

## **Sadhana, Ardhana, Pradhupati**

As you continue your daily sadhana, something new will begin to emerge, which Yogi Bhajan calls ardhana, where the experience of sadhana seemed to take on a more etheric dimension, and you begin to experience a sublimation of the mind's outward flow of attention to the changing polarities of the mind, as though there are periodic jumps in the overall atmospheric pressure of the energy consciousness in and through the neutral body (4<sup>th</sup> chakra), physical body (5<sup>th</sup> chakra), auric body (6<sup>th</sup> chakra), auric body (pineal gland – crown chakra), pranic body, subtle body, radiant body (energy pulses down through the tenth gate and up through the crown expanding a golden hue radiance over 9 feet from the body).

The idea of raising Kundalini from the base of the spine to the crown, begins to become an afterthought, as the overall satvic pressure seemed to open every system, from the Kandal to the ida and pingala and sushumna, to the gold cord and centers in the brain, to the One Star in the heart and right major vagus nerve to the Crown - as through there was a continuing influx or infilling of what one might call a feeling of inward pulling (like gravity) and expansive/pervasive light from inside and outside, even dissolving the notion of inside/outside. Subject without a seer. Action without a doer.

All this to say that you shouldn't feel surprised in your daily practice of Sadhana to begin to notice similarly a sense of the pure indwelling light of your own infinite being, quietly shining through the thoughts and images in your mind, as the sense of "I" disengages from attention.

These words will become meaningful: As you begin to find yourself abiding as single unconditioned pure living light, "the screen upon which moves the kaleidoscopic picture composed of mobile and immobile objects of the Universe" (from The Cream of Emancipation verse 144) - the experience of "pradhupati" or crystallization that Yogi Bhajan talks about - that over time prevails through the waking state (opaque), then the dream state, as dream sleep becomes less (semi-precious gem), then the unconscious state, as you awaken to the ever present awake awareness of the Self of Its Creation (gem state), and then beyond, the Turya state - the purely crystallized consciousness, like a flawless diamond.

Sadhana and daily practice comprises

### 1. KY exercises and kriyas

- [Tappa - to generate heat and electricity on the body field]
- What we've called the Yoga of Light that elevates the mind's vibration above the frequency of thoughts and images, filling the nadi's with energy consciousness (Prana) that has an effect like the tightening of guitar strings so that the whole body resonates and radiates
  - Meditations on radiance through short Kundalini Yoga exercises with a dynamic aspect of posture, movement and breathing, followed by a static aspect of watchful awareness of the flow of etheric radiance in and through the body
  - Meditation on the force of "will," which produces a powerful single sense of Self, resulting from the persevering and enduring of long periods of stress in maintaining a posture, movement and breathing, followed by an equally long period of feeling the sense of abiding as single Self Witness.

## 2. chanting mantra

- [Jappa - to generate radiant/resonance that links the conscious mind to the pervasive Naad vibration of the universe]
- What we've called the Yoga of Sound that takes hold of the 72,000 charged nadis, releasing their energy into a crescendo of radiance exponentially greater than the vibration produced by the Yoga of Light
- *Tappa and Jappa together producing laya, i.e., expansive radiance that absorbs identity to thought and impressions*
- Producing a decoding of the habits and impressions stored and bound throughout the body field and
- Substituting the re-imprinting of sacred sound of the mantra that links the body and mind to the unexcelled experience of simran/ Naad/ anahat (unstruck sound)
  - and

## 3. slow controlled repetitive breath

- Sanjam – resulting in simran, the attunement to the soundless sound of the infinite being
- *Producing pratyahar - a singular stillness of "simran" from and within which thoughts and impressions are seen to rise and fall without the least trace or effort to grasp them or hold them within the mind's power of attention*
  - and

## 4. Study - reading (without thought, conjecture or opinion, but just to "hear" (sunia / sravana) the sacred words of Saints and Saviors (Sat Gurus) describing their experience, recollection and abidance in and as the Self, that Light that lights each of us from and through the Heart (Hridayam/One Star)

- scripture, such as Jaap Ji, Jaap Sahib and other non-dual texts and Gitas
  - which results in the Self "hearing," recollecting (as though coming out of an amnesia) and abiding in and as Its True Identity,
    - which we experience as our own Self
    - which we call the Nam
  - where hearing and recollection refer to the soundless sound of the "I" pulsing as "I" and abiding refers to cessation, final relinquishment, dissolution of ideas of seer and seen.
- and
- the words of Yogi Bhajan about all this in your TT Manual and other sources.
  - As your sensorial experience expands, these words read over from time to time will fill in with a new meaning and depth, and moreover that it is possible to become pure and in that purity "hear" the Truth.

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