

Mutter Gottlich - Worshiping ISIS and Goddess Gaia through Meditation on Mother Kundalini.

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Abstart

Mutter Gottlich is a sacred space for Mother ISIS and Goddess Gaia, that is now hosted at <http://vayuvaidya.weebly.com>

We offer daily service to Mother ISIS and Goddess Gaia through prayer, meditation and Yagna.

We also offer wild flowers endemic to the mid-west and chrysanthemums to Mutter Gottlich, do genome conservation of wild flowers and ecological restoration of wild flowers in the mid-west.

Following is a brief description of the theology and practice of the special Kundalini meditation on Super Consciousness for ISIS and Goddess Gaia.

Meditation.

Meditation is a central part of our worship. We have developed a unique meditation based on the Kundalini meditation as practiced in the

Himalayan Tradition by the great sages of the Himalayas., on Super Consciousness.

The central concept of kundalini meditation is the existence of chakras, these chakras are energy centers where the astral circulatory system called Nadis meets the causal plane. We can focus on these chakras and raise kundalini energy gradually from one chakra to another.

The eight chakras.

The eight chakras in order from the lowest, closest to the spine are:



The muladhara chakra: Located at the base of the spine, this is the center of the symbolic coiled snake of kundalini. Energy is raised from here through three channels of cerebrospinal fluid. The Ida, Pingala and the Sushmna. The Ida and Pingala correspond to the solar and lunar networks, and the central one the sushumna is the channel of the flow of kundalini energy.taught by Rev Nirmala Mata, and taught in two flavors, which for the purposes of this paper we call N and S.

While the N flavor is similar to the Super Conscious meditation of the Himalayan Tradition, as taught by Swami Rama School, with the exception of the description of several chakras in the hand and the integration of these chakras into the super consciousness, the perception of thermal states including the change of temperature on the palm as demonstrated by Swami Rama, is actually

incorporated into the meditation practice. A perception of ocean breeze, a factor of coolness is a symbolism of the attainment of super consciousness in both the N and S versions.

The S version has a higher focus on therapeutics and has a lumbar, frontal and parietal(of an infant) interpretation of chakras. The existence of chakras as a metaphor of the intersection of the skeletal structure with the abstractions of astral and causal planes is a deviation from the normal interpretations of super-consciousness. In the S version, the tail bone of the lumbar column is the source of kundalini as opposed to the Ida, Pingala and Sushumna as abstract energy paths in the N version.

In the S version , the left hand is treated as a conduction path to kundalini energy and the right hand used to conduct it to various parts of the body, in contact with the right hand, similar to Analytic Meditation of Mindfulness.



Manipura : This is the navel chakra or the solar plexus. It is an altogether separate science of solar healing and initiation. We could offer instruction on this branch of kundalini yoga to the initiated.



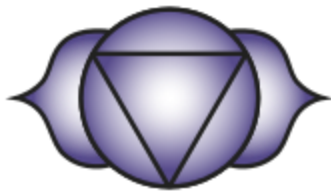
Anahata : This is the heart chakra corresponding to the sacred heart in the christian meditation. This is central to our heart meditation, in our practise of kundalini meditation. We use special fractal dynamic yantras based on the Christian Flower of Life for this meditation.



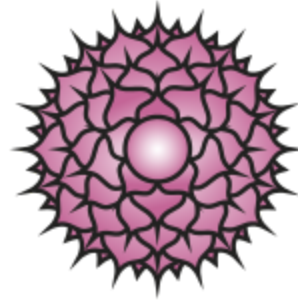
Svadiathhana: This is the chakra of the sexual organs and is not usually awakened in our Kundalini meditation.



Vishuddha: This is the throat chakra. Meditation on this chakra increases the VAK energy. It is useful in the initiation to certain mantra rituals, but we do not practise it in our Himalayan system.



Ajna: This is the subtle center of energy, believed to be located between the eyebrows. It is at this point that the two side nadi, *Ida* and *Pingala* are said to terminate and merge with the central channel *Sushumna*, signifying the end of duality, the characteristic of being dual.



Sahasrara: "thousand-petaled" or **crowns chakra** is the topmost chakra in the subtle body, located in the crown of the head. In esoteric Hinduism and New Age western systems, it is generally considered to be the highest spiritual center and the state of pure consciousness, within which there is neither object nor subject. When the feminine *Kundalini* Shakti rises to this point, it unites with the Super Consciousness, the yogi or yogini achieves self-realization and a state of liberating **samadhi** is attained. The chakra is symbolized by a lotus with one thousand multi-coloured petals.^[64]

In esoteric Buddhism, it is called **Mahasukha** and is generally considered to be the petal lotus of "Great Bliss" and corresponding to the fourth state of **Four Noble Truths**.

In the S version of meditation, the chakras of the fingers and palms unite in a holistic activation, in an action of placing the right palm on the scalp and the gentle clockwise motion of only the scalp. The hand is next placed an inch to two inches above the head, for activation of this chakra, in conjunction with the chakras of the palm and fingers.

Kundalini Meditation

In kundalini meditation the kundalini shakti is raised from the muladhara chakra at the base of the spine symbolized by the

uncoiling of the coiled snake. This energy rises along the cerebro-spinal fluid of the spinal column, gradually ascending through each chakra till it reaches the shasrara chakra where it merges with the Shiva aspect of creation, creating several planes of light.

The Sacred Geometries or Yantras

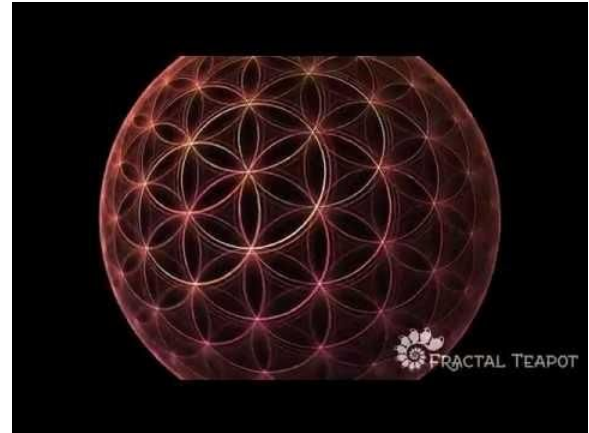
Sacred geometries and yantras are geometrical figures that have a deep metaphorical meaning as revealed in the practice of meditation on them. They, in their interconnected geometrical spaces lead the meditator to a higher state of consciousness. There are different such geometries for each chakra and meditating on them raises kundalini to that chakra. In our meditation we use several geometries.

We use dynamic geometries, with a fractal basis, these geometries are very rich and create a new meditative experience directly transcending the meditator to unity consciousness.

The Flower of Life

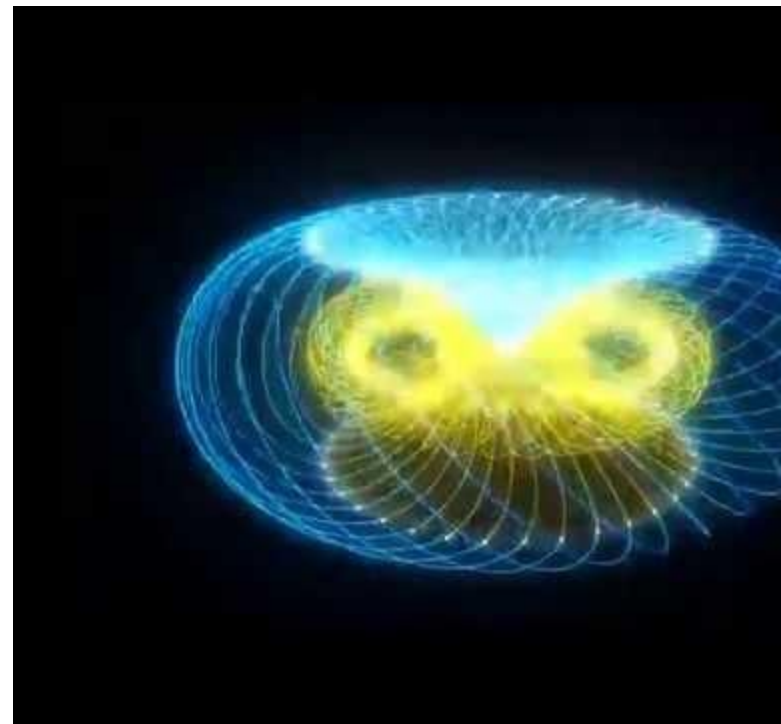
The Flower of Life is the modern name given to a geometrical figure composed of multiple evenly-spaced, overlapping circles, that are arranged so that they form a flower-like pattern with a six-fold symmetry like a hexagon. The center of each circle is on the circumference of six surrounding circles of the same diameter.

It is considered by some to be a symbol of sacred geometry, said to contain ancient, religious value depicting the fundamental forms of space and time. In this sense, it is a visual expression of the connections life weaves through all sentient beings, believed to contain a type of Akashic Record of basic information of all living things.



The Torus

In [geometry](#), a **torus** (plural **tori**) is a [surface of revolution](#) generated by revolving a [circle](#) in [three-dimensional space](#) about an axis [coplanar](#) with the circle. If the [axis of revolution](#) does not touch the circle, the surface has a ring shape and is called a *torus of revolution*.



Light the Oneness

All major religions profess a source of light as the existence of a higher form of consciousness. Christianity preaches the creation from light while Buddhism claims the existence of many higher planes of light. All religions profess the existence of civilizations of light in which beings or bright beings of the form of light exist. Some call them light workers while others call them Devas.

Behind all these descriptions of light and their perception, there is only one source of light in all the religions. The experience in meditation of this light is one and the same in all the religions.

Our meditation is on the Merkabah or light body of divine consciousness namely Super Consciousness and is the same experience as the Buddhist meditations or Hindu meditations.

Goddess Gaia is a metaphor of connectedness of this planet in the astral plane, meeting the causal in Vak, language and culture. In the N and S systems, we activate the vishuddha chakra as this abstract realm of connectedness of life, of the floral and faunal consciousness.

Universal Love

Universal Love is central to all religions. In Hinduism it is central to the attainment of higher consciousness. Examples of Divine Love are that of Radha- Shyam and Kalki-Padma. Christ preached the path of Universal Love.

Our kundalini meditation on the anahata or heart chakra preaches the Universal Love of Christ. Meditation on this love brings immense peace of mind.

Kundalini and the Big Bang

The creation of the cosmos and Christ Consciousness from the primordial soup of the big bang. Kundalini represents the yet undifferentiated energy of the cosmos, just

after the big bang before matter differentiated. Before the first electron and proton were formed. This energy represents the shakti energy. The multiverse theory of the creation of the universe explains the seeming contradictions between the spiritual creation of the universe from light and the scientific origin of the universe from a singularity.

In the Multiverse theory, there simultaneously exist parallel universes with several of them taking birth and ending in an endless cosmic cycle. There are yet universes that do not cease to exist that are only in the plane of light. Universes can be spawned from yet another stable universe, just like galaxies are spawned from gas clouds. Physics describes the creation of one such universe from a singularity, possibly from one or more stable universes or a universe in the light plane.

Spirituality is full of references to these universes of light. Shambhala is one such civilization of light, similarly Christianity, Buddhism, Hinduism and all major religions refer to such civilizations of light, of inhabitants of supernatural origin like the Devas or bright beings.

The Need for Direct Experience.

Meditation leads to the direct perception of Super Consciousness. This is a path of direct experience as compared to the indirect experience through theology. The indirect knowledge of Super Consciousness gained through the study of literature, service and mass is supplemented by the direct approach of meditation. Meditation leads one to states of higher consciousness such as Unity consciousness, where everything is perceived as one's self, in transcendence. The self discovers itself through the universe.

The Muse Head Band



The Muse head band is a EEG based meditation tool invented by Interaxon. Muse is a wearable brain sensing headband. The device measures brain activity via 4 electroencephalography sensors. An accompanying mobile app converts the EEG signal into audio feedback that is fed to the user via headphones.

The muse app presently covers General Meditation, Mindfulness and Chopra meditations. We use the same software for Kundalini Meditation.

We presently use the Muse headset to monitor brain-wave patterns monitoring Delta, Gamma, Alpha, Beta and Theta emissions. Research is underway to convert the auto-correlated and left -right, front-back differential recordings to data on meditation efficacy.

References

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