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KUNDALINI AND THE COBRA BREATH

The key to Tantric Kriya Yoga is the **Cosmic Cobra Breath**, a precious gift to humankind from **MahaAvatar Babaji**. This ancient breath technique was long held secret because of its great power. It prepares the mind and body for the controlled movement of **Kundalini**. Kundalini is Life Force, or Consciousness, one expression of which is sexual energy. When sexual energy moves upward, it enlightens you. In normal sex, the energy flows downward to drain you. Cobra Breath reverses the flow of sexual energy to turn it into your most valuable resource. The secret teachings of many traditions use kundalini energy to rejuvenate the body, empower the mind and awaken the soul. The Breath pulls magnetic (shakti) energy into the spine, magnetizing the cerebro-spinal fluid, allowing Kundalini to move up the spine. As the brain bathes in this magnetized fluid, the nervous system is transformed. You awaken to a new consciousness. The ideal way to learn the Breath is in a weekend intensive.

There are seven levels of Cobra Breath in this system:

- The **1st level** Cobra Breath magnetizes the spine as earth (root) energy rises to awaken the 6th chakra (Third Eye).
- The **2nd level** allows solar energy to descend, awakening the lower three chakras, balancing the male and females currents.
- The **3rd level** opens the Sushumna Channel and actually allows the Cosmic Fire (Kundalini), a blend of the male and female, to ascend. The heart and throat chakras are opened and the entire chakra system brought into a balanced whole.
- The **4th level** opens you from the microcosmic to the macrocosmic, to the depths of earth and eternities of heaven.
- Higher levels must be experienced and cannot be described.