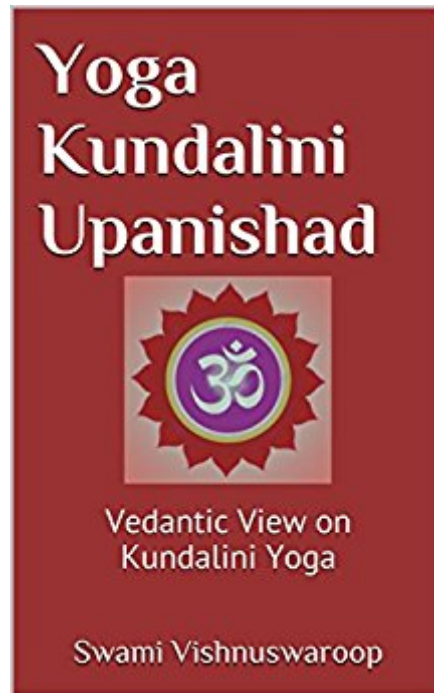


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Yoga Kundalini Upanishad: Vedantic View On Kundalini Yoga



Synopsis

This Upaniśad on Kuśāṇḍalinā Yoga belongs to Kriśṇa Yajurveda. There are three chapters in it. In the first chapter, the two causes of Citta Vāṇtti, the three methods of controlling Prāṇa â “ moderation in diet, Āsana and Ākṛti Cālini Mudrā are described. Then Sarasvati Cāṇana, types of Prāṇāyāma â “ Sāṛyabhedi, Ujjāyi, Shāṭali, Bhastrikā, etc., three Bandhas â “ Moola Bandha, Uddiyāna Bandha and Jālandhara Bandha, obstacles in yoga and protection from them, awakening of Kuśāṇḍalinā through yoga practice, penetration of three Granthis Brahmagranthi, Viśāṇḍugranthi and Rudragranthi, Kuśāṇḍalinā entering Sahasrāra Cakra (thousand petalled lotus), dissolution of Prāṇa, etc. into Āiva, realization of Self everywhere during Samādhi and subjects like Samādhi Yoga, etc. are described in detail. The second chapter begins with the lucid explanation of Khecari Mudrā. The features of Khecari, its results, perfection of Khecari by Mantra Japa, sequence of Khecari practice, etc., are described elaborately. In the beginning of third chapter the Khecari Melana Mantra for Khecari Siddhi is described specifically. The vision of a Sādhaka during his Sāḍhanā is described by giving examples of new moon, first lunar date and full moon. Then attaining perfection for the union with macrocosm through Prāṇāyāma, impossibility of Self-realization without practice, knowledge of the Brahman through the discourse of a Sadguru, manifestation of Brahma in the form of Vāk, Vāṇtti and Vishva, etc., the nature of Parabrahma and at the end, means to attain Brahma â “ Dhyāna, Jāvanmukti and Videhamukti, etc., topics are explained. Thus, the major subjects of Yoga are presented in this Upaniśad, which makes it unique and complete.

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