

# Sankhya Sansar

## Sankhya, Yoga and Vedanta in an exciting union

Kundalini Awakening as the Prakriti-  
Purusha marriage festival

Premyogi vajra



# **Sankhya Sansar**

**Sankhya, Yoga and Vedanta in an exciting union**

**Kundalini Awakening as the Prakriti-Purusha marriage festival**

Premyogi vajra

## Introduction

In the vast tapestry of Indian philosophy, three threads stand out for their profound insights and transformative potential: Sankhya, Yoga, and Vedanta. Each of these ancient systems offers a unique perspective on the nature of reality, consciousness, and the path to spiritual liberation. When woven together, they create a rich and vibrant narrative that speaks to the deepest aspects of the human experience.

**Sankhya** provides the metaphysical foundation, delineating the dualistic interplay between Purusha (pure consciousness) and Prakriti (the material universe). It is within this framework that we understand the cosmic dance of creation, preservation, and dissolution.

**Yoga**, with its practical approach, offers the tools and techniques to harmonize the body, mind, and spirit. Through disciplined practice, one can transcend the limitations of the physical and mental realms, experiencing the union of the individual self with the universal consciousness.

**Vedanta**, the culmination of Vedic wisdom, transcends duality, revealing the ultimate truth of non-dualism. It teaches that the apparent separation between the self and the cosmos is an illusion, and that in reality, all is one.

In this short though summarized book, we explore the exhilarating convergence of these three philosophies, focusing on the transformative journey of **Kundalini awakening**. This sacred process is likened to a divine marriage festival, where Prakriti and Purusha unite in a blissful embrace. As the dormant Kundalini energy rises through the chakras, it awakens the latent potential within, leading to profound spiritual realization and inner harmony.

Join us on this enchanting journey, where ancient wisdom meets modern understanding, and the timeless dance of Purusha and Prakriti unfolds in all its splendor. Whether you are a seasoned practitioner or a curious seeker, this book offers insights and inspiration to guide you on your path to self-discovery and enlightenment.

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

**©2024 premyogi vajra. All rights reserved.**

**Legal disclaimer:-**

This book has not been designed to offend any other notions. The reader will be responsible for such situation arising from reading it. We are not lawyers. This book and all the information written in it have been provided as a promotion of education, and cannot replace any legal advice provided by your judicial adviser. At the time of creation, it has been taken care of that all the information given on this book is correct and useful for readers; even then, it is not a very serious effort. Therefore, book-publisher fully rejects its responsibilities and accountability when there is any harm to anyone. Readers are self-responsible for their choice, work and their results. They should contact their judicial adviser if there is any doubt regarding this.

## **Kundalini Awakening Presents the Basic Principle of Sankhya Philosophy**

Friends, it is from Purusha that virtual prakriti got experiential existence. Before the experiential brain was formed, prakriti was running the universe despite being virtual like a shadow. It means it had no existence of its own, like the shadow of a tree. When the first experiential brain was formed, its nerve impulses generated waves inside Purusha. The purusha felt it, due to which darkness engulfed Purusha's own infinite light-form soul. It means Purusha became Prakriti. However, the nerve impulses in the form of thoughts that kept emerging in the brain, were felt luminous and conscious like Purusha. It means the Prakriti-Purusha pair was born. It is like a tree broke down in a storm and fell on its own shadow and became non-existent like the shadow. Earlier, due to the shaking of the tree due to the storm, its sketches were being made and erased on its shadow. But due to the emergence of new buds from the stump of that tree, a new tree was formed again. Now the silhouettes of that new tree started forming on that old fallen tree. Meaning, the shadow of the tree had also come into existence and the shadow-images of the new tree on it also started feeling like a real tree. Same thing happened with Purusha. Of course, Purusha in the form of light became Prakriti in the form of darkness by feeling his waves. But there was also an original Purusha who never feels anything except himself, that is, his pure soul, not even his waves being created inside him. Therefore, he can never become Prakriti by losing his soul. He can be called Scriptures based Purushottam. Purusha is just like the sky. You can make as many skies as you want from one sky.

The proof of the above fact is found in Kundalini awakening. During Kundalini awakening, the soul feels in the form of infinite light, and the entire creation is felt in it in the form of waves. But as soon as the man starts getting attached to those waves of creation, the infinite light of the soul disappears. Means the shadow of the purusha comes into existence. Actually it existed even before physically, this gave it experiential means self-form existence. Meaning now the shadow has started to feel that it exists. Earlier it was like clay and stone. Similarly they also do not feel that they exist in the spiritual or self form, but they exist in the physical form. Man again, like before, starts feeling his soul as dark prakriti and the mental thoughts flowing in it as luminous purusha-waves. Purusha-waves are created only when an ever stable purusha, that is, Purushottam, is sitting in the background. Otherwise, where will the waves come from? In this way sometimes, I feel that Kundalini awakening is the basic principle of Sankhya philosophy.

## **Kundalini Yoga makes dark matter behave as dark energy**

Friends, both the beingness of physical world and its non-beingness do not exist. Man gives existence to both. World beingness or jagatbhaav is an undivided part of Purush. Hence, Jagat-Abhaav or world's non-beingness also proved to be a part of Purush. Of course, much smaller than Bhaav. If we call Jagat-Bhaav an undivided part of Purush, then there is no problem in calling Abhaav an undivided part of Prakriti. With knowledge and sadhana, man can become Purna Purush, but how will he become Purna Prakriti? Purna Purush exists, but Purna Prakriti does not exist. By the way, even the complete Jagatbhaav does not exist. Meaning, only partial Jagatbhaav can exist. This is because Jagatbhaav gets its existence from the experience of the living beings. And there is no such living being that can experience the complete Jagatbhaav together. All the living beings of the universe cannot do this even together. Similarly, the existence of complete Jagat-Abhaav i.e. Prakriti is also not possible. This means that though the entire world of existence and the entire world of absence have a physical existence, they do not have a soul and no living being experiences them.

Because Purusha never gets destroyed, therefore it does not have an absence. This means that the shadow of Purusha cannot be formed. Shadow is actually called absence. The shadow of a tree is actually not of the tree but of light rays. The shadow of the tree is considered to be in the area

where there is an absence of light rays. Similarly, the shadow that is formed by the world is formed by the absence of Purusha offcourse virtual absence. This means that the world is like a tree and Purusha is like the Sun. Similarly, the shadow of the entire creation is Prakriti, Purusha has nothing to do with it. The absence of the entire world will be called mool prakriti. Because the entire world is also an undivided part of Purusha, That is why in practice the original nature aka mool prakriti is called the shadow of Purusha. The shadow-like absence created by Laghu, that is, the individual or the small world, will be called Laghu or the individual or the small prakriti. This means that only the individual world gets experiential existence and not the collective world. Although both have a physical existence.

Prakriti cannot directly reach the purusha. It has to climb up gradually through the purusha elements. Therefore, it keeps on increasing the undivided purusha element gradually. The smallest organisms like bacteria etc. do not have any Purusha element. But this is the first step of the body-like ladder that produces the purusha element. Then in organisms like frog, fish etc., the soul that had once become Prakriti starts feeling the purusha element. In creatures like dog, monkey, this element increases considerably. In man, this element is at the highest level. From this level, Prakriti can directly jump to the purusha through kundalini yoga. This means that a body more developed than the human body is not required. In this case, Superman etc. seem to be mythical concepts, which do not seem to have any special purpose.

We can never experience the gross world directly. Neither its presence nor its absence. We can only feel the subtle picture of the gross world that is formed on our soul. We feel the picture of the beingness of the gross world in the form of various objects like mountain, river, sun etc. We feel the non-beingness of these substances in the form of darkness. It is the subtle form of darkness. But its gross form also exists outside, just as the gross form of the subtle world experienced in the soul is in the form of the gross world outside. That gross darkness is probably called dark energy, dark matter etc.

Like the physical body, the physical world also has a life limit. Just as the body dies when it touches that limit, similarly the world also perishes when its life span is over. The gross body merges into the vyashti or individual prakriti in the form of the subtle body. The gross world merges into the collective or samashti prakriti i.e. the mool prakriti with names like dark energy and dark matter. A new body is born again from that subtle body. Similarly, a new world is also born from the mool prakriti. This trend continues cyclically for ever.

Many people say that this world originated from the Supreme Soul. In reality, nothing is born from Purusha. He is absolutely unattached. He is amazing and unique. Yes, the world gets experiential existence from his proximity. World is eternal and infinite like the purusha. The difference here is that the purusha always remains perfect and unchanging, while the world keeps changing. The world is sometimes in the form of beingness and sometimes in the form of non-beingness. It has countless levels of expression in the form of beingness and also countless levels of expression in the form of non-beingness. This world is called prakriti. When it gets proximity to the purusha, then it comes within the realm of experience, otherwise it keeps moving without experience, as if a dancer is dancing in the darkness. That is why it is said that the entire world that can be experienced is created with the cooperation of prakriti and purusha.

Similarly people say that children come from God and hence are the visible form of God. As soon as a man is born, he starts feeling the pictures of the world in his mind. They can be felt in the mind only if they are already present in the subtle body of the child, otherwise those pictures will definitely be formed but no one will feel them. What is meant to say is that those luminous pictures

can be formed only on the subtle body of darkness. If the soul of a child is in the form of a luminous purusha instead of a dark subtle body, then how can luminous pictures be made on it? Sketches cannot be made with light on a luminous wall. First, the wall has to be made black or dark. Yes, it is definitely true that children are closest to God, because they have very little feeling of ego.

Prakriti keeps manifesting and unmanifesting. This is an eternal cycle. Purusha has nothing to do with it. It is a stable, eternal and conscious element. Prakriti gets power and motion with its proximity, just like iron gets power and motion with its proximity to a magnet. Unmanifest prakriti can be called dark matter. Dark matter has only gravity, nothing else. This means that dark matter exists and even does not exist. It “does not exist” because it does not have any characteristic of an existing object. It cannot be seen, heard or touched. It is not within the reach of the senses. It “exists” because it has gravitational force. Gravitational force is also a common or small characteristic of beingness or existence. That is why it is said that the words of so and so have weight or gravity. This means that the words of so and so have practical existence. Dark energy can also be the mool prakriti. This too is indescribable like dark matter and original nature aka mool prakriti . It “is not” because it has no characteristics of a physical object. It “is” because it produces an effect like energy. So it is possible that both are the same thing. The existence of a thing is also associated with its effect. Existence is incomplete without effect. If a hard rock cannot cause injury, then there is no point in the existence of that rock. Dark matter is like that hard rock, and dark energy is the injury caused by it, which is pushing the universe outwards. Just as a rock lying in a river can stop a flowing man, and can also carry a man away with it, in the same way the original nature can bind all the celestial bodies together by behaving like dark matter, and can also push them away from each other by behaving like dark energy. The darkness of the mind of a common man is like dark matter, which pulls and binds his world towards itself. But the darkness of the mind of a Kundalini Yogi behaves like dark energy, which keeps trying to push his world out of itself. That world then comes out and keeps re-emerging in his mind, and keeps merging into the luminous soul. A balanced man has the balanced ratio of dark matter and dark energy just as in the outside stable universe.

In this sense, the creation of man’s mind should also be swinging between the expressed and the unexpressed, since time immemorial. Meaning, man’s bondage should be eternal. We will analyze this in the next post.

## **Kundalini Yoga works like a gardener**

Friends, the complete prakriti is the shadow of the entire universe. The complete prakriti is also called the original nature or mool prakriti. It is the original nature of the entire universe. The mool prakriti of the microcosm is called the Mooladhara. But the Mooladhara is a pure shadow. There is no information of any particular physical object hidden in it. It means it is a nothingness type of shadow. On the other hand, we are considering the information of the entire physical universe to be recorded in the mool prakriti. But there is no contradiction in it. In the mool prakriti, all the opposing information cancels out each other and becomes zero. The entire universe is balanced, it means it is neutral. There is as much negative as there is positive in it. In this way, both the mool prakriti and the Mooladhara are the same. It means that man can also experience the mool prakriti in the form of Mooladhara. Because the mool prakriti is the subtle form of the entire universe, it means that man can also experience the entire universe simultaneously in an indirect form, that is, in the form of Mooladhara.

There is a problem here. One can say that when all the information in the original nature vanished, how could darkness remain in it, because darkness means the presence of subtle information in it. Actually, the information did not vanish, but their total effect got cancelled out. All the information remained in it. It is like what happens when sugar and neem are added to halwa. Both these things will remain, but the halwa will neither taste sweet nor bitter to us. The same thing happens when a person reaches the Mooladhara. All the information is equal in it. That is why a uniform, non-stinging and blissful darkness is felt in it. Neither attachment to any information, nor hatred to any information. This is non-duality. That is why it is advised to live a non-dual and detached life. By this, a person reaches the Mooladhara quickly. But this happens only when along with non-duality, a full, diverse and opposing worldliness is also lived. By this, a person will collect all kinds of opposite information, which cancel each other out and make him enter the Mooladhara quickly. To me the practice of non-duality without opposing worldliness seems like a sham.

Then it is said that the Mooladhara can merge into the purusha through Kundalini awakening while developing. Then why does Moola Prakriti not merge into Purusha and disappear? Perhaps this is because Moola Prakriti has a real physical existence, which we call dark matter or dark energy etc. It is a scientific principle that a physical object can never end. It can only change its form, but it will remain forever. We call this the Theory of Conservation of Mass and Energy. An object can exist in the form of different types of objects or in the form of energy. All these forms can keep changing among themselves. But that object can never end. On the other hand, Mooladhar has no physical existence. It is the experience of a soul. That experience is even not true but illusory. Or you can say that it is just a virtual picture of Moola Prakriti created by the illusion of the soul. There is nothing real or physical in it. When the illusion ends after the soul gets wisdom, then the experience of Mooladhar becomes as the experience of Purusha. This is the true and real experience of soul. If Moola Prakriti was also just an experience and it had no physical existence, then it would have ended long ago, and the creation would not have existed. Then neither we nor you would have been there nor this colorful world. Many Vedantic people say that the mool prakriti does not exist. It is an illusion, etc. They are actually talking about the Mooladhara, which is a virtual mental picture of the mool prakriti. In physical form, the existence of the subtle mool prakriti is similar as that of the gross physical world. Humanity In Genesis 2:7 of Bible have been defined in the same way. There, we find God creating humanity in God's image. God creates humanity in a way that is very different from the way God created the physical world.



Only the Mooladhara can be merged in the purusha through Kundalini Yoga, not the mool prakriti. First the worldly garbage accumulated on each chakra is taken out. Then the Kundalini picture is filled in the empty chakra-places. Only then it remains in meditation all the time and wakes up when the right opportunity comes. It is like a gardener on a barren land. He can bloom flowers only when he first cleans that place by removing the grass, straw, bushes, pebbles etc. A well nurtured and cared for flower plant will keep rising and growing and will someday blossom into the flower of awakening.

A physical object can neither be created nor destroyed, this scientific principle also explains the principle of Sankhya philosophy. According to this also, prakriti keeps changing its form. Sometimes it is expressed, sometimes unexpressed. But it always exists. Meaning it is eternal and infinite. Therefore it is not true that prakriti or the world originated from the purusha that's God. Just like purusha, prakriti also has its own independent existence. This talk of prakriti being generated from the purusha is said for the picture of prakriti made inside the mind, that is for the individual or vyashti prakriti. The soul, that is the purusha himself takes the form of that prakriti picture. Meaning that the picture of prakriti originated from the purusha, not the real prakriti. When the soul becomes aware of its real purusha form, then it is as if that virtual picture of prakriti has again come in its real purusha form, meaning prakriti has merged in the purusha.

## **Kundalini Yoga is a connecting link between Sankhya philosophy and Vedanta philosophy**

Friends, nothing can be created from Purusha. It is actually the void sky. The visible empty and physical sky is also not actually the void sky. If the world is considered to have originated from Purusha, then it will be against the basic scientific principle according to which no substance can be created or destroyed, but can only change its form. The world being born from Purusha means being born from the void, because Purusha is the real void. But, it is the principle of Vedanta philosophy that the world dissolves into Brahma i.e. Purusha. This is actually about the mental picture of the world, not about the real or gross and physical world. This has been explained in the scriptures, especially in Yoga Vashishtha, with examples like flowers or gardens cannot bloom in the sky or horns cannot grow on the head of a rabbit, etc. It has been explained with many such examples.

Contradictions are seen between Sankhya and Vedanta philosophy due to ignorance. This happens because we impose their principles on each other. The principles of both are complete and logical within their respective philosophies. If we impose the Vedanta's world-falsity on the Sankhya philosophy, then there will be a problem. The Vedanta world is a subtle reflection of the world felt inside the brain and formed on the soul. The reflection is always false. Is the mountain seen in the mirror true? Absolutely not. But the Sankhya world is the real, gross and physical world outside. How can we consider it false? Is the rock lying on the side of the road false? Absolutely not. If the car driver considers it false like a reflection, then he can crash his car into it.

Vedanta says that Brahma is the only truth, the world is false. Brahma means the soul is the only truth, the world is a reflection formed on it, means it is false. It is like the mirror itself is the truth, and the images of the world seen in it are false, meaning they do not exist. But this principle cannot be applied to the gross world outside. There is a cause-effect tradition outside. It means that the effect cannot exist without a cause. There is a physical existence of the original nature aka mool prakriti outside, only then the physical world can be formed from it. It is like water is formed from ice and clouds from water. Water or clouds do not suddenly appear from nowhere without a reason. The image of any object is formed suddenly in a mirror, without any reason. But the object from which that image is formed, that object is formed from its parent i.e. the cause. It has not appeared suddenly. Similarly, the image of all the objects of the world is formed on the soul suddenly and without any cause. But those real worldly objects have taken millions and billions of years to be formed. If we keep pulling this cause-effect tradition back, then in the end the mool prakriti remains. The creation of the world starts from this. It cannot merge in the purusha, because the purusha is the real empty sky. Merging of the mool prakriti in it means that the mool prakriti becomes void, i.e. its destruction. And the creation of the mool prakriti from it at the time of creation means the creation of the mool prakriti. But this is against the scientific principle that nothing can be created or destroyed. It can only change its form.

What the Vedantic people say that the mool prakriti merges with the soul, is for the individual mool prakriti, not for the collective mool prakriti. Former is actually the reflection of the later made on the soul, not the real and physical mool prakriti. If you remove everything from in front of the mirror, then all the reflections of the mirror will disappear immediately. Similarly, if you remove the soul from worldly affairs, then all the reflections of the world will disappear. Of course, the reflection of the mool prakriti takes more time to disappear, because it is created from the illusion or ignorance of the soul. The disappearance of the reflection of the mool prakriti is called its merging with the soul or the Supreme Soul. Nothing was merged, because when nothing was created, then what would be merged. It appears to be created and merged from illusion only.

Kundalini Yogi marries the philosophy of Sankhya and Vedanta. First, the Yogi worships prakriti as per Sankhya and considers it to be real and distinct, and remains engrossed in it. Then when he likes some object, lover, Guru, God etc., he becomes attached to it and keeps thinking about it all the time, even while being fully active in worldly affairs. This makes his attention towards it firm. Then he himself reaches the higher level of yoga and starts doing Kundalini Yoga. This makes that object his meditation picture and gives him immense joy and peace. Then, inspired by this, he himself climbs one more step higher and takes additional help from Tantra. This makes the meditation picture become Kundalini picture. Soon his Kundalini awakens. This means that he gets so lost in the memory of that picture that it becomes one with his soul. The nature or prakriti which was earlier separate from Purusha as per Sankhya, now merges with Purusha as per Vedanta. Meaning Sankhya philosophy is transformed into Vedanta philosophy.

Of course, each Vedic philosophy outlines a different kind of religion or way of life, but to me they all seem to be interconnected. The development of these philosophies exactly matches the development of a man's life. In childhood, when a man learns and adopts calculations and rationality to acquire knowledge, he should be considered to be situated in purely physical and logical philosophies like Nyaya philosophy and Vaisheshika philosophy. When he reaches the loving adolescence and early householder stage, he should be considered to be situated in Sankhya philosophy. In the later householder stage, he should be considered to be situated in Yoga philosophy, because then he also practices Yoga. Along with Yoga, he also starts performing Sanatan religious acts like rituals, because both have an unbreakable relationship with each other. This should be considered to be the stage of Purva Mimamsa philosophy. Then when he gets awakened, after that he is promoted to Vedanta philosophy i.e. Uttar Mimamsa philosophy. In this way, all the six Vedic philosophies come in his lifetime. It also advocates mutually cooperative existence of all darshans and all religions.

Many people believe that these philosophies have developed gradually in different periods in the above mentioned order. This view is also correct, because the development of the entire human race has also happened in a sequential manner, almost like the development of a single human being in his lifetime. First of all, in the primitive human era, materialistic philosophies like Nyaya and Vaisheshika came into existence. Then when human civilization developed a bit, the Sankhya and Yoga philosophies emerged. At the peak of intellectual development of human civilization, they got merged in the Purva Mimamsa and Vedanta philosophies. Be it individual or society, everything is seen developing gradually from ignorance to knowledge.

Sankhya philosophy says that prakriti first misleads a man and then liberates him. Actually, it is like a beautiful girl who first charms a man with her beauty, grace and gestures and makes him dance, and later leaves him or marries him. When a man understands prakriti and the worldliness born from it fully in a practical way, only then can he overcome it with the help of further philosophies, otherwise not. We have also said the same thing in this post from our personal experience. This is a web of bookish words. But everything looks very clear and beautiful in practice. Sankhya philosophy may seem materialistic, but its aim is spiritual. Therefore, it is completely opposite to common and stupid materialism. Although both are same but differs in mental attitude. Pure physical beings adopt materialism solely for enjoyment while sankhya based physical beings adopt it mainly for liberation in the end, enjoyment being the secondary or as a by-product.

## **Kundalini Yoga can format mind-hard disk fully**

Friends, nature aka Prakriti and man aka Purusha in Sankhya school of thought are known as the mother and father of this creation respectively. Every thing is created with the cooperation of Prakriti and Purusha. Prakriti is a blackboard and Purusha is a movie running on it. If there is no blackboard, there is no movie. If there is no movie then there is no blackboard either. Both are fully dependent on each other. It is not possible for them to live separately and purposefully. Similarly, if there is no darkness of Tamoguna in prakriti then the light-form world cannot be expressed.

White chalk cannot write on a white board. Writing can be done with the white chalk only on the black black board. Similarly, a conscious picture of the world cannot be created using only the conscious Purusha. For constructing the conscious world-picture, the background of unconscious Prakriti should also be available. This is all spirituality. Here the whole world is inside the mind and brain. We do not need to go down to the fundamental particle physically. Here the birth and death of the world is going on every moment. New pictures are being created, old ones are being erased. Prakriti is the blackboard of mind filled with emptiness and darkness, whereas Purusha is the ink of conscious experience. It is constantly being written and erased. The blackboard is never destroyed, and neither is the ink. Both are imperishable, immortal and eternal. Both are two opposite poles of existence. One is yin and one is yang. There is a mother who accepts the play of the bright ink of consciousness on her. There is a father who keeps drawing his beloved Prakriti for his bright paintings. As he continues to draw pictures, objects continue to be born. This entire creation is pictorial, not real. Also look at the gross physicality outside the brain. So that too is pictorial, only the gross pictures are a little more stable, and are created sequentially and slowly. As if first of all pictures of fundamental particles will be formed in the macro space outside. Then, while acting and reacting with each other, they will continue to grow and create new pictures according to a specified sequence and scientific principle. Only pictures of the original particle are engraved outside the brain. Later they become different pictures of the developed world growing in the womb of Mother Prakriti. But any desired picture is created in the sky of the mind in a moment. This happens because it is a reflection of the outside picture, not the real picture. However, there is no difference in the nature of image and reflection. It is like seeing the reflection of Mount Kailash in the water of Manasarovar lake with one's own eyes. That reflection of the mountain would remain in the water throughout the day and it was formed slowly. It will not be there at night at all. Then as the Sun rises and climbs, that image will gradually become clearer and larger. Many factors are necessary to create it. But the eye immediately created that image in the brain because it was already fully made. To create it, nothing else was needed, just a body with eyes and a brain. So both the pictures are the same. Similarly, it took billions and trillions of years to create the pictures of the world in the outer sky. But to draw those pictures, only a body is needed which can draw those pictures in a moment. We are not even aware of the pictures outside, because we cannot feel them. We feel only the pictures within. We can judge outside only from within. When the inner picture of the world disappears, its trace remains on the mental blackboard. This is what we call the subtle body on which the pictures of all the previous births of the man remain buried in subtle form. It is like even after deleting data from the phone's memory, it remains hidden in it, which can be found and retrieved again. It can be completely erased only through the special app called Kundalini Yoga. This body is like a unique electronic camera. Due to damage to the camera, all the pictures inside it get erased, but the electricity remains, and so do the materials that make up the camera's screen. Meaning, with the destruction of the body, the world-images inside are destroyed, but Purusha and prakriti still remain. Both of them are eternal. The eternal can only be void-space, nothing else. Meaning, Purusha is the same void-sky, and Prakriti is also the same void-sky. Both are like two sides of the same coin.

Conscious void-space meaning Purusha becomes unconscious void-space meaning Prakriti by illusion produced by spiritual ignorance. However the original Purusha-Akash remains the same and conscious as earlier. By the same original Purusha-sky, images continue to be carved on its own confused form. The original Purusha i.e. Purushottam or Supreme Soul is there as such, while the confused Purusha becomes the soul or Prakriti. It is just like it is said in Shiva Purana that from the one and only Shiva was born the pair of man and woman i.e. Purusha and Prakriti.

## Kundalini Yoga increases Satva Guna

Friends, According to the scriptures, the universe is made with the cooperation of Purusha and Prakriti. Only Prakriti has all the three Gunas, not Purusha. Purusha is Gunaatita means he is beyond the three Gunas. Purusha is pure soul. Prakriti is inert. It means that Prakriti does not have its own existence. Prakriti is virtual. Then who feels the three Gunas of Prakriti? It is Purusha only who feels the Gunas of Prakriti. Nature or prakriti has been given a feminine form because there is more similarity between the two. A woman wants to show her beauty and looks to the world as much as possible by dressing up and so does nature. Seeing beautiful nature reminds one of a beautiful woman. Similarly, seeing a beautiful woman brings alive the charming nature. A man does not enjoy going anywhere without a woman. Actually, a man is connected to nature, that is, he is bound. This is what we call a bound soul. When he separates himself from nature by behaving indifferently towards its qualities, then he again becomes a free soul, that is, a pure soul. It is worth noting here that to be free, it is necessary to be bound. The first step to liberation is bondage. How can an animal that is not even tied to a peg be free from it? In the living state of a man, his soul feels the rising and falling waves of the three Gunas of Prakriti. This is considered to be the sign of a man's living state. The more and faster the waves are formed in him, the more alive he is considered to be. When one meets a lover, the wave of Satva Guna rises. Love and happiness overflow all around the mind. Old memories become fresh in beautiful forms. There is a smile and glow on the face. There is a good appetite, one feels like working. The person is filled with a good mentality. When there is separation from her or him, the rising wave of Sattva Guna descends and falls below the base or ground level. All the happiness seems to disappear. The mind turns into depression. Old beautiful memories disappear in the deep darkness. A feeling of hatred and sadness engulfs the mind. There is a wrinkle and darkness on the face. Hunger disappears. One does not feel like working. What was earlier a wave of Sattva Guna, becomes a wave of Tamo Guna. During the mutual change between Sattva Guna and Tamo Guna, there is also a state of a small wave of Rajo Guna. It means that there is no immediate change from Sattva Guna to Tamo Guna and Tamo Guna to Sattva Guna, but it goes through Rajo Guna. We can call Rajo Guna a slightly rising wave. The basic nature of a human being is considered to be Rajo Guni. Meaning he is so busy in work that he is rarely able to raise the mental wave to the high level of Satva Guna. Sadhus raise it through meditation. Gods are called Satva Guni. Meaning their Satva Guna is of a high level. Of course there is no wave in it because they do not have a physical body. The various human-like idol forms given to the various gods are all imaginary, although they are very similar to their real forms. Similarly, all animal species are called Tamo Guni. This happens due to the lack of brain i.e. mind in them. That is why it is said that Satva Guni people go to Devlok or get liberated, Rajo Guni people attain human life again and Tamo Guni people attain animal life.

Now the question is that after death, till the time a body is not gotten, in what state do the gunas remain in the soul. In the previous article also we had thrown light on this fact of the scriptures that at that time all the three basic qualities that's gunas remain in equilibrium. Equilibrium means that the quantity of the three qualities can vary among themselves, but each quality will be at a certain fixed level only. Meaning it will not change. Because without a body waves will not be formed in it. I had experienced a greater amount of Sattva Guna in the pure soul. It seemed as if the sun like an endless sky was covered by a thin membrane or veil and darkness was created from it. But that darkness was as bright as mascara, and as if the pressure of the sun rays wanted to burst that covering membrane. Sattva Guna is also a symbol of light. Still nothing was changing. There was no movement anywhere. The invisible movement like boiling that was felt was probably the basic Rajoguna. However, it was only an apparent movement, not real. Tamoguna was already there in the form of darkness like kajal or mascara. Consider the shine in kajal as Sattva Guna. Still that soul

seemed pure and Satvik to me. Once during yoga I also felt an evil soul for a few moments. Its darkness seemed scary and full of sin, hatred and feelings of revenge. That soul had also harmed an acquaintance of mine that day, but he had survived safely. Meaning that there are subtle variations among souls in the form of different guna-groups. Superficially all souls look the same to us, but it is not so. The soul of a person is the same as the gunas and karmas of all his births.

There is also a psychological fact here which is related to yoga. Tamoguna is formed by worldliness adopted with attachment. But if attachment is removed from it through Kundalini yoga, then the same worldliness becomes Satoguna. Meaning that Satoguna increases with yoga. Rajoguna is the name of movement. Meaning that while Tamoguna is going towards Satoguna, it passes through Rajoguna. Meaning that the process of Satoguna turning into tamoguna and tamoguna turning into Satoguna is called Rajoguna. Both Satoguna and Tamoguna have a share in this, because one guna is getting destroyed and the other guna is getting formed. The soul's natural tendency to move from Tamoguna to Satvaguna is Rajoguna, and that is what I felt as a virtual boiling or surge in the soul. Ignoring the natural tendency, people deliberately go from Satoguna to Tamoguna by doing bad or mean or sinful deeds. Sometimes they go directly from Satoguna to Tamoguna and sometimes go slowly through Rajoguna. Rajoguna comes in between in both situations. Of course, a little in the first situation and more in the second. Many Yogis enter into satoguna from Tamoguna immediately with aggressive tantric Kundalini Yoga. Many people reach Satva Guna from tamoguna after going through the worldly life alongwith Rajoguna for a long time. This process of change of Guna or transformation of Guna continues like this.

## **Kundalini Yoga removes the dark mark on the soul**

The formation of a wave in the mind is called Satvaguna. The disappearance of that wave is called Tamoguna. The dynamic state of change between the formation and disappearance of a wave is called Rajoguna. When a thought is formed, it is a wave of Satvaguna and when it disappears, the darkness of Tamoguna prevails. It is also a wave but it is not visible due to darkness or say it's in the form of type and extent of darkness that's hard to differentiate. The more a wave rises upwards, the more it sinks downwards, meaning it goes towards the netherworld or the pit or darkness. If seen, the initial virtual existence is of Satoguna only. Tamoguna is its virtual mark on the soul which is in the form of darkness. Both the Gunas are false or virtual, but first a wave of Satoguna was created in the Nirgun soul. Then Tamoguna was formed from it, then Satoguna from it, then Tamoguna from it, then Satoguna and this sequence has been going on since time immemorial. The Nirgun soul is also like Sattva Guna, as it is luminous, full of bliss, and full of existence, but there are no virtual waves in it. Due to the creation of virtual waves in it by the body, it became a living soul with Sattva Guna. However, the original God always remains the same Nirgun. There is no change in it. Then once Sattva was created in the living soul, then the sequence of changes of gunas was bound to continue as mentioned above. A seed keeps getting created from a tree and a tree from a seed. This is the game or disease of birth and death, whatever you may call it. It is not me saying this, but the scriptures are saying this. A man or any living being is afraid of death because he fears that he will have to go through the process of a new birth full of sufferings again. He fears this because he sees the cyclical change of gunas in his life every day. After experiencing darkness, he has to experience light as well. He cannot remain in darkness continuously. Because both are relative to each other. That is why he feels in his subconscious mind that he is going from the darkness of death to the light of birth. If death were to continue permanently, then it would be like liberation that's free of all sufferings. Then no one would be afraid of it.

All the information of the luminous wave of thought is recorded in its darkness. The soul is the middle level of the water-like living being. I called the living being water-like because waves keep rising in it like water. Perhaps that is why water is called a deity. When the wave buried or say submerged below ends and existence-water reaches the surface level, then the soul starts feeling its peaceful state. Before it is fully felt, a new wave rises again, and the same process is repeated. This sequence continues indefinitely. In this way man is not able to attain peace of soul. Although soul is a calm state between the high wave of Satva Guna and the low wave of Tamo Guna. But it is said that it is experienced in the form of Kundalini awakening only when Satva Guna is at its peak. This peak of Satva Guna is attained only through the meditation of Kundalini Yoga. By the way, the intermediate state which we are calling Atma (soul) is not the pure Atma but the living soul that have all three gunas in equilibrium. What is experienced by Kundalini awakening is the pure Atma that's nirguna or devoid of gunas, not the impure living soul. Hence, there is no contradiction here. I think Buddhists find the changing Atman true because of this very same reason as only changing Atman though changing gunas has more chance to touch the peak of satoguna in the form of kundalini awakening rather than unchanging Atman.

In this way we can see that soul feels the three qualities of nature by imposing them on itself. It means that soul takes the form of nature itself. It means that it takes the form of the three qualities of virtual nature. When nature itself is non-existent, then how can its three qualities exist. This is called the illusory world. It means that all changes are false, but Buddhists consider momentaryism i.e. changeability to be true. Perhaps they have considered the union of Purusha and Prakriti as pure soul. Or it can be something else also. This is what is said in the scriptures that the world is made of the union of prakriti and Purusha. In reality, prakriti does not exist. It is virtual like a computer game,



but the soul assumes the form of this virtual prakriti and gives it existence. The real existence is only of the soul. That is why it is said in Advaita Vedanta that the soul is everything. There is nothing else.

But of course prakriti is virtual, but in practice it leaves its effect, which is visible on the soul. That is why the dualistic philosophy of Sankhya darshan in the form of Prakriti-Purushvaad is called a more practical philosophy. Although the influence of each other is visible in all the philosophies. Just look at the Apurvavaad of Purva Mimamsa philosophy. This philosophy says that Apurva that's 'as not before' is born in the soul due to any action done by its embodied being. That Apurva is destroyed only when the fruit of that action is received. That Apurva is the impression of darkness that falls on the soul due to that action, in which all the information of that action is hidden. When this imprint appears in the form of an event in a physical form, then we call it the fruit of that karma. Because the energy of that imprint or Apurva got weakened or destroyed by coming out. Therefore, the imprint of darkness recorded on the soul also gets erased. Perhaps, this is how karmas get weakened by yoga. Due to Kundalini Yoga, thoughts related to old karmas keep on pouring in the mind, due to which the shadow of darkness created by them on the soul keeps on getting erased. Of course, it gets erased more slowly than getting the fruit, but it does get erased. That is why it is said that sins get destroyed by yoga. Every activity of a person gets recorded on the soul. Whether it is physical or mental. No matter how cleverly or with how much detachment that activity was carried out. Perhaps, that is why it is said that nothing is hidden from God. The imprint recorded on the soul is what we call the sanskaras or subconscious mind. Whatever we learn or read, we do not remember it all. But we feel a kind of transformation inside us because of it. This is felt only because of the imprint they leave on the soul. This is why I feel that old memories are stored in the soul. The brain only works to express them in the gross form of waves. Consider the soul to be a subtle wave. Consider the old memories to be subtle audio-visual signals superimposed on it. Consider the brain to be a decoder and amplifier, which converts and amplifies the subtle signals present on the soul back into gross audio-visual thoughts. The proof of this is that many people remember the events of their previous births correctly. Their body, brain, mind etc. of the previous birth were all burnt to ashes. Then how did those memories go to the next birth? They can go only by remaining on the soul, there is no other way.

Friends, I think I was connected to music in my previous life. In my dreams, I often sing songs in clear, sweet and soulful tunes, in an enthusiastic way alone or in crowd of procession, especially devotional bhajans of Goddess Mother. I have even recorded many songs after immediately waking up from sleep. I know an acquaintance of mine who prepares the entire song on the computer itself. Everything like music etc. is added by software. If the Goddess blesses, it is possible that an album of the bhajans of my dreams will be released soon.

## **Kundalini Yoga dispels the darkness of thought waves**

Friends, in this post we are going towards a little deeper philosophy. If someone does not want to go too deep, he can even skip this post. Let us first understand the beginning of the formation of waves in the soul. First of all, the soul was completely pure. It was like God. Then it got attached to a body. The brain created a virtual movement or wave in that soul. The wave that was formed covered the eternal light of the soul. How much did it cover? As much as the effect of one wave was. Then the darkness of the soul increased further with the second wave. More with the third, more with the fourth. This continued. It is like the lesser number of leaves on a tree makes a less dense shadow on the ground. But as the number of leaves increases, the density of the shadow also increases. Single leaf has been likened here to a single thought wave. In a way, the shadow of the denser leaves contains the information of each level of the less dense leaves. This is because the greater quantity of something includes all the lesser quantities of that thing itself. The same happens with the soul. The darkness created by its higher waves includes the darkness created by each level of its lower waves. Or you can say that each type of wave created its kind of darkness in the soul. It means that whatever waves have been created till today, the darkness of their kinds has been created in the soul. It means that every thought wave is recorded in the soul as a special darkness like that wave. Of course, superficially we may not feel those darknesses separately in the soul. It is like the information of each type of leaves of a tree was recorded in the shade of that tree in its own time. When the shade of the new level of leaves is formed, the shadow of the old level of leaves gets erased. But when new darkness is formed in the soul from the new wave, all the old darkness created by the old waves remains recorded, they do not get erased. That is why by looking at the shade of the tree, only one shade is felt and the other older shades are not experienced. But on feeling the darkness of the soul, it feels like that darkness is one, but in it, various information of its countless living states or births with countless bodies are recorded. However, this is a very subtle feeling and doesn't look like differentiated but a single one. This can happen only if every information is present in the form of a separate darkness. If all the other small darknesses of the soul were erased or suppressed in the big darkness of the soul like the shade of a tree, then all souls would be the same. And then the principle of karma-phala would also not be applicable. Meaning that if the information of any karma is not present in the soul, then its fruit would also not be received. But nothing like this happens?

It is worth noticing here that God did not forcefully bind anyone. He had just shown nature aka Prakriti to the soul aka Purusha. If the soul wanted, it could have rejected it. But it chose it by leaving its own eternal form. Due to this, it got bound. Meaning God wanted to give it the additional bliss of nature. But due to the attachment of the soul, the opposite happened, meaning its eternal bliss also went away.

If some leaves fall after the dense shade of the tree, then that old dense shade vanishes on its own and is replaced by light shade. But if a light wave is formed in the soul after the deep waves, then the darkness created by the old deep wave does not vanish on its own. Of course, a new and light darkness gets added to the soul with a new and light or non-attached thought wave. The shade of the tree does not stick to the ground, but it vanishes immediately with the removal of the leaves that create the shade. But the darkness of the soul remains attached to the soul. Of course, the thought wave that creates that darkness may go away, but the darkness does not go away. Perhaps it gradually goes away by regularly remembering that thought wave. Perhaps this is what happens with Kundalini Yoga.

### **Kundalini Shakti makes the meditation picture kept in the mool prakriti awakened**

Friends, this is a very short but very meaningful post. Is Mooladhar the fundamental nature aka mool prakriti itself? This thought came to my mind. Why not analyze it. The adhar or base of man is the individual nature i.e. the soul. It is different for all living beings. The quality, size, height of the building depend on the base. It means that all the information of the future building is recorded in the base. Similarly, all the future information of the man is recorded in his soul, such as his birth, qualities or gunas, deeds, results or fruits etc.

The adhar is different and special for every living being, but Mooladhar is the same for everyone. The adhar should be considered synonymous with prakriti and the mool adhar should be considered synonymous with the mool prakriti. It is also said that what is the nature or prakriti of a certain man. That is, what is his habits or lifestyle? All the individual adharas are formed from the Mooladhar. The adhar should first be transformed into the Mooladhar. Only then will the real beginning of Kundalini Yoga take place. Through Karma Yoga, the information buried in the soul of a man will emerge and be destroyed through detachment. When the box of the soul becomes almost empty, then it will become the Mooladhar. Meaning that there will be no worldly information buried in it. It is just like purusha. The only difference is that unlike the purusha, it will be dark. Meaning that it will be like the virtual shadow of the purusha. When the mental picture of the form of Guru etc. is meditated upon when the soul of a man is in the Mooladhar state, then meditation happens easily. This is because there is no other buried garbage in the soul that can absorb the power of meditation and become powerful or manifest. When Kundalini power is also given to that meditation picture through Tantric Kundalini Yoga, then it starts flaring like a flame of fire. Due to this, it awakens quickly.

## **Kundalini awakening makes seed a full grown tree**

Friends, the mystery of creation has been explained best by Sankhya philosophy. Perhaps the scriptures mean that even if prakriti created the creation in the beginning, it was the prakriti-purusha couple who created it, because prakriti created the creation inspired by the possibility of union with the purusha. What Buddha did not explain to his inquisitive disciple in the olden days due to lack of time that where did the disease of life and death start from, can be understood from Sankhya philosophy. Man has always been suffering from this disease of bondage and also not. The bondage started when the first experiential brain was formed. It means that the soul came into existence then. But the prakriti on which the luminous sketch was made by the purusha, that prakriti is eternal. It means that the soul was in the form of prakriti since time immemorial. It means that the soul was in bondage since time immemorial, but it is not so either, because prakriti is like a shadow which does not exist. Something that is eternal cannot have an end. I do not understand this thing written in many places in the scriptures which says that bondage is eternal, but it can end. This is impossible. Only that which has had a beginning can end. Perhaps they are right but we misunderstand. One of their purposes in saying this is to scare us with bondage and not make the mistake of considering it weak. The second purpose is to rule out the possibility that purusha can get into bondage at any time after liberation. If this were so, then people would not make much effort to eradicate bondage because they would have the fear of getting into bondage again. Perhaps what they mean by saying that bondage is eternal is that prakriti is eternal, not that the soul is eternal. Perhaps what they mean is that this tradition of bondage is eternal and does not end with a single man getting free. Besides, God cannot be so cruel that he has kept all living beings bound since time immemorial. The final purpose seems to be that people should avoid the hassle of esoteric philosophy and focus only on sadhana. By the way, it has been said in many places in the scriptures that a certain person has become or becomes free in just one human birth, someone else has to take ten births, someone else has to take a hundred etc. This means that the bondage started at some point of time and it is not eternal.

Actually prakriti exists and does not exist even. That is why it is called indescribable in the scriptures. The shadow of a tree is also indescribable. It seems existing because it's visible, but in reality it does not exist. Meaning the bondage of a living being or a man is both eternal and not eternal either. Theoretically it is eternal but experientially it had its beginning. When the soul is formed then its merger in the purusha is only possible final event, otherwise it will keep wandering experiencing happiness and sorrow even though it is non-existent. It is surprising that how does the soul come into existence even though it does not exist? This is the game of prakriti-purusha. The soul is just an illusion. Meaning the soul is not created but an illusion is created. When the illusion ends then the bondage ends.

If prakriti is the land then the purusha is the tree. When the seed of a tree falls on the ground then it starts growing and by growing it becomes a tree. As the tree grows, the land becomes less visible and the tree becomes more visible. In the end the tree spreads so much that the land is not visible at all from the top of its clumps of leaves. It seems that both the land and the seed have become a tree. But in reality only the seed becomes a tree. The land remains the same as before. The land does not get destroyed or merged anywhere by a seed becoming a tree, but it remains the same to make other seeds trees. Similarly, there is Prakriti which is like virtual land even though it does not exist.

The land was at the bottom most. It wanted to touch the heights of the sky. If not the sky, at least up to the height of the tree. But it could not do this directly. So it took the help of the tree. It grew the seed of the tree and raised it high. Although the land could not rise high itself, it got the credit of

raising the trees, which was enough to console it. Similarly, the shadow of the purusha, i.e. prakriti also wanted to become great like the purusha. It could not do this directly because the shadow of a tree can never become a tree and even can never merge with it. So it took the help of the seed of the purusha. It started growing the seed of the purusha, i.e. the soul and raised it as high as the purusha by awakening the Kundalini. Of course Prakriti herself could not become purusha, but she got the credit of uplifting the living souls, which was enough to give her solace. A mother is also almost like this, that is why Prakriti and earth both are also called Maa.

## **Kundalini Awakening Presents the Basic Principle of Sankhya Philosophy**

Friends, it is from Purusha that virtual prakriti got experiential existence. Before the experiential brain was formed, prakriti was running the universe despite being virtual like a shadow. It means it had no existence of its own, like the shadow of a tree. When the first experiential brain was formed, its nerve impulses generated waves inside Purusha. The purusha felt it, due to which darkness engulfed Purusha's own infinite light-form soul. It means Purusha became Prakriti. However, the nerve impulses in the form of thoughts that kept emerging in the brain, were felt luminous and conscious like Purusha. It means the Prakriti-Purusha pair was born. It is like a tree broke down in a storm and fell on its own shadow and became non-existent like the shadow. Earlier, due to the shaking of the tree due to the storm, its sketches were being made and erased on its shadow. But due to the emergence of new buds from the stump of that tree, a new tree was formed again. Now the silhouettes of that new tree started forming on that old fallen tree. Meaning, the shadow of the tree had also come into existence and the shadow-images of the new tree on it also started feeling like a real tree. Same thing happened with Purusha. Of course, Purusha in the form of light became Prakriti in the form of darkness by feeling his waves. But there was also an original Purusha who never feels anything except himself, that is, his pure soul, not even his waves being created inside him. Therefore, he can never become Prakriti by losing his soul. He can be called Scriptures based Purushottam. Purusha is just like the sky. You can make as many skies as you want from one sky.

The proof of the above fact is found in Kundalini awakening. During Kundalini awakening, the soul feels in the form of infinite light, and the entire creation is felt in it in the form of waves. But as soon as the man starts getting attached to those waves of creation, the infinite light of the soul disappears. Means the shadow of the purusha comes into existence. Actually it existed even before physically, this gave it experiential means self-form existence. Meaning now the shadow has started to feel that it exists. Earlier it was like clay and stone. Similarly they also do not feel that they exist in the spiritual or self form, but they exist in the physical form. Man again, like before, starts feeling his soul as dark prakriti and the mental thoughts flowing in it as luminous purusha-waves. Purusha-waves are created only when an ever stable purusha, that is, Purushottam, is sitting in the background. Otherwise, where will the waves come from? In this way sometimes, I feel that Kundalini awakening is the basic principle of Sankhya philosophy.

## **Kundalini Yoga works like a gardener**

Friends, the complete prakriti is the shadow of the entire universe. The complete prakriti is also called the original nature or mool prakriti. It is the original nature of the entire universe. The mool prakriti of the microcosm is called the Mooladhara. But the Mooladhara is a pure shadow. There is no information of any particular physical object hidden in it. It means it is a nothingness type of shadow. On the other hand, we are considering the information of the entire physical universe to be recorded in the mool prakriti. But there is no contradiction in it. In the mool prakriti, all the opposing information cancels out each other and becomes zero. The entire universe is balanced, it means it is neutral. There is as much negative as there is positive in it. In this way, both the mool prakriti and the Mooladhara are the same. It means that man can also experience the mool prakriti in the form of Mooladhara. Because the mool prakriti is the subtle form of the entire universe, it means that man can also experience the entire universe simultaneously in an indirect form, that is, in the form of Mooladhara.

There is a problem here. One can say that when all the information in the original nature vanished, how could darkness remain in it, because darkness means the presence of subtle information in it. Actually, the information did not vanish, but their total effect got cancelled out. All the information

remained in it. It is like what happens when sugar and neem are added to halwa. Both these things will remain, but the halwa will neither taste sweet nor bitter to us. The same thing happens when a person reaches the Mooladhara. All the information is equal in it. That is why a uniform, non-stinging and blissful darkness is felt in it. Neither attachment to any information, nor hatred to any information. This is non-duality. That is why it is advised to live a non-dual and detached life. By this, a person reaches the Mooladhara quickly. But this happens only when along with non-duality, a full, diverse and opposing worldliness is also lived. By this, a person will collect all kinds of opposite information, which cancel each other out and make him enter the Mooladhara quickly. To me the practice of non-duality without opposing worldliness seems like a sham.

Then it is said that the Mooladhara can merge into the purusha through Kundalini awakening while developing. Then why does Moola Prakriti not merge into Purusha and disappear? Perhaps this is because Moola Prakriti has a real physical existence, which we call dark matter or dark energy etc. It is a scientific principle that a physical object can never end. It can only change its form, but it will remain forever. We call this the Theory of Conservation of Mass and Energy. An object can exist in the form of different types of objects or in the form of energy. All these forms can keep changing among themselves. But that object can never end. On the other hand, Mooladhar has no physical existence. It is the experience of a soul. That experience is even not true but illusory. Or you can say that it is just a virtual picture of Moola Prakriti created by the illusion of the soul. There is nothing real or physical in it. When the illusion ends after the soul gets wisdom, then the experience of Mooladhar becomes as the experience of Purusha. This is the true and real experience of soul. If Moola Prakriti was also just an experience and it had no physical existence, then it would have ended long ago, and the creation would not have existed. Then neither we nor you would have been there nor this colorful world. Many Vedantic people say that the mool prakriti does not exist. It is an illusion, etc. They are actually talking about the Mooladhara, which is a virtual mental picture of the mool prakriti. In physical form, the existence of the subtle mool prakriti is similar as that of the gross physical world. Humanity In Genesis 2:7 of Bible have been defined in the same way. There, we find God creating humanity in God's image. God creates humanity in a way that is very different from the way God created the physical world.

Only the Mooladhara can be merged in the purusha through Kundalini Yoga, not the mool prakriti. First the worldly garbage accumulated on each chakra is taken out. Then the Kundalini picture is filled in the empty chakra-places. Only then it remains in meditation all the time and wakes up when the right opportunity comes. It is like a gardener on a barren land. He can bloom flowers only when he first cleans that place by removing the grass, straw, bushes, pebbles etc. A well nurtured and cared for flower plant will keep rising and growing and will someday blossom into the flower of awakening.

A physical object can neither be created nor destroyed, this scientific principle also explains the principle of Sankhya philosophy. According to this also, prakriti keeps changing its form. Sometimes it is expressed, sometimes unexpressed. But it always exists. Meaning it is eternal and infinite. Therefore it is not true that prakriti or the world originated from the purusha that's God. Just like purusha, prakriti also has its own independent existence. This talk of prakriti being generated from the purusha is said for the picture of prakriti made inside the mind, that is for the individual or vyashti prakriti. The soul, that is the purusha himself takes the form of that prakriti picture. Meaning that the picture of prakriti originated from the purusha, not the real prakriti. When the soul becomes aware of its real purusha form, then it is as if that virtual picture of prakriti has again come in its real purusha form, meaning prakriti has merged in the purusha.





## **Kundalini Yoga is a connecting link between Sankhya philosophy and Vedanta philosophy**

Friends, nothing can be created from Purusha. It is actually the void sky. The visible empty and physical sky is also not actually the void sky. If the world is considered to have originated from Purusha, then it will be against the basic scientific principle according to which no substance can be created or destroyed, but can only change its form. The world being born from Purusha means being born from the void, because Purusha is the real void. But, it is the principle of Vedanta philosophy that the world dissolves into Brahma i.e. Purusha. This is actually about the mental picture of the world, not about the real or gross and physical world. This has been explained in the scriptures, especially in Yoga Vashishtha, with examples like flowers or gardens cannot bloom in the sky or horns cannot grow on the head of a rabbit, etc. It has been explained with many such examples.

Contradictions are seen between Sankhya and Vedanta philosophy due to ignorance. This happens because we impose their principles on each other. The principles of both are complete and logical within their respective philosophies. If we impose the Vedanta's world-falsity on the Sankhya philosophy, then there will be a problem. The Vedanta world is a subtle reflection of the world felt inside the brain and formed on the soul. The reflection is always false. Is the mountain seen in the mirror true? Absolutely not. But the Sankhya world is the real, gross and physical world outside. How can we consider it false? Is the rock lying on the side of the road false? Absolutely not. If the car driver considers it false like a reflection, then he can crash his car into it.

Vedanta says that Brahma is the only truth, the world is false. Brahma means the soul is the only truth, the world is a reflection formed on it, means it is false. It is like the mirror itself is the truth, and the images of the world seen in it are false, meaning they do not exist. But this principle cannot be applied to the gross world outside. There is a cause-effect tradition outside. It means that the effect cannot exist without a cause. There is a physical existence of the original nature aka mool prakriti outside, only then the physical world can be formed from it. It is like water is formed from ice and clouds from water. Water or clouds do not suddenly appear from nowhere without a reason. The image of any object is formed suddenly in a mirror, without any reason. But the object from which that image is formed, that object is formed from its parent i.e. the cause. It has not appeared suddenly. Similarly, the image of all the objects of the world is formed on the soul suddenly and without any cause. But those real worldly objects have taken millions and billions of years to be formed. If we keep pulling this cause-effect tradition back, then in the end the mool prakriti remains. The creation of the world starts from this. It cannot merge in the purusha, because the purusha is the real empty sky. Merging of the mool prakriti in it means that the mool prakriti becomes void, i.e. its destruction. And the creation of the mool prakriti from it at the time of creation means the creation of the mool prakriti. But this is against the scientific principle that nothing can be created or destroyed. It can only change its form.

What the Vedantic people say that the mool prakriti merges with the soul, is for the individual mool prakriti, not for the collective mool prakriti. Former is actually the reflection of the later made on the soul, not the real and physical mool prakriti. If you remove everything from in front of the mirror, then all the reflections of the mirror will disappear immediately. Similarly, if you remove the soul from worldly affairs, then all the reflections of the world will disappear. Of course, the reflection of the mool prakriti takes more time to disappear, because it is created from the illusion or ignorance of the soul. The disappearance of the reflection of the mool prakriti is called its merging with the soul or the Supreme Soul. Nothing was merged, because when nothing was created, then what would be merged. It appears to be created and merged from illusion only.

Kundalini Yogi marries the philosophy of Sankhya and Vedanta. First, the Yogi worships prakriti as per Sankhya and considers it to be real and distinct, and remains engrossed in it. Then when he likes some object, lover, Guru, God etc., he becomes attached to it and keeps thinking about it all the time, even while being fully active in worldly affairs. This makes his attention towards it firm. Then he himself reaches the higher level of yoga and starts doing Kundalini Yoga. This makes that object his meditation picture and gives him immense joy and peace. Then, inspired by this, he himself climbs one more step higher and takes additional help from Tantra. This makes the meditation picture become Kundalini picture. Soon his Kundalini awakens. This means that he gets so lost in the memory of that picture that it becomes one with his soul. The nature or prakriti which was earlier separate from Purusha as per Sankhya, now merges with Purusha as per Vedanta. Meaning Sankhya philosophy is transformed into Vedanta philosophy.

Of course, each Vedic philosophy outlines a different kind of religion or way of life, but to me they all seem to be interconnected. The development of these philosophies exactly matches the development of a man's life. In childhood, when a man learns and adopts calculations and rationality to acquire knowledge, he should be considered to be situated in purely physical and logical philosophies like Nyaya philosophy and Vaisheshika philosophy. When he reaches the loving adolescence and early householder stage, he should be considered to be situated in Sankhya philosophy. In the later householder stage, he should be considered to be situated in Yoga philosophy, because then he also practices Yoga. Along with Yoga, he also starts performing Sanatan religious acts like rituals, because both have an unbreakable relationship with each other. This should be considered to be the stage of Purva Mimamsa philosophy. Then when he gets awakened, after that he is promoted to Vedanta philosophy i.e. Uttar Mimamsa philosophy. In this way, all the six Vedic philosophies come in his lifetime. It also advocates mutually cooperative existence of all darshans and all religions.

Many people believe that these philosophies have developed gradually in different periods in the above mentioned order. This view is also correct, because the development of the entire human race has also happened in a sequential manner, almost like the development of a single human being in his lifetime. First of all, in the primitive human era, materialistic philosophies like Nyaya and Vaisheshika came into existence. Then when human civilization developed a bit, the Sankhya and Yoga philosophies emerged. At the peak of intellectual development of human civilization, they got merged in the Purva Mimamsa and Vedanta philosophies. Be it individual or society, everything is seen developing gradually from ignorance to knowledge.

Sankhya philosophy says that prakriti first misleads a man and then liberates him. Actually, it is like a beautiful girl who first charms a man with her beauty, grace and gestures and makes him dance, and later leaves him or marries him. When a man understands prakriti and the worldliness born from it fully in a practical way, only then can he overcome it with the help of further philosophies, otherwise not. We have also said the same thing in this post from our personal experience. This is a web of bookish words. But everything looks very clear and beautiful in practice. Sankhya philosophy may seem materialistic, but its aim is spiritual. Therefore, it is completely opposite to common and stupid materialism. Although both are same but differs in mental attitude. Pure physical beings adopt materialism solely for enjoyment while sankhya based physical beings adopt it mainly for liberation in the end, enjoyment being the secondary or as a by-product.

**Kundalini is the Purusha of Sankhya philosophy, whose experience in the form of samadhi as 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 Yoga pushes prakriti towards Purusha**

Friends! Mythical imaginations have always been attractive. It is human psychology which is greatly influenced by myths. Even in the olden times, except for learned people, common people did not give much importance to philosophy. They found philosophy mainly spirituality related boring. That is why the sages created mythical stories based on true philosophy, which the Vedas and Puranas are full of. Even today, people are crazy about mythical stories related to scientific theories like time travel, space travel etc. The media is full of these. The era changes but human psychology remains the same. Therefore, to spread the truth in the world, mutual cooperation of two types of people is required. One is the one who presents the theory on the basis of direct experience, and the other is the one who creates mythical stories based on it. It may be that the scriptures based spiritual scientific theories of this website emerge as mythical stories in accordance with the era.

In today's comfortable and scientific age, people have enough time and energy to understand any subject in detail. It was not so earlier. Once a disciple of Mahatma Buddha asked him how this worldly suffering in the form of birth and death begins. So Mahatma Buddha said that there is no need to waste time in knowing this. Just understand that this suffering can be ended and make efforts for that. Nowadays people have enough time to understand black holes and time machines, but not to understand the spiritual philosophy which is related to the main goal of human life. This is an irony.

Friends, the discussion we have started is completely in accordance with the scriptures. Therefore, it can also be considered authentic. This is not a pipe dream. According to Vedic Sankhya philosophy, prakriti and purusha are two immortal and omnipresent elements. Pure purusha can never run the universe because he is the Supreme God. He has no inclination in the world. It is often seen in the world that a saint who is in supreme Samadhi has no inclination in the world. Of course, he has a motivating power. People take inspiration from him or say to become perfect like him, they do big and good worldly works and conduct themselves. The same happens in the case of God too. Prakriti keeps getting inspiration from him to develop, that is, to become perfect like him. Due to this, all the works of the universe keep moving. It is prakriti that does the work. It is prakriti that makes the universe work, and it is the ego or the soul that makes the body work willfully.

People say that all the works of creation are happening in darkness, which means that there is no luminous consciousness to do them. This is both true and false. If seen, it is the darkness that is getting the work done. But light also has an indirect contribution in this. For whom is darkness getting the work done? Darkness is getting the work done for light. Prakriti is getting the work done for Purush. Purush is pulling prakriti. Ego is getting the work done for non ego. The living soul is getting the work done for Parmatma. Parmatma is pulling the living soul. The living soul will become Parmatma someday. So will prakriti also become Purush someday? If one living soul becomes Parmatma, then another living soul will be born again. If prakriti becomes Purush, then where will the other prakriti come from because Prakriti is only one. There are many living souls. If new Prakriti is not formed, then the creation will also stop. Living souls also keep getting formed from Prakriti.

The living soul is a mixture of Prakriti and Purush. If Prakriti becomes Purush, then new living beings will also not be able to be born, because the living soul will not be formed. It means that Prakriti never merges with Purush. Or if it merges, then a new prakriti is formed again. Kundalini yoga is there to give additional and escaping push to prakriti towards Purusha. But how will it be formed? We will analyze it in detail in the next post.

## **Kundalini awakening marks the completion of journey of prakriti to Purusha**

Friends, this post may seem a little long, but a big secret of creation is hidden in it. We were talking about the fact that just as Purusha, meaning light, is present everywhere and all the time, similarly, Mool Prakriti, meaning darkness, is also present. If Mool Prakriti was not there, then creation would not have been there. Purusha is absolutely inert because he is complete in his immaterial soul, due to which he does not need anything. Prakriti also runs bacteria or ants, and the same Prakriti runs the big planets and constellations as well. Purusha is a goal, which Prakriti tries to achieve. In that effort, all the works of creation are accomplished through it. Although Prakriti also runs the bodies of developed creatures like elephants, monkeys, humans etc. But there is a specialty here. Another Prakriti named Jeevatma also helps in running them. Or say mool prakriti reaches this stage. Jeevatma works to store all the information related to the life experiences of these creatures. This makes them run more skillful and easy.

Mool Prakriti is the shadow of Mool Purusha. Therefore, there is nothing in it except pure darkness. Like the Purusha, there is no trace of the world in it. But the original nature that's mool prakriti becomes the soul when a living being with an experiencing mind is born. The worldly subjects that he experiences also start getting stored in the form of subtle codes in the mool prakriti associated with him. This helps him a lot in reaching the Purusha quickly. However, the earlier pure mool prakriti also remains in its place as it is, because it is ageless and immortal like the purusha.

Just as the shadow of the life of every living being including man is formed in the form of his soul as death, similarly the Supreme Purusha will also definitely have it. That very shadow of the Purusha is called Prakriti. It is not real but virtual. Just like the shadow of a tree is not real but virtual. The shadow of a tree is exactly like that tree. With only one difference that it is dark or black. Similarly, Prakriti is also eternal, infinite, ageless, immortal and omnipresent just like the Purusha. The only difference is that it does not have light like the Purusha. Because it is the virtual shadow of the Purusha.

When the creation begins, the smallest original particle that is created first starts moving forward trying to improve itself. It gets the power to move forward from the mool prakriti. That means the mool prakriti is in the form of the soul of that particle. Although the mool prakriti can reach the purusha only through bliss, because complete bliss is the real form of the purusha. But to increase its bliss, it will first have to increase the existence of its creation-form body. Because if there is a bloody conflict between different particles, then how will planets, sun, etc. be formed? If there is a bloody conflict between these bodies and internally too, then how will a calm and stable planet like the earth be formed? If the bloody destruction of creatures like dinosaurs continues on the earth, then how will a highly intelligent and developed creature like man be formed. Until the experiencing brain was not formed in the living being, prakriti kept developing the creation in the greed for existence. Experience is not needed for existence. However, existence and bliss are interconnected. With the development of existence, bliss also develops. However, it appeared later when the brain was formed. After the brain was formed, the speed of evolution of the living being increased manifold, because now it was also being inspired by experience or bliss for development. Experience and bliss are almost the same thing. It was also being inspired by existence even as earlier. After becoming a human, he did difficult Kundalini Yoga Sadhana and experienced the ultimate bliss in the form of Kundalini awakening. It means that the journey of prakriti to Purusha was completed. The mool prakriti merged into Purush while developing, but the mool prakriti also remained the same. It is like making as many shadows as you want from a tree. It means that if the shadow of the tree develops and becomes something else, then also the original shadow of that tree will remain the same.

Friends, the mool prakriti was in its pure original form till the time the experiencing brain was not formed. When the experiential brain was formed, waves of light started flowing in the mool prakriti. We call these waves experience. These light waves were received from the luminous purusha, of course in the virtual form. It means that prakriti and purusha had united with each other. That is why it is said in the scriptures that the universe was created by the union of prakriti and purusha. It's not said that universe developed from prakriti alone. It means that the creation of the universe had begun. You will say that the universe was already developing. Of course, it was happening but there was no one to experience it at that time. What is the importance of the dance happening in the dark, when no one can see it. Peacock danced in the jungle, main thing is who saw it. It means that the universe was considered to have originated only when the creature who could experience it in the form of purusha-prakriti couple was created. Then prakriti also got the support of bliss to reach the purusha. While searching for more and more bliss, it was in a way searching for purusha in abundance. On getting awakened, that search ended and prakriti merged with purusha. It means that the shadow of the tree merged with the tree. But the shadow of the purusha is divine. No matter how many times it meets the purusha, it never ends.

Purusha is also divine like prakriti. If the light of the sun is continuously taken out, it will end sometime or the other. No matter how much prakriti wants to pull the light of purusha, it never decreases, it remains infinite. Just as a flame of fire can light innumerable lamps without losing anything of itself, similarly a purusha can light many souls without losing anything of himself. Means it can illuminate countless prakrits.

## **Kundalini is the main motive of biological evolution**

Friends, I said in a previous post that I experienced Kundalini on different chakras according to level of consciousness of my mind. When there was more consciousness, the Kundalini came on the upper chakras, and when there was less consciousness, it came on the lower chakras. In fact the level of consciousness is measured by a pure mind, not by a combined mind with external senses. With the help of external senses, all people and many other creatures are full of consciousness. External senses do not remain after death. At that time only the subtle consciousness of pure mind comes into use. When looking at something with eyes, there is a flood of consciousness in the mind. That consciousness is born by the strength of the eyes, not by the strength of the mind. Similarly, in the case of other external senses, one should also understand. As the capacity of the mind increases from within to reveal consciousness in subtlety, it becomes more worthy of liberation. Kundalini enhances this same ability. With the eyes closed at the time of Kundalini meditation, the doors of almost all external senses are closed. Still, with the power of yoga meditation, there is so much consciousness in the Kundalini being ignited in the mind, that is not even with the help of external senses. Such continuous practice of years brings the same consciousness in a calm, thoughtless mind without Kundalini. This is called enlightenment. Actually, mind is also a subtle form of external senses. A thoughtless mind is often called a soul.

## **Organism development as Kundalini development**

In fact, Kundalini (neuronal energy) is evolving or rising up in the form of evolving organisms. Actually, Kundalini represents the mind itself. Kundalini is the highest level of mental thought. Therefore, we can measure the level of consciousness of the mind through the level of consciousness of Kundalini. Reverse is also true that's the consciousness of Kundalini can be measured through the consciousness of mind.

**Kundalini working requires the same neuronal energy that is required for brain or mind working. That neuronal energy is stimulated by prana energy or prana shakti that is generalized energy of whole body. So both are propelled by same fuel that's why both are interconnected. But the main objective of creation is providing ultimate status to the organism. This is done by kundalini. It means that kundalini development is the primary goal of creation, not the brain development. Brain development is there itself unwillingly. It's a after effect and even becomes a side effect if utilized in a negative way. Many old civilizations understood this fact very well and kept main focus on Kundalini in the form of various spiritual practices. Today, Kundalini happenings are increasing day by day because brain development of today's era is also causing Kundalini development indirectly. Therefore, it's best way to undertake Kundalini development and brain or world development together so as to get kundalini awakening in a shortest time possible. Karma yoga is also a good method for this.**

Kundalini is the measure of the development of consciousness. Kundalini is in sleep in least conscious subject. Kundalini's sleep means that the mind is asleep. It's not called mindlessness because the consciousness of the mind never ends, it only becomes incoherent, that is, it falls asleep. At that time, there is darkness in the place of conscious mind. It is just like when a man is asleep, then his consciousness disappears, but it is still doing all the work that keeps the body alive. After enlightenment, Kundalini with higher consciousness is constantly dominating in the mind, which we call samadhi. It can be called the closest stage of complete awakening of Kundalini. Between these two opposite ends most of the organisms are there. The bulb of his Kundalini consciousness sometimes burns, sometimes slows down, sometimes extinguishes.

The one who comes to hear about yoga, he hears that only Kundalini keeps on climbing in the form of different creatures. Among the lowest living organisms and plants, it remains dormant at the base. It's also called Kundalini shakti or prana shakti. Actually, there too it's always working in background without being experienced by organism to maintain body. It is distributed in whole body but it's called residing in muladhar chakra because that's the main place of it's growth and nourishment. It's like as if a man can wander everywhere in the world but he achieves his growth, nourishment and rest (sleep) mainly at it's home. Uncouncious mind and muladhar chakra, both are said to be as similar and both being connected with the worst sentiments. Further added, kundalini starts it's long journey from Muladhar Chakra only. Journey towards the light starts from the darkness only. In some of the less evolved organisms, it comes into a mildly awake state in the base chakra. These may be called bisexual or hermaphroditic. **Probably at this stage, the soul fell from Sahasrara and fell asleep in the pit of Muladhara. That is why that organism was divided into yin or female and yang or male form, so that by attraction towards each other, the soul could ascend from muladhara to re-enter Sahasrara.** Muladhar dominated lowest organisms have nothing to do outer energetic functions other than the elimination of waste body products. This is the work of muladhar chakra situated near anal opening. So their Kundalini energy is said to be concentrated in muladhar chakra. In the organisms that develop from it, it rises up to the Swadhisthana chakra. Here, sexual differentiation of organism occurs and it start feeling sexual desire with sexual attraction. It's often seen that lower organisms reproduce at much higher rate and major part of their energy is consumed by this process. It provides wonderful force for kundalini or organism development. This force is still working continuously in today's well developed human being too. In moderately developed organisms, kundalini enters the navel chakra. That's why lower organisms keep on eating throughout day and night continuously. It comes into the heart chakra in a higher quality animal, probably in the cow and in a loving person. Possibly that's why the cow appears as full of affection. Majority of digestive processes are carried out by microorganisms in cow, so it saves lot of energy. It brings down one's negative energies existing in the form of high blood pressure, stress etc. down. That's why people are spending thousands of dollars today to develop cownunication (communication with cow). In primates like baboon, gorilla etc. the Kundalini energy further travels ahead to their arms or forelimbs, that's why they maximally utilize their forelimb function. Likewise, in beautifully singing bird like cuckoo, Kundalini energy can be said to be concentrated in throat chakra. In intelligent animals with analytical skills like dolphins, it can be said to be coming up to agya chakra. It can come to Sahasrara chakra in human only that too with proper brain practice, because only he can awaken it and the place of awakening is sahasrar only. In the highest order human, it is fully awake in Sahasrara.

### **The seven chakras of Kundalini are in the form of seven worlds**

The scriptures describe the seven worlds above earth. These seven lokas or abodes are in the form of seven chakras. The lowest abode is the Mooladhara Chakra, because the organisms at that level have the lowest consciousness. The level of consciousness increases by going into the realms or chakras above it. This level is highest in Sahasrara. Kundalini awakening means that the level of consciousness is reached at the of union of Shiva and Shakti, making it known as Shivaloka or Brahmaloaka. By the way, seven dark abodes have been told even below the earth. In them also, the consciousness keeps falling downwards respectively. In these worlds, most of the demons are said to be living. This is because their level of consciousness has fallen so much that they continue to malign the gods, sages and other beings with higher consciousness. Earth has been considered equivalent to Muladhara Chakra. The abodes in the sky above are the high abodes or heaven, while below the earth are as the hell.

### **The upright standing of the man and the pit in the back is also an important link in the bio-development chain**

I told in an old post how I had to keep my back straight and in a natural posture while sitting in my new car, because its legspace seemed a little low. This helped my muladhar energy to awaken my Kundalini through efficiently climbing up in the back. People can say that the man stood up straight to use the next two legs as a hand. But even primates like gorillas do so. Even the early humans used to do this. Their back is not straight, nor does it seem necessary to use hands. Then why the developed man's back was straightened. This happened in order to make Kundalini easily and efficiently offered from the base to the brain. Kundalini is as subtle as the sky. Its nature is to rise upwards. That's why at the time of awakening of the Kundalini, it seems that the Kundalini is flying upwards with speed and power. Then you can say why then a pit formed in the back in the direction of the navel. In fact, it acts like a pit of a roller coaster. It keeps sucking Kundalini energy from the base with the power of yogic inbreathing and depositing it inside as voluminous storage. Then, while working or doing yoga, when a man bends forward, this stored lot of energy quickly runs upwards towards the brain after catching the velocity. A small pit is formed at the center of the neck, which is the vishuddhi chakra. It likewise pushes the energy upwards to brain by providing a Momentum to this Kundalini energy gathered on the Anahata Chakra with the power of yogic outbreathing. Likewise, swadhishtan chakra and muladhar chakra keeps sexual energy stored to help push it up through back during yoga.

### **The sexual drive is the biggest contributor to the development of life**

In a bisexual organism, yin and yang were together in the same body. This means that it was a complete soul. Because they did not have their own separate desire for development, they were developed like other natural and lifeless objects like mountains, soil, celestial bodies. The pace of that development was natural and slow. Then along with the division of gender, yin-yang was also divided. There was majority of yang in the male category and yin in the female category. This division made the organism feel imperfect within itself. Probably at this stage, the incomplete soul was born. He started trying to gather Yin or Yang to be complete again as earlier. This led to the creation of Kama Bhava or sexual feeling. This created an intense attraction between the male category and the female category of organisms. This sexual sentiment is the biggest contributor to the development of life. Because it produces the most powerful non duality, with which Kundalini develops most strongly and rapidly. We have experientially proved in many posts that non duality, Kundalini and bliss tend to live together. This gave artificiality and fast pace to biological development. Even today, in the form of Tantric Kundalini yoga, it is helping man to make the final jump of the development chain to achieve the perfection or liberation. It combines Yin (shakti) residing at Mooladhara chakra with Yang (Shiva) residing at Sahasrar chakra. **Yin is called Prakriti and Yang is called Purusha in Indian philosophy. Advaita bhava is produced by the union of yin-yang, which indirectly develops the kundalini. It is not that the attraction of yin-yang is only the attraction of men and women. It can be between any of the opposite expressions. Muladhara is a symbol of darkness, inferiority, ignorance, hatred, etc. all low emotions. In contrast, Sahasrara is a symbol of light, highness, knowledge, love, etc. all high emotions. That is why the simultaneous Kundalini meditation on these two chakras creates intense nonduality, due to which the Kundalini starts to shine in Sahasrara. The main function of sexual attraction is that by it the muladhara and the Sahasrara Chakra are refreshed and strengthened together.**

## **Kundalini awakening is the sole purpose of creation; foetus development depicted as the universe development in Hindu mythological Puranas**

Friends, the creation has been specifically described in the Puranas. Somewhere the egg explodes in the sky, somewhere the lotus appears in the baseless water body and the sudden appearance of a deity on it, etc. Somewhere it comes that the direct appearance of intellect from nature, ego from intellect, the subtle experience of natural elements from ego, the senses from it and all the gross creation was born from senses afterwards. When I was younger, I used to ask my grandfather (who was a famous Hindu priest and a household Purana reader) how all of these things suddenly appeared in the open sky without any basic infrastructure. He used to say in the manner of a traditionalist and mystic philosopher, "This is how it is done. It is done." They did not go too deeply. But now with the help of Kundalini Yoga, I understand this classical dictum as the root of all mysteries, "Yatpinde Tatbrahmahande". This philosophical saying has been scientifically proven in the book "Shareervigyan darshan" in Hindi. This means that whatever is there in this body, that everything is also in the universe, nothing else. Actually, a man can never know anything other than his mind or brain, because whatever he describes that's there inside his brain, not outside. That is why the ancient sages have explained the universe by describing the body. They were amazing body scientists and psychologists.

### **The creation of universe is explained in the Puranas with help of human body creation**

At many places, a lotus was born from the navel of Vishnu that was lying on a great serpent swimming in the endless ocean, on which Brahma originated. His mind created the world. You can consider mother as Vishnu. His body is like a Sheshnag or mythical serpent as the central nervous system, which is located in the spinal cord-brain axis. The serpent is always immersed in the cerebrospinal fluid that's metaphorically related to the ocean water. The sensations of the Kundalini or mother's mind in that serpent are the form of Lord Vishnu that are dispersed throughout the body of serpent, because there is essentially no difference between Shakti and the powerful God. During pregnancy, the belly of the mother emerges outside in the navel area, the same is the appearance of the lotus from the navel of Lord Vishnu. The gravid uterus is also connected with the mother's body through blood vessels and nerves arising nearby the mother's navel area. These are as stem of lotus. Like the lotus petals blooming, in the womb, the placentomes and cotyledons of placenta are formed on the uterus. These button like structures are then again attached to the navel of the infant with a chord called umbilical chord that's again like stem of the lotus flower. These structures provide nutrition to the infant. This infant is Brahma, who develops on that blooming lotus. The pure and unblemished form of the infant is the basic nature, in which there is no waves in gunas (3 basic constituents of nature). In a way, it has all the three basic gunas in equilibrium or equal quantity. Earlier I used to think that samyastastha or equilibrium means that all gunas are equal to each other. Even today many people think so. But it is not so. If this happens, then basically all living beings would be the same, but they maintain their separate identity even after the Holocaust or death. This happens because the amount of tamoguna that covers the soul's light is different. Due to it, the quantity of other gunas also differs by itself. If Tamoguna is more then Satoguna is reduced in the same proportion and vice versa, because they are opposed to each other. In fact, all the gunas are in the unchanging state in samyavastha. All gunas in equilibrium with no waves means that satoguna (showing light and knowledge) remains same without rise or fall, rajoguna (showing motion, energy and change) also remains same, and the tamoguna (showing darkness and ignorance) too. With this, the baby does not crave for any particular guna, as he has no habit of fluctuating gunas. That is why the child remains a bit indifferent even after experiencing everything. Actually, it can't be said as absence of gunas but it's gunas in equilibrium. Waves in



gunas can only be produced if these gunas are already there, not in zero. Only God is nirguna or without guna. That's why God never experiences waves in gunas as observed by all the creatures that bind the soul. This makes God perfectly changeless. God has zero gunas because God has not dark envelope of ignorance on it's soul that makes tamoguna. Tamoguna is the base source of all gunas. That's why panchmakarik leftist tantric appears well developed both in worldly as well as spiritual matters. Then when the baby is a little older, there is an increase in the sensations of the mind or brain. He is attracted towards light. With this, wave is produced in gunas mainly satoguna, and as a result the sattoguna form mahattatva is formed, that is, intelligence. He begins to realize how important it is for his existence to cry and drink milk. This makes the baby feel special and different, which is called ego. Tanmatras originate from it. Tanmatra is the subtle form of the Panchamahabhootas or 5 basic natural elements, which we experience in the brain. It's the smell of the earth, the juiciness of water, the touch feel of air, the form feel of fire and the sound feel of the sky. He recognizes the taste of milk juice, recognizes the smell of toys, touches the warmth of his urine, begins to understand the difference between beautiful and ugly through form, is attracted to the sound of ghungroo or bell or toys. Then the infant looks outside to see where these sensations came from. The senses originate from it, because all of it feels outside with the help of senses such as eye, ear, skin, tongue, nose etc. Along with this, the internal sense of mind also develops, because that is what he thinks of all this. The above five elements originate from the senses, because he seeks or knows them only with help of his senses. He learns that physical substances like milk, toys, ghungroos or bells etc. are also there in the world, which he feels through his senses. Then as the child continues to learn, the origin of such creation continues to move forward. In this way, the entire creation is expanded inside a man.

### **Kundalini awakening is the limit of the development of creation**

Man extends the creation of the universe only for Kundalini awakening. This fact is proved by the observation that after awakening of the Kundalini, man becomes a bit like a detached from the universe. His inclination starts to move away from the worldly trend but towards retirement. His tendency also becomes like a retirement, because then there is no craving arising out of attachment. It's to be kept in mind that it's only mental tendency as physically he may remain fully indulged and growing in the world. After awakening of the Kundalini, the man feels that he has attained everything worth attaining, and has done everything worth doing.

### **According to Shiva Purana, the creation was made from Shiva's semen**

In Shivpurana, it comes that an egg originated from Shiva's semen deposited in the vagina of nature. The egg lay in water for 1000 years. Then it broke through the middle. Its upper part became the scalp of the universe. From that originated the upper heavenly abodes. From the lower part, the lower abodes were formed.

Actually Shiva is the father here, and Prakriti or Parvati is the mother. The egg is formed in the uterus by the union of semen and ovum fluid. It remains in the nutritious water of the uterus for a long time and continues to develop. Then it explodes, that is, it begins to differentiate into shape of a human being. The top part of it was clearly visible like a head or a scalp or kapola. In it, the upper worlds originated in the form of Sahasrara Chakra, ajna Chakra and Vishuddhi Chakra. In the lower part, lower abodes developed as lower chakras.

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

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

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

**Dark energy is dormant energy**

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

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

In the dark energy itself, the smallest and shortest lasting particle would have been made at the beginning of creation. This can be called the origin of time or opposite pole. Space or dark energy is the second pole, which was already there. The smallest particle created in the form of time starts moving rapidly towards space with a great explosion. This is the Big Bang or the Great Explosion that started the universe. That particle was destroyed by the explosion in a millionth part of a second, but the wave produced by that explosion produced different types of particles and different substances

were formed from them. Later on, the life span of those particles and the substances made from them increased. Anyway, it is said that the creation of the universe originated from the formation of two opposite poles. These can be called yin-yang. This is the prakriti-purusha of classic Indian philosophy. That is the same in the body. There is dark energy in Muladhara, which is awakened by Kundalini Yoga. Being awake means that in the Siddhasana of Kundalini Yoga, it is experienced as a sensation created by the pressure of the heel of the foot on the Muladhara Chakra. Due to the mixing of the meditation picture in this sensation, it became Kundalini. We can also call the origin of this sensation as the bodily form of the origin of the smallest fundamental particle of the universe. Trying to go towards Sahasrara to awaken herself, it started creation of colorful universe in the brain. Meaning that two opposite poles started trying to meet each other. Shakti started getting desperate to join Shiva. That original particle in space began to move in the form of the Big Bang and tried to touch the edge of the dark energy from which it came. The fundamental particle started gimmicking, realizing that it was incomplete, and that it had to go on and on to get the Dark Energy. While doing so, the creation of the universe itself started moving forward. It is as if man's mind or Kundalini creates a whole world in the race to get that invisible cosmic energy. Kundalini is also the complete representative of the whole mind. Say your mind or say Kundalini, it is the same thing. The wave of creation that is moving along with the waves of the Big Bang, we can also call it the flow of energy in the Sushumna Nadi. But it will not get the end of that dark energy. This means that this creation will continue to expand for eternity. But now we understand it from the body, because it seems that science will not be able to find the answer. When a man awakens his Kundalini by fulfilling all his responsibilities in this world, then he becomes a little above the world. After being quiet for some time, he does not have any attachment with the world. Being happy in the way he is, he does not carry forward his worldliness. Then due to old age etc. his body also gets destroyed after attaining death. Similarly, when the goal of this creation will be accomplished, then the pace of its expansion will slow down. Then it will stop. In the end all the things of creation will disintegrate together in their respective places. This means that the Big Bang will not reverse and merge into the point again. The goal of creation must have been determined in the form of time. It gets destroyed after a certain amount of time, which is called Mahaprakalaya. Because the objects of creation have not to attain real awakening like man, because they are already awakened. They only pretend to sleep. It may also happen that the age of the universe is determined not by the time but by the number and quality of the planets and constellations. When a certain number of planets etc. will be created, and most of the human beings will fulfill their desires, then only the life of the creation will be completed. It may also happen that the universe comes back to disintegrate, at the starting point of the Big Bang. Because a man's body also becomes very weak and thin before he dies. The same seems to be true of science's theory of gravity. When the energy of the Big Bang explosion ends, the force of gravity will dominate, causing the universe to shrink and merge into the dark energy again, after contracting to the smallest origin point. This possibility also seems to be the highest from the point of view of Kundalini Yoga. The Kundalini energy, representing the mental creation, also turns back from the Sahasrara, descending through the front channel back to Muladhara. From there again climbs up the back channel. In this way, the process of creation and destruction goes on continuously in our body.

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

These are two main schools of thoughts in classic Indian philosophy. In the Samkhya philosophy, both Purusha and Prakriti are said to be eternal. But in Vedanta philosophy the origin of nature is told from Purusha, as I am also saying. Here Purusha is dark energy in original illumined form, and Prakriti is the dark energy going dark by losing self light. I think that in Sankhya, the creation and destruction within the body is being described. We always feel the darkness of dark energy in our

mind, even after Kundalini awakening. That is why it is also called eternal. On the other hand, Vedanta talks about the creation and destruction of the outside world. There, there is no existence of nature or darkened dark energy and the particles born from it. We feel it only in our mind. There if they originate, then it's only dramatic or virtual. There is only the energy continuum, full of light. By the way, Vedanta also describes the mental creation itself, because it also does not use any physical laboratory, which can prove the origin of the outside world. But it considers the experience of those great yogis as proof, who are always connected with energy continuum.

Thank you for reading this book. For more information you can visit the website [demystifyingkundalini.com](https://demystifyingkundalini.com).

**Other books written by Premyogi Vajra~**

- 1) Love story of a Yogi- what Patanjali says
- 2) Kundalini demystified- what Premyogi vajra says
- 3) The art of self-publishing and website creation
- 4) Organic planet– the autobiography of an eco-loving Yogi
- 5) My Kundalini website on e-reader
- 6) A new age kundalini tantra - Autobiography of a Love-Yogi
- 7) Kundalini science~a spiritual psychology (book- 1,2,3 and 4)
- 8) Blackhole doing Yoga
- 9) Yoga in quantum science and space science
- 10) Purana riddle
- 11) Comic mythology
- 12) Mythological body
- 13) sex to kundalini awakening
- 14) the dance of unity
- 15) vipassana and kundalini

All these above books are also available in Audiobook format.

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

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

Good luck everywhere.

