

LIGHT ON KUNDALINI YOGA

- For you

CLEMENS BIEDRAWA

© 2020 Clemens Immanuel Biedrawa

Publisher: Matsya Yoga Academy
Illustrations: Clemens Biedrawa
Editing: Clemens Biedrawa

Printing and distribution on behalf of the author:
Buchschniede von Dataform Media GmbH, Wien

Matsya Yoga Academy
www.yogamatsya.com

ISBN:
ISBN Softcover: 978-3-99139-111-1

The work including its parts is protected by copyright. Any use is not permitted without the consent of the publisher and the author. This applies in particular to electronic or other duplication, translation, distribution and public access.



DEDICATION

This book is dedicated to the true YOU and the Goddess who dwells in this heart. She is all and all that will ever be. It is dedicated to everyone who is searching for the true ground of existence. It is dedicated to the heart, which is thirsty for the nectar of being. This manual is for you, because you are all.

And of course most intimately, this book is also dedicated to the people who guided me on my path, Alex, Julie, all my teachers and my three beautiful children, Noah, Issael and Nils.

ACKNOWLEDGMENTS

I want to acknowledge the great contribution of Dr. Mark Dyczkowski, Christopher Wallis and Sir James Mallinson to the understanding of Yoga—a lot of the knowledge, and some rare translations that are cited in this manual were available only due to their tireless research and hard work. I further acknowledge all yogis, seekers and true souls.



Table of Contents.

INTRODUCTION.....	I
Presentation of the Text	I
YOUR SAMKALPA.....	3
What is your heart's intent?	3
WHAT IS YOGA?	5
BIRD'S-EYE VIEW OF THE HISTORY OF YOGA.....	8
Bravery	8
Early beginning	10
Roots of Yoga	12
The Pre-Classical era	13
The Classical era	15
The Post-Classical era	21
Modern Yoga	28
PHILOSOPHY OF YOGA.....	32
Spirit of the Gītā	32
The Four main Paths Of Yoga	33
The Classical Way of Rāja yoga	38
Foundation of Haṭha & Kundalini Yoga	42
The Tantric Revolution	45
The Tantric Nature of the Divine	47

The Tattvas	51
White, Red and Black Tantra	59
Karma and Reincarnation	62
Karma, Freedom, and Trauma in Yoga	67
HATHA AND KUṆḌALINĪ-YOGA.....	72
Aim of Hatha Yoga	72
Kuṇḍalinī	73
Kuṇḍalinī in Trika Tantra	76
The Forgotten Secret of Kundalini Yoga	79
ROOTS OF KUNDALINI YOGA.....	84
The Kaubjikā Tradition	85
THE IMPORTANCE OF KNOWLEDGE.....	92
The Knowledge	92
The Scripture	93
Initiation in the Golden Chain	93
A GENERAL YOGIC ANATOMY	96
The Nāḍis	96
The Prāṇas	99
The Kośas	103
THE CHAKRAS	110
History	110
Chakras as a Tool for Meditation	111
Traditional Tools	111
Systems	114
Chakras and Their Reality	114
The Great Importance of the Chakras	115

Modern understanding of the Kaubjikā System	116
MŪLĀDHĀRA.....	120
Seat of the Beginning	120
Characteristics	121
SVĀDHIṢṬHĀNA.....	124
Seat of Desire	124
Characteristics	125
MAṆIPŪRA.....	128
Seat of Power	128
Characteristics	129
ANĀHATA.....	132
The Place in the Middle	132
Characteristics	133
VIŚUDDHA.....	136
The Crown of the World	136
Characteristics	137
ĀJÑĀ.....	140
The Endless Mystery	140
Characteristics	141
SAHASRĀRA.....	144
The Place of Liberation	144
Characteristics	145
INTERACTIONS BETWEEN THE CHAKRAS	148
Progressive Interaction	148
Parā and Aparā	149

The Mirror	150
The Transformation	150
What you Should Know about the Chakras	152
WESTERN ANATOMY OF THE HUMAN BODY	154
The Muscular System	154
The Skeletal System	154
The Endocrine System	155
The Nervous System	156
The Digestive System	157
The Immune System	158
The Respiratory System	159
The Reproductive System	160
PRACTICE	164
Your Means	164
Attitude and Attainment in Practice	165
ĀSANA.....	170
Introduction	170
Modes of Practice	172
Rules of Practice	172
Contraindications	174
Teaching Methods	175
Bodily Alignment and Types	178
KRIYĀ.....	184
Introduction	184
Our Matsya Kriyās	185
Kuṇḍalinī-stavaḥ - Hymn to the great Goddess	190

Bīja Nyāsa	195
Matsya Mūlādhāra Kriyā	200
RELAXATION	212
Śavāsana	212
Death	212
PRĀṆĀYĀMA	216
Introduction	216
How to Practice	218
The Prāṇāyāmas	223
MUDRĀ	234
Introduction	234
Function of Mudrā	236
Hasta Mudrās	237
Mana Mudrās	240
Kāya Mudrās	244
Bandha Mudrās	246
Ādhāra Mudrās	247
Rules for Practice	249
BANDHA	252
Introduction	252
Mūlabandha (support lock)	254
Uḍḍīyānabandha (upward rising lock)	256
Jālandharabandha (nectar, water lock)	257
MANTRA	260
Introduction	260
Our Lineage, our Mantra	263

A Tantric Opening	267
OM	270
Bīja	271
Bija NYasa	272
Svara	276
Haṃsa – Ajapa Japa	278
MEDITATION.....	280
Introduction	280
Pratyāhāra (Withdrawal)	281
Dhāraṇā (Fixation)	282
Dhyana (Meditative absorption)	283
Samādhi (Coming together)	284
Tantric Meditation	286
YOGIC LIFE.....	290
Secrecy	290
Sādhana	291
Food	292
Being a Yogi in this WORLD – pay attention	297
Ego	298
The Challenge of Teaching Yoga	301
Sex, Power and Money	303
ABOUT	308
The Way	308
The Author	309
SANSKRIT SPELLING	311
GLOSSARY.....	313

BIBLIOGRAPHY.....	331
INDEX OF CITATIONS.....	334

Sit straight with your being erect.

Settle yourself in the cavity of your heart.

There is a luminosity inside of yourself, which
expands from your heart through the world.

You are that body of your inner luminosity. it is
your very self.

Breathe in and settle in your heart – All is you.

Breathe out and expand this heart throughout the
world – You are all.

This is your love relationship.

INTRODUCTION

Dear Reader,

I am a practitioner of yoga who has been fortunate enough to extensively journey through the practice of yoga, and also to be taught Hatha and Kundalini Yoga from an authentic Indian lineage.

I have spent many years providing teacher training in Hatha and Kundalini Yoga in Austria and France. This book began as a handout to help my students grasp the knowledge they were receiving and to give them a set of practical guidelines to follow during their training. However, it has since evolved into an exploration of the secrets of Indian mysticism and the roots of yoga. In this book, we will explore the history, philosophy, and practice of yoga in the light of its historical sources and scriptural heritage. I chose this path not because I am interested in digging through the ashes of the past, but because I want to search for the fire that is hidden within. The goal is always to truly animate one's body, heart, and spirit. After all, what is now ashes wishes to be fire once more.

We all have the responsibility to elevate our own unique fire from the past and make it shine as a light for everyone else.

I hope that every seeker can profit from this precious gift which offers a gentle way of understanding Kundalini Yoga – perhaps in such a way as you have never understood it before.

May the goddess bless you.

PRESENTATION OF THE TEXT

This is a manual about yoga and the Indian culture behind it. As small changes can lead to completely different meanings, a great deal of emphasis will be placed on the correct pronunciation and spelling of Sanskrit words. As an example the word for the heart chakra, *anāhata* means 'unstruck', while the word *anahata* means 'not uninjured', 'not unwashed'. To avoid ambiguity and errors caused by the romanisation of words, italicised Devanagari transcripts (IAST) occur throughout the book, to help familiarise the readers with the actual Sanskrit terms and help

them grasp the wide semantic range of each word.

Nevertheless this book is intended for a more general readership rather than for scholars of Sanskrit. Therefore, at the end of this book, I have added a glossary explaining some of the terms. I have also left some originally Sanskrit words in English as they are now in common use, such as Kundalini Yoga (*kuṇḍalinīyoga*), Hatha Yoga (*haṭhayoga*), and many more. I have no academic background in Sanskrit, nor am I a native English speaker. I am simply a dedicated yogi.

Please, enjoy this book from the fullness of your heart.

*By concentrating on the lotus of the heart, there arises a
state of sorrowless joy, which is infused with inner light.
Such a state anchors the mind in a state of freedom.*

Yoga-sūtra-bhāṣya (1 : 36)

YOUR SAMKALPA

WHAT IS YOUR HEART'S INTENT?

If you do not know it, now it is the time to discover it. Write it down just here.

WHAT IS YOGA?

yogaś citta-vṛtti-nirodhaḥ

Pātañjalayogasūtra, (1:2)

In all its forms, yoga is the answer to humankind's fundamental questions. The West sought answers in science, while the East turned to spirituality.

What and why am I? Why is there a reality? What is its meaning? What is its nature? Who is the individual within it?

The West examined matter and measured it. The East contemplated experience and explored it. Yoga is a phenomenological science that concerns itself with the phenomenon of experience. Measurable reality is subordinate to internal experience. This approach is valid if one considers that all reality must first pass through the experienter before it can become meaningful.

The yogas are an investigation into one's own nature and that of the existence that lies within. Furthermore, they offer a path from which to realise one's true nature beyond the phenomena of transitory experience.

Yājñavalkya defines yoga as the union of the individual self with the supreme soul. Patañjali describes it as the stilling of the patterns of consciousness. Abhinava Gupta defines it as the realisation of one's eternal nature. All of these definitions are correct and useful – the only differences being in the method of practice rather than the final goal. Yājñavalkya offers us the science of *kuṇḍalinī* as a means to elevate the individual soul. Patañjali teaches us purification of mind to reach final stillness, and Abhinava Gupta offers us tantra as a way to connect with the heart of all, and realise one's own true and ever-expanded being.

In all of its definitions and forms, yoga is an investigation of one's eternal being. Yet it transcends even that, for it is the science of how to reach this being, which is your essential nature.

It is an invaluable gift for mankind.