

# Kundalini



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## Preface

Everyone who is familiar with this subject automatically may wonder why there has to be another book about a topic on which already thousands of books and countless internet articles have been written. And naturally, one may think that this is a typical yoga topic with that many people want to pretend themselves to be knowing and experienced. There are no objections to these arguments.

When you type "Kundalini" in google, you'll find more than 11 million articles. What an amount of texts and product offerings! In this light it seems totally unnecessary to add more "knowledge", and that's not the intention of this e-book. But what is needed is a natural approach in order to help us to distinguish between those many truths and untruths which can be found in the internet. This is what this e-book tries to do. In order to follow our intuition and reason, we need a simplification!

Some general views on Kundalini in Tantra Yoga: Kundalini exists in every human being as a vital force. Its activity varies. If it becomes active, then, according to Tantra Yoga, it awakens – depending on the chakra through which it is activated – different abilities. Here it is advisable to obtain abilities which give us deeper insights into the nature of the human being. This is the objective of all of the various Tantra Yoga practices in all its variations like Kundalini Yoga, Kriya Yoga etc. After Tantra Yoga, Kundalini itself is not mysterious, but its awakening and the development of special abilities, to which Kundalini opens access, is very well mysterious.

When looking critically at conservative, "informal" texts, it seems that nobody knows what Kundalini is exactly. At least one has the impression of it, because behind many technical terms – which pretend deep knowledge – not the simplest explanations can be found, like: what is Kundalini? Where does it originate? Why is it sometimes stronger and sometimes weaker? The principal questions about the nature of Kundalini, e. g. how the inner alchemy of transformation of physical into subtle powers takes place, are not answered in those texts – out of a lack of knowledge, because concerning this matter there are many knowledge gaps and very few insights. Such a question is not only "theoretical and unimportant". If we could answer this question, we'd know why some have more and some less Kundalini power, and what would be needed to handle or strengthen it. But nevertheless we should be tolerant when looking at these knowledge gaps. Regarding Kundalini, not only yoga but also many traditions of other peoples of the world possess a good practical knowledge which has been collected over millennia. However, the interpretation of the underlying processes is quite insufficient. But this applies to many acquirements of mankind. As an example, we can take the fact that our anthropoid ancestors were able to throw stones accurately already two or three million years ago, but until we could calculate an object's trajectory it took a long time. From an evolutionary point of view, we have learnt that just in the last second.

Some explanations about the term "active Kundalini": this term is used especially when – due to different symptoms – Kundalini seems to be active. Most symptoms are an effect of movement and flowing and not so much an effect of power (amount of energy). It is assumed that a strong Kundalini will spring into action automatically. But this does not always have to be the case. Regarding the amount of energy, it may be that there is not much Kundalini power, but this little amount can be in a state of great arousal – just like

our nerves can get agitated by a strong coffee. A Kundalini agitated or aroused like this is not desirable. It can happen because of excessive sex, stress or incorrectly performed exercises.

Thanks to the internet, conversation and information exchange have become more intensive than they ever were in any time or country. Due to that, facts scarcely observed until recently are revealed. One observation in the recent past is that predisposition to a strong Kundalini power can be inherited. As a result, there are many people in the world which have similar experiences like they are known from Indian yoga. Thus, a broader and more diverse knowledge about Kundalini begins to spread. Maybe this will lead to a new wave of insights in this subject in our present time.

From my circle of acquaintances:

*"My mother has a mediumistic disposition and comes from a kin of Bektashi. The Bektashi are an islamic religious community which focuses on mysticism and magical practices. They mainly worship saints and pray to them for help and support.*

*My father, on the contrary, believes in nothing. But his mother came from a lineage from which many hodjas – islamic mullahs – were derived. My father had two maternal uncles and both were Hodjas."*

Regarding a spiritual evolution it can be stated that a good disposition is pleasant, but it should not be overestimated. A person can have very much and make nothing of it, and a person can make a lot – and even a whole lot – out of little. Here, the inner force of the person reveals itself. It is not decisive what we inherit, but it is decisive what we make out of our lives!



*"My Kundalini comes from my mum."*

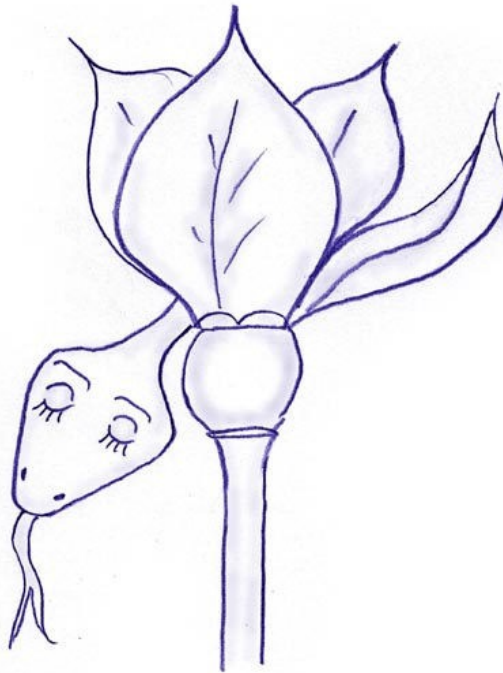


## About the spontaneously awakened Kundalini

Generally, Kundalini scarcely becomes noticeable in a person – in yoga it is said that it's sleeping. In general opinion, in this cases the vital energy seeps or flows through the body slowly. Occasionally this vital energy is not distributed evenly – which isn't noticed as well. This is considered as energy blockades, which means that the energy channels are blocked and that those regions are insufficiently supplied with energy. This is seen as a disorder. Many alternative medicine healing methods are dealing with such blockades.

Yoga does not deal with blockades and disorders. The aim is to strengthen Kundalini as an inner force and to bring the energy into circulation. This is referred to as Kundalini "awakening". The methods practiced do not always work.

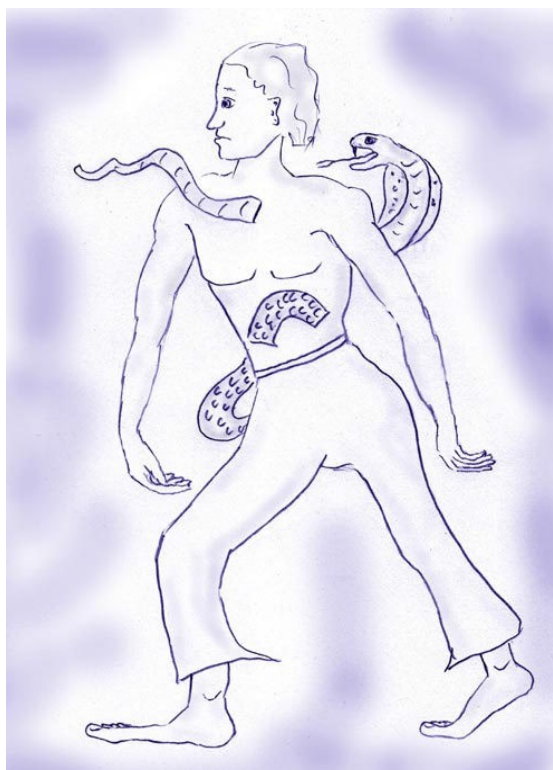
As already mentioned before, spontaneous activity of Kundalini now and then occurs in people who never have concerned themselves with yoga or spirituality. One could deem them lucky, as it appears that they have been given what many yogis are striving to accomplish through years of practice – often in vain. But, unfortunately, mostly those people aren't happy about it, although they ought to be. They don't know what to do with this power.



*"Shush! Be quiet as a mouse and be perfectly still, for if she's awakened once, no one can control her will!"*

It is generally accepted and confirmed through many posts in diverse Kundalini forums that a spontaneously awakened Kundalini behaves very unpredictably. It is comparable to an untamed horse that can bring us into the hell of psychic abyss and mental disorder instead of bringing us into the paradise of inner harmony. Some representatives of yoga and healers, which are dealing with such erratic appearances of Kundalini, state that many

psychic disorders are caused by the Kundalini and should be treated not with medicaments but with other methods. It is in fact an interdisciplinary subject between medicine and psychology, and thus there is a conflict over competencies and responsibilities. A third position – which would be the spiritual view – adds another controvertible interpretation.



*"If you deny your own nature, you will make Kundalini your enemy!"*

Parapsychology deals with another aspect of an awakened and uncontrolled Kundalini, namely poltergeist phenomena, which are of a paranormal nature. In the simplest case, this mainly results in malfunction of electrical devices. But telekinesis, heat and cold phenomena can occur as well and – in some very rare cases – even teleportations.

In every case of an uncontrolled Kundalini, the question arises how it would be possible to control such a Kundalini?

This question is very hard to answer, if there is an answer at all. Certainly, it would be helpful to find harmony in body and soul. But here again the question arises how such a balance should look like. In the East, we find many instructions for life which intend to lead to this balance – instructions regarding diet, movement, respiration and inner attitude. These instructions mainly base on ideological and religious notions.

In Western society, attention is turned more to the psyche than to the outer way of life. It is a general opinion that mainly psychic processes are responsible for an imbalance of Kundalini.

Whatever the causes may be, it is advisable to listen inwards. This may be very difficult to do, but it can help us find the causes of any disorders, as long as we are striving to be honest with ourselves.

If one has enough time, there are some methods to help to get an inner harmony, like doing sports or various techniques as Tai Chi, Sun Salutation and other exercises.

## Kundalini in Yoga

Principally, Kundalini is known in all magical and mystical cultures, from the Bushmen of Africa to the Aboriginal Australians, from the Hawaiian Kahunas to the Siberian shamans. The Indian yogis – strictly speaking the practitioners of Shaiva Tantra – were the ones to describe the Kundalini most exactly from a spiritual point of view and they have established a very sophisticated system of exercises on this inner force. Other Asian disciplines have been inspired by Indian practices too and even extended some aspects of this knowledge – from energy work with Chi to acupuncture.



*Yogi and his Kundalini*

In Tantric yoga, psychic aspects and vital energies are usually represented in a personified way. It is assumed that the universe has an inner structure, from solid material in ever subtler grades of matter up to the most subtle spiritual light energies (see teaching on chakras); thus, every psychic and vital aspect has its personified representative in a more subtle layer. This applies to Kundalini as well. In its vital aspects it is depicted as a serpent, in its spiritual aspect as Shakti. Shakti is a magical, creative force which is personified as fairy (dakini) for the denser spheres (the lower three chakras) or as goddess (heart chakra and above) for the higher spheres. In her cosmic dimension, she corresponds to the Great Mother – a cosmic, intelligent force, which views all living beings as her children. The Shakti in human being or the Mahashakti in cosmos is the life-giving power – like a mother which gives birth to all life. This is the deeper reason why Shakti is seen as female.

Because in Tantric yoga the cosmic structure is seen as polar, there has to be a male aspect as well. While Shakti is seen as the dynamic power, the male aspect is seen as passive and resting within himself. Iconographically this looks like this: Kali, the Mahashakti, is dancing on the sleeping Shiva (see e-books by A. Ballabene "Shiva" and "The Teachings of Tantric Yoga").

Because the Kundalini is a force which is connected to all dense and subtle planes, it is also able to become a mediator for the cosmic consciousness. We then perceive it as a golden light energy, which is lifting us into a kind of spiritual "magnetic field" in which we can sense the presence of the divine all-power nearly within reach.



*(Kundalini-) Shakti with amrita vessel*

As a mirror image of the goddess (Mahashakti), her power and harmony will endow us with the highest gifts: love, happiness, content, peace and the ability to perceive and express ourselves in a creative manner.

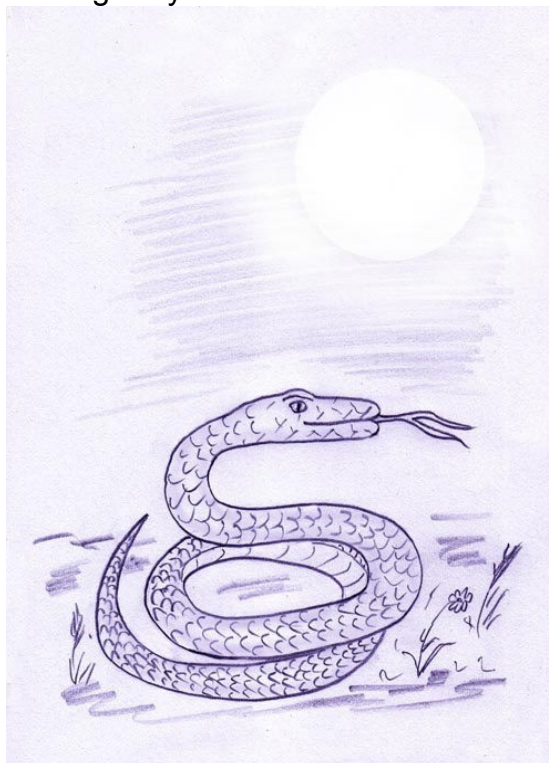


## Kundalini and Sexuality

Sexuality has a great influence on Kundalini. This is the reason why there are some practices with which people try to stimulate Kundalini only through sexuality. Not through pure sex, of course, but with an appropriate inner attitude which aims at controlling the powers which are set free. I think that it is not mainly the sex but the state of our brain which takes effect here. When having sex, but also in eroticism and amorousness, our brain doesn't work like it normally does. Special messengers are set free which cause an euphoric or glorified state – depending on if the trigger was an orgasm or a loving feeling.

Sexuality can be a trigger for the awakening of Kundalini, but it has to be compared with a flintstone: it can ignite a flame, but it can't nourish it. For this, other material is needed. In our case it is love – the loving care for all living beings. In such a manner we can try to turn the spark into an everlasting fire.

It makes a great difference if an orgasm or a long-lasting loving feeling is practised. In an orgasm, the deepest cosmic states can occur, light phenomena and everything with which normally Kundalini is associated. But the state is only short-lived. It can give us deep experiences which rise new insights into the principal questions about human and cosmos. But what characterizes a real and lived yoga is a transformation of the own personality and a spiritual evolution. For this, other states are more appropriate which are less impressive, but instead lasting over a longer period of time with a constant flame. We can use these stable, higher states e. g. to connect to the divine power while going for a walk in the nature and to see the divine in all the life which surrounds us. In this manner, we can develop love, spirituality and religiosity within us.



*She loves to sprawl in a constantly warm sun.*

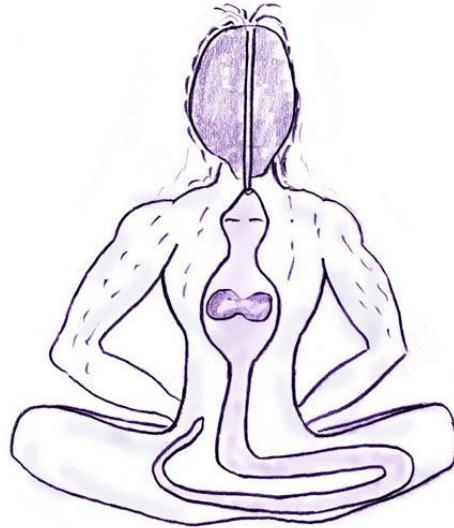
## Energy Currents

Depending on how energy currents are flowing or not, various side effects occur – accompanying effects of Kundalini. Many people are proud that their Kundalini is "active". They justify this with sensations of heat in the spine, pressure at the coccyx etc. But these symptoms are misunderstood! Here, the interpretation of an "active" Kundalini is only based on its side effects. Those people think that the stronger the side effects are, the stronger their Kundalini has to be. But these side effects are occurring when there are frictions or blockages – that means, when the energy channels are weak in relation to the amount of energy which is flowing through them. When the body is optimally adapted, Kundalini's power cannot longer be interpreted with side effects. An active Kundalini can rather be recognized by the inner power that the person possesses, and not by heat, prickling, pressure or similar effects. It is comparable to a conductor – if the wire is too thin and the electric current too high, the wire will get hot. It is a great mistake to think that the current is only flowing when the wire is hot.



*Kundalini after Indian yoga: it arises from the Muladhara chakra (four-petaled lotus) and opens out into the Sahasrara chakra (crown chakra) – or into one of the lower "windows" (other chakras)*

Various energy currents are flowing inside our body. In addition to the energy currents which are running on the surface of the human body, there are others in which an energy exchange between inside and outside takes place. One essential energy exchange which is referred to as "Kundalini ascension" goes from the ground up through the governing vessel (acupuncture) or spine (yoga) and opens out into one of the chakras, but mainly into the crest or crown chakra, from where it disperses on the surface and flows down again.



*A hot energy current flows up through the spine and from the head it flows down on the surface as a cold energy current.*

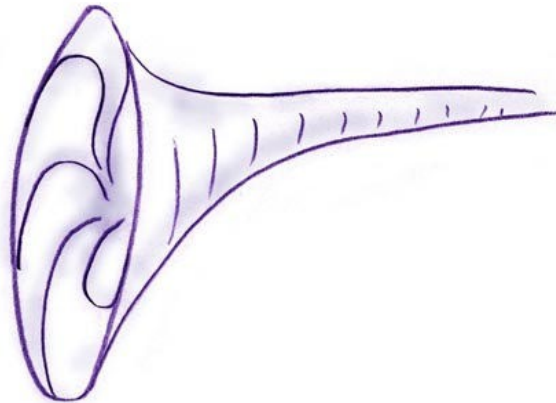
The inner flowing of energy starts at the point where we touch the ground – that is in a sitting yogi the base of the spine or at the perineum. It is generally thought that Kundalini arises from this region. There are differing methods in Hasidism (Jewish mysticism), where the energy is led up from the soles of the feet (e. g. vocal exercises IEOUA – Jehova).

In Indian yoga (Tantra) we find the idea of two additional important channels (nadis) which are twined around the central channel in three and a half coils. Those two channels are called Ida and Pingala. They lead a warm and a cool energy current. It seems that a depiction of these two channels, which are winding around the central channel, has found its way over the Orient even to Europe – as the wand of Hermes.



*The wand of Hermes*

## Chakras as Energy Gates



*Chakras are vortices, resembling a plug hole in a bathtub*

Some of my acquaintances and I have observed that energy currents flow from the inside (the central channel) outwards to our body surface. For this there are some main "exit holes" which are called chakras.



*The seven main chakras*

Chakras are not only understood as exit holes for energy, but also as switching points for special abilities. All those abilities seem to be based on an interaction between human and environment. In this way, chakras are gateways for communication. According to various modern and Eastern opinions, it seems to be possible to use chakras as gates for astral travelling. Here, a part of our energetic body seems to be sent out. In the initial phase of this process, the energetic body can appear as a sphere which is formed and then sent on a journey.





*Today Kundalini was nice to me. She made a golden sphere floating out of my Anahata chakra ...*

Regarding the position of the chakras it is said that the higher the position of a chakra in the energetic body, the subtler and higher its vibe is – and also the vibe of the subtle substances which are flowing through the chakra. It is not clear what is decisive for the vibe – the chakras, the Kundalini or an overall condition (which becomes apparent in the aura).

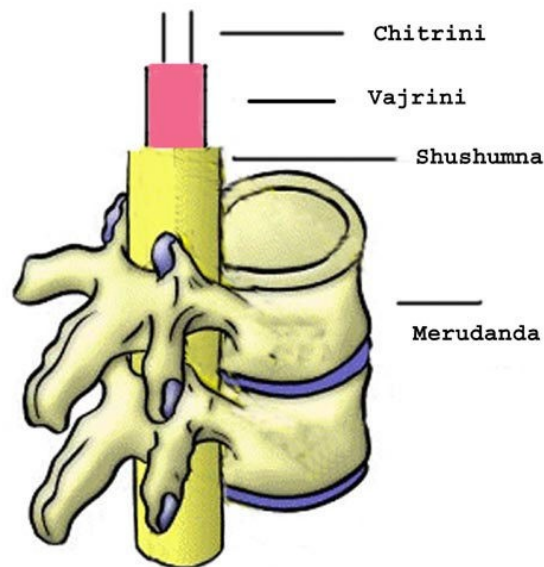
In conservative literature, the number of petals of the chakras is highly emphasized. According to observations by clairvoyant people, a chakra can have a very different number of spokes (= "petals"). This number depends on the wavelength of the energy – on the surface or inside of the subtle body – which is flowing out of or into the chakra. The dogmatically determined number of petals is due to the fact that these depictions are used as magical and mystical figures, in which mantras (syllables), qualities (solid, liquid, fiery, airy, etheric), deities and other aspects are captured as a so-called yantra.



*Drawing of the Muladhara chakra as it is depicted in the yantra (mystical and magical diagram)*

## Types of Energy

The Indian people – as enthusiastic systematists – assign different qualities to the Kundalini. In the internet or in books we find only little about that; mainly it is just called "Kundalini". In such a simplification, "Kundalini" can only be understood as a collective term for a lot of different energy types and their appearance.



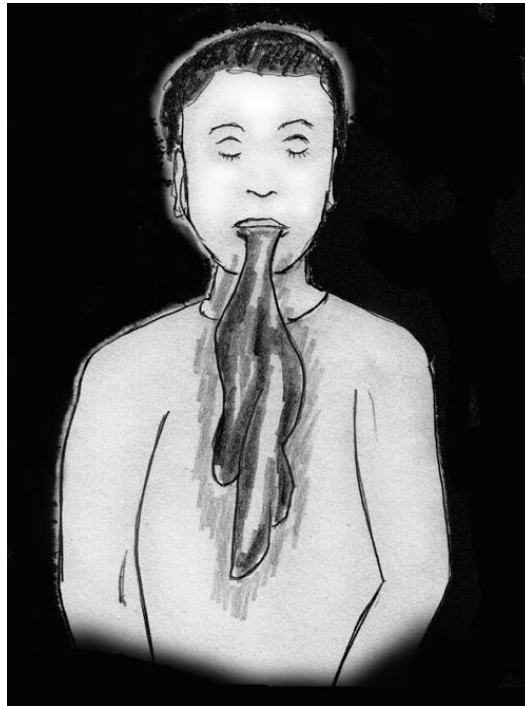
*Indian classification of different energy channels within the spine. The inner layers are subtler channels for subtler energies.*

According to Indian yoga, Kundalini in its amount is strongly linked to the breath. It is said that a basal energy – from which Kundalini raises later through an inner process – is taken in through the breath (= prana). This prana, the primary energy, is transformed into different types of energy in the human being. Those are the five pranavayus: prana, apana, samana, udana and vyana. Through an inner transformation process, the etheric energy which is called Kundalini is generated from the pranavayus.

On the subtle plane to which Kundalini belongs, the difference between energy and substance seems to become indistinct. That is the reason for the imprecision in language which becomes evident when using the terms "energy" and "subtle".

In Europe, a classification of energies/ substances has become established which does not so much refer to the quality but to the density. This concerns ectoplasm, which is a substance inherent in the human being and which presumably can be assigned to the phenomena around Kundalini – a point of view which can primarily be found in parapsychology and spiritism.

Ectoplasm (bioplasm) is the densest manifestation of inner energies. It can leak out of various body orifices (mouth, nose, ears, breasts, vagina) and then it flows slowly (with a honey-like consistency) downwards (it obeys the rules of gravity). At the edges it vaporizes, which looks like liquid nitrogen.



*Ectoplasm spilling from the mouth*

In Indian yoga, ectoplasm is scarcely mentioned. But in contrast, a higher form (higher vibe) of ectoplasma is often mentioned, called amrita. Amrita is glowing in a golden colour, more liquid than ectoplasm and it does not vaporize at the surface. It is the substance from which deities can form a body to become manifest in a denser form, a substance which can heal and work wonders. Amrita accumulated in the body is a sign of a perfected Kundalini yoga (for more information about Amrita and ectoplasm, see "Ectoplasm and Amrita").



*Kundalini and the "treasure", the liquid gold, amrita*

In Indian mythology it is said that when the world was created, four drops of amrita fell to the earth. At those places where the drops fell we find the most sacred sites of India, those four pilgrimage sites where the greatest Indian festival, the Kumbh Mela, takes place. At Kumbh Mela, millions of pilgrims are gathering to bath in the river Ganges, the waters of which are said to be especially cleansing during this time. Those four pilgrimage sites are: Allahabad, Haridwar, Nashik and Ujjain.

## Kundalini as our inner Teacher

Originally, many people believed that through various yoga exercises Kundalini is caused to rise up from chakra to chakra. Once it has reached the seventh chakra, it will just click and then the person is enlightened. It is not as easy as that, though (fortunately), because to develop and to reach for the multifaceted, great and all-pervasive cosmic consciousness also means to grow, to mature and learn inside. Kundalini is energy. It is not enlightenment, even not if we find ourselves surrounded by light. A perception of light may last seconds or minutes and this state may be called "enlightenment" – for this short period of time. But when looking at a whole life, one is nowhere near to being enlightened.



*She teaches you how to fly and reveals to you the wonders of creation*

With the help of the Kundalini we can open us and experience the life around us more directly and in a process of identification. The Kundalini teaches us to see the beauty, but our dark sides as well – and to accept them. It teaches, urges, forces us to correct them. It brings light into the twilight of our soul. In this light it is possible to come closer to the divine principle. With every step that we take, the divine cosmic consciousness comes three steps closer to us. If we are ready, we can also sense the proximity of the divine, even perceive it – as the goddess in appearance of our Shakti or as a male spiritual guide. Kundalini teaches in different ways.

### **Illness**

First of all: Kundalini does not cause the physical or psychic disorders, but it reinforces them. It is a strong inner force which maybe can become manifest in placebo and nocebo effects or in other ways.

As long as someone is not able to listen inwards to perceive how the energies are flowing, where they are blocked and what makes them being blocked, Kundalini will teach in another way, through the body – the human becomes ill and remains ill until the inner wrong attitude is corrected. The illness becomes chronic and presumably this is due to a wrong attitude in way of life or in the psyche, which affects the body psychosomatically.

Illnesses caused by Kundalini are strange. Such illness is known from the African and Eurasian shamanism: the person is suffering from a physical disorder which no doctor can



heal. As soon as they started to go the way of shamanism, which was "chosen by the ancestors", they were suddenly healed from their illness although they had suffered from it through years before. According to the shamanistic belief, these people were forced by the ancestors to go the way of shamans. If they became shamans, they were healed. If they refused, the illness got ever worse, sometimes until death. All these cultures believed in this and very often it proved to be true. Of course every one of them went to the doctor or healer first and tried everything. But the inner way restructured everything – life and the inner powers as well.

### **Effects through the psyche**

Here everything applies which has been said about physical illness. Depressions are very common. But a reasonable person will always go to a doctor first and only when nothing helps he will search for alternatives.

### **Listening inwards**

By listening inwards, one gets a feeling for the inner processes. From now on it is proceeding fastly, regardless of the person being practicing yoga or not – it's all the same to the Kundalini. An inner harmony and balance is reached soon.

### **Inner communication**

Here everything works fine. If something does not work, a question is asked inwards and at once, an answer comes back with a hint to what needs to be changed or how we should go on. However, who gives this inner answer isn't clear in the most cases. The message comes from inside, but who or what gave this message cannot be recognized, at least not in everyday life. In a state of trance it is easier to assign the message, although doubts about the interpretation are alright and healthy, because in this way we stay open for new things and we will not get confined to narrow-minded thinking.



*Shakti, yogi and Kundalini*

## About Cosmic Consciousness in Kundalini

We humans went through several stages of civilisation which had an influence on our world view through the predominant technology.

An important stage, which followed the times characterized by religion, was/ is a time in which the matter was/ is the centre of attention (we have not yet left that stage behind) – matter as it can be formed and worked on. This brought the materialism to us. It was believed that matter was the only truth and that there was nothing other than matter.

Now, our computers have marked the beginning of a new era – the information age. Where before matter was of great importance, now information has gained value. Everything contains information, if wave, structure, particle or whatever. Maybe once we will come into an era where we will believe that behind every information lies an organizing, conscious intelligence – life, consciousness.

According to the teachings of spiritual tantra, the universe is undivided consciousness, an all-pervasive life force. Everything, even "dead" matter can be an information medium for this cosmic life force. And because we are a part of this universal life force, we, as a part of it, are able to connect to the whole. We can do this directly and indirectly by using single aspects – e. g. the Kundalini – as a kind of mirror to see the works and effects of the cosmic consciousness inside of ourselves, as a shaping life force.

If we face Kundalini with this attitude – to recognize it as an aspect of cosmic life force – then Kundalini is not longer only a force, not only carrier of all our energetic information, but then it is a living being. We can speak with her, and ask her for help and support. And Kundalini will give it!

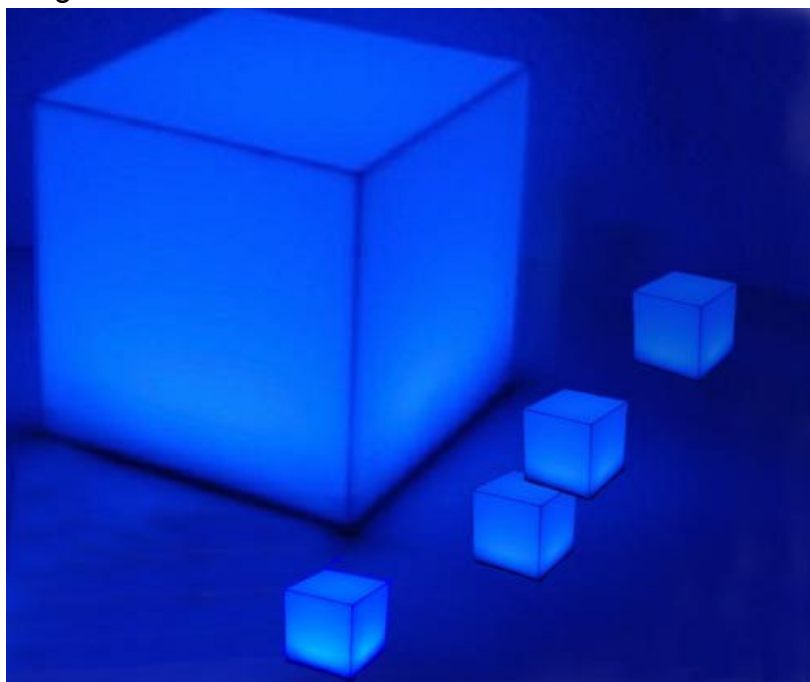
We don't have to practice complicated breathing and physical exercises or imagination of colours and letters to activate the Kundalini force inside of us. We can communicate with her directly and ask what is interfering her. If we listen carefully inwards, then she will tell us and help us to remove the obstacles. Together with her help we can proceed much faster than with methods and techniques. It may be an unusual thing for us to communicate with an inner energetic being. But if we float in the river of life, if we allow us to be carried by this river instead of trying to control it, we will be given easily what remains denied to others who try to gain control and power by techniques.



*Look into the mirrors of your soul and you will find me. Listen inwards and I will give you advice. My voice is quiet, for serpents do not scream.*

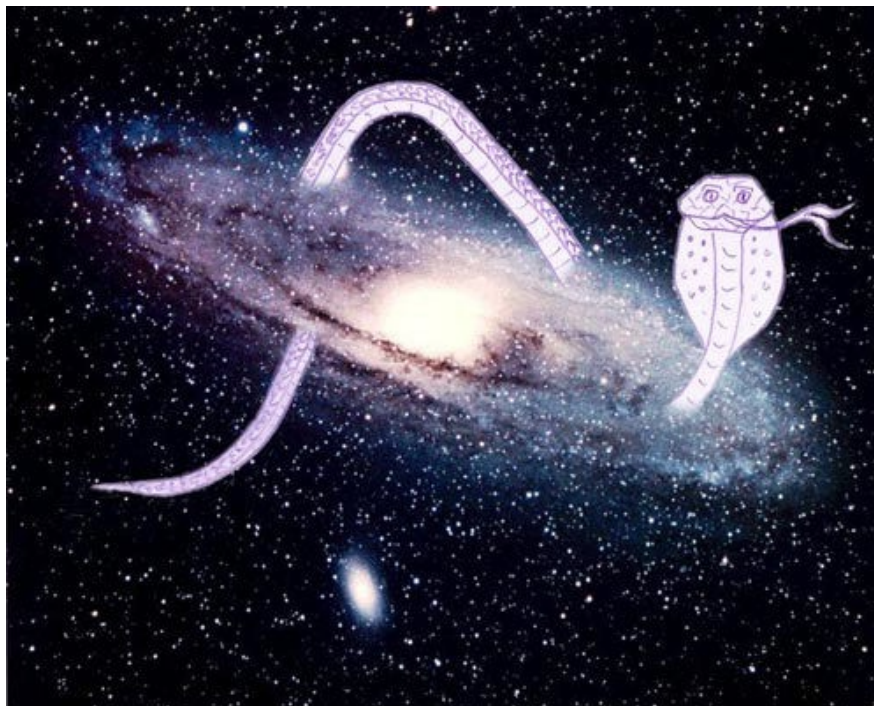
To speak with Kundalini or exchange information with her through inner perception without words may sound very fabulous to some people. Thus, I will explain more precisely the principle which underlies according to Tantra:

The universe is structured like a crystal. As an example we may take a salt crystal, which has the shape of a cube. If we break this crystal cube it will fall into many pieces with plane surfaces – these pieces are composed of many cubes themselves. And in every single cube, there are even smaller cubes, right down to the molecule. Thus, the little things are a mirror of the big things.



*Every salt crystal is composed of many cubes down to the molecule*

A salt crystal can be viewed as an analogy to the structure of life in the universe. In small life, for example in us humans, the great, all-embracing cosmic life force – god or however we may name this force – is reflected. Names are unimportant, the principle is decisive. The Indians call this cosmic life force Mahadevi or Mahashakti, which are only two of many names. This cosmic life force is, so to speak, a cosmic Kundalini, a living force – everything lives which comes from god. Our Kundalini is a small copy of this living force, and she's alive, like everything which comes from god. And because our Kundalini is alive and connected to the great cosmic consciousness, we can communicate with her. This is the whole mystery – simple, but unfortunately unbelievable for many people.



*Our Kundalini is a part of the cosmic life force*

### ***My encounter with Kundalini (by Gauri)***

*I was in deep immersion, when I noticed that my Kundalini, on her way upwards, removed some blockades which stood in her way. This was accompanied by an inner trembling sensation which almost made me jump out of my seat. It was very intense, as if I was sitting on a spinning washing machine. But I stayed still so as not to disturb this cleaning and liberating process. I let it happen and avoided to interfere this inner process. I had suppressed the Kundalini for years because I was very afraid and lacked the knowledge, and due to this I already suffered from various illnesses like calcific tendinitis of my shoulder, states of fear in the night and depression. I just had not known what to do and what was that thing inside of me and I was afraid of it. But now, as I just let it happen, I felt that it was a healing power which had wanted to unfold since years.*

*Now I had made it! I had perceived Kundalini and accepted her. And now she made what she had wanted to made since years ago: she ascended upwards and cleaned the energy currents in my body. I felt this change inside of me as a physical and psychic sense of well-being.*

*After this first experience it was not surprising that my interest in her had greatly increased. And this time I just had sat down and I was waiting, curious what she would do*

*this time. I could perceive and see her as a serpent. This was a clear inner sight, so that I always could make out where she was situated. In addition, I learned that Kundalini is not only some inanimate force searching its way, like water that bursts its banks. No, she was a living power in which a higher intelligence was becoming visible; she even had a kind of temper, depending on if she was calm or active, if she felt good or if she was bothered by something. She was more alive than me, with much more knowledge and power than me. Strictly speaking I cannot compare myself to this higher intelligence inside of me. I was only her "nest", her territory, her protégé. She was interested in living together with me in perfect harmony. That's how her true nature is.*

*Now I sat there, listening inwards and watching her. At this time I didn't feel good emotionally, I was weighed down with sorrow. This was due to stress and problems that bothered me. Thus, I wasn't able to concentrate and unconsciously I let my mind wander. I got distracted and forgot about what I had wanted to do in the beginning. I stopped to listen inwards and to sense the Kundalini. Only a few minutes after I became aware of that. I gathered my strength and now I focused more alertly on the Kundalini. Where was she? What was she doing?*

*I searched for her in the coccygeal region. That was where she normally would lie, wound-up. But she wasn't there. I was puzzled. I searched my whole back, but even there I couldn't find her.*

*Then I saw her – or rather sensed her. She was in my belly. I saw her there, wound up like a ball. She was filling my whole abdomen. She was wide awake – and she was about to do something, I could feel it. But I couldn't feel what exactly she was up to. She didn't let me know – this was typical for the Kundalini, like I would experience many times after.*

*As I was thinking about it and even asked her what she was doing in my belly, she calmly raised her head and began to ascend upwards, dead straight! She ascended through the vertical energy current which goes parallel to the spinal column. I watched quietly and was not able to think about it. I was totally absorbed in this observation.*

*In this way she glided upwards slowly, but determinedly, and as she was passing through the solar plexus region I saw that she was pushing along a big, dark ball. She ascended ever higher up to my mouth and as I felt her there, I involuntarily had to open my mouth widely. Then I exhaled for such a long time that I thought I was going to exhale my soul. Fortunately, this wasn't the case. It was a kind of dark air or air-like substance which I was exhaling.*

*Later my Guru told me that he assumed that Kundalini had hauled out all the negative energy, which had been accumulated inside of me, in form of a dark energy ball. She had pushed it through my mouth, because denser energies like ectoplasm cannot be released through pores in the skin but only through body orifices. The Kundalini had relieved me from the negative energies. Retrospectively, these explanations were matching the perception I had had during this experience – for as soon as I had exhaled, I was filled by an inexplicable, deep silence. My inside felt like it had been emptied and cleaned, and I felt embedded in peace and silence. I didn't have the need to speak, to think or to do anything. The only need I had was to rest in myself. The Kundalini descended downwards again and wound up in her "roost". It was like she was resting after work. She was gentle and silent.*



*As I was perceiving this, a deep feeling of thankfulness overwhelmed me. I loved her. I loved her for her selfless help which she gave me without me having to ask her for it. She helped me and filled me with calmness inside. All the troubles which had been bothering me minutes before were washed away. I was relieved from grief. The poison of my inner discord had been egested and I felt clean, invigorated, and full of confidence and peace. I was facing up to the future without sorrows and fears, thanks to Kundalini.*

*Thus, inside and silently, I thanked this high, intelligent energy that was showing to me in the appearance of a little, dark serpent. I felt connected to her with all my heart. The first time ever I was happy and thankful to have her inside of me. She was my precious. I said that to her. I said, inside: Shakti, you are my precious!*

*There she raised again. "What now?", I thought. I felt that she was coiling upwards through my spinal column this time. When she reached my neck chakra, she came out. Never before had I observed her coming out of my body. But now she did, and I didn't know what she was about to do. For a moment she was not visible for me. I just perceived a kind of pale cloud which was enfolding me. I felt a bit uneasy, though.*

*Then I saw her again. I saw that the small serpent had turned into a huge serpent. Now she was not dark anymore, but very light. And she was glowing. She had coiled herself around my body now, and her head was above me. I was embedded in her. I was lying in her like a child in its cradle.*



*I was embedded in her. I was lying in her like a child in its cradle.  
(Picture by Gauri)*

*Not even when I was a child, lying in my mothers arms, had I ever felt so protected. Kundalini had embraced me. Tightly, gently, lovingly and determinedly. This was her way of saying to me: "I'll always be with you."*

*From then on, I never was afraid of her again. Countless times I have felt her, countless times I have talked to her. So many times I have seen with her eyes, heard with her ears and countless times I was connected to the cosmic love through her. I respect her because she is incorruptible. She has no appreciation of material wishes. This is not her area. She doesn't want to fulfill any mundane desire. But she can free you from the bondage and chains of mundane entanglement and ephemeral desire – if you want it and if you let it happen, if you accept her as what she really is: a part of the divine inside of you, your ticket to paradise. I love her because she is of pure nature and because I know that she only wants the best for me – the connection to the highest. She wants to turn me into a loving and knowing person.*

## Shakti and the Chakras (Spiritual activity of the Kundalini)

### *The ascension of Kundalini:*

According to the established tradition, Kundalini ascends from chakra to chakra. Here the yogi achieves ever higher states of consciousness. When Kundalini has reached the top, the yogi will be enlightened.

In practice I learnt that this simple step ladder of spiritual development is not right. Everytime when a subtler vibe is reached, this has to be assimilated firstly. That means that the whole complex of body, psyche, astral and spiritual layers has to be newly structured. Everything is connected, and if one part ascends the rest cannot simply stay behind but has to be adapted to the new conditions. Thus, the whole ladder of chakras is worked through for many times with a subtler vibe each. Every single chakra, beginning with the Muladhara chakra, has to adapt to the new vibe, to distribute this higher vibe within its area and to establish the corresponding connections.

### **Symbolic representations of Kundalini:**



There are different symbolic representations of Kundalini. Generally, we find a certain arbitrariness here. But what may become blurred in detail is, in fact, clearly separated from each other when looking at the matter in its entirety. E. g. there is a clear difference between the energies (prana vayus) and the inherent intelligence (Shakti). As a general rule, a higher representation indicates an increasingly higher guiding intelligence which takes effect in our through Kundalini:

**Energy currents:** here, an energy is represented, similar to physical fluxes.

**Serpent:** Kundalini is a purely vital energy which takes effect on the physical layer resp. the body.

**Raga/ Serpent-Fairy with half-human appearance:** Kundalini takes effect in emotionality here. Practically, this means that very strong emotions occur from deep love to furious rage. Emotions are fluctuating uncontrolledly.

**Shakti:** here, Kundalini is guided and controlled by a higher divine, cosmic superintelligence. Spiritual abilities and deep, all-embracing feelings of love arise in human.

**About Shakti and her guidance:**

One can think about how it is possible that, with increasing spirituality, Kundalini – which might have been a wild and untamed force in the beginning – turns into a being which helps and protects us – and, if we are willing to listen inwards, a being which even gives advice. I cannot really explain why energies can develop into intelligences. But maybe things aren't what they seem. Maybe all these intelligences and pseudo-intelligences have been there from the very start, and they just took turns as guides of our inherent powers. Firstly, the subconscious may have had control over Kundalini and later our Higher Self or a cosmic intelligence has taken the lead. Who or what this higher guidance is, isn't really perceivable, at least not for me – but this intelligence exists. It is possible to communicate with it and I have experienced this clearly and for many times. We may not know who or what this intelligence is, but we can give it a name – and this name is Shakti. Shakti is the highest manifestation of Kundalini resp. of the intelligence which controls Kundalini. Through Shakti, the human is connected to the divine, cosmic consciousness.

Depending on what chakra is increased in its activity, Shakti shows herself in different ways. The following analogy might help to understand why this is the case: imagine sunglasses. They can have brown, yellow, blue or red glasses. Depending on through which glasses we see, the world will get a different colour. While wearing these glasses, we maybe will forget this fact and everything will seem normal then, although what we see is slightly tinted red, blue or yellow. It's similar with Shakti, and that's the reason why Shakti and the Kundalini – taking effect through a certain chakra – seem so tightly connected that we speak of Kundalini-Shakti and cannot longer distinguish between them.



*Shakti awakens*

**Shakti in the Muladhara Chakra (Root Chakra) – Shakti takes effect on the physical layer resp. on the body**

When Shakti with her light quality revives the human being, she begins her ascension again in the Muladhara Chakra – this has happened before several times, but with lower and ever subtler growing vibes (?). Due to her activity the person changes – the human won't get caught so easily by material desires and interests anymore. His way of life will change from inside and not basing on directives, like given in yoga as Yama (morality) and Niyama (ethics).

Out of an inner need, the diet is balanced – not more and not less than the body needs. Eating for compensation will not happen anymore, for the stresses have been relieved or they interact on another, subtler layer. Dry bread will be as appreciated as a cake. Smoking is unimaginable – the inside struggles against it. The need for property will lose importance as well. An inner entity struggles against every form of material obligation.





*Shakti in the Manipura Chakra*

**Shakti in the Manipura Chakra (Navel Chakra) and/ or Solarplexus Chakra**

In the previous stages, the Kundalini force has revived the human with emotional power in the Manipura Chakra, although the emotions could not be controlled then. Now, a new kind of energy arises in the Manipura Chakra, a "mediumistic electrical" energy – this may not be right literally, but it is likewise. If the human gets angry now – he will oscillate between higher and lower states – then light bulbs and electrical devices may break. It does not always have to be rage, it can be the subconscious "testing" these newly arised energies: radios are turned on or off, objects are moving, or other uncanny things may happen. The human has become mediumistic-paranormal in this stage.



*Shakti with jar as a symbol for Amrita – the nectar of gods*

### **Shakti in the Anahata Chakra (Heart Chakra)**

In the previous stages, love already has been developed. Now under the influence of Shakti a deeper love arises which enables to merge and to become one with someone or something. While before understanding had been developed through intellect and empathy, now understanding arises through delving into the personality of another being, through becoming one with it – thus, the situation is understood deeply and wholly.



*Shakti in soul's flight*

### **Shakti in Vishuddha Chakra (Throat Chakra)**

According to the Indian yoga teachings, the Throat Chakra is attributed to the element "akasha" (ether). From here on the soul (astral body) begins to loosen from the physical body. For the yogi/ yogini, a connection to the divine consciousness is already possible via the Anahata Chakra, but it is a mental-emotional connection. From the Throat Chakra on, the yogi is able to travel in the subtle bodies. His soul is free and rises above the physical body.

### **Shakti in the Ajna Chakra (Third Eye Chakra, Will Chakra)**

With the sixth main chakra, the Ajna Chakra, an ability of inner clarity arises in the human, which enables him to observe untroubled by emotions and thoughts. If this inner clarity is subordinated to a greater goal it will be an important help, almost indispensable for the yogic practice. But if practiced excessively, this exercise can be disadvantageous – when the yogi becomes "one-eyed", or "white-lighted" as it is also called. Because too much of this white light does not only bring silence of thoughts but also extinguishes emotions. Firstly this won't be recognized, because the exercise causes an euphoric feeling of happiness. It can be that the yogi becomes addicted to this exercise.



*Being one with the universe*

### **Shakti in the Sahasrara Chakra (Crown Chakra)**

Through Shakti, the divine cosmic consciousness works unhinderedly. The body has opened through all layers of subtle matter to the cosmic principle. The yogi or yogini has become one with the Shakti and the cosmic consciousness.



## The Goddess or Great Mother



*The decision*

What is the goal of yoga and many other esoteric teachings? Most teachers have the same goal, a goal which has many names and yet it seems to be the same: enlightenment, self-fulfillment, cosmic consciousness, cosmic love, realization of God, all-unity, liberation (mukhti), supra-consciousness. There may be other terms as well.

When I began with the first steps on my spiritual way I learnt: "The goal of a yogi is to reach a state of consciousness beyond space and time, beyond creation. Because this state is beyond polarities it cannot be described, every description means division – and for this state there are no divisions. Thus, it is called 'neti, neti' - which means 'not this and not that'. Another term is 'sat-chit-ananda' - 'existence, consciousness, bliss'."

How does one reach that state? One has to concentrate on the Ajna Chakra, which is the chakra between the eyebrows, and excludes all thoughts and feelings. Nothing should stir inside – deep silence reigns. If one is lucky or it is given to one, the state in meditation tilts over to a state of altered consciousness and we'll be in a state of limitless dimension, beyond time and space. Even beyond the ego – that's why there are no reflections about past lives, future or whatever – because the awareness about creation is not longer there.

The method to reach this state has its dangers. If one achieves to go into that state once – and even if it was only so slightly – but is still anchored in the ego and in the world, one will get a feeling of immense power. An inner, magical power which seems to have no limits. It is an intoxicant sensation and one may rather get addicted to it – in fact, it is a kind of



addiction. These half-enlightened people – if they are incarnated or transcendent beings – are mostly beings of a high plane of existence, but it is a light and cold plane – in my circle of acquaintances we call them "white-lighted", for their auric radiation is a dazzling white, but cold light character, without any empathy or emotion. They serve no one and submit to no ideology. They only know their own will and this will is incredibly strong.

### **Shakti and Mahashakti – or simply "the Goddess"**



If we come into deep contact with Shakti and if we love her, of course we want to know who or what she is.

We will soon learn what she is, because she shows that openly: Shakti is near inside, she's always with us, loves us, forgives our mistakes, is patient and wants to give us strength and power.

If we want to know who she is, we won't get an answer. We'll only hear that there's no difference between her, Shakti, and the Great Goddess, Mahashakti. Thus, we can't find out if we encounter a personal Shakti or a cosmic consciousness which communicates with us. There's nothing in her nature that could be confined to a "person". Not even a mythological deity we'll find in her. Thus, there is no answer to such a question which wants to confine Shakti to a person.

Now about the way which the goddess teaches us, and which is another way than that of the yogis who only practice with the Ajna Chakra. She teaches us the way of all-uniting love, of becoming one with all life. Whenever possible, she makes us aware of the love, of empathy and identification with all life around us. Of course she does not give instructions or preachments – only a goddess experienced through a lower chakra would do that, for example the Manipura Chakra. Down there, in the lower chakras, the nature of the goddess is more human-like, because her auric radiation mingles with our subconscious. What we receive then is not pure – just remember the example with the sunglasses, it is exactly this principle.

It's best to connect with the goddess through a higher chakra, mainly the Tara-Chakras – that are: Hridaya Chakra (next to the Anahata Chakra), the Forehead Chakra (middle of the forehead) and the Soma Chakra (one end at the posterior palate and one end at the crown – every chakra has its opposite chakra and both form a spindle). In this way, we will learn through states of consciousness. We recognize the divine presence in all life around us – humans, animals and plants. We cannot choose an encounter, because the state arises spontaneously. Suddenly we experience our counterpart as life which is filled with happiness and love beyond the material world.



## Glossary

### **Alchemy**

Alongside the European alchemy which is known to us, there is also an Indian and a Chinese alchemy. It is often said that European alchemy has its origin in these eastern countries. Principally, there is an outer and an inner alchemy. The outer alchemy deals with the transformation of substances like lead or gold. The inner alchemy deals with inner, spiritual transformation processes inside of the human being.

In Europe, the outer alchemy was stronger represented, and from it the natural science of chemistry has been developed. In China and India, alchemy was strongly linked to medicine and spiritual ideas.

### **Amrita**

Amrita (Sanskrit) is seen as "nectar of immortality" in Yoga. In India it is symbolized iconographically by a jar. In introspection, Amrita is seen as golden liquid and tastes like flower nectar. In my opinion, it is generated through the transformation of ectoplasm (see: ectoplasm) in the heart centre (Anahata chakra) with the aid of head chakras. In the opinion of the theosophists and the Indian yoga, it originates in the palatine, where the Soma Chakra is opening out. According to yoga, it can be stimulated by the Khechari Mudra (the tongue is bent back to the posterior palate).

### **Astral Body**

Our transcendent body, consisting of subtle matter. It is a spiritual body and generally appears as a reproduction of the physical body.

### **Astral Travelling**

Travelling through transcendent planes (dimensions, worlds) with the astral body. Also called astral projection or out-of-body-experience (OBE or OOBE).

In medicine, astral travelling is understood as lucid dream (LD). Astral travelling is known to practically all religious and shamanic cultures, but the records are often very vague, so that the underlying principle isn't recognized anymore (only contents are reported, but not the process and the origin of the phenomenon).

### **Aura**

Subtle field around the human being, which can give information about health or spiritual evolution of the person to the clairvoyant. Such a subtle evaporation (radiation) can emanate from different subtle bodies. Corresponding to the type of subtle body, the aura is called "etheric aura", "astral aura", "aura of the causal body" etc.

### **Central Channel (Sushumna)**

The energy channel within the spinal column (sanskrit: Sushumna), through which Kundalini flows in a "Kundalini ascension".

### **Chakra**

Chakras are energetic vortices and, at present, widely accepted in yoga and esotericism. In Indian yoga, chakras are understood as centres which are of essential importance for the spiritual transformation and the development of magic/ spiritual powers. There are many chakras, but the seven main chakras – which root at the base of the spine and mostly open out at the front of the body – are best known.

## **Consciousness**

In different religions, "consciousness" is referred to as perceptive being. In the view of Tantra (see: Tantra), consciousness can exist independently of a vehicle (= body) and is seen as the primal source of all existence. This principle is represented by Shiva (male). The life force inside of body and creation is called Shakti and often represented by a goddess or fairy.

## **Dakini**

Fairy with magical powers. Dakinis are the ritual partners of the Yogis and Yoginis which practice Tantric Yoga.

## **Deity**

Deity (God/ Goddess) is a very imprecise term which can refer to very different things, corresponding to what religion, culture or practice defines this term. In Europe and the Mideast, deities are understood as kings of heaven. In India, deities (Sanskrit: Devas) are immortal beings which belong to a higher sphere of existence – among them kings of heaven, demons, fairies, witches, shamans, Yogis and others. In buddhism, deities are understood as beings living in a temporary existence, a life in heaven.

In Maha Yoga the term refers to intelligences which have passed beyond the space-time continuum. It can happen that a Yogi/ Yogini is chosen by such beings as their protégé and this deity will guide the Yogi/ Yogini and contact him/ her individually in different manners. Here, processes can occur like those which have been described under the term "Yidam" (see: Yidam). The origin of this personal deity may be different in Maha Yoga and mostly remains hidden.

## **Devi**

Sanskrit term for "goddess"; Maha-Devi = the Great Goddess (All-Goddess)

## **Ectoplasm (Bioplasm)**

Ectoplasm is a very dense etheric effusion which is considered responsible for various poltergeist-phenomena.

Ectoplasm is generated through an inner alchemic process in the abdomen. It can be released by the body in different manners. Like mist, it can evaporate from the whole body surface. In its densest manifestation, ectoplasm can slowly flow out of body orifices (especially mouth) like honey, whereat it vaporizes at the edges.

Its colour is light to dark gray. It does not need to be homogenous and can contain granulate material. In a few experiments, ectoplasm has been successfully photographed. There have been attempts to make measurements on ectoplasm, but those tests showed very varying results without any significance (electrical conductivity, Albert Freiherr v. Schrenk Notzing, 1862-1929, Munich, physician and parapsychologist). For searching photos of ectoplasm in the internet, the term "teleplasm" is useful as well.

## **Etheric body (or Fluidal Body)**

These terms, historically put forth and both an unfortunate choice, refer to a denser subtle, energetic appearance of a human being. The term etheric body was characterized by the theosophists, especially by Helena Petrova Blavatsky (1831 – 1891) and by Charles Webster Leadbeater (1847 – 1934).

Paracelsus (Theophrastus Bombast von Hohenheim, 1493 – 1541) wrote about the "sideric body", which referred to a similar or even the same thing as the etheric body.

In theosophy, the etheric body is seen as a link between the astral body (transcendent) and the physical body (material). It is actually not a "body", but it is rather the astral body with (denser) fluidal energy still adhering to it after this astral body has moved out of the physical. When changing into the astral body itself, the etheric/ fluidal energy is drawn back to the physical body and the astral can move freely. Other terms for "ether" in the above sense: chi, ki, prana. See also: bioplasm.

### **Fluidal Body**

Is another word for the etheric body. The term was preferred by the French. In this context, the experiments of Hector Durville are known:

*Hector Durville: The Theory and Practice of Human Magnetism. Primary Source Edition, Nabu Press 2014 (Scan of the original translation of 1923)*

### **Higher Self**

(see also: inner structure of the human being)

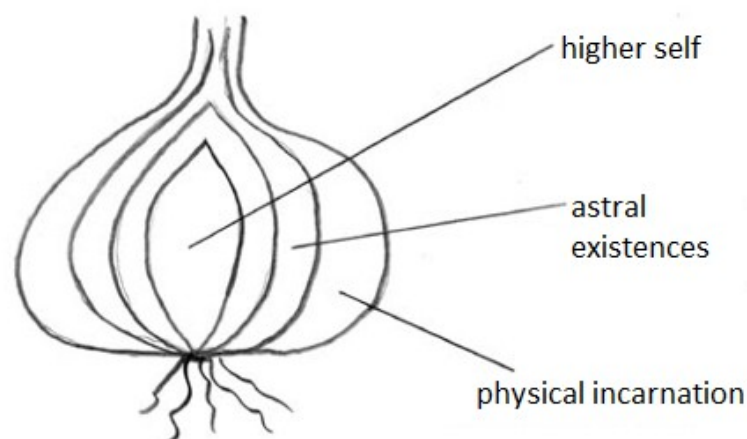
This term was coined by the theosophists. It refers to the highest aspect in the human being, immortal and permeated by the divine. The higher self stands above the individual part which is subject to reincarnation.

### **Ida**

An energy channel which winds around the Sushumna (central channel) in three coils. The other polar channel is Pingala. In some traditions, these two currents run straightly and parallelly to the Sushumna.

### **Inner structure of the human being**

In many religious teachings of the Orient and the East, the human being is believed to have a scale of ever subtler soul bodies. Best known is the theosophic teaching of the different hulls (subtle bodies, vehicles). For better understanding, the model of an onion is used – although these subtle bodies are imagined to interpenetrate each other.



We are structured like an onion. The inner heart is the higher self; the eternal, divine part inside of us. The further away the skins are from the higher self, the more they are



characterized by an individual consciousness and separated from the divine core. The material body is the furthest away.

### **Kundalini**

Is a Sanskrit term and originally means "coiled up".

### **Liquid Gold**

Alchemy: aurum potabile – is extracted from the philosopher's stone.

Here, the term refers to Amrita, because in spiritual immersion Amrita is perceived as liquid gold.

### **Mahashakti**

Maha = great (e. g. Maharaja = great king), Shakti: see Shakti. Mahashakti is the cosmic all-force.

### **Nadi**

Energy channel. There are main nadis (Sushumna, Ida, Pingala) and secondary nadis.

### **Naga (Water Serpent)**

In India (and Tibet), serpents were seen as sacred since time immemorial. It is said that the ancestors of the serpents originated from the primeval ocean, long before the creation of the earth. Serpents are the yogi's protectors. They possess wisdom and magical powers and guard the magical jewels.

### **Pingala**

see "Ida"

### **Polarity**

When hearing of polarity in an esoteric sense, we are thinking instantly of a polarity of good and evil – due to the fact that we are influenced by Christianity. In Tantrism, polarity isn't viewed so much from a moral-ethical point of view. According to Tantra, polarities are frictions which are – due to their dynamics – forming the creation and the inherent happenings. Iconographically, they are represented as a couple that is complementary.

### **Purusha**

Indian term for consciousness in the sense of "perceiving life". Instead of purusha, it is mostly the deity "Shiva" which is used in the records. In this representation, it is Shiva who withdraws into himself, not longer recognizing the outer world (creation) and dwelling in a state of pure consciousness (Shiva in meditation position).

### **Raga**

Fire serpent.

### **Reincarnation**

Rebirth. According to Tantric teachings, a person can have different personality traits than in former life when being reborn. A part of the psychic mistakes and impurity are being cleaned in a next incarnation through a combination with various remainders of former incarnations. This means that a next incarnation is not a hundred percent continuation of a former incarnation, but a combination out of an reservoir of personality traits from different lives.

## **Shakti**

In Tantric Yoga, Shakti contains all aspects of energy, motion, dynamics and body. In a cosmic aspect, Shakti is represented by the all-mother, Mahadevi, Parvati etc. Any female deity is in fact the Shakti (the creative, visible and shaping aspect) of a male deity. Shakti can become manifest as a quality within the whole range of compaction, beginning with the finest spiritual appearance (most subtle matter) down to the earthly in human being (densest matter). Energetically and functionally, this means that different appearances of Shakti become manifest within the scale of chakras, beginning at the root with the earthly (Muladhara Chakra) up to the head chakras, in which the highest cosmic appearances become apparent.

In depth psychology (after C. G. Jung), Shakti can be understood as personified libido resp. as Anima, as well.

## **Shiva**

In archaeological discoveries in Mohenjo Daro and Harappa (5000 years old), the god Shiva or his early form is seen represented in a sitting yoga position (apparently a jungle deity). The inscriptions mention the term Minakanna, which hints to an old yoga tradition. In former times, yogis were called Minas, which was referring to their asceticism and self-discipline. In those times they lived in caves, and – sometimes – they still do so today.

According to the belief of Tantra, Shiva is the creator and sustainer of the world – and the one who will dissolve the world again. From him, the creation is born and also ends, just as if it was his breathing cycle. This "breathing cycle" of arising and dissolving is a process which applies to every individual. If this process is completed, one dwells in the Shiva consciousness beyond time and space – practically identical with the Nirvana. Becoming one with the all-encompassing unity of Shiva is the goal of all the ascetic disciplines of the sadhus and yogis. In asceticism, this becomes apparent in their way of life through a "leaving of mundane attachments" (non-attachment, lack of possessions) and symbolically through diverse attributes of death.

## **Soma**

Sometimes used in the sense of Amrita. Originally, though, Soma referred to a mysterious potion which brought a state of consciousness similar to enlightenment.

## **Subtle matter**

A term used for any form of "matter" which does not belong to the physical (material) sphere. It is a very imprecise term and is especially used when a person does not determine a certain kind of matter (which would be e.g. etheric, astral etc).

## **Tantrism, Tantra**

Originally, Tantras (or Agamas) refers to a post-Vedic literary genre of the second century A. D., but which came to thrive in the 7<sup>th</sup>/ 8<sup>th</sup> century at the earliest. Its views, ideas and practices became characterizing aspects of Hinduism and later Buddhism – especially the Tibetan Buddhism (Vajrayana within the Mahayana tradition).

## **Tantric Yoga**

Characteristics of Tantric Yoga are: representation and visualization of spiritual principles through sexual symbolics, the polarities active and passive, resp. male and female. It is assumed that two principal forces form the universe through their interaction (an idea

which can be found in the oldest world views – e. g. churning of the ocean of milk through the polar powers of gods and demons).

The harmonic interaction between those prime forces is expressed through the representation of Shiva and Parvati (see Shiva, Purusha, Shakti).

Important elements of the exercise system:

Chakras

Nadis (subtle energy channels)

Kundalini

Mudras (positions of the body), breathing techniques, visualizations, Mantras (words of power), Yantras (symbolic images)

### **Yoga**

There are several disciplines of yoga. Recently, similar practices of other cultures are termed "yoga" as well (Taoist Yoga, Tibetan Yoga etc). Most yogis practise several types of yoga in combination and with different emphases, depending on individual preference. Compared to Hinduism, yoga looks deeper into the question of being. On the highest level, the yogi learns that all manifestations of creation – deities inclusively – are illusion. The true being cannot be described (neti neti – not this, not that). In its purest form this is taught in Advaita Yoga (yoga of non-dualism).

### **Yogi/ Yogini**

A person which is practising yoga and that is experienced in this area.