

11) When Kundalini Shakti enters the crown chakra there is the experience of Sat-Chit-Ananda, Being-Consciousness-Bliss. All karma is burned away as the entire brain alights. Now as Shiva & Shakti descend together, our consciousness is transformed and we become Jivatman, a liberated being who sees the world as a wondrous play, now our knowing is not dependent upon our mind & senses. We are now linked to the formally unreachable reservoir of wisdom & power as we return to duality. Shiva, Pure Consciousness, has descended into this world.

10) Generally 9/10ths of the brain is dormant, there is only prana, maintaining vitality but without consciousness, but when Kundalini Shakti, the energy of consciousness reaches Sahasrara Chakra the whole brain awakens and becomes available to us.

8) We are electro-magnetic beings where Ajna is the positive pole and Muladhara the negative pole; as Muladhara is awoken energy is lifted upwards towards Ajna Chakra through sushumna nadi.

9) Note: If specific chakras awaken then the corresponding area of the brain will begin to function as consciousness enters it, sometimes however the experiences it creates will be mistakenly believed to be due to Kundalini Shakti. Equally movements of prana within sushumna may also be mistaken for kundalini.

**6) Ajna Chakra:** 2 petals, Pineal Gland, @ Cerebellum. This is the point of **Rudra Granthi** that ties us to Tapas Loka where we are tied to the concept of individualism and thought. When all three nadis meet here this is the culmination of Hatha Yoga.

7) The dominance of ida & pingala naturally changes every 90 minutes, when balanced however sushumna nadi is activated and the dormant kundalini energy within the kanda is awoken. It will now ascend through sushumna unless any of the chakras are obstructed.

3) There are three granthis or ‘psychic knots’ located at three chakras; these tie us to different realms of consciousness or worlds & must be pierced as kundalini rises & transformation occurs.

4) Muladhara Chakra**:** 4 petals, Perineum @ Lower Sacro-Coccygeal plexus.

This is the point of **Brahma Granthi** where we are tied to Bhur Loka, attachment to the physical world, the material and our sense of being the doer, i.e. of action.

2) There are three layers to sushumna nadi, Kundalini Shakti travelling through the innermost layer “the path to Brahman”

**5) Anahata Chakra:** 12 petals, Heart, @ Cardiac plexus. This is the point of **Vishnu Granthi**

where we are tied to Mahar Loka, emotional attachment, our relationships to others.

**Manipura Chakra 10 petals, Navel**

**@ Celiac plexus**

Svadhisthana Chakra 6 petals, Genitalia

@ Sacro-Coccygeal plexus

Sushumna Nadi

Pingala Nadi

Ida Nadi

1) The Kanda situated just above the muladhara chakra is the point from which all nadis emerge. It is also the location of the latent Kundalini Shakti.

**Sahasrara Chakra**: 1000 petals, Crown

Cerebral Cortex

**Vishuddhi Chakra:** 16 petals, Thyroid

@ Cardiac plexus

Vajra nadi (outer)

Citrini nadi (middle)

Brahma nadi (inner)