

The Yogic Secrets of **MOUNT KAILAS**

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Rajendra Wadhwa, the author of, 'The Yogic Secrets of Mount Kailas's, dons many caps. A High court advocate by profession, since his childhood, he used to experience this feeling that Mount Kailas was beckoning him. At that time he was not sure whether it was a normal calling or it had some higher purpose hidden underneath. He was determined to explore Mount Kailas.

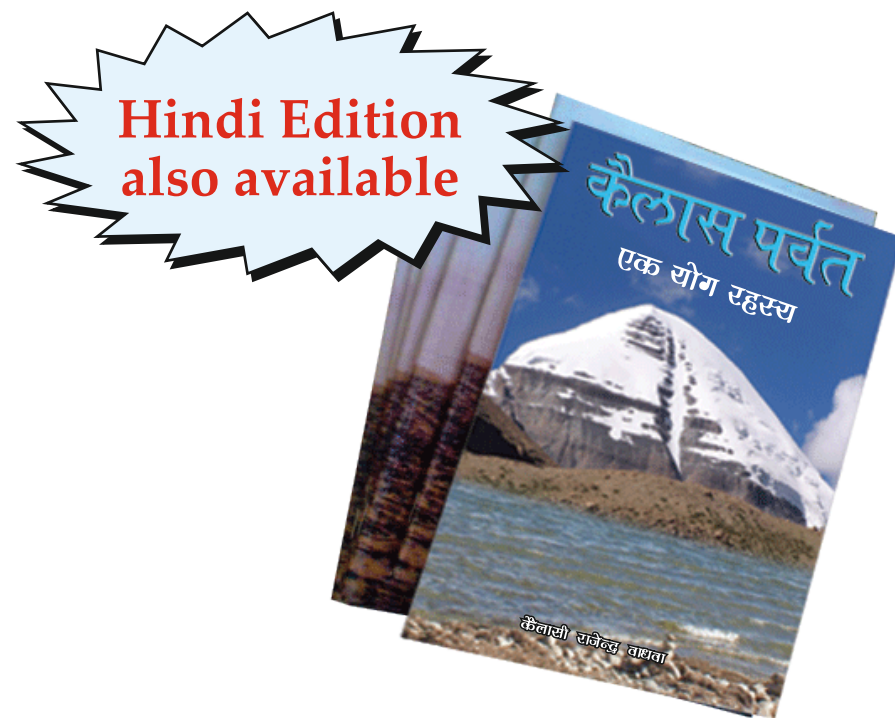
In 1997, he decided to undertake the much desired journey to 'Kailas Manasarovar'. He was quite fascinated by what he witnessed. He had made up his mind to take forward his 'mission'. In 2004, at the age of 50, he did a Diploma in Yoga. His Yog Guru described some resemblance between Kailas and human body. He was intrigued by the fact that there was a connection between the White Mountain and yoga.

To investigate the matter further, he undertook the same journey in 2005 and 2009. Then he authored his first book in Hindi, 'Kailas Parvat – Ek Yog Rahasya'.

Not yet satisfied with his efforts and to investigate the matter further, he embarked upon this voyage by visiting Mount Kailas again in 2014, (a Horse year, which is significant

year and occurs after every 12 years as per Tibetan and Chinese beliefs).

As he attained new insight, he was inspired to write 'The Yogic Secrets of Mount Kailas' in English. Apart from being travel guides, these books reveal many hitherto unexplored secrets of Kailas. The description is terse and telling and is illustrated by hundreds of breathtaking pictures of the journey. The volume will as well uplift readers spiritually.



The Yogic Secrets of MOUNT KAILAS

Part-I

1. Did you know...?	i
2. The Origin of Mount Kailas	1 - 10
3. An Auspicious Start	11 - 24
4. Kailas Kora (Circumambulation) in Horse Year	25 - 68
5. Kailas from Asthapada	69
6. The Holy Lake Manasarovar	70 - 86
7. Panchanan Kailas	87
8. Flora & Fauna around Mount Kailas	88
9. Kailas-Manasarovar via Nepal	89 - 99
10. Kailas-Manasarovar by Air and through Trekking	100 - 102
11. Kailas-Manasarovar via Nathula Pass (Sikkim) India	103
12. Kailas-Manasarovar - others routes from India	104

Part-II

13. Yog-An Introduction	106 - 119
14. Kailas as an inner image of Divinity	120 - 123
15. The Reality of Kailas	124
16. Yogic-Tattva (elements) in Mount Kailas	125 - 130
17. ENLIGHTENMENT (Through the mystery hidden in Divine Mountain)	131 - 133
18. Siva and Siva-Tattva	134 - 136
19. Spiritual Flight	137 - 138
20. The Significance of Mount Kailas	139 - 141
21. Planning for the Pilgrimage	142 - 143
22. Questions and Answers from Yog Guru	144 - 145
23. Map of Kailas-Manasarovar routes from India	146
24. Map of Kailas-Manasarovar Region	147
25. Map of Kailas Kora (Circumambulation Path)	148

Did you know...?

- Mount Kailas and Lake Mansarovar are situated in Tibet (now a part of China).
- Kailas - Manasarovar region is in the north of Himalayas and consists of the twin lakes - Manasarovar (lake of Mind) and Rakshas Tal (Devil's lake).
- Hindus speak of Mount Kailas as Siva's throne who sits with his consort Goddess Parvati. Indian scriptures tell that Mount Kailas is approachable by us mortals as it is on planet earth. While abodes of other Trinity i.e. Lord Brahma (Brahmalok) and Lord Vishnu (Vaikunth or Vishnulok) lay in heaven and are unapproachable by human beings.
- From the centre of paradise of the world (Kailas-Manasarovar region), four rivers also originate - geographically forming a watershed where cosmic geometric energy pervades. From the east originates, Langchen Khambab which means 'Elephant's mouth' or river Sutlej (Shatadru), while from west, Senge Khambab (River from the Lion's mouth) or Indus (Sindhu). From the north, Mapchu Khambab (River from the mouth of a Peacock) or say Karnali and from the south originates Tamchok Khambab (River from Horse's mouth) or Brahmaputra. All rivers exhaust into Bay of Bengal and Arabian Sea while traveling hundreds of kilometers through different regions of the Central Asia.
- The year 2014 was the year of 'Horse' according to Tibetan system. Horse year is very auspicious year to perform Kora. Horse year comes after every 12 years and next Horse year will take place in 2026. This year long astronomical event is known as 'The Great Horse Festival' at Mount Kailas and starts from 'Saga Dewa' festival. According to Kalachakara Tantra, Godsang Gonpo introduced the system of Kora in a 'Horse' year. It is considered that Kailas became a power place in this year. Horse year is Maha Kumbh Mela at Mount Kailas just like Hindus celebrate the Kumbh Mela at Haridwar, Allahabad and Nasik etc. in India after every 12 years on revolving basis. Performing Kora around Mount Kailas in a Horse year gives benefit of 13 Koras in any other year.
- The legend of the source of the river Ganges descending from heaven to Mount Meru turns out to be a myth!! The river flowing from Meru is Darchung or Uma which merges in Rakshas Tal. River Bhagitrathi and Alaknanda are often cited as Ganges. Its origin is from Gaumukh near Gangotri in Uttarakhand. However, the origin of the Ganges is in close proximity to river Karnali which is one of the Gange's main tributaries originating from Tibet. River Karnali originates from the south of the Rakshas Tal and flows south-east of Mount Gurla Mandhata. It touches Purang (Taklakot) along with all the tributaries originating from Mount Gurla Mandhata. From Purang, river Karnali moves to Khojernath (last destination in Tibet) and flows into north-west of Nepal. There it converges with other tributaries of the river Karnali and enters India. In India, it is called river Ghaghra and merges with Ganges at Patna. We cannot trace the origin of Ganges nor can we find any obvious connection between the Ganges and Kailas as per Puranic accounts but, of course, Ganga remains Mother Ganga. Hindus worship Ganga as holy Goddess and its greatness is unparalleled to other rivers.

Kailas Prolouge

Full range of Mount Kailas



South face of Mount Kailas



West face of Mount Kailas

The origin of creation is shrouded in mystery. The advent of the silvery Mount Kailas from earth's crust was also not witnessed by human being. But as per geological facts, Himalayas and silvery Mount Kailas, millions of years ago, lay under the tropical sea of Tethys and through some geological process the land arose to form mountains. Kailas and Manasarovar are as old as the creation itself. Mount Kailas is also called Swayambhu : 'the self-created'.

The sacred mountain is the 'Navel of the earth' and 'Axis Mundi'. Although its summit is of 22028 ft and cannot compete with other snowy peaks in the Himalayan range but its neighboring mountains cannot dwarf its beauty. The snow-clad pyramid mountain is seated on lotus-shaped and its subordinate holy mountains- Ravana, Hanuman, Padmasambhava, Manjushri, Vajradhara, Avalokiteswara, Jambayang, Shavari & Norsing are as its vigilant sentinels.

Rising in Asia at Gangdise, Trans Himalaya, west Tibet, Mount Kailas has mythology, yogic and geographical significance. Mount Kailas has its other name Meru, Sumeru, Sushumna, Hemadri (golden mountain), Ratnasanu (jewel peak), Karnikachala (lotus mount), Amaradri, Deva Prvatha (summit of gods), Gana Parvatha, Rajatadri (silver mountain).

Four religions (Hinduism, Buddhism, Jainism and Bonpoism) approach sacred Mount Kailas to attain salvation. Several inquisitive people from other parts of world also visit it out of wonder and curiosity.



Hindu speaks of it as Siva's throne who sits with his consort Goddess Parvati. Buddhist knows it as abode of Demchhog (God of asceticism and tantrism). He is always mutually interlocked with Dorje Phakmo the yum or divine consort. Jain consider it where there founder Tirthankaras (Saviours) Rishabanatha had dropped mortal frames, ascending to their final abode. And for Bonpo, it is Naro BonChung.

Mount Kailas is also a natural structure on the earth that holds within a great secret of human life. Different religions speaks in different ways but the Divine message encoded in Mount Kailas is – 'KNOW THYSELF'

Kailas as Inner Image of Divinity

If a printed dictionary is consulted for the three-letter word GOD, it will not just give one meaning. Even three persons of different personas will have a number of self-contradictory definitions. Al though gods may be many but the world they govern is one. The truth about many-in-one and one-in-many is not the product of any intellectual speculation, but conscious verification by countless sages, who had the potential to rise to that level.

GOD is within us. I live, yet not I, but God lives in me. The Bible says, 'We are made in the image of God'. Indian scripture identified man as a miniature replica of God... 'As the microcosm, so is the macrocosm'.

The spiritual masters believed that we have a spiritual core within us created by a higher power. They always propagate this principle and urge upon the people to connect with the divine within.

In Bhagavad Gita, the meaning of Meru has been interpreted beyond an actual mountain. It is where mortal and eternal meet and the omnipresent and intangible Divine take physical form, 'meru sikhramaham' translates to....'In mountains, I (Supreme Lord) am Meru (Kailas). It is a replica of Supreme.

It is also very clear in Shiv Samhita, (another Indian scripture) which explains Meru/Kailas as

देहेष्मिन् वर्तते मेरुः सप्त द्वीप समन्वितः ।

deheshmin vartate meru sapt dweep smanvita'

Explanation- Meru (Kailas) appears within man himself. In human body, Mount Meru (Kailas) is encircled by seven continents and he alone, who knows this, is to be a true yogi.

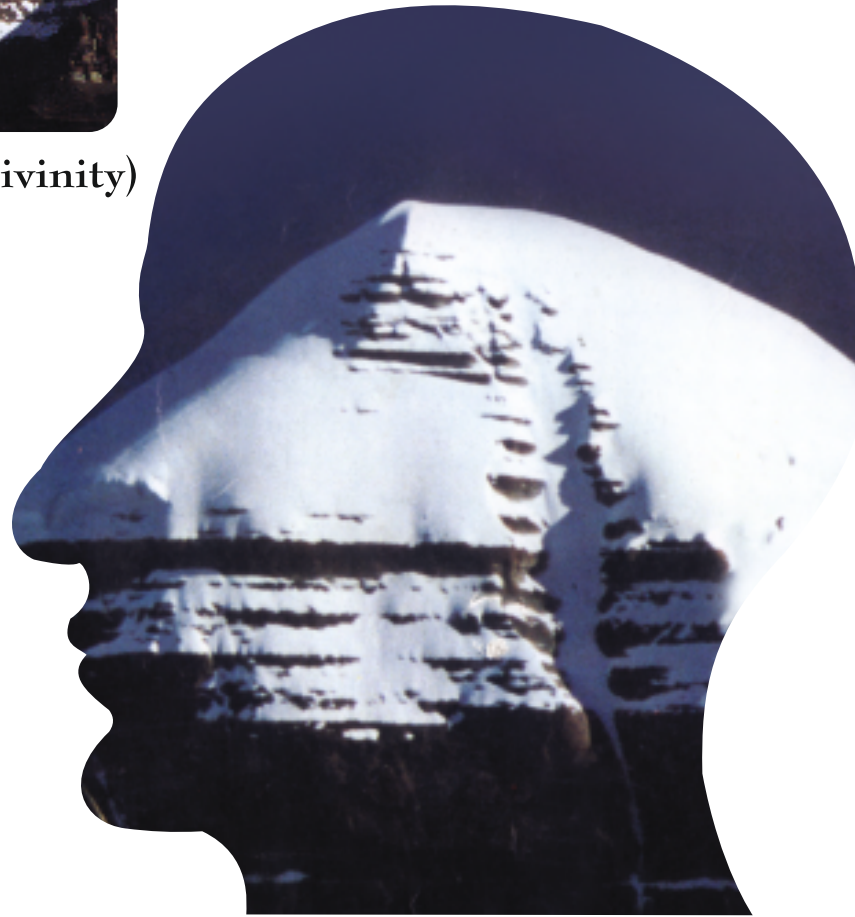
If we assess an archaic attempt made by Indian scriptures who have interpreted 'Meru within man him self', 'Replica of Supreme' then where does the imprints of the Mount Meru (Kailas) exist in the human body. It is either brain or heart. The Mahabhartar also describes Meru – 'A kingdom of Mind'. The seat of Kailas as inner image of Divine or Eternal Truth can be in mind or brain which connects to the whole body and the brain functions like a control room. All our emotions and feelings also emanate from the mind itself. Mind can only make us aware of anything whether it is tiny insect or Super God. Heart is a physical organ which regulates blood circulation in the body.



Mount Kailas (Inner image of Divinity)



Human brain



Infused photo of Mount Kailas in human brain

The existence of Kailas as inner image of Divine, The Innermost invisible truth or image of God can also be evaluated in the given picture by in-fluxing Kailas in the human brain.

Now, it is convenient to explain how the picture of Kailas as 'Inner image of Divine Mountain' or 'the Innermost invisible truth' is infused in the brain of human body, the reality within the illusion. The existence of Kailas in human brain makes one believe that image of Divine or Invisible Truth exists in every human being, irrespective of religion, caste, creed etc. The Divine cannot be reduced into words. It only points that Divine is inseparable from the universe.

Atheists say God is NO WHERE, Unscientific and unphilosophical people never suspects the existence of God which is NOW HERE.

Saint Kabir says 'The musk of musk-deer is in its navel, yet the deer searches it in the forests. The ignorant deer is not aware that the fragrance of musk is coming from its navel. Musk-deer is to lower its neck and that fragrance is right with him. Similar is the situation with the man... since God is within man, yet he searches everywhere except within. The great saints have advocated that human body is the seat of Divine.

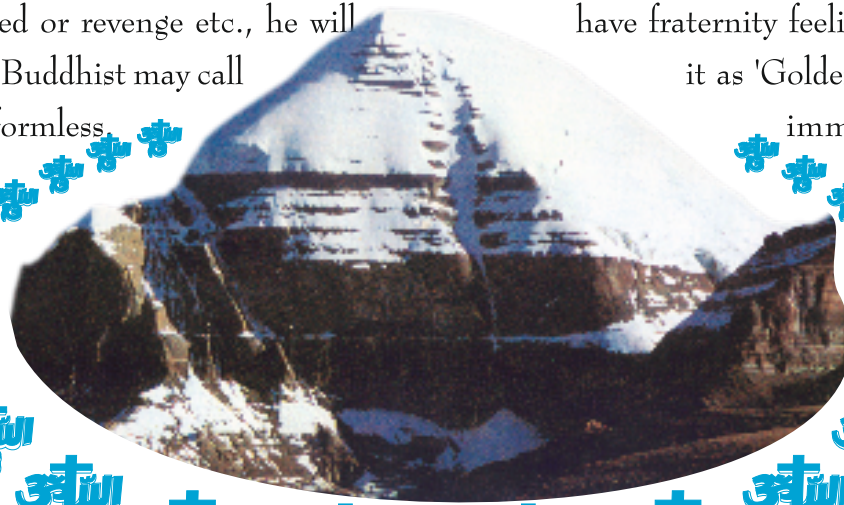
To see Divine in human being is the only Divine vision. If every human establishes the exalting presence of god in the form of Divine Mountain in his mind then instead of hatred, jealousy, greed or revenge etc., he will have fraternity feelings towards his fellow men across the world.

For Hindus, Mount Kailas is 'Divine Siva', Buddhist may call it as 'Golden Buddha' and Christians may visualize it as the 'Jesus Christ within'. It is also that formless, immeasurable, invisible consciousness that controls thoughts and feelings. It guides man's actions and reactions.

Sri Aurobindo's attitude was that always inside in the form of your intuition, which is our God whispering within.

'God permeates the whole world, You better seek Him in yourself. yet His truth is revealed to none. one' – Yunus Emre You and He aren't apart-You are

Mount Kailas symbolises love and compassion. It gives message of unity to human beings irrespective of their caste, creed and religion.



On a desolate corner of Western Tibet in Trans-Himalayan region, arises a gigantic snow-clad pyramidal structure of Mount Kailas.

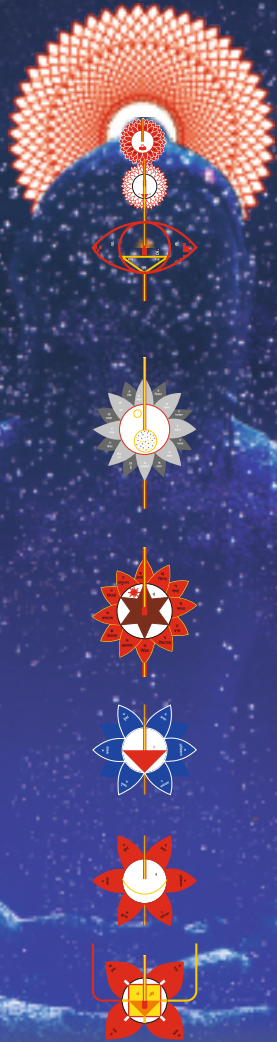
For thousands of years, Hindus, Buddhists, Bonpos and Jains have been circumambulating Divine Mountain to attain salvation. Several inquisitive people from other parts of the world also visit it out of wonder and curiosity.

Hindus consider Kailas an abode of Lord Siva. Lord Siva is also known as an exponent of yog, tantra and other super-natural sciences. Therefore, it is unlikely that holy Kailas will be devoid of any signs of yog.

I trust through this book, many others from diverse regions and religions of the world will realize why Kailas was lifted into the realm of the Divine that emits a massive natural aura. Moreover, they will also discover the yogic secrets of the White Mountain through virtual facts, figures, maps and hundreds of breath-taking pictures.

This book also articulately covers the journey of holy 'Lake Manasarovar' and the surrounding regions.

- Yogiraj Sri Dulal Maharaj



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