

Part Three-Transformation

Study questions

1. The transformation channel is formed by what process?
2. What is the basic action that one needs to do in order to transform one's nature?
3. Does who you basically are undergo transformation?
4. What is the connection between the philosopher's stone and sacrament?
5. What is the Sanskrit word for enabling energy?
6. When shakti flows through the central channel, what is it called?
7. What opens the golden door to transformation?
8. In order to transform sexual energy into kundalini, what must one do?
9. Name the seven chakras in Sanskrit.
10. True or False? One is to kill passion and thereby achieve union with God.
11. What is Shiva's Dance symbolic of?
12. Give another expression for the 'nectar of immortality.'
13. What is the secret of rapid evolution?
14. Explain the genetic process of how, in yoga, rapid evolution takes place.
15. What is the Virgin Birth?
16. Is 'death' necessary in the process of transformation?
17. What deity is associated with the Brahma Granthi?
18. What endocrine gland is evolved as the Vishnu Granthi is pierced?
19. Is emotional pain often involved in the purification of the heart centre?
20. True or False? One must sacrifice one's body in order for the final transformation into divine body to occur.
21. What does the peacock feather in Krishna's hair symbolize?
22. Which comes first, the final stage of samadhi or the formation of the divine body?
23. Explain in yogic terms, the transformation process set forth by the European medieval alchemists.