



Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini

Mark Griffin

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About the Deepen Your Practice Series

To study with an enlightened being is a truly rare and special opportunity. It is not a destiny that falls to many people. If it is your great good fortune to have come across the teachings of Mark Griffin, you may find yourself wondering “How do I study with him? How can I put my time to best use?”

Mark’s teaching style is so deep and encompassing that people often wonder where to begin or how to engage in the spiritual training he offers. Is there an order to what you should study, or are there lessons you could turn to? Yes - That’s exactly what the Deepen Your Practice course is – it is a sequential curriculum of study with this profound Meditation Master.

Mark is here to guide us on our spiritual path and illuminate the way, but if you work with him – while he’s working with you – you’ll be amazed at how fast you can progress. How can you do that? Study his teachings. Use the mind, and let the understanding and insights you gain bolster and enrich your sadhana – your spiritual practices.

Each volume of the series can stand on its own as a teaching, or you can approach them in sequence, starting with Volume One and progressing one-by-one through the entire Deepen Your Practice program. You may choose to focus on one volume each month or at whatever pace and tempo seems right to you.

About this Volume of Deepen Your Practice

The Cleansing Power of Kundalini

In volume twenty-three the focus of Mark Griffin’s talk is to appreciate the cleansing and purifying power of the great kundalini, and why this is so important in sadhana. Mark shines the light on the binding power of thought and emotion – and the converse purifying power of the kundalini.

During the talk, Mark says “The idea over the course of the meditation, is to allow the kundalini to flood the entire system, then compress it into the central nerve, sushumna, so that the energy of the entire length of the sushumna is illuminated and radiating light from within. As it begins to manifest, it will manifest as a pillar of energy. It seems to come from below, moves through your mind and body, up into the brain, and up into the space over the crown of the head. You want to find that thread within yourself that is a continuous stream. ... Simply place yourself between heaven and earth, and it will go through you.”

About the Author

Yogic Mystic and Meditation Master, Mark Griffin, the founder of Hard Light Center of Awakening, was a student of Swami Muktananda of the Siddha Yoga Lineage who, in turn, was a disciple of Swami Nityananda. Griffin, who teaches in Malibu, CA, exists in states of Nirvikalpa Samadhi and identifies meditation as the core of his teaching.

He presents ancient knowledge of the various strands of Yoga dating back to the Vedas in contemporary

terms, both mystical and scientific. As such, his work complements and agrees with many esoteric practices including Taoism, Tantra, Yoga, Shamanism and theoretical physics.

Mark Griffin is a Westerner who was born in the '50s in the Pacific Northwest. His childhood encompassed a usual American middle-class scenario, followed by tumultuous teen and early adult years spent in a very aggressive pursuit of higher knowledge and purpose. Mark's studies in art and music brought him to the San Francisco Bay area where he met his Guru, Swami Muktananda, in 1976.

After six years of full-time immersion in the study of meditation, Mark encountered a milestone of extreme spiritual significance-entrance into an advanced state of consciousness known as Nirvakalpa Samadhi.

Very shortly thereafter, Muktananda died. Great teachers of the Kagyu tradition came to Mark's assistance, and he received continued instruction in maturing and stabilizing his abilities in meditation from Kalu Rinpoche and Chogyam Trungpa.

Mark Griffin founded the Hard Light center of Awakening in 1989, and continues to teach in Los Angeles, California.



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