

•The first thing is that this kulakun'd'alini rises slowly from the mu'la'dha'ra cakra to the sahasra'ra cakra in eight steps. it passes through eight cakras. and the sahasra'ra cakra is the ninth. Just below the sahasra'ra cakra is the Guru cakra. When one meditates at the guru cakra. the kun'd'alini takes one jump upwards. and the mind goes to the other side of the cakra [i.e., to the sahasra'ra.] This is the technique of sa'dhana'. but it has previously neither been explained nor written in books.

•The kulakun'd'alini rises upward in eight jumps or phases. so with two syllables in a siddha mantra. the kun'd'alini will jump four times. But a general. or publicly-given. siddha mantra will make the kulakun'd'alini jump eight times or in eight phases. That is why such a siddha mantra has eight syllables. So you should understand that a proper kiirtana must have eight syllables, never seven or nine syllables.