

**Secrets of Shaktipat and
Kundalini Yoga**

(Volume 3)

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DEDICATION

I am inspired to dedicate this work to all the practitioners of *kundalini* yoga who have taken *Shaktipat* initiation in the past and also those who would be doing in the future.



His Holiness Swami Sahajananda Tirtha at the age of 85 in the year 2009; the venerable Guru of the author

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I am also deeply indebted to all the venerable Gurus of my lineage of the “Order of *Shaktipat*” whose collective wisdom has been the guiding light for me while venturing into some of the uncharted waters of this ocean of ancient knowledge.

I compliment all the practitioners who made the compilation of this book possible. If they had not persisted with their numerous doubts on the subject, I would not have possibly explored my mind so deeply for throwing light on some of the lesser-known details regarding the subject.

I am grateful to Mr. Nagarajan Chidambaram from Hyderabad. He is one of the practitioners who had painstakingly compiled the main bits of conversation between the other practitioners and me.

I am grateful to Mrs. Vartika Shukla from Gurugram, India one of the *Shaktipat* Gurus for doing comprehensive editing of the book.

Key to the pronunciation of the words in *italics*

- a - sounds like “u” in success
- ā* - sounds like “a” in car
- ċ - sounds like “k.”
- d - sounds like “dh” without stress
- ê* - sounds like “e” in there
- h - “h” is silent
- î* - sounds like “i” in niece
- ĵnã* - “ĵn” sounds somewhat like gn
and “ã” sounds like “a” in shall
- m - sounds closer to “m.”
- ñ* - sounds somewhat closer to nn
- ô* - sounds like “o” in go
- š - sounds like “sh” in shall without stress
- sha - sounds like “sha” in shall without stress
- t - sounds like “th” without stress
- tha - sounds like “dha” without stress

INTRODUCTION

The word *Shaktipat* means the descent of the energy. It is not an independent yoga system. It is simply an ancient yoga technique. However, it is the highest yoga technique or the mother of all yoga techniques known to mankind. In this, the supreme cosmic power itself is used as the technique on itself. The supreme cosmic power does the creation of the cosmos at both individual and collective levels. Therefore, the efficient disintegration or destruction of the worlds can only be done by the cosmic power itself.

Every human being is a miniature model of the cosmos as per ancient Sanskrit texts. Therefore, whether at the level of macrocosm or microcosm, it is the same cosmic power that is involved in its creation, sustenance, and also the final disintegration. As a result, the only thing that exists in the cosmos is this supreme cosmic power. It pervades the infinite cosmos. Even modern science admits this fact. The human bodies with their flesh, blood, and bones are also made out of this same cosmic power. However, the underlying substratum of this vast and infinite cosmos is unknown. We can call it the God or the Almighty or the Brahman or the Atman or the divinity. It is widely proclaimed in all ancient Sanskrit texts that the same substratum of the cosmos is also pervading everywhere

infinitely. Therefore, whether it is cosmic power or the divine is the same as two sides of the same coin. From this perspective and also as proclaimed in ancient Sanskrit texts, a human being is a miniature model of the cosmos; the same underlying substratum in the form of divinity pervades the human bodies too!

The self-realization for a human being is, therefore, becomes the only thing to be known or realized. The self-realization results in the realization of the cosmos too. That means if a drop of water in an ocean realizes its nature, then it also knows the entire vast ocean. Therefore, there is no necessity for a human being to explore the vast and infinite depths of interstellar and intergalactic space.

The technique applied to achieve this realization in a human being is what is called *Shaktipat*. The process which is affected by this technique is called yoga in general terms. The process terminates in self-realization or salvation or a merger with the universal spirit called God etc.

Various yoga techniques have been developed since ancient times to achieve this grand aim of joining the individual soul with the universal soul. However, due to the gigantic nature of the task involved, it is impossible for a human being to affect this process on his or her own. All yoga techniques or tantric techniques applied are solely geared to achieve a certain benchmark. That benchmark is to instigate the outbound cosmic power from its creative mode to retract itself. As a result, the same cosmic power which had created the human being and his or her individual world starts to disintegrate it by means of destroying the karma's imprinted in their subconscious minds.

This benchmark is what is called awakening of the cosmic energy. However, there is nothing known as awakening as such in its classical sense of the meaning of the word. The all-powerful, all-knowing, and supreme cosmic power is always awakened as we understand the word. It is just the point at which it starts to retract itself from the creative and sustenance mode to disintegrative or destructive mode is

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what we term as “awakening” for ease of our understanding of the subject.

The awakened cosmic energy in the terminology of human beings is what is called the awakening of *kundalini* energy. This cosmic energy, after having created a human being is supposed to be lying in a dormant state at the base of the cerebral-spinal system in a human body. It is also supposed to be continuously projecting or sustaining the illusion of “life” for a human being. This illusion is akin to a mirage in a desert that gives the optical illusion of water.

In every path of the yoga or tantric system, this benchmark is achieved for the practitioner. As a result, there is nothing left for the yoga practitioner to do anything further. Whatever has to happen will happen without any effort from the yoga practitioner! The awakened cosmic energy does the process of disintegration of the world or destruction of the individual karma’s after it starts retracting or collapsing inwardly. Different names in different yoga systems call this energy. However, it is popularly known as *kundalini* energy.

Shaktipat is an exclusive yoga technique applied for an awakening of the *kundalini* energy. A small explanation is required here to understand the reason for this specialized yoga technique. The spiritual evolution of a spirit or the Atman of a human being can be broadly categorized into three stages.

The first stage is before the awakening of *kundalini* energy! In this stage, all effort is put in by the yoga practitioner voluntarily, with egoism coloring all actions. All kinds of worship of God, yoga practices, tantric practices, etc come under this category. However, the effort put in by the practitioner amounts to be very minute in nature.

After the awakening of *kundalini* energy, the effort is put in by the supreme cosmic power itself internally. As a result, the destruction of karmās accumulated in a human being occurs at a rapid and accelerated rate. This second stage terminates in a state of thoughtlessness or *samādhi* as it is called in

Sanskrit texts.

The third stage starts from here. However, there is no more yoga technique left for this stage. Hence, there is no known initiation into this final path. All ancient texts have remained silent after this. It is said in the texts that the final journey of the soul to achieve its merger with the universal soul or God occurs at the will of God.

Therefore, the technique of *Shaktipat* deals with the second stage only. However, human beings must have practiced different yoga systems in their different past lives. As a human being approaches a certain benchmark in their respective chosen paths for an awakening of the cosmic energy, initiation is given by a Guru by using the technique of *Shaktipat*.

After *Shaktipat* is done on a human being, it remains active forever until salvation is attained. That means *Shaktipat* is carried forward to their afterlives. However, in every lifetime, it is mandatory to take formal *Shaktipat* initiation under a Guru in a formal manner. When *Shaktipat* is done on a person in whom the *kundalini* energy is already active by birth, it gets stabilized at a safe level. In people in whom the *kundalini* energy has not been activated, it will get activated for the first time, provided they have reached closer to the benchmark level, which I have explained above.

Therefore, *Shaktipat* is meant in a way for some people only. It cannot be given to anyone. It may not work even if it is given. The destiny itself decides who is meant to receive *Shaktipat* initiation. That means the karmās accumulated by the practitioners themselves in their past lives or current life will draw them towards the path of *Shaktipat*.

A Guru may appear out of nowhere all of a sudden and bless them with *Shaktipat deeksha*. This is crucial to understand. Because of this, the technique is not very popular among mankind. That means people do not usually meet *Shaktipat* Gurus in the first place. Probably due to the advancements in modern communication technology, people are hearing about it in recent times. However, the actual

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process of *Shaktipat* initiation takes place or depends upon their past accumulated karmās only. I do not wish to comment upon a large number of Gurus in recent times who may be offering to give *Shaktipat* initiation for fees. Their authenticity cannot be taken for granted.

The author of this book happens to be one of my disciples. I gave him a *Shaktipat* initiation about 12 years ago. He has even written a book “The Power Unknown to God” on his personal experiences during the awakening of *kundalini* energy previously. I have also given him the *dheekshadbikara* or the authorization to give *Shaktipat* initiation to people at the beginning of 2019. He has been rendering his services to me tirelessly ever since then, by giving *Shaktipat* initiation to more than 200 people in less than a year.

A large number of people have numerous doubts regarding the subject, especially during the initial stages after taking *Shaktipat* initiation. The guidance from a Guru is crucial during such stages. I am very glad to see so many of his practitioners asking numerous doubts on the subject. I am also happy to see so many of them developing *kriyas* or reactions in their bodies and narrating them. Authentic literature concerning personal experiences available on such subjects is limited. Therefore, this book is priceless in a way because it will add up to the existing literature on the subject. Moreover, I find that practitioners have explored the mind of the author in such great depths by posing him numerous questions covering almost all aspects pertaining to the subject. Hence, the title of the book “Secrets of *Shaktipat* and *Kundalini* Yoga” is quite apt.

May this book remain a beacon of knowledge to all *kundalini* yoga practitioners from all paths!

May it contribute to the less-known subject concerning the practical intricacies of *kundalini* yoga practice!

There may be a huge volume of literature available on *kundalini* yoga in recent times. But, that is mostly theoretical in nature. The authentic knowledge which can be applied to the physical practice of the yoga system is limited. Therefore,

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I am sure that this book will be of immense help to all yoga practitioners. Lastly, I am sure this book will also be of great help for all *Shaktipat* Gurus while interacting with their disciples.

- **Swami Sahajananda Tirtha**

FOREWORD

During the peak winter season of the year 2019 in the month of January, I have been conferred with the honor of *Shaktipatdeekshadhikara* or the authorization to give *Shaktipat* initiation into *kundalini* yoga, by my venerable Guru, His Holiness Swami Sahajananda Tirtha. His Holiness is now 97 years old, living in the city of Vijayawada in the State of Andhra Pradesh in India. He has already stopped giving *Shaktipat* initiation to people directly for a while now. I was initiated into *kundalini* yoga by *Shaktipat* nearly 12 years ago by His Holiness in the year 2007. I have written my first book, “The Power Unknown to God,” published in the year 2014, on my personal experiences during the awakening of *kundalini* energy. The book has been subsequently translated into 17 more world languages and published on several major platforms like Amazon.

When His Holiness first mentioned about this a few years ago, I was completely reluctant to take on this sacred responsibility. I felt that it would be a distraction and a burden for me. Moreover, my Guru has already conferred the honor of giving *Shaktipat* initiation to three of my fellow practitioners earlier who were already on the job for some time now. Further, I always had this tendency to avoid taking on any kind of responsibility. Whenever I happened to

believe that a particular work can be handled by someone else, I simply avoided it quietly. Perhaps this is inbuilt in my blood. However, His Holiness has been insisting on it on a few occasions from time to time.

Before my Guru broached this topic of conferring this honor on me, I was already entrusted with the task of writing two more books on two different topics. One of the topics happens to be on the science of giving *Shaktipat* initiation into *kundalini* yoga. This is in the wake of publishing my first book. I was a little surprised because writing such a book would require the skills of being a *Shaktipat* Guru. Further, not much of the literature is available directly on the topic mentioned above. This means I would not have the benefit of referring to any books. This has given me the first indication of my Guru's future plans for me.

In the year 2019, I happened to give *Shaktipat* initiation to more than 200 people from a wide range of backgrounds. This includes people from different religious, educational, professional, social and ethnic backgrounds. The list also included some of my own friends for which I am grateful to the Almighty for giving me the opportunity to wipe off my karmic debt to them. The range of age for both men and women varied from 20 to 75 years. In some cases, teenagers as young as thirteen years even approached me for *Shaktipat* initiation into *kundalini* yoga. I had to flatly refuse on the pretext that they are still minors legally. In some cases, parents themselves have brought their children for the initiation. Only in such cases where parent's involvement was there directly, I had agreed to compromise with my strict age stipulation a little bit. Apart from this, I had to refuse to give *Shaktipat* initiation to many more due to several reasons like suffering from major diseases, addiction to drugs, mental instability, mental retardation, vested interest in taking *Shaktipat* initiation for materialistic gains, curiosity to gain supernatural powers etc. , However, I have never discriminated against anyone including those who are gender challenged or with different sexual orientation or with any

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kind of other issues like non-belief in God etc. ,

I was aware that a lot of questions would be asked by people, especially during the initial stages of practice. However, I had never expected to give *Shaktipat* initiation to so many people in such a short period. I was also overwhelmed by both the volume and range of questions asked by the practitioners. In a way, practitioners have forced me to explore my mind within threadbare. Otherwise, I would have never explored myself within so deeply. Some of the questions asked by practitioners were rare from the point of its content. I mean you don't find answers to such kinds of questions usually anywhere among the existing literature on *Shaktipat* and *kundalini* yoga. The idea of compiling my answers to questions never occurred to me initially. This was suggested by one of the practitioners later on. However, by that time, many of the questions and answers have already been missed out. Unfortunately, I don't remember those missed out questions and answers now.

Later I had the idea of compiling the experiences also by different practitioners so that it will add to the existing literature on the science of *Shaktipat* initiation into *kundalini* yoga.

Most of my answers to the questions are not new from the point of its content. They are consistent with the well-known phenomenon expounded by various Gurus of the *Shaktipat* lineage. However, some of the questions have been answered with a slight modification so that the message can be understood by a wide range of people with a different background. I have tried my best to keep the various religious and philosophical teachings out of the discussion. I have more or less strictly adhered to the teachings of yoga texts.

This book is basically the compilation of various questions asked by the practitioners who have taken *Shaktipat* initiation from me and their direct experiences in the aftermath of *Shaktipat* initiation. A few questions asked by other practitioners who have not been initiated by me have also

been included. Some of the questions asked by the practitioners have been deliberately not included since they were too personal, and this book would have got cluttered.

There is a massive quantity of literature available all over the world in many languages pertaining to *kundalini* yoga practice. However, the available literature is mostly on the awakening of *kundalini* energy through various independent methods like *Ashtanga* yoga or *Raja* yoga. Literature available on *Shaktipat* initiation into *kundalini* yoga is generally limited. Further, authentic personal experiences are rarely made available. Therefore, I am hopeful that this book will be beneficial to all the practitioners of *kundalini* yoga from various lineages. A general reader may also find it informative as well as educative.

These are the less known secrets of those brave practitioners who have ventured into the much less known waters of the ocean of knowledge.

May the supreme cosmic power in the form of awakened *kundalini* energy in their bodies guide them safely to cross this vast ocean of *samsāra* or this worldly existence! May this *Shaktipat* initiation into *kundalini* yoga free them all forever from the cycle of birth and death!

God bless you all.

- Author

ON THE MANIFESTATION OF THE *KRIYAS*

A practitioner: Good morning Guruji, in today's meditation I saw a snake hissing. I also saw an Eagle, a Hermit standing on one leg, Tirumala Venkateswara Swamy statue on the outside, Lord Venkateswara Swamy photo and the stars in the galaxy.

My response: Very nice. It is considered very auspicious seeing the hissing snake for a Yoga practitioner. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Today, I went into deep sadhan. During the course of my sadhan I suddenly and involuntarily opened my eyes with a jerk and a long breath. Then I closed my eyes immediately and continued the sadhan.

My response: Excellent, kriyas are happening regularly for you. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Today my sadhan experience, I had lots of internal thoughts. Suddenly, lot of force was there in my entire body. My heart beat was very fast. At one point, I thought I was unable to sustain. But I fully surrendered and passed through it, immediately your image surfaced. Today's thought process is driving me towards the thought that I am

not mere body, I am atman.

My response: Okay, very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: So many vibrations on the bottom of spine and whole body were vibrating. Upper spine felt wet. I felt so much pressure in ear drum with buzzing sound that stopped me hearing any outside sounds while in sadhan.

My response: Okay, very nice. Happy to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam Guruji. Today morning I did Sadhan. I felt something in neck lifting upward in crown Chakra. I felt sensations and felt as if someone is on top in my head, like something is attached in my head.

My response: Okay, very nice. Glad to see you doing sadhan. They are kriyas only. Please continue with your practice same way.

A practitioner: Sharing my last night experiences in Sadhan. I experienced very heavy vibrations starting from my Crown Chakra, then spreading till my toe. I experienced some muscle contractions on my Third Eye Chakra. I felt something moving on my palms and wrist. At the base of my spine felt some strong currents and movements. My neck spine felt very warm. I felt heavy currents with burning sensation on my shoulders. I experienced subtler as well as mild physical Kriyas. I had a vision of brilliant radiance. I got the vision of Sun for a while. I felt some pains in stomach and abdomen area. I got some depressive thoughts with tears in my eyes. Due to heavy vibrations in the Crown Chakra, my head feels very heavy. Didn't even realize it was 5 hrs in Sadhan.

My response: Excellent, vision of Sun is especially a very good kriya. Various other kriyas are also happening for you as such full blown. Just continue with your sadhan same way. I am very happy to see your progress. Heaviness in the cerebral region may go on in future also repeatedly once in a while. Therefore, please don't bother about it too much. You need to just endure it please.

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A practitioner: Pranam Guruji, today at the time of waking up, I had a strange experience. I observed that, I am chanting mantra, I was confused. I was not aware whether I am doing Sadhan or sleeping. I was continuously chanting mantra. It took 2-3 mins for me to realize.

My response: There's nothing strange in that. It happens that way. Chanting of the mantra goes on subconsciously during the sleep state. It's a well-known phenomenon. I have also experienced it on numerous occasions during my early days of sadhan long ago. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: Sharing my last experiences during Sadhan. I experienced both subtler and physical Kriyas of bending, rotating, swinging left to right. Heard sounds from Heart Chakra. I frequently experienced sudden outburst of high energy from the heart with chills and spreading all over the body. Felt sudden depression for a while. I experienced Vision of brilliant radiance with flashes of lights. I experienced currents on my neck, heart, shoulders, hands and legs. I felt crawling sensation on the Crown Chakra and jerks all through my whole body. At one point I felt very warmth on back of my neck and heart region. My legs felt very light. My head feels very heavy after the Sadhan.

My response: Excellent, kriyas are happening regularly for you and that too full blown. There is nothing else to bother about. Please continue with your practice same way. I am very happy for you.

A practitioner: Pranam Guruji, today I did my sadhan from 9:00 AM to 10:45 AM. Lots of thoughts were coming but still, I was calm and composed and was just seeing as a mere spectator. My head and neck were feeling very heavy as if someone was holding them tightly. I wanted to continue further but was not able to continue due to some reasons.

My response: Okay, very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: Guruji, I am kinda overeating these days. I am gaining weight too. Please Guide.

My response: That's kriya only. It happens that way sometimes. Please don't worry about it too much. However, please try and eat moderately. In my case I have gained and lost nearly 20 kgs during the last four years. These kinds of fluctuations do take place. Please don't worry. Please try and follow some dietary routine. Soon things might start changing for you. Please give it a serious thought on what you eat. Avoid everything that adds up to your weight gain. Do everything that helps you in losing your weight however small it might be. I wish you all the best.

A practitioner: Pranam Guruji, I've just finished 90 mins sadhan. I'm always seeing things about my future; shall I shift my attention when this happens? Today I have also seen a huge scary yellow snake.

My response: Very nice, glad to know that you are doing sadhan for 90 mins. Please don't try to shift your attention during sadhan. Just remain a silent spectator to whatever you are experiencing, that's it. Do nothing.

A practitioner: Namaste guruji, during yesterday evening's sadhan, initially I felt very strong energy flow on head and forehead area. I also experienced pain and heaviness in centre of chest and sensation on navel area and Muladhara. Then after sometimes head pulled to back to its maximum 3 times. Then head rotated 3 times both in clockwise and anticlockwise directions. The Sadhan duration was of 75 mins. After sadhan I lay down on bed. Strong sensations were there. I fell asleep and then a dream started. In my dream, I was walking back home from nearby shop in village. In front of my home I saw my neighbor and wished him. Suddenly he started talking to someone behind me. Then I turned to that side and then no one was there. Suddenly I became blind, while turning the road side bush touched on my face and I fell down. Suddenly I opened my eyes and I felt numbness all over my body.

My response: Okay, very nice. Glad to see you doing sadhan regularly. Kriyas are happening for you regularly. Please continue with your practice same way. Please don't

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bother about the dream experiences. Kriyas are neither destroyed nor accumulated during the dream state.

A practitioner: It was not like a normal dream which I experienced earlier. The falling and touching feelings were like actual and real.

My response: Okay. I understand that your dream was very intense. But nevertheless please remember that karmas are neither created nor destroyed during the dream state. They are simply your sensual impressions accumulated in the subconscious mind which were surfacing when your mind was in dream state. What happened after you woke up from your dream? It simply faded as a memory although it appeared to be real while you were in dream state. However, if you keep recollecting your dream that memory will become a fresh karma and might get repeated again later. Please understand this. Therefore, just let it go. It doesn't mean anything else for you. It doesn't foretell any future events either.

A practitioner: Sharing my today's sadhan experience. I had a crushing sensation in my spleen and kidney area. It feels like a heavy pain. I had some sort of electric shock like sensations in stomach and head portion. I was unable to sit for more than 20 mins, my mind was wandering. I was unable to focus.

My response: Okay, glad to see you doing sadhan. Please don't worry if you are not able to do sadhan for long time. However, let's observe your kriyas more over the coming days. Electric shock like sensation is understandable. But please be careful about the pain in stomach and kidney areas. Please watchout for any health issues as well.

A practitioner: Guruji, I haven't been meditating regularly due to caring for my little baby. However, I do listen to my mantra using headphones at bedtime. Last night while listening to my mantra I had a dream and in it, I saw cobra snake that was following me everywhere in my dream. Does that have to do with Kriya?

My response: Vision of a snake during dream state is very

auspicious for Shaktipat practitioners. Please don't worry about it. However, it's not deemed to be a kriya because karmas are neither created nor destroyed during the dream state. I am glad to know that you are listening to mantra regularly. That amounts to chanting of the mantra only. However, please don't start your sadhan till you recover fully.

A practitioner: Guruji, from past few days on some occasions I feel like crying and many a times my eyes have tears almost by seeing a movie or listening to a song. This never happened before. I am not a guy to cry on silly things. I am also not able to sit in sadhan for a longer time. Why guruji?

My response: Excellent, kriyas pertaining to the sheath of mind or Manomaya Kosha are also happening for you regularly now. They may continue over a prolonged period. You just need to remain in a state of witness whenever they manifest. Please never try to resist them however negative they might appear to be. I am very happy to see your progress. Please continue with your sadhan same way. With regard to your not being able to sit for a longer duration, please don't worry about it at this stage. Recently only your aggressive kriyas have subsided. Let the sadhan take its course. Let it stabilize first. On your part just surrender yourself completely to the divinity. That's all you need to do. Later on you will be able to do sadhan for longer duration. Please have patience and perseverance. It's a life long journey. No need to rush through the sadhan. It is applicable more for you because you have undergone very violent kriyas recently. You had to stop your sadhan also for a few days.

A practitioner: Guruji, on the evening of initiation I too cried for 10 mins after listening to Hindustani classical. I did not hear the singer before nor understood the language. Neither I am in a habit of crying for the last 30 years.

My response: After Shaktipat initiation the subconscious mind is subjected to some sort of churning effect. As a result, all sorts of emotions and various sensual impressions try to rush out. Please don't try to stop the outburst of emotions in

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any way. It is happening for your own good. It's meant for cleaning of your karmas related to that particular emotion. I am happy to see kriyas showing up for you from the first day onwards. However, let's observe more of them over the coming days. Your mandatory three day period is over now as such. Please continue with your sadhan as per your convenience henceforth.

A practitioner: Guruji Pranam, after receiving Shaktipat initiation from you this morning at 8:00 AM I sat for Sadhan for 85 mins. Just 15 mins into Sadhan I felt heaviness in the head. There was an increase in my heartbeats and my entire body became heavy as if my body was ballooning out and about to explode. It had become very difficult to meditate but I did not open my eyes. Gradually, I became normal. After about half an hour again for 15 to 20 seconds I went through an experience where it seemed that someone had taken possession of my body. The experience was accompanied by a little pain. This is an experience in my Life which I can never forget.

My response: Excellent, kriyas have started off for you full blown on the day of Shaktipat deeksha itself. However, please don't worry about the violent kriyas. It's happening for your own good. Nothing will happen to you. You told me that you tried to stop the sadhan by trying to remember your Guru at that time. Please don't try to stop the kriyas as far as possible unless they become too uncomfortable. I am very happy for you. This is the beginning of your spiritual journey. Please continue with your sadhan same way tomorrow also. Lastly, please be brave but exercise full self surrender to the God.

A practitioner: Sharing my last night experiences in Sadhan. It was a Sadhan mostly full of depressive thoughts and tears rolling from my eyes. But in that depression too there appeared a very bright yellow light. After that vision I really calmed down. Vision of brilliant radiance remained till the end of Sadhan. I experienced subtler Kriyas of rotations, swinging left to right. Currents and burning sensations felt on

back of neck. There was sudden surge of energy from Heart and spreading to the whole body.

My response: Excellent, kriyas pertaining to the sheath of mind or Manomaya Kosha are also happening for you regularly now. They may continue over a prolonged period. You just need to remain in a state of witness whenever they manifest. Please never try to resist them however negative they might appear to be. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Guruji for some days now I wake up in the middle of my sleep 2-3 times. Are these kriyas?

My response: Yes please. They are kriyas only. Disturbance in sleeping cycles is a known phenomenon after Shaktipat deeksha. But it is happening for your own good. We don't know how and why. But please endure it since it is happening for cleaning of your karmas only.

A practitioner: Guruji, in today's Sadhan for the initial 20 mins everything was going well but, after sometime I do not understand my head became very heavy and stressful. I concluded my Sadhan and got up.

My response: Heaviness inside the head or cerebral region is a routine kriya. It happens whenever the awakened kundalini energy faces a strong karma opposing it. As a result of the internal fight between the awakened kundalini and the opposing karma the effect is experienced as heaviness inside the head. There's nothing to worry about it, it is happening for your own good. You need to just endure it. However, you can stop sadhan temporarily for the day if it's too uncomfortable. Glad to see your progress.

A practitioner: Shubodayam sir. Yesterday evening at 8:10 PM I had good experiences in Sadhan. I felt lot of energy flow everywhere from ears to scalp and from shoulders to scalp, from Ajna to Vishuddhi and in many directions. I felt my eye nerves vibrating and a feeling of sand falling on my closed eyes (pleasant sensation only). Finally, when a buzzing mosquito approached my left ear, my whole body violently shook and Svadhishtana and Anahata gave

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cracking sound and more strong vibrations from Vishuddhi followed. Overall greatly happy and did not want even to open my eyes for a while.

My response: Excellent, it seems kriyas are happening for you now full blown. I am very happy for you. Just continue with your practice same way regularly. Please go ahead with full speed but at a stable pace. Please remain calm. Please remember that it is a lifelong journey and that your journey has just begun. May you progress speedily on the path of Yoga.

A practitioner: Good morning to Guruji and all members of the Shaktipat family. I am accustomed to do sadhan everyday early in the morning at 3:00 o'clock. Today too I started sadhan but very soon I was in a very deep stage and it seemed that I left my body. This has happened to me many a times. Today, I experienced a flow of energy coming upwards from Muladhara to Sahasrara and I felt a pull and I felt that I am coming out of my body. Having come out of the body I was going around my house, like going into the children's room and all other rooms as well. Then I heard some sounds from outside asking me to come out. I saw some light beings and suddenly felt myself being taken with them. I could only see their light forms or their energy. I could see wonderful places and scenes, greenery, oceans etc. Soon we seemed to have arrived at a snow laden mountain. I felt the presence of the beings near me and my body had become very cold. Suddenly, I could see an ashram where many saffron clad monks were seen. I could also see our Guruji Sreenivasuluji in civilian dress. He was holding a curled stick in his hand which looked like a snake and a bag on his shoulders. I could notice that guruji was trying to convey something to me through his eyes. I immediately entered the ashram. Shivom Thirthji, Sahajanandji and Sreenivasulu guruji too came in after me. I noticed that there was another great guruji whose features were unclear to me. He appeared to be sitting in the midst of a bright light and teaching some mantra to all those who were present there. I too heard that mantra. I was asked to repeat

the mantra three times by our Guruji. I repeated the mantra three times. I am not going to reveal that mantra here, as I was informed by Guruji that it was my own personal mantra not to be revealed. Then I heard a sound from a guruji asking me to believe that I am getting warmer you will become warm. I followed his guidance and became warm and continued to sit in meditation for a long time. When I opened my eyes I was in my own body and it was 5:45 AM. This was an awesome experience. I am continuing to have such experiences almost every day. Many people are able to experience astral travel after putting in some effort. But, I am able to do it effortlessly. I am able to travel to any place I think of. Guruji has stated that these are also part of kriyas. Thank you, Guruji.

My response: Very nice experience. I am very happy for you. So many such experiences will keep happening. Please continue with your practice same way.

A practitioner: Sharing my last experiences in Sadhan. I initially experienced subtler Kriyas of spine rotations, swinging left to right, back and forth. Then various depressive thoughts emerged and were less intense than previous two days. Vision of brilliant radiance appeared and remained till the end of Sadhan. Again physical Kriyas started like bending, rotations, swinging left to right, back and forth, neck moving in circles, both clockwise and anti-clockwise. At one point my whole body felt very heavy. I felt currents on back of neck, palms and shoulders. I experienced shooting pains on stomach, navel and ribs. I experienced heavy vibrations on my Crown Chakra with something moving. I felt high pressure on my right ear. It was 4 and a half hrs of Sadhan.

My response: Okay, Excellent, Kriyas are happening regularly full blown. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Pranam Gurudev. During sadhan I have experienced many kriyas today. Energy flow was very high. I could feel energy moving from Muladhara Chakra to Sahasrar

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Chakra. I felt vibrations and sensations in all over the body. Mood swing was very high. I sometimes felt warm sensations at Anahat Chakra area which was very soothing and healing. Since few days I'm hearing a sound like flowing of river in high speed. Moreover, today I had a visualization of performing Padpuja to lord shiva. I was worshipping him. I was able to notice only legs. Pendulum kriyas and jerks are also manifesting regularly.

My response: Excellent, kriyas are happening for you regularly full blown. Just maintain the same pace of your sadhan. I am very happy to see your progress.

A practitioner: Guruji pranam. Today my sadhan lasted for one and half hour. Most of today's sadhan was filled with flood of thoughts.

My response: Okay very nice.

A practitioner: Greetings. This morning's meditation took about 78 mins. Shortly after meditation, the heartbeat came in the middle of the chest, after that the same beat was felt in both the sides, then the same feeling was felt in the head. After meditating I lay down for some time. Then, I felt that heartbeat coming out of my fingers.

My response: Okay, very nice. Basically, they are vibrations which you experienced. They are felt in every nook and corner of the body as you progress. Your mandatory three-day period is over now. Please continue with your sadhan same way as per your convenience henceforth. Glad to see your progress.

A practitioner: Sharing my last night experiences in Sadhan. All sorts of depressive thoughts appeared one after another. Even though it didn't bother me emotionally but the volume of thoughts did make me restless. I experienced subtler Kriyas. I felt currents on back of neck, feet and heart. I had a vision of brilliant radiance till the end. My back was very restless. Eyes felt very heavy. Pains felt in stomach and ribs. Then again physical Kriyas started of rotations, swinging left to right, back and forth, and neck moving in circles. I was very restless all throughout 4 hrs in Sadhan. Moreover, I feel

to be by myself all the time in solitude. I feel like going away from humans and joining some Ashram to lead a simple and pious life. Even traffic noise is too much for me now. Please Guide.

My response: Excellent, mind becomes sensitive when a large chunk of karmas is destroyed. But it's only a temporary phenomenon before it becomes immune to everything. I have discussed about this phenomenon in my book also. Please don't bother about it too much. Soon you may not feel it in the same way. Similarly, Vairagya or loss of interest in the external world starts developing. It seems it has started showing up for you. This is a very good phenomenon, but it needs to get matured slowly and steadily. Please don't bother about joining any Ashram. It's not required because mostly people join Ashram to progress so that they don't get disturbed. In your case sadhan is already happening without any obstruction. Therefore, it is not necessary for you at all. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam Gurudev. During sadhan I feel energy rising till throat and getting stuck like a balloon (blown) in a pipe. My facial expressions change and eyes are shut and I see shining light.

My response: Please don't bother about it too much. It will rise to your cerebral region also later. You need to continue with your sadhan regularly. That's it. Many times, you may find only a specific Chakra active. Movement of kundalini energy along the cerebrospinal system is very disorderly and erratic. Therefore, please don't entertain any doubts. I am happy to see you doing sadhan.

A practitioner: Pranam guruji. I sat in sadhan for 1 hour. During the entire session from the chest to the top of the head something was moving. Neck was paining. There was thumping and jerks in chest for the whole session. For a few seconds I saw a bright light. Thoughts were not intense. I felt vibrations in the forehead which was intense. It was an uncomfortable session.

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My response: Okay, very nice. At least your kriyas are not aggressive today. However, please feel free to take a break if the kriyas become too uncomfortable. I am glad to see you doing sadhan regularly.

A practitioner: Good morning Guruji. Question on this morning's Sadhan, started @ 4.20 AM finished just after 6:00 AM. At the end of the practise I rubbed my eyes and as I did so, I started to see blue yellow electric patterns of light. As I watched, it turned into a yellow eye with a small speck of yellow in the middle like a small star. As I watched and focussed on the centre then a swirling pattern was appearing from that centre back towards me, similar to a light house projecting light. I removed my hands off my eyes and the pattern remained as the physical Kriyas moved through my body and spine. Is there any significance of seeing this or is this another Kriya?

My response: It's kriya only. Lights seen during sadhan are called Vishoka lights. They are subtle kriyas happening for cleaning of your karmas only. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Guruji, I have taken Shaktipat Deeksha yesterday. Thank you for the initiation, post which, I started observing whiff of sandalwood fragrance whole day. Later today, I realised it was coming from my ownself.

My response: Excellent, it seems kriyas are showing signs of manifestation. These are smell related kriyas. I am very happy for you. Please continue with your sadhan same way.

A practitioner: Sharing my last night experiences in Sadhan. I felt heavy vibrations all over the body. I felt some movements on the base of the spine. I had a vision of brilliant radiance. I experienced currents passing through the whole body. My neck and back felt very warm. There was sudden pain in stomach area. Heavy pain felt inside my left ear extending to my neck and head region. At times felt wet on my inner left ear. I experienced mild physical Kriyas. My head feels very heavy. I am now able to sit in Padmasana for a long time without stretching my legs.

My response: Excellent, that means asan is getting fructified for you now. You have started gaining the stability in posture. Please be careful about your stomach pain which you have been experiencing for some time now. Please don't shy away from checking out for any health issues. Other kriyas are normal only. No need to bother about them. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam guruji. I sat in sadhan for 1 hour. I am feeling pain in the whole neck especially in the thyroid gland. I sense full vibrations in the forehead and chest is beating with full force and it's quite uncomfortable.

My response: Okay, very nice. Please take care about the pain. If you feel that kriyas are happening too violently please follow the procedure explained to you. Just stop the sadhan and divert your mind on to any materialistic thoughts. That's it. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam guruji. From past 2 nights, when I go for sleep, just as I start feeling sleepy, vibrations start in the third eye area. This remains there constantly till I get complete sleep. My doubt is that mind keeps producing negative thoughts all the time. So, when this vibrations start while sleeping does this impact the subconscious mind in a long run?

My response: Yes please. The vibrations are kriyas only. They are happening for the purpose of cleaning of your subconscious mind or the reactions are being experienced by you in the form of vibrations. Glad to see your sadhan.

A practitioner: Namaste guruji. I am always feeling sensations on my forehead same like when I am doing sadhan. Sometimes, it is very mild and sometimes strong. Duration of my sadhan is for one hour two or three times nowadays. Timing of sadhan is not fixed due to my irregular duty timings. I am always feeling happy and satisfied and feeling blessed all the times than earlier.

My response: Okay, very nice. Vibrations on the Ajna

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Chakra are kriyas only. Glad to see your progress. Just continue with your practice same way.

A practitioner: Sharing my last night's experiences during Sadhan. I experienced subtler as well as physical Kriyas. I felt currents on palms, neck, shoulders, heart and feet. I felt some crawling sensations on my Crown Chakra. I felt shooting pain in my left ear for a while. I experienced sudden surge of high energy from my heart Chakra. I had a vision of brilliant radiance and felt very peaceful. Duration of Sadhan was for 5 hrs.

My response: Okay, Excellent, I am very happy to see your progress. Kriyas are happening for you regularly without any break. Just continue with your sadhan same way.

A practitioner: Pranam Guru Ji. Today Evening I got some strong force then I sat for sadhan, it's like fainting even now I can feel it. So, I tried to sit for 30 mins only, some thoughts are coming but that doesn't impact me. I was very calm.

My response: Okay, very nice. I am very happy to see your progress. Let's observe the kriyas more over the coming days. Please continue with your practice same way.

A practitioner: Pranam Guruji. It is almost 11 months since I took initiation. Every day during my sadhan I feel serpent moving on my body and leaves after biting me. After the snake bite, I feel hot burning sensations and black patches appear at the points where it bites. I am sharing the photos with you for your clear understanding. I request you to kindly have a look at it and let me know whether it is part of the Kriya.

My response: Okay, Excellent, I am very happy to see your progress. Yes, they are kriyas only occurring for cleaning of your karmas. Please, don't worry about it. However, don't try to resist the kriyas either. Just remain as a mute spectator and observe the kriyas.

A practitioner: Pranam Guruji. Today after sadhan I felt migraine in my head which comes and goes. After sadhan finishes I am unable to talk immediately. It's like someone

forces me not to talk. My tongue sticks in my mouth and I need time to speak words. Still, I am feeling sadhan sensations in my head, face and shoulder, neck and chest.

My response: Okay, very nice. I am very happy to see your progress. Let's observe the kriyas more over the coming days. Please continue with your practice same way.

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My response: Okay, very nice. I am happy to see your progress. Please don't bother about the heaviness in head. They are all kriyas only. Please continue with your sadhan same way.

A practitioner: Good evening Guruji and group members. As you suggested, I got my health checked all is okay. Now, whenever I walk or sit on a chair there is a flow of energy from the base of the spine. It feels hot through the chest and sometimes stops at the heart region. At night it goes up to the top centre of my head, even as am writing this, I feel this sensation. The doctor suggested it could be gas in my stomach due to poor eating habits. I bought the

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medicines for that but this feeling persists up to now and it seems intense whenever I think of you.

My response: Okay, very nice. It seems kriyas have started manifesting for you. Excellent, I am very happy to know this. Please continue with your sadhan same way. Let's observe more of them over the coming days.

A practitioner: Here's my first day's experience. Sometimes my body shook, sometimes I experienced deep breathing and sometimes my neck rotated. I am feeling better. I will follow your guidelines. Once again I thank you Guruji for giving me deeksha and a chance to be a part of this esteemed group.

My response: Very nice, it seems kriyas have started for you. Let's observe more of them over the coming days. Please continue with your practice same way tomorrow also.

A practitioner: Pranam Guruji. I lost myself for a few mins today during Sadhan and suddenly was jerked back to consciousness.

My response: Okay, very nice. Please keep doing sadhan regularly same way.

A practitioner: Pranam Guruji, today early morning I sat for 2 hours for Sadhan. I surrendered completely to the Divinity and the experience was different. I experienced the longest duration of silence since my initiation. I was hearing bells and tones all the time. I had a deep sleep afterwards and woke up energized. My hearing has improved and I am more present.

My response: Excellent, I am very happy for you. You are experiencing kriyas regularly now. Please continue with your practice same way.

A practitioner: Pranam Guruji, since 2 to 3 days I am not able to focus on sadhan. I don't even feel like doing sadhan. I don't want to do anything. Why am I feeling this way? Today morning I sat forcibly for about 1 hour. Guruji, still I feel materialistic and lots of thoughts are coming. I am jealous by seeing other's posts because they experience some enlightening and great things. I know that I am not supposed

to be jealous. I know it's karma but, how am I to control these thoughts?

My response: Please don't worry about it too much. It happens that way with everyone. It's normal. Please remember that Yoga practice is a lifelong journey. A journey of self realization! A journey into the unknown world! It takes time obviously, please have patience and perseverance. Please don't bother about the experiences of others. Everyone has different stock of karmas accumulated. Obviously, your experiences will be different. Just hang on to the path of Yoga and be brave.

A practitioner: Sharing my last night experiences in Sadhan. I felt very heavy vibrations on my Crown Chakra. I experienced currents passing through my neck, skull and shoulders. I felt something sitting on my left eye for a while. I had a vision of brilliant radiance with couple of flashes of white light. I experienced fast Kriyas of rotations, swinging left to right, neck moving in circles, back and forth, both in clockwise and anti-clockwise direction. I have a somewhat different pain in my navel region because of that I had to stop my Sadhan. Both my eyes feel very heavy.

My response: Okay, very nice. Please take care of your pain. If required please do take a break from sadhan. I am very happy to see your progress.

A practitioner: Pranam Guruji. Today morning during sadhan at 4:00 AM to 5:30 AM I got sensations in my neck and back it was first warm and then cold. Some thoughts were coming but they were very calming.

My response: Okay, very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: Today's morning experience. Once sat in sadhan after some time I experienced hand movements, then neck movements, kapal bhaati for some time, most of the time body movements were there.

My response: Okay, very nice. Please continue with your practice same way tomorrow also. It seems kriyas are showing up for you.

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A practitioner: I always happen to undergo a lot of stress like increased breathing and try to become calm during Sadhan. Am I doing something wrong?

My response: Please do whatever you feel inclined to do. I have explained you what to do. Either you follow it or it's up to you.

A practitioner: Pranam guruji. Along with the other experiences that I keep sharing time and again for past few times I have been experiencing the following;

- My mouth opens and my tongue touches my palate, then the tongue gets stretched and the joint of the tongue at the base hurts a little.
- After some time, my tongue rolls backwards and I start sucking at my rolled tongue. This continues for some time.
- Then, my tongue is pushed back into my throat region though I cannot attain full khechari mudra, but it's similar to that.

My response: Excellent, glad to know about your experience. Let's see more of it over the coming days.

A practitioner: Pranam Guruji. I was sitting for meditation, recently I got another experience. My tongue touched my palate with a lot of force and it felt as if it was creating strong force to open my mouth.

My response: Okay, very nice. Let's observe more of it over the coming days. Please continue with your practice same way.

A practitioner: Today morning experience; I experienced head rotations, deep breathing, kapal bhaati, clapping, tapping the body and head and my tongue was continuously touching the palate.

My response: Excellent, kriyas have started manifesting full blown for you. Please continue with your sadhan same way. Your mandatory three-day period is over now. You can do your sadhan as per your convenience henceforth.

A practitioner: Guruji, I have a lot of kriya happening in

my head. It is unbearable; I am unable to open my eyes. I have stopped doing Sadhan for past three days and yet kriyas are happening. The chanting of OM is happening in my mind and my eyes automatically close with the concentration at the point between the eyebrows.

My response: Okay, please don't worry about it. Please divert your mind on to your daily routine. Watch TV or read newspaper or listen to some songs or do shopping or speak to your friends or relatives etc and don't think about anything pertaining to spiritual matters.

A practitioner: Sharing my last night experiences in Sadhan. As soon as I closed my eyes there appeared brightness. As the light was getting brighter and brighter, it was becoming hard for me to offer my prostrations to the Guru Parampara. I experienced very heavy vibrations all over the body. Some currents felt on my neck, shoulders, wrists and toes. I heard some loud noise as if something struck on the roof. I heard sound like that of fire crackers in a sequence inside my room. I experienced couple of times a sudden surge of energy from my Heart to the whole body. As I was prostrating before our lineage of Gurus, I felt Shivom Thirthji smiling at me. But my headache is not leaving me, despite taking medicines. Especially, I noticed it to be more intense on or near the full moon and new moon days. Please guide.

My response: Appearance of brightness is a very good kriya. I am very happy for you. Please don't worry about the pain in head. It must have been some sort of heaviness you must be experiencing. That's kriya only. However, if it becomes unbearable please take a break from sadhan immediately. There's nothing wrong in stopping the sadhan temporarily for a regular practitioner like you. Sadhan can be resumed again after you feel better. Very nice! Glad to see your progress.

A practitioner: Guruji, I have to share my yesterday's sadhan experience. I did sadhan for an hour, I saw gold coloured light and there were rings rotating at sahasrara with

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Om sound. I felt this for minimum 15 mins I kept on observing it. All of a sudden, I opened my eyes without my knowledge and my whole body was shivering and whole body is heated up.

My response: Excellent, very nice experience during your sadhan. I am happy for you. Please continue with your sadhan same way.

A practitioner: Today when I sat for sadhan, I suddenly felt the urge to replace the mantra given by guruji with; I am fire, I am water. Is there a specific reason for this?

My response: Its kriya only because you must have done japa of those mantras in your past lives. Those karmas are now being cleaned up. Glad to see you doing sadhan.

A practitioner: Pranam guruji. I sat in sadhan for nearly 1 hour. I felt too much stiffness and activity in the whole of stomach, chest, throat and back bone. Vibrations were high in between eye brows. I felt huge tension in the throat as well, but it was quite a good session. I stopped worrying about bad or negative thoughts.

My response: Excellent, glad to see your progress. Please continue with your sadhan same way.

A practitioner: Hari Om. I'm recently finding larger distance between my subtle and physical body.

My response: Okay, but can please rephrase your experiences and narrate it in detail. I am unable to comprehend it properly.

A practitioner: As I was joining you in Sadhan this morning, I had the feeling that something was creeping over my body and later I had slight pain in the navel region.

My response: Very nice, we will observe more of the kriyas over the coming days.

A practitioner: I bow down to our beloved guruji and my salutations to all the members of the Parashakti family. Yesterday night after doing my Sadhan I went to bed and dreamt of a golden light and some woman came and called out to me asking me to see who has come. I noticed that two sisters of guruji came in and sat on the sofa. I had never met

the sisters of guruji but they introduced themselves to me in that fashion. I inquired as to what they would like to have and offered them Coffee to drink. I inquired guruji how he happened to visit me for which he replied that I have been doing Sadhan very nicely and encouraged me to continue the same. He said he had come down to share with me some information. In the meantime, another woman came in with freshly harvested plantain bunches. I inquired with the woman as to why she had brought in so many fruits. Guruji replied that I had to consume foods and drink liquids that would cool down my body. He also advised me to avoid consuming food that would make the body hotter. Guruji exchanged a lot of information on these matters for over an hour. I am unable to recollect most the conversations. Then, he asked me and my daughter to accompany him to a place where some activity was taking place. Guruji was participating in the activities and was giving us instructions on what we should do. After the function, me and my daughter took the blessings of guruji, offered him fruits. Guruji returned a few fruits back to us after blessing us. When I woke up it was 2:30 AM and was time for my Sadhan. I sat in Sadhan and continued Sadhan till 6:00 AM. My vision of guruji's sisters was so realistic and unbelievable.

My response: Very nice, vision of your Guru during dream state is auspicious.

A practitioner: I had a lovely three-hour meditation. I could feel the energy moving towards my fingers and then it would move to my face. I was observing seeing different colours. My meditation was very peaceful.

My response: Okay, excellent. Glad to know about your progress. Just continue with your sadhan the same way. Please keep sharing your experiences once in a while.

A practitioner: I couldn't believe it was one hour when I opened my eyes, 1 hour had passed like seconds. I felt some warmth in my hands. I felt lots of vibrations, heaviness in my head. I could hear my heartbeat in my ears when I opened my eyes. It was very good experience.

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My response: Excellent, it seems kriyas have started off for you on the first day itself. However, let's observe more of them over the coming days. I am happy for you.

A practitioner: Today my sadhan experience lasted for one hour and five mins. I went through my internal journey where I saw flowing water and waterfalls. I saw white images. In the end, even though outside sounds were there, my mind was very calm and I got a feeling that sounds were illusionary.

My response: Okay, very nice. Glad to know about your sadhan. Please continue with your practice same way.

A practitioner: Pranam guruji. Today, after an hour of meditation, I felt like an ant was moving at my Sahasrara Chakra and one hour went away in a glimpse. Meditation lasted for one and a half hours.

My response: Okay, very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: During Sadhan today, I experienced a lot of pain and felt that my body was bloated due to the energy. I felt some energy moving around in my body for some time.

My response: Okay, very nice. They are kriyas only. I am happy for you. This is only the second day of your sadhan. Let's observe the kriyas more over the coming days.

A practitioner: Guruji, when I close my eyes, I start seeing images fleeting before my eyes. Are they part of kriya?

My response: Yes please. I suggest you please read my second book. Most of your doubts will get cleared.

A practitioner: This is my experience during my meditation tonight and I usually try to do it when my baby is sleeping. Lying in bed I started repeating my mantra. Suddenly, I felt tingling sensations around my lower face followed by numbness and heaviness around my neck/throat. My breathing was very shallow, suddenly I felt heaviness in my chest and light pain around my heart. Breathing was still shallow but I wasn't struggling to breathe and heaviness around the throat and chest continued. Then, I don't remember what happened, I might have fallen asleep and woke up 30 mins later to my baby crying. I felt good after the

meditation even though, it was a short one. During the day I listen to my mantra via headphones.

My response: Okay, very nice. You have started doing sadhan after a long break. Please don't worry about it. You will pick up the pace slowly and steadily. Just continue doing sadhan regularly.

A practitioner: Sharing my experience for second day after Shaktipat deeksha. I felt heaviness in my head. I felt tingling sensation at my Ajna Chakra. For some moments I felt like my upper body (above waist) was detached from my legs and pulling upwards.

My response: Okay, very nice. They are kriyas only. Please continue with your sadhan same way tomorrow also.

A practitioner: Namaskaram Guruji, for the last one week my Sadhan is weak, for less time and mostly not steady. However, I get some vibrations and energy movements in various parts of the body and strong throbbing in Ajna Chakra. But I am getting very old memories of 10/20/30 years, which were mainly hurt feelings, humiliations and troubles, I received from others. They are repeating and repeating in the mind! They are making me angry and to take a resolve of not to bother or talk to that person again. To detach from them permanently and just give up that relation. I am able to perceive their anger, ridicule and dislike for me in their thoughts if they are around. I feel like reacting or narrating to them their thoughts (mostly bad) about me.

My response: Excellent, kriyas are happening for you regularly. All the thoughts arising in your mind are also kriyas only. The more thoughts arise the better it is. That's how cleaning of your mind is done by the awakened kundalini energy! Just continue with your sadhan same way. That's all you need to do.

A practitioner: Pranam to Guruji. During Sadhan today, the lower part of my body became so heavy that I experienced pain. I was unable to get up and suddenly I felt few shocks and felt pressure towards the inside. I felt as if something is moving inside me, making my entire body move

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involuntarily.

My response: Okay, very nice. Kriyas are happening for you now regularly. Your mandatory three-day period is over now as such. You can do your sadhan as per your convenience henceforth. No need to observe any more rules.

A practitioner: Charan Vandana Gurudev. Last evening, I did about 50 mins of meditation. After about 15 mins of meditation, the head became heavy. Then, after some time it felt like the whole body was moving like a fan in a flour mill. Let me tell you one more thing, Gurudev is heard daily in the meditation, along with the heartbeat and the pulsation in the Muladhar Chakra.

My response: Excellent, I am very happy to see your sadhan. Kriyas are happening for you regularly. You need to simply continue with your sadhan regularly. That's all you need to do.

A practitioner: My sadhan tonight was good, I started my mantra. I was having trouble focusing as there were thoughts that would come and go. Heaviness around the throat and tingling on my face! There were lots of visualizations, I was seeing colourful lights then, I was talking to myself to follow the light. Then, I heard that me and the light are one and that I should follow the light. This thought came repeatedly. I felt tingling on my arms and feet. While focusing on the light there was tingling on Ajna Chakra that lasted for over 30 mins then I was awake.

My response: Okay, very nice. They are kriyas only. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: My experience on third day after Shaktipat deeksha. I felt pressure in head and face. There was tingling sensation on top of head and Ajna Chakra. Whistling or buzzing sound in ears was there nonstop.

My response: Okay, excellent. I am very happy to see your progress. They are all kriyas only. Your mandatory three-day period is over now. You can do your sadhan as per your convenience henceforth. No more rules to be observed.

Please be in touch once in a while regarding your sadhan.

A practitioner: Pranam guruji, from past 2 days I am feeling kind of a hangover with thumping and stiffness in the chest and throat. It was like singing on the road today morning. Tears were there a couple of times. Today, sat in sadhan for an hour. Today, for the first time I felt that we are not the mind. I could feel and see the difference because on one side, my mind was cluttered with thoughts and on the other side I was so peaceful and nothing could touch me. The positive intensity was more today. I was seeing lights. I was choked of breath as well. Whatever it was, the feeling was quite good.

My response: Excellent, I am very happy to see your progress. They are all kriyas only. You were unnecessarily getting worried a few weeks ago. Please go ahead with your sadhan at full speed.

A practitioner: Pranam Guruji, I've just sat for 1 hour and I had the same feeling of tones in my ear. So, I kept silent to listen to these tones. Then, the silence went for around 10 mins just observing the tones and I saw a beautiful scenery. Next time shall I keep repeating the mantra when these tones arise, or is it ok to tune-in with the tones, like I just did today? Jerks and vibrations were also happening strongly in different parts of my body.

My response: The mantra should stop naturally. That means your mind should get diverted from the mantra chanting naturally and without you stopping it. That's the thumb rule. After the mantra stops then you please keep watching the kriyas like a mute spectator. If you happen to remember later that mantra chanting is not taking place then let it be so. You don't have to go back to mantra chanting again. That's the thumb rule. I am happy to see your progress. Please continue with your sadhan same way.

A practitioner: Namaskaram, today was the 1st day of my Shaktipat initiation. As soon as I concentrated on my Gurus, I started hearing sound in my head. I felt sensation and vibration. When I was chanting mantra in my mind while

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focusing on my Guru, the sound increased. Overall, it was a blissful experience.

My response: Okay, very nice. It seems kriyas are showing signs of manifestation. However, let's observe more of them over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Guruji, though I cannot mentally chant the mantra I think I am going through many kriyas. My mind is sometimes singing songs without 'me' actually thinking of it. Also, bad memories of my past are going through my mind and I am getting irritated because of those thoughts. Yesterday, I could see Jesus Christ in my Sadhan. Are these actually kriyas? Today, I could see bright lights during my Sadhan and I am like now enjoying the feeling that I and God are not two but one.

My response: Very nice. I am happy to see you doing sadhan regularly. They are all kriyas only. Please continue with your sadhan same way.

A practitioner: Today during meditation, my heart beats went so high for some time and my breathing was like snake hissing sound.

My response: Okay, excellent. Kriyas are happening well. However, there's nothing to worry about it. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Greetings Gurudev. Is it important to pay respects to all the gurus of the Guru tradition in the same way at the time of sadhan? In the same way should the people to whom you have given initiation right, also be paid respect to?

My response: No please. They are your Guru Bhai and Guru Behen. You don't have to meditate on them.

A practitioner: Dear Guruji, I felt that you have been giving Shaktipat deekshadhikar to people who have very little knowledge. Is it ok, to give the mantra chant first and after observation for a few months then give Shaktipat? Have I spoken out of turn?

My response: Please leave the decision on His Holiness

Swami Sahajanand Tirth. Whatever deekshadhikara I am giving is as per the decision of His Holiness only. I suggest you please don't bother about it at all. As I said earlier if a person has received Shaktipat deekshadhikar it doesn't mean that he or she is spiritually higher than others. Someone becoming a Shaktipat Guru is as per the karma only. That will be His or Her sadhan. Moreover, it involves lot of responsibility. To tell you the truth, I myself was never interested in becoming a Shaktipat Guru initially. Since, my Guru ji His Holiness has insisted repeatedly I had to honour the decision. Otherwise, I would have been happily all alone now, focused only on my Sadhan.

A practitioner: Dear Guruji, I inquired with a sadhak and came to understand that he did not continue with the Sadhan from the very 4th day after initiation. In the book Sopanam, one can note that first Mantra Deeksha is given and only after that Shaktipat is given. Especially, for the one who has not undergone any spiritual practice.

My response: Please don't bother too much about the qualification to receive Shaktipat deeksha. It all happens as per the divine will. As per the karmas of each person! Every person has taken birth many times in the past. We have no idea about various Yoga practices done by a person in the previous lives. Shaktipat doesn't happen just like that. There are many people who have been refused by me during the screening.

A practitioner: Guruji, I was sitting watching TV, when suddenly I felt numbness and tingling on one side of my face through my neck. That lasted for a while; it came off and on would that be Kriya?

My response: Yes please, you keep experiencing all such things whether you are doing sadhan or not. Because kriyas go on in the body round the clock! Only thing is you may not experience some of them when your mind is engaged elsewhere in worldly duties and routine.

A practitioner: Guruji, I don't feel like getting up from sadhan, it is so blissful and peaceful. I get lost for sometime

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but very soon my mind gets dragged into thoughts about family issues and am forced to get up.

My response: Excellent, that's a very good kriya indeed. Let's observe more of it over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Guruji, I feel like yawning and water flows down my eyes while doing sadhan. Are these kriyas?

My response: Not really please. Try and rest for sometime before sadhan or do sadhan after waking up from sleep or nap.

A practitioner: Today my sadhan lasted for an hour. I experienced heaviness in the hands. After sometime mantra also stopped! Just observed the happenings as a mute spectator! There lot of internal transformation and saw an image of divinity.

My response: Okay, very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: Last night I had a direct connection to my higher self. Wow, we are one.

My response: Excellent, glad to see your progress. please continue with your practice same way.

A practitioner: I was feeling wobbly for about an hour after doing my Sadhan.

My response: Yes, it happens that way please.

A practitioner: Today my sadhan experience. Initially I have very few flashes and it almost filled with blank and rainbow colour. Later on, after stoppage of mantra I had some weird experiences and even went for Yoga nidra.

My response: Okay, very nice. Please continue with your sadhan same way.

A practitioner: Thank you Gurudev for adding me to this Divine group. Today morning I have received shaktipat deeksha. It was very wonderful experience. I was sitting in sadhan for more than one hour but I felt that it was just 5-10 mins since I closed my eyes. I was amazed. I am looking forward to lot more wonderful experiences.

My response: Excellent, very nice. Let's observe more of

it over the next two days.

A practitioner: Guruji, I was sitting in Sadhan and was feeling awesome for some time. Then, I felt warmth rising upwards from Muladhaar to Swadhisthan. I hope it was only warmth that I felt up my spine or was it my imagination? I will be able to confirm it if, I experience it again. I am very happy with this session. I could also hold my attention to your image in my mind. Please bless me that I continue to gain a deeper experience.

My response: Very nice. it seems kriyas are showing signs of manifestation. Let's observe more of them over the coming days.

A practitioner: I am honoured to be a part of this group. It is a beautiful experience. I felt something bubbling in my stomach and neck jerked while meditating. I sat for meditation from 7.10 AM till 8.44 AM, first time in my life.

My response: Excellent, very nice. it seems kriyas are showing signs of manifestation for you. But we need to observe more of them over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Guruji, whenever I sit in Sadhan I feel some mysterious warmth and my attention stays put on this experience. I feel a sort of warmth in my stomach all through the day.

My response: Please don't worry about it. They are kriyas only. They manifest through the day even when you are not doing sadhan. I am happy to see your progress. Just continue with your sadhan same way.

A practitioner: Guruji, today 6/5/20 morning I have received Shaktipat deeksha. During meditation I have felt energy from you. I felt warmth all over my body for some time. My hands went cold for some time. I felt stiffness in my spine and also felt heaviness in my head. Then after 10 mins everything was normal. I felt that I was in deep meditation for some time and was not able to move for a few seconds.

My response: Okay, very nice. It seems kriyas are

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showing signs of manifestation. Let's observe more of them over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Good evening Guruji! It is one month since my initiation by you! I am able to sit for Sadhan almost every day. Only today, I could sense very distinct sensation in the third eye location. This sensation is like a magnetic field moving around almost all of my face. I don't know whether this is kriya. Please advice! Also, for a fraction of moment got a glimpse that all Gurus of the Shaktipith lineage are sitting in meditation in front of me giving blessings.

My response: Very nice. happy to know that you are doing your sadhan regularly. Yes, kriya appears to be showing signs of manifestation. But it's better wait and observe more of it over the coming days rather than trying to jump to a conclusion. Please don't bother about it at all. Don't focus your mind towards the manifestation of kriyas at all. Just continue with your sadhan same way. That's it.

A practitioner: Today I had a heavy head kind of a feeling. I experienced very short spans of breathlessness where mind goes blank then comes back with lots of thoughts. It was difficult for me to concentrate immediately for the next few mins, then again distinct feeling of breath stopping.

My response: Excellent, kriyas are happening for you now. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: I have felt the same thing. My mind was continually getting filled with lots of thoughts related to work and other conversation. But I didn't resist. The moment I realised I started concentrating on guru ji's picture and chanting guru mantra.

My response: Okay, very nice. Let's observe more of them over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Pranam Guruji! Today was my third day of meditation and i would like to say it was a beautiful

experience. Felt some pressure on my third eye and body jerks. I experienced too many thoughts and mind was wandering.

My response: Excellent, I am happy for you. Kriyas are now happening for you regularly. Your mandatory three-day period is over now. You can do your sadhan same way as per your convenience henceforth.

A practitioner: Guruji today when I sat for Sadhan I felt warmth from the Muladhar Chakra to the heart Chakra. I felt some pressure at my Ajna Chakra.

My response: Excellent, they are kriyas only. Please continue with your sadhan same way tomorrow also.

A practitioner: I had shaktipat deeksha yesterday by Guruji. Today is my 2nd day. Today, when I sat, I had heavy jerks all over the body. Body was revolving clock and anti clock direction at times. Neck was also revolving. Full body was like in circular motion at times. Some light travelled into my eyes. It also seemed like a circular motion. Some emotions were there in between. I could feel the distinction of my existence from the outer world.

My response: Excellent, kriyas are happening for you now. Let's observe more of them over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Today was the first day of my Shaktipat deeksha. I would like to share my experience here. Following guruji's guidance for deeksha, I sat and closed my eyes to meditate upon the given Mantra. As I closed my eyes, the effect was instantaneous. I saw this bright yellow light before my eyes. Like Many suns glowing. Then these suns started shifting the colours. I saw bright white, then yellow, orange, light pink and then dark pink colours. I felt elevated and totally absorbed in myself. I became one with the peace and I started doing abdominal breathing. The breathing was so clear as if the breath was entering from top of my skull. I also felt a pull on my crown Chakra, as if it's being pulled upside. By the end of this meditation I started experiencing many useless thoughts. I also lost focus on meditation. The

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thoughts about everyday life took over. And my mind overpowered the meditation process. Also, I am experiencing little smell or fragrance in my nose.

My response: Excellent, it seems kriyas have started off for you immediately on the first day itself. Otherwise, seeing light or effulgence or radiance is a good kriya. Let's observe more of them over the next two days. Please continue with your sadhan same way tomorrow also.

A practitioner: I have received my deeksha today. I felt some warmth all over my body for some time.

My response: Okay, very nice. Let's observe more of them over the coming days.

A practitioner: Today, during my sadhan I felt heaviness in my hands throughout. At one point of time felt pressure in forehead like squeezing from both sides and I also felt pressure at third eye. I also had a weird experience where I felt like the flowers were dancing to a song.

My response: Okay, very nice. Kriyas are happening for you regularly. Please continue with your sadhan same way.

A practitioner: Sharing experiences of 2 days Sadhan. Yesterday, I could see images of Gods and Goddesses like Ganesha and images of trident and Lord Shiva. I also experienced a cooling sensation in my chin. I heard the singing of songs in my mind without my notice. Today, after Sadhan I experienced slight pain in my heart area. I don't know if these are vibrations in my heart Chakra. It lasted for a few seconds. Can you please clarify this Guruji?

My response: Okay. I am happy to know that you are doing your sadhan. But we need to observe more of your experiences. Please don't bother about them too much. Just continue with your sadhan same way.

A practitioner: Today I did nearly 40 mins of sadhan. It was peaceful and very calm. In the end there were tears of grief.

My response: Okay, very nice. They are kriyas only. Glad to see you doing sadhan.

A practitioner: I received my deeksha today. I had a good

experience while doing the session. After half an hour I had a strong vibration at the base of the spinal cord. First, the movement was like a pendulum. After sometime, the movement was clockwise and anti clockwise. After that the movement was towards front and back.

My response: Very nice. Let's observe more of your experiences over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Pranam Guruji. I had earlier reported of some body movements like a clock pendulum. That stopped after 3 days. It started again around 10 days back and this time very pronounced. Same pendulum like oscillations left to right starting from my hips upwards. I don't know why, but I keep calling you internally I mean no sound externally. It is almost like shouting inside my mind. The movements become strong. Then the sideways movement stopped and only the bottom part moved in semi circular motion. Like each knee was going forward backward alternating. Then, the upper body movements started. But today I suddenly felt a throbbing in the forehead. Similar to when as children we used to experiment by pointing finger at the forehead which used to give us a dull pain. I don't know how or why, at this point I was not calling out to you. Why are such things happening? All the time I breathe deeply. But sometimes they become shallow.

My response: That's okay. They are kriyas only. There's nothing to ponder about them. I am very happy to see you doing sadhan. Just continue with it. That's all you need to do.

A practitioner: Guruji thanks. I have been doing sadhan continuously especially since the lockdown. I wish to see you and paramaguru again when things turn for the better. There are times when I feel tired and feel like skipping but something literally forces me to sit for sadhan. And this happens at the same time and place, at 8:00 PM. It's sort of becoming a habit.

My response: Very nice. God bless you!

A practitioner: I am having lot of heaviness near my neck

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and back of my head. Sometimes there's a lot of spinning near the third eye. I usually have a lot of issues around the head along with the vibrations in my spine. I have a lot of dreams and at times they feel as if they are real. It's been a while that I am not active in the group but I am doing sadhan and this is what happening to me these days.

My response: Okay, excellent. That means you are undergoing the cerebral kriyas nowadays. They happen that way only. Little uncomfortable sometimes! But nothing to worry about it at all! These kinds of kriyas are experienced when the awakened kundalini is facing some strong opposing karma.

A practitioner: Pranam Pujya guruji. Guruji, today's morning sadhan have finished. After fifteen mins my body started to shake, like a pendulum. All experiences were the same as yesterday's, but stronger. While the movement was in an anticlockwise direction, I felt happiness. While the movement was in clockwise direction, I felt someone was there with me. I felt a smell and I become afraid. Why is this happening? Is my sadhan correct or wrong?

My response: Excellent, I am very happy for you. They are all kriyas only. There's nothing to be afraid. Please be brave. Nothing will happen to you. Please don't stop your sadhan and open your eyes when such kriyas happen. They are happening for your good only.

A practitioner: Guruji, I felt like clapping my hands strongly but did not do it.

My response: No, you must do it. Don't resist the kriyas please. Please follow all the actions and don't resist the kriyas unless you are in some public place.

A practitioner: I have completed my today's meditation at 7:20 AM. Speechless divine feelings, I felt today. I don't know where I was going on and on and on. I was feeling free. In fact, I felt as if I had left my physical body. The scenes were running on and on. A dark black shadow ripping the light suddenly appeared. My eyes were closed, I think hardly only for a few seconds. After looking at that spiritual holy

shadow, suddenly I started crying seeing that figure in front of me. Don't know how and why, I was crying and tears were flowing down my eyes. It was a beautiful, peaceful shadow of "Lord Shiva". But it immediately disappeared. I tried to bring it back again and again, at that time. But after that, I could not see that spiritual image.

My response: Excellent, I am very happy for you. They are kriyas only. But please remember not to seek any kriyas when they are pleasant. You are supposed to remain in a state of witness.

A practitioner: Today, when I was in Sadhan and yesterday too when I was chanting the Guru mantra. I felt emptiness from my Muladhar to my Manipur Chakra. I also felt vibrations in the place.

My response: Okay, very nice. Please continue with your sadhan same way.

A practitioner: Today my sadhan experience, body movements bending towards back and front. Felt pressure on hands and forehead. Travelled deep into sense, felt like going throughout the nerves and then felt pressure on whole of the body.

My response: Okay, very nice. I am happy to see your progress. Please continue with your sadhan same way.

A practitioner: After today's dhyana I had this very strong urge to sleep. It was so strong that my eyes were closing without my control. As if I didn't have strength to stay awake. Was it a kriya?? or a symptom of normal sleep. Because I usually don't feel sleepy after dhyana in the morning. So, I resisted and didn't sleep because I had to go out for work.

My response: Actually, it's a kriya only. More so as an obstacle in your Yoga sadhan! That means some negative karmas accumulated by you in the past pertaining to Yoga practice are now being cleaned. That means maybe you must have criticized the Yoga system or shown some kind of negative attitude towards Yoga practice etc. in the past. Now, when you are seriously into this field those negative karmas are catching up. But it happens with many practitioners.

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Nothing to worry about it at all! Soon those negative karmas will also get exhausted. Just keep doing sadhan with persistence.

A practitioner: In today's morning sadhan, I was listening mantra sound even when no audio was playing. Also, there was intense pressure at the back of head. It felt heat in my body as if I am sitting in front of a sacrificial fire. When I got up even my palm was very warm. I felt some sensations at belly button area. In the beginning, upper body was like a rock and was very tight.

My response: Okay, excellent. Kriyas are happening for you regularly now. Just continue with your sadhan same way regularly.

A practitioner: Pranam guruji, when I do sadhan at evening I feel fearful. I also feel that someone is with me. So, I can't complete sadhan but in morning, it is ok. How'll I overcome the fear?

My response: It's kriya only. There's nothing to be afraid at all. You should not stop your sadhan during such time. Please be brave. Your karmas related to fear were getting cleaned. If you become afraid and stop your sadhan then those karmas will not get cleaned. Many practitioners in our group also experienced the same type of kriya. Some ladies have even experienced as if they were touched by someone. But they are all kriyas only. I hope you are keeping your house or room locked from inside while doing sadhan. Then where's the problem? You need to undergo through the emotion of fear. That's important. I hope you understand it.

A practitioner: Hello Everyone. I received deeksha from guruji today. Thank you for this Grace and Blessing. The morning session was interesting. The moment I began to invoke the lineage, I started feeling a very subtle sensation at the seat. At one point I heard a 2 second static noise like hissing – don't know how to explain this sound. Time and again my feet also felt tingly. I felt very soft subtle waves going up the feet. There was much agitation in the mind, which came and went. Really weird commentary was going

on in the mind but, I did the best to bring back the attention to the chanting and Guru. After completing the session, I felt tired and energetic at the same time. I then decided to take a small nap. I will keep up the practice and see what else is to be experienced.

My response: Very nice. It seems kriyas are showing up signs of manifestation. But we need to observe them more over the coming days. Please continue with your practice same way tomorrow also.

A practitioner: Pranam guruji. Today's experiences were very different. Clockwise and anti clockwise rotations occurred in various parts of my body viz; stomach, chest, throat, eyes and head. Rotations were very fast, and occurred 3-4 times. After one hour the rotation became very slow and smooth. After these slow rotations my body became completely still. I felt very calm.

My response: Excellent, kriyas are happening for you regularly now. Please continue with your sadhan same way.

A practitioner: Today, it was different kind of sadhan experience for me. Initially some flashes and internal discussion within me. Later, I felt heaviness in my hands. At the end frequent experience of bright lighting followed by pressure on whole body and forehead. And felt some movement in my left eye. Lastly, at the end of an hour some indication I felt that today it is enough.

My response: Excellent, kriyas are happening for you regularly. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: My today's experience, in the beginning I felt a prickly sensation at the seat. Very fine pin pointed sharp stabbing kind. But I was just aware of it, it didn't bother me. As I focused on my Guru, the guru's face slowly faded where at one point only eyes remained – that too faded. The void was the only experience. Still the mind was talkative but a sense of awareness was there that I was being involved and dragged into the conversation with the mind. Someone, an old man said, "who are you?" And everything stilled for a

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micro second. I was aware of time. Two sides of time. The external one and the internal! Externally time flew and internally it was extremely slow. After witnessing this, there was this rhythmic rotation of internal movement, like an oval shaped cycle. My eyes were moving too from head to feet, feet to head – repeatedly. I nodded off a couple of times but it was different from falling asleep. I was aware of this too. The head did some circle movements. The entirety of the session was calm. No agitations – except for the mind and its inputs. So, I am still sitting here not wanting to get up. Just am feeling good.

My response: Okay, excellent. Let's observe your kriyas further over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: Pranam guruji. I sat in sadhan for 1 hour with some difficulty. From the start I was feeling heaviness in my forehead. It continued in the whole session and uneasiness in the chest. Negative thoughts were continuously present during the whole day but now the disturbance is less. From the past 2 days I am feeling uneasy as if I have a hangover of some kind.

My response: Okay, very nice. Nothing to worry! That hangover is basically kriya only. Please continue with your sadhan same way.

A practitioner: Pranam guruji. Guruji now I can sleep only 4 to 5 hours. But I'm not weak.

My response: Please don't worry about it. After Shaktipat deeksha sleeping cycles get disturbed, but it's for your own good.

A practitioner: Good morning Guruji. I love my sadhan time every day. Today, after 15 mins of my meditation I was not able to feel my body. I did not want to open my eyes. It was a blissful feeling.

My response: Excellent, I am very happy for you. Please continue with your sadhan same way.

A practitioner: Today's session was very calming and deep. I didnt have much body activity except a swirling

sensation behind my head – barely felt this too. But some sounds were happening in the room I was meditating in. The session almost lasted two hours.

My response: Very nice. Happy to see you doing sadhan for two hours! Please don't bother about the kriyas. Just continue with your sadhan same way exercising self surrender to the divinity.

A practitioner: My experience from today's meditation. The buzzing sound is almost 24/7. But today during meditation the sound was pulsating and felt like tuning with heart beat or so but it was not heart beat. Heart beats were normal at that time but the pulse that was tuning in was around 2-3 cycles per second. Guruji, is that a mind frequency?

My response: Very nice. They are all kriyas only. They are unpredictable. Just remain seated in a state of witness when you experience the kriyas. They are basically reactions experienced by you during the cleaning of your karmas. It's all about cleaning of your karmas or the sensual impressions. Please continue with your sadhan same way.

A practitioner: Guruji namaskaram. Today in my sadhan I saw some sights appear. There were some known people and some unknown. One hour of meditation felt just like a minute. My neck nerves were very painful. That's why I came out of meditation.

My response: Okay, very nice. Happy to see you doing sadhan! Please continue with your sadhan same way.

A practitioner: Guruji pranam. I have been getting different thoughts every day. But I am doing sadhan every day at 5:20 AM.

My response: Okay, very nice. Please don't bother about the thoughts. Please don't try to stop the thoughts also. Please continue with your sadhan same way.

A practitioner: Today, I meditated for nearly 2 hrs now. Some rotations were felt on my left eye. Heavy vibrations felt all over the body. I felt pressure on my left ear and experienced mild stomach pain. Whole of my spine felt wet.

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At one point, I felt as if the whole Brahmand was rotating in front of my third eye.

My response: Excellent, very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Lately, in my sessions I have started to feel this pull in my third eye and top of skull. Also, I get this feeling of my heart melting, resulting in disturbance in my breathing. After the breathing gets disturbed, I start to stammer when I speak and I become very restless. My hands start shivering due to this. Also, what should I do when I get useless thoughts throughout the day?

My response: They are all kriyas only. Nothing to worry about them at all! They will not have any adverse effects on you. Regarding the thoughts they are also kriyas only. Please let them arise in your mind. Don't try to stop them in any way. They are arising to clean up your karmas. Please continue with your sadhan same way.

A practitioner: I felt some heat at the bottom of spinal cord and later coolness. Whole of my body started shaking and later it became silent. I felt some kind of release of energies. Now, I am feeling light. Thanks for guidance and initiation.

My response: Excellent, very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam guruji, lots of rotations happening in my body while doing sadhan. I have a doubt guruji, at the navel the energy is rotating like a lotus many times. Can you kindly explain as to what is the significance of my seeing/visualizing a lotus in the navel?

My response: Yes, it happens that way please. It's just a pattern of the energy movement. It is designed in the form of a lotus as per the Yoga texts. Just like any other part of your body. There's no other significance to it. I am very happy to see your progress. Kriyas are happening for you regularly now. Just continue with your practice same way.

A practitioner: Guru Ji Pranam. Today, during my afternoon nap, I had dream where an unknown creature

attacked me from behind me. It was so heavy and started to bite me. Then, I started chanting Guru Mantra and pushed him back. Then, I suddenly came out of my dream.

My response: Okay. These kinds of strange dreams are normal after Shaktipat initiation. Please don't bother about them too much.

A practitioner: Gurudev Pranam. After shaktipat initiation, when we feel jerks or rotations or bhastrika. Does that mean our karmas are getting burnt or destroyed?

My response: Yes please.

A practitioner: Namaste guruji. I completed today's sadhan. The mind was very chaotic, but after 30 mins I went into deep meditative state. Once, I stopped being affected by these thoughts. I became completely still and thoughtless. For few moments I even stopped breathing. It happened naturally. I didnt even feel the need to breathe.

My response: Excellent, I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Dear Guruji, I have not felt anything. That is all. But the last two days my energy level is very high. I feel that my energy of body is soundless and have no limits. But there was no kriya in spine, Muladhar or any other part of the body. I lack concentration.

My response: It may not happen that way for everyone. Kriyas happen as per your karmas. But your duty is to leave it to God. Just surrender yourself and focus your mind on the sadhan. That's all about your duty. You will not reach that state of concentration so easily with so many of accumulated karmas in your mind. Let them start burning down first. For that you need to do sadhan.

A practitioner: Thank you again! It makes my heart full to be here today with you. There is so much I would like to say however, there are no perfect words to describe it all. I am writing this with the heart so that when you read it you will be able to feel it. I have been guided to this journey of self inquiry after a loss that was more a gain. It needed to happen so I could wake up and breathe. A little while ago, the

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thought of community kept coming through my head every time after meditating. So, as part of that I joined a meditation group on FB. Then, I had a dream, in that dream I was travelling to India. In my dream, upon arrival I saw everyone wearing orange garments just like the ones from the Gurus. I then arrived to a paradise where I only felt peace and I felt so safe. Few days later Guruji wrote on that fb group about Kundalini. I had heard about kundalini many times before, but I never inquired. I got in touch with Guruji, after few questions were asked and he sent me the book. When I started the book, everything on it resonated so much with every experience I have had in this path. I started reading, I couldn't stop. When Guruji followed up with my progress through a message, I had an experience. MY head got an intense sensation. So I had to close my eyes. After that, as I put my hand over my forehead, I saw a geometry shape formed so sharp, it was yellow coloured.

Today during my initiation I felt energy come to me through my right side of the head, all over it. I felt blissful and that energy then travelled to my throat. I couldn't move my body and I didn't want.

My response: Excellent, it seems kriyas are showing signs of manifestation in your body. However, let's observe more of them over the coming days. Please continue with your practice same way tomorrow also.

A practitioner: Pujya Guruji, I have one question. If we have a short time and there is a possibility of abrupt interruption, is there some way we can still meditate? So, as to sustain the meditative current that is generated in the half an hour to one-hour session that we meditated undisturbed.

My response: Actually, what you say is not applicable in our path. It's applicable to meditation based independent Yoga systems like Ashtanga Yoga or Raja Yoga. There's no meditation in actual sense in our path. I mean you don't focus your mind on anything once kriyas begin. You are only sitting in a meditative posture. But inside your mind you are supposed to do nothing. Just sit and observe the reactions

like a mute spectator. Whatever has to happen, will happen involuntarily inside your body. Therefore, where's the question of any meditation here? Please don't compare all the literature what you read about meditation with our path. You can do your practice or remain in a state of witness as much time as possible. You can even remain in such a state through the day while simultaneously doing your daily work. But that will happen to you at higher levels. I hope you got the general idea now. I suggest you please read my book again, if possible.

A practitioner: Today, my sadhan experience. For some time I had no images and internal discussions. It was fully blank and calm. I felt some poking feeling on my head. My body was bending towards back all the time. I felt some energy flow to my body. My hands were heavy all the time. At the time of finishing I was not feeling my body. I saw a skeleton like image.

My response: Okay, very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam guruji. My sleeping time has been reduced. Yesterday night I slept at 3:00 AM. While sleeping kriyas started. First, at the bottom of spine rotation happened like petals. After sometime it moved towards the centre of the spine and started to rotate. It rotated into four edges after sometimes it concentrated into a centre point.

My response: Okay, very nice. I am very happy for you. Then, you please don't do any sadhan for a few days. Because kriyas are happening for you aggressively. Sadhan is as such not required. If kriyas become more violent please divert your mind on to normal worldly subjects. Please don't think about anything pertaining to spirituality. Just don't worry about it.

A practitioner: Pranam guruji. My body was rotating initially during meditation. After my body rotations ended, I felt a triangle like rotation at the bottom. After this kind of rotation, I felt like concentrating my body and mind on one particular point. I became completely still after this. My head began to rotate in different ways and at the end my tongue

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came out. My tongue then, started to twist and began to move upwards. I felt pain and stopped the sadhan. After 5 mins I was like a mad person. I wanted to throw and destroy everything. It continued for one hour. Now I'm alright.

My response: Excellent, they are all kriyas only. Nothing to worry about them. Whenever, kriyas happen violently please stop doing sadhan immediately and divert your mind on to materialistic things. Focus your mind on worldly activities. Go for a walk or shopping or watch TV, etc. Focus your mind on anything other than the spiritual subjects. Then automatically kriyas will subside. After taking break for one or two days you can again resume your sadhan.

A practitioner: I felt some currents on the ribs and heart region. I experienced visions of flashing white light. Overall, I experienced immense peace in my 2hr 45 mins Sadhan. Didn't feel like opening my eyes.

My response: Excellent, I am very happy for you. Please continue with your sadhan same way.

A practitioner: Jai Gururji, I have started to do Sadhan from the last week. As you know I have recovered about 75% of damages done due to the fall. Sitting for long period is bit difficult, and so I lie down when I feel discomfort. Very happy feelings are experienced.

My response: I am very happy to know that you have resumed your practice regularly.

A practitioner: Thank you very much gururji. Today I had a little progress. I could sit for about 20 mins and I had vibrations in my Ajna Chakra. I also saw images of the Cross many times. Thank you for caring about me so much. I never thought that they would call me and advice me the next moment I contacted you. Sometimes, I would not have contacted them yesterday. Thank you for everything. I am really getting everything that you were talking about. It was my mistake for not having listened to you in the right manner. I ask you my forgiveness for that too.

My response: Excellent, I am very happy for you. Please continue with your sadhan same way. Please remember that it

is a very long journey.

A practitioner: Second day of Shaktipat. It was hard to focus during my morning practice. Later, during the day I spoke to Guruji who encouraged me. I then sat for practice again and this time I felt the following sensations: At the Root Chakra I experienced subtle and permanent pleasure (non sexual). I felt energy entering from my right side travelling to my throat. Big eye formed in shades of dark indigo colour to black shades. I felt heavy weight on my head, forehead area, and third eye specially. I lost perception of space and felt like floating.

My response: Excellent, kriyas or reactions are being manifested for you now. However, we will observe them more over the coming days. I am very happy for you. Please continue with your practice or sadhan same way. Please remember to exercise yourself surrender to the divinity or Guru completely when you sit for practice. That's the secret of Yoga practice. Please remember to invoke your Guru and the mantra as many times as possible during your day. In that way your mind is continuously focused on the supreme cosmic power in the form your Guru's body and also sound body of the mantra.

A practitioner: Guruji I would like to share the experience I had today. Both my hands were having a heavy sensation and energy flowed from heart to throat. I continued the chanting in my head. Both my ears felt like they were shut off and felt a hot sensation. My left eye felt heavy and felt a sensation similar to tearing of a sheet. I felt the same on top of the head also. My upper and lower lips felt itchy.

My response: Excellent, kriyas are happening regularly for you. I am very happy to see your progress. Your mandatory three-day period is over now. You can practice as per your convenience henceforth, please continue with your practice same way. Keep in touch.

A practitioner: Guruji. I have been doing my sadhan off and on. Sometimes I experience kriyas but they are always

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the same on all occasions. I feel stretching of my neck either sideways or backwards. Does this mean anything in particular?

My response: I am very happy to know that you are continuing with your sadhan. Please try and do it regularly so that you get benefitted by it faster. Otherwise also you will get benefitted by whatever practice you are doing, but obviously the progress will be slower. Regarding your kriyas please don't worry about them. They manifest as per your accumulated karmas which you are not aware of. The process of kriya manifestation will result in neutralization of your accumulated karmas. Please don't worry if they are same every time. In fact you are not supposed to even looking forward to experience variety of kriyas. That will be against the principles of Shaktipat sadhan. You are supposed to just surrender yourself completely to the divinity and continue with your practice regularly. That's the bottom line. Obviously kriyas will go on over a prolonged period. If you practice regularly then the cosmic energy itself will ensure that you don't get bored during meditation. It seems that's not happening due to your irregular sadhan. Please understand this carefully, sadhan should be continues even if it's periodical. It should be like a continuous flow of river, that's how your karmas will get washed at a rapid rate. Please don't worry about your personal life and future. Everything will unfold exactly the way it is supposed to happen. In the meantime please focus your mind on the sadhan. Both the journeys need to go parallel to each other. Spiritual journey is dictating and controlling your materialistic life. Always focus your mind on your Guru whenever possible and carry on with your life. The more you invoke your Guru the more you shall attract the divine blessings. Please be in touch and continue with your practice.

A practitioner: Guruji gave me deeksha this morning. I want to share my experience with you. I had done meditation many times in my life, and experienced lot of peace and calmness. I experienced smell like ghee is put in havan, then of incense sticks. Sometimes I felt as if lightning struck at

third eye area. At the end Guruji's image got replaced by my brother's face who had died 17 years ago. I came out of meditation and communicated this to guruji.

My response: Okay, very nice. Glad to see your progress. Please continue with your practice same way.

A practitioner: Namaste Guruji, I have taken shaktipat deeksha on 31st Dec 2019, I want to share my experience that I had today during a session of sadhan. I was just sitting on chair there was a continuous movement for around 2 hours from my naval area to chest (means upper stomach). This is the first time I had such an experience. So, just wanted to share with you.

My response: Okay, very nice. Kriyas may be showing signs of manifestation. Let's observe more of them over the coming days. Please continue with your practice same way.

A practitioner: Pranam guruji. I was reading a book by 1.30 pm. All of a sudden, my body was feeling extremely light. Something was going on in my head and by 2 my eyes got closed automatically for an hour. All kriyas, lights and vibrations from lower back to neck was there. But it was peaceful. It was blissful, exciting and yet peaceful. I sat for a whole hour.

My response: Okay, very nice. They are kriyas only. Glad to see your progress.

A practitioner: Pranam guru ji. Today during my sadhan I felt like I am in a golden light ball. I felt lots of OM moving around me it was wonderful experience for me.

My response: Okay, very nice. I am very glad to see you practicing regularly. Please continue with your practice same way.

A practitioner: Guruji, the last morning I woke up vibrating. I'm doing my practice to invoke the gurus and then just to witness the kriyas as they change. Later in the morning, usually as soon as I'm up I do seated sadhan. First, I settle myself and clear my mind. Most often I feel some sensations that I identify as the kundalini/shakti. I name and thank all the gurus. At that point most often, I feel pressure

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at the third eye. I repeat mantra and usually feel other kriyas – physical sensations immediately. From discussion on the main group, I think I've been making the mistake of continuing mantra. But I will stop that now. During the day, I try to apply the practice of being present in the moment. Often while driving to appointments or waiting. And at these times also I feel kriyas. Again, I think I've been making the mistake of repeating mantra where I should just be witnessing the kriyas. In the afternoon I try to do seated sadhan again if I have a break in my day. And then in the evening. Mostly, I feel moved to meditate. Upon going to bed, I settle myself. Note the physical sensations of the kriya, thank the gurus, and just feel it as I go to sleep. I used to set a timer for meditation. From yesterday, I am just setting an alarm if I need to go somewhere. During the day I'm aware often of the physical sensations. Now writing my whole body has this mild vibration. I attend to that as I'm doing what I'm doing. This is my practice.

My response: Excellent, Kriyas are manifesting for you. Meanwhile, I suggest you to be calm during the manifestation of kriyas. Slowly and gradually you will be used to it. Please do your sadhan same way.

A practitioner: I experienced new kriyas during my sadhan today. I saw His Holiness Gangadhar Tirth ji in my vision. Other experiences were seeing bright lights, cooling sensations in different body parts even while doing and not doing my sadhan. I experienced pain in different parts of my body and in my third eye area. In the end of the session I stopped breathing and my stomach muscles started shrinking. I am experiencing kriyas during almost all parts of the day.

My response: Excellent, I am very happy for you. Please continue with your practice same way.

A practitioner: Everything where my eyes are focusing that thing. In exactly at a place, I am watching some vibrations there. If I am focusing on it again and again, I am experiencing this again and again. If I start chanting mantra in my mind and focusing on my guruji, it's disappearing. Means

after chanting mantra and focusing on my guruji those vibrations are stopped on those things.

My response: That's a major error people do. Once the kriyas start you are not supposed to think of your Guru or your mantra. Just focus on the kriyas. Thinking of Guru will stop your kriya. Please keep this in mind.

A practitioner: Getting up now from sadhan. It lasted for three hrs, but first two hours I dozed many times. Maybe, my mind is more tired than my physical body. Last 1 hour was blissful with full swaying movements. Clockwise and anticlockwise and circular. I saw a ball of white light on third eye and energy flow in forehead and head. Kriyas are happening full day. I was swaying front and back and at times like a pendulum too.

My response: Excellent, I am very happy for you. Kriyas are happening for you regularly now and that too full blown. You need to just continue with your sadhan same way.

A practitioner: Pranam Guruji. I am sharing my experience while doing sadhan. I felt lot of vibrations and heat in my body, apart from other kriyas. I sat for two hours continuously.

My response: Excellent, glad to see you doing your sadhan regularly.

A practitioner: Day 3 experience as Sadhak. I practised mantra for 40 mins. Initially, felt like body is moving in circles, then sideways. Later on, something was moving inside head for 30 mins. After this it was feeling of calmness and feels good.

My response: Very happy to see your progress. Please continue with your sadhan same way. Since your mandatory three-day period is over now you can do your sadhan as per your convenience henceforth. I would advise now to increase your sadhan time.

A practitioner: With the blessings of all Gurus and support of Guruji, successfully completed the meditation session. Had continuation of the mind and body cleansing experiences in heart, collar bones and elbow region.

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Vibrations experienced in forehead and back of head.

My response: Okay, very nice. Kriyas are happening for you regularly now. Please continue with your sadhan same way. Since, your mandatory three-day period is over now you can do your sadhan as per your convenience henceforth.

A practitioner: By the grace of Guru mandali, Adi Shakti and Guruji, I completed three-day shaktipat sadhan. Feeling lot of pain in my left knee and mild stiffness in right knee during sadhan and afterwards.

My response: Okay, very nice. Please continue with your sadhan same way. Let's observe more about you over the coming days. Your mandatory three-day period is over now. No more rules to be observed. You can do your sadhan same way as per your convenience henceforth.

A practitioner: On the day of Initiation, I felt empty and light within. I saw some faces but I didn't see them clearly. But more on something energy of lights pouring upon me while on my meditation and visualizing the mantra and your face guru.

My response: Good. I am happy that you could sit for more than 1 hr in meditation. Also, Kriyas are showing signs of manifestation. Please practice same time as yesterday.

A practitioner: Pranam guruji. Sat in sadhan for 50 mins. Very strong waves moving inside the body mostly neck and head. I felt heavy vibrations in forehead. My sitting posture was changing a bit throughout the session. Eyes were getting easily stretched inwards causing a bit of pain. Nowadays, sitting in sadhan for long has become very difficult for me.

My response: Okay, please don't sit forcibly for long time. Just do only till you are comfortable. But I am very happy to see you doing sadhan. Please continue with your sadhan same way.

A practitioner: I sat on my pillow. I was feeling tired but something inside knew better so, I sat with gratitude on that pillow. Two tears came out of my eyes. They rolled down so slowly, almost in slow motion. There was tingling on my cheek as it rolled down my face. I was experiencing deep

breaths, releasing several emotions I had stuck in my body. I heard strange noises in the room. I heard whispers in my head either in a different language or I couldn't make out what the language was. Feeling peace and gratitude as all these things were taking place. I felt pressure in my head and third eye. There were a few movements in my root Chakra.

My response: Very nice, Kriyas are moving through you now. Continue to surrender yourself to the Cosmic energy. Witnessing and allowing the kriyas to move through you. Please continue with your Sadhan the same way tomorrow. Very happy with your progress.

A practitioner: I wanted to ask something again. I feel Muladhara vibrating but sometimes in my scrotum also. Is it normal?

My response: Yes. They are all kriyas.

A practitioner: The sensations I felt in today's meditation. I felt the rise in my spine from Muladhar direct to the tip on my head. I felt a lot of other burning sensations through the body. There was lot of energy in my hands. Felt powerful. Loud buzzing in my ears specifically left. I saw deep colours, from dark to light and then dark again. Breath became slow at a point.

My response: Excellent, I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: For last few days I have pressure in my hands and lot more thought process is going on. After sometime there is stillness in sadhan and I am able to see my body differently.

My response: Okay, very nice.

A practitioner: 4th day after initiation and I say this with humour and to help others. I slept very long hours last night, around 11. When I did my meditation, it was like my 'ego' was 'fighting' at every turn to put me off. I simply accepted, smiled and projected love. Then, I continued. Once I had finished, I gave thanks and then made some breakfast. I'm now sitting down typing this with some effort as kriyas moving all within me, including my fingers. It's difficult to

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press the right keys.

My response: Excellent, kriyas are happening for you full blown. Please try and increase the duration of your practice slowly. I am very happy to see your progress.

A practitioner: Experience during sadhan this morning was peaceful and clam. There was heaviness around the head and throat Chakra also tingling on both arms. There was pressure on top of the head and third eye. My left arm was jerking frequently; also there were lots of hand mudras. One which stood out was the abhaya mudra. I experienced a very clear visualization of snake like creature dancing. For first time my sadhan lasted for an hour.

My response: Excellent, kriyas are happening for you full blown and regularly. Please try and increase the duration of your practice slowly. I am very happy to see your progress.

A practitioner: Today my sadhan experience. Energy was flowing in my hands and third eye. After that energy flowed from my eyes and it was pressing my whole body. There were body movement of front and back. Head was bending towards left.

My response: Excellent, kriyas are happening for you regularly. Please continue with your practice same way.

A practitioner: Pranam! I completed my 3rd session now. Felt happy during the session. Each time that I would focus more on Guruji's face, I was being led in a deeper trance. But due to some anxiety/fear my energy couldn't continue going into the trance so, my mind would come back to a normal state. This happened several times. This gave me a lot of confidence so, I kept trying to focus more on the mantra and visualizing Gurujis face even more, and it kept happening. The trance was too powerful for me to handle so, I would keep disrupting it the moment it started. Also, in the beginning of the session I felt a killing pinch on my testicular area. There was some mild sensation close to the Muladhara Chakra area. Towards the end of the meditation, I felt pressure on the top of my head, exactly in the Sahasrara Chakra area. Felt that the pressure was around a small circle,

right in the centre. It was similar to the circle carved out of a coconut for drinking water out of it.

My response: Happy to hear that you're also experiencing kriyas almost daily. These sensations are for your own good, try to ensure them as much as you can without stopping them. If they become too unbearable only then you may stop them. Sometimes it happens that your meditation keeps oscillating between being very deep and less deep. Be courageous and let it become deeper. Keep up your surrender and daily sadhan.

A practitioner: Morning. I did my 50 mins of meditation. Sensations in the spine start straight away and rise to the tip of my head. It was like a wifi connection. I could feel 3 bars higher above my head and it continued like waves from Muladhar to higher above my head. Third eye and face felt as if I have rubbed ice the Ajna is perpetually like as if iced. Other than that, I could feel a lot of energy in my hands and bit of burning in my body and stomach. I felt heat in Muladhar. I realised one thing; that every time I gave gratitude to the Gurus my energy instantly started to rise. And for the posture, I felt when my back was straight and shoulders were not stiff which unknowingly happened and when I released the stiffness, the energy flow was great.

My response: I am glad that your sadhan time is increasing. It's good to increase it to around an hour or more. You are experiencing a lot of kriyas which is very good for your progress. Surrender to Guru is the key, those who don't understand it in the true sense will have a delayed progress. The initial posture should be straight but not very stiff gradually the energy may change your posture also. Once the kriyas start is better not to interfere with anything, even the posture. Let the energy work its way in the manner it wants to. God bless you. Keep up your daily sadhan.

A practitioner: I feel a lot of pain in my throat when I practice sadhan. I experience a sort of pressure from the neck up the throat. My tongue feels pulled upwards.

My response: Excellent, your kriyas are happening

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regularly but if they are becoming too aggressive please take a break of a few days.

A practitioner: Thank you Guruji and all the gurus of Shaktipata parampara for deeksha today. I experienced third eye vibration and spinal pain during the chanting. I am feeling very calm and blissful after the deeksha.

My response: Excellent, I am happy for you. Let's observe more of the kriyas over the coming days.

A practitioner: Thank you guruji and all shaktipat Gurus for initiating me on this sacred path of realisation today. I had a burning feeling on my hands during kriya. Right now, my left ear is getting choked.

My response: They are all kriyas only. I am very happy for you. No need to worry about it at all. Let's observe more of them over the coming days.

A practitioner: I did experience some sensation. But cannot know exactly why I felt strong warm sensation in my back all the way to the head; and in my body in front side. I was overwhelmed with a feeling similar like fear. A black spot appeared in front of the head (eyes closed). At that moment, I intensified your name and picture as well as other Gurus and then everything calmed down! At the same moment as I experienced this, across the building where I live some neighbour opened a window. That sound felt to be loud because my window was open, I live on the 5th floor. Yes, my mind produced many distractive thoughts, but I kept chanting names and thinking of pictures.

My response: Okay, very nice. It seems kriyas are showing signs of manifestation. But let's observe more of them over the coming days. Please do not try to remember the Guru deliberately when intense kriyas are manifesting. Then obviously kriyas will calm down. One is not supposed to do that. One needs to endure the kriyas as much as possible and remain seated in a state of witness. Observing them or undergoing the emotion or going with the flow.

A practitioner: Pranam Guruji. Since, two days I did sadhan for 2 hours morning 4:00 AM to 6:00 AM. I am

feeling the sensation in my neck mostly in the epiglottis area. I feel some energy and many thoughts are coming. I am just watching as a mere spectator, but after some time all this stops and I get a good feeling. Majority of the time I am at sadhan state the whole day feeling the sensation. Even when I listen to music, I feel I am into deep sadhan with open eyes.

My response: Okay, very nice. Happy to see your progress. Please continue with your practice same way.

A practitioner: My experience today during sadhan my head felt really heavy. My mind kept going through silly thoughts. My head tilted all the way backwards and felt numbness on face and pressure on third eye. Also, I was seeing blue light, the pressure kept going on third eye for some time. I couldn't feel my limbs. My body felt like feather, visualizations of dark clouds keeps passing by. It was a good 30 mins of sitting, till my legs went numb.

My response: Excellent, I am very happy to see your progress. Please try and increase the duration of your practice slowly. Just continue with your practice same way.

A practitioner: Today's sadhan experience, I experienced intense pain in the base of my spine. Felt heaviness in my head. I felt vibrations in my heart Chakra. Felt movement of my spine and vibrations there too. I felt cool sensations and slight pain in different body parts. It is surprising to note that although the sadhan duration is very less, kriyas are becoming more intense. I can observe kriyas at many other occasions too.

My response: Excellent, I am very happy to see your progress. Please don't bother about the duration of your practice at this stage. You have taken deeksha recently only. Slowly it will increase.

A practitioner: Pranam Guruji and group members, today's sadhan lasted upto 1:20 hrs. I don't know whether it was a tandra state or not. As I was about to stop my sadhan I felt a ball crawling in my root chakra. Then, there were rotations in my head sideways. Though, I was lying in my bed I felt like am forced into a worship position. Then, I felt my

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body being raised upwards from the bed. Although, I don't remember when I was back to the bed. Also, I saw someone opening a door from the room but when I opened my eyes, I saw nobody I just wanted to know are these kriyas or tandra state?

My response: Could be Tandra state only. Glad to see you doing sadhan regularly. Please continue with your practice same way.

A practitioner: Gurudev Pranam. Happy to share that, in tandra state before I got up; which is around 4:00 AM I heard beautiful flute and strong vibration in the whole spinal column like an upgrade injection very strong feeling.

My response: Very nice, glad to see your progress. Please continue with your sadhan same way.

A practitioner: I got home from work and went through the Shaktipat lineage and am trying to learn all the names of the Gurus. I watched your videos and made my desktop screensaver your image. Is it possible to get initiated by absorbing all this before? I started having a silent dialogue, with the swami's and then I focused on your image. I was focusing on your image to have it in mind for the deeksha time on Sunday. I was directed to go within and sat in meditation with your image. I don't know why but I did it. After all that, I became still and felt the kundalini. I felt a pressure in my head at first and then some movements in my spine. I left the meditation to write you when you get the chance, is this normal? The more I focused on your image the more intense it became. This is definitely for real. I knew I was going to have a hard time remembering every name except a few. So, I went to each one of them and asked them to help me on the inner planes during my initiation. I kept seeing your picture in my third eye and repeated your name. That's when I was guided to sit and felt this. Again, the more I focused on your image the more intense it became. I felt the kundalini at my base. First, I felt a pressure in my skull? Then, I started to feel vibrations around my spine. My mind was like what the heck. But I remembered the book sayings go with it,

so I did. I left the meditation to check in with you about this. Like someone has their thumb and is pressing against it. Sorry, for the long detailed response. I thought as my guru you should know this experience.

My response: Yes, some practitioners have been reporting that after reading the book they have started experiencing kriyas. That's okay. In fact, we have some practitioners in our group who already had their kundalini energy awakened. This must have been the carry forward from their previous lives. However, Shaktipat initiation in a formal manner is mandatory in every lifetime, till self realization is attained. Shaktipat is done for two reasons; for awakening of kundalini energy and also for stabilizing the already awakened energy. In this case, it must have been either a combination of carry forward from your previous life or the impact of reading the book. Probably the book reading must have resulted in the ideal setting of your mind to receive Shaktipat.

A practitioner: It seems like all day, since morning meditation. I can feel lots of lines and points of pressure in and around my head. The pressure sometimes was felt at the Ajna Chakra, but more often at various other points and the lines between them. I tend to be curious and I am trying very hard to not analyze too much and just let the process happen. But it reminds me of things I've read about other minor Chakras and the nadis that connect them. I am going to try to fight the urge to write about every small thing. But I am very curious about the process. I'm finding that when I'm not concentrating on something else, I'm very aware of different energy flows. Not entirely different from things that I felt previously, but now they seem to have more purpose. And I'm thinking about things I feel like I am having but I would call "intellectual" insights. Almost like I was reading a book by Carl Jung or listening to recordings of Joseph Campbell talking about mythology.

My response: Very nice. I am very happy to see your progress. They are all kriyas only including the intellectual

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ones. Please continue with your practice same way.

A practitioner: Pranam Guruji. Just completed one-hour sadhan. I got strong tingling in the third Eye. Previously I experienced head and neck blocks. Today, I experienced whole-body blocks while doing sadhan. It was very difficult for me to open my eyes and get it back to normal.

My response: Very nice. I am very happy to see you doing sadhan regularly. Please continue with your sadhan same way.

A practitioner: Today's sadhan for 2:30 hrs. Each day is a new day. However, towards the end I felt vibrations, heat and me moving or shaking – like a pendulum but very gently. A spiral like energy was moving up till my third eye and gentle pain in the root area. I didn't want to get up from my sadhan today.

My response: Excellent, very happy to see your progress. Kriyas are manifesting for you regularly and full blown. Please continue with your practice same way.

A practitioner: For past 3 days now, I am experiencing slight body movements in my spine. It's as if it is getting straightened and I am seeing very bright lights during my sadhan. I could also feel slight movements of energy up and down in my root Chakra. At the same time, I also experience a reduction in my sadhan time. It has come down from 20 mins to 15 mins. That is unusual and very strange. Is there anything I have to do about it? I also kind of have the feeling that I am getting too much involved in the worldly matters and thus giving less importance to spirituality. Could that be the reason? Please bless me so that I don't get too much attached to the worldly matters.

My response: Very nice. Kriyas are manifesting for you well. But please increase the duration of your practice. As you said you might be getting excessively involved in worldly activities based on your age, just 22 years. You are also a Temple priest. Therefore, where are you getting involved? I understand that it must be social media and online games. I suggest you please focus your mind more on your Guru

during the day. That will help you in increasing the duration of your practice.

A practitioner: If I'm sharing too much please let me know. In the last two days I feel like practice has bled over into other parts of my life. So, I'm finding that when I'm driving, sitting still, or lying down, or if I am reading or seeing a particular narrative, I become aware of physical kriyas. In the last two days I've also had some old positive memories pop up. There were times when I was happy. And for me this is interesting because when I first spoke to Guruji, I felt like I was living a story that I was very tired of. And right after initiation I had an insight about certain "negative" karmic themes in my life. So, being reminded of some of the Bright episodes in the story was unexpected. But then, I thought that this is also karma. Good and bad side on the balance sheet. And that this karma is also being cleaned. And this has been accompanied by a burning at my heart Chakra. And when I thought this, I was afraid that I was going to lose these memories. But then I realize that even these things are ephemeral, and that the memories will last as long as this incarnation lasts. But that the deconstruction of the karma associated with them is what is going on. I'm finding some rather interesting insights and connections among the kriyas, but I think the tendency towards the analytical is a feature of this mind. So, maybe this is a karma also being purged? So, right now I feel like I could say something almost every day. And I may be sharing too much.

My response: Very nice, glad to see your progress. Just continue with your practice same way. Everything gets impacted comprehensively after Shaktipat initiation. This includes your intellect, mind, body and also the external world. In this connection let me remind you, that the external world which you undergo is nothing but projection of what's accumulated in your subconscious mind as karmas. Therefore, there's nothing strange about your experiences. These will go on over a prolonged period thus affecting the cleaning of your karmas.

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A practitioner: It seems kriyas have started manifesting in me Guruji. I experienced sensations in different parts of my body during the sadhan. Cooling sensations in my eyes, legs and different body parts have become very common. Also, I experienced pain in different body parts during my sadhan. I also feel vibrations in my spine now and then. During sadhan I am seeing very bright lights. I am for most part of my day remembering my Guru and I am very surprised to see a lot of kriyas going on simultaneously.

My response: Excellent, I am very happy for you. You were unnecessarily getting worried. If kriyas are uncomfortable then you can stop the sadhan temporarily for a few days.

A practitioner: Today, I saw bright lights for a longer duration in my sadhan. Also, there was a cooling sensation in my arms. There was a slight swaying of my body to the backwards.

My response: Okay, very nice. They are kriyas only. Please continue with your practice same way.

A practitioner: Practice today was wonderful! Same sensations as before. This time I felt this energy moving in waves through my face, specially my nose, almost as if my nose was losing its shape by the energy moving in waves. I was very aware of my third eye as it felt heavy or as if energy was staring to concentrate there. I felt a very slight tingle in my spine right behind my solar plexus area. I kept sensing a feminine presence behind me and all around. She had this mystical and empowering presence. She was working with me, moving energy through my head, somehow it felt that way. Then, I saw an image of people, they were building something big. They were standing in this huge area that had been dug. Then, again back to my nose tinglin sensations; very intense sensations.

My response: Excellent, I am very happy to see your progress. Kriyas are manifesting for you regularly. Please continue with your practice same way.

A practitioner: Today's experience on 3rd day; rainbow

colours from the space was descending onto my navel Chakra. Then, there appeared an OM shape in my navel area. I could not sense my body. Then, the rainbow colour appeared again. I could sense this even after I got up from sadhan.

My response: Okay, very nice. Kriyas have started happening for you slowly. Your mandatory three-day period is over now. You can do your sadhan as per your convenience henceforth.

A practitioner: Pranam guruji. Guruji I have read in your book that some people have quick development in spirituality and they may also fall down from that development. Can you please explain how?

My response: It's not because of any quick development as such. It happens usually with everyone. Slipping down from the progress achieved is a very very common problem faced by almost every Yoga practitioner. It's a natural phenomenon. Not being regular in practice or not exercising adequate self surrender to the divinity or getting attracted to worldly activities are some of the common reasons. The higher a practitioner reaches on the path of Yoga the more slippery it is. Although, there's nothing to worry about it one just needs to be careful.

A practitioner: My third day of Deeksha and I woke up feeling the flows of energy. Dreams were strong, but I could not remember details upon waking. I felt energy vibration from my sacrum to the back of my head. The vibration was almost auditory.

My response: Excellent, glad to see your progress. Please continue with your practice same way.

A practitioner: Last day of Deeksha. It was strong energy. It was same energy as I felt yesterday but more and spreading to more places. Today, I feel my throat Chakra which for me has been stubborn. I felt some odd sharp pains. Saw some images. I saw a yellow building, some people, and an Indian woman's face. At some points the vibration felt like, I could hear it. It was like the sound, a diesel motor on a truck makes,

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when it idles. Sometimes like a plane overhead. I had this strange association with book of Genesis, Adam and Eve in the garden. The snake being representation of kundalini, the fruit of the knowledge of the good and the evil, duality, maya, and the fruit of life; which would be transcendence or timelessness. I still feel the glow after finishing meditation.

My response: Excellent, kriyas are manifesting for you now regularly. Your mandatory three-day period is over now. You can do your practice as per your convenience henceforth.

A practitioner: Practice this evening; I had tingling sensations all over my face, specially my nose. Every time I feel I am accessing kriyas, faster. A few thoughts crop up on the way but finally able to focus. Then, the layers began to dissolve. They were taken away from my energy field; fear, limitation and others I can't express in words. I felt them dissolve away. It also felt as if something was being removed from my heart centre. My breath slowed down so much I felt I could forget to breath. I felt my heartbeat too and I have been feeling it in last practices too. So much gratitude comes to heart. Please tell me how do I know when I should be coming back? Today, again I felt a bit of fear as I get deeper but I keep trying to fully surrender and trust. I find myself much more aware throughout my day and empowered in my presence.

My response: Please don't worry about when to stop the meditation. It will happen on its own. Just let it be that way. Please remember that kriyas are happening for you involuntarily without any effort from your side. Same phenomenon is possible the other way too. But kriyas as such may not stop because they go on round the clock. But your practice session will end forcibly due to pain in legs or other disturbances. Hence, no need to think about it at all. I am very happy to see your progress. Kriyas are happening for you regularly now. Just continue with your practice same way.

A practitioner: Thank you. I am very happy and encouraged to keep going. I have been doing my practice

before bed. I suppose one can do it as many times as we feel the need to?

My response: Yes please. You can do it as many times as you wish and also as much time as you can. Please remember to keep your mind focused on your Guru and the mantra always. Whatever, happens to you is only through the medium of your Guru and the mantra. Please don't entertain the idea of I'ness or egoism while you are doing sadhan or practice. Just surrender yourself completely but sincerely from the bottom of your heart.

A practitioner: Today, I experienced a few jerks during my sadhan. I forgot to mention one particular experience of the previous days. I could feel an energy moving up and down in my anal region. Is it Kundalini guruji?

My response: Yes please. Please continue with your sadhan same way.

A practitioner: Today my sadhan experience, I felt flow of energy in my hands. Thoughts were gone then, there is no guru image and mantra and I sat as a mute spectator. I felt a sudden surge of energy in my chest and experienced difficulty in breathing, and later some energy movement was there in my third eye region.

My response: Very nice, glad to see your progress. Please continue with your sadhan same way. God bless you.

A practitioner: Pranam Guruji. As per your advice, I corrected myself in today's sadhan. I rather sat as a mute spectator and experienced energy flow from fingers of my hands to my shoulders. During that time, I saw a bright light and an image of God. I felt some vibration in my third eye area. I am not feeling any discomfort of my legs these days.

My response: Okay, very nice. I am happy for you. Please continue with your sadhan same way as we discussed.

A practitioner: Salutations in the feet of the most revered Gurudev,

I am sharing my experiences of past few days.

You answered a query raised by a fellow Sadhak, by saying that, the devotee should only focus on his Guru. From that

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day on, I started focusing on you. Then on one day, I suddenly witnessed that, you were there in my entire body and my body was experiencing a lot of kriyas.

After some time one day I saw that my body which had you in it, had become very big, so big that, gradually it filled every corner of the whole sky.

Meanwhile, there were various kinds of movements in my spine, sometimes the movements were like a snake's movement and at other times they were like half sine waves. My head went back so much as if, it would touch my back. I felt my neck would break.

I often see a blue light in my third eye Chakra, but that isn't permanent.

Then three days ago during the night kriyas started off, where I felt someone had kept ice on my head, my entire head became very cold.

The kriyas go on now for entire 24 hours, I can feel them, sometimes they become very intense. I offer my salutations repeatedly in your lotus feet.

My response: Excellent, I am very happy for you. I wish you had done the same thing from the beginning. Any way it is better late than never. At last kriyas have begun for you and that too full blown. Glad to know the news. Just continue with your sadhan same way henceforth.

All practitioners are requested to make a special note of the above experience. This is the mistake what many of the practitioners make. Please follow the correct way of doing practice sincerely from the bottom of your heart. In a nutshell, just do what you are supposed to do with complete self surrender to the divinity.

A practitioner: Guruji, for the past few days I have been doing sadhan at irregular times, based on my duty. I feel the vibrations all the time even when I am not doing sadhan. Today during sadhan I felt excessive pain in my spine which forced me to stop the sadhan.

My response: Okay, very nice. Glad to see you doing sadhan regularly. Please take care of your pain on the spine. It

could be normal health issue also.

A practitioner: I got initiated into Shaktipat and I am sharing my first day experience with you. I lost consciousness after about half an hour into sadhan. Then, I felt a strong jerk and saw bright light at the point of Ajna Chakra and this brought me back to consciousness. This brightness moved from my Ajna Chakra to the Sahasrar Chakra and vanished.

My response: These appear to be kriyas only. But let's observe more of them over the coming days. Please continue with your sadhan same way tomorrow also.

A practitioner: My Guru ji asked me to relate some of my experience from Deeksha this morning.

In the first 20 mins of meditation before I was given my mantra, I found that I was recalling some of the steps that had brought me here.

It was interesting because I remembered the moments in the people who had steered me.

In the second session of meditation, I found that my state of mine became very deep fairly quickly. I've been meditating now regularly for several months. This time I found I was very deep almost immediately. I have had physical sensations before but this time I would say I had more of them and more pronounced. I had sensations like heat on my skin, in my sacrum, and lower back, and tingling feelings around my heart and throat. I often feel pressure around different parts of my face, in the corners of my eyes and my temples and around the circumference of my head. Today also the tip of my nose and my tongue. And my sinuses opened up. I felt some odd pains shooting out of one of my toes and one of my fingers. And just as the half an hour was coming to a close I found my mind focused more and my whole body felt almost like it was glowing. Probably not the description because that sounds too dramatic. But I felt a sense of energy around my body.

During the meditation I found my mind wandered in a state that felt like dreaming. I would bring myself back to mantra and to an image of guru Greg, but as my mind

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wandered I found I was seeing people, and then one case a place. This in and of itself is not completely unusual for me in meditation. But this time it felt different. I saw a dark-haired woman,. And a number of African-American people that I felt I should know but did not know. And there was a little blonde girl who looked like she had down syndrome.

Some of the sensations remained after stopping the meditation.

It was it was familiar but different.

I don't know if that is too much description. I will be interested to see how things progress.

My response: Excellent, it seems kriyas or reactions are showing up. Let's observe them more over the coming days. Please continue with your practice same way tomorrow also.

A practitioner: Today, I felt something crawling in the back of my head while doing and not doing my sadhan. I also felt slight vibrations in my third eye Chakra. Also vibrations in my heart Chakra. I felt some pain in my left thumb during my sadhan. Are these kriyas Guruji? I particularly want to know about the first experience. Also, I happened to see a lot of bright lights too during my sadhan.

My response: All are kriyas only. They are happening for you full blown now. I am very happy to see your progress. Unnecessarily you were getting confused and worried earlier; please continue with your sadhan with full speed now.

A practitioner: Practice today was short, about 30 mins. I felt tingles all over my face, energy in that specific area. Subtle ringing sounds in the ears. My body was unable to move, felt fixed to the ground. I saw swirling images, and felt as if I am travelling through these swirls. These swirls were taking me somewhere, almost travelling through light. Then, I saw babies, like *cherubines* (winged fairies), walking around, there was bliss all over. I didn't feel anything, I just observed. I felt my body sway slightly. Throughout every practice I feel different parts of my body abruptly disjoining. I didn't experience pain of course, just the sensation. Sri Swami Sahajanand Tirth keeps coming up into mind. Same thing

happened during the last sadhan.

My response: Very Nice.

A practitioner: This morning in meditation; I felt very intense heat that started in my lower back and slowly reached the point between my shoulders. These were new sensations and even now I still feel it. At the same time the sensation had a vibrating quality and was kind of pulsating. I had a kind of insight into events in my life that seem to be like a theme. I'm associating it with karma although, it could be psychological – or both. I have no insight into what was being worked out, just that the experience has always been of a kind.

My response: Excellent, kriyas are manifesting for you now properly. Please don't bother about which karmas are getting cleaned etc. It's not possible to predict all. Please continue with your practice same way. I am very happy for you.

A practitioner: Pranam guruji. Nowadays, I am not able to sit in sadhan for more than 45 mins. A strange kind of heaviness is there in the top of the head. I can sense all the thoughts which arise create a kind of heaviness. At times, I can feel the disconnection from my mind. It's immensely peaceful. A great kind of feeling and bliss. Even after the session it continues for some time. However, thoughts are still negative at times.

My response: Okay, very nice. Please do not bother yourself about the negative thoughts. Please continue with your sadhan same way. I am very happy to see your progress.

A practitioner: Guruji, just now while doing sadhan I had an experience of some insects crawling on my face including my ears and my entire face had become very hot. I felt that I was swinging and my heart beat became faster and my head had become very heavy.

My response: Okay, very nice. They are all kriyas only. Please continue with your sadhan same way. Glad to see your progress.

A practitioner: Greetings to all. I just finished my practice

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and I entered a different state and space. I felt as if my chest was being held tightly and being expanded. I was unable to move that specific area of my body, it was so stiff. I was barely breathing. Then, I saw a big eye looking at my consciousness or looking back at me. We were looking at each other. I then knew I was to enter an unknown space and I felt at peace. I lost sense of space and felt as if I was upside down, elevated in a dense space. Then, my dogs started to bark so loud even just right behind my ear still that didn't make me come back, move or even care. Then, my phone started getting lots of messages, I didn't come back. I couldn't really move and I wasn't planning on finishing my practice anytime soon. It felt like a message from God, trying to see if I would stay there or come back and pay attention to either my dogs or my phone. I then started to feel like I was really getting into a deeper unknown level and my face was getting tingles all over. (I comforted myself as I started to feel scared, I was out of control of my body, upside down and elevated in a dense space. I felt I could fall and hit my head on the floor even though I was sitting but I truly felt upside down in the air). Then, I tried to slowly come back but I couldn't move at all and I panicked, when I tried to open my eyes, I saw a bright light that didn't let me open my eyes. I forced myself back abruptly.

My response: Excellent, I am very happy for you. Glad to know about your experiences. They are all kriyas only. You need to just continue with your practice same way regularly. May you progress rapidly on the path of yoga!

A practitioner: Pranam Guruji. I've been recently experiencing overload of thoughts at night with restless legs and an urge to move as if there is energy trapped in my body. I am also experiencing waking up several times. When I wake up, I see creepy things like lights and shadows. This has been ongoing for 2 weeks. With regards to my practice I still get jerks and vibrations whenever I sit for sadhan which is happening for one hour every day.

My response: Okay, very nice. Kriyas are happening for

you regularly. Nothing unusual about it. Just continue with your practice same way.

A practitioner: Thank you so much Guruji. Please enlighten me Guruji, is what's going on at night also normal?

My response: Yes please. They are also kriyas only. Everything will get sorted out as the sensual impressions accumulated in your subconscious mind or the karmas get cleaned up. Please understand, that whatever you are experiencing is nothing but your own internal world. The remedy is to burn it down. But you can't do this by your own efforts. The awakened kundalini energy does it in autonomous mode. For this, you need to allow the supreme cosmic power or the awakened kundalini energy to do its job without resisting, and it will take time as well. Therefore, just surrender yourself completely to the divinity or Guru. that's it. Just keep your mind focused on your Guru only as much time as possible. Day and night. Simultaneously please keep repeating the mantra given to you. Rapidly your karmas will start getting drained out of your system. You are the eternal spirit. Pure and limitless. Therefore, please be brave.

A practitioner: Pranam Guruji. I sat in Sadhan for 40 mins today. I began the sadhan with the sound of the mantra which gradually faded out. Then, I started feeling some movements off and on. I felt vibrations on my forehead while the sadhan continued. I am feeling the vibration even while I am typing this message. I experience these vibrations even after I complete my Sadhan and sometimes they are very painful.

My response: They are all kriyas only. Kriyas will go on round the clock even when you don't practice. It is just that you don't experience them when your mind is engaged somewhere else. Otherwise, sometimes you experience them forcibly also when they happen to manifest aggressively. I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Today sadhan completed just a while ago. It was one hour 45 mins session. It was very deep sadhan, I

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just remained mute. I didn't remember most of the things. At one point of time, my whole body went numb and there was a flow of energy in my hands. I felt very calm. No thoughts no images.

My response: Very nice. Glad to see your progress. Please continue with your practice same way.

A practitioner: Guru ji Pranam. It has been approx 2 hrs that I was in sadhan. I am now listening to music. But I still have the same harmony within and feeling very happy. Body is like vibrating within.

My response: Very nice. God bless you.

A practitioner: Gurudev, I finished my sadhan just now. I was into deep trance like state. Just didn't know that it's almost 2 hours that I sat for sadhan. Looks like it was just 20-30 mins long. I woke up with a visual of seeing Swami Gangadhar Tirth Ji sitting on a lotus flower. I also saw Sri Yogananda Ji.

My response: Very nice. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Guruji sharing my sadhan experience of 1 hour. I felt body vibrations from Muladhara to Sahasrar along with other different experiences. From muladhara to Anahat energy was regular. From Anahat to Vishudhi my heart beat increased. From Vishudhi to Ajna Chakra the kundalini energy was raising very slowly, from eyes lips through ears it moved upwards. I felt so many insects moving at a time upwards to Ajna Chakra. From Ajna Chakra to Sahasrar, I felt cool breeze and some waves were rotating on my head. Still, my whole body is vibrating with an increased heart beat. Finally, after a long time, I was able to experience peace of mind. Without any thoughts for no reason, I was getting tears and I don't know why I was feeling so lonely.

My response: Excellent, I am very happy to see your progress. Please continue with your sadhan same way.

A practitioner: Yesterday evening I could do Sadhan for another 20 mins and I had a lot of thoughts going through my mind. I also felt vibrations over the top of my head.

My response: Excellent, it seems kriyas have started for you. You just need to continue with your sadhan same way now. That's all you need to do. Slowly you can increase the duration of your sadhan.

A practitioner: Guruji Pranam. Since, one month I am practicing sadhan. Initially lot of body movements were there, now mostly clapping few times neck rotations, sometimes moaning, or chanting of peculiar sounds, twice daily able to practice, able to do sadhana mostly from 40 mins to 1 hour, very few times more than hour or less than 30 mins, Guruji when to stop sadhana, Intuition comes to stop sadhana, after praying to gurus before stopping sadhana, again body movements are coming, please guide me I am doing sadhana correct way.

My response: Very nice. Sadhan is going on regularly and correctly. Kriyas are also being experienced by you. You need to continue with your practice same way. That's it.

A practitioner: I was initiated by my Guru this morning so it's my 1st day. I met him many years ago while I was travelling and always felt some sort of connection with him. So, here we are many years later, he is my guru! My experience this morning was fairly calm and somewhat uneventful. Although, I did experience 3 or 4 moments of seeing things that was like a video and not just seeing it in my mind.

A practitioner: My third day of Shaktipat. Today my morning practice gave me a lesson later on. Even though, I feel I was able to keep my mind more focused today, mind still got diverted quite often. I meditated about this later during the day. My Guru helped me understand the sensual impressions better. I have been trying to meditate during my practice instead of solely observing. That's why it seems, I was having a difficult time to maintain focus. I am however more encouraged to keep doing my practice without trying to meditate.

My response: Excellent, please carry on with your practice same way.

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A practitioner: Finished my sadhan now. Initially some thoughts were there then, I felt currents on my spine near the neck and shoulders. I felt mild pain in my stomach region. Felt vibrations all over the body and my Crown Chakra. Later, with the appearance of a brilliant radiance, I was enjoying soaking in it all throughout my sadhan. My sadhan lasted for 3 hrs and 15 mins.

My response: Excellent, I am very happy for you. Please continue with your sadhan same way.

A practitioner: Pranam guruji, a funny thing happened this morning. I felt energy in my legs and I started to dance like a professional dancer. I have not studied dance and I have no interest in dance.

My response: Excellent, I am very happy for you. They are kriyas only. All dance related kriyas. You must have been a dancer in one of your previous lives. Those sensual impressions or karmas are getting cleaned up. Please don't resist or stop the kriyas unless you are in a public place.

A practitioner: First of all, I offer my prostrations to Ma Jagadamba. With her grace and blessings, I have got the opportunity to get in touch with my guruji and got initiated into the Shaktipat. I also prostrate to all the gurus of the Shaktipat lineage. One year ago, on this very day, I was initiated into the Shaktipat. From the very first moment Kriyas started manifesting. From that day till date, I am experiencing the blessings, happiness which cannot be expressed in mere words. I could understand the actual meaning of this birth after taking the deeksha. I am thankful to my Guru Ji, T Sreenivasulu ji and express my sincere gratitude for his blessings and grace. Kindly excuse my improprieties if any and continue to shower your grace upon me.

My response: God bless you. May you progress speedily on the path of Yoga. May you spread the message of Shaktipat far and wide!

A practitioner: 2nd day of my Shaktipat initiation with my Guru. Apparently kriyas are manifesting in a nicely. I had

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tingling in my hands and at the top of my head. I felt warmth and some movement in my solar plexus. Also, whilst visualising the monks of the Shaktipat order in succession, I saw a whitish/blue light surrounding all of their images.

My response: Excellent, I am very happy to see your progress. Please continue with your practice same way.

ON *SHAKTHIPĀTH*

A practitioner: Finished my session guruji. Felt Long jerks in the chest portion. As usual thoughts are bad. As if everything is turned against me. Occasionally lights and vibrations do appear.

My response: Okay, very nice. Glad to see your progress. Please continue with your practice same way.

A practitioner: Since yesterday's sadhan I am feeling so much bored of me. I am not liking to eat, if I eat also, I feel no taste. I do not want to talk. I don't feel like doing anything. Is it kriya or some illness? It's started since two after sadhan. Morning when I wake up, I feel happy and after I have done sadhan I feel lethargic only. I feel heavy in my head. Please guide me.

My response: I understand that you are referring to yesterday's sadhan probably. Your mood swings are very normal. There's no need to do anything about it. After Shaktipat everything is indeed a kriya provided you are doing your sadhan regularly. Otherwise, this principle will not be applicable to you. Please remember this. I don't know whether you are doing your sadhan regularly or not. If it is, then your mood swings are kriyas. Otherwise, they could be anything else including a disease.

A practitioner: I honestly didn't feel anything after or

during initiation?

My response: Okay, please don't bother about it. The cosmic energy is too subtle in its primordial form. What people experience are the kriyas or reactions when they start manifesting. This depends upon prevailing psychic conditions. If not, now they will manifest later. Since, it's a divine power it can't be predicted like we do with gross energies in a scientific lab. Please do not focus your mind in that direction at all. The cosmic power is conscious and all knowing. It will shower its blessings only when the Yoga practitioner exercises self surrender to it from the bottom of the heart. Otherwise, it is not going to manifest its impact just to satisfy the curiosity of a practitioner. This is very important to note. A practitioner can't fool the God or the cosmic power.

ON BURNING DOWN OF KARMA

A practitioner: I rarely practice sadhan and I rarely get kriyas. But what disturbs me is my overactive mind; that I cannot do well with my peers. This seems to be probably because of my past karmas. I feel like all the bad actions I did to my peers in the past are being done to me. Please Guruji, is there a mantra for repentance of my past sins? Please guide me into this.

My response: Please understand that whatever you are undergoing is due to your own past karmas or actions. Those must be either from the past lives or current life. After Shaktipat initiation those karmas will start getting neutralized. As a result, there will be a holistic change in your life. You will start attaining real peace of mind and happiness. It's a continuous process. But for this you need to practice meditation regularly. Otherwise, if you depend on mantras etc to solve your problems then they will become fresh karmas for you. The science of mantra is as materialistic as any other physical science although developed in ancient times. But you also need to understand that there will be a requirement to practice the mantra also. That means you need to practice the mantra also over a prolonged period of time even for attaining materialistic benefits. However, you will end up wasting a lifetime. Whether that mantra will be fruitful for

you at the earliest or not can't be predicted. you are a matured man and an educated man. I hope you understand what I am trying to say. If you are seeking some super natural powers to come to your rescue please also understand as to what will happen to your accumulated karmas in your subconscious mind. Therefore, from this perspective Shaktipat is the best option for you. it will telescope the impact of your karmas and clean them for you at a rapid pace. Of course, both your good and bad karmas will get wiped out. Isn't this the best option for you? Please understand this, exercise full self-surrender to the divinity and practice meditation. In any case I don't deal with the science of mantras meant for materialistic benefits. It's a different Yoga practice. I have no idea about it. The mantra I have given you was meant for a different purpose. To transfer the cosmic energy to your body and awaken the kundalini energy! This has already been done in your body. All that you need to do is to allow it work. That means just sit for meditation and do nothing! Do nothing other than focussing your mind on your Guru and the mantra. As simple as that! I hope you have some clarity on this subject now.

A practitioner: My practice today. I was able to focus so much in my Guru and chant my mantra. I felt very connected in my heart centre and I felt no need to judge my thought or my kriyas. I felt excited to share this with you but something told me that the emotion came from my ego. So, I immediately returned to true observing space. I felt so much peace; I also felt like not even my body defined everything I was. Then, I didn't feel attached to my body somehow. Then, some words in a different language came to mind and I could not help but to speak these languages, words. When I spoke the word, I felt who I truly was in my being. It is hard to describe with words but I got connected with something that felt very true and resonated with my being. I also had a flashback of when I was a kid I would speak in a different language, when I got deep in prayer. But then again this is just an experience in the past.

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My response: Very nice. They are kriyas only. Cleaning of your karmas accumulated in the past is going on. Speaking an unknown language is a well-known phenomenon after Shaktipat. I am very happy to see your progress. Please continue with it, same way. The flashbacks were your past karmas accumulated in one of your previous life. you must have had a very strong connection with some language. Those sensual impressions were showing up probably. This happens usually. Therefore, you would have experienced them as a child too although you have not taken any Shaktipat initiation. Sometimes these things are experienced during dream state as well.

A practitioner: Pranam guruji. Yesterday, when I was lying down kriyas started. I think I had gone to my past lives. Two times I felt my death. Once I saw I was a man. Then, I saw I was in deep sea. Then, I was in forest I remembered a lion, a rabbit and once a little creature. Then, I was a bird.

My response: Very nice. You must have entered the state of Tandra. I am very happy to see your progress. However, those visions give you only a general indication. Please continue with your sadhan same way.

ON GENERAL TOPICS

A practitioner: Pranam guruji. Guruji if, there is anything wrong in asking this please forgive me. For any particular desire can I pray to Amma?

My response: Yes of course. it is your wish. But please remember that it will become a fresh karma. I mean it is a different story if you are in some trouble. Otherwise, seeking materialistic benefits will become a fresh karma. It is akin to washing your feet and also entering into the mud again and again.

It is against the principle of Yoga practice to seek fulfilment of desires. That's the thumb rule to remember. Rest, it is up to you.

A practitioner: Guruji, I have a very general question. You have given a glimpse of various possibilities of after-death scenarios. I would like to know if it makes any difference between the possibilities of an uninitiated man, and a man who had been properly initiated into the great Shaktipat Yoga and is on his way to clear out his accumulated karmas and is partially successful at it at the time of death.

My response: Sorry for the delay in replying. I was busy with group meditation and Shaktipat deeksha ceremony till 12.30 AM today. Actually, my knowledge about the after

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death or after life phenomenon is very little, almost zero. It is a different subject as such. It has nothing to do with Yoga practice as such. However, technically speaking there's no difference in the phenomenon as such experienced by ordinary people and those who have taken Shaktipat deeksha. However, people who have taken Shaktipat deeksha are sure to meet another Shaktipat Guru in their next life also unless they have stopped their sadhan before death. Otherwise, as per whatever little I have read on the subject there's no other difference.

A practitioner: Guruji, is it lethargy, anxiety or what else? I am not able to figure it out. I sit for sadhan but I am unable to sit for long periods. Sometimes, it is thoughts that cause me so much anxiety that I feel like immediately getting up and get into action. The weird fact is that I get up to do things which are to be done in the afternoon like taking position in share market.

Sometimes, I feel so lethargic that I want to go and sleep while doing sadhan. I get up and don't even go to bed. Sometimes, I just want to get up for no reason. I started sitting with a timer, taking it as your order to increase the sadhan time but it is like I wait for the time to get over. It rarely happens, that I do not experience any kriya like crawling movements at the forehead or near heart, some choking feeling in my throat, some lightning pain in lower abdomen region or heaviness in the head but even those don't make me sit and experience the kriyas.

I know that for my own progress I need to sit longer but again I say to myself that it will happen when it has to. I don't know if I am finding an excuse in the name of free will. In the meanwhile, I focus on guru pratima and chant the mantra whenever possible. I even felt like asking how people get to this level of sitting in sadhan for 3 to 4 hours then again, I thought it is unique for everyone. I even find it difficult to sit in correct posture.

Kriyas can be experienced all the time, even right now while writing this something is crawling in the back region.

Myself talk is also with the shakti or guruji or it is just an illusion I have created to sooth my mind. I even took a break of 3 days and when I felt ready, I started again. Now also, I hardly sat for 5 mins and got up to ask you but now I don't know what the question was? Am I just sharing what is happening to me or I am looking for an answer to a question which I don't know?

My response: Hi, very nice. I am glad to see your progress. Happy to know that you are doing your sadhan regularly. Whatever you are experiencing are all kriyas only. Including your emotions in the mind. You are not doing anything wrong. You don't have to do anything else either. All that you need to do is not worry too much about the duration of your sadhan ☐. I said that you just give it that extra push and try to stretch out the duration of your sadhan. It doesn't mean that you forcibly try and do sadhan. It's against the principles of Shaktipat sadhan or sadhan dharma to do sadhan by force. Let it happen naturally. As long as you continue with your persistence regularly there is nothing to worry about it at all.

A practitioner: Guru Ji Pranam. What would the approximate stage of Spiritual attainment of those Sadhus who have been doing meditation since many years in the caves of Himalaya? Please share your views.

My response: It's a very vague question please. How will I know about them? I too am a sadhak like you struggling to burn down my own karmas. Who are those sadhus you are referring to? God only knows who is at which stage? How does it concern you? They are also like you and me, only struggling to wash off their karmas. Please don't bother too much about such matters. Just focus solely on yourself alone. Wash off your own karmas and be free.

A practitioner: Guruji, my Sadhan is going on in a normal fashion. Is Sadhan connected with dreams also?

My response: Karmas are not destroyed or created during the dream state. However, dreams are experienced because of the accumulated karmas only.

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A practitioner: My Apologies. I was just thinking that sitting in such a place may help avoiding accumulating new karmas while, destroying past karmas too at the same time.

My response: There are two kinds of yogis. One category is those who renounce the worldly life, wear saffron clothes and live away from the mainstream society.

Second category is those who live amidst the mainstream society and practice Yoga. Both methods have their advantages and disadvantages. We can't say which the better method is. It depends upon the destiny of the Yoga practitioner which path he chooses. I have explained this in my book also. Please read the concerned chapter once again if possible. Thanks.

A practitioner: Pujya Guruji, I may be asking this question again, just to reassure myself. It seems that this path is a grace of God to us who have made some progress in other paths. Just by sitting in the daily sadhan and invoking Gurus' blessings and letting the divinity do the rest. All of it seems so very easy we only have to give that much time. The food has been prepared and brought right up to our mouth, due to our previous austerities or divine grace. We just have to open our mouth and gulp it. Is this understanding correct?

My response: Yes please. Divine grace is always like that. It's so easily and freely accessible provided you exercise full self surrender. Otherwise, it's not possible to attain it however; hard you try with your egoism-based attitude. That's the secret of success in Yoga, self surrender. You don't have to go anywhere seeking the divine grace. It is showered on you right in your house provided you seek it sincerely and surrender yourself to it. Shaktipat is there right in front of you as a proof.

A practitioner: Can yogis in our lineage stay in seclusion in the Himalayas ji? I ask because we are not taught about any breathing technique which will increase our inner fire which yogis in the Himalayas practice to protect them from cold.

My response: That's for people who practice independent Yoga systems like Ashtanga Yoga or Raja Yoga. Not required

and not applicable for practitioners in our path. Since Shaktipat is Mahayoga the sadhak learns and practices many of these techniques automatically. For example, khechari is not taught in the Shaktipat tradition as it is a Hathyoga subject, it happens naturally in Skatipat tradition. Swami Vishnu Thirth ji used to experience Khechari quite frequently during his sadhan days.

A practitioner: May I ask one question? Do all gurus know who they are and why they are here on earth?

My response: One thing they realize for sure is that, the divine has assigned them the responsibility of lighting the Spiritual fire in those that are destined to be on their Spiritual Journey in their current birth. This is all part of Guru's Karmas too.

A practitioner: Guruji, if any Chakra gets activated is there any danger? I mean for people like us who are initiated by the respected gurus.

My response: Opening of Chakras is only valid for Ashtanga Yoga, Hatha Yoga, Kriya Yoga systems. Shaktipat is a more advanced form of Yoga. So, for us with the awakening of the Kundalini by a Guru, all Chakra open up in the Sushmana Nadi for the free flow of the energy. Then it depends on the will of the Divine Mother on how and when she wants to work on cleaning of the Karmas at each Chakra. She may go Chakra by Chakra or 2, 3 at a time or layer by layer. Shaktipat is the safest way to awaken the Kundalini.

A practitioner: I had a most profound experience today. While meditating I received a very dominant message about my father. I was suddenly brought to my knees. Overcome with grief and started sobbing uncontrollably. Then, this message cut through it all. In my ear it told me he was a very powerful wanderer who has been overcome by negative entities and is in peril of not awakening in this incarnation. The message was to awaken him remotely. I tried but I have no idea. I humbly ask for any assistance that will not infringe on the free will of my father.

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My response: Where's your father now and how old is he? Please understand that you can't give him Shaktipat initiation because it doesn't work that way. Therefore, there's no point in trying to do that. Secondly, whatever message you said you have received is cleaning of your own karmas from your subconscious mind. It's perhaps your inner desire accumulated in your subconscious mind which is now getting purged out during meditation.

A practitioner: Guru Ji. Pranam!

There are uncountable past karmas stored in conscious mind, does kriya burn all those karmas then, we have possibility to rise higher in spiritual path?

Although, you mentioned that Kriya can start from any spot of the body but, kindly tell when the Kriyas happening on physical aspects ends then, it starts showing visuals like colourful light/specific shape/creature/guru images etc.

After Shaktipat, all our Chakras are initiated however, when do we realize its energy is fully activated? Like experiencing jerks, vibrations etc; are observed however, when do we know that it is actually ready for next level of Chakra activation?

At times, Kriyas become aggressive, we heard. In what situation, we need Guru's intervention to control it? Have you ever been involved into such situation?

Why does it get stored in memory, when kriyas reveals our past lives? Does it not create a new Karma?

In ShaktiPat Deeksha, do we have certain level of deekshas? When somebody attains a certain level need to have next level deeksha?

You may ignore any of these questions, if seem not valid to be answered.

My response:

Para 1. Kriyas burn all past karmas. That's how you are spiritually elevated. Actually, you in essence are the very divine spirit inside. Only the accumulated karmas are removed like trash is cleaned from the surface of mirror.

Para 2. Kriyas manifest in a very disorderly manner.

Hence, you can't predict when physical kriyas end and others begin.

Para 3. You have misunderstood this. Kriyas depend upon your past accumulated karmas. Jerks may not be experienced by everyone. Similarly, kundalini energy is fully activated after Shaktipat. You are trying to compare this with independent Yoga systems like Ashtanga Yoga or Raja Yoga. In such Yoga systems kundalini energy is awakened step by step from Chakra to Chakra. But Shaktipat is a higher technique. That's why Shaktipat initiation is not given to everyone. It is given only to those who must have already undergone through the preparatory stages in their past lives.

Para 4. There are some cases in our group for whom kriyas have become aggressive. I make them stop doing sadhan temporarily and make them divert their minds.

Para 5. Some kriyas give indication of past lives. If you get attached emotionally to the kriyas then they become fresh karmas.

Para 6. Shaktipat deeksha is same for everyone. There are no different levels.

I suggest you please read my book on the compiled questions and answers. Book has most of your above questions. Otherwise, it becomes difficult for me to answer each member individually repeating my answers again and again. I will not be able to type elaborate answers also. Instead you will get benefitted greatly if you read my book. In spite of repeated requests members are making the same mistake again and again. Kindly understand this. It becomes very easy for you and me both if you read the pdfs. If there's still anything you need clarification on. Then, you are most welcome to ask me questions. Otherwise please read the book first.

A practitioner: Pranam to param guruji and guruji and love to all. I am reading the book 'secrets of saktipath' and have read till page 63. There are few doubts that I was wondering about from what I have read so far.

Vedas mention that god said "may I be many". Are the

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Vedas or any other sacred source or guruji's insights, also tell us why God wished it this way. Is there any reason? I think even the search of this reason is illusionary? But, why create the illusion in the first place?

Seeking knowledge about the workings of the universe etc. is also an illusion (as per a question asked by a sadhak). But can we continue to gain knowledge as a part of being in the 3D world and yet avoid making karma?

If there is no other entity but just me (page 45). Then does this mean we are all one? If yes, then is the ascension of one interrelated to the ascension of others? And, is vice versa also true?

My response: Let me start answering you in the same sequence. First of all, I suggest you finish reading the pdf on questions and answers. Another pdf is almost ready to be published. That's volume two. Material for the third volume is also getting collected. One of the members from my main group Mr Chidambaram is compiling it every 15 days. That draft pdf is also shared to everyone. As you keep reading it hopefully most of your doubts will keep getting cleared in piece meal of course. Otherwise, I will be repeating the same answers again and again. Notwithstanding this, I understand that you may be having certain queries unique to you. Definitely, I will be happy to answer all your questions.

Para 1. You are trying to understand the concept within the parameters of limited intellect. As long as you exist in the state of dualism these questions are relevant. But the answers to these questions are outside the realm of rational explanation. For example, you had a dream yesterday night. You were a philosopher in the dream. You were pondering over some problems about life. You were involved in some heated discussion with some partners from your dream world. But upon waking up you realize that all that heated discussion you had in your dream world is simply an illusion. Nothing was ever real. Neither you as the philosopher in the dream nor the partners nor the discussion! However, it must have been very real to you while the dream lasted for you.

That's the crux of the story. As your mind undergoes the transformation during sadhan everything gets resolved for you internally. I mean you start getting the answers to everything from within.

Para 2. How can you gain knowledge of the 3D world when that knowledge is simply illusionary in existence? It is akin to theorizing about the existence of water in a desert in the form of mirage. For example, two people are standing in a desert. A local illiterate person and a scientist who happens to be a tourist! They both see water at a distance in the form of a mirage. Both know the truth. However, the scientist gives out his masterly exposition for the reason why such an illusion is being created. Whereas, the illiterate person simply says why are you wasting your time. I know that there's no water there. Therefore, what's that knowledge you are seeking? It may be good for writing a book or lecturing someone. Otherwise, it is not even classified as knowledge. The awareness that mirage in a desert is not water is the knowledge.

Para 3. Yes, there's simply one spirit pervading the entire cosmos. Call it by whichever name you wish. However, the idea of Godhead is akin to a circle whose centre is nowhere to be found and also whose circumference is infinity. Whereas, in case of an individual person the centre is located within the self but again the circumstance is infinite. However, the spiritual evolution results in self realization that you are that very God. Its implication will be realization that it is YOU who exist in every creature. However, rest of the world goes on. Because it's YOU as the GOD who created all those creatures by your own divine will that. MAY I BE MANY. So, whom will you blame for their misery now?

A practitioner: Was just getting a query about animals. What about my dogs? How would they move towards their ascension? It's just that, everything I have been studying from psychology to healing modalities. All now seems questionable and this is making me experience a lot of inertia in my mind. That's why so many questions.

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My response: The mechanism of self realization exists only in human body.

That's the reason it's referred to as the miniature model of the cosmos.

In case of animals the transmigration needs to occur to human form. Please understand animals you see around might have been born as humans also previously. Similarly, some humans you see around now might degenerate into animals also in future. But this phenomenon is temporary.

The spirit pervading all creatures makes the general ascent from the state being a mineral to man. However, after achieving the human birth after millions of eons it doesn't necessarily remain in human form only till self realization is achieved. It might slip back or degenerate into animal wombs and also vice versa.

Similar fate is applicable to even celestial beings and also to subterranean beings who exist in other planes. So, none is spared. Ultimately, it's the human birth alone in which it is possible to begin Yoga.

Therefore, transmigration of the creatures is the key. The reason for the increase in human population on the planet is also this same transmigration. Otherwise where do you think all these extra people being born? Certainly, they have not been created by God all of a sudden. Some animals would have got upgraded to human status. Similar fate is awaited to some humans in the reverse manner too depending on their karmas.

Of course! I can't say anything about the current status of your Dog please. All those sciences you have been studying pertain to materialistic things please. They have nothing to do with spiritual growth. Therefore, please delink all that literature from your sadhan. If you wish you can continue with your pursuit of all that you have been doing for earning your bread. However, for your personal salvation do sadhan!

This, spiritual knowledge is strictly your private business. It has no benefit for anyone else.

A practitioner: Is there any specific guideline or

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instructions for 21st June during solar eclipse. Kindly advise!

My response: You all can do sadhan during the eclipse time. It is supposed to be very auspicious for all kinds of Yoga practice.

ON SEX-RELATED ISSUES

A practitioner: Pranam Guruji. Since past few days during my sadhan I get a feeling as if some power is moving upwards. It goes from my Muladhar towards Svadhistan and is causing vibrations. Due to its continuous repetition I get a feeling of getting a sexual release, but in actuality it does not happen. Is this normal guruji?

My response: Everything is normal. It is kriya only. There's nothing to worry about it at all. Sometimes you may even loose a few drops of semen, but nothing to bother about it. Just continue with your practice same way. Everything is happening for your good. Your karmas are being cleaned up. I am very happy to see your progress.

A practitioner: I wanted to try something different this morning as my practising is been capping out at under 100 mins. Normally I practice at 5:30 am but woke at 4:30 am. I usually take water but gave that a miss. The energies were different right away. Kriyas started as I started my prayers to the Monks of the Shaktipat order. I could see faces again of people I did not recognise. People with half faces were presenting themselves to me and trying to engage with me; winking and smiling at me. Then I felt an electric shock on my head around the perimeter of my skull and another lesser one, in my muladhara area. Next a woman was proposing me

for sex I initially said yes and then declined holding my integrity. Reached 100 mins of sadhan comfortably but felt tired afterwards. Then lay on the ground and practised there for a while and drifted to sleep. I woke up feeling very refreshed. I also had electric sensations across the top of my left shoulder and spine.

My response: Okay, very nice. I am very happy to see your progress. Please continue with your practice same way. As I said earlier on several occasions just remember not to stop or resist the kriyas during sadhan however unethical or unpleasant or disgusting or sinful they may be. Just remain a silent spectator and observe the kriyas. That's the bottom line. That's the principle of sadhan. Otherwise the accumulated karmas or sensual impressions in your subconscious mind will not get cleaned up. Lastly please remember that whatever kriyas are happening are for your own good. Just exercise full self surrender and go with the flow of kriyas so that your accumulated karmas are washed away at rapid rate.

A practitioner: Guru Ji! Is sex a natural thing in everybody's life like food and sleep? Or does it create its own Karma?

My response: There are five organs of action in a human body performing five different types of karmas. Procreation is one such karma by which propagation of the species is done by the God. That's why the genital organ has been designed in a human body. But it is not a mandatory karma like eating and sleeping. That means a human being doesn't need to help God in propagation of the species. If he tries to do that obviously he or she is caught in the divine play of God known as maya or the cosmic illusion. Whereas eating food etc is a mandatory karma for maintenance of the body so that Yoga can be performed in the initial stages. In advanced stages the requirement of performing these karmas will not be there. There's something known as the stream of ambrosia which is supposed to get secreted into the throat from the upper portion. The body of the practitioner is supposed to be nourished and sustained till moksha is

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obtained. This is obviously to spare the practitioner from accumulating the fresh karmas related to maintenance of the body. From this perspective, indulging in sexual activity amounts to fulfilment of carnal desires these result in accumulation of fresh karmas. It is akin to indulging in eating food over and above the basic requirements. For example; eating pizza may not be mandatory for sustenance of the body. However, it helps in fulfilment of the carnal desires pertaining to taste. Therefore, all the five organs of action are interlinked with the five sensory organs helping in accumulation of karmas. Lastly it is the indiscriminate indulgence which creates huge volumes of fresh karmas. Minimal indulgence will also accumulate karmas, but they will be relatively easy to clear later. Please try and understand this entire concept in a comprehensive manner and not in isolation. Otherwise there's a danger of misunderstanding. People indulge in fulfilment of their carnal desire under the excuse that it's a natural thing to do. What's the crux of the reason for indulgence? That counts. A practitioner needs to be truthful to him or herself. Then the answer is revealed internally. However, practitioners need not get scared too much on this count. What I have said above is applicable in a perfect scenario of Yoga practice. Otherwise indulgence in sensual pleasures knowingly that they are going to add upto karmas does take place with almost every practitioner in the beginning stages. Slowly the interest is lost. That's what's called "vairagya" or the loss of interest in the external world. Therefore, there's no definite rule whether sex is either sinful or natural. It depends upon the situation. Definitely it creates fresh karmas. That's the bottom line. People practicing independent Yoga systems like Ashtanga Yoga avoid it so that it helps them in conservation of something known as "ojas". In our path such necessity is not there. Please don't bother about all this academic stuff. Just focus your mind on sadhan. All the answers are revealed to you internally as you progress on the path of Yoga. Otherwise there's a danger of drifting away from the main path and getting into intellectual

amusement of the mind. Intellectual amusement is also like any other fulfilment of carnal desires.

A practitioner: Pranam Guruji, today I am doing better as compared to yesterday. I did some pranayama too. I just want to ask you whether due to awakening of kundalini, one loses interest in sex. I am really losing interest now.

My response: There's nothing like that in the initial stages. Rather it increases sometimes due to the movement of energy near svadhistha Chakra which happens as a kriya. A general loss of interest in the materialistic world will definitely start taking place which is called as vairagya. But it happens at a much later stages and it will cover all aspects of life and not sex only in isolation. But if it is happening to you now in isolation regarding the sexual urge then it is only a temporary phenomenon. Please don't bother or focus your mind too much on thinking that you lost interest in sex. Please also remember that your body will not get affected adversely in any way after kundalini energy awakening. This includes the sex organ. It may happen only during accidental awakening without formal supervision from a Guru. Otherwise no need to worry about it at all. However, please check out for other health issues if any like mental stress, etc.

A practitioner: My experiences from past 3-4 weeks. I have been having lot of vibrations in the back of my spine near Swadistana Chakra and Heart Chakra. I am having severe nasal congestion especially at 3:30 am. I wake up breathless. I feel third eye vibrations sometimes.

My response: Very nice. I am glad to know about your progress. For your information it is observed that after the awakening of kundalini energy nasal congestion does take place usually in the aftermath of intense sexual act. You said that vibrations are occurring in Swadhisthan Chakra. Due to the close proximity of the genital organ to Swadhisthan Chakra it could be resulting in nasal congestion. Ida and pingala nadis which originate from muladhara Chakra terminate in the nostrils in opposite sides. That means ida nadi starting from left side terminates in the right nostril and

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vice versa. As I understand this could be the reason for the nasal congestion. It's kriya only. Hence no need to bother about it at all. Please continue with your sadhan regularly same way. I am very happy for you. Please be in touch once in a while and keep me informed about your progress.

Disciple 1: Does anybody here have any information / resources on what women should do with sexual energy? Is masturbation a waste of your life force? Should women build this energy by retaining it? If you are single with nobody to have loving sex with what is the best thing to do? Opinions requested please.

Disciple 2: I think as per my discussion with Param Pujya Guruji, these questions and the psychology behind it will get resolved automatically as you progress in the meditation. So leave it to the divine force to do as it pleases. This path makes you a passenger on autopilot. Your job is to pay respects to the Guru parampara and meditate as instructed on the Guru. All these psychological knots that we tie ourselves will automatically get resolved by the grace of our Gurus and your sadhan. This is what I have understood.

My response: Please understand that the issue raised by you pertains not only to women but also to men as well. However, retaining sex energy by abstaining from sexual activity both physically and mentally is not applicable to all Yoga practitioners. Celibacy is recommended to be practiced mostly in Ashtanga Yoga or Raja Yoga for the purpose of awakening of kundalini energy. It is said that sex energy when retained gets converted into something known as "ojas". As per the Yoga texts the impact a person has over his or her fellow humans is supposed to be dictated by the power of "ojas" only. Retaining the sex energy is also supposed to be good for the bones and joints as per modern science. I remember reading about it somewhere although my knowledge of modern science is zero. Otherwise in various other Yoga systems celibacy is not practiced. In fact, in certain tantric systems it is a mandatory requirement also. What should a single person or married person do, has

nothing to do with Yoga practice. Any action when performed indiscriminately is karma only. Why talk about sex? There are other mandatory karmas as well like; eating or bathing or wearing clothes etc. If a person is excessively addicted to such things obviously he or she will be accumulating karmas. Therefore, there's no prescribed rule as such for the questions raised by you. In our path abstaining from sexual activity is not mandatory since the purpose has already been served by the grace of Guru. What should a single woman do when she has no husband to have sex with is a social issue. It has nothing to do with Yoga practice. But please remember that any action undertaken for the fulfilment of sensual pleasures becomes a karma. How a person should overcome from the emotion of sex is like any other issue. Some people have extreme tempers or other emotional problems. If you do your Yoga practice regularly all such issues get resolved internally as your karmas are eliminated. It does not mean that a person loses interest in sex or the sex organ becomes defunct. But he or she will be able to keep it in check perfectly. Definitely someone is not going to die for not engaging in sex. It may be a biological phenomenon but not a mandatory phenomenon like eating food etc. I hope your doubts are cleared to some extent by the above explanation. It's not such a big deal to bother about. Also, there's nothing known as any perfect thing to do. Yoga is all about how you manage to free yourself from your karmas.

A practitioner: The reason I specifically asked about women was because I've wondered if the benefit of retaining was for men only. Also, if the energy could be used in ways other than to just release it and create karmas. You mentioned 'ojas' so the sexual energy can be used to have power over other humans? I will look it up as I'm just interested in different perspectives on the sexual energy. I feel it must be more important or useful than to just release mindlessly. I have heard of tantra also. Although I don't have much knowledge and I assume it is used in combination with

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the energy of opposite sex, I could be wrong.

My response: You can Google and learn more about the "ozas" or "ojas" just watch out for the spelling in English. But it is not applicable for practitioners of Shaktipat. Please remember that our path is akin to a college and various independent Yoga systems are akin to high schools. Obviously you don't go back after your graduation.

A practitioner: So karma from releasing sexual energy is no different from the karma accumulated when eating food? So, depending on how or why the action is taken would determine what type of karma it would create? So, if you are releasing this energy you are not losing energy or inhibiting the kundalini from rising in anyway? I understand now that as you say it has been used to awaken the kundalini in some Yoga practices. It is however, not needed in our path. But once it is awakened does this energy not have any use other than to create karmas?

My response: No please. Because after awakening the kundalini energy is in reverse mode. This is a destructive mode whereas sex energy is basically creative energy. Creative energy creates "maya" or the cosmic illusion. They both are in opposite directions although the energy is same all the time. That means energy is indivisible. I suggest you please don't waste your time trying to study and experiment with all these things at this stage. You are already at an advanced level after Shaktipat initiation. You might likely to get distracted. Please be careful about this. It's better to focus your mind sharply on your sadhan or practice.

A practitioner: Also I've to ask something private. Is it ok to masturbate? I asked the question because I see so many videos even Sadguru said you should not waste your fluid. But Buddha said Madhya Marg. One can do sometimes. Not too much and not too less. Krishna Murari said masturbation will lower your energy.

My response: If it's happening in sadhan or you feel a strong urge for that, then it is a Kriya. Otherwise if you are deliberately doing it then it is a Karma you are creating. Also,

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in our path there is no restriction on the lifestyle, eating habits, sex, etc. Although, it will all fade away at a very later stage in your life as you advance in your sadhan. See all those ideas of different Guru's are not meant for practitioners of Shaktipat. They are preparing practitioners for the awakening of the Kundalini. In our case, Kundalini is awakened directly by the grace of our Lineage. Guru's and Divine Mother know what is for our highest good. She has control over everything now. So, the question of wastage of power, energy, semen, etc does not arise. Also, so many literature and videos are available online. If you watch all those, you will be confused and also will result in an obstacle to your sadhan. Because they are way off from our Shaktipat.

ON MEDITATION

A practitioner: Guruji, when I try to meditate, I'm having hard time focusing on your picture and meditating. I feel lots of fear of the unknown that feeling disturbs my focus I would love your blessings.

My response: Please don't worry about it. Initially try to focus your mind for some time. Later, if the focus gets shifted then let it be so. Just remain in a state of witness and keep observing your mind. Just go through the emotions rising in the mind. However, please keep chanting the mantra at least.

Disciple 1: Dear Guruji, Yesterday, I experienced longest sadhan of 3 hrs and 15 mins. It was 12:25 am local time here when I finished. It was very peaceful with occasional Kriyas of my head drooping, slight itching on my face and feelings of something moving on the back of my neck. Around the last 30 mins my focus automatically shifted to my third eye. I saw very blurry images which were suddenly popping up on my Third Eye region. Since it wasn't very clear, I was unable to recognize it. Felt like I was receiving some important message. After the sadhan, I felt slightly imbalanced and had to hold and walk. I am really enjoying the sadhan now. At night I am able to get very deep and peaceful sleep after the

sadhan.

My response: Excellent, I am very happy to see your progress. Please continue with your practice same way. Doing sadhan for three hours plus at a stretch like this will benefit you greatly.

Disciple 2: Great achievement Sir. Can you please share what sitting posture (Asana) you use for sitting for such long hours?

Disciple 1: Initially, I sit in Padmasana with Dhyan Mudra. As time progresses, my position automatically changes like stretched legs and mudra also changes, etc.

A practitioner: Namaste guruji. I have started going deep in dhyan while doing sadhan. I reach a stage which is almost thoughtless. What should I do to go deeper and open more layers in dhyan? What point should I focus to enter next step for deep meditation? If I keep my awareness on my navel instead on mind and heart; I am able to surrender and focus more. My mind also vanishes without any struggle. I feel very vast and deep when I keep my awareness on navel.

My response: I think you are not doing sadhan. What you are trying to do is meditation. In our path sadhan or practice means to do nothing. To remain in a state of witness as a mute spectator! It seems you are mixing up the techniques applied in independent Yoga systems like Ashtanga Yoga or Raja Yoga with Shaktipat. In our path you are supposed to focus only on your Guru and chant the mantra. In case your mind gets diverted as happening in your case then just let it be so. Just keep observing it. You can't go into deeper levels of samadhi without cleaning of your karmas. If you have been experiencing it then, it's only a temporary phenomenon. You must have done such meditation practices in your previous life or current life. Even those sensual impressions accumulated in your subconscious mind pertaining to meditation itself need to get cleaned up now after Shaktipat. I hope you understand it now. Kindly read my book on questions and answers compiled. All these ideas will become clear. Therefore, there's nothing to be done

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by you for getting into deeper levels. It doesn't happen that way by any of your efforts. It happens naturally as your karmas are cleaned.

ON *SĀDHAN*

A practitioner: Pranam Guruji. This urge to understand more and more is continuing. I had discussed the topic on Law of Attraction the moment I met you. I had also discussed on Pranic Healing. The topic "Everything is Energy" is a part of your book. I had read the book with the expectation that I would learn more energy related manifestation techniques. You were kind enough to help me understand many things that there is nothing like a materialistic world, everything is energy. I have undergone a lot of changes in me after taking deeksha from you. I do not fear anymore. I am able to look at things in a new perspective. However, when I think of doing meditation, kundalini sadhan I am not able to carry out the intention. I always face some obstacle. Please excuse me if I am wrong.

My response: It seems your mind is focused on the materialistic aspects. Everything in this world is energy and energy means simply ILLUSIONARY. That means it's not TRUE. When you feel that there's something when there's nothing that is called ILLUSION. It is akin to a mirage in a desert or mistaking a rope for a snake in the darkness. Therefore, all your inner desires in this illusionary world will start vanishing as you progress on the path of Yoga. As far as your intellectual reasoning or understanding is concerned that

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is also illusionary only. That's the reason why you are getting this doubt in the mind. LIFE as you experience it is basically illusionary in nature akin to a dream world. In a state of samadhi this starts to get disintegrated, just like a dream gets disintegrated when you wake up from sleep. This needs to be EXPERIENCED. You cannot comprehend it intellectually because there's a limitation to the human intellect. It's not the supreme form of the cosmic energy. It is like a denser or gross form of the cosmic energy. Therefore, how can a grosser thing comprehend a subtler thing? It is akin to saying you need a finer needle or instrument to remove a thorn embedded in your flesh, obviously you can't remove it by using a thick wooden instrument. I hope you got the idea now. I have explained all these issues right at the beginning in my book. Kindly read it once again.

A practitioner: Guruji when do we decide to stop the sadhan? I mean during a session after sitting down.

My response: There's no specific rule on that. Depends upon your capability to sit, but one should not do sadhan by forcing oneself.

A practitioner: Guruvugaru one doubt, When we do sadhan, we have to focus on mantra and Guru. After starting sadhan, in no time the mantra we are chanting is going on inside. On the other hand instead of focussing on Guru so many flashes, internal discussions begin taking place.

My response: That's okay. That's the way to do sadhan. It's adequate if you invoke Guru for a few mins and thereafter focus on chanting of mantra. Even mantra may also come to a stop after kriyas begin. But whatever happens must happen naturally. If thoughts are arising in your mind during sadhan then just keep observing them only. Don't try to remember your Guru or mantra again and stop those thoughts. That's the correct way of doing sadhan. Please remember that meditation on your Guru or mantra is only to kick start the manifestation of kriyas. In the end even the bond with your Guru also must come to an end. That happens at a much more advanced stage of your spiritual

growth.

A practitioner: How does sadhan kill karma?

My response: By way of kriyas in all forms like mental, physical, emotional, visual, sensual, etc. It all comes out one last time in front of you when in sadhan for cleansing.

A practitioner: Namaste guruji. Today I am completing 14 days of home quarantine. During these days I was doing 3 to 4 hrs of sadhan (4 sessions). I was experiencing kriyas as sensation on Sahasrara Chakra (during sadhan and 24 hrs) and subtle head rotations. Every time I was aiming for long sessions but I could not sit for more than 90 min at a time.

My response: Okay, very nice. Glad to see you doing sadhan regularly. Please take care.

ON VIOLENT *KRIYAS*

A practitioner: Guruji, I feel fearful to continue with the sadhan. At that moment I fully became like a kali mata. If it happens again what should I do? Will it happen again? Normally, the continuity of kriya happens to me. I worshiped and prayed to kali mata. My kula devi is kali mata, does this have any relation with that experience? While doing sadhan I saw a triangle with a spot on its centre.

My response: There's no need to worry at all. Everything is happening for your own good. It is happening for cleaning of your karmas only. The worship of kali which you did previously is also accumulated in your subconscious mind as karma. Those karmas are also required to get cleaned up. Everything is happening because of your past puja and sadhan only. Those karmas are also required to be cleaned for your good. Then, only your mind will start entering samadhi. Otherwise those karmas will stop your spiritual growth. Please understand that you are now on the path of Yoga. Yoga is different from religious practice. It is because of your good karma like worship of Kali, etc only you have now reached this stage. Shaktipat is the highest Yoga technique known to mankind. There's no need to worry. Nothing adverse will happen to you. You need to be brave and self surrender yourself to the divinity or Guru. That's it. If kriyas happen again, please use the same technique I told you. Just

stop your sadhan temporarily and divert your mind on to materialistic things or worldly activities. Kriyas will automatically subside. After taking rest for a day or two you can start again! You are not the first person experiencing these kinds of violent kriyas. Other members also experienced such kriyas. They have also done the same thing. Therefore, please don't worry. Trust your Guru and the ancient Yoga system.

A practitioner: Practice today. In a very short while I was able to connect easily. However, my body was feeling uncomfortable. Lots of images appeared. A woman falling down, with tree branches going all over from her head to hands! It seemed almost as if her hair was the three branches and so were the extremities of her body. Then I saw a big deer looking at me, standing by the shore of the ocean. Someone I met just recently was there in an old cadet uniform. I felt my head moving in circles. Then again, my body was uncomfortable so I had to stop my practice, I couldn't take it anymore. Over the weekend, I was extremely triggered by different situations happening in sequence as well. I felt insecurities come to me and I also felt anxiety. It was an overwhelming weekend. It also had amazing wonderful moments and there were people around. These factors helped me through it all. I haven't felt so out of control and so triggered like this in such a long time. I really felt some sort of disconnection from my truth, but I can also say that a lot of energy was moving and coming out in a way. It's very hard to explain. I also discovered that I liked playing a particular musical instrument so, getting into it now. I want to think that karmas are being cleaned but also that I am being asked to surrender to the higher power and let go of control.

My response: These are all Kriyas for your own good, I am happy to hear about your progress. But please do not stop the Kriyas. Have the courage to withstand them. They are happening for your own good, just be the mute spectator in your sadhan. That's it.

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A practitioner: Oh, my goodness! Kriyas like crazy. Going vertically, swaying like a tree, head spinning, vibrating, most intense experience. So pleasurable, I start smiling and laughing. I don't know if this is correct, but just went with it and started to breathe deeper and breathed it. That's when the kriya's went like crazy. Very pleasurable! This is very cool. Thank you for initiating me. It appears subtle at first then boom, it like takes over and it feels so nice. It is a lovely experience. I experience happiness for no reason at all. Is it ok that I allow myself to do that guruji? I was led to breathe deeply and bring her up. It felt almost like giving her more permission. That's when things got really interesting and wild. I see why you do these at home and not in public, it probably looks really odd. Ok, I am making strange sounds now too, interesting! I don't mean to be graphic but sort of wet my shorts. Afternoon for about half hour and I came home and sat and this happened on its own of course. No, afternoon; it wasn't. I wouldn't use the word aggressive more like intense. In no way did I feel out of control or anything, it was very nice. I was just witnessing all the movements! And I had this sharp pitch hum in my speech that just came out. I thought it was all very cool. I am totally fine. It felt so natural? I love them. I am able to handle them. It feels so natural. I didn't know something like that could happen. It all felt very natural and easy. Thank you guruji! Tonight, was the first time it was more intense when I sat in meditation and went through the steps with our lineage. I asked for the kriyas to be more pronounced if able. Yeah, I just watched all of it, again, it felt very natural like riding a bike.

My response: Excellent, kriyas are happening now regularly and full blown. Glad to see your progress. Please continue with your sadhan regularly.

A practitioner: Felt very hard push of energy in my spine. Crown and third eye very active! Lot of sensations! Heat coming out of my Muladhar Chakra and Svadhisthan Chakra was spinning fast and then there was loud sound coming from my stomach. Breath became slow. There were flashes of

very bright lights, I felt as if I heard a man's loud voice. There was swinging of the body and current passed in intervals.

My response: A lot of kriyas happening for you. Try not to stop them unless they become unbearable. Keep doing the meditation regularly.

A practitioner: I was having kriyas within since night. Ever since, I slept. I felt vibrations on my heart and head, but I slept. Later at 1:00 or 2:00 AM I felt strong vibrations on my heart and head. It was very strong and some energy wanted me to remove the clothes. I did so. I then rubbed my hands over my body and felt the energy getting released. The process was strong and I was in bed. I wanted to get up, but the vibrations were still there and somehow, I slept for an hour. Then, I started my sadhan after I woke up. Energies in my head, lips, nose and eyes were very clear to me. Once again, the energies were too high and I loosened my clothes finally and surrender to the energies. I felt better and more connected after doing so and. Later, when I got up from my sadhan and closed my eyes to see light on my third eye I saw a coiled green snake there. That's it. Do the snake and these kriyas indicate something? Please guide.

Later on, I could feel a kissing sensation on my lips. While during my normal puja the kriyas repeated. I was moving like a pendulam front to back. As my puja ended the movement stopped. Emotions are a part of life and when we connect with anyone. They are quite natural although, the types of emotions vary with time, the energies will always be there.

My response: Excellent, I am very happy for you. Kriyas are happening for you now full blown. There's nothing to worry about it at all. Obviously, energy movement will be experienced by you in every nook and corner of your body. But why were you trying to stop the kriyas by trying to rub your body with hands? You should avoid doing that. they were happening for your own good. If it's only energy flow then you shouldn't do anything in the form of scratching or rubbing or trying to feel it with hand etc. Otherwise, kriyas

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might stop manifesting. Removing of clothes or loosening of clothes is perfectly normal. You can do that. Vision of the coiled snake is auspicious only. Kriyas manifest in the form of emotions too since they are part of life, as you said. Please don't try to resist them during sadhan whether they are pleasant or unpleasant. I am very happy to see your progress. Please, continue with your sadhan same way regularly. That's all you need to do.

A practitioner: Pranam guruji. Today, I sat in sadhan for 45 mins that too with great difficulty. Thoughts have been raising continuously. I am just watching the whole process. Thoughts nowadays are continuous but are less intense. And mostly no kriyas but all the sessions have been peaceful. From past whole week I am continuously watching my thoughts all the time automatically without any effort, which has resulted in severe weight in my forehead. A kind of pressure is continuously building up in the top of the head. Whenever, negative thoughts are arising, I am noticing that all the thoughts are getting melted in the forehead after which the pressure was building up. However, most of the time I was peaceful. Just occasionally I was getting angry. However, my sleep has gone down drastically this week. Till I get sleep I am a watchman of my thoughts. Don't know where this will lead me to. But the top of my head is getting very heavy after all this. I am also seeing the changes in the thought process. Once, something else is going on and just next moment it shifts to something else. Please guide me and also bless me.

My response: Please don't worry about it at all. Everything is happening normally. In case kriyas become aggressive then you can always take a break. I am very happy to see you doing sadhan regularly. Please continue.

A practitioner: Pranam Guruji. Kriyas are happening from my Ajna Chakra to my Sahasrara Chakra. As a result, my eyes get closed. My mind dwells on the Ajna Chakra even when I am watching TV or interacting with my friends. The Kriyas are very strong and the energy is pulling towards the Sahasrara Chakra. Particularly today the Kriya is intense.

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My response: Please don't worry. Just try and divert your mind away from all kinds of spiritual thoughts. Please focus on routine life issues. Watch TV or read newspapers, etc. Just do anything else other than spiritual related things. Kriyas will subside.

ON VARIOUS DOUBTS DURING PRACTICE

A practitioner: Pujya Guruji. After the initiations can we also do away with advice of sitting on cotton mattress? Can we sit on bare ground and can one also support oneself by meditating sitting against the wall?

My response: Yes of course. But not on bare ground! Similarly, don't take any support of the wall. Because spine will not be straight and you also tend to fall asleep during meditation or sadhan.

A practitioner: Guruji, what's should be the outlook on consuming non-vegetarian food? Is it really a question worth discussing? Does it impede the progress in anyway?

My response: It has no impact on Shaktipat practitioners either way. However, it's important for people following some independent Yoga systems. I have already elaborated on the subject earlier on several occasions. If possible, please try and read the pdf of compiled questions and answers. Otherwise I will be repeating all over again.

A practitioner: Gurudev, I have one question. Under the Shaktipat tradition, in our next life, if for some reason we fail to get self realization. Will we in our new entity of that life remember our Shaktipat teachings and get a Shaktipat Guru

who will support us to continue our sadhan under the tradition?

My response: Yes please.

A practitioner: After I commence the mantra jap, my body becomes warm and I feel that I am half awake and half asleep. The mantra jap gets stopped and I feel some sort of vibrations from my base to the top of my head. As you said it is helpful to just ask about, I hope you don't mind my curiosity. Thanks.

My response: Not at all. You are most welcome to ask any number of questions. Actually, it's a stage in the spiritual development.

A practitioner: Guruji pranam. I have a question. Does our food intake get affected if Kriya is ongoing during our Sadhan?

My response: Yes please. But it can happen both ways also. But only temporarily! Otherwise, kriyas will not have any adverse effect on your digestive system or other health systems.

A practitioner: Since night and morning I am into a meditation zone with strong energy. Can you please explain are all my Chakras activated? If they are activated, then next step is to attain moksha because these thoughts are coming rapidly to my mind so I can't control myself from asking you. Once it's clear I can calmly do sadhan again.

My response: All your Chakras and the entire cerebro-spinal system is activated comprehensively by Shaktipat deeksha. We don't even use the phrase Chakra activation because that kind of thing is done in independent Yoga systems. That is like high school knowledge. You are now in college after Shaktipat. Therefore, there's nothing known as Chakra activation in our path. It is deemed to have been activated comprehensively. Rather it is all about burning down of karmas. Please don't try and compare our path with the literature available on internet pertaining to independent Yoga systems. This could be the reason why you are having so many doubts about ideas like; Chakra activation or

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connecting with soul or guidance from soul etc. That's all applicable in preliminary stages. You are most welcome to ask me any number of questions but please read the pdf of compiled questions and answers first. Most of your doubts will get cleared. I remember explaining these things on several occasions earlier also. Unfortunately, members are not reading that pdf. Questions are asked repeatedly again and again on the same subject. It's sheer waste of time and effort trying to explain the same thing. I hope you understand my problem also. Otherwise, if you don't find answers anywhere you can always ask me. As to the second part of the question: You can't calmly practice sadhan please. That calmness you seek will come at later stages after your karmas start getting neutralized, not before that. Sadhan is all about burning down of karmas. Calm mind is the effect of it or it is the result of sadhan. For example, you study hard so that you pass your exams. You can't say that pass me in the exam first so that I can study without any anxiety.

A practitioner: Sorry guruji. I got carried away with lots of thoughts. Since past one week I am not able to talk to anyone because of swinging moods. I am only doing Sadhan. While doing sadhan, all thoughts are coming. Besides guru we don't have any one who cares and has love for us who understands what we are facing inside and outside. If I discuss this with my parents, they will say you are getting mentally unstable.

My response: Please don't worry. Just read the pdf of the compiled questions and answers. Your doubts start getting cleared mostly. Shortly, I will try and publish the second pdf also then more and more of your doubts will get cleared. If possible, read my first book also again because that book will give you the required insight into all your above questions.

A practitioner: Sure, I will read 1st book again but the majority of my questions are cleared. Now, another problem I got I don't want to talk and or read any book also. Once I start focussing I get strong urge or something forces me to sit for sadhan. It's happening each time.

My response: Excellent I am happy for you. Please continue with your sadhan same way.

A practitioner: Just want to clear one doubt. Does kundalini once awakened goes in sleeping mode again? If a person is having various bad karmas then does the kundalini show slow effects?

My response: Once kundalini energy is awakened it remains active till Moksha is attained. It is carried forward to the next life. That's why we have some practitioners in our group in whom kundalini energy was already active before I gave Shaktipat deeksha to them. Please remember that Shaktipat deeksha has to be compulsorily taken in every birth formally under a Guru although kundalini energy is already active. This is a mandatory phenomenon. It is akin to a person undergoing schooling every time afresh in every lifetime although that person was highly educated in previous life. That means he must have had those memories embedded in the subconscious mind, but still he needs to undergo the formal schooling. Same applies to kundalini energy also. Next, your bad karmas or negative karmas don't slow down the kundalini energy. Kundalini energy doesn't differentiate between a good karma and a bad karma. The words good and bad exist only in human dictionary. I am surprised that you have asked me these questions. It seems you have not read my book thoroughly. I have also answered similar questions repeatedly earlier. Therefore, I request you to kindly read the pdf shared with you. Otherwise it takes unnecessary additional work to answer the same question again and again. I hope you understand my problem also.

A practitioner: No sir, I already read your books. Sorry to ask you again. Recently I read a book in Marathi related to kundalini. In that book I read the article that if you don't follow the rules if kundalini and if you eat onion and garlic, kundalini goes into sleeping mode. This will create bad effects on health also that is why I got confused.

My response: What can I say about something you read from somewhere? The proper method of obtaining

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knowledge is always from your Guru and not from other sources. Otherwise, it amounts to self treatment and you are aware of the dangers involved in self treatment. I am sure, anyone can Google around and find out what medicine to take before going and purchasing it from a medical shop. But is it the proper way? Same thing is applicable with spiritual sciences also. You must follow the proper method to obtain knowledge. Otherwise, what's the requirement of a Guru? You can rely on the books and internet only. Please understand that your urge to explore on your own will lead you to confusion and force you out of the main path Yoga. That's why it is suggested that practitioners don't bother about anything else other than their Guru. If I have to answer as to why it was written in that way in the book you read, it is impossible for me to read all such stuff available on internet. Moreover, a lot of literature available on internet regarding kundalini energy awakening mostly belongs to independent Yoga systems like; Ashtanga Yoga or Raja Yoga. They abstain from non-vegetarian foods, alcohol, pungent and bitter foods etc. to prepare their minds for awakening of kundalini energy. Maybe they must be continuing with same habits even after awakening of kundalini energy. In our path you don't have to follow any rules regarding food habits or drinking habits. I have explained this to you before giving you Shaktipat deeksha. You are mixing up our Shaktipat with other independent Yoga systems. All that you have read is not applicable to us. I also don't want to comment on the authenticity of the book you read and its author. Therefore, so many questions will arise leading to confusion if you drift away from the main path. Lastly, have you read the compiled questions and answers pdf shared with all? I remember answering this on a few occasions earlier also. I request you to kindly read it, if not read. I have made most of the basics clear to everyone in both the books. To my knowledge, onion and garlic have excellent medicinal value. People following Ashtanga Yoga avoid it so that it helps them in controlling their minds by developing satvic guna. Similarly, people who

worship Vishnu also avoid it so that satvic guna is developed. That's all about it. It has nothing to do with kundalini energy awakening. Kundalini is awakened only when there is equilibrium in the three gunas viz. rajo guna, tamo guna and satva guna. Onion and garlic must be promoting rajo guna or tamo guna therefore; the purpose of avoiding them is for something else and not directly related with kundalini energy awakening. It is akin to high school knowledge whereas you are now in college after Shaktipat initiation. Please don't burden yourself with all that knowledge which is no longer required.

A practitioner: Pranam Guruji. How to connect to our soul and how will our soul guide us?

My response: You and your soul are one and the same in principle. It's just that you think you are different. This thought arises due to your egoism. Therefore, once that egoism is disintegrated you realize yourself that you are that very soul or God with which you wanted to connect with. Therefore, there's nothing known as getting connected with anything because you alone are the only existence or truth or the very divinity. Obviously, there's nothing which can guide you as such because you yourself are supreme. A Guru acts as a medium for you to make this return journey of self realization. That's all about it. It seems you are getting carried away by all the literary ideas such as connecting with soul or getting guidance from soul, etc. Please understand that all such literature is purely trash. It's more of academic stuff. It is good only for writing books or giving lectures and making money by confusing and fooling people. That kind of trash is not even classified as knowledge. Self realization occurs only when you free yourself from all such trash. This process has begun for you after Shaktipat. Therefore, please don't bother about all such academic stuff. They are basically linguistic gimmicks, play of the words. Stupid questions are framed which have no rationale. In any case, soul or God is supposed to be beyond the rational reasoning. Therefore, how can such questions be framed in the first place? Please trust your Guru

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and seek the grace of God for your self realization rather than getting distracted by such kind of trash which you mentioned above.

A practitioner: Guruji, accidentally I stumbled upon a video on youtube where a guru is giving deeksha through a mantra and I listened to the mantra. If, by any chance, I received his energy will there be any conflict?

My response: I have no idea regarding such things please. How they give deeksha through YouTube or whether it works or not? I can't comment on what you mentioned above, whether you have received his energy or not is not certain. I can't confirm about it. Please don't ask me to check out such videos either. It will become too much of a workload for me. I hope you understand my problem. I am only a medium for Shaktipat deeksha. That's it. However, please remember that anything you do will get accumulated as fresh karma. The more powerful the action the more powerful is the karma. In Shaktipat a practitioner is trying to free from the karmas. Therefore, what you mentioned above has no connection with Shaktipat sadhan. It is akin to entering into mud simultaneously while trying to clean the mud. Does it make any sense? Further, it will slow down the progress. Therefore, I suggest you please don't do all such things mentioned above. You will be wasting your time and slowing down your progress on the path of Yoga. However, if you get seriously interested in other Yoga systems then it is your wish. You need to decide in your mind firmly what you want and what your aim in life is.

A practitioner: How long does this continue to happen?

My response: Cannot say about it.

A practitioner: What are the qualifications, pre-requisites, qualities, attainments that are required in a Shaktipat practitioner to obtain Dheekshadhikara (The permission to initiate another into the Shaktipat)?

My response: No qualifications. It is all due to blessings from the supreme cosmic power. It is destiny or it happens as per the karmic balance. It doesn't mean that the person who

has received Shaktipat Deekshadhikar is greater than others spiritually. It is more of Guru seva or service to Guru. Further, it involves a lot of responsibility for the person who has been given Shaktipat Deekshadhikar. That's all about it. I myself refused to accept Deekshadhikar from my Guru ji His Holiness Swami Sahajanand Tirth for a long time. Ultimately, I had to accept it due to my own karmic balance. That's it, please don't focus your mind too much on this.

A practitioner: Guruji, in your book it is mentioned that relapse can happen to practitioners. How can a sadhak realize it and avoid it? What are the necessary precautions to be taken to avoid it? Please explain.

My response: The path of Yoga is very slippery in nature. The more you reach the higher levels the more slippery it is. A sadhak can easily realize this, when he observes the difference in his or her state of mind. It's a very normal phenomenon. It happens to almost everyone. The remedy is to start over again. Start doing sadhan again. Start climbing up once again. However, if a practitioner is regular in sadhan there's no fear of major slipperiness. All said and done, it is very normal. Just nothing to bother about it too much!

A practitioner: Guruji, is it okay to meditate on balancing the Chakras?

My response: It's not required because; in our path you are not supposed to focus your mind on anything while kriyas are happening. Before the kriyas kick start you are required to focus on your Guru and the mantra. However, there's no harm if you happen to focus your mind on the Chakras, but it's not required at all. It's like going back to high school from the college. I hope you understand my message.

A practitioner: Pujya Guruji, although I understand it's in a dualistic sense. Can you share with me who is the presiding deity whose blessings we seek when we perform Shaktipat meditation?

My response: Your Guru is the only deity here. Because religion no longer has any relevance on the path of yoga! Rather, it will slow down your progress. You know that

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people from all religions have taken Shaktipat deeksha from me. What will happen to them? Should I tell them to convert to Hinduism? And which deity should they pick up? Or do you say that they are not entitled to divine grace or salvation? Therefore, please understand this from this perspective. Worshipping deity in a religion is only a temporary phenomenon. Not an end. YOU are the end. Self realization is the end. Even your relationship with your Guru is severed at the end. But for the time being since you are under spell of dualism please worship the Guru or the Guru tattva. Since that Guru tattva has no form like motherhood please worship your own Guru in physical form.

A practitioner: I have one doubt. If, I am listening my mantra continuously throughout the day in ear phones (and remembering guru) is this correct practice? Is anything wrong in this practice? And what happens if I am listening to the mantra given by my guruji through earphones all through sleeping time every day? Can I do this?

My response: You can use it for some time, but it's better to chant it mentally. It's better not to get dependent on anything for your sadhan. Gradually, you'll not even require the mantra anymore. It is initially that you need its energy for kickstarting the process.

A practitioner: Namaste Guruji. Hope you're doing well. Can I pray to our Gurus for relief from illness?

My response: Surely. But usually Shaktipat is not known to be working for any materialistic benefits, as such. It's meant for burning down your karmas. However, illness is also due to karmas only. So, please understand this from that angle. If you are a regular sadhak then, you get the benefit of the cosmic energy taking care of your worldly problems also, as a spin off benefit. Otherwise, without doing regular sadhan if someone wants to use Shaktipat for materialistic benefits then, it will not work simply. Because you cannot fool God!

A practitioner: Guru ji pranam. My apologies if this doubt has already been answered. I am unable to recall. Does kriya occur while somebody is asleep?

My response: Karmas are not destroyed during the sleep state. Therefore, while awakened kundalini is active, cleaning of karmas per se doesn't happen. However, sleep cycles are strictly controlled by the awakened kundalini energy. Therefore, although kriyas go on round the clock it's said that karmas are not destroyed. Various other types of cleaning pertaining to internal body goes on.

A practitioner: Thank you guruji for the explanation. Also, when I sit for sadhan and try to focus on your picture, my mind drifts away or something comes and disturb my focus or at times I fall asleep while repeating the mantra, your insight please.

My response: Just let be so. Just remain a mute spectator and observe your thoughts in a state of witness. However, during the other times when you are not sitting in meditation please cultivate the habit of remembering your Guru as many times as possible from the time you wake up and till you go off to sleep. Every time you remember the physical form of your Guru you automatically invoke the cosmic power. You will get greatly benefitted by this. Whatever you eat or drink or do offer it to your Guru first. That's the thumb rule.

A practitioner: Guruji, I want to share my experience with you today. In the morning I did Manas Puja for you. And when I was mentally doing the Puja, it felt as though someone had pressed my forehead where the third eye Chakra is and kept it pressed. Head also felt very heavy. My intention was to do the Manas Puja for all the gurus of our lineage but somehow, I could only do for you. Once I finished doing the Puja for you, suddenly I saw I was doing Puja of my reiki teacher and then my eyes opened. This whole sadhan was for about 30 mins but was it was quite deep. Once my eyes opened, the feeling of my forehead being pressed went away. My head was still very heavy and then a bit later, I got a headache which went away sometime in the afternoon.

My response: Mental worship needs practice also. Please make it a habit first on a regular basis. Otherwise such events

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usually happen. Appearance of your Reiki teacher in your mind was obviously more of an obstacle created for you. In this connection please also understand why obstacles are created for Yoga practitioners in the first place. Kindly read my book on the compiled questions and answers. It's basically some kind of negative karma accumulated by you in the past pertaining to the subject of Yoga. But no need to worry about it because that also doesn't last permanently! Once an obstacle has been created for you, like it happened today, some amount of such negative karma also would have got cleaned up. In future, please try and cultivate the habit of doing mental worship. If you practice it regularly then it will come to you in a natural way.

A practitioner: Guruji, why are we trying to clear karmas? I heard we are made of karma and most karma is not bad? This could be stupid question but I'm confused.

My response: As a human, what you think you are right now or what you undergo through right now is due to the cumulative impact of your accumulated karmas in your subconscious mind. But that doesn't mean that you are made of those karmas. You are only reeling under the impact of those karmas and thereby attributing everything to those karmas. Underneath this layer of karmas, you are totally a different entity called God etc. Obviously, as per your understanding certain karmas are good and certain karmas are bad. But please remember that it is strictly your personal opinion. What you think is good karma may not hold good under all conditions. It is very relative from situation to situation and also from person to person. Unnecessarily we will enter into philosophical discussions and it's not possible for me to explain it on this forum. Please read my book again if possible, for the insight into this. Do you visualize or think about any of this when your mind is in a state of deep sleep or dream? All these questions arise only when you are in waking state. When you start entering the state of thoughtlessness all these doubts and dilemma start to melt away. This terminal state of mind is possible only by

neutralizing your karmas. Therefore, please focus on attaining this terminal state of mind for the time being. Just still your mind and you will start knowing everything. This is the teaching of all ancient Yoga texts and also most of the religions as well. I hope you have some kind of clarity on your above question now.

A practitioner: Namaste guruji, I am falling asleep while sadhan nowadays. Is it good or bad for progress? Can we call it as yoganidra?

My response: Falling asleep during sadhan is an obstacle for you. It's not good for progress obviously. However, some amount of negative karma would have got washed away by that act of falling asleep. For this you need to understand why obstacles are created for practitioners in the first place including falling asleep. For this kindly read my pdf shared with you all on the compiled questions and answers. This subject has been discussed several times already. It's not yog nidra as you were mentioning. Frankly, I have no idea about that term myself. Therefore, kindly refrain from thinking about such kind of things. Whatever, that term yog nidra means is irrelevant. What matters is burning down of your karmas. This is possible only during sadhan and that too when you are fully awake. Because karmas are destroyed or created only during the waking state of mind! Therefore, please do anything to remain in waking state only during sadhan. Take a small nap or have sound sleep before you sit for sadhan. Similarly, don't sit for sadhan after eating any major meal. Please give it a gap of at least 3 hours. Similarly, don't sit for sadhan when you are tired. These are some of the tips to avoid falling asleep during sadhan. Please be careful to not to fall into illusionary ideas of your spiritual progress by thinking about exotic terminology like yoga nidra etc. which you find on internet or books.

A practitioner: Guruji, I feel the warmth/heat of the energy in my Muladhar when I do sadhan. I also start to feel the vibrations at the Ajna Chakra. Will there be energy awakened in the other Chakras too? If yes, why I do not feel

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the same in the other Chakras?

My response: When you are travelling in an Express train you don't notice small rail stations en-route. But definitely the train passes through all stations. However, when you travel in a passenger train you stop at each and every small station. Similarly, Shaktipat is like travelling in Express train. Please don't compare this with other literature you must have read about independent Yoga systems like Ashtanga Yoga or Raja Yoga. They are like passenger trains. Therefore, all experiences encountered by a person in independent Yoga systems are not experienced by a Shaktipat practitioner. Please focus your mind on your Guru and the mantra. That's all you must do. Otherwise, if you keep getting distracted by your knowledge of the subject read in books or internet your progress will be slow. Instead trust your Guru and the Shaktipat.

A practitioner: Pranam guruji. What is the difference between dispassion and lack of compassion? Should we have karuna (compassion)?

My response: Compassion is one of the nine categories of human emotions. Dispassion is a totally different quality. It's a state of mind wherein, a person is not impacted by any of the nine categories of emotions. Therefore, the word dispassion is a class apart. It can't be understood in relation to anything at all.

A practitioner: So guruji. When one is dispassionate, one is not impacted internally. I have understood that very clearly. However, does that also mean that showing outward compassion towards someone/others at large, should be restrained from? I think, to summarise what I'm trying to understand. Can one attain dispassion while also being compassionate/humble/ empathetic towards others? Or those two states are contradictory?

My response: It seems there's a little confusion in understanding the issue. As I said dispassion is a state of mind. Compassion happens to be just one of the human emotions. For example, a person who is in a state of near

perfect dispassion may be exhibiting any one of the human emotions in his or her daily life. But due to the fact that he or she is in a state of dispassion those experiences wouldn't bind the person under the karmic law. However, please also understand that usually negative actions are not made to be performed by a person who happens to be in such high state of dispassion. Usually, whatever such person does, is meant for the welfare of mankind. But then that person is not bound by such actions either. Now, coming to your question as to whether that person is restrained from showing compassion to society at large. It is not about being restrained or let loose. It depends upon the karmic balance left. In a nutshell, it depends upon the divine will, whether that person is to be a medium for the benefit of others or not. Otherwise, that person doesn't give a DAMN about anything let alone activities arising out of compassion or anything else. These things have been explained in my book also. I request you to kindly read it again.

A practitioner: Will it be ok to say that it is emotional detachment. Please correct me if I am wrong. Any action done with emotional detachment incurs less or no karma. For e.g.

1. Assuming a soldier defending the country, he has to shoot the enemy to defend the country. Here he has to have the following state of mind that he is doing it as per the duty required.

2. He should not become happy or sad in his actions

3. He must not be selfish.

4. He should not do it with an end goal. This is also the act of a karma yogi. In fact, it is the goal which evokes emotion.

This is what I perceive. Of course, emotional detachment is not easy thing to achieve.

My response: I am sorry to say this. Your message is little messy to understand. It's not straight. Why are you trying to describe the state of mind etc. Dispassion is a state of mind which can't be explained in earthly languages I suppose. That

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means, you can't exercise it deliberately. Then that act itself becomes karma besides being a fake dispassion.

A practitioner: Pranam guruji. I am able to understand that it cannot be exercised deliberately. But how can we then get this detachment or the dispassion.

My response: Actually, we both are messing up a simple issue. The human emotions are fuelled by the accumulated karmas. Otherwise, the natural state of a human mind always is that of dispassion. Therefore, as you burn down your karmas you naturally gravitate towards the state of dispassion.

A practitioner: Isn't this the main theme in the Bhagavad-Gita? Just asking?

My response: Yes please.

A practitioner: Yes. This is very clear. In fact, this is short and concise but profound. That means we just continue the sadhan. Up to this point I am able to understand. Just one more doubt. You have many times said not to desire/expect the kriyas to happen. It will manifest on its own at the right time. You also said to expect or fake the kriyas will result in fresh Karma. That means, I should have to be ever mindful that I do the sadhan without getting attached to my emotions. It could also mean I should disregard or not concentrate on the emotions. Am I right in understanding this part?

My response: It doesn't happen that way so easily as you are suggesting. Intellectually what you say is okay. But practically you tend to get carried away by the rising emotions. Just go with the flow. You will not be able to exercise your mind adequately during such moments let alone the dispassion. I have mentioned earlier also several times that fresh karmas accumulated as a result will not be that strong. It's relatively easier to clear them later during sadhan. Therefore, your focus should be on going through the emotions as they unfold rather than resisting the emotion. This is crucial to understand. Because sometimes you will get carried away by such kind of emotions that you may NOT BE ABLE TO EVEN IMAGINE IN YOUR WILDEST OF DREAMS right now. Please understand that this is Yoga

practice. You will be tested out to your core. Yoga is not a matter of intellectual amusement or understanding. In a nutshell you will not be able to do your practice in the manner in which you are suggesting above.

A practitioner: Forgive me if my earlier statement of messed up but yes now it gives a better perspective.

My response: We all are here for learning and growing. I am sure your question has provided answer to many.

A practitioner: So, what you are saying is that, I have to peel the layers of existing karmas. Which also means, remove the emotions which will take me to my original self which is dispassionate? Of course, the peeling is doing the sadhan and nothing else. That really sums up. I am extremely thankful to you. Please accept my pranam.

My response: Yes please. I suggest you please read the pdf book on the compiled questions and answers of last year. Most of the above issues have already been discussed earlier in the group.

A practitioner: Guruji, I have read in a book written by Shivom Tirthji that practice of kundalini should be performed only in the night during Shukla Paksha. So, is doing the practice in the morning time of Krishna Paksh is not good.

My response: Ancient Yoga texts are meant for general guidance and that too for people practicing independent Yoga systems like Ashtanga Yoga or Raja Yoga. Because you don't do any practice as such in our path other than sitting in a state of witness or silent spectator! It's the awakened kundalini energy which does whatever has to be done inside your body and mind. So, where is the question of doing sadhan or practice here? Hence, please understand this from point of view. All our Ashrams in India since the time of Swami Gangadhar Tirth have been following this path of Shaktipat. They don't take any cognizance any such teachings therefore, it is not applicable for us. Please keep it mind for your future reference also. You may find several contradictions on several platforms. Books may say something and YouTube or internet literature may say

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something, but all that literature pertains to independent Yoga systems mostly. Even if it pertains to Shaktipat it might be different from one parampara to other parampara. Whom do you believe? Which parampara is authentic? Which parampara is fake? Who is telling you the truth and who is not? If you focus your mind on other things then this is the problem. There's nothing known as perfect sadhan or practice. Similarly, there's nothing known as a perfect Yoga system. Just trust your Guru and have faith in the supreme cosmic power if not other things like books, etc. Please don't worry about these things. I am aware that you are talking from the books of our parampara only. If you see the above text in the picture His Holiness was quoting certain sections of the ancient Yoga texts only. That's too generic please. In a way we also follow the digits of moon. This is the reason why I don't give Shaktipat initiation on all days. but this not applicable after Shaktipat initiation. All this is applicable before Shaktipat. Hence, please don't worry if find something contradictory. Please don't focus on a thing in isolation. Lastly, please don't mix up vedic traditions with Yoga traditions. For example, you are aware most of the Gurus in our parampara follow the sanyasa tradition by wearing saffron clothes etc. However, His Holiness Sri Yogananda hasn't followed. Therefore, there is nothing sacrosanct in such things. What His Holiness was referring to in the above book is in general classical point of view as per ancient teachings. Why all this discussion? My own Guru ji His Holiness Swami Sahajanand Tirth (now 98 years old) has never talked about such restrictions for sadhan. He has been one of the direct disciples of His Holiness Swami Shivom Tirth only at Dewas Ashram. Neither, I saw this being followed in other Ashrams in India.

A practitioner: Namaste guruji. I have a doubt. Does the presence of a yogi (Shaktipat practitioner) have influence over others in family, workplace etc.? Is it possible guruji?

My response: No please. Shaktipat is strictly your private business.

A practitioner: What influence a yogi can make in the society and others life only by his presence?

My response: I have asked this same question to a great man long ago. In the interiors of remote Himalayan ranges! It was suggested by my own Guru ji to ask this question to that great man. His Holiness said, its impact is very limited since it's a private business. However, he further went to say that the yogi can light up a million lamps without losing his brilliance. Therefore, that's what a yogi can do. His mere presence may not impact much. It will be very limited akin to a single lamp but a million lamps can impact. I hope you got the idea now.

A practitioner: How does one know if it's a kriya or simply life? I know that we get kriyas while we are sitting with our mantra etc. But yesterday after my 2nd morning I took a nap and upon waking from my nap my once perfect wrist had a pretty severe pain in it. I'm just wondering about that. Is that a kriya or did I merely lay on it wrong?

My response: There is a very thin line of difference between a kriya and karma. For example, if you move your hand deliberately it's karma. If it moves involuntarily during practice then it is called kriya. When gross physical kriyas manifest these are easily identified. Sometimes, kriyas are so violent that you have no doubt in your mind regarding them. However, when subtle kriyas manifest this sort of doubt keeps arising. But this is only in the initial stages of your practice. You shall get necessary understanding that they are kriyas. For example, kriyas can happen as emotional out bursts also. Suddenly, your mind may jump into a fit of rage on someone. It may get triggered by a minor thought which has risen in your mind all of a sudden. Similarly, other emotional out bursts can also arise pertaining to various subjects like humour, compassion, courage etc. Although, these emotions are experienced by a normal person also there will be a marked difference in the experience. When it is a kriya it is more playful in nature. It will not bind you with fresh karmas. However, the difference will be subtler when

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kriyas are not grosser. I suggest you please read my pdf on Secrets of Shaktipat and Kundalini Yoga. It's a compilation of several questions and answers done from last year.

A practitioner: Do thoughts also make karmas or is it just outward action that makes them?

My response: Any thought or word or deed tinged with egoism is deemed to be karma.

A practitioner: Pujya Guruji, I have a few questions related to the path. When kriya is slow to materialise are we to do anything to make a fertile ground for kriya to happen? Or just keep chanting the mantra apart from the daily meditation without expectation? Secondly, how are we to deal with life situations like family problems, financial distress? Will these happen as per our destiny? and while we make efforts as we are programmed to do, we have to ultimately reconcile to witness our destiny unfolding as per the divine will. And our only task is to practice the daily meditation, having come on to this path.

My response: If you have read my book properly the above-mentioned issues would have been clear to you. I have also been requesting members to kindly read the compiled questions and answers of the previous year. A pdf has already been shared with you all. That pdf would have cleared most of the routine questions. You are asking me the same basic questions and concepts in piece meal. Nevertheless, I will definitely explain it once again. There's nothing to be done in our path for manifestation of kriyas. Because they are instigated to manifest in your body only through the grace or will of your Guru! Therefore, it is suggested that every time you sit for sadhan and focus your mind on your Guru and the given mantra which has been charged with Shaktipat. Other than this, there's no other technique which can help you in manifestation of kriyas. You need to surrender yourself completely to the divine or Guru. As simple as that! Kundalini energy is the supreme cosmic power which is all conscious. Therefore, how can anyone do something to enhance its impact? The only thing which you are supposed

to do; and you can do are to SURRENDER YOURSELF TO THE POWER. In a nutshell; not to do anything! That's the bottom line. Regarding your worldly problems they are nothing but the reflection of your internal karmas only. Rather everything you experience is the reflection of your own internal self only. There's nothing which can be done to avoid the karma other than burning it down completely. This is possible only by experiencing it. However, Shaktipat helps in telescoping the impact in terms of intensity. That's it. Lastly, also remember that everything else also gets telescoped after Shaktipat. Both your merits and sins! Therefore, please be prepared for both.

A practitioner: Isn't the desire of *moksha* or wanting spiritual ascension, also Karma since we are doing it with an expectation of the consequence?

My response: Actually, as long as a person is in a state of dualism all such questions and discussions on them take place. After one starts to enter into a state of non dualism; which is the final journey obviously; there's no more any such idea left. It is only in the initial stages that these ideas pop up in the mind. Of course, it's karma only. Any thought or word or deed tinged with egoism is a karma. But these karmas are unavoidable. That means without a desire for *moksha* one can't begin the Yoga practice. Similarly, eating food is also karma. But we still commit those karmas because maintenance of body will not be possible otherwise. Therefore, living within the parameters of *maya* or the cosmic illusion only; one needs to cross over it. Hence, there's no issue about it here.

ON HEALTH ISSUES DURING PRACTICE

A practitioner: Guruji, after sadhan, day before yesterday, I noticed heart area in centre was tight. The tightness would go and come back. It felt like a movement so, it's not health related for sure.

However, is it possible for stomach related issues to come up as part of sadhan / clearing? Also, my left ankle is super itchy that I have scratched it quite a lot. Lastly, noticed that neck movements are happening sometimes at non-sadhan times as well.

I was watching something this morning lying down and head quickly pulled left and few seconds later it got released. It is sometimes not like a surprise as in, I expect it and it happens. Sometimes it is a surprise too, when I am not expecting it to happen I hear cracking sound in neck. It's not painful. Also, feelings of heat in left index finger and it is there as I type now.

It was so surreal that I thought the coffee cup was only warm in that particular section. Only that I found that the coffee was cold. To verify, I put finger against face, it was normal. But internally it feels little warm.

My response: Very nice, and I am glad to see you doing sadhan regularly. Yes, stomach problems pop up as kriyas, including abnormal bowel movements. Itching problems or skin infections also happen. This is accepted by even modern science I suppose. Please continue with your sadhan regularly same way.

A practitioner: Guru ji, yesterday after meditation I fell short of breath up to now there is something moving across my chest. What is this sir?

My response: It is possible that you may be experiencing kriyas. Breathlessness is also one of the kriyas only, but let's observe them more over the coming days. Please don't worry about it. Please continue with your practice same way. Anyway, please take care. Please don't shy away from checking out for any health issues as well.

A practitioner: Today evening, I suffered severe stomach ache. It was unbearable. I informed guruji and asked for his help. I am presently onboard ship and on duty. I myself am the medical officer in charge. But at that time, I had no clue about the gastric problem. I thought it is because of kriyas. Because last two days I had experienced strong energy flow while doing sadhan and also during day time.

Guruji told me that it is not because of kriyas and contacted one of the sadhak who happens to be a doctor. I called the doctor as per guruji's advice. Doctor advised medicine and I had it. I am now feeling good. Guruji and the doctor. were in touch till midnight, till I became okay. I am grateful to guruji and the doctor for extending their kind help.

My response: It is important to rule out any medical issue. At times we may think it is a kriya but it may be an underlying medical issue. Whenever in doubt please consult a doctor. Even in case of simple issues sometimes they are also due to medical problems. It's important to assess one's condition carefully.

A practitioner: Today morning at 2:00 am to 4:00 am again did sadhan. But I was facing migraine problem whole midnight this happens this is also kriya?

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My response: That could be health issue. Please check it out. Glad to see you doing sadhan. Please continue with your practice same way.

ON VARIOUS DREAMS OF PRACTITIONERS

A practitioner: Is that because karma is action and dreams are just meta-action?

My response: Yes please, because we are only concerned with the consequences of our actions while we are in waking state. Since those actions are tinged with egoism they need to get eliminated while the mind is in same state.

During deep sleep egoism is almost zero. Therefore, sleep state also has no impact on our karmas.

A practitioner: I worked for a couple of hours and went back to sleep. I'm finding I'm having very intense dreams.

It's very Jungian and psychological on the one hand, and quasi lucid on the other. I was doing sadhan in my dreams and in the lucid state I was experiencing kriyas like getting a massage from the inside out. I woke out of this state and did sadhan immediately. It was very deep. Lots of heat and burning sensations.

My response: Very nice, you are having full blown Kriyas now.

Remember karmas are not cleaned out in dream states, only in waking during sadhan. Please continue with your

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practise and posting here, I am very happy to see your progress.

ON VARIETY OF ISSUES DURING PRACTICE

A practitioner: Pranam Guruji. I have a few doubts which I thought I should ask you.

Why is Meditation given so much importance? Why should we focus our attention on our breath? Why a person can reach the stage of Samadhi only through Meditation?

Only by the practice of Meditation Kundalini Shakti is able to cross all the Chakras. Why is there no other method (Apart from Shaktipat)?

Why is it that Kundalini Shakti in a dormant state in every person?

If at all a person is born with his Kundalini Shakti active, how would his life be? How do we recognize them guruji?

My response: I request you to please read my book once again. All your questions have been adequately addressed in the book. It seems you have not read the book thoroughly. That could be the reason why you are asking the above questions. They are too basic questions which you asked above. However, it will take a lot typing to answer them. I suggest you please call me on phone then, it will be easier to explain them. Meditation is simply one of the techniques used to trick the mind into a state of thoughtlessness or samadhi. Samadhi is the end aim of all Yoga or tantric systems. It is

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more popular because of the materialistic benefits associated with meditation. People are required to focus on breathing so as to gain control over the life force operating within the body. There are various other methods as well by which kundalini is made to ascend along the cerebral spinal system. You may not be aware of them. However, kundalini energy is called by different names in different systems. Kundalini energy remains at the bottom of spinal system and continuously projects the illusionary world on the psyche of the human being. It's for the ease of understanding only that it is referred to as being in a sleep state. Otherwise the all knowing and conscious cosmic energy is eternally awake. Lastly there are many members in our group who already had kundalini energy in awakened state in their bodies before receiving Shaktipat deeksha from me. In this connection please understand that everyone has to formally take Shaktipat deeksha in every human birth until they obtain moksha. It's the concern of a Shaktipat Guru to recognize such persons. Therefore, please don't bother about such knowledge.

A practitioner: Guruji, from very long time, I wanted to ask you something. Whenever I do my work with all concentration, I feel sudden shock several times (some energy tries to push me from inside or outside). What is this sudden sock (my mind felt these types of shock several times)?

My response: Such things usually happen after Shaktipat, but please try and do sadhan regularly. Otherwise you will get delayed in your spiritual progress. Please try and make it a habit so that sheer force of the habit will make you to sit for sadhan regularly.

A practitioner: Guruji I had a query. I am able to do sadhan 30 mins to max 55 mins. During this time kriyas, pranayam, various mudras manifest regularly. Now the kriyas are more subtle and not so acrobatic if I may say. My question is that why do eyes open at various intervals in a flash of a moment. Sometimes after this moment body sensations are felt. I normally stop with my Naman to gurus

expressing my gratitude for guiding me to this path. Is it that the cosmic energy guides the duration of sadhan or I need to continue after this flash eye opening which happens without any stimulus. All the while I experience that the body is in auto-pilot mode and I am the witness. Please guide as to how to overcome the time factor which is not felt so as to increase duration of sadhan.

My response: Yes, the duration of sadhan is also controlled by the cosmic energy for practitioners who are regular in their sadhan. Therefore, please don't worry about it too much. Just let the sadhan happen naturally. However, I keep recommending increasing the duration of practice slowly, but don't force it. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Dear Guruji, Yesterday, I started my sadhan at 9:00 pm and finished by 1:05 am local time here. It was past 4 hrs of sadhan. So, I couldn't inform you for joining in at the time of group meditation, as by that time I was already in deep sadhan. Experienced Kriyas of drooping head, neck, itching on face, occasional pains and current flowing in the heart, stomach, neck, left ribs, navel, left wrist and jerks on my right hand. Felt alternate pressures on left and right ear. Sometimes pressure was heavy. My throat Chakra was very active throughout the sadhan. Feelings of heaviness, dryness, thirst and even choking in the throat area was there. At times felt like playing the musical instrument "Veena". Felt surge of energy from Throat to Crown Chakra with heavy vibrations on the Crown Chakra. Felt very heavy headed. After 4 hrs of sadhan, I felt kind of hungry. I took a sip of water and went to sleep. Can we take a sip of water with closed eyes during sadhan due to extreme thirst? Usually, I take water before and after sadhan. Please Guide.

My response: Very nice. Yes you can drink water if you feel thirsty in between. In our path it's not meditation which is done. It's called sadhan therefore, there's no restriction on taking a break in between. You don't have to even keep your eyes closed while drinking water. You can open your eyes and

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take a break if you wish and later resume your practice once again. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Pranam guruji. Woke up at 3.30 am I found that I was hearing strange sounds from very far away. It remained for few mins and after that it was same as usual. I could not sleep even yesterday properly. I am not able to concentrate on anything else. My focus automatically turns to a strong fear in me resulting in high pressure built up in my forehead and lot of sweating too. My days have become unbearable. One thing I cannot understand is that all other fears and thoughts have strangely disappeared. Only this one thought remains as if stuck with *fevicol*. I am feeling really uneasy nowadays.

My response: Please don't worry about it. They are kriyas only. Everything is happening for your good. Your karmas are getting cleaned. Please be brave and continue with your practice same way.

A practitioner: Good Afternoon Everybody. I am from Mumbai. I have received Shaktipat Deeksha today from T. Sreenivasulu. While going through this process I felt some vibrations in my spinal column and saw some sequence of colours changing. Overall it was a very good experience.

My response: Okay, Excellent, It seems kriyas are showing signs of manifestation. Let's observe more of them over the coming days. Please continue with your practice same way tomorrow also at 8:00 am exactly.

A practitioner: Sharing my experiences in yesterday's sadhan. It lasted for almost 3 hrs and 40 mins. I felt pains and currents on my stomach, left ribs, navel, sudden movements, jerks on my hand and face. Something started moving at the back of my spine near the Root Chakra. Experienced sudden sweating, hot and cold feelings and some kind of pressure felt all over my body. Felt very heavy in my eyes and head all throughout my sadhan. Even after the sadhan, there were currents on back of my shoulder and right leg, navel and stomach region. I was feeling some kind of

sore throat because of excessive activity in the throat Chakra. After yesterday's sadhan, it all became normal.

My response: Okay, very nice. Heaviness in the head is a kriya only. It is experienced whenever there is a strong karma encountered by the awakened kundalini energy. It's a very common kriya. Please don't worry about it at all and please continue with your practice same way. I am very happy to see your progress.

A practitioner: Pranam guruji. I sat in sadhan for 70 mins pure white light appeared for some time with chest thumping. For some time it was quite peaceful. Today my wife informed me that I was talking in my sleep in the night. This has never happened to me before.

My response: Okay, please don't worry about it too much. They are kriyas only. Glad to see your progress. Please continue with your practice same way.

A practitioner: Sharing my experiences during sadhan. It lasted for 4 hrs. On my spine, at the level of heart Chakra, there were movements and itching sensation throughout. I was experiencing frequently Yoga nidra with Jerks in my head and hand. Suddenly my eyes opened and shut again. Felt like keeping my eyes closed for the outside world and only keep it open on the inside. At one point slight flash of light was there. Left hand became very cold and numb. I felt pain in stomach, navel area and experiences of currents on the shoulders and legs. Heaviness is still on the eyes and head. Felt very peaceful. Today morning, I woke up with back pain.

My response: Okay, Excellent, Your kriyas are happening regularly nothing to bother about as such. Please take care of your back pain. If possible ayurvedic back massage will be very beneficial. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Namaste guruji. Today during evening sadhan I saw 3 quick strong white flashes of light in the beginning. After some time full body energy flow started till the end, sadhan was of 55 mins. I am feeling peaceful and

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blessed.

My response: Excellent, glad to see your progress. Please continue with your practice same way. However, please try and increase the duration of your practice.

A practitioner: Pranam guruji. Today sat in sadhan for around 125 mins. No kriyas. I felt only mild vibrations in the forehead and pain in throat. It was peaceful. Thoughts kept coming but I was just watching them. I was talking in my sleep as well. And now my hands and legs start shivering in panic at times. This may be because of my thoughts.

My response: Okay, very nice. Please do not worry about the shivering of hands and legs. They are kriyas only. Glad to see your progress.

A practitioner: Pranams Guruji. Yesterday morning when I planned for doing sadhan I drifted into sleep without my knowledge. While I was drifting into sleep I saw the symbol on the Parashakti book appear before me so tall that it was touching the skies. I felt as if all the Chakras got activated. Then, I felt that Guruji was giving me and some others some mantras and made us sit in meditation. I heard our Guruji say that I am moving on to the next level. He was initiating a 9 year old girl. This girl was with me all the time. I was travelling with this girl to many places and had many such experiences which I am unable to recollect. Many things are happening miraculously. I am feeling very happy. I am doing sadhan everyday.

My response: Okay, very nice. It is very auspicious to see your Guru during dream state.

A practitioner: Sharing my experiences in sadhan. Experienced that my whole room was full of bright light, the moment I closed my eyes. As if I am sitting in broad day light. My whole focus was on the brightness all through my Sadhan. My body felt very light. I lost the sensation of my breathing. There were occasional pains, pressures felt on my ears, stomach, navel and ribs and itching on my palms. There were hot and cold flashes with sudden sweating and cold sensations. After my sadhan as I opened my eyes, I got scared

as it was complete darkness on the outside. It was 00:40 AM local time here. Whole sadhan lasted for about 3 hrs and 40 mins.

My response: That's a very good kriya. It's a sign of excellent progress being made on the path of Yoga. I am very happy to see your progress. Please continue with your practice same way. We will observe more of it in the coming days.

A practitioner: Namaste Guruvugaru. Today I started my sadhan at 4.25 pm till 5.35 pm. Again something drove me to start sadhan within 2 mins I continued till 6.15 pm afterwards I felt very calm.

My response: Okay, very nice.

A practitioner: Pranam Guruji. I am very interested in how some people struggle to sit for long periods of Sadhan and then others can sit for a long time 3-4 hrs. What happens internally here? Is the cosmic energy in a different state or is the mind in more of a Satvic state that allows the cosmic energy to do its work?

My response: Actually, it is under the control of the awakened kundalini energy. The fructification of "asan" or the posture gets affected naturally as one progress. However, a practitioner shouldn't be lethargic under the excuse of this principle. It's your internal state. Practitioners can change the position of their legs or stretch them once in a while etc., if required. However, during intense and deep sadhan this requirement may not be necessary. Lastly please remember that TIME appears to vanish, just like that, for a practitioner who is in deep meditation. That means TIME as we all know it to be an absolute, ceases to be so, for a practitioner in deep sadhan. That's how we keep hearing stories about great sages who have the ability to remain seated in deep meditation for long hours or days or months or years.

A practitioner: Yesterday I was sitting for meditation. My head felt vertigo. Once it stopped, the feeling was like I was travelling to undetermined space. After some time I became extremely emotional. Some thoughts brought me tears. I

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never felt anything like this. Then, I couldn't continue anymore because my whole body felt lot of pain.

My response: Okay, very nice. Glad to see your progress. Please continue with your practice same way.

A practitioner: Sharing my experiences in Sadhan. The duration of sadhan lasted for 4 hrs. I experienced a lot of Kriyas of mostly forward bending and internal rotational movements. In the last hour my body experienced very heavy vibrations especially on my Crown Chakra. I was unable to move my head or my hands because of the heaviness. My head was experiencing vibrations even after the sadhan. It was unusually heavy. But, then I realized that the Divine Mother is present.

My response: Very nice, kriyas are happening regularly for you. Please continue with your practice same way.

A practitioner: Namaste guruji, during today's evening sadhan I experienced energy flow on head, forehead and neck. Then mild pain on upper back, spinal cord and after some time i felt no control on my neck and neck got pulled towards back to its maximum. After 3-4 seconds I consciously brought my neck back to normal position and continued. Sadhan was of 45 mins.

My response: Okay, very nice. Please be careful and don't injure your neck during the sadhan. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Namaste guruji, during today's morning sadhan, of 55 mins. Initially I felt very strong energy flow on head, forehead and after that all over body. Then the body became too light and felt lifting up like in an aircraft while take-off. Then, after some time, around maybe 5 mins, it stopped and became normal. The energy flow all over body also stopped but on the head area was same like beginning. Still the feeling is there.

My response: Okay, very nice. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Pranam Guruvugaru, from the lock down period my sadhan duration has increased from 40-45 mins to

1 hour. Today I felt flow in my arms and heaviness during the sadhan. Deep into my sadhan most of the things I did not remember.

My response: Very nice. Glad to see your progress. Please try and increase the duration of your practice slowly. No need to do it forcefully either. Try and give it a slight extra push and stretch it during the sadhan. That's the trick. Please continue with your practice same way.

A practitioner: Pranam Gurudev, with your blessing I could sit for the longest duration of 3 Hr 40 mins. The whole session was full of physical kriyas motions, etc. At the same time like a perfect 2 in 1 mind, always focused on expressing myself, it kept bringing me to all key people in my current life that are important. People from profession or home and from relationship and growth prospective! It went to the extent of giving a strategic directive how it should be done. Towards the end very heavy vibrations on head so fast I started to hear whooshing sound and then blankness for some time, there were pockets of complete silence and blankness. Overall the sadhan was amazing.

Question - all actions that come out of sadhan, which makes lot of sense in practical life to adopt. Is that something we should actually adopt or is it just a kriya and should be released from mind post the sadhan. Your guidance on this would greatly help, as I keep getting these insights almost on daily basis but I don't know how to process these insights.

My response: Excellent, I am very happy to see your progress. All the internal contradictions and complexities about various aspects pertaining to life do get resolved during the course of sadhan. This is the direct result of cleaning of your karmas pertaining to various aspects. That's how a practitioner gets answers to all his questions internally itself. That's the essence of Yoga practice. All the knowledge one seeks is within. Therefore, all that is required is to remove the obstructions or impurities from the mind. That's exactly what happens during the sadhan. Of course, all the rising thoughts are kriyas only manifesting to clean up your past karmas. Just

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continue with your practice same way. It's a lifelong journey. Slowly and steadily the mind undergoes the transformation.

A practitioner: Many thanks Gurudev, very clear. It would be great if you could shed light on actions or wisdom arising out of sadhan. Is it okay to act on it or we should simply discard all the experience post sadhan as it was only for mental resolution and wisdom and nothing beyond that? Will acting upon it further create Karmas and cycle would go on?

My response: Actually, the wisdom which arises out of sadhan will inspire you to remain a silent spectator to everything. In a nutshell, it inspires you not to do anything at all. Whatever thoughts arise in your mind you are inspired to remain dispassionate about them. SO, BE IT. That's the kind of attitude which gets developed in your mind. Obviously, your actions while engaged in the external world will also be akin to the same. That means you don't get disturbed as such by anything. However, everyone needs to undertake actions obviously. They need not be pertaining to complex issues in life. They encompass the entire spectrum of actions. Because you need to perform certain karmas for maintenance of your body like daily ablutions, eating, drinking, wearing clothes, sleeping, working to earn your food. Even if it amounts to begging or gathering roots and fruits in a forest like in the good old days. These karmas are inescapable. A practitioner does get impacted by such fresh karmas sometimes if, adequate dispassion is not exercised. However, it doesn't matter if they get accumulated in the mind once again. It will be relatively easier to clean them later during sadhan. Same thing is applicable for the so-called complex karmas in modern life. If you try and sharply discern, you will realize that there's no difference in the good old lifestyle and the modern lifestyle. The essence remains the same. These external karmas will also happen as kriyas. You don't get any clarity during the sadhan as to what's the correct way to take an action. There's nothing known as perfect action. Action is action or karma when tinged with egoism. Whether seemingly

a noble action or sinful or unethical or humane or anything else is simply TRASH. Of course, when dispassion is developed as a result of sadhan then those karmas or actions cease to be karmas or actions since they don't bind you any longer. Therefore, that's the answer to your above question. The knowledge will get revealed to you that everything is simply TRASH. It's not what you think is a PERFECT ACTION. I am not sure whether I have managed to convey the idea to you or not. If not, please feel free to ask me. The crux of the matter is a practitioner needs to develop the dispassion for this world, while simultaneously remaining within the illusionary realm itself. It is something akin to repairing a patch of busy road in a city. You can't stop the traffic, but yet manage to repair it somehow. That's a term of reference or condition imposed on you. Same is the case when you try to free yourself from the accumulated karmas. That skillful management of your life will be done by the awakened kundalini energy. Otherwise, it's simply not possible for a human being to do it based on egoistic management of his or her life. It's actually a simple issue if a practitioner can exercise self surrender.

A practitioner: Sharing my last night experiences in sadhan. It lasted for about 4 hrs and 15 mins. There were kriyas of forward bending, then body becoming straight and bright yellow light started appearing. Then again my body started rotating then stopping and again bright yellow light started appearing. Then only bright yellow light was visible and got magnified all over. After a while my arms got stretched and I felt as if my whole body is Sun bathing in the bright yellow light. My body was becoming colder and colder. Occasionally, my whole body was swinging left to right, bending back and forth and rotating while my focus was on the bright yellow light. On the spine, near the heart Chakra there were movements and over the back of the neck also some currents flowing.

My response: Excellent, experience of getting surrounded by the light all around is a very good kriya. I am very happy to

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see your progress. Please continue with your practice same way. Just remain focused on your sadhan in the same manner. You will start seeing great benefits in terms of the transformation of your mind.

A practitioner: Guruji how to increase the sadhan time? I am not able to sit for more than an hour, how do I improve it?

My response: Please don't worry about it too much. Actually, it's under the control of the awakened kundalini energy itself. However, from your side try and stretch the duration a little bit without trying to force it. Please do follow some tips. Try and sit for sadhan after resting or waking up from sleep. Please don't try to sit for sadhan when you are tired or after returning back from work. Next, please try and sit for sadhan with empty stomach or after a gap of at least three hours if you have eaten any major meal. However, you can always sit for sadhan after light refreshments etc. Also please try and empty your bowels before sitting for sadhan. Next, please try and sit for sadhan after taking bath if possible. Otherwise, there's no restriction as such with respect to bathing. It might help you a little. Next, try and sit for sadhan at a fixed time and place. As a result, the sheer force of the habit will carry you forward whenever you don't feel like doing sadhan. Next, always try and focus your mind on your Guru. This will help you in getting inspired for doing sadhan. There are some excellent books on Shaktipat written by some of our Gurus. Most of these books are available in Hindi. Otherwise, a few books are available in English, Telugu and Marathi. You must read such books. They will inspire you to do sadhan. They have a powerful impact on the practitioners. Some of our practitioners have managed to buy a set of those books. Otherwise, please read my book as many times as possible. Some of our members have read it around 10-15 times. Therefore, you must follow some of the above tips at least if not all. Lastly, please remember that you can always try and do some sort of service to your Guru which helps in keeping you inspired on the path of Yoga.

This service could be anything as per your aptitude. Even offering a cup of coffee or tea or water or food or fruits or sweets to your Guru every time before you eat is considered as service to Guru. Similarly, you can post something on Shaktipat order or spreading the message is also considered as such service. If you happen to be a painter then you can try and paint the Gurus, or if you happen to be a writer then you can write something. Otherwise, simply remembering the Guru is also very helpful. Please do it as per your convenience and aptitude. That's how you end up attracting the divine grace. Please understand the simple logic that Guru or the mantra or the cosmic energy is of one and the same form. Therefore, do whatever you can and attract the grace. Otherwise divine blessings are always radiating on all of you equally all the time.

A practitioner: Pranam Gurudev. Felt surge of energy in both the hands and chest in the morning during sadhan. When I focused on your picture, I felt white light entering me from your image. My kriyas have stopped drastically. Now I sit with straight spine and neck goes up.

My response: Okay, very nice. I am happy to see your progress. Please don't bother about the kriyas. They keep manifesting and disappearing. Just continue with your practice same way.

A practitioner: Guruji, yesterday I had a dream. I was paralyzed. I couldn't move my body. There was lot of pressure in the centre of forehead. Whole body was vibrating. I was thinking in the dream that I would have an out of body experience. Then you came in the dream. I asked you if aliens are doing this to me. You said, yes. That's all I remember.

My response: Okay, very nice. Guru's vision during the dream state is auspicious for the practitioners. But please remember that karmas are neither created nor destroyed during the dream state. Please do your sadhan regularly.

A practitioner: Pranam Gurudev, with your guidance in grace I was able to sit for 4.5 hours today, I started my sadhan at 4:00 am and finished at 8:40 am. Sadhan was full of

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physical kriyas. At certain times they were of very high intensity. The best thing was that throughout the session, no unwanted thoughts or discomfort was there. Throughout the session reinforcement of surrender and repeated reminder on the purpose of sadhan was reflected. At times, I had very quiet moments of inward gazing on third eye area. Overall, a very fulfilling experience, many thanks for your encouragement and guidance. Key changes as Gurudev rightly guided; intention of long session, full surrender and witness mode, bathing before sadhan and perseverance is what is helping me.

My response: Very nice. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: As per your advice, today I have tried to extend my sadhan time. It was increased from 1 hour to 1 hour 20 mins. This led to free flow of thoughts, in between when thoughts got interrupted, I saw some light.

My response: Okay, very nice. Glad to see your progress. Please continue with your practice same way.

A practitioner: Pranam, I am from Mumbai. I was initiated today by T Srinivasulu guruji. I am happy to be part of this group. I am feeling very light after the initiation.

My response: Okay, very nice. Please continue with your practice same way.

A practitioner: Good morning Guruji. This morning in my practise I was visited by several images and people that looked like spirits. Faces and bodies I did not recognise, even children coming to me, some were disfigured and some normal. What are these? Are these due to karmas? They seem to exist in another world that I was looking into?

My response: Such kinds of vision during sadhan are normal. Obviously accumulated karmic impressions are getting cleaned. Please understand that such kinds of visions are the output of all the accumulated karmic junk. It doesn't necessarily mean that you had direct experience pertaining to such visions. It could have been the mixed up karmic stuff getting cleaned out. Just keep observing them like a silent

spectator. Otherwise, they don't foretell anything about the future events either. Glad to see your progress.

A practitioner: Good morning guruji. Today during my meditation as usual I felt some sort of swirling in centre of head. I saw purple colour in the third eye.

My response: Okay, very nice. They are kriyas only showing signs of manifestation. Glad to know that you are practicing regularly. Please continue your practice same way.

A practitioner: Pranam Gurudev, today's sadhan lasted for 4.5 hours. Since the starting I got prompted to be in a lying position. I experienced a number of kriyas like; force around the heart and Vishuddhi Chakras. Lot of visions specially giving vertigo like feeling, most of the visions had more than 3 dimensions looked like I was having astral projection.

Question: Is it normal to get into lying position for the whole duration and not having physical kriyas.

My response: Very nice. Yes, it is okay if you are practicing in lying position. Physical kriyas may or may not happen. There are five different sheaths covering the soul. Obviously, everyone has karmas accumulated which pertain to all five sheaths. As a result, kriyas will manifest in all five sheaths so as to clean up the respective karmas. Sometimes, if the karmas being cleaned are not very strongly accumulated then, a practitioner may not experience any physical or mental kriyas or they could be very mild and you may not notice. In this connection please remember that Shaktipat is like an Express train. Obviously, you will not see the minor stations en-route while you are speeding past them in the express train, whereas if you are moving in a slow train then, you will see all those intermediate stations. Same is the case here also. Therefore, please don't bother about the kriyas at all. Please continue with your practice same way.

A practitioner: Pranam Gurudev. Since many days I've observed that many sadhaks like to prolong their sadhan time as advised by you. Many sadhaks are doing it even for 4 hours and more and it gives an impression that there is some kind

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of competition among all of them. Please elaborate more on quality of sadhan rather than longer hours of sadhan. Does sitting longer hours more beneficial for sadhak or sadhan with full dedication and surrender will benefit more. It seems people are putting more physical strength into the sadhan, rather than being into one. Please clarify on this as many others must be confused on what to do and what not to do? Moreover, what should be the ultimate goal of the sadhak?

My response: First of all, sitting for sadhan in meditative posture is more of a formality which needs to be undergone compulsorily and that also on a regular basis. Otherwise after Shaktipat initiation a person doesn't do anything. Cleaning of karmas goes on round the clock. Some of our practitioners have been reporting that kriyas like vibrations etc. are taking place even while they are not doing any sadhan. In an ideal situation every moment of the life becomes sadhan provided the practitioner is exercising self surrender and dispassion while undergoing through the daily chores. However, sitting for sadhan in a formal manner helps a practitioner in several ways. First of all, you cultivate the force of habit. Secondly, you are not trapped into lethargy under the excuse that it's the divine power which is controlling your destiny. Although it's true, please also understand that a practitioner is still under the spell of the maya or illusion. That means on one side the same cosmic power is dragging you back into the maya and also simultaneously cleaning your karmas. In advanced stages of Yoga practice a practitioner is deemed to be in sadhan always although he doesn't sit for sadhan in a formal manner. Therefore, please understand this issue from this perspective. Obviously, quality of sadhan means exercising self surrender and being in a state of witness. If you can do it efficiently then you are as such in sadhan only all the time, whereas, if you can't do it then, it's better to remain seated in a formal manner and do sadhan as much as possible. Haven't you heard of people sitting in meditation continuously for long hours or days or months or even years. As a practitioner advances in Yoga even the requirement of

food and water is taken care of. There's something known as "amrit dhara" or the stream of ambrosia which is supposed to start getting excreted from the upper side of the larynx and which keeps the body alive by nourishing it. Therefore, there's no end to sadhan. Both quality and duration are equally important. In order to cater for all kinds of practitioners with different ability to sit for sadhan, it is suggested that you practice as much as you can and as many times as possible. Exercise self surrender as much as you can. Further, please also remember that the awakened kundalini energy itself starts controlling the sadhan for a practitioner. However, one shouldn't take shelter under this excuse and be lethargic. It's better to go in for the over kill rather than falling short. That's why I encourage practitioners to give it a small extra nudge and stretch the sadhan duration. At the same time sadhan is not supposed to be done forcefully either. Just try and maintain this fine balance. Neither be lethargic nor force it. Lastly, please don't compare your sadhan with that of others. Who knows you may be already in much advanced state than the others! However, it is my intention to inspire all those practitioners who might be lethargic in doing sadhan that I try to show them the example of others who practice for long hours. I myself get inspired to do sadhan when I see some of you doing it for such a long time. This is the advantage of being in an Ashram. So, that everyone gets inspired by others. There is no competition here. It is all about flowing with the group so that even an average practitioner is taken along by the others. I hope I have been able to convey the idea to you. Please feel free to ask me if something is still not clear.

A practitioner: Hi! It is very apt question even I was curious as to why and how that would affect and why that aspiration? An answer to that was in one of the responses from Guruji, where he indicated that the quality of Kriyas and experience change significantly or starts to change. This, in my view is an indication that high level karmas are getting cleared and kriyas are getting subtler. Hence, I was inspired to

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start fine turning my own sadhan, and since last 3 days I am able to go to 4 hours mark. But actually, I have been consciously trying to increase the time for long but never could do it. By forcing self and technically can't just sit without Kriyas for so long and do nothing. My bit on this, but would love to hear from Gurudev on this as this is a common aspiration most of us have to keep increasing the time and get into Samadhi ultimately.

My response: I hope your query is also addressed by the above reply in the thread. Just focus your mind internally. It's easier to do it while sitting in sadhan rather than taking shelter under the pretext that you are in sadhan only while you are busy with the daily chores. Therefore, please do sadhan as much as possible and as many times as possible. Also ensure quality by exercising self surrender as much as you can. There's nothing known as a perfect sadhan either. Perhaps only God can do it, if he happens to be in human form. Although as per Yoga texts God can't exist in such human form and also do perfect sadhan. I have no idea about those divine incarnations who did it. Therefore, just focus on sadhan without trying to understand the mechanics of it intellectually. I would like to inform all the members that please don't shy away from stopping the sadhan temporarily for a day or two or even several days if kriyas occur aggressively and you are not comfortable. I have been making some of the practitioners stop doing their sadhan on several occasions. However, I don't make public announcement of it often due to the fear that it might send a wrong signal to others. It might inspire some of the lethargic practitioners to take excuse for not doing sadhan.

A practitioner: Pranam Guruvugaru. Today my sadhan lasted for 1 hour 35 mins. After that due to severe back pain I came out. Today I felt flow in my hands, in between I saw white light.

My response: Very nice, glad to see your progress. But please take care of your back pain. I suggest you go for back massage whenever possible. That will be very beneficial. It's a

life long journey. Therefore, you must address such health issues promptly. Please continue with your practice same way.

A practitioner: Pranams. The physical kriyas were very little for me. Right from the beginning they were always emotional. For example, Guruji told me I am doing something which nobody else does or fails at a very simple thing. Cleaning of emotional karmas of praise and abuse, have experienced both in a very strange and clear way.

My response: Very nice. Yes that's how the cleaning of karmas is affected. It all depends upon the kind of karmas accumulated by the practitioners. Sometimes practitioners are not satisfied since they don't experience gross physical kriyas. That's against the principle of sadhan after Shaktipat initiation. A practitioner is not supposed to seek a particular set of kriyas or resist others. Focus should be internal like a mute spectator. When practitioners can exercise such a kind of internal focus then they will definitely understand the finer kriyas taking place. Gross physical kriyas will stop at some stage or the other, in any case. The finer cleaning of emotions takes a very long time. It is akin to cleaning a dirty blanket. Initially, it is easier to dust it out of the gross impurities. Later, it takes a prolonged period to free the finer impurities from the blanket. From this perspective cleaning of the mind takes a very long time. Especially the ego related kriyas and also those pertaining to the intellect are too fine. It's difficult to distinguish between a kriya and karma. However, for regular practitioner that difference will get revealed internally, but only for regular practitioners. Otherwise there's a risk of misunderstanding the fresh karmas as kriyas. I am very happy to see you practicing regularly. Please continue with your practice same way. As a cardiologist you must be busy nowadays especially due to the corona virus. Please take care since you are exposed more.

A practitioner: Relying on what you said. Awakened Kundalini protects. Pranams.

My response: Surely, but please do exercise caution from your side also while performing your duty. True self

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surrender to the cosmic energy should also make you do your duty in a proper manner without being lethargic. Just like it is said in Gita. Therefore, please take all precautions against the corona virus from your side since you are exposed more.

A practitioner: Sharing my experiences in Sadhan. It lasted for about 4 hrs. I experienced Kriyas like bending, swinging and subtler rotations. I felt mild pain in stomach area. Felt chills. Bright lights appeared and vanished. Then brightness remained constant for a while. I felt heaviness on both the eyes. I had left side headache.

My response: Excellent, Please don't bother about the headache and mild pain in the stomach area. Otherwise appearance of bright lights is basically the vishoka lights. I am very happy to know that you are not feeling uncomfortable in the cerebral region like you did yesterday. That was also a kriya only. However, please don't shy away from taking a break, if you feel the kriyas aggressively manifesting. Glad to see your progress.

A practitioner: Dear Guruji, wish to share my update on my sadhan. Kriyas are manifesting more frequently and can feel on all Chakras. At the moment Ajna and Sahasrara Chakra are more active. I can feel a lot of sensations on both. Moreover, it seems on Brahmarandra I feel some activities. After sitting for long time somehow, I feel my breaths are not under my control and I don't have any control over them. Sometimes, they became very fast and sometimes very slow. On Sahasrara Chakra I can feel lot of sensations and some coldness. Feel some liquid is flowing. Even after sadhan I can feel sensations all over my body. Please guide me for improvements.

My response: There's nothing else to be done by you. Kriyas are happening for you regularly. It seems breathing related kriyas are also happening. Therefore, there's nothing to worry about it at all. Just remain a mute spectator and keep observing them. I am very happy to see your progress. Just go ahead and continue with your practice same way.

A practitioner: Guruji, for the last 5 days, in the night I

am not able to sleep due to restless legs. Legs become heavy and spontaneously change into different positions, but this is happening all through the night continuously. Just wondering when my sleeping pattern becomes normal again.

My response: Okay, disruption of the sleeping cycles is a well-known phenomenon after Shaktipat initiation. You need to endure this please. If you continue with your sadhan regularly you will overcome this problem in due course. However, it can't be predicted regarding the time line and it will obviously depend on your sadhan. There's no need to worry about it. Once a practitioner is on Yoga path these issues should be minor and one needs to endure them patiently.

A practitioner: Dear Guruji, I have a question. Had a dream couple of days back that everyone in my house, in the dream is dead on the same day. My mom, one of my distant grandmothers who was staying in our house years back, our domestic help, a dog all die on the same day, in my dream. I wanted to check if it signifies anything at all. Regarding my sadhan, I practice every saturday and sunday and it lasts for nearly an hour.

My response: Hi, please don't worry about the dream at all. It doesn't signify anything at all. It is simply due to your accumulated karmas in the past. Those karmas could be anything including your fears and anxieties from the past lives which got mixed up and manifested now from your subconscious mind during the dream state. But please remember that karmas are neither destroyed nor freshly accumulated during the dream state. Therefore, please do your sadhan regularly. It is during the waking state only such karmas are destroyed while you are in sadhan. Why are you restricting your sadhan to only Saturday and Sunday, because you are giving a gap of 5 days in between? Sadhan done in that manner will not give you optimum benefit although some karma will get destroyed. Sadhan should be regular. Daily or every alternate day etc. it should be like the stream of oil pouring out from a vessel. In such a stream of sadhan all

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your karmas are washed away speedily from your subconscious mind. Otherwise, I am happy to know that you are at least doing sadhan still.

A practitioner: Dear Guru Ji. Thankyou so much for your blessings to share my experience in today's sadhan. Kriyas are manifesting more frequently and can feel them on Muladhara Chakra. Can feel lot of sensations of shakti passing on whole body with lot of pain at muladhara Chakra. I saw white light it was present on my body. After that I was unable sit, so I slept few mins but I keenly observed the energy's passing on my whole body.

My response: Okay, very nice. I am happy to see your progress. Kriyas are now manifesting for you regularly. Please continue with your practice same way.

A practitioner: Pranam Guruji. Sorry to trouble on this, my brother in law has been diagnosed with an auto immune disease called Gillian Barre. He is currently in hospital in Intensive care been looked after. Is there anything or prayers I can do for him remotely to assist his healing?

My response: Oh! I am very sorry to hear about your brother in law's health condition. You can of course pray for him. If there's anyone who can do energy healing from distance like Reiki etc that can be tried on him. You can try and find some professional online. Other than this as a Shaktipat practitioner you will not be able to have any influence on his health, because the benefit of awakened kundalini energy is strictly for your own self. It simply doesn't work in any other manner other than to clean up your own karmas. That's the issue here. I hope you understand it. I wish him speedy recovery.

A practitioner: Pranam: My experience on 25th April: A few mins into Sadhan, may be 15 mins, after I started meditation, I developed a tingling sensation in my legs. Later I felt it on my hands. I thought I was going numb. When I checked by pinching on my legs there was no sensation. I relaxed a bit. I continued meditation after a few mins. The tingling did not go. Slowly I felt the same in my muladhara.

Later on, I felt it on my chest and whole face. Also, during the meditation pain started creeping up my left hand towards the chest region. Later on, it subsided. After some time, the tingling sensation was there in various parts of the body except on the shoulders and the top of my head. This was the first time I was doing meditation seriously. Overall, I came out of it after 1 hr and 15 mins with an elated feeling. Never have I ever felt so happy in my life.

My experience on 26th April: Around 15 mins into the meditation, tingling started in my legs. It travelled to my hands. This time I checked, there was no numbness in the body. Later on, the tingling sensation developed almost in the whole body from head to toe. No major pain sensation. Some flashes of light were observed during the meditation. Also saw for a second an angel with Egyptian features. Saw concentric circles, one very small circle in a very large one. I felt my whole body was vibrating, from head to toe, without it actually shaking. I was feeling extremely happy and elated. I did not want to come out of this experience. The meditation lasted for approximately an hour and a half.

My response: Excellent, it seems kriyas have started off for you right from the first day itself. I am very happy for you. Your mandatory three day period is over now. You can practice as per your convenience henceforth. You don't have to observe any more rules. Please continue with your practice same way. If possible please join in the group meditation every day at 8:00 am. Otherwise you are free to practice at any other time as per your convenience.

A practitioner: Sharing my last night experiences in Sadhan. First 2 hrs experienced lot of Kriyas of bending, swinging, and rotating. Currents passed through neck and heart Chakra. Occasional brightness was visible. Later it was constant brightness with a couple of flashes of white light. My whole focus was on the Third Eye Chakra. At one point a picture of a lady appeared whom I have never seen or met before. I was a little scared at that point. Occasional bending and rotations continued. When I finished my sadhan, it was

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already past 5 hrs, which I didn't even realize. Head and my eyes feel heavy.

My response: Okay excellent, 5 hours of meditation is really good. I am very happy to see your progress. Please don't worry about the vision of the lady. You will keep experiencing many such kriyas. Be brave, nothing will happen. Please continue with your practice same way.

A practitioner: Today morning I have taken Shaktipat deeksha from Guruji. In the beginning I didn't feel anything. In a later stage I felt something was inside my belly and it was forcefully trying to go upwards, but there was resistance which let not go further. Also, felt heavy vibrations in Root Chakra and Third Eye Chakra as well. In the middle, my mind drifted several times. Mantra chanting in mind continued while meditating, but I tried to pull back my focus on your face and continued doing meditation. Over all it's a good experience and felling very good till now.

My response: Okay, very nice. It seems kriyas are showing signs of manifestation. Let's observe more of them over the next two days. Please continue with your practice same way tomorrow also. I am happy for you.

A practitioner: Pranam Guruji. A quick update about my practice, I'm back to regularly practicing sadhan for one hour every day. In the evening I get some jerks in my backside hips. Today I tried to do another session but had a strong resistance from my mind so I could not force it and finished it after 10 mins.

My response: Very nice, glad to know that you are back into regular practice. Please try and increase the duration of your practice slowly and steadily. Happy to see your progress, please continue with your sadhan same way.

A practitioner: Guruji gave me deeksha day before yesterday. My experience was very beautiful and good. My body is fully charged and energised.

My response: Very nice, kriyas have started for you from the first day itself. I am happy for you. Your mandatory three-day period is over now. You can practice as per your

convenience henceforth. Please continue with your practice same way. If possible, please join in the group meditation every day at 8:00 AM. Otherwise, you are free to practice at any other time as per your convenience.

A practitioner: Pranam guruji, I keep getting into child pose during sadhan. Also, today I saw a big open single eye and a snake sitting in one place and its skin was moving. Of course, other kriyas are continuing as before.

My response: Very nice. That's okay. It's kriya only. Glad to learn about your new kriyas. Vision of the snake during meditation is auspicious for Yoga practitioner. Please continue with your practice same way.

A practitioner: Hello everyone I took Deeksha in last June 2019. I never did regular sadhan, though in the starting for a few days I did. Whenever I got time, I was doing it but all the time my mind was also working so, didn't get any result. Slowly I started taking initiative and tried to do every day. With the regular practice of few days and with the blessings of guru ji finally I have started feeling kriyas like others. All of a sudden from last two days when I sit for Sadhan I feel heaviness in my left part of body from head to shoulder.

My response: Okay, very nice. I am very happy for you. After 10 months kriyas have started manifesting for you. Let's observe more of them over the coming days, but please increase the duration of your practice more. Just continue with your practice same way.

A practitioner: Yesterday I felt pain in my head only in left side. And then I felt pain in the neck and shoulder only on left side. Felt very heavy in left part from head to shoulder only. Today again after some time I started feeling itching in left side of my nose, face and left shoulder. Felt a little heaviness and warmth in the left side from shoulder to left side of the face. Today, I could feel something working at back of my left shoulder. One more thing, today I could saw a high flame clearly for some time.

My response: Okay, very nice. As I said kriyas have

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started for you after several months of sadhan. Now go with full speed ahead. You need to be regular in your sadhan and slowly increase its duration. That's all you need to do.

A practitioner: Hello guruji, since I had my baby and you told me to wait two weeks before starting my practice again. It has been a challenge caring for my two weeks baby and finding a clam peaceful time to meditate, will it be ok if I listen to my mantra via audio?

My response: Please wait till you complete two weeks period. After that you can start doing sadhan again slowly. Till that time please take a complete break. I suggest you don't even listen to the mantra till two weeks are complete because listening to mantra is also considered as sadhan only. It is not advisable for you after child birth. Please don't worry about it. Just relax completely and take care of your new baby.

A practitioner: Pranam guruji. How does a Guru decide who'll carry forward the lineage?

My response: I think it happens as per the destiny, usually serious sadhaks surface in a natural way. Obviously, some among you will be chosen for this sacred task in future. However, there's a catch here, practitioners who are chosen for this sacred duty, need not necessarily be the most advanced spiritually. It will eventually be a sadhan by itself for the practitioners chosen as Gurus, as it is more of a responsibility and additional burden for the practitioners. I hope you got the idea now. Guru *seva* can be done in any manner, not necessarily by carrying forward the lineage. Exactly, it is really very difficult to say how practitioners are chosen. On my part I have left it to the supreme cosmic power itself. After all it's my sadhan also. Actually, my Guru ji His Holiness Swami Sahajanand Tirth, has directed me to write a book also on the science of giving Shaktipat deeksha for the benefit of future Shaktipat Gurus. Obviously, the subject will also cover the aspect of how to pass on the deekhsdhikara or how to choose future Gurus. So, this book needs to address two separate themes; one, on the topic of

giving Shaktipat deeksha and the other on the issue of choosing the future Gurus. Right now, I am involved only in the first part. Therefore, I don't have adequate knowledge to write even the first part of this book. Maybe it will see the light one day by the grace of my Guru ji His Holiness. Hence, I don't have much of an idea regarding your above question pertaining to the second part of the book.

A practitioner: Guruji, why is a two weeks gap after child birth necessary?

My response: She happens to be one of the serious practitioners experiencing kriyas aggressively. When she asked me this question as to whether she can continue with the practice I checked it out with my Guru ji His Holiness. As per His Holiness, a lady's body will not be conducive enough in the immediate aftermath of the child birth. Hence, the reason for giving a gap of two weeks! I request all the affected members to please make a note of this. This is an important direction from His Holiness. I may forget it, that's the reason why I want to place it on record.

A practitioner: Sharing my experiences during sadhan. It lasted for 4 hrs and 40 mins. I experienced a lot of Kriyas mostly bending and subtler rotations. I also heard some noises. My back started to pain and I felt little restless. Then there was constant brightness everywhere. It was giving me all the energy to sit in sadhan. My back pain vanished and I was able to sit without moving, till I finished my sadhan. My throat felt continuously wet. Felt some waves on Crown Chakra.

My response: Very nice, throat getting wet is supposed to be a good kriya. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Pranam Gurudev. Why is there always a lot of water in mouth during sadhan?

My response: It's a type of kriya only, it happens not only during sadhan but also continuously round the clock when it starts. Usually the process goes on for one or two days sometimes and then stops. Again it may start

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intermittently after several days or weeks. The flavour of the water generating inside the mouth is also slightly different from the usual phlegm. Little bit of sweetness can be felt.

A practitioner: Yeah. It's sweet in taste and not that normal oral saliva!

A practitioner: Pranam guruji. I get different dreams since you've blessed me with Shaktipat Deeksha. See new faces, animals, scenes etc. Yesterday night I saw some very colourful, small, beautiful birds, I was talking to the birds in human language and they were replying too. It was amazing!

My response: Excellent, it must have been a beautiful dream. However, please remember that karmas are neither created nor destroyed during the dream state. They just give an indication of your accumulated karmas from the past lives. Please continue with your practice regularly. You might experience much more strange dreams in future. This is the result of the churning effect on your subconscious mind after Shaktipat initiation.

A practitioner: Sharing my experiences during last night's sadhan. First hour experienced Kriyas of mostly bending. Then the radiant bright orange light appeared and lit my whole room. My whole focus shifted on the radiance between the eyebrows. Felt alternate numbness and pain in both the ears. I experienced sometimes subtler and sometimes heavy rotations, swinging, bending of body and neck and currents passing through my neck. Pains felt on stomach and navel region. Flashes of bluish green light appeared on the left eye. At times felt my palms becoming very big. Felt high energy all over me under the brilliant radiance. Did not feel like finishing my sadhan even after 5 hrs.

My response: Excellent, I am very happy to see your progress. Five hours of meditation is really good. It will result in burning down of your karmas very rapidly. There's nothing else for you to do other than continuing with your practice same way.

A practitioner: First Experience of its kind. It lasted for 40 mins. During meditation I felt the following physical

experiences;

My Head was heavy. Ajna Chakra and palms were receiving energy. In the first session head was very heavy. I was feeling all the Gurus around me and I was receiving energy from entire head, Ajna Chakra, and palms of my hands. Second time it was not that heavy. Second time it was pretty smooth experience during the session. I offered the prayers to all Gurus before starting and requested to help me during the session and once I was about to complete the session. Only once I remembered my loved one and once I remembered about money. Both these were just like passing references. Both these thoughts drifted away in a blink of a second. I could concentrate on your face and mantra. In between, few thoughts might have come but I don't remember them. They were just passing by and I was watching them, focusing on your face and mantra. Sometimes the mantra went into the background. At this time I think my breathing pattern was synchronize with mantra. No feelings of fear were there. After completion of sadhan, I was feeling calm and composed.

My response: Okay, very nice. I am very happy for you. Let's observe more of them over the coming days. Please continue with your practice same way tomorrow also.

A practitioner: Guru Ji, I mentioned before about experiencing the wobbling of my whole body when I sit. I feel the Chakras spin and I also now feel the Shakti energy rising through my body. For the past month, each time I sit my head has been wobbling and it seems to always be pushed back now. I sit like this for some time. Is this still a variation of normal for me to be sitting with my head pushed back? It's probably been happening now for about a month so far. The last month I have also been able to sit everyday whereas earlier the regularity was getting broken.

My response: Hi, glad to hear from you. I am very happy to know that your practice is going on quite regularly. There's nothing to worry about your head wobbling and getting pushed back. It may go for some more sometime. That's part

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of the kriyas only. Just continue with your practice same way. Please try and increase the duration of your practice and also do it regularly. Please take care of yourself from the Corona virus. I am hearing a lot of news about its spread in Britain.

A practitioner: Ok no problems, thanks Guruji. So kriyas can last any duration before they exhaust or is this just a new style of sadhan I will have to get used to and just go with it? I keep head back for some time then bring it up, then it revolts again and goes back. I feel maybe my mind is not settled enough so maybe the divine energy is coming through the throat Chakra and missing the ones in my head maybe.

My response: Kriyas can last any duration. That's all about it. However, please be careful and don't injure your neck when the head is getting pushed back.

A practitioner: Good Evening all Atman. Thanks to Guruji he was kind enough to send me all details and formalities for Shaktipat were explained to me nicely yesterday. As decided today morning at 7.30 AM I was ready for Shaktipat. At 7.50 AM Guruji gave me the Mantra for chanting. I started chanting at 8.15 AM. I was chanting and experiencing the energy in body. I experienced the energy travelling up to Heart Chakra, then I felt like I was having high fever in body and then I went into trance of Happiness up to 12.30 PM. Anand in body and soul.

My response: Excellent, I am very happy for you. It seems kriyas are showing up signs of manifestation. Let us observe more of them over the next two days. Please continue with your practice same way tomorrow also. You can start exactly at 8:00 AM.

Disciple 1: Hi, good evening everyone. I am continuously doing Meditation and Pranayam daily. I always focus on each 7 Chakra. I felt a lot of energy revolving around me. There was a sudden shock like feeling in my body towards my shoulders. Guruji told me that it may be sudden sensation of Kriya, but I felt these types of sudden shocks in my dream. As if somebody was pushing me from inside with external invisible force of action. I gained some experience that within

one full breath (Inhale and Exhale) I can focus upon all my seven consecutive Chakras. When I finished my meditation, I observed mostly that my soul is connecting with some Super Soul. I always felt my energy is meeting with Supreme energy through the Sahastrar Chakra. At this point, I do feel extreme happiness and harmony. My brain totally relaxed with this continuous action.

Disciple 2: I focus on each Chakra too but I've not yet focused on all together. Just the ones that I notice to be spinning tend to take away my attention. I may try this.

My response: Very nice, glad to see your progress. However, please remember that you don't have to focus on any Chakras or breathe intake during meditation. It's not meditation which you are supposed to do here. It is called sadhan, TO DO NOTHING. Therefore, after offering your respects to the Gurus just focus your mind only on the mantra given to you and your Guru. If kriyas manifest and your mind gets diverted then keep observing the kriyas like a silent spectator. That's it. Please don't try to do anything else. It is not required at all. Whatever has to happen in your body will now happen in an automatic mode and not by your efforts. You will only slow down the awakened kundalini energy if you try to focus your mind on unnecessary things like; Chakras etc. Just surrender yourself completely and keep observing the kriyas.

A practitioner: Guruji, how and when would I be able to do sadhan? I feel that if I am doing meditation then sadhan will develop automatically. I guess so!

My response: It seems you are getting confused please. There's nothing known as meditation in our path. You only sit in meditation but you don't do meditation. What you are supposed to do is, TO DO NOTHING when the kriyas start. For the kriyas to start please focus your mind on your Guru and start chanting the mantra. Once kriyas begin the mantra chanting will come to a halt automatically and you will not be able to focus on your Guru also. Therefore, please don't get confused between meditation and sadhan.

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Meditation is a totally different path otherwise you will not make any progress on any path. Just focus your mind only on your Guru and the mantra given to you and nothing else. Otherwise you will be wasting your time, rest it is all up to you. I hope you have understood my above message. You are still getting confused. There's no need to think much about this. Just follow what was told to you and of course surrender yourself completely to the God or Guru or the cosmic energy. That's the trick.

A practitioner: Pranam gurudev, I need your guidance and blessings please. Since the lockdown I have been consciously working on increasing the sadhan time and from 5-6 hours each day in 4 sessions for the last 1 week I have been able to get to 7 hours each day with 3 sessions. Session 1 of 5 hours - 4:30 am to 9:30 am, session 2 and 3 are 1- 1.5 hours each in afternoon and evening. I need your support and guidance to fine tune the first session of 5 hours and I have observed the following:-

1) 5 hours session - kriyas were happening throughout the session but have become much softer or smoother, no sudden jerks etc., is it okay or I need to break the session into 2 of 2.5 hours each?

2) I do get into yog nidra almost on all 5 occasions varying between 40 mins to 1.5 hours is it okay or how to reduce this?

3) I could start earlier as I initially started my sadhan at 3:40 am but delayed it. I now take a bath and then start my session at 4:30 am.

4) Mind is a lot calmer, but I still do not get calm enough to lose track of time or to go into shoonya. Any guidance on this would greatly help.

5) Please let me know if I am overdoing or rushing things, as I am trying to take advantage of the lockdown situation. I am also not impacting my family life adversely as my sessions end before family's day starts.

My response: Very nice. I am very happy to see your

progress. Please continue with your practice same way. There's no need to entertain any doubts regarding the kriyas. Obviously kriyas will not manifest in the same way always. Sometimes they are aggressive and sometimes they are very mild, but the most important thing is not to do sadhan forcefully. It all depends upon you. You are the best judge. If you feel like stopping it then please do so. Don't try to stretch it forcefully. I have been telling some of the practitioners to increase the duration of their practice. I have observed that it's not adequate for them. The advice to stretch out the duration of practice is meant for lethargic type practitioners including myself, but you don't have to follow it. Next, please don't try to stop the sadhan forcefully. You need to strike that fine balance yourself. Regarding splitting the sadhan into several sessions there's no fixed rule. You can do it as per your convenience. In a nutshell please feel free. Don't be lethargic and don't forcefully do it. I hope you got the idea now.

A practitioner: Today's Experience. Session lasted for 40 mins, the same like yesterday. I started sadhan with the prayers to gurus. It was cool and calm session. Energy was coming into my body on Ajna Chakra and palms. Today various visuals of people were passing through. It was like sitting at window seat of the moving train and the visuals were just passing by. All the visuals were seen from my Ajna Chakra. During the entire session my concentration was on my Ajna Chakra. Feeling of left palm was not there. Body was coming down / bending in the front side twice. I heard a specific sound like the one we get to hear when we bang one iron rod on another long iron rod. It was like strong humming type sound. Further today heard the conch and bell sounds used in daily pooja. These sounds were coming from a long distance. Maybe in some neighbouring flat someone might have been doing pooja. But besides these two sounds, I felt / heard no other sound from outside. Mantra was in my breathing and whenever I thought of it, it came in the mind. Random thoughts came on relationships. It was hardly one or

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two, but those were just passing thoughts. Overall experience was cool and calm. Session completed with the prayers to gurus.

My response: Okay, very nice. Glad to know about your today's experiences. They are kriyas only. Let's observe more of them over the coming days. Please continue with your practice same way tomorrow also at the same time.

A practitioner: Gurudev Pranam, with your grace and guidance I was able to improve today's sadhan which last for 5 hours from 4:30 am to 9:30 am. During this duration I sat in 2 new asanas which I don't use to sit for sadhan but it greatly helped. Session was peaceful, kriyas kept happening throughout the session and I did not go into yoga nidra today. I had very pleasant vibrations in central spinal column. My head was buzzing for some time, bouts of headache, pain in navel area and vision of bright light with a black big dot in the middle like a Black Sun. Overall very satisfying.

My response: Excellent, I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Day 02. Good experience today. Session lasted for 45 mins, the same like yesterday. I started sadhan with the Prayers to Gurus. It was an awakened session. Energy was coming into my body felt heat and sensation at Manipur Chakra and heat was felt in both feet. Today various visuals of people were passing through. It was like a strong humming type sound. Further today heard that someone was calling me. These sounds were coming from a long distance. Maybe in some neighbouring temple someone might be doing Pooja. But besides these two sounds, I felt / heard no other sounds from outside. Mantra was in my breathing and whenever I thought of it, it came in the mind. Then I went into a trance like sleep. Random thoughts came of son and daughter. It was hardly one or two, but those were just passing thoughts. Overall experience was good. Session completed with the prayers to gurus.

My response: Okay, very nice. Glad to know about your today's experiences. They are kriyas only. Let's observe more

of them over the coming days. Please continue with your practice same way tomorrow also at the same time.

A practitioner: Sharing my last night experiences during sadhan. I experienced kriyas of bending for nearly 30 mins. After that I had visions of bright light. Sometimes the light was becoming really bright. Experienced lots of kriyas in my stomach area! I am having severe cluster headache on right side of my head and felt heavy pressures in my right ear. Head feels unusually heavy. In between felt very cold. The whole time I felt very restless. Lot of kriyas experiencing on my digestive system! I feel it's overactive. Unusual bowel movements experienced for whole day. In the mid afternoon I had severe cluster headache. I took a nap at 6:00 pm. My head feels shaky. After 3.5 hrs, I stopped my sadhan. Even today I have persistent headache and uneasiness.

My response: Okay. I suggest you please take a break for a day or two. It seems kriyas are becoming little aggressive. Let them subside a little. Please divert your mind on to normal worldly activities. Later you can resume your sadhan once again. Please remember that sadhan is not supposed to be done forcefully in our path.

A practitioner: Day 03. Session started at 8.00 AM and lasted 49 mins. I started with the prayers to Gurijis. In the first instance of closure of my eyes, spinning started from corners of my eyes and settled at Ajna Chakra. From that a spinning King Cobra arose as soon as I chanted the mantra for the first time. This happened for a fraction of a second. Say in 5-10 seconds. It didn't do anything except looking at me. It was a big Cobra in length but not the angry or scary one. It was looking here and there beside me as if it was looking out for something. Both of us were seated face to face. After that, someone threw lots of snakes from behind the Cobra who was in front of me. All those snakes went from my side. The first King Cobra was still there seated in its coiled position very cool and calm. As if it knew that lots of snakes are going to come today and looking at me through its eyes. Even I was looking at its eyes. It was not at all scary

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for me. I think it was there to protect me. After this incident, I directly found myself on a road of Singapore. Here, one lady on a scooter stopped by me with the intention to give me lift. She asked through questioning eyes, I just said Olympia. She nodded and I sat on her scooter. Within a few seconds of ride, she dropped me and zoomed out even before I could thank her. I don't know Olympia, whether it is the name of a building / mall or area. I had been to Singapore twice. I will see whether I have been to this place called Olympia. Again, I was back on Ajna Chakra where King Cobra was still in the same position as earlier. This time I found it smiling and again seemed protective towards me. I couldn't maintain a straight seating posture of the body for most of the time today. For the entire session I was bending forward, except only for 5 to 10 mins. Do not remember exact duration though. I called upon all the Gurus in between, as the forward bending was with some pressure. In the beginning, it was bearable, but at one point I thought of ending the session. Once the Gurus were there around me, I was able to sit a bit straight. After visits of Gurus, I could hear the sound of pooja bell and thereafter Shankh sound from the neighbour's home. I don't know from whose house it came. Thereafter, I heard the sound of night insects. It was a mixed sound of chirping / humming which we can hear in the dark night in the forest. It was night time. Remembered my girlfriend once, may be for a few seconds, which was also a passing thought and saw a glimpse of her. It was a soothing thought and was not a distracting thought. Entire time mantra couldn't be chanted easily in the mind. Today the mantra was not even synchronized with my breathing. As the bending was much, thought of ending the session. Prayed to all the Gurus and came out of meditation.

My response: Okay, Excellent, It seems kriyas are happening for you regularly now. I am very happy for you. You need to just continue with your practice same way. Your mandatory three day period is over now and you can practice as per your convenience henceforth. I suggest please delink

the breathing and mantra chanting, because in our path, a mantra is meant to be a vessel for conveying the cosmic energy during Shaktipat. It will as such come to a halt at some stage on its own. That means you will not be chanting the mantra forever. Hence there is no need to synchronize it like it is done in independent Yoga systems. All members are also requested to make a note of it. If you are trying to synchronize it there's nothing wrong technically. But it's not required in our path.

A practitioner: Guruvugaru Pranam, in this lockdown period I have increased my sadhan duration from 40 mins to 90 mins. I have energy flow in my arms and third eye. I had vision of white and other colours. My main difficulty during sadhan is the numbness I get in my right leg. Due to that 3-4 times I am stretching my leg. Is this numbness also kriya? How to overcome this problem, so that I can increase my sadhan duration? Please advise me.

My response: Very nice. Glad to see your progress. Numbness in the leg is due to normal reasons. Usually happens during meditation. Just try and adjust your legs. Normally happens due to some nerve getting pressed etc. Please don't worry about it too much. In any case you can always stretch your legs and change their position. But please don't try to sit in the same position forcefully.

A practitioner: I am from Guruvayur, Kerala. I got my initiation through Shaktipat from Guruji today. It was a different experience. My body started moving during the initiation and I could experience vibrations in my forehead and the base of my spine. I also had one or two visions (which I don't remember). I still can feel those vibrations. I think kriya has started manifesting in me already.

My response: Okay, very nice. I am happy to see your experiences. Let us observe more of them over the next two days. Please continue with your practice same way tomorrow also.

A practitioner: Hello Friends, this is Ankit from Mumbai. Today I am very obliged by Guruji to take me onto the path

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of Moksha. I was searching for the awakening part last 3 to 4 years but unable to find the right channel. Fortunately, I connected with Guruji. Today I took Shatipat from Guruji and was feeling vibrations in my spine. I was feeling kriya as if some cold air was there on my spine.

My response: Okay, very nice. I am happy to know your experiences. Let us observe more of them over the next two days. Please continue with your practice same way tomorrow also.

A practitioner: Day 03. Session started at 08.00 am and lasted for 50 mins. I started with the prayers to Gurujis. At the first instance of closure of my eyes, my head started spinning. I could not maintain straight seating posture of the body for most of the time today. Entire session I was lying down in shavasana. I was in Sukhasan for around 5 to 10 mins. I do not remember exact time, but I was chanting upto 9.15 am. At the thought of ending the session, I prayed all the Gurus and came out of meditation. I was in a trance uptill 10.30 am. I am feeling very calm and peaceful.

My response: Okay, very nice. Another practitioner also reported that he was lying in the corpse posture today during sadhan. Practicing this particular asana or any other asanas or mudra for that matter during sadhan is also kriya only. But we need to observe more of it over the coming days. Your mandatory three day period is over now. You can practice as per your convenience henceforth. Lastly loosing the idea of time or getting into trance like state is a very good kriya. But that we need to observe it more. I am happy for you.

A practitioner: Pranam Gurudeva, today was the longest day of my sadhan 2 hours and 5 mins. Today, I want to do my sadhan around 4.00 pm. I sat on a sofa. All of a sudden, at 11.40 pm, I started my sadhan without any back support. It lasted till 1.45 pm that too till my wife awakened me from it as she was filling drinking water from ground floor. During my sadhan, today I felt energy in my hands, forehead. I experienced internal transformation. It is showing the path towards oneness.

My response: Very nice. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Sharing my last night experiences in sadhan. It lasted 4.5 hrs. I experienced kriyas of bending and internal rotations. Lot of currents passing through heart, neck, shoulders, hands, legs and palms. I felt pain on my left hand and ears. I got the smell of Eucalyptus. After that my whole head felt very cool and then my whole body became very cool. Vision of constant bright light for the rest of sadhan was there. Heavy vibrations all over the body and couple of flashes of white light also appeared. At one point there was a sudden flash of white light over my Crown Chakra.

My response: Excellent, I am very happy to know that you have not felt any discomfort today. It is good that you have taken a break for the last two days. Now you can continue with your practice.

A practitioner: Gurudev Pranam. I'm doing regular sadhan and kriyas are manifesting regularly. I am experiencing new vibrations on my lower part of my eye and ear. I had a strange experience today around 4:00 am; I felt the presence of someone in my room. I was about to wake up from my sleep suddenly someone touched my ankle. I could not understand what to do. I opened my eyes and found no one.

My response: There's nothing unique about it. If you had been following the experiences of our practitioners a few of them had similar type of kriyas. There's nothing to worry. They are happening for cleaning of your karmas only. Just be brave. If you are thinking about any spirits or demons please don't worry about it at all. After Shaktipat a practitioner is protected by the awakened kundalini energy provided sadhan is going on regularly. That's all you need to do. I understood it must have been a little scary kriya for you. But such kriyas are also necessary for you. That's how your fear related karmas will get cleaned up. You need to simply endure it like any other uncomfortable kriyas.

A practitioner: I experienced flashes of light and different

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colours during my meditation today. Are these kriyas Guruji?

My response: Could be. But let's observe more of them over the coming days.

A practitioner: Guruji, Please guide me on this. During sadhan I do day-dreaming. Flow of thoughts is natural and acceptable in sadhan but day dreaming is something like giving a forced direction to a random thought. Does it get classified as kriya? If not what can be done about it? Because, I notice that, in my case, most of the time I spend doing sadhan is consumed by these day dreaming thoughts. So, I feel confused as to how sitting in sadhan makes it any different than sitting idle which I do most of the time?

My response: There's a thin line between a natural thought arising in your mind and giving a forced direction to a thought. The former is obviously a kriya and the later will be a fresh karma. But there's nothing to worry about it because they are relatively easier to clear later on. It is understandable that whenever a natural thought arises in your mind it leads to a sequence of various thoughts. These sequences are also kriyas only in a way. But please remember that if they are also naturally arising as a consequence of the first thought then they are happening to clean up your karmas. But if you happen to deliberately try to think about something with an aim to clean up your karmas, pertaining to that subject then it will become a fresh karma. Just remember the thumb rule that you can't fool the all knowing cosmic energy. As long as you don't have any intention of fooling the cosmic energy, there's nothing to worry about. Sometimes practitioners get too passionate about the thoughts. Please don't worry about it too much. They are relatively easier to clear later, even if they happen to get accumulated as karmas. But please don't try to fool the supreme cosmic power. That's all that you need to understand. Giving forced direction to a thought needs to be understood from the above perspective. I hope you are clear now.

A practitioner: It is quite clear, but the problem the mind is difficult to control. Intellectually we can understand the

above concept but in action it is very difficult to understand what is going on in one's mind. We can only pray to you and Guru Parampara for help.

My response: Yes, I agree with you. That's why I said that, there's a very thin line between karma and a kriya. It is difficult to figure when a natural thought slips into a passionate thought or you give it a forced direction. But, there's no need to worry about it. Even if it gets accumulated as fresh karma it is relatively easier to clear later on. Therefore, there's no need to bother about it. Please understand that the more subtle a kriya the more it becomes prone to get accumulated as a fresh karma. In fact there are other types of kriyas related to erosion of egoism which are more difficult to understand. For example, a practitioner undergoes some kind of public humiliation as part of the kriyas. In such a case the unpleasant experience is more likely to get accumulated as karma. It is understandable that practitioners may not be able to exercise adequate dispassion while undergoing such experiences. But there's nothing to worry about it too much. As I have been saying repeatedly earlier such fresh karmas are cleaned up easily later on. Please apply this thumb rule to various types of thoughts and emotions which arise during sadhan. Just don't bother about them. Be brave and continue with your practice during such moments.

A practitioner: 02.May.2020, Day 05 Pranam Guruji, Today's session lasted for 30-35 mins. Started and ended with prayers to Gurujis. I couldn't concentrate totally. Thoughts about my lover kept bothering me. Need your help. First three days were going great. Yesterday and today, both these days are not up to the mark. I could not even achieve the basic concentration. How to overcome this? What am I doing wrong?

If we could talk on this today, it will be of great help to me.

My response: Just now I have answered a query about thoughts arising during the sadhan. Please read it. Also please

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read the compiled questions and answers pdf which I shared with you earlier. That book will answer lot of your questions. In our path we are not doing meditation. It is called sadhan. Whatever kriya happens in your body or mind is no longer under your control. However, if you happen to get too passionate about it then the kriyas will become fresh karmas. Same is the case with you also. Just remember this much. Otherwise thoughts arising in your mind are kriyas only. The more they arise, the more of your karmas get cleaned up. Please don't worry that you are not able to enjoy blissful meditation yet. That means you are deliberately trying to seek pleasurable kriyas. What you must bother about is to free yourself from the accumulated karmas or sensual impressions. Whether they are pleasant or unpleasant should not matter. Just allow them to arise in your mind. Slowly they start dying down. That's the essence of sadhan. I hope you understand it now.

A practitioner: Pranam Guruji. Today was the 3rd day of my Deeksha. I did best dhyan as compared to yesterday. I meditated from 8:00 am to 9:30 am. Today I was feeling the same cold air in the back and sensation in the anus. After that I felt strong connect in meditation like my body becoming more intact. It was like my body was being held by someone so that I couldn't move also. Same thing I felt earlier also. Still I am facing sensation in back and my wrist and hand are paining mildly. I am still experiencing sensations in my body.

My response: Very nice. It seems kriyas are showing up. Let's observe more of them over the coming days. Please continue with your practice same way. Your mandatory three day period is over now. You can practice as per your convenience henceforth.

A practitioner: Guruji, I have been trying to focus on your image while doing sadhan but I am seeing a lot of other visions and images. Do I have to re-focus on your image or just go with the flow?

My response: Initially focus your mind on your Guru's image. Thereafter, if you are seeing other visions then let it be

so. Just keep observing those visions as a silent spectator. Those visions are kriyas only. You don't have to re-focus your mind on your Guru. Just go with the flow.

A practitioner: Sharing my last night experience during sadhan. It lasted for about 4 hrs. I experienced kriyas of neck and body bending and my head was touching the floor. Appearance of bright light lit the whole room and remained till the end of sadhan. I had visions of flashes of white light and felt once like the whole room was lit with white light. Felt shooting pains in stomach and shoulder regions. At one point a beam of white light appeared moving from right to left. Felt back pain, pressures in ear and cramps on my right leg. I experienced currents passing through my heart and right hand.

My response: Excellent, I am very happy to see your sadhan going on regularly. Please be careful about the aggressive kriyas. If you feel uncomfortable at any stage please don't shy away from stopping the sadhan temporarily. Glad to see that your practice is going well beyond 4 hours duration.

A practitioner: Today during the sadhan, though it was very short I experienced many visions and vibrations in my body. I almost felt like I was talking to someone during the sadhan.

My response: That's okay. It's kriya only. You might have many more of such kriyas in future also. I am very happy to see your progress. But please try and increase the duration of your practice. 20 mins is very less.

A practitioner: Guruji, is our path jyana Yoga or karma Yoga?

My response: Ours is not an independent Yoga system. However, all Yoga systems culminate into our path after the awakening of kundalini energy in a practitioner. That's why our path is called maha Yoga or the grand path. This is not meant for every one like other independent Yoga systems. It is meant for those who have already reached a certain stage in their spiritual evolution, either in their past life or the current

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life. Usually those persons are destined to come on to our path. It happens automatically as per the destiny. That's why our path is more of a stage in the spiritual evolution rather than an independent Yoga system. In our path everything that is applicable to independent Yoga systems like Ashtanga Yoga or Raja Yoga, Bhakthi Yoga, Karma Yoga and also Jnana Yoga is equally important and applicable. The only catch is that a practitioner doesn't need to put in any voluntary effort. Everything is naturally happening provided the practitioner does nothing. Therefore, to remain in this state of a silent spectator and not do anything a practitioner needs to sit in meditative posture. That's why I said that sitting for sadhan is more of a formality than the technical requirement. After a practitioner reaches certain levels then every moment of life whether during sadhan or otherwise becomes sadhan only. I am surprised that you still have this doubt. I have elaborated on this in my book also. Lastly just remember that our path is akin to graduating from high school to college. Obviously all that is learned at the school will no longer be relevant but yet some of the knowledge is certainly applicable. Same is the case here. I hope your doubt is clear now.

A practitioner: Guruji, when the mind is uneasy or at unrest then sitting in sadhan to calm it will amount to fresh karma? What should one do calm a tensed mind?

My response: Forcefully doing sadhan amounts to fresh karma only since it will be ego based. Next, regarding calming the mind it will only happen naturally as your karmas are cleaned. Otherwise please try and focus on your Guru and exercise full self surrender. That's the best way to calm your mind although only temporarily.

A practitioner: Pranam Guruji, today morning at 2am I got strong urge of doing meditation. Automatically I sat for meditation from 2:00 am to 5:00 am I did sadhan. Today I felt something moving from my back to neck. Then something was moving in the head and my head become bit heavy. After some time it became light. Today I am feeling

happy for everything.

My response: Excellent, I am very happy to see you practicing for three hours, that too at an odd time. Just continue with your practice same way. Kriyas are happening for you regularly now. Just go ahead with full speed and do your sadhan.

A practitioner: Guruji Pranam. Can you explain the practical way of self surrender? However much I try, invariably I and mine take dominance. So how exactly can surrender happen?

My response: It arises by constant practice. Always focus your mind on your Guru's image. It is one and the same as focusing on the awakened kundalini energy. Since the supreme cosmic power has no form it is easier to visualize it in the form of Guru's image. Since the energy radiates from the physical body of the Guru during Shaktipat deeksha and enters the body of the person receiving Shaktipat. The thought of Guru, results in the invocation of the cosmic power itself. Therefore, either always, or as many times as possible in a day, focus your mind on your Guru's image! This will start developing as a habit in your mind. This further starts removing the idea of I-ness in a practitioner, whenever any karma is done or a kriya is experienced. It takes obviously some kind of sincerity on the part of the practitioner. Please remember that a person can't fake self surrender. One needs to be truthful in the heart. Question yourself in the depth of your heart as to how sincere you are. You will find the answer for yourself. That is what is meant by going inward as opposed to going outward into the materialistic world. Please don't worry if you are not able to exercise perfect self surrender. The problem is there for everyone including myself. As long as we live in our human bodies it's not possible to exercise perfect self surrender. In a perfect state of self surrender we cease to exist in human body. Therefore, please don't get too disturbed about your imperfections. Just do whatever you can sincerely from the depths of your heart. The supreme cosmic power which is

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conscious will take care of the rest. It will start guiding you onto the correct path.

A practitioner: 3rd May 2020. Day 06. Namskar Guruji, my sadhan lasted for 40 Mins only. Started and ended with prayers to Gurus. Today after prayer immediately sensation started at Third Eye. Initially for some time, there were shadows of many people running in front of me. I couldn't recognise any of them as who where they? Who were they? Then I was deep inside where I couldn't feel my body / breathing. I was very light and in a happy mood. This feeling lasted for majority of the time. Lastly, I could see my lover laughing and in happy mood as she could go out of the house. She stays in Pune. She went to two of our common friends' house. First is Atul where she was offered something to drink. She clicked her pictures. Then she went to the second friend, Rajesh's house to pick up some bakery products. She was happy there too. I found her chatting with Rajesh and his family, but could not see others in my vision. Till this point I was in happy mood also. And I could visualise the entire thing. Lastly, I could hear the pooja bells in nearby house. And my eyes became wet. I was returning back to my body. Prayed the Gurus and completed my sadhan. Before completion of sadhan, I just said to Gurus that I am now surrendering myself to you and my eyes became wet.

My Questions:

As of now my lover is in my common friend's house only. I knew about her schedule since yesterday night. She went at 10.50 am and I started sadhan at 11.30 am. I am very possessive about her. The images of my lover that I see in the session, do they destroy my karma or build new karma? I could not see any of my other two friends or their family members in the house. I could only see my lover's happy and laughing face. How do I interpret this? Her schedule was not decided to whose place she is going first. I imagined her to be visiting Atul's place first and then to Rajesh's place. At Rajesh place I could see the bakery van also, but could not see

anything else. Are these my thoughts? Am I creating new karma? Is it my intuition? Am I doing visualisation? Though I am very possessive about my lover, I am feeling very calm as of now. Otherwise I am very much anxious waiting for her. As of now I have no worries or anxiety about her. Images of my lover keep popping up in every session of my sadhan. Am I thinking too much about her? Please help me to resolve this. My sadhan is lasting for 40 / 50 mins or so. Before Deeksha it used to be for more time. Sometimes it lasted for two hours also. But it was all about sitting calm and observing the breath and thoughts. What is the reason and how can I improve my duration of sadhan? Sorry Guruji to keep you bothering with my questions, but I don't have anyone except you to talk.

My response: It is like this. Whatever you are experiencing during your sadhan are basically kriyas. Sensual impressions accumulated in your subconscious mind are getting cleaned up. That's the bottom line. Please understand that after Shaktipat deeksha your subconscious mind is subjected to some sort of churning effect. As a result, all your thoughts, emotions and feelings etc. start rushing out. That's the reason for your visions and thoughts being flashed in your mind. You might experience them even during dream state also. This is the beginning of cleaning of your karmas. This will go on for a few days or weeks. But everything is happening for your good. To calm your mind soon you will start getting a totally different insight. Your mind is bound to undergo the transformation. It will happen more rapidly if you practice more and exercise self surrender. It will bring you peace and happiness. Externally things may or may not change as you desire currently. But peace and happiness are assured for you provided you practice regularly. What else you want? Rest everything else described by you are irrelevant. However, you coming to know of your lover's movements etc are also obviously part of the kriyas only. Because, your subconscious mind needs to get churned out. That's the reason why your lover and friends are acting as a

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medium for you. Please don't worry about it at all. Everything is happening perfectly normal for you. I am in fact very happy to see your progress. Please don't bother about the duration of your sadhan at this stage. It has been only a few days since you have taken Shaktipat deeksha. Slowly it will increase on its own.

A practitioner: Sharing last night my experiences in sadhan. I experienced sweating initially. Then there appeared a brilliant radiance lighting my entire room. I felt heavy vibrations all over the body. Couple of times, I had visions of massive yellow light, it appeared and vanished. It was almost the size of my room. Felt kind of lightning strike my heart and right shoulder. I experienced fast rotations, swinging and bending. Throughout the sadhan I experienced a very unusual phenomenon, of no saliva being produced in my mouth. But my mouth and throat never felt dry or thirsty. I felt heavy pressure from neck up to Crown Chakra as if some heavy stuff was put on my head. I was unable to move my head or neck. I felt no fear or tiredness even after 5 hrs of sadhan. When I checked the time, it was already past 1:00 am local time here.

My response: Excellent, I am very happy to see your progress. Please continue with your practice same way. Kriyas are happening well. There's nothing to worry about them.

A practitioner: Dear Guruji, due to work pressure I am able to spend very less time for sadhan. But yesterday I sat in sadhan for 90 mins. During the initial 15-20 mins there were miscellaneous thoughts but gradually there was calm and silence all around. I was unaware of my surroundings but could feel a cool air circulating around me and left me. Every time I do sadhan I feel very happy.

My response: Okay, very nice. It is kriya only. No need to worry about it. I am happy to see your progress. Please continue with your practice same way.

A practitioner: Pranam guruji and order of Shaktipat brotherhood. I experienced a very powerful kriya yesterday. While on a nature my heart suddenly became full of my

mother's love. It was as if she was speaking to me from inside my heart. I burst into tears as she asked me whether she had been a good mother and why I don't visit her. Then she saw the chains that were binding my soul to darkness and she wept for me. And she understood my sacrifice. She tried to break the chains with her hands. My heart was so full of love for her. I was so overcome with emotion I had to take a knee and just cry. I thought she had passed away and was saying good bye. I am overcome with emotion again as I write these words. Such powerful emotions! Wow. Peace.

My response: Okay, very nice. These are basically emotion related kriyas. They are happening for cleaning of your karmas or the accumulated sensual impressions pertaining to your attachment to your mother etc. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Pranam Guruji. I experienced that I have no more thoughts or anxiety in my mind today. I felt that there was only a small flame replacing my whole body.

My response: Okay, very nice. Please continue with your practice same way.

A practitioner: Sharing my experiences during sadhan. It lasted for 4 hrs and 15 mins. Mostly I experienced kriyas of bending, swinging and subtler rotations and some bigger jerks. Felt extremely cold. I had a couple of visions of massive light appeared in that brightness. My back felt very restless. Can I use a pillow to support my back? Please guide.

My response: It is advisable not to take any support with a pillow because spine will not be free and straight when you do sadhan with a pillow support. The simple thumb rule to be kept in mind is to keep the spine straight preferably suspended freely. You can lie down on your bed and do sadhan also. But the same rule applies. The flow of energy takes place along the spine while you are in sadhan. Especially in your case you have been experiencing this flow of energy very intensely. Therefore, I suggest you please avoid taking any support. I am very happy to see your progress.

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A practitioner: Guruji, I have a question. If everything happens by Divine free will then why does He make us do negative Karma? Does he make us do or we do it ourselves?

My response: There is no negative karma or positive karma in the eyes of the God. It exists only in the human understanding. It's akin to various other opposites like heat and cold. Do you really think God feels cold or heat? Or does he know the difference between bitter and sweet? Therefore, your above question needs to be understood in a comprehensive way and not in isolation. In any case human intellect or the rational thinking faculty has pathetically very limited capabilities. Please don't rely on that. Rather surrender yourself completely if you wish to seek the true knowledge. Surrender involves body, mind and intellect and not simply your body or mind. Unfortunately, most people do it with their body by folding their hands or kneeling down in front of the altar. A few smart people do it with their mind also in addition to their body. They think that they can outsmart the God by using their brilliant intellect. However, if you surrender your intellect itself to the God then you wouldn't have asked the above question. Because the above question is within the realm of intellect tinged with egoism. I hope you understand the concept now.

A practitioner: If total surrender means accepting EVERYTHING that God gives you then if He doesn't want you to have mukti, should I accept that also? Does it mean I will have to wait thousands of lifetimes for God to feel that this is the right time for my mukti?

My response: Just freeze your mind. Just still your mind. Just surrender your mind. Including the intellect, that's all you need to do. Just do it by hook or crook. After Shaktipat, it is done by the awakened kundalini energy in any case. You enter into a state of bliss when your mind is still. You will be out of the dimension of your intellect when your mind is in a state of thoughtlessness. What happens from thereafter is not known. Even all the ancient texts have remained silent after that. No great sage or Guru has ever come back to tell the

story. All Yoga systems, tantric methods, philosophies, religions and if there is anything else all aim to reach the state of thoughtlessness. Nothing beyond since nothing is known that is beyond intellect. Who is God? Where is God? You are that very God. Therefore, where's the question of God granting you moksha or not granting you moksha? All your above questions have meaning only as long as you are in a state of dualism. Thinking that God is a separate Gentleman and YOU are different. That dualism arises in your intellect due to the co-location of your egoism in the same sheath. That's why I was mentioning that you need to surrender yourself completely. Surrender also your intellect before you start comprehending the true nature of divine. In a nutshell you can't understand the God with your intellect. I hope the concept is clear now.

A practitioner: But Guruji, I have heard that for many sages it had taken more than one life for attaining liberation. Even in some cases if a person has been given Shaktipat initiation by their Guru in their past lives; the same person when he or she is reborn will not know anything about their past life. They are likely to commit many sins before being initiated by the Guru. So, the person has to suffer the karma of that life too right? Why doesn't the Divine make all this happen in a single life? So, that the person is at least spared of the karma of his / her future life / lives?

My response: Yes, what you heard is right. After Shaktipat it usually takes more than at least one lifetime for attaining the state of samadhi or thoughtless state. But I repeat again only to reach the state of samadhi and not moksha. However, it is also said that the Yoga system can get fructified in 6 or 9 or 12 years depending upon the kind of seriousness in sadhan. But these are broad yardsticks. Mostly it's all academic stuff. Practically speaking on the serious note, it is not possible to predict the results and timelines. The reason for this is the huge volumes of karmas accumulated by the practitioner from the past lives. However, a practitioner begins the journey in the next life exactly from where he left

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it. That's the silver lining. However, a practitioner commits more and more karmas in the meantime. It's a continuous process. You can't do it neat and clean. That's simply not possible. It's akin to repairing a road while the traffic is on. The entire problem is not caused by the God but the practitioner himself or herself. It is all related to the balance account of karmas. From Yoga point technically it is possible to reach the state of samadhi in one life also. Lastly you are again using the word "sins". Please understand that Yoga doesn't differentiate between the saints and sinners. Therefore, please use the word "karma" always and everywhere.

A practitioner: Guruji. Once thoughtless state is attained, there will be no sense of me or sense of time. It is just awareness. So this state is samadhi? And if this state is permanent is it moksha? Please answer this Guruji.

My response: Reaching thoughtless state or samadhi is not like jumping into a well suddenly. It is akin to entering into ocean waters. First you enter the shallow waters. Slowly you enter into the depths. Once you enter into it fully then there's no coming back either. Similarly, you start entering into lower states of samadhi first and that too for little time. Slowly, a practitioner develops the ability to remain in the state of samadhi for longer and longer duration. However, awareness of the self is very much present during such states of lower samadhi but, this not moksha at all, since you are still in a state of dualism. What happens thereafter is not known. Even the ancient texts have remained silent after that. Technically the objective of Yoga would have been achieved by entering into the lower samadhi. That's the terminal objective of all Yoga systems and philosophies. But that itself is a very high state from a spiritual point of view. Although one can slip down and fall back even from such a high spiritual state. That means even that state is not permanent. That's the state to which a practitioner is taken to by the awakened kundalini energy. After that the character of the final journey for salvation changes dramatically as per the

ancient texts. But they remained silent on such a journey. Even from the worldly logic it can be comprehended that it's futile to even trying to imagine such a state. It's akin to trying to comprehend the infinity or God by imagination. How is it possible? Therefore, please don't get distracted by all such thoughts. Please focus on your sadhan only.

A practitioner: Namaste guruji, when using an armchair for sadhan or lie down on bed without a pillow, back will be touching and in support of chair / bed. Is that correct? Please explain the rules related to sadhan position.

My response: Your spine needs to be straight and freely suspended if possible. That's the basic criteria here. Whether your back is touching something or not is not the major criteria. However, preferably keep it freely suspended if you can. Otherwise just ensure that it's kept straight. All these rules are applicable more to the independent Yoga systems like; Ashtanga Yoga or Raja Yoga. However, since energy flow is involved here along the spinal system it's better to keep it straight and freely suspended as much as possible. Lastly please remember that the awakened kundalini energy itself will force you into the correct position automatically. This happens, especially if you are regular in your sadhan. Therefore, please focus more on self surrender.

A practitioner: Pranam Gurudev, this time I have a rather stupid question. It is on my mind of couple of days. I am observing that a few times during sadhan I am in dual stage. Very clearly I could observe that Kriyas are happening automatically without my effort but at the same time mind is also in chatter mode. Mind is also churning thoughts. Most of the times I bring it back to order by repeating the Guru mantra. Sometimes, I miss invoking the Guru mantra and this chatter goes on for a longer duration. The challenge is some of the times this chatter is useless. It's like thinking about job related issue, solution for Corona Virus, World affairs like; next move from China or USA in the current standoff. Question is should I nip the thoughts in the bud. Should I not pay attention and not allow it to grow further. Moreover,

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I feel doing this would be voluntary interruption and forming new karmas. Or is it acceptable to do so, please guide?

My response: You are not in any dual stage. All are kriyas only. Just forget focussing on your Guru and the mantra chanting during such moments. Just keep observing the kriyas both mental and physical as a silent spectator. That's the correct way of doing sadhan. Even if you feel that you are deliberately trying to think about the worldly issues let it be so. Those fresh karmas will be easier to clear later on. But please don't stop the thoughts since you may not be able to differentiate between a kriya and karma.

A practitioner: Please elaborate intellectual amusement. If we read or see Ramayana and become emotional does it also make fresh karma?

My response: Anything you enjoy through the physical senses is called body amusement. Anything you enjoy through the mind is called emotional amusement. Anything you enjoy through the intellect is called intellectual amusement. This could be in two parts; one, that pertains to arts like literature, music, philosophy, etc. the other, pertaining to sciences like; logical deduction, rational thinking etc. In a nutshell all that pertains to creativity. In case of actions like reading scriptures like Ramayana or watching it in drama form etc. and getting emotional is obviously related to the emotional amusement. This sort of emotional amusement is broadly divided into nine categories like; humour, romance, compassion, disgust etc. Obviously if your mind is engaged in any one of these emotions that becomes emotional amusement. However, scriptures like Ramayana also deal with intellectual amusement as well, because a lot of discussion pertaining to ethics etc. is also found in them. Therefore, it depends upon who is reading it. If an intellectual type of person reads it he or she may find intellectual amusement in that. Since your above question is pointed at the emotional side of it obviously it is deemed to be for emotional amusement. Lastly please understand one crucial issue so that you don't get confused or overwhelmed by anything however

grand it may appear. Anything that pertains to body, mind or intellect is all within the realm of the maya or illusion or the cosmic energy. SELF is supposed to be even beyond the realm of this cosmic energy. But then Yoga is not concerned with the SELF as such since its jurisdiction is uphill making the mind reach a thoughtless state only.

A practitioner: Pranam Guruji since, two days I am facing heaviness in my head while doing meditation?

My response: That's normal kriya only. Usually happens whenever there's a strong karma opposing the awakened kundalini energy while it's being cleaned up. You may experience this phenomenon repeatedly in future. But there's nothing to worry about it at all. Glad to see your progress.

A practitioner: Sharing my experiences during sadhan. Guruji, I experienced lot of Kriyas like bending, swinging, rotations of body and neck. At times rotations were very fast. Also some random thoughts popped up like Samudra Manthan, Story of birth of Lord Ayyappa, Theory of Relativity and Quantum Mechanics. Felt extreme cold to the extent of sneezing and coughing. Felt like a snake moving inside my left eye. Extreme currents felt on back of neck and shoulders. Felt like a burning sensation. Felt shooting pain in stomach and Navel area. Right ear felt very heavy. Flashes of white light appeared. Throat felt very cold all throughout sadhan. No dryness felt in throat. Itching on nose was there. Tonight no restlessness, tiredness or pain felt. It was past 4 hrs when I finished my sadhan.

My response: Okay, Excellent, Kriyas are happening for you well. No need to worry about anything. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Dear Guruji, during the sadhan I had a heaviness and tingling sensation in my forehead and then top of the head. Some movement sensation in lower back of spinal cord and my both ears are shut off. Left ear got pain sensations.

My response: Okay, Excellent. No need to worry they

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are kriyas only. Please continue with your practice same way.

A practitioner: Today during sadhan I have experienced new kriyas. I felt my body is moving like pendulum and it goes for long time. Some shaking movements were also there.

My response: Excellent, they are usual kriyas only. Very happy to see your progress, kriyas will keep changing like this. Please continue with your practice same way.

A practitioner: Today, I did sadhan for one and a half hour. During sadhan heaviness in hands was felt. There was an internal discussion going on like; sadhan is your duty do it and don't expect anything out of it, and so on. Then I felt some sort of calmness and freshness.

My response: Very nice. Glad to see your progress. Please continue with your sadhan same way.

A practitioner: Pranam guruji for past 3-4 days I have a severe pain in my Ajna Chakra, centre of the eyebrows. I have pain in forehead too because of this I am not able to do to my sadhan. Please suggest why it's happening?

My response: Actually, it is kriya only. Whenever Ajna Chakra or third eye region gets activated it is known to be little uncomfortable. You need to just endure it. In case it becomes too much uncomfortable then you can stop the sadhan for a day or two. Otherwise no need to worry about it. I am very happy to see you doing sadhan. Please continue with your practice same way.

A practitioner: Almost daily same Kriyas of bending, rotations are happening. Felt pain in my right leg all throughout my Sadhan. Felt jerks on my right eye. I felt currents passing through neck and back. There was a sudden surge of high energy from my heart Chakra. Felt slight pain in stomach and navel region. I didn't even realize that it's already 4.5 hrs in Sadhan.

My response: Excellent, I am very happy to see that your sadhan is going on regularly with kriyas manifesting full blown. I am also glad to see that your sadhan going on for more than four hours at a stretch, that's adequate. Please don't worry about the pain in some regions of your body. If it

becomes unbearable you can always take a break. Just continue with your practice same way.

A practitioner: Yesterday night in the sleeping position while meditating I experienced hot flow from base Chakra very slow till neck. I also felt pain in the right toe. Please advice if this is Kundalini's rising.

My response: That's kriya only. I am very happy to see your progress. Please continue with your practice same way.

A practitioner: Would you consider the tones I'm getting in my ears as Kriyas?

My response: Yes please. It's Anahata sound only.

A practitioner: Pranam Guruji, sharing my sadhan experience of today. I went into a deep meditative mode. The energy travelled through the internal body. When it came to the chest area there was a sudden surge of energy flowing into the entire body.

My response: Okay, very nice. I am glad to see your progress. Please continue with your practice same way.

A practitioner: Pranam guruji, in sadhan for around 40 mins strong vibrations in the whole face and forehead. I felt some tingling on the upper head. Chest was thumping as well.

My response: Excellent, It seems you didn't experience any aggressive kriyas after you took the break. Please continue with your practice same way. If necessary you can again take a break.

A practitioner: Why don't we treat the Religion and Spirituality as the paths for a pious living in their right perspective?

My response: People who practice the independent Yoga systems like the path of devotion or Bhakti Yoga do that indeed, but it is not applicable for Shaktipat practitioners. Whatever people aim to achieve in independent Yoga systems is already attained simply by the grace of Guru after Shaktipat. Being religious and pious is only a technique applied in Bhakti Yoga. It is just a means to trick the mind into samadhi. In fact, there are several other Yoga systems and tantric methods for attaining spiritual growth. Therefore,

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why will everyone treat religion and piety as the only means to pursue spirituality? Please understand this in this perspective. Lastly please remember that you don't go back to high school after graduating to college. Being religious and pious, even after Shaktipat, amounts to the same thing. Unfortunately people get scared to stop practicing religion and as a result religion becomes an obstacle to the Yoga practitioners after Shaktipat. I don't mean to say that everyone should stop practicing religion immediately because everyone may not be having the required mental conditions. However, one shouldn't keep on holding on to the religion stubbornly after Shaktipat. I hope you got the general idea now.

A practitioner: Sharing my last night experiences in Sadhan. Vision of brightness appeared with heavy vibrations all over the body. Currents and burning sensation felt on my neck and back. Then same currents and burning sensations felt on my left thighs and heart region. Then I felt currents and burning sensations through my whole body from head to toe. Vision of deep blue light appeared and vanished. At times my focus was getting lost into infinity and after a while regained back on to the Third Eye Chakra. I felt some random currents on my palms, feet, ribs and stomach area. I felt pain on my Left wrist. I experienced very powerful Kriyas with immense energy like heavy rotations with bending, neck moving in circles, and body moving back and forth with the sensation of something getting attached to my spine from Root Chakra to Sacral Chakra. Some kind of a loud clicking sound emerged from my Heart. Yesterday also I heard it but didn't pay much attention, but today it was happening at regular intervals.

My response: Excellent, various types of kriyas are happening for you full blown. I am very happy to see your new experiences during sadhan. Just continue with your practice same way.

A practitioner: Hello, I just did a two-hour sadhan. My lower body went into kriyas and then it stoped. I went into a

blissful state. Then my upper body developed kryias and was moving from side to side. Then the energy went to my head and it was very aggressive. Then it all stopped. I could feel energy in my feet and hands. I had a beautiful sadhan.

My response: Excellent, I am very happy to see your progress. Glad to know that you are practicing regularly. Please continue with your practice same way.

A practitioner: Guruji, last night I dreamt of my meeting my ex-girlfriend. We shared a lot of good moments until her mother and sister entered the scene and we even hugged each other. Then, her mother and sister (not real) came to create problems like in any other story and the alarm rang and I woke up. Is this related to Kriya?

My response: No please. During dream state karmas are neither destroyed nor accumulated. Hence, whatever happens during dream state, are not kriyas. Although, they do give an indication of the karmas accumulated in your subconscious mind. Please don't bother about it too much. If you keep on remembering your dream then the memory of dream will get accumulated as fresh karma, that's the idea.

A practitioner: So, does it mean that dreams do not convey us with any message which can change our lives? What is the real purpose of dreams then? Is it just like the illusory world which we live in?

My response: Accumulated karmas or sensual impressions just surface from your subconscious mind. That's all about it. From the spiritual point of view, they don't have any impact on your growth. Dreams don't have any impact on your life. They don't signify anything. Dream state is just a state of the mind, although some people have tried to make an art out of it. Dream interpretation is not even accepted by science as a precise science. As per the ancient Yoga texts they simply don't mean anything. Therefore, please don't get distracted by the dreams and just forget them. Yes, it is exactly like the illusory world which we live in.

A practitioner: I sometimes get very surprised with the dreams I see. A few days back I saw myself becoming a

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Siddha and a lot of people were gathering around me for initiation of a mantra which could fulfil their earthly desires. Now I am convinced of the useless nature of the dreams.

My response: They are probably your inner desires or accumulated karmas. Desire to become a spiritual Guru is like any other materialistic desire. It is not different from other materialistic desires in any way. Therefore, please don't focus your mind on such things. Please focus on your spiritual growth instead. Just bother about yourself only.

A practitioner: Pranam Gurudev, during Sadhan I have experienced many kriyas. Pendulum like moving kriyas are now manifesting quite regularly. I experience very high energy from Muladhara to Sahasrara Chakra. Today I felt some cracking of shell in brain and then I felt flowing of liquid from top and spreading on back side of head. It was very soothing and calm experience.

My response: Okay, Excellent, Kriyas are happening for you regularly. Glad to see your progress. Please continue with your practice same way.

A practitioner: 08 May 2020, Day 11. Namskar Dada today did Sadhan in the morning and it lasted for 35 mins. I started with prayers to all gurus and also chanted the Mantra. Today's session was very smooth and soothing physically unlike last three days. I felt a slight sensation on Third Eye Chakra. For first few mins I was blank. I felt sudden pain in the left knee, which lasted for few seconds or mins. I ignored it and prayed to Gurus. Today for the first time I got the sensation at Crown Chakra. It lasted till the completion of entire session, may be around last 20 mins or so. I felt that some round pipe like object made of glass is kept on my head and water is coming within it, which is going in my head. Though I could see the water like thing in the pipe, I was not feeling wet. It was some energy sort of thing, which was going in my body through my mind. Entire session I was cool and calm. No irritating feeling and no fear. Couldn't remember what I saw with my closed eyes except this Crown Chakra. Suddenly I had to end the session due to sensation

of going too low. Today after the session was over, I passed blood in the loo. I am not worried about the blood. This is just for your information and further instruction (if any) to me in this matter.

My response: Okay, very nice. I am very happy to know that kriyas are showing up for you. Let's observe them more over the coming days. Please continue with your practice same way.

A practitioner: Sharing my last night experience in Sadhan. I experienced same Kriyas of bending, rotations, neck moving in circles, body moving forward and becoming straight with high energy. At one point I felt some pressure on my Root Chakra. I frequently experienced sudden outburst of great fear in my Heart with sudden chills and goose bumps on both hands. At times I lost focus and brought it back on my Third Eye Chakra. I experienced sudden surge of energy on my forehead with momentary flashing of light that covered my whole forehead. Vision of brilliant radiance appeared and I was soaking in it with heavy vibrations till the end. My body was stand still in that radiance. Initially I felt pain in my right knee, but after the vision of radiance that pain disappeared. It was already past 4 hrs and 40 mins in Sadhan.

My response: Excellent, I am very happy to see your progress. Proud of you although I shouldn't be saying this! Please continue with your practice same way. No need to worry about the kriyas at all. Just continue with your practice same way.

A practitioner: Pranam guruji. I sat in sadhan for 45 mins. It was a very peaceful session with some activity in throat which was new for me. Thoughts kept coming. Sometimes I could see bright light, but I was a mute spectator of all the things which came across me.

My response: Okay then very nice. I am happy that you are not experiencing the discomfort due to violent kriyas after taking the break. Please continue with your practice same way. If required please take a break from sadhan if you

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happen to experience the same type of aggressive kriyas which you experienced a few days ago.

A practitioner: Guruji pranam! Since last two days I haven't been able to concentrate during sadhan. I am following all the instructions at the time of sadhan. After two hours the mind is not calm and sometimes my head moving towards front. After sadhan I feel dizzy. One day I went to sleep for sometime after sadhan. Am I doing anything wrong?

My response: You are concentrating on what? You are not supposed to concentrate on anything other than chanting of the mantra. That is also bound to come to a halt after some time due to kriyas. Same thing applies to focussing your mind on your Guru initially. Your attention is bound to get diverted after sometime. Thereafter, you are supposed to remain in a state of witness as a mute spectator. Just observe the kriyas whether they are physical or mental. Obviously, lots of thoughts arise in your mind due to the churning effect of the awakened kundalini energy. Due to this, your mind will not be calm. The more thoughts arise in your mind the more of cleaning takes place. Obviously, you can't expect to reach a blissful state of thoughtlessness yet. It is also quite normal to experience heaviness in the head both during and after meditation. This is caused whenever there's a strong karma opposing the awakened kundalini energy. When it is being cleaned the effect is felt as some sort of heaviness in the cerebral region. It is also normal to go off to sleep after sadhan due to this cerebral activity. Therefore, I have not understood your doubt regarding this. I suggest you please read the pdf of the compiled questions and answers. I have repeatedly explained these things earlier. If you read the book then most of your doubts will get answered. Otherwise I will have to keep on repeating these things. Head going forward is also quite a normal kriya. Please rephrase your question again since I don't understand your message clearly.

A practitioner: Seeing lights, falling into spontaneous bliss, peace etc. are these to be seen as good Karmas being

worked out or eliminated? Or, should we rather see them as permanent milestones on our path, that we crossed, indicative of the progress we have made in Sadhan?

My response: Very nice, glad to see your progress. Please don't focus your mind on whether you have reached a certain benchmark or not in sadhan. That's against the principles of Yoga practice. Rather the mind should be focused purely on the sadhan itself. All kriyas are meant to clean up your karmas only. There's no doubt on this issue. Manifesting of kriya depends upon the karmas being cleaned at that point of time while you are in sadhan. It is difficult to predict karma accumulated based on the kind of kriya being experienced. I don't have any supernatural powers to look into your past karmas. In your case if you are experiencing bliss or peace then they can be related to some kind of karmas being cleaned up. For example, you must have done lots of meditation in your past lives. Even those meditation sessions would have got accumulated as karmas. They also need to be cleaned up or it can be any other karma also. It could have been both good and bad. Another example could be if, a person was in the habit of taking intoxicants in the past lives then those experiences also would have got accumulated. That's all we can say about it, it is not possible to predict them. May be you were in the habit of listening to some good music and experienced peace of mind. Even such experiences must have got accumulated as karmas. You can't interpret it as a milestone here because then you need to be experiencing the same state of mind always even when not in sadhan. But if your mind is focused in that direction then it will get tinged with egoism and become a fresh karma. That's against the principles of Shaktipat sadhan also. Please surrender yourself completely to the divinity and simply don't bother about the milestones etc. State of samadhi or thoughtlessness or bliss is totally a different thing. A lot of transformation of mind takes place by then. You will come to know about it yourself. One of the indicators is development of courage, dispassion etc. loss of idea of time lapsed during sadhan is another indicator.

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Seeing lights during sadhan is normal. They are called vishoka lights. Please continue with your practice same way.

A practitioner: Good morning Guruj! Hope you're safe and fine. I've been doing sadhan off and on. Before last week, I was feeling very sleepy and tired and somewhat depressed. Maybe because of lockdown or it was kriyas, as I've read similar experiences of sleepiness of the other practitioners. I don't know so I took a break from my sadhan. I'm fine now. One thing I wanted to understand. When I begin my sadhan, within mins, my mind is full of thoughts of people and situations from the past, present, future. I'm not sure if these thoughts are kriyas or distractions. I've read that you say that these are kriyas but even when I'm not sitting down for sadhan, I experience these thoughts so I don't understand. I usually try to bring my focus back to my mantra and your image. I'm not experiencing the physical kriyas lately.

My response: After Shaktipat initiation sitting for sadhan is more of a formality although it is to be followed compulsorily. As a result, many practitioners keep experiencing the kriyas round the clock. While a practitioner is engaged in worldly activities it is extremely difficult to remain in a state of witness as a mute spectator. Therefore, neutralization of karmas is not done that efficiently although kriyas go on while you are engaged in your daily routine. Further, fresh karmas may get accumulated since a practitioner is likely to get impacted emotionally during the daily chores. Hence, it is suggested that practitioners sit for sadhan in a formal manner every day or regularly. While you are seated in sadhan then the mind is more in a state of witness as you would be closing doors on the external world. Regarding your doubt as to whether thoughts are kriyas. Yes, they are kriyas only. The more the thoughts arise, the better for you but they should arise naturally. Then only your accumulated karmas in the subconscious mind are neutralized. You shouldn't deliberately try to think. There's a very thin line of difference between a kriya and karma. When it comes to mental activity it becomes difficult to distinguish

between a kriya and karma but no need to worry about it. Even if fresh karmas are accumulated it will be relatively easy to get them cleared. All this is however, applicable only when you are regular in your practice. Otherwise, there's a tendency to view everything as a kriya while engaged in daily routine. Please don't worry about all this, just sit for sadhan regularly. Focus your mind on your Guru as frequently as possible every day. Even if you are not able to sit for sadhan the recalling of Guru's image will offset to some extent. Physical kriyas may or may not happen always. You should be interested in cleaning up of your karmas and not kriyas. Kriyas are only a means. They depend upon your accumulated karmas. I hope it is clear now. I am glad to know that you are doing your sadhan. Please continue your practice same way.

A practitioner: Sharing my last night experience during Sadhan. I experienced vision of brilliant radiance all throughout Sadhan with flashes of lights. My throat felt very uneasy with coughing and itchiness. Mostly experienced subtler kriyas of spine rotations back and forth, swinging left to right. Couple of times experienced forward bending and rotations. At times it was moving with high power. I felt currents at the back of my neck, heart palms and stomach region. I heard a clicking sound from the heart.

My response: Okay, Excellent, I am very happy for you. Please continue with your practice same way.

A practitioner: Good morning Guruji. I woke up this morning at 4:30 AM for Sadhan. I sat down and before my practise I rubbed my eyes because I was tired and suddenly could see all this electricity in my space. As I continued to look I could see a small bright yellow star in the distance and it slowly came closer and closer and then it sort of changed into a larger circle. This probably only lasted for about 30 seconds and then I went into my practise with Kriyas following. Not sure what that was but it was pretty incredible.

My response: Okay, very nice. Such kind of numerous strange kriyas keep occurring. Glad to see your progress in

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sadhan.

A practitioner: Pranam Guruji. I am suffering from cold today. Can I practise sadhan during an infection?

My response: No please. If you are not feeling well either physically or mentally then please don't do sadhan. Please take a break. Get well soon.

A practitioner: Guruji I had a dream about you, Sadguru. I and one of my friends were discussing about religions. Is there any meaning?

My response: It is very auspicious to have a vision of your Guru during the dream state. Please continue with your practice regularly.

A practitioner: Pranam Gurudev, with your grace and blessings I am stabilising in 5-6 hour window for the morning sessions. Yesterday night I went to bed with prayers for Kriyas during sleep and fortunately I did get a few specially related to heart Chakra. Where I heard some sort of drumming of heart area and few current like feelings in leg and chest area. Morning session started at 5:30 AM and ended at 10:30 AM with absolutely clear mind, least wandering thoughts, gained very clear understanding of soul, self and ego. Experienced repeated auto prayers for surrender and blessings from Shakti, complete blank moments for mins, overall a very satisfying session.

My response: Excellent, I am very happy to see your rapid progress. Please continue with your sadhan regularly same way. That's all that's required.

A practitioner: Sharing my last night experiences during Sadhan. Tonight was a day of very aggressive Kriyas. Before even prostrating to our lineage of Guru's, Kriyas had started. All Kriyas were happening simultaneously like; bending, rotations, swinging left to right, moving back and forth, and neck rotating in circles both clockwise and anti-clockwise. At one point my body drifted backwards and I was in a lying posture for a while. Then again, I was back into sitting posture and aggressive Kriyas started. My ribs started painning because of extensive Kriyas. I felt shooting pain in my

stomach region, right inner ear and right palm. Something was moving on my left wrist. I felt currents in heart, back of neck, shoulders, and palms. I heard clicking sound from the heart Chakra. At one point, I was gazing at the brilliant radiance for a while with no Kriyas. At times thoughts from my childhood uptill now appeared and tears were rolling from my eyes. Then again Kriyas started aggressively. Momentarily on my Third Eye an image of a Saint sitting in meditation flashed and vanished. I don't remember his face now but I noticed he had a mark or tilak on his forehead belonging to Lord Sri Krishna dynasty. So, I guess he was a Vaishnav. My body feels very light with no tiredness even after 4.5 hrs in Sadhan.

My response: Okay Excellent, I am very happy for you. Please take care regarding the pain in the ribs and stomach region. If kriyas become too aggressive then you can stop the sadhan temporarily and also take a break if required for a day or two.

A practitioner: Pranam Guruji, about my yesterday's practice. The moment I started, I felt massive jerk and vibration on the back of my left thigh. I normally get jerks and vibrations but not as powerful as this one.

My response: Okay, very nice. That's kriya only. Glad to know about your progress. Please continue with your practice regularly. That's all you need to do.

A practitioner: Pranam Gurudev, kriyas are manifesting on regular basis. I can feel energy from Muladhara to Sahasrar Chakra. I have lots of sensation on Vishudhi, Ajna and on Sahasrara Chakra. I experience many violet colour lights and saw some Crystal's. Today I experienced some new kriyas. Pendulum like movements kriyas are still happening. I heard an elephant trumpeting twice. I felt lots of vibrating movement in all over head and ear area. It was a very blissful experience.

My response: Excellent, I am very happy to see your progress. Kriyas are happening for you regularly. Please continue with your practice same way.

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A practitioner: Pranam Guruvugaru. I am sharing my Sadhan experience from today. Deep into my inner self I saw water within me with beings moving around. Felt that my whole body was heavy and my body was bending back and coming straight up. Most of the time I felt my body swinging and there were jerks at times. During the second half mantra chanting also stopped and I just sat as a mute spectator.

My response: Excellent, very happy to see your sadhan going on regularly. Please continue with your sadhan same way regularly. They are all kriyas only. You may experience more of such weird kriyas.

A practitioner: Namaste guruji, during morning sadhan I felt sensation on navel area, heaviness, flashing pain and energy raising on right side chest. This happened for the first time. Normally during sadhan energy flow on head and forehead area and crawling feelings on body and itching of throat were happening. Still I am feeling sensation / palpitations on forehead 24 hrs. I am doing Sadhan for duration half to 1 hr twice or 3 times a day.

My response: Very nice, kriyas will keep changing. It is normal. I am happy to see your progress. Please continue with your practice same way.

A practitioner: Namaste guruji, what happens when we die? Are we going to exit as the animal? Or is there hell and paradise? Please let me know. There are people doing a lot of good things and also there are a lot of people killing animals and doing bad things.

My response: My knowledge of the after-life phenomenon is very little. That's a different subject. It really doesn't pertain to Yoga practice. However, rebirth is a sure phenomenon after a person dies unless moksha is attained in which case it is not classified as death. Only the physical body is discarded. In case of people who don't attain moksha, they also simply discard their physical bodies but transmigration takes place into new bodies. These new physical bodies could be either human or animal. It is also possible that transmigration takes place into other dimensions or planes of

existence like hell or heaven or others. But even such people need to be reborn again on the earthly plane later for attaining their moksha or salvation. People who do good things in a life will be rewarded for their actions accordingly either in the same lifetime or later. Same thing happens with people doing bad things. Lastly transmigration into other planes of existence like hell or heaven or simply into animal bodies or human bodies also depends upon the accumulated cumulative karmas only. Suppose it all depends upon the intensity of accumulated karmas then if, the intensity of good karmas is too great then the person is likely to be born in heaven or other celestial planes. Similarly, if the intensity is not that great he or she will be born as a human only but rewarded with all good things. Same phenomenon occurs in the opposite direction also. If the intensity of bad karmas is too great then the person is made to undergo hell or other nether planes of existence. If the intensity is less he will be born as human and punished accordingly. But being born in animal wombs involves other issues like spiritual degeneration. It will not be merely a punishment rather it involves spiritual degeneration although temporarily only. After being born in animal wombs once or a few times again human body is recovered. You need to understand the entire phenomenon comprehensively and not with your isolated questions on the subject because while comprehending this, you also need to remember that everything including earthly life or hell or heaven or anything else is simply psychedelic in nature. It's simply part of the overall cosmic illusion or maya.

A practitioner: Sharing my last night experiences during Sadhan. I experienced sudden surge of energy on my back and ribs with muscle contractions. I experienced Kriyas of bending, rotations, back and forth, left to right, neck moving in circles and was less aggressive as compared to yesterday. I felt currents on palms, neck, shoulders and stomach region. At frequent intervals there was sudden surge of high energy emerging from my heart and then spreading all over the body. I had feelings of pain in the ribs and stomach region. I felt

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uneasiness on my back. I felt energy everywhere on my body. By the time I finished my Sadhan, it was past 4 hrs. As such in day time also I am experiencing energy flow in stomach, ribs, legs, neck and shoulders.

My response: Excellent, kriyas are occurring for you full blown and with full momentum. Just maintain the same pace of sadhan. Please remember to exercise complete self surrender during the sadhan also. Beware of development of any kind of I'ness during the sadhan. This is important especially for you because of the intensity of your sadhan. Otherwise sadhan is going on in an ideal way. I am very happy to see your progress.

A practitioner: Pranam guruji, yesterday I had gone to sleep as usual. Around midnight I had a vision of you and you had blessed me. It was so realistic and I realized that it was a dream only when I got up.

My response: Very nice, seeing your Guru during dream state is very auspicious.

A practitioner: Pranam Guruji, I had a very vivid experience today while doing sadhan. Kriyas are manifesting in regular way. From Muladhar to Sahasrara Chakra I could feel lot of energy. Major Kriyas were manifesting in head region. I could feel energy all over head region. Felt energy pressure on both ears and on ajna Chakra. I could feel sensations all over my face. Flickering of eye nerves was very high. I have seen bright violet and blue light and sometimes rainbow lights, round in shape. I saw again a violet gem. It was indeed a real gem. Something unusual happened today, it was that I was making some hissing sound like snake. Seems kundalini energy is moving all over my body. I can feel sensations all over my body even after completing sadhan. These kriyas can be felt all through the day.

My response: Okay, Excellent, It's kriya only. I am very happy for you. Kriyas are manifesting for you full blown. You just need to continue with your sadhan same way.

A practitioner: Sharing my last nights experience in Sadhan. I experienced few times Kriyas of forward bending

and body remaining still in that position for approximately 30 mins. I experienced vision of brilliant radiance all throughout the Sadhan. Mostly I experienced subtle Kriyas of rotations and swinging at the beginning. At one point, I was in lying position gazing at the brilliant radiance for a while. Then again I was back in sitting posture and only my left eye opened up for a second and was shut again. All throughout the Sadhan, I experienced outburst of high energy with feelings of chills from my heart region and spreading all over my body. I heard sounds from Heart, Throat and Sacral Chakras one after another in a sequence. I experienced currents and pain at heart, feet, palms, stomach, neck and back regions. Then again Kriyas started with rotations, bending, swinging left to right, back and forth and my neck was very aggressively moving like a spring in forward and backward motion. Duration of Sadhan was 4 hrs. Whole day I am aware of Kriyas happening like sensations of currents flowing, crawling and pain in hands, stomach, ribs, Feet and neck. Randomly on some days experiencing sudden onset of depression, especially just after waking up when I am still in bed in the early morning hours between 5:30 AM to 6:30 AM. Please guide.

My response: Excellent, I am very happy to see your progress. Please don't bother about the depression you are experiencing. That's also kriya only, please remember that kriyas will not only manifest in physical body but also in other four sheaths. So far this is the first time you are reporting about the kriyas in Manomaya Kosha or the sheath of mind. Obviously you will undergo the full range of emotions as kriyas. Just keep observing them like a mute spectator. Although, depression is an unpleasant kriya you need to allow it to manifest without resisting it. Just surrender yourself completely to the divinity or the cosmic energy. However, in case you feel like kriyas are unbearable with respect to the pain you are experiencing then please stop doing sadhan temporarily for a day or two. That's all you need to do. Otherwise, experiencing brilliant radiance is a good kriya.

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Please continue with your practice same way.

A practitioner: Today I also felt strong pain in my left arm and it was difficult for me to raise that which I forget to mention.

My response: Okay, let's observe more of it. It could be due to normal health issues also. Can't say for sure if it's a kriya!

A practitioner: Good morning Guruji and Shaktipat family. Last night I woke up to an electronic shock in both my ears at the same time, quite painful. Guruji are you aware of such a Kriya happening?

My response: Very nice. I have not come across this kind of kriya. Nevertheless, it appears to be a kriya only because kriyas are known to manifest in different ways.

GLOSSARY

Aham: Egoism or the principle of “I’s” in a human being!

Ajñā chakra: The energy centre located between the two eyebrows in a human body.

Akaash tatva: It means the essence of the element ether. As per the ancient Sanskrit texts, the cosmos, including the human body is made of five elements. They are earth, water, fire, air, and ether. However, modern science doesn’t yet recognize the existence of the fifth element ‘ether.’

Anāhata chakra: The energy centre located at the heart region on the spine.

Anāhata sound: The sound produced without anything being struck and could be heard by a person internally.

Asana: It is a yogic posture. Yoga practitioners practice various asanas as a preparation for meditation based *Ashtanga* yoga.

Apan: The life force which operates in the lower region of the body!

Ashram: The yogic retreat. It is the residence of a *Guru* or the venerable teacher under whose direct supervision people practice yoga.

Ashtanga yoga: This is also called *Raja* Yoga. It is a meditation-based yoga system. It has eight preparatory levels or stages.

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Ashtami: The eighth day after the full moon or new moon as per the lunar calendar system in India!

Ashtami havan: A sacrificial fire ceremony performed on the eighth day during the *navaratri* or the nine-day festive season in India in honor of the supreme cosmic power.

Añavee deeksha: An initiation into the practice of any kind of yoga system or any other practice aimed at materialistic fulfillment before the awakening of *kundalini* energy in a person.

Añuvopay: The technique used for giving *añavee deeksha*!

Bhagavad Gita: The literal meaning is song celestial. It is a sacred Sanskrit text of the Hindus. It is in the form of teaching by Lord Krishna to his friend and the Pandava prince Arjun who refused to fight the battle to avoid the unpleasant act of killing his relatives on the opposing side. This text is part of the famous epic Mahabharat of the Hindus.

Bhakthi yoga: It is a yoga system based on the devotion of a person to a particular God or Goddess. Here, the devotion is used as the technique to achieve stillness of the mind. Usually, this kind of yoga practice is suitable for persons who are temperamental by nature.

Brahman: The supreme divinity pervading all cosmos and beyond the God or Almighty etc.!

Brahmacharya: The practice of celibacy!

Brahma muhurta: This begins approximately one hour and thirty minutes before the sunrise! It is considered as the most auspicious time for undertaking any kind of work and more so for yoga practices.

Buddhi: It is a form of the cosmic energy called the 'intellect' in a person or the discriminating faculty along with which egoism is co-located.

Chakra: An energy center in the cerebrospinal system!

Chamunda: One of the Indian Goddess worshipped at the city of Dewas in India.

Chidakash: The mind space!

Darshan: The opportunity to see a person or any other

thing!

Deeksha: The formal procedure of giving initiation into a yoga system to a practitioner by his or her Guru. It is usually done at an auspicious time on an auspicious day selected for the purpose.

Deekshadhikara: The formal authorization given to give *Deeksha* to any person by a spiritual or yoga Guru to one of his or her disciples. After this authorization, the disciple also becomes a spiritual or yoga Guru formally. This authorization can be given to more than one disciple also.

Dhanteras puja: A worship ceremony performed on the festival of *Dhanteras* festival in India.

Dholak: A kind of musical instrument of India!

Dhyan mudra: The meditative posture and gesture!

Guru: The venerable teacher who drives away the darkness or ignorance from the mind of a student, so that the light of knowledge which is already there inside the Self shines forth!

Guru Gita: The song celestial in adoration of Guru. It is part of an ancient Sanskrit text called *Markandeya Purana*. It teaches the essence of Guru and how to worship him as God or the Almighty. It is available as a separate book on many publishing platforms.

Guñās: The three qualities of the mind-stuff.

Japa: Repetition of mantra!

Jī: It is a suffix added at the end of any name or a professional as a mark of respect in the Hindi language in India. The same suffix might also be in use in more of Indian languages as well.

Jñāna yoga: This is a yoga system based on the path of knowledge. Usually, this kind of yoga practice is suitable for intellectual type people.

Kaali: The Goddess of destruction or the primordial supreme cosmic power in the destructive form!

Kailash parvat: Kailash Mountain in the Himalayan ranges!

Kamakya: A Goddess worshipped at Guwahathi city in

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the Assam state of India.

Kalighat: A Goddess worshipped at Kalighat in India.

Kanyakumari: A Goddess of India worshipped at the city of Kanyakumari in the Tamilnadu state of India. It is located at the southernmost tip of India.

Kartal: A kind of musical instrument of India.

Kathak: A kind of dance form of India!

Kawali: A kind of dance gesture of India!

Kriya: The involuntary reaction in body, mind, and external daily life which manifests to clean the mind of a person of all its sensual impressions!

Kundalini: The supreme primordial cosmic energy which manifests in the form of the universe. This energy is located at the base of the cerebrospinal system in every human being halfway between the anus and the genital region.

Lakshmi: The Goddess of sustenance or the primordial supreme cosmic power in sustaining forms!

Lingam The phallus! Followers of Lord Shiva worship him in the form of a phallus.

Ma Durga: The Goddess Mother *Durga* worshipped in India.

Mahalaksmi: The great Goddess of sustenance or the primordial supreme cosmic power in sustaining forms!

Mala: A string of Rudraksha beads used for counting while doing the repetition of a mantra.

Māya: Cosmic illusion or the cosmic energy in its most fundamental form!

Manipura: The energy centre located in the navel region on the spine.

Manjunatha: Lord Shiva!

Mantra: It is a sacred Sanskrit syllable or a word or a sentence or a group of sentences that could run into any amount of text.

Mantra shastra: The science dealing with the mantras! So many ancient texts are available in Sanskrit dealing with this subject.

Mazira: A kind of musical instrument of India!

Meenakshi: A Goddess of India worshipped at the city of Madurai in the Tamilnadu state of India.

Moksha: It means salvation or free from the cycle of life and death for any creature. As per the ancient Sanskrit texts, this is possible only for a human being. That means this is not possible for any other living creature, including the celestial beings and demons.

Mudra: A special yoga gesture!

Mookambika: A Goddess worshipped in India.

Mūlādhāra chakra: The energy centre located at the base of the cerebrospinal system halfway between the anus and the genital region.

Naada: The primordial vibration that caused the beginning of the cosmos!

Nadis: Subtle channels of energy!

Nadi shuddhi: It means cleaning of the subtle channels of energy. This is usually done by practicing *pranayama*. It is a yoga technique.

Nadi sodhana: The process of pumping out of the impurities from the subtle channels of energy!

Naga baba: The mendicants who roam around yielding a trident. They are usually followers of Lord Shiva. They are usually found roaming around without wearing clothes, and their bodies smeared with ashes.

Navrātri: It literally means nine nights. However, this nine-day period is observed as a festive season by Hindus in India. Usually, many serious devotees observe fasting during this period. This period is meant for worshipping of the supreme cosmic power or the divine as Mother Goddess as per the tradition of *shakthas* or energy worshippers.

Ojas: When celibacy is practiced by people, sex energy gets converted into this substance. It is supposed to be climbing up the *sushumna nadi* or the central channel of the spine. As a result, it gives some kind of powerful aura to the people to attract masses. Wherever a person is seen in society displaying extraordinary genius and impacting a large size population, it is due to the power of these substances!

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Padmasana: The lotus posture of the asana!

Parampara: The lineage or the order of monks of any tradition or yoga system!

Parāshakthi: The supreme primordial cosmic energy!

Parayanam: Recitation!

Patanjali Yoga Sutras: This is an ancient Sanskrit treatise on *Ashtanga* yoga or *Raja* yoga. This is considered to be the most authoritative text on the meditation-based above the yoga system.

Prāṇ: It is a form of the cosmic energy or the kinetic energy pervading the entire cosmos. It is also the life force pervading the 'sheath of life force' in a human body.

Prañām: It simply means salutations. This word is used by people in India while greeting elders or venerable persons in society, usually accompanied by both palms joined together either standing or kneeling. Sometimes prostration of the body is also done on the ground.

Prāṇ vāyu: It is the life force in the form of an invisible gas that operates in the upper region of the human body.

Prañayama: It is a part of *Ashtanga* or *Raja* yoga. It deals with the science of breathing to achieve control over the life force that exists within the human body.

Puja: Worshipping ceremony in India!

Rajas: One of the three qualities of the mind due to which creativity manifests in all forms.

Raja yoga: This is also called *Ashtanga* yoga. It is a meditation-based yoga system. It has eight preparatory levels or stages.

Ramayan: It is an ancient Sanskrit text of India. It is an epic that describes the deeds of Prince Rama, who is worshipped as a divine incarnation of God in India. The prince was born in an ancient kingdom of the Indian subcontinent and later became its ruler.

Rishis: Sages of India!

Sādhana: It is the voluntary practice done by a person tinged with the human egoism before *kundalini* energy has been awakened in his or her body.

Sādhana: It is the phenomenon of involuntary practice that takes place inside a human body, mind, and in the external daily life after *kundalini* energy has been awakened.

Sādhak: A practitioner of any yoga or tantric system!

Sahasrara: The energy centre located at the crown of the head.

Samsāra: The worldly existence or the experience of life by a human being or any other creature. It is presumed to be the only psychedelic in nature as per ancient texts.

Samādhi: It is a state of thoughtlessness. It is the terminal objective of all yoga practices before self-realization can occur!

Sankalpa: Freewill exercised by humans in their minds!

Sākshi bhāvam: The state of a mute witness or mindfulness in a human being! It is a term applied to the human psyche.

Sarswathi: The Goddess of creation or the primordial supreme cosmic power in the creative form!

Sātvic: One of the three qualities of the mind due to which the function of maintenance or sustenance manifests in all forms.

Shastra: The word means science. However, it is usually used when reference is made to the ancient Sanskrit texts on various sciences.

Shakthopay: The technique used for giving *shakthipāth deeksha* or initiation. Here, the cosmic energy or the *shakthi* is used as the tool.

Shambhavi deeksha: *Shambhavi deeksha* or initiation is a state reached by a person. There's no more initiation or *deeksha* at this state as such although often misunderstood by people. This state is supposed to be reached at the end of yoga practice using *Shakthopay*.

Shambhavopay: The alleged technique used for giving *shambhavi deeksha* or initiation.

Shambhavi mudra: The yoga gesture allegedly used by people to give initiation into *shambhavi deeksha*!

Shanthi: Absolute peace!

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Shakthas: The energy worshippers in India! They worship God in the form of cosmic energy.

Shakthipāth: ‘The descent of energy’ It is a technique used by the Order of *Shakthipath* monks to initiate a practitioner into the *Siddha Mahā* yoga system.

Shakthi: The primordial cosmic energy!

Shakthi peeta: The primordial cosmic energy centre!

Shiva murti: Form of Lord Shiva!

Shri Phal: Coconut!

Siddha mahāyoga: The grand yoga system encompassing all the individual yoga systems after the *kundalini* energy is woken up in a person. It is the yoga system practiced by the Order of *Shakthipāth*.

Surya tratak: A tantric practice involving focusing of concentration on Sun.

Sushumna: The central channel of the spine in a human body!

Sushumna nadi: The subtle channel of energy in the central channel of the spine in a human body!

Svādhīsthāna chakra: It is the energy centre located near the root of the genital region in the cerebrospinal system.

Tāmas: One of the three qualities of the mind due to which destruction manifests in all forms.

Tandhra: It is a state between the dream state and the waking state as per yoga texts.

Tantra: A form of yoga system.

Tāntrīc: Practitioner of *tantra*! A form of yoga system!

Tattva: The essence of a thing!

Trishul: The trident wielded by Lord Shiva!

Vaastu: The ancient Indian science pertaining to ideal architectural aspects.

Vairagya: It is a state of the mind when interest is lost in both the external and internal worlds, which are materialistic in nature.

Vaishṇodēvi: The Goddess located on the *Trikūṭa Mountain* in *Himālyās* in the State of Jammu and Kashmir in India. It is the most popularly worshipped energy centre.

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Vedanta: It is one of the six systems of Indian philosophies.

Virat Kali: The Goddess of destruction in her full universal form.

Vishudha: The energy centre located in the region of the throat on the spine!

Yogi: The practitioner of any yoga system!

Yôgini: The lady practitioner of any yoga system!

Yam: The seed mantra sound of the heart chakra or the *anahat* chakra.

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(Traceable & Autonomous)

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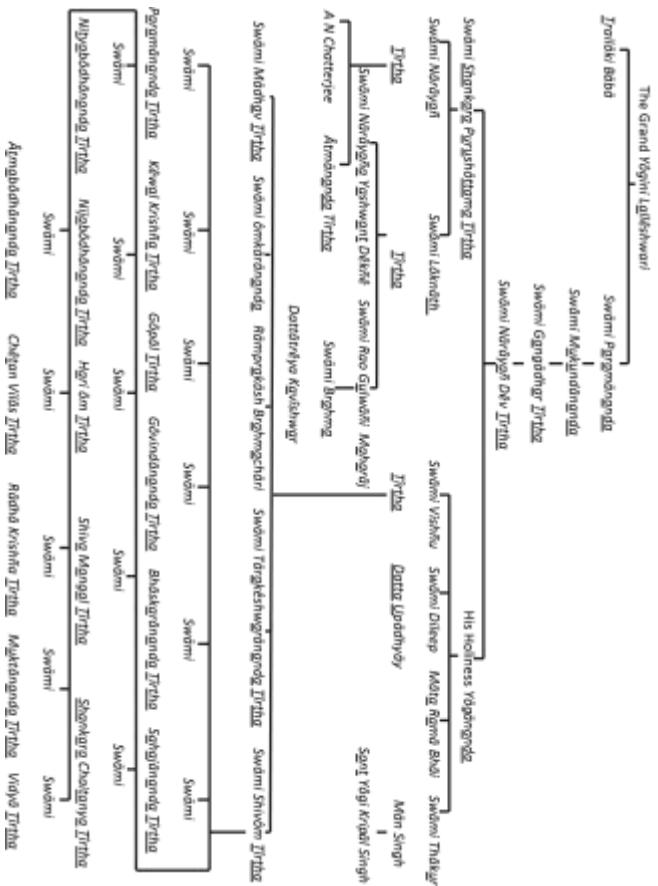
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Monks of the Shakthipāth Order (Traceable History)



ABOUT THE AUTHOR

The author is an alumnus of some of the prestigious institutions of India like Sainik School Korukonda, National Defense Academy, and Indian Military Academy. At the age of fifteen, he was attracted to the mighty Himalayan ranges and the source of the river Ganga, due to his passion for adventure in rock climbing and mountaineering. His long journey of more than two thousand kilometers led to a different journey altogether, after he encountered his Himalayan master on board the same train as a young boy! Unknown to the young lad, his journey had already been scripted long before it began! The author is presently serving in the Indian Army and also happens to be a *Shaktipat* Grand Guru incidentally.