

BOOKS OF WISDOM • FIFTH NOTEBOOK

Open-Eye Meditation

Kundalini, the chakras and the nine steps

BLUSABOOKS



Open-Eye Meditation

KUNDALINI, THE CHAKRAS AND THE NINE STEPS

Every chapter — four parts

WHAT THE TEACHING SAYS *the teaching, honestly and in full*

IN PLAIN WORDS

the same in one or two sentences

TERMS

the chapter's terms and what they mean

WHAT SCIENCE SAYS

*what is proven, what is an image, what
needs caution*

This book does not replace medical advice.

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FOREWORD

This book is about one meditation and the teaching that has grown up around it. The meditation is simple: sit an arm's length from a geometric plate, gaze at its centre with open eyes, breathe four-four-four-four, and after a while let your eyes close and the plate enter you. The teaching around it is wide: kundalini energy sleeping coiled at the base of the spine; a masculine and a feminine pole to be balanced; seven chakras with colours and affirmations; the synchronisation of the brain's hemispheres with sound; and a whole row of extra practices — from aloe juice to the revocation of vows.

I will tell it all as the teaching tells it, leaving nothing out. And in every chapter I will say what science and doctors say — because here, unlike with geometry or affirmations, some of the advice touches body and mind directly, and some of it calls for caution. A kundalini experience can be powerful; it must be spoken of honestly, not only with enthusiasm.

Every chapter has four parts: what the teaching says, the same in plain words, the terms, and — what science says. At the end are seven chakra cards — each chakra with its colour, element, themes and affirmations — to print and use in the fifth step of the meditation. The meditation plates — the flower of life, Metatron's cube, the merkaba — are in this series' third notebook on sacred geometry.

CHAPTER I

KUNDALINI: THE COILED ENERGY

WHAT THE TEACHING SAYS

Kundalini, the teaching says, is cosmic energy that sleeps in every person, coiled like a serpent at the base of the spine. It is the very root of the life force, and when it awakens it rises up through the seven chakras, igniting each, until it reaches the crown — and there comes enlightenment, the recognition of one's true nature and union with the Source. The ancient Hindu and Tantric texts call this the highest goal of human existence.

Kundalini is feminine energy — Shakti, the Mother, the creative power — which strives upward to meet Shiva, the masculine consciousness, at the crown. Tantric adepts have awakened it for centuries with rituals, breath and meditation. And although kundalini awakening is usually linked with yoga, its postures and breathing techniques, the teaching offers another path: open-eye meditation on Metatron's cube, which awakens the energy safely and gradually, without disturbing daily life — unlike the cases in which the energy rises too fast and brings unpleasant consequences.

IN PLAIN WORDS

The teaching says: at the base of the spine sleeps a coiled energy, and when it wakes it rises through the chakras to the head — and there a person recognises who they are. Meditation on a plate wakes it slowly.



FIGURE 1

Kundalini as a coiled serpent along the spine — an image; the vagus nerve — real.

TERMS

Kundalini — Sanskrit for "the coiled one"; in the Tantric and yogic tradition, the dormant life energy at the base of the spine.

Chakra — Sanskrit for "wheel"; an energy centre in the body; classically seven.

Shakti, Shiva — in the Hindu tradition: the feminine creative power and the masculine consciousness; their union — completeness.

Tantra — a religious-philosophical tradition of India (from the 5th–6th century) that uses body and energy as a spiritual path.

Enlightenment — in the spiritual traditions: final awakening, seeing one's true nature.

Kundalini yoga — a form of yoga with intense breath, mantras and movement, intended to awaken the energy.

 WHAT SCIENCE SAYS

Kundalini is not found in anatomy — there is neither a serpent nor an energy reservoir at the base of the spine. But the kundalini *experience* is real and documented: waves of heat or vibration along the spine, strong emotions, a sense of light, sometimes euphoria — meditators in various traditions report it, and neuroscience explains it as the effect of intense attention, breathing and expectation on the nervous system. It is as real as any other bodily state, and just as little "cosmic".

Important to know: these experiences also have a shadow side. Psychiatry describes a "kundalini syndrome" — anxiety, insomnia, depersonalisation, sometimes psychotic symptoms after very intense meditation or breathing practices, especially in people with prior psychological vulnerability. The teaching's note about "rising too fast" is therefore correct, only it should be taken literally: intense practices can harm. A slow, calm meditation with open eyes and an even breath is one of the safest ways — and that is one reason this book recommends exactly that, not hours of hyperventilation.

CHAPTER II

THE AWAKENING AND ITS FRUITS

WHAT THE TEACHING SAYS

The teaching says kundalini can also be linked with science: it is said to be connected with the right vagus nerve — the main nerve of the autonomic nervous system, which governs heartbeat, breath and digestion. Through conscious practice a person gains voluntary control over this nerve, and with it over stress and healing. As an example it cites the yogi Deshbandhu, who could stop his own heart and pulse.

The awakening of kundalini, it says, bears many fruits: the ability to see or feel auras; hands-on healing; spontaneous memories of past lives; the "channelling" of poetry, art and books; out-of-body experiences; psychokinesis; precognitive visions; synchronicities; the ability to balance other people's energy; a deeper understanding of scriptures; instinctive knowledge of what to do; an expanded vision of reality; a sense of the presence of light beings and teachers. Since kundalini is also sexual energy, its movement is to be expected and directed — simply by turning attention to the crown when the energy moves; no special techniques are needed, "she will find her own way".

IN PLAIN WORDS

The teaching promises that the awakened energy gives unusual abilities — seeing auras, healing with the hands, remembering other lives. And it says the vagus nerve is its bodily side.

TERMS

Vagus nerve — the tenth cranial nerve, the longest nerve of the autonomic system; it joins the brain to the heart, lungs and belly.