

## A Unique Book Discovering the Secret of Kundalini

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Review

### **Kundalini stilled or stirred?**

Author: **Swami Ved Bharati (D Lit)**

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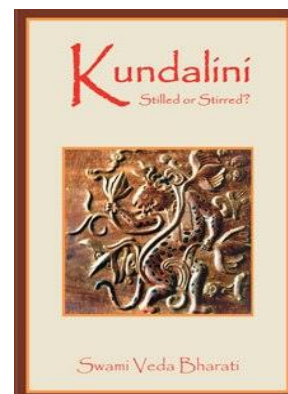
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Who am I? What is Tantra? What is Kundalini? Why yogis choose celibacy? How to know God? These are the questions which generally arise in the minds of the seekers of Truth. Swami Ved Bharati, a great yogi, visionary and the disciple of swami Rama of the Himalayas, gives us the answers in his book **Kundalini stilled or stirred?**

**Swami Ved Bharti** starts with answering the question who am I, what am I, which every human being has asked at one time or another. I am pure-consciousness energy being. I am that (So'ham). Thus the beginning of the book introducing us to our true nature, introduces us to Vedanta as well.

Thereafter plunging into the heart of the subject matter we find several spiritual gems, such as: Tantra is the science of celibacy, Kundalini is the very stream of divine consciousness, the universal energy of consciousness plugged into us is called the Kundalini, the greater the concentration, the greater the pleasure, the ecstasy of sex is infinitesimal compared to the ecstasy of the yogi in Samadhi, yogis are the true pleasure seekers, there is a universal reverence for celibacy, the secret of successful meditation is secret meditation, for which we seek no recognition, no honour and, no respect, we have the experience of God only in a state of calmness, therefore one who has come to God remains in a state of silence even when he/she is speaking, eating, drinking etc, as his/ her mind remain untouched by

such activities. Such a mind is a God loving mind. This is the state where inside us, outside us, around us, in front of us, behind us, below us, above us is an ocean and we are like a "piece of sponge in that ocean.



Towards the end of the book the author makes us aware of the fact that we are the beings of light, bright beings, *devas* and that we have been sleeping the sleep of ignorance of self nature. Therefore let us arise from it, wake up and attain the awareness of *atman*, the spiritual self. The book ends with reciting to us thousand and more names of Kundalini and shedding light on how the kundalini will become our very self.

Thus the book very successfully clears the fog of doubt and misunderstandings about Tantra and Kundalini by unveiling their secrets with a scientific approach. References from different spiritual paths and religious texts to clarify the subject make it more authentic and universal in appeal. The simplicity of language and prose-poetry style makes it very communicative to the readers.

In the words of Francis Bacon some books are to be tasted, some are to be chewed but a very few are to be digested. This one may simultaneously be tasted, chewed and digested by the readers. It may indeed prove to be a true guide to spiritual seekers. This book is an effort to light a candle in the darkest corner of human consciousness.