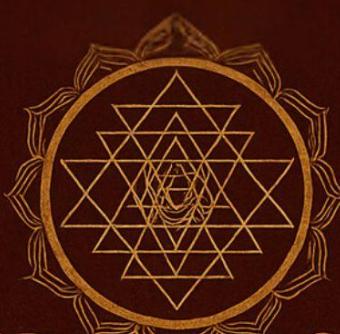
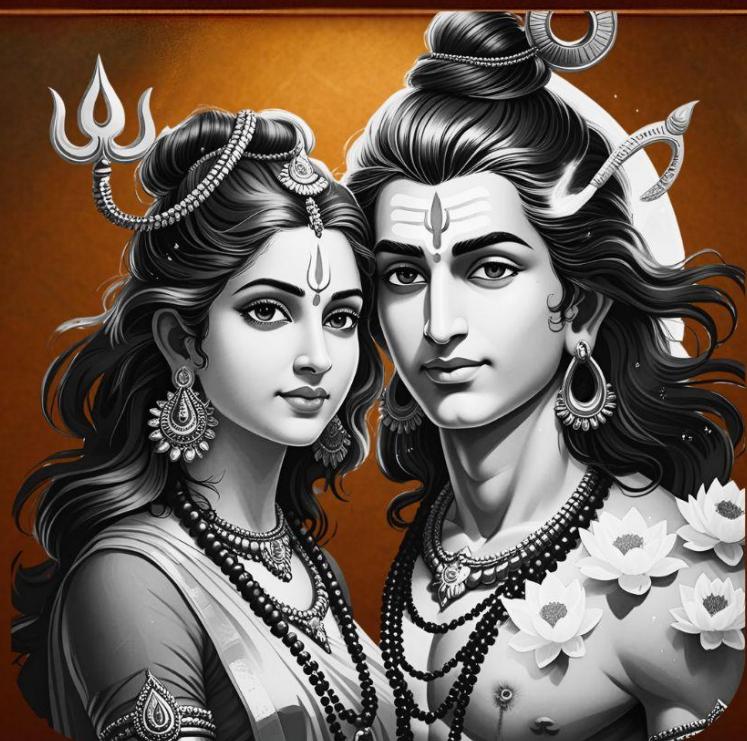


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THE TRANSFORMATIVE  
JOURNEY THROUGH  
BHAIRAV & BHAIRAVI  
SADHANA Part-2



## The Transformative Journey Through Bhairav and Bhairavi Sadhna

In tantra, Shiva, the Parmeshwar, affirmed that in these endless sufferings of the dark age, only through tantric sadhana can one attain spiritual emancipation. Tantra is a systematic sadhana, a regular discipline according to the temperament, ability, and evolutionary degree of the apprentice.

Yantra, Mantra, and Tantra symbolically represent three paths of Hinduism. **Yantra** represents the path of knowledge (jnana marg), **Mantra** represents the path of devotion (bhakti marg), and **Tantra** represents the path of action (karma sanyas marg).

**Bhairavi Sadhna** is all about becoming “fearless;” being a warrior sadhak with the true sense of becoming a protector of the truth of life. So, what is Bhairavi Sadhna? It is all about facing your greatest fear by passing through the linear and circular sphere of life controlled by Kala most systematically, enabling both the path of Bhoga and Moksha. This can happen simultaneously, that is, by working out on the Karma simultaneously in the materialistic and the spiritual realm. Having said that, Bhairav and Bhairavi may have a higher purpose, and they are here to accomplish higher goals or contracts of the soul; and their mission can revolve around starting a revolution or a major shift in the cosmos. Often, they work independently and may remain alone in doing so. A Bhairav and Bhairav together as Shiva and Shakti are cosmic partners, and they can closely feel each other at the heart chakra. They are interconnected and intertwined energetically at a top-most frequency where there is Dwaita in Adwaita. So, while they are walking on the same path together, disconnected as they might be from each other physically, till they cosmically clear all their karma. Bhairav and Bhairavi Sadhna is not what you do in one birth, but many births together; where one experiences dwaita, then Adwaita. Just like Rahu and Ketu, Rahu without Ketu is full of ego and represents a demon(parshu) - a straight triangle, and Ketu represents the lower portion- Bhairavi (Shakti- as an inverted triangle). When they combine, does the Parshu annihilate his ego and self-identification to attain stillness with the power of Shakti?

The aghor side of Bhairavi Sadhna involves patra sthapna (there are 324 different kinds),

Panchmakara (Madya-wine, Mamsa-meat, matsya-fish, mudra-parched grain, maithuna-union).

Let me explain what this mean:

Madya: represents divine nectar called amrita, which transforms the tattva fire.

Mamsa: This controls the power of speech, transforms the tattva of air.

Matsya: represents Ida and Pingla nadis controlled by sadhak during Pranayama, transforms the element water.

Mudra: This represents upright posture and your spiritual company, transforms the tattva of earth.

Maithuna: This means “union” of goddess kundalini and shiva, transforms the element ether.

Bhairav and Bhairavi Sadhna:

Awakening the goddess

### **WHAT IS BHAIKRIYA AND WHERE DOES IT COME FROM?**

Bhairavi Kriya is not for all but the initiated. Bhairavi Kriya is an elegant and precise breathing practice in which the tantric practitioner uses breath and visualization to mentally direct the essence of sexual energy upwards toward the centre above the crown of the head, wherein resides the divine presence. The technique conserves the light-energy so that it is not lost outside the body. Bhairavi is the core technique of Kaula Marg Tantra.

It takes about eight minutes of dedicated time both morning and evening to complete. Bhairav and Bhairav in a union is an acknowledgement of the courage that the vira sadhak displays in reprogramming the consciousness to see sexuality as a divine event rather than the prevailing social viewpoint. The term vira sadhak is used frequently in tantric texts.

The specific technique of Bhairavi Kriya (Breath of Ecstasy) was named after Bhairavi Brahmani, the celebrated female Bengali tantric from the Gaudiya Vaishnava tradition. She was a high soul indeed! She was none other than an incarnation of Kriya Mataji, and she taught the great Ramakrishna the entire range of 64 tantric kriyas including Bhairavi Breath of Ecstasy.

Sri Ramakrishna is considered one of the greatest holy men in modern India. In his time, however, due to judgments of the locals, he was forced to sneak out each night for four years and meet with Bhairavi under a bilva tree in a corner of the temple gardens, where he became a student of the tantric teachings. That very tree survives today in the garden of Dakshineshwar, near Kolkata. As revealed by Mataji, the technique is an alchemical practice of breath control which utilizes the Kuhu nadi system to awaken kundalini and move the primordial light-energy through the central channel (sushumna chitrini nadi). The technique captures, balances, and recirculates the sexual essence throughout the nadi system, specifically the higher centres (chakras). The exact process must be learned from a qualified teacher (adihari-guru). The technique, as with all primary kriyas, cannot be learned from a book but has always been passed down through a living oral tradition and lineage. The alchemy of transmission of the cosmic energy (para shakti) relies upon the energetic and heart connection between the sadhak and the Sathguru through the teacher to access the massive power of astral entities or Shaktis of the lineage, specifically Maha Kali and her forms. The heart must be opened. The initiation pledge requires the practitioner to accept Sathguru Kriya yogi as their ideal, without detriment to earlier ideals. The training can be given to an individual, to couples, or to a group.

This amazing process leads to expansion of one's charisma by energizing the aura (pranamayakosham), the establishment of shakti-light within the body of the practitioner, the transformation from a karmic centric life to a dharmic centric life, and at its terminal end, the attainment of super conscious experience. One introduces the highest spiritual vibration into sexual intimacy. This precise meditative breathing practice opens subtle channels of energy that lead to higher consciousness while the heart space is purified and expanded. These channels are both within the astral body as well as outside. Incrementally, the descent of light-grace occurs from the akashic field. In the broad picture, the practices of Bhairavi Kriya Tantra

Yoga are a scientific art which function to clear the debris of accumulated lifetimes stored in the sub conscious mind, establish divine vibrations, and transform fear into love.

The practices of tantra are the result of the culmination of many generations of developments of tantra and the archaeological finds, such as prehistoric inscriptions, coins, yonis and lingams, which have emerged from the Indus Valley civilization beginning as early as Mehargarh from 6000 B.C. or earlier.



### **What is science behind kundalini?**

Kundalini itself is whole science in it. While at same time it is a very basic energy, primordial cosmic power or Spiritual energy. Kundalini plays very important role during birth of any human being. As we all know that there are 2 chakras which lie out of our physical body just to the top of the head and also if you observe a new born baby's some part of skull is not formed there is just skin no bone as per yogic terminology it is called as (Brahmarandhra) = randhra simply means as passage or tunnel. Now this is part of the body from where the life descends in to the foetus. As per the yogic culture it is observed that life enters the body between 40–48 days but if it enters after 48 days then he or she is a great being who will be born like Avaliya (अवलिया) which means a holy person, or a saint or sage of austere devotion.

In normal words he or she are likely to create history, become a great person.

It is observed that as there is kundalini awakening (Shakti) and she is residing at Mooladhara and travels to Sahasrara chakra to meet Shiva (pure consciousness) and thus a person is enlightened; normally yogis choose to take samadhi and break such physical boundaries and merge with the source. But they choose this Brahmarandhra or passage to exit from the physical body.

Second part =As we all know the average people life span is between 65–75 years. The human body is approximately 99% comprised of just six elements: Oxygen, hydrogen, nitrogen, carbon, calcium, and phosphorus. Another five elements make up about 0.85% of the remaining mass: sulphur, potassium, sodium, chlorine, and magnesium. All of these 11 elements are essential also it is made of panchamahabuta. As per yogic culture chitta shakti (atman) when it is in physical body a person is alive and if it exits he or she is dead. But to live such long life a powerful source of energy is required and thus is kundalini. Kundalini is thoroughly involved for taking birth till the baby is delivered and then it rest at Mooladhara. Further you can awaken it by sadhana , mantra japa tapa ..... Kundalini is an immortal bridge called as( Amritya-Setu between Individual self (Jivatma) and (God-Paramatma).



### **What slows down our spiritual awakening?**

No matter your level of consciousness and awareness or the level of spiritual awakening that you have attained, there will come a time on your spiritual journey where you know that you have made great progress and then suddenly you may feel nothing.

Everything Stops...!!!

Positivity has flown out of the window, the bliss that you used to experience has been reduced significantly, lower conscious ideals and mindfulness has been replaced with overthinking patterns. You simply can't make the connection that you once felt and it seems impossible to return to that level of light, love and awareness that you seek. The connection of self to the supreme self also known as God has been lower down again and you are pulled down in the stage of questioning. You tend to ask various questions like why is it happening at a sudden? Am I going or walking on correct path or have I made some kind of mistake, etc. But know that this phase is itself a part of the whole Awakening journey; you have been placed in different situations, scenarios by which you can learn, grow and reach the ultimate stage. Ask yourself what is it that's blocking my Awakening path and your connection with Supreme Self. The problems that you are facing currently and going to face is not manifested to destroy you or make you weak; its there to make you stronger and wiser than yesterday, to show you the actual reality behind the Illusions. Every problem that you solve will make you more confident and truer to yourself. Believe it to be the blessings of Almighty and ask for the strength to face it.

Spiritual road blocks are designed for you to slow down and take a break. Your initial spiritual awakening may have been so blown that now your mind needs the time to rearrange itself. These time periods can be extremely frustrating and sometimes even painful if the cycle is leading you into another Dark Night Of Soul. Navigating this rocky terrain requires order to sail the rough waters and get safely ashore.

### **These can be one of the reasons to slow down of Spiritual Awakening.**

1. You are not listening to your heart:

While we are globally connected with hearts beating to the same drum, we are still unique individually. We are always receiving the signs, synchronicities from the universe. When your mind cannot find its way out of its current dimension of reality, your heart will always guide along the path you are seeking for. Trust It...!!

2. You need Healing:

A Spiritual Awakening can bring repressed memories and emotions from your unconscious into your conscious awareness. The things that you are holding tightly should be left aside, the effect of Dark Night Of Soul is still affecting you - the negativity towards life. A spiritual awakening is not something that can happen overnight it takes significantly longer, often years or a lifetime. Time as we all know is incredibly exhausting. An awakening is something that uses a huge amount of energy, which is why you may feel extreme fatigue when undergoing your transformation. Hence, healing is way more important aspect.

### 3. Old Habits:

A Spiritual Awakening is your soul mind and body communicating as one. The new thoughts due to the shift in consciousness are likely something that you have never thought ever before. Accept the new beginning, the new change and shed off the old habits.

### 4. Past memories and emotions:

Undergoing a spiritual awakening can bring in old, repressed memories, thoughts and emotions into your current conscious awareness.

While this can come from memories that you have long forgotten about in your life, during this journey you can also bring in emotions from a previous life, meaning that you may suddenly feel saddened or guilt from an action you weren't even aware has occurred and is now suddenly bubbling within you at the surface.

Remembering & understanding situations in the now and how they truly are, is the fastest way to put yourself back onto the spiritual path and continue with your awakening.

### 5. You think that you are better than others:

The feeling of becoming better is a quick way to lose sight of the path that you were so graciously heading towards. A Spiritual Awakening is not about self-gratification; its about knowing your true Self, realizing who you are beyond these mind, body and senses as Seer, it's about waking from the illusionary deep aspects that we think it to be the reality. Seeing yourself as a chosen one to awaken is a very common misconception and a type of Illusion emanating from the egoic aspect.

We are all one and same, everyone has an inner lamp that can shine brightly, everyone has the right and are fully capable to be enlightened, to be one with the Supreme Self. In every being from plants, animals to us in human forms there lies same self in each one of us which is eternal, self-illuminating, pure, source of all wisdom, beyond all material aspects and one which remains unaffected by anything, which is pure bliss and love.

So, seeing through one's inner eyes one can see the plays of dualities and can realize that all are one and are eternally associated with supreme self (God, universe, source). If one can touch one person's Soul for the day, the joy of gratitude that you pass along is absorbed and will manifest itself into another act of kindness. Everyone is on the path of Self-evolution, Enlightenment and this thing they can realize in this life or the next one.

Kundalini awakening happens beyond time & space it is the state of infinite, maha Kala or endless time. Kundalini is originated from un manifestation because of whatever you see beyond time & space it is position of non-manifestation. Divine consciousness it appears like space & kundalini pure golden light energy. This non-manifestation becomes manifestation now what see through your physical eyes everything is divinity. When you go deeper then you rise up, you rise through kundalini that which keeps you happy all the time even if you not awakened so train yourself that you can be happy all the time because you go through with suffering before kundalini rising and you feel bliss with kundalini it is possible when you rise up by going deeper.

### **Descent of Kundalini**

The Descent of Kundalini Everybody talks about the ascent of kundalini, but few ever discuss the descent. When the descent of kundalini occurs, it means the lower mental plane of the human being is no longer influenced by the ordinary mind, the super mind takes over instead. This higher form of consciousness rules the body, mind and senses and directs your life, thoughts and emotions. Kundalini is henceforth the ruler of your life. That is the concept of descent. The whole process after union When Shiva and Shakti unite in sahasrara, one experiences samadhi, illumination occurs in the brain and the silent areas begin to function. Shiva and Shakti remain merged together for some time, and during this period there is a total loss of consciousness pertaining to each other. At that time a bindu evolves. Bindu means a point, a drop, and that bindu is the substratum of the whole cosmos. Within that bindu is the seat of human intelligence and the seat of the total creation. Then the bindu splits into two and Shiva and Shakti manifest again in duality. When ascension took place, it was only the ascent of Shakti, but now, when descension takes place, Shiva and Shakti both descend to the gross plane and there is again knowledge of duality. Those who have studied quantum physics will have a better understanding of this as it is difficult for everyone to understand from the philosophical point of view. After total union there is a process of coming down the same pathway you ascended. The gross consciousness which became fine, again becomes gross. That is the concept of divine incarnation or avatara. The non-dual experience of samadhi When one attains the highest pinnacles of samadhi, purusha and prakriti, or Shiva and Shakti are in total union and only adwaita exists, non-dual experience. At this time, when there is no subject/object plus distinction, it is very difficult for one to differentiate. He may look like an idiot and not know it, or he may appear to be a great scholar and not be aware of that. Whether he is talking to a man or a woman he does not know, he sees no difference. He may even be associating with spiritual or divine people without being aware of that, because at this point of time his consciousness is reduced to a level of innocence just like a baby. So, in the state of samadhi you are a baby. A baby can't tell the difference between a man and a woman because he has no physical or sexual distinction. He can't When Shiva and Shakti descend to the gross plane, that is mooladhara chakra, they separate and live as two entities. There is duality in mooladhara chakra. There is duality in the mind and senses and in the world of names and forms, but there is no duality in samadhi. There is no seer or experiencer in the state of samadhi. There is nobody to say what samadhi is like because it is a non-dual experience. Why Shiva and Shakti both descend it is very difficult to understand why Shiva and Shakti both

descend to the gross plane after having attained the highest union. What is the use of destroying the world and then creating it again? What is the point of transcending the consciousness if you have to come back to it again? Why bother to awaken kundalini and unite with Shiva in sahasrara if you have to come down to mooladhara again? This is something very mysterious and we can well ask, 'Why awaken kundalini at all?' Why build a mansion if you know you will have to burn it down when it is completed? We actually create a lot of things that are ultimately going to be destroyed. So why do it at all? It seems so crazy! We do so much sadhana to transcend the chakras and ascend from earth to heaven. Then, when we reach paradise and become one with that great reality, we suddenly decide to come back down. And not all alone, we bring the great one with us. It would be easier to understand if Shakti came back alone and Shiva remained in heaven. Maybe when Shakti is about to leave, Shiva says, 'Wait, I'm coming with you. A new existence on the gross plane When kundalini descends, you come down to the gross plane with a totally transformed consciousness. You live a normal life, associating with everybody and discharging your worldly obligations like other people do. Maybe you even play the game of desires, passions, cravings and such things. Maybe you play the game of victory and defeat, attachments and infatuations, but you just play a game. You know it; you do everything as an actor. You are not involved in it life and soul. It is at this time the genius or the transformed consciousness manifests through you. You don't have to think or plan how to perform miracles. You have to remember that you have come down as a transformed quality of consciousness. You must remember that you are now connected with those areas of the brain which were previously silent. And you must also remember that you are linked with those reservoirs of knowledge, power and wisdom which belong to the realm of the higher cosmos. Until the descent is complete, such a man lives a very simple life, unnoticed and unattended. Once the descent is complete, he begins to play the game and people recognize him as a divine incarnation. They see he is something special compared to everybody else and they call him a guru. Such a person is actually a junior god; distinguish a scholar from an idiot and he may not even see any difference between a snake and a rope. He can hold a snake just as he holds a rope. This only happens when union is taking place.

Dealing with the issues of reality When Shiva and Shakti descend to the gross level of awareness there is again duality. That is why the self-realized man is able to understand pain and all the mundane affairs of life. He understands the whole drama of duality, multiplicity and diversity. Sometimes we ordinary mortals are at a fix to understand how this man with the highest attainment is able to cope with the hopeless dualities of life. When I was about thirteen, I was also puzzled by this. There was a great lady saint who was supposed to have attained the very highest state and I used to visit her with my elders. I used to hear her discussing all the mundane and ordinary things of life - "How are you? How is your child? Is he sick? Are you giving him medicines? Why do you fight with your wife?" I used to think, "If she is an enlightened lady she shouldn't talk about duality. How can she understand duality if she is in unity?" I never got an answer, but every man has his moments of experience in life and I have not been an exception to that. I came to understand that Shiva and Shakti live on both planes and this gross plane of duality is an expression and manifestation of the correlation of Shiva and Shakti. This is precisely the reason why the great saints and mahatmas talk about charity, compassion, love, etc. However, there is a period when they don't understand these things and they don't care

what happens to the world. They don't even know what is going on, who is happy and who is suffering. But finally, there is a great transformation. Shakti rules the matter and Shiva rules the consciousness, and when they descend to the gross plane, Shakti continues to rule the matter and Shiva, being consciousness, gives an understanding to the whole world. Therefore, if ever we see a self-realized person discussing the trivialities of life and dealing with the issues of reality, we should not be surprised.



SATYAMSHAKTI  
ASTRO & MORE