

Cosmic Reality is One. The Wise Perceive It In Many Ways.



Siddhis and the Chakras

Taken in part from workshop transcript "Chakras and Siddhi Powers"
From "Preparation for Enlightenment" workshop series conducted by
Dharma Dharini Bhagavad Dasa".

Transcript in part of chakra workshop:

"Chakras are sometimes called "Wheels of the Mind". They are psychic centers that can not really be described fully from a psychological or material view in the same way a cake can not be considered to be just flour, vanilla, sugar, eggs and chocolate. There is a force that has been applied to the ingredients that makes it a cake. Chakras are energy centers that are interrelated with the autonomous, parasympathetic and and sympathetic nervous systems.

Each individual perceives and understands life through the perspective of the chakra in which he feels the most comfortable relating from. This is called the "Point of Awareness". In a sense the chakra of the primary point of awareness colours the experience. It is like a filter on a camera, contributing to "Maya" which in the ancient sense of the word was not illusion but rather a faulty or filtered perception of reality as presented by the senses. Knowledge is lacking

for accurate perception or interpretation. When the point of awareness-the presiding state of consciousness-and kundalini merge in the upper chakras, enlightenment experiences occur. Sometimes they are permanent, sometimes not. If the force of this merging is intense enough it will lead to a genetic restructuring of the brain and ultimately enlightenment such as that which occurs with deep and profound insight. The Point of Awareness of most humans is in the lower 3 chakras-the majority of us dwell in Manipura or the third chakra.. However there are yoga and meditation techniques that can slowly and safely raise the Point of Awareness if practiced daily. Chakras respond to certain sounds and smells in the same manner that you respond to your name. Each chakra has sound that can be chanted while focusing upon it image that will help to move the Point of Awareness. For example, the sound that the brow chakra responds to is "Aum". This practice of elevating the Point of Awareness is best done as if one is climbing a ladder. For example if the Point of Awareness is in the second chakra, one would focus on the third chakra and raise the awareness to that level for some time before proceeding to the forth chakra. Once the awareness has stabilized in that chakra (and it will in general take at least 45 days) it is time to work on and discover the next chakra. In helping to determine one's own Point of Awareness if you cannot see or sense your dominate chakra, you can consider your temperament, desires and obstacles, and you can consider your sleeping patterns and position in which you sleep.

Siddhi Powers are sometimes gained by focusing on various chakras causing an activation of that specific energy center. Siddhi powers are sometimes experienced as a result. . In an ancient tradition of Enlightenment such as that

which has been preserved by the enlightened monks (the siddha purushas), of Satyaloka Monastery, siddhi powers as well as enlightenment were often passed down from master to seeker through diksha (spiritual initiation). The diksha can be likened to a seed. It may take effect at once or could stay latent for years. Perhaps it will never take root. There are many variables. Diksha is part of an triad employed in ancient shamanistic cultures to help thrust the seeker into a permanent state of enlightenment. This triad is diksha, sadhana (spiritual practice such as yoga & meditation), and maha sutras. Siddhartha recieved many such dikshas from his teachers in his struggle for enlightenment. Following is a listing of siddhis that may occur in the Journey to Enlightenment or in working with the various chakras>

Following is a list of 23 siddhi powers:

Considered to be the Warrior Siddhi Powers:

Trikalajriatvam - knowledge of the past, present and future.

Advandvam: to be beyond pleasure-pain, cold-heat, soft-hard. Non-duality.

Parachittadyabhijnata: knowledge of dreams and the mind.

Pratishtambah: control of effect of fire, wind, water, poisons, weapons, and the sun.

Aparajayah: Victorious. Not able to be defeated.

The next are considered only to occur as the heart begins to purify and flower:

Anumimattvam: hunger, thirst, grief, sorrow, infatuation, delusion and confusion of the mind, old age and death do not harm the body.

Doorshravan: to hear, sitting at one place, speech from however distant a place.

Dudarshan: to see simultaneously events and things in all the realms.

Manojava: the body can travel at the speed of thought to any place.

Kaamaroopa: to assume any form. Shapeshifting.

Parakayapravesh: ability to enter into another's body, whether they are dead or alive.

Swachchandamrutyu: to die at one's own will, death having no control over one.

Sahakridanudarshanam: to see the sports of gods in heaven and have capacity and prowess to participate in it.

Yathaasamkalpa samsiddhi: to attain whatever is desired.

Ajnaapratihataagatih: whereby one's command and movement have no obstruction

These are considered to be the highest siddhi powers:

Anima: the reduction of one's form to one atom. Invisibility

Mahima/Garima: the body can be made to be very heavy.

Laghima: the body can be made to be extremely light

Prapti: ability to acquire objects of sense pertaining to the respective organs.

Prakaashya: to see invisible things in other realms.

Ishitaa: to stimulate bodies and creatures Control of forces of nature.

Vashita: to have control or dominion over the senses.

Yatkamastadavasyati: To obtain joy by willing it so. The cessation of misery and desire. This is considered to be the highest state of bliss

Satyaloka is an ancient community of Enlightened Beings called the Siddha Purushas.



Some effects of meditation on the various chakras are as follows:

Mooladhara - "Foundation" or Root Chakra-Darduri Siddhi or Frog Jump Siddhi can occur. Can rise in the air by various degrees. Whatever one thinks will happen. There is memory of past life experiences. Security, inner purity, softness of the voice, the burning of all negative karma. The mind is conquered and success is easily obtained. Many obstacles are annihilated. When the Point of Awareness is in Mooladhara there will be great anger, and often clenched fists and tightened jaw. There may be violent or angry behavior often based on insecurity and fear. Security is of utmost importance when awareness is in Mooladhara, as is sleep and food. Discomfort is not tolerated well. Mooladhara sleeping pattern is often between ten & twelve hours, usually on the stomach.

Swadistana or "Dwelling Place of the Self" is often called the Second Chakra-Charisma, psychic powers, control of the senses is gained as is creative ability. There is freedom from jealousy, greed, lust and anger. Relationships are

perfected and there is a sense of deep inner peace- a flow. When the Point of Awareness is in Swadistana one may live in a fantasy world-thinking himself to be a king, a savior, invaluable, famous, a destroyer of evil, a reincarnation of a great being, superhuman or perhaps even an alien. He has high self esteem and is often very chivalrous. He may be artistic or love art, acting and costume. Desire for physical sensations, lust and fantasy are the obstacles as are restlessness, anxiety, confusion and delusion. Swadistana sleeping pattern is 8-10 hours often sleep in almost a fetal position.

Manipura or "City of Gems" is the Third Chakra- Patala Siddhi or the Giver of Constant Happiness may occur. Disease is conquered. The Fire of Life burns brilliantly and there is excellent health and vitality. Time is conquered and he can become very long lived. He can discover cures for diseases and medicines, and there is a deep understanding of physiology. Egotism is gone. There can be the power to create and destroy, to make gold and find hidden treasures. Obstacles when Point of Awareness is in Manipura are a great desire for personal power, fame and recognition. There is a desire to manage or control others. When the Point of Awareness is in Manipura one will generally sleep 6-8 hours a night, often on the back. Most of adult humanity dwells in Manipura.

Anahata or "Unstricken" is the Fourth or Heart Chakra-the may be knowledge of past present and future. Clairaudience and clairvoyance often occurs. There is awareness of one's karma. The effects of meditating on Anahata are considered to be esoteric. It is to be experience for oneself. When the kundalini and Point of Awareness meet in Anahata, the enlightenment experience of seeing God in everything (not a concept but the actual seeing)occurs. It is the state of a saint, prophet or mystic. There is a deep love

of sound. Obstacles in Anahata are experiences of purgatory or spirit realms, restless wondering, boredom and emotional disturbance and fear. He may become a "spiritual window shopper" jumping from one tradition to another seeking liberation from his restlessness, loneliness or boredom. The Anahata sleeping pattern is often 4-6 hours a night sleeping on the left side.

Vishuddhi ("Pure") Throat Chakra-Calmness Serenity, Purity, great command of speech and understanding of dreams and philosophy. Master of the entire self. No longer a slave to the mind. Reasoning rises above the heart. He has broken the knot of compassion, of attachment to spiritual orders and to ancient ways. This chakra relates to the "Chit" or Cosmic Consciousness. Only knowledge is sought. Obstacles of the Point of Awareness in Vishuddhi are negative intellect which can occur from using knowledge unwisely. The one whose awareness is in Vishuddhi generally sleeps from 4-6 hours. When the Point of Awareness and kundalini meet in Vishuddhi, the enlightenment experience common to Taoism occurs. It is a state of non-judgement where the commentary of the mind ceases. There is no interference with the experience. Reality presents itself as it is.

Ajnea ("Authority" or "Unlimited Power") Brow Chakra- One receives benefits of all the chakras while meditation on Ajnea. Past life karma is destroyed and there is freedom from all conditioning. There is a freedom from attachments and appeasement of obsessions and desires. A continuous state of samadhi (an experience of realized non-duality) may occur. There are visions of the past, present and future. Whatever is desired comes true. All internal and external changes no longer cause suffering. When the kundalini and Point of Awareness meet here, the state of enlightenment common to Buddhism is experienced. It is the state of non judgement of the previous chakra coupled

with the realization of the dependently arising nature of the Universe. The entire Universe is seen in whatever is viewed. It is the quintessential "To see the Universe in a grain of sand." There is an appeasement of all obsessions. Those with the Point of Awareness in Ajnea in Ajnea sleep little. Two hours or so a night. The sound that this chakra responds to is "Aum" chanted repeatedly in a specific way. And while it is perhaps instinctive for the seeker to want to immediately start working on this chakra, as the benefits meditating on all the chakras are experienced, be aware that it has long been observed chanting "Aum" repeatedly will transform a householder (homeowner) into a sanyasi (one who has renounced the world) or a beggar. It means this practice may impact your dwelling, family and possessions.

Sahasrara ("Thousand Petaled" or also called Shunya meaning "Empty" or "Void")-The plane of happiness. There is no activity of the mind, no knower, no knowledge, nothing to be known. Knowledge, knower and known become one. There is liberation of the senses. Emotions and desires dissolve. Union is attained. There is no sense of separate existence as long as in physical body. All siddhis are obtained, but this individual has no desire to use those siddhis. When the Point of Awareness and kundalini merge at Sahasrara enlightenment experience common to Hinduism is experienced. There is no separation between the experience and the experiencer. You are what you see. The ancients called this state "Aham Bramhasmin.", meaning "I am That" or "I am this whole process called the Universe."



The Sanskrit Chant that activates Sahasrara is:

Sat Chit Ananada
Parabrahma Purushothama Paramathma
Sri Bhagavathi Sametha
Sri Bhagavathe Namaha



In general, the siddha has the realization of non-duality. Thought and objective are no different. What stands between energy and matter is the illusion of time. The wisdom of the relationship between energy matter and time can lead to freedom.

In the ancient sense, Enlightenment is described merely as liberation from suffering. If you consider that suffering arises from ignorance-that it is in the perception of the fact rather than the fact itself, it is easy to see the connection. It is very easy to see Enlightenment (Illumination) and Ignorance (Darkness) as opposite ends of the same spectrum..

Enlightenment can be spoken about in 3 levels, although the enlightenment experience varies greatly. At the first level it is experiencing or perception of reality as it is. You could say that reality unveils itself to you. The Mind no longer interferes with the experience. Today when you are looking at the world; you are not actually seeing it. What is happening within is a lot of chatter. There is interference from the past, so much judgment, and day dreaming about the future. Enlightenment at this stage is where the interference of the mind stops. The eyes begin to see. The ears begin to truly hear. The senses are

no longer numbed or overridden by the internal dialog. You could say they spring to life

At the second stage Enlightenment is feeling a tremendous sense of connectedness with the world around you. You feel connected to the sky, the earth, the food you are eating, the grass you are sitting on, the person you are speaking with, the birds. You can see how the entire creation went into the tiniest thing. Nothing is absolute. Nothing stands alone. There is an intense sense of sacredness and gratitude. There is a sense of belonging. All obsession is appeased.

At the third stage Enlightenment it is no longer merely a sense of connectedness but an experience of complete union with the Universe. You experience Cosmic Consciousness. You are what you see. There is no sense of separate existence.

You will experience an absence of suffering and a tremendous flowering of the heart where you'll begin to discover states of love and compassion. In these times we are basically living for ourselves. "I live for my self and you live for yourself" is the philosophy and therefore there is really no one there at all to care for each other. It has become a planet of orphans with no parents. A planet of patients with no doctors. In this state you will begin to care for others. Not just a few loved ones here and there but for all of humanity there is deep concern and compassion.

One who is Enlightened has no suffering in his life, therefore he also does not create suffering for others or for the world around him. If you look at the world you find that happy person gives happiness to others and such of those

people who are constantly mad at others, hurt others, curse others, and seek revenge are suffering within. One who is suffering spiritually and psychologically is a danger to the world around him.

Man in his natural is enlightened. Suffering is the aberration. There was a time when enlightenment was the rule rather than the exception. The seemingly "unused" space in the left cerebral cortex of the brain is a remnant of that time. It was once used to get in touch with and experience Cosmic Consciousness. Many factors went into the gross degeneration of human consciousness. Some were planetary. A star called Mulam has recently entered near proximity to the Earth. When the Earth is receiving cosmic radiation from this star, it affects the DNA of man. He naturally functions differently. His senses and the mind are affected and he opens up to the mystical realm. When the Earth is not receiving emanations from this star his consciousness becomes dull, his senses are numbed and the mystical dimension closes. He becomes more of a physical being unable to determine what is essential for life on this planet and what is irrelevant. He becomes very insecure and dangerous to the planet.

Right now the Earth is receiving radiations from Mulam. The Cosmic Energy is flowing on to the Earth. It has been approximately 24,000 years. While this phenomenon signifies Earth changes, it also means that enlightenment is available to the average being. States of consciousness once attained by just a few sages, saints, mystics, and prophets are available to any who seriously seek liberation from ignorance and its ugly spawn, suffering.

Many a master when asked how long before a man can become enlightened has replied "Aeons."

It already has been aeons. Man has been in a fallen state of ignorance and suffering as long as history has been recorded. Those days are gone. The first step in the journey of Transformation & Enlightenment is knowing that it is currently possible for you to attain in this lifetime.

There are really only two questions to ask of anyone to determine if it is appropriate or time to embark on this profound inward journey. They are:

"Are you suffering?" and Do you wish to be free of that suffering?

If the answer is a resounding "yes!" your time has come.

When we return from the lunch break I will teach to you a chakra activation meditation that will help you greatly on your journey. It has been used by siddhis and enlightened beings throughout the ages and is part of the daily sadhana that is prescribed before one can participate in a mukti yajna at Satyaloka and receive the dikshas. Those that are able to fast today should do so. Those going to Satyaloka will be fasting one day a week as preparation. You will be given an herb that is gathered in the mountains of India that will remove the mucus that your body has accumulated for that week. It will be necessary to work on and purify the physical body before attending the mukti yajna. Excess mucous in the body will be a detriment to you on your journey. Please start your sadhanas now. Eat lightly, if at all today. Remember, the yajna starts for you from when you apply, not when you set foot in Satyaloka. If you are well prepared you will receive tremendous benefit. Those of you who have shipped breakfast as instructed and are able to fast for the rest of the day, I will give some of this herb that removes mucus to to take this evening. You

must fast to take it. Also, please maintain silence during the break.

We have spoken about consciousness this morning and I would like to pose a question for you to contemplate while on your break. The question is: "What is consciousness?" I will give you a hint, it is sound based. You must keep silent to see this..

Biography.

Dharma Dharini is a facilitator and instructor for the Foundation For World Awakening, an international institution for enlightenment with a global association of over 16 million. The Foundation For World Awakening is headquartered at legendary Satyaloka (7th Heaven) Monastery, an ancient shamanistic & enlightened community in the South Indian Mountains. Initiate of Acharya Sri Ananda Giri and Acharya Sri Samadarshini, direct disciples of Avatar, Sri Kalki Bhagavan who is world renowned for his ability to give enlightenment to others, Dharma Dharini has conducted workshops of Satyaloka, healing satsangs and retreats across the USA. She is the first of only 3 American initiates of Anugraha reiki and the author of soon to be released "Vaastu For Enlightenment