

The Kundalini Workshop

Facilitated by George A. Boyd, MA





Mudrashram

A Meditation Training Program of
The Mudrashram ® Institute of Spiritual Studies



The Kundalini Workshop

By George A. Boyd, MA © 2011



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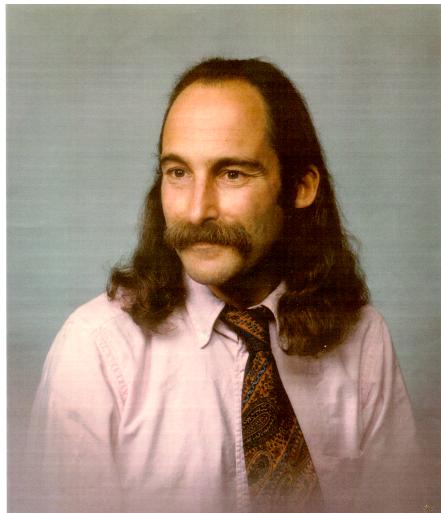
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George A. Boyd is a meditation teacher, counselor, and author, who has been offering a variety of educational and guidance services to the public since 1983. You can learn more about his services at <http://www.mudrashram.com>.



George has studied and practiced meditation since 1965. He is an expert meditation teacher and an innovator in the field of meditation. He developed a system of integral meditation in 1983 that he has taught to groups and individuals since that time. He was listed in *Who's Who Among Young American Professionals* in 1988 for his contributions to this field.

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George held groups for adult children of dysfunctional families for one and one half years. He facilitated Social Skills Training groups for five years. He worked as a drug abuse counselor for three and one half years with heroin addicts. He did his graduate clinical traineeship with a dual diagnosis population.

He has worked as an academic and vocational counselor for 16 years. He has been honored by inclusion in *Who's Who Among America's Teachers* for 2005 and 2006 for his role in service to youth.

He has presented public lectures and workshops on meditation at the Whole Life Expo and Learning Adventures. He was invited to speak at Babaji's Parliament of Yoga and World Religions in 1993.

George is the author of *Drugs and Sex*, published by The Rosen Publishing Group in 1994. He has self-published eight books, and several workbooks for meditation classes that he has developed, and a correspondence course for advanced meditation students. He has written many articles about the practice of meditation and its applications, and about recovery from addiction. A selection of his articles and poetry may be found on his web site, <http://www.mudrashram.com>. You may order his self-published books on www.mudrashrampublishing.com.

Kundalini Workshop

This workshop has been developed to give you a deeper understanding of the Kundalini Shakti, how it operates, and how it manifests in your daily life and in meditative states. You will learn the rudiments of activating it and controlling it. We will do a variety of meditations to explore the kundalini so you can gain a clearer experiential grasp of this powerful energy.

Signs of Kundalini Awakening

In daily life, Kundalini Shakti works behind the scenes, activating the vehicles of the Subconscious and Metaconscious minds. Five rays emanate from the Kanda, the seat of the kundalini, to animate the centers of the Conscious mind.

Centers Activated by the Rays of the Kundalini Shakti
The ego
The faculty of Reason (mental seed atom)
The emotions (emotional seed atom)
The physical body (physical seed atom)
The ground state of awareness



When the Kundalini is activated and begins to rise, these five rays are withdrawn from the Conscious mind. This results in the following changes in awareness.

Center	Result of Activation of Kundalini Shakti
The ego	Loss of body awareness, "death of the ego," re-identification with higher nuclei of identity or ensouling entities
Mental seed atom	Stopping or slowing of thoughts, inner stillness and silence, turning off reality testing mechanisms
Emotional seed atom	Emotional withdrawal or flatness, dispassion and detachment
Physical seed atom	Withdrawal of energy from the body resulting in immobility or temporary paralysis
The ground state of awareness	Spontaneous withdrawal of attention from its ground state into states of meditation, production of trance states

This abstraction of the kundalini energy from the Conscious mind ranges from mild to profound. Markers of the withdrawal of this energy include the following:

- (1) Heightened arousal, vigilance
- (2) Absorption in emotional issues, abreaction and catharsis
- (3) Tremor, anxiety, feeling out of control
- (4) Deep relaxation, entrance into a light hypnotic trance

- (5) Deeper hypnotic trance, physical immobility and unresponsiveness to external stimuli
- (6) Reverie state, reliving and remembering life experiences from current or past incarnations
- (7) Awareness of energy in the spinal tube (Sushumna) with suspension of the activity of the Conscious mind

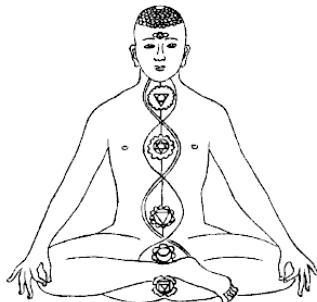
Reaching this seventh level of withdrawal allows you to meditate upon the functioning of the kundalini in its native state, and to experience the Kundalini Shakti as it is. This profound absorption in meditation is called Laya.

Kundalini within the Vehicles

As kundalini is drawn upward into the higher vehicles of the Subconscious, Metaconscious, and Superconscious bands of the mind, there are a variety of discrete stages of the awakening of awareness.

Those of you who have taken the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program received an introduction to these stages of awakening.

For those of you who have not taken this course, we reproduce a chart of the stages of kundalini awakening here so you may become familiar with these rudiments of the process of kundalini awakening.



As spiritual evolution occurs and you begin to work with new ensouling entities on the path, the Kundalini Shakti rises into new bands of the Superconscious mind. These types of higher order experiencing are summarized in the chart below.

Levels of Kundalini Awakening

Stage	Level	Content
1	Subconscious mind	Awareness of the seven chakras, opening of the inner lotuses ¹
2	Metaconscious mind	Awareness of the vehicles of the Metaconscious mind, culminating in the vision of the Self
3	Superconscious mind, Lower Subtle Band	Awareness of the five Kosas, awakening of the golden lotus, union of the individual Kundalini Shakti with the Cosmic Kundalini current
4	Superconscious mind, Upper Subtle Band	Awareness of the Subtle Vehicles, awakening of the Soul Spark, activation of the Subtle Realm octaves of Will
5	Superconscious mind, Planetary Band	Awareness of the chakras of the Planetary Man, comprising the Biophysical Universe (perineal chakra), the Abstract Mind (sacral chakra), the Psychic Realm and Wisdom Plane (lumbar chakra), the First Planetary Initiation (thoracic chakra), the Second Planetary Initiation (cervical chakra), the Third Planetary Initiation (thalamic chakra), the Fourth Planetary Initiation (cerebral chakra), and the Fifth Planetary Initiation (Transcerebral chakra)

Stage	Level	Content
6	Superconscious mind, Lower Cosmic Sphere	Awareness of the whirling wheels of the astral cerebrospinal axis, the Divine Eye center ² , and Cosmic Consciousness in the First Cosmic Initiation
7	Superconscious mind, Middle Cosmic Sphere	Awareness of the Rainbow vehicles of God Consciousness, comprising Carnal (red), Intellectual (orange), Spiritual-Psychic (yellow), Illumined-Adept (green), Angelic-Preceptor (blue), Archangelic-Avataric (violet), and God Consciousness (white)
8	Superconscious mind, Upper Cosmic Sphere	Awareness of the Masters of the Cosmic Hierarchy of Light
9	Superconscious mind, Supracosmic Sphere	Awareness of the Supracosmic Chakras of one of the Paths of the Supracosmic Sphere, culminating in the vision of the Guru
10	Superconscious mind, Transcendental Sphere	Awareness of aspects of the Bridge Path and T1-T7. At this stage the Kundalini Shakti merges into its origin, and attention unites with Satchitananda.

Swami Charan Das describes the awakening of the kundalini through your inner vehicles as: "The [kundalini energy] animates the higher vehicles of the Subconscious, Meta-conscious and Superconscious minds, permitting them to operate in the background behind your Conscious mind."

"When the Kundalini Shakti awakens, your attention passes beyond the confines of the Conscious mind, and you are absorbed into these higher vehicles. During this experience, you glimpse the content of these inner vehicles as you ride the rushing train of the rising Kundalini Shakti."

As the awakening of the kundalini intensifies, more of its energy is abstracted into these higher vehicles. This gives rise to progressive stages of perceptual experience and activation of these vehicles.

Stage One – sufficient kundalini energy is abstracted to allow the vehicle to operate in the background while the Conscious mind functions in the foreground. This is the state of background arousal.

Stage Two – more kundalini energy is drawn up into the vehicle so that you become aware of the form and content of that higher vehicle, and your attention is drawn up within it. This is the state of conscious awareness of a vehicle.

Stage Three – the kundalini activates the centers or chakras within this vehicle, releasing the intelligence or abilities inherent in these centers. This gives rise to the emergence of talents (latent abilities of the Meta-conscious mind), genius (activation of the higher intuitive faculties of the vehicles of the Superconscious mind), and siddhis (latent powers of the Superconscious mind). This is the state of vehicular empowerment.

Stage Four – the kundalini energy suffuses the vehicle completely and charges the centers in the vehicle. Nectar (amrita) and sacred fire (Agni) cleanse and purify the vehicle. The latent abilities of the vehicle are empowered and the functioning of the vehicle is regenerated. This is the state of complete energization.

Stage Five – the kundalini energy suffuses multiple vehicles simultaneously, empowering and regenerating them. This is the state of multiple vehicles energization.

Stage Six – the Kundalini Shakti rises to the seat of the ensouling entity, conferring Gnosis. This is the state of Enlightenment.

Stage Seven – when the ensouling entity evolves to a universal state of consciousness, it gains the ability to awaken the Kundalini Shakti in others at will. This is the stage of transcendental empowerment.

Methods for Awakening the Kundalini Shakti

There are a variety of methods used to awaken the kundalini. We summarize them below, so that you may have knowledge about them and also be aware of the dangers in using some of these methods.

Breathing the Kundalini Mantra. This is the safest of the methods. It involves breathing in and out a mantra that resonates in the Anandamayakosa. It is taught in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

Shaktipat. This is reception of the Shakti or Light sent by a spiritual Adept. It results in the awakening of your Kundalini Shakti.³ There is some measure of concern when a spiritual teacher raises the Kundalini Shakti to an octave of ensoulment beyond your spiritual cutting edge. This usually produces **emergence phenomena**.



Emergence phenomena occur when the kundalini breaks through into bands of your mind that are unconscious, yielding spontaneous involuntary movement or speech, upwelling of buried emotions, or sometimes, hallucinations

Opening Chakras with Mantras. Certain Bija mantras can be used to open a chakra in an inner vehicle, together with the blocked channels of the Sushumna in that vehicle and its associated nadis. While this can effectively clear the path for the kundalini to rise, open the chakras and release their powers, there is a danger of severe vehicular imbalance from these methods.

Vehicular imbalance is commonly marked by difficulty in returning to the normal waking state of awareness, locking of attention in an altered state of awareness, difficulty or outright suspension of the ability to function in the personality, and profound alteration of identification. This can even lead to psychosis.

Hyperventilative Breathing. Through methods like Kapalabhati, Bastrika, Breath of Fire, Rebirthing, or Holodynamic breathing, awareness can be profoundly altered, and sudden stimulation of the kundalini is not uncommon when these practices are sustained beyond three to five minutes.

The sustained, unnatural forcing of air into the lungs with these methods can upset the delicate alkaline acid balance of the blood, and can lead to medical complications. The other danger inherent in these methods is that they can over-stimulate the kundalini and precipitate what is called a **kundalini emergency**.

In a kundalini emergency the kundalini continues to rise unabated. It burns its way through the unconscious mind and does not return to its ground state for hours, for days, and even for years. It makes the ability to function in the personality difficult, if not impossible.

Hatha Yoga Bandhas with Pranayama. By closing of the centers by physical squeezing (bandhas), coupled with specialized breathing exercises or practices of Kriya Yoga, the kundalini energy can be coaxed upward and lowered at will. You will experience using simple bandhas in this class.

Most of these advanced tantric methods are beyond the scope of this class, and should be learned under the competent supervision of a Yoga Master adept in their implementation.

Spontaneous Awakening. Sometimes you will not practice any techniques, but your kundalini will spontaneously awaken. This is typically initiated by your Soul to make your personality aware of its presence. This occurs at a stage in your life when you either need to begin working on your Soul's purpose or when you are going through a time of special personal hardship and you need support. [We may note that the Soul has the innate ability to operate its own Kundalini Shakti.]

Shamanic Methods. These methods use a variety of psychoactive, psychedelic and stimulant plants and drugs to illicit altered states of consciousness. Some individuals experience awakening of the kundalini in these hallucinatory trances. These methods can cause permanent brain damage and may precipitate psychosis.

The teachers of the Mudrashram® lineage strongly recommend that these substances never be used. In the interests of your spiritual development, use of all intoxicating substances should be voluntarily abandoned.

Guidelines for Use of the Kundalini Shakti

Before we begin practicing the exploratory exercises in this class, it is important to establish some ground rules for working with the Kundalini Shakti.

- 1) *Avoid heroic measures.* Using methods that force the kundalini to rise in unnatural ways can precipitate kundalini emergency syndrome. In this catastrophic scenario, instead of going back down to its ground state, the kundalini keeps pressing deeper and deeper into the unconscious mind. This syndrome is marked by severe headaches, inability to think in a rational, linear fashion, and inability to perform work or carry out the activities of daily living.
- 2) *Always ground the kundalini after meditating.* Don't leave meditation with your kundalini risen up. Without the kundalini reinserting its energy back into the Conscious mind, you run the risk of trying to function in a trance state. Trance states are fine for meditation or hypnotherapy, but can seriously interfere with your everyday functioning. Experience the bliss of meditation, but please come back: you are also needed here.
- 3) *Don't seek spiritual powers.* Some aspirants seek to quickly awaken the kundalini to gain miraculous powers over Nature. There is no rush on this. Powers will come on their own accord as a byproduct of normal spiritual evolution. Focus on facilitating your spiritual evolution, and these powers will come to you spontaneously, without asking.

- 4) *Limit your practice of the kundalini.* One time monthly or at most one time weekly should be sufficient to activate your Superconscious mind and awaken your awareness to realize your Soul's essential nature.
- 5) *Stop using kundalini meditation if you have negative experiences.* If you are having emergence phenomena, stop doing kundalini meditation. Focus instead on doing Raja Yoga, Nada Yoga, and your transformational mantra.⁴ If you are not prepared to encounter and confront what is in your unconscious mind, stay away from techniques that access this band of the mind.
- 6) *Work to control the kundalini energy.* Don't practice techniques that over-stimulate the kundalini, so it rises without your ability to direct it.
- 7) *Don't enslave yourself to experience kundalini.* Many cultic groups utilize the promise of kundalini to make you dependent on the leader of the cult. Learn to gain mastery of your own kundalini energy to augment your own mental functioning and to activate your dormant ability and creativity. Especially be wary of groups that ask you to do dangerous heroic measures to arouse your kundalini, or keep you in a trance state with your kundalini permanently raised up in an altered state of awareness.



Exercises to Explore the Kundalini Shakti

In our workshop we will do twelve guided meditations to give you a first hand experience of the kundalini and its associated nadis. Highlights of these meditations are reproduced here so you can return to study them in another session to deepen your understanding.

Meditation One – The Kanda

After passing through the centers of the Conscious mind and the Personal Unconscious band of the Subconscious mind, you will come to a center in your perineum area. Visualize light in a spiral tube with three and one half turns. This spiral tube unites in a brilliant globe of fire, which is nestled in the midst of a golden triangle. Focus your attention at the edge of this fire and feel its energy radiating.

Meditation Two – The Rays of Kundalini Shakti

Move your attention into the flame and feel the rays of the kundalini anchored in the Conscious mind. Notice the connection with the ego, with your mental seed atom, with your emotional seed atom, with your physical seed atom, and with your waking awareness. These will feel like currents of energy extending in front of you, connecting the kundalini with centers of your Conscious mind.

Next, lift your attention above the flame into the opening to the spinal tube (Sushumna). Notice if you can feel the kundalini energy rising in this tube, the way mercury rises in a thermometer. Just feel the energy.

Meditation Three – The Sushumna

Move your attention through the opening into the tube of the Sushumna. Move your attention up this tube as far as you can go without encountering blockage or darkness. Hold your attention at the deepest point you can reach where the tube is still open. Allow your awareness to open into this center. Observe whatever content arises as you contemplate at this center. Feel the energy in this center.

Meditation Four – The Ida and Pingala

Notice the channels on your right and left that resemble the helical pattern of a medical caduceus. These are the Ida and Pingala, which move energy downward and outward toward your Conscious mind (Pingala, on the right) and upward and inward towards deeper layers of your mind (Ida, on the left).

Focus your attention on the tube on the right (the Pingala) and follow it downwards. Notice that it passes through one or more chakras. Also observe that it is connected at its base with the fire of the kundalini.

Do the same thing with the channel of the left (the Ida).

Return your attention to the deepest point where the Sushumna is open. Notice that on the right and on the left, the tubes of the Pingala and Ida wind into the unconscious zone of your mind.



Meditation Five – The Lotuses of the Chakras (Physical Octave)

Meditate on the lotuses of the Subconscious mind. Notice which petals of these lotuses are open in you and which are blocked. Meditate upon the lotuses, beginning from the lowest center at the base of the spine. Focus on each lotus in turn up to the highest center at the fontanel of the skull.

Number of Petals	Location of Center	Anatomical Reference Point
4	Base of spine	Coccyx – lowest point of the spine
6	Behind the navel	Sacral spine
10	Behind the solar plexus	Lumbar spine
12	Behind the heart between the shoulder blades	Thoracic spine
16	Where the torso meets the neck	Cervical spine
2	Where the nose meets the forehead	Thalamus in the midbrain
960	The fontanel at the top of the skull	The entire cerebral cortex



Meditation Six – the Syllables and Sounds of the Chakras (Etheric Octave)

Now that you have identified the chakras, you next will explore the etheric resonance of each chakra. These are found to emanate from the center of the chakras and from a point on each petal.

Focus on each chakra as before, but as you do, close your earflaps (tragi). Listen to the sound the chakra makes.

This next practice is more advanced, but you may wish to try it anyway. Focus on the petal of a chakra of your choice. Scan slowly along the petal until you locate a Sanskrit letter or group of letters. If you close your ears as before, you may hear the mantramic vibration of the letter(s). Now you know that the etheric matrix of the chakras is based on radiant light and sound, and is an array of ordered mantras.

Meditation Seven – the Colors and Qualities of the Chakras (Astral-Emotional Octave)

Focus your attention on the center of a chakra. As you sink deeper into its core, you will become aware of a sphere of pastel light that gently oscillates rhythmically.

Feel the rhythm, the quality, and the feelings of each chakra. Each chakra is associated with a different color. These colors are shown in the chart on the next page.



Chakra	Pastel Hue
Base of spine	Red
Behind the navel	Orange
Behind the solar plexus	Yellow
Behind the heart between the shoulder blades	Green
Where the torso meets the neck	Blue
Where the nose meets the forehead	Violet
The fontanel at the top of the skull	White



Meditation Eight – the Deities of the Chakras (Causal Mental Octave)

Pass even deeper into the center of the globe of colored light. If you pierce deeply enough, you may find the form of a god or goddess. Focus on the form of this god or goddess. Contemplate the powers, qualities, and wisdom this god or goddess represents.

Meditation Nine – Chakras of the Soul (Essential Octave)

The Superconscious vehicle in which your Soul dwells interpenetrates each of your chakras. As you move even more deeply into the portal of your chakras, you will move beyond the form of the deities of the chakras and be absorbed in the current radiating from your Soul. When you reach this depth, you will feel the essential bliss of your Soul.

Meditation on these essential chakras reveals the following centers:

Chakra	Essential Chakra
Base of spine	Highest awakening of the kundalini path
Behind the navel	The channel of the Soul's life force, the etheric body of the Soul
Behind the solar plexus	The astral body of the Soul, embodying innate virtue and creative abilities
Behind the heart	The Nadamic path of the spiritual heart, channels of light and sound, the Divine Light and Word upon the spirit's path
Where the torso meets the neck	Causal body of the Soul, knowledge of karma and the abilities that have been mastered
Where the neck meets the back of the skull ⁵	Blissful vibration of the Divine Presence within, the AUM vibration.

Chakra	Essential Chakra
Where the nose meets the forehead	Triune center uniting the love, wisdom, and power of the Soul ⁶
The fontanel at the top of the skull	Presence of the Soul's consciousness
Above the top of the head	The Soul in its own nature, granting enlightenment and Gnosis

After you have progressively moved through the portals of your chakras, it is important to take a few moments to reflect upon your experiences and ground yourself. While in this workshop you have done these first nine meditations one after another, in your private meditation practice you may wish to focus on one or more of these exercises to gain more understanding of a particular aspect of the kundalini.

Meditation Ten – Experimenting with Bandhas

Bandhas are a psychophysical application of pressure on the chakras. They are an inner squeezing or striking of the chakra that results in a movement of energy to that chakra. Our objective in this workshop will be to show you the effect of this controlled movement of energy, so you can understand how, with much patient practice, a meditator can begin to control the kundalini energy.

Bandhas sublimate and withdraw energy from the senses and motor organs. They play an important role in allowing this freed up energy to be shunted into the spinal tube. This awakens the chakras and allows the kundalini energy to move gently upward.

You will learn three basic bandhas: Mula Bandha, Uddhiyana Bandha, and Jalandra Bandha.

These bandhas should not be done if you are ill, or within four hours of eating.

- Do not do Mula Bandha if you have hemorrhoids, or diseases of the rectum, bladder, or reproductive organs.
- Do not do Uddhiyana Bandha if you have ulcers or other gastrointestinal diseases.
- Do not do Jalandra Bandha if you have either respiratory or cardiac problems, thyroid dysfunction, or diseases of the larynx (voice box).

If you elect to practice these techniques, focus on the movement of energy up the spinal tube (Sushumna). Notice what happens to the energy when you release the lock.

Meditation Eleven – The Ojasic Vehicle

In the etheric matrix of the Subconscious mind, there is an inner form that we called the Ojasic vehicle. It contains the sublimated essences of the glands, which is called Ojas. The inner tubules (nadies) through which these sublimated essences are drawn up give rise to the virtues that are associated with spiritual regeneration. Contemplation of these centers gives us

Gland	Action of Center in Ojasic Vehicle	Associated Virtues
Testes or Ovaries	Sublimation of sexual force and desire	Self restraint, chastity
Adrenal	Sublimation of anger, and the drive to succeed (ambition)	Non-injury, forgiveness, and contentment

Gland	Action of Center in Ojasic Vehicle	Associated Virtues
Pancreas	Sublimation of drive to possess or incorporate objects and other people	Overcoming of greed, envy and jealousy; non-stealing
Thymus	Sublimation of fear and desperate clinging to survival	Fearlessness, detachment, acceptance
Thyroid	Sublimation of anxiety and worry	Discernment and wisdom, inner peace
Pituitary	Sublimation of obsessions and compulsions, overcoming sensory distractions	Meditation and contemplation, inner discipline, awakening of the attentional principle
Pineal	Sublimation of narcissism and egotism	Humility, devotion and selfless service, awakening of the spiritual heart

We often associate spirituality with the cultivation of virtue. By meditating on the Ojasic vehicle, we experience the actual transmutation of human character in vivo.

Begin this meditation by contemplating each gland. Notice behind each gland there is a subtle, thread-like channel.

Follow this channel to its depth. Contemplate the quality at each center.



Overcoming a Common Confusion

While both the Kundalini Shakti and the Ojasic Vehicle are housed in the etheric matrix of the Subconscious mind, Kundalini energy is not synonymous with the sexual force.

Practitioners of religious monastic traditions as well as adherents of ecstatic spiritual sects hold that the Kundalini Shakti can only be aroused if there is unbroken celibacy (brahmachariya), and somehow equate the two energies. When we compare these two energies, we find

Sexual Force	Kundalini Shakti
Hormonal-pranic essence	Anchored Cosmic-Solar Fire
Drawn up through a nadi on the testicular/ovarian axis	Drawn up through the Sushumna nadi
Associated with procreation (outwardly expressed) or virtue of self-restraint and purity (inwardly sublimated)	Associated with the energy of awareness that awakens, purifies and empowers the inner vehicles of consciousness
Force of desire and magnetic attraction	Electric-pranic force that brings illumination (Fohat)
Linked with the Love Aspect of the Soul	Linked with the Power Aspect of the Soul
Awakened by Sexual Tantra Yoga, also known as the Dark Tantra	Awakened by Kundalini Yoga and Shaktipat, also known as the White Tantra



The Gentle Art of Sublimation

Bandhas affect movement of the kundalini energy when applied to the chakras. They can also be used to sublimate the Ojasic energies for each of the glands.

By following the nadi from each gland to its associated center in the Ojasic vehicle, then applying a gentle squeezing to the center, you can consciously sublimate the energy of the gland.

Meditation Twelve – Meditation on the Channel of Nectar (Amrita)

The final mysterious energy that we will explore in our meditations is the principle of nectar (Amrita). The awakening of the kundalini bathes the inner vehicles in nectar. This feeds and cleanses the inner vehicles with this healing and nourishing elixir. It is fragrant and refreshingly sweet. When nectar is released in you, it produces a profound state of rest and inner peace, coupled with a sense of rejuvenation or regeneration.

Amrita is ubiquitous in the parables of the world's religions. In the Jewish faith it appears the mysterious manna from Heaven. In the Christian faith it is called the Water of Life and the Bread of Life. In the Hindu scriptures it is Amrita, the food of the gods, and Soma, the divine elixir. The Sikhs refer to a tank of Nectar (Mansarover) in the higher Planes in which the spirit is baptized and becomes immortal and pure (Khalsa).



To get at this nectar, Yogis lengthen the tongue by a series of unusual practices, and then train the tongue to wrap back around the epiglottis (the little pendulum of tissue that hangs in the opening to the throat). This technique, called Kechari Mudra, is supposed to

- (1) Allow the Yogi to close off the nasopharyngeal opening to control the breath
- (2) Permit the Yogi to drink nectar at the top of the nasopharyngeal cavity

The lengthening of the tongue to carry out this feat takes years. Fortunately for us in the West, this act of oral gymnastics is not a requirement to activate the channel of the nectar. You only need to turn the tongue back and touch it to the top of your palette.

The Conscious mind has four doors leading to the Subconscious mind. One is the channel of light. One is the channel of sound. One is the channel of breath. One is the channel of nectar.

In the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, participants are taught techniques to withdraw energy through these channels of light (Jyoti Laya), sound (Shabda Laya), and breath (Watching the Breath). This technique (Amrita Laya) is the key to the fourth channel.

Use Amrita Laya when you are doing kundalini meditation. This will let you sense the cleansing and healing action of the nectar in your inner vehicles. In time, you will palpably feel the nectar raining in your inner vehicles when the kundalini comes back down, and smell its heavenly fragrances.

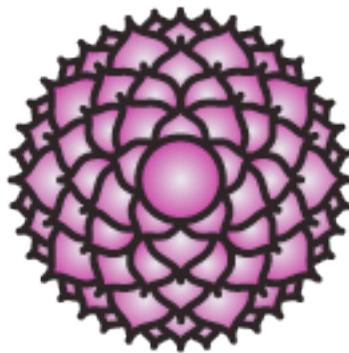
Grounding

Since kundalini so powerfully alters your state of awareness, it is important to come fully back from its powerful immersion in transcendent realms of consciousness after a kundalini meditation. For this reason, we ask you to check your return to normal awareness along seven dimensions.

Dimension for Grounding	Problem	Technique to Resolve
Attentional	Attention remains fixed in altered state of awareness	Use landmarks to bring the attention back to the ground state of awareness and hold it in the ground state.
Energetic	The energy of the Kundalini remains risen up	Visualize the energy of the kundalini is drawn back down through the spinal tube and is grounded into the center of the Earth.
Astral	The astral body is caught up in meditation and is separated from the physical body.	Identify the location of the astral body. Intend with strong suggestion that the astral body return to the physical body and move back into coincidence with the physical body.



Dimension for Grounding	Problem	Technique to Resolve
Mental	The mind is operating out of Superconscious octaves. Reality testing is shut down.	When your meditation is over, visualize that you are turning off the mental activity in each higher vehicle. Once the energy that has been shunted upwards into the higher vehicles is freed from its tasks, it will be redirected into the mental seed atom. This will turn back on rational thinking and reality testing.
Volitional	The Higher Octaves of the Will are operating while the Will of the personality is suspended.	Visualize the will current passing downward out of the higher octaves and reanimating the volitional center in the Metaconscious mind, the habit center in the etheric body, and will aspect of the ego.



Dimension for Grounding	Problem	Technique to Resolve
Identity State	You are identified as the ensouling entity or a nucleus of identity. You are detached and no longer identified with your personality and ego.	Use I AM statements like "I am the Soul, etc" to specifically identify with the Self ["I am the Self] and the grounded, ego state ["I am this body living my unique human life. I am oriented to my surroundings and fully present in the room and in connected relationship with the people around me."]
Consciousness/Life Space	You are aware of yourself as dwelling in a universal Continuum of Light in mystic union with the Cosmos. You need to function in the limiting environs of the Conscious mind to carry out specific tasks in the environment around your body.	Bring your attention back down to the waking state. From the attentional principle, close the four gates of the Conscious mind.



Kundalini from the Standpoint of an Adept

From the standpoint of an Adept, one who has completed the Fifth Planetary Initiation, the Kundalini Shakti is an extremely useful force. Using the kundalini in different ways, an Adept can

- (1) Awaken awareness in inner vehicles and illumine the nature of the Soul in aspirants and disciples (chelas). In this use, the Kundalini Shakti moves along the sushumna through the chelas' awakened, purified vehicles. The kundalini does not enter the unconscious band of the mind at all. [This is the action of the Kundalini Mudra in the Mudrashram® Master Course in Meditation.]
- (2) Activate segments of the unconscious mind for expression. By exactly specifying the parameters of the depth of insertion of the kundalini fire behind a vehicle, dormant aspects of the Soul's ability can be animated. This is used to bring up creative ideas in artists and inventors, for example.
- (3) Destroy negative karma or demonic astral entities. In its role as an instrument of Cosmic Fire, the kundalini burns off these karmic accretions in concentric circles around the vehicles. This typically can evoke considerable emergence phenomena, including spontaneous movement or speech, upwelling of repressed emotions and memories, and perceptual flooding of variegated images and chaotic storms of color. This is used by spiritual Masters to ready a chela for initiation, e.g., taking the next step in spiritual evolution.

- (4) Animate the dormant powers in an inner vehicle. This often appears as the purification and enlivening of an inner god or goddess, which yields certain powers or abilities (*siddhis*) for the use of the Soul. This use of the Kundalini Shakti is manifested when a chela needs a power for a specific ministry or service to humanity.
- (5) Translate the Soul Spark from the Lower Subtle Realm to the Upper Subtle Realm. This is one of the rare uses of the Kundalini Shakti to unfold the potentials of the Soul. Here a bridge is made between the Kumara in the Lower Subtle Realm to the first nodal point of the Upper Subtle Realm. This power is at the disposal of both the Planetary Adept and the Occult Adept.
- (6) Illumine a nucleus of identity. Here the Kundalini Shakti is raised to a specific level of the Superconscious mind to awaken the intelligence and abilities of one of the nuclei of identity.⁷ The kundalini remains fixed in this center and the attention is effectively locked into identification with the nucleus of identity. This same method is also used by spiritual Masters from different bands of the Great Continuum of Consciousness to lock attention into union with the ensouling entity, e.g., the Soul Spark, the Soul, the Monad, the Astral Soul, or the Supracosmic Soul.
- (7) Unfold the potentials of the Soul. This use of the Kundalini Shakti is reserved for a certain strata of the Fifth Planetary Initiation, where other techniques cannot assist in the upward journey. Here the Kundalini Shakti is used to burn through the karmic accretions between the nodal points and bring about liberation and fusion with the Monad.

The Eight Aspects of the Kundalini Shakti

In this workshop, we have used the words, kundalini and Kundalini Shakti, synonymously. Swami Prem Dayal, in the article "Eight Aspects of the Kundalini Shakti" in our unpublished manuscript, *Questions and Answers with Swami*,⁸ differentiates between Kundalini and Shakti. We excerpt from this article.

"There are four aspects to the kundalini: the purifying fire and three aspects directly related to the energy underlying awareness. There are [also] four aspects to the Shakti, depending upon the realm in which it functions. These are described below:"

- (1) *Purifying Fire* – cleanses the obstruction of the inner vehicles. It rises from below, and burns karma. It is felt as an intense heat in the spine and the petals of the chakras.
- (2) *Consciousness Imbuing Thought Force* – a ray of life force and intelligence that activates the sensory [e.g., the ground state of awareness], body awareness, emotional, mental [and Egoic] centers of the Conscious mind. These rays are withdrawn as kundalini rises in the experience of Samadhi, bringing about temporary dissolution of Egoic boundaries.
- (3) *Awareness Enhancing Thought Force* – the essential energy of awareness composed of life force and intelligence, which rises from the seat of the kundalini in the Subconscious mind. [As it rises, it] awakens the awareness meditated by the chakras and centers of Subconscious, Metaconscious, and Superconscious mind.

This is referred to as the child or individual kundalini. [This process of rising up] culminates in union with the mother or universal kundalini on the Subtle Planes. [This] brings about a glimpse of the Soul. This aspect of the kundalini is awakened by the mantra given in the Kundalini Yoga lesson of the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

- (4) *Superconscious Enhancing Thought Force* – the essential energy of awareness that resides in the Soul and its vehicles [beyond the Subtle Planes]. This energy is awakened in response to concentration and contemplation in the Superconscious mind. It culminates in the experience of Samadhi, ecstatic union with the Higher Self. This force is focalized and intensified in the sitting for Kundalini Mudra in the Mudrashram® Master Course in Meditation.
- (5) *Universal Field Descending Force of the Planetary Realm* – fully anchored in the Adept, this Grace-Bestowing energy first appears as the ability to send the Holy Spirit to others (1st Planetary Initiation). Later it appears as the ability to speak the Word on behalf of others [and awaken their Solar Angel] (2nd Planetary Initiation), to send a ray of attunement to the Soul of others (3rd Planetary Initiation), and to [transmit] illumination and confer enlightenment on others (4th Planetary Initiation). This culminates in the ability to grant initiation, the active unfolding of the potentials of the Soul, [and to awaken and to use the Kundalini Shakti in the ways detailed above in the section, "Kundalini from the Standpoint of an Adept"] (5th Planetary Initiation).

This is the first of the Shakti energies, and confers the ability to awaken the first [four] aspects of the kundalini [the ability to activate the purifying fire and the three stages of awakening of the power of energy and awareness].

(6) *Universal Field Descending Force of the Cosmic Sphere-* fully [manifested] in the Cosmic Master, this higher counterpart of the Shakti of the five initiations of the Planetary Realm confers the following powers:

- (a) The ability to awaken Cosmic Consciousness [a nucleus of identity⁹] and purify the five vehicles of the 1st Cosmic Initiation
- (b) The ability to awaken Cosmic Soul and purify the five vehicles of the 2nd Cosmic Initiation
- (c) The ability to purify the impressions of the three worlds [and the ability to appear as a guide within] in the 3rd Cosmic Initiation
- (d) The ability to reveal the Universal or Avataric Consciousness and purify the nodes of the zodiacal wheel in the 4th Cosmic Initiation
- (e) The ability to awaken [activate and purify] the seven vehicles of the God Consciousness in the 5th Cosmic Initiation.

This culminates in [the assumption of the mantle of the] Cosmic Master, who can translate or confer initiation in the Subtle, Planetary, and Cosmic realms. This is the second of the Shakti energies.

(7) *Universal Field Descending Force of the Supracosmic Sphere* – this force is fully expressed in the Guru. It combines the threefold Grace of the Supreme Guru, Who [anoints] the Guru to teach [and initiate others]; [empowers] the lineage, which passes the historical and spiritual mantle of ministry from one human vehicle to another (parampara); and [endows] the great Shakti arising from the Guru's enlightenment of the seven Supracosmic centers [of his or her Supracosmic Path].

This [Shakti] is expressed as

- (a) The ability to confer initiation
- (b) To enlighten and illumine the Superconscious field of the mind
- (c) To imbue virtue by the cleansing power of Amrita
- (d) To purify the vehicles with Cosmic fire
- (e) To awaken the devotion of the spiritual heart
- (f) To empower the Guru Mantra
- (g) To confer temporal, personal blessings upon devotees in response to prayer.

While the enlightenment and grace of the Guru extends from the Supracosmic Sphere to the Subtle Realms, Gurus typically begin their ministry and teaching [at the entrance to the Cosmic Sphere] by initiating their students into Cosmic Consciousness. This is the third Shakti.

This is the type of Shakti described in the scriptures of the Hindu, Buddhist, Sikh, and Muslim faiths. The particular expression of this Shakti varies depending on which of the 73 Supracosmic Paths from which it emanates.

[However, there are nine lineages, one on each Supracosmic Plane, where Kundalini Shakti is the dominant Supracosmic Ray and where awakening the Kundalini Shakti is the preferred mode of spiritual work].

- 8) *Universal Field Descending Force of the Transcendental Sphere* – this all-encompassing power, fully manifested in the stage we call Sat Guru Swami, first appears in the Mahatma Stage.

It confers the ability to awaken the spirit, the awareness of the [ensouling entity], and purify the vehicles in the Transcendental Sphere. It contains within itself the four types of Shakti and the four aspects of the kundalini. It is capable of operating from the grossest aspect of human nature to the pure spiritual consciousness of the Transcendental Sphere..."

"[In Shaktipat] Kundalini is awakened by the Shakti force flowing into it, guiding it [upwards], raising it up. The most basic [kundalini] force, the inner [purifying] fire, has been worshipped for centuries [in many different religious traditions]. [For example,] the Zoroastrians worshipped the sacred flame. Worship of the Sun [and ceremonies involving] fire persists in many cultures. The [first order of Masters at the top of the Lower Subtle Realm] are called {Kumaras, or] Masters of the Flame."

"Why is this? The most fundamental aspect of inner work is purification by the inner fire. Aspirants are prepared by it, disciples are purified by it, and initiates are illumined and gifted by it."

"This aspect of kundalini work [immersion in the purifying fire] prepares the chela for the expansions of awareness and enlightenment mediated by the other three aspects of the kundalini. It is ancillary to and supports the work of conferring insight and self-realization [Gnosis] within the Soul. Since the Mudrashram® Master Course in Meditation is designed for aspirant preparation, the [other] three aspects of kundalini are emphasized."

"Shakti, on the other hand, is the descending, Grace-Bestowing power that is granted by an initiate to others. It is one of the functions of the Shakti to awaken the kundalini, but there are also other ways that it operates. These [other operations of Shakti] have been [discussed] above..."

"Shakti is a mighty, terrible power. It is not a wonder that those initiates who wield the fire of the Spirit were regarded as superhuman. In some traditions, [these Initiates] are revered as living incarnations of the gods."

"[Yet these initiates personify what is possible] for [each] Soul that is willing to undergo the discipline and sacrifice required [for ascension through] the initiations [up to the stage of Mastery]. It requires a very high price for those that would ascend to the heights, but its reward is well worth the cost, for those who persevere until the final veil is rent."

Tracing the Kundalini Path

In the final segment of this workshop, your last task will be to follow the path of the kundalini to where it links up with the Soul. When you have reached this place within, we will have a final sitting.

Meditation Thirteen – Tracing the Kundalini Path

Enter the opening to the Sushumna as before and go up to the top of the opened spinal tube. You will ascend directly upwards and find the next segment of the kundalini path that is opened. You will continue this process until you enter into union with the Soul. Through this means you will identify each level of the Kundalini Shakti that is active within you.

From this point where the kundalini path and Soul are blended, you will watch, listen, and feel the kundalini path and notice where the kundalini is anchored. In this way, you will know the kundalini as it is, beyond speculation and surmise.



End Notes

¹An article describing these chakras, "Boyd's Detailed Model of the Chakras," can be found on our web site:
<http://www.mudrashram.com/chakramodel.html>

²The Divine Eye center consists of an outer ring of gold, an inner ring of blue, and innermost, a pulsing five-pointed star. It is the seat of Cosmic Will, and penetrating intuition. It is awakened by advanced Kriya Yoga and Raja Yoga practices.

³ Those who take the Mudrashram® Master Course in Meditation experience receiving Shaktipat when they are given the sitting for Kundalini Mudra.

⁴ These are key practices of Integral meditation taught in the Mudrashram® Master Course in Meditation.

⁵ This is one of the minor centers of the Subconscious mind in the medulla oblongata. It does not have a lotus. It is a center through which life force is suffused into the chakra system.

⁶ The first three centers (coccygeal, sacral, and lumbar) comprise the power aspect of the Soul. The thoracic center embodies the love principle. The cervical and medulla centers express the intuitive wisdom of the Soul. These are each integrated and synthesized at the thalamic center.

⁷ A nucleus of identity is a center in the Superconscious mind that is often mistaken for the Soul. Four such entities are encountered in Planetary Realm work: the Moon Soul (First Planetary Initiation), Solar Angel (Second Planetary Initiation), Manasic Vortex (Third Planetary Initiation) and the Augoiedes (Fourth Planetary Initiation).

⁸ Boyd, George. *Questions and Answers with Swami*. Unpublished manuscript. (1994)

⁹ The five nuclei of identity of the Cosmic Sphere are Cosmic Consciousness, Cosmic Soul Awareness, The Triune Center, the Avataric Consciousness, and the God Consciousness.

