

## Amazing and Automatic Experiences after the Initiation

Some characteristic symptoms of the awakened serpent power, *Kundalini*, are given below. They are illustrative and by no means exhaustive.

- 1) When throbbing (vibrating) at the base of spinal column (*Mooladhara*) begins, when the whole body starts shaking, involuntary breathlessness starts beyond control, when breath is forcibly exhaled out, without volition deep inhaling and exhaling of breath starts and when the body gets uncontrollable, know that the *Bhagavati Kundalini* has awakened and become active. You should then give up your assertive approach and sit witnessing what happens.
- 2) When your posture (*asana*) becomes fixed, Uddayan, Jalandhar and Moolbandhs result involuntarily, when you feel so energetic that you are unable to sit quietly, know that the *Paramashakti Kundalini* has become active.
- 3) When your posture (*asana*) becomes (fixed) steady and sight is attracted towards the middle point of eyebrows and you get automatic *Kumbhak* (cessation of breath comes with no effort for inhaling or exhaling) and the mind becomes vacant, void of all outward knowledge, feel that Primal Power Goddess, *Mahamaya Adyashakti Kundalini*, has come into action.
- 4) When you feel currents of the Life Force (*Prana*) rising from Mooladhara upward to your cerebrum (*Sahasrara*) within you, automatic repetition of *Aum* starts and with the rising of the Life Force (*Prana*) upward, the mind experiences waves after waves of blissful ecstasy (happiness), think that the Universal Mother, *Jagadamba Kundalini*, has come into action.
- 5) When you feel that bodily existence for the time being is lost (you feel as if there is no body) everything looks vacant, your eyelids become slightly closed and in spite of your efforts do not open, electric-like currents flowing give delightful joy, know that the *Mahamaya Kundalini* has come into action.
- 6) When with the closing of eyes (eyelids) your body falls to the ground and you feel as if your life is passing away, nerves being strained, know that the *Yogamaya Kundalini* has become active.
- 7) When your mind gets influenced spiritually as if some spirit has taken possession of your body and under that influence different postures (*asanas*) of yoga are involuntarily performed and at the same time some sort of breathing exercises start, know that the Divine power of Kundalini, *Ishwariya Kundalini Shakti*, has become active.
- 8) When you close your eyes and decide to sit for meditation, your body begins to feel a pleasant sensation (happiness), know that *Rudrani Mahashakti Kundalini* has become active.
- 9) When you feel vibrations (movements) of Prana (Life Force) at different parts in your body and feel its flow wherever you fix your attention and your nerves begin to show easy jerks like the shocks of electricity giving pleasant experience, know that the *Vidyut Shakti Kundalini* has come into action.
- 10) When all day and night you feel within your body some activity of (Life Force) *Prana* is going on and whenever you concentrate your mind, your mind becomes filled with joy and bliss at all times, even during the time of sleep you feel currents of (Life Force) *Prana* rising up in your *Sahasrara* and even in dreams you experience movements of *Prana* (Life Force), know that the joy inspiring *Alhadini Kundalini* has come into action.
- 11) As soon as you sit for meditation, your body begins to shake and in ecstasy of joy, you involuntarily utter words and speak language not known to you nor anyone else, yet the sound gives you joy, know that goddess of speech, *Saraswati*, has come into action.
- 12) When you feel intoxicated (without taking any intoxicant) and feel like drunk of Divinity, know that your *Atma Shakti* has come into action.

- 13) While walking when your mind is filled with an impulse to walk faster and do not feel tired (fatigued) even though you have walked a long distance, you feel buoyant and joyful, you do not feel unhappy even in dreams, your balance of mind is not disturbed in all ups and downs, no work is difficult for you, know that *Brahma Shakti Kundalini* has come into action.
- 14) While in meditation you see divine visions, have divine fragrance, feel divine taste, hear divine sounds and experience divine touch and receive instructions from the gods, understand that the divine power, *Daivi Shakti*, has come into action.
- 15) When you are in meditation, future unfolds its secrets to you the hidden meaning of scriptures, *Vedas* and *Vedantas* shine on your understanding, all doubts vanish, you acquire an insight into obscure meaning of the works on any science even at their first glance, you acquire strange powers of oratory and do not feel the need of approaching even *Brahma*, the creator of the world for knowledge and you acquire self-confidence, understand that the bestower of occult powers, *Siddha Shakti Kundalini*, has come into action.
- 16) As soon as you sit for meditation your sight becomes fixed in the mid of eyebrows, your tongue rises up for *khechari*, breath stops altogether (completely) and mind plunges into the ocean of bliss, *Shambhavi Mudra* operates and you experience the pleasures of *Savikalpa Samadhi*, know that Subtle power, *Yogashakti Kundalini*, is in action.
- 17) While in the meditation, if you think of any spiritual experience, you see your subtle body, you are not conscious about the time, know that *Chit Shakti Kundalini* has come into action.
- 18) As you sit for meditation, your mind gets concentrated and you can talk with the Gods and Goddess who can prescribe medicines for a disease, can give divine Mantra to remove difficulty (obstacles in progress) and when you receive spiritual knowledge or guidance (advice) from any Siddha, know that *Siddhi Pradayini Kundalini* has come into action.

#### Special Note:

What type of experiences and to whom they are assigned is decided by the Serpent Power (*Kundalini Shakti*) i.e. by the will of the spiritual master. Each and every individual gets different experiences. The initiate has to simply watch whatsoever divine experiences come to his lot. An initiate will receive spiritual experiences on the day of initiation or even after some days. The initiate should not expose his experiences to anyone but to his spiritual master.