

New Perspectives on Kundalini

Today's webinar will present some of our newer writing on Kundalini Shakti. We aim to help you better understand this powerful and mysterious energy, and give you guidance on how to integrate it into your meditations.

Kundalini is the primary activating force for the third pole of spirituality, which comprises your vehicles of consciousness of the Superconscious mind. It is one of the key activators of your nuclei of identity, which are the integration centers on the third pole.

While we have downplayed it as a practice that you might do frequently, it does have a role in spiritual work. We will begin our webinar today with exploring the different ways different spiritual groups use kundalini.

Alternative Tracking of the Kundalini Shakti

By George A. Boyd ©2014

As we study the awakening of the Kundalini Shakti across the Seven Rays, we discover that adherents of each perspective use it in different ways.

1st Ray – Activation of the Supracosmic Kundalini Fire: In this perspective, you use kundalini to awaken the Supracosmic seed atom upon one of the Supracosmic Paths, to transform it and burn away the karma behind it. In this viewpoint, kundalini is seen as the primary transformative agency.

2nd Ray – Revelation of Spiritual Form: Here you use the kundalini to reveal the forms of a Master at different levels of the Continuum, up to his or her ensouling entity. In this type of alternative tracking, your kundalini is raised to reveal your relationship with the Master, and to view his or her spiritual forms at each level. This is the energy that is called *spiritual tantra*: it enables you to experience the Master in his or her essential form (darshan), and to commune with the Master at any distance, in life or in death.

3rd Ray – Viveka: In this type, you use the kundalini to reveal progressive layers of the Superconscious mind, up to the presence of the Soul. This activates the Illumined Mind (Buddhi) and promotes the highest discernment.

4th Ray – Nourishment and Purification: In this perspective, Kundalini is worshipped as the Great Mother Power in Her many forms. This uses kundalini to enliven, purify, and purify the inner vehicles of consciousness though drawing down the nectar, and loving Shakti of the Divine Mother. We teach this method to draw down the nectar when we train others to awaken their kundalini.

5th Ray – Bestowal of Samadhi: This approach uses the kundalini to awaken a selected nucleus of identity or ensouling entity, and absorb the attention into a state of Samadhi. Spiritual teachers use this method to fix others' attention in a variety of nuclei of identity, such as the Moon Soul, Solar Angel, Cosmic Consciousness, Cosmic Soul Awareness, or a Supracosmic Seed Atom. It can also raise the attention to unite with the Soul, the Monad, the Astral Soul, the Supracosmic Soul, or Satchitananda.

6th Ray – Opening Unawakened Chakras: This alternative track draws the kundalini to open the unconscious mind behind a nucleus of identity. Most commonly, Yogi Preceptors of the First Cosmic Initiation promote this approach. They seek to purify the track behind the cosmic consciousness nucleus of identity through the seven Cosmic Chakras, and lift this essence into union with the Yogi Preceptor in the Guru Padam. Like the 1st Ray, this unfolds a nucleus of identity, utilizing the kundalini as a transformative method. We have seen instances where this method is also used with the Moon Soul and the Solar Angel.

7th Ray – Awakening the Superconscious Mind and the Soul: This brings the kundalini to awaken the awareness of the mind up to the level of the Soul, or to a higher octave when this is the cutting edge of spirituality, and then back down to its grounded state of awareness, This is normal cycling of the Kundalini. This is the primary technique that we teach in our courses.

In general, we advise aspirants against dabbling with kundalini as a transformative modality, as it is practiced in the 1st and 6th Ray perspectives. These methods invariably produce spiritual imbalances, and in susceptible individuals, produce kundalini syndromes.

The 4th and 7th Ray application of kundalini, if practiced correctly, are a safe and recommended use of this powerful force. We recommend that students periodically practice this method to raise awareness through their higher vehicles of consciousness up to the cutting edge of spirituality, and to nurture each vehicle with nectar—followed by bringing the energy back down to its fully grounded state.

The 3rd Ray and 5th Ray methods of awakening the kundalini, commonly seen in classical Jnana Yoga traditions, are generally safe if the kundalini is brought back down to ground after the meditation experience. These enlightenment (3rd Ray) and Gnosis (5th Ray) promoting methods are traditionally practiced in an intensive training format, in which an aspirant spends a day or a weekend immersed in an altered state of consciousness.

A variant practice of the kundalini in the 3rd Ray perspective is to use the kundalini to open and purify the impressions in the unconscious mind progressively, without inducing transformation. This might track across the unconscious to reveal a higher state of enlightenment beyond the veil of darkness, or reveal the state of Liberation. This method must be carefully supervised, as dredging up and releasing the contents of the unconscious mind unfailingly produces emergence phenomena.

The 2nd Ray Spiritual Tantra approach is a special gift of a spiritual Master to reveal his or her true essence to a disciple. It is a gift of love that allows communion with the Master in life and beyond death.

The Master normally does not grant this darshan, except to those who have attained the same level of development as the Master, or to those who are in close proximity to the Master's presence on the spiritual Planes.

Aspirants and disciples will benefit from becoming familiar with these alternate methods for working with kundalini. They should learn to work with this powerful force safely.

Chakras and the Kundalini

When the kundalini energy rises in the central track running through each awakened vehicle of consciousness, beginning with the system of chakras in the Subconscious mind, it awakens the centers that are in these inner vehicles. The Swamis describe the chakras as follows:

“Chakras are principles of organization in each vehicle of consciousness. While we have described in great detail the system of chakras in our monograph on this subject [e.g., Boyd's detailed model of the chakras] of the vehicle in the Subconscious mind, chakras exist in different forms. In one vehicle, they look like lotus flowers. In another, they resemble whirling disks. In others, they may take the form of Yantras—nested geometrical figures around a central point—or concentric circles, or mandalas. In other vehicles, they may look like colored orbs or globes of light.”

— Swami Prabhu Maharaj

“Once you get a sense about what an inner vehicle looks like, you can begin to explore its function, and its organizing principles. Concentrate on the chakras of that vehicle, and contemplate its content. This will help you understand what the chakra does.”

— Swami Charan Das

“When there is balanced spiritual development, you may discover in the opened chakras of each vehicle a mirror of your spiritual evolution. Identify the nucleus [e.g., the seed atom] of each of your vehicles and its associated system of chakras. Do this for each vehicle until you gain union with your ensouling entity.”

— Swami Prem Dayal

The kundalini energizes and activates these centers, stirring them into motion and activity. In vehicles of the Superconscious mind, when the kundalini rises into dormant vehicles of consciousness—ones that you have never explored or awakened—it may trigger heretofore hidden abilities, intuitive knowledge, and compassionate understanding of others that you never even knew existed.

Finding the Right Frequency of Kundalini Practice

By George A. Boyd ©2014

When the kundalini rises to the brain center of the Soul’s essential vehicle, it brings about enlightenment—knowledge of every level within your mind. When it rises to touch the Soul, it brings about Gnosis—Realization of the essential nature of the Soul.

One powerful kundalini experience can reveal more knowledge than dozens of contemplative meditations; but chasing this experience by too frequent meditations on this powerful force can paradoxically make you passive, unable to make decisions, and detach you from the ability to take effective action at the personal level.

Excessive practice of kundalini may lead some individuals to seek to retain the ecstatic state of consciousness they experienced during one particularly powerful Samadhi experience. This leads some to float in an altered state of awareness, hoping to “stay high” and not come back to the limited world of waking awareness.

Yet it is in waking awareness—the state of full groundedness—that your Soul is fully incarnate; and is expressing the new gifts and knowledge that your meditations have awakened in it. Just like electricity will not flow until there is a ground, too, the Soul's gifts come forward when you are fully here, fully embodied, and fully present—not when you are floating in a trance state, not when you are immersed in bliss, and not when you are contemplating the world as a great dream.

Should kundalini be done every day? Once a week? Twice a month? What is the right frequency to do kundalini?

Do kundalini when you are transitioning to a new level of the Great Continuum, so you will awaken the new vehicle of consciousness that your Soul will inhabit at this level. Do kundalini when you are at a stuck point in your meditation to catalyze movement and new insight.

How often does this shift occur? For most people, these changes will come in a four to seven week interval. Your own needs may vary. Maybe you will be called to kindle the fires of kundalini every three weeks. For others of you, you might not have this calling for eight to twelve weeks.

But remember to do this practice. Listen within for the voice of intuition. Ask, “When do I need to do the kundalini meditation again?” Request, “Tell me when it is time to awaken the kundalini.”



How Kundalini Fits in Your Program of Integral Meditation

By George A. Boyd ©2014

In the guidelines for practice of Integral meditation presented in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, we gave you some general guidelines. Let's briefly review that here.

1. **Do your transformational mantra**, which is designed to unfold your Soul and its vehicles of consciousness, daily. Depending on your eagerness to make spiritual progress, you can aim for one to four “downpours” each day. You will do this technique when you feel ready to move on; when you feel ready to make the next step. For some of you, you might move off of a once daily schedule to take more time to integrate and express what your Soul has uncovered.
2. **Open each channel of the Nada** in your segment of the Continuum with your spirit (Nada Yoga). This needs to be coordinated with the unfolding of the Soul, preferably daily, but you can do this two to three times a week if you have a particularly busy work schedule. You need to remember to open both of the Nadamic channels, light and sound.
3. **Ascend in your attentional principle** to the presence of your Soul daily (Raja Yoga). (a) You want to work on this until you can unite your attentional principle with the Soul at will. [Those of you who have taken the Mudrashram® Advanced Course in Meditation can extend this to being able to unite with the ensouling entity of T7, Satchitananda, at will; and being able to do this on any of the Seven Ray tracks.] (b) Gain control over your attention so you can contemplate and study each of your vehicles of consciousness.
4. **Periodically awaken the kundalini** when you transition to a different level, when your Soul moves onto a new Plane or Division of the Great Continuum of Consciousness, so you can activate the abilities of the vehicle of consciousness that operates there. While this varies widely between individuals how frequently this occurs, for most people this happens during a four to seven week period. You can also use the kundalini as a mental catalyst to break you out of stale, old, ineffective patterns and to bring in new perspectives.

5. **Identify the gifts of your Soul and what is your expressed Soul Purpose.** Question your Soul to determine what is the gift it is meant to bring to humanity, and what you need to do to make this happen. Once you have identified what this goal or purpose is, set goals that are alignment with that vision, so you can actualize it and make it real. Find that inmost core of realization in which you know, “this is what I have come here to do.”
6. **Use invocational methods, Jnana Yoga meditations, and Agni Yoga techniques as needed to help you work with personal issues.** You can use these techniques to shape your behavior and belief to make you personally successful, achieving your life’s goals. You can use them to work with the liminal issues in the unconscious mind that are your obstacles and challenges.
7. **Use centering methods to help you cope with the stress of daily living and to move into the empowered perspective of the Self.** Use the tools of meditation to live in mindfulness and greater serenity, and to promote relaxation after a busy day.
8. **Stay in touch with your integrity through Dharma Yoga.** Do periodic inventory, introspection, and goal setting to keep yourself on target to fulfilling your personal dreams. Check in on a regular interval [e.g., once a month] to review your spiritual and personal progress, and change your behavior if necessary to get yourself back on track.

So Kundalini is a part of this program for Integral development. Use it in a constructive way. Let it awaken your hidden abilities, stimulate the intuitive genius of your illumined mind, and stir the dormant potential within. Practice it with respect, aware of its mighty power. Practice it carefully and with full attention, recognizing the changes it generates in your awareness. Practice it faithfully, and it will bring you rewards beyond measure.

On the Kundalini's Role in Spiritual Evolution

By George A. Boyd ® 2011

The kundalini is not normally a force that produces transformation, or movement of the Soul from one nodal point to another. It is rather the energy that operates the faculties of the mind, and when intensified, it lifts awareness into higher vehicles of consciousness. Our recommendation is that when kundalini is used to lift awareness and awaken the full potential of the mind, it should be brought back down to ground. Many meditation teachers do not hold these same beliefs, preferring to keep the kundalini fixed in the center that they hold to be the “spiritually evolving essence.” For many teachers, this is held to be the cosmic consciousness nucleus of identity, or the Supracosmic seed atom.

While the Soul evolves, and moves to new states of consciousness, the kundalini may or may not be activated in individuals to make them aware of the changes that are occurring. Some teachers use practices to “open the path of the kundalini” to make it rise; if doing so, they run the risk of producing moderate to severe imbalances.



Kundalini Shakti: Its Role in Meditation and in Life

Excerpted from *Question and Answers with Swami* © 2012

Q *People relate experiences of the Kundalini Shakti unfolding the evolutionary potentials of consciousness. You teach that Kundalini is the energy of awareness. Which is true?*

A You need to understand the differences between Kundalini and Shakti.

Kundalini is the energy that opens the awareness of the mind. When the individual Kundalini is aroused, it withdraws its energy from the Conscious mind, from the present time awareness, from the physical seed atom, from the emotional seed atom, and the mental seed atom.

It then awakens the vehicles of the Subconscious mind, the Metaconscious mind and the vehicles in the First Domain, in the Subtle Realm. In the first band of the Subtle Realm, it joins with the universal Kundalini energy. When this union occurs, you glimpse your Soul in its native state. When Kundalini is awakened fully, you enter Samadhi.

Shakti is the universal force that descends upon the Soul and transforms it. It is described as Light and Fire that comes out of the Divine realm. A Master, a Guru, an Adept, is filled with holy, Divine Fire and Light, and can direct it to others. It not only awakens the Soul's native awareness by raising the Kundalini (Kundalini Yoga); it also purifies the inner vehicles and actively transforms the Soul to the next nodal point.

Often accompanying this inflow of Shakti, the Kundalini is aroused. To an individual experiencing this translating force, they may not be clear as to which is actually causing the transformative effect.

We would like to make clear that, other than certain types of specialized inner work in the Planetary Realm, Kundalini is not a factor in effecting transformation. Shakti, on the other hand, is that transformative, Grace-bestowing agency, that brings about spiritual evolution directly.

Shakti can be channeled in different ways. It was this discovery that led to the ministerial work that the Mudrashram® lineage has brought forward. For example, in the fundamental training of our beginning meditation class, Shakti is directed as Kundalini Mudra, Nada Mudra, Mantra Mudra, Raja Mudra, Guru Kripa Mudra, Jnana Mudra, and Agni Mudra. There are other ways this Shakti energy can be used, making it possible to purify the inner vehicles of the disciples, to actively translate the Soul, to move the Soul onto a new Plane, and so on.

So, to awaken the Kundalini will bring about Samadhi, the enlightenment of your Soul. But if you are not going to remain in Samadhi, motionless, having no conscious awareness of your body, with breathing and heart-rate drastically slowed, then the Kundalini is going to have to come back down to its seat in the Muladhara chakra. When it comes back down, its energy is no longer drawn upward, and it again animates your reason, your feelings, your body, and your waking state of awareness. This enables you to function in the external world.

If you go into Samadhi at work, you may get fired. Your boss and co-workers will probably not understand. Or they may take you to a hospital, where the doctors and psychiatrists will also not understand.

Please do not awaken your Kundalini while you are at work, on your coffee break, on your lunch break, or while you are waiting for the computer to print out. Please to not awaken the Kundalini when you are on the highway, driving in your car. If your Conscious mind cuts out, you may get into an accident.

Practice Kundalini meditation where and when you will not be disturbed, at home, or at a meditation center or retreat. Invoke the Grace of your Master teacher. If you raise up the Kundalini, and awaken your awareness of your higher vehicles during meditation, then this will bring you visions of your higher states of consciousness.

It is a very blessed, sometimes ecstatic, experience. But remember to bring it back down again. Spend a morning in ecstasy, spend a weekend in Samadhi, but then come back and share what you have gained with others.

Our job is not just to meditate, but also to function. We need to responsibly fulfill our tasks at home, at school, at work, in the community, at your church, or Sangat. And we need to be of service—to use something of what you have gained in meditation to improve your own life and the lives of others.

Serving yourself and improving your own life doesn't mean that the aim of your meditation should be to fulfill your lustful desires, to gain revenge, or to greedily accumulate far more than you will ever need. Your aim also should not be to plot and to scheme against your neighbors, to perpetrate ignorance and prejudice, or to gain powers to control other people to make them serve your whims and desires. This is a misuse of meditation and occult powers.

Serving yourself means caring for your physical, emotional, mental, and egoic needs. It means eating a sensible, healthful diet, getting exercise, breathing fresh air, getting some sunlight, and normalizing your elimination. It means dealing with your fears, living in harmony with your conscience, and developing cooperative and loving relationships with others. It means continuing to learn, and continuing to understand your self, to develop your skills and talents. It means to gain greater mastery over your self, to overcome your addictions and compulsions, to lead a good life, an honest life, an inquiring life, and a deeply fulfilling life.

Serving others doesn't mean to become someone's slave. It doesn't mean that you should lose yourself in another's problems or needs. It doesn't mean jeopardizing your health, safety, sanity, or your sense of values and life purpose, to be pleasing to someone else. It doesn't mean subjecting yourself or your children to sexual, physical, mental, emotional, or spiritual abuse.

Serving others means that you share something of what you've learned, some of the skills you've developed, and the gifts you have been given by your Soul and by the Divine, with others. Sometimes you truly serve others by saying no to their abuse, no to their sexual advances, no to people when they ask you to do things that are not in harmony with your Dharma. Sometimes you serve them just by being there and listening, empathizing with their experiences and feelings.

Meditation has two cycles: going inward, then coming back and grounding. Also in life, there are two cycles: meditating, going within, developing your talents and abilities through learning and practice, then going out and using the wisdom, the insight, the gifts and skills you have gained to help your self and to help others—this is the service cycle.

So when you bring the Kundalini up, also bring it back down. When you go into Samadhi and gain wisdom, powers, and great compassion and illumination, also come back and use this in service to others.

You must keep Kundalini work in its perspective: what it is for, how it is different from Shakti, when to use it, when not to use it, and how it interrelates with the whole Integral process of spiritual development. You need to recognize how it serves and assists you in so many ways during your everyday life, by making the contents of your higher vehicles of consciousness accessible to you as creativity, abstract reasoning, imagination, and the channeling of your Soul's abilities.

Kundalini meditation is not about having far-out experiences or gaining fabulous powers when you open up a center in some higher vehicle. Ultimately, it is about linking up with your Soul, so its whole potential can be expressed. Meditate upon these ideas, so that you may get a clearer perspective and a better understanding about what Kundalini meditation aims to accomplish.



Are you currently practicing kundalini meditation?

If yes, at what frequency are you practicing it?

When you do kundalini meditation, do you feel you are awakening your Soul?

Do you sense the energy awakens the vehicles of your Superconscious mind? What do you experience that makes you sure that you are indeed activating these vehicles?

Do you sense the energy is activating and stilling the vehicles of your Metaconscious mind? What markers do you use to know that this is occurring?

Do you sense the energy is opening the chakras of your Subconscious mind?

Are you able to fully ground your kundalini after practice?

Do you ever dredge up material from your unconscious mind when you do this meditation? What arises in you?

Have you every raised your kundalini energy beyond your cutting edge of spirituality? What happened when you did this?

Thank you for attending our webinar today!

