

Kriyavati Siddhi

*the spontaneous flow of kundalini
manifesting hatha yoga on the physical plane*

Kriyavati siddhi began flowing through Kaliji January 5, 1980
and has continued to guide the evolution of TriYoga® sadhana.

As a young child, I was naturally drawn into meditation. Sitting in secluded areas for meditation, my mother would request me to be like other children and watch TV. I would point to the window and say this is my TV. Then she'd offer me to go to the movie theatre and I'd point to a larger window and say this is my movie theatre. In this way, my view of the world from childhood was to witness the mind and life.

Throughout childhood and teenage years my time was devoted to self-inquiry, always seeking the answer to 'why are we here?' and 'who am I?' Each time I'd ask these questions, a blissful feeling would emerge. This was the guiding force for meditation.

At age 20, I was praying to the Divine asking 'what is the source of happiness?' Suddenly a powerful energy began to flow from the base of my spine to the crown of head. For over 12 hours, the energy continued to flow effortlessly, accompanied by ananda, supreme bliss. The question had been answered. Satcitananda is the source of real happiness. Following this experience, the mind had greater clarity, and jnana (yoga wisdom) was directly guiding me. Later I learned this energy is called kundalini, universal life energy that resides at the base of the energy spine (sushumna nadi) in the subtle body. When awakened, the energy flows upward, illuminating higher states of consciousness.

It was five years later in 1980 when the next experience with kundalini began. While teaching a meditation class, I was giving instruction on the importance of choosing a posture that allows one to remain still, and a visualization to use as a concentration technique prior to meditation. 'Visualize luminous white light at the base of spine. With each inhalation see light flow from muladhara chakra to sahasrara chakra while hearing the sound of OM. With each exhale visualize light expand from the sahasrara chakra with the mantra of Ah.'

I had never done this form of concentration kriya before. We took our asana, and began the visualization with mantra. Immediately on my first round, bliss filled my being. My hands began to rhythmically flow through various hasta mudras (hand gestures). At the same time, pranayama and asanas emerged spontaneously. For over two hours, kundalini moved this body through hatha yoga while the mind was in a profound meditation state. My body was performing postures with excellent alignment through various levels of yogasanas even though I had no prior knowledge of such yogasanas. The breath went through a series of pranayamas while the hasta mudras appeared like a hand dance.

The next morning upon waking, I immediately wondered if this would happen again. I was so happy to have had this experience. I told my students with great excitement that the cosmic energy had awakened inside. We marveled at this spontaneous hatha yoga flow during

meditation, although I had given a talk the prior evening to sit still for meditation. Yet this sacred movement only served to deepen the meditation.

Upon taking a seated posture in my meditation room, kundalini began to flow, guiding this body, and revealing the ancient hatha yoga from within. From that day forward these experiences continue. Over the years it was revealed that this is the hatha yoga sadhana for TriYoga.

Prior to my personal experiences, I was unaware that kundalini moved the body through hatha yoga without the yogi's thought. Yet with these direct experiences I realized that when kundalini awakens, the thought plane is transcended and this universal intelligence guides. In ancient times, the yogis would sit in meditation and yoga was revealed from within guided by this energy. At times, along the inner journey, yoga aspirants may experience prana moving the body through various hatha yoga practices according to what is needed. These are called 'prana kriyas', a beginning level of kriyavati. When a complete method of hatha yoga is revealed that is for the benefit of others, it is called 'kriyavati siddhi'.

A few years into these experiences, students who came for meditation asked me to teach them what they witnessed happening to me during meditation. Shortly after these requests, the kundalini-guided hatha yoga began flowing in a systematic way for others to learn. These systematic flows were written down and arranged from Basics through Level 7. Prana Vidya - the trinity of pranayama (breathing practices), dharana (concentration), and dhyana (meditation) – were also revealed systematically from Basics to Level 7.

I never had a formal training in hatha yoga, as kriyavati siddhi was the direct source for such knowledge. I never even had an interest to practice hatha yoga even though my life was devoted to yoga. As kundalini continued to move this body through yogasana, pranayama, and mudra, I began to refer to this energy as Mother Goddess, as it felt like a mother giving the body and mind what was needed.

In the 90's, one evening when I returned from meditation, I noticed my hands were in a new hasta mudra. A student with a camera was sitting nearby. I requested the student to take a photo of the new hasta mudra, as it was different from any of the previous mudras. As soon as he took the photo, another new hasta mudra appeared. When he took that photo, another appeared. This continued for three days. Even as I would be going off to sleep, I'd see hasta mudras in my inner vision.

After three days, we had the film printed. There were over 800 hasta mudras. We laid the photos on the floor throughout the room so we could remove the duplicates. To our surprise, there were no duplicates. Each of the mudras was different. Since then over 200 more have appeared during meditation.

As this form of hatha yoga evolved, guided by kriyavati siddhi, more students came to study. The students found that when they practiced regularly, prana, also known as chi, became more balanced. It is said in yoga teachings that when one practices hatha yoga that comes from the source of kriyavati siddhi, that student will derive great benefit.

One may ask how can the body move by prana without thought of mind. It is prana that allows one to think, to move. Our inner body is moving inside. For example, we eat food. We do not have to think how the digestion system should move to accommodate the food, it happens due to prana. In a similar way, the body can be guided through hatha yoga through the movement of prana. During kriyavati, the central nervous system separates from the mind; thus, the intelligence of prana guides through the movements of breath and body, giving exactly what is needed to the yogi.

When a yoga student practices these prana patterns of movement, prana, becomes balanced. Guessing or using limited knowledge of how to practice hatha yoga is like practicing from outside-in. Through a regular practice developed by a yogi who has experienced kriyavati siddhi, that practice eventually flows from inside. The student will feel the inner flow of prana.

With regular practice, the sadhana of effort becomes effortless, and meditation naturally deepens. Through the sustaining of meditation, emerges samadhi, the goal of yoga.