



CONTENTS

| | |
|--|------|
| <i>Sages View</i> | viii |
| <i>The Guru Lineage</i> | xii |
| Introduction | 1 |
| Evolution of Consciousness..... | 9 |
| The Guru..... | 13 |
| The Guides..... | 41 |
| Prana..... | 57 |
| Sahasrara and its Vibrations | 73 |
| Ajna Chakra and its Vibrations | 101 |
| Vishuddhi Chakra and its Vibrations..... | 137 |
| Anahata Chakra and its Vibrations | 141 |
| Manipura Chakra and its Vibrations..... | 163 |
| Swadhisthana Chakra and its Vibrations..... | 175 |
| Chakras working in Synchronicity and their Vibrations | 183 |
| Aspects of Kundalini..... | 205 |
| Vibrations at different levels of Evolution and Planes | 235 |
| Experiences unfolding at different levels of Vibration | 245 |
| Past Lives and Memories | 273 |
| Expansion of the Subtle Body | 297 |
| Separation, Creation, Dissolution and Unification | 315 |
| <i>Acknowledgements</i> | 335 |
| <i>Memorable Moments</i> | 336 |
| <i>Index</i> | 338 |



Dedicated to the divine

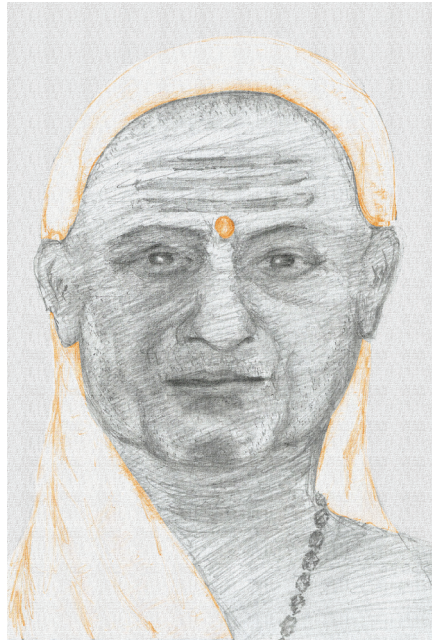
KUNDALINI

Shakti



— ♦ ♦ ♦ —

*The powerfully energised image of Shiva and Parvati that was gifted to me
after I was initiated by our Kulguru into the Shiva mantra.*

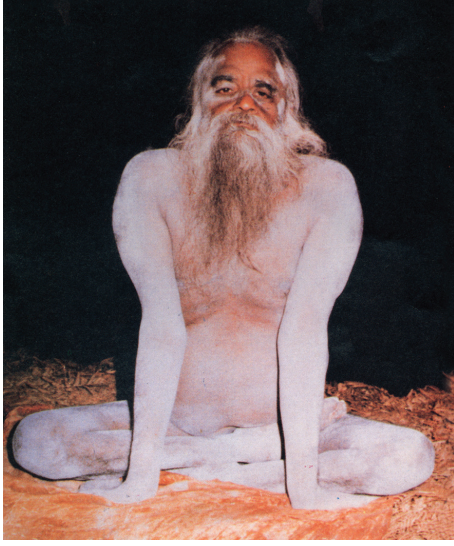


Swami Mohangiriji 108

*Swami Mohangiriji, our Kulguru,
who initiated me at the age of fourteen.*

SAGES VIEW





*Param Pujya
Sw. Gagangirinath Maharaj
(1906-2008)*



Gagangiri Yogashram, Khopoli,
Dist. Raigad, Maharashtra State.

Guru Purnima, 9 July 1998

The dream-like visions presented by Santosh Sachdeva in this book are very good, and they represent the blessings of the Masters to this generation. Tapasvis like Mahavatar Babaji, who have been engaged in ascetic practices for hundreds of years in the mountains in India, can thus enlighten any jiva. Yet there are hundreds of thousands of beings to choose from, and at least thousands of Sadhus who can be so blessed.

The reason for her being singled out for this honour is that she too has been a part of the stream of Sadhus life after life, and this is the culmination of her own punyakarma involving hundreds of years of sadhana. Every single atom of her body has become receptive to the teachings of the Masters, and this book is the result. This is a rarest of rare occurrences, a mahadurlabh yoga in the physical world. I suggest, therefore, that she diligently continue this practice to illustrate the workings of the Kundalini.

५५
२७

Param Pujya Swami Gagangirinath Maharaj



**This is an English translation of the Marathi message given by Swamiji.*



Yog-Martand Yogiraj Siddhanath



**Refer to page no. 87, artwork no. 66.*

April 2014

Message for Santosh Sachdeva

The Ganga flows from the top of the head to the bottom of the spine, and washes away all the negativity of humanity.

Gauri rises from the base of the spine to the crown of humanity, purifying in her upward lightening its darkness; and transforming it to Divinity with her effulgent splendour.

This is the cosmic Kundalini of Gauri Ganga.
Har Har Mahadeva!

My blessings for the success of your book and wonderful endeavour you are making to serve humanity.

Blessings
Yogiraj Siddhanath

Pune, India

THE GURU LINEAGE





The Nameless Tibetan Master

The Guru under whom Ding Le Mei (Edwin J. Dingle) studied for nine months at a monastery in Tibet.



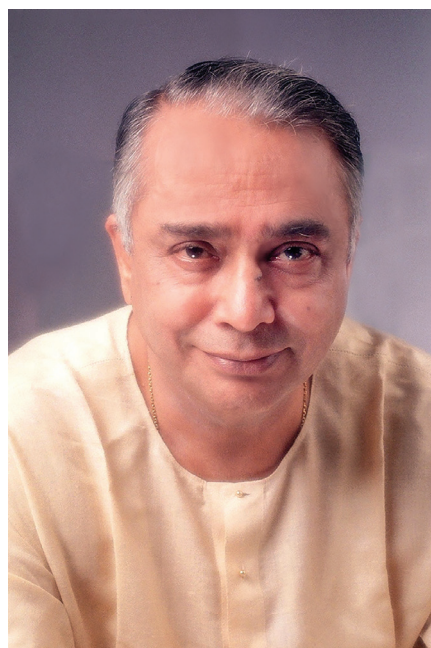
Ding Le Mei (1881-1972)

On his return to the USA, Edwin J. Dingle began imparting the knowledge he had received from his Master, to students all over the world.



Sw. K. S. Ramanathan (1922-2004)

Started teaching Guru Ding Le Mei's course of Breathing Exercises as Brahma Vidya in 1977. Founded Brahma Vidya Mission at Mumbai.



Justice M. L. Dudhat (1935-2006)

A judge of the Bombay High Court and a student of Sw. Ramanathan, he conducted classes in Brahma Vidya in Mumbai.

INTRODUCTION





uman consciousness has been constantly evolving since time immemorial. It now appears that its momentum has accelerated to a level where our awareness is making rapid breakthroughs in accessing new dimensions in consciousness.

‘Ascended’ Masters assisting this process are always vigilant of its progress. As and when shifts in consciousness take place, they willingly and readily impart their higher knowledge. To ensure this knowledge is handed down, ‘living’ Masters are sent forth to release the ‘codes’ in the existing practice that is being followed by aspirants who are on the path of self-discovery. It depends upon the aspirants to ascertain how astute, aware, conscious, and serious they are of the journey which they are embarking upon.

In my quest for spiritual growth, I came in contact with a living Guru whose energy field catapulted me into a new dimension. This served as a springboard from which I took a quantum leap into the process of ‘self-enquiry’. My journey started as an enquiry into the question of ‘Who Am I?’ Along the way it was supported, as and when required, by Ascended Masters from different vibratory levels of ascension. This spiritual journey of mine culminated in the form of ‘The Kundalini Trilogy’ – a series of three books containing illustrations of my visual experiences in meditation, accompanied by textual description.

Once the Trilogy was out in print, it was observed that in some aspirants the Kundalini energy that had been lying dormant, despite their various yogic practices and sadhanas, got triggered into wakefulness by seeing the illustrations in these books. Perhaps they identified with something they had seen, felt or sensed, and now their experience of it got validated. They felt reassured and relieved to know that they had not been hallucinating or imagining; their experience was a by-product of the sadhana they had been practising.

When aspirants on the spiritual path experience various levels of energy and awareness which they are unable to handle because they do not have any point of reference, they feel fearful, confused and disoriented. The Trilogy books contain illustrations of an active Kundalini, and thus act as a reference and guide to the Shakti principle of Creation. It requires courage to move into the unknown, and when aspirants take that leap and feel their experience validated, it spurs them to pursue their potential to its fullest.

Untill recently, Kundalini Shakti was always referred to with a certain amount of fear and awe, and therefore had not been discussed openly enough. As human consciousness has now evolved to a certain level of enquiry, Kundalini Shakti, a subject that had been largely considered forbidden or taboo, decided to unveil and reveal 'Its' gentler aspects to aspirants in a manner that would not be ridden with fear or dread. To emphasise this point, this visual knowledge was passed on through a woman, namely myself, who was on the spiritual path while still being involved in her normal day to day life.

The Trilogy was presented as a replica of my diaries with illustrations and journal entries, some of which were accompanied by references from books authored by various masters. These references validated my own experiences, simultaneously giving me further insights into the direction

in which my practice was unfolding. The visual rendering and its interpretation translated in relation to my psyche, and as an answer to the query of ‘Who Am I?’

The Kundalini Artworks are a catalogue of the illustrations contained in the Trilogy. The idea was to bring the illustrations spread over three books together into one book – in an uninterrupted flow. This way the visual experience of the active Kundalini could be presented in its entirety with ‘Unbroken Wholeness’. Therefore, the supporting journal entries, interpretations and quotations from masters that were there in the three Trilogy books have been eliminated in this book, so that the illustrations can be viewed as they originally came to me – as pristine visions in meditation. This has been done after much deliberation to enable aspirants gain insights and understanding of their personal experience, as it unfolds according to their own psyche, since no two experiences are ever the same.

I quote Madam Blavatsky from her book *The Secret Doctrine*: “The writer transmits that which she has learnt herself, to all those who will receive it... There never was a religious founder who unveiled a new truth. They were the authors of new forms and interpretations, while the truths upon which their teachings were based were as old as mankind.”

The illustrations in *The Kundalini Artworks* do not follow the same sequence as those in ‘The Kundalini Trilogy’. The Trilogy contained illustrations of the Kundalini energy, which was working at different levels at different times, depending on the chakra that needed cleansing.

It has taken 10 years to complete the process of integration before the illustrations could be rearranged, according to my understanding, in the sequence in which the energy would flow in a body, mind and intellect that is free of blocks or issues. The visuals illustrate the course of ‘descending energy’ in the order of the chapters. They culminate with the

illustrations on expansion resulting in the final knowledge of my query ‘Who Am I?’

When I received feedback from some readers that just looking at the visuals triggered the Kundalini energy, which had been lying dormant within them, I realised that the visuals themselves took on the role of the Guru – the Kundalini Shakti, thus enabling Its disciples to progress on their spiritual journey.

It is my sincere suggestion that if you are experiencing an awakening of the Kundalini energy, do not view it with negativity, doubt, or fear. This approach could prove harmful and disrupt the flow. It would be much wiser to approach Its awakening with the positive attitude of love, gratitude, openness, and unconditional, joyful surrender. Consider Kundalini as a gentle, loving friend. This will allow the Shakti to carry out the process of your transformation in a smooth and gentle manner.

Note: *The Kundalini Artworks* includes some visuals that have not appeared before in the Trilogy, or any of my other books, up till now.



1 *The reverberation of 'Om' – symbolic of the cosmic sound.*

THE
KUNDALINI
ARTWORKS

EVOLUTION OF
CONSCIOUSNESS





On reviewing some of the visuals I had earlier drawn (in my books) of the circular movements of consciousness in motion, the understanding dawned that what was being visualised was the process the Source Consciousness follows in order to express Itself in duality.

Given here is my visual understanding of the evolution of consciousness from Consciousness as a Whole, to fragmentation and then to Wholeness again.

Vibrations emanating from the right and the left cortical region of the brain create a certain pattern which takes the form of a circle. I perceive the left cortical region of the brain as representing the individual consciousness and the right side as the Universal Consciousness.

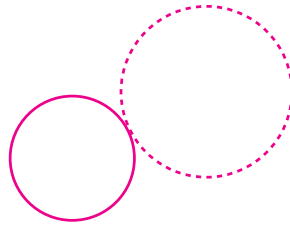


Fig. 1: The individual's awareness of the Universal Consciousness moving on Its periphery

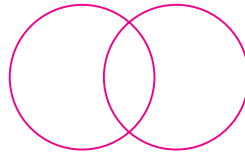


Fig. 2: The two circles representing vibrations of the left and right brain, intersect and rotate at different speed in opposite directions and indicate awareness of the individual at both levels

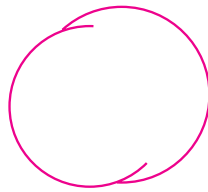


Fig. 3: Merging of the left and right brain

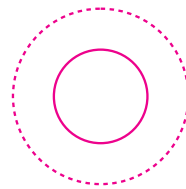


Fig. 4: The individual's firm awareness of the Universal Consciousness as a Whole and being part of it

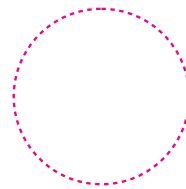


Fig. 5: Universal Consciousness



*'I bow to the Lord Sri Dakshinamoorthy,
Teacher of worlds three
Seated on the ground near a banyan tree,
The Bestower of Knowledge to all sages far and near,
Of the birth and death sorrow, an expert Destroyer...*

*'Whose glory alone, the Reality pure shines out
as the manifestations of delusion,
Who by Vedic command, "Thou art That"
enlightens direct all His refugees
On realising which no return there is to the
ocean of changes, To Him the Teacher,
Sri Dakshinamoorthy this salutation of mine!'*



– *Bhagwad Gita*. See Swami Chinmayananda's Commentary on the
Hymn to Sri Dakshinamoorthy by Sri Sankaracharya.
Central Chinmaya Mission Trust, Bombay, 1981.

THE GURU





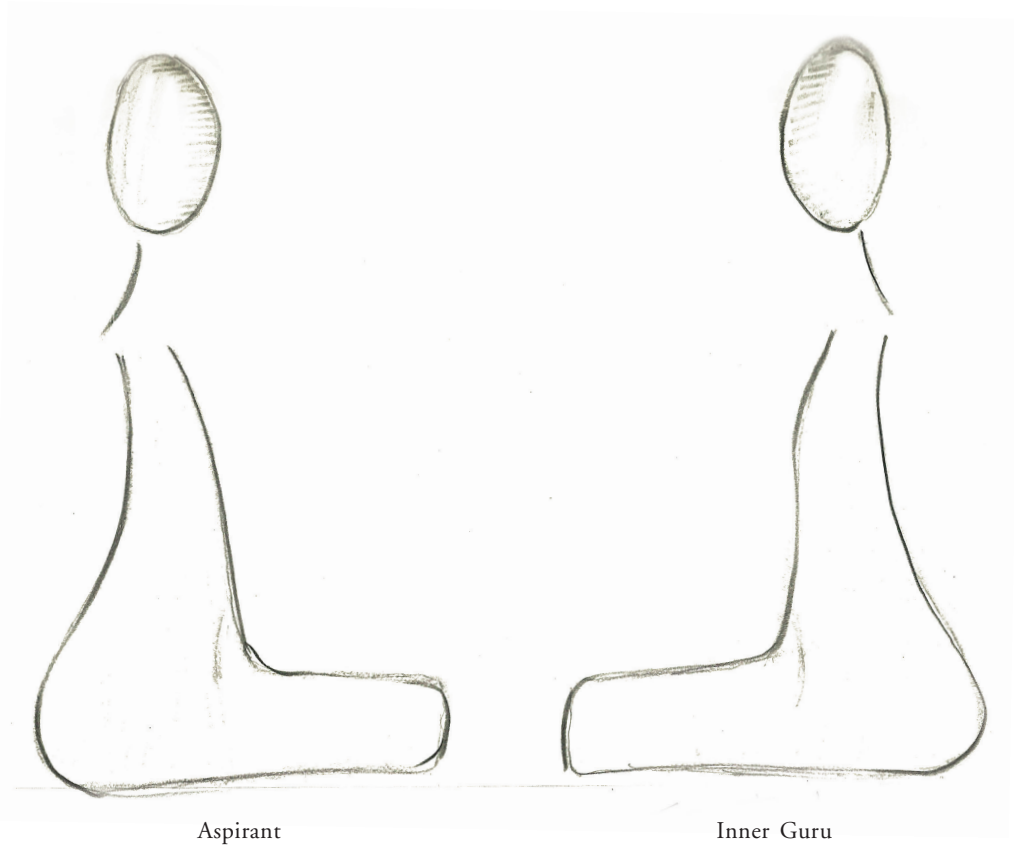
Since time immemorial, sages as well as the scriptures have time and again stated that in order to make progress in spiritual life, the guidance of a Guru is essential.

As we grow from childhood to an adult with the help of different teachers at different levels of our growth, in the same way, for spiritual knowledge, we need to accept a Guru.

It is said that the real Guru is within us.

This is true. But in order to find the inner Guru, we have to turn off the tumult in our minds so that we can comprehend the sound of silence which belongs to the inner Guru. To stop this turmoil we require a Guru. The Guru is the guiding light. He may be in the physical body, but his spirit soars high into realms unknown. He represents purity, peace, love and wisdom.

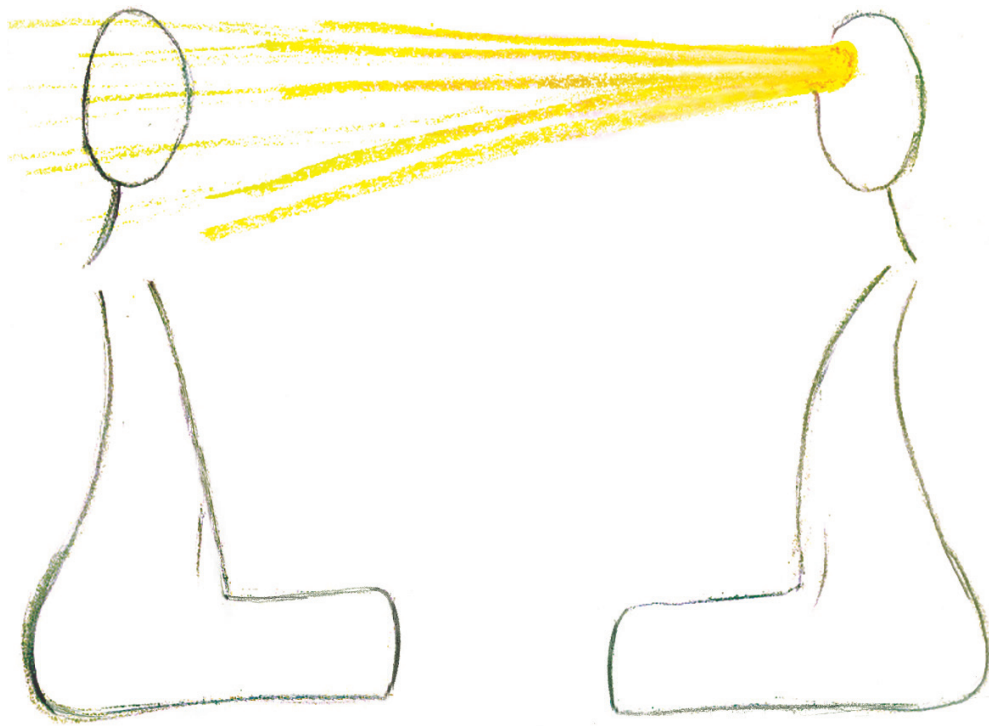
It is said that the Guru is a bridge, and when I finally crossed that bridge, the Guru merged with the blue void.



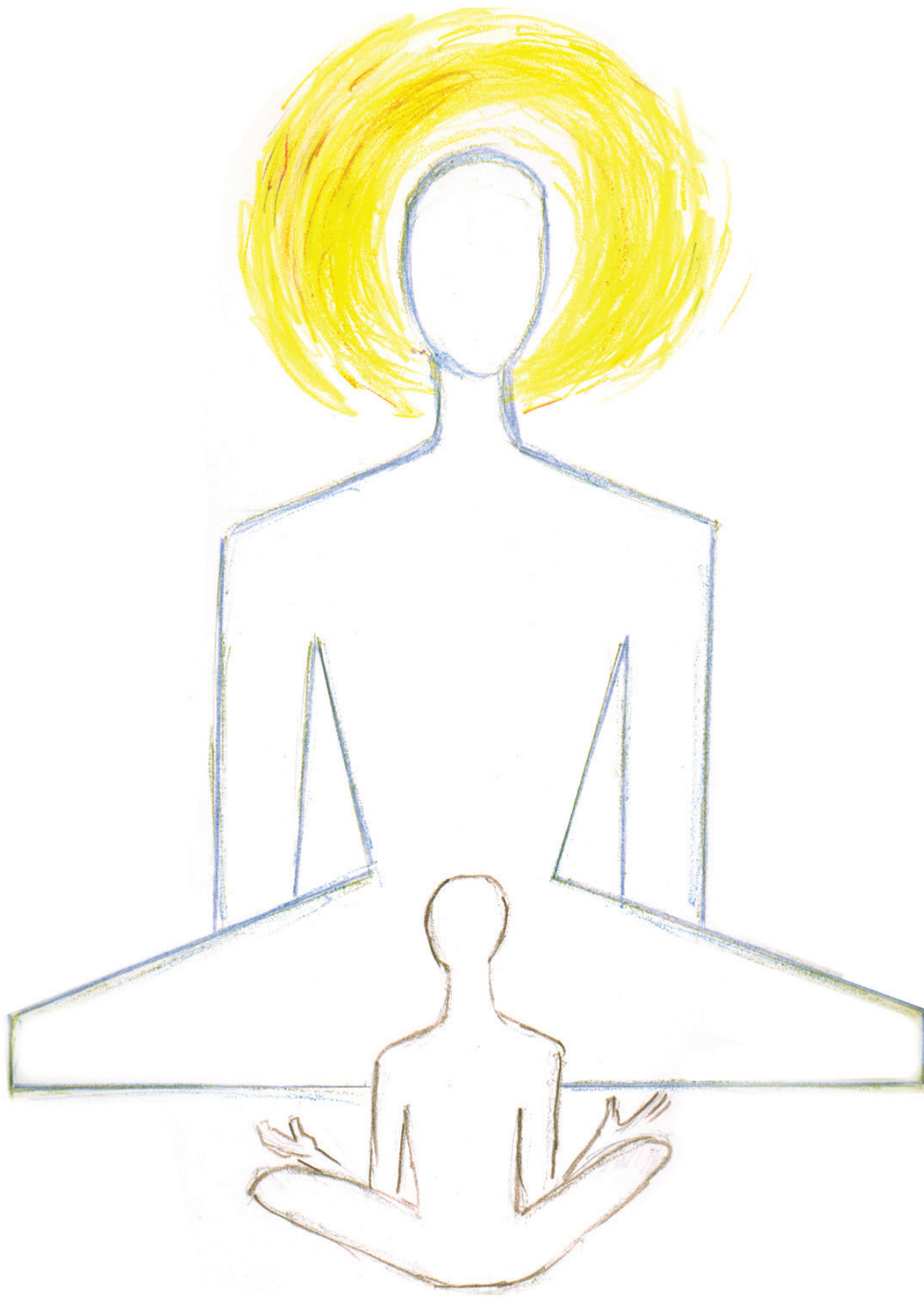
Aspirant

Inner Guru

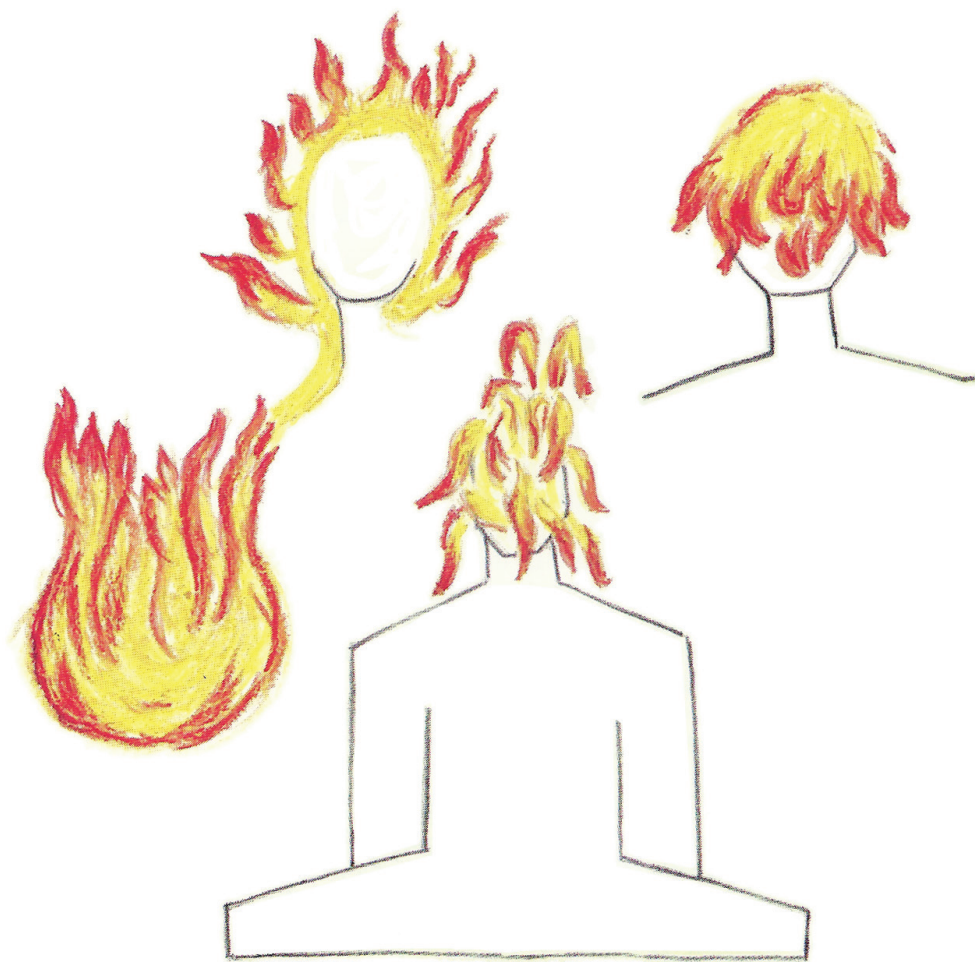
—•••—
2 *Manifestation of the inner Guru.*



—•••—
3 *The manifested inner Guru activating an aspirant's Ajna chakra.*



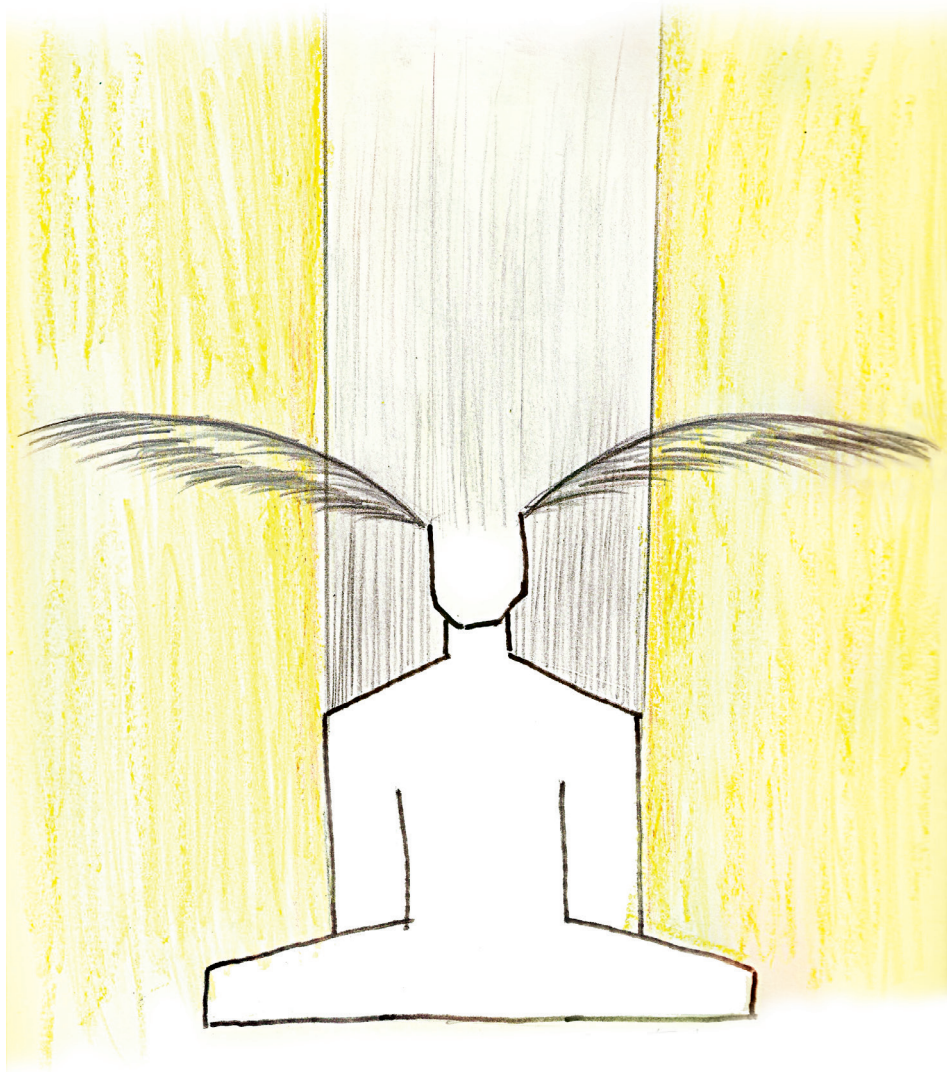
—•••—
4 *Expansion of the inner Guru.*



—•••—
5 *Identifying the form of an external Guru.*



6 *Fiery aura of the manifested Guru.*



—•••—
7 *Wings of Consciousness.*