

Sacred Dance of Kundalini

Avdhoot Baba Shivanand

Kundalini Sadhana is an extremely wonderful experience. At least that's how many people perceive kundalini. Others are a bit apprehensive; they somehow appear wary of kundalini. For them the entire process of kundalini awakening is fraught with some unknown danger. Similarly, the books on kundalini, available in the market, also reflect two schools of thoughts. One school of thought believes kundalini awakening is essential to remove the beastly part of human beings. This part subdues all the rest of human faculties. Without kundalini, Moksha is not possible. Therefore, kundalini awakening is extremely essential, not only that, it is equally essential that rising kundalini reaches the Sahastrar Chakra at the top. In order to accomplish these objectives, Sadhana is necessary.

On the other hand, the second school of thought pertaining to kundalini meditation believes kundalini is an extremely virulent element. Upon its arousal kundalini has very dangerous consequences, which are beyond man's prowess to handle. As a result, a person cannot cope up with kundalini arousal and loses his sanity at times abandons his home and acquires delirious tendencies. He starts hallucinating about imaginary things, like ghosts and other negative traits. These fallacies about kundalini awakening are rampant among the foreign authors. They are paranoid about kundalini. They give scary accounts of kundalini awakening giving the impression as if they themselves had experienced the same. Their accounts are quite interesting. Some would claim to witness kundalini arousal on its own. The fact is, kundalini would never get aroused all by itself. For that you need someone to awaken it. It is like a bulb, whose light will never reach you unless you insert the plug in the socket. This socket should be connected to the electricity flow. Hence kundalini cannot rise on its own accord, it has to be aroused.

In my opinion, such people might have remained oblivious to their own Shaktipat, which precedes kundalini awakening. People like Krishnamurthy have given graphic accounts of kundalini awakening, where people in the heightened state of kundalini awakening went into depression. They started seeing monsters. Some foreign author has likened the state of kundalini awakening to schizophrenia. Foreigners find similarity in the traits displayed by deranged persons in mental asylums and those of Siddhas in the state of kundalini arousal. For such observers the only apparent common thread is delirium, visible in both the instances. However, the delirium in the case of a mentally unsound person is of an entirely different nature than that of a Siddha who is in a truly ecstatic condition. The other person has actually donned the mask of insanity to forget something. His delirious actions are ascribed to kundalini arousal.

I am not telling you these facts in order to scare you. Rather I am putting the whole issue in the right perspective, so that you are aware of the true aspects of the whole issue. In the lighter vein, I am scaring you before someone else could do the same with you. Once a Sadhak asked me, "Babaji, is kundalini arousal an integral part of spiritual quest for salvation and that no other saint or spiritual figurehead has laid so much importance on kundalini as you do?" truth of the matter is; all Siddhas and those who have attained Siddhadom have underlined the importance of kundalini. Similarly, kundalini finds mention in the holy scriptures of all prominent religions of the world, under different names. Starting from Mexico, in the entire Christianity belt predominantly Christian populated countries, they talk about the Holy Spirit. While praying they say "Come the Holy Spirit, ignite the divine fire within me." The Divine Fire that they mention is kundalini shakti. In Mexico, people worship the serpent God. In a different manner, Mexicans are aware of kundalini, but at the same time, they are forbidden to utter a single word about kundalini other than worshipping it. Tribes in Kalahari in Africa have a medicine man, who is revered for his healing powers. Healing powers of medicine man originate from kundalinishakti. Nevertheless, kundalini shakti is known by different names amongst the tribes, some call it *Mam*; some call it *Qwalamicha*, so on and so forth. Essentially, through these examples I want to drive home the point that kundalini shakti is

an eternal part of spirituality. Or let me put it this way, kundalini shakti would always be present wherever there are Siddhas and Healers.

African healing masters conduct healing in a typical manner. First they light a fire and afterwards they dance around it in a peculiar fashion. They believe when you shake your body in a particular manner, the *Mam*-the Goddess rises. According to their beliefs, the fire, which rises from the bottom of your body, spreads to all parts of the body. Ultimately, it reaches the top of the body. In this condition when you touch somebody the sacred fire enters the body of that person. Disease, according to African beliefs, is devil incarnate. Once when you touch somebody, the holy fire within you consumes the devil in that person and he is completely healed. That is how they perform healing with the help of kundalini shakti.

Native tribes of America have their own perception regarding kundalini. As per their beliefs, there is a hole on the top of every human being when he is born. For them, the hole at the pate of the head is child's connection with God. In their scheme of things, second point is the brain and third one is heart. As the child grows up, he imbibes the values and customs laid down by his parents and gradually that hole is closed. The moment that hole is closed, the natives believe, individual's connection with God is severed. Interestingly, there is a stark similarity between our culture and the culture of these natives. Our scriptures have attached special attention to seven centers-Chakras as they are called and their relevance to our personal and spiritual growth. Chakras, including Crown Chakra, remain closed at the outset; as the man grows up he has to open them in a phased and procedural manner. With Shaktipat, the thousand petalled lotus is opened. Finally when all thousand petals of this lotus are opened, a man attains Moksha.

In our Sanatan ethos, irrespective of whether a person attained Siddhadom in his lifetime or not, he is conferred Siddhadom posthumously. In some way Kapal kriya is performed on him. Kapal Kriya is originally a part of the last rites, where the skull of the deceased is broken open, essentially by the son of the deceased. Through this act the deceased is supposed to turn into a Siddha. The futility of the exercise is lost on everyone. Little does anyone realize there is no point in elevating a corpse for Siddha status, whereas it would have been appropriate had it been opened to receive the sacred wisdom, when the dead man was alive. But that would have been possible only through Guru's powers and not by the stick in a son's hands. Ideally, Shaktipat was the best recourse to opening the inner recess of his mind. Anyway, Kapal Kriya is a symbolic way of analyzing the whole issue.

Kundalini has been interpreted differently by people abroad. In the ancient Kabbalah doctrine of the Jews there are descriptions of elements closely resembling the phenomenon of kundalini. Especially the chapter pertaining to Garden of Eden, where there is mention of Adam, Eve, forbidden apple and snake. Not only that, every ancient scripture has mentions of serpent. However, this serpent in no way symbolized evil. Rather, serpent stimulated the evolution of mankind. At the same time, serpent was also accredited with elevating the consciousness of human beings. Above all serpent was a divine power specifically tasked to raise the consciousness. These are the salient hallmarks of kundalini shakti.

Now coming back to our own land, many of you visit the Babunath temple nearby. What do you find there? Yes, there is a Shivling, with a snake coiled around it. Circumference wise, the snake, with its hood raised, is coiled around the Shivling in three and a half circles. Above this idol of Shivling and snake, housed over a stand with three legs, is an earthen pot dilled with water. There is a hole in this pot filled with water. There is a hole in this pot from where water is dripping down below. That's how we offer water to Shivji, as a mark of obeisance.

In exactly the same manner, there is a Linga in the Muladhara Chakra of every human being. Kundalini shakti-the serpent power, is coiled around in Muladhara Chakra, in exactly three and a half circles. Kundalini in Muladhara Chakra is in dormant form. From Sahastrar Chakra, elixir drips down on the Shivling, drop by drop. The tripod like contraption in Shivling is comparable to our three Nadis- Ida, Pingala and Sushumna. Ida and Pingala represent the force of Moon and

Sun respectively. This is a beautiful symbolic description of Shiva. It has been said that man is a replica of God. Our Siddhas have imparted this sacred knowledge in our Vedas, Puranas, Upanishads and other holy scriptures. The only exception is the language used. The language has been altered in every scripture. In some instances, sacred knowledge pertaining to kundalini shakti is in the form of stories. You have to decode them to decipher their true content viz a viz kundalini shakti. You have to comprehend the science, logic and secret contained in that particular story. On your part, you tend to get caught up in rituals. In reality all these factors are present inside your own self.

Baba says the external universe and external world that you see, in reality is a reflection of the universe that exists within you. He has summed up the dilemma of man in a very brilliant way. What is outside is Maya-illusory world. But what is present inside is the eternal truth. You have God outside is the eternal truth. You have God outside also and God inside also. Shiva outside also and Shiva inside also. Self-Realization is achieved only when these two forms of divinity merge with each other and become one. But there is one wall which obstructs this union between Shiva from external world and Shiva present within. This is wall of "I" and "Mine". The moment "I" cease to exist, both the Shivas are united. And become one Shiva. In this universe everything is Shiva. Till the time "I" is there, "I" and Shiva are two different entities. Extinction of "I" leads to communion within both the Shivas.

Bhagwati Mahishasurmardini is a confluence of sacred powers Maha Saraswati, Maha Lakshmi and Maha Kali. This sacred trio is reflected in Ida, Pingala and Sushumna. Kundalini arousal stimulates knowledge in an individual. Maa Saraswati enthrones herself on his tongue. As a testimony to the wonders of Maa Saraswati, the person automatically acquires the knowledge of Shastras and other holy destroys the karmas accumulated from the past. The demons of ego, greed and illusion are consumed by the serpent power.