

Tantra



The ultimate
knowledge

Premyogi vajra

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Introduction

In the vast tapestry of spiritual traditions, Tantra stands out as a profound and transformative path that weaves together the threads of body, mind, and spirit. Often misunderstood and misrepresented, Tantra is not merely a practice of physical intimacy but a comprehensive system of spiritual development that embraces all aspects of life.

Tantra: The Ultimate Knowledge delves into the depths of this ancient wisdom, exploring its origins, philosophies, and practices. This book aims to demystify Tantra, presenting it as a holistic approach to achieving self-realization and liberation. Through the integration of various techniques such as mantras, mudras, visualization, and breathwork, Tantra offers a unique path to expand consciousness and connect with the divine.

Central to the practice of Tantra is the understanding and manipulation of **energy** within the body. This energy, often referred to as **prana** or **life force**, flows through a network of channels known as **nadis**. The convergence points of these nadis are the **chakras**, or energy centers, which play a crucial role in maintaining physical, emotional, and spiritual well-being.

In this journey, you will discover how Tantra celebrates the unity of the physical and spiritual realms, teaching that every experience, every sensation, is a gateway to the divine. By working with the chakras, practitioners can awaken and harmonize their inner energy, leading to profound states of awareness and bliss. Techniques such as **kundalini awakening** focus on activating the dormant energy at the base of the spine, allowing it to rise through the chakras and bring about transformative experiences.

Join us as we unravel the mysteries of Tantra, exploring its rich history, its profound teachings, and its practical applications in daily life. Whether you are a seasoned practitioner or a curious seeker, this book will provide you with the insights and tools needed to embark on your own Tantric journey towards enlightenment.

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

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How to keep control over body weight through Yoga

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

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

Yoga and Tantra – A comparative study (some interesting facts about the tantric system, *Tantra versus Islam*)

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

What is Tantra?

From the very beginning in the tantric system, a person treats himself, just like the person of God / dehapurusha, as a supremely, free, nondual and unattached. However, in Yoga, a person first wakes up his kundalini. From that, he experiences great joy associated with Advaita / nonduality. With the happiness of that KundaliniJagran, he begins to adopt unattached conduct in an unintended manner, and gradually becomes non-dual like Tantric. A yogi can also experience enlightenment while moving ahead with KundaliniJagran. His adeptness gets more firmness from that. This means that the tantric technique is easier, more natural, universal, friendly to all human beings and humanistic than yoga. When the tantric system has to be accepted even after yogic achievement, why not accept it from the beginning? People who practice tantric mechanisms get themselves KundaliniJagran and enlightenment over time, without any different or special effort. Many people also get a natural opportunity to prove both the mechanisms, tantric as well as Yoga together; as with this hosting website, it happened with the protagonist Premyogi vajra. Many people limit the system to the five Ms. But the truth is that the tantric system is a whole life pattern. This is an Advaitic way (nondual) of life. Most spiritual pickles of Hindu culture are different parts of a tantric system, whether it is study of Vedas-Puranas, or various activities related to them. In ancient times, those people who had enlightenment became too decent and found very difficult to live their life in normal life. The reason for this was that the common people were used to living life from a physical perspective, which could not accept the enlightened minds of the enlightened people. Therefore, they tried to live their life while copying the natural style means imitating nature, leaving the common, ignorant and worldly people away from their deep heart. That is because they found all activities to be knowledgeable in nature. By doing so, their spiritual level increased further, and they became lively liberated. Seeing the benefits of natural lifestyles, they became curious to show the benefits to others in their mind. Therefore, they started writing natural events in the living form. That well-known scriptural collection in written form became famous as Vedas-Puranas, that made life easier and spiritual for many people. The enlightened people who wrote those mythologies were called sages/ monks.

Some mystical facts about Tantra

The same type of incident happened with tantrik Premyogi Vajra as well. Even in his childhood, he got transient enlightenment. After that, he was unable to live himself as a normal person. That is why he made a philosophy of physiology philosophy / body science philosophy, a lively philosophy similar to mythical philosophies of Vedas-Puranas, for his benefit. From his proximity to that self-made philosophy, with the achievement of Advaita and non-attachment, his all-round progress was ensured, and even unintentionally, there was a glimpse of KundaliniJagran. Inspired by the same benefits, he composed a book based on the same philosophy, which we can call modern mythology. In the Puranas, there is a description of the physical universe outside, but in the philosophy of body, the description of the subtle creation within our own body is described. According to 'Yatpinde Tatbramhande', there is no difference between the two worlds. Therefore, we can also call Premyogi Vajra as a modern sage. His book is like a Tantric book, similar to the Puranas, although there is also a few parts of Panchmakari

Vidya / 5 Ms, like the Srimad Devibhaagavat Purana. Now it is the Panchamakari tantric system, it is only a small part of the vast Tantric system. After conducting a tantric system for a very long time, when the Tantric attitude of the common seeker becomes very mature, then only under the guidance of a qualified master, the five-M part of the system should be taken as a shelter, so that sufficient power can be obtained for KundaliniJagran. In the direction of its adoption earlier than the proper time or under the guidance of an inept guru, it can also bring losses to the place of profit. Together, the goal of Panchmakari Tantrikas is not violence, but KundaliniJagran only. The best sources of power are only meat, sex and alcohol, which cannot be obtained without violence. Therefore, the least of their experiments have been given priority to achieve maximum spiritual benefits. An example of this is fish-intake. Because the fish can also be caught in the minimum quantity as needed, hence there is no redundant violence, so that violence-faults remain at a minimum level. Together, the fish is of cold nature. Therefore, it does not allow that anger in the Panchamakari to occur, which is the biggest obstacle in the spiritual path. Together, it produces the lowest Tamoguna than related other nonvegs, and its side effects on the body are even less than the other. In the same way, a single wife has been given priority so that excessive sexuality can be avoided, because that is also a particular kind of violence, especially if the right tantric rules are not adopted. Still, light mistakes are natural when learning. If the tantric-mates have to change, then in rare cases, only after a very long time and after getting special spiritual progress or after achieving enough spiritual progress. The evil eye on the woman is absolutely forbidden. Bad words and bad jokes about sexuality / 5 Ms are also taboo. The woman is to be respected as Goddess and Guru as far as possible. No one's daughter or anyone's wife is made to be a tantric companion, because they are seen as part of the emotional property of others. Most of the earliest known tantrics of ancient times are those who used to live life with the prevalent ordinary tantric practices, but later on for various reasons they also started consuming the Panchmakaras. One of the main reasons for these reasons was boycott from society or not adequate respect in society. Only then, some eminent tantric technicians have been around the Indo-Pak border of Punjab today, some have happened in today's Pakistan. The second reason being the Punjab area is well prosperous, so there are people fond of making merry. In Punjab, the patronage of Guru-tradition has also been developed according to tantra. I myself have experienced everything directly from Punjab while living there in the direction of border areas with Pakistan. Tantric temples are also found abundantly on the same side. The access to the common Tantric system of the Hindus was reduced to those remote areas, so the people living there were not receiving the force from collective spirituality. Because of this resistance, they adopted the Panchamkari system correctly, and achieved quick success, because the spiritual force generated with the Panchamkari Shakti was more than the force of collective spirituality. Undoubtedly, they remained cut off from the common and spiritual society, yet they reached the peak of accomplishments, and continued to inspire others too. Naturally, in the same way, many Dalit and backward classes were also involved due to the above-mentioned reasons. The same example is also the Tibetan Buddhists who spend their lives alone in remote mountainous areas. The Panchamakari system seemed more suitable than the simple system prevailing in the plains, so it is still alive there. In Chinese Taoism / Tao religion, a sexual sage has been described as an ideal sage. In fact, since the separation of the Panchamakaras from the spiritual system, the decline of spirituality has started. Panchamakaras were described as the abode of evils. It was from this that the power of Panchamakars kept on raising the power of the evil people, and they continued to get stronger from it. After all, the whole earth became full with the so-called ignorant or evil people. On the other hand, spirituality became impaired without the necessary power, because the five Ms were kept away from it. Nowadays, the Panchamakari tantric system is spoken incorrectly, though the use of the Panchamakars is being used in the open and without

any interference, not for spirituality, but for blind materiality. This proves that today the society of real tantrics is a strict requirement.

Tantra like a rebel cult

Something similar happened with Premyogi Vajra. He also adopted the spiritual techniques of common sense. However, his spiritual growth was slowing down. When he could not even get the hope of glimpse of KundaliniJagran even for a very long time, he became like a rebel against the common spiritual system. Common people started to insult him. His opposition was also increasing in the form of intake of Tantric Panchamakars. Both of this effect-reason was increasing each other. Disrespect with opposition and opposition with insult. This cycle continued until he got a glimpse of KundaliniJagran. He became content with his calmness, and his faith increased over the Panchamakari tantric system.

Yoga and Tantra are virtually the same thing

In fact, yoga (including common spiritual tantric methods) and tantra (Panchamakari Yoga) is the same, only difference in the level of magnitude of kundalini expression. Kundalini is more massive with Panchamakari Yoga than ordinary yoga. Therefore, an intelligent tantric person keeps on taking shelter of both as per time. There is nothing opposed in both. Tantric is all the spiritual people, but the Panchamakari Tantric is the prevalence of saying Tantric. We can also call him Panchamakari Sadhu, because there is no difference in principle between the ordinary Sadhu and Panchamakari sadhu, except the level of manifestation of Kundalini.

Tantra is an ally of Satvik religions (Hindu, Jain, Buddhist etc.), not anti

It seems that the maithun-makar / sexuality-M is only the most important M of all the 5 Ms, because it gives a wonderful force to the Kundalini. Other considerations are, therefore, only helpful in this main cause. I consider other Panchamakari religions as a transformational form of the panchamakari tantric system. The power that exists in those, and the majority of which attract the people, appears to be the power of 5Ms. However, opposing Satvik Hindu religion / system, anti-religion cannot attain spiritual benefits, but reverse harm only; it is a matter of course. This is because it is the principle that the five Ms are successful only if those live near the satvik and peaceful system / yoga / religion. This gives both methods both spiritual and physical benefits. Otherwise, those are only the reserves of sins. Therefore, in all the cooperative co-existence of all religions, it is a blessing for everyone. It is instructed to be a rational, selfless, humanistic, loving, satisfying, social and non-violent, for the Hindu philosophers / priests of charming personality / colorful (svarna) Hindu pundits, so that they have a divine pace and attraction along with the non duality and detachment. Only then other common or Panchamakari tantric people can fortify their physical image as Kundalini in their mind by making them a guru. Only then will the power of Panchamakars look after and raise up the Kundalini, otherwise those will clear the path of hell for them.

Miscellaneous thoughts about the origins of Tantra

In many places, the consumption of panchamakars has been specified for signatory purpose or formalities, so that no one should have the ego that I am very pure, and together with the best kind of non-duality. This principle in the spiritual system has been kept in mind that the result of karmic effect / Karma will continue to be met; hence, the use of panchamakars is very modest and cautious. In many places, their use has been told so that people of violent or demon nature can be taught to eat, drink and enjoy the right way, and by putting the seeds of spiritualism within their enjoyment and luxury, they too could be turned towards spirituality. Slowly later on they themselves improve. However, anything, the amazing power of the Panchamakari

tantric system cannot be denied. Siddha Tantric even says that without the Tantra especially sexual tantra, enlightenment can not be attained.

Other interesting facts about Tantra

There are even more interesting facts about the tantric system. Tantrasamaj is also called a cosmopolitan / secret society. Many of them had joined the great Brahmin pundit too. For many of the Tantric, their own sister was their tantric master. Islam is also allowed to marry one's own sister (although not born from the wife of father). This suggests that there exists somewhere in the origin of Islam the Panchamakari tantric system. The black stone that kabba have a custom to kiss, most people consider that as Shivling. Lord Shiva is the originator of the Tantra. In the case of hetero-vehicle tantra, it is also believed that the more tantric girlfriend is more ugly or unattractive; tactical it is, provided it is filled with tantric qualities. That is because there is no ego in her, so that she lets the mental kundalini image made from physical forms of others / gurus to grow easily on herself. The vishamvaahee / hetero-vehicle tantra means that the image of the mental kundalini is of physical form of somebody else (the master), whereas the Kundalinivahika / kundalini carrier is a tantric lover. Samavaahee / homo-vehicle tantra means that the image of the mental kundalini is also of the physical form of a tantric lover, and the Kundalini-carrier is the same. In samavaahee tantra, signatory / indirect sexual technique is more effective, but complete / clear / direct tantric sexual action in the vishamvaahee tantric system. Therefore, to create more and more sexual attraction, the samavaahee Tantrica (female tantric) should be attractive. I have seen two types of tantric mechanisms called samavaahee tantra and vishamvaahee tantra in the experimental details of Premyogi Vajra on this host website only, not at other places. Although there is a prevailing belief in tantra that women of the backward classes are the best for direct tantric sexual activities. This makes the statement of Premyogi Vajra clear. It is said that once a famous Tantric guru's ugly and black tantrica girlfriend was ridiculed by his disciple. Angered by that, that tantric girlfriend cursed him for not achieving enlightenment during his lifetime. That's how it happened.

Now we discuss the similarity between Tantra and Islam in detail

The beginning of the Tantra and Islam began almost simultaneously. In both, escaping away from world has been rejected, and the emphasis is on worldly tendencies. Both have given importance to women. There appears Tantric principle behind circumcision. Halala done by maulavee in islam also appears as a distorted form of tantric ritual of making joint consort by guru and disciple. Both sadhana paths have been created to provide salvation for all the general and purity-free people. Too many Muslims consider tantric nath-gurus as their own gurus too. Tantric gurus are also called Pir Baba. Even a Muslim cleric and leader of Jamiat Ulema Hind, Mufti Mohammad Ilyas Qasmi, has referred to Lord Shiva as the first messenger of Islam. Just as the rightists are purists of Hindus, in the same way, the Sufi spiritual practice is a puritanical and moderate ideology in Islam. Most of the time, the right Dynasties of Hinduism and the left ones are said to be anti to each other. But based on the tantric experience of Premyogi Vajra, I have tried to prove in this article that the tantra and the right Dynasty are not anti to each other, but collaborative. Say ordinary tantric methods to be dakshinatantra / right tantra, and the Panchamakari system is called vamatantra / left tantra. In the same way, Hindu religion and Islam also proved to be collaborators of each other, because in the larger perspective, call the Hindu religion as right tantra and Islam as a left tantra. Therefore there is no place for animosity or bitterness between the two. Both religions are loathing each other and are thus unknowingly loving each other for the love resides inside hatred. But it does not work in full. Then why do not these two love each other directly, so that they can achieve each other's strength in greater quantity and with greater positivity. The difference in ideas is the nature of

mankind, but it should not be used to cause ill effects on mutual love and cooperation. If they need to amend their ancient theology, then it should be done in the interest of humanity by sitting in the Synod / dharmasabha or Sarvadharm Sabha / all religions' assembly. I want to make it clear here that here all the religions are talking about, not of any particular religion. All should consider making amendments in this way in words filled with inhumanity, fanaticism and hatred, which will also preserve the respect of all religions, and also be amended according to the era. For example, since when Hinduism began to oppose the practice of spiritual slaughter, coconut was sacrificed in a symbolic form. In the name of the Kundalini / Guru in Tantra, the Panchamakars are consumed, however in the name of Allah (God) in Islam, however both share similarities. Actually minding the invisible god always feeds up the kundalini, the secret only known by few ones. But in the hardcore Islam, among the Panchamakars, violence and lies towards human beings have also been included. In Hinduism and Christianity, it was also there comparatively at a lighter level, although in most cases it is said that it was reactionary. Now, what was the need of it in the olden days, it can not be said, but in today's educated and humanistic era it is not relevant, and needs to be totally exterminated. However, for one's great self-defense (to save lives) their use can be considered in rare cases. Real sacrifice is the sacrifice of the bad spirit. Dormant sense also works. Therefore, the firm expression of the related resolutions should contradict the inhumanity, only then the latent feeling (samskaras) is destroyed. All these facts are written based on the personal experience of the hero of this website and a tantric, Premyogi Vajra, this is not a mere empty theory. Premogi Vajra is an enlightened man, and his Kundalini is also awakened. He also got spiritual success only when he denied the inhumanity in stern words nearly about 25 years ago. It can be read on this link to the webpage-<https://demystifyingkundalini.com/home-5/>

Tantra should never be taken lightly, because it can also open the doors of hell if corrupted.

An explanation seems to be justified here. If the hostile opponent of God is tortured with the remembrance of God in the name of jihad etc, then in return, when that torture-giver would get the fruit of punishment arising out of that karma of torturing other, then the God will be remembered by him in much intensity for the karma and that's fruit are both interconnected.. Then, if he dies while suffering torture, then he would be liberated, because even in Sanatan Dharma, it is said that whatever at the time of death is remembered, the same form is got posthumously. However, if it does not happen, then the door of hell is open. It is a different matter that he will remember God in hell also. Therefore, very caution is required. Now, when someone accepts pain in the name of God, it is natural that in him there will be a remembrance of God, so that he too will be dear to God. Due to this the person causing suffering and the person who suffers, will be blessed with one and the same. However it is clear that it will be worse for the suffering-causer than the one who suffers pain, because if the former does not perform the Tantra properly, then the hell-sword which is born from evil deeds always hangs over him. Because it is a karmic principle that until one becomes free, then the effect of karma will remain unchanged. That is why there is 'everything' or 'nothing', there is no middle level in it. This is also the principle of the Tantra especially the extreme Tantra. This is one of the main reasons that Great Islam seems like an extremist Tantra. However, unfortunately due to fear of extreme tantra, many people started living away from the ordinary or soft Tantra, by which they became untouched by the benefits of a science-based spiritual method of Tantra. Premyogi vajra proved it through his experience. He enjoyed flesh with the remembrance of Kundalini. When he got his fruit as a sporadic injury, kundalini suddenly appeared much more intense in his mind, and he also remembered the interconnected karma of eating flesh. Now whoever says that a devotee of Allah should not be disturbed, it is according to Sanatan Dharma, which states that God does not forgive the one who does bad to devotee of God. Actually all religions are the same,

there is a difference between understanding only. Likewise, once, Premyogi vajra had a slight rebellion along with Kundalini-dhyan / Advaita-life. In fact, that was not treason, but the act of light apparent sedition only, because there was non-violence with benefit of the whole world hidden inside. When he was punished, he tried his best to avoid punishment by divine inspiration, in which he also had unique success. When he got his light sentence, he felt that like a prize, and in his mind, Kundalini-meditation / advaita became even more prevalent, so that he got KundaliniJagran with some effort of yoga. Simultaneously further saying, as on the body joints in yoga, the sensation generated by the effects of breathing / twisting / motion etc. becomes enraged by the Kundalini, in the same way, during the time of devotional pain, the God sensed spontaneously over the sensation becomes very clear.

No one can ever hate anyone; Love is the ultimate truth

Only then I say that no one can ever hate anyone. If a person establishes contact with another person, then he loves him in every situation. If he does good to him, then by giving him a chance to move forward, and if he does bad, then by destroying his sins indirectly. Although the former way is more plausible and practical. If the use of the second method is to be compulsive, then only to the mild level or up to the moderate level at maximum, never to the extreme level.

History is witness that Muslims living in Mecca were pagan (idol worshipper). It simply means that they were tantric or tantric-yogis. Because the people of those desert areas were already habitual of enjoying flesh, alcohol, sex, etc. (panchmakaras) since long. If idol worship becomes associated with these panchmakari habits, then it becomes Tantra automatically.

How non-humanist religions were formed

It may be that in ancient times there was an abundance of violence in the form of quarrels, wars and animals as the main source of diet etc., whose redress was possibly impossible. Therefore, those were made clean and liberating by wearing a cover of religion. Because pure Vedic actions in the atmosphere filled with violence and impurities could cause harm to the place of profit, therefore hatred towards them spread. Afterwards, the situation changed, but the rules made by them were made forever, because they were confirmed in a written form with loyalty and faith. At that time there was not even satisfactory facilities for traffic and communication. Therefore, the limited people in a small drought area / special geographic area understood that the whole world was like them. That is why they intended to spread their ideology to the whole world.

Similarly in ancient times, there was a practice of human sacrifice in rare cases in Tantra, which is no longer there. Both of them have given greater importance to body pleasure. Both have the postures of Hatha Yoga. Both were made to oppose the escapist and soft Hindutva. Although the Tantra remained much more moderate towards soft Hindutva than Islam, and remained completely dissolving in its midst.

Here, we want to make it clear that Islam does not have five makaras, but only four are there, more or less. Wine is prohibited in it. Although I consider the effect of meat equivalent to the effect of alcohol. Both are tamoguni (darkness producing) Together, also, want to make it clear that the five-makaras there seem not as clearly and well defined as in Tantra, but those appear as panchmakaras, because their influence is going to lead towards divine power just like the Panchmakaras of Tantra.

Kundalini as a Serpent

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

Serpent is a symbol of darkness

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

Nag as a symbol of Kundalini

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

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

Our nervous system is like a serpent

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

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

There is no need to go so deep as above. It is a simple matter that the entire sacral/sexual area is thick, circular and layered like a standing serpent's ringed base. All its sensations go upwards through afferent nerves along with the sensation in Vajra / serpent-tail. The main bulging points

of the serpent are the seven chakras of the body. Kundalini glows more at these points during meditation. The tip of the vajra is attached to the Muladhara Chakra. The snake's tail (vajra) on the Swadhisthana Chakra (base of the vajra) is attached to that main body of the snake in the annular form, which is on the ground. The rising up of the snake on the rear Swadhisthana Chakra creates an angle of about 90 degrees. The deepest point of the turning of the body of the snake is on the posterior navel chakra. At the back of the Anahata Chakra, the body of the snake emerges out. The Vishuddhi Chakra at the back has the deepest point of turning of the hood-shaft of the snake. Above it comes the outward rise of the head/hood of the serpent again on the posterior Ajna chakra. Entire brain above it/the top of the entire brain is the place, where there is a Kundalini sensation (in the middle of the foremost and most posterior part of the upper surface of the head; it feels like a pit here, hence it is also called Brahmarandhra). There are thousand phanas/hoods of the great serpent/god serpent. That is why it is called Sahasrar (one thousand parts). Kundalini is present on the middle main hood of the serpent.

Kundalini-experience with Nag/serpent during meditation

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

Serpent worship

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

Nag is not Kundalini

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

Nag gives extra strength to Kundalini

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

Earth on Sheshnag's head

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

Superimposing Kundalini over sensation

Every physical sensation goes through the nerve to the brain. When Kundalini / a special mental picture is superimposed over it, then she also reaches the brain with it. The most intense and

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

Kundalini and temple having mutual cooperative relationship

Friends, I got a new Kundalini experience this week. The new may not be said even, you can say it in a new form. There is a very collaborative relationship between Kundalini Tantra and Sanatana Dharma. We will discuss this in this post.

Kundalini gets upward movement in the temple

For a day or two, I was feeling little restless and lightheaded. There was a pressure on my front Swadhisthana Chakra. It seemed that my Kundalini was stuck there. Yoga provided little relief, yet the pressure remained. I went to a shop next to a big temple to book bouquets of flowers for a big ceremony. When I came back, I forgot my bike there. I remembered the bike near the temple. I entered inside the temple thinking that it was God's order. There were locks on the doors of the temple. So I took a walk in an open and wide courtyard outside main temple rooms made of marble. There I remembered Kundalini in my brain. At the same time, the Kundalini pressure of Swadhisthan was also felt ascending. There were some people coming and going there. I moved out of their way in seclusion and sat on a narrow platform with a glass wall. My body itself was trying to create a position that would put upward stretch on the Kundalini of the Swadhisthana Chakra. I meditated on the divine and multihooded form of a serpent laid on my back up to brain spreading its hood. Starting from vajra, my kundalini coming as a sensory vein or channel to the rear Anahata Chakra. Backward flow method of meditation also helped in it. I felt the thoughts of the brain reaching the front Anahata Chakra through the front channel as Kundalini. Due to this, the upper prana and the lower prana (apana) collided with each other on the Anahata Chakra, revealing the glowing Kundalini there. Then I also got a call from my wife who was out from some time, which may have happened by invisible telepathy. It gave me more strength. With this, the pressure of the front Swadhisthana Chakra ended. My breath started moving fast and deep. That breath was very relaxing and enjoying. All the life energy called as prana related to Kundalini was got by my Anahata Chakra. That made my heart delighted, and I was refreshed up, therefore returned home on the bike, and happily got busy with my work. A new Kundalini-mystery was revealed behind the construction of big temples.

Semen retention is the main reason for pressure on the swadhishtan chakra

This can happen by avoiding sexual intercourse, viewing porn, and also with imperfect tantric sex. Therefore, with proper yogasadhana, this pressure should be kept rising up the spinal column. If there is a headache or pressure in the brain with its reaching to the brain, then this pressure should be carried up to the Anahata Chakra only in the aforesaid manner.

Kundalini is the most secular thing

Friends, many people associate Kundalini with the name of religion mainly with the Hinduism. Earlier I used to understand almost the same. The reason for this is lack of deep understanding about Kundalini. This blog seems to fill this gap. Today we will try to prove the top secularism of Kundalini in this post.

Each religion or denomination has its own different worship

For example, there are many gods and goddesses in different sects of Hinduism. The Shaiva sect recommends worshiping Lord Shiva. The Vaishnava sect has asked to worship the incarnations of Lord Vishnu. Devotees of Shakta sect worship Goddess Mother. Brahmin Hindus worship the formless OM. Similarly, in Sikhism, the attention of the gurus and the implementation of their teachings is important. Jainism describes Lord Mahavira and his teachings. Buddhists consider Lord Buddha to be their greatest God. Islam is said to be devoted to Allah. Christianity emphasizes devotion to the Lord Jesus.

There is no adorable in Kundalini Yoga

This does not mean that Kundalini yogis do not care for anyone. This means that in Kundalini Yoga there is the freedom to choose adorable as per one's choice. In fact, the thing supporting meditation is called Kundalini, as Patanjali has said in his yogasutras. "Yatabhimatadhyanatva" In this sutra Patanjali has said that the mind can be stabilized and made yogic by meditation of any desired object. It is a different matter that by mixing sensational energy with help of the techniques of Tantric Hatha Yoga, it is further strengthened. Kundalini can be in the form of any object or sentiment. It can be as a lover, and also as an enemy. Krishna had Kundalini as Goddess Radha, and Goddess Radha had Kundalini as her lover Krishna. Shishupala considered Krishna his greatest enemy, so his attention was always on Krishna. In this way, Kundalini of Shishupala was also in the form of Lord Krishna. Kundalini can be as a guru, and also as a disciple. It can be in the form of light, and also in the form of darkness. It can be as elder, and also as younger. It can also be in the form of tantra, and also in the form of mantra. It can be in the form of a god, and also in the form of a ghost. It can also be in the form of a deity, and as a demon. It can also occur in the form of inanimate matter, and also as a living being. It can be in human form, and also in animal form. Moreover, it can also be in formless form like OM, Allah etc. It simply means that the thing which a man has the most inclination towards, he can make that object his kundalini. Then he can also wake it up by doing his regular meditation through yoga. It is a different matter that most people meditate on good and beautiful personalities such as Guru, Deity, etc., as what a man meditates, he becomes like that.

Kundalini is even more secular than materialistic science

Science also advocates following only the principles proven by practical experiments. It does not consider anything other than those. Kundalini is beyond the limits of these constraints. Kundalini can also be given the form of a true object or sentiment, and also of an apparent object. Science does not believe in gods, but many sages have awakened them as Kundalini. I had also said in previous posts that the shape of the Karol mountain was not exactly the same as the Shivalinga, but it appeared to be a huge Shivalinga from my residence. Many Shiva devotees used to focus on the same spiritual shape. The above facts lead to the conclusion that Kundalini is the most sensitive, sentimental, sympathetic, independent, loving, humanist, democratic, scientific, and secular; Even more than materialistic science. Kundalini science is knowing this thing very well that the personal interest of everyone should be respected.

Kundalini with Chakra balancing is the key to balanced life that leads to stress reduction itself

Friends, nowadays life has become very struggling and competitive. The intricacies of relationships have also increased a lot these days. It is natural for the burden to increase in the mind. Today we will discuss this and how to avoid it with the help of Kundalini.

Uncontrolled burden of mind is the root cause of most problems

The man's uncontrolled burden of mind brings many behavioral changes in him. He becomes irritable and angry. This increases his stress. Increased stress reduces his ability to work, and he becomes a victim of various diseases. All these make his family, social and business life mess up. His breath also seems to stop, and also become irregular. This also causes a lack of oxygen in the body.

Chakra meditation helps reduce stress

Due to the non-utilization of all the chakras equally, the life force is not divided in equal quantity between all the chakras. Due to this the chakras which are excessively overpowered, they become adversely affected by the workload; And the chakras which get less life force than necessary also become adversely affected by not getting enough work. That is why it is said that yoga provides health benefits. In fact, with proper Kundalini yoga, all the chakras remain healthy and active. This makes life controlled and balanced. We have often seen that intellectuals working in the midst of nature have attractive personalities. Their lifestyle is balanced. This is the reason that their brain chakras are kept healthy by the work of the brain, and other chakras of the body by physical actions. If those people also do Kundalini Yoga, then they will also benefit, then how will urban people with lazy lifestyle not get.

Kundalini acts as a carrier of life force

Pranashakti is invisible. We cannot even experience it easily. Then how to rotate it on chakras. In fact, Kundalini acts as a handle for life force. Wherever Kundalini goes, Pranashakti goes there itself. That is why only the Kundalini is revolved on the chakras.

A practical recipe to reduce the unnecessary burden of mind

The tongue is held pressed lightly along the palate. Contact with the tongue and palate is taken into consideration. Let the movements of thoughts in the brain keep going, and also keep attention on them. Keep attention on the body's front channel and back channel as well. If possible, keep awareness on all these together, otherwise shift the attention from one to another. By doing this, the Kundalini will suddenly appear in the brain, and other unnecessary thoughts will slow down. Kundalini will remain in the brain continuously with joy revolving on all the chakras too, and the unnecessary burden of the brain will also be reduced. One can imagine the back channel as a hood raising Sheshnag, on whose central line Kundalini runs. By taking long and deep breaths through the abdomen, Kundalini gets the additional power to walk in the channel. Even directly, Kundalini meditation can be focused on a particular chakra, and it can also be kept in mind that the life force will descend itself through the front channel from the brain to that chakra. With this, the brain power also reaches that chakra in a short time. With that, along with the spasm on the chakra and bliss the Kundalini begins to glow rapidly. The burden of the brain becomes lighter. It is as if the electric current reaches the target immediately in the form of electromagnetic waves, while the electrons take longer to reach.

Increasing appetite by drinking tea

It is often seen that drinking tea decreases appetite. This happens because tea makes the life force go to the brain. That is why after drinking tea, colorful thoughts start popping in the mind. This leads to loss of life force in the digestive system. Many times I brought down the increased life force of brain gained via tea through Kundalini Yoga, and set it especially on the navel chakra. It suddenly increased my appetite. Similarly Pranashakti can also be focused on other chakras. We can call it Tea Yoga. This proves that through Kundalini Yoga we can control many metabolic activities of our body.

Kundalini is the interplay of energies

Friends, I watched three movies last week. It kept my brain very active. Possibly due to this there was also a slight headache at times. However, there remained a lot of peace in the mind, and a lot of joy dominated. This happened due to the non-dual spirit created from Kundalini Yoga. Still, I reduced yoga a bit, because I was feeling a little tired and lethargic. Due to this the headache also reduced a little and the tremors of the body also decreased. By the way, it is better when the number of postures is not reduced, but the time spent on them is reduced. Yoga should not be taken as work. It should not be taken as fatigue. It should be taken as a rest. The body and mind should be let loose. In fact, yoga reduces fatigue, not increases it. Each asana in a particular way uplifts and rotates the prana energy. Anyway, due to less sleep, more waking up late in the night, due to change in food timings, excessive air intake from fans or a.c., stress and headache arise. There was more activity in my left brain, for which energy was rising from the Ida Nadi. However, by simultaneously meditating on the Ajna Chakra and Muladhara, the energy was transferred to the Sushumna, thereby activating the right brain, revealing the Kundalini picture in Sahasrara. After a while that energy would again enter the Ida Nadi. It had to be taken again to Sushumna in the same way. This sequence continued. In fact, the left brain is active from worldliness and the right brain is active from spirituality. A balance of materiality and spirituality is necessary for the balance of both the brains. I was telling in the previous post that how the women of Devlok or god abode get attracted towards Rati or lust sports by drinking the water of Nanda and Alaknanda alternately and feel great satisfaction. In fact, they are immersed in worldliness. So they don't have much energy left. They cannot directly reach the river Ganges. That's why they work only from the Nanda and Alaknanda rivers. Almost the same thing happened with me. Due to the heavy workload, I did not have enough energy to lift the Kundalini straight up to Sahasrar. Due to this force, my head was hurting a bit. So I let the Kundalini energy rise up in the back at her own free will. Then I noticed that it started going through the Ida nadi to the left brain with a thrilling sensation going. I just used to pay light attention in the intervening moments to the front agya chakra and the straight tongue resting behind the teeth. With this, I was rarely able to pay attention to Mooladhara, because from this the prana energy goes to Sahasrara and Sushumna straight. She would try to go to Pingala or Sushumna Nadi with him, but she was not able to go. Meaning there was a lack of energy. After a long time she used to go to Pingala and right brain for a while, and again to Ida. Kundalini stays on the Agya chakra most of the time, and does not go above it. She used to stay only for a moment in Sushumna and Sahasrara. The point is clear that the Kundalini should be rotated according to the amount of energy inside. It should not be forced.

The Urdhvareta Purush should be considered a Brahmachari or a Tantrik

I also got a new information this week in Shivpuran. In one verse the word 'Urdhvareta' was found written. The Urdhvareta man was equated with the great jnani or the enlightened one or the great spiritual seeker. Urdhva means 'upwards', and Reta means 'semen'. Therefore, Urdhvareta means a person who pours his semen upwards. This is the same sexual sublimation, which is the basic action of Tantra Yoga. In the name of tantra, it dominates these days, although it is only a major contributory factor to tantra with a wider perspective. That is not all in itself. While translating it into Hindi, it has been written as Urdhvareta Brahmachari. One who is a celibate, how can he become an Urdhvareta, because there is no production of semen in a celibate. The production of semen is done through sexual stimulation, but the brahmachari stays away from it. Even if semen is produced in it under normal bodily functions, it remains very little and unnoticed. What can a man not even notice in the body, how can he uplift it? Another thing is known from this is that there is mention of tantra everywhere in the Puranas, and in the Puranic period, tantra science was prevalent among the common people. Brahmacharya is also

a tantra science. If the brahmachari does not keep raising the semen energy with the help of yogasadhana, then it will disturb him, and may also cause disorder in his mind and body. It is a different matter that in the leftist system this celibacy is given a limitless and fierce form. Although this leads to rapid spiritual growth, but if it is not done properly, it also leads to a rapid spiritual decline. Nowadays, mostly only this sexual tantra is considered as tantra.

The faults of great people are also auspicious like ornaments

Nothing is true in this world. Everything is relative to each other. The defects which have been called Kulakshan in common people, the same defects are Sulakshana in Lord Shiva. That is why in Shiv Purana, Narada Muni, while explaining to Parvati's parents, says that the faults of the wise and great people are also like the virtues. In fact Narad Muni tells them that their daughter Parvati will be married to a ghostly, naked, wild and anti-social person. This makes them worried. Then Narada removes their worries and says that Shiva is also like this, so get Parvati married to Shiva. Parvati will erase the restlessness of his mind. This is the description of Tantra Yoga itself. Then why most of the people say that tantra came from here or there; Or the tantra is like this, the tantra is like that. Shivpuran is a completely dedicated Tantra-Purana. Its tantric principles are not easily caught because it has a high degree of social, metaphoric and mystical styling of expression.

Humiliation and respect are two sides of the same coin

Last week got a sad news that Mahant Narendra Giri, president of Akhara Sangh, ended his life by hanging himself. According to sources, in his last written and video document, he attributed this work to his disciple Anand Giri. Anand Giri was brought up by him from childhood, and he had a special attachment to him. According to sources, he had made him humiliated in the society in the past, and was still going to make a false video viral, in which his mentor Narendra Giri was to be shown in an objectionable position with a woman. Fearing this humiliation, he took this step. However, it is still under investigation, and the final conclusion has not been revealed. There is a verse in the Gita ~Jitatmanah Prashantasya— ||6-7|| meaning, One who has conquered himself in cold and heat, happiness and sorrow and honor and dishonor, such a person is rightly situated in the Supreme Soul. Then what kind of spirituality can we call being afraid of humiliation? I am not taking sides here. I am describing only one side of the event, because thoughts related to that are arising in my mind. There are many sides to every event. But it is not possible for a single man to think about each and every aspect. It is meaningless for anyone to say why only one side of the incident was taken. To know the other side, one must know the views of other people. Everything cannot be found at one place. Anyway, complete information is available only after knowing all the aspects. Little Knowledge is a Dangerous Thing. If I talk about the other side in a nutshell, then it is this that one should never insult the Guru, the Gnani and the devotee. Kundalini makes a man extremely sensitive. Therefore Kundalini Yogi should not be disturbed. They should be treated with love. Probably, the women are more sensitive due to this same Kundalini principle. In the next post I will elaborate a bit on why this happens. First of all, why should you be so proud of yourself that you can't bear the humiliation after that? If you can't live being taunted by someone, then why should you get yourself respected. Kundalini helps and protects man in such situations. Apart from Kundalini, there is selfishness in everything in the universe. No man shows friendship without selfishness. The tree also gives fruit for selfishness. To get milk from the cow, one has to feed grass. Even in exchange for getting benefits from non-living things like rivers and mountains, these have to be kept clean. But Kundalini does not expect anything in return. She supports even in bad times, and provides consolation and sympathy. Kundalini is a bubble of unbroken energy. It does not have a separate existence from the eternal energy. What can it need as it's the conscious sky

that's empty. The more one remembers it, the more it gets along with him. Everything is temporary and impure except Kundalini. Everything except Kundalini is bound by material constraints and limitations. Kundalini is a pure mental picture, a bubble of zero energy-sky. It cannot even be touched by the physical dimension. That's why a well-nourished Kundalini is very useful in bad times. When there is an increase in stress due to physical activities and relationships, then the functioning of the whole body gets disturbed. This happens because there is a lack of energy in the brain. At that time Kundalini starts manifesting in the mind due to feeling of Advaita in the discouraged man's mind. This is because the body relaxes a bit with Advaita, which reduces energy consumption. With the excess energy, Kundalini starts appearing in the mind. To maintain that Kundalini, energy starts climbing up from the Muladhara. With this, the physical functioning gets corrected, and the anger etc. of the mind are erased by it. In fact, this happens only due to the creation of sufficient availability of energy in the brain. I had written in the previous post also by referring to Shiv Purana that Sahasrara Chakra supplies energy to the whole brain. Therefore, when the Kundalini appears in the brain, it is said to centralize it by meditating on the Agya chakra and the Muladhara chakra together with it, so that it enters the Sahasrara. The reason why a thousand petals are depicted in the Sahasrara Chakra is because it supplies energy to countless or thousands of places throughout the body, including the brain.

The benefits of meditation on breathing are obtained only through Kundalini

One day I was feeling tired. I could not even sleep, because I have gastric acid reflux on sleeping after a meal during the day. The mouth gets sour from the stomach, due to which the teeth also look wear out. Sitting empty-handed, began to pay attention to the breath, especially with the word HANS. Due to this fatigue also disappeared and Kundalini joy also appeared. While inhaling, the sound of the breath was of thin music, and the sound of the exhaled breath was of thick music. You could say that the inhalation sound had a higher treble or frequency, but the outgoing breath had less treble and more bass. M's or HAN's voice is high treble and S's voice is low treble. That is why the attention is given to the breath in the form of HANS. Therefore the attention of HAN is done with the inhaling breath, and the attention of S is done with the outgoing breath. It gives a lot of benefits.

Vedic philosophy is a practical philosophy

I am saying practical philosophy because it is not a nihilistic philosophy. Vedic rituals are a living example of this. In this, yoga and meditation are achieved through worldliness, not escapism. I myself grew up in this environment. It is a different matter that for the last leap of awakening, I took the help of Tantra Yoga. But it is also true that Tantra Yoga only helps if one has attained the initial spiritual stage in the loving atmosphere of Vedic rituals and likewise.

Spiritually every man is Shiva and every woman is Parvati

Sati attains Shiva by doing penance. When she becomes Parvati in the next birth, she still pleases Shiva by doing penance and attains him. To me, it seems only a metaphor for Tantric household life. Parvati's penance here is the life of a wife, full of sacrifice and dedication, at the beginning of the householder's life. That is why it is seen that after the initial disturbance of the household, the real household life begins. Some households get back on track in a few months, some take a few years. For many, the real tuning is made when their children also grow up. It depends on the proper participation of both the husband and wife as to how much time it will take. Husbands who are attached to many women do not make their wife do penance at all, nor do they do it themselves. Although they seem fully tuned in the beginning, but it is more of a pretense. In this haste, they do not get to know each other deeply and thoroughly. Due to this,

some tantric deficiency remains till later. Before marriage, one undoubtedly wants that his future wife should not be less than goddess Parvati in qualities, even after marriage, he wants his wife to serve him whole-heartedly, love him deeply and be completely devoted to him. Meaning that the husband wants his wife to do severe penance for him first, only then he will surrender himself to her. Lord Shiva also wants the same from Sati or Parvati. That is why Parvati does severe penance, constantly remembering Shiva. After that Shiva accepts her. Even Shiva does a little penance. He constantly wanders here and there in remembrance of Parvati. This is his penance. Actually it is the psychology of human life, which is explained by the stories of gods and goddesses in the Puranas.

Goddess of War Kali

There is a ritual to worship Bhagwati Mata or goddess Kali in times of war etc. and in other dire circumstances. In fact, the source of energy is the woman. During war etc., a lot of vital energy is required, more than twice as much as during normal times. A separate energy supply is needed to keep the body moving, and a separate one to keep the mind stable. If there is a desire for liberation, then even more energy is needed, because for that, along with the nadis and other chakras, the Sahasrara has to be kept awake. Kali has been given a gruesome form because the energy derived from it is also used for bloodshed in war etc. Secondly it also means that Shakti can be thirsty for blood.

Kundalini yoga versus nuclear world war

kundalini energy neutralizes the poison drunk by Neelkanth Shiva Mahadeva

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

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

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

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

Gym exercise is better alongwith yoga

In today's time Many news are being heard that such and such artist or celebrity died due to heart attack while doing gym exercise. I think they are already going through a stressful life. This puts a lot of burden on their heart already. Then heavy exercise in a stuffy place like a

closed room increases that burden, which leads to a sudden heart attack. First of all, stress should be reduced by yoga. Only after that physical exercise should be done, if needed and whatever is tolerable. Through yoga, energy starts circulating in the nadis. With the help of mutual contact of tongue and palate, it easily descends from the brain to the throat or other lower chakra, especially when there is a feeling in the mind of the philosophy of physiology. Philosophy of physiology reveals the mental kundalini picture, and with it the kundalini energy is taken with it by the attention of the palate-tongue mutual touch, that picture does not increase the pressure of the brain and shines on any favorable chakra through the front channel. Due to this, the Kundalini energy is not wasted in unnecessary conversations instead it strengthens the Vishuddhi Chakra too.

Vishuddhi Chakra as a sink or absorber of brain energy

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

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

In the hustle and bustle of life, if you cannot pronounce the word sharirvigyan Darshan in your mind, then chant Shree Vigyan or Shiv Vigyan or shavid or only Shree, Kundalini will become

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

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

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

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

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

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

father, Banj, and all the stone-turned people come alive. All stone turned dragons also come alive. Kumandra comes back and everyone starts living together again.

Kundalini Based Explanation of Raya and the Last Dragon

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

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

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

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

Nidra devi is the goddess of sleep. The mantra "Shri Nidra Hai" is designed by me. From Shree there is a non-dual experience of the philosophy of Physiology (sharir), due to which the Kundalini increases some pressure in the brain, from sleep word that Kundalini descends carrying excess pressure with it to the lower chakras, and with hai means exists, one returns to the normal state. If the pressure starts increasing in the brain while doing yoga, even then this remedy is very effective. Actually, sleep is also very important for yoga. Awakening is relative to sleep, so it can be achieved only through sleep. The one who always tries to stay awake by forcing himself to increase the quality of impractical goodness always in mind, at times I feel him like doing a pretense, and I doubt that spiritual awakening can be achieved with it. Similarly, while reading in the book etc, I used to think that Shambhavi Mudra is what a great and miraculous knowledge, because it used to be written that way. Writing is done so that the difficult thing can be made easy, not the opposite. Everything is simple if understood in a practical way. Keeping an eye on the nose or nose tip is a common and simple practice to centralize and rotate the Kundalini energy. By looking through both of the eyes at the same time, a subtle attention gets also fixed on the Agya Chakra, this is also a simple practice. Keeping the tongue as far back as possible on the palate is also a simple yoga tactic. By mixing these three techniques together, Shambhavi Mudra is formed, which brings the benefits of all three together and effectively. That is why life should be balanced so that equal contribution of the whole body chakras remains in it and the body remains fully functional. Yoga is balance. Similarly, the pieces of the gem were not able to provide permanent protection to the people from the drun. This is a method of Raja Yoga, in which the Kundalini picture is meditated only in the mind or heart, as opposed to complete yoga practice in the form of yogasanas and pranayama etc. of hatha yoga. Therefore, as long as the Kundalini picture is meditated in mind, it remains there, but as soon as that meditation image is removed from there, it fades away completely. This is the local remedy of the Banj clan to preserve the gem. This prevents drun or ignorance in the mind or heart, but it keeps on suppressing the feelings in the form of turning them in to stones on other chakras as there kundalini image isn't meditated through full and dedicated kundalini yoga. Therefore the complete, everlasting and universal remedy is the proper worldliness with Hatha Yoga, not only the Raja Yoga. Rajayoga for many means just sitting idle and meditating. This is because in the hathayoga way of meditation the whole body

and the outside world are equally and properly used in the meditation. However, initially it is the complete sattvik or light-full Raja Yoga that prepares and maintains the Kundalini picture in the mind. Rajayoga is preparatory and hathayoga is enhancer of yoga. It's just like banj, the head of the heart clan had kept the gem in custody for the future. Many people see the asanas of hatha yoga and say that it is physical exercise, the real yoga is done through meditation in the mind. They mean to say that the bird of mind keeps on flying in empty space without any basis. But the truth is that the bird of the mind resides on the tree of the body. The healthier and more fruitful the tree is, the happier the bird will be.

Kundalini Yoga opens anandamaya kosha with all Koshas of body simultaneously

According to the **scriptures**, the name of our gross body is **Annamaya Kosha**, which ends with **death**. The group of five air that's pranas and five organs of action located in the body is called **pranamaya kosha**. The group of the five sense organs along with mind has been called **Manomaya Kosha**. The group of five sense organs containing **intelligence** is called **Vigyanmaya Kosha**. The innermost and subtlest sheath is the **anandamaya kosha**, it is governed by **satvaguni avidya** that's light-dominated or existence-dominated darkness. But the **soul** is untouched by all these. Let's analyze it a bit. The gross body means the food sheath that's annamaya kosha is visible to everyone. **Karmendriyas** that's action senses have been included in Pranamaya Kosha because first of all the clear effect of Prana is visible on the action senses only. During Kundalini Yoga, when Prana is concentrated on a particular **chakra**, there is a contraction-like movement there along with rapid, blissful and satisfying **breathing**, and the karmendriyas associated with it get power. That's why the breath moves fast due to exercise, sports, running and heavy work, due to which the flow of prana to the physical senses increases. Mental work does not cause such breath, so it is kept in Manomaya Kosha. There is no breathlessness while watching or listening to television. There is no breathlessness even after smelling and tasting any food or even touching it. That is why the **skin, eyes, ears, nose and tongue** have been placed in the five sense organs. That means they are knowledge oriented rather than action oriented. Although littlebit karma is also done through them. Genital organs have also been kept in Karmendriya, because by its use also the breath becomes inflated. The anal sense has also been placed along with the action-oriented organs. The five sense organs are kept with the mind in the Manomaya Kosha because the **mind** becomes active through the experience of sensations through them. Seeing beautiful scenery or listening to beautiful music brings beautiful thoughts to the mind. Thoughts can be called common knowledge. Special knowledge is born only with the help of intelligence. Like many ordinary thoughts come in the **showroom of the car**. When a man decides to buy a car wisely, then the thoughts related to his purchase are more powerful, effective, practical and action-motivating. "**Vi**" means **special**, so "**vigyan**" means **special knowledge**. This creates joy. Who doesn't enjoy being the owner of a car. It is felt from the blissful sheath that's anandmaya kosha. Actually bliss is felt in the **soul without waves**. The powerfully expressed waves of vigyan and karma leave a powerful imprint on the subtle body. That impression has been called above as "**sattva guni avidya**". That means, you can call the act of buying a car virtuous, because this work is done comfortably, with joy, with satisfaction, with hope, with humanity and courtesy. That's why the impression it makes on the **subtle body** as ignorance i.e. special darkness is also the same type. For a limited time only, this impression has more influence than the rest of the infinite subtle body, because this impression is fresh, later it dissolves in the innumerable impressions present in the subtle body. With this it becomes ordinary like them. That's why the pleasure derived from materiality does not last forever. For another example, imagine that you are sitting in a beautiful **resort** after arriving in a beautiful car with your family and a good relative. **Sunbathing** in a comfortable chair outside on the **lawn**. There is pure water for drinking on a round glass table in front. And even for food and drink, it is available on order. Your family is happily walking nearby. Children are playing in the **park** in front. There is a **swimming pool** in front. You are languishing by taking long and slow breaths. You will feel great joy in the darkness of your soul. Although it is like the ordinary darkness called **avidya**, but it will be full of bliss unlike other ordinary darknesses. This is because this darkness will be full of **being** and **existence** of one's own. This is Sattvaguni darkness. Means all the facilities that increase power or existence that's Satta in Sanskrit are available in front of you, but you are enjoying the bliss of ignorance. There is also a limit to the enjoyment of man's comforts. After getting tired of it, happiness comes only from Sattvaguni Avidya. In fact, the source of happiness is Sattva Guni Avidya only, not directly the

pleasures. **Avidya means negation of Vidya or knowledge.** That's why it is the darkness of ignorance. Let me give you another example of sattvaguni avidya. Suppose you are at such a place, from where a **plain** starts on one side. The **mountain** range is visible on the other side in front of you. You will enjoy more in that mixed plain area than in the pure plain area, because the inaccessible and difficult mountain in front will make you feel more existential power relatively than the real one as that's felt in pure plain area. Anandpur is one such place. Probably because of this special joy, it has got this name. The famous **Gurdwara Anandpur Sahib of Sikhism** is located here. The darkness that arises with **anger, fear, lack, anxiety**, etc., in contrast to sattvaguni avidya, does not bring joy. In these, the darkness of ignorance is against self existence. The same darkness is felt in different ways in different circumstances. This is interesting **psychology**. One step deeper than the Anandamaya Kosha is the Absolute Pure Self or soul. There is no word like bliss associated with it, because it is **indescribable**, above bliss. Most of the people are fascinated by the Bliss or Anand of Anandamaya Kosha as pure soul, and do not make special efforts for self-awakening. There is no impression of the gross world on a pure soul. That's why it is fully luminous in its original form. Actually the word light or luminosity is also worldly, the soul is beyond this. That is why the soul has been called the most unaffected, that is, untouched.

All the koshas or treasures are best opened in turn and in sequence, as if the security fences of a palace are crossed. Eating and drinking in childhood develops and opens the Annamaya Kosh. By playing **sports**, exercising and learning various works, the Pranamaya Kosha develops and opens. Then after reaching the higher classes of **secondary school** level, one opens Manomaya Kosh by taking education of complex and special subjects. By taking **technical and practical education** at the **college** or **university** level, he opens the vigyanmaya kosha. Then he starts earning money while doing **job or business**, and with the help of Vigyanmaya Kosha opens Anandamaya Kosh. By developing that too completely, he tries to reach the soul by getting himself attracted towards Tantrik Kundalini Yoga.

With Kundalini Yoga, all the koshas can also be opened together. Yogasana and Pranayama induce hunger, and the body remains healthy. This keeps the Annamaya Kosh open. Pranayama keeps the Pranamaya Kosha open. When the Pranamaya Kosha opens, it causes Manomaya Kosha to open. Then with **Kundalini meditation on the chakras**, the Vigyanmaya Kosh opens. When the Vigyanmay Kosh opens, the Blissful anandmaya Kosha automatically opens. In the end, when the **Kundalini is awakened**, man reaches the **ultimate soul** as well.

Let me show you an easy way to cross the **treasure of bliss**. Sit comfortably on a chair in the sun. Looking at the whole body, meditate on it. This will open the Annamaya Kosh. Relax and de-stress the mind by meditating on **Nidra Devi** and chanting the word sleep mentally. **Deep breath** will come. Focus on that. Slow and deep breaths will start. That will open the Pranamaya Kosh. It will awaken other thoughts along with old **memories** in the mind. This will open the Manomaya Kosh. Then by making a determination with the intellect, keeping **witnessing** on those thoughts, continue to meditate on the body, on the breath and on the sleep. This will awaken the vigyanmaya kosha. In a short, the thoughts will merge into the soul. This will make feel like a darkness of **thoughtlessness** in the mind. This will be called sattvaguni avidya. This is because it was deliberately created from auspicious **sattva guna**. This isn't Rajoguni avidya that's born out of fighting or daily struggle of life. Nor was it born from Tamoguna that's born from intoxication, overconsumption of flash etc. By feeling bliss from **Sattva-Guni darkness**, the Anandamaya Kosha will also open. In about an hour this complete meditation will be done. If a person continues to practice Tantric Kundalini Yoga for about one or two hours beyond the Anandamaya Kosh is open, then the Kundalini will continue to move towards the soul in the form of **awakening**.

Death is an unchanging truth. But **dying** is an **art** for some, while it is **luck** for others. Some die with happiness and joy through satoguni avidya, while some have to die with great sorrow and pain by being forced by rajoguni and tamoguni avidya.

Kundalini help is sought out even by gods to succeed

Well, continuing with the previous post, that is why the branch of Tantra in Buddhism is named Vajrayana. That is why the name Premyogi Vajra has also been given. Basically, there is Premyoga in his practice, but Tantra also has a good contribution in it. The deities fought with Vritrasura for a long time. But they could not defeat him. In the end, accepting defeat, they left their weapons near Dadhichi Muni's hermitage and ran away. It means that the gods put many organs like hands, feet, eyes, ears, brain etc. in the man's body to avoid the thoughts of sorrows. Earlier man was a unicellular organism like a virus. It was a state full of sorrow. To remove that sorrow, the gods developed that primary creature for many ages. In the end, the human body became existant. Where did the sorrows end even after so much hard work? On the contrary, it started growing. Today, the more progress science is making, the more tampering with nature is increasing, due to which the devastation of life and property is also increasing. Natural disasters are increasing. Crimes like murder, robbery etc. are increasing. The main five defects of the mind, lust, anger, greed, attachment, pride, jealousy and the innumerable mental disorders arising from them such as depression, loneliness, violence, selfishness etc. are on the rise. Means Vritrasur attacked him in the form of a mountain of sorrows as ego. The gods were forced to raise their hands. Dadhichi Muni here called is the soul. Near his hermitage, the gods left their weapons, meaning they created all the parts of the body, because the body is closest to the soul. The gods accepted defeat, meaning that the supreme sorrow or enemy of the mind in the form of ego could never be destroyed by the power of senses and organs, it was completely proved, minor physical and mental sorrows would have definitely gone away. This supreme sorrow was the demon Vritrasur. Due to the boon of Shiva, the bones of Dadhichi Muni had become like a thunderbolt. It means that due to Shiva provided Yoga, there was so much elasticity and liveliness in the bones, especially in the spinal cord, that the Kundalini energy could easily flow in it. Just see the lightning. It breaks even the hard rock, and along with it electricity also flows in it. Similarly, the movement of the luminous energy line in the sushumna nadi of the spinal cord is like a lightning strike, and the destruction of the ego by it is like the breaking of a rock. Ego is the hardest thing in the world, which is the most difficult to break. It is said that sage Dadhichi also had a wife named Suvarcha. When the deities went to Brahma seeking help, it was he who advised them to ask for the bones from Dadhichi. Suvarcha was in the inner chamber, and the deities demanded his bones from Dadhichi, who was sitting in the outer chamber. Dadhichi left the body after applying Yogasamadhi and he merged into Brahman. When Suvarcha found out she became very angry, and cursed the gods. Suvarcha was pregnant at that time. With the semen power of the sage, she got a son as great as another Shiva. His name was Pippalad. Brahma is the original creator of the universe. He knows that the gods may exert as much force as they like, but they cannot remove spiritual ignorance. He also knew that when the Kundalini is awakened by the energy flow in the Sushumna located in the spine of the Yogi, it can be destroyed. With awakening, not only will ignorance disappear, the ego will also vanish. Ego is the form of man's own ordinary worldly experience. When there is no ego, then how can a human being exist. It is said that Dadhichi Muni himself left his body and went away. Actually the ego has already ended before awakening. Only then there is an experience of awakening. How can one experience awakening if there is even an iota of ego, because both are diametrically opposite to each other. When the yogi's ego is destroyed by tantric yoga practice, then only the real awakening begins. Due to the elimination of ego, the worldly garbage in the mind of the yogi also remains to a minimum, due to which sufficient nervine power is available for the awakening of the Kundalini. Suvarcha, the wife of Rishi Dadhichi, is actually Buddhi or intellect. The destruction of the ego leads to the transformation of man. Through this, old thoughts and memories become destroyed like a roasted seed. but that luminous intelligence or good sense remains, which puts one on a good path. Old experiences are also remembered. The

Sanskrit word varchas means shining. She cursed the gods, which means that the body does not act arbitrarily under the control of the gods, but behaves rationally under the guidance of good sense. After the transformation of a man, his new, awakened and godlike state comes, he is called son Pippalad. That state has a tantric nature like Rudra i.e. Shiva, that is why he is called Rudravatar.

Kundalini awakening and self-realization aka enlightenment are basically one and the same thing

I got information from Bing AI that self-realization aka enlightenment is achieved gradually and not all at once through any technique like yoga etc. But self-knowledge is called realizing oneself. How it can be delayed. Many people have realized this through yoga techniques. Luckily, with God's countless grace I too had experienced its ordinary glimpse through the tantra-assisted Kundalini Yoga, which has been described on this website as the so-called 10-second Kundalini awakening momentary glimpse. Unfortunately, most people may not have been able to reach this level and may have been limited to Kundalini activation or so-called Kundalini awakening, and similar descriptions they may have made online, which may have been picked up by Bing AI. Perhaps chat gpt catches only what is more. Their Kundalini awakening would be of lower level than self-realization. There are levels of awakening or samadhi too. Just like some man sits awake, some walks, some runs, and even some conquers the world. Similarly, the final culmination of Kundalini awakening is self-realization. If by my Purana-reader guru's indirect inspiration and gods' proximity generated blessings, I had not given tantric strength to the ordinary Kundalini awakening, it would not have been fully awakened though momentarily. This complete awakening is self-realization. Meaning in this the mind has awakened and become as expanded as the soul or God. There is only a difference of level, nothing else. This can also be called complete samadhi. Samadhi in so called common language is also a very high level of Kundalini awakening. Actually, every experience is some level of samadhi. We cannot experience something without being connected to it. But complete awakening means self-realization is one step ahead of the so-called or popular Yogasamadhi. In most cases, Samadhi is considered to be the final stage achieved through Yoga. This is because very few people would have gone beyond samadhi with the help of yoga, whose voices would have been ignored. In this world, there is great hearing for the lute. Most of the people would not be able to give sexual tantric strength to their Samadhi due to not being able to leave their homes due to social embarrassment or attachment to family life. Perhaps for this reason, Patanjali has also considered Samadhi as the last stage of Yoga in his Ashtangayoga Sutra. It is possible that he may not have been able to hear the voices of minority yogis. Patanjali also says that if after Samadhi, life is lived with the help of God, then by His grace one attains enlightenment soon. Whatever work a man can do on his own, one should try for it, after all God always helps everyone. It often happens that help is sought from God to fulfill the shortcomings of one's work. I also think there has been a misunderstanding. Because Samadhi is often experienced during the practice of Yoga, but not the awakening. Awakening happens more often at some beautiful place like near a lake, on a mountain, or at a ceremony etc. But it should not be forgotten that even at that time, only the Kundalini energy gathered through regular Tantric Yoga practice running at that time leads to awakening. Because only through tantric method, yoga practice can give enlightenment scientifically and in a short time, i.e. within a few months, but with ordinary yoga, it is completely uncertain. Who knows whether Yoga will deliver final result in how many years, whether it will take a lifetime or not even in the lifespan. It seems that most people do not have a life. Whether people hide or tell is a different matter. A complete miracle or special grace is required, as Patanjali says. Well, this might have been Patanjali's compulsion because if Tantra had been mentioned in his book, it might not have been very acceptable to the over idealistic society of that time. To become a successful writer, sometimes one has to cover up the truth. That is why I consider Shiva to be the greatest god, because he openly presents the truth to everyone. What is described on online portals as being achieved gradually with age, is not self-realization but the cleansing of the filth of thoughts of the soul. Only a few moments are enough to know the soul. We do not take more than a few moments to recognize a friend, then how can we take more time to recognize ourselves, the one who is closest to us.

Kundalini switch

Friends, this time I will describe the simple technique of yoga. This is, to touch the lower surface of the tongue with the soft palate. Well I had written about it earlier also. But this time I will show the practical form of the technique. Just now I landed the Kundalini through the front channel through the tongue. With continuous practice of yoga, my technique is constantly improving. I am constantly learning new things about it.

The brain's thoughts and tongue-palate touch should be meditated together

By doing this, the power of thoughts itself goes down through the front channel.

The more far inside the tongue is in contact with the palate, the better

The back part of the palate is soft, velvety, moist and slippery. There the sense of touch is also stronger and full of joy. The more the Kundalini is in the upper chakras, the faster and deeper the sensation of mutual touch of the tongue and palate. Even if the touch sensation remains for a moment, the Kundalini descends. This is similar to the way a current flows through the momentary contact of two wires. Many times this feeling is also produced by rubbing the tongue on the palate.

Breathing also works to make and erase the tongue and palate touch

That is why the contact point of the tongue-palate is also called Kundalini switch. This contact point becomes somewhat loose while breathing. Actually, awareness decreases here. This means that the Kundalini switches off, and the loop circuit of the channel breaks. This causes Kundalini energy to accumulate in the brain. This happens more thoroughly when the air is inhaled through stomach movement. Similarly, meditating on the back channel as a hood raising snake also helps Kundalini to climb up the back channel. The accumulation of Kundalini energy in the brain also makes it easier to experience the sensation of touch of the tongue and palate, as mentioned above. Also, it becomes easier while exhaling, because at that time there is downward pressure on the entire front channel. In this way, all these technical points help each other like the spares of an automatic device, and the Kundalini cycle starts running continuously. This refreshes both body and mind. Anyway, anytime the tongue touches the palate, the extra burden of the brain comes down. When the brain becomes empty, the Kundalini manifests itself in it. Nothing happens with just touch, awareness should also reach there. Deep feeling of touch sensation there causes reach of awareness there itself. As a result, there is a deep muscular sensation in the front channel, especially in the front swadhishtan chakra, and regular and deep breathing starts with a deep gasp of breath. This is the movement of Kundalini Energy.

The front channel passes through the center of the back of the tongue, intercepting all the front chakras up to the Muladhar Chakra. This causes a sensation with cramp in the entire front channel area as Kundalini Energy passes through it.

At times, the Kundalini energy is felt on a thin and central line, sometimes without a line

One does not always have to move the tongue too far back on the palate. Many times a good feeling is found in the front bony part of the palate. In normal position of tongue, tactile sensation can also be experienced along the palate instead of inverted tongue. It should be done as it seems appropriate. At times, Kundalini feels moving in a thin line. This happens when meditation is deep, and the mind is calm. Many times the Kundalini Shakti is seen only changing

place from one Chakra to another Chakra, the channel line connecting the Chakras is not visible. Feelings develop on their own with practice. Therefore, do not imitate the sensations of others, and one should be engaged in right practice. Similarly, sometimes the movement of the Kundalini causes the contraction and relaxation of the muscles of the area to be felt, of course, the Kundalini is not detected. This is done by applying the correct technique. It shows the influence of Kundalini. Sometimes it does not even feel, especially when the muscles are tired.

Kundalini Yoga in Shrimad Bhagwat Gita

Friends, a friend started sending me online Geeta on WhatsApp a few days ago. One shloka is sent daily in the morning and one in the evening. I found a lot of material in it which was related to Kundalini and Advaita. There are some points about which there also seems to be confusion in the society. By the way, I have received the rites of Geeta from my childhood. My grandfather's name used to start with Geeta, and he was very fond of Geeta. I too had read the detailed commentary on the Gita. But there is a lot of difference between reading and heeding.

Description of Tantric Kundalini Yoga in the 29th verse of fourth chapter of Gita

भागवत गीता अध्याय-4 अपाने जुहवति प्राणं प्राणेऽपानं तथापरे। प्राणापानगती रुद्ध्वा प्राणायामपरायणाः ॥४-२९॥

Some offer prana (incoming breath) in apana (outgoing breath) and others apana in prana. Some others who practice Pranayama (restraint of breath) stop the flow of prana and apana – ॥ 29 ॥

The first line of this shloka literally means that some yogis perform havan or sacrifice of prana vayu in apana vayu or air, means they burn prana into apana. Prana Vayu prevails above the chest in the body. Apan Vayu pervades the areas of the Swadhisthana Chakra and Muladhara Chakra. When meditation is done together on the agya chakra, the swadisthana chakra and the mooladhara chakra, then the prana and the apana are gathered together on the swadhisthana chakra. This causes the Kundalini to shine on the Swadhisthana Chakra. In yoga, at place of Swadhisthan, Manipur Chakra is also kept. Then prana and apana are burned on the samana air. Even then, it is called a offering of prana in apana, because apana is closer to naval than prana. Samana air prevails in naval area. Many times meditation of the single chakra, sahasrara or ajna chakra is done. Then a slight meditation is turned to the Swadhisthana Chakra or Muladhara Chakra. This brings down the prana from these top two chakras, and it becomes the part of apana. In a way, apana eats prana, just as fire consumes wood or other ingredients of yajna. That is why the offering of prana in apana is written here. Rajyogi type people do this offering more to get well worldly grounding for they have plenty of energy in top chakras due to their thinking nature.

The second line of this verse literally means that some other people perform burning of apana into prana fire. When the Ajna Chakra, the Anahata Chakra and the Mooladhara or Swadhisthana Chakra are meditated together, then the prana (upper air) and the apana (lower air) gather on the Anahata Chakra. Because there is prana on the Anahata Chakra along with the ajna Chakra, that is why it is said that the apana is poured on to prana fire to burn it. In this too many times only two chakras are meditated. At first mooladhara or swadhisthana chakra is meditated upon. Then a slight meditation is diverted towards the Sahasrara or ajna cycle. With this, the apana climbs up from the bottom chakras through backbone channel and joins the prana. It is written as the offering of apana in prana. Keep in mind that it's Kundalini that's felt in the form of Prana or Apana. Tantric type well ground people do this type of offering more for they have plenty of energy at bottom chakras. They get mental energy necessary for kundalini activation and awakening with this.

The word by word meaning in the third and fourth line is that people who do pranayama or breathing exercises do this (havan or prana yajna) by stopping the movement of prana and apana, meaning stopping the inbreathing and out breathing respectively. It is most important in

yoga. Actually, it's the real or main Yoga. **Prana-apana union is the heart of Yoga.** Other activities are only its supportive means. While breathing in, the prana goes up through the spine. Kundalini also accompany it. Expiration or out breathing means that while exhaling, Prana descends through the front channel, which means that it reinforces apana. With this the Kundalini also comes down. Then again it rises up through the rear channel with inbreathing. This cycle goes on. Due to this, Kundalini is not able to remain stable at one place, due to which it is not properly meditated. We cannot stop prana, because it is a subtle energy flowing in the channels. Yes, we can stop pranavayu or breath, to which prana is connected. In this way, breath acts as a handle for prana. When the breath is stabilized by holding the breath, then we can give prana or kundalini a carefully controlled motion. While breathing, we cannot control prana or kundalini much with meditation, because the breath keeps making it dance here and there. Prana and Kundalini climb up through the channel of the back with the breath going in, and with the breath going out, they descend through the front channel. By stopping the breath, both prana and kundalini stop. When the Kundalini stops, the mind also becomes static, because Kundalini is an experimental part of the mind. **We cannot control the whole mind together, that's why an experimental piece or sample piece of it is taken in the form of Kundalini.** For this reason, after Kundalini Yoga, one feels joy with stability and peace of mind. Prana is one and same everywhere in body. For the sake of explaining according to the place of activity, it has been divided into different parts, which is prana, apana etc. By holding the breath to interpose Prana and Apana on a Chakra, Imagine on Manipur Chakra, the main meditative focus is kept on the Manipur Chakra and also the Slant or minor Meditative mind is placed on the ajna Chakra and Muladhara chakra. Due to this, the life force or prana between ajna chakra and manipura chakra come down and the apana situated below the manipura chakra come up and both clash with each other on the Manipur Chakra. This exposes the Kundalini there. On each chakra, both of the prana and apana are drawn once by exhaling and holding breath there, and once by inhaling and holding breath there. It should be kept in mind that the breath should not be held for more than one's easily tolerable point of time. Breaking one's tolerance limit can cause brain damage.

Keeping hands on the middle chakra helps in focusing. Similarly, while sitting in Siddhasana, one feels a sense of pressure on the base chakra by the heel of one foot, and on the Swadhisthana Chakra with the other foot. This sensation also helps in meditation of the chakra. But remember that full Siddhasana sometimes causes knee pain, especially in the knee of the upper leg whose heels touch the swadisthana chakra. Therefore, Ardha or half Siddhasana should be applied in such condition. In this, only the heel of one leg touches the Muladhara Chakra. The second leg rests comfortably on the ground, not just above the first leg. Long-term neglect of knee pain also increases their chances of worsening.

Formulation of Raja Yoga in the 30th verse of the fourth chapter of the Gita

भागवत

गीता

अध्याय-4

अपरे नियताहाराः प्राणान्प्राणेषु जुहवति। सर्वेऽप्येते यज्ञविदोयज्ञक्षपितकल्मषाः॥४-३०॥
taking regulated food, offer (vital airs) prana in prana. All these seekers are knowers of (Yagya) sacrifice and destroy their sins by performing it. ॥30॥

This shloka literally means that people with regular dieting habits offer or sacrifice pranas in to pranas. All these seekers are going to destroy sins and know yajnas of knowledge. Yogis with regular dieting habits and satvic lifestyle are Rajyogis. These are not having tantric and open lifestyle so these do not take shelter of the Panchamakaras or 5Ms. Therefore, the chakras

located in the lower parts of their body are weak, due to lack of prana or apana. They meditate on the Kundalini in the chakras of the upper part of body, starting from the brain up to the heart chakra. They mainly form a triangle of meditation. One point of that triangle is the Sahasrara Chakra, the second point is the front ajna chakra, and the third point is the rear ajna chakra. This involves direct or main meditative focus on one point, especially on the front ajna, and slant or secondary meditation focus on the other two chakras. The points can also be interchanged. Similarly, triangle can also be formed by taking other chakras. The prana from all these three points of triangle gather at that point where main meditative focus is maintained and Kundalini starts glowing there. The point of the top in these triangles is mostly the Sahasrara Chakra. Actually, triangle is made to centralize or concentrate the prana on its lines from nearby areas all-around. One can't meditate large area together. For further concentration of prana situated on triangle, its three conical points are chosen. Prana on these three points is further concentrated on to single point through keeping main meditative focus on it. In the last, we get highly concentrated prana on that single point along with Kundalini there. Similarly, the same happens with the straight line, imagine a line connecting Muladhara, Manipur and ajna chakra points. The prana of the body around line is centered on the line through little meditation. Then the prana of the line is centered on these three connected chakra points. Then the prana of all the three points is gathered on that chakra point, on which the main meditative focus is kept. Secondary or oblique meditative focus is put on both other points. It's a wonderful spiritual psychology.

Prana-apanas union in Christianity

The living Jesus answered and said : "Blessed is the man who has known these things. He has brought heaven down, he has lifted the earth and has sent it to heaven, and he has become the Midst for it is nothing." I suppose the heaven is Prana that's brought down as described above. Similarly, earth is Apana that's lifted up. Midst is the union of both. Nothing produced there is kundalini produced along with mental stasis that comes accompanied with nonduality. Nonduality with mental stasis is equivalent to nothing. Prana is called heaven because it resides in the upper chakras of the body, and the upper chakras have the same nature as the heavenly realms, and are also depicted so in many places. Likewise, Earth is called Apana because apana pervades the lower chakras of the body, especially the base chakra. These lower chakras are also referred to as substandard or hellish realms. Muladhara is given the metaphor of the earth, because by its meditation man is well connected to the ground or physical dimension, that is, it provides man with a base. That is why its name is made by adding the words root (mool) and base (adhar). The earth also provides the greatest base for living and standing.

Kundalini Yoga assisted by Beeja Mantras

Friends, there is a seed mantra associated with each chakra. Om is associated with Sahasrara Chakra, Om or Sham with Ajna Chakra, Haam with Vishuddhi Chakra, Yam with Anahata Chakra, Ram with Manipura Chakra, Vam with Swadhisthana Chakra, and Lam with Muladhara Chakra. In this article we will try to understand the science related to them. The dot above the Beej Mantra is in the form of a Chakra. This makes the attention more pinpoint, meaning more focused and effective. By meditating on the Chakra in the visual form of the Beej Mantra and reciting its sound in the mind, the upper Prana and the lower Apana reach that Beej Mantra and get together. This is a good scientific technique to concentrate the power of the entire body at one point. Many people find it difficult to concentrate directly on the chakra. This is a good option for them. Due to this, the meditation picture on the chakra also becomes more clear. I did not need that kind of Bija Mantra, because I already had a clear experience of meditation image on the Chakras. It seems that I tworced as a seed mantra for me. With that I was able to give power to the chakras. Only now have I understood the usefulness of Beej Mantras. Earlier I used to take them lightly. For those who have not yet developed their meditation image, Beeja Mantras are very important, because these develop their meditation. Attach the point aka bindu at the top of the Bija Mantra to the most sensitive place of the Chakra, and add the remaining part of the Bija Mantra to it as per your wish, diagonally, straight, upside down, even rotating around the point and let the complete Bija Mantra be formed. If you chant it in your mind, you will immediately feel the benefits. For example, make the navel hole the point of Ram Beeja Mantra. Ham is associated with the throat chakra because perhaps it is a symbol of ego, and the sound of 'Main Main' means 'Aham, Aham' or I, I in English comes from the throat itself. The letter Om has been given to Sahasrara and Ajna Chakra because there is a sense of non-duality in all three. The Sham शं Bija Mantra is given to the Ajna Chakra because it means peace in Sanskrit, and distraction, fatigue or restlessness of the mind has a greater impact on the Ajna Chakra, as it is associated with the intellect and worldly functions of the mind. Sahasrara is already a transcendental chakra, hence there is no sense of disturbance in it. These are the two main chakras of the brain. Yam is given to the Heart Chakra because the feeling of compassion resides in the heart, and both have the letter Ya. रं or ram may have been given to the navel because food burns in the stomach, and burning is also called radna in Hindi. The mantra of Ba Bam Bam Bam Lahari is the main mantra to please Shiva. Perhaps this is the seed mantra of Swadhisthana Chakra that's vam. Lam might have been given to Muladhar because the letter La has sexual connotation. The point located above the Bijamantra has two benefits. Firstly, it gives a non-dual sound like Om, and secondly it helps in concentrating of energy on the sensational acupoints or chakra points. Actually, lotuses of different colors and petals are also associated with different chakras. Colors increase the resolution i.e. clarity of the picture. The petals reveal the connection of the chakras to the body. Due to this, sufficient life force reaches the chakras from the body. For example, the two petals on the Ajna Chakra mean two nadis from both the eyebrows. It is Ida and Pingala that bring power to the Ajna Chakra. Similarly, the hexagon of the heart chakra brings power from all sides here. Sky blue color has been given to the throat chakra because sound travels only in the sky. Green color has been given to the heart chakra because it symbolizes peace, kindness, greenery, growth and development. Yellow color has been given to the navel chakra because the food gets burnt in the stomach and turns yellow, just as the leaves of a tree turn yellow due to excess sunlight. Turmeric is yellow and so are the laddus. Swadhisthana Chakra gets more attention with orange color. Sexual desire is associated with sour taste and orange is also sour and sweet. Muladhar Chakra has been given red color because red blood is associated with violence etc. in the darkness of ignorance etc. Purple color helps in meditation on Sahasrara Chakra. Similarly, dark blue or black color gives good attention

to Ajna Chakra. Although the practice of colors and lotus flower is a bit difficult, but it seems that the benefits are equally great. Only colors or colored circles can also be meditated upon. The point on top of Vam bijamantra in Sanskrit can be considered an orange. Similarly, the sensory point of the Muladhara Chakra, i.e. the point of Lam bijamantra can be considered as a red tomato. The navel hole can be considered the point of ram bijamantra and a yellow colour laddu. The green hexagon on the heart chakra can be considered as the point of Yam. The central dense sphere of Sahasrara of lotus flower or any other flower can be considered as the point of Om. It has petals all around. Lotus flower has been taken because the lotus leaf remains detached from water even when it is in it, and perhaps by meditating on it man too will learn to remain detached from the world. The shape of the circle from petal to petal through the central knot is also similar, like there is an oblique bracket above Om. The point can be considered as the seed of that flower inside that sphere. There are no set rules. You can meditate in any way that seems easy and effective. Similarly, the flowers of Ajna Chakra and Vishuddhi Chakra can also be considered a part of the syllables Om and Ham respectively. Whatever seed mantra comes to your mind, you should keep meditating on it, it automatically settles in its place. All chakras are interconnected. If only 'Ham' is being concentrated on the throat, then it does not matter, when it will draw energy, then the middle chakras like Anahata, Manipura etc. will themselves receive energy because they lie in the middle path. Due to this, the seed mantras of those chakras like Yam, Ram etc. automatically come to mind. When the chain of energy rotates, all the chakras are automatically massaged. By strengthening one chakra, all the chakras themselves get strengthened. It is like pushing one box seat of Chandol i.e. Merry Go Round gives motion to all the box seats. With practice, their seed mantras can be meditated on all the chakras from head to toe like beads of a rosary. Perhaps this is the real rosary and the physical rosary also makes it active.

Happy Guru poornima, 2018

Guru can not be defined, praised, described, advertised or forcefully made. Guru is in the form of one's own self. How can that be praised or described in anyway. Guru can only be experienced.

The same happened to Premyogi vajra. He is totally dumb regarding a Guru. He has only experiential account that he cannot describe in anyway. When he tries to describe Guru as something special, then he loses his essence totally. It is just like as if anyone can taste the sweet but cannot describe the sweetness in a true form. When he tries to describe sweetness, he loses that's joy suddenly. Guru is a friend, not a friend, both of these and neither of these. Guru is a well wisher, not a well wisher, both of these and neither of these. Guru helps in spiritual progress, not helps in spiritual progress, both of these and neither of these. Guru has a specific age, not has a specific age, both of these and neither of these. Guru has a specific set of qualities, don't have a specific set of qualities, both of these and neither of these. Guru is spiritually advanced, not spiritually advanced, both of these and neither of these. Guru is beloved, not beloved, both of these and neither of these. Guru is too respected, not too respected, both of these and neither of these. Guru is well known and established socially, not well known and established socially, both of these and neither of these. Guru loves his disciple, don't love his disciple, both of these and neither of these. Guru showcases himself as a Guru, doesn't showcase himself as a Guru, both of these and neither of these. Guru can be searched for or one can be made as a Guru deliberately/forcefully, can not be searched for or one can not be made as a Guru deliberately/forcefully, both of these and neither of these. Guru appears in one's life through his attraction towards one's tantric consort, it doesn't happen so, both of these and neither of these. Guru itself searches his disciple, it's not so, both of these and neither of these. Guru is non dual, he is dual, both of these and neither of these. Guru takes credit of his disciple's spiritual progress, he doesn't do so, both of these and neither of these. Guru is a family member, not a family member, both of these and neither of these. Guru is an elder one, not an elder one, both of these and neither of these. Guru is selfish and want to solve his purpose, it's not like this, both of these and neither of these. Guru is must in life, it's not so, both of these and neither of these. Guru is a special God gift, it's not so, both of these and neither of these. Guru is punishing, he is not punishing, both of these and neither of these. Guru is everywhere, he is no where, both of these and neither of these. Guru is one's second mother for he gives one second birth into an enlightened life, it's not so, both of these and neither of these. Guru is must for awakening, he is not must for awakening, both of these and neither of these. Guru is everything, he is nothing, both of these and neither of these. Guru accepts one when he is rejected from everywhere, it's not so, both of these and neither of these. One can be fully sure if who one is his Guru, it's not so, both of these and neither of these. Guru is one's Kundalini/focused mental image that can be lifted up most easily through tantra, it's not so, both of these and neither of these. Guru doesn't provide mere knowledge but love and mental support too for mere knowledge can also be provided by Google, it's not so, both of these and neither of these. It is a long list and covers every humanely attributes.

Actually, Guru is indescribable just like God. Majority of people who go on beating the drums outside for Guru actually don't know even the ABC of Guru. Guru is made in heart. Guru is made in mind. Actually not made deliberately but all happen spontaneously in a love full social environment. People who don't know what is love, they can't understand Guru. No one can exposé one that is hardly attached to the heart. No one can exposé one that is hardly attached to the mind.

Happy janamaashtami

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

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

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

Kundalini versus Hypnotism

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

On the holy occasion of Gandhi anniversary Mr. M.K. Gandhi, a peaceful Indian freedom fighter was a man of practicality, not mere that of a theory. Whatever he said in his life, he proved all that practically. He translated and explained the Geeta, a Hindu sacred text, practically while he was there inside a prison. The compilation arose in the form of a book named as “Anasakti Yoga” in Hindi. He has described in that the scientific and practical meaning of the teachings of Geeta. Therein he has given full stress on the unattached attitude of living a fully functional and practical human life. He has uncovered this deep secret lying inside Geeta. Although I haven’t read that fully myself but I have read that’s modern and Tantric variety in the name of book “Shareervigyan darshan- ek aadhunik kundalini tantra (ek yogi ki premkatha)” by Premyogi vajra in Hindi. Premyogi vajra has proved scientifically that everything including every religion and philosophy exist there inside our own human body. Although there is total environment of unattached / nondual attitude there inside this micro society against the duality / attachment filled environment in our so famous day to day macro society. He has utilized the health science related knowledge fully to unveil this secret. As a result, the book appears resembling a Hindu Purana although in a more comprehensible, scientific and widely acceptable way comparatively. The full information of this book is available here at the webpage-

<https://demystifyingkundalini.comcomcomcom>

It’s also the birth anniversary of Mr. Laal bahaadur shaastrri, the second prime minister of Independent India today, therefore salute to both of these great men.

Best wishes to all friends on the occasion of holy Shivratri

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

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

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

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

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

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

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

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

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

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

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

Enlightenment (Self-realization) does not require meditation always

Love, Love, and only Love. Love is the fundamental principle of everything including that of the Kundalini awakening and Enlightenment too. Enlightenment without meditation is also possible, though it demands a lifestyle full of vigorous and sustained type of hard work. That should be physical and mental in combination. Work should be persistent. Work can be kept changing as per different situations. There should also be an accompanying non-duality. It is called as Karma-yoga.

Confucius was a great Chinese saint. He said that it is the duty of a king or a kingdom to bring work for every hand. Actually many people can work well. However, due to lack of policies, work does not become available to many people. Although, only policies cannot be blamed. Work is work. It can never be bigger or smaller. Even small works can produce wonders if these are practiced with right type of non-dual attitude. On the other hand, big businesses are seen failing without a proper non-dual attitude. Even the plenty of small work just like cooking the food, cleaning the house, kitchen gardening, labor work etc. does not depend entirely on any type of policy decision. These only need the human willingness for doing these. Confucius further says that newly discovered lifestyle along with philosophy of that should not be very different from the preexisting humanely lifestyle philosophy. Instead, it should be based on that of its old ancestral tradition. It also highlights the importance of a love full society. Only this type of society produces ones loving relationship with his ancestors. Only then, he becomes able to persistently keep them in mind. This helps in walking on their footsteps after they pass away happily. This process also helps to strengthen the image of at least one of those ancestors inside his mind as if his kundalini.

Due to the above loving lifestyle (internal webpost), ones kundalini grows up itself through a worldly route of Karma-yoga without having the need of any meditation. It also brings worldly growth with necessary lures, and comforts spontaneously without any cravings from your side. This is a secret of Karma-yoga and Tantra. Many people think that karma-yoga and or tantra are different from the kundalini meditation. Many people also think that kundalini is not involved while practicing karma-yoga or tantra. They types of people do not know the matter deeply. In fact, these both types of non-dual practices also involve kundalini, although in an indirect or unrecognized way. Actually, every humanely and spiritual lifestyle (ritual, culture, meditation, technique, religion, art, philosophy) are involving the Kundalini, directly or indirectly. Therefore, it is always better to keep the kundalini as burning in the brain through whatever ways possible. Socially speaking, the best way to keep up Kundalini in childhood is through obedience and sincerity to elders. In adulthood, it is better to grow up kundalini through relentless business with non-duality. In the advanced age, the sitting type of kundalini-yoga-meditation is recommended. In fact, kundalini is a type of natural love. It can also be made artificial, though with a lot of efforts. Growth of Kundalini or growth of love is rarely a sudden event. It requires a long time. Even the so many people spend their entire lifetime to awaken their love or kundalini still many out of them do not become able to awaken it. Similarly, growth of Kundalini or love is socially interactive in most of cases. It requires a lot of worldly mutual interactions and experiences. These interactions may be in the form of Guru-shishya relations, father-son relations, grandfather-grandson relations, teacher-student relations etc. Similarly, there are different types of social relations like class relations, marital relations, other love relations, family relations, business relations etc. These all exist as a social net of mutual crisscross relations. A joint family favors the highest number of positive interactions. Although in the advanced stages of the spiritual development, one needs solitude to practice kundalini yoga deeply. One having the highest number of good relations gets the maximum opportunities to nourish his kundalini. It depicts the benefit of a cooperative society that is full of love, proper

and smiling behavior, sympathy, and respect. In this type of society, mental image of at least single human being becomes properly attached in the mind of inhabitant as if his Kundalini. It is the ultimate demystification of kundalini. This is the real glory of the ancient Indian system. This is the real and pure spiritualism of the ancient Indian system.

How can one imagine growing his kundalini (synonym for Love) inside a society that is full of hatred? Premyogi vajra got maturation of his kundalini both through meditation as well as without meditation. It has been explained above. Even he also got it through mixture of both i.e. he got its initial maturation through love-full relationships including Karma yoga, and he got subsequent final push to his kundalini through the Kundalini yoga helped by tantra. This description is not only a theory, but it is an essence of all those things, which were encountered by Premyogi vajra in his own life.

kundalini versus sex

Kundalini yoga is a lighter and social form of sexual yoga. After enlightenment, cravings for sex stop, not the will. It is true that a being can achieve enlightenment only on transcending the sex. Until one achieves merging of his soul with soul of his beloved being, how can he achieve his merging with the soul of supreme?

Premyogi vajra himself experienced glimpse enlightenment and found that like a supreme sex with respect to bliss. He had not any sexual relationship at that time. Although, he had an indirect one that had produced pronounced sexual attraction. He had experienced the sex at that time in the form of mental Samadhi with the image of his lover only. It can be called as long persisting orgasm without ejaculation. All this was as a natural event. In this Samadhi, the ever-persisting mental image in his mind was made up of his lover.

That tantric Samadhi developed due to the repeated erection of vajra followed by subsequent quick regression that was helped by sensible thinking and putting pressure on brain with intellectual matter like study etc. and other social activities. At the time of erection of vajra, the image of his sexual friend stayed there, but rose up to brain at time of regression of vajra. This cycle continued for about two years. Countless number of cycles happened during that time. That resulted in the development of Samadhi within the short period of two years. Ultimately, in the end, the enlightenment was there.

Artificial tantric yoga or kundalini yoga evolved from this natural instinct. It is known as more practical, humanistic, and social than the pure tantric yoga. In kundalini yoga too, Sexual energy is similarly revolved between the root chakra and the brain chakra. In this, meditation image is fastened at all the chakras to help enforce it on the root chakra. Meditation image can be that of Master or God. Then perineum is constricted and tucked up. It pushes image to the brain. This results in strengthening of Samadhi there. If one feels heaviness in head, then he can try the microcosmic orbit technique. It is an easy variant of kundalini technique. In it, kundalini is made to descend down slowly up to the naval chakra.

If a being takes additional help of tantric sex, then the image becomes more steadfast at root chakras due to a lot of blood supply to the erected vajra. With the accompanying tucking up of perineum through root lock, and tucking up of trunk of body through uddeyan / flying lock, image goes up to brain even more strongly. With uprising image (kundalini), there is regression of the vajra.

Root chakra and brain chakra is the main. Other chakras are there to help both of these. Different body chakras are strengthened with their corresponding body activities along with focusing mind on kundalini through meditation or a non-dual lifestyle. Kundalini-image is most visible at swadhishtana chakra during sexual affairs. Kundalini may be strong at naval chakra, when digestive system is strong. Attention on ingoing and outgoing naval area while breathing in a yogic / abdominal way also brings kundalini at naval. Kundalini may appear at heart chakra while doing emotional and forelimbs related works. It may appear at throat while lot of quality speaking, singing etc. It may roam at agya chakra while viewing beautiful sceneries etc. During walking, depression, or any other condition, kundalini can be most easily attended at root chakra. Similarly, during yogasanas, mind is focused on kundalini at suitable chakras.

Naturally, Premyogi vajra experienced the lover's image at sexual areas, heart-areas, and brain-areas. These are the main areas in body. Different forms of chakras, colours, serpent, deity, element, mantra, and tantra etc. were not felt by him. He did not observe any energy moving upward like serpent, worm etc. However, he felt kundalini-image (so-called energy) as jumping

to brain from the sexual area. This jump was like a diversion of attention from sexual area of body to the brain. He also found image at functional body points. During foot ache, he felt image at foot. In any kind of chest pain, he felt image at heart and likewise. Waist, chest, throat, and face/eyebrows are the most active body points during the sexual affair. These were adorned with the name of chakras in tantra. He experienced all this as a combined unit, not separately, as there is in the theory. However, he describes it separately to improve understanding. It is just like a machine works as a combined single unit, but it is opened up into different spare parts for repair or teaching purpose.

He experienced only a single brain-chakra with kundalini there upon, not different brain partitionings like agya, sahasraar, Bindu etc. as there are in the theory.

Actually intuition tells many things itself when yoga is practically started. Although, basic theoretical knowledge is also essential. In fact, nearly ninety percent of yoga is practical. One can study theory also, but practical exercises have their own importance. IT IS DIFFICULT TO FOCUS MIND ON THE KUNDALINI-IMAGE DIRECTLY IN THE BRAIN, WHEREAS THE MIND CAN BE EASILY FOCUSED ON KUNDALINI AT THE ROOT CHAKRA. KUNDALINI IMAGE IS ATTENDED AT ROOT CHAKRA, AND THEN IT IS ALLOWED TO RISE UP ITSELF FROM ROOT CHAKRA TO BRAIN IN AN EASY AND INDIRECT WAY THROUGH KUNDALINI YOGA. This is full description of kundalini yoga in a single paragraph. Tantric sex further reinforces and stabilizes the kundalini-image at root chakras that results in its reinforcement at brain chakra too, in this way.

Once Tantra was condemned and misunderstood in the world. However, it is a proven and best technique for the spiritual growth. Real Tantric are rare due to demise of real spirituality and tantra today. Actually, tantra only lives with the ordinary spirituality for it is only an additional support to ordinary spirituality, not a separate thing. Enlightened beings are also rare today, although there is growth of sexually restricted or so called disciplined society.

kundalini associated with Yin-Yang

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

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

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

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

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

In most societies, yin-yang attraction of ordinary type is also discouraged while citing various social aspects. In those aspects, the main is stereotype. In stereotype, different rituals arise like

castism, racism, economism, businessism, genderism etc. Discrimination is essential for yin-yang attraction, but it should be dominated by love. Discrimination and love, both expressions should be together. This is Dwaitadwaita / duality plus non-duality. Yin-yang attraction is a symbol of duality, and love is symbol of non-duality / Advaita. Dwaitadwait is the only truth. Empty Advaita is incomplete. If there is no love, how can you get the benefits of Yin-Yang attraction generated from discrimination?

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Kundalini as the basis of beauty

What is beauty?

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

Spontaneous meditation of the beautiful object

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

The most beautiful thing

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

The availability of beauty is not dependent on worldly things, but dependent on good deeds and grace

Many people's past actions are not good, and they do not even have God's grace. Such a strong yin-yang attraction is not available to such people. Even if for many people it is available, but if they do not get favourable conditions, that attraction and subsequent mental image cannot stay stable for a long time. In such a situation, Samadhi cannot be achieved. Many people are doing very good things right now. They are virtuous. They keep elderly, old men and gurus happy, and obey their commands. They remain in front of them. They endure all the difficulties and abuses with pleasure. With this, the images of their gurus, old people and family members are settled in their minds. Any favourable image out of them becomes their Kundalini. Many times people who are too fortunate, they get indirectly strengthening their Kundalini through Yin-yang (sexual) attraction.

Kundalini-Yoga is a great relief for people without opportunities

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

Artificial love

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

Beautiful is relative and virtual

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

kundalini for pleasant dreams

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

Tantra was very advanced in ancient times

In that dream, I saw that I was in a place like a high mountain tourist place with my family, where I was walking, and I was enjoying a lot. I also met some old acquaintances there. The foothills of that mountain were connected to a plain like terrain. There was a place like a giant temple on that joint. We got down and entered that temple complex. There were many beautiful walks around. I was enjoying a lot. The complex also had a luminous cave-like structure, inside which the markets were also adorned. My wife was lost somewhere while walking and shopping in it. I was looking for her too. In that research, I saw many rooms in the temple, which were in line. However, some rooms were also up some stairs. It seemed as if the entire temple complex was under a giant roof. I entered a room in the bottom row. Many people were sitting on the floor carpet. In the middle of room, I took off my bag from the back, and I sat down. Then a woman came in, and with great love and belongingness took me to a room at the top of the stairs, along the streets. Some old acquaintance was also felt with her, but that was not clear. Maybe that is why I was enjoying her. She even got me to touch her at one or two places. She sat in a chair in that room. Many papers were lying on the table in front of her. Two-four men were also sitting on chairs near her. The woman showed some papers of an insurance-like scheme, and told me that my wife had agreed to that plan. When I started to turn back, there was a slight disappointment on her face. Then they started settling the work of some other customers, so that I got the chance and moved away. I came back to the same room where I was sitting earlier, because I forgot my bag right there. However, I did not find my bag there. I was quite depressed because I had an expensive Kindle e-reader along with some other important things in it. I started searching the bag very disappointed. I searched in many rooms, wondering if I was sitting in other rooms. I then went to the open lobby in the middle, in which those rooms used to open. It was a very open space like a railway station, where there was a lot of activity. There, one or two policemen were also sitting on a cement bench. I asked them, but they casually replied to get rid of me that my bag would never be found, and someone must have picked that up. I again opened the door to the same room where I was sitting. There were two gentle men enjoying and drinking wine in night suits. Both of them were sitting in squatting posture comfortably. They looked of somewhat medium size with belly little out and somewhat dark. Happy smile due to light sedation was visible on their face. On asking, they told me that my bag was lying in the same room. I was very happy and told them that with alcohol, the eye of knowledge opened in them, so that they could find my bag. They smiled very happily, and holding a peg in their hand said to me that I too should have drunk that in the name of Mother Goddess. I smiled, thanked them, and walked away. Although I was constantly thinking that I would put a peg in the name of Devimata/mother goddess. However, I refused them, so I did not want to turn back. A queue of shops was seen coming out of the premises. I sneaked into a sweet shop to buy some sweets. Standing there at the very beginning of the shop, I found some very familiar friends who happily started talking about alcohol. I said do not say such things, otherwise, my mind will also make a peg in the name of Mother Goddess. Hearing this, everyone started laughing. The road lined with those shops was going out in the direction of climbing. After some climbing, I climbed a concrete platform in front of a shop on the valley side of road.

Then I started hearing the sounds of bizarre and heart touching music. People would be taking a tableau of Mother Goddess on a decorated chariot. I was so swept away by the love of Mother Goddess that I was flooded with tears of love in my eyes, and I started crying in a soft voice. I was repeatedly folding my right arm, wiping my eyes with it, and even covering my eyes. I was doing this so that no one knows me as weeping and weird, and that does not distract me from flowing in my feeling of love. Then I thought that nobody would recognize me in that strange place. Therefore, I started crying loudly with an open heart. Then I saw a lying devotee on the road, who was rolling and coming upwards. She would be a great devotee of Mother Goddess. He was also medium dark colored. He stood up and looked at me with big and soulful eyes, and he too was carried away as if in spirit. Then I saw a dark and powerful man holding a goat kid with his left hand straight above his head, catching its neck, and watching it with anger and violent expressions mixed with devotion to the Mother Goddess. Kid was screaming with fear.

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

That dream gave me a clear feeling about the advanced tantra, especially black tantra of ancient times. Tantra was in the form of an advanced science in ancient times, and was well spread among people. However, that also had many defects like violence, adultery etc., especially when that was not adopted properly. It was only due to misuse of the tantra that it declined. Islam is also a kind of extremist tantra. It is so fanatical that people shy away from talking about it. That is why it remains as it is. The Hindu system also had the practice of Narbali/human sacrifice in ancient times, but it was discontinued when there was widespread opposition to it.

Own experience of Premyogi vajra related to Tantra

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

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

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

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

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

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

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

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

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

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

Kundalini is the best protection against unsuccessful love affair

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

Lover's body settles in man's chakras

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

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

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

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

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

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

The above example also implies that it is not necessary that one should rely only on large and expensive ceremonies for the formation of samskaras. However, there remain the best practices in the society with these. The Sanskrit mantras that are uttered every morning also form the sacraments. The power of those mantras is that they create sanskars by having a deep effect on the subconscious mind. Kundalini power is also derived from Sanskrit mantras because while

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

relatives etc. and other close acquaintances. However, man himself is also responsible for his sanskars. It is the sanskars of a man's past lives that decide what kind of sanskars he will receive. That's why you must have seen that sometimes a person born in a very bad family also becomes a great Mahatma. Actually he does not get attracted towards bad sanskars in his present life because of good sanskars of previous birth, but he runs towards good sanskars, even if they are outside the family. Similarly, a man in a well behaved family can go corrupt. There is a lot of meaning in this small saying, 'Where there are the seeds of acacia sown, how from there one gets mangoes'.

Importance of Sankars for Kundalini

Material achievements can be achieved even in a short period of time. But it takes a very long time to attain Kundalini. In most of the cases, even a whole life falls short and it takes many births. Who knows the address of the next birth, where to go, how to go. Therefore, efforts should be made that Kundalini be attained in this one human life. This can be possible only through rituals. If one starts giving him Kundalini rites from birth itself, and this process is continued throughout the life, then only this seems possible to happen. This also happened in the ancient Indian Hindu tradition. This is not a false boast. There used to be a temple at every step. Spiritual festivals and fairs used to take place. Spirituality was associated with every activity. People had faith in astrology. Vedic rituals dominated all around. Varnashrama Dharma i.e. scientific division of society existed in its best form. Sixteen sacraments were performed for each person. All this was for Kundalini only. All this is Kundalini science, spiritual psychology. When elders used to impart sanskars, then the impression of their personality became deep on the mind of the children. With this, the child grew up to live two lives together, both his own and that of his ancestor. For example, suppose a person gives Kundalini rites to his grandson. By this a good feeling should be created in the grandson's mind towards his grandfather. Due to this unknowingly, the grandson starts getting the benefit of the life experiences of the grandfather. Meaning that the grandfather is living second life as a grandson without dying, that is, the age of the grandfather has doubled, and the grandson gets twice the age of the grandfather along with his age. With this, the age of the grandson will be considered as three times, that is, 300 years. Now understand that the grandson has done Kundalini yoga continuously for 300 years. With so much time of meditation, it is very possible that he may get Kundalini awakening. The grandson's real life is only one hundred years old, but he is getting the benefit of three hundred years due to the rituals. This is the reason why confusion arises in the matter of time counting as described in Hindu scriptures. Somebody's age is said to be 300, some 500 or some thousands of years. Similarly, some do penance for hundreds of years and some for thousands of years. Actually it is not the actual age or time, but it is the benefit of such age or time being received due to the rituals. In the above example, similarly the grandfather lives two ages together, one for himself and one for his grandson. Even if he dies of old age, he still gets the benefit of both the ages of the previous birth in the next life, because of the sanskars. Sharing life with each other is possible only through sacraments or good company. In Hindu spirituality, the Guru tradition is also meant to increase the sanskaras. If one's guru tradition is going on from 10 gurus, then the sacramental age of the present guru will be considered as 1000 years. Meaning he will get the benefit of 1000 years long Kundalini Yogasadhana automatically. This will happen because every guru has been giving his whole life to his disciple i.e. future guru in the form of sacraments, so that the sanskars keep on increasing. Similarly, if one's lineage has been going on for 10 generations, then the sacramental age of the person of his present generation will be considered as 1000 years. The more emotional and loving relationship there is with each other, the more will be the benefit of the sacraments. If a family has been living a spiritual way of life continuously for ten generations, then the member of its present tenth generation will be understood to have been living a spiritual way of life continuously for a

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

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

Kundalini awakening course seems to be attached with materialistic worldly degree

I don't know whether a scientific and thrilling event like Kundalini awakening was shown as strange, different from others, supernatural, related to religion or sect or related to the spirituality only. I don't know why people consider the soul to be a radish grown in a neighbor's field. The soul is one's own self. The English word "self" still seems more accurate. The Sanskrit word Atman is also correct, because it is the same word used for oneself. People in other languages can make a mess of things. Kundalini awakening is like the pinnacle of physical happiness. This is like the pinnacle of material achievements. When a man considers it separate from the physical world, then he starts living isolated from the world, in search of some different supernatural joy or awakening but in reality he does not get anything. People say about an awakened person with wide eyes filled with surprise and strangeness that he is a resident of the special world of Babas or renunciates, away from the worldly goals. Probably most of the people seems like afraid of him just like someone is afraid of an alien. Well, it is so and also not so. It depends on society and culture. People of Sanatan Vedic society and culture may find him as their hero or lover, whereas non-Vedic elements may find him just opposite. The reason for this is that Vedic culture is closest to and favors awakening. Non-vedic type people don't even understand that he has probably drunk the entire pot of that material pleasure offcourse for a moment of which they are chasing every drop. It seems nothing transcendental or anything like that in real sense. This is because they have heard it like this, they have been taught like this since birth. If awakening had been achieved by staying away from the world, then all the renunciate Babas would have achieved it, but I have not seen even a single one till date. I have read and heard about many Babas, but I have never heard of them experiencing awakening. Even talked to many Babas, they could not even give the definition of awakening. Imagine several climbing friends climbing Everest. Suddenly one of them said that he had reached a greater height than this in the form of Jagriti just by staying in the valley down, but no one would believe it. Everyone will say that awakening is a different subject, and material achievement is different. What happens from this is that even when a man achieves great material achievements, he is still not motivated to achieve awakening, because he has not recognized that all his material efforts are attempts to achieve a kind of awakening. Even after reaching the pinnacle of material development, he remains just one step away from awakening because of his foolish beliefs. He is thirsty like a fish in the sea. One who remains situated in the right belief begins to realize awakening near the peak of materialism, and with the help of Tantra, Yoga etc., he takes the final leap of one step and attains it. One who lives in the wrong belief of discrimination, he considers the end of his journey after reaching the peak of worldly enjoyment or development of material worldly life, and decides that now the matter of materialism will end and now the matter of spirituality will start from the beginning. Meaning, he keeps the incomplete degree of four out of five years in the box and looking at the subject of awakening of the fifth and last year, he says that this is a subject of spirituality, what does it mean to him. After some time, he even forgets the four-year degree, and due to the time gap, he is not able to get admission in the fifth year. He is forced to start studying the subject of spirituality from Nursery KG. Imagine how much time it will take. Leaving aside the easy course of one year of attached awakening, he chooses the degree of awakening of seventeen years. By the time it's earned, the man has grown old and is about to die. Then don't know in which birth one will get it. It would be good if awakening is found while still in a young body, after that we can trust Lord Rama. Such narrow thinking has not come suddenly, it has gradually spread in the society through blind imitation of the old sect. Therefore, one must believe in the old good things, but one must also have independent thinking. I am not against limited fanaticism. Wherever I have talked about opposition to fundamentalism, it should be understood as opposition to extreme fundamentalism. Now we cannot write the word extreme everywhere.

These are all games of words, which can easily create a mess. Some fanaticism is also necessary for religion. Extremism is bad. All inhuman acts are done out of extreme fanaticism, not limited or ordinary fanaticism. Due to fanaticism, man sticks firmly to his human rules and religion. Is religion necessary for every man in the world? Yes, ofcourse. Some fanaticism is necessary for it. If there was no fanaticism among Hindus, their precious Vedas and Puranas would not have been preserved till date, especially as they have been attacked. Countless social achievements of a country like culture, technology and teachings etc. are preserved by fanaticism and are handed down from generation to generation. Nowadays the situation is such that even the minor fanaticism adopted by the poor Hindus to protect themselves and their culture is being questioned, and the extreme fanaticism of many other sections is being ignored. This trick needs to be understood. For example for self-defense, some so-called fundamentalist Hindus are advocating a uniform civil code in the country, while a large section of Hindus, being deceived by other sections and being lured by some personal interests, are opposing them to prove themselves completely non-fundamentalist. This is the reason that despite being in majority by a huge margin, Hindus are divided and are not able to even protect their Sanatan culture, leave alone its development. Inauspicious fanaticism has troubled the auspicious fanaticism. It is said that Kundalini awakening is achieved after twelve years of meditation. This does not mean that sitting holding one's nose for twelve years leads to awakening. This means that if one stays in the material world rationally for twelve years with the above correct beliefs, then Kundalini awakening can be achieved by the practice of the thirteenth year. This is just like if four year B.Tech degree completing students are told that a one year M.Tech degree is also being added to it, then more than half of the students will leave because they were not mentally prepared for it. But if the five-year B.Tech.M.Tech integrated degree is done from the beginning, then all the children can do it easily, because they have always been mentally prepared for it right from the beginning. Trust and dedication are important in every area of life. I did all the pilgrimages in my childhood, which is called Char Dham Yatra. Maybe that's why there was awakening. I'll make separate post on it if time permits. Many people start claiming that they have attained awakening after doing yoga for four days. They consider the movement of nerves as awakening. It is believed that doing yoga brings awakening, but it can take a lot of spiritual practice to reach the right yoga practice. That is why there are elaborate spiritual processes in Sanatan Vedic religion. It is like it is very easy to jump out of the Earth's outer orbit into space, but it takes a lot of hard work to reach there. It is a different matter that a sharp minded person can learn immediately from an experienced person, but such people are very rare. Faith in these pilgrimages etc. has been created in the scriptures. Almost all places across India are associated with spiritual stories and pilgrimage. This gives divinity to all of those places. There is great strength in belief or faith. Only by wrong belief does the infinite soul become a limited world. When belief is straightened, the finite world returns to its true infinite self. Quantum science also proves that if you consider matter as a fragment or particle form, it will appear the same, and if you consider it as a monolithic or wave form, it will appear the same. Of course, the real form or form of happiness and salvation is the second type that's wave form or non-dual form. I feel that the rituals of Sanatan Dharma are actually spirituo-biological things and actions taking place in the body, which are given a physical form and are shown in the form of physical objects and actions in the physical world. It has two benefits. Firstly, divinity comes into all worldly things and activities, due to which everything becomes worship. If you believe then God is there even in stone, if you don't believe then God is not present anywhere. Secondly, they continuously have a subtle impact on the subconscious mind of people, due to which people turn towards yoga involuntarily. In ancient times, people had a lot of extra or surplus free time, especially in India because the yield of natural resources like grains was good and there was no technological interference or stress arising from it. It is the monsoon season of India. Here people would have grown a lot of crops during the monsoon and stored them and would have

been comfortably consuming them throughout the year, because it rains here only during the monsoon season, and the rest of the year there is pleasant sunshine. Therefore, Vedas and Puranas must have been written after a lot of thinking so that they can be accepted in the society. There must have been debates on them, and then there must have been amendments to them. Today everyone is writing books on which there is neither discussion nor debate. Therefore, there is more doubt on their authenticity than the Vedas and Puranas. Not all myths can be revealed with the ordinary intellect. This does not mean that they are completely speculative or without any psychological basis. But the biggest message that comes from the revelations of many myths on this website is that all the myths of the Vedas and Puranas are classical, worldly bound, principled and spirituo-scientific. Therefore, it is good to believe because faith has great power. Unlike other religions or sects, Sanatan Hindu Dharma has not been created by any one person but has been watered by countless Brahmins, sages, yogis and philosophers through the stream of eternity. That is why it appears to be the most democratic religion.

Kundalini Shakti assisted Goddess Bhagwati creates the entire universe including Brahma-Vishnu

Happy Navratri festival to all friends

Friends, the description of creation is almost the same in all the Puranas. Everyone considers their own deity as supreme. Meaning, in Vishnu Purana, Vishnu is considered favourable, in Shiv Purana, Shiva is considered favourable, and in Devi Purana, Goddess Bhagwati is considered favourable. There is a story in Shiva Purana that Shiva was alone, although complete in himself. Just like for a fun, once a desire arose in his mind to make himself into two. Therefore, he manifested His body in two bodies, Shiva and Parvati. Then from Shiva and Parvati, man and nature aka Prakriti (woman) were born respectively. Original Nirgun Shiva asked both of them through Akashvani aka sky voice to perform penance. When both of them asked for a place to do penance, Nirgun Shiva created the city of Kashi inside his own form. Due to their penance, many streams of water emerged from their bodies, which filled the entire void. Nothing was visible at that time. When Vishnu in the male form nodded his head to see that surprise, the gem fell down from his ear. It became Manikarnika Tirtha or pilgrimage. When the city of Kashi (Panchkoshatmika/five kosha in area) started sinking in water, Shiva established it on his trident. After that Vishnu slept there with his wife named Prakriti. Then, on the orders of Shankar, Brahma appeared from his navel. Then, with the permission of Shiva, he created a wonderful creation. He created fourteen worlds. The expansion of this universe is fifty crore yojanas in area. Thinking that how will I get the beings bound by karma in the universe, Shiva kept Kashi away from the universe. Shiva established his salvation-giving Linga named Avimukta there. Even after completion of one day of Brahma, that Kashi is not destroyed. At that time Shiva wears it on his trident. When Brahma re-creates creation, he re-establishes Kashi.

Explanation of the above story

The initial part of the story itself is descriptive. A man and a woman will marry and think of building a house only if they have the space to do so. The basic requirement is space. They can also add resources and assets later. Asking them for marriage is asking them for penance. Marriage is also a Yagya, which we can consider as an initiation ceremony for the asceticism of a householder. His father etc. gave him a piece of land to establish his household or rather gave him a place in his earthly world. That is Kashi given by the Supreme Father. He is the form of Shiva, because everything is Shivamay or Shiva form. Anyway, everyone has a sense of self or ego attached to their land and property. They do penance there, that is, keeping in mind the auspicious idea of world development, they do lovemaking, dating etc. among themselves. Due to this both of them get immersed in love. Water is also a form of juice. Love has been compared to water. Water all around, means love only love. Lovers see nothing but love. The void is filled meaning the state of depression is filled with love. When a man sees this with surprise, an idea arises in his mind to do something, which means he starts developing some practical intelligence. This is shown in the story that due to the gem falling from his ear, Manikarnika becomes a pilgrimage site. Pilgrim because immense love is mixed in his behavior, intelligence or creation, due to which purity, divinity and intimacy remain in him and his creation. Still, their love kept on increasing, due to which they started forgetting their daily routine due to love madness. They are not even able to remember where they are, what time it is and what they have to do. It is said this way that the city of Kashi started drowning in water. Then his worldly inclination returned by remembering Shiva. Trishul or trident is a symbol of three qualities, and worldly life is also basically three qualities or gunas in nature. Then, with the inspiration of elders and gurus and their instinct, they started sleeping together to have children. Then the woman became pregnant. Foetus is also in the form of Vishnu. He was also situated in water,

because the womb is filled with water. Vishnu was said to be sleeping in Kshirsagar or milk dessert ocean. The water of the womb is also full of nutrition like kheer that's a dessert made of milk and rice which nurtures the child. That can also be called love interest between mother and her son. It can also be called the city of Kashi because on it or because of it, the mother does penance for the creation of her son, that is, she endures the great pain of pregnancy. During sleep, both of them sleep together. Only then does the fetus, connected to the umbilical cord, start growing and takes the shape of a human being. It is called the Lotus because all the chakras are shown as lotus, especially the Sahasrara Chakra, which is the largest lotus with a thousand petals. When the brain develops, the mind i.e. Brahma is born on it. In the mind, strange scenes, thoughts and experiences keep developing in the form of the universe. Readers may have a doubt that Vishnu was called the father and not the son in the womb. So its meaning is that in the scriptures the son has been called the father's form, that is why the son is also addressed as the father's self. It has been said that even after the destruction of the universe, the city of Kashi remains the same, which means that even if a man dies, the womb of the mother remains the same. After the birth of the child, the uterus shrinks and returns to its original form ready for the next fetus form universe to form. It is probably said that with the destruction of the universe it becomes situated on Shiva's trident. This means the triple form in the state of equilibrium, because in such a situation nature remains present in its original form, but does not do any work in the universe. That womb is the best land of penance and the land of liberation, because there one has to endure hardships, but it is there that the sanskars are imparted, which in the future help a person attain salvation. That is why it is said that a woman should do spiritual fellowship and good deeds during pregnancy. There are many such examples in history, when a man had done spiritual practice while still in the womb. Uterus can also be called a dark place like a pit. Darkness is considered to be the form of Mooladhar. From there the power goes directly to Sahasrara for awakening. Doing penance in the cremation ground by Shiva is like doing sadhana in the pit. Ravana also got the darshan of Shiva by worshiping him in the pit. If the Kundalini Shakti is concentrated there, then the subsequent liberation of the fetus is certain or immediate and special. A means firm or immediate, and Vi means special. That is why it is said that Avimukt Linga is situated there, whose bath should be done with Ganga water i.e. Kundalini Shakti and one should definitely continue meditating and worshiping it. Probably it is around the navel. Probably, the sound made by the movement of the fetus in water reaches the ear and is as pleasant as the tinkling of a gem. Because she feels it from within, hence her name is Manikarnika. Meaning, like a gem, it flows through the white bones and reaches the ear, and not through the air. Then it is said that whatever creature (even insect) is born or dies in Kashi, definitely attains salvation. It is said everywhere in the scriptures that only man has the right to salvation. Meaning, the creature that comes into the womb of a human being will definitely be freed, provided it remains a human being. Then came the question of dying. This seems tantric to me. There is a child in the womb, and by nature he is as free as innocent Shankar. One who remains non-dual like a child while fulfilling all the worldly duties correctly, will definitely become free even at the time of death. The energy of the sexual tantra does not go to the birth of a child but to awakening. Meaning, in the same Kashi where a child is born, an awakened person is also born in the same Kashi. An awakened person also dies in it. A common man can die in any ordinary condition. 'Ka' means water, and shayan is formed from 'shi'. Meaning sleeping in water. It is Lord Vishnu who sleeps on Sheshnag. It seems that Kashi is a metaphor for something like a uterus.

It is said that the goddess first created water in the void sky. Then Lord Vishnu woke up with the power of Goddess Bhagwati who was sleeping on Sheshnag in the water. Actually Vishnu is the sleeping Kundalini Shakti i.e. unmanifested soul. When a woman is pregnant, the fetus

appears in the water of her womb. He takes the form of a developed humanoid little child, and starts experiencing everything, i.e. becomes awake. It is connected to the woman's body through the umbilical cord. In fact, the true form of man is like a snake with its hood raised. The same female form has been shown. It is said that it used to protect the snake Vishnu. What protection does a mother not give to her womb? In Devi Purana, Devi has been shown to be greater than Vishnu and the creator of the universe. It has been argued that who would willingly take birth in a woman's womb, because the womb is a prison, and the problems faced in it are no less than the tortures of hell. It is the goddess who forces him to be conceived. Meaning, the Purana itself is making it clear that Vishnu is a fetus, Brahma is his mind born from him, and the various thoughts in him are the creation full of diversity. Along with this, the mother who brought that child into the womb is Goddess Bhagwati. By dying in the nearby shrine of Prayagraj, one attains auspicious worlds like heaven etc. 'Pra' means abundant and 'Yag' means Yajna or Yagya. Yagya is called virtuous action. Prayag may possibly be referred to Manipur Chakra. Because here Yagya is said to be performed through sacrifice of lives, grains etc digested in belly. Anyway, hunger comes from the stomach itself, and good deeds are done by the movement of its muscles. Meaning, deep and long yogic breath comes from the stomach, and with this type of breath, sins are burnt away and virtuous deeds are accomplished. Shallow, fast and chest breathing increases mental defects like anger, due to which sins increase instead of being destroyed. The name Manikarnika may also be because when the fetus moves or nods its head, its sound can be heard by placing the ear in the navel area. Manipur Chakra is called Tirtha as mentioned above. Now it may be that all parts of this analysis are correct. Even if nothing happens, it is still beneficial to remember the story.

Two demons named Madhu and Kaitabh, who were born from the earwax of Narayan, had threatened the existence of Vedapuran i.e. consciousness or knowledge of the entire universe. Then the Goddess gave power to Vishnu and got him killed. In fact, when a person has earwax of infection, he keeps his head tilted to one side due to pain etc. The deviation of the fetus's head sideways has been called earwax. Due to this, he is not able to come out of the uterus when the time comes, and his life is in danger. Then he tries to straighten his head with the power obtained from his mother's blood. With the power of the mother, the uterus also helps him in this by exerting force. Due to this he becomes erect, meaning Madhukaitbha dies and the child is born, meaning the universe is saved.

Kundalini Yoga with Ragas

Friends, classical music based raga is an excellent example of ancient Indian tradition. and Kundalini Yoga. Both make the body and mind stress free. Controls blood pressure. Helps in concentrating. Actually, the basis of Ragas is Kundalini Yoga. Like “Wake up, wake up Mohan Pyare, Bhor Bhai, let your darshan come to Jogi Jangam, Jati, Niranjan” etc. Here dawn or Bhor means the growth of abundant sattoguna within the mind of Kundalini Yogi. Mohan Here is the Kundalini meditation picture. Mohan’s awakening here is Kundalini awakening. Ragas help in holding the breath for a longer period during yoga because in a raga, the same tune is prolonged by holding the breath for a longer period. In common songs, the lyrics and tune keep changing frequently due to which the attention becomes difficult to concentrate. People say that melody brings sleep. Actually, ragas calm the mind. In times of mental fatigue and restlessness, by listening to a raga, the breathing becomes deep and slow due to which the mind feels completely healthy. When the practice of yoga helps in singing a raga, then why can’t listening and singing a raga help in yoga, because in both the practice of breathing i.e. Pranayama contributes. Listening to the raga according to the time of the day freshens the mood. One such app that I like is Ragya. I am not doing any promotion. In this, ragas keep playing continuously according to the time of the day and innumerable ragas come in change. Earlier I used Saregama app but due to some bug in it, it forgot my 3 months subscription, which could not be recovered even from customer care. During yoga, listening to a raga does not reveal the thoughts suppressed in the mind because the power of the brain remains engaged in listening to the raga. Perhaps those suppressed thoughts keep getting destroyed, but without erupting outside, that is, silently. Perhaps what we consider expression of thoughts to be the process of destruction of thoughts, may actually be a way of keeping thoughts alive. How can a habit be destroyed by repeating it again and again? A habit will be destroyed only if it is not repeated. Similarly, how will the above thought be destroyed by repeatedly expressing it? It will be destroyed only when the power of that thought is used in some other good thought or feeling. Perhaps this is what happens with ragas. The power generated by Yoga does not get absorbed in the dormant thoughts but gets absorbed in the raga music, due to which the thoughts and feelings associated with spiritual sanskars get strengthened, and the useless and suppressed thoughts of the previous life get destroyed. This is the middle way of manifesting the dormant thoughts in a light form and giving their power to the new Kundalini thought, so that the power of those thoughts can also be extracted and they cannot become material or material like after being expressed violently. If dormant thoughts do not emerge from the mind at all, their power will not be extracted. Similarly, even if they emerge too much, there will be no power left to draw from them. The basic theme of ragas is spiritual or yogic. Along with Ragas are in Surtaal means they are in rhythm. Therefore they are good for the mind. Among these, natural and simple instruments with beautiful sound like drum, dholki, sitar, flute etc. sound very dear to the ears. Which are better than the so-called modern deafening musical instruments, especially for yogis and blissful lifestyle. I find ragas tantric. Just as through Kundalini Tantra the so-called trivial worldliness is transformed into sublime spiritual practice, similarly through Raga too. The love relationship between a lover and his or her beloved usually seems to be physical, but when it is connected to a raga, it becomes sophisticated and spiritual. Similarly, take any worldly subject, Raga passion purifies it. Therefore, if we call Raaga musical laundering, it would not be an exaggeration. If we observe its basic principle in depth, only Kundalini is visible. Ragas improve breathing and body movements, because both are interconnected. Due to this, the Kundalini Shakti becomes active, due to which the Kundalini picture starts residing continuously in the mind. Due to this, the Kundalini picture remains connected with all thoughts, feelings and actions. Due to this, even after being immersed in a world full of duality, a feeling of perfect non-duality remains in the mind. This non-dual feeling purifies everyone. One special thing about

ragas is that even if their words or lyrics are not understood, they still provide yoga benefits through their way of speaking and music. Anyway, there are not many words in them. Even on a single sentence or word, an entire raga of one hour is formed. For example, “Saavre se man laga, mori mae”, is a forty-five minute Khayal-based melodious raga on two or four lyrics like this. It seems that ragas are emotion based rather than word based.

Kundalini Yoga as an Alien-hunt weapon

Today we are going to discuss another interesting topic – the connection between Kundalini Yoga and aliens.

Some scientists believe that aliens may exist only in the form of inanimate substances. They do not feel wavy happiness-sorrow or good-bad. They may be around us in the form of sun, mountains, rivers, stones, planets, constellations etc., but we do not recognize them. It is also possible that they may have hidden themselves. Perhaps they have understood that conscious decisions only bring suffering and pain. Therefore they have developed themselves so much that they do not need to do anything thoughtfully or with ego. They also do not discriminate between good and bad. It is also possible that their consciousness is not separate but collective. Some scientists believe that they may be computers or AI-like. They will not be organic, but made of inorganic elements such as semiconductors and metals. Whatever it may be, inanimate matter certainly exists in its own right. If this were not the case then why would Mars look so beautiful? There is no life there. Had it not been there the conscious existence of the inanimate world, astonishing power would not have been felt in the chaotic movements of inanimate elements in hellish planets like Venus. If there was no cognitive existence of inanimate objects then there would be no noise in the infinite space filled with the movements of inanimate objects. There is no action without purpose. This means that even inanimate objects have basic cognition. The sensation in all is certainly similar, but there are slight differences depending on the type of substance.

If it were exactly the same, it would be impossible for us to recognize and work with different types of substances, because then they would all appear exactly the same to us.

When a person is experienced having some special human nature, we do not deny it by saying that it is a lie. The nature of man is made up of the nature of natural or inanimate elements with whom he interacts day and night. Meaning that if the nature of man is true, then the nature of inanimate objects composing him should also be true. Yes, that nature can be understood as duality mixed nonduality i.e. truth-false, because it is possible that we are feeling his nature, but he himself is not able to feel that nature. Similarly, we should also consider the nature of inanimate substances like air and water as true-false or dual-non-dual. Meaning that of course we may be able to feel the nature of those inanimate elements, but they themselves may not be able to feel those natures. This type of mixed dualism is the real Advaita.

It can be understood that everything is similar to each other and also different from each other. This is Dvaita-Advaita and this is the truth. Complete dualism is also false, and complete Advaita is also false. Spiritual scriptures and sages also say the same. This means that the aliens are neither of different forms nor of the same form. But they are a mixture of both. Meaning that aliens are dual-nondual or dvaitaadvaita form.

This also means that there are different types of aliens everywhere around us. It is a different matter that we have not been able to find biological aliens like us, because such aliens are extremely rare. Only through Kundalini Yoga, we can know each and every element of nature in depth by applying samadhi. In Yoga Shastras, by attaining Samadhi on Vayu and fully understanding the nature of Vayu, one attains the powers of Vayu. Similarly, samadhi on fire leads to fire, and samadhi on water leads to water, or samadhi on sky leads to sky, etc. Meaning that we can talk to countless aliens in the form of countless substances, and gain understanding of their technologies. We have also achieved it to some extent. Understanding the power of air-

alien and fire-alien, powerful engines have been created. Understanding the power of atom-alien, human have built nuclear powerhouses. The camera is made by copying the eyes-alien. There are countless such examples. If we take the spiritual field, Kundalini Tantra has been created by understanding the body-alien, through which Kundalini awakening has been achieved with countless spiritual accomplishments. The meaning seems clear that there is more chance of encountering aliens through Kundalini Yoga than through space exploration.

Connection between Kundalini Yoga and Aliens:

Kundalini Yoga is an ancient Indian yoga practice that focuses on awakening spiritual energy. Some people believe that practicing Kundalini Yoga can lead to the ability to communicate with aliens.

The idea is based on the belief that Kundalini Yoga can help us reach higher levels of consciousness, allowing us to connect to other dimensions and realities. Some people also believe that Kundalini Yoga can give us access to the technologies and knowledge of aliens.

Is it true?

It is difficult to say with certainty whether Kundalini Yoga can actually help in communicating with aliens. There is no scientific evidence to support this claim. However, there are many people who have claimed to have had experiences with aliens after practicing Kundalini Yoga.

conclusion:

The connection between Kundalini Yoga and aliens is an interesting and controversial topic. It is impossible to say with certainty whether Kundalini Yoga can actually help in communicating with aliens. However, this is certainly a topic that deserves further study and research.

Basics of Tantra, Non duality and Guru

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.

Role of woman in the family life of ancient indian society

In ancient Indian society, man used to be as if a material caretaker and woman as if a spiritual caretaker. Woman used to be as if the center of the family orbit. She used to be well aware of the Kundalini process and her spiritually uplifting role in the sexually moralized tantric lifestyle. She used to be considered as if the tantric master and as if having the majority of responsibilities in this regard.

It is a common misbelief that women are exploited with tantra. Probably it arose through the malicious activities of the religious extremists in the name of tantra or religion(e-book, kundalini demystified- what premyogi vajra says). In fact, tantrics are the top class of Yogis. We don't see anywhere even a single example if any real Yogi has exploited anyone. Actually tantric becomes highly grateful to his consort for she helping to awaken his kundalini. So in return, he also do his best for her worldly as well as spiritual growth.

Understanding non-duality and the guru

As per Premyogi vajra, real non-duality exists only with the duality(external website/science and non duality). How the suffix "Non" can be attached with the word "duality" if this word isn't present at all. It means that the Dual-non duality(द्वैताद्वैत)/special non duality/विशिष्टाद्वैत (external website- wikipedia) is the only true and actual non duality. The people who live a duality-free life, cannot experience the true non-duality. When conditions favoring the duality are there, only then there are enough opportunities to apply non-duality through SHAVID, Puranas e.t.c. or any other philosophical means. This verifies the same Tantric principle that bad things are not always bad(above said e-book). Tantrics utilize panchmakaras(five Ms) i.e. madya/wine(above said e-book), maans/flash(above said e-book) and maithun/sex(above said e-book) e.t.c. to get their Kundalini awakened. Actually non duality superimposed over duality, both made with continuous working with non dual attitude progresses rapidly to one's awakening. It is also called as karmayoga(external website/wikipedia). Continuous working and persistent non dual attitude, both together demand for the sustained supply of energy. The judicial and sensible use of panchmakaras/five Ms(external website/vinyoga.com) is one of the best source of energy. By using 5 Ms, Karmayoga is transformed to Tantrayoga. The company of panchmakaris/persons using 5 Ms is also effective, that being just as if using the panchmakaras in an indirect way, thus providing the tantric benefits even more stronger than their direct use for in that case there is no ego of using panchmakara by oneself. This also highlights the importance of a mutually cooperative society for the spiritual success. Although company of an experienced spiritual master/Guru is must with such tantric practices for if these practices can carry to heaven, the same can carry to hell soon, mainly if implemented improperly. Only making guru for formality does not work in tantra instead the Guru should be firmly and permanently stationed in one's mind naturally or through meditation (internal webpost).

sexual Tantra acts as “all or none”. It means that if it is done properly, then everything spiritual is achieved, otherwise a big zero is there. Tantrics get duality rush in the start with these panchamakaaric/worldly practices, which they soon pacify to enhanced non-duality, being much more stronger than the earlier and accompanied with the proportionate bliss, with the help of their non-dual Tantric attitude built up enough strong through any of the favorable/practical non dual philosophy(SHAVID e.t.c.). This also means, the real spirituality is that which carries material world too along with, although with an unattached attitude. As against the common thinking, real non duality is fully worldly and progressive. Actually, a Guru continuously persisting in the mind of a Tantric goes on absorbing the powerful energy of non duality as obtained from these five Ms and then transformed to a hard-fast Kundalini(mental image of that guru), that becomes awakened later on. Otherwise that energy is wasted out in the worldly and dualistic realms, thus inflicting a grave spiritual injury.

Actually, Guru means an individual as well behaved, humanely, ego less, smiling/practical/frank/inclusive/easy going, unstressed, tension less, non dual/unattached, well known, friendly, social, truly spiritual(non dual and unattached), good looking and fitting to one's own mind. In this way, who can be a better Guru than one's own grandfather, preferably if he is truly spiritual/non dual/unattached one too. These all of the above qualities were present in the Guru of Premyogi vajra. With meditating or Samadhi bound Guru's company, one's sexual self control also improves for the romance is done to achieve the Samadhi(kundalini-awakening) status only. It's easier for one to focus his/her mind on a Guru through the practice of Kundalini yoga as compared to focus on a god/devata or anything else for the Guru is an actively living being just like his disciple, so being most close to him/her, non dual and providing many-2 worldly shades to his mental image in his disciple's mind, thus making his image steadfastly/strongly loaded/attached inside the brain of his disciple. Moreover, the community/family people around also help indirectly to strengthen the image of a close circle Guru inside the disciple's brain through mental interlinking for those community people also live in the loving company of that Guru. This is not the case or it's to a lesser extent in case if a devata/any other thing is developed as a kundalini image for in that case, the whole of the responsibilities lie on the meditating Yogi himself and so a lot of extra effort is required to be done from his part.

While having the flash mainly the fish, the kundalini inside that in the form of non dual Dehapurushas is visualized by the tantric. While having the effect of wine, the kundalini in the form of resting though non dual and blissful Dehapurushas is visualized by the tantric inside his own body. Similarly, while having the sex, the kundalini in the form of non dual Dehapurushas is visualized by the tantric at different chakras of his body and that of his consort, mainly at the sensual genital parts. These practices channelize the huge amount of mental energy as generated through the resulting mental waves with non dual attitude for the growth of the kundalini and also prevents the wastage of too precious body fluids for those require a lot of mental energy to be released.

Non duality is the most practical meditation. It can be practiced for 24 hours a day. However, kundalini yoga practice for at least one hour and twice a day can be practiced to provide an extra boost to the kundalini.

Some people are real time non duality-makers(they experience their mental formations with non duality at the real time) and someones are delayed time non duality-makers(they fix non duality to the present mental formations during their resting time later on, when those roam

out of memory-tank). Both of these types of practices are effective, although former type is too swiftly progressing for in that case there is no chance for duality to raise up its hood. The former type appears as if less practical but that is more spiritual than the later type.

The above para can be understood in the following way. My thoughts are in favour of Dvaitadvaita or vishishtadvaita. First you have to be completely immersed in duality, that is, in love, then only you will be entitled to non-duality. Without duality forget love, even everyday relationships or daily routines etc. can not go on. Advaita is not the name of any outside herb. The duality that you had created has to be resolved. Do not delete anything. The whole world will remain dual as earlier. Only 'none' as a form of negation will be attached to it. Then when the effect of Advaita is over, then you will have to come back to the duality mode again. It is as if you spin clockwise on a round wheel, you will feel dizzy. If you move around same amount but anticlockwise, the dizziness will go away. If you move around anticlockwise more than this, you will feel dizzy again, so you will have to move around again in clockwise direction. The swing of duality and non-duality also runs in the same way. It is a different matter that someone keeps on changing the direction of rotation quickly, due to which they never feel dizzy. Such people would have been the most expert Advaita Vedanti. If there is a revolving world, then you have to move with it. Anyone can't stand still. It is up to you how to move around so that there is no illusion created by Maya. Thank you.

Nonduality as a psychic buffer/balancer

Nonduality is itself a balancing attitude that incorporates every humanely thing inside it in a most appropriate proportion and prevents excess of everything.

Real non-duality in social-harmony

Harmony in Hindi means, "हार मानी"(accepted defeat). As per Premyogi vajra, there should be no social discrimination among the people regarding the color, race, birth, origin e.t.c. to apply the non-duality in a most practical and effective way. However, there is no bad in accepting the natural differences, but creating inferiority inside anyone's mind on the basis of differences is a bad thing. Just as the non-duality creates inside one the quality of considering everything as if equal in each and every respect, in the same way, considering everything as if equal produces the non-duality. Similarly, no spiritual style should be hated(above said e-book). Everyone has to pass through the different stages, so hating someone who is at any particular spiritual stage don't work well. For example, a man in the fully materialist state in the start of his journey progresses to the non duality stage. Thereafter, he progresses to the Kundalini yoga stage. Finally, he may directly reach the Kundalini awakening or can pass through a short phase of Tantric yoga too. Then there is the super final stage of enlightenment. So people at different stages should live in harmony with each other for each and every member of a healthy society cooperates with each others, directly or indirectly/invisibly. People who are seen directly reaching the top stages are actually having lower stages achieved in their previous births. In other words, one should live as if a human salamander, changing color as per the surrounding situation and adjusting himself everywhere accordingly in a humanely way.

Kundalini and the non-duality

Both of these are one and the very same thing (internal webpost). Non-duality nourishes the Kundalini and make her brightly expressed in one's mind. Similarly, Kundalini-yoga

helps to produce the non-duality. Experienced Tantric enriches his non-dual attitude with any suitable worldly means for long at first and then takes the support of Kundalini-yoga practice at any peaceful and secluded place even at shmashaan(funeral place) too, to give his Kundalini a further push. At last, he also takes the support of sexual yoga to provide the final escape velocity to his overgrown kundalini and thus awakens her. This has also been explained in a real time experiential detail, that shows his practical cum tantric self experiences at the following web pages(love story of a yogi) of this very same tantric website-[Love story of a Yogi](#).

Is the god superior or the nature is

Both of these are superior and equal to each other. Both are incomparable in the same way just as Shiva (god) and Parvati (goddess) are there to each other. The real trick is there in becoming Ardhanaareeshvara (a god with the half manhood and the half womanhood) or Shiva-shakti (dancing goddess Kaali over the calm and blissful Shiva, who is lying down) or Nataraja (dancing non-dual Shiva), who is calm and blissful god from deep within whereas in the form of dancing nature/creation/goddess from outside.

ENLIGHTENMENT MAY NOT BE NECESSARY FOR LIBERATION

These words appear as if awkward, but it is absolutely true. Premyogi vajra has explained it with his own direct experiences. Actually, it is the non-duality that is more important(above said e-book). Premyogi vajra had forgotten his enlightenment experience with effects of that fully after he adopted a duality filled extrovert attitude in his life, thus deliberately going against the spontaneous natural flow. However, he again came to remember back the traces of that after many years of his practicing the non duality and meditation.

Enlightenment experience also fades away with the course of time just like any other mind-bound worldly experience. In Premyogi vajra, that enlightenment experience was fully blown for about first three years of that and then faded away gradually. Then suddenly and intuitively he adopted the duality filled lifestyle to prove something to the world, that resulted in the complete fade up of his e-experience, he only having the knowledge that once he had an e-experience. Then he again adopted the non dual lifestyle mainly through the Shavid(shareervigyaan darshan/Body science philosophy) as if a survival instinct, that restarted his spiritual growth again, thus also restoring his progressive worldly growth for both are connected to each other. That all culminated into his kundalini awakening after a long period of approximately 15 years. It also means that worldly and spiritual gains run ahead together as against the common belief. Non dual attitude gained through enlightenment can persist permanently as such, if that is not discarded deliberately and forcefully instead maintained through any practical/worldly non dual philosophy along with a good company.

Who is enlightened and who is not

The statement that we can not judge one's enlightenment is only partially true. Can we not judge if anyone is dual or non dual. The face of each and everyone tells this thing clearly and even a child can judge this. If anyone is regularly and properly behaving as a non dual, then he may be considered as an enlightened being, whether he has enlightenment experience or not. On the other hand, if anyone becomes dual even after experiencing the enlightenment, then he should be considered as an unenlightened being. Because it's the effect of enlightenment in the form of non duality that matters, not the causative enlightenment itself(above said e-book). So the non duality and the

enlightenment, both should be the criteria for judging one's spiritual status, not the enlightenment alone and in case of doubt regarding one's enlightenment, non duality should be the only criteria. Anyone can not be called as if infected on the basis of high body temperature only for body temperature can rise due to many other reasons too. Infection can also occur silently without raising the body temperature. So only the non duality matters, whether enlightenment is there or not. So enlightenment is a non duality filled continuous life process or lifestyle, not a single exposure of a mental flash only. Enlightenment only tells the way of living, not the procedure of living (external link -quora). Procedure of living is learned only through practical experiences gained through living a humanely social life for a long time.

Regarding the number of enlightened beings produced by any spiritual foundation, if even one non-dual being is produced by anyone, it's better than the hundreds of those flash-enlightened beings, who wash away that for no use. Actually, enlightenment isn't sought out by one, who is deeply submerged in the bliss of the non duality-nectar. It's the greatness of non duality. Actually, enlightenment is a type of great Guru that teaches one the importance of non duality very efficiently.

Enlightenment as if a super-duper romance

As per Premyogi vajra, no one can understand the enlightenment without having spent or having understood a romantic mental life ever. Misunderstanding about enlightenment is due to the same reason that we categorize the romance and the enlightenment into two different subjects. A super romance happens when a being harbors the image of his lover inside his brain continuously for years. It's super blissful. That being jumps away beyond that super romance when he/she manages to destroy all attachments to his/her lover. That's enlightenment. That's super-duper blissful. That's the peak of every achievement. That is the indescribable. Effects of that can only be estimated through the super mental romance only in a worldly life. Super-duper romance/enlightenment is an extra worldly event. Enlightened being's physical signs match to that of a super romantic being, although more pronounced mentally than physically in the former case. Just as an example, Meera and Lord Krishna(external website/wikipedia), just that their mental romance had gone beyond the objective world to the eternal. It's all nicely explained at this website's tantric webpage named "love story of a yogi".

Kundalini-awakening as if deeply remembering anyone

According to Premyogi vajra, Kundalini-awakening is not a magic bullet. Someone lost in the imagination of his beloved one or well known one can become so much intensely lost that the resulting psychic phenomenon becomes as if a Kundalini awakening. There's no demarcation between being lost in one's imagination and awakening of that one in mind as if a Kundalini. Difference is there only in the intensity of remembering that one. When that blissful remembering crosses a threshold level, then that becomes as if a Kundalini awakening. Amazing thing there is that this is too simple a psychic process and too complex and stubborn also at the same time, controlling which becomes nearly impossible at times.

Tantra versus Holi festival

Holi hai Lots of good luck of Holi to all friends. The name “Holi” is tantric. The letter “L” is considered to be a romantic in Tantra. The seed-syllable of the root chakra is “Lm”, and the seed-mantra of it is “Kleem”. Both have the same letter “L”. Mulaladar chakra is also considered as pro-romantic. There was also an incident related to seed-syllable with Premyogi vajra. He was a member of the online Kundalini-group, in which many people had names containing the alphabet “L”. There were also two “L” in many names. For example, “Llo”, “Lee”, and “li” etc. He had most of his conversations with those people having names bearing “L” in any form. From this, his root chakra was awakened itself. From that, the tendency of tantric sexual activity was awakened in him, so that soon his kundalini awoke. Together, their faces were also red in color. Red color is also considered to be erotic. Premyogi vajra got support from that too.

His name was Hridayesh on that forum. It means “lord of the heart”. A mature and healthy heart can keep the mooladhara active for a long time. Due to being very diligent, his navel-chakra was also functional. Heart-chakra and Muladhadara chakra both require a lot of power. Navel Chakra was supplying power for both. Therefore, we can also call the Naval Chakra as a bridge connecting the Anahata Chakra and Muladhadra Chakra together.

In the same way, in the Goddess Bhagwat Puran, there is a story that in a forest, from the mouth of a person, due to fear, some seed syllables emanated itself, because he was also handicapped mentally and verbally as well. With the help of the same seed syllable, Goddess was pleased, due to which he started progressing in every way.

The second factor to highlight Holi’s relationship with tantra is red color. We all know that Holi’s main color is red color. This color also produces the passion of Holi. You must be surprised to know that the kunkum (sacred red color powder), which is most commonly used in the general life, that is turmeric only. Mix 95 part turmeric powder with five parts lime (dissolved in water) and when it is dried in the shade, then it becomes red. Since the amount of lime is very low, this form made in this way is not harmful to the body. However, vermilion is very different. It is a compound of mercury and lead, hence can also cause harm to the health, if not used in the manner. Its color is orange. Think of the red color shown on the Hanuman as vermilion. Similarly, gulals are also of many colors, and are natural. Red gulal from reddish plants, blue gulal from indigo etc. Holi colors should be made by themselves. In the market, there are mostly synthetic colors, which are harmful to the body. For the above reasons only the color of the root chakra of tantra is red.

Holika Dahan is also according to the tantra. We know that yajna rituals are mostly tantric. Tantric experiences his kundalini in the middle of the fire burning in Yajna. This makes his kundalini very strong, because that is shining with the shine of fire.

On the day of Holi, it is according to the tantra the ritual of coloring directly each other or with water mixed colors. We all know that everybody has to enjoy the deeds done by him. With Tantric Yoga, this process becomes simpler. The mental imprints of the actions that give phala become so weak with the practice of tantric yoga that either these are destroyed directly, or are destroyed by giving slightest phala or results. Being distorted from the colors of Holi, there is a way to get punishment for the body from the pre-existing misdeeds. It may be that according to past deeds someone has to bear serious injuries to his body. When the body becomes deformed with the color of Holi, then it is considered to be the loss of the body, due to which the karma associated with it becomes lose. With the additional help of Tantric Yoga, it is fully destroyed. Similarly, a karma that is able to drown someone through water immersion becomes calm with

only one stream of colored water on Holi. According to the same principle, the past misdeeds become calm after the light joke and debate that runs on Holi. Now think, the Lath mar Holi (stick-fight) of Barsana can loosen even the storage of old misdeeds.

Now the old story is that on Holi, his sister Holika, who had the intention to kill her brother Prahlad, had become combusted herself. In reality, misdeeds of his father Hiranyakashipu have been called as Holika. It is said that the son has to suffer the misdeeds of his father. Those misdeeds (described as the daughter of Hiranyakashipu and sister of Prahlad) were destroyed with the tantric influence of Holi that means Holika was burnt.

In fact, the passion and shine of Kamdeva (god of romance) is present all around on the day of Holi, because all people are working together to grow romance. It gives a lot of force to the Mooladhar Chakra. It is the tantric theory that any work undertaken during the activation of the Muladhara is fruitful many folds. Only then is Holi's day considered as the best for tantric accomplishment. Even if the Kundalini of Tantric Yogi cannot be awakened on that day, then too, Kundalini gets very much strength. In fact, the activity of Kundalini is also considered that much important, as much as its awakening.

Many people think the historical start of Holi with the love of Krishna-Radha. In this, Holi's romantic nature is itself proved. Tantra is also romantic in nature.

Universe inside our own body

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.

From the diary of a book-reader

Brothers, a lot of people are busy in a life full of ego, that is a direct gateway to hell. Some people are misguided for renunciation. These both types of people are partial to the complete truth. Actually a man should grow inside this world so much that he may feel no need to renounce his life, instead his life herself may become forced to renounce him. Friends, renunciation then occurs itself, when a man reaches a certain threshold level of his spiritual growth in this world. This threshold level of his spiritual growth is most easily, blissfully and practically is achieved through the non-dual attitude. It is easy to simply say as non-dual attitude, but it is very hard to develop and constantly maintain it. Had simply reading or talking about non-dual attitude been enough, then there would not be so much elaborate spiritual and tantric practices developed in a practical form. See for example, Mantra, Yantra and Mandala of tantra/buddhism(external website/yogamag.net). Those are to be nicely maintained and worshiped regularly in a worldly and practical way, considering those as if mini-world or say as if miniaturized models of the endless world. There are deities visualized inside that miniaturized world. Those deities/gods/devatas are having a non-dual attitude, although working fully similar to common people like us. In that way, their non-dual and ego-less attitude is copied to us most efficiently and maintained spontaneously too. Friends, what can be the more similar to the physical world than our own physical human body itself. Our body is a supremely miniaturized and best model of the infinitely spread out external physical world. It is also proved in Shastras(external website/wikipedia) with saying, "yatpinde tatbrahmaande(external website/yogapedia.com)" meaning as whatever is there in small structure/body, the very same is present in the whole of the universe too, nothing else. There are dehapurushas, that are supremely miniaturized human forms inside our own body, fully similar to human, although additionally having non-dual attitude too. Those are like the deities of the Yantra-mandalas, although being much more active and dynamic comparatively. Shastras also prove it by saying that every god is situated inside our own body. Friends, then what can be the more powerful mandala than this our own body-mandala(external website/escholarship.org). It always stays with us in each and every condition, reminding us of the supreme importance of the non-dual attitude at every moment. It is not transient and destructible just like other mandalas, even it is there with us from the time immemorial and will stay with us for ever, because we are having getting this or that living body to live in our every birth and will be getting so in each and every birth afterwards too till our liberation. This means, we would go on getting benefits of non-duality in our all of the further lives too, if we make practice to make our body as the tantric body-mandala(shareera-mandala/external website/pinterest) through contemplating it likewise at every moment of our life. *Friends, majority of people are too busy in the body-wasting sex too much. The sex is a most mysterious thing, that has been least studied ever. If it can push down to the hell with improper practice, the same can lift up to heaven and even to liberation too, if it is practiced properly and with kundalini yoga. This book describes the well experienced and effective method of sexual conduct in a proven tantric style, which leads quickly to the Kundalini awakening, that is the main door-entry to the ultimate liberation.*

Friends, these Dehapurushas situated everywhere inside our body are quite patriotic and nationalist to their host body-country (hindi e-book- shareeravigyan darshan). They teach us these qualities, if contemplated through this modern philosophy, SHAVID(shareeravigyaan darshan/body science philosophy). There is also present the whole range of nature inside our own body. That nature is fully nourished and conserved by dehapurushas unlike the external macro-nature degraded by the so called modern community. If you are nature-lover and nature-conservationist, the e-book is just for you. Friends, our amazing human body(for detail, please visit this external website/wikipedia) is composed of countless number of cells. Those work all together in tandem; in a synchronized and cooperative way, thus making one of the best society possible ever. Thus the basic principle behind our life is a love full, truthful and cooperative society. We can learn these arts and much more from them. At the same time, they are non-dual and lively liberated (jeevanamukta/external website/speakingtree.in) too. They are mindful. If they are considered as mindless then such amazing jobs would not be possible by them without a properly functioning mind. So it proves that they have a mind but at the same time they are mindless too, due to they being unattached to their mind through their non-duality. Human also try to make that type of society, but fails miserably each and every time. The reason being, we don't know about them in full detail in a spiritual/philosophical style. This e-book(Hindi) solves the very same problem.

Friends, we go on working and behaving exactly similar to how dehapurushas(those body cells) work and behave, but only we go on getting attachments, ego and duality; not those dehapurushas. This e-book shows how to learn this trick from them. Dehapurusha is being written as singular at some places, though those are in a countless number, only to show that they all are exactly similar to each other spiritually or in form of real self. This e-book also shows how to make dehapurusha as your own Kundalini and how to get her boost up through contemplating him/them. There are a lot of misunderstandings and misconceptions regarding non-dualism (e-book, kundalini demystified- what premyogi vajra says). These all have been nicely clarified in a practical way in this e-book.

Unique worship by body-science philosophers

Body science philosophers go on worshiping the non dual Dehapurushas continuously at every moment of time with infinite types of objects, without adopting special formalities for the same. This is so because Dehapurushas are not far away from them but they exist inside their own body. They bath them with different types of waters obtained from different types of water bodies like streams, rivers, ponds, springs, waterfalls, seas and oceans etc. They also provide them water for the sacred hand wash, sacred foot wash, self-purifying purpose, mouth wash and so on. They provide them incense sticks in the form of different airs full of different aromas. They treat them with different types of medicines. They make them travel through different types of vehicles. They listen to their good words. They make them hear different types of sounds as if beautiful and rejuvenating sounds of sacred bells, mantra-chanting etc. They feed them with different types of foods as if sacred eatable offerings. They help them experience different types of lights as if sacred lamps. They entertain them with different humanely entertainment devices/procedures, thoughts/works as if exercises and yoga along with humanely consumerism. In this way, all the works done by a Body-science philosopher are there as if God-worship. All the experiences by a man are nothing else but as if the mental waves only, that control his all the activities. But actually Body-men/Dehapurushas produce

those waves inside their own brain to keep good control over their Body-country, Dehadesha. A man who understands this, he considers those Body-men as if the actual doers and actual consumers. Therefore he remains free and liberated even while alive and fully functional. The mental kundalini image gets superimposed over Dehapurushas with sustained and combined practice of SHAVID-nonduality and Kundalini yoga meditation. Actually, we all are worshipping this non dual Body-mandala/country unknowingly since the eternity. But we do not get its benefits for we do not know and accept this reality. Through study of SHAVID, our correct faith regarding this becomes solidified. So we start getting its benefits and even possibly may receive the whole lot of collected benefits suddenly in the form of a quick awakening. In this way, we can see that Body-science philosophers are fully similar to Vedic-Pauraanic (Vedas-Puranas) people. Although externally they may appear as more practical and logistical, but they are more peaceful, unity conscious and liberated from within comparatively. They are similar to that ocean agitated with storm, that is fully active externally (with mind and body) like them, but fully peaceful and static internally like those same.

Love inside our own body

There are countless love affairs and marriages occurring inside our own body every moment. Likewise, beloved children too are reared well there just as inside this very present macro world. There are numerous competitions for marriages([classic svayamvara pratha-external website/wikipedia](#)) occurring inside our body, where competitors are struggling to achieve the success. Competitors have to race on a very long and tortuous track with rocky terrains and mountains. During this run, many dies of hunger and thirst. Many are killed by wild animals. Many are killed by the security forces out of suspicion of being terrorists. Many of them fall down from the rough surfaces of the mountain and many die after eating different types of poisonous herbs and fruits. Only one of them succeed to marry the over beautiful Queen.

Hatred, anger and wars inside our own body

Countless number of wars go on running inside and outside of this body-country, every moment. Many enemies full of hatred, stay outside of the boundary walls for long, waiting for the right opportunity to invade the Body-mandala/country. When border-fencing of this living Mandala gets damaged due to any reason, then those enemies cross over the border. There they are discouraged by the first line of defense until the soldiers of the second line of defense showing great hatred and anger against those enemies arrive quickly. Great war starts. In the majority of cases, body-country wins. But in few exceptional cases, those dirty enemies win and take control of the part or whole of the Body-country. Either those rubbish enemies are cleared out by the invaded nation with the help of foreign help or they themselves destroy the attacked nation to consume that at their free and dirty will.

Public grievances and revolutions inside our own body

Many times, some groups of inhabitants inside the Body-country become so much aggrieved that they revolt against their own nation. They turn many simple civilians too into anti-nationals. Sometimes, they become tied up with the external enemies. In return, Body-government tries to pacify them with loving means, but when they do not leave the revolution away, security forces have no option but to kill them in an armed struggle. Body-country wins. Sometimes revolutionists take control of the body and destroy that for their ugly and transient benefit.

Jealousy inside our own body

When some poor and afflicted citizens inside our own that Body-country of which we are the kings ourselves, become so jealous with the rich citizens, then they start an armed struggle and consume all their resources while themselves sitting idle, without doing any useful work to the society.

Desires and choices inside our own body

Dehapurushas(citizens/body-cells/hormones/enzymes of our own body-country/physical body) of Dehadesha(body-country) also desire foods, drinks, water and other environmental comforts just like us. These desires are fulfilled well. Choices are also shown by them. Dehashatrus(enemies of dehapurushas) of a special caste, race or religion prefer special dehapurushas to attack. In the same way, special dehapurusha marries only a special dehapurusha-category, denying even the beautiful others.

Greed inside our own body

Dehashatrus are very greedy. They destroy the attacked dehadesha out of greed to consume all the resources at once, without a second thought.

Delusion inside our own body

Out of delusion, Rajakumara dehapurushas(prince-dehapurushas) die for the dehadesharajakumari(princess of the body-country) in dehadesha-svayamvara(free-will selection of a life-partner by a girl/queen to marry in the dehadesha) as told above.

Mad(power-ego)inside our own body

Sometime, dehasainikas(body-country-soldiers) become filled with Mad and start harming and killing their own dehadesha's dehapurushas.

Friendship inside our own body

Dehapurushas feed up and care well their friends hosted inside their own dehadesha, although for their own benefit. In return, their friends work for them in a miraculous way.

Family planning inside our own body

Due to this, population density inside the dehadesha is kept stable and constant at a most optimum level.

Cleanliness inside our own body

There is kept a perfect cleanliness inside the dehadesha.

Social hierarchy inside our own body

There is a great social law and order existing inside our own body. There are numerous stages of officers as if officers above officers up to a long range. They all obey the orders of their higher officials accordingly.

Division of labor inside our own body

Some groups of dehapurushas are farmers, some are drivers, some are engineers etc. to run the body-society with the top most efficiency.

Grouping inside our own body

Dehapurushas always work in groups, not in isolation. Due to groupings, they cooperate effectively, due to which quality and strength of their work improve dramatically.

Specialization inside our own body

There are quite effectively developed trends of specializations and super-specializations inside our own body. Dehapurushas doing treatment work are specialized in the field of health. Likewise, drivers are specialized in driving etc. All dehapurushas know all the arts and works together, but are only specialized in that work, which they perform regularly.

Kings, ministers and higher officers inside our own body

They also exist in the micro country too in the same way, just as they exist in the macro-country.

Remaining all others inside our own body

Sports, trainings, assemblies, plannings, grief- redressals, jokes, public-complaints, hazards, births, growth, maturity, death e.t.c. and all of the other life-activities; and emotions take place inside our own body, just as those take place in the macro society of a big nation. These all exist inside the micro-country/our own body in the same way, just as these exist in the macro-country or the world or even the universe/cosmos/space.

Despite being changing mentally and physically continuously, Dehapurushas are unchanging always just like the unchanging Tao. Shareera-vigyaana-darshana(SHAVID)/Body Science Philosophy is just like Taoism, though in a more theistic and practical form. Although SHAVID accepts God as full of humanity and inseparable from the nature/humanitarian spontaneity in every way unlike most of the religions.

The topmost saying regarding Shareeravigyan darshan (Physiology philosophy)

Actually, everything possible/imaginable exist inside our own body with a detached and non-dual attitude of its inhabitants.

The English translation of this book is having name, “The Mythological Body”.

Similarity between ancient Egyptian spiritual sexuality and Indian Tantra

What is Ankling and how is it done?

In the Ankling, 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 Ankling's line drawing and loop

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

Scientific explanation of Ankling

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

Equality between the Ankling and Sexual Kundalini yoga

In Kundalini Yoga, energy is called Kundalini. This is the mental picture of the master or God in most cases. In this yoga, the Kundalini is affirmed by sexual energy in various chakras, especially in the brain. The Kundalini, after attaining strength, continues to be experienced and so it purifies the mind and body for long period. The same happens in Ankling. Although here energy is considered to be centered only in the heart area. For some time it also stays at the eighth chakra. In the in-between track and the loop, there is only a subtle movement of it. Actually, the most lovable thing is settled in the heart. This object is single and one. There is no love with two. The heart is the place of love. In this way, the so-called energy of Ankling proved itself as a Kundalini. According to the belief in ancient Egypt, during sexual intercourse, the energy of sexual orgasm / ejaculation either falls down to underground, or is blurred in the form of various thoughts of the brain. In both cases, it is destroyed. However, if the brain is

thinking about the sole kundalini, then sexual energy is not destroyed. That is because Kundalini's meditation is done daily, not of other thoughts. Therefore, the sharpness of the Kundalini, which is made of sexual energy, persists for a long time. Because other thoughts are rarely born again, so their tremendous sharpness has almost collapsed. Together, sexual energy produces very small effect by dividing itself into all the thoughts, whereas in kundalini yoga, whole of the sexual energy is received by the sole Kundalini, which keeps it completely sharpened. Therefore, it is proved that the so-called energy of ancient Egypt is only the Kundalini, and Ankling is not different from sexual Kundalini yoga. In a way, we can also call Kundalini Yoga as simple and scientific variation of the ankling technique.

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

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

Kundalini Tantra accepted as scientific by lord Shiva

Friends, it comes in the Shiv Purana that when goddess Parvati spent a lot of time with Shiva in the divine forests, mountain ranges, she became completely satisfied. She thanked Shiva and said that she is now completely satisfied with the pleasures of the world, and now wants to cross this world knowing its true nature. Shiva told Parvati the best way to worship Shiva. He said that a devotee of Shiva never perishes. Whoever harms the devotee of Shiva, he definitely punishes him. He also told the nature of Shiva bhakti. Told physical methods of worship, archana, pranam etc. Told mental methods like sakhya, dasya, surrender etc. Then said that one who is completely devoted to Shiva, dependent on Shiva, and is always immersed in his meditation, he is most dear to him. **He is compelled to help such a devotee, even if he is of sinful and ill-mannered morals and thoughts.** He has described Shiva-bhakti as the greatest knowledge.

Parvati's walking with Shiva is the creature's pleasure with the help of the soul

In reality, the creature is the form of Chittarup or mind form. The creature here is Parvati, and the soul is Shiva. The thoughts of the mind shine through the power of the soul, it is written in the scriptures and as experienced by enlightened beings. It has not been explained properly. People think that the power of the soul is infinite, so if the mind has taken a little power from it, then what will be the difference. But it is not so. The soul itself becomes darkness by giving its light to the mind. It happens in the same way as the mother herself becomes weak by giving her strength to the child in her womb. Actually this does not happen, but due to illusion it appears to the living entity. For this reason, Parvati's mind was filled with illusion while enjoying with Shiva. Feeling the deep darkness of her soul, she wanted to cross that darkness forever. It is a psychological fact that unless a man experiences the problem in a tremendous way, he does not try to solve it in a proper way. That is why experienced people say that only after drowning in the ocean of the world does the desire to go beyond it arise. Therefore this tantric theory is a scientific truth that tendency is very important for retirement. Without tendency, the way to retirement is not easily found. Therefore, by being tied in the strings of rules and dignity, one should make a lot of merry in the world, so that the mind gets bored with it and finds a way to go ahead of it. Otherwise the mind may remain entangled in this world. Many are so sharp minded that listening to the tales of others' luxuries, they enjoy themselves to the fullest. Some have to experience them themselves. Kundalini is considered to be Shiva, and Kundalini yoga is considered to be devotion to Shiva.

Kundalini also has the same benefits, which Shiva has told through his meditation

Shiv Purana has called this meditation image as Shiva by not saying Kundalini, because this Purana is completely devoted to Shiva only. Therefore it is natural that the sage, the author of Shiv Purana, would like that everyone should make Lord Shiva as their Kundalini. According to the above Shiva words, Kundalini Tantra is the most scientific, effective and progressive. **Sinful and ill-mannered attitudes are also seen in Tantra from outside, although there is also a powerful Kundalini along with it.** That dazzling Kundalini sanctifies them. Not only Shiva's grace is received by the intense Kundalini Shakti, but material progress is also received from material Panchamkars etc. By getting many benefits from this together, spiritual development happens faster. Shiva himself also seems to be of ill-mannered behavior from outside. Prajapati Daksha had done a great insult to Shiva only by imposing this stigma. In fact Shiva is an eternal personality. What happened to Shiva, is happening to people like him even today, and will always happen. For the creation of eternal character, the wisdom of the sages has to be admired. On the other hand, ordinary Kundalini yoga has a lack of physical energy, leading to a very slow spiritual growth. Where Shakti resides, there Shiva also resides. They always stay

together. That is why it comes in Shiv Puran that contrary to popular belief, Shiva and Shakti or Parvati are never separated. Sometimes they make a closer relationship with each other, and sometimes they stay at a distance while telling stories to each other. Their close relationship means a man's state of Kundalini awakening or samadhi, and a short distance apart means man's general worldly state. I have experienced all these benefits of Kundalini Tantra myself. Once I had a pain in my ear. I took many medicines in vain. I was having the opposite effect. Then I handed over all the responsibility of my ear to Kundalini. I completely surrendered to Kundalini. The very next day the homeopathy doctor himself dialled and told me a small recipe, which made the pain disappear. And there were many benefits from that medicine. Once a misunderstanding made my many enemies. I became completely dependent on Kundalini. By the grace of Kundalini, I kept on progressing, and they kept watching. Eventually they repented. Repentance is the greatest punishment for sin. My son was fragile and sick since birth. Inspired by Lord Shiva, I took shelter of Kundalini for his health. To please the Kundalini or say that to make the Kundalini shine additionally, god Shiva also made some small humanly tantric tricks through me. After that I started getting success in my business and my son also started growing like full moon.

There was never any mass dispute among Hindus about spirituality

Kundalini meditation is Kundalini devotion. The same remembrance that remains in the mind through devotion remains by meditation or dhyana. In order to make the Kundalini famous for their influence, there has been a competition from the beginning between different sects and religious sects. In Shivratan, there is a story to tell Lord Shiva to be superior to Lord Vishnu that once Lord Shiva kept a big throne in his cowshed and made Lord Vishnu sit on it. After that the cowshed inside the supreme abode of Lord Shiva became the Gauloka or cow abode of Lord Vishnu. These were lovable and humorous narrations proving their superiority, they did not contain hatred, in contrast to the fanatical (like jihadists and other forcefully converting religious groups) mentality since the Middle Ages.

Partial idealism is also responsible for the decline of Hinduism

Sharing the true experience of spiritual achievement with the public was treated as arrogance. The spiritual achievements of life were covered by the description of the transience of life and death. On the other hand, those who made material progress kept on demonstrating their achievement without hiding anything. People also kept spreading their fame. It was not considered as arrogance. Because of this the real spirituality shrank. Fake spiritual people came forward to take advantage of this shortcoming. They introduced spirituality with a tinge of materiality, which was accepted by the people. That too people did not find as arrogant. Due to this spirituality fell further. In this way, no one considers himself to be self-knowledge or a kund. In this way, anyone can call himself enlightened or Kundalini-awakened. If one has actually attained enlightenment, he should always present his apparent experience to the whole world, so that it can be matched with the original, classical, and universal experience. Such an experiencer keep on discussing, reasoning and proving its veracity related to that experience throughout his life. At the same time, his spiritual development also continue throughout his life. He remain dedicated to awakening throughout his life. Only then can it be considered that the experience of such a person is real experience. Many people have experience of awakening that lasts for four days.

Klunalini tantra can curb religion born mental illness

Friends, in a post I was telling how Kundalini Yoga used to make my mental state stable and healthy. A friend was saying that a crippled mind cannot be cured by love etc. According to this, even Kundalini cannot be awakened by love. But it happens. There are different levels of brain degeneration. We do not say that everyone will become healthy, but there will be some improvement in everyone. Even all physical patients especially congenital or genetic patients are not cured by medicine. I meant to say that when Kundalini Yoga looks like a mental illness, then even mental illness can be made like Kundalini Yoga. Perhaps this is why mental illness is viewed from a divine perspective in most religions. **When meditation is spoken, but the necessary energy is not arranged for it, then mental diseases will surely spread. I will not pinpoint any particular religion. But it is known to everyone that most of the extremist type people who hardly believe in religion appear like mental patients** or are real mental patients at this time. **Pakistan** is a living example of this, where according to a report there are about more than fifty millions mental patients. *It also appears if there is excess energy in any religion, then there is no meditation in the right way, or there is no meditation at all and vice versa. Only Kundalini Tantra seems to me to be an exception in this, because it also speaks for meditation, and also arranges the additional energy required for it.* Due to the lack of proper meditative dhyana and energy, religion or spirituality becomes something else, it becomes completely opposite, it does not remain in its original form. **Eckhart Talle** got the experience of awakening at the peak of depression. Means he was not mentally ill but was undergoing natural Kundalini Sadhana, which he and the people of the world mistook for depression, that's why they were not able to handle it properly. There are many such examples. A cerebral palsy used to come into our office quite often, running with his foot shoes on his head. One had to shake hands with him cheerfully and jocularly, or else he had to pay a rupee. If not found, he used to run away by picking up a small piece of soap. Once in front of us he slapped a stranger so hard that he was completely shaken. I felt that he was angry with me but fearing my tantric power, he took his anger out on him. To this day, I see the regret of that incident on his face. It is love that was keeping him on the line. Similarly, an unmarried and low-level differently-abled person, influenced by my Kundalini Yogashakti, used to do many works for me almost without any remuneration, but I used to give it to his family members in his name. Why shouldn't it be understood that in mental diseases like **Alzheimer's**, due to the deterioration of the main parts of the brain, the excess neurotransmitters that accumulate, they create an imaginary picture that looks real in the form of **hallucination**. Similarly, the same thing happens when the mind is controlled and pacified by yoga that's how Samadhi develops. But in the first case, this samadhi-like image is unhealthy, uncontrollable and devoid of the purpose of awakening, but in the second case it is a healthy, controlled meditative image, which brings about awakening. Have the **communists** invented the phrase "**religion-form opium intoxication**" because of this confusion? The rest, we leave this topic to **psychologists** and psychiatrists, because we do not want to stray from our original topic.

Kundalini Tantra Thrives better in an Eco-Friendly Lifestyle

Friends, in the previous post, we were seeing how nowadays the physical progress a man is making, his material, spiritual and natural sorrows are also increasing. All the vices of the mind are nearing their peak, and are ready to become demons and devour man. Also, that demon can be killed only by Kundalini Shakti. The meaning is clear that today human civilization is standing at that point, where only Kundalini Yoga can save it. I recently went on a trip to the mountains. Where there was such a cooler in the plains, in the mountains people were sleeping covered with quilts and blankets, and were getting heated by burning fire. All the seasons of the year could be seen within a day. Saw a wonderful sight. A local acquaintance was also found there. He has land at every prime location on its way from the depths of the river to the top of the mountain. He wanted to use that route as a tourist trekking route and to realize the fantasy of hut-like tourist rooms and flower gardens at the prime points of the track. Although it requires initial investment and manpower, but he wanted to do it cheaply and in a natural way so that the least artificial resources are used, and the risk in the business can be removed, because he appeared not more prosperous financially. This is often the case. Those who want to do it don't have money and those with money can't do it. He also practices Homeopathy and Naturopathy. He said that such patients and other people come to him every day, who spend up to four lakhs by going to a distant and expensive place like Goa to reduce their weight by 2 kg. So he says that he can lose their four kilos of weight just near to them and in much less time and money. But it is the same thing that people don't even like 100% natural, some artificial construction has to be done to create attraction. Nowadays people have a great hunger to live in the midst of nature, because there is indiscriminate abundance of artificiality everywhere. There is just a shortage of those who serve properly to satisfy that hunger. Nevertheless, the horses of the mind can be made to fly. The biggest problem seems the decreasing graph of courtesy and discipline among the tourists day by day, the fear of anti-social elements remains separate. By the way, there is also a shortage of efficient tourism related staff to guide and serve them properly. Concrete forests are taking the place of the natural forests of the mountains. There seems to be little and insufficient control over the rising population. I found success in my tantric yoga practice leaving the big, grandiose and beautiful concrete mansion and in a small, old and dilapidated house built in a quiet area, allowing natural air, water and Sun to enter inside and having lovely harmless microorganisms and tiny lives like ants, lizards, cockroaches, wood and soil eating insects etc. Even snakes and scorpions live around meditative Shiva. Although it's deadly extreme in case of us human beings. Of course my old house was also visited by bats and rats twice or thrice. The bats were chased away through the window with great difficulty because they cannot see. Then the holes and cracks in the walls were sealed with packing of envelopes etc., because they penetrate even through small spaces. Similarly, the rats also had to be driven away due to the fear of snakes. Its roof was not of RCC, but thin beams of RCC were laid at intervals. The gaps between the beams were covered with tiles, which rested on the beams on the both sides. There was a very thick layer of clay like smooth soil over the tiles. Tiles were then again joined together on top of the soil, so that rain water does not enter inside. The soil would have absorbed some leakage and evaporated it out. Due to this, the roof did not get too hot from the sun, and it did not get too cold in winter. See, things open up like layers of onion. Circumstances like darkness are the symbol of Muladhara. Under the influence of such an environment, the energy easily ascends to the Sahasrara, provided proper spiritual practice is done. That's why Shiva lives in the crematorium. Perhaps it happened only later, because of the subtle and indirect force of the same magnificence, because the day feels good only after the night. Anyway, after spending more than one's capacity on building, vehicle etc., or giving them unnecessary expansion, a man gets entangled in their maintenance and other worries, due to which he is not able to give enough time and energy to Yoga. Think, an average

grand house is built for at least fifty lakh rupees. Putting this much money in the pension scheme, a pension of fifty thousand is made every month, for the whole life, and the principal amount of fifty lakhs remains safe as it is. There is no need to worry about earning for the whole life. Living comfortably in a shanty-like environment-friendly and health-friendly house, continue doing yoga with a blissful life and keep playing guitar. Playing the guitar is also a high-quality meditation, witnessing meditation. Many people take a loan from the bank, then by paying the installments, that house doubles, that is, costs around one crore. Many clever people borrow money from relatives or friends to avoid interest. Innocent people even give them loans, but forget the interest from them, they are unable to even recover the principal amount. Due to this, there is a rift in the relationship and friendship. Some people even grind their children in the mill of loans. The hobby of a fool's house is very expensive. Ego also grows with grandeur, and when it is destroyed, it is also destroyed. Anyway, the old and raw concrete still seems to be alive and little breathing, it seems like suffocating in the strong and new concrete. The real life takes place in a house made of mud, that's why nowadays people's craze towards mudhouse is increasing. It is also earthquake resistant. Now-a-days many people are making pillars and lenter made of RCC, like an earthquake resistant net and keeping the walls wide with rammed soil, and providing sealing of wooden slabs under the lenter or asbestos sheets. Due to this, it is getting the double benefit of strength and naturalness. Natural looking, wide and breathable tiles can also be installed on the floor and on the walls upto two or three feet of the ground floor. The partition between the rooms can be made of thin or thick mud wall as per space available or wood instead of brick. Kitchen and washroom cum toilet can also be kept earthen and natural, provided tiles are fixed on the floor and on the working wall and shelf up to some height. I have been living comfortably for many years in this type of British-era luxurious and completely natural, made of mud and stone, about twenty feet height till the ceiling, environment friendly kothi means bungalow just like as shown in this post's header image. Of course, tiles etc. have been added to it later. It had an iron sheet roof over its wooden plank ceiling. It is said that it is also of the same old age, no new one has been inserted. The electrical fittings on the mud walls were also rare to see. It looked like it might fall down, but we were not to hang onto it. In a house where even the walls breathe, the mind will do pranayama, yoga etc. on its own. Soil is also flexible, and yoga also has flexibility. Soil has the basic strength of the earth. It keeps the man balanced, controlled and practical while working for Muladhar Chakra. The danger of earthquake remains every moment. Mild tremors were felt again today. For a long time, these tremors are coming continuously, which can also be an indication towards some untoward incident. I pray to God with folded hands that this should not happen, of course if they want the excess and destructive energy of the earth may be spent in small tremors only. Don't know why people ignore earthquake so much. Why do they believe that an earthquake cannot happen if they are there? They take care of everything while building houses but not earthquakes. Perhaps everyone considers the person who talks about earthquake to be a fool and a coward. Maybe it's like death is real, but no one wants to talk about it. I also think that one of the reasons for this is that nowadays people are already very sad and upset in the world, maybe they consider the earthquake as the solution to all the problems unconsciously in the subconscious mind, but in practice it is a form of ignoring it. Would have given The qualities of a house definitely have an impact on the person living in it. The more solid and strong a house I see, the more solid and strong the ego of the people living in it seems. Soil is malleable and connected to the earth, hence the ego of the people living in it is raw and malleable, and they also appear to be down to earth, and less temperamental to me. This means that modern houses also have a big contribution in the downfall of today's man. They pollute the environment a lot. It is believed that cement plays a major role in the emission of greenhouse gases. In fact, cement is very raw. It gets strength only by mixing iron bars etc. in it. For big buildings in cities or for big bridges, flyovers, dams, and other water storage bodies cemented structure is also necessary,

but what is the need for common houses in villages, countryside or sparsely populated places, because there is no need for much strength. There it is being adopted like a sheep run or a fashion symbol. It also consumes more electricity and water. When it was first used in Switzerland to build huge dams, it was considered a national pride, and it was considered immortal. But later it came to be known that the maximum age of concrete is only 100 years. Where there is no constraint in the availability of land, a single storey house is sufficient. It also looks beautiful, and is also connected to the ground. I think that building a home more than one storey height in the mountains is an insult to the deity, because high mountains are the form of the deity. Anyway, there trees, plants and other natural views should be visible mainly, not man-made artificial structures like buildings etc. A principle of Vastu Shastra has come recently in my own experience, I have not read it anywhere. In an open and airy place, such a crossroad where opposite paths wear almost equal compositions, Kundalini starts functioning there. In fact, such an intersection makes a symbol like a swastika.

Kundalini tantra and eunuchs have an inherent relationship

Shiva Parvati travels on different chakras after meeting in Sahasrar. In fact, the real Shiva is the complete non-dual form of supreme. Real Parvati is the mental meditation picture. The bodies of man and woman who are bound in love are only a medium or a helper to bring about the union of the real Shiva and Parvati inside. Both those bodies first go to a secluded place, where there is no disturbance from anyone. Shiva and Parvati went to a cave for this where they courted for a thousand years. This secluded place can be called Sahasrar Chakra. There Shiva got awakening. Then both started roaming at different places. In fact, some place is associated with a particular chakra and some with another. That's why sometimes some chakra was active and sometimes the other. The chakra which is active, the meditation picture i.e. the real Parvati also gets focused there, this is the rule of yoga. That is why there nondual and bliss form Atman i.e. real Shiva is also more expressed, because Shiva and Parvati want to live together. Embodied Shivparvati are co-operative with bodiless Shivparvati, not opponents. So if someone says that the real awakening is due to the union of the real Shiva and Parvati within the mind, physical romance ie love has no contribution in it, then it doesn't appear correct.

The bodiless Shiva inside the embodied Shiva is in the form of nondual supreme, and the bodiless Parvati there is in the form of mental Kundalini meditation image. When the bodiless Parvati residing inside the embodied Shiva becomes completely united with the bodiless Shiva therein, it is called Kundalini awakening of the embodied Shiva. In this, the embodied Parvati helps embodied Shiva through romantic love relationship. This gives the bodiless Parvati the sexual energy necessary for maximum manifestation that's for the formation of clear mental meditation images. Due to which she rises up to the Sahasrar Chakra and becomes united with bodiless Shiva inside.

Now let's describe embodied Parvati. The bodiless Shiva of embodied Parvati is also in the form of same nondual supreme or formless lord, and similarly bodiless Parvati as her mental meditation image. When the bodiless Parvati residing inside the embodied Parvati becomes completely united with bodiless Shiva, that is called the Kundalini awakening of the embodied Parvati. In this, embodied Shiva helps embodied Parvati through romantic love relationship. This gives the bodiless Parvati inside the necessary energy to manifest as much as possible that's create a clear mental picture. Due to which she rises up to the Sahasrar and becomes united with bodiless Shiva there.

Now when awakening has occurred that's bodiless shivaaparvati has been fully united in sahasrar, then this union descends down through front channel. Although at lower chakras they aren't fully united, it's as if sharp meditation image is experienced with profound bliss. First this union drops down to agya chakra. There meditation is strongest of all chakras except sahasrara. Then it descends to throat chakra. Then to heart chakra, then to manipura chakra, then to swadhishtan chakra and lastly to mooladhara chakra. Here this union becomes ready to return back to sahasrara chakra through back channel, however awakening doesn't happen again for long time due to many reasons. This shivaaparvati union goes on wandering the entire planet stationing temporarily at different places akin to chakras. You can call sahasrara as shiva loka or mount Kailash, agya chakra as alkapuri and likewise all others. You can also call all twelve chakras as dvadash jyotirlingas, in which Kashi is also one that's very favourite to Shiva and there Shivparvati are often seen wandering blissfully.

Bodiless Shiva and Parvati are equally situated within both man and woman. The female body has been given the form of bodiless Parvati or mental meditation image because the qualities of both are found more matching. The male body has been given the form of bodiless Shiva or formless supreme because the qualities of both are more similar to each other. This means that

all people are bisexual to some degree, because both have same bodiless shivaaparvati inside and both have bodily characteristics matching to bodiless shivaaparvati, although proportion of bodiless Shiva and bodiless Parvati gets varying. But one who boldly reveals both these genders outside, is insulted by being called Hijra or Kinnar or eunuch. Although some physiological defects can also be behind these expressions. They were highly respected in ancient India, and were considered special. This thinking had changed during the period of slavery. Now even the third gender has got official and legal status. Eunuchs are a good example of Yinyang i.e. Shivashakti union. In these, Kundalini Shakti appears abundant as I think. When coming in contact with a woman, you feel the similar essence as that with a familiar man, then understand that the yinyang is bound very much and strongly in her. This type of masculine woman helps much in awakening. With her, a meditation picture is always firmly fixed in one's mind, without any special spiritual effort or yogic practice or only little of these is enough. From this it can also be possible that when being in contact with a man, one starts feeling the contact of a woman with the same nature as him, then he is also a storehouse of yinyang. Surely it happens as many people's experience says this. This type of womanized man also helps much in Yoga meditation and awakening. Yes, one more thing, I don't feel the need to write separately about gay, lesbian, etc. people, because they also seem to me to be bisexual or Shivshakti like eunuchs, meaning both men and women are seen in them. Actually, what happens as a basic principle is that the feeling of sexual intercourse that arises towards eunuchs, has more restraint in comparison to a perfect woman or man. This happens because a man is seen in a woman and a woman is seen in a man. In this opposite view, the sex drive is always present in a controlled form, that is, it neither disappears like a normal state, nor grows uncontrollably, pushing a man into the quagmire of sexual vulgarity. Because of this, the energy that goes from Sahasrara and other chakras to Swadhishtana and Muladhara chakra due to sexual desire, it turns back and goes up amplified through the back channel and again turns down through front channel chakras creating activity in the organs related to them. Meaning that energy does not come out in the form of sexual intercourse or ejaculation. The energy circulating in the chromosmic orbit is considered to be excellent, as it refreshes the entire body, and also amplifies itself through the influence of Muladhara. Now no one may give me the status of kinnarologist or eunuchs expert. That's why I will not go into much detail. Both these types of yinyang personality help a lot in Kundalini Yoga and awakening. So why not consider eunuchs on the same lines as Yinyang machine or Kundalini machine. Probably this was the main reason for their respect in ancient India. That is why their number is considerable in India, and here they also have their own separate society. They worship Ardhanarishwar. Otherwise, people keep saying that their blessings are not false, their spoken words prove to be true, etc. All these are Siddhis like Kundalini Yoga Shakti evoked. Recently, I saw a biopic webseries named Tali, which is based on the life of transgender Gauri Sawant, who played a major role in getting transgenders a constitutional status. It showed how she was a victim of atrocities and hatred since childhood for revealing her bisexual nature, and how she helped society to change such attitudes.

Kundalini Tantra is the base of transcendental knowledge

A successful education policy is that students can choose any subject of their choice. A science student can pursue subjects like spirituality, music, yoga etc. and a student of spirituality can pursue science. This leads to complete development of the man and his hobbies are also fulfilled. While making fulfilling his hobby, he also studies his main subjects well. Nowadays the trend of such education policy is increasing. My profession is related to science but I fulfill my passion for spirituality through writing.

Someone asked a question on Quora whether the soul can think and evolve without the body. I said that absolutely this could happen. When I had an encounter with the spirit of my deceased relative, he said that he did not even feel that he had died. I also did not feel at all that that person had died a few days ago, rather it seemed as if he was clearly alive in front of me as before. It is a different matter that when I realized about his death with some old memories, he also disappeared at that very moment. Along with this it was asked by her whether that her very state itself was the ultimate state of liberation. First of all, if the disembodied soul did not have the power to think and understand, it would not have said such things or asked such things. Together, it wouldn't have disappeared immediately after getting the presumably satisfactory answer. This means that the disembodied soul has all the qualities of the physical mind and senses, and they function just as they do in the body. But not like the body. Meaning, all the work done by the senses is done by the invisible soul. It is heard, seen, thought etc. by the soul with the help of the soul. Perhaps the soul's experiences are felt directly only by connecting with another soul. That soul was connecting with my soul and asking something, but no one was visible to speak the words, nor were the words coming from anywhere outside. Words were felt but as deep and invisible as the soul. I was feeling his invisible soul along with his invisible words through my soul and I too was not responding with any external physical words but my soul itself was conveying it to his soul in the form of words. I have described this in detail in an old post. I was feeling connected to that soul, hence she was sensing what I was thinking. The thinking was not ordinary but it was a deep thinking of the heart-soul. The soul gets the body so that it can experience the physical world directly through the body, without any expectation of connection with any other soul. It is possible that the soul can directly connect with physical objects and feel them, as can be seen from the incidents of haunted castle etc. However, this connection would be different and lesser than the connection with the physical body, because if there was a similar connection then why would the soul acquire a body full of sufferings and diseases. What the soul said that it did not feel as if died is correct because nothing dies. If someone says that only the body dies and not the soul, that too is wrong, because the body also does not die. In fact, the physical body also exists within the mind and not anywhere outside. How can the picture of the shape and size of the body which is settled in the mind be destroyed? Yes, this picture may sometimes become gross and sometimes subtle, but it is always there. Just as when a bulb in a room is extinguished, one feels deep darkness for a while, but then a little visibility starts appearing in the room, the same happens after death. The images of all the bodies we have had in our countless previous births are recorded in our subconscious mind, meaning none of our bodies have died till now. That's why I felt in the soul of that familiar person his entire previous resume, meaning his average appearance. His body of that birth was a small part of that subtle database. That is why I was able to recognize him completely because the imprint of that database is also on the present body. That form of his self was similar to the body of his birth and even more than that. Meaning that no one dies due to the destruction of the body but comes back to its original subtle form which other physical bodies cannot grasp. The subtle body is a complete body in itself. The physical body gets to provide it with physicality. Whatever the physical body can do, the subtle body can also do it. There may be difference in size and speed. Then it is said that after the death of a human being, he can be

reborn as the body of any living being. This also doesn't seem right. When no one has died then how can there be birth? The body also actually resides in the mind. Also, animals other than humans do not keep looking at their body or face etc. in the mirror. Meaning, they are not even aware of their appearance. They can only guess about themselves by looking at others like them, but they don't have that much brain. Inside him is the mind of the same person who was reborn in his form. What kind of rebirth is there when the mind has not changed?

That departed soul tried to establish contact with me several times. Many times during that time, fluid like from my stomach would come into my throat and I felt as if I was suffocating. Perhaps this was due to the rising of Kundalini Shakti in the Nadi. Then I would explain things to him lovingly and respectfully and ask him not to come again. It seemed as if that soul heard everything and agreed. In fact, to connect with other souls, deep yoga practice and perfectly healthy body is necessary, which is not always possible to do in ordinary life. Initially I used to practice Tantric Kundalini Yoga, which is probably why I got that power. Even Tantric Yoga practice cannot always be done in household life. It is possible that many souls remain attached to our body and keep taking information about the world, but we do not even realize it. I even feel that that spirit came to wake me up so that the oxygen level in my vital organs does not drop to dangerous levels. I sometimes had increased gastric reflux due to spondylitis inflammation. She was a charitable soul and was very friendly towards me, right from her lifetime.

The existence of the subtle body has also been considered in the scriptures. It contains the mind, intellect, all the vital forces and all the senses. Meaning, it can do all the work and enjoy all the fruits like the physical body, but in a subtle form. This means that there is a micro world that is much more extensive than the macro world, in which everything happens like the macro world, but in a micro form. Only great Tantra Yogis realize it.

Kundalini Tantra protects us from ego

Friends, after awakening, man's intelligence almost vanishes. It would be better if we call it the destruction of dualistic physical intelligence. He keeps making spiritual progress. This is because physical intelligence is born from ego. But immediately after awakening, ego almost vanishes. The man is always surrounded by a non-duality form light. I am not talking about sleep. Everyone feels darkness in sleep, but even the darkness of sleep does not hurt because of the nondual light while awake. It also becomes pleasurable. Ego is just a name for darkness. It is the darkness of ignorance. Many lucky people get a chance to live in this ego-less state for a long time. But many people start adopting ego soon because they feel troubled or deprived by the world. Many people, who are completely healthy physically, remain safe from ego even in the midst of that worldly chaos by practising advanced Tantric Kundalini Yoga. They also maintain a working intelligence and do not let ego gain a foothold. But when they are unable to do tantric kundalini yoga properly due to physical weakness or illness, they also start getting caught in the clutches of ego. As soon as they come under the grip of ego, their intellect starts running like a bullet train. Do this, do that. This responsibility, that problem. In this way, the intellect establishes itself completely by making hundreds of imaginary excuses. When darkness settles inside, then darkness will be seen everywhere outside as well and man will keep struggling to escape from it. If the darkness inside is eradicated, then it will disappear outside on its own and man will be able to sit peacefully. Wearing dark glasses, everything outside looks dark. If you remove the glasses, everything starts appearing clear. Then with growing intellect how can the mind stay behind. When the intellect has generated a good income, then the mind will definitely tempt to enjoy it. Sometimes it will dream of going to the cinema, sometimes of a picnic. Sometimes of a trip to the mountain, sometimes of eating and drinking. Sometimes of doing this, sometimes of doing that. Along with these dreams, countless other thoughts also start arising. In this way, the whole world is created in his mind.

When a person starts following the thoughts of his mind, then his breath will definitely become fast. Because it involves hard work. It means that a person reaches the level of prana. Those breaths give the senses the power to enjoy pleasures and work with them. Initially, he feels the bliss of pleasures in the senses, not outside. Later, when he starts paying more attention to the object being enjoyed, then he feels that some subtle things come out of them and come in contact with his senses, which they feel. They are tanmatra only. Then, by singing more praises of the objects being enjoyed, he starts feeling that this experience of pleasure is in the objects of enjoyment only. This increases his attachment to those objects, due to which he starts studying those objects in depth. It means that the Pancha Mahabhutas that's five major elements are created.

We want to make it clear here that we are not saying anywhere on this website that this should be done or that should not be done. Everyone has their own personal problems and needs, according to which everyone has to act. It is better if a person takes a decision himself after understanding it rather than it being forced upon him. Perhaps this started happening in our culture, that is why spiritual and scientific knowledge declined. We only present the principle side. The truth must be known, whether to follow it or not depends on the person's own choice. Mahatma Buddha says that rising and falling continues in life. But the evil lies in the fact that a person is fallen and does not understand that he has fallen. The one who is aware of his fallen state will definitely try to rise when he gets a chance. But the one who is not aware of his fallen state will continue to live in the illusion of considering his state as normal state or raised state and will not be able to try to rise even when he gets a chance.

All this is described in detail in the scriptures, but nowadays people's understanding about them has become distorted. I once read in an article that respected Mahesh Yogi ji also said about similar. He has a good influence in foreign countries. However, some allegations have been made against him by his opponents. As per that article the ancient Hindu Sanskriti in India has become distorted. Means I also think these scientific facts have been covered by defects like unscientificity, helplessness, slavery, poverty, conservatism, stupidity and fanaticism. However, this feeling depends on various factors like the way of looking at something, level of spiritual and material development, cultural environment, place and time etc. One person may find something bad, while another person may find the same thing good. The feeling towards which more people or more power centres are inclined is considered acceptable in the society or the world. Still These facts need to be brought out of these defects. With time, every culture starts getting blamed. Many cultures of the world have become history due to this reason, but despite being among the oldest cultures, Hindu culture has survived till today because from time to time various philosophers and social reformers have been trying to remove the allegations on it. Today, this allegation seems to be at its peak. Therefore, to remove this also, positive intellectuals with a scientific outlook will have to come forward. By the way, we want to tell that we are not with any religion etc. but with the truth.

Thank you for reading this book. For more information you can visit the website demystifyingkundalini.com.

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Good luck everywhere.