

Twitter Thread by ■■■■■■■■



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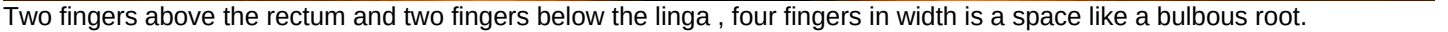


#Thread on kundalini- The hidden treasure!

In Hinduism, there are few topics which can fascinate even an atheist. Kundalini is one of them.

Kundalini is the latent Shakti sleeping near the Muladhara region (bottom of the spinal cords).

Siva Samhita, chapter 5 (pic 2)



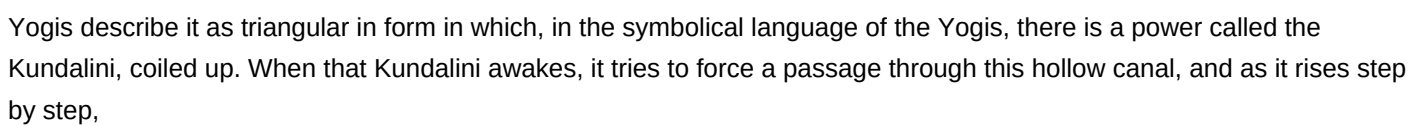
Between this space is the yoni having its face towards the back. That space is called the root; there dwells the Goddess Kundalini.

सुप्ता नागोपमा हृद्येषा स्फुरन्ती प्रभया स्वया ।
अहिवत्सन्धिसंस्थाना वाग्देवी बीजसंज्ञिका ॥ ५८ ॥

Significance-

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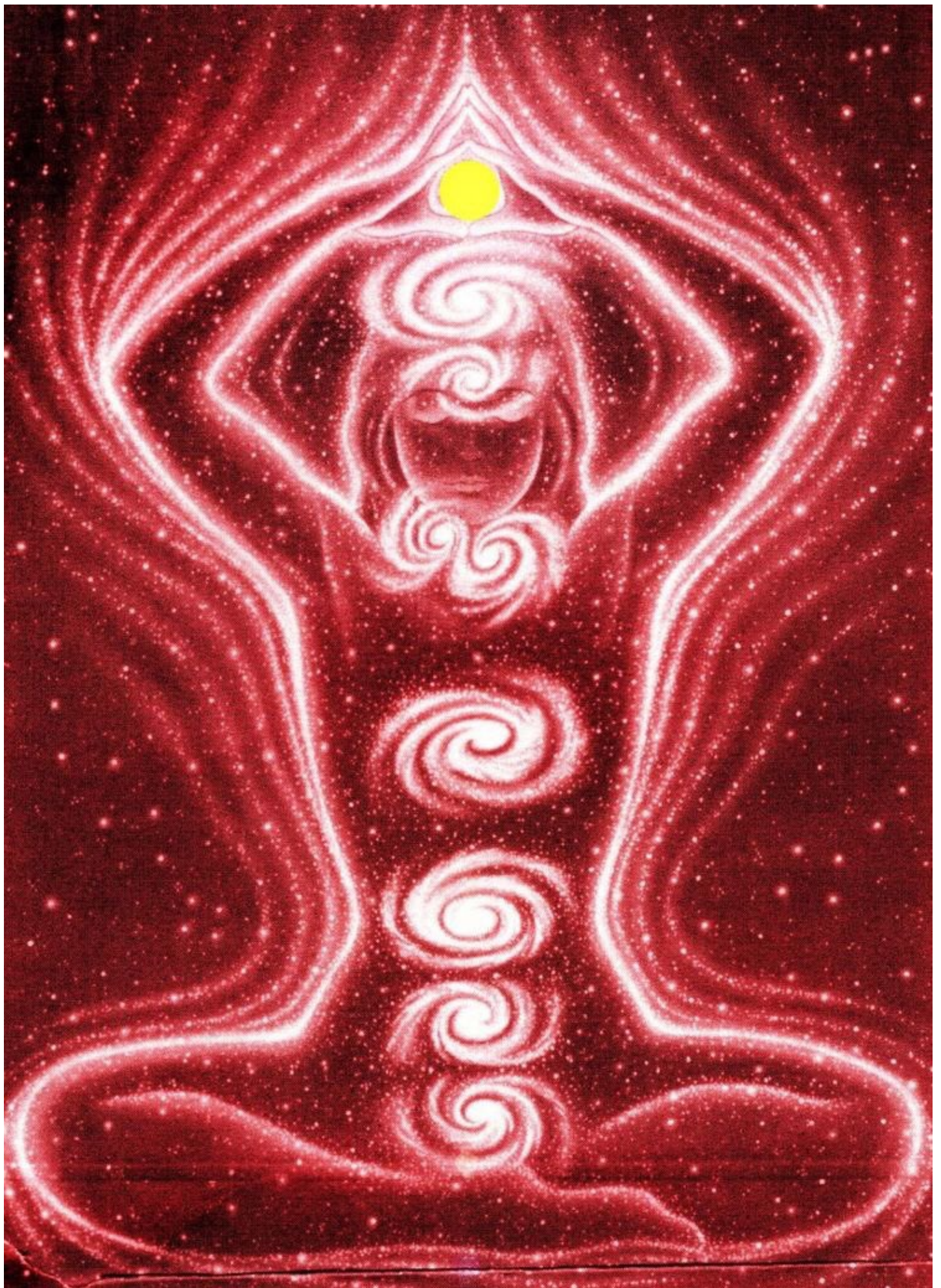
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as it were, layer after layer of the mind becomes open and all the different visions and wonderful powers come to the Yogi.

Kundalini energy can be activated by various means like yoga, breathing techniques (pranayama), certain herbal preparations,



This diagram illustrates the human chakra system, showing the seven main chakras and their associated energy channels. The chakras are represented as colored wheels along the spine, with lines indicating the flow of energy. The labels and descriptions are as follows:

- Crown Chakra**: Bindu Godhead. Point reached during Enlightenment.
- Pineal - Pingala**: Related to the opening of Third Eye.
- Pingala Serpent**: Represents Nerve Channel Male, Fire, Solar Element (Venom - Death).
- Ida Serpent**: Represents Nerve Channel Female, Water, Lunar Element (Blood - Life).
- Thalamus "Third Eye"**: Ajna/Brow Chakra.
- Pituitary - Ida**: Related to the opening of Third Eye.
- Chakra Vortices**: A group of labels pointing to the various chakras.
- Sushumna Nerve Channel**: Neutral-Zero-Null-Line (Balance).
- Base Chakra**: Coccyx of Spine.



However, the first symptoms of an activated Kundalini are :

The brilliancy of the body is increased,the gastric fire becomes powerful,and freedom from disease,cleverness,and omniscience ensue.

(Siva Samhita, chapter 5:65)

The scientific research-

An attempt to record Kundalini activation and its physiological effects was made by Itzak Bentov (1923- 1973), a Czech born scientist, inventor, mystic and author, and a pioneer in the field now recognized as 'consciousness studies.'

Bentov developed a model that attempted to explain the effects of Kundalini Awakening on brain activation. According to this model, when Kundalini ascends the spine through the sushumna nadi (the main channel of subtle energy), it results in a huge energy influx into the brain.

As the Kundalini flows from the thalamus to the cortex, it sets up a powerful energy loop within the brain, generating coherent alpha and gamma waves, and awakening the dormant, non-mechanical parts of the brain which we have never used before.

With increasing levels of coherence, the whole brain comes alive, turning into a super-conductor of conscious energies that heal, empower and transform our lives. Enhanced awareness levels, greater creativity and extraordinary abilities start to express through us like

levitation, teleportation and materialization. Brain activation is also known to slow down the ageing process and improve immunity to disease.