

The Integral Yoga: Kundalini - April 2, 2019

Thus the Divine feminine principle of creation gives from her fertility into the manifest life, in true maternal love, allowing all its diversity to engage in the play of life, and then all is reintegrated back into the primordial unity. Our multi fractioned life, with all sub-personalities and imperfections are fused together into a whole of goodness, regaining the supra mental of our original Self.

The contradictions that affect us in our life will be resolved and reabsorbed into a reconciliation of unity. Notice how we are often beset by love-hate relationships, which arise from being far too attached, even possessively, to the other. Just as we know that the best is often the enemy of the good, it is an excessiveness that gives strength to our being both attracted and repulsed to something or someone. Many gurus and spiritual teachers come to believe they are deities above the fray, since their culture teaches this is so, but as we see, they are also human and many fall to that frailty. The resolution comes from making these excesses, often great desires, lose their grip and meld into the unique oneness. Note that the major religions hold that the souls will be weighed on judgment day (by Anubis in Egypt, and St Michael, Catholic), to see if they are outweighed by human desires. If not, the good reaches its absolute and the sins are dispossessed of its errors and return to the ultimate good. In other words the sins and the virtues disappear into an 'infallible' truth. Even the worst hatred and vengeance cannot avoid the reintegration eventually.

The holy man discovers the 'ananda' that was previously betrayed by the obscure will of the conscious. The desires, habits, and thoughts of our human mind are a barrier to the divine Light.

'Ananda is described as the 'divine Joy', the philosophical consciousness of bliss. Many teachings of the world are based on that quest as described in the philosophy of Paramhansa Yogananda (see *Autobiography of a Yogi*) and can only be found through regular deep meditation. The mental goes through a transformation and enters a new field of experience according to the elevation of the consciousness.

Our new mental will rise above the present incarnate mental to reach the supra intelligence progressively applying an integral transformation of our nature in an integral yoga.

As far as the experiences, the ultimate yoga realization implies an awakening of Kundalini, depicted as a serpent fire lying latent and dormant, then awakening and rising from the base of the spine upward through the chakras to liberation. It can be felt as a burning love. The Kundalini then courses the path of different chakras coming from the *muladhara* chakra. (see *The Serpent Power*, Arthur Avalon)

Whenever it reaches *Svadhishthana* chakra, the liver or abdominal center, the student stops to seek the objects of pleasure.

Upon passing through the *Manipura* chakra, at the umbilical, the student becomes more resolute to climb to the divine. Whenever it reaches the heart center, *Anahata* chakra, the student develops the sense of adoration and a love for all creatures. An intense share of all the distresses of the world ensues. Reaching the *Ajna* chakra, the center between the two eyes, then the visions become luminous and divine.