

Kundalini

The Liberating Force

Discourses, Questions and Answers and Views



Dr B.S. GOEL

Siddheshwar Baba

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PART—I
Discourses



Kundalini and Guru-Shakti

Discourse of Shri Guruji, 14 October 1992

After knowing about God, the theoretical concept, that is, Cosmic Consciousness and Cosmic Energy, we must begin knowing something about the meaning and role of the Guru. It is clear that Guru is not a physical body. Guru is the Cosmic Consciousness, and there is only one Guru in the cosmos, who by His own Will, but of course due to the love and spiritual practices of a person, comes into the body of a person, accepts him, and authorises him to act as a Guru. This is how the work is done by the same Cosmic Consciousness assuming the form of the Guru.

In all the Gurus, in your eyes, there is only one Guru, who is working. In all human bodies, which you think are operating as Gurus in the universe, there is one Guru who is really working in all of them. So there is basically one Guru in all the bodies. It is the same light which works, which grants experiences, which determines, which makes decisions and executes them.

You will find that every Guru is capable of granting some cosmic level experiences to some disciples. So the disciples will always feel that their Guru is God. But there is only one God. There cannot be 50 or 100 Gods. The same current is working in the fan, in the bulb, in the

tubelight, in the refrigerator. The outer physical bodies may look different, but the same current works. That current is the Guru.

The Guru, being one with the Cosmic Consciousness at the cosmic level, has His other aspect also. Shiva, the Cosmic Consciousness, has His other side also, the Cosmic Energy. Similarly, the same Cosmic Energy is attached to the Guru. This Kundalini is the Cosmic Energy which is attached to the Cosmic Consciousness aspect of the Guru.

The Guru is sitting inside you, because Shiva is sitting inside you. The form of the Guru is always inside. Similarly this Shakti is at the command of Shiva, the Cosmic Consciousness and the Guru also. In the human body, this Shakti can work at any moment. When you are sitting near a Guru and looking at the form of the Guru, walking with Him, talking to Him, laughing with Him—at any moment it can become active: because this Shakti, the aspect which is known as Kundalini, is also searching the Cosmic Consciousness, Shiva.

This Kundalini can become active any moment when you are near a Guru. That is why Jesus Christ often said, 'When you are near me, you are near fire'. This Kundalini is fire. 'Near me' means 'when you are near me', 'you' means the consciousness in you, and 'me' means the Cosmic Consciousness. When the body of Guru is near the body of the *sadhaka*, the attention is also in the form of the Guru. That is the advantage. But merely two bodies being close to each other will not create the current. This fire will not become active. But when your attention is in the Guru, it means that your individual consciousness is in touch with Cosmic Consciousness. You do not know that when you walk in the ashram, most of the time individual consciousness is in touch with the Cosmic Consciousness. So any moment you may feel the

vibrations, the Shakti will become active, and your body will start moving.

Now what does the Kundalini do? From the base of the spine, it has become active. It is the Shakti of Shiva, it wants to go up and meet Shiva, since it has become active in your body, for which your personal consciousness, individual consciousness or *jiva* has done some efforts. This Shakti takes this *jiva* also towards God, because you are praying to God, you want to meet Him, you want to contact Him, you want to have oneness with Him. Because of that the Shakti became active. Shiva said to Shakti, 'This *jiva* wants to come to Me, you get up, because by his own efforts he will not come to Me!'

So the Shakti gets up, and it is the purpose of Shakti also to meet Shiva; and it takes the *jiva* with it towards Shiva. So it is the liberating force, it is the force which grants you *Moksha* (*Nirvana*) or kingdom of heaven. But before you achieve that kingdom of heaven, this Shakti will break your mind. Whatever wrong formations are there, whatever formations which contain any kind of attachment, whatever emotions: jealousy or violence or lust or anger—all are considered as basically false in a human personality. This Kundalini, this Shakti will move up and start breaking these formations which contain these items; because the *jiva*, unless it is purified thoroughly, the fire, and the things, contaminating the *jiva* are removed, it cannot enter the kingdom of Heaven.

So the Kundalini fire, the Kundalini Shakti, gets up and then it starts moving towards Shiva. But Shiva keeps control on it. If Kundalini Shakti wants to meet Shiva immediately then it can really break the whole nervous system, if it is not controlled, Shiva keeps control on it. It will break something, remake something, destroy something, reconstruct something and slowly, the whole of your mental system, mental body is reconstructed; and

all your faults are burned into this fire, and are reduced to ashes.

You know that Shiva is sitting in *Padma-Asana* and His entire body is smeared with ash. What is this ash? This is symbolic that the Kundalini became active and reduced all the falseness into ash. And now Shiva has put all the ashes on Himself to tell the world, 'Now I have no attachment, no jealousy, no violence. I am free from all these things. I am purified.'

Similarly, the Kundalini will keep on burning your faults, not you. Suppose there is a paper, and there is a stone here; we burn the paper; but the stone feels. 'I am going to be burnt!', although the fire will never reach the stone and it will never get burnt. Only the external things which stick to it will burn. Similarly, bondages and karmas, which bind the *jiva*, will be burning and sometimes you will feel the trouble. You will feel that the danger is to you, but you are absolutely safe. Kundalini will burn only your bondages, your karmas, and would liberate you. Purification means, it will purify you and take you to Shiva. Meeting with Shiva means, that you have entered the eternal life, you have become one with Shiva, you have become a Yogi and you have achieved the kingdom of heaven.

But you must pass through this hell. Most of us are not ready to pass through the hell, and the hell has been created by our own desires and karmas. Kundalini or Shiva have not created the hell: this hell has been created by our own selves; first because of our ignorance and then due to many desires based upon the ignorance that 'I am the body'. So in order to reach the heaven, this hell has to be gone through.

The major role of Kundalini is to take the *jiva* slowly and slowly towards God, which is the goal of Kundalini

and which is the goal of *jiva* also, so that *jiva* gets a contact with Shiva. In some cases, it is Shiva who first provides the contact to *jiva* and then the Kundalini starts becoming active. Thus the *jiva* is always safe.

The Kundalini is the most important instrument in the hand of the Guru, by which He can take you on the path of liberation. Nowadays many people are incapable of following various steps which lead to purification. Earlier in ashrams, all the *sadhakas* used to come when they were quite young, and they were trained in such habits and thinking, that their system was purified, moreover, they would observe certain principles and rules for self-purification. But now the people, are coming to ashrams in a state which is basically impure. They are living in the world; some of them get into trouble, because they have so many formations in the mind, then they search a way out of it, and in those cases, it is very difficult to re-discipline their minds and ask them to purify themselves by their own efforts.

When the Kundalini is activated, the man is caught. Otherwise people come to a Guru and run away. They don't want to become Yogis because it is a difficult path. When the Kundalini is active, you are caught. Now you have to go on this path. If you tell a person, 'You read this book, you sit like this, you repeat this japa!' he will not do it. But when the Kundalini punishes him inside, breaks something, then the Guru says, 'You will do some japa 'OM NAMAH SHIVAYA'! next day you will find the man sitting and chanting 'OM NAMAH SHIVAYA'. Before that he doesn't do it. (Laughter.)

And now the Guru says, 'You don't eat this, you don't smoke.' Then the man comes to know, 'If I smoke, I will be beaten'. So this fear of being beaten from inside, puts you on the right path! Now you start purifying,

cooperating with the Kundalini, for self-purification. And sometimes this Kundalini will take quite a few years, because much wrong has gone into your nervous system.

The nervous paths in your body, are not straight. That's why the jerks take place. Kundalini will make them straight. Kundalini will make your entire system clean, purified and fit for the residence of God in it. God will not live in a mind which is unclean.

The Kundalini makes the body fit for the residence of God, and people slowly and slowly know, 'I have to leave these bad habits for my own sake. If I don't leave, I will suffer.' He can blame the Guru, 'Oh, this Guru activated my Kundalini, He is very bad!'. His parents may also abuse the Guru, 'Oh, this Guru has ruined the life of our child!' but the Guru is satisfied. He knows, that the life has not been ruined, rather the child is being granted a higher life.

And slowly, he will get it. But he will keep on changing himself bit by bit, because he knows, 'when I ate such and such food, it created some problem'. So he will have a regulated diet of the right kind, that is, a *sattvic* diet.

Similarly, if he sits in a company of bad people, and then sit in solitude, he will realise that there is some trouble in the mind. He will be able to conclude 'I should avoid this bad company. I should talk to people who talk about God!' and then he will find that the Kundalini is moving better.

People, who are passing through the Kundalini process can experiment with it. They should have two, three people around them and they should talk to them about God, His glories, His greatness, and they will find themselves better and happier. But if they collect some people, who talk about the worldly path and worldly

attachments and other things, they will know, when they come back to their rooms, that there is some kind of disturbance in their whole system.

So by their own experience they will start knowing, 'I should read good books—spiritual books, the biographies of saints and sages. I should meet people who are basically spiritual, talking about God and goodness. I should eat food, which is good for my spiritual growth!'—which means the *sattvic* food, not the *tamasic* food.

Similarly, some other things will come. One must sit regularly in a straight posture. You know, some people who have very wrong postures because they have never been taught to sit in *Padma-Asana* and *Siddha-Asana*. I have told you to sit in *Padma-Asana* for three hours continuously and not permitting your mind to run here and there, which means, not offering your body to the mind. What does this mean? For example, I am sitting here, a desire comes to me, I should go on the road and get an ice cream; and I get up and go. This means: I have offered my body to my mind, because the mind desires a thing and I start doing it. While sitting in an *Asana*, you don't have to offer your body to the mind! Let 100 desires come; you keep on sitting straight! Don't move at all!

Your nervous path will become straight. All the nervous paths are not straight because of these desires, because of offering your body to the desire. So when you sit in *Padma-Asana* for three hours, you will find, when the Kundalini gets active, it will go up very slowly. Many people who have been doing *Asanas* and other yogic exercises, with the Kundalini becoming active in them, their movements become very imperceptible. But in some, where resistances and blockades are many because of the desires and other formations, the movement of the Kundalini, sometimes, is quite jerky. People get many jerks. They will jump, they will sometimes move very fast,

sometimes it will stop, because the Kundalini has to make you straight. Kundalini will not rest till it makes you straight. The more you cooperate with it, the more beneficial it is for you, and when you go to a Guru, be very conscious of it. You may be going there for a different purpose, but the Guru is sitting to perform a different function there. Sometimes you take your child for receiving the blessings of the Guru and the Guru blesses your child and your child gets the Kundalini moving, and then you curse the Guru, because when the Kundalini starts moving, the process continues for quite a few years!

You don't value God actually! You don't like God! You only like that 'my child should get a blessing, that he should get a good job, good education, he should be successful in business.' But Guru is not sitting there to make you such successful businessmen. There are so many other people who are sitting in the world to make you successful in business and education! God has created the Guru so that He puts us back on the path of God, so that we taste the final fruit of our existence.

Once you taste the fruit, once He gives you a drop of His love, you will never bother about many other things. Rather you will find sweetness in everything in the world, because God is in everything.

So basically, the Guru's purpose is to put you on this path, and if you are very clever, and you don't permit the Guru to catch hold of you, if you don't obey Him, then He will activate this fire in you. He will then say, 'My dear son, run!' and you will say, 'Guruji, I will not run. I will sit here!' If people, who seldom used to come with their children, get this Kundalini, activated now they come more regularly to the ashram, ... not for the Guru! They don't want to see the Guru! They come to the ashram so that their child becomes better.

Kundalini is the cosmic energy, which is lying asleep inside you, and it can become active, and it should become active with the grace of the Lord or Guru. Then it goes on and you will have to cooperate. You may not cooperate and the Guru will then say, 'You leave one habit!' If you say, 'No, I cannot leave it!' the Guru will beat you from inside with the Shakti and some day you will have to leave it. You are nobody to say 'No!' to the Guru, and you will know it from your experiences. Many times you are in great conflict; the Guru is also in great conflict with you, with your ego.

You are trying to reform the Guru since ages. (Laughter.) But you have never succeeded, because He is unchangeable! You will have to change! But you make a lot of attempt to change the Guru, His habits, His style, but you say, 'I am striking my head against the wall! This Guru will not change!' So you feel frustrated; but you will have to change. He is the unchangeable truth. You are the changeable ego. From the ego you have to be changed to spirit. Now you feel that you are flesh and blood, and tomorrow the Guru will tell you, that you are the consciousness.

This change must come in you to realise the truth. As long as you feel, 'I am the combination of flesh and bone', it is ignorance. As soon as you start thinking, 'I am consciousness, I am eternal, I am light!' the Guru is satisfied. Guru does not want to catch hold of you, to keep you with Him. Once you get this knowledge, He will leave you free in the society, because then you will work for this. You will see that people are struggling in ignorance and falsehood and you would like to tell them, 'This is the path, I followed it, I have got it and you also follow it.'

So this work goes on like this. Guru is not possessive, that after granting you realisation He would like to possess

you. No! His only business is to make you realise God. Then you will become absolutely independent in happiness, in knowledge, and Guru will say, 'My child, now you go and show this path to other people.' When you start telling this path to other people you will find it extremely difficult to put even five people on this path! Everybody will oppose you! It is a very difficult path.



Kundalini: The Meaning of Gurutattwa

Discourse of Shri Guruji, 16 October 1993

In the earlier discourse we had discussed 'the nature of an experience through the Guru and its importance in the life of an individual'.

You know that many individuals have no idea of spirituality. They may be religious people going to temples and worshipping God. This kind of religion is a conditioning, it is a bondage. Spirituality is a process of liberation. Spirituality and religion are very different things.

A man, who is ignorant about spirituality and does not know the way to God, sometimes comes to a Guru, and quite often gets an experience which changes the direction of his life all together. For example, the Guru may come in the dream and tell something at night which comes out true then, the whole mental structure of the person gets shaken, trying to find out 'How did it happen?'

A man comes with an incurable disease, and the Guru just comes in the dream and touches the person, and the disease is gone. Or, some day the man may come near the Guru, and this Shakti, which is known as Kundalini, starts moving automatically.

Such mind–body experiences take place near a Guru, and the life of the individual takes what you call a new turn: it goes absolutely in a different direction later on. This experience through the Guru is responsible for putting thousands of people again and again on the spiritual path.

When you come into the world, all your senses tell you that this visible world, which you can approach through senses, is real and this is the only world. So you work for it, you work in it, you get all education to be a very efficient man in this world not bothering about some of the more real questions: who are you? why should you come in this world? how long are you going to live? when are you going to die? why should you die at all? and why should you not want to die?

A more important question is: when you have seen thousands and millions of people dying daily, why should you not accept it willingly and consciously?

Some day somebody puts you on the spiritual path, a Guru specially, and then he starts making the operation of the cataract of your Third Eye, because your Third Eye is not able to see the reality as it is clouded, the vision is clouded. It is the Guru who starts operating on it.

He gives a first rate shock to your own understanding. For example, if I have been pursuing a scientific path or a rational path what I call rationality, and some day I find that my Guru is standing in my room, and He tells me something and then vanishes, what will you do? Your whole thinking will be shaken. How did He appear here? How did He communicate something to me which is true? Is it possible? You fear to tell it to people. They will laugh at you! But you never know that this Shiva is already in your room. He does not need any door to enter. The Guru is just His representative. The Shiva, who is present on your left and right and everywhere, just manifests Himself

in the form of the Guru. It is not that the Guru comes from a distance. He is right there!

When I saw Bhagwan Shri Sathya Sai Baba in my room at night (but this was just one experience; many others were taking place) and when people came to know about it, most of them laughed at it, and said, 'Did Sathya Sai Baba come by a helicopter?' because the door was locked. 'How did He come inside?'

People do not know the reality of spirituality that you are also everywhere. An experience through the Guru starts changing your life; it starts changing your thinking. A state will come when your thinking will be the same which is given in Bhagavad Gita or in Upanishads, or in many other scriptures. You will speak the same language. You will say, 'God is everywhere. I am that reality. I am also everywhere!' because then you know that your physical body is not true. But this is the end of spirituality when you know this.

In the process of reaching that state you go to many stations, and many stations will come where you stop for a moment, half-confused, half-real, and you find that most of the people are going in this direction. When you alone are going in that direction, you doubt your own journey sometimes. All your relatives ask you, 'What has happened to you? You were a very successful man in life, you were drawing very good salary, you were respected in the office, and now you are talking something else?'

Hence, sometimes it creates a doubt in you whether spirituality is the right path or is it just fantasy. But this is the same journey which Buddha performed, which Mahavira performed, which each one of you has to perform some day, whether in this life or in the next or in the next to next, till the drop of water merges into the ocean or meets the ocean, till one meets Shiva which is

Yoga itself, till one finds the true goal. Yoga is not standing on your head with your feet towards the heaven. Yoga means that the individual consciousness must meet Cosmic Consciousness, they must unite. There is an eternal desire for this spiritual unity.

When I say, 'I have a desire of love!' it means a desire of meeting Shiva. The *jiva* has got separated from Him, who was complete, who was full, who was all bliss, who was all *ananda*. Now the *jiva* is hankering after getting bliss, but out of confusion it is searching happiness in so many other things. Till it returns back to its source (that is Shiva), it will never be fulfilled.

The nature of a spiritual experience is very different. I told you about a person who was a manager in a news-agency. Bhagwan Baba came in his dream and told him, 'I will protect you!' and after a few days he saw it, and his whole life was changed all of a sudden.

Never go to a Guru if you are not ready to meet danger because He will shake you from the very roots. All your nerves will be shaken in one day, and you will tell, 'Guruji, I was a very stable, very happy, very contented man, and some confusion, depression has come here.' This confusion and depression has not come to harm you! If it has come at the place of the Guru, it has come to liberate you.

This happens because you are deeply settled in your own mental conditioning! This mental conditioning has to be shaken, and it has to be reconstructed after true spiritual knowledge. So change and transformation has to be brought which is possible only by a Guru and his Shakti which is known as Kundalini.

People come to a Guru for very small things demanding a son or a promotion or some better appointment or some better house or a car. But Guru is

not there to cure your disease. Guru is not there to give a child to somebody or a promotion to somebody because these things can be given by other people also.

The basic purpose of the Guru is to remove your darkness and give you light which means, that He is there to put you on the path of wisdom. Other things are given to you at the initial stage so that you may have some faith and bow again and again to that person. But He knows that it is a sop, putting something into the mouth so that the man starts coming and one day the Guru will catch hold of you and put you into His basket. 'Now you go where you want to go!' Then you don't want to come to Him, but you cannot go away from Him till you are liberated.

And wherever you go, the Guru will be watching you because Guru is everywhere. That Shiva is everywhere. You cannot escape from His clutches. But when you are in His clutches, you escape all the clutches of the world. When you are bound with the Guru, you are liberated from all bondages. If you consider the Guru to be a human being, just another human being, and feel, 'I should not be caught by Him, He should not control my mind!' then you will be losing much.

When you are bound with the Guru, you are slowly and steadily liberated from all the bondages. Later on you also become like a Guru. Then you know that there are no bondages here also. It is the same truth, the same reality everywhere, 'I am also the same'.

So that is such a thing which, I think, many generations have been following. Nowadays, maybe less people follow it, but in previous times, I think, in India specially, many young people used to pursue this path, and a true hero was one who was trying to search God. And people from around the villages, used to come to

him with food, flowers and fruits. 'This is the real man who is searching God' they believed, because this is the highest aim of life.

In these days if you are searching God, everybody will attack you, and say, 'Oh, you are worshipping God? Call Him! He will give you food! Why should you ask from us!' Really, even your relatives will say it; your friends will say it. 'You were talking about God? Why don't you call Him now? Why do you say, I am suffering and I need this thing?'

Earlier people had some idea of spirituality, they had some idea of spiritual path, they were the children of Buddha, Mahavira and Nanak, and they wanted to pursue their paths. Now we simply say, 'We are the children of saints and sages and rishis and munis!' but we seldom want to follow their path. Not a single person wants to follow it!

Nowadays the Guru forcibly brings you on this path out of mercy. Nobody comes on this path: it is the Guru who grants you an experience, who shakes your mind and shakes your family also, and for quite a few days you do not know what has happened to you. Your family becomes an enemy of the Guru, 'This Guru has done something to my child, and my child has lost his path!' They don't recognise, 'My child has been put on the right path.' They only say, 'My child lost his path because he came in touch with a Guru.'

Now values have changed, thinking has changed, and everything is topsy-turvy. Take for instance, there is a city or a village where there is a temple or an ashram, and there is also a cinema or a drinking shop where wine is sold. In earlier times, if a person went to take wine in a shop, he would see here and there to make sure that nobody was watching him; he would go there very



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Shiva is sitting in his complete form here in the Shiva-Netra, and the Shakti in its totality is sleeping in the *Muladhara-Chakra* at the base of the spine. They are absolutely complete.

When you are ignorant, you may ask what does it mean? You are a flame, and you say, 'I am the chimney.' You are consciousness, and you say, 'I am the body.' This is fundamental ignorance!

When you are ignorant and you consider that you are the body, you claim, 'I am this body!' This is the first claim you make. This is the root of the ego in man, root of ignorance. Then you claim, 'This body of the mother is mine!' It is a tendency to claim things as mine.

This is known as *Ahamkara*-ego and *Mamkara*-possessiveness. *Ahamkara* means, 'I am this body!' *Mamkara* means a tendency of the ego that 'this thing belongs to me!' These are the two most basic foundations on which the personality of a person starts developing.

When I consider myself as a body, although I am not, I am consciousness! When I consider myself to be a body and I consider that this body of the mother is also mine, I develop all the basic faults. How do I develop? The first fault is attachment to a false object: *Moha*. I get attached to the body of the mother: 'She is mine!' And when I say, 'She is mine!' some other child is also born, he tries to claim it too, then there is a triangle formation.

When the other child comes to the mother and the mother gives milk to the second child, the first child says, 'I should remove this child from the triangle!' This is the root of jealousy and violence.

Sometimes he would try to beat the mother, 'Why are you welcoming this child when I am there?' Even if you grow 80 years old, similar triangle formations can take place and you can connect in both the ways.

Suppose the mother goes to office, and the child feels hungry at that time. The infant knows, that he will get milk only after six hours. Thinking that the mother will be unable to come to feed, the infant tries to drink as much milk as possible whether he is hungry or not. This is the root of all greed.

We accumulate out of insecurity. For example, when his mother leaves for office the infant may feel, 'If my mother does not come, I will die.' So he starts accumulating milk inside his belly so that if the mother does not come, he will not feel hungry. Extending this analogy furthermore, even if a person knows that he needs only one lakh (1,00,000) rupees for his security till the end, out of fear and insecurity, he will keep on accumulating.

Maybe he will justify himself saying, 'I am a very intelligent man, I am a very clever man, I do this and ...' but he does not know the root of his own greed! And most of this accumulated money will be kept in the bank, out of fear of getting stolen, till the end of his life. He will not give it to his children or to anybody else, because if he tries to leave it, he feels insecure! And when death overtakes him, the bank people may, being unable to trace his successor, retain the savings in the bank. People behave in such a manner out of insecurity and they collect it out of greed, which again is born out of insecurity.

Much psychoanalysis is done on infant, and psychoanalysts will tell you that an infant clings on to his toys for fear of insecurity. He will not drop it. This is the fear of leaving something, and some people have this very intensely.

Kundalini Shakti, as I told you, is the operational aspect of God, Shiva. A child's possessiveness of his/her mother yield to several negative traits like jealousy, greed, aggression and violence. The basic faults are: *Kama*, *Krodh*,

Lobha, Moha. But it is not easy to leave them! All your later desires emerge out of them.

As long as there are desires you will be tempted to fulfil them. Shakti then goes on the path of bondage. Then this very Shakti becomes a binding force.

When it binds you, some day you suffer. For example, you are bound with your young son. He dies. So your entire calculations, the desires, shakes. Or if you have some incurable disease or if you undergo a big loss, your mind is shaken.

Some day people put this question to themselves, 'Why am I doing all this?' Then somebody goes to a Guru or reads a scripture or some spiritual book. He then thinks of God, and gets a desire to meet God. When he gets a desire to meet God and God is happy with him, then He activates his Kundalini. This Shakti will not be going to the outer objects. It will be going towards God. Then the same Shakti will become a liberating force.

When we say that you should have desire to meet God, we say, 'You should think of Him, you should put your concentration in God', it means that now your attention should come out from perishable objects, whether they are human or material objects, and this attention should be put back in God because this attention, this *jiva*, is a part of Shiva. So it should be put back into Shiva.

When you put it back and cry and pray for His mercy, then some day. He activates your Kundalini again from the bottom of the spine. This Shakti, when it gets activated from the bottom of the spine is known as Kundalini.

The Kundalini goes towards Shiva only, and it will push you also towards Shiva. So it becomes a liberating force. The same Shakti that binds you, also liberates you. But if your desires in the world are working and the Shakti is running towards those desires, it will be flowing

here and there. Only Kundalini goes up to this point, the *Brahma-Randhra*.

All the images of the son, of the business, of the country, of the caste, are located here (brain). You have held the flow of your Shakti much into those directions. But if one of them goes, the Shakti does not know where to go because the object is not there and the path has got blocked.

So there is much pain, much depression, much disturbance, among people after losing a loved one, maybe a son or a mother or a husband, sometimes, they don't recoup. Such is the shock of this separation because they want to search it again. They are searching something which was false, and they will never be able to find it.

At such a time of tragedy or agony, people will turn to God, and God will give them solace. He is one who is the father and mother of every child, He will say, 'I am here. I will protect you.'

Sometimes the Kundalini-Shakti starts working—if you are going to a Guru and you are involved in a big crisis. Before that, maybe, you have got very little experience of a Guru. But when you are completely in a crisis and you know that nobody in the universe can help you, and at that time if you cry, 'Guruji, save me!', at that moment this Guru-Shakti (known as the Shakti of the Guru or Shiva) gets active and solves your problems and gives you protection. At that moment it is known as *Gurutattwa*.

This is a principle. This *Gurutattwa* is experienced by many *sadhakas* at the moment of crisis when they feel, 'Now nobody can help me.' Then they call on the Lord or Guru, 'Save me!' and at that moment this Shakti starts moving.

In many cases, it gets active when the crisis is very deep. Sometimes it gets active when the breakdown is taking place, sometimes it gets active when the man is at the point of death, sometimes it takes place when the doctors say, 'This man is dead, he cannot be revived!' and the man suddenly calls on the Guru: maybe the force then starts working!



Cooperating with Kundalini

Discourse of Shri Guruji, 17 October 1993

When your Kundalini becomes active, and God is pulling you towards Himself, can you do something at that time? Of course you cannot do much, but still you can undertake some exercises if you understand what Shiva wants you to be, why He has granted you Kundalini, and what the Kundalini will do.

For example, I have come to this village. I wish to stay here, and then I bring some masons. Whichever old house I have purchased, should be made fit for my living, and the masons are working for restructuring this old house. I also help the masons in certain ways by giving ideas. How else do I help them?

So this is the role of Shiva and Shakti. Shiva has purchased your old house. Kundalini activation means that Shiva has already taken over your old house of the mind, and He has sent His masons in the form of Kundalini: to repair it, break it, remake it!

Shiva has all the ideas which Kundalini has to implement, She will do as Shiva wishes her to do. Can you do anything?

You have read in scriptures, you have gone to saints and sages, and you have known it from your parents and schools and curriculum, what Shiva likes. You have

already known that Shiva likes certain things which you should not do, for example, *Kama*, *Krodh*, *Lobha*, *Moha*, etc. All scriptures say, you will have to rise above them.

This is one aspect where you can really help in the process of Kundalini. For example, it is a matter of aggression which Kundalini has to break some day by force. You can cooperate with it by doing, some kind of introspection into your own behaviour, consciously dropping the desire which brings anger. This is cooperation.

Similarly the idea of greed. For example, the mind continues to calculate. This is one of the greatest diseases, of modern times that it always keeps on calculating. Even if you are going in a car, you will calculate that on the second gear it will consume so much petrol, in the third gear so much, and you can save so much by this method.

You do not know that you have become a serious victim of these calculations. Calculation is a mental and egoistic phenomenon. So for certain things, you must leave these calculations about your greed. You have already had sufficient. Why should you keep on calculating always for nothing.

Similarly, lust! You can tell that you have gone through so many things in your life! Instead of getting any peace and happiness, you have gone more into unhappiness.

All your attachments bring you suffering. Whatever you call as mine, some day it is bound to bring suffering to you. It is the Lord who is the owner of everything. So try to remove your attachments by proper thinking.

If you eat certain things which can be obstructions in the process of Kundalini, try to drop them. I have seen in some cases that Kundalini does not permit one to take onion, and in other cases even meat.



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Keep your backbone straight, do OM NAMAH SHIVAYA, sing bhajans, talk about God, read some spiritual literature. For example, when your Kundalini is moving, suppose you are down with depression or having some kind of negative thinking, read a spiritual book, and sometimes it so happens that your thoughts are immediately uplifted and this downward flow of Kundalini which creates depression, then starts going up.

You have to do this kind of cooperation. You are not permitted during this Kundalini process to go to all kinds of movies, to read all kinds of books, to meet all kinds of people, to eat all kinds of food. No!

You have to think over it! If you continue with all your old habits, then there will be more suffering. Because Kundalini has to set you right. It is the business of the Guru and Shakti to set you right.

I was telling you the other day that somebody comes to the Guru, and if the Guru says, 'I will set your mind right' he is very angry, 'Who is he to set my mind right?' Actually this is the business of Shiva and Shakti.

Setting the mind right or straightening the mind means that Shakti should flow in the right direction. We say that when Lord Krishna was there, 33,000 *Gopis* used to dance after seeing Him. One interpretation of this is that from the *Muladhara Chakra* there are 33,000 nerves which go in the body. After seeing Krishna, Kundalini gets activated and all these 33,000 nerves start dancing upward.

So when your Kundalini is moving upwards, you do not know if all the nerves are cooperating in the flow of this energy. From the fingers, from the toes, from every part of the body, sometimes you will find that the energy is flowing upwards and taking you also (which means your attention) upwards.

Those people who are passing through Kundalini process must tell themselves, 'Okay, I have been passing like this in my past life because of this conditioning or this influence, but why should I not read now some spiritual literature and see what is wanted from me?'

You expect much from God and you feel that He does not expect anything from you. No, He also expects! If you love Him, attention will be in God. Jesus used to say, 'Lovest thou me ... If you love me, then all your problems will be taken over by me.'

Because when you love Jesus, your attention will go in Jesus, and when your attention is in Jesus, your Kundalini will get active, and you will be transformed slowly and steadily, yet inevitably. Nobody can stop it. Once Lord wishes, He has to transform you through Shakti. Nobody can stop it.

So why don't you enjoy it when God is pulling you towards Himself. I have seen many people ... in Kundalini some problems come. But don't think that problems come always, there are moments when one is in a state of great bliss and happiness. When the Kundalini is moving up, sometimes one goes down, but sometimes one is very happy, very peaceful, very stable.

When people talk about Kundalini, they only talk about some problems that after Kundalini arousal this happened and that happened. They never say, 'I got such and such insight into divinity, I got so much peace and so much happiness.'

So Kundalini is positive. It is not negative. Whatever negative things appear in your life, they may be due to your own karmas. Kundalini is only pulling you out of these karmas. Kundalini is not putting you into some trouble. She is Goddess-Mother. No mother is like her, and no mother can take care of the child as she takes. She

is so loving! While you are sleeping, she is awake. She is repairing you constantly.

In our group, not all of them are here. Now we have about 200 people who are passing through Kundalini process. And 200 people is a lot actually. But some of them are still engaged in the same activities in which they were engaged previously, and when they come here once or twice a month or once in two months, they come with this complaint, 'After the Kundalini, I have this suffering,' and they put all the blame on the Guru saying, 'Here is a person who has created all these problems for me. I was leading a very normal life, and he has done something to me, and now I am in trouble.'

So individual *jiva* must cooperate, must know the implications of this Kundalini and the Shiva and Shakti principle.



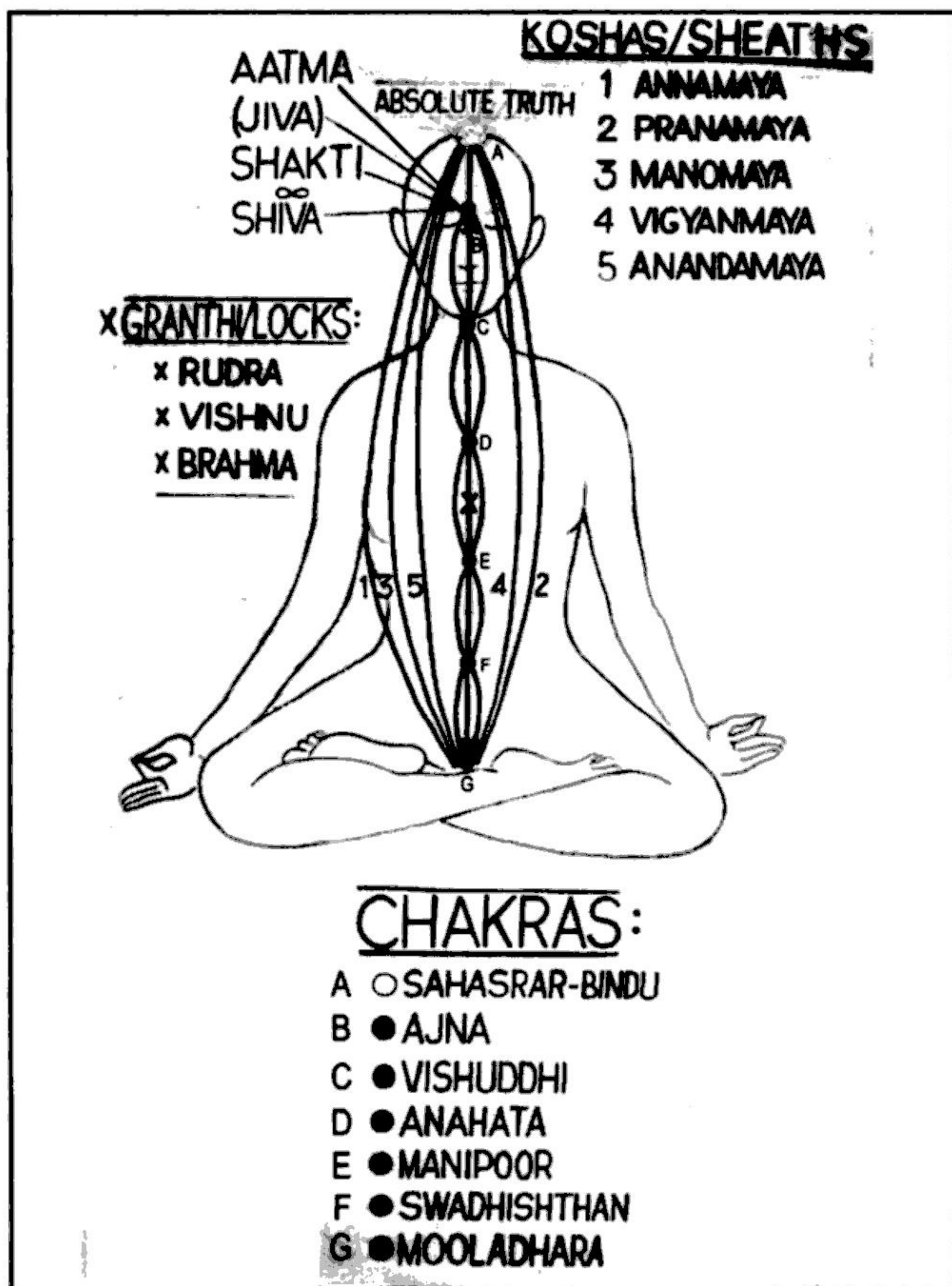
Modern Psychotherapy and Psychiatry versus Kundalini

Discourse of Shri Guruji, 17 March 1995

We went to bring to your notice some points which will explain the Kundalini process and what is psychiatry and psychotherapy is. This world emerges from Shakti, and this Shakti is the reverse side of God, the secret of all the secrets, the absolute truth, the absolute consciousness. This Shakti belongs to God.

There is another position to this understanding which posits the OM-sound as the creator of the world. Like Shakti it is also juxtaposed with God. This sound of OM emerges from absolute truth.

Now in this world there are some persons who search God. All *sadhakas*, are searching God. So a *sadhaka* keeps on following the spiritual practices, and then one day, he is accepted by God, and becomes like Him. If certain persons come to this *sadhaka*, he can activate the Shakti. Only that person who has developed some special relationship with Guru/God and with whom God is so much pleased that he even looks like God, can manipulate this Shakti. Similarly, some persons in the world search God and comes into contact with Him because of His mercy. Absolute truth can activate the sound of OM in



some disciples. There are two kinds of Gurus: one who will connect you with Shakti as it is happening here nowadays, another will connect you with the sound of OM predominantly.

The person who is given this authority is known as *Siddha-Purusha*. *Siddha-Purusha* is a person who has become like God Himself and can manipulate the Shakti because the Shakti is under the control of God only. Nobody else can do it unless he has some special kind of understanding with God.

There are two paths of *sadhana*: one is through the connection of the word, OM; another is through Shakti. This whole world has come out of the word OM (*shabda*). This *shabda*, OM was with God.

On the other hand, the Shakti was also with God. The Shakti was God itself. So we worship OM and Shakti because they are as real as God.

God is known as *Omkar Swaroop* the form of OM. You sing in bhajan about Sathya Sai Baba that He is Omkar Swaroop! He is also known as Shakti Swaroop also.

From the figure (see pg 32) showing a man sitting in yogic posture, one can easily understand the location of various *chakras*, *granthis* and the *koshas*.

In the ego-world, the man thinks he is dust, living at the lowest *chakra* and playing at the second *chakra* which deals with greed and lust and jealousy and many other things. Maximum, he goes up to the third *chakra* which relates again mostly to his greed and jealousy.

A man who is broken psychologically, breaks from the point of *Brahma-Randhra*; all the other centres are also affected at the same time. So the man loses all his confidence. He is very jittery, in depression, in suffering: so many things happen to him, so many diseases come.

The psychiatrist would try to strengthen his ego which means the first centre by giving him knowledge of the second centre, because this centre is very powerful, it is

also created out of Shakti. He would only say, 'Accept your jealousy, accept your lust feeling. They are natural, they are all over the world. Whatever is natural, that is right.'

But perfect cure cannot come because your *Brahma-Randhra* does not get adjusted. If you go to a master, he will activate the Kundalini from the *Trikuti* and start repairing you up to the point of *Brahma-Randhra*.

The whole thing will be reconstructed telling you that you are the truth yourself. It may be a long process, but this has to be gone through. This Shakti gives you confidence again about your own 'I', that 'I am the truth!' And this will give you the much higher confidence what you enjoyed before.

So this is what we say Kundalini therapy or Kundalini, and psychotherapy that is based upon the visible aspects of the world.

Kundalini is based on spiritual reality, what you have always been, what you have forgotten about yourself, because you know yourself as a body. So you just adjust at the second centre most of the time.

Ninety-five per cent people are running only in search of things which exist at the second and third centre or the first centre. But at the place of a *Siddha-Purusha* one has to cross over. Sometimes the Guru will break him by His own Will so that the person reaches higher.

This breaking of nerves is a normal phenomenon in the Kundalini process. There is breaking and re-making, breaking and re-making. So often I say, 'Any person who is passing through Kundalini, do not underrate him!' May be you do not find him very sociable and adjustable. There are many things you just cannot imagine what is happening.

Kundalini therapy is the therapy which was given in ashrams. Broken-hearted people; 'broken-hearted' means: the whole heart has broken. When I say that nerves break at the *Brahma-Randhra*, all the centres are affected, this means that the whole heart is broken. Cracks have developed into it.

God alone can repair the broken heart! Nobody else can do it, and God will do it through His sound of OM or Shakti. So people, who have these problems, must keep on repeating this OM, but it is better for them to go to such a master who can connect you with the sound of OM inside, so that it starts itself.

Or, go to a master who can connect you with Shakti. The Shakti is God itself. When this Kundalini is moving inside you, be sure that God is moving inside you. The dynamic aspect of God is motion, the 'static aspect' of God you will have to reach.

Don't think that Kundalini has become active because 70 people are here in the Meditation Camp. Except three people perhaps all of them have Kundalini. But still they are roaming in the first and second and third centres.

You must know that God is right inside you. He has come. He is taking you towards its final abode that is 'static aspect' of God, Shiva. Always think of this Kundalini as Goddess Mother who is making you grow into Shiva. She is playing with you. You are moving because she is rocking you like a mother.

You are not able to see or understand or perceive the importance of this what has happened to you. A man may meditate for 40 years and may yet be away from anything, but once this Shakti gets active, you are already in the lap of God.

So you cannot imagine your great luck on the spiritual path when the Shakti gets active and pushes you up,

slowly and slowly taking you higher and higher towards the 'static aspect.'

You see: this is the Kundalini sitting on the lion. This is *Durga*. And you know, who is getting killed, it is ego and mind. She will crush it. Don't fear it: she is the mother! (Laughter.)

Shiva, the static aspect, the Absolute Consciousness, the absolute truth is just lying below. This is the static aspect, Absolute Consciousness which does not move at all. And the Shakti is dancing.

This is Kundalini Shakti. This is the Shakti which takes the form of Kali, Durga, Lakshmi, Saraswati, all things. She is killing many things. Those things belong to your mental formations, your ego formations which are your basic enemies. Many of the things which hold you into shackles, she is breaking.

So she is making a dance which is very fearful, which is crushing you—'you' means your ego consciousness, body consciousness – killing your desires. Some desires of the ego are so strong that if you kill one desire, 10 new desires are born. So she will put the desires in her mouth. You see, the blood is dripping (pointing towards a photograph of Durga). She will not permit that man to drop a single drop of blood on the ground because if a single drop goes on the ground, another man like him will get up. So she has taken the whole blood and drinks it.

These are symbolic things, but many people say, 'Oh, what is Hinduism doing? They worship so many gods and goddesses?' There are not so many gods and goddesses! God is one. All these are symbolic expressions which happen inside. When you reach towards God, they all are experienced inside. The Brahma, the Vishnu, the Mahesh, the Shakti, the Kali, the Lakshmi: people see it inside how they happen.

Psychotherapy relates to your ego understanding. When you are given new ideas, you create new reflexes so that you feel a little better. You can stick to some new ideas. For example, you are drowning in the river, so the psychiatrist will throw some new straws: You catch hold of them! But the straws will not be very important or very strong; you will again slip down.

But God will connect you with something that even if you go like this, He will see that you never drown.

Devotee: Guruji, I refer to your first two thinkings and to the Genesis in the Bible. You have painted God different from the world, and you have said in the Bible it's the same: God had created this world and on the seventh day after He had done so, He rested.

I think it's only a picture. God is everywhere, and God is not only the creator: He is creativity. He is always acting.

Guruji: God basically is static which is Absolute Consciousness. All the creation, all the destruction, all the creativity belongs to Kundalini. This is the creative force, this is the mother principle. Where something is created, that is the mother principle. The father is absolutely peaceful. Few fathers are like that. (Laughter.)

The father is absolutely calm, quiet, peaceful, stable, unshakable. That is His nature. The mother is dancing all the time. This is the 'dynamic aspect' (Shakti) of God.

Devotee: What is with the people whose Kundalini is not active but they have mental problems, too?

Guruji: Yes, whatever therapy or whatever medicine they are taking, they may continue with these, but at the same time they must do their japa, meditation, prayers, bhajans and go to some masters. Some day when the Shakti gets active, they can be assured of their perfect cure, but not before that.

Devotee: But when this is not a problem from the Kundalini, if this is another problem?

Guruji: Any problem ... For Kundalini all problems can be solved because God can do everything.

Devotee: I mean, before the Kundalini gets active if a person has mental problems. Is this another thing in the Kundalini?

Guruji: No. There can be problems of other identifications and associations at the mental level, and that picture can be disturbed any moment. So your self-image is disturbed, and your ego-drives, energy-drives break inside. This psychic problem can come. So you are also in the field of psychotherapy?

Devotee: Yes!

Guruji: Because when you go back to your country and you talk of these things: many of your co-professionals, will be against you.

Devotee: Hm.

Guruji: Ah. (Laughter.)

A *sadhaka* comes here from Germany; his Kundalini is active and he is going through lot of experiences. When he told his professor that this was like this, the professor said, 'You please get out! You yourself look to be a mental case!' (Laughter.) They have their own notions of psychotherapy and psychiatry, and this is a well-organised profession. It will take a lot of time that these things pierce into it.

Every profession has strong defenses. Because if they accept it, their whole mental structure is shaken.

Devotee: Would you make an exception for a psychiatrist who makes a difference between ego consciousness and soul consciousness?

Guruji: Yes! Soul consciousness means you are conscious of Consciousness. This is realisation. Ego consciousness means that you are conscious of your body all the time, that you are this body, and this has to be cured. Spiritual therapy means that they make you conscious of Consciousness, soul Consciousness. The basic principle in spirituality is that you are *Atma*, you are soul, you are the truth.

Devotee: What happens to patients who are *sadhakas* and are praying and meditating and in spite of this are coming in psychiatry because they are very confused and ...

Guruji: *Sadhakas* can be confused because their karmas are still there. So they get into trouble; they go to a psychotherapist also. But once the Kundalini is active with the grace of God, then this surety comes.

Devotee: What is the meaning of Shakti dancing on Shiva?

Guruji: In the whole of universe which you see, Shiva is everywhere, but he is invisible and static. Where there are signs of movement that is Shakti. Shiva is static and the base everywhere. There is no point in the cosmos where Shiva and Shakti are not there.

We are very little conscious of Shiva, but always conscious of Shakti. For example, here is a movie being shown to you. You are conscious of the movie and the pictures running: you are never conscious of the screen behind it.

But unless there is a stable screen behind, you cannot see the movie! You cannot see the drama of this world unless Shiva is there. But you are never conscious of Shiva.

All this drama of Shakti is being played on the base of 'static Shiva', but we are never conscious of it.

Devotee: Is it possible to rise to God without the Kundalini arousal?

Guruji: Maybe you can go up to a very high point, but at the last stage when this ego breaks, Kundalini must work. Unless *jiva* and Shiva and Shakti merge into one, complete realisation will not come. So in some cases who go through other paths, Kundalini gets active at the last moment. A little disturbance can take place, then things stabilise.

Devotee: Is that the case in Zen meditation of the Zen Buddhists?

Guruji: In all meditations, the problems and the solutions are the same, the paths are almost identical, the goal is absolutely the same. Only the way of telling are different, or postures (ways of sitting) maybe different or just imagining is different, nothing else.

Devotee: Is it true that when the Kundalini is awakened, all the *chakras* are pierced at the same time, or one *chakra* at one time and another *chakra* at another time?

Guruji: Yes! Nowadays, when the grace comes and Kundalini becomes active, all the *chakras* open simultaneously from the base of the spine upward although their cleaning remains. That's why some day you go down and get the chakras cleaned, and then you become all right, with all the *chakras* having opened up simultaneously.

Previously, it was a distinct form of meditation which went *chakra* by *chakra*. So people used to meditate on the first *chakra*. When they found the opening, then they would shift to the second.

So most of the time you are doing it with the grace of God who is pushing you up. The *chakras* are open, and He knows all the impurities in every *chakra*. So through the Kundalini He will clean and lift you.

Devotee: Guruji, how will you know that you have reached the goal?

Guruji: Oh, when you reach the goal, you will have all the view of the goal and yourself: 'I am this!' Goal is not different from you. Goal is the truth, you are the truth. Till you reach the truth, you are in a shaky state somewhere, some confusion is there. Only after realising that truth and becoming that truth you know that the goal has come and 'I am the goal'. The Guru is the way also and Guru is the goal also.

Possibly not many people know that this form of the Guru, which is given by Shakti, is the way, and the formless Guru is the goal.

So when you say that Lord Jesus Christ said that 'I am the way and I am the goal also!' He was saying the same thing as Sathya Sai, that you think of the form, repeat SAI RAM, SAI RAM: this is the way. When you merge into Him, in truth, you will know the goal has come, He was the goal Himself. Then you are not very conscious of the form of Sai Ram, but you are only conscious of your own truth. Sai Ram is the name of your own truth.

Devotee: Are all mental problems breaking down from the *Brahma-Randhra*?

Guruji: There are quite a few other problems. Minor problems can come, the most serious comes when it is an uprooting of the whole personality which takes place from *Brahma-Randhra*.

Devotee: When my other brother came here, you told him that he had not been broken from the *Brahma-Randhra*, but still he feels that his nervous system has broken.

Guruji: I say it is not with all the people. There can be minor psychic problems, some neurotic problems not necessarily that every person is broken, but when Kundalini gets active, if it can repair the whole building, you can see it will repair this small portion also.

Devotee: Can you explain this in terms of *chakras*?

Guruji: No, this is not clear at what *chakra* he was broken or where the problem started. But Kundalini once it gets active...

I have seen some people, they have been coming for three years, four years, specially because the punishment of karmas is so much that God is not willing to intervene at that moment: in spite of the best prayers of Guru even, He will not intervene, because all the decisions are taken by God, Absolute Consciousness.

But he should keep on trying. He should keep on going to masters. Some day something will come automatically.

Devotee: Is Shakti creating the fears?

Guruji: Yes! It creates all the negative things in the world, it creates all the positive things. It creates the black one, it creates the white one. There is nothing which is created in this world that does not belong to Shakti. She can solve it, she can dissolve it, and she can create it.

Devotee: Guruji, may I tell the story of a patient of mine?

Guruji: Yes!

Devotee: Reidi is now of 50 years. I met her five years ago in a mental hospital in a chronic state. When Reidi was about 35 years old, she had spontaneous *Samadhi*—she called it herself, she was a philosopher and she was very much studying Indian philosophy.

So when she came into the Bibliothek (library), she had this sudden feeling of being uplifted and of being in the eternity with the head. So this lasted for about one hour, and then she wanted to have this again.

She went in all directions and she went also to India, and I think she did a kind of a Yoga where people

continuously say OM. So by repeating this, she was very eager to have this experience again of being uplifted.

By doing this continuously, some day, she really heard it inside her head, but then it didn't stop any more. So she did have this OM sound day and night, and she went crazy. She said she couldn't have it any more. And then she began to have other voices like Devas also telling her to do crazy things like committing suicide or walking through the air, and then she came into a situation where she began to feel tortured by subtle beings or so.

And for the first time she was in a hospital in psychiatry about twenty years ago, and then she did have like this every year one attack of these feelings. First, she did have this feeling of being one with God, and then something snapped and she did have all these bad experiences of being surrounded by bad beings who were torturing her or examining her psychically, and she went in a state of being completely uncontrolled and running through these dreams and trying to commit suicide, and so on.

So she did have this for about twenty years, and then about two years ago something changed. She said then that she did have a constant contact even when she was taking psychopharmacea. She said she began to have a constant contact with God, and from then her God told her what to do, even how much psychopharmacea she should take.

She is now working as a translator in the government, and she still looks very crazy, she still has now very wild hair, and she talks to herself, she moves in a very wild way—you can see her very clearly—but she is constantly talking to her inner God, and she says that God has promised her *Nirvikalpa Samadhi*.



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Despite being successful in life and having all the material comforts, individuals constantly crave for the feeling of complete fulfilment. This is only possible when we realise our own self and merge with the source of our existence. This journey towards Shiva (the source) only gets initiated with the arousal of the Kundalini, the primordial energy that lies in a dormant state at the base of the spinal column.

This book is divided into three parts. The first part contains discourses on Kundalini by Shri Siddheshwar Baba delivered between 1992 and 1997 during the meditation camps held at Siddheshwar Ashram. The second part contains clarifications given by Gurudev to the queries raised by his devotees and the third part offers salutations to the 'Guru' who makes the awakening of the Kundalini and the attainment of liberation possible.

This book will be of immense help to spiritual seekers and psychic sufferers. It will interest the lay readers who will gain solace and peace of mind with the knowledge of Kundalini, the liberating force.



Born on 25 March 1935, a post-graduate in political science and history and a doctorate in education, Dr B.S. Goel (Siddheshwar Baba) was chosen by destiny to be a yogi with the mission of unravelling to the people the deepest secrets of the Mind, individual consciousness and Cosmic Consciousness. At the age of 28 his Kundalini got awakened on its own. His uniqueness lies in his experience of classical psychoanalysis along with meditation, which he advocated and applied in the quest of the final goal: transcendence of the Mind and union with the Lord. On 3 October 1998 Siddheshwar Baba took samadhi leaving behind his dedicated devotees to work for the Society of 'Third Eye Foundation of India' founded by him in 1982 to preach and propagate Indian culture, Yoga and spiritualism.



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