

# Misconception of Kundalini

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## Introduction

A worldwide awareness is being created for more than five decades beginning from the visit of Swami Vivekananda to the United States of America and a historical famous lecture made by him in the world religious conference at Chicago in the year -----.

Thenceforth several spiritual dignitaries propagated both by introducing yogic practice based on the eight limbed aphorisms of mystic union. (Patanjali Astaanga yoga sutras) Ghernda Samhita, Siva Samhita and Hatha yoga Deepika and from the texts of Thantra spiritual science.

The notable among them are Maharishi Makesh Yogi, Pandit Gopi Krishna, BKS Ayyangar, Baba Ramdev, and **Yogananda Paramahamsar**, Swami Sivananda Maharaj, Paramahamsar Yogananda, Swami Chinmayananda, Swami Rangananada, Swami Dhayanda Saraswathi, Bhagawan Rajneesh (Osho) , Srilasri Prabhupatha of Iscon, Swami Sachidananda disciple of swami Sivananda , and notable Swamis Swami Sivananda order of Rishikesh school, Rama Krishna Mission , Swami Chinmaya Mission ,Swami Sivananda of Rishikesh, Yogi Bhajan and others.

However, this author admires the one and only person **Sir John Woodtroff** who is a great exponent of the Thantra philosophy which highlights the aspects of Kundali and Kundali yoga. Sir John woodruff has taken great pains to read the relevant basic texts, to assimilate, to research and to meet the renowned contemporaries authorities who are well versed in the relevant texts and to clarify all his doubts. Though Hatha yoga practices are also awakens the Kundalini, more practices like meditations and rituals are included in the Kundalini yoga of Thantra. It is astonishing to note that awareness has been created in more than 190 countries about the yogic practice resulting in United Nations organization acclaiming the

importance and announcing 21<sup>st</sup> June of every year to celebrate as international yoga day.

This author gives more authenticity to Saint Thirumoolar who is the earlier exponent of all the Agama shastras of Thantra and rendered about three thousand verses based on his inner mystic experiences. This scriptural knowledge is being highlighted by this author with confirmation from his personal experience derived from the Kriya yogic practice of Maha Avatar Babaji (Guru Babaji) a great Himalayan yogi.

The approach is to highlight certain salient features of Kundalini and Kundalini yoga and the basis and the minor details can be learnt from the texts of the reputed authors.

## **Kundalini**

Sir John Woodtroff in his text *The Serpent Power* had made commentaries to the two most important texts a) *Description of Six Centers* (Sad Chakra Niroopana) b) *Fivefold Foot Stool* (Paathuka Pancaka)

Kundali etymologically means the coil. It is at the root center of the six mystic centers in the human body. This is being referred to the serpent **(Bhujanga)** by the ancient yogis because the serpent is symbolically associated with mystic energy.

## **Kundalini yoga and myths related with serpent**

In the erstwhile Indian rural area there is a cult worshipping the snake as the power of the Divinity and the sculptured stone status of two snakes entwining a staff were rampant in all over the villages particularly the statue was invariably installed wherever there is peepal tree.

This cult has been extended to the all parts of the globe particularly the east and central Asian countries namely Japan, Korea, Vietnam, Cambodia, Laos, Indonesia, Vietnam, Laos, and China and even up to Mexico, Egypt, Greek and other North American countries.

It is no wonder that medical science has adopted the symbol of two entwined snakes on a staff **(Cadeuceus)** being inspired from the Greek healing God **Aesculapius** who carries the snake staff as its symbol, probably to mean the healing power. Similar to the serpent power is a mystic symbol which redeems an

aspirant from the wheel of cycle of birth and death leading to liberation by making this serpent power which is taking rest at the root center to raise by a proper yogic process to the center of forehead, the thousand petal lotus where there is Absolute Consciousness is centered and thereby all the miseries are ended and Absolute Bliss is obtained which is a spiritual healing. This yogic process is known as Kundali yoga.

If it is said that not only the novice of yoga discipline but also the yogic practices that have attained a certain level of noteworthy experiences are not crystal clear about what is Kundali. There are certain misconceptions and confusions among many so called yogic except those who have undergone and as well as understood the experiences and cross checked and confirmed with the relevant texts that speak about Kundalini.

Snakes were supposed to have possessing mystical transforming energies and the wisdom to unlock the secrets of immortality. They were both feared and adored. With both the energies of regeneration and extermination and connected to dark under worlds as often to as they were to divine light.

The shedding of the slough is considered to be a mystical rebirth snake and Kundalini.

According to etymology the thousand hooded snake (energy) carries the earth. Lord Vishnu is supposed to have been sleeping on the seven hooded snake as his cough.

The snake poison which causes death is also used as a life saving in certain medicinal preparations, works as both good and evil.

Ignorance is as poisonous and as deadly as Cobra and knowledge is its curative aspect.

This is imagery that the supreme knowledge lies dormant in the ignorance of the unconsciousness. The three coils represent the three qualities Sattva (pure light) rajas (action) and Tamas (darkness) as well as the equilibrium of three qualities in the Nature (Prakriti) and the half coil represents the transcendence of the triple qualities of the nature.

When the serpent lies dormant, it is normally coiled; when it arises it stands erect more than half of its length spreading its hood, particularly, the king Cobra

remains in this position for three hours which is being related to the sleeping Kundalini and arousing Kundalini.

Since the whole body of the snake is in touch with the earth, when it moves, it possesses the mystic power of knowing well in advance even before a period of three months, the likely changes in the earth like earthquake and others.

The coiled snake represents the egg of the female and the moving snake with its over sized head and its undulations represent the moving sperm of the male responsible for reproduction.

The Chinese depicted in the coils of two entwined snakes of opposite centers later understood as yin and yang representing creation as twins but in opposites, the consciousness and its energy as male and female aspects.

The Egyptian god **Ra** assumed the form of the snake to inseminate the cosmic egg.

The Greeks called this figure **ouroboros** which is depicted as circle formed by a snake swallowing its own tail may be meaning the continuous process of creation and destruction.

Like the mystical snake, our own sensuality can serve to either further entanglement or liberation from the material coils meaning the out world movement of mind through the senses its bondage and the inner journey of the mind leads to the liberation.

While majority are convinced that Kundali is resting and the roots center are the Moolathara chakra. There are persons who vouch -safe that the center of Kundalini is the right eye. The reason may be the eye is like a circle and light passes through it. So, kundu means circle and oli means light.

There is one other school of thought who advocates that Kundali is in the center of the head. So, there is difference of opinion among these different schools of thought and each one criticizing the other school as useless and so on and claiming that their practice and experience and location of Kundali are genuine. So, there is naturally chaos and confusion and as a result endangering the very faith and truth.

These persons must not only speak from the experiences but place forth their relevant texts for scrutiny based on reasons to establish their experience. But anyhow this author would try to reconcile their experience at a later stage in this

article, while he is strongly belongs to the school that Kundali is taking rest at the root center because there are texts and a line of many thousands of persons who follow Vedanta as well as agama schools rely that the root center is the center for Kundali, right from Sami Vivekananda down to Lahiri Mahasayar.

### **What is Kundali?**

So, we must ask first what Kundalini is. What is the limitation to the meaning for this nomenclature? Does this Kundalini exist anywhere other than the human body? If so, how does it exist? Where does it exist? Which is the source and substratum?

Kundali is a name given to the creative energy in the body. This energy creates the centers of elements ether in and above Anjna the center between the two eye brows. The source for this is consciousness energy which is in the center of forehead namely sahasra the crown center otherwise known as the Sithakaatha particularly between the space between the pineal gland and pituitary gland which is in the spiritual heart known as Akam.

The substratum fore this is nothing but absolute consciousness which is the absolute effulgence in the Sithaakaasa, space of consciousness, temple of consciousness remaining inseparably.

This conscious energy which is the higher energy becomes a creative energy and creates as mentioned above ether and air space in the throat center, (Visuthi) fire space at the heart center (Anahata) water space at the umbilical center (Manipoorakai) and the land space at the genetic center (Swathistana) and finally it is taking rest at the root center which is the support for all other centers above.

Kundali takes the rest because it has no other function other than the creation of the five elements and each center is a place of a consciousness which makes its energy to perform certain physio physic activities.

A person is worldly as long as the Kundalini is sleeping and he is slowly marching towards self realization when the Kundalini awakes and thereafter he begins to sleep towards the world and becomes totally spiritual. When this Kundalini reaches the source from where it has emanated and becomes totally spiritual.

The danger is for so many reasons the effort to take it to the crown center is prohibited, and makes anchoring in a particular center during the voyage and begins to exhibit intensively the character of that particular center more than the worldly person and if he is lost in it, he is the most worst than the worldly. Such persons are called as fallen from the mission.

This creative energy is known as cosmic energy or Maha Kundali if it begins to make creation in the cosmos. Many people who lack depth in scriptures are unaware that the cosmic energy is spread in all the universe and woven as waft and warp. So, cosmic energy is a creative energy elsewhere other than the body and its source is consciousness energy (Cit sad) which is inseparable from the absolute consciousness.

This Kundalini energy and the cosmic energy are identical and the scriptural maxim what is here is elsewhere.

### **Kundalini practice**

In fact, it is a reverse process. The Kundalini is safely taking rest in a rented home. Its original home is the crown center. It is futile to keep it in inactive and to be ignorant. It is like a king's son forgetting his royal nature due to circumstances of time from his childhood before formation of memory to be brought up by shepherd and thinking himself as a poor shepherd boy.

So, the ignorant mistakes such a great form of energy by presuming it to be very ordinary and is not taking any effort either to awaken it or to take it to the royal palace. The practices are being described by the tantric sciences which are in no way inferior to the eight limbed yogic science of Patanjali. The author thinks that this is one of the basic misconceptions as to which to branch spiritual science this Kundalini yoga belongs.

So, the sleeping serpent if it is awakened and aroused the practitioner shall allow the Kundalini to perform its functions namely cleansing the centers of energy, the elemental spaces.

Unless the path is cleaned it cannot move, so each center needs to be vibrated by chanting its natural names and in addition by making by proper locks,(Banda's) breathing ,(Pranayama) Mudras ( ) and postures.(Asanas) by the direct guidance and supervision of the right Master.

With all respect this author lacks to caution that the Kundalini is a king cobra and please do not misbehave to endanger

In fact, it is normally said that the Kundali passes through the energy tube sushmanaadi. But indeed, there are two more subtle energy tubes within the sushma namely vajra and citrani. Kundalini passes through the energy center citrani and is connected to the focal point where all the three major tubes namely the sun, (Pingala naadi) the moon (Idakala naadi) and the fire (Agni naadi or sushma naadi) meet.

Thereafter, it has to pass through the narrow and subtle path of Brahma randra the path leading to the life as experienced and described by the Lord Jesus Christ.

It is none other than creative energy taking its original form, the supreme consciousness energy and uniting with its substratum the absolute consciousness.

The bhujanga asana (Cobra poisure) of Hatha yoga, is being believed to act as a stimulant for the movement of the prana, the life force

The crown of the Egyptian rulers the Pharaoh wore a crown named uraeus in the form of golden cobra meaning that they have mastered the Kundalini energy .God has directed Moses to make fiery serpent and set it upon a pole which would cure and save persons bitten by snakes who see it.

The symbol of brass serpent placed upon a pole represents the rising of Kundalini and its transformation is spiritualization of the material or base energy.

The historical event in Egypt, Aaron throwing his staff in the royal assembly which becomes a serpent and swallowing all other serpents of the Egyptian magicians is metaphor to mean that the Kundalini energy of Aaron is greater than the Kundalini energy of the Egyptians.

Lord Siva wearing ornaments as snakes around the waists' neck and crown and other parts of the body and Lord Vishnu in yogic sleep on the snake mattress represents the power of Kundalini.

### **Different names of Kundalini**

Kunda means a whole in which all debris and rubbish is through which becomes a homogeneous mass.

Kundala means ear ring or a circle. The circle has no beginning or an end. The cosmic energy revolves in circles around the static consciousness, the consciousness in circles.

Saint Thirumoolar describes this Para Naatha as a pole, static Siva and around it Para Vindu, the Sakthi, the energy of consciousness vibrates in circles like static nucleus and electrons revolving in various orbits.

Kundalini refers to the same cosmic energy taking rest in a human body. In a three and half coils, (some say) rounding the static consciousness Svayambu **Linga (Self made)** at the root center (Moolathara)

Kundalini is differently named as Serpent Power, Sri Lalitha, virgin energy, fiery energy, supreme energy, divine mother, divine father, Primordial energy,(Adi Sakthi) Chi,Ki, Holy Spirit, tongues of flame, burning bush, golden flower, the spirit of the valley, the middle path, hands will speak, coiled energy, Goddess energy, Residual Power, Divine power, Physic or Libidinous energy, Serpent of Consciousness and great reservoir of creative energy.

This Kundalini is being described in three different manifestations.

- 1) *Para Kundalini* : unmanifested cosmic energy
- 2) *Prana Kundalini*; Vital energy of the created Universe.
- 3) *Sakthi Kundalini*: The link of creation from consciousness to the principle of earth.

Kundalini yoga initiation is known as baptism by fire, Sakthi path, the shorter way to god, the kingdom of God is within you. The second birth,

When Sakthi descends to the lower chakras, the Kundalini is known as world bewilder (Jagan Mohini) and causes/deceptive power/illusion (**maya**), delusion, limitation, ignorance and ensnarement in material life.

When descends she becomes grosser and loses her power and subtlety

When the Kundalini ascends through the chakras , removes the veils of the deceptive power (Maya), reabsorbs all the creative principles , becomes subtler, limitation are gradually removed , the mind becomes serene and a vehicle for peace and bliss, awareness blows smoothly,

In her formless state, she is consciousness and shine in its pristine glory.

In her creative form, she is consciousness energy (Sakthi) the power of manifestation and the power of will or cosmic consciousness.

When the Kundalini is awakened, there are two signs, one is its awakening and the other is opening the energy centers.

The feeling of cool freeze is at the top of the head and the cooling of the cool freeze are noticed.

The mystic union namely yoga is attained when the Kundalini the creative energy becomes consciousness energy when reaches the thousand petal lotus and becomes inseparable with consciousness energy.

Thirumoolar says the Kundalini becomes dissolved in the void (Space) of consciousness as self luminous effulgence the absolute consciousness. All her power is transformed into love. The original innocence is regained and the original face is seen.

### **A brief outline of the chakras**

Chakras are wheels which are the psychic energy centers through which the vital energy is being taken through the energy channels up to the level of proteins in the gnomes.

These are known as the energy vortex because energy vibrates in the centers like a whirl pool.

The psychic as well as the physical health more depends up on the purity and the fullest extend vibration of energy in the energy centers.

The name naadi is derived from the root nad means the motion. So naadi are transporting vital energy which is a subsidiary of the creative energy Kundalini.

Sakthipath is process of initiation by which Kundalini is made to awaken and pierces through the six energy centers slowly and steadily through each energy centers since it is the tortoise which wins the race and not the hare.

Even otherwise the tortuous practice brings more evil say imbalance of emotion , illness , laziness, psychic disorders, breathing disorders, nervous disorders, stress, isoemia , depression, head ache, fear psychic and hormone imbalances.

Normally six energy centers supports the movement of energy and the seventh is the support less since the Kundalini settles there in the thousand petal lotus sahasra which is the center of consciousness, the temple of consciousness.

### **The six centers:**

- 1) The root center consisting of four Sanskrit letters as for nadis and approximately covers the coccygeal regions consisting of four vertebrate bones as single bones and known as root center or **Moolathara** chakra slightly below the genitals related to the gross organs of generation.
- 2) The second is with six nadis of Sanskrit six letters covering approximately the area of the region sacrum with five vertebrate as single bone and it is known as genital center slightly above the genitals, known as **Svadhithana** center related to micturition.(urination/evacuation)
- 3) The third center is with ten naadis of Sanskrit ten letters covering approximately lumbar region with five vertebrate as a single bone and it is known as the navel center (**Manipura**) related to digestion.
- 4) The fourth center is with twelve Naadies of Sanskrit twelve letters covering approximately the dorsal region consisting of twelve vertebras as single bone known as the heart center (**Anahata**) and related to cardiac action.
- 5) The fifth center is with sixteen Naadies of sixteen Sanskrit letters covering approximately the cervical region consisting of seven vertebrate as a single bone known as throat center (**Visuddha**) and related to respiratory system.
- 6) The sixth center is with two Naadies of letters of Sanskrit covering the cranium area consisting of 31 spinal and twelve cranial nerves arousing sensation and stimulating actions and known as the eye brow center (**Ajna**)

This is a place from which order received from the limited consciousness Jiva which is slightly above from the center and connected to the crown center where the limited consciousness the Jiva and the absolute consciousness atman are remaining is being directed by impulses through the relevant five centers down to this for execution and as well a feedback of execution is being received.

According to Thirumoolar the Holy saint, there are 45 nervous in the sympathetic nervous system on the left side and altogether as one single moon naadi (Ida) through which the orders are forwarded and the other 45 sympathetic nerves in the right side of the spinal cord are meant for receiving information about the execution of the orders as feedback.

So, in the mind center (Subtle Body) there are two Naadies, one for forwarding the orders and the other for receiving the feedback.

Tha chakras are said to be eight when the crown chakra which is turning downward to a mundane person is made to turn upward by the Kundalini reaching the crown center which is known as the 8<sup>th</sup> center.

This apart there is two more chakra near ulva known as lalana chakra situated at the root of the palate (Thalu Moola) above throat chakra and below Anahata the mind chakra( manas) between crown chakra otherwise called as Soma chakra and mind chakra. The limited consciousness is between Ajna and crown chakra.

Now the various locations of Kundalini visualized by some are to be reconciled. One such location is misc conceived to be the right eye. The eyes are responsible for the functions of the vision which is also a movement of energy. So, if somebody by misconception meditates on the right eye, the movement of the energy to the crown center may be noticed.

In fact, each center is a energy vortex, i.e vibration of energy like a whirl pool and there is no wonder the creative energy vibrates at the crown center before it becomes consciousness energy to become inseparable from the consciousness from which it emanated.

So, if somebody visualizes the vibration of Kundalini and says the ground center as its location this need not belittled,

But however to the experience and logic Kundalini is a creative force and it must be with the final creation the element of earth, at the root center.

## **The experience of the Kundalini yoga of the author**

This author due to his merits earned of the past several births, was made to meet his genuine realized guru Sri M of Satang foundation on 13<sup>th</sup> of February 2003 at Madanapalli and was initiated in the unique Kriya yoga practice of Maha Avatar Babaji which was being practiced in secret for several aeons.

This Kriya yoga practice is an excellent design of various yoga practices says, Hatha yoga, Kundalini yoga of Thantra, mantra yoga, Pranavam yoga, Pranayama, hand gestures, internal lock bundhas, and Royal yoga as all included in five limbs.

Initially, he experienced pressure in between the eye brows and later he understood this because the energy which is being spent through various organs are withdrawn and concentrated at single point.

Prior to Kriya yoga practice, he had chronic **cervic** spontyltis due to nervous pressure in the cervical bones c3 and c4 and suffered radiating pain in different parts of his body.

The author experienced neck pain and hip pain at the right side may be due to the cervical problem or the symptoms of Kundalini syndrome.

He experienced numbness of his legs since he was sitting in meditation and later relieved.

Saint Thirumoolar has suggested that a yogi should take bath of Pancha kalpa, in Thirumantram 849, in which , need seed, white pepper, **kasturi manjal, nelli vatral and peel of kadukkai** are to be taken in equal weights and crushed into powder. This powder should be mixed and made into a paste. This paste is to be applied on the head and allow it to enter inside the head through the roots of the hair remaining for about two hours. This medicinal application absorbs the impure heat produced at initial stage of yoga practice and keeps the head cool and relieving the head ache. This author took this bath in regular intervals. His Guru M guided properly and increased the number of Pranayama depending on the adaption of the body to the pure yogic heat and so he is not affected by the Kundalini syndrome.

On 17<sup>th</sup> February of 2003, the author for the first time heard the humming sound of a black bee and followed by the chirping of love birds, the windy noise

This experience happened just within a period of forty eight days of regular practice both in the wee hours and in the evening during sun set for an hour.

This author later realized that he could cross the first milestone so early may be he could have continued from his earlier birth.

On 20<sup>th</sup> February 2003, he could be able to visualize the rampant thoughts during the meditation in the beginning has very much reduced. At the same time he found it difficult to come out of meditation and felt comfortable to remain in meditation.

On 25<sup>th</sup> February, 2003, for the first time, while he was practicing yogi madras, he could be able to see the yellow color.

In addition to all these visions of sound and light. On 28<sup>th</sup> February, 2003 he sees his first dream vision of visiting to a hill temple Thirupthi.

This author in the initial period of his practice introspected the impurities of his mind on 10<sup>th</sup> March, 2003, and he was able to understand as to how he was haunted by a thought that he should become a minister of Tamil nadu province and the other thoughts in priority to the next to the thought is lust and anger egoism and vengeance.

The most significant event which a yogi should experience happened on 21<sup>st</sup> September, 2003. I see for the first time in the midst of the morning Kriya practice while performing Jyothi Mudras. The self luminous soul with dazzling bright light emanating from the third eye appearing from a flower pot and many sparks emanating from it and the author was unable to tolerate it for more than a few seconds.

Later, after a decade, when the author has a chance to read the yogic experiences of Lahiri Mahasayar noted in his diary that he too has such experience.

*The author also understood while reading a book on the art of varma, that the Jyothi Mudras activates certain spiritual varma points to induce the mind to go to silence and to make the soul to be visible.*

All these occurrences are not in the physical body but in the subtle body.

On 24<sup>th</sup> August, 2006, in a dream vision, the author announces to himself the self epilogue that the time has ripened to transform to renunciation (**sanyas**), from yoga the next level of seeking supreme knowledge.

But the worldly wisdom prevails upon him that he has certain unfinished mundane duties and postpones renunciation. However, the author was satisfied that a seed of renunciation has fallen.

The author is convinced about the truth of the Vedic statements that a man becomes what he thinketh when he takes to renunciation on 5<sup>th</sup> June 2008. to attain supreme knowledge for which no rituals are necessary and to be taken on one's own self accord.

What a coincidence and the scheme of the divinity that this author has to put self knowledge to self enquiry and to be initiated on scriptural knowledge. This scriptural enquiry takes place just a fortnight prior to taking renunciation on 24<sup>th</sup> May, 2008.

Thereafter in many of his dream visions several realized persons appeared in dream visions and blessed him and initiated him.

He used to frequently see cobras and elephants in his dream visions.

On a particular dream vision, he was initiated by a nirvana Guru in a temple of a female deity and where he saw a strange animal named by the owner standing nearby as **KARUNJOTTI** a wooly strange animal with the face of the dog and body of a young cow-calf of one year old and held by a chain.

These were slowly vanishing.

On 31<sup>st</sup> March, 2008, in one of the dream visions, Kala, the servant of Lord Yama is seen to have standing near the bed room door and staring at me. On suspicion, when I checked the door of the bed room is bolted. I questioned him as how dare you come in the mid night? He has not replied and pulling me holding both of my hands and with greater struggle, I could be able to extricate from him.

There is fast interaction between the pineal glands and crown eye with greater activity of the vital force. I felt as if some mechanical force of engine acting on me. I woke up, pray all the deities and Gurus and request them to guard my bed room.

The author makes a rapid progress in both yogic practice and to attain supreme knowledge .He practices yoga four times a day early hours, noon, evening and midnight.

In each practice, he makes 108 Kriya Pranayama, a vaasi yoga method which is breathing through the throat by arousing Kundalini through the citrani naadi or Brahma naadi which is within the Sushumna naadi the central energy channel.

He becomes voracious reader and the relevant books of various philosophies are made over to him by the grace of the divinity through his visitors depending on the spiritual maturity and at the proper time period where his spiritual evolution attained a state to read, reflect and absorb those philosophies and he owned all his learning's as his inner experiences.

Every time he sits in meditation, and particularly during Pranayama an abundant secretion is collected in the mouth and as per the direction of his guru, he swallows it. This is mistaken by many as nectar. However, it is not saliva since it is sweet

In fact , nectar is divine light which make the body immortal.

Within a period of two years he was able to learn and teach the essence of Vedanta of Kovilur tradition. Simultaneously after a decade of Kriya yoga practice, his Guru endorsed the view of this author that he is fit to initiate persons of Kriya yoga and he gives Kriya yoga initiation rarely to the deserved aspirants.

Due to the unintermittened serious and severe Kriya yoga practice, the author attained the perceptions of Omkara and its subtlest aspects of inner light and inner sound (Para vindu and Para nada)

Inner light started with pale yellow color, mirage like appearance, black center circled by white which turning as the sky and its stars and later becoming totally bluish (the color of the primordial energy) stated by Thirumoolar as Neelanga menial, the Sakthi with bluish color and subsequently white as cloud and finally as pure white which is the representation of lord Siva.

Similarly, the author was hearing intermitted inner sound and later in the full course of practice of Jyothi mudra /Yoni mudra of Kriya yoga and followed in deep meditation.

During the course of the time, the author was hearing invariably all the time whenever he reads spiritual books, meditates before the sleep comes and immediately after waking, ending in silence a soundless state **Naadanta** while slipping into absorption **(Samaathi)**

The author could able to see simultaneously the breath gradually moving from the root chakra (Moolathara) to the crown chakra.

This process is the Apana in the rectum located heat energy to moves to merge with prana around umbilical region and thereafter proceeding to the center of the forehead, the locus of Temple of consciousness. **(Sida Akaka)**

During Kriya Pranayama, the author could observe the free blow of the breath right from the Temple of Consciousness down to the root chakra and passing out through the rectum and the movement of the breath up and down to throat breathing. **(Vaasi yoga)**

This process is an inner breathing and rotating the breath and not inward and outward breathing through the nostrils.

Now the inner light appears only at will and not regularly while the inner sound is permanent and stops when the mind becomes silent dissociating from the senses.

The meditation, absorption, inner sound and silence are spontaneous without any effort at all **(sakasa)** as an effortless effort often told by Bhagawan Osho.

The author likes to live in solitude with perpetual Peace, **(saanthi)** perennial Bliss **(Ananda)** and embodied liberation **( Jeevan Mukthi)** by neither accepting nor rejecting anything enjoying whatever comes in his way befitting to the life of renunciation being in the middle path.

Now he is not disturbed by the qualities of wrath, coveting, enmity, vengeance, lust and so on and he is more easy and relaxed.

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