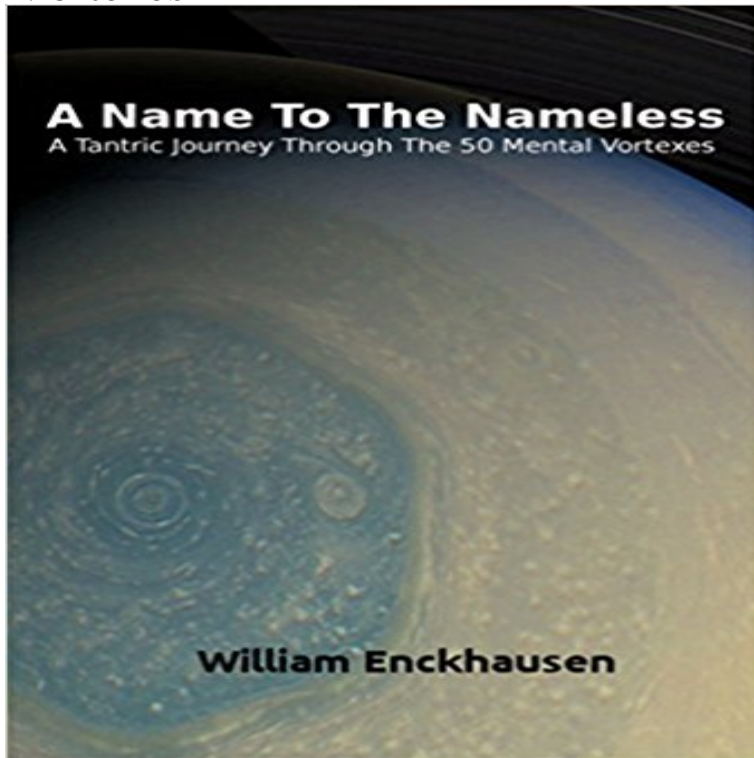


# A Name To The Nameless: A Tantric Journey Through The 50 Mental Vortexes



The focus of the book is on the mental processes involved in spiritual awakening, especially the kundalini experience. It is a thorough examination of the levels of consciousness inherent to the human mind. The preface starts with my personal experience and the rest of the work is a philosophical and psychological explanation of the subtle dynamics of Tantric meditation. Preface excerpt: I was initiated into Tantra Yoga in 1993. I was taught in the very pure and secretive Rajadhiraja Tantra Yoga tradition by a very adept Indian yogi, Shambushivananda, a disciple of Anandamurti. Within a few months the kundalini began with what would be a very long and intense awakening. As a student of psychology and world literature, I had heard of kundalini and other mystical energies but I had never thought they were real, live forces. I thought it was just interesting archaic symbolism, and not an actual force within the human body that rises up through the spinal column to awaken higher states of awareness. The universal symbol for this force is the serpent. It is said to be a covert, spiritual force beneath the surface of conscious awareness, like a coiled snake. Kundalini is the fundamental intelligence behind life and evolution. As this divine "serpent power" rises through the spinal column, one experiences states of deep spiritual realization. One day after classes and a short meditation, at which I was merely a beginner, I laid down on my back due to exhaustion. I felt a

soothing force begin to rise up my spine. As this point of white, soft energy rose up into the thoracic region of the spine, I began to hear the sacred Om sound. It became frightening because there was only Om and nothing else. I opened my eyes but could not see anything. My faculties of sight and hearing were unified and there only existed Om. I knew I was being dissolved in a force that was vibrating within every particle of the universe. It was ecstatic and exhilarating but terrifying. I felt my whole identity would disappear and never return.

The kundalini was entering the medulla. I began to repeat my mantra for meditation but it only made the experience more intense. Instead, I began to repeat my name, William Ernest Enckhausen III over and over and trying to remember that I was a student in Austin, Texas on the physical plane of reality. The kundalini began to go back down as Om diminished. I couldn't take any more. After that experience I became very confident but experienced a lot of mental turmoil. It was very productive turmoil in that all negative memories from my past were being quickly purged and purified. I began to feel completely whole and that I had already lived a very complete life.

The second time the kundalini rose was a few months later. I saw the same light in my spine although this time it was an infinitesimally small point. Physical reality disappeared and I began to see from the crown of my head a turquoise bird flying closer and closer as the point rose higher and higher. The bird landed on the crown of my head at the same time the point rose to the same place.

Heaven and earth had met and I was lost in an infinite web of sound vibration where I could no longer see even this beautiful vision. My last thought before losing awareness of not just the outer world, but also the inner world of vision, was that the forms looked Meso-American. Only years later would I learn of the Mayan concept of kundalini, what they call Kulkukan, the Plumed Serpent.\* And it was even many more years later that I learned forms of Mayan meditations very similar to Indian Tantra from a recluse indigenous teacher from Chiapas who recently died at the age of 110. \* This same image was named Quetzalcoatl by the Toltecs. A version of the image of Quetzalcoatl is on the Mexican national flag to this day. The turquoise bird that I saw was actually a quetzal, a beautiful colorful bird in Mexico and Central America.

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