

# Enlightenment Happens Inside Your Body

“It’s not all this airy-fairy stuff, people. Enlightenment happens inside your body!”  
- Sunyata Saraswati

I lost count of the times I heard my dear friend and mentor, the venerable Sunyata Saraswati, say this to groups of students. Just as happened to Sunyata, I frequently encounter the mythos that enlightenment is somehow granted externally. Beneficent beings reach down and bestow enlightenment as reward for thinking warm and fuzzy thoughts and for having good intentions as we blunder our way through life.

Reality is far more practical... and self-empowering. We can be in control of our personal and spiritual development. It is simply a matter of practice, dedication and personal responsibility. If you want to develop your physical muscles, you don’t entreat some entity to grant stronger muscles. You go to a gym, work out on a regular basis, and reap the results. The same holds true for your psychic and spiritual muscles.

As we inhale, along with air, we take in life force energy. With proper conscious regulation, we can charge the cerebrospinal fluid with this energy. By intentionally circulating this charged fluid, we charge the brain and spine with electromagnetic energy. Circulating this charged fluid has many effects within the body that have fantastic effects on consciousness.

The endocrine system is the interface between the physical and metaphysical. Each social chakra is associated with an endocrine gland, or with the brain itself. As charged cerebrospinal fluid rises up the spine to the third ventricle of the brain, it stimulates the pineal, pituitary and hypothalamus glands, which comprise the third ventricle. The third ventricle was known to the ancients as the Cave of Brahma and the Crystal Palace. This part of human anatomy is the source of such mystical sayings as, “Enlightenment takes place in the Cave of Brahma.”

As the pineal and pituitary are stimulated, those glands connect electrically and chemically. The hypothalamus produces large quantities of endorphins. The corpus callosum activates, connecting the brain hemispheres. As the electro-magnetized cerebrospinal fluid circulates around the brain, the charge activates thousands of dormant neurons. This is why the activation of the Crown chakra is sometimes called 'Opening the Thousand Petal Lotus.' As you experience the activation of these neurons, they feel like the individual petals of an infinite flower opening inside your brain. Your brain will now be an antenna to receive the frequencies of spiritual levels of Creation. You will have achieved higher consciousness without believing in anything but yourself!!!

'Jyoti' means 'Light of Knowledge.' Internal alchemy means using masculine and feminine (electric and magnetic) energy to create changes in physiology and, thus, in consciousness. Employing techniques from Kriya Jyoti Tantric Yoga as well as from other internal alchemy systems embarks the aspirant on the Golden Path of conscious expansion and intentional personal growth. This path is for those who want to know and understand, those who are ready and willing to take responsibility for their lives.

-Hari Om Tat Sat  
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