

**SIDDHA
PARAM-PARA
VOLUME I**



**THE KEY TO BIO-SPIRITUAL
IMMORTALITY**

JIVANMUKTI

A SIDDHANTA YOGA PUBLICATION

A PREVIEW

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RANDOM SAMPLE TEXTS FROM BOOK

Dedication

This book is dedicated to the upliftment of humanity. Spiritual awakening is not limited to a certain religion or some particular group of "chosen" people. It is the universal human phenomena of Conscious evolution on earth. This book carries the seed of this awakening. The awakening is not about any spiritual or ritualistic practices, special lifestyle or belonging. Spiritual awakening is about the evolution of spiritual intelligence on earth and a deeper understanding of our bio-spiritual being. This book is about spiritual disillusionment. It is not for a limited group of people. Spiritual awakening is a social phenomenon and has to be addressed as such. It touches upon all areas of life, be it health, education, politics or economy.

We have been living in the dark ages for a long time. With the arrival of the global network, we have gained access to a lot of "spiritual", occult and esoteric information about everything possible and impossible. Most of the time, this information does not make much sense to us, and it has no practical application. Most of the information we receive on spirituality remains mere theory for us. The objective of this book is to bring spirituality to the level of practical application and direct individual experience, beyond words, beyond dogma, beyond culture or a tradition, beyond one's national heritage or social belonging, beyond techniques and exercises. This experience does not require any specific changes in lifestyle, diet, belief system or ideology. But this experience carries the seed of awakening and natural change that, over time, unfolds within each of those who encounter it.

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This book represents a direct experience of spiritual awakening and a living testimony of human evolution.

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Jivanmukti's Experience

By circumstance or by grace, I happened to live and experience Yoga, not by reading, experimenting, having a hobby or chasing pseudo gurus, not by exercising or keeping a certain diet, not by listening to anyone or reading spiritual/ religious texts.

By being self, by watching within, observing and contemplating in silence, by having awoken to myself and gone through transformation, I have become Yoga.

Among those contemporary beings who practice, talk, write and propagate Yoga, hardly anyone knows it, hardly anyone tasted or experienced it at its core, despite available mass publications, millions of yoga schools all over the world and an army of "the enlightened ones".

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We hear fancy Sanskrit terms and find newness in them. They attract and promise excitement. They satisfy our complexed thinking mind and bring hope. In this way, we support the spreading of spiritual hallucination and the New Age delusion, we disempower ourselves by handing over power to the army of pseudo "gurus and teachers". We project our own holiness onto them and then follow their word, as if incapable of thinking and realising the simple truth within ourselves. We believe, for instance, that Kundalini is energy, that chakras are doors to supernatural powers along the spine, that a Siddha is perfection or a super magician. But Kundalini is not energy and it does not rise anywhere. Kunda means abode of self. Siddha knowledge is very simple and will never give you hopes, complexed ideas and fascinating concepts on chakras. Spirituality is simple and scientific for those who have maturity to manifest it. Once disillusioned, one undergoes the process of deep integration and gains mastery over one's awakened power. Only then, one sees one's own manifestation and the reasons for it within his or her self.

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What has been realised here leaves no room for ambition, desire, pursuits, nothing but being. By writing this, I am that which is written. Beings who read it will experience that within themselves.

On Enlightenment

Thousands of people nowadays pursue enlightenment, without understanding the core of spiritual evolution.

Enlightenment means getting lighter. It means that you get rid of your subconscious baggage, that you feel free from that old stuff, old patterns and emotional reactions. It means that you are no longer driven by anger and envy, comparison and competition. This enlightenment or getting lighter is the awakening to self, when you learn to separate yourself from the baggage - distortions that you carry. You no longer associate yourself with the baggage. You simply get lighter, content, and plunge into equanimous self-being. Through this being, you evolve.

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On Spiritual Gravity

Those rare ones who advance through bio-spiritual activation and alchemy dwell within Self, being established in the equanimous self-being, aware of the nature of the multidimensionality of the conscious light matter of Self, become the spiritual presence with a strong spiritual gravitational field - vortex. This spiritual gravity pulls everything which remains in the scope of this being's awareness into equanimity, it enlightens, transforms and heals.

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On Spiritual Preceptor - True Teacher

It is true, we meet a real preceptor - a true teacher and a guru, only when we are ready to awake to self, or when our inner self has already awoken and we need true guidance further. This is possible due to inner manifestation. So, who are the true preceptor and the true guru?

The true teacher is not the one who wants to change people, but the one who accepts people as they are. The true teacher is not the one who wants to teach, but the one in whose presence the teaching is activated from within and the change happens.

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On Guru

The Awakened Mind (Spiritual Awareness through consciousness) is the Guru. It is there to help you evolve out of the limited emotional self. The awakened mind does not bind you, but helps you self-liberate and evolve, and to see all that within self that was hidden, unknown, yet shaping and moulding your "destiny" (as it appears to you).

The external Guru is only the manifestation of the Mind, and is there to play a certain role. You are to respect your external guru and have gratitude, but never to worship. Guru is equal to you, just like your Awareness is a part of your being.

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On Reality vs. Personal Story: Evolutionary Awakening

Our Reality is just a personal story. Remove the story and see the Reality - Jivanmukti

Our life circumstances can be perfectly fine, but our personal interpretation, our personal story shapes the vision of those circumstances according to the past distortions in our consciousness. It is as if each one of us sees his/ her personal story, when reality, in fact, is neutral. As many people as many personal stories and different perceptions of this neutral life existence there are. We colour this life with the colours of our feelings, emotions and ideas, and then live the self-created experience.

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Cutting through Spiritual Illusion

Everyone speaks about spirituality, chakras, yoga, siddha and energy healing. People write books and dissertations on spiritual subjects, yet remain in complete ignorance. True knowledge cannot be copied or rewritten. It can only be initiated and experienced.

We are told that: "yoga is enlightenment, chakras are subtle points along the spine, chakras are energy centres, and chakras are this and that". People "work" with them, propagate them,

create new concepts, and speculate on information about which they possess neither realisation nor experience nor deep understanding

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Spiritual Essence of Hormones

The brain is governed by one's individual mind-consciousness and its distortions. Distortions are programs that run through our DNA, thus affecting the entire cellular system of the body and brain. Glands are like transmitters of those distortions. Glands shape our bodies through the hormonal secretions. The role of the upper glands chamber, especially the pituitary gland and hypothalamus, is immense for our well-being, growth and evolution.

Darkness and light, the seasons, lunar cycles, solar flares and magnetic changes on earth, the weather, heat and cold, all regulate the functioning of our glands and thus the hormonal balance in the body. Intake of certain foods and exposure to certain activities affect our hormones. Yet, our passions, emotions and thoughts re-create our reality to an even greater extent each second of existence, thus making this reality real, visible, tangible and even dominating.

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States of the Body: Health and Illness

There are various states of the body. Many people nowadays are imbalanced on various levels. We do not live according to natural cycles. Our lifestyles are not linked to the cycle of the moon, which is vital for the understanding of the emotional fluctuations of the mind. We do not observe seasonal cycles, and do not apply a seasonal diet and lifestyle changes in order to maintain a natural balance within, and between self and nature. The result of this is widespread illness.

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One is healthy when:

- One lives according to the natural cycles of nature, being aware of them, and understanding and learning through their observation. It is a purely scientific way of observation, rather than superstition, fatalism or of a religious nature.
- One consumes simple but nourishing food.
- One lives free from the constant external stimulation of one's body and/or brain.

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Yoga and Illusions about It

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There are many schools that claim authenticity. They claim to represent a unique path of yoga, or a faster path towards yoga and enlightenment, and so on. Everyone comes to spiritual life with an idea of what spiritual life is, and what it should be. And that is an obstacle. It is the reason why spiritual communities often eventually fail and grow into cults and sects.

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Siddha Kundalini Yoga

Siddha Kundalini Yoga is an evolutionary Path to Self. This path, although hidden and mystical, has wriggled its way into all religions and spiritual paths. It is the path of awakening to self and the realisation of self in conditional and unconditional states. It is absolutely experiential, and yet only known to those who have matured enough to experience it. - Jivanmukti

There has not been a single teacher, guru or saint who has not gone through the process of Kundalini awakening - conscious awakening of self. It is the mastery of the power of Mind and the realisation of the unconditional state of self, which made them known for their supernatural powers and abilities, wisdom and immortality. If not for That, these people would be the same as all the rest, tangled up in the world of self creation and conditioning. Even though it all sounds very simple, the awakening of consciousness is not an easy process, and the biggest part of it is disentangling, body/ mind purification, and discarding conditionings through self-observation.

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Spiritual Science and Interpretation of Self

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All we know and see in life is an interpretation. This interpretation is a distorted vibration of self - the reason we are here. Consciousness wants to see its distortions, experience and recognise them as distortions, rather than see them as an inseparable element of self. In order to transform and realise that, Consciousness manifests life experiences, through which it perceives that which is transitory. Consciousness manifests the limited self on various densities and dimensions only until it contains distortions or the seeds of distortions within. Only that, which is within Consciousness, manifests into forms. That, which is Awareness - Self, does not manifest, since it is beyond the manifestation. It simply is. As long as Consciousness has distortions within (whether gross or subtle), it will manifest them in the form of embodiment and life experiences (even if they are beyond earthly embodiments and beyond the reach and scope of our earthly perceptions). Knowing that helps us to live life with a different

perspective, and accept various negative or positive experiences with more spiritual discrimination and detachment.

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Spiritual Journey through Emotional Reality

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External events/ circumstances that we experience are not important. What is important is how we react and interpret and perceive those events from within. No matter how many times you read and hear about it, it is hardly possible to change inner reactions instantly. That is why we call life evolution, or spiritual evolution, or a spiritual journey. It feels like a journey for the limited mind of the distorted self.

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Permanence within Impermanence

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Thus, spiritual evolution is about one's ability to find that equanimous point within, to perceive life as a never changing permanent reality, yet appearing outwardly as constant change.

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Seeing through the Emotional Reality

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Our entire perception of this reality is emotional at its core, whether you imagine yourself as an ordinary being or a special spiritual being. It is your personal right and ability to imagine and create your own reality. The truth is that you are in the illusion of your personally-created emotional reality.

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Crisis of Faith and the Occult World

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Our current emotional reality pushes us to be in the doer consciousness all the time. We have no idea about our ability to simply be. And even when we discover it, we somewhat feel unnatural and long for action. That is why occult spirituality and the spirituality of action are so popular.

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Chakras as states of blissful absorption

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What most people believe, however, is that the chakras are associated with the glands. There is nothing akin to kundalini piercing through the spine and through six, seven, or twelve lotuses.

This is a metaphor to explain various stages of brain activation/ transformation, blissful absorptions and beyond. Nevertheless, one experiences this absorption in the body and partially due to the body, because spiritual evolution happens in the body and through the bodily components, glands and systems. That is why it is called "bio-spiritual evolution", rather than only "conscious evolution".

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Spiritual Heart in the head: Sushumna, Chakras and Nadis

As we have explored, there is no piercing of kundalini through the centres, there is nothing much that is happening in the spine, unless we are referring to the increased energy circulation through the nerves of the spine. This is the reason for this deep misconception about sushumna being in the spine along with the other nadis - channels. Our brain has a sophisticated system of connecting with the glands in the body as well as with the organs through our nervous system. That is why the body is only a reflection of what is happening in the head.

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Relationship Sadhana

Relationships are a great spiritual sadhana when you can consciously observe your own reactions and feelings through the interaction with others, and when you can explore self more deeply through the interaction with the other.

A love relationship is the most important. The understanding of relationships and their spiritual value is sorely lacking nowadays. We tend to look at a relationship as something additional, like an extension to our lives. We pursue a career, money and an escapist spirituality, when in fact, relationships are the root that we are supposed to focus on and nurture, in order to truly succeed in other areas of life. Without this proper base, we are rootless, like a leaf in the wind.

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Siddha Param-Para is a rare Shaktipat transmission book written in an avadhoot style. It is a deep experiential study on Siddha Tantra, Human Alchemy, Siddha Kundalini Yoga, Evolution and Immortality.

Siddhas or evolved beings have demonstrated by their example unlimited skills and powers unfolding in their emancipated being through an awoken, refined and evolved body. Long ago they understood the natural principles of the body formation and manifestation of the world and learnt the ways to alter reality through self. They were true magicians, alchemists and philosophers, scientists, innovators, healers and spiritually evolved and transcended human beings.



This book is dedicated to Siddha Param Para - the evolutionary mechanism of bio-spiritual activation (Kundalini Awakening and Transformation), experience of self-being and multidimensional reality as well as the science of passing on and preservation of the uncorrupted seed of this experiential knowledge of Absolute Being and existence in the body.



VOLUME I

SIDDHA PARAM-PARA
THE KEY TO BIO-SPIRITUAL IMMORTALITY

JIVANMUKTI





About the Author



Jivanmukti is a spiritual name of the author of Siddha Param-Para. The author, however, does not believe in the importance of names, titles or any sort of conditioning. Since her very early age, she has been consciously and intensely evolving to the point of now.

Jivanmukti's presence points within, awakens and transforms. Even though she does not share her experiences directly, through her writings, one may get a glimpse of that realisation.

"Siddha is Self, the awoken Mind is Guru. The conditioned Mind that has mastered its power knows its free-from-conditioning Self. That Mind realises - It is Siddha." - Jivanmukti

THE AUTHOR