

## **RAISING KUNDALINI SHAKTHI. The Obvious Pathway**

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The interior of the brain contains cavities called ventricles filled with cerebrospinal fluid (CSF). CSF formed in the ventricles passes through the foramina to the cisterns and subarachnoid spaces. CSF occupies the subarachnoid space around the brain and spinal cord. Subarachnoid space is filled with CSF and is in direct contact with the fourth ventricle of the brain by means of three apertures – foramen of Megendie and foramina of luschka. In the spinal cord, there is a wide subarachnoid space between pia and arachnoid. Below the caudal tip of the spinal cord, the space extends to the depth of duralsac and cauda equine (the site of lumbar puncture). CSF is supposed to have mechanical function serving as a water cushion for the central nervous system and aiding in the maintenance of relatively constant intra cranial pressure. It also removes waste products from the brain and spinal cord.

The visible human body is ensheathed by metaphysical electromagnetic field, called aura, (invisible to the naked eye) in which energy centres called chakras are present. The seven major chakras namely Mooladhara, Swadhishtana, Manipura, Anahatha, Vishudhi, Ajna and Sahasrara are located in the midline, and each one is associated with an endocrine gland and each one resonates with a specific manthra. Chakras outside the physical body and the endocrine glands internally coordinate to keep the body and mind in health and harmony.

Mooladhara chakra is the first one to blossom in prenatal life by manifestation of Kundalini Shakthi. After birth Shakthi recoils and assumes coiled serpent form. When a spiritual healer wishes to enhance the divine healing power within self he meditates on himself to awaken Kundalini Shakthi which allows uncoiling of Shakthi.

By meditation on his own Chakra the inherent divine power, [Kundalini Shakthi] is awakened. . The posture, Padmasana or Suhasana, facilitates the absorption of the divine power from mother earth which activates mooladhara chakra (root of Survival and Spirituality). Activated Mooladhara chakra (at the tip of the back bone) awakens Kundalini shakthi, which is in the form of coiled serpent. Once stimulated, the uncoiled shakthi (energy) ascends up to reach the Shiva's abode at Sahasrara chakra. It is at this stage the meditator reaches the stage of Nirvana and becomes one with God (Samadhi).

To reach Sahasrara chakra the normal route is through Sushumna Nadi [spinal cord]. The spinal cord a semi gelatinous medium terminates at first lumbar level. From the tip of back bone [at the level of cauda equina] a fluid medium is available for smooth passage of energy.

My hypothesis is that by meditation, Kundalini Shakthi uncoils herself and gently ascends up through a fluid medium, CSF. The divine energy reaches the subarachnoid

space around spinal cord and reaches the ventricles by opening central canal of spinal cord.

Normally any external stimulus results in a chain of reaction in Sahasrara chakra and Ajna chakra: Energy received by these two chakras is passed on to the associated endocrine glands, pineal and pituitary gland respectively and in turn to the neuro transmitters. The response is instant through the fluid medium i.e. the pineal and hypophyseal recesses and CSF in subarachnoid spaces. The response to the stimulus in the gray matter reaching the brain through the semigelatinous substance of brain and spinal cord or through the fluid medium could be through the two available routes; but the latter one is more appropriate because the fluid can react immediately as a small pebble thrown into still water in a pond resulting in creation of gentle waves. The energy

Human beings have root on the earth and it is strengthened by Mooladhara chakra. A spiritual healer makes himself more powerful by chakra meditation. Each chakra has its own Manthra By chanting each Manthra which resonates with the chakra Kundalini Shakthi is allowed to reach Sahasrara chakra. Finally the most powerful manthra "OM" associated with Sahasrara chakra makes the person realize the divinity in him. Thus he can reach the stage where he realizes "Sarvam Brahmanam Mayam" and he gets the power of "OM SHAKTHI". Once shakthi is incorporated in 'OM', mere chanting "OM" after chakra meditation is enough for enlightenment.