

## **Kundalini**

Kundalini, the cosmic energy, is symbolized as a female serpent coiled (Kundala means coil of rope) and sleeping at the base of the spinal column. This latent energy has to be aroused by meditation and yogic techniques, and made to ascent the main spinal channel (Sushumna Nadi), through the Chakras, up to Sahasrara. This is possible only by the practice of Kundalini Yoga, also known as Laya Yoga (Laya is the state of mind when one forgets all the objects of the senses and gets absorbed in the object of meditation), that Yoga which treats Kundalini Sakti, the six centres of spiritual energy (Shat Chakras), the arousing of the sleeping Kundalini Shakti, and its union with Lord Shiva in Sahasrara Chakra, at the crown of the head. Kundalini Yoga actually belong to Tantrik Sadhana. First the Yogi have to perform elaborated mystic preparations to purify mind and body, then assume special Asana (posture), so Kundalini can be awakened and mastered. Then the Yogi obtain the Moksa (liberation), the reintegration with the Atman (Prime Cause of the Universe).

Wake up Mother Kundalini,

Thou whose nature is Bliss Eternal - the bliss of Brahman,

Thou dwelling like a serpent asleep at the lotus of Muladhara,

Sure affected and distressed am I in body and mind,

Do thou bless me and leave thy place at basic lotus.

Consort of Shiva, the Self-caused Lord of universe,

Do thou take thy upward course through the central canal,

Leaving behind Svadhishthana, Manipura, Anahata, Visuddha

And Ajna, be thou united with Shiva, thy Lord the God,

At Sahasrara - the thousand-petalled lotus in the brain,

Sort there freely, O Mother, Giver of Bliss Absolute,

Wake up Mother Kundalini, Wake up.

(Sri Swami Sivananda)

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"The wise Yogi, whose nature is purified by the practice of Yama, Nyama, and the like, learns from the mouth of his GURU the process which opens the way to the discovery of the great liberation. The Yogi who has gained steadiness of mind makes offering to the Ista-Devas in the six centres (SatChakras) - Dakini and others, with that stream of celestial nectar which is in the vessel of Brahmanada (Kundalini), the knowledge

whereof he has gained through the tradition of the Gurus".

(Ram Kumar Rai)

In Mythology, the cosmic energy, Shakti (in other words Kundalini) is symbolized by Kali , the Divine Mother, moving as the Kinetic Shakti on the breast of Sadashiva who is the static background of pure Consciousness.

See also:

Nadi

Sushumna

Ida and Pingala

Chackras

Shat-Chakras

Muladhara

Svadhishthana

Manipura

Anahata

Vishuddha

Ajna

Sahasrara

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