

## Dharana-7

When one becomes proficient in Pranayama, khumbhaka (retention of breath) becomes natural and it enters into the SusumnaNadi (the central path in our vertebrae) and awakens Kundalini that lies dormant in mooladhara (between the genitals and anus). Once it awakens, it surges to the Sahasrara (the lotus above our Bramharandra) and becomes one with Shiva. It is the place of great union of Shiva and Shakthi, thus called Saambha (with the mother) SadaShiva (Blissful always).

The VijnanaBhairavaTantratells the same thing and call it Bhairvodhyam (Dawn of Bhairava).

When this happens first time, one cannot able to control it. It takes many days or weeks of regular practice to harness the Kundalini to be able to regulate Her moment in the body along the Nadis and Chakras.

Aamoolathkiranabhasam sookshmath sookshmatharathmikaam,  
chinthayettham dwishatkanthe syamyantheem Bhairvodhayam.  
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When base spreads its light  
Surges at once to the top  
Shiva Shakthi unites

~Ramachandra Raju Kalidindi

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