

# **Sex to Kundalini Awakening**

**Psychological analysis of the unsolved mysteries of mystical sexual Tantra**

**Premyogi vajra**

# Introduction

The human body, a marvel of biological engineering, houses within it a complex network of systems that govern our physical, emotional, and spiritual well-being. Among these systems, the sexual system holds a unique place, shrouded in both fascination and mystery. From the intimate act of intercourse to the esoteric concept of Kundalini awakening, this system encompasses a vast spectrum of experiences, each with profound implications for our lives.

This short book invites you on a journey of exploration into the depths of the sexual system, delving into its psychological dimensions and unraveling the unsolved mysteries that surround it. Through a blend of scientific research, philosophical inquiry, and personal narratives, we will examine the intricate interplay between the physical, emotional, and spiritual aspects of sexuality.

We will begin by exploring the biological foundations of the sexual system, examining the anatomy and physiology that underpin our sexual experiences. But this is just the beginning. We will then delve into the psychological dimensions of sexuality, exploring the complex emotions, desires, and identities that shape our understanding of ourselves and our relationships.

As we journey deeper, we will encounter the enigmatic concept of Kundalini awakening, a spiritual experience that has captivated seekers for millennia. We will examine the various interpretations of Kundalini and its potential role in personal transformation and spiritual growth.

Ultimately, this book aims to provide a comprehensive and nuanced understanding of the sexual system, one that goes beyond the superficial and explores the depths of its psychological and spiritual significance. By unraveling the mysteries that surround this fascinating aspect of human experience, we hope to empower individuals to embrace their sexuality with greater awareness, authenticity, and fulfillment.

**\*All chapters in this book were originally part of our earlier work; 'Kundalini Science' series' 'Spiritual Psychology' books, and also a sub-book derived from this series, Purana riddles. If you enjoyed these, you'll find more in the full compilation.\***

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### **Why tongue is touched with soft palate during YOGA practice**

Tongue is touched with soft palate to activate the parasympathetic system that produce saliva, calmness and focused mind concentration. The same phenomenon occur when we are hungry, on fast or eating food. Parasympathetic system remains active under these types of conditions. Strengthened and activated parasympathetic nervous system produces power in the digestive system including the salivation. It also empowers the brain. It also produces the mental calmness, bliss, focused concentration and good judgement. The same system is activated during a romantic love affair that is why mouth becomes watery at those times. Also there is experienced a profound bliss, calmness, brain working and focused concentration. Opposite system is the sympathetic nervous system that is also called as the fight or flight system. It has all the actions as opposite to that of the sympathetic nervous system. It is activated during the stress of any kind, at peak of romance; near, during and after the ejaculation. It depresses appetite, digestive functions and brain functions. Depression is caused by it due to a loss of mindfulness. It damages the body in a severe way by keeping the blood pressure high. By creating mindfulness, Yoga activates the parasympathetic nervous system in an indirect way. This results in an improvement in the appetite and alleviation of the depression. Blood pressure is also improved. Body is rejuvenated and its energy is conserved to fulfill the good purposes in one's life. The same tactic is employed in the tantric sexual YOGA( Sexual Yoga, a myth or a reality )too. Romantic love affair is sustained for very long without an ejaculation. This results in the sustained and prolonged activation of the parasympathetic nervous system, not allowing the sympathetic nervous system to raise it's hood up. It results in the quickened spiritual development and growth.

Also, with little practice of touching tongue with soft palate works like an one way valve for kundalini. Through that valve, Kundalini can pass easily downward only, not upward. So Kundalini from tired and confused brain travel to lower chakras mainly naval chakra. That results into stabilization of concentration on Kundalini there without tiredness and confusion of brain. A spiritual relief is immediately regained.

## **Mutual relationship between Kundalini and love affair**

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

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

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

Therefore, there is axiom by the above things that kundalini symptoms arise in romantic love affair also. The mental kundalini built from the physical form of a lover constantly resides in the mind. The person is encouraged to make sexual relation or to create a marriage relationship, so that the Kundalini can calm down. Although the Kundalini is beneficial, the person gets distracted by its temporary side effects. These are the following types of side effects. She uses less or more of his physical and mental powers. His mind wants to be less in the world. He seems to like seclusion. It looks to people as if he has gone extinguished. Other all those symptoms are common, which are normal for the Kundalini, such as subtle tremors in the body, mainly vibrations in the hands, heaviness in the head with headache, emotionalism, excitement etc. Only then do many lovers take fatal steps when their love fails, because they think that Kundalini will not leave them normal, and will make them rejected altogether. However, the reality is that the Kundalini, by washing all their sins, leads them to enlightenment. This was the case with Premyogi Vajra, which is described in detail in his book (in Hindi) "shareervigyan darshan- ek adhunik kundalini tantra (ek yogi ki premkatha); Physiology philosophy – A Modern Kundalini tantra (The Love Story of a Yogi)", and "love story of a yogi- what Patanjali says". Both of these are also available on "shop" page of this website. Later, his Kundalini made of his Guru's form had awakened in his mind, who had replaced his girlfriend's Kundalini. In this way, after twenty years of pursuing it, he was exempted from the kundalini made of his girlfriend's form.

Ironically, even after the success of love, the person does not get satisfaction. After marriage, the attraction of the lover ends, so that the Kundalini of her form also disappears. He seems longing for the force of life. Then he regrets why he did not allow love to go to peak out of fear of lover's memories (the Kundalini). He thinks that the lover's physical form

is worse than the mental kundalini built from her that physical form. Although nothing is non-repairable then too, if he understands the potential of the spot. Because in such a situation, he can resort to the contextual Tantra / indirect Tantra in which he can awaken the Kundalini of the form of Guru, God, favorite etc. with the help of loving life partner. All such facts are described in detail in the above book.

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

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

*कृपया इस पोस्ट को हिंदी में पढ़ने के लिए इस लिंक पर क्लिक करें (कुण्डलिनी चक्रों के त्रिभुज, वृत्त एवं पंखुड़ियाँ- एक छिपा हुआ राज उजागर)*

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

### **Kundalini's highways and supply routes**

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

### **Inverted triangle of Muladhara Chakra as downward**

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

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

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

In the Manipur Chakra, there is a downside triangle and 10 petals. In fact, the reverse triangle is a triangle pointing backwards. On the two dimensional paper, the forward and backward pointing triangles have been shown pointing upwards and downwards respectively. In this, the main meditative plaque stretches from right to the left in the navel area. Although expanding the strip, the entire abdominal area can also be shown in the shape of a cone or pyramid (someones say triangles as pyramids), whose crest is on the

rear Manipur chakra (in the spinal cord). The navel area looks like a pyramid. The two sloping sides of the pyramid are made of the lowest ribs. The base arm of the pyramid is made from a hypothetical line dividing pelvic cavity and abdominal cavity. This pyramid points inside to the rear Manipur chakra. That is why many people rotate the Kundalini in the entire abdominal area. In fact, when the stomach is compressed with meditation, it seems that the stomach and spinal cord have been united together, and with this, both the back and front chakras united too. Six of its 10 petals come from Swadhishtan (from its upward contraction). 7th comes from the right part of the abdomen, 8th from the left side of the abdomen, 9th comes from its own contraction and 10th from Anahata chakra (in collaboration with Jalandhar bandh/lock).

### **Beautiful hexagon on Anahata Chakra**

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

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

### **Inverted triangle on the vishuddhi chakra**

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

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

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

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



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

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

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

#### **Triangle of sexual chakra is very impressive**

I want to give an example here, to clarify, how easy and effective is it to meditate with a triangular drawing. Here I am going to talk about the sexual chakras at the bottom of our body. At Most of the time, these are meditated in the assembled form as a combined unit, not separately. Prana of upper body gets concentrated on the front swadhishtan chakra with help of Jalandhar bandh. The lower body life force/prana gets there from the contraction of the Mooladhar. This makes Kundalini glowing over there. Only then, there is an experience of its contraction towards the backside. From it, the Prana with the Kundalini gets focused on the rear Swadhishtan chakra, also collecting the prana from the genital tip. After a while, the muscles nearby swadhishtan chakra become tired, so Prana sinks down to the Mooladhar. Then the Mooladhar is constricted upward, so the prana then ascends to the front Swadhishtan Chakra. The same sequence is repeated again and again, and the Kundalini rotates on the triangle glistening more and more every time.

## **Similarity between ancient Egyptian spiritual sexuality and Indian Tantra**

### **What is Ankhing and how is it done?**

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

### **Psychological secrets of Ankhing's line drawing and loop**

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

### **Scientific explanation of Ankhing**

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

### **Equality between the Ankling and Sexual Kundalini yoga**

In Kundalini Yoga, energy is called Kundalini. This is the mental picture of the master or God in most cases. In this yoga, the Kundalini is affirmed by sexual energy in various chakras, especially in the brain. The Kundalini, after attaining strength, continues to be experienced and so it purifies the mind and body for long period. The same happens in Ankling. Although here energy is considered to be centered only in the heart area. For some time it also stays at the eighth chakra. In the in-between track and the loop, there is only a subtle movement of it. Actually, the most lovable thing is settled in the heart. This object is single and one. There

is no love with two. The heart is the place of love. In this way, the so-called energy of Ankling proved itself as a Kundalini. According to the belief in ancient Egypt, during sexual intercourse, the energy of sexual orgasm / ejaculation either falls down to underground, or is blurred in the form of various thoughts of the brain. In both cases, it is destroyed. However, if the brain is thinking about the sole kundalini, then sexual energy is not destroyed. That is because Kundalini's meditation is done daily, not of other thoughts. Therefore, the sharpness of the Kundalini, which is made of sexual energy, persists for a long time. Because other thoughts are rarely born again, so their tremendous sharpness has almost collapsed. Together, sexual energy produces very small effect by dividing itself into all the thoughts, whereas in kundalini yoga, whole of the sexual energy is received by the sole Kundalini, which keeps it completely sharpened. Therefore, it is proved that the so-called energy of ancient Egypt is only the Kundalini, and Ankling is not different from sexual Kundalini yoga. In a way, we can also call Kundalini Yoga as simple and scientific variation of the ankling technique.

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

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

## **Human problems also activate Kundalini**

### **What are the human problems**

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

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

### **The problem for humanity is also a human problem**

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

### **What happens with human problem**

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

### **How Kundalini develops due to human problem**

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

### **How then activated Kundalini is awakened**

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

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

Premyogi vajra was broken, physically as well as mentally, by the human problems being received under the influence of physiology philosophy, various human activities and the burden of non-duality/Kundalini all together. His memory was also reduced significantly. Although his mind had felt an increase in joy/bliss and peace. Then he got the opportunity to live in a picturesque place with family in peace that was too far away from his home. He bought a state-of-the-art and very expensive vehicle to travel from home to there. He did not get a driver seat comfort in that. He was very sorry, but what had to happen, that had been done. In order to handle himself, he started meditating his kundalini while completely

surrendering himself fully in front of her. With this, his Kundalini started glowing, and his anxiety almost ended. Convinced of this, he started learning and practicing yoga with the help of e-books, paper books, internet and friends. Due to this, his Kundalini became very strong in a year. In the last one month of his that practice, she awoke when he took the help of sexual yoga. After that he got used to his car, and came to know that his car's comfort was more than that of other vehicles. This means that his problem was not real, but it was unreal, which was born in him to awaken his Kundalini.

*Surrender to kundalini is the surrender to God*

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

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

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

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

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

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

### **Enlightenment by Kundalini's dissolution**

Doing Yoga-Sadhana/yoga, there comes a time when Kundalini starts dissolving in the soul. Then the person's trust moves away from the Kundalini and focuses on the soul. Only then, he gets glimpse enlightenment. The same happened with Premyogi vajra, which he has described in detail in his book "Physiology Philosophy – A Modern Kundalini Tantra (A Yogi's Love Story)" in Hindi and in the book "Love story of a Yogi- what Patanjali says" in English.

## **Kundalini for prevention of sexual violence**

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

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

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

### **The main causes of sexual violence**

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

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

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

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

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

### **Prevention of sexual violence by adopting tantric ethos**

Of course, Tantra looks like a sex-freak scripture from outside, but it is not. Tantra is the exact opposite of porn or rape. In this, the sexual partner is treated by one completely like

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

### **Prevention of sexual violence by preventing the exit of Kundalini Shakti**

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

### **Kundalini yoga to curb sexual violence**

It is psychologically and spiritually true that every creature makes sexual relations only for the development of its own Kundalini. The great Tantra guru Osho has also said that the attainment of Samadhi through sex is the easiest and most practical. Samadhi means continuous Kundalini-Dhyan/meditation or Kundalini-Jagran/awakening here. From this perspective, if the help of Kundalini-yoga is taken for the development of Kundalini, then there is no need for sex. For this reason, sages and great yogis were able to live a fully satisfied life without a lifetime marriage.

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

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

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



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

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

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

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

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

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

**The inhaled breath actually goes up the spine**

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

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

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

**Reverse breathing method is the best alternative for sexual yoga**

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

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

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

### **Front channel**

#### **Brain is producer of love and heart is amplifier of love**

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

#### **Kundalini descends from mouth with food**

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

#### **Willingness to have sex after having a full meal**

It is often seen that after eating more food one wishes to have sex. This happens because the Kundalini descends from the navel chakra to the swadhisthana chakra through the front channel. Kundalini climbs back from there. The muladhara chakra is kept at bottom most to divide the body in the middle, so that the Kundalini channel opens in a straight line in the

middle of the body. However, it also serves to bend the Kundalini upwards. This chakra is also associated with Malotsarga/defecation. That is why there is a feeling of Hajat/defecation sensation after sex and the stomach becomes clear. In fact, Kundalini comes down from the Swadhisthana Chakra and comes to the Muladhara Chakra. other way around, If the Vajra Shikha is meditated on Muladhara, which is the reality, then the attention on the two sexual chakras gets fixed together and Kundalini also turns back well. Many people also say that Kundalini descends from the ajna chakra by turning back and Sahasrara is only for centering and meditation like Muladhara. But I find it easier and more effective to take Kundalini to Sahasrara. In the same way, the centering of the body is also done with help of the nose tip, the agya chakra and the place of hair tuft on the head. **For this kundalini centering, in Hinduism, a long hair braid/tuft (shikha) is placed in the middle of both sides on the back of the head.**

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

### **Spinal channel**

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

### **Repeated revolution of sensation in channel loop**

Where there is already a physical channel, the sensation moves through that. In other places, the contact sensation runs through the cell to the cell. I think the sensation of the spine also rises upward through the touch experience initially. In this way, the Kundalini starts rotating in the Channel loop. **This channel loop is similar in Taoism's microcosmic orbit and Kundalini yoga.**

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

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

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

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

There is a thin vein-like feeling starting from the tip on the back of the tongue and landing in the middle of the throat and covering all the front chakras. Kundalini moves over that. That vein, when touched by the soft palate, brings down the Kundalini or other sensations or burden from the mind. In the microcosmic orbit, not the Kundalini but directly the energy or sensation or burden is channeled into the channels.

### **People are fleeing for Kundalini in violation of Corona lockdown**

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

### **Kundalini can flow in both directions**

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

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

## Kundalini surge with biking (riding bike / bicycle) Yoga

*Bhishm and Hridayesh*

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

### My Bicycling Yoga Experience

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

Kundalini. Conversely, Kundalini can also create a surge of Prana. This means, deep remembrance of Kundalini itself creates a surge of Prana in the mind. Kundalini is associated with this surge itself, because it is Kundalini that has created the surge (great wave) of Prana. In that case, Kundalini awakening often occurs. The same Kundalini awakening happened to me about 3 years ago, which I have described on the homepage of this website.

### **Biking or cycling yoga stimulates diaphragmatic breath**

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

### **The next day my Kundalini energy returned to the Manipur Chakra**

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

### **Kundalini awakening is not necessary for spiritual progress**

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

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

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

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

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

### **Sexuality is used in the leftist tantra of Buddhists**

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



### **Kundalini motivated Tantric Bhairav Nath to insult Mata Vaishno Devi**

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

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

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

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

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

We said distorted form because in most of the cases, the love affair between the boy and the girl is not for Kundalini awakening. That is, that love affair is not of a tantric type. In tantra, it is forbidden to have physical relations with one's daughter or wife. Therefore, in order to maintain a premarital or extramarital affair, it is necessary to avoid physical relations. It also benefits a man by promoting deep tantric practice by him with his real tantric lover or spouse as he being fully satisfied with them. By the way, the main function of Tantric love is to create physical attraction, so that the immovable picture of the lover can remain as Kundalini in one's mind continuously. This attraction can also arise from simply seeing each other joyfully, speech, working or behaving together in life, gestures, laughter, jokes and outings etc. In fact, physical attraction arising from this go together is stronger and more durable than physical attraction arising out of direct physical relationship. Also, keeping physical relationship with more than one partner isn't good for community health and community relationships. So as far as possible, it should be restricted to single partner only.

### **Vaishno Kanya was doing penance for her husband Parmeshwar (pati parmeshwar) or God**

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

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

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

## **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 is in the form of the best guru and Bindu, which becomes very strong with the sarvalingamaya body and Kumbhaka pranayam**

Friends, got one more proof of the correctness of the statement of my previous post. It is in the very next chapter of Shivpuran that after being consumed in the fire, a woman named Sandhya entered the solar system. There it broke into two pieces. The upper part made up the morning Sandhya or dawn, and the lower part made the evening Sandhya or dusk. Then it is written that the time of day between night and sunrise is morning sandhya, and the time between sunset and night is evening sandhya. I had also written in the previous post that Kundalini keeps away from lust. In this post I will explain how Kundalini does this.

**Kundalini attracts sexual energy**

Kundalini draws the energy of the body. I added the word sexual because this energy is most effective in the body. It acts like a magnet. If you meditate on Kundalini on any chakra, then the life energy itself will start moving in the channel loop, and will strengthen the Kundalini. Many people revolve the prana energy first, many people meditate on Kundalini first on the chakra. The conclusion of both is the same.

**By giving sexual gloss to Kundalini, Kundalini becomes alive**

Veerya tej or Semen gloss lives in the Muladhara Chakra. Tej means brightness and sharpness. It is just like mercury. That is why the Shivling of mercury is very powerful. In a previous post I told how my Kundalini shone by meditating near a Parad Shivling.

**what is Bindu and bindu chakra**

The bindu is name given to the drop of semen. The literal meaning of bindu is also drop. You can call bindu as slang name for semen. The Bindu chakra is located between the Sahasrara and Ajna chakras, little above the middle of the forehead to the back. It is called Bindu Chakra because it receives maximum distilled seminal power. Brahmins tie their braids here.

**The Jyotirlinga's light is from the bindu of Shiva**

Twelve Jyotirlingas are famous among Hindus. These indicate the twelve chakras of the body. There are actually 12 chakras. The eighth chakra is the bindu chakra. The ninth, tenth, eleventh and twelfth chakras are located on the top of the head at a little height above each other. These Jyotirlingas are built at different places of the country as its chakras. In fact, the country also acts like a body. Its full detail is in the book Physiology philosophy or shareervigyan darshan in Hindi. The flame at these places symbolizes the brilliance of the bindu. That bindu originates from the linga of Shiva. That's why their name is Jyotirlinga. Bindu has associated the Shivlingam with the Shiva Chakras. In a way, it can be said that the linga is established on all the chakras. This is called the omnipotent body or sarvalingamaya body. There is also a sarvalinga stotra. It contains the names of countless famous Shivling places located in the country. It gives an indication about the spread of the bindu's brightness throughout the body.

**Bindu Teja should not be implanted on the Chakra Kundalini by holding the breath**

During the meditation of Bindu Tej, the breath starts moving very fast. Blood pressure also increases. At that time there is probably some intense physical and mental activity going on. Mental activity is visible in the form of the brightness of Kundalini. It is just like it happens during bindu-fall. The heartbeat also increases at that time. This exercise should not be done by holding the breath. Holding your breath can weaken the heart. It is as if one tries to hold the breath at the time of a bindu fall in reproductive organ. This can lead to a feeling of suffocation and severe fatigue. Therefore, after holding the breath and meditating on a chakra, when the breath becomes normal, only then can you relax and meditate on the implantation of the bindu radiance on the chakra Kundalini coming up from lower organs through back channel. Heart patients, breathing patients, high blood pressure patients should also not do this exercise. If you do, do less, do so with caution and advice. The simplest and safest way of Kundalini contemplation is the contemplation of Advaita or nonduality.

### **The bindu is Kundalini-form**

The bindu and the mind are intertwined. The nature of both is bright and powerful. Only when the bindu is active, then beautiful and bright thoughts come to the mind. It is because of this bindu-activity that creatures are attracted towards reproduction. Kundalini is also a main part of the same mind. Hence she also receives power from the bindu. In fact, the highest peak of the mind is Kundalini awakening. That is why it is said in a nutshell that a creature performs all the activities, mainly Kamadeva related activities of lust, only for the awakening of Kundalini. **Kundalini is a mental picture, which is in a way a representative or sample piece of the whole mind.** A mental picture does not mean that it is a still picture. If there is a mental picture of Shiva's form, it can also walk with Parvati, dance the Tandava, do sadhana in the crematorium, and whatever else. It is being called representative because, by subduing it, the whole mind is under control, and by achieving it completely, the whole mind, or rather, everything is achieved. **Everything is in the mind.** By attaining it completely, everything is achieved. Kundalini awakening or as it is called full samadhi, this is the total attainment of Kundalini or mind. You will not find such a beautiful, practical, scientific and experiential definition of Kundalini anywhere. Whether you try to find in any book or on other platforms. I didn't get either. That's why I kept on doing Kundalini sadhna only after guessing. When Kundalini awakening happened, then I came to know. Knowing about Patanjali's meditation and samadhi, practiced about it. But I did not find anywhere about Kundalini. It was kept a secret, and there were so many words about it, as many there were mouths. Then I came to know that Kundalini awakening and complete samadhi are one and the same thing. **The Kundalini is the one, on which Patanjali has asked to meditate,** saying it as the picture of any deity or guru or beloved or the picture of any favorite object. In the olden days it was customary to keep it a secret, so that it would not be misused. Today it is a free society. This inspired the creation of this **dedicated Kundalini website**. This shows the extent to which there is confusion, as I had before.

### **Linga sensation on the chakras**

This feeling occurs when a man has worked hard and heavy, and he has taken a lot of yoga breaths with the belly. Not everything gets done just by breathing with the stomach. Along with that, one has to also meditate that prana is going down with the air while inhaling, and the pit which is formed on the back navel chakra due to the expansion of the stomach forward, is pulling apana up from the bottom. This causes the prana and apana to collide on



the Manipura chakra, and there with contraction produces sensation. I have told about the collision of Pran-Apan in a previous post. One should not pay attention to the outgoing breaths, as this weakens the collision of Prana-Apan. **That sensation and contraction, then ascending through the back to the brain, refreshes all the chakras.** She then descends through the front to refresh the front chakras, especially the chakras below. This leads to a deep breath in with a feeling of freshness, and then the breaths become calm. If you inhale like an empty bellows, it will only increase fatigue. Of course the benefit will be there, but it will be less. Anyway, the breath goes according to the situation. **A man himself keeps on learning by making mistakes.** It is better than to do nothing to keep making mistakes, but the mistake should not be harmful. But many times, when the heavy breathing does not stop, the man goes to the emergency hospital section out of fear that the oxygen level is going down due to the failure of his lungs. Same happened with me once. In fact it is caused by some stress and by breathing like a bellows. It seems that there is no satisfaction with the breath. Wherever Kundalini appears, if you meditate on the energy loop along with its meditation, then as soon as the Kundalini starts moving in the loop, the energy circulation in the loop increases. **Energy moves with Kundalini.** Energy should be kept moving in the loop. In fact, **in most cases, fatigue is not caused by a lack of oxygen, but by the accumulation of vital energy on a chakra.** This is also called the **block of the chakra.** Even a good deep breath is enough to channelize that prana energy into the loop channel. Let me tell you one more thing. We yawn only to relocate and give movement to the prana energy. That is why by yawning, there is a feeling of getting rid of fatigue. That's why I say that one should go deep into every fact. Understanding half-heartedly from surface can lead to loss instead of profit. That is the purpose of this Kundalini dedicated website. There is also a condition for the experience of chakra-linga that one's daily Kundalini yoga practice should be continued continuously. This feeling is enhanced if it is accompanied by bindu protection along with joyful rhetoric. By doing this after 4-5 days of rest, the possibility of this omnipotent feeling is more. There is a sharp and joyful feeling on the chakras mainly the navel chakra, anahata chakra and vishuddhi chakra. It seems like a delightfully sharp contraction on the chakra. It is as if bindu fall is going on the chakras. In fact, chakras are not a physical structure. These are the places in the body where the energy condenses, and a blissful sensation manifests. You can call the chakras the gathering places of energy. Anyway, the whole game is about sensation. Sensation can be transferred by cultivation, and sensation can be created at any chakra.

The more force of the prana and apana clash with each other, the stronger their combination will be. The more they meet each other, the more Kundalini benefits will be received. Prana is the symbol of sattva and apana is the symbol of tamoguna. These two Basic qualities or gunas also want to be mixed in the same way. It was a few years back. I had to stay with some VIP people for 1-2 days. I didn't want it from my heart, because they were too much to eat and drink. But there was compulsion. However, I do not mind the limited and controlled use of such things. I had to sit with them while they had dinner. They were intoxicated by eating nonveg and drinking in huge quantity. At that time as if their hidden third eye had opened. They could easily read even the tiniest expressions of my face. They grabbed my extinguished mind. I feel, they even considered minor things from me against them. At that time, they did not say anything while being intoxicated, but they kept that's mental tease for enough time ahead. In fact, due to intoxication and non-veg, a lot of tamoguna engulfs a person. In such a situation, he has to give the same amount of goodness from outside. When Tamoguna and Satoguna meet together within him, he experiences immense joy and

spiritual progress, and becomes a forever admirer of the one who bestows Satoguna. Even a man of Satoguna gets this benefit, because he receives Tamoguna from Tamoguni. That is, each other's gunas are mutually beneficial to both types of people. That is why there was **caste system in Hindu society**. There the quality of Brahmin was Satoguna, Kshatriya had Rajoguna, Vaishya had mixed quality and Shudra had Tamoguna. Today man keeps on changing his qualities. Sometimes Satoguna, sometimes Rajoguna and sometimes Tamoguna takes hold as per the requirement. So there is doubt about the real quality of everyone. Due to this, quality reconciliation is not done well, due to which spiritual progress is less. One point coming in mind. I feel that **guna milan or quality matching of man and woman as done before Hindu marriages** is the same thing. If gunaah of both are able to intermix with each other, a delightful married life ensues, otherwise guna clashes cause disturbed married life. This virtue can be bestowed by being submissive, loving, by showing graciousness, and by displaying all other divine qualities. Along with this there should also be a mental sense of generosity and dedication. There should not be arrogance and narrow mindedness or selfishness. On the contrary, with it the partner will become more angry. He will feel that he wants to keep his Satoguna confined to himself and does not want to mix it with my Tamogun. On the contrary, if Tama-guna expressions like depression, disinterest, hatred etc. are shown in front of him, then his Tama-guna will increase further. Due to this he himself can also go into severe depression. Along with those VIPs, other people who, even after eating and drinking, were acting falsely in front of them and were applying butter to them well, became favoured. This happened to me many times in college as well. This shows that the world runs well only by working together with love. Hindu mythological **Samudramanthan** is good example of this.

I was also having man and woman both balanced. Then man world bothered me. At last I shed away woman mind and gave a befitting reply. Result was my half gone. Incompleteness. After marriage I got my that lost half. I'm Happy. Don't worry. You can become complete alone or take help of others. Choice is yours. It's the same thing. Although **quality sharing** appears more efficient at first glance.

### **Kundalini is the best guru, who guides in yoga**

I never understood the bookish knowledge of Kumbhak Pranayama. I didn't even know the way **to hold breathing is called Kumbhaka**. It was Kundalini that forced me to hold breathing on the chakras, because it glowed very fast with this. The joy was high. My mind became lighter and clearer. I have described this in a previous post, where I am giving it the name of the collision between prana and apana by holding the breath. Maybe that collision also has a literal name. I mean with this saying to do according to oneself. Then when I searched the name Kumbhak on Google, I got a lot of bookish knowledge on the first search page, but no one had their own practical experience. For example, it was written there that the breath should not be exhaled forcefully. I never thought so. Do we not exhale forcefully while running. Lungs are not that delicate either. There are many things in book knowledge, which can lead to confusion. It should not be surprising if one could not do Kumbhak due to the fear of getting harm with forceful exhale. Similarly, while meditating, I also move according to the need, so that it is easy to sit and meditate well on the Kundalini. In **bookish knowledge**, you have been asked to remain absolutely stable like a pillar. One may not be able to meditate because of not being still, thinking that without stillness there can be no meditation. There are many things that can cause confusion. Therefore it is necessary to write or say

completely and clearly. Flexibility is essential in the case of yoga. Nevertheless, study does yield benefits, of whatever quality. It is better to have something than to be nothing. Today, after reading this so called superficial knowledge, I slowed down and deepened my breath while doing yoga, then I got a lot of benefit, of course, it took a little more time. The conclusion is that Kundalini continues to teach yoga on her own accord. The same inspires reading. Therefore, **if the true meaning of Kundalini is known, then more than half the journey of yoga is covered.** That is the basic purpose of this website.

**Kundalini or dhyana-bindu requires scientific thinking, deep exploration, practice, patience, loving contacts, study-discussions, and guru-gods-great men-incarnations and their mental images formed in the mind**

Friends, I had said in the previous post that how to breathe. Let's continue this a little more. It's been almost four years since I've been doing yoga consistently and dedicatedly. Even before that, I have been doing light yoga everyday for about 15 years. Now I feel that I have learned to breathe. Well, I'm still learning. Learning never ends. It is easy to say that breathing is called yoga. But it requires long practice. Now I have understood why after inhaling it is asked to stop the breath for some time. At first I thought it was useless work. In fact, when there is a collision between prana and apana due to breathing, then it takes some time for that conflict to reach its peak. At that time, there is also the contemplation of conflict along with it, then you get more benefits. Due to this, the Kundalini energy starts moving in the energy loop by climbing up and down with a powerful shock. It refreshes instantly. Similarly, inhale slowly and for a long time, so that prana and apana mix well. Breathe out slowly too, because it takes time for the Kundalini energy to descend. Kundalini moves along with material substances in the physical bodily channels. Therefore, it will take time for the flow of nadis to reach from one place to another. Similarly, after exhaling completely, hold the breath for as long as possible. Due to this, the Kundalini descends completely and gets deposited on the Swadhishtana chakra, and as soon as the Mooladhara is constricted up, it descends down to the Mooladhara and ascends from the back to the Sahasrara. From there it descends with prana almost to the heart chakra while inhaling. There she collides with the apana coming from below and starts shining brightly. Then when the chest and abdomen descend while exhaling, it also descends and reaches the Swadhishtana Chakra. Again the same previous process repeats. In this way, like an automatic machine, this kundalini cycle continues, and the man remains engrossed in bliss. By touching the inverted tongue with the soft palate, the flow becomes better. Watching the abdomen and chest move up and down helps in meditation. Many people keep moving the Kundalini between the navel and the mooladhara. Many times there are such situations or such body postures, in which the breath moves from the chest instead of the stomach. At that time the chest expands on inhalation, which pulls the Kundalini mixed apana up from below. With the inhaling breath, Kundalini mixed prana descends from top to bottom to the chest. There the Kundalini becomes more pronounced by the clash of the two in the chest, and at the same time the stress caused by fatigue etc. also goes away. Similarly, many times the inhalation causes both the chest and the stomach to swell forward simultaneously. This also creates a good stretch on the Kundalini energy.

**Kundalini rises up through the sushumna itself, although other nadis also contribute to it**

When the Kundalini energy rises up from my back, I do not stop it, be it at any nadi or place. Actually the central line of the back is the Sushumna Nadi. It is also connected to the other two main corner lines or nadis of the back. Take any other channel line or point, it is connected to all. In fact all the nadis are connected with each other like a net of nadis. That's when I feel Kundalini energy anywhere in my back, I don't stop that experience. Only with this I keep a peek at the front Ajna chakra and Mooladhara constriction. By doing this, the Kundalini slowly slips and comes into the Sushumna, and goes up to the Sahasrara and goes down from there and then starts moving in a loop. Just keep such attention. What happens many times is that if the Kundalini energy is on the left side in the back or head, then by

doing the above meditation it first moves to the right, then balances and fits into the middle sushumna. However, this lasts only for a short time, because the velocity of energy keeps on decreasing rapidly. It should not be confused with Kundalini awakening. This is a simple movement of energy, although a similar phenomenon occurs in awakening, but it is at its peak. The movement of such energy goes on in everyone. But not everyone recognizes it, nor pays attention to it. That's how a man stays alive. Probably Pranavidya can also make alive a dead creature with the flow of this prana. I had heard from an old friend that at the Kumbh Mela in Allahabad, he had seen a tantric yogi bring a dead bird alive with pranavidya. Its truth is not known, but there are many stories related to it in Hindu Puranas. Sanjeevani Vidya may also have been the same prana science, through which the demon guru Shukracharya used to bring alive the demons who died in the war fought with the gods. There is definitely some scientific fact in the basis of such allegorical stories. These are made to attract people towards yoga. But many people start denying science and yoga by taking its opposite meaning. Similarly yawning is also a flow of energy. Only then does the fatigue go away with it. How does a man help the Kundalini energy reach the brain by raising the hands, straightening the back and neck, making a pit in the line of the navel, opening the mouth, closing the eyes, constricting the front ajna chakra point. The difference is that the yogi goes deep into what it is, how it happened, why it happened and how can it become more so that benefit can be obtained. Even before Newton, many people had seen an apple falling from the tree, but only Newton went deep into it. Common man leaves it as simple. A yogi is also a scientist, especially a psychologist. Yawning is a wonderful gift of refreshing from nature.

### **At the time of confluence both the components that mix together need to be taken care of along with the process of confluence**

In the previous post I was talking about confluence times and places like Sandhya etc. One has to pay attention to them in the same way as there is paid at time of the confluence of prana and apana, then only benefit is received. In this way, the rooster gets up before the morning sandhyas time, why does that not get the benefit of the confluence. Because there is no his faith in confluence. If a man does not understand the technical aspect, then at least he must have faith. In fact, in the state of meditation on the dim natural light of the dusk or dawn, attention should also be kept on the full brightness of the day and the complete darkness of the night, only then there will be a collision of day and night, and mixed together with the glow of Kundalini, bliss is created. Similarly, there are many frogs and fish living in the water of the confluence of Allahabad, they are not liberated. The same thing happens there too. It is not only about confluence only but also about every religious ritual. This shows how important the knowledge of the scientific and technical aspect of religion is. It is the job of this website to find that knowledge.

### **Yoga itself teaches yoga better**

I got some new practical experiences this week about yoga-asanas. They were there earlier too, but were not so clear. Earlier I used to take quick and shallow breaths. This time I took air deeply and slowly like pranayama. In a way, Pranayama also started happening with asanas. Two benefits at once. Earlier I used to take short, quick and shallow breaths 20-30 times in a pose. But now I was able to take it only 2-3 times. There was such a difference. Yoga teaches itself over time. So keep doing it as it feels right. Although I read somewhere in the blog that yoga guru Iyengar used to teach yoga asanas together with meditative

pranayama. Now the whole truth has been revealed. Still have to be careful. Don't exceed your happy tolerance limit of breath holding. Most of my time is spent in yoga practice. It is also necessary for me. I can't be healthy without it. I have ankylosing spondylitis, an autoimmune disease. In this, the man should always be in action. To avoid jamming the joints of the body, especially the joints of the chest and back, and to overcome fatigue, regular exercise should be done. Kundalini meditation, pranayama are beneficial to prevent depression, and other mental defects. This is its main treatment. Because of this, I was able to learn a little yoga. Any excuse is good to persuade the mind.

### **Kundalini, Karmayoga and Vigyan or science are related to each other in an intimate relationship**

People often say that spirituality is not a subject of science. I say that it's absolutely necessary. Till Kundalini awakening, it is too much, but even after that it is enough necessary. After Kundalini awakening, individual science is replaced by universal or cosmic science. Due to this, one starts getting favorable conditions unintentionally, and itself starts getting good for him. This happens because of the divine power of Kundalini. However, it also has its limitations and constraints. This eases the burden of personal science a bit. To receive Kundalini and to keep it active, karma yoga is needed. The better the Karma Yoga, the greater the quality and specialty of the work. It is science that gives quality, specialty and highness to actions. That's why spirituality and science go well together. I used to be a freak of science myself. Where no one imagined science, I would fit science in there too. My teachers used to tell me jokingly that friend, you fight science everywhere. Because science is necessary for Kundalini, that is why people of science-oriented, especially in modern type of civilization, people are more Kundalini curious. But most of them understand only the science of external yoga related to health. They underestimate the science of meditation. All the scientists can become great Kundalini yogis if a small part of the mind and energy they devote to the outer sciences, devote to the inner sciences. But now slowly we are understanding Kundalini science as psychology. That is why there is no satisfactory translation of dhyana in international language. The word meditation or concentration has to work. Actually meditation is a method of facilitating dhyana, not real dhyana. Similarly, concentration means focusing the mind on material objects and for a short time, not on a single mental kundalini as a single mental picture for too long or the whole life. Therefore, the most important word dhyana should be included in the dictionary of it. Only one Sanskrit word 'Dhyana' encompasses all yoga. If it is, then it is yoga. If it is not there, then there is no yoga. Dhyana and Kundalini are synonymous to each other in a sense. The rest of the things in yoga are only auxiliary to dhyana. I was reading in a blog around the first World Yoga Day in which a materialistic gentleman was proudly saying that the materialistic people of today, especially those of the modern type of civilization, would be confined to the external parts of yoga. They will not go to the depths of dhyana. So now I think how will there Kundalini awakening then happen. It cannot happen without dhyana. In the lot, rare people get dhyana itself by natural coincidence. But to achieve massive awakening, one has to do dhyana artificially. The well does not go to the thirsty, the thirsty has to go to the well. If a thirsty man does not go to the well, then the life of the man is in danger, nothing will happen to the well. Similarly, if people do not adopt dhyana, then there is a loss to people, not to dhyana. Therefore, the lifestyle itself has to be made meditative or dhyana like. Such was the lifestyle in the ancient Vedic tradition. It may seem that such a lifestyle is strange, but it is also the truth. Truth cannot be denied.

## **By considering Kundalini as a bindu, its meditation becomes easy**

In the previous post I had described the bindu as Kundalini form. Kundalini is meditated in the form of a drop or bindu of transmuted sexual essence, so that the power of the bindu located in the Muladhara region continues to reach the Kundalini. It is felt that the Kundalini has been connected to the main bindu source located on the Muladhara area through a Nadi, no matter where the Kundalini may be. It seems that the bindu energy is strengthening the ascending Kundalini. This is also called distilled sexual energy. While doing this bindu meditation for a while, the lust with genial sensation is lost and get used up to strengthen Kundalini. Although the power of the bindu reaches the whole brain, but the Kundalini itself is considered as the bindu during meditation so that the Kundalini picture remains most effective, and other thoughts are suppressed before it. Bindu is a fluid substance, so it has good flow. It also increases the flow of Kundalini. Together I was telling that if the true meaning of Kundalini is understood, then more than half of the journey of Yoga is covered. A rare person who is lucky enough to have good and purposeful love contacts gets a Kundalini picture in his mind. Of course, it may bring profit in the world and give peace of mind, but it is very difficult to awaken it. Sometimes the long appearance and sudden disappearance of a strong image of a sexual lover in mind can lead to direct enlightenment without Kundalini awakening. But this happens in very rare cases. To awaken, one has to regularly meditate on the image of a favorite and imaginary deity, aged and qualified Guru etc. It is easy, because their apparent physical form is not present, so it does not interfere with mental meditation. Many left-handed tantrics take the help of sex partners to strengthen their image in their mind. Some get this support on their own due to good deeds of past lives. The love contacts of worldliness inculcate the habit of keeping people's pictures in mind, which makes it easier for him to meditate on Kundalini while doing yoga. It is the same as if we are doing Kundalini meditation on the Anahata chakra by holding our breath, we do not stop the thoughts of the mind, but with its meditation we also meditate on the Muladhara chakra. Due to this, the power of the mind descends itself and starts shining in the form of Kundalini on the Anahata Chakra. By placing the hand on the heart, it becomes easier to meditate on the Kundalini, and in Siddhasana from the heel of the foot pressing up the Muladhara Chakra. Similarly, while meditating on each chakra, it can be made easier by placing a hand or fingers there.

## **Universal Authenticity of Patanjali Yoga Sutras**

I had no selfish motive behind finding Kundalini. I didn't even feel the need for it, because I was already living an awakened life of non-dualism with great joy. It happened that by chance I got some extra time. I was a hard worker, always doing something or the other. In that spare time I started reading about spirituality. I understood Patanjali Yoga, but with a more natural form of love affairs. I could not understand how by artificial yoga practice a strong picture of someone could be made in the mind. In love, it becomes itself. So I read more yoga books, discussed on online yoga forums, and continued to practice yoga along with. For once I was disappointed and started questioning the authenticity of the Patanjali Yoga Sutras. Then on forum, an old gentleman of Indian origin in America interrupted me a bit angrily, "How can you say that? People have been taking advantage of that book for hundreds of years. You shouldn't say that". I defended myself by giving a false explanation that I did not doubt Patanjali, but I was referring to those who misinterpret the Patanjali Yoga Sutras. This made him satisfied. Perhaps this discussion also helped me get to the bottom of

this book. I also read Tantra's books, and took their help too. Still I was happy. Even if you know about Kundalini, it is fine, and so even if you do not know it. But the hard work paid off, and it was revealed. Of course I couldn't bear it for long. If I could bear it, I might not have been able to tell you anything. Everything is part of a divine plan. Then I came to know that in Patanjali Yoga Sutras, it is completely correct. Although it is practically difficult for the layman to understand. So let me help you a little bit. It was also discovered that bookish knowledge about yoga spreads more in the general society, not the practice of yoga. But much of yoga is practical yoga practice.

### **Kundalini awakening should be the main goal, not energy awakening or sushumna awakening**

I think the Kundalini awakening that most people claim is actually energy awakening or sushumna awakening. That is why they describe Kundalini less, and more about energy. Kundalini awakening can happen even without sushumna awakening. Although the energy ascends through the sushumna, it remains in the background, not in the experience. The river of energy that flows from Mooladhara to Sahasrar at once and that comes in their experience, that is the awakening of Sushumna. When so much energy will come together in the brain, then some or the other picture will flash there with sparkle. A similar picture flashed in my mind once, when I had a momentary awakening of Sushumna. I have described it in detail in an old post. That picture was of a local temple. It was a very alive picture, but not like awakening. Then the Kundalini picture also shone, but that too was not as much as that's while awakening. While awakening, one feels himself fully merged with the image along with profound bliss and nonduality. Most people do more of energy sadhana, and less of Kundalini sadhana. Although these two are related to each other, but the main goal should be Kundalini. Kundalini is that human picture, which always accompanies like a true friend. It gives company not only in this world but also in the hereafter, because it is subtle, whose reach is everywhere. This is what promotes love and humanity. Have you ever seen a river of luminous energy, pictures and strange designs of light comforting someone by becoming a friend? Such light experiences without the mind's full association with any human form are symptoms of energy awakening or channel awakening or sushumna awakening. I feel that there are rare cases of experience of direct and complete merger or complete samadhi with these things, and there appears no immediate benefit with incomplete merger. Yes, it is definite that it helps a lot in Kundalini sadhana, if anyone wants to take help. Although, there is complete merger indirectly with associated objects in every awakening due to nonduality, but the main and primary object of merger that's preferred is human form, out of this best being the god form and second to it the guru form. In sudden enlightenment without artificial meditation efforts also, primary merger of soul with associated objects whatever flow in mind while awakening is there. If that enlightenment happened due to help of any individual may be love related, then that one grows in his mind as kundalini later on itself, giving all benefits of Kundalini meditation. However, this type of sudden awakening without self efforts as with Shaktipat appears less powerful and less stable. Actually, associated objects are not the main goals. The main goal is the human form of Kundalini. Because man's true companion is man, therefore the deity in human form is made Kundalini in most cases. A qualified guru or a great man or avatars like Krishna can also be made as a Kundalini. A particular sect has a particular deity because the collective meditation of the same deity gives strength to each other. Such as Shaivism, Shakta Sampradaya or sect, social groups worshipping god Ganapati etc. In Raj yoga, there



are no chakras and energy channels attended much. Only Kundalini dhyana is done in mind. There in also, Kundalini awakening and Kundalini activation happen similarly. That is why it became very important to describe Kundalini in detail. Seeing this need, this website came to the world.

**Kundalini is like engine fuel and energy is like ignition from spark plug that produce awakening blast**

*These spiritual blasting constituents and events are assisted by dhyana, Shivbindu, human form Deity, Shivaling, Jyotirlinga, Breath hold, Brain Pressure, Self-learning, Positive Thinking, Relentless Practice, Selflessness, Perseverance, Patience, and systematic approach.*

Friends, in the previous post I was talking about Kundalini awakening and the merger that's felt during it. That merger should start with the Kundalini. This means that one must first feel one's complete merger with the Kundalini, with complete bliss and non-duality. With Advaita born from that, one will then feel his merger with all things. This happens so rapidly, so appears together in real time. Although this association with all things would be secondary, the primary would be with Kundalini only. Only then will the Kundalini picture of mind become the most important, and it will remain active permanently. This means that you should keep on doing energy sadhna/chakra sadhna/nadi sadhna, because these sadhnas will be useful for Kundalini when the time comes. But try to awaken the human form of Kundalini, not energy. Energy awakens itself when time comes. Energy should follow the Kundalini, Kundalini should not be behind the energy. I tell my experience about this. I used to do energy meditation with Kundalini meditation every day. One day, as soon as I got a good opportunity, all of a sudden I got very strong remembrance of Kundalini, and I started getting lost in it. Then my energy also climbed up through the back from the muladhara to support the Kundalini and reached the brain. I felt so because my muladhar area became fully shrunken, although that energy climbed up so rapidly that I couldn't feel that. That's why I am anticipating the energy ascending through the back, because I had been doing a good practice of raising the Kundalini through the back adopting the Tantric method for almost a month. Also because at that time there was dancing and singing of women. Therefore, the energy of the muladhar chakra was stimulated. The energy stimulated through the sexual means rises up through the back. That energy then joined Kundalini in the brain, which led to Kundalini awakening. It means to say that Kundalini itself was going to be awakened. All she needed was an additional supply of energy. It's as if the gas got into the engine, it just needed a spark from the spark plug to make it explode. If there is no spark, the engine would not explode. Similarly, if I had not been doing energy cultivation, the Kundalini would not have received energy, and would have returned from the brain without being awakened. Such an up-and-down cycle of Kundalini goes on inside everyone, most of the people just cannot give the spark of energy. It also happens with many that the river of energy reaches the brain, but there is no Kundalini there. With it, pictures flash in the mind with great clarity, but do not wake up. It is like that there is no gas in the engine, but sparks are continuously being produced. It will produce a small light of spark, but not as huge as a bang. That's why make Kundalini the main target, but keep on doing energy sadhna also. It is such that you have to create such a deep remembrance of Kundalini that you get lost in it for a few moments. This is Kundalini awakening. Understand that the memory of the guru or the deity has to be created so deep, as deep as a lover who is immersed in the love of his consort, feels for her itself without any efforts. But the remembrance of the guru or the deity will not arise in you so strong itself, because there is no sexual attraction there. So you have to resort to tantric techniques to create strong attraction like sexual attraction. For this the above mentioned energy practices will be useful for you. Then you will say that then why should not the sexual lover be made Kundalini. But it's not the best way. Firstly, it is

impossible to awaken the sexual Kundalini because of sexually originated physical disorders. Secondly, no one would like the next birth to be that of a woman, because a woman has to face more difficulties than a man. As a man thinks, he can become so in the next life. It is a different matter that in today's scientific age, men and women are equal, even in many places, women are more upside than men. But such an era will not last forever. The age of scientific facilities like today seems to be just a negligible part of unlimited time. These facilities are also not available everywhere. These views are my own experiential views based on truth, there is nothing gender discrimination in it, and there should not be. This is personal blog, not for fame or money. Anyway, it is also visible in the world and in Tantra sects also it is believed that woman can only help man in Kundalini awakening, she cannot awaken herself. If she gives this help, then in the next life she becomes a man and awakens. By the way, there have been many great tantric women in the Tantric sects, who have awakened their male companions, and they themselves have also been awakened. Cases of exceptions carrying out special efforts are found everywhere. Many yogis have meditated on the Mother Goddess. Yogi Ramakrishna Paramhansa was a worshiper of Maa Kali. In his meditation, Kali Mata was clearly visible in physical form. He used to play with her, talk to her. But there is a difference between an ordinary woman and a goddess. Perhaps that is why very little is said in the scriptures about making a woman a guru. Although woman assist man highly in awakening and to some extent vice versa. Well, change and variation are the laws of the world. Meditation or dhyana should be practiced in whatever way a person feels suitable. Along with it, it was said that the awakening which is attained by chance or by shaktipat etc. without self effort, is short and temporary. It does not give complete satisfaction. It feels like getting one more awakening. The Kundalini picture made from it also starts disappearing after a few years. However, such awakening motivates a man to attain full awakening. Due to this man starts practicing yoga.

### **Bindu power is redirected from mooladhar to sahasrara chakra**

Kundalini gets the power of the bindu itself from Muladhara. If someone feels insult of Kundalini by the name Bindu, then dhyana can be done by the name Shivbindu and Jyotirlinga or Shivling. This will not insult the Kundalini, and the man will also get the form of Shiva. Two benefits at once. Another great way is to name the contemplation of Advaita as Shivbindu. With this, as soon as Kundalini comes in the mind, she will get the power of the bindu immediately. Anyway, Shiva is the owner of this non-dual body. A man becomes the master of it by false arrogance. This fact has been scientifically proven in the book sharirvigyan Darshan. All the 12 chakras become the twelve Jyotirlingas of Shiva by the meditation of Shivbindu on the Kundalini chakras. In the word Jyotirlinga, Jyoti means the radiance of Kundalini. This is the spiritual secret of the 12 Jyotirlingas. That is why it is said to keep constricting up the muladhara and give pressure from the heel of the foot in Siddhasana there. In fact, the Vajra Nadi, carrying the bindu power, climbs up the middle of the back through the Swadhisthana Chakra and the Muladhara Chakra. It starts with the genitals. I have described this in an old post, how that Kundalini Nadi is shown as a serpent holding a Kundali or coil, and how it stands up by opening its coil. Actually, Kundalini is not in the shape of a serpent, as many people understand. This is the nadi that carries Kundalini energy. The name Kundalini is so named because she is imprisoned in the nadi like a serpent with a coil. This is a Sanskrit word. That nerve channel becomes active by the pressure on the muladhara. It is clear from this that the power which has been told to reside in Muladhara is in bindu form only. That same bindu energy has to be taken up to Sahasrar

for awakening. It can reach there by slowly awakening all the chakras on the way, and also straight. It depends on the type of yoga exercise. With simple practice, it gradually reaches the top, but with tantric practice, it goes very straight to Sahasrar directly bypassing all intermediate chakras. Only human can raise that bindu power, not other living beings. Because only human can practice yoga. At the same time, only human has a developed brain capable of withstanding the huge bindu power, not other living beings.

### **There are many benefits of holding your breath**

I was also discussing practically on yoga breaths in the previous post. In fact, the dragon which is shown breathing fire, it is a symbol of Kundalini fire. The kundalini from that breath that glows in the loop channel is depicted as mystical fire. The actual shape of man is also similar to that of a dragon. If we take the spinal cord and the brain, a serpent or dragon-like shape is formed. The true form of man is contained in the spinal cord and the brain. The other parts on the outside are just like the outer peels. I described this in an earlier post. I have not read this anywhere and not I have proof of special benefit of holding breath as described below. Holding the breath seems to increase the flexibility of the blood vessel walls. Because their muscles get stronger. It is also felt itself, when by holding the breath, there is a feeling of heaviness and stiffness in the vessels of the brain. But this should be done with caution. Not too much or for too long. That is why in the asanas in which the stomach presses inside, one is asked to hold the breath by exhaling. Such as Shirshasana or head stand, Sarvangasana or shoulder stand, Halasana or plough pose, Naukasana or boat pose etc. In which the stomach expands to the outside, it is said to stop breathing after filling air in. Such as Shalabhasana or grasshopper pose, Makarasana or crocodile pose, Bhujangasana or snake pose etc. By the way, in a controlled state, by inhaling or exhaling the breath in any posture, you can hold it according to your interest. Special care has to be taken in Shirshasana, Sarvangasana and Halasana, because in them a lot of pressure is created in the brain. If holding the breath increases the flexibility of the blood vessels, especially during yoga, then it is obvious that it can provide some relief from stroke, and heart diseases. As long as research does not prove it, there is no harm in doing yoga by holding your breath believing so. Anyway, it has become clear from scientific experiments that by hold of breathing, the level of oxygen in the brain keeps changing. It simply means that the blood vessels keep on contracting and dilating. Obviously their shrinking would decrease the oxygen level, and expanding would increase. During Kundalini awakening, a lot of pressure is felt in the brain. It also prepares the blood vessels of the brain to bear that pressure. During feeling of head pressure, it seems that the vessels of the brain along the sides of the forehead are under pressure. In such postures in which the head is below the body, it seems more like this. Recently a relative of my boy died of brain hemorrhage. He was only 30 years old. Introverted, lovable, too dependent on family he was. He was less acquainted with others other than close family members. For a few days he had been suffering from slight pain in his head, and half an hour before he fainted with vomiting of blood, he was touching some vessel of the head and telling that he felt that the blood vessel of his brain was bloating. Touching by his mother with her hand did not feel like anything. So he asked him to sleep and rest. The doctors in the ICU told only 5% chance of his survival. His brain had become hard as a stone under the pressure of the flowing and compressed blood. He could survive in the ICU for only one and a half days. He also got the Corona Vaccine, astrogenica based Covishield 5 days ago. The doctors said that he had developed too much immunity. No need to be afraid of it. Fearing this, vaccination should not be

stopped until a better vaccine is found. Many lives have been saved by this. In comparison, the side effects are negligible. Yes, one should be prepared for every situation by being careful. If side effects occur, the doctor should be consulted. The chances of such life-threatening side effects are only in one digit number out of million. Now, it is new thing to hear that if by mistake injection goes intravenous instead of intramuscular route, then it can also lead to clot formations in the blood. I'm saying this because if by yoga, exercise, etc. he had the ability to withstand more swelling in the blood vessels of his brain, then there might have been no bleeding or there would have been less bleeding, or emergency treatment would have saved his life.

### **Bindu also means space as much as the tip of a pen**

It is called point in English. It is made by keeping the pen at one place and marking its ink. In the previous post I mentioned that Bindu means drop. But it also has another meaning point. Kundalini is also a small place of the mind of a truly unlimited field. If the article written on a page of paper or the whole book is taken as the mind, then the Kundalini will come in only one point. A single point gives information about the entire article, which pen is used, and which ink. It can even be known how the author's handwriting is. Similarly, a Kundalini gives an idea of the nature of the whole mind. Just as with the perfect knowledge of a point the whole article can be controlled, similarly by the perfect knowledge of a Kundalini the whole mind is controlled. I am giving this analogy by looking at the external resemblance between the two, not the inner one.

### **Yoga is not a matter of learning, it is a matter of practice**

Many people tell me to teach me yoga. What I have learned a little while doing since 20 years, how can I teach it to someone at once. Yoga is not really a discipline of a particular field, which can be taught immediately. It is an ideology, a philosophy of life, a lifestyle. This is a non dualistic thinking of the mind. You can also call it positive thinking. You can choose any way you want to maintain and enhance that thinking. Multiple methods can also be used together. That's why it is necessary to create thinking first. He who does not have any thought, what will he keep of it, and what will increase of it. Thought is in the control of man. That is why nature has given free will to man. Yoga cannot force any thought. Yoga can be resorted to increase that thinking. He who has this thinking inside, does not need to be taught anything. Thought finds its own way. To make them think, I ask them to read the book Physiology Philosophy or sharirvigyan darshan. After that there is no message from their side. If the message had come, I would have told them that now to make this thinking firm, for a few years follow the path of Karmayoga with this thinking. You can also consider thinking as Kundalini, because both are thoughts of the mind. Then after a few years, when again his message came, I would tell him about Kundalini Yoga, I would suggest practical books about it, even if they were written by me. This is the real way to learn yoga. I have learned the same way. If someone wants to learn physical yoga like exercise, then today many tools are available everywhere, online as well as offline. Learning real yoga takes time, it can take a whole life.

### **Aryan civilization helping in kundalini meditation through idol worshipping rituals**

Looking at the customs of the ancient Aryan civilization, the great spiritual scientific thinking of that time is revealed. The deities like Shiva, Ganesha etc. were made absolutely permanent and immortal. Sculpture was at its peak. Such lively and attractive sculptures

were made, in front of which real men would be ashamed. It was easier to meditate on the idols of God than a real man, guru or lover. For example, if the form of Shiva idol was awakened in one's mind, then he could never forget it. That is because that idol was specially saved and kept in the temple forever. Anyway, due to the presence of Shiva temples in every place of the country, the Kundalini in the form of Shiva was never forgotten. The real man has a limited life, but these idols have become eternal by joining the religious tradition. The real man may even be lost. Then how to meditate? Deities are present everywhere and at all times. That's why they were made so beautiful. Swarnamurti or golden idol was considered the best. Because that was the most attractive, shiny and long-lived. I have seen many such beautiful sculptures in such a lively and beautiful form, that till today they come alive in my mind. Think, when that can leave such a deep impression on the mind just by seeing that once, then why will that not be awakened in the mind by meditating on that again and again. Even if not awakened, idol teaches a man to live with non-attachment and non-duality. They always give benefit. Anyway, the deity idol came into existence only when someone first awakened it in the mind and placed it in front of the world.

### **Kundalini type good can be done by mental kundalini only, not by any gross physical object**

It is the nature of Kundalini to do good to man, even if it is in the form of a stone. That's why there is a saying that as if God can be found everywhere even in a stone. But the credit for this was not given to Kundalini but was given to the deity. This increased the faith to the gods in the minds of the people, which is till today. Although scientifically, Kundalini was doing all the work of human good. It is also appropriate to give credit to the gods, because they continue to do good to people in material terms anyway, like providing sunlight, air, water etc. Although the Kundalini type benefit is from the Kundalini only, not the deity. Both the types of goodness should be seen in their true form, not combined together, only then the confusion about Kundalini will be removed. Similarly, the Kundalini of a man's mind formed in the form of a lover does the good of a man, not his lover. If the lover was doing good, then after marriage, mutual attraction would not end or diminish but increase. But the opposite happens. In fact, after marriage, when the physical form of the lover becomes available at all times, then the Kundalini created in the mind starts to disappear. Due to this the benefits of Kundalini end. But the man blames the lover. The lover is as it was before. That is why Lord Krishna says that Radha is his dearest. There is no marriage of Krishna with Radha, only love between them happens. It is clear that Radha is dearest to Krishna only because of the eternal Kundalini formed in the form of Radha in mind of Krishna. If both had been married, it might not have been so. Because physically his wife Rukmini is the most beautiful. Actually real and true love comes only from Kundalini and not with any material object. "Living with the help of someone's remembrance" is also an example of the good done by this Kundalini. What is more good than life itself. Another form of Shiva is a mountain, which I have proved in a poem post. Mountains do a lot of good to man. They give water, air, coolness, fruits etc. That's why people get easily focused on the deities. That is why in most cases the deities were made to be meditated as a Kundalini. Due to this humanity also flourished in the world. Anyway, only Kundalini leads to God. There appears no direct flight service to reach God. It sounds strange, but it's true. This is a science of idolatry, which one who does not understand, he will definitely spread false propaganda.

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

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

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

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

I sometimes feel that revealing spiritual mysteries can bring great benefits to the society. I do not say that the mystery should be revealed everywhere, because by doing so the joy of mystical tales will end. But at least in one place, there should be a composition available to reveal those secrets. It is said that spiritual principles and techniques were made mystical so that man would not be misled by trying them before spiritual maturity. Even if a man comes to know the truth of the mystery even before his spiritual maturity, he will be able to benefit

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

### **Ida Nadi has been called Rishi's wife Arundhati**

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

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

In many places, Sahasrara is considered to be the eighth chakra. The transmission of semen up to Sahasrara is more difficult than other chakras. Doing so forcibly can cause headaches. Therefore semen is established only on the lower seven chakras. In this metaphor it has been said that out of eight, only seven wives went to Agnidev and started getting heat of fire. Even the eighth wife came, but she did not take the heat of the fire. Meaning that even a little bit of semen goes up to Sahasrara, but it is negligible. Up to Sahasrara, the semen tej goes usually through more active sushumna. In this metaphor it is said that the Ganges river poured the semen of Shiva into the grass of the reed. It should always be kept in mind that there is always a Kundalini picture or mental thoughts in its absence associated with prana or virya tej or energy or power. All these names are synonymous with each other, that is, all are synonymous. The first and most burning sensation is felt on the front Swadhishtana chakra born of the semen tej. It is associated with the same genitalia referred to in the previous article as the pigeon. Along with this, when the Kundalini is also meditated on the front chakras, then it starts coming on the front



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

### **Meditation at Tip**

Meditation at Tip is a shortened form of the Vajroli Kriya. It can be called as partial vajroli. In this, the semen is not thrown out, but carried on the penis tip or Vajrashikha, and then it is

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

### **The body and its parts should be respected as deities**

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

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

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

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

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

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

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

I laugh at UNO too. Giving veto power to a country means that no matter what it does, there is no one to stop it. Then what is the purpose of UNO? At least the country against which there is a resolution should not have the right to veto in its own defense, someone else may of course do it. What is it that I am a thief and I am police too. By the way, if the veto is used properly, then it also has its benefits. India has been involved in anti-terrorist operations since its inception. Or we can say that this campaign was started by India itself. Now most of the countries of the world have started joining this campaign. At that time, against this campaign of India, resolutions were brought against it in the UNO using propaganda. But only one or two of the countries used veto power to drop those proposals. Sometimes the reverse also happens, when a country with a veto power saves the wrongdoing country because it has a selfish relationship with it. That's why I think that the same old-fashioned method of decision making in the assembly is right, in which the majority is seen, the side which gets the more votes, the same decision is considered valid. I feel that a decision taken by majority in the House is in a way like God's decision. God also sees it, because God is the biggest chairman. That is why in most places in the scriptures, God is depicted as the chairman. One more thing is worth noting. A strong child is beating a weak child, asking him not to go to another strong boy for his defense. He will go more with this. Yes, if he is treated with love, he will not go. It has been happening since the beginning that there are two superpowers fighting among themselves, and the ruins become the small country for which they are fighting. Fight the bull, and let the grass be destroyed. Then in most cases those superpowers do not cooperate properly in the reconstruction of that small country. Mostly some developing countries like India try the work of reconstruction, because they see humanity, not religion, caste, class etc. Then it is said that developing countries do not develop. How will they develop when big countries keep engulfing the world in wars? The example of Afghanistan, Syria and Iraq is in front of everyone. I had described these types of international events in the book Physiology philosophy or sharirvigyan darshan by some divine inspiration. However, I had shown all this to happen in the body according to health science. There I even wrote that nuclear war destroys the whole country, that is, it dies, which is reborn in the form of reconstruction. This destruction was a description of the subtle country inside the body, God bless that nothing like this should never happen in the gross country outside.

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

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

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

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



place like the shade of a banyan tree growing near a lake. Earning strength from that positive relaxation, I started reading articles and books on the Internet related to Tantra. Having lived with the philosophy of physiology for about 10-15 years, my inclination towards tantra was already formed. Meaning that the gunpowder was ready, it just needed a spark. Along with, I also Started joining few online discussion forums related to Kundalini. I already had scientific and investigative nature. Hence there was a desire to find Kundalini with the help of sexual tantra, which was fulfilled to some extent. Then I almost completely understood the above universal epic word of Osho. Who can understand a Yug Purush completely, that's why I am adding almost word together. It is a different matter that Sambhog Yoga is not a discovery of modern or medieval age. It is also mentioned wonderfully in Shiv Purana. There it is written in a mystical manner, such as taking up the Shiva Tej by Agnidev as a pigeon, receiving that effulgence by seven sage wives, giving it to the Himalaya by the sage wives, pouring it into the Ganges by the Himalaya, Birth of baby Kartikeya with it on the reeds growing on the banks of the Ganges etc. This narrative has also been disclosed in detail in a post on this blog. **From this it becomes clear that the timeless and spaceless Lord Shiva is the originator of sexual yoga, not any earthly human being. As far as my limited eye can see, I do not think that dear Osho Maharaj has attributed it to Lord Shiva by referring to this above said story in his description of sexual Yoga. If anyone knows about this then please let me know so that my knowledge can also increase. Perhaps for this reason he was also surrounded by unnecessary ruckus or controversy. What happens is that when the credit of one's statement is given to someone else, to a guru or to a higher authority or to a deity or to God or even to a pen name, then one does not create unnecessary arrogance from it, and secondly it does not create unnecessary controversy due to misunderstanding by the people. That's why Om is put at the beginning of every mantra, which means that this statement is of God, not mine. I have also been saying from the beginning that my statements about this is not my own. I am only saying what Lord Shiva and Osho Maharaj or ages old tantric kundalini yogis have already said.** However, it is a different matter that as per sources Nupur Sharma had also said the same thing, which was written in the Quran, and which is often discussed in Muslim communities, and she had also cited this fact. Still, many Muslim organizations and Islamic countries rallied against that poor lonely woman, to the point where the jihadis even killed some Hindu people. This proves that even this social engineering technique rarely works in the case of fanatics. I also feel that this was a false excuse to implicate Nupur Sharma, just as some news and arrests like this have also come to the fore, because she does not even give a chance to point fingers at herself. The excuse was such that a lion was drinking water upstream in the river. A lamb was also drinking water on its lower side. The lion said to the lamb that you are making my water refuse, I will eat you. So the lamb said that sir, you are higher than me, my refuse water is not coming to you, but I am drinking your refuse water. So the lion said that then your mother must have made my water refuse, and saying so, ate the lamb. Nupur Sharma was an intense and stunning BJP spokesperson. She presented the answer to every debate bound political or religious question cleverly, eloquently, powerfully, deeply and with evidence. The shades of Saraswati, Lakshmi and Kali goddesses together were seen inside her at times. She used to show the Islamic scholars the stars in the day who made unrestrained and absurd arguments in the TV debates. If you play a bean band in front of a buffalo, she will not offer a garland. Doing someone, dying some other one. The time has come to eradicate the disease of religious intolerance from the entire world. Until it's done humanely and lawfully, till then such provocative rhetoric

should be avoided. When you know that opening the lid of the bottle will bring out the genie, then why open it. In fact, there are other clever people who instigate gullible and loose tongue people. We do not take anyone's pros and cons, neither admire nor criticize anyone, tell the truth as the truth and the lie as the lie, contrary to the bigotry. Let's go back to Kundalini again little more, the main subject brother. The discovery of Kundalini by me or any else doesn't matter much. It is not Einstein's discovery of relativity, that once discovered, there is no need to search for it by others. Every man will have to search for Kundalini himself, and live according to it, the search by others will not bring much benefit. Searching by others can certainly help one guess about what it looks like, and where and how to find it.

### **Osho Maharaj was a strong opponent of fanatical religiosity**

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

## Kundalini Yoga does not talk about rejecting the world

Friends, there is a lot to write, words are few. The riddles of spirituality are very strange, which have been written hard to understand. How everyone can believe. It is said that don't run outside, feel inside yourself. It is like a double edged sword. If someone sits down with his eyes completely closed, he is sure to suffocate and die, but if someone pretends to keep his eyes closed even with his eyes open, he will survive. Now I have become Premyogi Vajra. I have nothing to hide about myself. I have seen countless beautiful sights of all kinds. But I kept distance from those views. I didn't even speak a word to some, but drank them with my mind's eye. It also happened because of my family's **spiritual environment**, and there must have been many other favorable circumstances due to the influence of previous lives. But theory being theory, it applies knowingly as much as unknowingly. What happened is that by not running obsessively towards the beautiful sights, the principle felt that I was experiencing all the sights inside myself, inside my mind, inside my body or inside my **soul**. This is also true. The external views are just a means to reveal the inner view. As I have been trying to go to the root of the body's **blissful kosha** through the last several posts. Don't know why it feels like something is missing. The **scriptures** need scientific explanation. It is said that Yoga is **scientific**. But it doesn't happen just by saying. Today it needs to be proved. **Sexual love** is at the top in worldly colors and sights. If one can remain detached from sex even with love, then what can be greater **detachment** than that? From that the soul will get miraculous power and it will be awakened the fastest, just within a year or two. **Lord Shiva** was also like that. Goddess Parvati used to shower her love on him, but he remained unattached and immersed in his **meditation**. He also used to love **Goddess Parvati** very much, but used to pretend to be neutral. Due to this, according to the above **psychological** principle, all his love used to be attached to his soul itself. Then why doesn't his soul always remain awake? This shows that no one can be a greater actor than a Yogi, especially a **Tantra Yogi**. Contrary to Lord Shiva, if someone was a fanatic or an idealist or a scripturalist etc or mindless, then he would have rejected a girlfriend like Goddess Parvati calling her a spiritual obstacle and gone away or would have become attached to her like a bumble bee on a flower. You can understand what would have happened then. The meaning is clear that the **middle path** of Shiva or **Buddhist** is the best. Well easy to say, difficult to do. In the scriptures the term rejection has been given to non-attachment because it is closer to rejection than to adoption. The scriptures are emotional. People do not understand their feelings and start blindly following them. If a common man had seen Mahadev Shiva, he would have said that he has rejected Goddess Parvati. To say that he got married later means that it happened after the attainment of knowledge. At first he used to be meditating somewhere and Goddess Parvati searching for him somewhere else. Of course, Shiva had settled Parvati in his mind as meditation image and always remained blissful in her meditation. People must have thought that was his penance. Little do they know that the matter is something else. Who has seen by going into the mind? Actually the real detached man has adopted the whole world as his soul. He does not feel that he has rejected the world. But the people of the world feel like this. That's why common people with little understanding start talking about rejecting the world they see. Even the lover sometimes feels that his lover is rejecting or ignoring her. That's why when this happened, Shiva used to appear in front of Parvati for a few moments to console her, and then disappeared. Let me tell you that the power of expression reaches the soul through Kundalini i.e. meditation. You can say that with **non-attachment** you feel the meditation

picture manifesting, no soul etc. The pure soul is like the empty sky, it cannot be felt directly in the presence of the body, it can be felt only in the form of meditation. Shiva became the biggest **Rasbihari** or **spiritually romancing**. How can anyone compete with him? It takes many years for the common man to gain ultimate knowledge through love. Till then he cannot even console his girlfriend like Shiva. If he starts giving, he gets carried away by feelings and remains deprived of attaining knowledge. Worldly honour related restrictions are also there. Everything changes after years, even the mind of the girlfriend. Some even distance themselves in the beginning by accusing them of infidelity. Haha. Wow to Lord Shiva's luck and leela with the love of Goddess Parvati, getting complete knowledge from her, then marriage with her and romancing only with her. No one else should come in the way of love. If this happens in common worldliness, then there will be a shower of **heaven** and **nectar**. In the same way, one should keep on loving God without considering him unfaithful. They love humans a lot, that's why they keep on showering countless facilities like air, sunlight, water etc. on man, of course they remain completely unattached and like distant. Someday or the other they will definitely adopt.

## **Kundalini meditation as a mental illness streamlined by sexual energy based Tantra**

Continuing from the last post, only Prahlad went to persuade Hiranyakashipu, because he was not agreeing to the persuasion of any deity. This often happens after awakening. Understand it in such a way that a man who has fallen from infinite consciousness is very energetic and active. He will also try to bring other people on the path because no man can move forward without the society. Well this mostly happens when a man gets awakening at a time when he is full of healthy energy, like adolescence and puberty. How can a sick, weak and old person change the society, even if he changes himself, it is enough. Prahlad was in the energetic childhood stage when he got awakened. This will make people jealous of him, angry at him, and may even persecute him, as happened with Jesus. This can cause sin to the society, which can lead to the misery of the people living in it. Means on their part people try to pacify the awakening, because the gods in the form of different organs or parts of the people are situated in their bodies. Gods never want anyone to become like a sage, because they work to excite and expand the world. But the sage pacifies the world. That's why people inspire him to do Kundalini Yoga. This happens even itself, when people make him a type of boycotted. Then in the boring atmosphere of loneliness, what will the awakened person do if he does not do Kundalini meditation. Others do not see the meditation picture. They guess that it is a scary ghost. That's why the deities imagined it as the lion form Narasimha. But Prahlad knew that it is the ultimate lover and well wisher, not an imaginary ghost etc. Perhaps people also compare meditation with states of insanity or hallucination or demonic possession or depression or intoxication etc., unknowingly of course, due to centuries of confusion in their subconscious mind. And of course, a man who has been cheated in love also lives madly in the memory of his lover like a corrupt dhyana-yogi. Probably that's why it is emphasized to get him married somewhere soon, so that he can get some support from tantric sex power. Most of the films are made on this issue. It's strange brother. Once upon a time I accidentally consumed tobacco, once cannabis, and once an anti-anxiety medicine. In all three cases, the meditation picture was jumping in my mind. Looked clearly like a real man to the extent of hallucination. But it was accompanied by dullness and stupidity. There was less joy. It seems like depression as I was not willing to talk to anybody but to be immersed in maddening type self bliss. There was also restlessness and weakness to some extent. That's why a great attention on health is given in Yoga. I think that the sexual sensation of Muladhara has a great contribution in the joy of meditation. By eliminating the so-called negative and depressive symptoms associated with meditation, it makes a person more properly normal ie even healthier than the normal. Perhaps it stems from yinyang, because without a sexual pair, sensation has no proper meaning. This sensation enables the brain to bear the pressure of Kundalini awakening, because the nature of both is the same i.e. the form of bliss. Where mental illness or mental fatigue or disturbance of mental chemicals or other mental irregularities or intoxication etc. are the main reasons behind the appearance of things in the form of illusion, whereas in the state of meditation or Kundalini awakening the mind is completely healthy and fresh, even more than a normal healthy person. Where a man in a state of mental illness is almost incapable of functioning, on the other hand, in a state of meditation, he is fully capable, even more so than an ordinary man. Where in the state of meditation man gets pleasure due to witnessing towards worldly works and resolutions, the mental patient does not. That's why a mental patient looks anxious and withered. One can only bear witnessing to healthy thoughts of worldly works as usually formed in the mind of a healthy person. But often this does not happen to mental patient due

to bodily and mental weaknesses and defects. The truth is that only a healthy man can do healthy meditation. When the yogi becomes engrossed in Kundalini meditation, then people get good chance to get rid of his so-called insanity and go about their business with the same enthusiasm, attachment and duality as earlier and usual so that the deities are pleased. This is why it is said that Prahlad pleased Lord Nrisimha with praise. With this, leaving anger, he became calm, due to which the gods and the world were saved from destruction.

## Kundalini based sexual Yoga prepares the brain for awakening

Friends, in the previous post we were talking about the comparative study between Kundalini meditation and psychiatry. In the same episode, it also seems that such and such psychopaths can be treated with love therapy. That's why it's often common saying that Love makes one helping de-addiction. Love is a supertonic. Mental illness is not always bad, as is commonly believed, but it can also be a godgift. Probably that is why mental patients are seen from a special divine perspective in Hinduism, they are seen with respect. Here they are rarely sent to a mental hospital, unless there is a serious danger. They are the main source of entertainment, and the main point of attraction in ceremonies etc. Yet for the most part they are treated with respect, and they are not hurt. They are not even considered a big burden on the society. I feel like Muladharvasini Kundalini Shakti enables the brain to withstand the pressure. It probably increases the flexibility of the blood vessels, helping them to increase blood flow without having to bear much pressure. It used to be strange when common people used to sit holding their heads in the name of meditation, but in my mind there was dhyana samadhi all the time due to the power of sexual yoga. I was in full influence of Tantric Sexual Yoga when I had a momentary Kundalini awakening. Otherwise it would not have happened to me. The body knows when to do what with itself. It fully opened the back channel for awakening only when the brain became capable of withstanding maximum pressure by being under the influence of Kundalini Shakti of sexual yoga continuously for two to three months. I unknowingly lowered the Kundalini not because I could not bear its pressure, but because I was afraid that I might fall behind materially. Because I had the same experience in the past. Don't know what magic this orgasmic power does. It is a blissful power. Sexual yinyang grows out of devotion and surrender to each other. That's why a lot of emphasis is laid on these two spiritual attributes. What happens is that only with full dedication towards each other, Yin and Yang immerse into each other completely. What can be better than sexual surrender? Yinyang is there in everything, but surrender is only or best between man and woman. The closeness and interconnectedness that is formed between a pair of a loving man and woman, is not so much formed between anyone. That's why loving relationship and surrendered sex is the best storehouse of yinyang unity. Therefore it is natural that this is also the best basis for physical and spiritual progress. Yinyang is completeness, Kundalini awakening is completeness, Godliness is completeness. The material world also comes under this perfection, it is not different from it.

## Kundalini Yoga and Sigmund Freud's psychology say the same thing

From the analysis of some of the recent past posts, it seems that what we consider to be mental illness may actually be symptoms of the mind moving towards awakening, but because of not being able to handle them properly, they become mental illness. I can also prove it from my own experience. At any particular place where I got sexual power, my meditation picture made me top in every field, be it spiritual or physical. But where I didn't get that, it also made me look like a psychopath. Of course, that sexual force may be imaginary intercourse, even if it is a permanent mental picture of the imaginary sexual partner like a samadhi. Even if of course it is a man instead of a woman. In such a situation, I did not feel any harm in **homosexuality**. However, it is a different matter and what I feel that Kundalini awakening comes only from man-woman love, because the complete combination of yin and yang can happen only between man and woman. Readers may find this strange.

Sigmund Freud, the great western psychologist, says that there is sexual ecstasy ie orgasm in every part of the body. This has been said in **Tantra** since a long time ago. That's why the arrival of Kundalini Shakti on the chakras means to experience **sexual ecstasy** there. The meaning of Kundalini Yoga is to provide all the chakras turn by turn that sensual or orgasmic sensation by elevating it up from Mooladhara. This orgasmic and blissful sensation is like a **super tonic**. It enhances and balances all the biological activities of the chakra it reaches. All the organs and biological parts that come under the influence of that chakra, they also get benefited like the chakra itself. Because the whole body is covered in all the seven **chakras**, therefore the whole body becomes healthy and balanced, diseases stay away from it. In fact, sexual ecstasy of the genitals only works to increase the natural or inherent sex ecstasy of the chakras, as their own ecstatic sex is already inside them. This inner sex drive of theirs is at the base of various biological reactions and processes. The genitals only give it an extra push. Think of it as their own orgasm is like an engine running on its own at idling, and the **orgasm** of the genitals is like the accelerator pedal of a car. If sexual ecstasy of the genitals was everything, then even a failing heart would have been triggered by it. But this does not happen. It's like pressing the accelerator pedal won't start the engine if it is stalled or is stalling due to faulty parts like pistons etc.

At one place, Sigmund Freud takes a slightly different view. He says that sexual power is the biggest, that is, it is the prime motivator, but in our Tantra philosophy it has been said from the beginning that **willpower** is a bigger motivator than that. If Freud was right, everyone would have been awakened, because everyone has sex. The truth is that even through sexual intercourse, only those people get awakening, who have already made a determination in their mind to attain **Guru** and **awakening** through yoga practice and other spiritual methods. Will try to discuss this in detail in a new post.

### **Kundalini Yoga reduces the potential difference as Rajo guna between Sattva Guna and Tamo Guna**

Even if a person wants, he cannot stop the disturbance in his Gunas. The Prana Vayu keeps creating waves in the Gunas, just like the wind creates a storm in the ocean. However, the Yogis who have controlled the Prana Vayu through Pranayama etc., to a large extent, control the waves and so know well their real and basic level of the soul made of base level unchanging gunas. Take a person who has always seen a stormy sea, and has never seen a calm and still sea. He will think that the sea is always like this and that is its real form. Means in a way he will not have any knowledge of the calm soul form like the real and basic form of the sea without waves. If he ever sees a completely calm sea instead of regular stormy sea or say, the sea frozen due to cold in the polar region, then he will say that the sea has dried up or ended. Similarly, when people see a living person dead, they say that he is dead, but a person never dies. It's worth mentioning here that it's not the positive appraisal of negligence towards body like self harming instincts or suicide etc. The body always dies. Then one doesn't know when one will get a new body, which one to get, with how much hardship it'll be got, even after getting it one don't know how long it will remain alive, who knows. Therefore one must take good care of the body. It only means that the soul of a person never dies, because the soul is the real form of a person. It is like a person who has always felt his form as the form of waves of his mind, i.e., with changing qualities. He does not know that this form of waves is not his basic form. He has never pacified his mind with yoga, meditation, etc. All the seas in a storm look the same, because the water is not visible



properly in them. But when the storm calms down, then the water of some appears blue, while some appear green. The water of some is less, while some have more. Some have less sea vegetation like algae, while some have more. In some, there will be one type of sea creatures, while in some, there will be some other type. Similarly, people with frequent mental storms also look the same. As soon as we start focusing on any of their qualities, it changes at that very moment. This is why only by meeting the soul after death, we can get accurate and detailed information about its basic qualities.

### **There are as many oceans as there are living beings in the universe**

This is a very interesting subject and by continuing to write, new puzzles keep getting solved. And if there is some experience along with it, then what can be said. Consider the rising wave to be happiness or Satva Guna and the wave falling below the normal surface of the ocean to be sorrow or Tamo Guna. This keeps happening in the mind throughout life. After death, the mind or soul becomes like the normal surface of the ocean. Neither the wave goes up nor down. Neither happiness nor sorrow. But this is not so, because if there are three gunas, then happiness and sorrow will always be there. This is the Trigunatita Parmatma in whom there is neither happiness nor sorrow, but there is only absolute bliss. Understand that both Satva Guna and Tamo Guna are present in the soul. However, both are in less quantity because there is no body to highly lift or drop them, that is, to create huge waves in them. This is the equilibrium state of the gunas. Meaning Satva Guna is also at its constant level and Tamo Guna is also at its fixed constant level. Someone will say that then how will the quantity of all the three gunas be different in all people. See, the one who has more Satva Guna at the time of death, will be fixed there after death, meaning it will remain more even later. It is like if the wave of the polar sea rises up when it freezes, then it will remain raised at the same level even after freezing, it will not change from there. However due to gravity it can't be frozen at very high level. It is also true that at the time of death, the gunas often remain at the level as the sum average form of all its previous gunas and deeds. Meaning, there will be different amounts of darkness in the soul of all people. No matter how close two people are to each other, the amount of darkness in the souls of both cannot be the same. This is impossible. There will always be some difference. That is why there is never any deception in the matter of soul that the soul of so and so entered the body of so and so by mistake. Whatever happens in stories seems to be an educational metaphor. When a ghost etc. occupies someone's body, it clearly tells that he is a ghost. That is why he is driven away by tantriks etc. If someone had the power to become a photocopy of someone's soul, then the ghost would have also become so. Then no one would know and no one would even drive him out of the other's body. But this does not happen. That is why it is said that the mental state at the time of death determines the future after death. That is why many people go to pilgrimage places like Kashi to die, many listen to spiritual texts like Gita etc. at the time of death. Here another problem opens up. Of course, after death the soul becomes changeless and unrest-free, peaceful and all-pervasive like God, but there is a huge difference between the two. The soul, though it seems like Nirgun, is bound by all three Gunas, but God is actually Nirgun i.e. beyond Gunas. That is why he is more than the soul and you can say that he is the form of the ultimate subtle, the ultimate all-pervasive, the ultimate changeless, the ultimate peaceful, and the ultimate Sachchidananda. This should be understood especially by those people who are under the illusion of considering God and the soul to be almost the same. Many worship buried dead bodies etc. Many think that after death their ticket to heaven is booked.

## **Kundalini Yoga assist in successful sex**

Another secret fact I tell you is that during sexual contact also this base level soul contact is most profound. This is because at times of sex one wants to be in full loneliness except only two sexual partners. This instinct is the origin of shying stance in sexual matters. No one wants to do sex in public as then it's not sex but a drama only. Even no one wants to talk about his real sexual experience leave away sexual drama that's advertised heavily by cheaters. So said, what's more loneliness than the basic soul form fully away from worldly chaos whether physical or mental. Although everything of base level soul is not visible like scenes on a TV, but its average subtle form is experienced. It's like a special or unique darkness. Of course, that form may seem suffocating to us, because we are not used to it. But the free soul that has got accustomed to it will not feel so. Even sexual energy is so much high that it provides more than enough bliss in that short lived basal soul form contact. This way love also grows. It's common observation that departed soul contact often occur in tantric mixed sexual environment. The reason is same that intense sexual energy of tantra provides enough energy to withstand that short lived suffocating soul contact. Simple sex don't suffice much as there's less mind control in it and also, it's of shorter duration. Kundalini Yoga based tantra boosts the sexual experience because it further increases the level of loneliness with help of kundalini meditation that's prerequisite for blissful and successful Sex. Kundalini meditation rules out every worldly chaos except a single mental kundalini image. It's necessary because we can not keep mental energy on hold, and while doing so it's suffocating and bliss also goes on hold. Then what a sex without bliss. But with kundalini image in mind, it becomes the source of profound bliss. It's fully akin to complete loneliness as mental kundalini image is nothing physical but only a mental creation. That is why it is said that true love can happen with only one person at a time, not with two. Tantra also advocate going solely with single partner for long period of time. However it's important and interesting to know one reprimanded by multiple partners severely only wishes to go in perfect solace only with single one. Perhaps sex is pleasurable because it attempts to reach the deepest depths of the soul, the top treasure of bliss. In fact sex science is much deep and vast than supposed as truly told by Osho Maharaj.

## **Soul and world is the gameplay of light and darkness**

### **Kundalini Yoga is an integral part of Sex**

I feel that what we consider as Satva Guna is becoming Tamo Guna in the background. It is like the shade is formed from sunlight. It means that whatever the soul has experienced from the beginning, all of it is present in it in the form of Tamo Guna i.e. darkness. Whatever it will continue to feel in the future, it will also keep getting recorded as darkness. It is like according to intensity and the nature of sunlight, the intensity and the nature of shade will be formed. As the type of leaves of the tree, the type of shade will be formed. That is, the shade in the form of Tamoguna will be formed according to the nature of the body, mind or brain. This means that the shade has all the information about the sunlight that forms it or the sunlight that has filtered through its leaves. Satvaguna is the pure form of the soul. It will remain by default. It cannot be erased. It is possible that it may be visible more or less according to the amount of Tamoguna. If Tamoguna is more, Satoguna will be less and if Tamoguna is less, Satoguna will be more. Rajoguna will also be in the form of the natural tendency of the soul under which it wants to go from Tamoguna to Satoguna. This means that if we do not feel the world, it will not be recorded in the soul as Tamoguna. But it is also

not possible to stay away from the world. That way tamoguna will come later, first one may have to die of hunger. The middle path is of detachment. It means to experience worldly matters without attachment. Due to this, worldliness will continue and its shadow will also not be able to settle on the soul or it will settle less. This is easily possible through yoga. In the scriptures, it is said to adopt sattvik methods without attachment so that its sattvik sanskars keep on getting into the mind. It takes less effort to remove sattvik sanskars from the mind than rajasik and tamasik ones, which increases the possibility of liberation. If these are not put into the mind, then absurd sanskars will keep getting into the mind because the mind cannot remain empty. It is very difficult to remove them, which reduces the possibility of liberation to a great extent. But only this will not work. The soot of the impression of worldliness of countless past births which has settled on the soul will also have to be cleaned. That too will be done through Kundalini yoga, especially aggressive tantric Kundalini yoga. Due to this, Sattva Guna will increase in the soul and Tamo Guna and Rajo Guna will decrease. Rajo Guna will decrease because now the nominal Tamo Guna does not have enough potential to move towards Sattva Guna at a fast pace. This latent Rajoguna is also like the potential difference between two opposite poles of electricity. The greater the difference between their opposite charges, the more rapidly will be the flow of more electric current in the circuit connecting them. The Sattva Guna of the pure soul is supreme and definite. The amount of Tamoguna of the bound soul will determine whether the potential difference of Rajoguna between them will be less or more. See, the circuit between the two will be connected only when the soul gets a body. Then a lot of electric current will flow between them in the form of mental thoughts. It will keep increasing or decreasing according to the Tamoguna of the soul. That is why after drinking etc. in a party, people feel refreshed and get involved in their work with new zeal and enthusiasm even more than before. This is just an example. And it can also be harmful in matters of spirituality. Many people, after spending a long time in solitude, enter the world with new and increased energy. This is the power of the Tamoguna of loneliness. As said above, Tamoguna decreases with Kundalini Yoga. This reduces the potential difference of Rajoguna between Satvaguna and Tamoguna. That is why the behavior of a Yogi is not impulsive or short-tempered or blindly progressive, but is patient, serious and systematic. Many times, Tantra Yogis can temporarily accept Tamoguna to achieve temporary impulsive behavior according to the demand of time and place. This Rajoguna remains in the form of latent potential difference in the soul without a body. Meaning, there is a force to go from darkness to light, but due to the absence of the electrical circuit of the body, the darkness is unable to reach the light. Meaning, Tamoguna cannot express as Satoguna.

## **Kundalini Tantra's uncontrolled power is causing Muslim Jihadis mob to torture minority Hindus in Bangladesh**

### **Hearty congratulations to all dear readers on Shri Krishna Janmashtami**

Friends, there are many secrets hidden in this post. To me, it seems like an ocean in a pot. The Muladhara Chakra is not only a special place at the base of the spine. It is also a state of the soul or mind, in which the garbage of worldliness is left in negligible quantity. The Sahasrar Chakra has the garbage of ego related to knowledge or sattvikta that's purity. The Agya Chakra has the garbage of intelligence. The Vishuddhi Chakra has the garbage related to speech. The Anahat Chakra has the garbage related to emotions. The Manipura Chakra has the garbage of worldly thoughts related to food. The Swadhisthana Chakra has the garbage related to reproduction and sexuality. The Muladhara Chakra has the worldly garbage related to defecation and cleanliness. It means that when all the garbage of the world accumulated on the mind is destroyed, then the mind comes in its original ancient form. That primitive or primordial form of the mind is the original nature aka mool prakriti itself. This is the original base i.e. Muladhara. This is the lowest level of consciousness. That is why it has been given the lowest place in the body. If it slowly climbs up from the Mooladhara through the sequential chakras, then it again starts collecting worldly waste. This is what often happens with man. You must have heard about it. For example, a certain man had become completely bankrupt or penniless or had come on the road. Then he gradually progressed and collected immense wealth. He had actually reached Mooladhara, having lost everything. There is immense meditation power in Mooladhara. This is because there is no interference of worldly waste there. He did not use that meditation power in Kundalini Yoga Sadhana, but used it in collecting abundant wealth. One cannot get everything. Even power has a limit. If you use it here, it will not be left for there. If you use it there, it will not be left for here. If you use it a little on both sides, then neither here nor there will be anything achieved. This is because for every achievement, a liberation velocity i.e. escape velocity is required. This is achieved only with maximum power. Many people deliberately reject Kundalini Sadhana because they are helpless. Feeding the stomach is more important, Kundalini awakening comes later. Many people foolishly reject Kundalini Sadhana in spite of having enough means to live. But most people do not have the knowledge of Kundalini Sadhana. This is because it has been hidden from the common man since ancient times. Especially it has been completely hidden from children and teenagers. In youth, he is caught in the complexities of work and is not able to gain information about it. When he starts becoming mature and old, then he is given information about it. But then Tantric Kundalini Sadhana cannot be done due to the weakness of the body. In his old age, if a man keeps the mouth of the Mooladharvasini Naagin that's mooladhar residing serpent always turned upwards, then the prostate will definitely enlarge. That is why Maharaj Osho lifted the veil from Tantric sex and made it public. I appreciate him for that work.

I feel the main reason for hiding Tantric Kundalini Yoga is that sometimes it becomes difficult to control the power that comes from it. It can make a person violent, even mad. What is happening in Bangladesh? I feel that the Jihadis have the same uncontrolled Kundalini power, which is targeting the minority Hindus there and making them commit countless misdeeds. Just look at the condition of ISKCON Krishna temple, everything is broken and the idols are destroyed. Moreover, their way of adopting Kundalini Tantra is also wrong and incomplete. Little knowledge is a dangerous thing. That is why the Vedas and Puranas of

Hindus were made so that people, while living their basic life according to them, could reach Kundalini Tantra comfortably and safely and adopt it and be successful in it without any side effects. But what is this, people with Jihadi mentality directly reach the last stage of Sadhana i.e. formless Brahma without taking the help of Vedas, that too with acts like tantric rituals. This will definitely cause harm. If they did not have to read the Vedas and Puranas, they would have read Sharirvigyan Darshan, because it seems to me to be a modern and concise explanation of the Vedas and Puranas. Just think, can a person do PhD in English without learning ABC? If he starts doing it, he will definitely get confused or mad. Meaning that despite trying to hide it, this knowledge is not hidden, and it is also not reaching the deserving people. Even otherwise, extremists are learning it in the wrong way, if scholars had not hidden it, they would have learnt it in the right way. It would have been better if ways to control it were found and made public.

Democracy has many benefits, but it is unable to curb the atrocities committed by the majority population mainly by extremist jihadists. When Sheikh Hasina tried, she had to flee to save her life. Even if she had curbed it, the majority population would have defeated her in the upcoming elections, and then by putting pressure on the opposition, would have got her life imprisonment or death sentence or would have killed itself through conspiracy. Due to this fear, the head of state allows the violent mob to create havoc as per their will. After all, everyone loves their life.

There are two types of people who do Kundalini Sadhana on the Mooladhara. The first type of people raise the Kundalini slowly by meditating on each chakra for a long time or on a single chakra for months. It seems that such people cannot succeed these days. In today's hurried era, one cannot have a peaceful and uninterrupted life for years. It is a blessing if one gets one or two months or even one or two years. In such a case, the Kundalini can remain stuck in the middle chakras. The other type of people are like bullet trains. They immediately make the Kundalini rise from the Mooladhara to the Sahasrar through sex-based tantric Kundalini yoga. For such people, even a month is enough. If one gets a suitable life of one or two years, then what can be said.

It is clear that the common man keeps oscillating between the Mooladhara and the Sahasrar, passing through various chakras, without getting awakened. He never becomes free. Kundalini awakening is also not a guarantee of liberation. Liberation is achieved by completely renouncing the mind like a sanyasi or renunciate, which is not possible in practical life. It is a different matter that liberation is achieved by itself in some miraculous and unknown way, of course efforts must be made for it. Looking at the equivalence of the Mooladhara and the mool prakriti, it seems that man's worldly bondage is eternal, of course it can come to an end.

## **Kundalini tantra is based on Shiva-linga**

Friends, according to a story of Shivpuran, once some disciples asked the Purana narrator whether Shivlinga is worshiped everywhere because of being a linga or there is some other reason. On this, he narrates a story that in a great forest named Daruk, devotees of Lord Shiva used to always meditate on Lord Shiva. Some time they had gone to the forest to collect Samidha. At the same time, Shiva came in the guise of a Tantrik Avadhoot to teach them and test them, who was making evil attempts while holding the Linga in his hand. The sages' wives got very scared after seeing him. And others came there desperate and surprised. Some other women held each other's hands and hugged each other. Some women became ecstatic with the friction of that embrace. At the same time Rishivars came and seeing that behavior became sad and distraught with anger. They started saying among themselves, who is this, who is this. When Tantrik Avadhoot did not say anything, they cursed him saying that he was behaving against the Vedas so his Linga should fall on the ground. So did happen. That Linga burnt all the objects in front like fire. Wherever it went, it would burn everything. It went to hell, went to heaven, went everywhere on earth, but did not settle anywhere. All the people became distraught, and those sages also became very sad. No god or sage found peace. The gods and sages who did not recognize Shiva took refuge in Brahma. Brahma scolded them a lot for unrecognising Shiva like illustrates though they being knowledgeable and scholars and said that if Goddess Parvati becomes Yonirupa then it will become stable. To please the Goddess, they were told the following method. An eight-petalled lotus should be made and a Kalash should be placed on top of it and water from the pilgrimage site containing Durva and Yavankurs should be filled in it. Then that Kumbh that's holy handheld small pitcher should be invoked through Veda mantras. Then, after worshiping it in the Vedic manner, one should anoint the Shivalinga with the water from the Kalash while remembering Shiva and reciting Shatrudriya mantras. Then sprinkle the Linga with the same mantras, then it will become calm. Then after installing the arrow or Bana in the form of Girija yoni, the Linga should be placed on it and then it should be invoked. Then Shodashopachara puja means God should be worshiped with sixteen types of ingredients, and then He should be praised. This will make the Linga stable and healthy, and all three abodes will become free from disorders and happy.

However, this story cannot be explained. This is a sensitive religious matter connected with the faith. This can be understood by one himself. Yes, it can definitely be said that every man wanders in search of his sexual partner at some time or the other. During that time, the picture of trance that is formed in his mind can definitely make him irritable and jealous. This is because samadhi requires additional energy, which can be obtained only with the help of a close companion. The octagonal lotus is a symbol of the Anahata Chakra, and love originates on it only. Placing a pot filled with water from the holy places on it means gathering and concentrating the meditative power on it. Different pilgrimages mean different chakras. Durva grass symbolizes fertility, growth and development. Yav Ankur means sprouted barley, which appears the symbol of Chaddi Kala or all-round development, because it contains all types of tonics, vitamins and minerals, that is why it is also called green blood. In common language, it seems to mean to sacrifice everything for the heart, i.e. for love. Yogis are also like this, who leave their families and engage in worshiping their deity and attain knowledge. Worshiping that Kalash means worshiping the deity image etc. associated with shakti on the heart. Due to which it becomes more enlightened i.e. happy, just as by serving a person that person becomes happy. Worshiping with Veda mantras

means giving more sharpness to that picture and making it clear, pure and luminous. Beejmantra also does the same. That mental meditation picture can be of anyone, Guru, beloved, deity, seed mantra etc. The amplified shakti along with that worshiped picture is then descended from Anahata Chakra to Swadhisthana and Muladhara Chakra. This is the anointing of that divine Linga with the water of the Kalash. In Abhishek, the stream of sacred power in the form of water flows continuously. Prokshan is called sprinkling of water. To bring down the Shakti from the heart pot again and again through morning and evening sadhana is the divine prokshan. Shatrudriya Mantra has various secret Mantras etc., which release various invisible waves, which have invisible divine spiritual effect on the mind of man. Although natural banalinga is found in the Narmada river, yet it seems that the arrow has been described as the seat or peetha of the Linga. When I inquired from Bing AI, it replied that a consecrated arrow is buried in the ground, and Shivalinga is installed on top of it. Maybe it is right. Because at many places such Shivalingas are seen which do not have a peetha or base. When asked, the priests etc. there tell that this Shivalinga is dug deep in the ground. It is possible that the arrow inside the ground may be its peetha. By the way, the shape of the peetha also resembles an arrow. Then beyond that, in common man's language, only tantric or divine sexual intercourse is considered. Well, everyone may have their own opinion. Due to this, all the three worlds i.e. the entire body becomes calm and healthy i.e. it becomes established in its pure self, because all the worlds are present in the body itself. This is often seen in the world, that is why spoiled or spoiling youth are married off by their families in a hurry. After that I have seen many improvements in them. But nothing improves in someones. I also blame their wives for this, yet males may appear more responsible for this too. That is why it is said that only Parvati as the peetha can hold the Shivalinga. That's why Imparting spiritual values to women was considered more important than to men, because woman is the foundation of the entire family. I heard a grown man express his personal opinion that if men were not married, they would eat each other raw, because wives control men. He himself married another woman after the death of his first wife. What has been said is correct. A friend was also saying that Tantric sex does not seem like sex at all, it becomes some other very sacred spiritual act. I think only foolish, negative, unsuccessful and heretical people vent their anger by putting both in one category. In a book, Love Story of a Yogi, when the author was asked by a woman about the main reason for his recent Kundalini awakening, instead of marking out his experience to the questioner, he narrated his experience to everyone and said that while meditating on the Kundalini picture on the sensation of Vajrashikha, he got his awakening. He attained awakening by moving it in and out of its receptacle, but what he did was not sexual intercourse. On this, that Western or possibly American woman asking the question present on the online Kundalini group pinpoints him with loving surprise and little funny style and tells him that in their country it was called sexual intercourse, she don't know which strange culture or land he belongs to. After reading that by all group members, everyone's communication in that group on that topic had stopped, but diverted it to the usefulness of tantra accepting its utmost importance in awakening. Meaning, the author had expressed his feelings and indirectly answered the main question. This story also seems like the ankhing technique of Egypt.

It is clear that the false propaganda spread by heretics or hindu opponents has been refuted in this story. The sage was very far-sighted. He knew that this could happen in the future. This story also reflects a common incident happening in the society, not any divine

transcendental type etc. Unmarried teenagers are like that. They keep making gender-oriented jokes with girls whenever they get a chance. One of them is also the real knower of Shiva type Tantra. But people consider everyone to be the same lewd and scoundrel. It is said that along with the grain the mite also gets ground. How do public know who is true and who is a liar? Therefore, along with others, they also insult Shaiva and curse him, which means they also look upon him with evil eyes. In fact, the Shaiva linga is not a normal Linga. Due to the influence of Shaiva Tantra, it actually becomes the favorite deity. In a way, due to the effect of Sadhana, that Shaiva person becomes Linga form. Wherever he goes, in a way, his favorite linga is going in his form. The displeasure of that presiding deity troubles everyone, i.e. burns them. This can also happen, because the whole world is in the wandering minds of the people, and by being in the company of that presiding deity in the form of Shivalinga, they are getting disillusioned with their wandering minds, this can be called the burning of the world. Only a Tantrayogini like Parvati can wear that Maheshwar Linga properly, so that the meditation picture of the presiding deity can also be meditated along with it. An ordinary woman will not be able to cooperate in meditation. This means that the presiding deity will be angry and will remain without awakening. Kundalini activity without awakening can also be harmful, as it can go out of control. Uncontrolled power will burn everyone. Awakening shows man the true and complete form of power. And that form, though most beautiful and powerful, is also extremely peaceful. This keeps the man calm, meaning he remains in control of his awakened awareness.

I found this story to be the one of most meaningful story of Shivpuran. One can write as much as one wants on this. The answer to the question raised by the sages in the beginning whether Shivalinga is worshiped only because it is a Linga or there is some other reason, has been given in a very civilized manner. This is similar to the answer given by the above author. Meaning, Shivlinga is not the ordinary worldly linga, as the wicked, foolish, lustful scoundrel, Entangled in the illusion of materialism, very work-oriented, anti-religious or sexy type of people understand or talk about. It is surprising when many Hindus also fall under their influence and provocation, and start thinking the same way. Everywhere on social media etc. they ban considering Shivalinga as a part of Shiva's body, saying that it is only a sign or symbol of Shiva, or only a symbol of union of Shivashakti, or a cosmic union, not of any physical so and so. Well, at their place and in a spirituoscientific sense they are right too, because there is nothing like ordinary worldly object or organ in it. Learning from them, Bing AI also says the same. In this case, if the heretics fall very low, then those so-called Hindu protectors rise very high. No one lives in the middle of the practical world i.e. on the middle path. Extremism is prohibited everywhere. The middle path is the best. This can be understood with an example. There is only one gun. One civilized man kills a terrorist with it, while another madman kills the general public. What is the fault of the gun in this? Similarly, the Shivalinga controlled by Yogi Shiva kills the demon in the form of ignorance, while on the contrary, the ordinary one used by the common people kills the gods in the form of knowledge. Once I met a tantric person, who was a friend of my friend. He had taken initiation from Guru in the famous Kamakshi temple. He was telling that in front of him a Tantrik had used his mind controlling art aka Vashikaran Vidya on a common and unknown woman passing through a crowded road, due to which she was ready to follow him and do anything with him when he called her. However, he was just testing his knowledge, so he stopped the vashikaran, due to which the woman went back on her way. True Tantriks never do wrong things, if they do they go straight to hell. It means that there is a similar Vashikaran



secret hidden in the above mythological story, because for the people of old times, awakening was the most important achievement, for which they used to make the most efforts. Nowadays, many other sciences and arts are prevalent, for which people struggle a lot. Yet those mythological teachings may still survive in Guru traditions, which, if supported by the Crown, can be discovered and preserved for posterity.

**Kundalini yoga shows Quantum entangled particles are bound together by dark matter in the same way just as two lovers are bound together by their subtle bodies**

Friends, there is frequent contact with the subtle body. The one with whom there is a loving relationship, there is contact with his subtle body. Similarly, with whose subtle body contact is established, **love** is also experienced. There cannot be love with only physical body. Just look at the **soulmate**. It seems to them that they are **mirror images** of each other. Of course their outer looks may not match each other, but their minds match a lot. One of them is a boy, and one is a girl. Of course, **sexual attraction** also brings them closer to each other, but it can only bring them closer to each other, it cannot create love. That's why you must have seen that man is never satisfied with **sex**. If sex had the power to create love, man would never have been **divorced**, man would never have had more than one **marriage**, nor would he have had **sex** with more than one woman. I feel that sexual contact is an inspection campaign, by which a man goes closer to find out whether he is in love with so-and-so or not. It is a different matter that many people get so deeply involved in this survey that they are unable to come out and compromise by staying there under compulsion. Some would think that I am talking contradictory. I like to keep an open mind, not to stick to any particular thought. I have said many times that **sex has the power to create love**. This is also true, but the condition applies. This requires a lot of time, effort and resources. When there is hope of getting ready made food, then why make it yourself brother.

In deep man-woman love, the subtle-bodies may be interconnected, but they cannot replace each other. In deep love, telepathic contact is made with each other, each other's thinking and life start influencing each other. If one partner thinks something, the same thing happens to the other, no matter how far away they are. It is clear that they are influenced by each other's subtle body. But don't know why everyone starts getting worried after entering the arena of the third subtle body. Haha. This also proves that the subtle body is all-pervading like the **infinite sky**. Once my **university** friend's father had passed away. I had also met him many times in a loving atmosphere. He was hundreds of kilometers away from me. I didn't know anything about him. The same night I saw a vivid picture of my father's death in my sleep. I could not understand its reason. It made sense the next day when I got the news. During that time I used to practice intense **Tantric Kundalini Yoga**, which is probably why I felt so alive. It seems that **quantum entanglement** is also the same. The two entangled quantum particles may be associated with each other as a microscopic loving pair. It is obvious that at the base of the visible universe is an infinite space filled with **dark matter and dark energy**. It is also known that the same appears as the visible world, remains under its control, and when destroyed becomes the same and merges into it. This means that dark matter and the visible universe mutate into each other over and over again, never creating anything new, nor destroying what has been created. This world was there before, it is there today, and it will always be there in the future. New role-playing actors will continue to come in this, and in the form of liberation will continue to go to the background permanently. Entangled quantum particles have the same microscopic body. That subtle body is the dark matter of the particles they are made of. That's why when one particle is manipulated, it affects the other at the same time, no matter how far they are from each other, even if one is at one end of the **galaxy** and the other at the other end. This means that each fundamental particle has its own separate dark matter, which is spread out in infinite space. Similarly, each living being is a separate infinite **cosmic** form, of its own kind. Just as every activity of a man gets recorded in his subtle body, and accordingly keeps on repeating itself, similarly

every activity of every particle gets recorded in its dark matter. After the **holocaust**, when the time comes for the re-creation, then that dark matter again becomes the original element, and according to the information recorded in it, it starts creating the universe from the front. In this way, with the cooperation of all the fundamental particles, the creation is recreated. It has been said in the **scriptures** that first **Brahma** was born, then many **Prajapatis** were born from him etc. etc. It means that even in the scriptures, the basic particles have been given the form of human beings, because the nature of both is the same. It seems that **physical science** is understanding the subtle body in a different way. According to it, the **wavefunction** of entangled quantum particles is connected to each other. They remain connected even to the distance of infinite space.

Then it is said that two fundamental particles can be entangled if they are brought close enough to each other. Probably due to this, their dark matter reaches each other. It is like the subtle-bodies of two close lovers reaching each other, as mentioned above.

The above description also proves the claim of some scientists and scriptures that past, future and present are all interrelated, meaning **time does not exist**. What is happening today, and what will happen in the future, the same happened before, nothing different. **Everything is predetermined**. However, there is also the importance of man's **work and effort**.

### **Kundalini as Lord Vamana pierces Shukracharya's duality-form eyes**

Friends, continuing the previous post, that sacrificial ego that's king Bali let Vamana come under compulsion, and he also gets apprehension that he may not survive after Kundalini awakening. By the way, the glory has been sung in such a way that King Bali was the biggest donor, who donated three steps of land to Vamana despite knowing his future destruction. Every living being is the supreme donor like King Bali. Knowing that his ego will be destroyed by Kundalini Yoga, his boundless material world will be destroyed, still he does Kundalini Sadhana at some point or the other. When a man is engaged in good deeds like King Bali, then sometimes Lord Vishnu comes to him in the form of a meditation picture to do good to him. He can be a friend, lover, guru or deity in any form. Guru is also considered as the form of God. Anyway, for everyone, their lover is God. For example, suppose a woman enters a man's life. Men have tens of businesses, and hundreds of relationships. Because of them, innumerable images are formed in his mind. So he takes that woman for granted, and thinks that a woman is nothing in front of his vast material world. He allows her to take up space in his mind, that is, he allows the first step associated with it in the form of her Bhava or existence or Sattva Guna, the second step in the form of her motion or Rajo Guna, and the third step in the form of Darkness or Tamo Guna to fall into his mind-like kingdom. But gradually his love for her grows, and with time she occupies more and more space in his mind. In the end, she spreads throughout his empire, and then awakens and destroys man's ego as king Bali. The same happens in Kundalini Yoga. This means that there is no difference in essence between yoga and love. King Bali was also doing a great Yagya, which means he was doing a good deed. A man knows that he will become a crazy yogi or crazy lover by falling in the circle of meditation, yet he adopts it and moves forward. Through the awakening, kundalini captured the entire heaven with one step, that is, with Sattvagun. Heaven is dominated by goodness. Because all the three gunas become infinite at the time

of Kundalini awakening, that is why it has been said that Kundalini or Vamana has completely permeated all the three worlds. The second step means that the Kundalini picture spread in the whole earth with Rajoguna, because the earth is Rajogunapradhan. With the third step in the form of Tamoguna, the ego and its associated thoughts of karma go into the dark subconscious of the Mooladhara. Since tamoguna is created by killing or destroying someone, it is created by destroying the ego and the mental creation it feeds on. The position of Lord Vishnu as the gatekeeper of Patal Lok or pit abode means that Dhyanchitra keeps on purifying those demons i.e. thoughts buried in the subconscious by letting them go up, i.e. to the brain or heaven, so that everyone becomes gods. At the same time, Vishnuswarupa Dhyanchitra is focused on the Swadhishtana and Muladhara chakras by Kundalini Yoga, so that the demonic emotions that are suppressed in them are exposed and become pure when they come in contact with it, so that they do not bind the yogi, that is, demons are not able to trouble the deities, because all the deities reside in the body itself. Anyway, Swadhishtana Chakra is called emotional baggage. Shukra Acharya, the rakshasguru who became Bali's priest in the yagya, first explains a lot to Bali that he should not trust Vamana because he will snatch everything from him in three steps. But when Bali does not agree, then Shukracharya enters the hole of the conch shell being used to pour out water as a mark of strong will power to donate, but Vaman enters kusha that's a special grass stick in it and breaks his eye? One more thing, because the conch shell is also on the back of the living being, and like the spinal cord gives it protection, it becomes even more confirmed that the sushumna nadi itself has been called the conch shell. In addition, the shape of the conch is similar to that of a hooded serpent or dragon, which is equated with the spinal cord and the Sushumna located in it. An experienced patriarch never wants to let his host get lost in the wilderness of spirituality, no matter how beneficial it for the host may be. He knows that if the host comes to know the truth, then it will not be easy to cheat him and extract money from him in the name of Yagya etc. rituals. Although rituals are right at their place and are an important ladder for awakening, but who cares about the ladder when the destination is reached. Shukracharya i.e. priest or Guru by pouring out Shukra i.e. semen to block the energy flow of Sushumna is depicted as entering the conch shell. Vaman's opening it with the Kusha stick is the raising of the Shakti from the Muladhar with the help of the Kundalini Dhyanchitra. It is the line of sensation extending from Muladhara to Sahasrara which is in the spinal cord. It is a thin light streak felt like a broom stick or the stick of kusha grass. This is Sushumna activation or awakening. If the back, especially the spine, is massaged before sexual intercourse, then this sensation line is felt easily and with pleasure. Then the semen power easily rises up, making the sexual intercourse very blissful and spiritual. The pressure of the sexual organs also ends. Man often does this inspired by the greed for Kundalini bliss, that is why the myth says that Vamana did this. Due to this, Shukracharya's eye bursting means due to the effect of Kundalini, the dual vision of semen power or Shukracharya is destroyed. Shukra means semen in Sanskrit. When the semen power will not flow towards the world full of duality but will flow towards the soul full of non duality, then it is natural that the duality filled vision of semen power will be destroyed. Bali or ego goes to Patala, means after Kundalini awakening man cannot express ego in the form of luminous world because he has experienced the most luminous Kundalini awakening. Therefore, being detached from the gross world, he becomes unmanifested in the form of his subtle body. Moreover, he finds himself too down in front of awakening. This down feeling is depicted as patal or submerged abode. It is like

darkness. This is his hellish abode. However, due to the gradual purification of the subtle body, it continues to be purified. It is said as Lord Vishnu guards it as its gatekeeper.

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

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

### Andhakasur story from Shiv Puran

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

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

### **Kundalini-Based Analysis of the Andhakasur Story**

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

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

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

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



things, the deities in the body controlling body cells and other constituents will run away in sorrow, because the main purpose of the deities is to make the body do good things. Now I will tell the recent incident related to this and then finish the post because otherwise it will become very long and difficult to read. I'll try to unravel the mystery of the rest of the story over the next week. It's about all I've figured out so far. Maybe you can reveal it before me, if so then definitely write in the comment box.

### **Aftab-Shraddha's famous love jihad case**

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

### **Unique way to avoid love disease**

Friends, there is a solution to this problem too. Fortunately today the book "Sharir Vigyan Darshan ~ A Modern Kundalini Tantra (A Yogi's Love Story)" is available both online and

offline, ebook form as well as print form. A matching English form of this book is “Love story of aYogi ~what Patanjali says”. In this, it seems that Shivpuran has been explained in a modern style, which can be understood by everyone, and misunderstandings about it can be removed. It is based on true biography and true events. In this basic sex yoga has been highlighted along with sociality. The basic principle of man-woman relationship is also hidden in this book. If someone wants to drink Premamrit or love nectar, then there doesn't seem to be any better solution than this book. In this book, Premyogi Vajra has thrown some light on his related biography along with his unique spiritual and tantric experiences. This above mentioned “Physiology Darshan” book have been rated five star, best, excellent and must read in a quality and unbiased review on amazon.in. It has also been rated five stars and cool in Google Play Books review. Some appreciative readers even say that If you read this book, it is as if you have read everything. It is hoped that the book will live up to the expectations of the readers.

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

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

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

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

Then I was telling how violent creatures become dreadful while hunting. While killing the prey and eating it as food, the lion also becomes man-eater, as we used to hear from the elders. Actually, there is shakti in nonveg, but it also takes a lot of shakti to digest it. It is as if a building made of sculpted stone is powerful and strong, but it also takes more power to make a stone sculpted, in addition, more energy is spent in carrying the sculpted stones to the building and fitting them in the right place. The condition of the person who uses non-vegetarian etc. in excess is like that miserly Seth or rich man, who wastes his precious and rare life in amassing wealth unnecessarily, but nothing is of any use to him. Or say that it is as if a madman, even after having constructed his home, continues to forge his entire age in stones. At the time of hunting, a lot of shakti of the leopard goes to the stomach, therefore due to lack of shakti in the brain, there is no shakti to understand anything, due to which it attacks everyone nearby counting it as provocation, regardless of the counter attack. It is a different matter that now a days the man's behaviour appears more downside than it because he hunted cheetah so much without provocation that it became extinct from the country, that is why eight cheetahs from Namibia have been brought here by special aircraft to promote them again. Perhaps that is why it is forbidden to meet or talk anyone while he's having a

meal. Once in my childhood, I entered the headmistress's room while she was having her lunch and I started talking about some work. She looked like a lioness to me at that time and I immediately ran outside. Got a good lesson for ever. I had a friend. The day he used to come from the market after eating non-veg or having a drink, he used to go straight to his bed and fall asleep, and used not to talk to anyone until the next day. Perhaps he realized that at such a time, a little argument would have aggravated the matter, because due to lack of shakti in the brain, there is no sense of good and bad due to darkness prevailing in mind. Possibly because of this also this religious belief has been formed that there is a darkness in the mind from nonvez, and sin is incurred.

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

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

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

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

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

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

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

Taking a bath in the Ganges washes away sins, it is said. In fact, this happens due to the rise of Kundalini Shakti from Muladhara towards Sahasrar. It is said that the sages who come there accept those sins. This means that when the shakti reaches the brain, it becomes very strong, due to which the picture of any deity or guru that emerges in the form of Kundalini picture, that is, meditation picture, in that case those ascetic people contribute a

lot. The same Kundalini picture burns the sins, not directly bathing in the Ganges. Meaning that the destruction of sins is done only by the yoga happening by bathing in the Ganges. If it does not make a meditation image, then the uncontrollable shakti of the mind can also go towards inhuman activities. Putin takes a relaxing bath in the icy waters, but not to awaken the Kundalini, but to fight. Therefore meditation is also necessary along with yoga. I was also telling that if one feel weakness or cold, then he should not take a bath with cold water. Similarly, even if there is a shortage of time, one should not take a bath with cold water. At least half an hour is needed for cold water bath. While bathing, the Kundalini energy has to be revolved with the contraction of muscles in between the bathing process, so that heat is generated from it and the effect of cold is reduced. Yoga and exercise should be done immediately after the bath so that the body can get enough heat as soon as possible. The standby time is also more in the evening, and the activity of the day also adds to the heat, so bathing can be done in the evening.

### **Heart chakra matters~ save it from too cold**

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

older cousin of my maternal uncle had a drinking habit. He was found dead on a deserted road during the winter season. Actually he was passing through the road alone in the cold of late night after having a drink. He must have fallen because of the cold there. All his attempts to warm himself while intoxicated must have failed. Because it was late at night, he would not have got any help.

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

The yogic benefits that are obtained by taking deep and slow breaths through the belly and by paying attention to the air coming-going in and out of the nose, are actually attained only by the semen shakti ascending from the Muladhara and Swadhisthana chakras. I don't think there is any direct contribution of breath in this. The role of oxygen etc. does not seem to be much. Even at the time of sexual intercourse, it is mostly on the strength of these breaths that semen shakti is raised up, preventing its degradation down. By paying attention to the breath coming out of the nose, the attention itself goes to the nose or nasal tip, which is right in the central line of the body. Due to this the activation of the middle channel Sushumana occurs, by which the vital energy or prana formed by the transformation of semen energy starts moving around in the center of the body better.

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

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

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

There is no need to go into much detail in this, as the point is clear from the heading of this paragraph. Nevertheless, the scientific theory related to it can only be discussed. Because the snake's tail remains too low even when it bows fully, therefore it cannot take it in its mouth, so by attaching the most suitable thing to its tail, it lengthens it so that it can reach its mouth easily. This completes the energy circle of the snake, from which it gains additional

shakti with bliss. Everyone knows what could be the best thing to add to the tail of that metaphorical male snake. The addition of a female snake also aligns yin and yang that leads to additional bliss from the manifestation of Advaita and Kundalini, and also leads to spiritual growth, the culmination of which is Kundalini awakening. Who can be more intelligent than the creator of this amazing world? Apart from experience, there is another proof of this, showing this snake as Yin-Yang in many places. For this, the upper half of the snake is shown black and the lower half is white. From this it becomes quite clear that Yab-Yum is depicted as the Ouroboros snake, because in this asana the black color means yin means female part is up, and white color means yang means male part is lower side. Some snakes actually eat their tails in rare cases, especially when they are disturbed by the extreme heat of the external environment and by hunger. They may, like a skilled tantrik, take energy from the mooladhara and spin it round and round, so as to make up for the lack of energy in the body and become stable. But due to lack of brain, they are compelled to swallow the tail, and while moving forward, themselves too. Perhaps this energy-trick of the snake is also responsible for making it important in various religions.

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

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

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

Actually, we are all in the form of a pair of yub-yum, but have forgotten that. Men and women have been created separately to remind it. The man wants to embrace the woman, to awaken the yab part of his body. Only the Yum part of his body is active. The back part of our body is Yum. That Yum or Purusha part starts from the Vajra Nadi, passes through the spinal cord in the form of Sushumana and ends at the Sahasrar Chakra. The Yab or the female part also starts from the outer linga structures encircling the Vajra Nadi and ends at the Sahasrar Chakra, moving upward through the front chakras of the body. The male and female parts are completely intertwined at the Vajra Shikha, which can also be called the Muladhara Chakra as being its power source, and the Sahasrara Chakra. On other chakras also they try to connect with each other by embracing each other as tightly as possible. The

same is shown in the pictures too. There the front and back chakras are shown connected by a line. In the pictures, Ida and Pingala are shown on the left and right sides of the body. This is also correct. Ida is yab, and pingala is yum. Sushumna is in the middle of the spine. But through Sambhog Yoga, the shakti goes straight through Sushumna to Sahasrar. I feel that the tricks of ida and pingala are in simple types of yogas. Tantric sexual yoga is the shortest route, because Ida and Pingala do not come in it, but the shakti reaches directly into Sushumna and Sahasrar. In the state of weakness, sometimes there may be disturbances due to ida and pingala, but they are mild, and are easily controlled. That is why there is the greatest attraction in the world towards sex. But the common man does not understand its spirituality. He gets entangled in this and ends his life. But the yogi, taking advantage of this yoga, by fully expressing Yab-Yum in his own body, becomes unisexual i.e. Ardhanarishvara, and becomes free from the bondage of attraction to a separate woman, that is, Yab. This does not mean that they do not do sexual yoga again. They do, but they need it less. With this, they keep giving emphasis or power to their swasambhog yoga i.e. monogamous sexual yoga. Many become so accustomed, efficient and adept that they never drop the semen power at the base, and always carry it up and assimilate it into their bodies. From the above discussion it becomes clear that just as the left and right parts of the body are yab and yum, in the same way the front and back parts of the body are also yab and yum. Meaning that the whole body is made by joining two opposite pieces on all four sides. Perhaps this is the meaning of the three-dimensional Hindu swastika symbol. Possibly, Shakti is shown in the form of a woman and residing in the Muladhara, because the front part of the body which is feminine, its energy goes down and is collected in the Muladhara region, from where it again tries to climb up through the back.

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

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

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

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

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

In the three dimensional Swastika symbol, the small stick on the front side is Yum, and the small stick on the back side is Yab. The two sticks are connected by a straight vertically long stick, meaning Yab and Yum are united to form an increased awakening. Similarly, other two front and back short sticks on left and right sides of body represent the yab of the left side of

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

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

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

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

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



short height and slim body is yin, and big height and heavy body is yang. Therefore, it is natural to become a part of an odd looking pair.

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

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

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

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

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

As it is said in the Shiva Purana in a mystical form that sexual intercourse that prevents ejaculation can lead to permanent burning in the prostate, ie, its enlargement or

inflammation, although a remedy has also been given there to remove it, then why not assume that Vaishnavas's Dakshinachar or right hand path is good. Or at least assume that the middle way is good, in which there is infinite sattvik love between men and women, but there is no physical relationship. Due to this, the Kundalini will also rotate, and health problems will also not arise. Meaning there is profit on both sides. So I believe that such abstinence should be kept till the marriage does not take place. Due to this, healthy sociality will also be maintained and Kundalini will also be maintained. After marriage, it becomes difficult to have more restraint with love. At the same time, I also feel that to achieve Kundalini awakening, a lot of energy is required, therefore, like Lord Shiva, relentless Sambhog Yoga is necessary. When the awakening takes place within a month or two, then keeping in view the health safety, reduce the sexual intercourse. Even if there is no awakening, try it only for 1-2 months, because it means that the person is not ripe for awakening, and extra efforts will mostly fail, and will also cause health problems. Then adopt an awakening lifestyle by practicing simple tantric Kundalini yoga for a few years, and when given the appropriate time and opportunity and solitude, such as feeling calm, relieved of stress and workload, and feeling energy, then do continuous and dedicated sexual yoga for 1-2 months again. Keep doing it like this. Or adopt another way, like Lord Shiva, engage in all-blissful sexual yoga day and night for years as per wish, until the prostate does not start burning, that is, until the Swadhisthana Chakra is awakened, and one himself starts getting uncomfortable and bored from sex. After that stage the man becomes like a bisexual and starts doing sexual yoga with himself. Due to the burden of work, energy is accumulated in the form of irritation or burning sensation on the front Swadhisthana chakra, which he keeps on raising through the back with the help of yoga and cold water bath. This cycle goes on. With this, he eventually attains full awakening by awakening the Sahasrar Chakra in the last after gradually awakening all other chakras sequentially, unlike the above first method, where he gets awakened immediately after one or two months of relentless sexual yoga. There is also a need for psychological research on this.

### **Nerves transmit shakti~ how shakti reaches shiva**

Any work is done by power or shakti. If the car is moving on the road, then it will be said that the car was driven by engine power. If the chariot is running then it will be said that it is running with horse power or in short power. There is definitely a motivator of power. Be the engine power or the horse power, fuel or fire is the motivator of both. Our body also runs on Nadi Shakti or just Shakti. If there is no nadi shakti, then even the healthy body is of no use. You must have seen how the arm or leg stops working after paralysis. Scientifically, shakti or nerve power is only in the form of functional stimulation of nerve fibers. This nadi shakti of the body is called Shakti in short. Have you ever wondered what drives this nadi shakti? Philosophers also wondered, thought and wrote such things, which are read in the scriptures. It is the conscious soul in the form of fire-spark that drives the nadi energy like engine movement with the help of fuel like food. The blissful sensation felt in Muladhara is what drives this energy. That is, it induces the greatest amount of energy, which we call Kundalini Shakti. When it also gets the special force of Prana Vayu along with it, then it is also called Prana Shakti. Although every kind of conscious experience continues to inspire our energy, due to which we remain alive, but because the experience of Muladhara sensation is the most pronounced, blissful and full of consciousness, it is therefore called the source of Shakti or Kundalini Shakti or life force. Today I understood why it is said in the scriptures that the Supreme Soul i.e. consciousness is the original source of shakti. I do not

find much scientific detail in the scriptures, probably because in the old age facts were understood or accepted on the basis of belief and not on the basis of scientific inquiry. Probably it is because of this shakti-inducing contribution of consciousness that dopamine ie reward chemical works. The doors of success are opened one after the other in front of those who are in the ascendant move. But sometimes excessive climbing also causes problems related to high blood pressure and stress etc. It is as if the bulb gets fused due to the voltage exceeding the power requirement. The energy generated on the sensation of the Mooladhara will go up to the chakra, because with feeling it the conscious Kundalini is being meditated on the chakra. The path through which energy passes is called a nadi or channel. That shakti or simply energy creates a greater effect on the chakra, because there is also the meditation of the conscious Kundalini picture going on along with the feeling of the sensation of the root chakra. That is why it is said that Shakti moves towards Shiva. Many people are not satisfied with Kundalini Yoga. The main reason for this is that shakti generating sensation is not born on their base. We can call Muladhara as a power generating device. They even meditate on the Kundalini picture on the chakras, but still remain thirsty. Only Mooladhar can quench the thirst for shakti. Mooladhara has been given special sensation only for the expansion of the universe through reproduction. If sensation were all nerve fibers, then this means that nerve fibres are of excellent quality in the base. These can be researched how these produce so much powerful and pleasant sensation so as to artificially produce it elsewhere. This is a story like a chicken and an egg. First, energy is generated by the stimulation of nerve fibers in the muladhara, then that energy travels through the spinal cord to the brain, and from that a blissful sensation is felt in the brain, then that blissful sensation also stimulates other nerve fibers in brain because all nerve fibres in brain are interconnected, thereby creating more energy. From the brain, that energy spreads through the nerves to the whole body and up to the muladhara again. Means shakti forms a closed loop. The loop of shakti is as the basis of the microcosmic orbit. This closed loop is the Auroborus snake. In the language of medical science, it is called reflex arc. If at that time we meditate on the Kundalini picture on a particular chakra, then the energy reaches that chakra more than other parts of the body, due to which the Kundalini picture starts shining there more. Meaning that Shakti tries to brighten up the mental picture as much as possible, so that it can awaken and become Shiva. This is the movement of Shakti towards Shiva. The meaning of Kundalini picture is not to shower love on someone, but to control the shakti with its help. If there is a wound, etc., then pain and redness arise there. Pain is the conscious sensation that draws the red shakti towards itself. Then it will be said that the organs which do not feel pain, how does the energy reach there and how does their healing take place. It works indirectly through consciousness. When the nerve energy from the painful part reaches the brain, it creates sensation in the not feeling part of the brain. This consumes a lot of nadi energy and chemicals associated with it. This leads to a lack of nadi that's nerve energy in the part of the brain that produces conscious experiences. Due to this man starts living unhappily and somewhat in darkness. Therefore, the only way left to create the bliss of consciousness is to heal the wounds buried deep in the body as quickly as possible. For this, the nadi energy starts focusing on that wound. Actually this is the nadi energy at the base of the blood flow. If blood flow is a vehicle, then the nadi energy that controls it is its driver. You can call the conscious soul the station master. When we suck the Nadi energy from the base of the spine up through the spine, then the blood flow itself also goes up. Due to this the pressure around the muladhara is felt to decrease. Blood cannot rise through the spine, because it is like a solid rope of nerve fibers, not as a hollow blood vessel. Therefore,

the simple principle of Kundalini Yoga is that control the driver of the vehicle, the vehicle itself will be controlled.

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

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

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

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

### **Mahakal Jyotirling of Ujjain**

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

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

By the way, the movement of energy takes place without a straight nadi means nerve tract, although it seems that the most of the shakti flows through the back's Sushumana Nadi, which leads to Kundalini awakening. In the channel of the front part of the body, there is no straight nadi like the back. There, with the help of the Kundalini picture, impulse moves step by step through the chakras. If you meditate on the Kundalini picture on the front Agya chakra, your belly will shrink inward, meaning the shakti has passed from the front Agya chakra to the front Manipura chakra. How this happened exactly when there is no straight Nadi connecting the two chakras. Actually in yoga practice we meditate on the Kundalini picture on all the chakras sequentially from top to bottom. May be also that makes a habit.

However, the natural track seems the same. On the chakra on which the Kundalini picture is placed, there Shakti becomes active, because the conscious Shiva makes the Shakti dance, that is, makes it active, and Shakti then in turn makes Shiva dance more, meaning it expresses him more. Due to this, there is a feeling of contraction, and the Kundalini picture also starts shining more. The shakti is there earlier also, but it is in a state of sleep. In the language of science, it can be said that there are chemicals ie neurotransmitters already present that drive the nerve, but are not in an active state. It works just like an electric wave. Electrons are already in a wire but they need stimulus to express or flow. Similarly, electrons actually move very slowly, only a few meters in an hour, but the electromagnetic wave pushing those electrons ahead moves at the speed of light, so switching on at one end of the earth will result in the other end of the earth getting the electric current at the very same moment. In the same way, the chemicals that drive the nadi can take a few seconds to reach the lower chakra, because all the nerve fibers are interconnected somewhere, of course no direct nadi connects the next chakras, but thought of the mind reaches next chakras in an instant. Means the Kundalini picture thought reaches the lower chakra in an instant. It is the Kundalini picture that activates the local nadis and produces contractions there with brightness. It is as if an electromagnetic wave, accelerating the electrons coming in its path, spreads in an electric wire thousands of kilometers long in an instant. So we can liken the mind to an electromagnetic wave.

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

ॐ कर्पूरगौरं करुणावतारं संसारसारं भुजगिन्द्रहारम् सदावसंतं हृदयारविन्दे भवंभवानीसहितं नमामि

### **A famous Shiva Stuti Sanskrit Mantra**

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

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

#### Psychological and Kundalini Yoga oriented analysis of the above metaphor

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

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



gave that effulgent semen along with the kundalini fetus in their wombs to the spinal cord. Meaning that the soul noticed and sensed its spinal cord along with the burning of the Swadhisthana chakra with meditation helped by asanas. The spinal cord runs from the Muladhara Chakra to the brain. But its feeling is more from the rear Swadhisthana Chakra to the rear Agya Chakra. This is what is giving the semen and womb by the sage's wives to the Himalaya. The lower, caudal region is the lower base of the mountain, and the brain is the upper base or summit of that mountain, while the spinal cord is a thin, long and high hill connecting those two fundamental bases. Bone does not have the capacity to make the semen inside it flow because it is solid and hard. Due to this, the irritating radiance of semen started putting pressure on its various and special points constantly at same place. All these points are in the spinal cord just behind the chakras of the front channel. There are two main points of these, the rear Swadhisthana chakra and the rear Agya chakra. In case of excess of semen tej, it is also formed in the area of Anahata Chakra. And If it is still excessive, it is also formed in the region of the navel chakra, in this way. When the intensity of semen increases very much by regular, and continuous yoga practice, full of tantric support, then it goes from the spinal cord to the Sushumna nadi. It has been written in such a way that when the semen became unbearable for the Himalaya, it poured it into the river Ganges. The river Ganges is called Sushumna Nadi here. The luminous effulgence, passing through Sushumna, enters the Sahasrara in the form of an electric line. There the Kundalini gets awakened by the power of that radiance. It has been written as a metaphor that the semen flowing with the Ganges became unbearable for the Ganges. That's why Ganga poured it into the grass of the reed growing on the shore. There a child was born from it on top of a reed. The grassy shore of the Ganges is here said to be the brain. On the scalp covering the brain, there are sharp and stinging hairs like reeds. Animals do not eat both. There are also some such branches coming out of the root in the reed grass, on which flowers grow. These are woody and knotty like bamboo. Small wooden and decorative furniture is also made from these. These are covered with a dense bark of leaves, which is removed and crushed to make a fiber. Moonj rope is made from it. That is why Moonj is also a symbol of spirituality and sattvikta. Actually Sarkanda that's reed is a multipurpose plant, which grows on the banks of river or pond. In that panicle branch of the reed, there are knots in it's whole length at intervals in the same way as the chakras in the spinal cord. Perhaps that is why the birth of the child has been told on it. The awakening of the Kundalini picture is the birth of a child. But it is not a physical child, but a mental child. Even if there is no awakening, the persistence of the Kundalini picture in the form of a firm samadhi in the mind as a permanent and clear one will also be called the birth of a Kundalini-child. Semen does not produce it by coming out, but by going inside or in the opposite direction. Brahma is also a mental image, that is why he is called Ayonij. Means one who is not born from the vagina. One may doubt how Kundalini awakening or firm samadhi can be attained by just one time attempt of sexual yoga. But it can happen. The famous and great Tantra philosopher Osho used to say that even once one experiences samadhi properly with sexual intercourse, spiritual success is attained. It is a different matter that he took such tantric secrets openly through direct verbal speeches to the general public, due to which many became his enemies and critics due to misunderstandings. It is also feared that some conspiracy might be behind his death. That's

why tantra is called secret art or guhya vidya. Although it is not preferred to hide it in today's open world, yet some secrecy is still needed and it should not be divulged out to ineligible, non desirous, unbelievable, unbelieving and non dedicated person directly or indirectly. Displaying it in online blogs for everyone without showing author's direct personal identity and without fixing any potential target, and in an unbiased and unselfish way can't be called as a breach in secrecy in today's open world. Perhaps to maintain this secrecy, the author of the Puranas never made his name and address public. Everywhere the word 'Vyasa' is used to denote the author, which is a common generic term given to all spiritual narrators. With the awakening of Kundalini, half the left part of the body and half the right part of the body, both became strong and happy in equal measure. The Kundalini picture here symbolizes the happiness of the left part or woman or Parvati, and the peace of the wandering soul here symbolizes the happiness of the right part or man or Shiva. Meaning that both separated from each other, Shiva and Parvati became one in the form of their son. Jiva was once complete and one. But due to the power of Maya, it became incomplete by splitting into two pieces. Since then the two pieces have been striving to be one. The development of the living entity and the world takes place only through the hustle and bustle of the soul to become complete again. Both the male and female parts or both partners of the tantric couple also became happy after being freed from the burden, pressure, and burning of the semen tej. There was joy and happiness in whole mind. The hair of the body blossomed. This is depicted in the story in such a way that on the birth of that child, both Shiva and Parvati, and all the gods were very pleased, and there was joy all around. After Kundalini awakening, the Kundalini picture became more and more clear and permanent in the mind. Then it continued to remain in the mind in the form of a permanent samadhi. From that permanent samadhi the attachment to the world diminished, and the nondual feeling continued to grow. Then the soul realized its liberation-in-life. This was the end of its ignorance. This is shown in the mythological story in such a way that the child grew up to be known as Kartikeya or Skanda, who killed the demon Tarakasur. Along with this, it has also been written about this story that whoever reads or listens to this story with devotion, he will attain spiritual liberation while attaining all the pleasures of the world. This means that this mythical and allegorical story is describing Tantric Kundalini Yoga only. If it were a story of simple cohabitation, birth of a son or a demon-killer, then there would be doubt in the attainment of simple worldly pleasures, leave alone spiritual liberation.

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

Friends, I was telling in the previous post that how Sambhog Yoga is completely based on the famous story of Kartikeya birth mentioned in Shivpuran. How Agnidev, who became a pigeon, eased his burning by giving Shivtej to the chakras represented as the wives of the Saptarishis. Those sage wives used to take a bath with cold water in the early morning or Brahma Muhurta during the cold winter months. In fact, those sage wives, shivering with cold, went to Agnidev to take heat. With the spark of fire, Shivtej entered them. What happens is that while taking a bath with cold water, the muscles of the chakras get contracted due to cold, due to which there is an upward stretch in the abdomen. Due to this, the semen effulgence located on the genitals near the Swadhisthana chakra rises upwards and spreads in all the seven chakras. This also reduces the pressure of the prostate, or it can also be said that due to lack of energy, the muscles that hold urine become loose, hence frequent and open urination is common while taking a bath with cold water. Almost the same process happens in times of fear, which has led to the saying that he was so scared that his paint got wet. In fact, fear creates a dark or void in the brain, which sucks the seminal energy from the bottom up. Due to the power of that kundalini energy, the muscles on the chakras contract further more and heat is generated on them. This is to take the heat of fire by the wives of the sages and through its sparklings to attain Shivtej. This increases the circulation of blood on the chakras, due to which the Kundalini picture starts shining there, because where there is blood or semen or prana, there is Kundalini. Actually, semen gives a lot more power to Kundalini than blood. That is why it is said that thousands of drops of blood make one drop of semen. With the contraction of the chakra, if the burning of semen at Swadhisthana and Mooladhara chakra is not meditated along with, then the picture of Kundalini is not formed on that chakra, only the contraction remains. That is why it is said that Kundalini resides in Muladhara. This Kundalini picture has been called the child in the womb of sage wives, because just as a womb is formed from semen, in the same way, Kundalini picture is also formed from this same. That is why Lord Shiva assures Agnidev turned pigeon, who became cursed by Goddess Parvati, that he should give his semen effulgence to the wives of the Saptarishis, which will pacify his burning sensation. I'm still surprised with this unique and scientifically told story of Shiv Puran. Just as the semen rises up by sexual yoga, so also by bathing in cold water. That is why both the actions are shown almost same in this story. Means due to socially shameful reason, sexual story has been well told in the form of cold water bath. It's a good alternative. It's an intelligent tactic. May be Lord Shiva has been shown residing in snowy mountain peaks and shivlingam continuously bathed with overhead dribbling water, and rainy season present month of July-August called as Shravan month is Shiva specific month due to this same reason. The river Ganges, falling down from heaven, enters the earth only after bathing Shiva. I would also like to do some philosophical rumination here. The primary objective of sexual intercourse seems to be Kundalini awakening, the birth of a child is probably a secondary or companion purpose. The child is as a reward that such a person has made his life successful by attaining Kundalini awakening, now he should also help another wandering soul to succeed in his life by producing children like him. The proof of this is the existence of Brahmacharya Ashram before the Grihastha Ashram. In this the man used to become dvija meaning awakened. The meaning of Brahmacharya is to raise the semen power without wasting it. It is a different matter that if a weak person is not able to achieve Kundalini awakening in this ashram stage,

then in the next stage of householder or grihasth ashram he can also take the help of Sambhog Yoga for a few years in this household ashram. It is as if a weak child even after moving to the next class takes additional vigorous coaching or training to make up for the gap in the previous class. It can be called super celibacy or emergency celibacy or extraordinary celibacy. Ever since procreation became the primary objective of sex, people started forgetting Kundalini awakening and the world population also started increasing randomly. I was reading on Facebook that such a man reminded thirty thousand people of their past lives, and such a man reminded ten thousand people. There is no discussion of whether anyone got Kundalini awakening helped by anyone. Main work behind, minor work ahead. Here even this present life is not forgotten, and on the other hand some people are also engaged in remembering the lives of past births. Weird and ridiculous the matter appearing. I also feel that the channel in front is shown as the left side of Ardhanarishvara i.e. female part and the channel exact behind spinal cord is shown as the right i.e. male part. The same goes for the yab-yum posture. Probably because of shyness towards the yab-yum posture, it has been shown like this as it is. Anyway, photos etc. cannot even show three dimensional yub-yum on a two dimensional background. But it could be shown in an idol. That's why shyness seems to be the main reason. These two channels try to unite by joining. This allows the powerful Kundalini energy of Muladhara to rise up in the form of a wave and enter the Sahasrara, penetrating all the chakras, and not turning back down, as the Kundalini channel in front merges with the channel behind. Meaning the joining of both the channels opens up a central channel named Sushumna. Probably a little ahead of the spinal cord is the left ie Ida channel, and a little behind the spinal cord, the channel touching the back skin is the right ie Pingala. The spinal cord is the central or sushumna channel located in the center of the vertebral column. Perhaps this is the basic scientific principle of yin-yang i.e. male-female attraction. By the way, left and right channels also exist in the same way as usually shown. I am giving them extra dimension by moving the left channel in front of the spine and moving the right channel behind the spine.

Everyone knows that as soon as the chakras receive heat through contraction, they also get semen effulgence. The sage wives gave that radiance to the Himalayas, meaning the backbone. When cold water falls on the body, uddiyana bandha along with yoga breathing is felt by itself. In this, the stomach squeezes inwards and upwards. Due to this the burning or kundalini effulgence of the chakras goes to the spine. The spine gives that effulgence to the river Ganges which means Sushumna Nadi. Sushumna gives it to the reeds growing on the sides, meaning Sahasrar Chakra, where Kartikeya's birth means Kundalini awakening or Kundalini activation occurs. If the Sushumna nadi is fully opened then Kundalini awakening otherwise Kundalini activation takes place. Meaning the Kundalini picture becomes like a living or real physical picture in the brain. This is the importance of bathing in cold water, which is described in every religion. In the Baptism of Christianity, possibly even with cold water, this physical action of bathing, which is called initiation, brings alive the Kundalini picture in the brain, which sets a man on the path of spiritual liberation. That's why baptism often shows miraculous effects. That's why the crowd of devotees keeps on taking a bath in the Ganges river. The water of the Ganges river is icy cold, by bathing in which the Kundalini Shakti runs brightly, creating bliss. There is a fast of Rishi Panchami among Hindus, in which a lady has to bathe continuously for a long time in a spring or pond of cold water, and also have to keep doing holy teeth brushing and cleaning with chewed wooden stick. Possibly due to the toothbrushing, the extra energy of the brain keeps coming down from the front channel,

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

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

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

## awakening- How it works

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

### Kundalini awakening as to remember someone

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

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

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

### Kundalini Awakening does not last long

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

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

### Confusion about Kundalini Awakening

Many people consider Kundalini-Dhyan/kundalini-meditation and Pranotthan/prana-rising (kundalini rising) as Kundalini Awakening. This confusion is natural, as the entire above are

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

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

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

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

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

**Importance of Kundalini meditation for Kundalini awakening**

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

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

**Importance of Prana for Kundalini awakening**

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

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

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



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

#### Importance of the introversion of the senses for Kundalini awakening

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

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

#### Importance of semen power for Kundalini awakening

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

#### Importance of a trigger for Kundalini Awakening

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

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

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

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

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

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

### **Kundalini meditation amplified with tantric sexual yoga**

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

### **Prana amplified with tantric sexual yoga**

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

### **Internalization of the senses amplified with tantric sexual yoga**

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

### **Semen power amplified with tantric sexual yoga.**

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

### **Trigger amplified with tantric sexual yoga**

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

**Premyogi vajra describes his so called glimpse kundalini awakening experience in his own words as following**

I was practicing fully practical, worldly and Non dual philosophy (SHAVID-Shareeravigyan darshan that describes Body mandala in a scientific and practical form including company of some ancient Indian spirituals in a minor form) since about 18 years; casual and irregular YOGA practice (without focused concentration) since about 10-11 years, both of which used to maintain the kundalini at base level inside my mind (internal webpage); and while being on an online Kundalini forum, dedicated/regular Kundalini-yoga practice (e-book, kundalini demystified- what premyogi vajra says); (means including focused concentration on mental kundalini-image of that very well known and purana-reading spiritual old man/Guru) since an year long at a peaceful and secluded place (e-book, kundalini demystified- what premyogi vajra says) near the junction of great plains and the skyrising mountainous ranges just like Rishikesh/Haridwaar (naturally peaceful yogic places), too far away from my permanent home (causing further maturation of my Kundalini); also including Tantric-yoga {direct sy, nearly daily/continuously; internal link/tantric page or see book "Love story of a Yogi- what Patanjali says" on webpage "shop (library)"} in it for last one month to make my Kundalini too mature, blissful and uprising. I had come to my home after a very long time gap in my newly purchased personal vehicle (with latest features and bought from a humanely motor company) through luxurious road along with my family. Then on one day, I was sitting on a chair in a ceremony at a relative's home. Due to calming effect of meditation, my beard had gone moderately grown up and having about 30% of total hair seemingly white. I was welcome in that ceremony with full heart. I was feeling special love and respect for me all around there. Childhood memories connected with the ceremony-people had gone freshened. I was feeling myself as quite opened up, peaceful, satisfied, tension less, mindful, non dual and as carrying up blissful mental Kundalini-image happily with me. People related to my Kundalini-image were present there and atmosphere around there was also related to my Kundalini. That house was built there on a steep and small hill, appearing as if sticking there with a strong glue. I was feeling continuously a good humming and grace there all around. Ceremonial music(modern type and not with noticeable lyrics but being as a musical and verbal noise only) was also running there at a medium sound level. A feel good atmosphere was present there all around. Smart and happy faces of my well known and some strange beings were appearing as if flying here and there. Some ones were going up or down the stairs. I was sitting in the balcony of the middle story having my chair supported by the outside fencing grill. There was a group of smart and happy ladies busy in singing and dancing inside a separate room. Different ladies as one by one alone or sometimes in group of two and rarely in group of three were standing up turn by turn and coming in the centre of singing group of approximately 20-25 ladies to showcase their dancing art. On the greenery-filled, graceful, long and straight hill of equal and medium height, there was a straight road running with the hill at about one third to one fourth of the height of hill from the base valley and was at level with the house at about 100 meters sky-distance away. I was able to hear some traffic noise from that road at a medium level. The great sun was turning red with exhaustion and waiting to see off his duty at the hill top. Then as soon as my childhood-time, meeting after long, army man retired sometime ago, being familiar to my kundalini in physical form, having hard working e.t.c. divine qualities similar to my kundalini-image in physical form, and friend cum relative-brother asked my well being with a smiling, radiant and belonging face; that soon I also stood up with happy response gazing into his happy

eyes and I was suddenly lost in the memory of my Kundalini (internal webpage) and on getting that stimulus, she became fully loaded inside my brain. My head turned heavy with great tautness and pressure. That pressure was special because that was agitating and flaring up my consciousness unlike the normal and routine pressure that depress it. That was appearing as if a consciousness-river in the form of a whirl was swirling in my mind with full speed and shaking every particle of my brain, tolerating which my brain was becoming incapable. That consciousness-whirl was appearing as making a blasting pressure in my brain. My Kundalini was appearing as driving that consciousness-whirl in that way for she was appearing everywhere. A light, stormy, sober and same-level sound was being felt as if there were bee hives flying. Actually, that was not a sound but like that, silence-filled unique pressure and tightness inside my brain with feeling of great self-consciousness. Just as a pressure inside the brain is felt while doing head-stand or shoulder-stand, the same type was that although that was with much more pressure, silence, consciousness-glimmer along with bliss and Kundalini-image. If electricity transformer could feel scuffling, filled up with silence and humming sound both together (although not sound but like sound sensation) running inside that, then that could feel it as his Kundalini-awakening. That was not an enlightenment but lower than that. That was like a in-between sound of OM(aum) syllable-external website/speakingtree.in, running long at equal level. May be that secret behind om is hidden behind that. Eye-born experiences were appearing as if ready to exit out blast-fully just like as if bees ready to leave their hive. Appearing as if those experiences were trying to fly up with their powerful flapping. A state of great bliss was there, even greater than the hundreds of sexual joys together. really speaking, that kind of bliss could not be produced with the external senses. Kundalini was fully bright, competing with the Sun. She was appearing clearer, livelier and more real than even her own physical counterpart, and other sensual objects directly in front of eyes. Eyes were open and having all the scenery in front with amazement but without any distinction and judgement. Wherever eyes were going, there was Kundalini appearing. Everything was colored in Kundalini. All experiences were appearing as if equal, unchanging and complete. My personal ego was fully dead. I got suspicion of my health. I had no feeling of my own personality. I was as if in the form of a personality of Kundalini and non-duality only. 2-3 neighborhood people on chair and coming-going few persons including that well-wishing friend started looking at me with wonder, suspicion and possibly little worry, so I became little shy and tried to get some sense of me. I sat down on my chair and tilted my head little down and massaged upper border of my forehead with fingertips of right hand few times applying moderate pressure, and constricting my eyes too with moderate pressure to return to my own personality. With that little effort, my shining Kundalini came down and I got my normal ego-personality returned back. Soon I sensed my grave mistake and tried to lift up that shining Kundalini again from my body-Chakras but failed miserably. Although I felt myself as if greatly happy, fresh, blissful, Tension less, stress less and full of detachment/non-duality. I was feeling warmth and redness on my face during that great experience.

The same type of experience I used to feel at time of my indirect-Tantra/right-handed school of tantra(external website/vinyoga.com), when the mental image of first Queen used to become as clear as physically real in my brain, although at lower level than this time my Kundalini appeared. At this time, mental image was not that of the first Queen but that of the same purana-loving/tantric-spiritual old man(he used to chant puranas in one room and I

used to study science deeply in a neighboring room, e-book, kundalini demystified- what premyogi vajra says), although only for approximately 10 seconds. The image of first Queen used to be persisting almost always in my mind, sometimes mildly, sometimes moderately and sometimes intensely as per the worldly activities. Although at this time, Kundalini-image of that spiritual old man was at the topmost manifestation of all, even greater than the direct physical things in front. Earlier too, image of that spiritual old man used to persist in my mind but for less time and in less strength than that for the first Queen. Probably my lustful and materialistic surrounding along with my young-hood was responsible for that. However mental image of Queen also used to ignite the mental image of the guru along with her in the same proportion. It supports the same tantric principle that guru and consort must be accompanied both together (internal webpage). Actually, whatever is accompanied along with consort, that is also mentally absorbed along with. That's why Vedic marriages are provided with a good start. I never experienced a full Samadhi-union with the image of that goddess-queen(devirani) but in the above described Kundalini-awakening, I felt myself as if fully merged and one with the mental image of that spiritual old man in the form of a full blown Samadhi. Probably This same is called as the union of Kundalini with Bramha/own self inside the Sahasraara Chakra/brain. That experience loosened enough the snare of blind woman-attraction inside my mind, because uniting with the image of an old spiritual master in my mind as more strongly than the image of my intensely beloved Queen was not less than a miracle. However, second Queen provided me enough help to lift up the Kundalini-image of that spiritual old man in my mind through the direct Tantric-yoga/left-handed school of tantra {unlike the first queen that helped through the indirect tantra/internal link/tantric page or see book "Love story of a Yogi- what Patanjali says" on webpage "shop (library)"}.

How things happened in case of first Queen up to my glimpse enlightenment {internal link/tantric page or see book "Love story of a Yogi- what Patanjali says" on webpage "shop (library)"} around quarter of century ago and how those happened in case of my second Queen up to my glimpse Kundalini-awakening in the real time {internal link/tantric page or book "Love story of a Yogi- what Patanjali says" on webpage "shop (library)"} , that you can read all in full detail at Love story of a Yogi (internal webpage) or in book "Love story of a Yogi- what Patanjali says" on webpage "shop (library)". as a Longreads article or in short installments in the form of explanatory and interactive short posts through following this blog. For further detail, e-Book(Hindi, \*\*\*\*\*5 star rated, reviewed in unbiased way as the best, excellent and must read by everyone), as described on the previous page is advised.

#### **From another online-forum(originally written)**

I experienced as if the Beautiful Kundalini-image of my spiritual Master suddenly and surprisingly rises to brain from the unobserved different body points or chakras. My brain becomes filled up with that image . Pressure appears in my brain upward. Great bliss and light .Logical mind dead. limited ego dead. Ego in the form of image only. Image superimposed over every where and on everything . Unity consciousness experienced. It is a state of Sampragyat Samadhi.

My eyes wide open without blinking but with amazement to one side constantly, yet seeing nothing physical things present there, but only Kundalini image inside and outside as if same. Actually, every scene was in front of my eyes but all appeared as if inside the brain, not outside. Those scenes were united as if one with my Kundalini-ridden self. When every scene was there as if my own self, then how could I see those for anybody can see only others, none can see himself but can experience only. Own self is experienced only, not seen or judged in a way just as non-self/other is seen or judged. It means that my focused concentration had reached the peak suddenly for a moment, that's why Kundalini-image appeared to me as if being my own self, not other. Intuitively, I guessed without judgement or without involving brain that people were feeling me as if I had gone crazy. Image was much more intense, bright, influential and experiential than even anything physical experienced ever. I diverted my eyes here and there intuitively to escape away from the people's attention and also massaged my forehead with finger tips from side to side, trying to constrict my eyes and putting pressure on my brain to experience the physical world in physical dimensions again. I left the spiritual dimension and started getting sense of the physical world around with dilution of the intensity of kundalini image. I again tried to get the spiritual dimension back after one or two minutes of leaving it on sensing my mistake, but I failed miserably. I tried to lift up that bright, golden/fire-colored Kundalini but failed. I remained in the full Samadhi(kundalini awakening) of spiritual dimension for almost ten seconds. In the evening, I could not concentrate that much during my meditation hour due to the fatigue of my neurotransmitters, psychologically as if mental Kundalini image of my Master with loving smile saying, "you have missed boss, but don't worry for I'll come again soon, so wait for the next chance". However the chance is too rare for that demands a lot of dedication, time and right effort. Anyway, experience was there. Kundalini awakening occurs suddenly at that time when one is fully relaxed, blissful and enjoying the world, being totally unaware about that, so one is not cautious enough to handle that thus highlighting the importance of regular practice to make her handling spontaneous, intuitive and habitual.

This above is the detail of my that day's experience as uploaded on the Brilliano Kundalini forum (a kundalini research organisation). Actually, everyone remains in Samadhi while being conscious, only intensity varies. This is so because mind of a conscious man always bear this or that thought or image. A single thought or image in a concentrated state is what a door entry to Samadhi. When concentration to a mental image of an object or thought develops so much that image appears nothing separate but as his own self by the meditating being, then Samadhi is perfect and can be called as Samadhi proper (for understanding). At that time, image appears very sharp, bright, blissful and real. That image appears such that if only that image exists. This, that, you, I, we and everything is nothing but that image only. It is felt that if image exists only and nothing other than the image exists at all or say everything is in the form of bright Kundalini-self, opposed to the worldly self that is dark and impure. Knowing(own self of man meditating), known and knowledge; all of these three become one with the meditating man as if his own self only. Concentrating(man concentrating/meditating), concentrated(mental kundalini image) and concentration(recognition of the process of concentration/meditation) become one in the form of the own self of meditating man. Samadhi state is nearest to Enlightenment. In fact, it's door entry to the Enlightenment. In Patanjli Yogsutra, spiritual development up to the Samadhi level has been described only, because it's the only describable top most state in

meditation. Enlightenment can't be described properly and fully at all. Samadhi is achieved through repeated and focused concentration on a single image through meditation, regularly and consistently for years. I think, if concentration is proper and method is right, Samadhi can be achieved within one to two years. Samadhi can develop only with a mental image, not with the object of sense directly, because our self resides deep inside and can't merge with the object of sense which is outside and superficial. The role of the external object is only to strengthen the own image of that object inside the brain of the meditating man in the start. Later on that's discarded too and mental image of that object is only practiced wholly. During Samadhi/awakening, everything that may be external or internal, all appear as if internal only, that is a reality too. The reason found for this experience is that we are accustomed since the eternity to consider more bright things as if external and less bright things as if internal due to the sensual delusions. When the brightest Kundalini appears as if internal during the awakening, then there is no reason for all other things to be considered as if external.

### **Summarized clarification**

According to Premyogi vajra, that Kundalini awakening experience was ordinary, neuroscientifically explainable and as per the mind science in origin; never a mysterious one. During kundalini awakening, one finds his fully dark self as merged one with the bright kundalini, means one's own self becomes cleared to fully bright one. This causes self-clearing mission to be started by him spontaneously/unknowingly. Because self becomes progressively cleared with adoption of non dual attitude only, therefore awakened being is forced to adopt non dual attitude by the spontaneity/nature itself, that in turn transforms his lifestyle too positively.

Further added, existence of direct as well as indirect sexual tantra as told above also means that attractiveness of an woman matters little in a married (sexual ) life.

See original description at Love story of a yogi – internal webpage or see book “Love story of a Yogi- what Patanjali says” on webpage “shop (library)”.



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

All these above books are also available in Audiobook format.

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

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Good luck everywhere.

