

Meditations & Practices

Discover Kinetic Energy

Central Channel Meditation w/ 6-7 entrained techniques

Breath-Pause

Center-point Meditation

3 Skillful Means (Divine, Empowered, Individual) + a 'non'-means

Energy

Physical Forces (Kinetic, Thermodynamic, Electromagnetic, Nuclear, Strong & Weak)

Physiological Dimensions (Physical, Mental Emotional)

Elemental Dimensions (Earth, Air, Water, Fire, Spirit, or Akasha)

Mental Dimensions (4-fold mind including cognition, mentation, memory and ego. Also find reference in the mind map found in the Krishna Consciousness blog post)

Linguistic References

Sanskrit

1. Pratibha (Serendipity, Synchronicity, Natural Guidance)
2. Kundalini (a manifestation of primordial energy force)
3. Bindu (Central energy plexus in the subtle body – 3 primary bindu and an Absolute Source Bindu which manifests the 3. In the context of the Central Channel Meditation, it means point of focus)
4. Dwadashanta (a point above the crown chakra)
5. Upaya (the skillful means of approaching spiritual practice)
6. Tantrik Yoga (Distinguished from Traditional Yoga primarily by the entraining of techniques on the meditative field)
7. Mantra (Single syllable or multi syllable collection of sounds used to focus attention – among other things)
8. Bandha (Locking particular muscles as a further technique of focus entrainment)
9. Om Shrim (two single syllable mantras associated with the Absolute and Goddess nature)
10. Hum Sa (two single syllable mantras meaning both 'swan' and 'breath')
11. Bhava (attitude)
12. Mudra (Hand gestures used to focus attention – among other things)
13. Chin & Jnana (Consciousness and Knowledge – two types of mudra)
14. Icha, Jnana, Kriya Shakti (Will, Knowledge, Volition Force – the 3 primary Goddess

manifestations)

15. Akasha (Space, or Sky, represents the totality of existential manifestation, all elements wrapped into One)
16. Shaktipat (A transmission of awakened awareness)
17. Dosha (Physiological Constitution divided into 3 elements)
18. Guna (Existential Division of reality by 3 main components)
19. Bhutta Suddhi (A meditative practice for total elemental re-calibration within the personal psycho-physical condition)
20. Karma (A fundamental law of causation and basis of physical manifestation)
21. Ayurveda (Science of Life – Indian healing science)

Hebrew

Merkabah (Throne or Chariot – An energy map like the Akasha)

Chinese

Tao (Source, Nature, God – The total reality)

Wu-Wei (Flowing)

Political References

G.W. Bush (President during the attack on World Trade Center)

Barack Obama (The President after G.W.)

Washington Monument (169m high tower in central Washington DC overlooking the Whitehouse and Congress.

Religious References

King David (Lineage versus genetics, it's said that Moses, David and Jesus are of the same line)

Queen Bathsheba (David's wife and Mother of Solomon)

Mythological Reference

Source/Force Creation (See Qabalah)

Media References

Literature

1. Power of the Myth: Joseph Campbell (and Bill Moyers) “A God of Love or a God of Healing – Masks of Eternity”
2. Bhagavad Gita

Academic Article

‘The Vagus Nerve in Thermoregulation and Energy Metabolism’

<https://pubmed.ncbi.nlm.nih.gov/11189024/> (abstract)

[https://www.autonomicneuroscience.com/article/S1566-0702\(00\)00217-4/fulltext](https://www.autonomicneuroscience.com/article/S1566-0702(00)00217-4/fulltext) (Full)

YouTube

Mickey Mouse Phantasia (Sorcerer’s Apprentice)

Part 1 (3 minutes) <https://www.youtube.com/watch?v=VErKCq1IGIU>

Part 2 (2 minutes) <https://www.youtube.com/watch?v=ZcesnqVF0us>

UmaMaYA Blog

When You Don’t Close Doors

<https://blog.umamaya.com/entering-the-great-hall-of-the-akasha/>

Following Destiny

<https://blog.umamaya.com/i-want-to-become-a-sanyasi-in-the-himalayas-how-do-i-find-a-guru>

The Himalayan Master

<https://blog.umamaya.com/master-of-the-word/>

Kundalini’s Puppet

<https://blog.umamaya.com/kundalini-i-am-just-a-puppet-in-her-hands/>

Tantrik Visualization Cures Cancer (That's not all it does)

<https://blog.umamaya.com/can-meditation-cure-disease-yes/>

The Life Bomb (The Real Power of Kundalini)

<https://blog.umamaya.com/the-real-power-of-kundalini/>

Immortality (Follow the Thoughts)

<https://blog.umamaya.com/sometimes-its-more-useful-to-follow-the-thought-during-meditation/>

Re-aligning Under Stress

<https://blog.umamaya.com/he-meditated-in-a-cave-for-three-years-and-then-this-happened/>

Manifesting the God of Love

<https://blog.umamaya.com/manifesting-world-peace-or-at-least-the-god-of-love/>

The Mind Mechanism Mapped out on a haricot

<https://blog.umamaya.com/krishna-consciousness/>