

## **Introduction**

### **THE GREAT KUNDALINI JOURNEY**

Welcome to The Great Kundalini Journey.

It is said that the second part of our life begins when we start to ask questions like, ‘Who am I?’ ‘Where am I going?’ and ‘What is life all about?’ These questions and our subsequent search for answers is what leads us to the ultimate truth. And while the Journey may be unique to each one of us, we will always have the same origin and destination – all of us come from light, joy and love, and all of us are trying to find our way back there.

This Wisdom Deck is meant to be a friend, philosopher and guide, brightening your path as you travel to the depths of experience and the heights of consciousness in this grand adventure of life. Let the cards speak to you themselves, as they trace Santosh Sachdeva’s Journey of Awakening in order to guide you in yours.



## Two important concepts on The Great Journey

### WHAT IS KUNDALINI AWAKENING?

The basic, fundamental energy in the world is the solar energy. It is solar energy that makes food grow, creatures move, and sustains life on planet Earth. Some of this energy naturally exists in all of us, but through certain practices we can start to consciously access this solar energy and pull more of it down into our body through the Sahasrar Chakra. The energy settles in two places – at the heart, where it provides us with Divine wisdom, and at the base of our spine (Muladhar Chakra) where it provides us with energy to live our daily life. When the energies from these two centres meet, they raise what is known as the Kundalini energy.

Over years of *sadhana*, when the Kundalini rises, it strengthens both these faculties – our



wisdom increases to a level where we no longer get entangled in worldly situations, and our life energy multiplies so that we become more joyous, compassionate and enthusiastic beings. This, in the simplest sense, is known as Kundalini awakening.

## WHAT ARE CHAKRAS?

Chakras are high-powered vortices that draw in cosmic energy at different places in our subtle body and regulate it to suit our needs. If we took in the cosmic energy directly, we would explode. The chakras regulate the force of this energy according to the need of the different organs. Throughout the day, the chakras, as per their capacity, enhance the flow of vital energy in all aspects of one's life.

There are seven major chakras along the spinal column, with each chakra having specific physical, psychological, emotional, spiritual and



energetic characteristics. A brief description of them is given below:

### **1. Muladhar Chakra**

*Location:* Base of the spine, in front of the anus

*Function:* This chakra holds one's deep-rooted beliefs about safety and security.

### **2. Swadhisthan Chakra**

*Location:* Near the pubic bone

*Function:* This chakra is like a data bank, storing all our past beliefs, experiences, memories, and conditioning.

### **3. Manipur Chakra**

*Location:* Base of the navel

*Function:* This chakra is the centre of dynamism, energy, willpower and achievement.

### **4. Anahat Chakra**

*Location:* Centre of the heart

*Function:* This chakra holds our beliefs about love, and its corresponding feelings such as compassion, attraction and gratitude.



## **5. Vishuddhi Chakra**

*Location:* Base of the throat

*Function:* This chakra is the centre of our communication skills.

## **6. Ajna Chakra**

*Location:* Between the eyebrows

*Function:* This chakra is associated with our intuition, wisdom, intellect, knowledge, understanding and imagination.

## **7. Sahasrar Chakra**

*Location:* Above the head

*Function:* This chakra connects us to the Divine Source, God or Universal Consciousness.





### Chakras and the Body Temple\*

- 1 – Muladhara (Base chakra)
- 2 – Swadisthana (Sacral chakra)
- 3 – Manipura (Navel chakra)
- 4 – Anahata (Heart chakra)
- 5 – Vishuddha (Throat chakra)
- 6 – Ajna (Brow chakra)
- 7 – Sahasrara (Crown chakra)

\* This chart showing the location of the seven main chakras in the etheric body is a stylized version created by the author, and the colours and symbols shown here do not necessarily correspond to the descriptions in the traditional literature on Kundalini.



## METHOD TO USE THE CARDS

Spread the cards in front of you and close your eyes. Voice your question clearly and concisely within your heart. Be open to the guidance that you are about to receive instead of looking for predetermined answers. Then, keep your eyes closed and pull out any card from the deck that calls to you.

Don't be in a hurry to read the text; remember, the visuals are blessed with a powerful force of transformation. It is advisable, that if you resonate with the visual, then you should meditate on it for 10 to 15 minutes and be a witness to what unfolds.

As you finally read the card, know that it's not a voice from outside speaking to you, but rather, your own inner voice expressing itself through this medium.

One card in the deck is the Blessing Card,



which has no text. If you pick this card up, know that whatever you choose will be exactly what is best for you – you now have the blessing of the whole universe with you.

## QUESTIONS YOU CAN ASK THE CARDS

These cards are not to be taken lightly. They contain powerful illustrations that can trigger positive self-transformation and growth in you. You can ask them any question regarding your present situation – they don't address the past (since that is dead and gone) and they don't predict the future. If you take care of your present moment, the past will heal itself and the future will reveal itself to you.

You can even pick up a card every week, and ask for a message to keep in mind for the upcoming week. If you do this, you are advised to meditate on the card for a few minutes every day



(for that week) to truly soak in its energies and let it work on you at a subtle body level.

It is advised not to pick up a card every day or keep picking up cards for the same question over and over again without proper intervals (you should meditate for at least one week on each card). This is because each card comes with its own energy and possibility of manifestation, but when you pick up multiple cards you can mix up the energies and prevent their words from taking root in your subconscious mind and producing the desired results. In case you feel the card does not directly answer your question, you are still advised to sit with it for a few days and let the depth of the card reveal itself to you – remember, the soul knows what the mind can't even begin to understand.



## OTHER PEOPLE AND YOUR CARDS

It is advisable not to let other people touch your cards because their energy can get mixed up with yours and taint the readings. Ideally, these cards are only for personal use. However, if you feel like doing a reading on behalf of another person and they touch your cards, please cleanse and energise the cards (as mentioned below) before you use them again.

## HOW TO ENERGISE THE CARDS

You can cleanse the cards after someone else has touched them or even after you use them yourself just to ensure that any previous energies don't linger in the cards and affect the current reading. To cleanse and energise the cards you can opt for any one of the following options:

1. Spread out the cards and place them under direct sunlight for five minutes



2. Spread the deck as much as you can while its in your hand and hold it above a flame so that only the smoke from the flame touches the cards
3. Light an incense stick and rotate it over the cards

## VISUALS IN THE GREAT KUNDALINI JOURNEY

The visuals are selections taken from Santosh Sachdeva's diary of her own journey to the higher realms and her experience of Kundalini awakening. Each illustration is a deeply meaningful and symbolic representation of the interplay of chakras and the universal forces.



# THE GREAT KUNDALINI JOURNEY

## I. Preparation for the great journey

Often, we may find ourselves drowning in pain or questioning our existence. In these moments, we may feel that the universe has abandoned us or perhaps, never cared at all. But there is a deep significance and purpose behind pain, uncertainty, unease or turmoil. It is said that even negativity (in the form of emotions, situations or people) is allowed into our life only till the extent that it can make us grow – not even one little bit more. Remember, it is only in the darkness that we can best discover our own light.

I wish you ascension and grace on your journey ahead.

- **Purpose of Pain**
- **Turmoil**
- **Purification**
- **Cleansing**
- **Rebirth**
- **Divine Purpose**
- **Just Be**



## Purpose of Pain



### Purpose of Pain

Pain is never random or in excess or as a mistake. Every source of it is measured and mapped out for your growth and administered under perfect control of the Divine forces. It is temporary pain that leads to everlasting joy.

The fire represents burning of karmic issues at the subtle body level.

## Turmoil



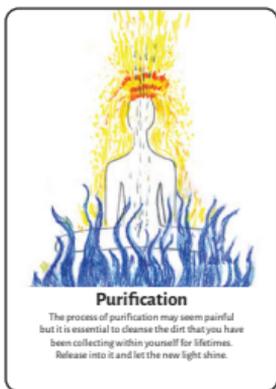
### Turmoil

When you are going through turmoil, all you can do is patiently wait for it to pass. Even if it may seem endless or out of control, it is never so. The only thing truly endless is light and grace.

The blue swirls illustrate the turmoil of the water element in the Swadhishthan Chakra, symbolising emotional problems.

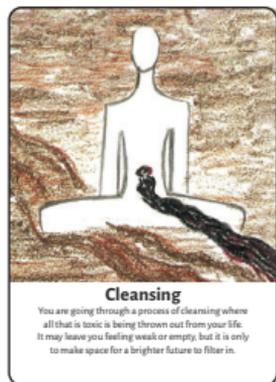


## Purification



When the water element (Swadhisthan Chakra – home of our emotions) in our body is getting disturbed, it, in turn, disturbs the fire element (Manipur Chakra – home of our relationships) within us. However, if we listen to our inner voice instead of our mind, the fire will be used to burn away our issues and not enhance them.

## Cleansing



Toxins (representing issues related to relationships) stored in the body in the form of black tar-like liquid are thrown out of the Manipur Chakra. The brown river is the Kundalini energy of the Earth moving to support this process of cleansing.



## Rebirth



The flames represent the burning away of old karmic patterns at the subtle body level. The soul is being given a *fire bath* to cleanse it from old patterns and ways of being.

## Divine Purpose



The green petals show the Kundalini energy rising as a stem from the Muladhara Chakra with overflowing petals at the Sahasrara Chakra. The yellow particles are dead cells which are not needed anymore and are being removed and replaced. The red coil is the symbol of Lord Vishnu's Sudarshan Chakra symbolising the blessings of the Divine.

