

## Living Kundalini



In 1969 Yogi Bhanan taught his first classes in the US. His first students were primarily hippies who were experimenting with Kundalini Yoga the way they'd been experimenting with drugs. Anything to propel them into new levels of wonder and ecstatic living. When asked to open people's Third Eyes Yogi Bhanan remarked that it was actually his job to close people's Third Eyes that had been blasted wide open through the use of psychedelics, resulting in those seekers losing focus and discernment. Similarly, when people write to us asking how long it will take them to raise their Kundalini if they practice our DVD's we remind them of a great old piece of wisdom: It's not about the goal it's about the journey. This advice is never more relevant than when on the Spiritual Path.

Many Spiritual traditions tell us that the ultimate goal is to make it out of this world alive. We want to be in a position to stay aware as we transition out of this life and out of this body into the Great Beyond. In the Eagles Gift by Carlos Casteneda, the Author's mentor, Don

Juan talks about a configuration of energy called "The Eagle" that consumes our Awareness at the time of death. According to him, the only way to find true freedom, to "dart past the eagle and be free," is to make an offering to the Eagle in our life. That offering is our baggage, our pain, our fears, and our conscious remembering.

Another ultimate goal is to be an effective, happy, compassionate and inspiring human being. This is something we have to work on every day. On and off our mat, raising our Kundalini is the process of growing in Spirit to be humanly human and Divinely inspired. An incremental profoundly rewarding process.

Kundalini is an archetype: a universal energy and construct. No one can embody a pure archetype all of the time but we can honor an archetype and merit its gifts. Kundalini is a dispensation of Grace and a state of Grace. In order to be the recipient of this Grace we need to meet the Universe half way. That entails powering our practice and delivering ourselves to an elevated state daily. Before you walk out the door or sit down at your computer or make your first phone call we want to have energy surging through all of our chakras and to be alive to the myriad possibilities that orbit every moment.

Have you ever met someone whom you feel has raised their Kundalini? Not sure? Don't look for people who are outside of life. Look for people who are burning brightly in this world. Look for people who demonstrate quiet consistency. Whose lives remind

us that something incredibly beautiful is pulsing on the edge of vision beneath the sheen of the readily apparent and just beyond the boundaries of our collective definitions of the world. Don't look for people with sparks coming out of the top of their head. Look for people who have an irrepressible soul.

Kundalini is the engine that drives evolution, human and otherwise. Kundalini represents the fullest expression of the chakras, nadis, psyche and soul. But let's not get ahead of ourselves. The moment Kundalini becomes active it initiates a purification of our chakras, emotions, and layers of mind. This process invariably takes decades. For a true awakening to occur we need to have the process of purification be commensurate with the higher energy states we attain. This is because Kundalini is an amplifier of consciousness. That's why in Kundalini Yoga we use a strong base of Naam (Names of God, mantras), so that what gets magnified is our true selves, our purity, and our pristine awareness.

### Levels of Kundalini Rising

Level One: You are aflame with creative ideas. Your senses give you more information than the average human. You perceive connections in the great web of Being. You feel dynamic and inspired to give birth to something grand.

(Levels Two and Three are not quite the honeymoon as One because powerful energies are internalized to help make the quantum leap from the old version of us to a new trajectory of Self.)

Level Two: You are attracted to the soulful and authentic. Spiritual Teachings generate an intense yearning in you. Your soul is quickening. You begin to notice a certain disdain for the realm of the senses as the final definition of what is. You are between two worlds. This is an uncertain time.

Level Three: Your Path and purpose are revealed. You may be inspired to teach and preserve Spiritual knowledge. You begin to be aware of the super-imposition of worlds. You perceive reality as an energy construct.

Level Four: All of your chakras are in blossom. Your creativity is constant. Your earthly senses become super-senses. You are joyfully aware that God permeates all.

Level Five: Your physical body is a mere accessory. You are not bound by time / space. All knowledge is accessible by you. You are an immortal being.

Of course there are many gradations to this list. Often we will experience glimmers of one and then revert back to previous levels. There have been Spiritually gifted people throughout history, people who are ahead of the evolutionary curve, but who couldn't fully actualize their grand vision. The native American mystic Black Elk is an example. Nikola Tesla is another. They gave the world so so much but they could've given so much more if they'd had access to a methodology to cultivate, amplify, and organize their genius. Kundalini Yoga is a technology that can make our greatness greater.