

## A New Understanding of Yoga and Meditation

### Yoga of the Siddhas, Yoga of the Perfected – Legacy of a Universal High Culture

#### Introduction – Rethinking Yoga and Meditation

**I am convinced that we in the West do not understand Yoga and Meditation until now, because we have not focused on their original source.** – A few have explored this knowledge more deeply, but **philosophy and mindset of this ancient tradition** is lacking in science and general public debate. – Therefore I would like to point out with this Essay the **Roots of Yoga and Meditation** historically, and question traditional concepts:

#### **Yoga and Meditation must be completely rethought and understood!**

What the old "**Siddhas**" (**Perfected ones**) developed as "**Kriya Yoga Masters**" of supernatural abilities, transcends everything that the science-based knowledge culture believes today to be credible and possible. But even based on our present worldview, there is no reason to doubt the statements of the Siddhis. In the following, I will introduce this ancient culture and explain my theses.

**The body techniques and spirit methods of yoga and meditation come from a thousand years old universal high culture. Their philosophy sees the human determination and life otherwise. – Their science assumes that physical immortality belongs to the achievements of the fully awakened.** – This knowledge has never been completely lost, because it is passed on by wise men who do not attract much attention.

**Only when we regain the keys to this knowledge and apply it on a wider scale will we be able to establish a peaceful and free community on this planet.** – Religion is based on Faith. – True Spirituality is based on Self-Experience. – Spirituality is based on Knowledge.

**Since religions and money have emerged, we are manipulated and exploited by a few powerful groups of people.** – Thus we were cheated of our freedom, of our love and of our lives (and ultimately of our immortality)!

**Why is the outstanding role and purpose of "Physical Immortality" in the classical texts of yoga sciences not discussed in the Schools of Yoga and Meditation? The reason for this is that the question: "How do we reach God?" is avoided!** – The experience of God as realization of Oneness with God and the Physical Immortality are unmediated and directly related. – Whether Longevity or Immortality, even a very short life, makes sense only if we strive for the Divine. – **Without the divine, without a living connection with the divine, our existence mortal or immortal makes no sense.**

**There is ultimately only one answer to the question, why we want to learn and practice Yoga and Meditation, that shows that we are called to do so.** – When we practice Yoga and Meditation to achieve special powers (siddhis), to achieve peace and tranquility, or to serve mankind, these motives are not sufficient for anyone to be destined for this path. – **Only if we follow this path for the sake of the Divine, our path starts to make sense.**

**It is the birthright of every human being to develop and live his full spiritual potential and the full range of his psychic powers in a harmonious and peaceful manner for the benefit of all beings, and to live in constant contact with the divine level of existence.**

#### 10 Arguments for Physical Immortality

1. **The really important questions all have ultimately to do with immortality.** – If you are asking yourself what you would like to achieve in this life, you pose yourself the question: **What do I want?** This question points to the deepest desires of your heart that are hidden from mind and ego. Therefore, you must ask yourself the three main questions: **Where? Why? and Whereto?**
2. **Next life, rebirth and reincarnation** – Nobody can guarantee you a next life in a however defined hereafter or in a post-mortem state. You solely are able to achieve certainty that there is an afterlife in the beyond by **active and today traveling back and forth.**
3. **Search for truth – What holds the world together in the innermost – The question of God** – So if you want to find out what God or the last truth is, it is best to do this in the present life, since no one but yourself can free you of your doubts.

4. **The time factor for the development and acquisition of skills** – Most training and learning processes take a long time to complete, so your life should be as long as possible. – Earlier, when people still believed in reincarnation, or at least that eternal life was waiting for them after death, one could be more relaxed, since one did not have to deal with everything in this one life. – A large part of today's hectic and time pressure is also based on the belief only once to live.
5. **Health and performance** – A long life but also helps you continue only if you are as healthy and youthful as possible. With increasing age it is usually more difficult, to stay motivated and efficient, so it is recommended to find a method to constantly rejuvenate instead of aging.
6. **Immortality and Mental Health (psychological cleansing)** – If you understand immortality as a living process, it is inevitable to break away from old patterns and entanglements, and, if possible, in a positive way to live in a positive present in order to shape a future of the same. – This includes the ability, to direct our feelings and thoughts in a life-enhancing direction.
7. **Asceticism or integration into society** – The accomplished Saints named "Siddhas" were no lustless and life-hostile ascetics. They have often only retreated to remote regions of mountains and forests, because they can concentrate more on their exercises in a quiet environment than in the midst of the hustle and bustle of the big city life and its political turmoil. In their writings they explain that it makes no sense to suppress our desires. On the contrary, we free ourselves only by fulfilling the desires of the dependence of things. They equate consequently "desirelessness" as equivalent with the supernatural "ability to fulfill all wishes at any time". – **This shows the difference between devotional piety and powerful enlightenment and knowledge of the divinity of all existence, which the Siddhas cultivated as the descendants of this high culture.** – Most of them also lived within the society of that time and criticized fearlessly their political leaders. As Tantrics many lived in partnership with women or men and maintained the sexual union as the path to the divine, some also had children. – And yes, there were and are also female Siddhis. However, it is not possible to reconstruct a clearly verifiable historical story with names and individuals, since these people had no interest in placing their person in the foreground.
8. **Death and time, man's great antagonists – Time and death are our most powerful adversaries.** – Complete freedom is only possible when a human being has overcome his most powerful antagonists, death and time. Before that, our temporary freedom can be reduced at any time from one second to the other of disease or death to its "temporal limitation", which, compared to eternity, is equivalent to the nothingness of a lash stroke. – **This unconscious fear of death is still one of the greatest sources of violence in our society.** – Only through "Samadhi" or "Enlightenment", the attainment of a higher level of consciousness and the strengthening of our psychic powers, our body can be energetically and materially transformed and becomes able to overcome it mentally sustainable. On the other hand, the idea or the belief in the possible implementation of these theses is sufficient to approach this peaceful vision. – **video recommendation:** TED YouTube: [The birth of the individual - a dream for the world: Stefano D'Anna at TEDxReset 2014](#)
9. **Change and Permanence – Internal and external perception – Our senses are all inside our body.** – If I ask you where you see me, you probably point to me, even though the answer is wrong: you have to point to the inside of your head because we can only see this world from within. – **This body is your "space capsule" from which you perceive everything, and which you can only leave only when you are separated from her. We can not see or perceive the external world and ourselves in any way.** – Thanks to your body you can make all the wonderful experiences you love in this life in this world. And because of this experience arises the desire to maintain this perfect instrument, which participates in the change and is itself subject to it. – In order to achieve this, a "**Balance of Perception**" of the Outside World and of the Interior World must be achieved and, in the interior, it should be ensured that this space capsule is better maintained and controlled. – **The longing for "physical integrity and longevity" can ultimately only be realized by creating the "immortal body" ourselves.**
10. **The main cause of wars, drugs, arms trafficking and prostitution is the uncontrolled driving force of sexual energy.** – The connections are obvious, but strangely enough, disturbs only a few in our society. But rather Heraclitus (500 BC) is quoted, who, is said, has described "**war as father of all things**" but himself understood it much more profoundly as "**war in ourselves**". – This also makes it clear, that the **Yoga Siddhas** describe their **mastery as a control of the breath, the mind and the flow of the semen**, and thus also showing the **solution** of this problem. **Sexuality is directly connected with our passions.**

**The control of the flow of sperms** (ejaculation) in man or **menstruation** (menses and ovulation) in women, prevents the great loss of vitality with which children can be created. – Only when we are able to gain **control of these powerful forces**, we can reach the **state of desirelessness** which is accompanied by **enlightenment, grace, happiness and infinite bliss**. – Even more to the point, the Siddhas describe this state of sense control as the **highest awareness "Samadhi"**.

**To rethink and understand Yoga and Meditation, means to spiritualize our consciousness.**

Today we have sufficient evidence of the **disastrous effect of highly perfected mind consciousness**, which is unable to solve its self-created problems. **Jean Gebser**, the **Swiss cultural philosopher**, has said that for the future we must develop an **integral consciousness structure**. In the West, a **complete and comprehensive awareness or consciousness** it has so far been almost impossible, to imagine.

**We lack in the West** (and on the impact of globalization increasingly also in the east) **since the age of Enlightenment, the necessary mental structure to recognize and respect a higher force and ordering instance giving us form and sense**. An integral consciousness structure is capable of attaching to this divine consciousness, which can be achieved through real practice of Yoga and Meditation.

**In meditation the mind is placed under the rule of the "original, thought free, omniscient consciousness"** (in the western world vaguely described as intuition or subconscious or super-consciousness). Our **"in itself entangled thoughts consciousness"** has to be placed under the care of our **"indwelling divine consciousness"**. – **We need to spiritualize our consciousness and connect ourselves with our divine spark, our Creator, also in everyday life in thought and action.**

**And extremely important for our time:**

**The more people get involved in this adventure to the "Depths of Yoga and Meditation",  
the more the entire world's population will approach "Global Peace".**

On all points, **Kriya Yoga Siddhas** and later **Taoist Masters** have given unambiguous **methods** and **instructions, recipes** and **usage instructions** which are accessible today. There is no doubt for me based on my personal experience that everything I have said so far, with the necessary discipline and endurance, up to Physical Immortality can be realized.

**Immortality as the only objective, which is limited to the material world, does not make sense.** The pursuit of life extension can only have a meaningful effect if this goal is in a larger overall context which is not limited to the material. Through disciplined work on one's own perfection and serious effort for spiritual knowledge, a process is initiated that ultimately leads to the eternal. Immortality protects itself, because non-noble, egoistic and self-serving people do not find the gate to eternity.

**Yogiraj Gurunath Siddhanath (1944\*)**, a living **Kriya Yoga Master** says: **"Immortality is today misunderstood and longevity seems to be the ultimate goal. – Not longevity is the foundation of our existence, but the pursuit of God."** – "Longevity is a result of God's realization: We first seek the Kingdom of Heaven, and then, by the way, attain longevity, which we had not striven at all. We reach physical longevity to seek God in one life, longevity is only an aid which serves the realization of God and facilitates it." – **"How can we pass through the gates of death? – It's very simple, but easier said than done. It requires determination and perseverance.** If we meditate correctly, the time will come when we are in the state of happiness, the state of higher consciousness, called **"Samadhi"**. – Meditation has to do with awakening and transformation, the practice of conscious meditation leads us to Samadhi. **With the state of Samadhi we can cross the gate of death."**

In addition two quotes from the **Hua Hu Ching** (The Unknown Teachings of Lao Tsu) by **Brian Walker**, Aurum Publications

**59 - "The greed for enlightenment and immortality is no different from the greed for material prosperity. It is egocentric and dualistic and thus an obstacle on the way to the goal.** If you like to become an immortal heavenly being, restore the angelic qualities of your being. Be virtuous, and serve. This is the only way to get the attention of the Immortals. Only these teach the methods to increase and internalize the energy you need to enter the divine sphere. **The heavenly teachers can not be traced, they are the ones who select the willing."**

**60 - "The mystical techniques of attaining immortality are revealed only to those who have dissolved all ties to the coarse-world of duality, conflicts, and dogmas.** As long as you have secular superficial ambition, the door will not open. Dedicate yourself to a virtuous, holistic and selfless life. Purify your energy from the coarseness to the finest lightness. **Practice your way to perfection to transform your superficial secular personality into a profound, divine presence."**

## **1 – How I have come to this conclusions**

**The Highest that man can desire is Immortality, which can not be separated from the Search for a living connection with the creative energy, the mystical connection with the Divine, who created this intelligent universe.** – Not least, therefore, all **Religions** promise us **Eternal Life**. I have dealt already in my youth with the relevant literature, which let me realize how central this issue has to do with the daily life. That is why, in my search for the meaning of our existence, I have focused on immortality, and over the years I have seen that all other questions can be answered, thus opening up all secrets. Perhaps you know yourself these questions from their **spiritual context** or from the **context of religion**.

The history of **Alchemy** has dealt along with the chemical formulas for the **transmutation of lead into gold** ultimately always with the **philosopher's stone**, the **elixir of life**. Maybe you remember fairy tales of **life herb**, **water of life** or **herb of youth**. Visual arts have often worked this subject in painting, depicting the heavenly realm of **Arcadia**, the myth of the **Golden Age**, and the **fountain of youth**.

Lately even **cosmetics** and **medicine** focuses again, like her **Ayurvedic origin**, more on **rejuvenation** and **longevity**. Ultimately, however, we find the topic also in **mathematics**, **physics** and **astronomy**, in the explanations of **infinity** and the phenomena that lie outside of **time** and **space**.

**We as human beings are all "story-tellers". This includes the official scientists, they are the new "priests of knowledge" who have been commissioned to find the "true knowledge"**. I was always convinced that the fairy tales, myths and legends were told by wise men to convey a deep truth behind them. Think of the **Brothers Grimm**, who have collected not only legends and fairy tales, but also founded **fairy tales as a science**. They defined themselves primarily as **linguists** and **folklorists** and are regarded as **co-founders of German studies**.

In the early 1960s, when I began my spiritual search, inspired by the **"Life and Teaching of the Masters of the Far East"** (1935) by **Baird T. Spalding (1872 - 1953)**, there were only singled books on Yoga and Meditation. In Switzerland the Schools for Yoga spread with **Selvarajan Yesudian (1916 - 1998)** and his masterpiece **"Sport & Yoga"** (1949). I took Yoga classes with him in the years 1980/1981.

However, I already discovered the energetic connections of spiritual mind power **"Kundalini"** (light energy) with enlightenment and God 's union, the goal of yoga, in an early description of **Arthur Avalon (Sir John Woodroffe)** in his work **"Serpent Power"** from 1918 and in **Gopi Krishna's** books **"Kundalini"** & **"The Secret Chamber of Consciousness"**.

**The subject of physical immortality** was also mentioned by **Paramhansa Yogananda (1893 - 1952)** in his world-famous bestseller **"Autobiography of a Yogi"** (1949), which I read in 1971. (If you do not know this important work, it is a bestseller of spiritual literature that has influenced many personalities, **Steve Jobs** and **George Harrison** have described it as the most important inspiration for their lives. Steve Jobs distributed a copy to all the participants of his funeral, (eventually you get a new relationship with your mobile phone with this information). In order to learn the **Kriya Yoga Technique** mentioned by Paramhansa Yogananda, you had to ask in the 1970s for admission in California. I did this in 2001/02 with **Marshall Govindan Satchidananda** in Switzerland and in Germany.

A new **"Autobiography of a Yogi"** from **Yogiraj Siddhanath Satgurunath (1944\* / Sidhoji Rao Shitole)** was published in 2007 in English and is available as **"Wings of Freedom"**, since 2011 also in German with the title **"Flügel der Freiheit"**. **Siddhanath** is a Yogi of the **tradition of Nath** teaches nowadays the same line and tradition as **Paramhansa Yogananda**, he also explains how and for what purpose physical immortality can be achieved.

My search for the backgrounds of this **world of spirituality and boundless spirituality** led me from the **Indian teachings of Yoga and Meditation** to one of the most important writings on meditation, the **ancient Chinese Taoist teachings** of the **Golden Flower**, the **"Meditation instruction for long life and immortality"**, known under the book entitled **"The Secret of the Golden Flower"**.

Historically seen, the immediate and elementary **connections** and **correlations** between the Chinese **"doctrine of the golden flower"** with the **Indian culture of the "Siddhis"** goes further back then the first Sanskrit texts. Let me add here that the metal **"gold"** in India is equated with **"immortality"**. For this reason, one could also call this work **"the secret of the flower of immortality"**, knowing all the correlations.

**I understand the "Golden Flower Meditation" as one of the most advanced psychoanalytic mind methods for our time.** This encourages me to classify and appreciate this literature at the highest level. My work should contribute to the inclusion of this text in the **Canon of the Spiritual World Literature**.

## 2 – The Sources of Yoga Culture

**Egbert Richter-Ushanas**, translator of **"Raja Yoga - Patañjalis Yoga Sutra"**, one of the two most important foundations of Yoga and Meditation, writes in his foreword to the 2nd, 5th and 6th edition, published by Traugott Bautz, Nordhausen 2011:

**"The emergence of yoga in the Indus culture is the result of the seals of this culture, on which a man is depicted in the yoga seat.** The text of the inscriptions has not only been passed on to seals, but has also passed down orally. The seal inscriptions corresponds with cosmosophic hymns of the Rigveda (Richter-Ushanas 2011a) and with some Yoga Sutras, which are also about cosmosophical connections.

**In the Indus civilization the Sacred Marriage was the center of the culture like in Mesopotamia. Tantra continues the sacred wedding in a socially prohibited way.** On it is based the **Veda** and **Yoga** and **Tantra** in the original and not westernly deformed sense. Later in yoga, the separation of male and female primordial principles arose.

**The Yogi has the task to realize the androgyny. – This means the overcoming of old, but also of new power structures.** The female principle appears in Patañjali's Sutras in the Prakriti (primordial substance of matter) as the opposite pole to Purusa (primordial soul, individual, human being), without assuming a goddess shape. There are, however, pictures of **Shiva** as **Ardhanarishvara**, the Lord, who is **half woman**, also **Vishnu** appears in many myths **in female form. Both gods are considered masters of yoga.**

The **chakras**, the **seven** (delicate/to) **consciousness centers on the spine**, for Patañjali do not have the meaning as in hatha yoga, he mentions them only once, but he puts her knowledge ahead. **Kundalini**, the **mythical snake**, resting curled up at the end of the spine and **symbolizing sexual power**, there is no mention of it, but it is **cause of the magical skills** he describes in III. section of the sutras. However, there is no doubt about the **roots of yoga in the myth of the 'cosmic man'**, the Purusha.

**Yoga has nothing to do with esoterism. And Yoga is not a matter of theory, but practice.** For the theory originally was sufficient a **short guide**, as it is in the **Yoga Sutra**. What moreover was important, was told by the teacher. If you're doing yoga exercises, you can not practice science in the present sense, when you're working scientifically, not practicing yoga, because the thinking the scientist uses, the yogi will turn off or stop. (Richter-Ushanas 2011d; 15). **Some corrections to the Western world are necessary** (to bridge this difference/pt) **with which today's science can not agree.**

**Man does not only want to succeed, but also to be free, and freedom is not only a political, but also a philosophical concept.** And philosophy does not begin with the Greeks. **Philosophy begins with the ancient high cultures, where philosophy was still cosmosophy (world wisdom).** The lack of scientific methodology is more than offset by the gain of mental silence. **But yoga is not dependent on what today's science thinks about it.** Yoga is as old as the first urban cultures and will survive today's time.

**Yoga is not a system, not thinking intuition.** The term **Raja Yoga**, the royal path, indicates its origins in the circle of kings and not the Brahmins. The Sutra is a **collection of aphorisms, hints, and sutras** in the plural. If you want, you can derive from it a system or a way, and whoever prefers to proceed without a system can also use it.

**Even if it is not a system, yoga is still a philosophy, because philosophy is concerned not only with thinking, but also with action, yoga is practical philosophy.**

**However, yoga is also theory, it is thinking about thinking.** – Yoga also includes **psychology, medicine, sociology** and **other individual sciences**, which have become so independent today that it is hardly possible to recognize their shared identity.

**The Indian mind has a strong inclination to integrate**, and from the earliest time to the present, attempts have been made to see the different systems as complementary to each other. **Vivekananda** and **Aurobindo** are **two modern representatives of this spirit**, which include the seemingly unintegrated Western thinking and the Christian tradition.

**Of great importance is the relationship of yoga to tantra.** In the West Tantra is only noticed a short while ago, but also in India, Tantra is faced with great aversion, not least for fear of giving the culturally supposedly superior West opportunity to ridicule or moral indignation. Tantra gives the occasion for this through its attitude towards sexuality.

**This doctrine of tantra**, which appears in the 12th century with other religious revivals, but whose roots go back to Indus culture (2800-1800 BC), **does not ban the sexuality like the Bible, but reveres it As an image of the Eternal Spirit, through which man attains immortality, from which the Bible wants to exclude him just as much as from the attainment of inner freedom.** That is why, in tantra, the woman is not regarded as a seductress, but as a **leader of the man, or man and wife help each other** without having to enter the 'oppressive business' of marriage or other forms of forced coexistence.

**But Tantra is not a cult, but a way to overcome suffering, just like yoga, with which it has common roots.** Tantra is also not ecstasy, for a tantric does not go out of the world but penetrates into all its areas, down to the finest ramifications. It is like a spider in the net stretched out by itself, in which the basic meaning of the word tantra, wattle, and tissue also resonates.

**The moral principles of the monotheistic religions ultimately serve always the spread of an ideology** where the commandments of the yoga sutra are intended to **overcome the thinking and extinct the ego.** The seedless union achieved with yoga and tantra has no consequences at all, neither good nor bad. Evil is thus de-absolutized rather than absolutized, and the union with seed, which corresponds to sexuality in its most practiced form, becomes a stage for unification without seed and thus leads to liberation. – **(Yoga ultimately leads to the dissolution of all suffering/pt)**

**The adherents of doctrinal Christianity still regard their religion as the standard by which they can assess the moral behavior of all other peoples**, but the history of Christianity, as well as the history of atheism and capitalism, is characterized by hatred, oppression, robbery, and atrocities. –

**This is not least a consequence of the exclusion of sexuality, the exile of the serpent. – Yoga like Tantra does not focus on particular moral propositions but the doctrine of karma as an ethical law.** In this way, the man who harms others know that he hurts himself. He will therefore never neglect the caution and consideration in the sexual sphere."

"Raja Yoga - Patañjali's Yoga Sutra" - Egbert Richter-Ushanas / <http://www.bautz.de/autorenverzeichnis>

1) **One of the few but most famous classical treatises on yoga as a spiritual discipline and philosophy** originates from the 'Immortal' Patañjali a Tamil Kriya Yogi, who was called "Siddha", (one who has attained union with God). Patañjali is said to have lived between 200 and 400 AD. His "sutras" are described as a philosophical treatise, but for many Yoga teachers they are the most important meditation manual of yoga at all. Among the teachers and pupils, the "**Yoga Sutras of Patañjali**" are the most famous writings of a "Siddha Yogi".

These classical teachings of Patañjali form the **basis of all yoga systems** we know in the West. They are the most widely translated old Indian text of the Middle Ages. They were then translated into many Indian languages and two non-Indian languages (Javanese and Arabic). Their traces can be traced back to about 400 AD. Before and afterwards, this knowledge as a rule (up to the digital age) has only been passed on verbally from teacher to student. From the 12th to the 19th century, however, this text fell into oblivion.

**Swami Vivekananda (1863 - 1902)**, after his world-renowned performance at the First **World Parliament of Religions of 1893**, has made this text of Patañjali known as a classic in both India and the Western world, giving it a status which he had not previously had.

**It was only in the early 1970s that some publications on the Siddha culture were published in English. However, more comprehensive English publications of historical and original text documents of the Tamil Siddha Yoga tradition are only available since 1990** (since 2001 also in German). This is one of the reasons that relatively little of this ancient wisdom is found in our Western teaching forms. What we have got as Siddha poetry today was not originally a written one. (It came in the written form only after the middle of the 15th century in palm leaves and later on in print). It has been handed over from generation to generation in the form of oral transmission.

**These documents belong to the oldest transmissions of this tradition and go back to a much older culture of which we know little.** – (In the 7th and 8th chapter I quote from these sources.)

(Publications of my Kriya Yoga Teacher Marshall Govindan - <http://www.babajiskriyayoga.net/english/bookstore.htm>)

**Physical immortality** is unmistakably explained in all traditional Yoga scriptures as **an important prerequisite for the attainment of enlightenment and unification with god** the true aims of yoga.

The definitive **Loss of Knowledge within the techniques of meditation and yoga** is that today in **Schools of Yoga and Meditation**, the **practice of physical immortality** is no longer taught.

The **Tradition of Kriya Yoga** with its **Master Yogis**, the **Immortal Siddhas**, form the real **source of all religions** on our planet. It is worthwhile to study this ancient culture more intensively.

**Siddhas are real seers and highly developed beings and realized souls.** These siddhas as **Masters of Yoga and Meditation** have also been brilliant **physicians (medical practitioners)** and **technicians** and developed long before our time **methods and techniques, of which we still dream of today.** In the search for the legendary Atlantis we will again meet these teachings and their masters.

**Siddhas emphasize the oneness of man and God.** A Siddha is a **free thinker** and a **revolutionary** who does not allow himself to be led by any religion, a ritual, or a scripture; **he rejects any cultic worship of God.** Their image of God does not have any attributes or limitations, and it does not refer to any religion. "**Shiva**" as **God's name is grammatical and philosophical an impersonal concept.** The true name for Shiva is "**suchness**" or "**isness**" and in this sense a being concept.

**Therefore Yoga and Meditation reveal themselves only in their own practice, it is necessary to embody these ideals and to live, to understand them.** – In my life, however, it has paid off that I first sat down theoretically and later philosophically and practically with the background of this culture. I have spared many wrongdoings and detours, and today I can share this knowledge with the necessary knowledge without attaching to a Guru.

My two teachers **Marshall Govindan (\* 1948)** and **Mantak Chia (\* 1944)** convey their teachings on an equally clear, independent and systematic basis, without requiring followers. Both are modern teachers who try to integrate the highest teachings into our daily lives. [babajiskriyayoga.net/marshallgovindan](http://babajiskriyayoga.net/marshallgovindan) / [mantakchia.com](http://mantakchia.com)

In addition another quote from the **Hua Hu Ching** (The Unknown Teachings of Lao Tzu) by **Brian Walker**, Aurum Publications

35 - **"Intellectual knowledge exists in and out of the brain, but the brain is part of our body, which one day passes away, and this accumulation of facts, such as large and impressive as it may be, fades away with the body. But 'immediate knowledge' is a function of the (immortal/pt) spirit. Because your mind follows you through the cycle of life, death and rebirth, you can continue to develop your knowledge. For a long time purified and refined your knowledge will be pure, stable, and unshakable. This is the beginning of immortality. "**

The following mental orientation guide gives you an insight into the orientation of this culture:

**"Never give up, do not be lazy, always try to keep a good-humored positive mindset. There is no need to be constrained by violence. It is not a drawback to satisfy desires when satisfaction dissolves them. Liberation is always here and now with you. If you can not believe in God, that does not matter, believe in yourself, in your own existence. Find out where you come from."**

<https://www.amazon.com/philosophy-Tamil-Siddhas-T-Ganapathy/dp/8185636036>

2.) **Hatha Yoga Pradipikā** written in the 14th century by **Swami Svātmarāmā** is considered as **the most famous classical yoga script of "Hatha Yoga" and "Instructions for the Asanas"** next to the sutras of Patañjali. There are four well-known basic texts of Hatha yoga, the **Gheranda Samhita**, the **Hatha Yoga Pradipikā**, the **Goraksha Shataka**, and the **Shiva Samhita**. It is not quite clear which script was first, the best known is the "Hatha Yoga Pradipika" written by Yogi Svātmarāmā.

**The "Hathapradipika" (the original name), describes the techniques of "Hatha Yoga", the cleansing of the physical and the subtle body, as well as their effects.** Since the Hathapradipika was translated into English very early, and soon afterwards also into German, it is the most famous classic yoga book after the Yogasutra, but is therefore also overrated in its significance and often, not quite correctly, called "the main work of Hatha Yoga".

**Hermann Walter**, who translated this work from Sanskrit into German in 1893, says in his introduction that nothing can be said about the age of Svātmarāmās Hatha-Yoga Pradipikā, except that the work belongs to the **most recent period of the Sanskrit literature**. As a consequence the Hatha-Yoga Pradipikā does not derive from the tradition of Siddha Yoga. But even in this instruction for the physical exercises of Hatha Yoga, explicit and **repeated reference is made to immortality as the end result of yogic endeavor.**

### 3 – Today's spread of yoga in the West

**First and foremost, it must be pointed out that in India Yoga and Ayurveda was for 150 years suppressed by the British colonial rule of England. It was intended to spread Western school medicine and its own ideals of health and physical training in the dominated countries.**

Today's success story of Yoga is due to **Sri Tirumalai Krishnamacharya (1888-1988)**, the Indian Yoga Teacher and Ayurveda Healer, who was taken to his court in the year 1926 by the **Maharaja of Mysore, Krishna Raja Wadiyar IV (1884-1940)** after he has been cured of him.

His students, the **Russian Indra Devi (1899 - 2002 Russian Eugene V. Peterson)** and the two Indians **Bellur Krishnamachar Sundararaja (BKS) Iyengar (1918-2014)** (Iyengar Yoga), **Krishna (K.) Pattabhi Jois (1915 - 2009)** (Astanga Vinyasa Yoga), later also **A.G. Mohan (1945\*)** have carried on the message of ancient yoga culture into the whole world.

Sri Tirumalai Krishnamacharya himself has still studied and taught the ancient scriptures, while his students could not pass these teachings to the same depth. An interesting detail on this development is given by **B.K.S. Iyengar** in an **interview on YouTube**: "His teacher, T. Krishnamacharya, had to **'adapt his yoga exercises to the martial mentality of the royal family'** at the court of the Maharajah to be taken seriously, and **'it would have made no sense to teach them meditation'** they could not have understood."

[https://www.youtube.com/watch?v=UCjEyjXO\\_Xw](https://www.youtube.com/watch?v=UCjEyjXO_Xw)

**Conclusion: What we today understand by Yoga and Meditation in the West has not much to do with the true origin of this culture.**

**As long as we are convinced that live only once, finite and mortal, any endeavor ultimately makes sense only for this short time. Any effort for more than the satisfaction of our needs would be pointless.** – Is it perhaps the reason that today many people are serious about killing themselves before they die naturally by disease or dementia in old age.

**The central concept of "Physical Immortality as a concrete Evolutionary Possibility" must be brought back into our consciousness if we want to understand the logical concept of this knowledge.**

#### 4 – The Secret of the Golden Flower (the Flower of Immortality)

If I have to explain to you now in one sentence **"The Secret of the Golden Flower" (the flower of immortality)**, on whose teaching and practice I have been working for more than 30 years, I can reduce it to a **simple formula**:

**"Connect with your original omniscient divine spirit and become immortal!" – pt**

**Oskar Marcel Hinze (1931 - 2008)** highlighted **"The Secret of the Golden Flower"** in 1982 in Meersburg, at the Lake Constance in Germany, on a seminar about **"Meditation and Sexuality"**, and he recommended it as **"the most important handbook of meditation"**. There was also an interesting subtitle **"The art of extending human life"** in later editions, but most of the references and information on meditation techniques in this first translation by **Richard Wilhelm** are still unclear or incomprehensible transcribed from the Chinese pictographs.

**Carl Gustav Jung (1875 - 1961)**, the well-known Swiss psychiatrist, has made this book famous in the English-speaking world, with his preface and as editor of the first publication. He owed this literature his later deep interest in **alchemy**. Immediately after the first reading of this text, his notes in the "Red Book" abruptly stopped, a work of life in which for 16 years he has worked his own dreams with painted pictures and calligraphic texts.

In a later handwritten note of 1959, he explains this break-off by saying that **"The Secret of the Golden Flower"** has revealed to him everything he has been looking for, and that it had made no sense to continue working on the "Red Book".

**C.G. Jung intuitively recognized the psychological depth of this treatise.**

I studied this text from **1982** onwards for three years, and afterwards, from **1986**, I studied the Taoist Meditation Techniques of the Golden Flower and the alchemical life extension for 13 years with **Grandmaster Mantak Chia (Healing Tao)**. After **2009**, I further deepened the study of the **"Golden Flower"** with the brilliant new translation from **Thomas Cleary**, of **"The Secret of the Golden Flower"** (first edition 1991) through **my own translation into German** and with time I could trace back the Taoist line of this tradition up to the ancient Tamil Kriya Yoga Siddhis.

We have to know that **Lao Tse** was called in China also **Bogar** or **Bo-Yang**. For he came as **Kriya Yoga Siddha Boganathar** from India to China, and passed on his Yoga and Meditation techniques in China for a long time. It was not until later that he traveled back from China to India and left behind the famous **Tao Te King**. There was even in ancient times a lively cultural exchange between all other countries from India.

I therefore consider it perfectly legitimate to combine the traditional Taoist meditation techniques with the classical Indian meditation techniques in my instruction on the **"Meditation of the Golden Flower"** and to supplement it with today's knowledge, since all former teachers and masters have repeatedly done the same.

#### 5 – To Rethink and Understand Yoga and Meditation

**If we want to "rethink and understand Yoga and Meditation", then the origins of this discipline have to be thoroughly understood before we can develop our own Western method.**

Most of what is offered today as courses for meditation and yoga, **I would like to mirror in the echo of three standpoints**, so that we then can follow the path with which we will find the source of this knowledge.

I) **Fred von Allmen, a Swiss Pioneer of Buddhist Meditation**, center teacher and co-founder of the **Meditation Center Beatenberg**, describes in his biography what he would like to pass today:

"... with ... the ... spreading of mindfulness and meditation, he began ... (Fred von Allmen) ... to be interested to **build bridges**, but also to **clarify the distinctive differences** between the strongly spreading **"Popular Meditation"** and **meditation as a means to practice a genuine path of inner liberation and altruistic connection ... "**

<http://www.fredvonallmen.ch>



II) **Dr. Eduard Kaeser, a Swiss Physicist, Philosopher and Author**, emphasizes the pressure to continuous self-improvement as "**suffering under the compulsion to happiness**" under the title "**The Feeling Market**":

**"The ruling lucky ideology cements miserable conditions, instead of changing them for the better."** Happiness is today a pharmaceutical technology product, a manageable good. One does not seek primarily for reasons for the unhappiness, but for symptoms, which can be combated with neurochemical means.

Such an understanding of depression (and other forms of unhappiness) is, of course, entirely in the interests of a powerful pharmaceutical industry, for which the mental condition of man is primarily a source of profit maximization.

**Mourning becomes a health risk** (or the symptom of a disturbed state of mind).

**Happiness belongs to the "Human Capital"**. It is a factor of self-optimization, such as mindfulness, digital detoxification, cognitive therapy or stress reduction techniques. **Happiness can be "augmented"**, as one of the creators of the concept of human capital, the influential economist Gary Becker expressed. Becker's theory can be viewed as a kind of economic existentialism: Man is what he invests in himself.

Happiness is too important to be left to chance. The psychiatric and psychotherapeutic views of happiness risks a shift of attention away from the social and political and thus away from important external causes of an internal crisis. **But please no critique of capitalism.**

Perhaps one should take a look at the **pathologization of the unhappiness**, against the backdrop of world happiness through research, self-optimization courses and medications. **In unhappiness lies also the seed of criticism, that is, a thought occasion.** Instead of being treated as a symptom, the unhappiness would be an occasion to ask for causes, reasons, for responsible persons, indeed for offenders. Criticism does not take place in the brain. It needs a culture, a policy, a language that articulates the «discourse of unhappiness»: **Analysis by thinking, not paralysis by feeling well or using the 'Like' botton.**

**With the management of happiness, capitalism also absorbs criticism of itself.** If the dominant form of capitalism does not meet the needs of many people, then it is necessary to change these people in order to meet the needs of this capitalism. The ruling economic system can not tolerate unhappiness. **The eradication of this state therefore becomes a systematic task.**

**This one-dimensionality has now become an axiom: There is no other system, no way out - "there is no alternative"**. Economists and politicians are continually praying down this old axiom like a counter-spell that protects them from what they fear most: namely, that people do not understand their unhappiness as a mental disturbance, but as a disturbance of the economic and political system. **Under the imperative of happiness whether he is capitalist or whatever, life will be unsuccessful and fail in any case.**" (Article slightly shortened / pt)

Complete Article: <https://www.woz.ch/1633/auf-dem-gefuehlsmarkt/das-leiden-unter-dem-glueckszwang>

III) **Rudi (1928 - 1973) (Albert Rudolph)**, an American Guru who has been recognized by the Indian Gurus, describes the fact that most students are referring to the energy from their teacher rather than working on themselves, in his book of the same name and title as "**Spiritual Cannibalism**".

[https://en.wikipedia.org/wiki/Albert\\_Rudolph](https://en.wikipedia.org/wiki/Albert_Rudolph)

**"Spirituality is a personal relationship to the divine - Dogmas are mass control!"** – I urge you to follow the same line as the old yogis: **Please remain politically active, make your contribution** to the change of the ruling system of exploitation, **to a better and more just world!**

**It is our task to ensure that we are permanently connected to the divine energy, and that we can pass on this energy without being dependent on others, or robbing others of their energy.**

## 6 – What is needed in order to find deep insight, real peace and inner silence?

**Do you remember my 10 arguments for Immortality on page 1 & 2? - Read the answer from Swami Krishnananda:**

**The question of immortality is the question of the meaning of our life.** If we answer this question, we can make our contribution to this world. What makes sense to give something mortal to the world and to imagine doing something good? Everything in the world carries in itself an element of eternity, for only in this way can it exist.

It is a piece of eternity that expresses itself through us and that is the reason that we feel we are safe and protected, and to live in this world for an infinite time. This impulse has arisen by the fact that **Eternity is in the midst of the earth.**

**There is something immortal that keeps us alive and insists that we should live.** This desire to continue to live is the touch with the immortality that works within us, keeps us alive and gives meaning to our life. Nobody really gains happiness and happiness from pursuing mortal things because mortality can hit us at any time. If there were only mortality in us, we could not speak to each other, because at that moment we would manifest the worthlessness of our existence.

**Meditation is the only way to achieve immortality and eternal bliss.** Meditation destroys all causes of worries, distress and pain. Regular meditation calms the mind and opens the way for intuitive thinking. Meditation causes the mind to strengthen and turn to reality. Without meditation you can not reach the knowledge of the imperishable. Meditate regularly and achieves self-realization. **Meditation is the art of bringing the self into harmony with God.**

**What is immortal in this world?** – If we can do something to make something immortal, it would be a big thing. **There are serious things in relation to the future of humanity, and the future of the soul of the human individual.**

<https://www.yoga-vidya.de/yoga-buch/krishnananda/antwort-auf-deine-fragen/03-ueber-die-meditation-und-das-dienen/>

### The conception of Eternal Life in Christianity:

If the **Records of thousands of years old Yoga Sciences** are correct, and therefore **the story of Jesus must be completed in adding that Jesus in the unknown years of 14 - 30, visited also India and the Siddha Yoga masters** (mentioned in the Bible at the birth of Jesus as Wise Men of the Orient) **together with other countries and wisdom teachers to study their teachings** before returning to his homeland. **It becomes understandable that in the Old Testament,** despite the ages of Noah and other longevities from the time before the Flood, **Eternal Life is denied.** – His new doctrine produced great political and theological contradiction!

**"Only in the New Testament,** in the form of the Bible approved by the **First Council of Nicaea in 325** is the Eternal Life again strongly present, but presupposes the faith in Jesus Christ. (Und as in this time in the Greek culture, **Eternal life is described as the immortality of the soul/pt**")

[https://en.wikipedia.org/wiki/Eternal\\_life\\_\(Christianity\)](https://en.wikipedia.org/wiki/Eternal_life_(Christianity))

In view of the resurrection, however, it is to be assumed from the historical **Context of Early Christianity** (30 AD, up to the end of the last original Christian writings, approximately 100 AD) that the first Christians, are from the **Yogic Science** and the **brinsance of their doctrine from the "Physical Immortality",** their **political power.**

- 1) "He was for her now irrevocably the unexpectedly awakened **from God to indestructible new life.**
- 2) "In the Jewish context '**Resurrection**' does not mean continuation after death, but a '**radical, physical re-creation of the dead**'."

1) [https://en.wikipedia.org/wiki/Resurrection\\_of\\_Jesus](https://en.wikipedia.org/wiki/Resurrection_of_Jesus) – 2) [https://en.wikipedia.org/wiki/Apostolic\\_Age](https://en.wikipedia.org/wiki/Apostolic_Age)

**Only when we consider the possibility of immortality real peace and deeper insight can be found.** All attempts to the contrary fail from the arguments mentioned at the outset. The old high culture of the Siddhis has developed some methods which I would now like to discuss.

## 7 – The Meditation Methods and Yoga Techniques of Siddhas \*

### Siddha Yogis master the triple control:

1. "**control of the breath**", 2. "**control of the flow of sperm**", (in the case of Yogini the control of menstruation), which means the "control of all passions" and the "attainment of desirelessness", as well as 3. "**control of the mind**", which means the "control of thoughts and feelings". A Siddha (a Siddhi) is a person who stabilizes and controls this self-control within himself and can maintain his equanimity and the sense of balance.

### Immortality, Truth and Freedom \*

**According to tantric tradition, the rise of sexual energy is indispensable in order for the kundalini to leave its customary seat** (on the ordinary level at the foot of the spine), **and move along the spinal cord channel** (through the subtle channels, the nadis) **to a higher level to connect with the highest center** (the pineal gland and the crown point) **and thus to inspire and free mind and spirit.**

**Tamil Yogis are convinced that it is possible only through Kundalini Yoga to reach the highest level of consciousness.**

The unification of the physical, mental, (largely unconscious) awareness – through the cosmic energy of the Kundalini – with the prenatal, original and universal consciousness (the consciousness that continues to exist after death) is the main goal of Kundalini Yoga.

**Yoga opens up a new aspect of existence - the "realm of the self" beyond the everyday personality and the phenomenal world.** Yoga is the "progressive decomposition of the limited human personality" and ends in its complete dissolution. **The main tendency of the Tamil Siddha texts is to reinterpret, spiritualize, and transform the Tantric tradition into an "inner personal religion".** This is what we should do today in the West with the understanding and exploration of Yoga and Meditation.

**Siddhas understand freedom as a 'conquest of immortality'. Yoga is the method of updating the potential that nature has created in us.** Yoga helps to activate the still-lying areas of our mind. To reach **Integral Awareness is the goal.** - Yoga stands for the **return of the holistic man to his divine nature** and provides an **"extended concept of man"**. - The Tamil Siddhas insist on the **value of Tantric Yoga as a Means for attaining complete Freedom and Immortality.**

**The Siddhas are yogis who continue to live in their physical body after the realization of the Supreme Truth.** The body is treated by them as the **"best tool for the realization of truth"**. Siddhas dominate the art of preserving their bodies through rays of light, sound waves, and medicine, the art of "creating a perfect body". **A Siddha is a deadless being,** a nirvanized human being **who has attained complete freedom,** a state in which anxiety, suffering, and death are dissolved, **a state of perfect peace, perfect knowledge, and infinite freedom. As a perfect yogi he transcended time,** the three principal types of the temporal components of past, present and future, **he lives in the eternal present which means supreme bliss.**

**Liberation is nothing else than "knowledge of the self"**. – Yoga (the joy of contemplation) maintains the joy of self-discovery. Without the joy of self-experience, the search for liberation is not complete. The real tragedy of the human situation is that man does not know who he really is. **All knowledge that does not lead to self-knowledge is false knowledge or pseudo-knowledge.**

### **Tantra - Kundalini Yoga \***

**Tantra is a very complex whole-Indian phenomenon, a great movement to raise human existence. Tantra is a 'cosmic religion'**, as Mircea Eliade called it. Essentially, Tantra is a system of yoga practice in which everyday life becomes a principle of spiritual practice. It has been taken over by all the great religions of India, and also by other believers.

**The common ultimate goal of the schools of Tantra is the attainment of a mysterious ineffable transcendent state of Happiness. - Bliss is the nature of the Absolute.**

**Tantra Yoga is basically "Kundalini Yoga" - Tantra stands for Intensification of the Cognitive Potentiality in every human being and its Liberation from all irrelevant things.**

**Humanity** is classed by Tantra in **three categories, divine, heroic and impulsive:**

- **Divine People are realized souls** who forget their separate entity and unite with the divine.
- **Heroic People** learn to maintain serenity and self-control in the midst of the objects of desire by practicing yoga exercises and meditation methods.
- **People in whom the impulsive dominate** must avoid all objects of desire and are therefore instructed to perform ritual forms of worship and meditation.

**There are several misunderstandings about tantra, each of which the general reduction of all-embracing philosophy to a "Sex yoga practice" represents the coarsest sample.** The fact that a few of us are capable of controlling the flow of the sperm or the control of menstruation is to be considered as a reference to the exceptionally high demands which a true "Tantrika" (Tantric practitioner) provides to itself. Tantra is open to all people.

**However, Tantra has certain characteristic qualities.**

**The importance of the body as home of the truth and as the best medium for realization is the great difference which distinguishes Tantra from all other kinds of spiritual disciplines.** Siddhas seek liberation in a **transmaterialized body,** which they call **Siddha dēha.** This physical liberation is explicitly emphasized by the Tamil Siddhas. In its tradition, the human body is understood as a boat for the ocean of life. **The attainment of happiness is equated with attaining physical immortality in Tantric Yoga.**

**The micro-macrocosmic parallels** are another important tantric quality. **According to Tantra, the individual has the potential to realize himself and to equate himself to the cosmic consciousness** (or what Huxley called the 'wide mind').

Understanding this reality and realizing this knowledge is the goal of all tantric practices. The **foundations of tantric practices** are **spiritual guidance** (guru), **consecration** (initiation), **cleansing of the body** (purification), **cleansing of the mind**, and **awakening of the kundalini** (yoga).

**The rise of sexual energy for awakening of Kundalini has a dominant position in the Tantric tradition.** If this force leaves their usual resting place in the pelvic region and moves to higher levels and turns into sublimated energy, it awakens the Kundalini.

**The sexual union of man and woman is accompanied by dangers**, because it usually ends with an energy dissipation of man and woman, in which the man with the ejaculation experiences the greater loss of vital energy and spirituality than the woman, for women the comparable loss only arises with menstruation (period).

**Two methods** are used to extinguish these risks, **complete abstinence**, and the **method of "non-overflow"**, the **"non-spilling"** that the initiates use to obtain the supernatural forces **"Siddhis"** by the latent potencies of the not spent semen or egg. This method involves the **"Stopping of ejaculation or ovulation"** and is referred to as **"Immobility of sperm or egg and breath"**, which consists of special techniques of **muscle contraction** and **breathing**. – **The ultimate union with the Divine becomes possible only when the sexual energy** (of seed and egg) **is sublimated, and reaching the highest energy center** (the chakra "Sahasrara", the pineal gland). In women the same technique stops the menstrual and ovarian cycle.

**The capstone of Tantra are the principles of polarity and unity.** This duality as **Yin and Yang**, as **Woman and Man**, is united and mixed in every human being. **The true man is both.**

The integration of the duality, **"conjunctis oppositorum"**, an existence in which the opposing energies are united, **"mysterium coniunctionis"**, the secret of the union of opposites liberates from the dangerous one-sidednesses.

**C.G. Jung** describes the compensatory female element in man with **Anima** and the corresponding element in woman as **Animus**. In Taoism, the **Yin-Yang** elements are integrated into the **Tao**. This tantra principle basically means that 'matter contains the spirit as seed' and 'spirit the seed of matter'. **Shri Aurobindo** developed this philosophy of **matter in mind** and **spirit in matter** in his **Integral Yoga** and in his doctrine of **involution** and **evolution**.

**Kundalini Yoga is the bridge between heaven and earth.** Yoga is the discovery of nature as an epiphany of the sacred. **The human body is the dwelling place of God. The human body is the home of truth** and the best medium for the realization of this truth, it is also the vehicle with which the sleeping psychic energy kundalini can be awakened to ultimately unite with the cosmic consciousness.

**Tantra has the goal of transcending all forms of duality through the complete union of opposites into a unity in the body of yogis. The Individual and the Universal Being are one.**

### Immortality \*\*

#### "The Body of Lustre" and "The Blood of the Gods (Kaya Siddhi)" \*\*

"The Prima Materia (ambrosia) can consume a man's old age and confer y new youth of him. It purifies the whole body & cleanses it of all his filth by developing fresh young energies. It can remove the impurities form man - down to the nail and the skin - and make him grow anew. Thus it renovates the old body." – Paracelsus

**One can become a Siddha or a Siddhi only after attaining "Physical Immortality", "Kaaya Siddhi", the Body of Lustre which possesses the "blood of gods".**

**The term physical immortality refers to deathless physical state.** – This state is attained by altering the natural physical fabric through a secret science that prevailed in ancient Tamil land and spread else where in later years. It is an epic oriented belief that immortality is closely related with spiritual elevation; later date explained this as a cherished spiritual status attained by staunch religious practice. Hence, immortality was invariably believed to be a spiritual acquisition by religious saints of Tamil culture.

But, Siddhas were very clear in their assertion that **immortality** is of **dual nature**:

Namely, **Athma Siddhi** (spiritual immortality) and **Kaaya siddhi** (physical immortality). **In Athma siddhi they preserved their soul** (with spirit within) and in **Kaaya siddhi they preserve body and soul**. – Siddhas define **spiritual immortality** and **physical immortality** as **two different achievements**, the former, achieved through ascetic life and practice of the Ashtanga Yoga, while the later can only be achieved through a secret scientific process. –

The former known as **Yogi** while the later known as **Siddha**. – **Yogis** considered their body as a '**bag of sin**' suitable only for **worldly life** and rejected the same. **Siddhas**, however considered the body as a '**means**' to achieve **exalted spiritual heights** and **immortalized their body by scientific means**.

The state of the spirit getting **Rebirth** into a new body by rebirth or otherwise, is generally considered as **Reincarnation**. **But Siddhas reincarnate their Spirit during their earthly life with soul within their own body by eliminating the worldly substances in it**. – This may, on the face, look similar to the Egyptians' mummification of corpse, what involved the removal of inner organs, embalming, compacting into metal box and dehydrating through underground process in pyramids. The Chinese did all these by immersion in preservative liquid.

**The aim of all Yoga is oneness of the embodied spirit with the supreme. – The aim of Yoga is to attain pure consciousness, which is called "seedless consciousness". – Yoga means union with the Divine. – "No sickness, no old age, no death has he who has obtained a body ("Kaaya Siddhi"/pt) made of the fire of yoga." – The unity of all being is the comprehensive goal of yoga.**

**"To Preserve the Body for ever with life in it", is a unique accomplishment of Siddhas secret science.** They preserve their soul with spirit in their own treated bodies and that too while they were alive. The Siddhas had some technique to preserve their body, just like treating the grape juice to make it stay for hundreds of years.

**A Siddha is a "deadless being," a spiritualized man who has attained complete freedom and a stage free from cares, suffering and fear of death, a stage of perfect peace, perfect knowledge, and infinite freedom.** Siddhas have reached the final stage of freedom. They treat their bodies as a medium for this realization. **Siddhas understand liberation as the realization of physical immortality.** Siddhas are Yogis who continues to live in the body after the realization of the ultimate truth. **Siddha are called those who know God.**

**There are many who will argue that death can never be escaped by anybody. For them, the state of Siddhas is also a kind of death.** For those who believe that human body is meant for the life governed by the laws of society like caste, creed and credulity are concerned, Siddhas are dead. They call it as the Death Divine or Death without actually dying. – **The goal of yoga, however, is the transformation of the body into an immortal essence.** (We should accept this in order to understand Yoga and Meditation from its origin/pt)

**This raises a question in us as to what is living after death without dying.** Well, for getting an answer to this we should first know what death is. Death is just attaining overall inactivity due to the loss of life-force, the soul (with spirit) that helps us to act on the worldly stage. **During this death, often, the loss of soul (and spirit within) is the only missing factor, all other factors remain intact.**

But, the "**death without dying**", a status attained by "**Siddhis**" (exceptional abilities/to), **is loss of substances related to earth except the form of their profile.** This is the unusual, unbelievable, unimaginable status that was enjoyed by Tamil Siddhas and their followers worldwide. They achieved this by **purification of spirit, understanding the nature and scope of cosmos and finally intake of ambrosia, an incredible drug that can cure the disease of death**, as say.

**Substances of perishable nature will get replaced by substances of cosmic nature and complete the transformation known as "Kaya Siddhi", 'attaining one's body for ever'.**

\* **The Philosophy of the Tamil Siddhas - T.N. Ganapathy**

<https://www.amazon.com/philosophy-Tamil-Siddhas-T-Ganapathy/dp/8185636036>

\*\* **History of Medical and Spiritual Sciences of Siddhas of Tamil Nadu - P Karthigayan (7th Chapter)**

<https://notionpress.com/author/28574>

## **8 – Mystical Accomplishments of the Siddhas - Samadhi**

**The mystic experience attained in "Siddhi" (the union with God also called "Samadhi") is to be clearly distinguished from occultism, magic, miracles and alchemy.** "Siddhi" is an "**Accomplishment on the Psychic Level**". In the Tamil Lexicon, "**cittu**" means mind, idea, soul, attainment, fulfillment, "**success in attaining god**", "**realization, ultimate liberation**". Siddhi can also mean **Mysticism**. Siddhi is **Force** (and **Power**), a (**super**)**natural, extraordinary ability** that a "non-Siddha" does not possess.

**The experience of Samadhi runs parallel to the development of other supernatural forces (Siddhis) and has nothing to do with miracles, magic, alchemy or occultism.** Siddhi means success in the realization of union with God and has to do with completion and perfection. When the mind is concentrated on a single idea and is not allowed to wander away through numberless channels, it is able develop great strength, which is called **Siddhi** or perfection.

In Zen, the same experience is called "**Satori**" what can be translated as Enlightenment and is classified among the five types of Siddhis. **The Siddha Yogis test their realization with the transmutation of material elements by their mind.**

The view that "Siddhis" are to taken merely as occult fantasy or myth until scientifically proved is an evaluation of them due to the modern prejudice. **When Manu** (one of the thousands of years old forefathers/to) **declared that trees and plants are conscious and feel pleasure and pain, people dit not believe him**, until the discoveries of the Indian scientist Jagadish Chandra Bose (described in "**The Secret Life of Plants**" by Christopher Bird and Peter Tompkins), which proved this fact scientifically.

**Siddhis as supernatural forces reveal the "quality of the mystical experience" of Siddha Yogis.** They are the product of the natural unfolding of consciousness in its evolution to perfection. They are the integral elements of yoga practice and belong to the lifestyle of the Siddha Yogis. A true guru transforms the weakness of a disciple (of exhibiting Siddhis) into a source of strength, with which will enable him step over the turmoil of life "samsara" and to obtain the full possession of the Ultimate Reality. – What is prohibited is not the attainment of such forces but their demonstration before ignorant laymen.

**In the "Theravam" (the Tamil Vedas), Siddhi means achieving the successful realization of God.** The God-realized man is the Indian ideal of perfection. This mystical experience, this **status of liberation** is referred by the Tamil Siddhas to four types of "**mukti**":

1. **sālokya** living in the world of God live, inhabiting the same heavenly sphere
2. **sāmīpya** being closer to God, in his neighborhood
3. **sārūpya** getting the form of God, to be like God
4. **sāyujya** to be one with God, God's communion, being united with God

(Siddhas are those who have reached the 4th level of Samadhi)

**A Siddha is a man who has achieved the perfect state of spiritual enlightenment or mystical self-realization, the supreme stage of Samadhi.** He is a Perfected, a God-realized being, which lives for the benefit of mankind and all living beings in this material world.

**Self-knowledge means to recognize that we and God are one.** The goal is the oneness with God, the union of our physical consciousness with the Supreme Consciousness, that is the ultimate goal of Yoga, and thus we gain happiness. **The real tragedy of man is that he does not know who he is! – Siddha Yoga and Meditation as the key science of Yoga help us to live oneness with God and to realize it in the material world.**

**"Perfect meditation leads to immortality." \***

**"In Samadhi, God's realization is achieved, and Kundalini Yoga makes the body a temple of God." Samadhi Yoga leads to Immortality.** On the path of Kundalini, we become one with the Creator who created everything, we become one with the Un-created."

**"It is of the utmost importance to preserve the body.** The light of truth can not be achieved when the physical body dissolves, for the vital force 'Prana' is dissolved. Yoga leads to the imperishable body (at a finer level/pt). **Hatha Yoga concentrates on the control of the physical body so that the subtle body can take form."**

**"God is beyond all formal beliefs and religions.** God is at the same time close and distant. God is at home in the innermost of our spiritual heart. **We can only reach him if we follow the path of "Awakening our divine Kundalini Power", the 'floral wine', who circulates through our six chakras to reach the seventh chakra 'Sahasrara'. –**

**This includes the 'Preservation of Sexual Energy' for the Practice of Yoga** to start the '**Kundalinifire**' and to drink '**Ambrosia**' the 'divine nectar'."

**"By controlling and sublimation of our senses, we become immortal.** Control of Thoughts is the key to Control of Senses. Control Thought and make it a temple, control your senses, and endure your difficulties with gentleness, God can only be achieved through surrender. Worshiping God brings immortal life. "

**"Give up Nothing, but sublimate your Thought towards God, the Divine."**

\* The complete text under the title "Perfect Meditation ..." consists entirely of quotations from the "Tirumantiram" written by Siddha Yogi Tirumular, verses 612, 626, 628, 719, 724, 728, 1533, 1534, 1543, 1552, 1561, 1949, 1950, 2032, 2036, 2039, 2040, 2043  
<http://www.himalayanacademy.com/view/tirumantiram>

## 9 – Zen and the Dilemma of Meditation

**Nowhere else the conflict of our human being is translated more beautifully into short sentences than in the Japanese short poems, the "Haiku" of Zen.** Expressed in this form of language, our quest for enlightenment and God-connectedness is a "nonsense," since both correspond to our "true nature".

**The question is nevertheless justified: How do we get there?** Zen says, by becoming aware of the fact that we already have it, and by stopping to strive for. However, the same tradition also speaks of the "persistent effort of constant endeavor for knowledge" that it needs to reach that point.

**The dichotomy of human being consists of the complete freedom of choice** (to be able to do and to leave all things that are of use or harm) **and the actual determination of human being, the higher goal of God-connectedness** (the possibility also enclosed in the free choice to submit to the divine order, and to limit the freedom of choice in favor of the fulfillment of its deepest spiritual needs).

**This dilemma also manifests itself in meditation.** On the one hand, a part of our psyche intuitively knows the possibility that new spiritual spaces can be opened up with regular practice of meditation, and yet the more emotional side is longing for an effortless form of 'Instant Enlightenment', or Psychedelic Substances. **A successful practice brings both tendencies into disciplined practice into an equilibrium.**

## 10 – The question of God

**To explain the principle of chance to the general cause of life lacks any scientific seriousness.** On the basis of modern physics and mathematics, the possibility can be excluded that there are often enough accidents with absolute precision in order to create complex lifeforms within the foreseeable time. Such an accumulation of precise "coincidences" should no longer be described as a coincidence.

**System Theorist Dr. Ervin Laszlo** reports in **The Whispering Pond: A Personal Guide to the Emerging Vision of Science:** (Boston: Element Books, 1999)

**"The cosmologist and mathematical physicist Fred Hoyle has pointed out: that life evolving purely by chance is about as likely as a hurricane blowing through a scrap yard assembling a working airplane."**

<https://eduardolbm.files.wordpress.com/2014/10/science-and-the-akashic-field-ervin-laszlo.pdf> page 88

And in **The Creative Cosmos: A Unified Science of Matter, Life** Ervin Laszlo writes:

"The finetuning of the physical universe to the parameters of life constitutes a series of coincidences in which even the slightest departure from the given values would spell the end of life. Professor Davies estimates that "the time required to achieve the level of order we now meet in the universe purely by random processes is of the order of at least 10 to the power of 10 multiplied by 10 to the power 80 Years, a figure with 80 zeros (<http://lasp.colorado.edu/~bagenal/MATH/math0.html>)" - inconceivably longer than the current age of the universe. Citing these calculations, Laszlo wryly observes:

**"Serendipity of this magnitude strains credibility."** – Ervin Laszlo

<http://bookstore.yogananda-srf.org/product/the-yoga-of-jesus/> Look inside / page 6

**There must have been a higher order with the intention of creating our wonderful world.**

Thus the question of God seems to have become obsolete even for atheists.

Names for this fact do not play an essential role in my view. - pt

**There are only two basic feelings; Love and Fear. – Love unites, fear separates.** If there was a primordial sin, then it would be the separation from the totality, the divine. But because our creation is created as a perfect universe, separation is an integral part of the whole.

**With each separation we distance ourselves from the Divine and nourish fear.**

**With each association we refer back to the Divine and nourish love. – pt**

**«The search for God is the only meaning and purpose of our existence.»**

Swami Kriyananda - actually James Donald Walters, direct student of the Yogi Paramhansa Yogananda  
On YouTube: <https://youtu.be/GpOwNbj2NG8>

## **Conclusion**

**Physical Immortality is the ultimate proof of God**

**Immortality on the other side or on this side, should lead us to do good and to appreciate the beauty and preciousness of existence. Our actions are the only legacy and the ground on which we stand.**

Following up, I would like to explain to you my "**Meditation of the Golden Flower**" and use this method to give you the means without obstacles on this path to higher consciousness without obstacles.  
Please read my **Meditation Instruction** on my english website **immortality.ch**

**Wishing you an enlightening meditation**

**Peter Todesco**

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<https://www.linkedin.com/pulse/new-understanding-yoga-meditation-peter-todesco/>