outwards but ascended upwards through the sushumna nadi of the back. This is the

reason why Bhishma Pitamah has been repeatedly said to go near the Ganges. The river Ganges is called Sushumna Nadi. Because the Sushumna Nadi nourishes and develops the Kundalini-mind as a child with the milk of its energy, that is why Sushumna in the form of Ganga is called mother. After a while I started paying attention to breath of fresh air taking it as deep enough. Due to this, old emotional thoughts started to rise in my mind, as if a strong wind blows dust in the sky. If a man starts looking at the dust, he suffocates, and the mind becomes depressed. If he does not pay attention to it and feels only the air, then he becomes happy. I too stopped paying attention to the dust of those thoughts, and started focusing on the breath. Thoughts were there then, but were not bothering me then. Breath and thoughts always go together. You cannot separate them, just as wind and dust coexist. If there is air, there is dust, and if there is dust, then there is also air. If you put up a wall etc. to remove the dust, then even air will not come there. Similarly, if you forcefully suppress thoughts, the breath will also be suppressed. And you already know that breath is life. Therefore, do not suppress thoughts, divert attention from them and focus on the breath. Let the thoughts come and go. Just as the dust particles, after blowing for a while, get settled after being attached to each other or becoming heavy with moisture etc., similarly the thoughts too. All this has to be done is not to disturb the dust of those thoughts with the help of watchful meditation. Various visual scenes and sounds from outside strengthen the surface of the mind, so that unnecessary thoughts can keep landing on it. That is why people run towards such natural sights. Just as some part of the dust disappears away in the sky and most of that again sits on the same ground, similarly only a little part of thoughts disappears after their upsurge, the rest a large part again settles on the same plane of mind. That's why the same type of thoughts keep popping up again and again for a long time, they disappear completely after a long time. Light thoughts like fine dust disappear quickly, but coarse thoughts filled with attachment like coarse dust take longer. That's why it should not be understood that with a one-time witnessing the thoughts will disappear and the mind will become pure. One has to practice for a long time. Not an easy game. Therefore, the one who is in a hurry and who cannot wait, he should think before doing sadhna. Anyway, I think that this world-removing sadhana is suitable only for those people who have awakened their Kundalini, or who have achieved almost all the experiences of the world. Ordinary people can be misled by this. For common people, practical Karma Yoga is the best. However, there is no such restriction for those who have the ability to simultaneously walk on different cultivation paths. Within no time, my body itself began to form different sitting poses, so that it would be easier for the Kundalini energy to ascend above the Muladhara chakra. For the first time I felt the self-absorbed yoga postures in such extent, although while relaxing at bed at home, my postures keep happening itself, especially between 5-6 o'clock in the evening. Perhaps this is done by goddess shakti to remove the fatigue of the day, the evening has an energizing effect as well. So my Kundalini energy rushing near the lake in the almost unfathomable morning meant that my fatigue was not caused by work load, but because of some imminent disease. She had come to treat that in advance. Kundalini energy is intelligent, so understands everything. The pressure to raise the Kundalini energy was created by taking long and deep yoga breaths for some time with a witness feeling to the thoughts. With a slight prick of the back tip of the sole of the shoe, the Muladhara Chakra was greatly stimulated with an orgasmic blissful sensation, causing the Kundalini energy to rise up like a raging river. Orgasmic blissful sensations were felt in the Ida, Pingala and Sushumna nadis along with the various chakras. It was as if the whole body was being recharged with Kundalini energy. Even the breaths were filled with orgasmic joy. With the combined meditation of Kundalini with the front Ajna Chakra, Swadhisthana Chakra and Vajra Shikha, the energy descended through the front to the lower part, and along with all the chakras, she was empowering the whole body. In fact, contrary to popular belief, the Muladhara Chakra does not have its own energy, but it gets energy from

sexual intercourse. Without recharging the Mooladhara chakra, most of the people try to get energy from there throughout their life, but only few are successful. What are the benefits of running Tulu Pump in a dry well? After the muladhara is completely discharged, the pressure of the sex organs, especially the prostate, is greatly reduced or disappeared. Due to this again the mind gets attracted towards sex, due to which the Muladhara gets recharged again. By the way, even with yoga-based breaths, the muladhara chakra gets charged with energy, which is like a boon for the sannyasis. Prostate problem increases with tea, it is said. Actually, tea increases the pressure of blood circulation in the brain, that is why drinking tea makes you feel good with pleasant thoughts. This means that then there will be no suction effect that lifts the energy from the sex organs. Due to this the Kundalini energy will not revolve, which will increase the chances of the whole body including the sex organs getting sick. High blood pressure also increases prostate problems for the same theoretical reason. It also seems that inflammation or stimulation of the prostate may also be the reason for its enlargement. Health scientists are also expressing similar concerns. Prostate can be stimulated by excessive tantric sex. Tantric withholding of semen can also cause an inward suction, which can lead to infected vaginal discharge reaching the prostate, causing inflammation and infection of the prostate. It can also be a little difficult to cure it with antibiotics. That is why it is said to drink plenty of water, so that the dirty discharge gets flushed out of the urinary tract. Vaginal health should also be taken care of. Well, nowadays there is a cure for every problem of prostate, even the prostate cancer if it is also brought under investigation in time. Because there were no such facilities in the olden days, so Tantra Vidya was kept secret. An earlier post on this blog that depicts the curse of Mother Parvati given to the pigeon-turned-Agnidev, in which she curses him to feel constant burning sensation as a punishment for his heinous act, is possibly related to the prostate. Yogis perform complete Siddhasana to channelize this burning energy to Kundalini. In this, pressure is applied from the heel of one foot on the Muladhara, and from the heel of the other foot on the front Swadhishtana Chakra. Therefore it is better than Ardha Siddhasana because in Ardhasiddhasana, having the other foot also on the ground does not cause sharp sensory and orgasmic pressure on Swadhishtana. Due to this the energy of Swadhishtana does not come out. This sexuality-based cycle continues as the Kundalini energy moves around, and the man continues to grow. Although this process goes on in the ordinary man also, but in him its main goal is related to the dual worldliness. Whereas the goal of Kundalini Yogi is to lead a non-dual life with Kundalini. Energy rises in the ordinary man without any effort, so this process is slow and light. Whereas the Kundalini yogi can channelize the energy as he pleases, because with practice he has a good knowledge of the energy channels and how to control them, due to which the Shakti is under his enough control. A tantric yogi is even a step ahead. That is why there are also allegations of massive sexual abuse against Tantriks. They control the kundalini shakti so much through rigorous tantric practice that they never get tired of sex. A similar case had come to my hearing that in a Himalayan region, a tantrik who came from the plains had a line of women to get real and blissful sexual pleasure. Some people even beat him knowing the reality, then do not know what happened. This is a big deception with tantrik. Ordinary people do not look at his Kundalini experience, but look at the disgusting feeding habits and conduct that is part of his sadhana. They don't eat mangoes, they count trees. Due to this they insult him, due to which his powerful tantric Kundalini falls behind such people, and harms them. This is called the curse of the deity, the evil eye, etc. That is why tantric practices, especially the so-called maladaptive practices associated with it, were kept secret. Even in ordinary folk circumstances, people use tantric methods, but they want simple sex, not sexual yoga. Whether it is to gain youthfulness from alcohol or to increase sexual pleasure by eating flesh, the same principle works in all. By calming the thoughts of the mind with such things, a vacuum is created in the brain, which sucks the energy up from the Muladhara. This leads to

the energy coming down through the front channel. Due to this the energy starts circulating, due to which the organs connected with Mooladhara become active and functional again. I think that the urine that comes openly after drinking beer, it comes only by reducing the energetic pressure of the sex organs, and not by the water present in it, as most people understand. By drinking water directly, the urine does not open so much, even if you drink water as much as you want. Whether the pressure develops again after the effect of alcohol disappears, that is a different matter. Now one should not misunderstand that alcohol helps in the movement of Kundalini energy, hence it is beneficial for health. Hahaha. Lol. Testosterone hormone blocker lowers the pressure because it reduces the sex drive of this hormone. Conversely, many idealistic men are unable to satisfy their women. I was told by a friend of mine that the wife of an idealistic and saintly government professor who was herself also a government high official had illicit relations with a very modest unmarried young employee belonging to her office. When he came to know of this for sure, he was in such an emotional shock that he left everything here and went abroad, because he had come to know that when a woman was addicted to obscenity, to withdraw her from that is very much difficult although not impossible. However, doing so can be very harmful for a woman and her illegitimate lover, especially if her real lover or husband is a Siddha Premyogi. According to Shiv Purana, when Shiva and Parvati were getting married, Brahma was playing the role of a priest in that marriage. While making worship, Brahma's eyes fell on the fingernail of Parvati's foot. He kept seeing it fascinated and fell in love with Parvati. This caused him to ejaculate. Shiva came to know about this. This made Shiva so angry that he decided to create a catastrophe. With great difficulty the gods persuaded him, yet he cursed Brahma with a terrible curse. The catastrophe was averted but Brahma suffered a great misfortune. If Parvati had developed a disorder in her mind too, and she had become enamored of Brahma, she too would be punished by the Kundalini Shakti of Shiva. If she remained unaffected by that punishment due to the very close association of Shiva, then the effect of that punishment would have been on her close relatives attached to her and that having weak mind, such as her future children etc. All this would have happened without the will of Shiva, because who wants to punish his wife. Actually Kundalini does everything by itself. If such a malicious misdeed happens inadvertently, then the atonement for this is that both the illegitimate lovers consider each other as brothers and sisters and if ever they meet on their own, they should address each other as brothers and sisters, and with true heart say sorry to Kundalini, promising never to like anything other than kundalini, I think so. Whatever happened, happened, forget it. Everything can be improved further. The benefit I got from my above energy surge was that suddenly I started sneezing, and my nose started running water, due to which the cold virus disappeared within two days. It almost couldn't even reach my throat. Actually that Kundalini energy was rising to strengthen this protection wall against the virus. Similarly, once for several days I was in an emotionally injured state for some reason. Kundalini was also healing me strengthened with the spirit of philosophy of physiology or sharirvigyan darshan, but only in an improvised form. Then one day the orgasmic Kundalini energy started falling continuously on my heart with the power of Tantric Kundalini Yoga. I by itself also started meditating on the heart located on the left side of the chest along with the Muladhara, Swadhisthana and Ajna Chakra and the nose tip. I was also feeling both the Kundalini channels, as well as the energy going through it to the heart and then again joining it down in the same central channel. This cycle continued for a long time, due to which my heart became completely healthy with help of my sexual Kundalini energy. Later it was also proved by the sudden change in my behavior and also by the positive behavior of people around towards me.

Let's get back to spirituality again. Spirituality flourishes in the midst of worldliness, not living apart from it, just like beautiful flowers grow better between thorns, protected from enemies thereby. What I was talking about in the previous post, I am giving a little detail for my understanding, because sometimes I get stuck here. Readers can also take advantage of this if they want. Well, this whole thing is the theory only, completely different from the practical. Yes, by understanding the theory, one can be motivated towards practical. When I felt the Kundalini-Purusha completely connected to my soul, that is, when I had become the pure Purusha liberated from Prakriti at time of my glimpse kundalini awakening, it was not as if the thoughts and visual experiences of nature were not happening at that time. They were being experienced as usual, along with the Kundalini picture, because that too is just a thought. But these were being felt by me inside me and inseparable from me, like waves in the ocean. This means that these were not the prakriti form at that time, because these had no existence of their own apart from the pure Purusha form as soul. In ordinary life, nature or prakriti has its own distinct existence. Although it's false and illusionary. Actually the Kundalini picture means the mind is made up of the union of Purusha and Prakriti. When it becomes one with the dark or ignorant soul through constant meditation, then it becomes pure Purusha devoid of prakriti, that is, the perfect Purusha. Meaning that only then Purusha is freed from the bondage of prakriti or nature. The real experience of a perfect and pure Purusha is like a form of ecstasy. It is natural that even with its full experience, the thoughts and pictures of the mind will also emerge along with. But then they will be as false or virtual inside the Purusha form soul as the lines drawn in a pile of lime. Meaning they will not have real existence, only Purusha will have real existence. That is why in a few moments of that Kundalini awakening with ecstasy everything feels completely the same, everything non-dual. The thoughts of the mind are bound with joy in a living man. Thoughts will accompany the joy always. In this way the experience of the joyful Self in the state of complete thoughtlessness is the same as impossible in the living state. Well, that is the highest stage of sadhana. So far out of innumerable awakened beings only one or two can reach this ultimate state. And the transcendental experience of such rarest of the rarest being is written in the Vedas, which is called Aaptavachan or confirmed word. There is no way to know the transcendental state of a completely liberated soul except by trusting it. It is not that one cannot attain this supreme state after Kundalini awakening. He can do it, but he doesn't do it intentionally. The main reason for this is the impracticality of the supreme state. This stage is like sanyas or renunciation. In this state the man falls behind the rest of the competing world physically. Even gathering eatables may be difficult. Human society is not yet developed enough to handle the responsibility of maintaining and protecting the deserving candidates of this stage. Possibly some such method was developed in ancient India, that is why at that time renunciate Sanyasi Baba used to dominate. But in today's so called modern India the condition of such renunciate babas seems to be very pathetic. In ancient India, the entire emphasis of the society, especially the upper class, was given on Kundalini awakening. It's genuine, social and scientific practice as biological evolution tends to peak in the kundalini awakening. In many Kundalini Yoga based traditions of Hindus, the Kundalini principle also works behind the Janeu i.e. Yagyopaveet, which is worn in the Upanayana ceremony. It is also called Brahmasutra. It means the thread reminiscent of Brahma i.e. Kundalini. Many say that it slips to the left arm side and creates awkward interruptions in the middle of the work. Perhaps this is a way of saving from blind karmaism. It also seems that by this it balances the Ida and Pingala nadis by giving extra force to the left side of the body, because in the normal situation without the thread, the man's inclination is more towards the right side. It is kept hanging on the right ear at the time of defecation and even urination, till the man becomes pure from water after retiring from these body cleansing activities. It has two main benefits. One is that the powerful energy of the Mooladhara Chakra, which is active at the time of

defecation and urination and even bathing, is grabbed by the Kundalini, and secondly, the impure state of man is known to other people. One advantage of this is that it prevents infectious diseases spread through body wastes, and the other is that the powerful Kundalini energy of a defecating or peeing man is benefited by him as well as those close to him by seeing its signaling janeu, so that they don't misinterpret and misdirect that energy to their harm. Similarly, the mekhla, a sacred thread tied around the waist keeps the navel chakra and swadhishtana chakra healthy, due to which digestion remains normal, and problems like prostate are also avoided. It is a different matter that the cruel and tyrannical Mughal invader Aurangzeb, not understanding the Kundalini science of Janeu, used to eat food every day, when he used to get kilograms of Janeu removed from so called infidel people's neck. It is a pity that even in today's scientific and democratic era, special class people consider him as their role model.

Kundalini marker or sign inside body that can physically and scientifically prove Kundalini awakening can lead to real spiritual social era

Friends, in last week's post I was talking about how Janeu thread balances nadis and strengthens a man's Kundalini. The man's attention keeps on shifting to his left side with Janeu thread in between various works, and sometimes he even tries to straighten it. Due to this, his attention keeps going towards Kundalini itself, because Janeu is a symbol of Kundalini and Brahma. At the time of defecation, it is hung on the right ear because the effect of Ida Nadi is more at that time. Its coming on the right side of the body gives strength to the left side of the brain i.e. Pingala Nadi. The act of defecation is also often said to be feminine, and Ida Nadi is also feminine. To balance this, one has to activate the male dominated Pingala Nadi, which is in the left side of the brain. This work is accomplished by hanging the thread on the right ear. During defecation, the left hand is also used more in cleanliness, due to which the Ida Nadi located in the right brain gets strength. By the way, the right parts of the body are more active, such as the right hand, the right leg are stronger. These are controlled by the pingala-dominated left side of the brain. This Pingala dominant left part of the brain is usually stronger than its Ida dominant right side. By moving the thread towards the left side of the body, it indirectly strengthens the right side of the brain. Simply understand it as it was told in the previous post that at the time of defecation or urination, the source of Kundalini energy, Muladhara remains active. Its energy can reach Kundalini only if Ida and Pingala Nadi are flowing equally. For this, the force of the left side of the body is pulled through the thread and passed to the right ear and finally to the right brain. This strengthens the normally relaxed right brain. Due to this, both the parts of the brain are balanced, the spiritual non-duality remains. Anyway, as above, being a symbol of Kundalini or Brahm, Janeu constantly keeps remembrance of Kundalini. If for some reason one forgets to keep the thread on the ear at the time of defecation, then the thumb of the left hand has been asked to touch the right ear, that is, it has been asked to hold the right ear once. This gives strength to the left body and the right brain as well, because the Ida Nadi of the left body enters the right brain. Anyway, the right ear is close to the right brain. This gives power to the right brain from two sides, making it equal to the left brain. This is a wonderful practical spiritual psychology. A professor at my university considered me to be a well-balanced person in his eyes, even as he once said so during an examination. Perhaps they sensed the effect of the first momentary awakening within me, that is, a dream state momentary awakening. Maybe my Janeu also has a big hand in my balanced personality. By the way, after completing my studies, once I had stopped wearing it for some time considering it to be a hindrance in the work, but now I understand that it was not meant to obstruct the work, but It was meant to balance the psychic channels. If someone keeps it long and keeps it tightly bound inside the trousers, then it benefits even if it does not move towards the left side arm, because being hung on the left shoulder, it itself is inclined to the left side.

Kundalini awakening benefits indirectly, not directly

I do not see any direct benefit from Prakriti-Purusha Vivek in the form of Kundalini awakening mentioned in the previous post. It gives only this indirect benefit that by the experience of a pure Purush who is complete and free from nature, attachment to the world as a mixture of Prakriti-Purusha gets destroyed in the same way as a lamp fades in front of the sun. Just as sugar-mixed tea does not taste sweet for some time after consuming pure sugar, similarly, after the experience of a pure purusha, for a few years, interest in the mixed world disappears. Due to this the behavior of man improves, and he starts moving step by step towards liberation from nature. Salvation comes to him only after living a long life by such a free way of life, not at once. Then why wait for Kundalini awakening, why not live life directly like free people. Veda-Purana or Sharir Vigyan Darshan Book is of great help in leading a free life. If a man wants to increase the scope of his luxuries, he can deny such free behavior even after awakening of Kundalini, because man has always got free will, not compulsion. It is as if he can get the sweetness of tea even after eating sugar by dissolving more sugar in the tea. By doing this, he too will not get any benefit like a common man who has no awareness. If a wise man wishes, even in the midst of luxuries, by maintaining disinterest in his mind or by creating artificial interest, he can get the spiritual benefit that comes without awakening the Kundalini. It is as if one can stay away from harmful sugar through exercising well or by adding artificial sweetener.

One should look kundalini light not its generator inside others

As in the previous post, people look at the diet and lifestyle of Tantriks, not their Kundalini. Due to this they insult him in misunderstanding, and suffer. Prajapati Daksha had also insulted Lord Shiva by falling into this misunderstanding. In a post in the same blog, I revealed the story of Daksha's humiliation of Shiva and consequently Shiva's Ganas destroying Daksha Yagya. Many people may feel that this website is Hindu favoring. But actually it is not so. This website is Kundalini favoring. This website picks up any context in which Kundalini appears, no matter what religion or culture it belongs to. Now because most of the Kundalini-related issues are in Hindu religion, that's why this website may seem to be colored with Hinduism.

Kundalini yogi is also formed by the maturity of agility yogi

This week I got another insight. One day a man was troubling me. There was a heated debate. He was showing his arguing power. Was trying to influence and manipulate me excessively. It was natural that his behavior and my behavior in response to it was to create attachment and duality. However, by remembering the philosophy of physiology, I was preventing attachment and duality from growing. It was a lunch time. My lunch time was moving ahead than expected, due to which I was also feeling hungry. Then he left, giving me a chance to have lunch. In the evening, I was meditating alternately with the chakras of my body moving downwards while doing Kundalini Yoga as in everyday yoga practice. When I reached the Manipur chakra and started meditating on Kundalini there, then incidents related to the man who argued during the day started popping up in my psyche. Because the Manipura chakra, located in the navel, is related to hunger and food, the events related to that man were imprisoned or rather associated with it, because I was hungry while arguing with him. Because it is the principle that by the clear emergence of the old event in the mind in a pure

mental form, the seed of that event is destroyed, and the mind is cleared, so after that I felt the lightness of the mind. Atonement and repentance are therefore said to be the greatest punishment for any sin, because from these the incidents of old sin emerge in a pure mental form, from which the seed of those bad deeds is destroyed. When there will be no trace of karma, how can one get the fruits of it? When the seed of the tree is burnt to ashes, how will the tree grow from it, and how will it bear fruit. Similarly, every action is bound by some or the other chakra. At the time of that action, the chakra whose quality is more effective in a person, that karma gets tied the most in that chakra. Although the qualities of all the chakras are always present in a person, but the quality of a particular chakra is most effective at a time. Anahata Chakra is more effective in the emotional state. The Swadhisthana Chakra is more effective in sexual arousal or romance. Mooladhara is more effective in stupidity, Vishuddhi during sweet speech, Ajna Chakra in intellectual state and Sahasrara Chakra is more effective in the state of knowledge or non duality. That is why while doing yoga, kundalini meditation is done on all the chakras in turn so that the samskaras of various types of attachment-ful karma that are tied in them can be eradicated. Most of my life to date has been spent with romance and sexual excitement, I feel, so most of my karma is tied to the Swadhisthana Chakra. This is probably why I get the most relief from Kundalini meditation on the Swadhisthana Chakra. It is because of attachment that the chakras get blocked, because the Kundalini energy keeps accumulating on them, and is not able to revolve properly. That's why you must have seen that people who are agile, they are like all-rounders. They are all-rounders because they do not stick to any subject for a long time, due to which they do not develop attachment towards any subject. They are constantly changing subjects, so they seem fickle. Although fickleness is considered an obstacle in the path of spirituality, but in tantra, I find the quality of playfulness helpful. It seems that there must have been so much hatred towards Tantra in the general public that all the subjects related to it were considered disgusting and anti-spiritual. Due to the non-attachment arising out of this restlessness, the restless person feels energetic only because of the revolution of the Kundalini energy. Being a female nature, playfulness also seems to me to be a part of the Panchamkars of Tantra. Transientism of Buddhist philosophy is also a symbol of fickleness. Meaning that everything is destroyed in a moment, so don't mind anyone. The point is also true and scientific, because after every moment everything changes, of course, it may not seem so from a physical point of view. That's why it seems foolish to cling to something. But logical people will ask that then why do Buddhists stick to the same Kundalini with the power of meditation for a lifetime. So the answer is that they cling to Kundalini only to get rid of their clinging to everything other than Kundalini. All the glue is spent on sticking the Kundalini, there is no more left to stick the rest of the world. On attaining the state of perfection, even the clinging to the Kundalini disappears by itself. That's why I consider even playfulness to be yoga, non-attachment yoga. Chanchalata yoga also leads to Kundalini yoga. When a man ever reaches such a state that he cannot continue with Chanchalata Yoga, then he himself leans towards Kundalini Yoga. He is enamored of non-attachment, which he gets from Kundalini yoga instead of fickle yoga. When there is a temper of non-dual emotion like philosophy of physiology with restlessness, then that playfulness becomes yoga. It should not be a surprise if I say that I have been upgraded from a fickle yogi to a Kundalini yogi. Chanchalta Yoga can also be called a synonym of Karma Yoga because there is no special difference between the two. Sometimes a Kundalini yogi has to be demoted and become a fickle yogi again. Even an awakened person gets demotion, of course, only for show or to run the complicated business of the world. In ancient India, the awakened people were mostly made sannyasins. Perhaps this was done so that not everyone would get free social security by pretending to be awake. Afraid of giving up all the worldly pleasures in sannyas, a potential swindler would think a hundred times before making a false claim of his awakening.

Therefore I consider such social protections to be incomplete. What is the use of such protections in which a man cannot freely enjoy pleasures, even sexual pleasures. I consider Osho Maharaj's perfect sannyasa to be the best, in which he used to enjoy all the happiness above all, that too while being a sannyasin. Heard that he used to have a bunch of great cars for his own pleasure. Although I find majority of his style of discourse less scientific or practical and more philosophical. He used to take even the smallest things to the point of excessive depth and boredom. For a while it looked like seductive or hypnotising. I myself have been inspired by one of his books towards a higher spiritual goal. The name of that book was, Tantra, A Supreme Understanding. However, after reading it, it seemed that it took a long time to understand a small matter and read a very detailed or decorative article. In fact, such is his style. His works are so extensive and detailed that finding something of one's own use among them is as difficult as finding a needle in a pile of straw. This is my limited opinion. It might be wrong. Who has so much time in today's busy age? Still, the vitality, practicality and meaningfulness that is in his expansion is not visible in other expansions. I'll shed a little more light on this in the next post. Only science can provide such a perfect sannyas to all the awakened people. There must be a sign or marker in the body or mind proving the awakening, which can be caught by science. Then such a marker will be the pointer to the title of Jagrut Purush and the best facilities associated with it, just as today a person who has passed the doctoral examination is given. Then all the people will be inspired to attain awakening which will lead to the rise of a truly spiritual society.

The pressure of Kundalini Shakti in the Muladhara created by Tantra Yoga in the plains is reduced by its climbing up towards Sahasrar in the mountains

The energy of the Panchamakaras, by which a person reaches close to Kundalini awakening, can also be a hindrance in real event of Kundalini awakening, except for Tantric Kundalini sex. In fact, Kundalini awakening comes only from the peak state of Sattvaguna. Only Kundalini sex increases the Sattva guna, all other 5 Ms increase the Rajoguna and Tamoguna. Kundalini resides in Sahasrar only through the mode of goodness, and it is there that awakening takes place, not at other chakras. Actually, due to Satoguna, the body of a person remains like sluggish or loose and tired. However, there is a feeling of great vigor and intensity in the mind and body. But it is more than just a show. Even after putting a little workload on the mind and body, there is a feeling of vibration in the body. Bliss remains because Kundalini activity continues in Sahasrara. If the burden is increased forcibly by taking shelter of Tamagun or Rajoguna, the Kundalini descends from the Sahasrara, thereby reducing the divinity of man. Then again for a few days dedicated tantric yoga practice has to be done to make Kundalini functional again in Sahasrara. If simple yoga is practiced, it can take many days or months. With the balanced use of gunas, Kundalini moves evenly throughout the body, but in Sahasrar, it needs an abundance of Satoguna to make it functional there. Understand that due to the balance of the three gunas, a person is able to float in the river, and at the moments of the abundance of satoguna, he keeps on taking a dip in the water. One will be able to take a dip only when he is swimming. The energy saved by the calm satoguna is used to maintain the Kundalini in Sahasrar. To save energy, people find a secluded abode for spiritual practice. So much physical labor has to be done in the village, countryside or mountains that there is no energy left to raise the semen power. That is why there is less dominance of tantric sex. However, a mix of mountain and plain is best for the tantra. By getting the natural power of the mountain, a refreshed person is able to practice tantric yoga well in the plains. Later that plain area practice is more likely to result in

Kundalini awakening in the mountain itself, because the various beautiful natural scenery there acts as a spark or trigger for Kundalini awakening. The pressure of Kundalini Shakti in the organs related to Muladhara and swadhishtana chakras created by Tantra Yoga in the plains is reduced by its climbing up towards Sahasrara in the mountains. This happens because the high-rise ranges of mountains pull the Kundalini upwards. Kundalini energy continues to rise above the muladhara due to the low gravity in the mountains, while in the plains due to the high force of gravity, it tries to keep falling in the pit of the muladhara. Moreover, kundalini shakti resides subtly in that blood that flows downwards. Probably Jagadguru Adi Shankaracharya included them prominently in the Char Dham Yatra due to this divine quality of the mountains. For this reason the mountains are full of tourists. Rich people build one house in the mountain and one house in the plains. Perhaps that is why India is called the Kundalini nation because it has a good and favorable ratio of plains and mountains. Because of this energy absorbing nature of sex, those who follow a simple diet, start considering it as disgusting. For this reason the development of tantra was more in favorable physical environment like Punjab state. Similarly, in big cities, there is comfort, but there is no peace. This wastes energy. Hence small, well-planned and quiet convenient cities, situated at beautiful locations having favorable environment, preferably near large water bodies are best for tantra yoga. Rajoguna and Tamoguna do not let slow the functioning of the body, so that energy is spent on it, and falls short to maintain the Kundalini in Sahasrara. Of course, the Kundalini shines abundantly on the other chakras too, but there is no awakening there. Perhaps it is a different matter that a skilled tantrik can maintain Sattvaguna even with all the Panchamakaras. When the Kundalini is active in Sahasrara, there is an inclination towards things of the good quality itself, and aversion to things of the Rajoguna or Tama guna. It is a different matter that the availability of sufficient energy along with the balanced state of the three gunas plays an important role in the functioning of Kundalini in all the chakras including Sahasrara, while awakening is there only with the abundance of sattvaguna.

Kundalini tantra based sexual Yoga and Osho~a truth half understood

Friends, in the previous post, I was highlighting the philosophical works of Osho Maharaj to honor him. He used to give meaningful detail to his works with his philosophical skill. Meaningful meaning that the confusions of the mind were removed from them. On the contrary, unnecessary expansion is also done by many people in many places, due to which the confusion of the mind increases instead of decreasing. Similarly, meaningful expansions keep many secrets hidden within themselves, so that they may not be easily accessible to the unqualified person, but the capable person can understand them well. The most effective articles are long articles. Google also understands this, that is why it gives more attention to big articles. Rare knowledge is hidden in large articles just like gold in an elaborate mine filled with clay. The style of the Puranas is also of similar meaningful expansionism. In the midst of elaborate tales, a variety of mysteries are uncovered, which keep the eye of knowledge open. Most of the people, especially those who are in a hurry, are deprived of the divine wisdom hidden within the great writings. Some of my recent articles were very long, even one containing about eight thousand words. With so many words, many small booklets begin to be made. Writing those articles gave me the greatest satisfaction, because in them there was a glimpse of such excellent knowledge and revelations, which I do not see anywhere. I also got many new insights from them. Although I feel that perhaps only few readers have been able to read it completely, due to paucity of time. By the way, the mentality of the writer is caught well only after reading the entire article. I am more of a book writer, less a blog writer. That's why all my blog posts seem to be intertwined. I will fill the gap of the previous blog post in the next post. In this way, the series of posts are also compiled in the form of a book. This is a good way to write a book, because in today's busy age, no man can write a book in one sitting. Also, these posts are written very carefully, after repeated inspections, with full details and as per the grammar, so that the readers do not need to comment. That is why there are no comments in my blog, only readers are there. If there

are comments, those are of praise only. Hha lol . The book also does not have a comment section. Those large blog posts were probably well received in book form, which was reflected in the increase in book download reports. The complete mentality of an author is known by reading all his works. Because some have something special, some have something. If there is a deficiency in one of the works, then the author makes up for it in his other work. Reading incomplete works can lead to misunderstandings about the author. Little Knowledge is a Dangerous Thing. There is no doubt that one can become a great human by reading all the works of Osho. Osho's creations are many, my creations are very few in comparison to his. Even if someone reads all my works, he becomes eligible for reward, just imagine the benefits from reading all the works of Osho. Although it is a different matter that I do not stand anywhere in front of a great avatar man like Osho. Let me give an example of how it is sometimes difficult to understand even great people. When I was a teenager, mainly at college times, I used to listen to Osho's Sambhog Yoga or sex to superconsciousness talks from different types of people, as if they were trying to cover up their evils with great joy and enthusiasm. There was also some funny tone to narrate them. Although they used to treat it as pure sex, there was no trace of yoga in it. That's why I used to doubt the teachings imparted by Osho. Because at that time I was a bachelor, and was unfamiliar with the experience of sex. Yes, some mysterious truth was definitely reflected in them. The reason for this was, around that time, I attained momentary self-awakening from pure love yoga, of course only

during the dream period. But it was strong enough to completely transform me in a jiffy and push me almost completely on the spiritual path. One of the reasons for this must have been that due to the condition of my childhood, my mind was fresh and sensitive at that time, so there was a lot of receptivity for transformation. My pure mental love-yoga was of course not formed out of sex, but the mentality and longing for sex was at its base, as it often happens in the case of every male-female love. The special thing in this was that probably the subtle mentality and longing of sex was equal and overwhelming on both sides, meaning it was not like one-sided love, I feel so. Though everything was by the invisible attraction of the mind, there was nothing in the physical form, there was no mutual speech, there was no personal interaction, everything was confined to a group of people or students. It is a different matter that there used to be love-filled and ignorant or childish-like initiatives from the feminine side, to create a relationship of pure friendship or love. I felt like I had got a PhD in the field of love by the special grace of the Mother Goddess, because mainly it appeared the same love, from which the lotus of my sahasrar had almost blossomed in the end, because this is the biggest goal of the creation. There were many other favorable reasons too responsible for this, but they were able to bring color only by permeating love, not directly, it seems to me. Because I had attained samadhi not by physical sex, but by like mental or subtle or unexpressed sex, so I also felt my invisible connection with Osho, of course only on a subtle philosophical level. Although I had never read his teachings properly. Maybe that's why I used to deny samadhi from physical sex, of course from outside, although I also felt such a possibility in my mind. Whenever I heard about Osho's and leftist tantric sex yoga or any romantic anecdote, I would get lost in blissful samadhi, Kundalini would shine brightly in my heart and sahasrar, my hair would blossom and my body felt like a trembling. Feeling like heaviness in the head even. This was probably due to the rise of the sexual energy built up on my muladhara. My back would become straight, my face would become flushed, my breath would be fast and I would feel kundalini like dancing-singing and laughing in front of me like a beautiful and trance picture of a psychic lover, which many times the image of that old spiritual man used to subdue. The mental picture would become alive. It is a different matter that after many years the experience of complete samadhi or the glimpse of Kundalini awakening came to me from the meditation of mental picture of the same old man through kundalini yoga practice assisted with sexual yoga and not from the mental picture of the beloved. I used to try to stop the talk of Sambhog Yoga, or walk away from them, so that my fellow students or people did not understand my condition otherwise. Everyone would have been surprised by it and possibly thought of me as if like being impotent. For a long time even in married life, I could not understand the secret of Sambhog-samadhi, although naturally I was going towards it because in nature everyone moves towards perfection, but did not know that this is Samadhi, and the sex Gets it quickest. Meaning that as a blind man was able to touch the elephant, but he did not know that it was an elephant. Once I read an article in the newspaper about Osho's Sambhog-samadhi, I was incensed. It was like a talk about the grinning cat scratching the pole. Being proud of my pure love, I began to refute that article in front of an old man like a father. He said the lone words in a fit of anger, he is right. At that time nothing was understood by me, but now it seems that he was not even able to refute the statement of a great personality like Osho, and could not even understand it. Along with this, due to fear of public shame, he was not able to speak anything on it. Well, time passed, and my experience expanded. It is after many years. As if by some divine power, I heated up by physical, spiritual and astral flames, had a chance to rest for about 2-3 years at a calm place like the shade of a banyan tree growing near a lake. Earning strength from that positive relaxation, I started reading articles and books on the Internet related to Tantra. Having lived with the philosophy of physiology for about 10-15 years, my inclination towards tantra was already formed. Meaning that the gunpowder was ready, it just needed a

spark. Along with, I also Started joining few online discussion forums related to Kundalini. I already had scientific and investigative nature. Hence there was a desire to find Kundalini with the help of sexual tantra, which was fulfilled to some extent. Then I almost completely understood the above universal epic word of Osho. Who can understand a Yug Purush completely, that's why I am adding almost word together. It is a different matter that Sambhog Yoga is not a discovery of modern or medieval age. It is also mentioned wonderfully in Shiv Purana. There it is written in a mystical manner, such as taking up the Shiva Tej by Agnidev as a pigeon, receiving that effulgence by seven sage wives, giving it to the Himalaya by the sage wives, pouring it into the Ganges by the Himalaya, Birth of baby Kartikeya with it on the reeds growing on the banks of the Ganges etc. This narrative has also been disclosed in detail in a post on this blog. **From this it becomes clear that the timeless and spaceless Lord Shiva is the originator of sexual yoga, not any earthly human being. As far as my limited eye can see, I do not think that dear Osho Maharaj has attributed it to Lord Shiva by referring to this above said story in his description of sexual Yoga. If anyone knows about this then please let me know so that my knowledge can also increase. Perhaps for this reason he was also surrounded by unnecessary ruckus or controversy. What happens is that when the credit of one's statement is given to someone else, to a guru or to a higher authority or to a deity or to God or even to a pen name, then one does not create unnecessary arrogance from it, and secondly it does not create unnecessary controversy due to misunderstanding by the people. That's why Om is put at the beginning of every mantra, which means that this statement is of God, not mine. I have also been saying from the beginning that my statements about this is not my own. I am only saying what Lord Shiva and Osho Maharaj or ages old tantric kundalini yogis have already said.** However, it is a different matter that as per sources Nupur Sharma had also said the same thing, which was written in the Quran, and which is often discussed in Muslim communities, and she had also cited this fact. Still, many Muslim organizations and Islamic countries rallied against that poor lonely woman, to the point where the jihadis even killed some Hindu people. This proves that even this social engineering technique rarely works in the case of fanatics. I also feel that this was a false excuse to implicate Nupur Sharma, just as some news and arrests like this have also come to the fore, because she does not even give a chance to point fingers at herself. The excuse was such that a lion was drinking water upstream in the river. A lamb was also drinking water on its lower side. The lion said to the lamb that you are making my water refuse, I will eat you. So the lamb said that sir, you are higher than me, my refuse water is not coming to you, but I am drinking your refuse water. So the lion said that then your mother must have made my water refuse, and saying so, ate the lamb. Nupur Sharma was an intense and stunning BJP spokesperson. She presented the answer to every debate bound political or religious question cleverly, eloquently, powerfully, deeply and with evidence. The shades of Saraswati, Lakshmi and Kali goddesses together were seen inside her at times. She used to show the Islamic scholars the stars in the day who made unrestrained and absurd arguments in the TV debates. If you play a bean band in front of a buffalo, she will not offer a garland. Doing someone, dying some other one. The time has come to eradicate the disease of religious intolerance from the entire world. Until it's done humanely and lawfully, till then such provocative rhetoric should be avoided. When you know that opening the lid of the bottle will bring out the genie, then why open it. In fact, there are other clever people who instigate gullible and loose tongue people. We do not take anyone's pros and cons, neither admire nor criticize anyone, tell the truth as the truth and the lie as the lie, contrary to the bigotry. Let's go back to Kundalini again little more, the main subject brother. The discovery of Kundalini by me or any else doesn't matter much. It is not Einstein's discovery of relativity, that once discovered, there is no need to search for it by others. Every man will have to search for

Kundalini himself, and live according to it, the search by others will not bring much benefit. Searching by others can certainly help one guess about what it looks like, and where and how to find it.

Osho Maharaj was a strong opponent of fanatical religiosity

I also admire Osho Maharaj a lot because he was a strong opponent of religious fanaticism. He believed that it did not allow free spiritual thinking to flourish. Due to this the lotus of knowledge of man does not develop properly. He also spoke openly against Jihad. He said that supreme being does not need any soldier to protect the religion. He himself is fully capable. He also used to call hardcore religious originators as if like mental patients. More recently this week, jihadis beheaded a tailor named Kanhaiya Lal brutally in ISIS or Talibani style in Udaipur, Rajasthan because he had posted a Facebook post in support of Nupur Sharma. This incident is reminiscent of the Charlie Hebdo jihadist incident in France. It's highly condemnable.

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

Friends, I was telling in the previous post that how Sambhog Yoga is completely based on the famous story of Kartikeya birth mentioned in Shivpuran. How Agnidev, who became a pigeon, eased his burning by giving Shivtej to the chakras represented as the wives of the Saptarishis. Those sage wives used to take a bath with cold water in the early morning or Brahma Muhurta during the cold winter months. In fact, those sage wives, shivering with cold, went to Agnidev to take heat. With the spark of fire, Shivtej entered them. What happens is that while taking a bath with cold water, the muscles of the chakras get contracted due to cold, due to which there is an upward stretch in the abdomen. Due to this, the semen effulgence located on the genitals near the Swadhisthana chakra rises upwards and spreads in all the seven chakras. This also reduces the pressure of the prostate, or it can also be said that due to lack of energy, the muscles that hold urine become loose, hence frequent and open urination is common while taking a bath with cold water. Almost the same process happens in times of fear, which has led to the saying that he was so scared that his paint got wet. In fact, fear creates a dark or void in the brain, which sucks the seminal energy from the bottom up. Due to the power of that kundalini energy, the muscles on the chakras contract further more and heat is generated on them. This is to take the heat of fire by the wives of the sages and through its sparklings to attain Shivtej. This increases the circulation of blood on the chakras, due to which the Kundalini picture starts shining there, because where there is blood or semen or prana, there is Kundalini. Actually, semen gives a lot more power to Kundalini than blood. That is why it is said that thousands of drops of blood make one drop of semen. With the contraction of the chakra, if the burning of semen at Swadhisthana and Mooladhara chakra is not meditated along with, then the picture of Kundalini is not formed on that chakra, only the contraction remains. That is why it is said that Kundalini resides in Muladhara. This Kundalini picture has been called the child in the womb of sage wives, because just as a womb is formed from semen, in the same way, Kundalini picture is also formed from this same. That is why Lord Shiva assures Agnidev turned pigeon, who became cursed by Goddess Parvati, that he should give his semen effulgence to the wives of the Saptarishis, which will pacify his burning sensation. I'm still surprised with this unique and scientifically told story of Shiv Puran. Just as the semen rises up by sexual yoga, so also by bathing in cold water. That is why both the actions are shown almost same in this story. Means due to socially shameful reason, sexual story has been well told in the form of cold water bath. It's a good alternative. It's an intelligent tactic. May be Lord Shiva has been shown residing in snowy mountain peaks and shivlingam continuously bathed with overhead dribbling water, and rainy season present month of July-August called as Shravan month is Shiva specific month due to this same reason. The river Ganges, falling down from heaven, enters the earth only after bathing Shiva. I would also like to do some philosophical rumination here. The primary objective of sexual intercourse seems to be Kundalini awakening, the birth of a child is probably a secondary or companion purpose. The child is as a reward that such a person has made his life successful by attaining Kundalini awakening, now he should also help another wandering soul to succeed in his life by producing children like him. The proof of this is the existence of Brahmacharya Ashram before the Grihastha Ashram. In this the man

used to become dvija meaning awakened. The meaning of Brahmacharya is to raise the semen power without wasting it. It is a different matter that if a weak person is not able to achieve Kundalini awakening in this ashram stage, then in the next stage of householder or grihasth ashram he can also take the help of Sambhog Yoga for a few years in this household ashram. It is as if a weak child even after moving to the next class takes additional vigorous coaching or training to make up for the gap in the previous class. It can be called super celibacy or emergency celibacy or extraordinary celibacy. Ever since procreation became the primary objective of sex, people started forgetting Kundalini awakening and the world population also started increasing randomly. I was reading on Facebook that such a man reminded thirty thousand people of their past lives, and such a man reminded ten thousand people. There is no discussion of whether anyone got Kundalini awakening helped by anyone. Main work behind, minor work ahead. Here even this present life is not forgotten, and on the other hand some people are also engaged in remembering the lives of past births. Weird and ridiculous the matter appearing. I also feel that the channel in front is shown as the left side of Ardhanarishvara i.e. female part and the channel exact behind spinal cord is shown as the right i.e. male part. The same goes for the yab-yum posture. Probably because of shyness towards the yab-yum posture, it has been shown like this as it is. Anyway, photos etc. cannot even show three dimensional yub-yum on a two dimensional background. But it could be shown in an idol. That's why shyness seems to be the main reason. These two channels try to unite by joining. This allows the powerful Kundalini energy of Muladhara to rise up in the form of a wave and enter the Sahasrara, penetrating all the chakras, and not turning back down, as the Kundalini channel in front merges with the channel behind. Meaning the joining of both the channels opens up a central channel named Sushumna. Probably a little ahead of the spinal cord is the left ie Ida channel, and a little behind the spinal cord, the channel touching the back skin is the right ie Pingala. The spinal cord is the central or sushumna channel located in the center of the vertebral column. Perhaps this is the basic scientific principle of yin-yang i.e. male-female attraction. By the way, left and right channels also exist in the same way as usually shown. I am giving them extra dimension by moving the left channel in front of the spine and moving the right channel behind the spine.

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

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

By associating new things with old things, people's positive thinking towards it can be adversely affected

I was mentioning in the previous post that as far as I am aware, Osho Maharaj did not link his philosophy related to Sambhog Yoga much to the old beliefs. This also reflects his philosophical cleverness and dexterity. What happens is that everyone is tired of the old stuff. This is a psychological fact. Once you visit the Statue of Unity, it is better to go to a new place than to go there again. Similarly, people often have less attachment to old things than to new and modern things. However, with some people the opposite happens. They believe more in the old beliefs made up. They may get special benefit from their revelation. Many have a special prejudice towards a particular religion or way of life. If the old or a particular lifestyle related method is repeatedly cited for the technology or philosophy discovered according to the present circumstances, then its novelty and interestingness will start to diminish. So it seems that it would be good if such reference is given at least and for reference only. This will also give the benefit of innovation, and the authenticity of the new method will not be doubted. Yes, scientific and experience based revelation of old methods can be done without hesitation. Perhaps that is why the great Chinese philosopher Confucius used to say that new traditions should be linked to old traditions.

kundalini shakti is dragon

Friends, in the previous post I was talking about bathing yoga means the Kundalini benefits of cold water bath and Ganga bath. Cold water bath is a complete yoga in itself. In this, Moola Bandha, Jalandhara Bandha and Uddiyana Bandha, the three main bandhas of yoga, are engaged together. However, nowadays the pollution in the Ganges has also increased a lot, and people did not have enough yogic power to withstand the cold water much. I had a middle-aged relative who went with his family to take a bath in the Ganges, and took a long holy dip in the Ganges with the names of each of his relatives. On his return home, he developed a lung infection, which cost him his life. There may have been other reasons too. Nothing can be said for sure without scientific investigation, but it is necessary to say that the water in which so many people are bathing together, and in which unburned or half-burnt dead bodies are thrown, along with the waste water of human settlements and industries, if ingested, it may contain germs that cause infection. Earlier it was not like this or it used to be less, and along with yoga power etc., the immunity of the people was strengthened.

I was also talking about the test of awakening. I'm going to go into some philosophical depth in this paragraph. If readers find it boring they can go ahead if they want. The test of awakening will have the advantage that the awakened person can be made entitled to as many amenities as possible. After awakening, even when the rich facilities will not be able to fascinate him, then only he will recognize the real value of awakening. How will he come to know the importance of awakening by retiring from the world? For him, the importance of those worldly pleasures will remain, whose longing and contemplation he will keep in his mind. A man will understand the importance of sugar only if he eats sweets immediately after eating sugar and he will not feel sweetness in it. If he does not eat sweets immediately after eating sugar, then he will continue to sing praises of sweets, and will consider sugar to be useless. That's why I believe that immediately after awakening, there should be a flood of worldly comforts in the life of a man, so that he can feel their futility from the heart and then can make other people feel through discourses etc. That is why in the old times, the kings used to return to their kingdom after attaining enlightenment in the forest, and used to spend their future life happily with all the amenities as before, they did not stay hidden in the forest. Perhaps by realizing this truth from the heart, man reaches the pinnacle of self-development, not just by listening. Probably this was also the philosophy of Osho Maharaj. I too, like him, at times run completely contrary to the orthodox beliefs made up, now whether someone calls me a revolutionary or a Satyagrahi. Of course, one who has ever eaten confectionery before, then after eating sugar, by remembering the taste of confectionery, he can guess that the sweetness of sugar is more than confectionery, but the full knowledge of the dullness of confectionery will be known by eating it after eating sugar. Similarly, after awakening, a person can imagine that awakening is greater than all material pleasures, but the direct experience of the dullness of material pleasures will be by drowning himself in the comforts immediately after awakening. Just as if there it is impossible to get sugar again, then a person can eat sweets and remember sugar's sweetness, and there is no other option, similarly a man can take help of worldly enjoyments to remember his awakening, and there is no other option. So where did this sannyas come from like a flower in the sky? I think sannyas is for one who has become settled in paravairagya means super detachment, that is, after awakening, having enjoyed all the comforts to the fullest, has experienced their dullness, and has become completely detached from them. He has not even the desire for awakening remaining, because like the comforts, awakening is also worldly, and both keep reminding each other. But a lot of caution is needed here, because having even a little sense of

importance towards the world can make him a spiritually corrupt person, meaning he can simultaneously be deprived of both worldly and transcendental benefits. Therefore, the best and safest method is Karma Yoga of the householder's ashram, in which there is no danger in any condition. By taking sannyas in simple dispassion immediately after awakening, he can operate from the old memories of pleasures, but it does not work like direct pleasures, and the yogi's intellect for pleasures remains.

Far from the comforts, it is said here by many that the man, especially the awakened person, does not need food, only thin air is enough for him. How will this go? The physical truth has to be understood. Actually obesity is not caused by overeating, but by unbalanced diet. All the essential elements are needed in proper quantity for the proper functioning of the body's metabolism. Due to any deficiency, the metabolism gets disturbed, due to which the food in the body is not able to burn properly, and accumulates and produces obesity. The body is the hearth. The faster it burns, the brighter the life. For many people, Hinduism today means some outward show. It has been understood to be limited to a special and almost virtually unscientific (because the science behind it is not understood) way of eating and living. For some people only those are Hindus who do not use meat and liquor, while for some only those are Hindus who keep distance from sexual intercourse. For some, Hinduism relates to escapism. Similarly, many people have a belief that the more a man non-violent, like a cow, the more Hindutva he has. Yoga and awakening are unnoticed as if going away to take oil. Even most people do not understand the meaning of Kundalini. They consider it as the Kundalini neans horoscope letter of astrology. Although it is also true that only escapism and decency can save the world, because due to the hyperactivity of humans, this earth is on the verge of destruction. This kind of outward show is in every religion, but because in Hinduism it is over generous and tolerant, so it becomes a weakness, giving other religions unnecessary dominance. If you remain missing from your shop, others will come and sit in it. However, it is worth noting here that the famous yogi Gopi Krishna has written in his book that after awakening, he needed so much energy that he could not survive without some non-vegetarian food. It may also be that different types of people have different types of needs. I was reading a friend's post on Facebook, who was writing that the habit of blaming one's own religion, defaming it and leaving it easily or being converted or becoming secular on petty things is the habit of Hindus only and not people of other religions. People of other religions do not blame their own religion at any cost but blame its misunderstanding and mismanagement. That is why many people even say that Hinduism is more threatened by the people of their own religion than the people of other religions. By the way, the goal of this website is not to discuss religion, it was a matter of incident. It has to be accepted that due to the great virtue of the generosity and tolerance of Hinduism, today most scientific research is being done on this religion. Sometimes it becomes difficult to speak or write Dil Ki Baat, which can lead to misunderstandings. Sticking one's qualities to it permanently also creates misunderstandings. What happens is that the properties keep changing. It may be that a particular quality is more visible in someone or it comes and goes more often than other qualities. The same I have said about some of the above mentioned qualities of Hinduism that they are more visible sometimes, not always. Time calculation is also necessary, to clarify the situation. It may also happen that certain qualities are adopted by only some people of religion and not by others. Therefore, along with religion, it is also necessary to keep an eye on its constituents. Somewhere one particular quality may be more dominant with a religion, while another particular quality in another place. All the virtues are present in all religions, sometimes some are more visible, sometimes others. But the quality which is more visible than the average, is permanently attached to that religion, and with that quality the identity of that religion is attached, which creates religious animosity. That is why it is said that fight

evil, not religion; Fight evil, not evil doer. The conditions may apply. If someone looks at me when I'm little bit angry for my genuine rights, and spreads a permanent impression about me that I am an angry person, then I will feel bad. In today's world, all religions seem to me to be unbalanced, that is, in an average way. Some religions have more Satoguna, some have Rajoguna, and some have Tamoguna. Some are going north like leftist, some going south like right wing activist, none in the middle. I am telling this from the average point of view, or as different religious leaders express their religion to the world, in fact there are great people in all religions. If all the religions start living together friendly, then this average imbalance will also end, and perfect balance will be established in the whole world. Yoga is balance.

Take for example the dragons of China. It is said that the believer of dragons is a Chinese. But we all adore dragons. It is not associated with any particular country. While bathing in cold water, when the head-mounted kundalini is lowered from the front, there is a rapid warm breath, especially with a jolt outward, as if a dragon is spewing fire. Mouth opens wide like a dragon or lion, all teeth are visible on the outside, nose and cheeks are pulled upwards, causing eyes to become slightly clenched, body shape also becomes like dragon's, stomach inwardly constricted, and the chest expanding and contracting with breath. The movement of the body also feels like a dragon. The dragon is shown to be flying because the Kundalini also reaches any corner of the universe in a moment. The body is the universe itself, the mini-universe. To kill man by dragon means to destroy man's ego by Kundalini Shakti and take it under its control. What is shown in films, especially in animation films, is how man conquered and tamed dragons, took many tasks from it, sat on it, traveled by air, and took revenge on his enemies, etc., it only shows to achieve various worldly accomplishments with kundalini. Whether there is Kundalini Shakti behind the power of the dreaded animals, it is a matter of psychological research. Perhaps this is the psychological reason behind the face which becomes distorted and scary during anger. Actually the heat generated by the contraction of muscles comes out in the form of hot breath. Now you will say how to bring down the Kundalini from the brain. There is no rocket science in this. Let the brain loose like a child or a dumb deaf, just the Kundalini will come down with a jerky deep out breath and an inward contraction of the abdomen. Although quickly climbs up again. It takes practice to keep the Kundalini down continuously.

The assessment of a man's face determines his personality

The assessment of a man's face determines his personality. It's just a matter of common sense. Arms and legs need strength to compete physically. The total power of the body is limited and determined. It cannot be increased immediately. That's why the only way left is to give them the power of another part of the body. You cannot reduce the activity of any part too much, because all the organs are connected to each other. You can make a noticeable or decisive lack of power in the brain itself, because it has accumulated a lot of excess energy in the form of extravagant thoughts and feelings. That's why faces get distorted during anger and fighting, because energy is coming down from it. Even before starting a fight, men do abusive or frivolous debate, so that thoughts and feelings and the thinking power of the mind are obstructed and due to the distorted face, that power comes down to the arms etc. That is why it is seen that even the slightest smile saves miraculously from serious quarrels. Due to this, the power starts returning to the brain, due to which the power of thinking increases and the battle is averted due to lack of power to the warrior organs. That's why everyone wants to be friends with a smiling and calm person, even if someone smiles in a lie, and everyone runs away from the jealous and tense person.

Kundalini yoga versus nuclear world war

kundalini energy neutralizes the poison drunk by Neelkanth Shiva Mahadeva

Friends, I recently went to a local fair. There I began to look at the dragon train. As soon as I saw its open-toothed mouth, the energy inside me seemed like getting up from Muladhara and revolving around. Though it was mild, it was blissful, almost the same as one feels at the sight of the Shivalingam. The modes of outward expression keep on changing according to prevailing local culture, but the basic thing remains the same. About the same thing, I was telling in the previous post that how the Kundalini energy comes down from the brain and goes to the warrior organs due to anger etc. Due to this, the memory and emotions in the brain become impaired. Emotions consume a lot of energy. That's why man often falls ill after strong feelings or emotional trauma. You must have heard that such a man fell ill or passed away after losing a dear acquaintance. Philosophy of physiology controls uncontrolled emotions. It should also come as no surprise from the above psychological analysis that by meditating on a dragon or by imposing it on one's body, the Kundalini energy begins to manifest at various chakras. Perhaps the Wrathful deities of Buddhists also helps Kundalini by the same principle. In fact, this same Kundalini science is hidden behind the ethics that is taught in various religious scriptures. Speak the truth, don't steal, don't get angry, talk sweet, be happy and smiling, don't get attached etc. words seem unscientific to us, but the reason behind them is to save precious energy and make it available to Kundalini, so that she can awaken as soon as possible. Some people saw these ethical words related to health science only, ignoring the spiritual science that's along with it. When the energy of violent creatures like dragons, lions etc. comes down from the brain, then it first comes on the jaw and neck. That is why with the dreaded and roaring face along with the acrobatic movements of the jaw and neck, they fall on the prey. Then some of the extra energy also goes to the front legs, due to which they hold the prey tightly. When the heart gets tired from these activities, then the extra energy also gets down to the heart. After that the energy reaches the belly, which increases appetite. This makes these even more violent, because from there the energy starts coming back up through the back channel to top and again drops little down to the jaws. When, even after so much effort, the prey starts running away breaking the control, the energy reaches the legs and chases the hunter after it. After a while that energy goes back to the brain, so the hunter gets tired and sits down. Then it doesn't distort its face to take its energy down because it realizes that it's not going to be of any use. It gets so much tired that it doesn't even have the energy to drop energy from brain down. Energy is also needed to drop energy down. That is why at that time it seems calm, compassionate, non-violent and full of virtues like a cow, its memory and good emotions return, because at that time its mind is full of energy. It is a different matter that the energy that has descended from the brain is felt by the animal in the form of darkness, not as a Kundalini picture, because being a lower living entity, it has less brain, and it is not a Kundalini yogi either. In fact, the poison that Shiva had consumed and trapped it in the throat was the energy expressed in the form of the evil spirits of the mind. These evils enter inside the body from bad scenes and words through eyes and ears. When that negative energy of brain reaches the Vishuddhi Chakra, it gets transformed in to positive kundalini energy that remains trapped there for a long time. This is because of the position and texture of the neck. The neck is like the joint of the head and the trunk, which is the most mobile. Just as water or soil present in water pipe gets stuck on the flexible and soft joints located at places in it, in the same way energy remains trapped in the neck. That's why he neither spewed nor swallowed that transformed poison, it remained trapped in the throat, that is why Shiva is called Neelkanth means blue throated. That is why it is said that one who has perfected the Vishuddhi Chakra, he has perfected many things. In

fact, if the Kundalini energy is dropped on any chakra below the neck, then it suddenly turns around again and reaches the brain, and increases the pressure of stress there. However Kundalini energy stays longer at heart chakra, but it tries to return back to brain immediately from naval chakra and chakras below through abdominal contraction. Although it's than positive kundalini energy, but chances of its converting back to evil thoughts are still there in the brain. Also, the energy can go to warrior organs to make chaos in the society. Shiva can be forced to perform dreadful tandava dance with that energy reaching arms and legs if swallowed. That is why it is kept on the Vishuddhi chakra of the neck. Meaning that if Lord Shiva drinks the poison of stress down from the throat, then it will be sucked from his stomach, and it will reach the brain back after mixing with the blood. Poison or bad feelings reaching the brain means death in the form of darkness of ignorance or evils of mind. Presumably the Kundalini energy reaches the stomach with food, and from there it reaches the brain. Shiva cannot even spew the poison, because if he spews it outside, it can destroy the living beings. If the maladies of man's mind come out in the form of abuse, anger, and the evil eye, they will naturally do harm to other people and animals. Due to this, mutual enmity and violence etc. will spread in the society. That's why people say that such a man got very angry but he drank it. Actually anger is not drunk, it is kept stuck in the throat, by drinking, it will reach the mind again. However, with drinking too with subsequent reabsorption to brain, there is maximum probability of its being transformed to kundalini energy for long time with little extra thoughtful effort. That is why you must have heard many people saying being upset, I have come till my throat or that my breath or life is entangled in my throat. In fact, the weaker section people say this more, because they can neither swallow nor spit out trouble, for fear of being persecuted in return by the people. In fact, one like them is happiest, like the innocent Shankar, because of keeping trouble stuck in his throat. They do not get upset actually, due to proper management of the problem. They are seen as upset by others, because they do not know how to manage the problem. To many people, blue-throated Shiva may seem poor, but those people are poor themselves as they do not understand him. Shiva does not wear poison around his neck out of fear, but out of compassion for all living beings like his own son. Lord Shiva creates the whole creation and takes care of its entire work. So it is natural that his mind would also be filled with stress and depression. That tension does not come out on the world in the form of anger, that is why he keeps the poison of stress around his neck. Because the color of blood is also red-blue, which is a sign of energy, that is why his throat turns blue. He behaves like a great yogi.

Samudra manthan or earth exploitation produce poison in the form of mental defects that is digested or destroyed by great men like Shiva

It is said that the Halahal poison came out during the churning of the ocean. There were many other wonderful things obtained through it. Samudra or ocean means world i.e. earth, churning or manthan means tapping or milking. You are already seeing the majestic things, such as automobiles, computers, airplanes, nuclear reactors etc., countless machines. The same great churning is going on even today. Countless leaders, heads of state, global organizations, scientists and technicians are like ocean churning gods and demons. The entire world is divided in to two parts, one part made of so called demons or dictators, and the second part made of so called gods or Democratic people. No one has the courage to drink the poison that arises in the form of defects of the mind like anger, jealousy, ego etc. That is why the whole world is standing on the verge of nuclear war today. Everyone is waiting that Shiva will come in the form of a great man and drink this poison and save the world from destruction.

Gym exercise is better alongwith yoga

In today's time Many news are being heard that such and such artist or celebrity died due to heart attack while doing gym exercise. I think they are already going through a stressful life. This puts a lot of burden on their heart already. Then heavy exercise in a stuffy place like a closed room increases that burden, which leads to a sudden heart attack. First of all, stress should be reduced by yoga. Only after that physical exercise should be done, if needed and whatever is tolerable. Through yoga, energy starts circulating in the nadis. With the help of mutual contact of tongue and palate, it easily descends from the brain to the throat or other lower chakra, especially when there is a feeling in the mind of the philosophy of physiology. Philosophy of physiology reveals the mental kundalini picture, and with it the kundalini energy is taken with it by the attention of the palate-tongue mutual touch, that picture does not increase the pressure of the brain and shines on any favorable chakra through the front channel. Due to this, the Kundalini energy is not wasted in unnecessary conversations instead it strengthens the Vishuddhi Chakra too.

Vishuddhi Chakra as a sink or absorber of brain energy

While bathing in cold water, when the pressure in the brain increases due to the rising energy from below or starts causing a headache, then the energy coming from below starts condensing on the Vishuddhi chakra with the light of kundalini and contraction there. It seems that the lower body is the lower plate of the flour mill, the brain is the upper plate and the Vishuddhi Chakra is the small space in the middle on which the grain is being milled. Or the energy can directly climb to vishuddhi chakra without being noticed in the brain. The one who got the opportunity of bathing in the Ganges every day, was considered the most fortunate, virtuous and great. The proverb "Panchasnani Mahagyani" meaning "five times bathers being the most knowledgeable" also shows the importance of cold water bath. It is not easy to bathe in the icy cold water of the Ganges for five consecutive auspicious days of coldest January month at different shores in holy Haridwar city. There should be a lot of yoga power in a man. But it is definite that the one who has done this, there is a lot of possibility of his Kundalini becoming active. That is why it is said that the one who takes such a bath has nothing rare in the world and the hereafter, not even liberation. Those who take bath with cold water and live in cold places, for the vishuddhi chakra potentiating reason, seem very energetic and expert in conversation. It should be kept in mind that the practice of cold water bath should also be increased gradually like other yoga practices, so that there is no harm to health. One should not take bath on a day when he does not feel like it. Yoga is the name of practice and ease. There is no sudden and forced manner yoga. If there is a lot of fatigue on some day, then better yoga should be practiced slowly and comfortably than not. By this man learns to become a Sahaja Yogi or auto yogi. If one day feels weakness or does not feel liking, then other religious activities can be abandoned on that day, not the basic hatha yoga practice, because yoga is the basic foundation of life being connected with breath or prana, whereas other activities are add on i.e. are extra. What happens is that the feelings and thoughts arising in the mind during the conversation get imprisoned on the Vishuddhi Chakra because at that time the Vishuddhi Chakra is active. When the Vishuddhi chakra is activated again by yoga etc., then those buried thoughts and feelings come out and get destroyed, due to which one feels peace, and the person is refreshed for further new action. It's just like rotating an empty audio cassette in an audio recorder records sound on it. When that loaded cassette is rotated again in the same way, that muffled sound comes out in the form of a song that we all hear. The same happens on all the chakras. This seems to me to be the huge chakra

mystery that appears psychologically resolved with this, which was also being talked about in an old post.

Shree word as a Mahamantra (difference between contemplation and assumption or dhyana versus dharna)

In the hustle and bustle of life, if you cannot pronounce the word sharirvigyan Darshan in your mind, then chant Shree Vigyan or Shiv Vigyan or shavid or only Shree, Kundalini will become active with joy and peace. There is a lot of power in the word Shree, similarly there is a Shree Yantra. Perhaps this power comes from the philosophy of Physiology, because the word Shri seems to be a word derived from the body or sharir in Sanskrit or it's its abbreviated form. The word Shree seems to me to be the greatest mantra, because it is easy to utter and creates such a unique pressure on body systems, which activates the Kundalini. Probably that is why before addressing someone by name, one puts Shri with it. Also, in start of many holy occasions and activities, shree word is pronounced. Similarly, Shiva is also a word similar to shareer or body, corpse or shava too. That is why a powerless Shiva is also called a shava. In a state of preoccupation or powerlessness, even the mere remembrance of the word "sh" is sufficient to maintain the impression that's Dharna. In a state of preoccupation or powerlessness, even the mere remembrance of the word "sh" is sufficient to maintain the impression. In the emotional state of mind, remembering it gives special benefit. There is a lot of power in the letter "S" mainly "sh" made of it. That is why the word Shanti meaning peace is formed from the letter Sh. The remembrance of the word 'Sha' gives peace and peace is also provided by Kundalini. With the word Sha, Kundalini starts working on the chakras below the brain, mainly the heart chakra. It also gives peace along with pleasure, and also by lightening the burden of the mind, by which the warlike vices of the mind like lust, anger, etc. also get pacified. Similarly, the word shakti is formed from the letter sh, which is synonymous with kundalini. This is the science of Sanskrit language. You must have felt an atmosphere of peace all around after the Sanskrit Mantra Swastivachan. It is sung in a collective form, in which the entire creation is wished well. Why not get the benefit of knowledge even after having it? Because we do not keep the concept (or Dharna in Sanskrit) of knowledge. I am not talking about meditating. Can't even meditate during busy life. You can make assumptions. There is a difference between perception and attention. Meditation means thinking about it continuously. This consumes energy. Dharana means having faith or belief in it or inclination of thinking towards that. It does not consume energy. When the appropriate time is found sometime in life, the dharana immediately turns into meditation or dhyana and leads to samadhi with little yogic practice. The stronger the dharana and the longer it lasts, the stronger and quicker the meditation will be set. Patanjali has also told in his sutras to attain the level of meditation or dhyana through dharana. Exactly the same happened with me. I used to hold a belief on the Advaita philosophy called 'Sharir Vigyan Darshan' but could not meditate due to lack of time and energy. That perception on their availability turned into meditation and ===== you know the rest of the journey (what happens). The concept of Advaita is indirectly the concept of Kundalini, because Advaita and Kundalini try to live together. Meditation, in a direct form, means intentional meditation on Kundalini, in which Kundalini awakening is achieved.

Transformation does not make man forget the old things, but adopts them with a positive attitude

Yoga itself does not do any transformation. This happens indirectly. By taking out the waste of the mind through yoga, the mind becomes empty and refreshed. With this the mind accepts

new things. Even in new things, he accepts only good things and habits, because through yoga the virtue of goodness increases, which attracts only good things. Many people would think that after transformation from yoga, a person changes so much that his old friends and acquaintances get separated from him, old memories are erased in his mind, he becomes lonely and so on. But actually that is not the case at all. He has everything in him, but he doesn't feel the cravings or tingling for them that precedes the transformation. For them there are no vices in his mind, such as lust, anger, greed, attachment and jealousy. This means that even old enemies start seeming to him as friends. If such a transformation happens with everyone, then fights with the worldly beings will end. If this kind of transformation happens to all the countries or heads of state, then wars etc. will be limited to stories.

Kundalini is the Auroborus snake making a yab-yum like loop by pressing its tail in its mouth

The letter 'sh' is the letter of the heart~ shree beejmantra

Friends, as the topic was going on in the previous post that the letter S or SH also produces the Kundalini effect because the sound of the snake is also similar to hissing or S. Similarly, Shri also contains the word of the sar-sar sound of a snake moving. The word Shree or Shree Beejmantra is derived from the sound Sh or S, which is the main Beej Mantra of the Goddess. It contains the combined power of all the three Beej Mantras ~ Sham, Ram and Hrim. May be English word SHE is derived from same goddess. I feel the shakti descending to the heart chakra with the letter Sha. The words Shankar and Shambhu are derived from Sha itself. Sham means peace. The letter Sh is also important in the word Purusha that means Atma. I think the letter sound 'sha' is of feelings and heart. While meditating on the Beejmantra, the thoughts of the mind should not be stopped, only then their power is felt by the Kundalini. If thoughts are stopped by force, then their energy will be exhausted, then how will it be able to reach Kundalini.

Darkness is of short duration, while light lasts for a long time~ nonveg and drink

Then I was telling how violent creatures become dreadful while hunting. While killing the prey and eating it as food, the lion also becomes man-eater, as we used to hear from the elders. Actually, there is shakti in nonveg, but it also takes a lot of shakti to digest it. It is as if a building made of sculpted stone is powerful and strong, but it also takes more power to make a stone sculpted, in addition, more energy is spent in carrying the sculpted stones to the building and fitting them in the right place. The condition of the person who uses non-vegetarian etc. in excess is like that miserly Seth or rich man, who wastes his precious and rare life in amassing wealth unnecessarily, but nothing is of any use to him. Or say that it is as if a madman, even after having constructed his home, continues to forge his entire age in stones. At the time of hunting, a lot of shakti of the leopard goes to the stomach, therefore due to lack of shakti in the brain, there is no shakti to understand anything, due to which it attacks everyone nearby counting it as provocation, regardless of the counter attack. It is a different matter that now a days the man's behaviour appears more downside than it because he hunted cheetah so much without provocation that it became extinct from the country, that is why eight cheetahs from Namibia have been brought here by special aircraft to promote them again. Perhaps that is why it is forbidden to meet or talk anyone while he's having a meal. Once in my childhood, I entered the headmistress's room while she was having her lunch and I started talking about some work. She looked like a lioness to me at that time and I immediately ran outside. Got a good lesson for ever. I had a friend. The day he used to come from the market after eating non-veg or having a drink, he used to go straight to his bed and fall asleep, and used not to talk to anyone until the next day. Perhaps he realized that at such a time, a little argument would have aggravated the matter, because due to lack of shakti in the brain, there is no sense of good and bad due to darkness prevailing in mind. Possibly because of this also this religious belief has been formed that there is a darkness in the mind from nonveg, and sin is incurred.

Transformation is the destiny of the living entity that carries it to the ultimate~ can yoga help zelensky and putin

The transformation happens slowly. We can understand this in such a way that when two people meet after many years, they forget mutual enmity and become friends. This is because during the days of separation they have learned a lot of new things, which weakens the old feelings. It is as if the more you write new words on the blackboard, the more old words will be erased. This rate of transformation is greatly accelerated by yoga because it clears the waste of the mind very quickly. You can call yoga the duster of the blackboard of the mind. Just as with the use of duster, the old article gets erased more, and the new article becomes more clear, similarly by the effect of yoga old feelings get erased more, and new healthy feelings become more clear. If Zelensky and Putin meet in the next life, they may not have enmity with each other at all, but if they practice yoga in a manner for a month or two, then perhaps immediately forget the enmity and stop fighting.

All religious activities are like the primary step of yoga because of promoting the concept or spirit or Dharna of yoga~ when the meditation begins

Whatever religious activities are there, it is to maintain this yoga concept or Dharna, which I was talking about in the previous post. It is clear from this that all religions come under the science of Yoga. It is from Dharana that meditation begins, and it is from meditation that Samadhi means awakening of Kundalini occurs.

Modern human culture finding consciousness joy in the explosion~ big bang is so spiritual

Bomb blast is also a cheap, inhumanely and sinful alternative to Kundalini awakening. In it there is a feeling of light, warmth, consciousness and bliss as in Kundalini awakening, although in a much lesser and momentary form. Crackers run in ceremonies, festivals etc. are a good example of this. Although it's humanely if remains in limits. Probably that is why many madmen start banging in the name of maneuver, war etc. to get this small glimpse of consciousness. This shows that yoga can control this.

The sins that are washed away by bathing in the Ganges, they seem actually washed away by yoga~ a wonderful route to the sahasrar

Taking a bath in the Ganges washes away sins, it is said. In fact, this happens due to the rise of Kundalini Shakti from Muladhara towards Sahasrar. It is said that the sages who come there accept those sins. This means that when the shakti reaches the brain, it becomes very strong, due to which the picture of any deity or guru that emerges in the form of Kundalini picture, that is, meditation picture, in that case those ascetic people contribute a lot. The same Kundalini picture burns the sins, not directly bathing in the Ganges. Meaning that the destruction of sins is done only by the yoga happening by bathing in the Ganges. If it does not make a meditation image, then the uncontrollable shakti of the mind can also go towards inhuman activities. Putin takes a relaxing bath in the icy waters, but not to awaken the Kundalini, but to fight. Therefore meditation is also necessary along with yoga. I was also telling that if one feel weakness or cold, then he should not take a bath with cold water. Similarly, even if there is a shortage of time, one should not take a bath with cold water. At least half an hour is needed for cold water bath. While bathing, the Kundalini energy has to be revolved with the contraction of muscles in between the bathing process, so that heat is generated from it and the effect of cold is reduced. Yoga and exercise should be done immediately after the bath so that the body can get enough heat as soon as possible. The

standby time is also more in the evening, and the activity of the day also adds to the heat, so bathing can be done in the evening.

Heart chakra matters~ save it from too cold

The effect of cold is the most pronounced on the heart. Therefore, keep meditating Kundalini picture especially on the heart, so that the energy of the whole body is concentrated there exclusively. Due to this there will be contraction in the muscles of the heart region, due to which heat will increase there and blood circulation will increase. Simultaneously keep rotating the shakti in the microcosmic orbit. Anyway, the heart seems to be in the middle of the body, if all the chakras are considered. The navel chakra is only then felt in the center of the body, as the saying goes, if the legs are also associated with the chakras. Shakti gets strength from the heart, and shakti gives strength to the heart too. Both settle accounts. That's why the heart is in the center. When the heart gets a bit tired due to the shakti climbing to the top chakra, then some part of that shakti turns back towards the heart and gives it strength too. Related to this, I narrate an incident two to three years old. Once I was coming home from some function, feast etc. It was cold weather. The banquet hall had all the heat arrangements, due to which the blood vessels of my skin were dilated enough. But I felt very cold on my bike while returning home passing through a wooded valley at night. The cold weather of the year had just started so I didn't even wear warm clothes. On a moving bike, the cold air blows more. There were no houses around where to stay. There was a scary night forest full of animals all around. Then I felt a strange beating in my heart. It felt as if the horse running in my chest was sometimes leaping, and sometimes stopping. By natural effort I stopped the bike and I sat down with my arms around my knees so that the heart could get warmth and relief. Then the heart returned to normal. As soon as I started getting up, my heart started throwing tantrums again. I sat down again covering my heart. I took the phone out of my pocket in the same condition and asked a friend to bring the car. He himself supported me and took me inside the car. He himself put my bike in the right place because I was not able to do anything. As soon as I used to come in contact with the cold air, leaving myself open, the heart used to start doing the same thing. I had packed myself in such a way that I should come in contact with the least amount of air. He turned on the heater of the car, which made me completely normal. Then he started saying that show the doctor, get a checkup done etc. I said that the incident was not from illness, but from cold, so it was short-lived, because I was again feeling healthier than before. Late night feasts should be avoided in cold weather. Drinks should not be used in them at all. Due to this, the blood vessels of the skin open more. This has two disadvantages. One, a person does not feel the cold outside, because false heat remains in the skin. Second, it takes out a lot of body heat. An older cousin of my maternal uncle had a drinking habit. He was found dead on a deserted road during the winter season. Actually he was passing through the road alone in the cold of late night after having a drink. He must have fallen because of the cold there. All his attempts to warm himself while intoxicated must have failed. Because it was late at night, he would not have got any help.

Yoga-breathing raises up semen power~ easy way to nose tip meditation

The yogic benefits that are obtained by taking deep and slow breaths through the belly and by paying attention to the air coming-going in and out of the nose, are actually attained only by the semen shakti ascending from the Muladhara and Swadhishtana chakras. I don't think there is any direct contribution of breath in this. The role of oxygen etc. does not seem to be much. Even at the time of sexual intercourse, it is mostly on the strength of these breaths that

semen shakti is raised up, preventing its degradation down. By paying attention to the breath coming out of the nose, the attention itself goes to the nose or nasal tip, which is right in the central line of the body. Due to this the activation of the middle channel Sushumana occurs, by which the vital energy or prana formed by the transformation of semen energy starts moving around in the center of the body better.

It is the conscious soul that drives the shakti and we all just being the ouroborulos snake~ why kundalini shakti resides in Muladhara

The Jalandhara Bandha of Yoga is applied so that the Kundalini energy ascending to the brain can descend through the front channel and thus continue to deliver shakti to all the chakras in a closed loop. While taking a bath with cold water, the head itself tilts forward. This also reduces the pressure of the Swadhisthana Chakra. It is as if a giant and many hooded serpent bends forward to grab its sore tail by its mouth and tries to hold it by its central hood. Ouroboros of Egypt and Greece, ie Auroborus snake also shows this. It seems that in ancient times when spiritual people came to know about these physiological processes while bathing in the Ganges, they must have created artificial hatha yoga on the basis of them. Anyway, Shakti is said to be situated in Muladhara. That shakti has to be conveyed to the brain, because the brain is the boss of the whole body and mind. If there is shakti in the brain, then there will be shakti in the whole body itself. The tail of ouroboros in his mouth means that the yogi is transmitting the energy from the mooladhar to the brain through the tantric kundalini yoga. But it is not that there is no shakti anywhere other than the base chakra. If this were the case then the eunuch or the children would be absolutely powerless. But it is not so. They also have ordinary power. It simply means that there is additional shakti in the muladhara, which can be received by the brain. The same extra energy is very important for Kundalini, because it is not able to function properly with normal energy, leave aside awakening. Perhaps the Kundalini Shakti is said to reside in Muladhara, not the ordinary Shakti. However, exceptions are everywhere. Kundalini can be awakened even without Mooladhara Shakti, of course only in rare cases.

Auroborus snake is the sexual posture like yab-yum~ easiest way to microcosmic orbit

There is no need to go into much detail in this, as the point is clear from the heading of this paragraph. Nevertheless, the scientific theory related to it can only be discussed. Because the snake's tail remains too low even when it bows fully, therefore it cannot take it in its mouth, so by attaching the most suitable thing to its tail, it lengthens it so that it can reach its mouth easily. This completes the energy circle of the snake, from which it gains additional shakti with bliss. Everyone knows what could be the best thing to add to the tail of that metaphorical male snake. The addition of a female snake also aligns yin and yang that leads to additional bliss from the manifestation of Advaita and Kundalini, and also leads to spiritual growth, the culmination of which is Kundalini awakening. Who can be more intelligent than the creator of this amazing world? Apart from experience, there is another proof of this, showing this snake as Yin-Yang in many places. For this, the upper half of the snake is shown black and the lower half is white. From this it becomes quite clear that Yab-Yum is depicted as the Oroborus snake, because in this asana the black color means yin means female part is up, and white color means yang means male part is lower side. Some snakes actually eat their tails in rare cases, especially when they are disturbed by the extreme heat of the external environment and by hunger. They may, like a skilled tantrik, take energy from the mooladhara and spin it round and round, so as to make up for the lack of energy in the body and become stable. But due to lack of brain, they are compelled to swallow the tail, and while

moving forward, themselves too. Perhaps this energy-trick of the snake is also responsible for making it important in various religions.

The era of spiritual discoveries and inventions has begun~ sexual tools on rise

In the over idealistic Middle Ages and Modern Age the yab part seems to have disappeared from the above yab-yum pairings, and yum remained. In its place, the practice of simple Kundalini yoga grew, in which the deficiency of Yab or yin was made up by lowering the Kundalini from the front chakras. Although the Kundalini descended in the same way with Yab-yum pairing, but that process was given a lot of strength and vibrancy with yab. In idealistic yoga, Yab was conceived within Yum. Means in a single person, Yab was permanently combined with Yum, at the cost of effectiveness. Then many other artificial measures have been resorted to increase the effect of yab-yum alliance, such as making a salutation mudra by joining both the hands together, applying urdhvatripunda, wearing a thread, etc. Maybe after reading this post, the scientist can take advantage of this shortcoming and make an artificial dummy of yab and present it in the market. Science today is associated with business, and no one wants to give up any way to earn money. Today most of the physical discoveries have taken place. Most scientists have extra surplus time. They are also tired of physical discoveries, especially depressed with their environmental ill-effects. That is why many spiritual discoveries are happening today. Some are making machines to rotate the Kundalini, while some are making special and sexual types of instruments or tools to increase the sensation of Muladhara.

Every person contains both male and female parts~ four equal halves making one full piece of body

Actually, we are all in the form of a pair of yub-yum, but have forgotten that. Men and women have been created separately to remind it. The man wants to embrace the woman, to awaken the yab part of his body. Only the Yum part of his body is active. The back part of our body is Yum. That Yum or Purusha part starts from the Vajra Nadi, passes through the spinal cord in the form of Sushumana and ends at the Sahasrar Chakra. The Yab or the female part also starts from the outer linga structures encircling the Vajra Nadi and ends at the Sahasrar Chakra, moving upward through the front chakras of the body. The male and female parts are completely intertwined at the Vajra Shikha, which can also be called the Muladhara Chakra as being its power source, and the Sahasrara Chakra. On other chakras also they try to connect with each other by embracing each other as tightly as possible. The same is shown in the pictures too. There the front and back chakras are shown connected by a line. In the pictures, Ida and Pingala are shown on the left and right sides of the body. This is also correct. Ida is yab, and pingala is yum. Sushumna is in the middle of the spine. But through Sambhog Yoga, the shakti goes straight through Sushumna to Sahasrar. I feel that the tricks of ida and pingala are in simple types of yogas. Tantric sexual yoga is the shortest route, because Ida and Pingala do not come in it, but the shakti reaches directly into Sushumna and Sahasrar. In the state of weakness, sometimes there may be disturbances due to ida and pingala, but they are mild, and are easily controlled. That is why there is the greatest attraction in the world towards sex. But the common man does not understand its spirituality. He gets entangled in this and ends his life. But the yogi, taking advantage of this yoga, by fully expressing Yab-Yum in his own body, becomes unisexual i.e. Ardhanarishvara, and becomes free from the bondage of attraction to a separate woman, that is, Yab. This does not mean that they do not do sexual yoga again. They do, but they need it less. With this, they keep giving emphasis or power to their swasambhog yoga i.e. monogamous sexual yoga.

Many become so accustomed, efficient and adept that they never drop the semen power at the base, and always carry it up and assimilate it into their bodies. From the above discussion it becomes clear that just as the left and right parts of the body are yab and yum, in the same way the front and back parts of the body are also yab and yum. Meaning that the whole body is made by joining two opposite pieces on all four sides. Perhaps this is the meaning of the three-dimensional Hindu swastika symbol. Possibly, Shakti is shown in the form of a woman and residing in the Muladhara, because the front part of the body which is feminine, its energy goes down and is collected in the Muladhara region, from where it again tries to climb up through the back.

How cold water bath produce yab-yum union and expression of kundalini there with~ flesh body overlaid over nerve body

When cold water falls on the whole body, its sensation is picked up by the nadis, because there is a network of nadis throughout the body. By this the soft outer body and the hard inner body are joined together, meaning the yab and yum become one. This activates the Advaita Bhava and the Kundalini Shakti from it, along with the Kundalini picture. Every sensation makes similar effect that is why there is a feeling of bliss with non-duality after any painful incidence.

Nature is the female form and soul is the male form~ two important koshas or bodies

The nervous structure is Purusha and soft muscular beautiful structure overlaid on it is stri. We can call these as two koshas of body in simple form as opposed to already existing somewhat difficult to understand five koshas of body. Nervous structure attracts soft outer structure to get life of sensation. Ultimately, Atma is Purusha actually as it enjoys all sensation of nervous structure. All the visible nature is stri or prakriti as it provides sensation to Purusha. Sankhya thought of school says the same thing.

The Spiritual Mystery of the Hindu Swastika Symbol~ the central dot of swastika representing a complete and balanced human being

In the three dimensional Swastika symbol, the small stick on the front side is Yum, and the small stick on the back side is Yab. The two sticks are connected by a straight vertically long stick, meaning Yab and Yum are united to form an increased awakening. Similarly, other two front and back short sticks on left and right sides of body represent the yab of the left side of the body and the yum of the right side of the body respectively, as they are both connected left to right by a long transverse stick. It also shows increased wakefulness. Then the long sticks, both vertical or longitudinal and transverse, are joined together at a point in the centre. It is getting equal strength of the yab-yum joints on both sides, so this point is the most powerful. This means that along with balancing the yab-yum inside one's own left-right body, the yab-yum of the male-female pair should also be balanced. And both types of yab-yum pairs should also be balanced among themselves. It is a different matter whether one finds a male-female pair in the form of back and front channel inside his own body, or takes the help of a sexual partner from outside.

Woman is woman for man and man is woman for woman~ sexual discrimination is illusionary and relative, not true and absolute

In fact, the woman does not exist. Everywhere men and men exist. The woman appears to us with illusions. I am saying this because during sexual yoga, the woman also pulls her Raja power up through her back in the same way as a man pulls the semen power through his back. The spine is actually the man, which is the same in man and woman. Similarly, the front part of the body is female, and that too is the same in both. The woman who takes the initiative for sex yoga looks like a man. This is because she wants to pull up her Mooladhara Nivasini Shakti through sexual yoga more. A man who is shy of sexual yoga, appears like a woman. That is because he is running away from sex yoga because he will not be able to pull the energy up, and will drop it down, like the front or female part of the body. That's why considering a woman as a woman seems to me to be a historical conspiracy, according to which the woman keeps on dropping her shakti, and the man keeps on raising his shakti. But this is not the case in Tantra. Both have equal right to take their shakti in Tantra. That is why both men and women are equal in tantra. However it's other matter that man needs to conserve Shakti more as he's prone to lose it comparatively much more than the female partner.

Matching pair of male and female as good as possible, although mismatch promote yin-yang alliance

I am saying this because being of equal stature allows the yin and yang to mix better throughout the body, creating a better nondual feeling. This gives more Kundalini benefits. Although both man and woman are in the same body, but to get it one has to take help from outside. If seen, for the spiritual transformation of sexual power, only two-four inch area is enough, but for the yin-yang alliance, a full fledged and matching body is needed. This gives additional benefits. It seems that it was not given much attention in the olden days, that is why instead of matching the body before marriage, the planetary horoscope was matched. I do not know what is the science in this ignoring the direct and relying on the guesswork. Perhaps this rule was to maintain social harmony, so that all men would not break down lustfully on only a few beautiful women, and ugly women would not remain unmarried or would not have to be content with inferior men. What actually happens in practice is that if the yin-yang matches well, the stature doesn't match, and if the stature matches well, the yinyang doesn't match well. So compromise has to be made. If both the qualities match best, then the best pair is considered. Same used to happen with me. The yinyang match was very strong, but the stature was not a match at all. Ultimately, everything had to be left on the horoscope. Although all was well with this. To speak it means that if the direct does not work, then only one can fully go with the invisible. By the way, it can also be concluded that short height and slim body is yin, and big height and heavy body is yang. Therefore, it is natural to become a part of an odd looking pair.

Chinese yin is sluggish and yang fast, while Tantric yin is fast and yang sluggish~ two types of sexual tantra

This means that the asymmetric or vishamvahi tantra is more recognized in the Chinese system, whereas symmetric or samavahi tantra in the Indian system. Vishmavahi Tantra means a woman is considered a tantric machine. She has no more importance than that. That's why she remains lethargic and suppressed. With her help, the light i.e. Kundalini is rotated. The form of that Kundalini can be any mental picture, but she is never as that meditative image. On the contrary, in Samvahi Tantra, the woman is given the form of Kundalini i.e. Goddess. With this, she displays her various adorable shades. This gives a lot of respect to the woman. She is considered equal to or even greater than a man. You must

have seen how Lord Vishnu is engaged in the service of Goddess Lakshmi, Lord Shiva in the service of Goddess Parvati and Lord Brahma in the service of Goddess Saraswati. Moreover, exceptions are seen in every system.

Are we not treating the awakening of the Swadhisthana Chakra as a disease? Prostate orgasm is superior to penile orgasm

Here Benign Prostate Hypertrophy means BHP is being mentioned. Lord Shiva had told Agnidev, who became a pigeon in the aforesaid story of the Kartikeya birth, that his burning will be taken away by seven sage wives who bathe in cold water. That burning sensation or prostatitis is called BHP disease in the language of science. Is this the awakening of the Swadhisthana Chakra, which can be cured by taking cold water bath and kundalini yoga? By the way, health experts are also agreeing that most prostate problems are caused by anxiety or depression, to overcome which yoga is a panacea. Overall the matter is the same. With the touch of cold water, that burning sensation goes to the other chakras, meaning they are awakened. In this, the most likely possibility is that the Manipura Chakra is awakened, because the chakras are awakened sequentially. But not always so. This burning can go directly to the Vishuddhi chakra and also to the Anahata chakra. According to the above story, Mahadev lived in a cave with Goddess Parvati for a thousand years, and eventually his Muladhara Chakra and then the Swadhisthana Chakra were awakened. When the Swadhisthana Chakra was awakened, both of them came out of the cave that means abstaining from the spirituo-romantic work. I mean to say that it's the gift of nature in the form of awakening of the Swadhisthana chakra, but people rush to get treatment to remove this burning sensation or are troubled by it, while giving its energy to other chakras one can also get Kundalini benefits, and it stays calm too. I am saying this also because nowadays there is a competition to get prostate orgasm obtained from stimulation or irritation of the prostate. Many tools and techniques are being developed for this. Experienced people say that unlike penile orgasms, prostate orgasms are much more lasting, and give more pleasure. Penile orgasm is present only for a few moments of ejaculation. It really needs spiritual psychological research.

Why not to adopt sexual abstinence~ a healthy balance between leftist and right wing lifestyle

As it is said in the Shiva Purana in a mystical form that sexual intercourse that prevents ejaculation can lead to permanent burning in the prostate, ie, its enlargement or inflammation, although a remedy has also been given there to remove it, then why not assume that Vaishnavas's Dakshinachar or right hand path is good. Or at least assume that the middle way is good, in which there is infinite sattvik love between men and women, but there is no physical relationship. Due to this, the Kundalini will also rotate, and health problems will also not arise. Meaning there is profit on both sides. So I believe that such abstinence should be kept till the marriage does not take place. Due to this, healthy sociality will also be maintained and Kundalini will also be maintained. After marriage, it becomes difficult to have more restraint with love. At the same time, I also feel that to achieve Kundalini awakening, a lot of energy is required, therefore, like Lord Shiva, relentless Sambhog Yoga is necessary. When the awakening takes place within a month or two, then keeping in view the health safety, reduce the sexual intercourse. Even if there is no awakening, try it only for 1-2 months, because it means that the person is not ripe for awakening, and extra efforts will mostly fail, and will also cause health problems. Then adopt an awakening lifestyle by practicing simple tantric Kundalini yoga for a few years, and when given the appropriate time

and opportunity and solitude, such as feeling calm, relieved of stress and workload, and feeling energy, then do continuous and dedicated sexual yoga for 1-2 months again. Keep doing it like this. Or adopt another way, like Lord Shiva, engage in all-blissful sexual yoga day and night for years as per wish, until the prostate does not start burning, that is, until the Swadhisthana Chakra is awakened, and one himself starts getting uncomfortable and bored from sex. After that stage the man becomes like a bisexual and starts doing sexual yoga with himself. Due to the burden of work, energy is accumulated in the form of irritation or burning sensation on the front Swadhisthana chakra, which he keeps on raising through the back with the help of yoga and cold water bath. This cycle goes on. With this, he eventually attains full awakening by awakening the Sahasrar Chakra in the last after gradually awakening all other chakras sequentially, unlike the above first method, where he gets awakened immediately after one or two months of relentless sexual yoga. There is also a need for psychological research on this.

Nerves transmit shakti~ how shakti reaches shiva

Any work is done by power or shakti. If the car is moving on the road, then it will be said that the car was driven by engine power. If the chariot is running then it will be said that it is running with horse power or in short power. There is definitely a motivator of power. Be the engine power or the horse power, fuel or fire is the motivator of both. Our body also runs on Nadi Shakti or just Shakti. If there is no nadi shakti, then even the healthy body is of no use. You must have seen how the arm or leg stops working after paralysis. Scientifically, shakti or nerve power is only in the form of functional stimulation of nerve fibers. This nadi shakti of the body is called Shakti in short. Have you ever wondered what drives this nadi shakti? Philosophers also wondered, thought and wrote such things, which are read in the scriptures. It is the conscious soul in the form of fire-spark that drives the nadi energy like engine movement with the help of fuel like food. The blissful sensation felt in Muladhara is what drives this energy. That is, it induces the greatest amount of energy, which we call Kundalini Shakti. When it also gets the special force of Prana Vayu along with it, then it is also called Prana Shakti. Although every kind of conscious experience continues to inspire our energy, due to which we remain alive, but because the experience of Muladhara sensation is the most pronounced, blissful and full of consciousness, it is therefore called the source of Shakti or Kundalini Shakti or life force. Today I understood why it is said in the scriptures that the Supreme Soul i.e. consciousness is the original source of shakti. I do not find much scientific detail in the scriptures, probably because in the old age facts were understood or accepted on the basis of belief and not on the basis of scientific inquiry. Probably it is because of this shakti-inducing contribution of consciousness that dopamine ie reward chemical works. The doors of success are opened one after the other in front of those who are in the ascendant move. But sometimes excessive climbing also causes problems related to high blood pressure and stress etc. It is as if the bulb gets fused due to the voltage exceeding the power requirement. The energy generated on the sensation of the Mooladhara will go up to the chakra, because with feeling it the conscious Kundalini is being meditated on the chakra. The path through which energy passes is called a nadi or channel. That shakti or simply energy creates a greater effect on the chakra, because there is also the meditation of the conscious Kundalini picture going on along with the feeling of the sensation of the root chakra. That is why it is said that Shakti moves towards Shiva. Many people are not satisfied with Kundalini Yoga. The main reason for this is that shakti generating sensation is not born on their base. We can call Muladhara as a power generating device. They even meditate on the Kundalini picture on the chakras, but still remain thirsty. Only Mooladhar can quench the thirst for shakti. Mooladhara has been given special sensation only for the expansion of the universe

through reproduction. If sensation were all nerve fibers, then this means that nerve fibres are of excellent quality in the base. These can be researched how these produce so much powerful and pleasant sensation so as to artificially produce it elsewhere. This is a story like a chicken and an egg. First, energy is generated by the stimulation of nerve fibers in the muladhara, then that energy travels through the spinal cord to the brain, and from that a blissful sensation is felt in the brain, then that blissful sensation also stimulates other nerve fibers in brain because all nerve fibres in brain are interconnected, thereby creating more energy. From the brain, that energy spreads through the nerves to the whole body and up to the muladhara again. Means shakti forms a closed loop. The loop of shakti is as the basis of the microcosmic orbit. This closed loop is the Auroborus snake. In the language of medical science, it is called reflex arc. If at that time we meditate on the Kundalini picture on a particular chakra, then the energy reaches that chakra more than other parts of the body, due to which the Kundalini picture starts shining there more. Meaning that Shakti tries to brighten up the mental picture as much as possible, so that it can awaken and become Shiva. This is the movement of Shakti towards Shiva. The meaning of Kundalini picture is not to shower love on someone, but to control the shakti with its help. If there is a wound, etc., then pain and redness arise there. Pain is the conscious sensation that draws the red shakti towards itself. Then it will be said that the organs which do not feel pain, how does the energy reach there and how does their healing take place. It works indirectly through consciousness. When the nerve energy from the painful part reaches the brain, it creates sensation in the not feeling part of the brain. This consumes a lot of nadi energy and chemicals associated with it. This leads to a lack of nadi that's nerve energy in the part of the brain that produces conscious experiences. Due to this man starts living unhappily and somewhat in darkness. Therefore, the only way left to create the bliss of consciousness is to heal the wounds buried deep in the body as quickly as possible. For this, the nadi energy starts focusing on that wound. Actually this is the nadi energy at the base of the blood flow. If blood flow is a vehicle, then the nadi energy that controls it is its driver. You can call the conscious soul the station master. When we suck the Nadi energy from the base of the spine up through the spine, then the blood flow itself also goes up. Due to this the pressure around the muladhara is felt to decrease. Blood cannot rise through the spine, because it is like a solid rope of nerve fibers, not as a hollow blood vessel. Therefore, the simple principle of Kundalini Yoga is that control the driver of the vehicle, the vehicle itself will be controlled.

Snakes wrapped around Shiva's body are actually activated nerve channels~ serpentine human body

Parvati's mother Maina was frightened after seeing the snakes wrapped around Lord Shiva. Actually Shiva was a great yogi. Every pulse or nadi in his body was awakened, not only Sushumana. With this, he used to feel the Kundalini with rustle in each pulse forever. It is natural that while experiencing those rustles, the nature of his limbs and his movements have also become like that of a snake, which Maina was able to feel. Perhaps the same thing happened with Yogi Gopikrishna. He could feel the movement of every pulse in his body. He was also troubled by this. Then he was molded accordingly. There is a beautiful composition based on this in the Shivpuran, about the slaughter of Tripurasura, which I am writing in the lower paragraph, in a nutshell.

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

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

Mahakal Jyotirling of Ujjain

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

The movement of Shakti can occur even without a straight nerve~ mind as an electromagnetic wave and kundalini image as an electron travelling through the nerve as an electric wire

By the way, the movement of energy takes place without a straight nadi means nerve tract, although it seems that the most of the shakti flows through the back's Sushumana Nadi, which leads to Kundalini awakening. In the channel of the front part of the body, there is no straight nadi like the back. There, with the help of the Kundalini picture, impulse moves step by step through the chakras. If you meditate on the Kundalini picture on the front Agya chakra, your belly will shrink inward, meaning the shakti has passed from the front Agya chakra to the front Manipura chakra. How this happened exactly when there is no straight Nadi connecting the two chakras. Actually in yoga practice we meditate on the Kundalini picture on all the chakras sequentially from top to bottom. May be also that makes a habit. However, the natural track seems the same. On the chakra on which the Kundalini picture is placed, there Shakti becomes active, because the conscious Shiva makes the Shakti dance, that is, makes it active, and Shakti then in turn makes Shiva dance more, meaning it expresses him more. Due to this, there is a feeling of contraction, and the Kundalini picture also starts shining more. The shakti is there earlier also, but it is in a state of sleep. In the language of science, it can be said that there are chemicals ie neurotransmitters already present that drive the nerve, but are not in an active state. It works just like an electric wave. Electrons are already in a wire but they need stimulus to express or flow. Similarly, electrons actually move very slowly, only a few meters in an hour, but the electromagnetic wave pushing those electrons ahead moves at the speed of light, so switching on at one end of the earth will result in the other end of the earth getting the electric current at the very same moment. In the same way, the chemicals that drive the nadi can take a few seconds to reach the lower chakra, because all the nerve fibers are interconnected somewhere, of course no direct nadi connects the next chakras, but thought of the mind reaches next chakras in an instant. Means the Kundalini picture thought reaches the lower chakra in an instant. It is the Kundalini picture that activates the local nadis and produces contractions there with brightness. It is as if an electromagnetic wave, accelerating the electrons coming in its path, spreads in an electric wire thousands of kilometers long in an instant. So we can liken the mind to an electromagnetic wave.

Kundalini yoga philosophy in the animation movie Raya and the last dragon

Heartiest congratulations to all on the occasion of Prakash Parv of Sri Guru Nanak Dev

Friends, I was talking about the Kundalini effects of dragons in the previous posts. In the time being, I got a chance to watch the animation movie Raya and the Last Dragon. In this I saw a complete yoga philosophy. Now it is not clear whether Yogdarshan's help was also taken in some form or the other while making this film or only I have seen it there. As far as I searched on Google, I came to know that inspiration has been taken from South East Asian (Thailand etc.) life and not from any yoga etc. Anyway, yoga has become quite popular in Thailand. It consists of a dragon shaped river and some human settlements in its course. There is a heart land called Kumandra Land in it. Everyone lives there together lovingly. Dragons dominate everywhere. The dragon saves everyone from the sinful demon named Drun, the tornado. Druns suck people's souls and turn them into lifeless stones. The dragons are used up while fighting those monsters. Then after five hundred years they attack the human settlements again. Heartland contains a gemstone made up by dragons, which protects all from the drun. It can revive a man made to stone, but not a dragon made to stone. The different tribes get separated from the main tribe of Heartland and settle in different parts of the river to get that gem. The names of those tribes are Tail, Tailon, Spine and Fang. The Tailon Tribe has built their houses on the river to avoid Drun. Actually, there is no effect of dragons in the water, due to which the drun cannot reach there. The head of the Heart clan, Banz, wants all the tribes to come together and make a compromise and re-build Kumandra, in which all together are safe from druns. So he organizes a ceremony to which all the tribes are invited. There, a child of the Fang clan deceives Banz's daughter Raya and leads the people of all the tribes to the gem. They all start fighting among themselves for the gem. This breaks the gem into five pieces. Each tribe gets a piece in hand. Drun attacks everyone as the gem breaks. Everyone runs here and there to save lives. Banz Standing on the bridge, giving the piece of gem to his daughter, pushes her into the river, advising her to make his land Kumandra again and himself turns into a stone by drun's attack. six years later, Raya is going in a boat to find the bank of the river where the last dragon Sisu can be found somewhere. She suddenly finds her near the desert-like Tail clan. Sisu tells her that the gem was made and handed to her by her brothers and sisters, believing her. She finds that she can use her powers when she holds a piece. Each piece activates a different kind of power. She, with the help of Sisu, she finds another piece of gem in the temple there. This gives the Sisu dragon the power to appear as a man. Then they reach the Spine clan, escaping from the Fang clan. In this journey, Raya also finds five to six friends, some of whom are like a child, some like a monkey and some like a fool, although all are strong. Sisu does not want to fight with Namari, the princess of the powerful Fang clan, instead wants to convince her with a gift. When Sisu is showing her the pieces of the gem, Namari deceives her with arrow targeted to her. As soon as Raya starts attacking her out of fear, she shoots the same arrow that kills Sisu and she falls into the river. all the water dries up and Drun's attacks escalate all of a sudden. All Raya's friends and Namari also try to drive away Drun with their respective gem pieces, but for how long. Those pieces are disappearing in vapours. That's when Raya remembers Sisu's saying that faith is also necessary to join the pieces of a gem. So she gives Namari her piece of stone and she herself becomes a stone. Seeing Raya doing this, her friends also turn themselves into stones by handing over gem pieces to Namari. In the end, Namari also becomes a stone by adding her own piece to them. When the gem is fully formed again, there is light all around, and with that Raya's father, Banj, and all the stone-turned people come alive. All stone turned dragons also come alive. Kumandra comes back and everyone starts living together again.

Kundalini Based Explanation of Raya and the Last Dragon

It is less of a Chinese dragon and more as a serpent of Kundalini tantra. This is the Sushumna Nadi. I was stating in a previous post that both are same, and represent Kundalini Shakti shaped like a serpent or the spine. It remains in water means it remains in the cerebrospinal fluid of the spinal cord. The flow of Kundalini energy in the spine keeps away evil thoughts in the form of druns or sins. Kumandra is that country or society, in which all types of feelings i.e. people live together. Different chakras are different tribal areas, and different mental feelings and thoughts on those chakras are different tribal people. Kumandra is actually a state of Kundalini yoga, in which the Kundalini Shakti ie dragon is rotated on all the chakras simultaneously. With the contribution of each chakra, a Kundalini picture, that is, a meditation picture, starts shining by this Kundalini Shakti. Sometimes it appears on some chakra and sometimes on another chakra. This is this gem which saves from the drun of duality. The man named Benz was holding that Kundalini picture only in his heart. Meaning the man was like an ordinary Raja Yogi, not a Tantric Kundalini Yogi. By this the people of Heartland means the cells of the heart were full of power, but other chakras were lacking in power. So the organs related to those chakras were suffering from lack of power. So it is natural that they were trying to steal the power source gem from the Heart clan. Once the head of the heartland means the soul has given all the people invitation on a feast means he tried meditating in an organized way on all the chakras with a sincere heart. But instead of joining together, they snatched and broke the gem, meaning that the man did not give Kundalini energy to all the chakras simultaneously by continuous practice of Tantric Kundalini Yoga for long, but he did meditation only once or did only simple i.e. less effective Kundalini Yoga. It is natural that the power was divided between the chakras, but the Kundalini picture disappeared, meaning it became situated on all the five main chakras in the form of formless shakti, that is, the gem broke into five pieces and one piece went to each tribe. People of all the chakras were alive with this power, but they were not safe from the drun of ignorance, because there was no complete or bright Kundalini picture in the form of a gem. Meditation saves from ignorance only in the form of a kundalini picture that's the gem. Dhyana Chitra's loss means that the soul named Banj got drowned in the darkness of ignorance due to the snatching of the gem, that means he died or turned to stone, but he gave the shakti with teaching to her daughter Raya meaning he gave the light of Kundalini Shakti that's a piece of gem to the intellect, and advised her that she again make the non-dual world of body means Kumandra. Advaita means establishing harmony. Raya means intellect then jumps into water meaning cerebrospinal fluid of spinal cord means she practices meditation of sushumna channel in the spinal chord, where Kundalini Shakti means Sisu is noticed by her. In fact, meditation on the chakras is called meditation. To make it easier to meditate on the chakra, one can touch the chakra with the left hand, as the right hand touches the nose for pranayama. This itself turns the focus on the Kundalini picture. This is the specialty of hatha yoga. In Raja Yoga, the meditation-picture has to be focused by force and producing burden on the mind, which seems difficult. Just as by meditating on the chakra one starts meditating on the Dhyana Chitra itself, in the same way, by meditating on the serpent form Sushumna Nadi located in the spine, the Kundalini picture itself starts being meditated upon. There is great power in touch. Sushumna can be touched by massaging the back. There are many asanas, which make the feel of touch or pressure on the sushumna. The chair which gives full support to the whole back by touching it well, that looks blissful because the sushumna is active on it. What I was talking about in the previous post on the Ouroborus snake, how both man and woman, in cooperation with each other, activate the female half of their body in the form of chakras located in

the path of front channel of their body, all that is through the amazing touch sensation mostly. Raya is saved from Drun by the influence of dragon or shakti. She senses the power of dragon in that river ie Sushumna Nadi, so she starts searching for her. Nadi also means river in Sanskrit. She is hiding in the Tail Island, which means that the shakti is in a sleep state in the Muladhara Chakra as often told. With the help of that dragon or Kundalini Shakti, she means intellect starts looking for the pieces of the gem, meaning the whole Kundalini picture, on the above islands, which means on the bases of the shakti, that is, on the chakras. A piece of gem by heart or mind or soul or Sahasrara has been given to her in the form of good inspiration. The soul resides in the heart or mind only. The second piece is found on the Mooladhara Chakra, the temple of Tail Island. Due to this the dragon can come in human form, which means that the Kundalini energy is spread throughout the Sushumana Nadi, which is in the shape of a snake with hood shaped like human. It means shakti is rising and trying to awaken by standing up. The people of Tailon Island live above water, meaning the body cells of the front swadhisthana chakra are located above the prostate filled with liquid semen. The swadhishtana chakra is surrounded by liquids in the form of seminal and urinary fluids flowing in the drains and micro rivers. The Front Swadhisthana Chakra is connected to the Rear Swadhishtana Chakra by a bridge-like Nadi connection. It is said that the people of Tailon Island lived in the middle of the river by building their houses on platforms etc. Due to the power of watery semen, this island-like chakra is not affected by ignorance or inefficiency in the form of attacks of druns. The bridge reminded of the Morbi bridge accident in Gujarat state. Recently, more than a hundred people died by drowning in the river due to the collapse of that swinging bridge connected to a famous hindu temple. Most of them were children. The youngest child is said to be two years old. TV journalists were showing the shoes of a small child who had drowned in the river. The shoes were brand new, and they had a picture of the Joker laughing. The child would have been jumping lost in joy over the bridge too happy with his new shoe, and then death must have caught him. Death comes unnoticed just like this. That is why it is said that death and God should always be remembered. It is a heart touching scene. Those who survive in such accidents are also mostly so called mentally handicapped. When I was in senior secondary school, a new teacher came to teach us English. He lived as calm, serious, quiet, detached, and non-dual. Some intelligent children found his method of teaching slow and backward in comparison to the previous teacher, but I liked it very much. Perhaps I was influenced by his so-called spiritual qualities. He used to watch with love, but did not laugh. Many times while thinking something, he used to say that one should never do bad to anyone, what is there in this life etc. Later it was heard that when he was carrying some cash to his previous school, some miscreants snatched the money from him and pushed him down the road bridge along with a scooter. There he lay unconscious when his wife looked for him and took him to the hospital. For a fearful and compelled man, all the paths of progress are closed, even his earlier progress starts getting destroyed. Of course, he must make spiritual progress on the strength of his past progress. But how long will the force of past progress last? Hindus were first scared by Islamic attackers, now Pakistan nurtured Islamic terrorism is intimidating. So called Khalistani terrorism is also one of them. The religion whose people and gurus had laid down their lives happily to protect Hinduism from the Mughal invaders, today a handful of those are supporting the so-called anti-Hindu Khalistan movement, on which most of the people remain silent due to fear etc., because many of those who spoke were silenced forcefully or put to death. If a little bit of everyone speaks freely in protest, then the terrorists will kill whom and whom. According to sources, Canada remains their main base. More recently, Hinduist political party Shiv Sena leader Sudhir Suri was shot dead while he was protesting peacefully against the dumping of deity idols in the garbage. According to sources, its wires are also

being told attached to Pak-supported Khalistan. Be it Gagneja or Rabindra Gosain, the leader of the so-called Hindu ideological Rashtriya Swayamsevak Sangh, the list of victims of this international conspiracy is long. If you look deeply, it seems that Hindus are fighting with Hindus, the so called outsiders are the instigators and conspirators. Yes, now back to the original topic of the post. You must have also seen that no matter what it is, someone gets attracted towards sex on some pretext or the other mainly to save him from drun of ignorance. The third piece was found by him in the spine, that is, the spinal cord, in the form of a sensation arising in the Sushumna. The Kundalini Shakti located in the spine is got from the Kundalini picture on Chakras, as it is mentioned in the Shiva Purana that the seven sage wives (chakras) gave their semen effulgence to the Himalayas (the spine). Sisu tells that the pieces of the gem were given to her by her brothers and sisters, who lived on these different islands. The thing is this same. The Kundalini energy in the form of kundalini picture contemplated on each chakra gets collected, strengthened and recieved by the dragon Sisu ie. sushumna nadi, and then by one's own brain, that is, by the mind of the man (because the mind of the serpent is the mind of the man) as a special energy and a new positive transformation from it. It is said in the above myth story that by getting a piece of every gem, Sisu acquires a special new power. Raya and Sisu escape from the Fang clan to the Spine clan, meaning awareness or intellect and kundalini energy does not rise up through the front chakras, rather, it rises up through the spinal cord passing through rear chakras. It is said because the fang means the sharp tooth of the mouth comes in the way of the front chakras. In this journey raya finds four or five helpful friends, that is, the five pranas and muscular strength that help to rotate the Kundalini Shakti. Near Fang Island, she enters the front Vishuddhi Chakra from rear. That is because there it is the most difficult to raise the Kundalini energy above the Vishuddhi chakra, so it slips forward. There princess Namari means sickness or weakness or worldliness kills sisu shakti, means she forces her to withdraw, and she falls into the river, means flowing back down in the fluid of the spinal cord. In Japanese, Namari means the same. Due to this, the tornadoes or druns become powerful again and start killing people, that is, by not giving emotions trapped in the chakras a chance to get out, while making them stone i.e. lifeless. Chakras are also circular like tornadoes. Sisu does not want to fight with Namari, meaning when the Kundalini Shakti starts climbing up by crossing the Vishuddhi Chakra, then the fighting-fighting thinking of the mind gets destroyed. The satoguna or lightful quality of the mind is increased. She wants to give a gift to Namari i.e. by feeding her some sweets etc. Anyway, when something happens to be in the mouth, the Kundalini circuit is completed, due to which the Kundalini starts rotating easily. But the opposite happened. Instead of helping Kundalini with it, a man's intellect or raya started increasing the vices of worldliness like anger, fighting etc. with the help of worldly Namari. This will destroy the Kundalini Shakti. It has been shown that Sisu dies after being hit by an arrow and falls into the river, which means that the energy then goes back down the spine through the cerebrospinal fluid. This triggers Drun's attacks again. Due to lack of power, they try to avoid the tornado with the Kundalini Chitra, which is broken into pieces, but without kundalini shakti, how long the Kundalini picture will save them. The Kundalini picture, that is, the meditation picture, gets its life and shine through kundalini energy. Due to this lake of energy, that meditation picture also starts getting blurred. From this Raya means intellect remembers that Sisu means Shakti had received that Kundalini gem only through mutual harmony and trust. That's why she gives her gem piece to the worldly individual means Namari. All the organs and pranas follow the intellect, so all his friends mean pranas gave there energy to worldliness. The Kundalini chitra parts/luminescence that have been captured on different chakras, means different gem parts are handed over to worldly Namari. Namari also adds her piece to it leaving attachment to it, that

means she also starts dealing in the world with non-attachment and non-duality using her full power. With this, those gem pieces get joined completely, that means the Kundalini picture starts shining with joy and peace. Due to this, the feelings buried in the chakras start reappearing again and merging in the bliss of the soul, which means that the people who were made stone and trapped by the whirlwinds or druns (chakras) come alive again and start rejoicing. With Sushumna flowing, awareness starts running in all the nadis of the body, meaning the rustle of the Shakti start running in them with feeling of joy. It is said as that then all dragons made of stone also become alive. Awakened dragons mean awakened nadis. Those dragons bring back happiness and prosperity to the whole of Kumandra. Because the body is also like a huge country, in which shakti travelling through nadis does everything. Through running of blissful energy in each nadi, the whole body itself becomes happy, strong and healthy. Earlier, pieces of gem were able to revive people made to stone, but not dragons made to stone. This means that through the blurred Kundalini picture, the feelings buried in the chakras begin to emerge, but the energy that moves rustling in nadis was not produced enough with it, as it requires as sharp and full kundalini image as possible. The Kundalini Shakti, which rustles in the form of a mighty serpent, follows the same mental Kundalini image. Further, Tantric sexual yoga strengthens this image and Shakti even more. Maharaj Osho also says the same thing. This means that the shakti chakras, especially the mooladhara chakra, remain in a sleeping state without proper and sustained meditation image. The proof of this is also that if you start chanting sleep-sleep in the mind, then the Kundalini image along with the Kundalini shakti will be felt on the Swadhisthana Chakra and the Muladhara Chakra along with inward constriction of naval chakra. Along with this, there is also a relaxed feeling, the pressure in the brain is felt to decrease suddenly, flood of irrelevant thoughts calm down, and headache is also relieved. This technique is very beneficial for those who have less sleep or who are under stress. I call meditation image as kundalini image because it awakens muladhara chakra and kundalini energy associated with it.

Nidra devi is the goddess of sleep. The mantra "Shri Nidra Hai" is designed by me. From Shree there is a non-dual experience of the philosophy of Physiology (sharir), due to which the Kundalini increases some pressure in the brain, from sleep word that Kundalini descends carrying excess pressure with it to the lower chakras, and with hai means exists, one returns to the normal state. If the pressure starts increasing in the brain while doing yoga, even then this remedy is very effective. Actually, sleep is also very important for yoga. Awakening is relative to sleep, so it can be achieved only through sleep. The one who always tries to stay awake by forcing himself to increase the quality of impractical goodness always in mind, at times I feel him like doing a pretense, and I doubt that spiritual awakening can be achieved with it. Similarly, while reading in the book etc, I used to think that Shambhavi Mudra is what a great and miraculous knowledge, because it used to be written that way. Writing is done so that the difficult thing can be made easy, not the opposite. Everything is simple if understood in a practical way. Keeping an eye on the nose or nose tip is a common and simple practice to centralize and rotate the Kundalini energy. By looking through both of the eyes at the same time, a subtle attention gets also fixed on the Agya Chakra, this is also a simple practice. Keeping the tongue as far back as possible on the palate is also a simple yoga tactic. By mixing these three techniques together, Shambhavi Mudra is formed, which brings the benefits of all three together and effectively. That is why life should be balanced so that equal contribution of the whole body chakras remains in it and the body remains fully functional. Yoga is balance. Similarly, the pieces of the gem were not able to provide permanent protection to the people from the drun. This

is a method of Raja Yoga, in which the Kundalini picture is meditated only in the mind or heart, as opposed to complete yoga practice in the form of yogasanas and pranayama etc. of hatha yoga. Therefore, as long as the Kundalini picture is meditated in mind, it remains there, but as soon as that meditation image is removed from there, it fades away completely. This is the local remedy of the Banj clan to preserve the gem. This prevents drun or ignorance in the mind or heart, but it keeps on suppressing the feelings in the form of turning them in to stones on other chakras as there kundalini image isn't meditated through full and dedicated kundalini yoga. Therefore the complete, everlasting and universal remedy is the proper worldliness with Hatha Yoga, not only the Raja Yoga. Rajayoga for many means just sitting idle and meditating. This is because in the hathayoga way of meditation the whole body and the outside world are equally and properly used in the meditation. However, initially it is the complete sattvik or light-full Raja Yoga that prepares and maintains the Kundalini picture in the mind. Rajayoga is preparatory and hathayoga is enhancer of yoga. It's just like banj, the head of the heart clan had kept the gem in custody for the future. Many people see the asanas of hatha yoga and say that it is physical exercise, the real yoga is done through meditation in the mind. They mean to say that the bird of mind keeps on flying in empty space without any basis. But the truth is that the bird of the mind resides on the tree of the body. The healthier and more fruitful the tree is, the happier the bird will be.

Kundalini-Dhyanchitra's importance in Left-way Tantric Sexual Yoga

Friends, in this post, I will demystify the story of helping gods by Lord Shiva to eliminate the demon Andhakasur, Daityaguru Shukracharya, and Devasur Sangram in Shivpuran.

Andhakasur story from Shiv Puran

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

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

Kundalini-Based Analysis of the Andhakasur Story

Shukra means energy or speed. Venus or Shukra, semen, Energy and Tej all these are synonymous with each other. Shukracharya was swallowed, which means Yogi Shiva lowered the Kundalini energy down the front nadi channel by touching the tongue to the palate in Khechari Mudra, so that the Kundalini energy created from the transformation of semen energy ascended from the Mooladhara Chakra through the Sushumna nadi of the back. With the velocity of the wind, he started wandering here and there, which means, with the speed of breath, the Kundalini energy started moving round and round in the microcosmic orbit loop. After rotating Shukracharya for a long time, Yogi Shiva took him out through the seminal path, that is, after rotating the Shakti in the chakras for a long time and meditating on the Kundalini picture in the form of Ishta Dev or Guru etc. on the chakras, when he Shakti starts to weaken means Shukracharya is getting exhausted, then he was thrown out in the form of semen. He was accepted as a son by Yogi Shiva, which means he adopted what Osho Maharaj calls, 'Samadhi from intercourse'. In this sexual tantra, the samadhi picture in the Sahasrar Chakra is superimposed on the ejaculation-sensation. This resulted in the same thing as written in a previous post that the child Kartikeya was born from Shivviryā on the reed grass growing on the banks of river Ganga, meaning Shukracharya attained the sonship of Shiva like Kartikeya. According to the above story, Shukralinga will be considered as the most famous, dear and powerful linga, because it is completely real, others are more apparent, like some ara stone linga, some pardalinga, some snow linga etc. Shukrakoop is a well of cold water nearby, which is helpful in the sexual tantra, because as shown in a previous post, how bathing with cold water works to make sexual energy dynamic and functional.

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

Goddess Parvati closed the eyes of Mahadev Shiva, due to which he became blind. This is said to explain that a prospective yogi was in a state of ignorance, having neither knowledge of worldly behavior, nor spiritual knowledge. Then he fell in love with Ishq Vishq. Due to this his shakti started rotating, but she was without Kundalini picture. Kundalini picture means meditation picture is made in the higher state of spiritual knowledge. Spiritual knowledge is obtained from the culmination of worldly knowledge and experience. A long time of life passes in this happening. What happens with unscientific love is that man cannot transform and direct the sexual power in a positive manner that leads to its degradation or misuse. The same abuse has a son named Andhak. It simply means that such and such a future Yogi must have rotated the Shakti. This is proved by the above story that Parvati closed both the eyes together, which means Yin-Yang got balanced. But due to lack of

maturity, he could not understand the constant translucent picture of any form associated with Kundalini shakti shining slightly from this balance and intentionally abandoned it considering it useless. The extinguishing of the brightness naturally resulted in darkness, which is shown as the closing of the eyes. Because the image that is formed in the brain with high clarity by shakti is called son, as was also proved in one of the posts of this blog. Without any physical intercourse, a real or physical son cannot be born, that too on the ground full of mud and stones or on the reeds. Because of that spiritual power or shakti only darkness got concentrated in the mind of the future yogi of this post, hence he was shown as the shiva-son Andhak. Since a person full of darkness is not liked and considered efficient by anyone, it is shown that he was unpleasant to everyone and his childhood friends used to make fun of him by calling him unworthy of the throne. It is natural that the future Yogi tries his best to achieve perfection in the world in the form of respect, happiness and even awakening, because he has a lot of energy, only he lacks a steady meditation picture. He gets an indirect feeling of this deficiency after stumbling in the world, so he goes into solitude for Kundalini meditation. This is shown in such a way that the blind then goes to the forest and meditates on Shiva or Brahma and does intense penance. Cutting his flesh into pieces, he goes on offering them to the fire. Along with this, he drinks the smoke of fire. This means that the future Yogi does hard Hatha Yoga, which not only dissolves his extra fat, but also makes the muscular body lean by burning with the fire of Yoga. The carbon dioxide gas that comes out from this combustion is called smoke. Because the breath is often held inside in yoga, that is why it is called drinking the smoke. When he becomes so weak that he looks like a bone frame, Lord Shiva appears to him. This means that after practicing Hatha Yoga for a long time, the Yogi feels his body as light as a skeleton due to the increased sattvikta or holiness in his Sahasrara Chakra, then the Kundalini is awakened. Means the invisible or dormant Kundalini Shakti awakens in the form of a mental image of Shiva. Now Shiva makes Andhak completely healthy and beautiful. Well, such a sudden and positive transformation happens with Kundalini awakening. Now he asks Shiva for a boon that he should never die. Shiva says that this is not possible. It is also necessary to protect the world. After attaining immortality, anyone can destroy the world by becoming a tyrant, because there will be no one to stop and scare him. That's why Brahma asks him to choose one or the other cause of death, no matter how impossible it may seem. On this Brahma says that when he wants to marry a woman as respected as his mother, then he will die. Now these are the mysterious things of Tantra, if the secret of which is revealed, then the general public may find it strange. In Tibetan sex tantra, the master's sexual partner teaches tantric sex arts to his disciples practically with his permission. Guru's wife is treated like a mother in every religion and sect of the world. Means that after learning tantric sexual yoga, the blind will rise above blind worldliness and become calm in his soul or self, meaning he will die in a way. The same thing happened later, after his death Shiva made him his Gana, which means he became liberated. No one becomes liberated after a common death. It also means that when one falls in love with a respectable woman unfit for marriage or sexual intercourse, then her form starts coming to his mind again and again, due to which it takes the form of samadhi image, as happened with Premyogi Vajra. After getting Brahma's boon, Andhak became the king, and became very debauched. He had already got a beautiful and shapely body, so he started wasting his valuable time enjoying in various beautiful places with countless courtesans. With the power of this sexual power, he also started committing many sins. After driving the deities out of heaven, he started ruling there himself. When someone does bad things, the deities in the body controlling body cells and other constituents will run away in sorrow, because the main purpose of the deities is to make the body do good things. Now I will tell the recent incident related to this and then finish the post because

otherwise it will become very long and difficult to read. I'll try to unravel the mystery of the rest of the story over the next week. It's about all I've figured out so far. Maybe you can reveal it before me, if so then definitely write in the comment box.

Aftab-Shraddha's famous love jihad case

Nowadays, the much called murder mystery related to the Aftab Poonawala and Shraddha is very similar to the above andhak demon story. According to sources, the Muslim youth was in a live-in relationship with a Hindu girl named Shraddha. She was living with him for a long time leaving her family helped by the online dating app. He used to keep her at different locations and houses mischievously telling her to be his wife as live in relationship is still considered bad here. He also secretly had love affairs with 20 other Hindu girls. Shraddha might have come to know about this and wanted to stop him from doing so and marry him. Quarrels beatings also took place regarding this. Eventually he strangled her to death and without remorse chopped her into thirty-five pieces and packed them in a refrigerator. Slowly he kept throwing them in the nearby forest. After six months, the police were able to catch him after a complaint was written by shraddha's father. It is worth noting here that in order to please today's so-called modern women, one has to become vicious, dishonest, drug addict, smoker, flesh eater, violent and deceitful like Aftab, although no civilized and educated society can ever tolerate such extremism, in which humanity is violated. The second thing to be noted is that probably Shivpuran is being misinterpreted by many Hindus, or is such a distorted thinking sitting in the subconscious mind without knowing it. According to the general belief obtained from the Puranas, Mahadev Shiva was a ghostly type of man without any family background, to get whom Parvati kept wandering leaving the family for many births in order to get him as her husband. Such insanity is okay to some extent to reach the pinnacle of mutual love of husband and wife, but it too has some important conditions attached to it for its full success, anyway excess of anything is never good, especially with the person of that community, whose so called relationship with love-jihad is associated with oppression and violence. Moreover, examples of this type of illiteracy keep coming every day. In spite of knowing everything, it seems that either the children are not being given proper education in the family or witchcraft has been done on such girls, or it is the conspiracy against the scriptures and Puranas of Hindus, which are sacred and full of knowledge. A well-planned and huge conspiracy is going on to defame these, it appears. Many people are also citing the lack of strict law as the main reason. Some people also consider distorted television, online, and Bollywood culture as a big reason. Many people are blaming live in relationships and dating apps. Hindu men should also take a lesson from this and try to live up to the expectations of women. The one who does not have shining Dhyana-Kundalini picture inside his mind, if he practices sexual tantra, then his condition can be like demon andhak, as you read above, then if the one who does not even know about sexual tantra, if he applies his free will in the matter of sex, then how much worse his condition can be than that, it is being seen directly from the above recent incident.

Unique way to avoid love disease

Friends, there is a solution to this problem too. Fortunately today the book "Sharir Vigyan Darshan ~ A Modern Kundalini Tantra (A Yogi's Love Story)" is available both online and offline, ebook form as well as print form. A matching English form of this book is "Love story of aYogi ~what Patanjali says". In this, it seems that Shivpuran has been explained in a modern style, which can be understood by

everyone, and misunderstandings about it can be removed. It is based on true biography and true events. In this basic sex yoga has been highlighted along with sociality. The basic principle of man-woman relationship is also hidden in this book. If someone wants to drink Premamrit or love nectar, then there doesn't seem to be any better solution than this book. In this book, Premyogi Vajra has thrown some light on his related biography along with his unique spiritual and tantric experiences. This above mentioned "Physiology Darshan" book have been rated five star, best, excellent and must read in a [quality and unbiased review on amazon.in](#). It has also been rated five stars and cool in Google Play Books review. Some appreciative readers even say that If you read this book, it is as if you have read everything. It is hoped that the book will live up to the expectations of the readers.

Kundalini Yoga shown in the form of Ganges descent

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

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

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

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

his condition. But on the way she could not help it, and as soon as she looked down, she fell down, but the Yogi passed on without looking at her. Such fables have very deep and epistemological meanings.

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

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

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

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

Muladhar and remains lying there. If ever a lot of work is done which gives fatigue and tension, then it reaches the concerned tired part through the back and repairs it, otherwise it remains asleep there. It must have been said that Shakti is sleeping in Muladhara because when we chant sleep-sleep continuously in the mind, then Shakti is felt going down passing through the front chakras and does not climb back up. If it goes up, it comes down immediately. If there is a hindrance in the energy coming down, then it comes from the brain to the throat. It is accompanied by a sudden sense of calmness and relief, and a sudden drop in cerebral pressure and blood pressure. Shakti works in every chakra, but not usually in Mooladhara, because that is the bedroom of Shakti. There the shakti has to be awakened. Different organs are associated with each chakra. Though anus is connected with Mooladhara as well, but it is also connected with Swadhishtana. I think that Swadhishtana Chakra also does all the work of Mooladhar. The place of awakening of shakti is the brain, so it is natural that the farther the organ or tissue is from the brain, the more it is asleep there. In the scriptures, the Nabhi or naval Chakra is also called the Yagya Kund where the oblation in the form of food keeps on burning. This does not mean that there is no need for external or physical gross sacrifice. Actually the outer Yagya also inspires the inner Kundalini Yagya. I feel the activity of Kundalini while performing physical Havan Yagya in ceremonies etc. Yes, this much can definitely be done so that there is no unnecessary misuse of physical resources in the name of physical sacrificial yagya.

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

Kapil Muni's ashram in Muladhar means there is the holy presiding deity of Muladhar Chakra. To call it a bad word means to consider Muladhar impure. Sending sixty thousand sons by Sagar in search of horse means by man to get his lost shakti i.e. sensory power i.e. Kundalini shakti, leaving thousands of desires and feelings open means trying to sting everywhere in the world. The scriptures say that just as one who wanders in the forest quickly finds a gem, similarly one who wanders in the world quickly finds the subconscious mooladhar and the shakti sleeping in it. This is a great teaching, according to which, after getting tired of wandering in the world, man gets bored with the external senses and starts drowning in the subconscious mind. But this happens only if a person is living in the world with non-duality and non-attachment, otherwise the people of the world do not leave him behind even in the subconscious mind and drag him out of there also and do not allow him to meditate. It is clear from this that for the spiritual progress of the common man, it is very important to maintain a sense of non duality and non-attachment. Just as in this story, underworld or patal abode is below the sea and the path goes there only through the sea, in the same way Muladhar Chakra is also below all the worldly (the world is also called sea in the scriptures) chakras, and like Patal, it's dormant world, that's why it is called subconscious. To see Muni Kapil there means to see the originator of Sankhya Yoga and Jainism in the form of meditation. Jain monks also live in Digambar ie naked state. Accusing Muni of theft by abusing him means that they should know that this meditation picture has pulled Shakti down and imprisoned it. By insulting something, a man cannot take full advantage of it. If you keep peeing on Muladhar, then how will you wake it up by meditating on the Kundalini image on it. If you accuse the meditation image that it has taken away all your add shakti, then how will you give it more shakti? Excess or unused shakti will go into it unknowingly and will remain dormant there. That power or shakti there will be able to uncover the subconscious mind only if you give it a chance to do so and cooperate with it. That's why you must have seen that sexy type of people are very deep looking and thinking. This is because they do not

have much garbage in their mind. They constantly cleanse the filth of the mind with their sexual energy located at Muladhara, and on the other hand those who pretend to be clean and keep distance from sexuality are filled with the garbage of the subconscious mind inside. Sexy men are candid and have a sharp mind. Their attention is more concentrated in the Muladhar area than in other areas of the body. Although the face and the base are connected. The burning of those sixty thousand sons by the fire of anger in the form of sage's vision means that all the thoughts and feelings of the mind fall asleep with shakti in the base. Means the Kundalini Shakti went into a dormant state along with the subconscious mind. After many generations in the Sagar dynasty, there was a great man named Bhagirath who was able to bring Ganga, who freed all the sons of Sagar alive, that means the person was able after many births to awaken the Sushumna and achieve the Kundalini awakening, through which the subconscious Thoughts and feelings suppressed in the mind (Patal Lok equivalent) continued to manifest with Ananda, Advaita and Bliss and merged into Brahman. Bhagirath did Kundalini Yoga which means severe penance. Brahma was pleased and gave the boon, which means Kundalini became active in Sahasrar. Sahasrar Chakra is also like a lotus and Brahma also sits on a lotus. Shiva living on Kailash holds the Ganga in his hair, which means the line of consciousness flowing in the Sushumna nadi gets absorbed in the Sahasrar. Sahasrara Chakra is inside the head full of hair just like Shiva. In many places Sahasrar is given the likeness of Mount Kailash. That Ganga came from heaven i.e. energy flowing in Sushumna and Sahasrar Chakra connects with divinity i.e. divine world which is called unique and unparalleled experience during Kundalini awakening. In fact, the seat of the subconscious mind is also the brain, but because it is awakened by the Sushumna-Shakti coming up from the Mooladhara, it is said to have been dormant with the Shakti in the Mooladhara Chakra. Similarly, if you start uncovering the subconscious mind with meditation, then Muladhara and Sushumna start functioning. Meaning these three are connected to each other. That's why it is said in this mythological story that Ganga means glistening line of Sushumna Shakti came to Kailash means brain from heaven means all-pervasive and all-blissful experience of awakening, from there to Himalayas means spinal chord in backbone, then descending to ocean means world or different chakras, then to underworld or patal means reaching ultimately to mooladhar chakra. Actually the opposite happens, that means the shakti rises from the bottom up. Then it is said that Bhagirath kept walking along the Ganges, and wherever its path was blocked, he was removing that obstruction. It is like a man meditating on the chakras turn by turn to remove blockages of energy or shakti . Chakra-blocks are those blockages. People like Zakir Naik, the so-called international fugitive Islamic scholar and surrounded by allegations of terrorism, must follow this blog, because he tries to defame Hindu scriptures by exposing the mythical side of them, but is unaware of their scientific side.

Kundalini Yoga is the backbone of all religions, their scientific analysis based on it can stop the growing mistrust among them

Brahmins had a main role in protecting the scriptures from the invaders

Many a times, bigoted people make a big ruckus out of small conflicting things. The recent anti-Brahmin articles written on the walls of Delhi's Jawaharlal University (JNU) is a recent example of this. It is known to all that it would not have been written by the so-called backward castes. This appears to be a conspiracy by outsiders with so-called vested interests to create a rift among the Hindu community. This has been happening for hundreds of years. Actually it was social work division, which was called Varna system. Everyone was equal in this, the only special thing was that it was considered good to do the work that came from the family tradition, like the son of a businessman also handles his father's business. There was no compulsion, because Valmiki of Shudra varna wrote Ramayana, Vishwamitra became Brahmin from Kshatriya. There are many such examples. Although most people felt more pride, respect and better work quality in handling the work of their own varna. Just as the letters of the alphabet (also called varna) have their own distinct shape and form, similarly the people of the society also perform different forms of action. If one's nature is formed according to one's actions, then it is a different matter, but it has never happened that everyone was made to stand in a line and according to the appearance of the body, different types or vernas were given to each. Varna or varnabhed does not mean color distinction or apartheid at all, because people of every varna will have people of all skin-colours. Similarly, this tradition is also not like foreign caste tradition. This name also seems to have been given to it by misunderstanding. As far as Brahmins are concerned, let me tell you that their life was the most difficult. He had to keep himself away from the luxurious life. Then what is the use of wealth if you cannot enjoy it. Mostly their earned property was useful for others or for charity. There is no dearth of thugs in the world today, nor was there in the past. First of all, they didn't have any property. Like a beggar, he barely managed to make ends meet for himself and his family with the meager wages he received as dakshina. Then the opponents used to say that the king used to donate a lot of wealth to them. To how many will the king also give it. Had the tax collectors given donations so easily, no one would have been poor today. If a few Brahmins have been given a price, then it should not be applied to all while counting. Even the king did not give it for free. When he got some great knowledge from a Brahmin, then only he used to donate for his spiritual welfare. There is also a saying that free lunch does not exist. I am writing this because I know it practically, it's not merely a theoretical propaganda. My grandfather himself was an ideal Hindu priest, who used to conduct prayers and worships in people's homes. Working with him, I have experienced firsthand how difficult and thankless it is to gain spiritual knowledge and share it with the world. This work is like this, it is not the fault of the people. Most of the people have now started to understand these things again. As a result of this, the hashtag "Brahmin Life Matters" was trended on social media in protest against the said provocative writing against Brahmins. Similarly, the hashtag "Main Bhi Brahmin Hoon" also trended heavily on Twitter when cricketer Suresh Raina called himself a Brahmin when many left-wing people protested. We are not saying that all Brahmins are ideal. But this cannot justify Brahminism wrong. Brahmanism is synonymous with Gnosticism, Rationalism or Spiritualism. If somewhere the doctors are not expert, that does not make medical science false. The mystical stories full of spiritual knowledge that we enjoy analyzing on this blog today, have mostly been composed by Brahmins. He has kept them safe even till date. If Brahmins would have bowed down before the attackers, neither the name of Hindu religion nor the mysterious books of this

religion would have remained. For whom would Kshatriyas also fight, if Brahmins changed their religion out of fear. It is easy to make fabricated allegations on someone, but it is difficult to give true praise keeping one's ego down. Then it is said that Brahmins came and settled here from abroad. Firstly, there is no clear proof of this, not at all that they came after attacking, and if we assume that they did come from outside, then they proved to be the biggest protector and benefactor of the land here by mingling with love. What's wrong with that? Yes, it is necessary that they should understand, encourage and avoid going against the kundalini yoga that's the fundamental basis of their scriptures and traditions there in.

All the religions and sects of the world are based on Kundalini Yoga

In Shivpuran, Lord Shiva says that by taking incarnation of different Yogis in different eras, he helps Vedavyasas of those eras in the creation of Vedas and Puranas. He describes in two chapters of about 5-6 pages that in which age who became Veda Vyasa, in which Yogi form he incarnated and helped him and who were his disciples. It becomes clear from this that Dhyan Yoga means Kundalini Yoga is the backbone of Sanatan Dharma. To me, all other religions seem like copying the ancient most Sanatan Dharma or taking inspiration from it. This also proves that all religions are based on yoga and work to make yoga simple, popular and practical. When yoga is the most attainable, then why not do yoga directly. If other religions also continue to run together, then there is no harm, rather it is beneficial for yoga.

Meditation is everything

Also Mahadev Shiva says that nothing is possible without meditation means dhyana. They say that salvation can be attained only by meditation, if meditation is not done then all the scriptures and Vedpuranas are fruitless.

New religions and new yoga styles are born out of an effort to adapt spirituality to the changing times

According to the time, reforms should also be done in religion. Means there should be a chance for improvement, it depends on the public whether they accept the improvement or not. However, it will be necessary to avoid conspiracy with this, because many people make even a bad creation very famous by using false propaganda etc. tricks. For this, there should be an unbiased organization which keeps the public informed by properly reviewing the creations. If people don't give a chance to reform by being a fanatic, then how will religion be able to walk shoulder to shoulder with the world. Reform does not mean destroying old creations. Probably people don't allow correction because of the fear that it will destroy the old creation. But this thinking is false and delusional. New reforms actually strengthen the old creations because they get the status of father. Has Newton's old theory been destroyed by Einstein's new theory of gravity? Gravity is the same, just there are two different ways of understanding it. Similarly consider Advaita and meditation as the basic theme of spirituality. Various Puranas, mantras and worship methods have been made to achieve this. It is possible that by improving these, new creations can be made according to the time, which will be more effective than these to produce sense of nonduality, and will be accepted by more people. Physiological philosophy or shrirvigyan darshan in Hindi is also such a small effort, although it also has scope for development. My personal empirical research is related to this. Meaning it is not such a vision that it came to my mind all of a sudden and I made it. It got its seal of authenticity when I

experienced awakening with its help. It is a different matter that along with that, Sanatan Dharma cultural lifestyle, in which I have grown up since childhood, must have also contributed to my that glimpse awakening. But it definitely seems that at least fifty percent contribution must have been of philosophy of physiology. Now where can there be such a pure research in common life that by rejecting all other co-operative causes, the effect of only one cause can be tested. Actually a common man like me does not have much time to do detailed research for such reforms and developments. Just as services of expert and experienced research scientists are taken in other fields of knowledge and science, similarly it can be taken in the field of spirituality. What's wrong with that? But the problem is that part time or hobby researchers can do a better job than dedicated researchers in this field. Meaning that spirituality is more related to daily behavior. Loneliness based research doesn't yield practical results. It is also a problem that where would you get the awakened person from? Those who take the exam must also be awake. Only an awakened person knows the real goal. The one who doesn't even know the goal, how will he do research for it. Till date no machine has been made which can detect someone's awakening. Anyone can invent some tricks to grow spirituality on the basis of his study, but the research of an awakened person will be considered more real and authentic.

Puranas and other scriptural literature act like bitter medicine mixed with honey

In the previous post, I was telling how King Bhagirath was removing the obstructions in the flow of river Ganges. Quoting scriptures, our grandfather used to say that Bhagirath walked ahead of the Ganges with a spade in his hand and made a path by digging the ground for its water flow, like a farmer making a path for an irrigation channel. Don't forget, shakti conducting pathway inside our body is also called channel. How much similarity in vocabulary too. My grandfather himself was also a small farmer. Although this may seem strange to the critical scientist, but there is a deep psychological lesson hidden in it. This fable is amusing and encouraging. At the same time, it is also absolutely true from a spiritual point of view, as shown in the previous post. Of course, we could not understand this thing in a gross way, but it left a deep impression on our subconscious mind. The result of that is that in course of time, we ourselves understood this secret in the form of experience. The mythological sages were great practical psychologists. They knew that deep spiritual techniques could not be explained directly to an uneducated and extroverted public, so they used to reveal those techniques in a practical, mystical and entertaining way, so that they continue to have a deep impact on the subconscious mind, so that the people gradually become aware of them itself without any special effort. Gradual ripening makes a fruit more sweet. These fable type spiritual stories are prevalent in the society till date. If you ask someone what benefit he got from these stories, he will not be able to tell anything concretely, but will definitely call them worshipable and definitely worth reading. Many stories have been deliberately created by sages in such a way that they cannot be revealed at all or are too much difficult to reveal. If everything is known then what will be left to believe. The sages recognized the power of belief and suspense. What happens is that when the mystery of some stories is revealed, then the veracity of other stories is also believed. By the way, it seems impossible to expose unnecessary stories. The more important the mysterious story is, the easier it is to uncover it. Although I do not like to say much about religion, but many things have to be said in a limited way, because spirituality is very strongly linked with religion, and many things are difficult to separate. There has been so much disbelief among the people, so it has become necessary that by describing them in a spiritual and scientific way, the doubts of the opponents should be dispelled.

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

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

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

Second, we were raising the issue of how the shakti of Muladhara keeps on burning the garbage of the subconscious mind. By meditating on the nose, in any place of stress and fatigue, there is profound peace and one experiences the bliss of Advaita. Visuals begin to emerge with witnessing in the mind, so that it seems that the garbage of the mind is being cleared. Breathing seems improving. This happens because it activates the energy channel in the central line, in which the energy from Swadhishtana and Muladhara starts flowing upwards through the back and flows in a circular loop. One day I went to a nearby school on an invitation to see the annual prize distribution ceremony. There the children were presenting a very nice colorful program. During that time, I felt all these psychological benefits by occasionally squinting towards my nose. Along with this, I was also concentrating on the air touching inside the nose while breathing. Had a fresh shave from the barber, and have a face scrub done, which made the mustache look bigger and clearer. Probably it was also drawing attention towards the nose. It is possible that the practice of keeping mustache has been made in view of this spiritual benefit. It seems that this dominated nose and the above mentioned psychological benefits with it are behind the attractiveness and sexy look of a man with a big nose. Anyway, a person paying attention to the nose looks beautiful, introverted, shying, spiritual and satisfied with himself. Probably that's why many proverbs have been made on the nose, such as

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

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

Kapalbhati Pranayama is very useful for Vipassana Sadhana

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

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

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

and the memory of the old house would not become a hindrance in the spiritual practice. In fact, unfortunately, all the members of his family had passed away gradually due to various calamities. Due to this, a lot of wealth was also gifted to death. In response to this, he was completely detached from the fascination of the world. The same spiritual psychology works in the case of personal relationships as well. If one's this kind of affinity towards a person creates attraction towards him, but if he remains neutral towards him or ignores him considering him as an outsider and a foreigner, then Vipassana starts happening on its own. I do not hesitate to say that this second type of personal relationship Vipassana had a great deal to do with my experience of awakening in my sleep.

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

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

in yoga than the local Hindus here. So he wrote that they do not have sanskars. Sanskar means cultural tradition passed on from generations. Now I understand his point that how due to lack of culture, a man can suddenly go against the tradition, which he is following wholeheartedly. Rituals keep a man connected to tradition.

Other books written by Premayogi Vajra and some other recommended books-

- 1) Love story of a Yogi- what Patanjali says
- 2) Kundalini demystified- what Premyogi vajra says
- 3) कुण्डलिनी विज्ञान- एक आध्यात्मिक मनोविज्ञान (पुस्तक 1, 2, और 3)
- 4) The art of self publishing and website creation
- 5) स्वयंप्रकाशन व वैबसाईट निर्माण की कला
- 6) कुण्डलिनी रहस्योद्घाटित- प्रेमयोगी वज्र क्या कहता है
- 7) बहुतकनीकी जैविक खेती एवं वर्षाजल संग्रहण के मूलभूत आधारस्तम्भ- एक खुशहाल एवं विकासशील गाँव की कहानी, एक पर्यावरणप्रेमी योगी की जुबानी
- 8) ई-रीडर पर मेरी कुण्डलिनी वैबसाईट
- 9) My kundalini website on e-reader
- 10) शरीरविज्ञान दर्शन- एक आधुनिक कुण्डलिनी तंत्र (एक योगी की प्रेमकथा)
- 11) श्रीकृष्णाज्ञाभिनन्दनम्
- 12) सोलन की सर्वहित साधना
- 13) योगोपनिषदों में राजयोग
- 14) क्षेत्रपति बीजेश्वर महादेव
- 15) देवभूमि सोलन
- 16) मौलिक व्यक्तित्व के प्रेरक सूत्र
- 17) बघाटेश्वरी माँ शूलिनी
- 18) म्हारा बघाट
- 19) भाव सुमन: एक आधुनिक काव्यसुधा सरस
- 20) Kundalini science~a spiritual psychology (book-1,2, and3)

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

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