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## Foreword

A Book for the Self – Not for the Shelf

“Who am I?”

This is the question that set many masters on their spiritual journey. This question arose out of a profound state of awareness and not from any state of memory-loss as is the case when such a question arises in a mundane, superfluous sense. All Indian thought processes encouraged asking this question and provided diverse paths to set out in search of an answer. The complexity, uniqueness and supremacy of our philosophy lie in this process of raising this question and finding that answer.

A human being, by nature or by nurture, is inclined to be in a state of “I”, a ‘part’ that is believed to be distinct from the ‘Whole’. We identify ourselves with name, form, status, relationships and a narrowed time and space frame. Philosophical moorings and spiritual maturity generate doubt about the veracity of this identity, in a few lucky individuals. The question that starts haunting them is “Who am I?” The fortunate among them start probing within and without, for that answer.

Renowned sage Ramana Maharshi has answered this question very beautifully: “The physical body, its vital functions, the mind and the state of deep sleep are not “I”. “I” is the knowledge that alone remains after negating all of the above ... nature of which is *sat-chit-ananda*.” No one answered it better. But what actually matters is individual experience in these realms. This varies from person to person and also with the path one chooses – that of knowledge, of devotion, or of action.

In this book *Who am I?*, Santosh Sachdeva narrates and explains her personal pursuit and experience in the search of an answer to that question. She writes about the processes and experiences of transformation through all the above three paths, especially with the awakening of Kundalini.

Kundalini is the potential lying dormant in us. Awakening it is the key to realisation and there lies the answer to this ultimate question. That is what is called ‘self-discovery’ in its true sense. This could happen instantaneously, in rare cases, to those who are destined for it. In all others, it happens gradually through persistence and practice. But the road from the question to the answer is not easy. It is like treading over a razor’s sharp edge (*kshurasya dhaaraa...*), as told in the *Kathopanishad*.

Adversities and distractions haunt the seeker and the very purpose of the journey remains vulnerable to challenges till the end. *Upasana* or totally being with Divine is the best support. That is why Goddess Lalitha, whose other name is ‘Kundalini’ and who resides in the *chakras*, is worshipped as *Brahma granthi vibhedini*, *Vishnu granthi vibhedini* and

*Rudra granthi vibhedini*: ‘She who breaks us free from the obstacles caused by attachment to the material, the emotional and the transient gains from incomplete spiritual practices in our process of taking the Kundalini to the Sahasrara chakra.’

I should say Santoshji had the blessings of her Guru accompanying her throughout these commendable practices and experiences. A Guru can guide us through words, deeds, mere presence, or even an awareness of he/she ‘being there’.

I am happy that our friend, Santosh Sachdeva, is one of those luckiest few who could ask the question and experience the answer. This book *Who am I?* is a guide to the infinite possibilities hidden in us and the larger spiritual-scape that opens with self-discovery.

Explore...

Padmashri P. R. Krishna Kumar  
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## Preface

The turning point in my life came when I joined a course in self-development. This course comprises of breathing exercises along with their individual affirmations and guidance to meditation. The course emphasised that if practiced diligently, it enhances our creative potential, increases our level of calmness, endows us with robust health and higher energy levels.

Keeping all this in mind, and on getting into the practice, I was amazed to realise that while going through the respective exercise and its affirmation, I was simultaneously visualising the same. The words of the affirmations took form; I could see what could not be seen with the physical eye. The journey became fascinating and absorbing, so much so that I started to put down these visuals, which ultimately came out in the form a Trilogy, in a journal tracing the journey from 7th September 1995 up to 25th April 2000. *The Kundalini Trilogy* is comprised of *Conscious Flight Into The Empyrean*, *Kundalini Diary* and *Kundalini Awakening*.

By April 2000, visualisation stopped and I entered another phase of learning and integration, by constantly going back

and forth through the illustrations and reviewing them. To my excitement I found that the whole visual journey (as that is my best form of perception) was to lead me to my core desire to know “Who am I?” The journey had been made into a visual one for me, as that is my best form of perception.

I remember the time when my son Gautam had brought Surya Swami (a Surya Yogi) home. During the course of conversation I asked him, “Who am I?” Before he could answer, someone else side-tracked him by asking another question.

I also realised that I had been visualising the process the body, mind and intellect goes through in order to actualise the meditation affirmations that begin with the words. *“I am now entering upon the greatest teaching accessible to man for I am learning the secret of existence. The riddle of the universe is about me and I am now solving it...”*

Those aspirants who have been through the Trilogy will find that the illustrations in this book are sourced from there. Though all the illustrations in the Trilogy are relevant to the unfoldment of the journey, a few have been culled out as they answer my query of “Who am I?” in a crystal clear manner.

The illustrations depict the process of purification that the body, mind and intellect goes through to get an answer to a query. The illustrations also depict different chakras involved at different levels of evolution, their rhythm and their working in unison in order to access information from different levels of vibration.

The journey also gives an insight into the knowledge that no matter what experience (negative or positive) we go through, the physical, mental, emotional and energy bodies go through a shift in order to adjust to the new state of being that the experience has brought forth.



## An introduction to a spiritual journey

As I sit to write this, I find that my life journey has been one of facing whatever challenges came my way in a fairly calm and composed manner. When I contemplate on what is it in my life that has led me to the stage where I am today, I see my life flashback rapidly across the screen of my mind. Indelible impressions of the family's exodus during the partition of India in 1947, and my childhood and schooling in Mussoorie remain cocooned in the warm glow of a loving family and cherished friends.

With marriage, various new relationships developed and the script of my life began to gradually unfold. During my eighteen years of marriage, I witnessed different forms of the suffering and pain that some members in the extended family had to undergo such as old age, disease, depression, accident, alcoholism and financial loss. This brings with it a kind of painful acceptance of the finality of life. The passing of some people can leave you completely shattered; that of others can make you feel totally helpless and insecure. In the event of

someone passing away from an irreversible coma or incurable disease, it can bring about a sense of relief. If today someone were to ask me whether I would relive this aspect of my life's journey, I would shudder to even think of it.

Having been a witness and suffered through all these situations as and when they occurred, with a semblance of equanimity, I was still left with questions on the meaning or meaninglessness of life. I felt a vast vacuum. That is when I confronted myself with the question "Who am I?" This is when the search to find the true meaning of life began.

However, it has been my experience, and it has also often been said, that the grace of the Guru is the easiest way to achieve this objective. Together with the knowledge that is attained through austere *tapas* or discipline by following the *Jnana marg* (path of knowledge), *Bhakti marg* (path of devotion) or *Yoga* (self-effort), it can be of great help in the quest to discover "Who am I?"

In 1995, I joined a course in self-development that opened the door for me into another dimension of existence. Every single body-mind organism pulsates and vibrates with its own particular individual characteristics. Lifetimes of work on the path of spiritual evolution lie nascent at the base of one's essential being, awaiting activation by the Guru at the appropriate time. For me the time came when I was invited by a friend to attend a course in self-development by Justice M. L. Dudhat, which comprised of lectures and a set of Breathing Exercises.

The Breathing Exercises helped to balance the *Ida* and *Pingala nadis* (channels). *Pingala* corresponds to the right hemisphere

of the brain, conducting the sun energy or the *prana* (the life force) in the body. Ida corresponds to the left hemisphere of the brain, conducting the moon energy or consciousness. *Sushumna* nadi is the central channel through which Kundalini flows when the other two are balanced. When this happens, communication with the higher dimensions of consciousness becomes possible.

This course catapulted me on to a journey of self-discovery. Having committed myself to the routine of prescribed practice, I started to operate in the physical dimension and subtle dimension simultaneously, which would mean I was going about my daily chores like going to office, grocery shopping, addressing the needs of the family, while simultaneously getting into the course of self-development with focus and dedication. Both aspects of my life, the everyday chores of living as well as the spiritual, were demanding but they were being taken care of. My childrens' observation on this phase of my journey was that, 'It seemed as though I was in some far away land.' I was like a robot mechanically going about my chores and getting them done. It is said that when an aspirant gets into *Shakti sadhana*, 'the Shakti takes it on Herself to fulfill the resolves of the person's individual consciousness.'

In the physical dimension I carried out my mundane duties as efficiently as before, and in the subtle dimension it was amazing to see that I carried on with a greater proficiency and full awareness, in order to be able to record whatever was transpiring. To accomplish this, the intellect would have to transcend the realm of body and mind, because the Infinite cannot be known by the finite. Looking back, it seems that

I really didn't have any role to play, except to be an instrument to record whatever was being transmitted through me. The transmission translated itself into a visual journey to answer my question, and every evolving human being's question, which he asks at some stage of his life: *Who am I? Where do I come from and where am I going?*

As my perception is best through seeing, the Ajna chakra was set in motion (Fig. 1) so that I could visualise the subtle process of cleansing, purification and tuning of the body, mind and intellect that would be carried out at different stages of the journey.

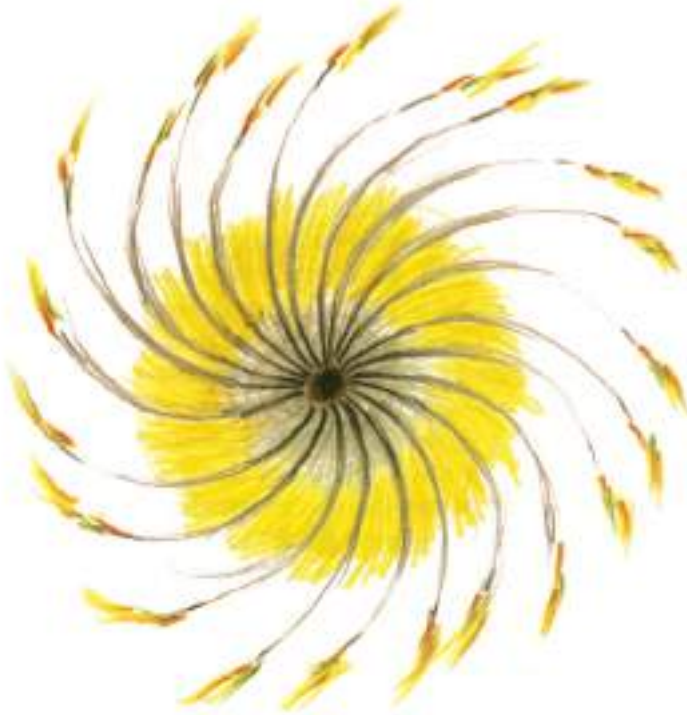


Fig. 1 – Ajna chakra

To give a start to my journey of self-discovery, the Guru would act as the catalyst to trigger the awakening, which would then put me under the guidance of the Ascended Masters who are always looking for aspirants on the spiritual path. In order to achieve the objective, the body-mind configuration was continually subjected to subtle adjustments. The aura was repaired and the holes in it were sealed to safeguard the psyche from any unwanted disturbance from negative forces (Fig. 2).

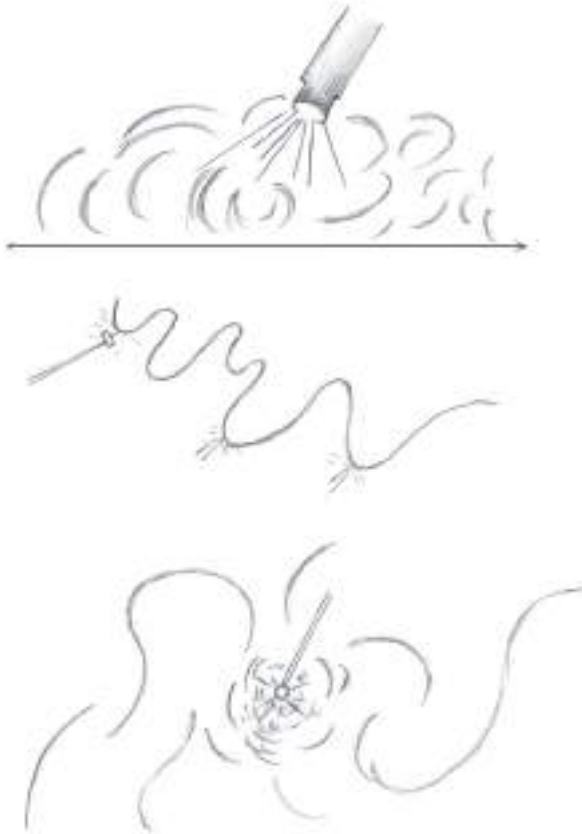


Fig. 2 – Sealing of holes and smoothening the creases of the aura

Gadgets were set up at the subtle level to constantly monitor the response of my mental, emotional and physical bodies to the process (Fig. 3).

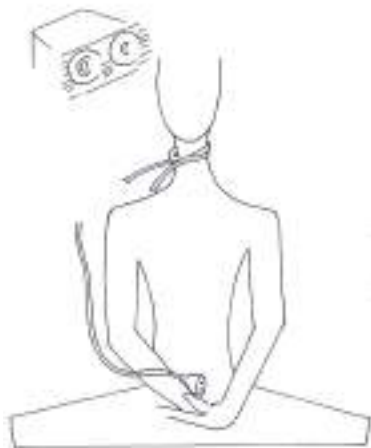


Fig. 3 – Monitoring the brain activity from subtle level of existence

Whilst I was in meditation, stubborn blocks that could not be taken care of by chakra activation were removed through psychic surgery (Fig. 4).



Fig. 4 – A block of congealed energy pops out from the Anahata chakra

While in meditation, I saw and felt myself being surrounded by pulsating energy and a hand stretched out. With this gesture I was yanked out of my physical body. My subtle body shot up like a rocket, tearing itself away from the balance of karmic bonds in order to find answers to its queries (Fig. 5).



Fig. 5 – Process of detachment from the physical to the subtle

Once the purification was complete and the mental, emotional and physical bodies were ready, a time came when I would have to traverse the rest of the road alone. I realised this when, in meditation, I saw the Guru's physical form move to the side as a milestone, while his Grace in the form of a bright flame in front of my Ajna chakra would stay with me as my guiding force on the road to discover: *Who am I? Where do I come from and where am I going?* It would be I who would have to solve the riddle of the universe that was about me. This would be done by accessing information from different vibratory levels and from the collective consciousness, which comes to us in different shapes and colours, depending at what vibratory level we are operating from. In this process of operating at different vibratory levels, I see myself sitting on electrical waves, which would be one of the final vibratory levels, from which I get a bird's-eye view of the process of manifestation (Fig. 6).

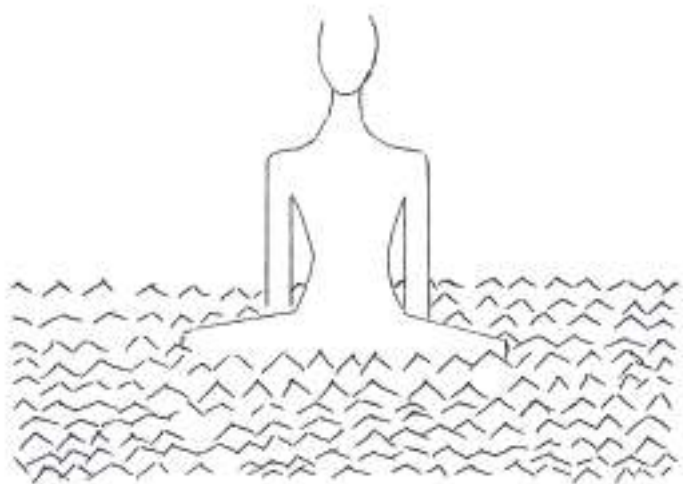


Fig. 6 – A vibratory level





Fig. 7 – The Lotus

On being enthused to connect the waves, I found that they formed a lotus, a form that serves as a seat on which some of our deities are placed (Fig. 7).

The electric vibration is that level of vibration from where one can manifest a miracle for oneself. When one is seeking financial abundance one worships Goddess Laxmi, who is seated on a lotus. The devotee, depending on his focus, is unconsciously raising his consciousness to that level of vibration from where abundance in any form can manifest.