

A photograph of Mount Kailas, a prominent snow-capped mountain peak, viewed from a low angle. The foreground is filled with numerous colorful prayer flags (yellow, green, red, blue, white) strung across the frame, some appearing to be in motion. The sky is a clear, deep blue with a few wispy white clouds. The overall scene is bright and high-contrast.

The Yogic Secrets of **MOUNT KAILAS**

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About Author

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.

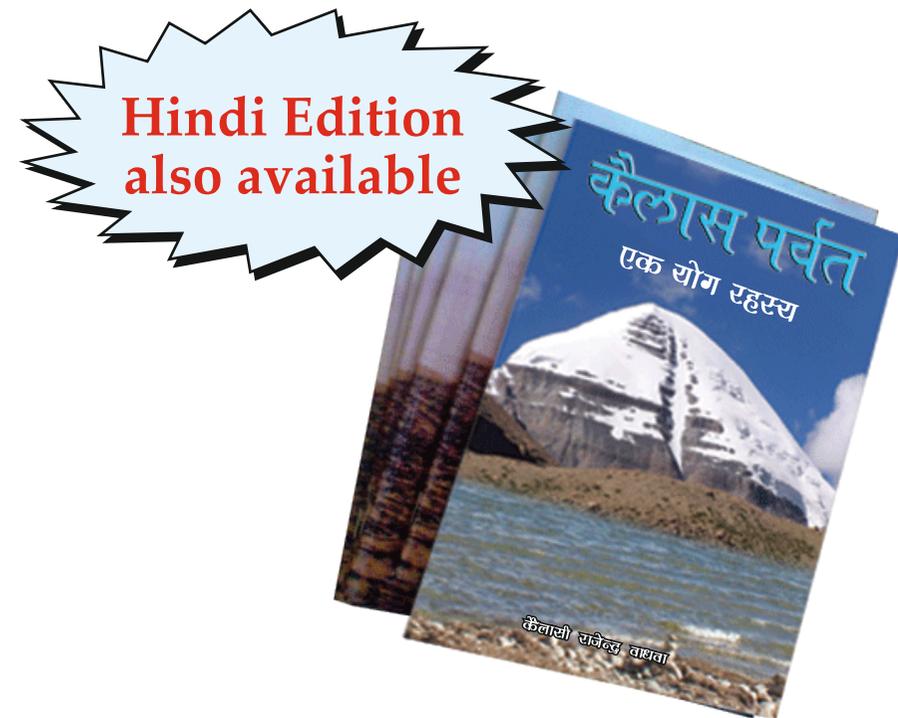
In 1997, he decided to undertake the much desired journey to 'Kailas Manasarovar'. He was quite fascinated by what he witnessed. He had made up his mind to take forward his 'mission'. In 2004, at the age of 50, he did a Diploma in Yoga. His Yog Guru described some resemblance between Kailas and human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

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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. Although 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 smanvitaḥ'

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 himself', '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 Mahabharata 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.

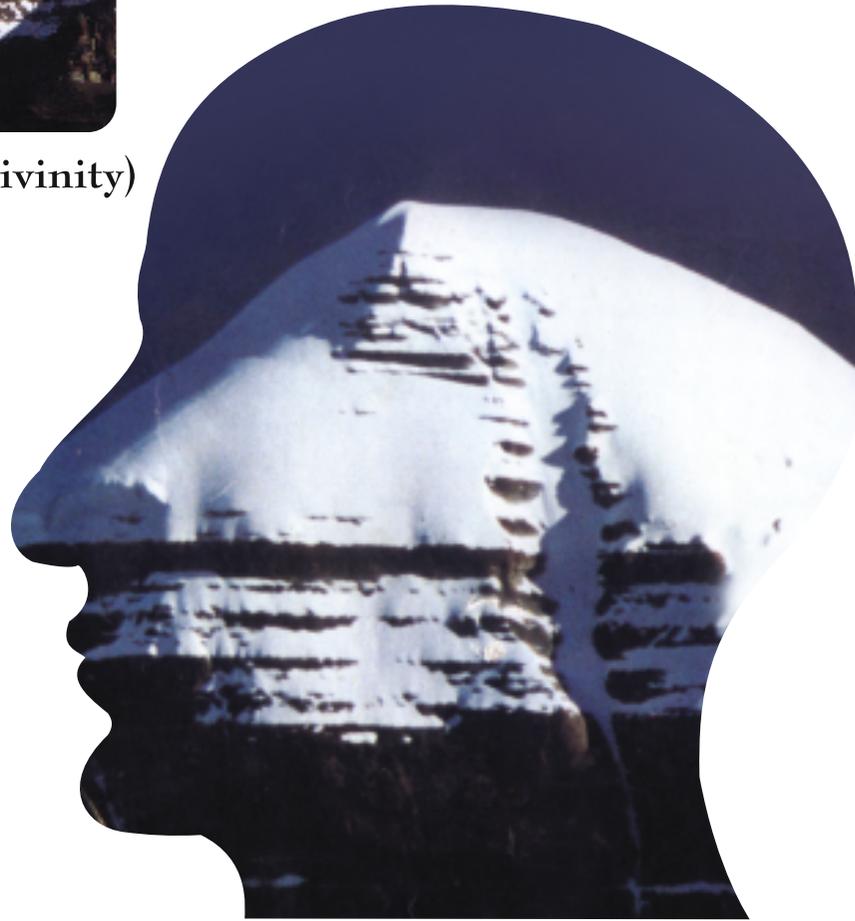
The existence of Kailas as inner image of Divine, The Innermost invisible truth or image of God can also be evaluated in the given picture by in-fluxing Kailas in the human brain.



Mount Kailas (Inner image of Divinity)



Human brain



Infused photo of Mount Kailas in 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.

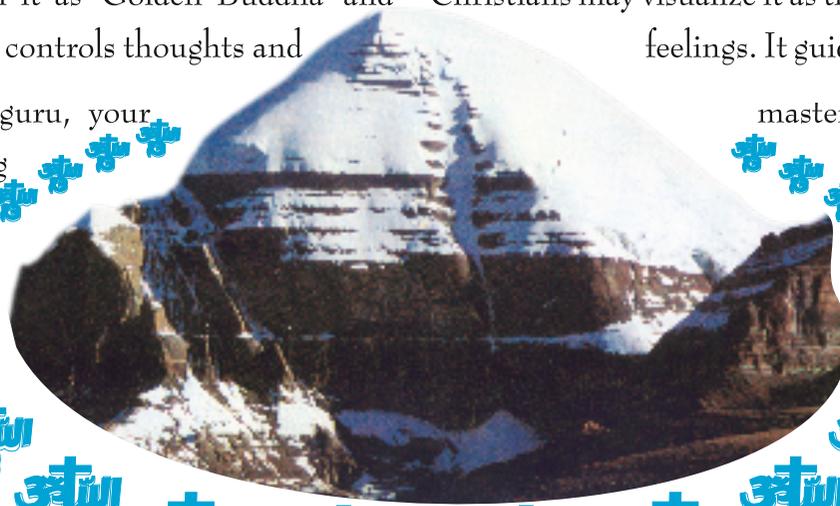
Saint Kabir says 'The musk of musk-deer is in its navel, yet the deer searches it in the forests. The ignorant deer is not aware that the fragrance of musk is coming from its navel. Musk-deer is to lower its neck and that fragrance is right with him. Similar is the situation with the man... since God 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 your guru, your master, your guide is always inside in the form of your intuition, which is our God whispering within.

'God permeates the whole world, yet better seek Him in yourself. You and He aren't apart-You are one' – Yunus Emre

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.

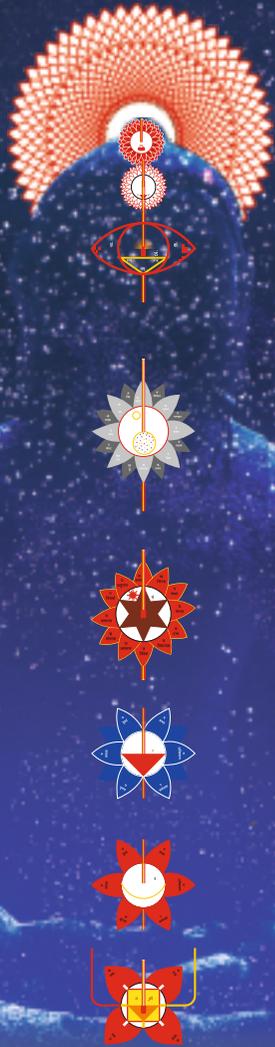
For thousands of years, Hindus, Buddhists, Bonpos and Jains have been circumambulating Divine Mountain to attain salvation. Several inquisitive people from other parts of the world also visit it out of wonder and curiosity.

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



Price : ₹ 1500.00
: \$ 62.00