

SERPENT POWER YOGA

A DIALOGUE BETWEEN THE GUIDE AND DISCIPLE

Guide

Kaviyogi DR. PANDIAN I.A.S (RETD)

Disciple

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DISCLAIMER

Anyone attempting to practice this *Yoga* without the proper guidance of a competent *Guru* should do so at their own risk. We are not responsible for any damages which may be incurred as a result.

Nobody can demand initiation. The selection of the disciple is purely at the discretion of the *Guru*.

PREFACE

In Tamil verse my *Guru* is explaining his experiences in *Serpent Power Yoga*. All the experiences that he had were his personal. The visions and the experiences may vary according to the status of the practitioner. By status it is meant the achievements he has so far achieved. The balance required to compensate is achieved by the system itself. It is a self-balancing system.

So in the English version, we have given the sum and substance of the *Kundalini Yoga* by my *Guru, Kaviyogi* when he learnt this esoteric *Yoga* from his *Guru* Govindaswamy Siddhar in 1973 at Thanjavur, Tamil Nadu where he was the Deputy Collector.

Chithaananda Yogi

DISCIPLE:

What is *Serpent Power Yoga* and who is eligible to learn it and who is competent to teach it?

GUIDE:

My dear son, before entering into this esoteric science, let us propitiate lord *Ganesha*, the remover of obstacles and the giver of boons. Let us also invoke the blessings of Lord *Muruga*, Lord *Siva*, the supreme god and also the goddess *Parashakti*, his consort.

Let us prostrate before *Nandhideva*, the supreme *guru* who learned this *Yoga* from Lord *Siva* himself when he was overheard a conversation between he and *Parvathi*.

Let us pay obeisance to the great *siddhas*, *munis*, *rishis* such as *Agasthiar*, *Tirumoolar*, *Patanjali* and all other great saints.

Disciplined Goddess *Parvathi* wanted to learn this *Yoga*, this secret of the secrets and requested lord *Siva* to give her the initiation. Lord *Siva* gave her *upadesan* (initiation). Both of them were seated on Lord *Nandhi*.

This esoteric secret was not known to the *rishis* and *munis* for millions of years. One day the *munis* and *rishis* petitioned to lord *Eswara* to teach them this science. The lord replied:

You go and seek this science from Umadevi.

They all went to *Umadevi*, prostrated before her and requested her to teach them. *Umadevi* replied:

This is the secret of creation, the Gnostic code. It cannot be parted with all and sundry! Hence, go and get it from Nandhideva if he agrees and condescends to teach you.

They all went to *Nandhideva*. *Nandhideva* was in meditation. So they waited until his meditation was over. When he questioned them (what for

have you all come?) they petitioned they wanted to learn Serpent Power. *Nandhideva* refused to teach them. He said:

This is not an object to be given to all and sundry. You have to pick and choose a good disciple who will not misuse this power and will use only for the benefit of the humanity.

After long process *Nandhideva* selected 10 disciples. They are *Tirumoolar*, *Patanjali* and eight others.

We follow *Tirumoolar's* method.

THE PRELIMINARY

Before the first lesson, the disciple undergoes the process of cleansing. This cleansing is meant to remove the past *karmas* of the previous births and also the *karmas* so-far accumulated after the birth.

This cleansing consists of three parts:

Gross. In this gross cleaning the disciple is made to have a sea bath or the *guru* draws away all the accumulated sins and the unwanted in the body, mind in the salt solution kept in a vessel.

Secondly, a *mantra*, which is secret, is imparted by the guru to clean the Self. The *mantra* when recited properly, cleanse away the accumulated and unwanted impressions from the mind and soul.

Thirdly, one *yantra* is also drawn on holy ash on the forehead and *mantra* written over them for chanting. The *mantra* has to be chanted 108 times in one sitting. Thus he should reach 50 000 to become a deserving student to receive the initiation.

FIRST INITIATION

I went and prostrated before the master with offerings and gifts and *Guru Dakshina*.

I was asked to come with an empty stomach after a bath and I was asked to sit before the *Guru*. The master with his index finger woke up the sleeping Serpent at the *muladhara* (sacral plexus). The serpent hissed and came forth to the *ajna* (cavernous centre). There initially I saw some flashes of light in the *ajna* and some sensation with a vibration.

The master also gave me one *mantra* in my right ear which is another key to open the secret chest of the cosmic creation and I was asked to chant the *mantra* 100 000 times as the goal, chanting 108 times at a time.

I was also asked to rotate clockwise whatever vision I had in my *ajna*. This process went on for 14 days as some new inexplicable, mysterious power has entered my body I had many boils and eruptions in various parts of my body which were explained by *Guru* as a good sign and nothing to be worried about. During this period of 14 days one must plan what power he wants to achieve in this life and what all boons he wants to possess. One must request the deity appearing in the *ajna chakra* to grant the boon.

The serpent power lying coiled three and a half times around the *linga* at *muladhara* (sacral plexus) is released and brought to *swadisthana*, *manipura*, *anahata*, *vishuddi* and *ajna* by a single stroke. Usually, it requires a man to chant *mantra* for 12 years he can release the serpent power from *muladhara* and come to the next stage at *swadisthana*. To release from there to the next *chakra*, you must chant for another 12 years. Thus it takes 72 years to reach *muladhara* if you attain only through *mantra*. *Mantra* recited for so many years can activate the *chakras*. But the master's grace does this magic in a second with his mystic, magnetic force, he drags the *kundalini* from *muladhara* to *ajna* and places it there for 14 days.

The 14 day *tapas* (penance) is designated for achieving all the desired objects of life. But in this period one should not plan anything against virtues and

dharmas. All our desired should be in accordance with *dharma* and welfare of the flora and fauna and all elements and the entire cosmos. At this stage, the disciple realizes that he is a micro soul and that he can grow and enlarge, and expand, and align with the macro cosmic soul.

SECOND INITIATION

The first initiation is usually given on a full moon day, if it is auspicious. Otherwise the time and date may vary accordingly. The second phase takes place on the 14th day, which happens to be the new moon day. Again here, the *Guru* drags the serpent power from *ajna* to its original abode in *muladhara*. In the original abode, the serpent power is now unbound and free. But *Guru* pegs it up for another 14 days by a nut, infused with his power and tied around the waist of the disciple.

The serpent power is now freed but is kept tethered there by the master. This is to train the serpent power to move from *ajna* to *muladhara* and from *muladhara* to the *ajna* and also to send it beyond the body for achieving certain designated objectives.

During the second phase of the initiation, the disciple has to look at *ajna* but meditate at the *muladhara* and any envisioned symbol in *muladhara* must be rotated anticlockwise. This is again to declog the accumulated *vinais* earned through the past lives and also to kill the killers inside the body in the mind as well as in the soul. The disciple, carefully observing and following the practice in this period will get cured of all his bodily ailments and mental aberrations and accumulated sins committed – wittingly or unwittingly.

In the inner ear, *nadam* (vibration) can be heard. There are 10 kinds of vibrations. They are:

- 1) Peels of bell
- 2) Roaring of the sea
- 3) Bleating of elephant
- 4) Liquid music of a flute
- 5) Rain of the clouds
- 6) Beetle
- 7) Humming of bee
- 8) Conch shell
- 9) Drums
- 10) Lute

Inside the ear are these various kinds of sounds, or *nadam*, should be heard. They are the subsonic wonder of the *Logos*, the glorious mystic power of the cosmic functions – Aum.

THIRD INITIATION

On the 28th day, again on a full moon day, my guide gave me the third initiation, the completion course of the first leg to become a full-fledged *Yogi*.

The *Guru* took me to his meditation chamber and asked me to meditate before a full-sized mirror and showed me my Soul. It was as if made of white snow but ethereal. It began to talk to me. I could not understand its language, my *Guru* said:

That is another course which you will learn after a year. Then siddhi (wish fulfillment) will be conferred upon you.

FOURTH INITIATION

After one year the cranial *chakra* will be activated for still more advanced *Yoga*.

FIFTH INITIATION

After 12 years when the disciple is empowered to impart this esoteric secret *Yoga* to the deserving, they become *Guru*.

EPILOGUE

Since time immemorial the details of this *Kundalini Yoga* has deliberately been kept secret, and rightfully so for certain mystic reasons which the ancient *rishis* alone know. Though we have provided here freely an overview of this method, its subtleties should be learned properly from a competent *Guru* after initiation.

The power that comes by the practice of this *Yoga* should never be misused, and when used, only to the benefit of the humanity. Those in search of the true method of *Yoga* expounded by the saints and *siddhas* of yore will find solace and refuge in this method.

I send my blessings to all sincere aspirants.

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