

Notes on Kundalini (2005)

- kundalini of the self is only 1/3 of the process
- kunda = vessel, container, kund for fire ceremony, female genitalia,
- susushmna channel (kundalini said to be coiled up down) associated with spinal channel
- everything is essence experience undescrivable which splits into 2 siva is no form, sakti is form, siva is spacious hosting sakti is raw potential for manifestation/form, these 2 polarities interact vibrationally then you get 5 elements, everything is ultimately one
- universal kundalini = ma sakti = kriya sakti = ananda sakti
- sva kundalini seems to be individual but
- ultimate freedom of individual nature allows for individuation
- kundalini appears to be dormant but it is always connected to the oneness, you don't make small energy join big energy
- illusion of separateness
- the one nature is sitting energetically in our base
- the idea that we have partial knowledge, apurna jnanam
- seeing siva and parvati together, revealing full knowledge partially together, oneness is blue siva
- before that we have experience of sva kundalini, sense of separateness from everything, fundamental condition, you separate from whole
- every act of body speech and mind, more energy packed down with karma
- more karma when its based on the individual
- so much energy it seems like monumental task to let energy out and uncork it, it feels like you die to who you are
- sakti is waiting for siva to reside in heart space – pure open consciousness
- until you spiritualize you will always be stuck at partial knowledge
- just adoring each other is just affirming yourself spiritually
- process of kundalini yoga trying to liberate energy which is universal energy
- in tantra it is all in partial knowledge, state of sleep is pattern of repressed kundalini energy
- conditioning of pattern is below conscious will and mind
- put more energy into it and pop it open = tantri sadhana
- getting too involved in spiritual materialism , you have to escape, when its about you it only becomes more powerful
- have to be very sincere
- hatha yoga designed to make kundalini awakening easy
- sanchita run off during diksa and prarabhda run off by conscious choice of sadhana
- kundalini is related to your whole life
- baseless happiness, everything is open and flowing
- quasi spirituality feeds those karmas