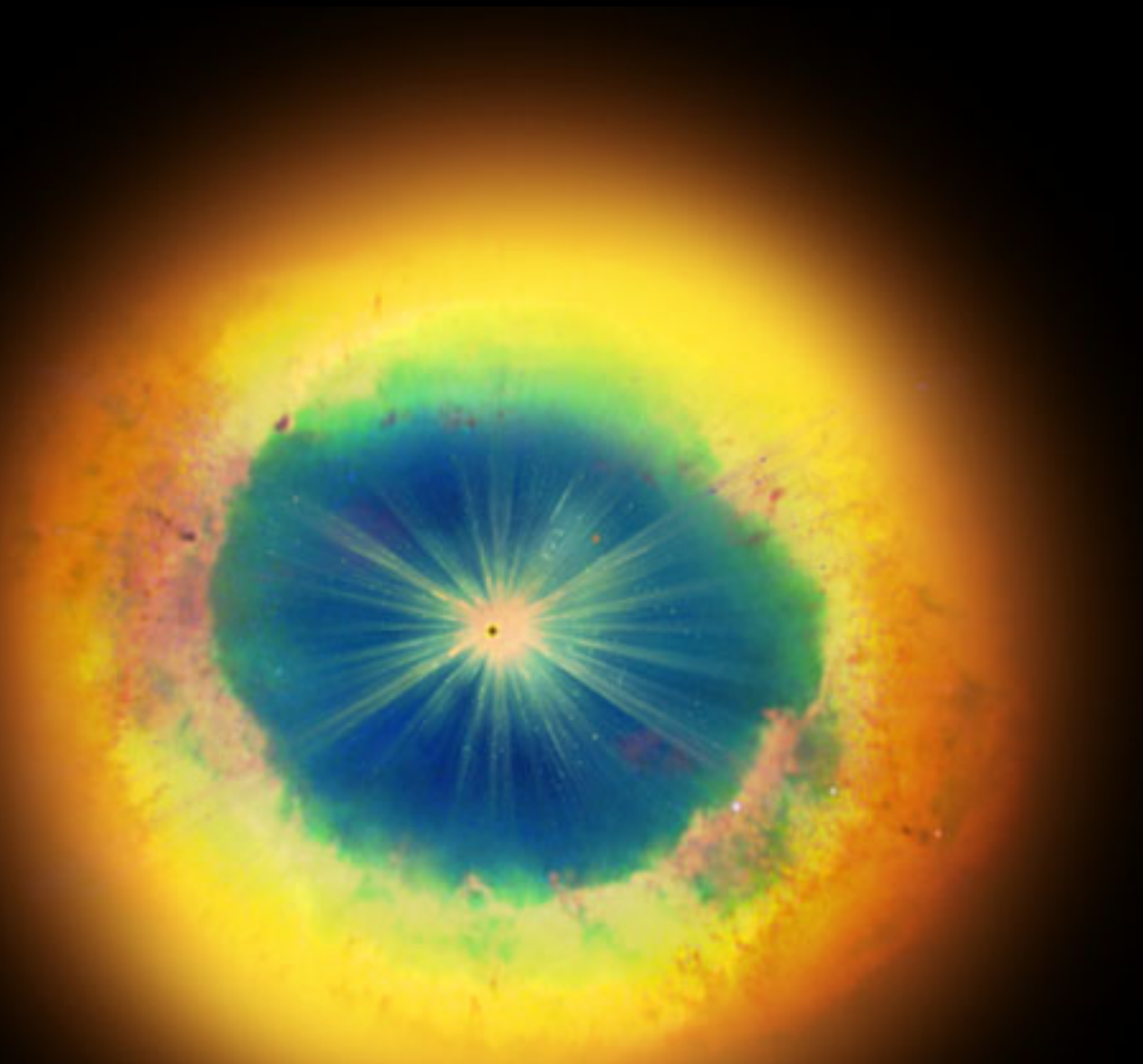


A  
THOUSAND  
SUNS

advanced **shaktis** program





*If the radiance of a thousand suns  
were to burst into the sky  
that would be like  
the splendor of the One*

*I am become Death, the destroyer of time  
~ the bhagavad geeta ch 11*

A THOUSAND SUNS

disconnected

purposeless

meaningless

pain

impotent

alone

powerless

helpless

imbalanced





the question

who am I



remember

who **you** really are

advanced shaktis program

remembering who you really are





**spanda** the vibrating intelligent universe



the dance of **shiva and shakti**





ardhanarishwara the union of shiva + shakti

the 3 bodies **sharirs** of shakti

**para**

the source shiva adi shakti

**sukshma**

the spiritual realm akasha prana  
jiva devatas

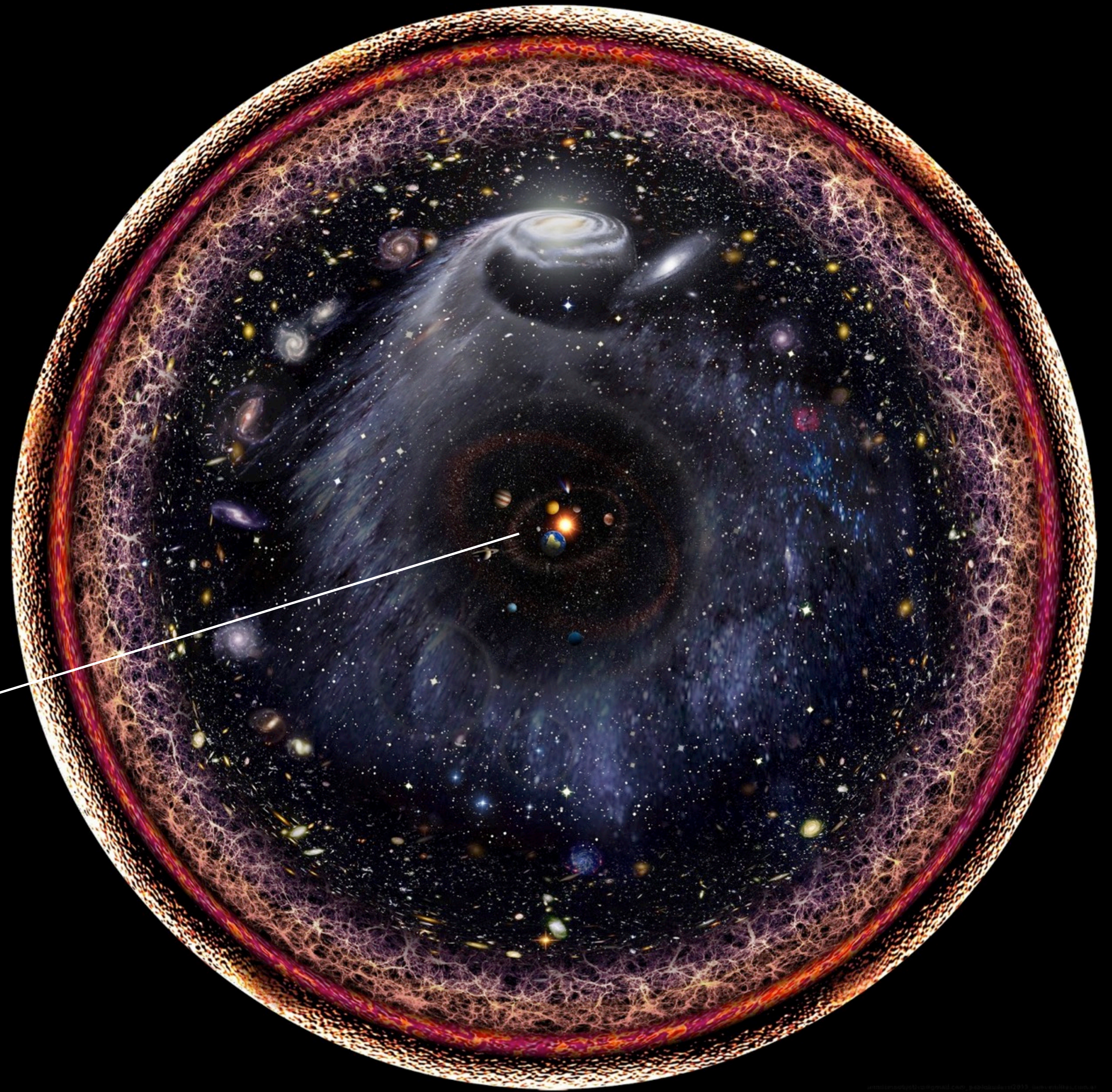
**sthulla**

the human body



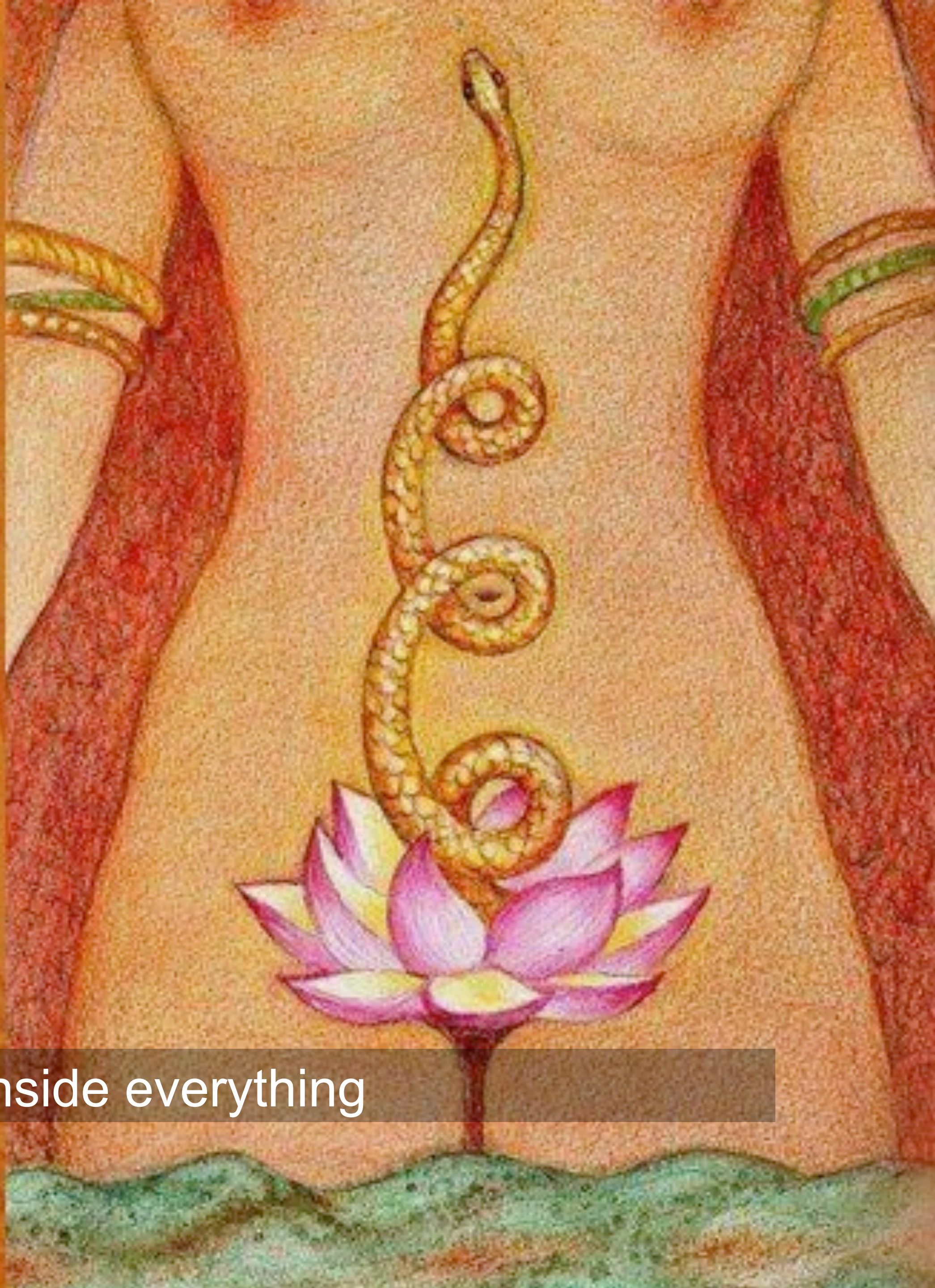
**para:** the cosmic womb transcendent

**bindu**



sukshma: shakti the mother immanent





sthulla: the hidden shakti inside everything





remember

who **you** really are

# kundalini **shakti** type

prana **kundalini shakti**  
life force + energy

cit **kundalini shakti**  
consciousness



para **kundalini shakti**  
superconsciousness





# tantric **paths** to awakening **kundalini**

laya **yoga**  
right hand path  
dakshinachara

**kula** tantra  
left hand **path**  
vamachara

+

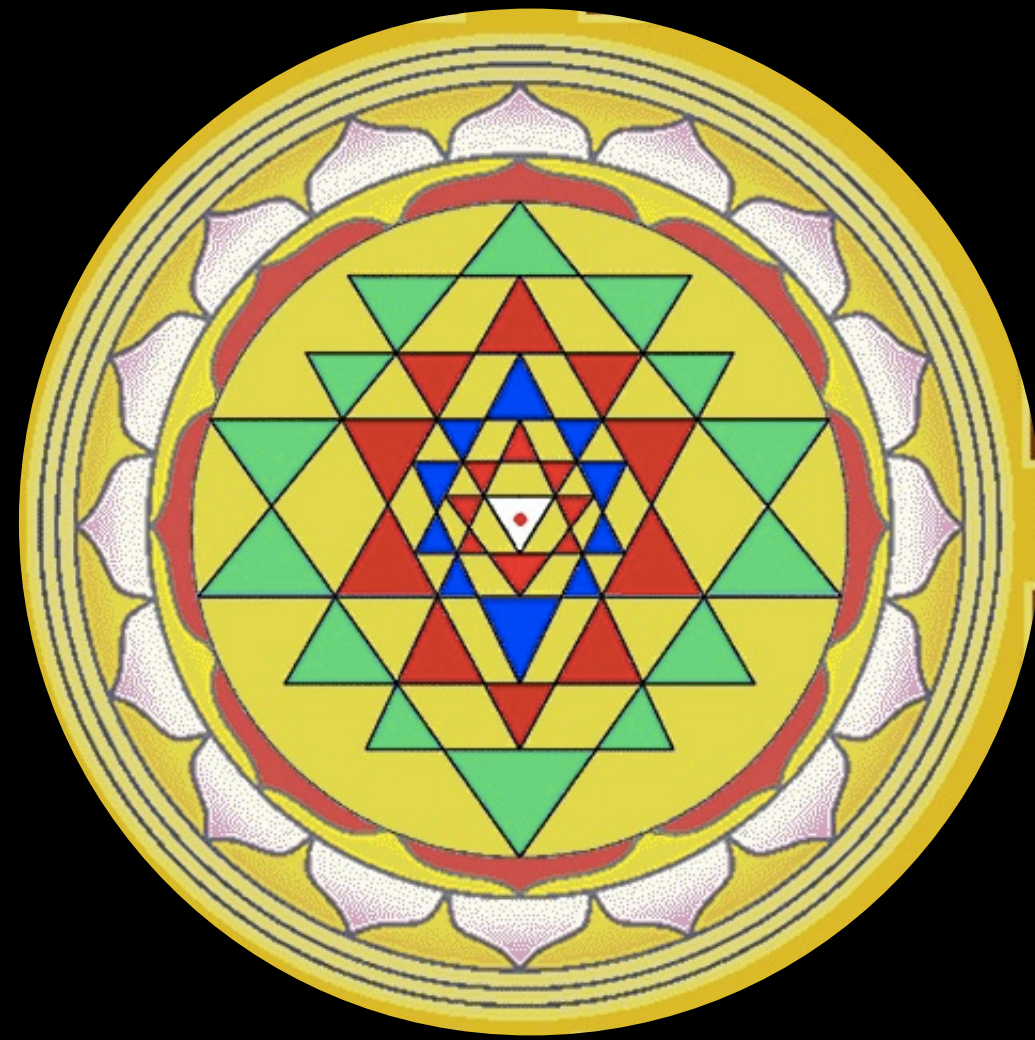
[a **thousand** suns]

**hatha yoga**  
kriya yoga  
**siddha yoga**

**sri vidya**  
**kali kula**  
tantra shakti  
**trika**



# awakening **shakti** techniques



## **anavopaya**

prayer, ritual, chanting, pranayama



## **shaktopaya**

meditation, surrender, devotion



## **sambhavopaya**

dissolution, laya, namaha

# the kundalini code | a thousand suns



**prana**  
energy

+



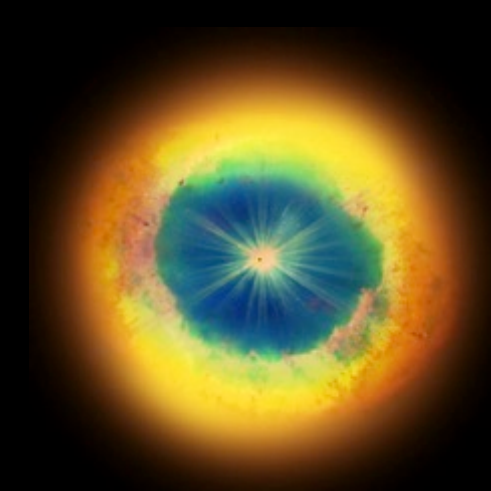
**first sun**  
brahma granti  
desire fear  
karma apana  
reptilian brain

+



**second sun**  
vishnu granti  
maha lakshmi  
compassion heart  
lymbic brain

+



**third sun**  
rudra granti  
akasha mind  
Intuition  
third eye

+



**thousand suns**  
tripura sundari  
the descent of  
grace surrender  
guiding tara

+



**shunya**  
shiva shakti  
the void  
nothingness  
ananda alchemy

anavopaya

shaktopaya

sambhavopaya

the void

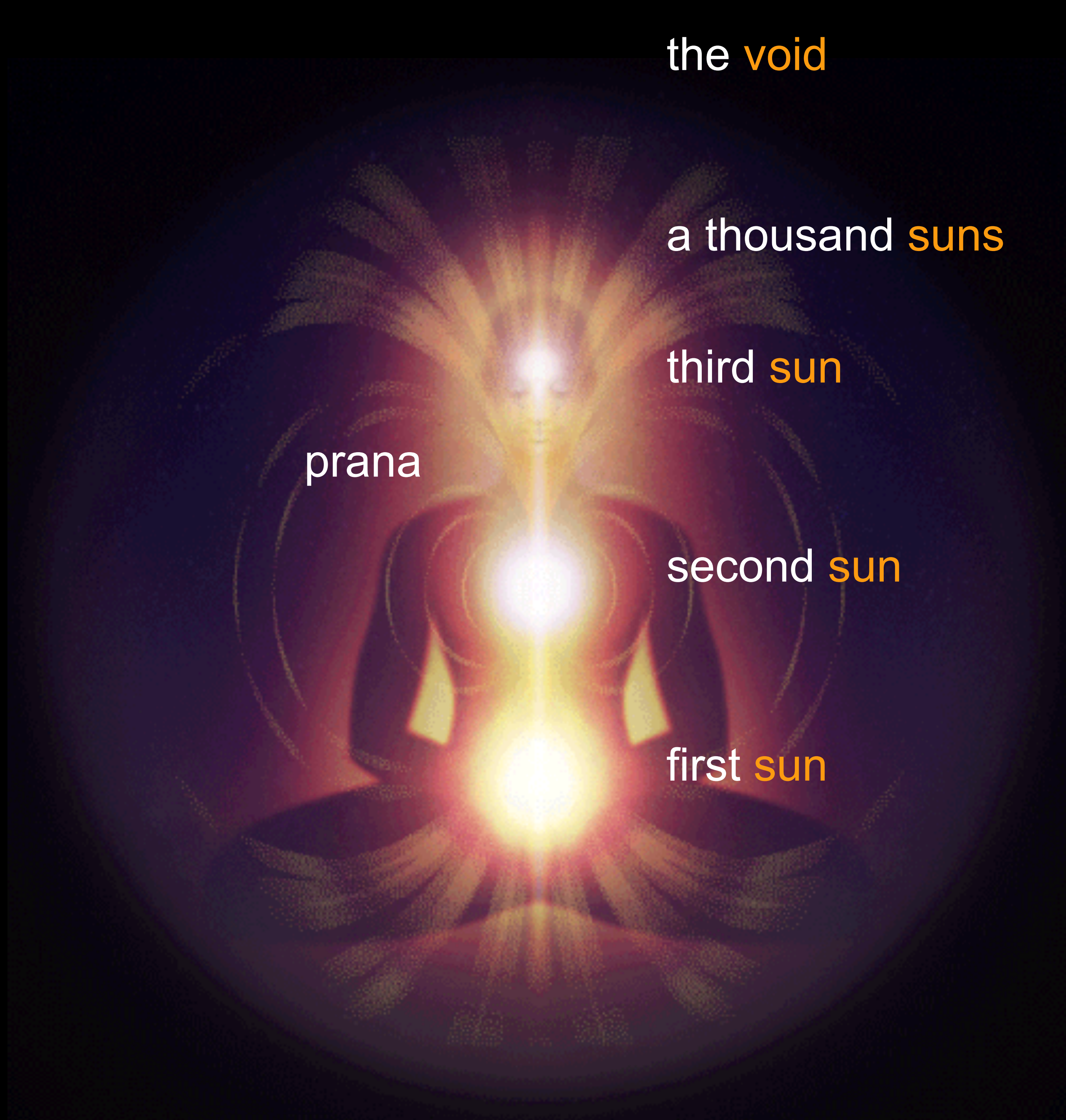
a thousand suns

third sun

prana

second sun

first sun





suns	chakras	beej mantras	kriyas + bandhs	shat chakra japa mantras
first sun	muladhara svadhistana manipura	lam vam ram	ashwini mudra nadi shodhana whistling nabhi bandh	ganpati kartik chamundaya
second sun	anahata	yam	pillar of light lotus	krishna + kamala
third sun	visuddha agya	ham aum	thokar hum sah omkara	dattatreya shiva
a thousand suns	sahasrara	om	tratak talabya khechari jyoti mudra	lalitha tripura sundari bala  surrender maha lakshmi  protection mudra