

Yogic Mystery School's Guide to

KUNDALINI



DISCLAIMER

PLEASE READ THIS BEFORE UNDERTAKING THE PRACTICE

This resource is offered for educational purposes only. It is not meant to take the place of any form of medical treatment or therapy, and it does not come with any form of support from the instructor or distributor. It is the responsibility of the Student (practitioner) to undertake the practice in consultation with their physician or therapist and to assume all responsibilities for their effects. The Provider and its instructors offer no claims, warranties or support.

Kundalini is associated with evolutionary energy in the Hindu yogic and Tantric systems referenced in sacred texts for approximately 1000 years. Yogic Mystery School teachers do not claim to know too much about it other than it is a form of the God force in a feminine modality. The student understands and accepts that there are risks to working with Kundalini as a form of energy as it might result in psychotic episodes or imbalances that may require a psychotherapist. A student who engages in any spiritual practices involving Kundalini or the use of the term should be willing to accept the risks involved.

Your use of any practices or recommendations include acceptance of our [Student Agreement](#) and [Full Disclaimer](#).

USER AGREEMENT

The content in this guide is meant solely for your personal use. You agree not to duplicate or allow others to duplicate, store in a retrieval system, or transmit in any form or fashion, through any medium, electronic or otherwise, in whole or in part, the contents of this package without the written permission of the publisher.

All Rights Reserved.
Yogic Mystery School™
a dba of Guha Soulworks LLC
image use licensed through 123rf
as well as Shutterstock and Adobe Images

This year, 2022, we are excited about introducing the study of Kundalini to our Yogic Mystery School's curriculum. Over the years, our programs have developed a structure to embark on this process that requires maturity, dedication, and sophistication.

Our programs are now within three mandalas:

1. Nada Yoga Mandala

Nada Yoga has always been our platform. Now, we can bring the full scope of Nada Yoga, the Vedic, Tantric, Bhakti, and Nada streams of sacred sound to enhance the Kundalini process. We have three programs that constitute this mandala. Sound is a powerful catalyst, a stimulator of the Shakti, so we use the various forms of sound to awaken the Shakti.

2. Tantra Chakra Mandala

The Tantra Chakra Mandala offers the infrastructure for Tantric practice, namely the chakras. Our Chakra Immersion is ground zero for developing the Kundalini experience, specifically through Kundalini Awareness Meditation. The Mastery of Tantra takes a more sophisticated approach and develops *viśeṣa* (specialization) of the knowledge of sacred sound and its application to chakras.

The Tantra Chakra Mandala is bolstered with various programs on mental and emotional wellness, addressing trauma, and understanding the role of enlightenment in the spiritual and therapeutic process. Practitioners should not undertake the Kundalini experience without a willingness to address the full array of their psychological conditions. The danger is spiritual bypassing.

This mandala helps prepare and maintain the energy body infrastructure for the awakened Shakti, assisting with balance, cleanliness, and order.

3. Sri Vidya Kundalini Mandala

Finally, the advanced practices of holy rituals offer us a way of addressing the various corruptions of archetypes and help create containers for the development and advancement of the Kundalini experience as it awakens and evolves in us.

Students who approach this process piecemeal should understand that their process and the resources they can bring to it are proportional to their level, understanding, and capability.

Each student is responsible for their practice and their discipline since no one, but they can monitor their thoughts and actions. Every thought and action contributes to the Kundalini process, either assisting it or complicating it.

Click the "courses" tab on russillpaul.us to view descriptions of the courses below.

Courses 1, 4, and 9 are the foundational courses for beginner students.
 Courses 2, 5, and 10 are intermediate courses for seasoned practitioners.
 Courses 3, 6, and 11 are courses for advancing students.

*Be sure to watch the following videos to understand this process better:
 Triple Mandala Approach, Nada Yoga Tantra, and Out The Bottle, In The Bottle*

	NADA YOGA MANDALA	
1	Yoga of Sound Immersion	EXTENSIVE NEW CURRICULUM integrating mantra, music, and meditation with Nada Yoga Training and Tutorials, and new mantra training lessons, as well as new devotional chanting.
2	Mastery of Mantra Training	
3	Transformed By Mantra	
	TANTRA CHAKRA MANDALA	
4	Chakra Immersion	COURSE ENHANCEMENTS These five programs will include enhancements that address the preparation of the chakras for the Shakti awakened through Nada Yoga. We will also introduce Chakra Meditation practices, piercing the chakras and exploring the importance of cultivating enlightened awareness as an essential component of the Tantric process.
5	Mastery of Tantra Training	
6	The Secret Life	
7	Staying Spiritually Fit	
8	Golden Path To Wholeness	
	SRI VIDYA KUNDALINI MANDALA	
9	Cultivating Abundance Consciousness	UPGRADED ADVANCED COURSES Upgraded programs will include the study of Kundalini and the importance of Tantric rituals to heal and offer a safe container within which to explore our relationship with Kundalini as a form of Shakti. In addition, private sessions help integrate new Sri Vidya mantras and the ideal performance of Tantric rituals to aid our relationship with the Kundalini Shakti.
10	Healing The Divine Feminine (Saraswati)	
11	Sacred Masculine	
12	Mystery of Ganesha	
13	Ultimate Shakti	

In The Bottle, Out The Bottle

The classic forms of mysticism seek to awaken to a larger sense of presence that is macroscopic: the God experience. This approach brings the body, mind, and heart into a relationship with a more significant Presence.

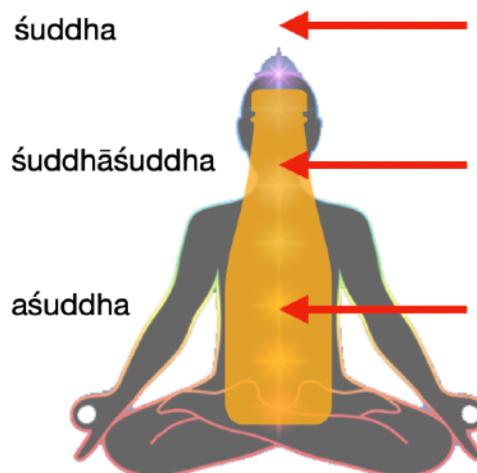
In Tantra, we might describe getting out of the bottle. The body is the bottle, and within it are all the aspects of the mind.

We study the Tattvas to grasp the Tantric concept of liberation.

Tantra, however, also shows us how to live in the bottle, in the body. We can invoke various Shaktis and devatas to enhance our consciousness in the bottle because this body, too, and the mind, is capable of divine realizations when the dynamic forces of spirit are not put to death but transformed and sanctified. That language, by the way, comes from a Christian mystic.

Kundalini meditation, Kundalini Yoga and Tantra, enhance this process even further. They prepare the bottle (physical body and energy body and the aspects of the mind that connect to them) to welcome the element of ultimate divinity reality inherent in nature to course through our chakras, purifying them and illuminating our being on the way to union. We sometimes refer to this as the Shakti (primordial energy) at the base of the spine rushing to meet Shiva, dwelling at the crown of the head, like Shiva dwelling on Mount Kailash.

We might consider the traditional way outlined in western mysticism (purification, illumination, and union) as characteristic of the Kundalini approach. Except in Tantra, and Kundalini, the energy awakened is the feminine force, not the sacred masculine of transcendence, but the divine feminine inherent in all creation.



Kundalini Process Support Structure

The Tantric adept should grasp the value of sacred sound and holy rituals and take care of their physical body and emotional well-being.

A regular inventory of good and bad patterns (samskaras) can help keep one on track, knowing one's strengths and weaknesses.

Be sure to watch the video on *Structure* for this purpose.

Bad Samskaras

Good Samskaras

The diagram is a circle with a red dot in the center. It is divided into four quadrants by a vertical and a horizontal line. The top-left quadrant is green and labeled 'SACRED SOUND'. The top-right quadrant is yellow and labeled 'PHYSICAL'. The bottom-left quadrant is yellow and labeled 'MENTAL'. The bottom-right quadrant is green and labeled 'HOLY RITUALS'. To the left of the circle is a grey rounded rectangle with eight horizontal lines, labeled 'Bad Samskaras'. To the right of the circle is another grey rounded rectangle with eight horizontal lines, labeled 'Good Samskaras'.

A student's comment on the structure:

“This is a remarkable breakdown, very clear, yet the scope for me is somewhat daunting. I look forward, though, to entering into each of these components with a renewed resolve to transform body, heart and mind. I remind myself that these modalities are never separate and that whatever change occurs in one is reflected by a corresponding change in the others. I feel genuinely hopeful, and I am grateful to be included in this process.”

Instructor Response:

Thank you so much for sharing. So you know, it is daunting for me, too. However, suppose we don't establish the full scope of what is required for a balanced structure to support the Kundalini process. In that case, we are without the resources to handle sudden surges of Shakti and the resulting imbalances. With this perspective, we can always look to one of these four quadrants to bolster our imbalances, should they occur. We do not need to preempt imbalances. But, at the same time, we cannot afford to be naive about the potential problems with Kundalini. All too often, there is the rosy promise of the Kundalini process, without laying out the possible side effects which have little to do with Kundalini and everything to do with our configurations of self.

On the other hand, there is excessive fear and caution around the Kundalini experience, which is legitimate but underplays the role of Tantric and yogic practices, rituals, diet, and, above, addressing the psychodynamics around the spirituality to bolster the support system for the experience. I believe that we have a lot of resources to fall back on within our curriculum and through the coaching process. Nevertheless, Kundalini is unpredictable. Unfortunately, we are so used to putting God in a box or, in this case, Shakti in a bottle: so we'll like to know in advance that we will be able to manage it all effortlessly. However, I've often shared that the natural choice is between control and relationship. Controlling Shakti is not the same as being in a relationship with it and vice versa.

Again, thank you so much for sharing.



Subtle Body Anatomy

Next, there is the anatomy of the subtle body. Please be sure to watch the video on Kundalini Anatomy to regularly prepare yourself to work with the Kundalini Shakti to prepare the pathway for this energy.

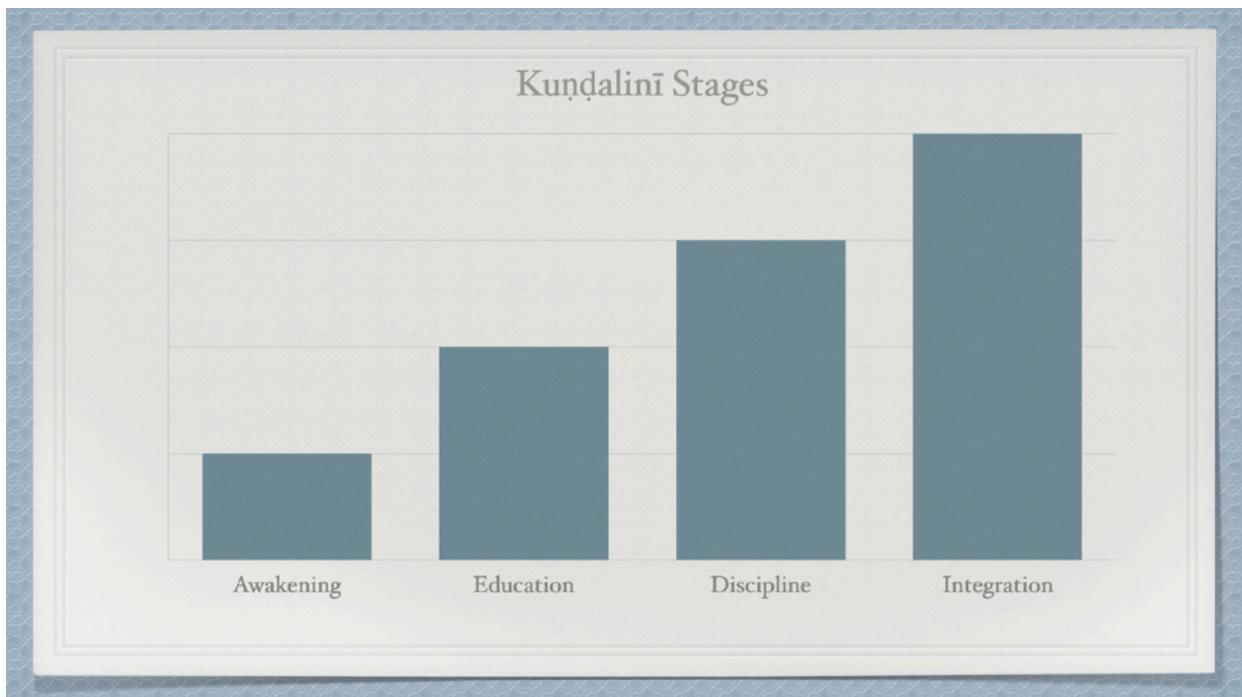
We work with 13 parts of this anatomy:

- the seven chakras
- the three nadis
- the three ganthis



Stages of The Kundalini Process

As explained in the *Stages Of Kundalini* video, the first three stages are not linear. However, the final stage requires the support structure outlined. It is the stage of integration that we are embarking upon during this Yogic Mystery School year. Of course, discipline and education are crucial, so we will continue to understand our process. In addition, we must continue to refine our use of sacred sound with Kundalini in mind, which is why Nada Yoga will serve as our robust platform. Finally, we do not neglect our process's physical and mental/emotional health components.



Many spiritual practitioners place too great an emphasis on the awakening of Kundalini, often pointing to the phenomena of their experience and nostalgia about wanting to have the colors and lights and the somewhat psychedelic nature of Kundalini's awakening. They do not realize that, in many instances, the awakening of Kundalini is a gift and that it requires discipline to work with the energy and education to understand the process better over time. It is not a sprint but a marathon. Even better is to understand the Kundalini process as training for a triathlon. We need to bring considerable skills, knowledge, and ability to the process if we are looking for a mature working process with Kundalini. Without discipline and dedication to the knowledge and practices, seeking Kundalini awakening for the phenomenon aspects is much like going to bars to pick up one-night stands: there is no commitment to a relationship with Kundalini, understanding Her, willing to be accountable to Her, this goddess of Shakti, a way of submitting the ego structures to become more pliable to her movements within us.



Kundalini Awareness Meditation

This method is our baseline approach, a fundamental practice that will remain constant until our lifetime. The technique seems simple, which it is: however, there are so many moving parts within the structures of the self. We refer here to the forms of the ego, our impulses, our complexes, our psychological tendencies of avoidance, and so much more. In other words, we cannot ignore the importance of maintaining robust mental health and emotional well-being as part of this process.

Awakening Shakti is relatively easy—a lot of sacred sounds in the form of mantras (Vedic, Tantric, and Bhakti mantras) are awakening Kundalini. However, in most instances, we are not overloaded, which is due to our chakra anatomy's natural design. Perhaps for a short period, we experience a strong surge of energies or altered states of consciousness due to our chanting. However, Kundalini is something subtler, so the maturity of soul and sophistication of method is vital.

Kundalini Awareness Meditation, the starting point for the Kundalini process, prepares the pathway for Kundalini along the Sushumna Nadi. We want to learn to prepare each chakra, chakra by chakra, along this central axis. And then, within this purified pathway, begin the process of Kundalini awakening. The effects will vary from practitioner to practitioner, so the group process and the private coaching process are essential. Similarly, the individual working through psychological content with a component psychotherapist may be equally important—and this is not to preempt that everyone will end up psychotic due to Kundalini's awakening. However, if we do not attend to our inner house, if we do not keep it in order, then the force of Kundalini can feel like a tornado going through our inner home. And this is no fault of Kundalini; instead, we take responsibility for not addressing, facing, or integrating our issues.

If you are fearful of what you may not have addressed within you, or if you are excessively concerned about what you might trigger as a result of this practice, don't do it. On the other hand, what we do not address or do not integrate, or do not resolve will show up in other areas of our lives. Kundalini meditation can lead to greater liberation and profound healing, but the process will not be bliss if we still have the stuff to address within our minds and hearts. In other words, do not assume that because you practice the visualizations or sensory practices or mudras or awareness processes, Kundalini will awaken and provide the expected bliss. The Kundalini process is about working with the various obstructions and corruptions within ourselves that pushes back against this pure Shakti.

Energy is flowing through us all the time. However, Kundalini is a pure Shakti. We must constantly purify the chakras and the nadis, live a good life, live with integrity and accountability, take care of ourselves physically and emotionally, etc. The support structure we've outlined is not some fanciful structure.

Method

Begin with the root chakra. Shine the spotlight of your attention on it and then progress upward to the sex chakra. Keep moving upward, chakra by chakra, until you reach the crown of your head—this, in a nutshell, is Kundalini Awareness Meditation. We light up the pathway to welcome Kundalini through chakras aligned along the Sushumna Nadi.

Routine

While you can train your awareness along your spine, focusing on one chakra after another in succession, chakra, a better way to go about the process would be to do a simple purification and chant a mantra before engaging the process. In addition, pranayama (breath control) and mudra vigñana (the science of mudra) can significantly assist the process. The development of awareness through meditation and enlightenment practices also plays a role in the quality of attention one brings to the process. For instance, there may not be much effect if there is a lot of distraction and unfocussed awareness.

Advancement

Over time, we develop our routines by engaging in physical movements, kriyas, bandhas (locks), asana, more advanced pranayamas, and mantras. Consequently, employing more sophisticated pujas such as the Shodasha Upacara create more efficient “containers” for the Kundalini process. In other words, while the meditation method itself remains quite the same, the related practices enhance what is awakened and guided through the chakra system.



Routine 1

- * Ritual: **Finger Snapping**
- * Chanting: **Gaṇānān Twā**
- * Breathing: **Mahat Yoga Pranayama**
- * Meditation: **Kundalini Awareness**

Substitutions

- * **Finger Snapping**—visualize a clear space around you
- * **Gaṇānān Twā**—chant om gam ganeshaaya namaha 3 times
- * **Mahat Yoga Pranayama**—do deep breathing
- * **Kundalini Awareness**—walk your awareness up your spine

