

The Millennial Tantric - Bhavesh B. On Aghori Sadhus, Sadhana & Demons...

Abstract:

The Millennial Tantric - Bhavesh B. talks about achieving spiritual growth and enlightenment through surrendering to a higher power, practicing tantric techniques, and letting go of material attachments, under the guidance of a guru. The video discusses the ultimate goal of Tantra, which is to attain Moksha, a state of pure consciousness where the ego dissolves and the individual merges with the divine. The speaker emphasizes the importance of experiential learning and personal practice in spiritual growth and states that true enlightenment comes from being present and evolving one day at a time with the right attitude. They also discuss the mystical experiences and practices of Tantra, the importance of gurus and guidance, and the unique practices of Aghori Sadhus. The speaker cautions that tantric practices can lead to negative consequences if not done properly and emphasizes the need to let go of the ego. They also discuss tattoos as a spiritual practice and the significance of triangles in tantric sadhana. Overall, the key idea of the video is that spiritual growth is achieved through surrendering to a higher power, practicing tantric techniques, and letting go of material attachments, with the guidance of a guru.

Key Insights

Spiritual Growth and Enlightenment

- □□ The ultimate goal of Tantra is spiritual growth and attaining Moksha, a state of pure consciousness where the ego dissolves and one merges with the Divine.
- □□ When practicing sadhana and energizing the chakras, the unfolding of petals and chanting of mantras can bring forth past spiritual experiences and knowledge, leading to a deeper understanding of oneself and the world.
- □□ The mantra "Soham" is considered a powerful meditation practice followed by Lord Shiva himself, emphasizing the significance of self-identification and being in the present moment.
- □ The speaker emphasizes the significance of experiential learning and personal practice in spiritual growth, stating that true enlightenment comes from being present and evolving one day at a time with the right attitude.
- □ The battle against your ego is the greatest battle you can have on the spiritual path, but after walking through the thorns, it becomes a bed of roses.
- □ The highest joy for a human being is experiencing the ecstasy of life and being one with everything, according to the teachings of sadhna.
- □ As one evolves on the path of Tantra, they may develop a connection with the deity they worship, reaching a state where the deity can communicate with them.
- □ "Mantra is very very powerful if you chanted properly in the morning during Brahma murata for good. Uh half an hour you will realize that your intelligence your memory capacity and your awareness increases."

Mystical Experiences and Practices

- □ Tantra is not just about sex, but about the complete surrender of the mind, where magic happens when the three elements of yantra, mantra, and tantra come together.
- □ Activating and purifying the nadis, especially the three most important ones, is crucial in experiencing the magic and different dimensions of spiritual practice.
- □ The path of the Aghoris is to find God even in darkness as they

- The path of the Aghoris is to find God even in darkness, as they believe that divine energy is present in everything, including death.
- The fascination with Aghori sadhus stems from their encounters with demons, spiritual experiences, and shortcut to evolution, but it is also the most dangerous path to follow.
- As one progresses in their sadhana, they can experience higher levels of consciousness and hear sounds like the flow of blood, ocean waves, and the powerful chant of "om" resonating from the navel.

Importance of Guru and Guidance

- Surrendering to a guru can lead to spiritual growth and guidance, as they have the ability to take over and direct one's actions and decisions.
- "I think podcasts are a lot about sharing philosophy but also experiences."
- Bhavesh B. emphasizes the importance of having a physical guru in tantric practices, stating that without a guru's blessing, spiritual progress is not possible.
- An enlightened guru, who has practiced the mantra for years, can significantly accelerate a disciple's spiritual progress by imparting the mantra, as their guidance and charged energy infuse the mantra with power and effectiveness.

The key idea of the video is that spiritual growth is achieved through surrendering to a higher power, practicing tantric techniques, and letting go of material attachments, with the guidance of a guru.

[00:00](#) Spiritual growth is achieved through surrendering to a higher power, acknowledging great gurus, and practicing tantric techniques, which involve the calling out of specific deities within oneself for fast spiritual growth, but it is important to have knowledge and understanding to avoid negative consequences.

- Spiritual growth is achieved through the right intention and attitude, surrendering to a higher power, and acknowledging the existence of great gurus and yogis in the mountains who work behind the scenes.
- The speaker expresses excitement and gratitude for being on the show, discusses their interest in the host's content, and mentions their anticipation for a deep dive into their backstory and experiences.
- The speaker discusses their spiritual journey, meeting their Guru, and their focus on tantric practices and bhakti.
- Tantra is not just about sex, but about the complete surrender of the mind, involving the techniques of yantra, mantra, and tantra, which allow for the calling out of specific deities within oneself, leading to fast spiritual growth.
- Opening chakras in tantric practices can lead to accessing different dimensions, but it is important to have knowledge and understanding to avoid negative consequences such as losing one's mind.
- Tantric practices can lead to dangerous consequences if done incorrectly, as the goal is spiritual growth and not getting entangled in ego or superpowers, and it is important to go beyond these powers and understand oneself as just an instrument.

[11:48](#) A photographer struggled to capture an Aghori Sadhu until he begged the guruji, while students experienced nightmares and entities during tantric practices; chakras are not physical but part of astral and causal bodies, and through sadhana and mantras, they can be activated to unlock spiritual experiences and knowledge, with the journey from the root chakra to the third eye being unique for each individual and involving the activation of nadis and straightening of the spine to access different dimensions and magic, which Aghori Sadhus have gained knowledge of from

different planets through their internal journey.

- - A photographer tried to take a picture of an Aghori Sadhu, but the photo didn't come out until he begged the guruji, and the speaker witnessed students experiencing nightmares and seeing entities during their tantric practices.
 - When the muladhara chakra awakens, it gives instincts and sexual desires, and as the chakras are always open and functioning, they are not physical but part of the astral and causal bodies made up of nadis, which are energy chords that meet at certain points called chakras.
 - Marma therapy, chakras, and the importance of spiritual practices are discussed, emphasizing the difference between functioning and non-functioning chakras and the experiences of yogis.
 - Chakras cannot be closed, but through sadhana and chanting mantras, they can be activated, leading to the unfolding of petals and the awakening of spiritual experiences and knowledge.
 - The journey from the root chakra to the third eye is unique for each individual, involving the activation of nadis and the straightening of the spine to access different dimensions and experience magic.
 - Aghori Sadhus have gained knowledge from different planets through their internal journey and possess a strong tradition of not discussing it openly.

[21:22](#) □□ Start your spiritual journey by minding your own business, surrendering to a higher power, and understanding the importance of breath control and guidance from a physical guru.

- - Start your spiritual journey by minding your own business, practicing discipline, and understanding that everyone has their own way of spiritual growth.
 - Surrendering to a higher power is essential in tantric practices, as it allows for guidance and transformation.
 - The speaker discusses the practice of soham, a form of yoga and meditation, and emphasizes that everyone is already doing it, whether they are aware of it or not.
 - Breathing techniques and the concept of "soham" are discussed, with the idea that advanced yogis have control over their breath.
 - Mastering the breath is key to mastering life, as it determines the length and quality of one's existence, and enlightened beings can control their breath to the extent of only needing to breathe with one pinky finger.
 - Enlightened beings can sustain themselves on sunlight alone, and by understanding and manipulating their internal energy, they can heal the body and gain knowledge, but they still require a physical guru for guidance and spiritual growth.

[27:49](#) □□ Our past experiences shape our present and future, yogis are instruments of cosmic energy, tantra leads to silence and bliss, surrendering ego is key, all devotees are equal, and Sri Shuka had a profound impact.

- - Our past experiences and knowledge from previous lives can influence our abilities and actions in the present, and our responses and reactions now will shape our future.
 - You create your own eternal life and heaven through your state of mind, and a yogi operates as an instrument of cosmic energy, not responsible for their actions.
 - Tantra, bhakti, and Gana all lead to vedanta, where everything is pure consciousness; sadhana is a tool that eventually becomes unnecessary, and even tantra's purpose is silence and bliss, allowing one to connect with others and have profound experiences in the mountains.
 - Evolved beings reincarnate to keep the evolved minds evolved and work in higher planes to channelize light and create circumstances for influential human beings, and surrendering one's ego is the key to seeking their help.

- All four types of devotees are equal in their prayers to God, and it is sad that people compare and think their God is superior, when in reality, the sun shines equally for everyone and ego is anti-spiritual.
- Sri Shuka, a highly evolved being born in Cosmic consciousness, had the ability to bring knowledge to the world and had a profound impact on those around him.

[40:04](#) □ The speaker discusses the importance of spiritual growth, the unique practices of Aghori Sadhus, and the need to let go of material attachments in order to find true fulfillment.

- ◦ The speaker discusses the importance of spiritual growth, the battle against ego, and the need to let go of material attachments in order to evolve and find true fulfillment.
- The Aghori Sadhus practice a unique form of spirituality that involves tapping into the energy of past experiences, embracing death, and using yantras to connect with the divine.
- The speaker discusses the secretive and intense practices of Aghori Sadhus, their aggressive yet loving nature, their preference for solitude in the Himalayas, and shares a story about a deity's attempt to tempt an enlightened Aghori.
- Lower deities are entities that people use to get their job done, but they don't realize that these deities suck away their spiritual energy, and the highest demon is in their mind, so it is important not to get entangled with them.
- Time is a mental concept, yogis are beyond time, deities are lower than yogis, and worshipping lower deities is an ego trap because God is within oneself.
- The speaker acknowledges that they are holding back from discussing certain topics to avoid entangling others, as it is a fascinating subject that may generate curiosity.

[52:27](#) □ The speaker discusses the importance of personal experiences in spiritual practices and the need to transcend ego, while mentioning the practice of Aghori Sadhus and the different levels of tantric knowledge.

- ◦ The speaker discusses the importance of personal experiences in spiritual practices and the need to transcend ego in order to gain true knowledge.
- Stimulants like coffee have a significant effect on the mind, but they do not lead to samadhi; the speaker also mentions encountering a small girl.
- Aghori Sadhus practice tantric sadhanas that teach the highest joy for humans is sex, food, and sleep, and the goal is to be absorbed in the ecstasy of life and be one with everything, and it is possible to engage in certain indulgences while still being advanced on the spiritual path.
- There are three types of people in Tantra - tamsik, rajasik, and satwik - and depending on their behavior and practices, they can evolve into different levels of tantric knowledge, with the awakening of Kundalini being a painful and potentially dangerous process.
- Cutting the tongue is a painful tantric practice that unlocks the nectar of life, but it is advised not to do it as there are other ways to go beyond the body in Tantra.
- Practicing painful and delicate tantric rituals is a test for disciples to go beyond physical pain and experience beautiful experiences.

[01:01:24](#) □ Tattoos can be a spiritual practice that removes karma and adds intensity to one's personality, with the belief that they hold power and symbolize personal growth, while cautioning against the dangers of hallucination and emphasizing the importance of controlling the mind in tantric practices.

- ◦ Getting tattoos can be a spiritual practice that helps remove karma, despite facing criticism for having tattoos.
- The speaker discusses the significance of tattoos and how they can add intensity and fiery elements to one's personality.
- The speaker discusses their experience of getting a tattoo and how

it was more painful than previous ones, but they realized that it came at the right time during their spiritual practice.

- The speaker discusses the importance of leading a dharmic life with proper sadhana, knowledge, and working on one's ego, while cautioning against the dangers of hallucination and the need to control the mind in tantric practices.
- Tattoos are seen as a spiritual expression and a reminder of impermanence, with the belief that they can hold power and serve as a symbol of personal growth and transformation.
- The state of your body and mind energizes and reflects on your body, and in tantric practices, the transfer of energy through rituals and wearing certain items like copper stores and reflects energy.

[01:08:48](#) □ Tantric sadhna involves worshipping Gods in the form of triangles to evolve spiritually and communicate with deities, with practices like mantras and worshipping Shivan Kali being essential, and the guidance of a guru is important for proper initiation and progress.

- ◦ Tantric sadhna involves worshipping Gods in the form of triangles, with the goal of evolving spiritually to the point where the deity communicates with you.
- The essence of tantric practices is to journey from form to formless consciousness, experiencing unconditional love and realizing that pure consciousness is the same everywhere, sustained by Vishnu.
- The practice of sadhna involves merging with cosmic sounds, including the sound of planets, through mastering internal sounds in the body.
- The speaker discusses the power of mantras and practices like kapalbati and brahmari in increasing intelligence, memory capacity, and awareness, emphasizing the need for a guru for proper initiation and guidance.
- Gurus initiate disciples through various methods, such as giving mantras vocally, touching them, making eye contact, or placing their feet on them, and a mantra given by an enlightened and powerful guru can accelerate spiritual progress.
- Chanting the mantra "Om" can remove the fear of death, strengthen the physical body, and have healing effects, and worshipping Shivan Kali is essential in understanding the essence of Tantra and the practices of agoris.

Q&A

How can chakras be activated through sadhana and mantras?

Chakras can be activated through sadhana and mantras by practicing specific techniques and chanting specific mantras that are associated with each chakra. The sadhana involves the unfoldment of petals and the awakening of the chakras, leading to the activation of the nadis, which are energy channels within the astral and causal bodies. Through chanting mantras, the chakras can be activated and the individual can experience spiritual experiences and knowledge. It is important to note that each individual's journey from the root chakra to the third eye is unique, and the activation of chakras involves the straightening of the spine and accessing different dimensions. The process of activating chakras through sadhana and mantras should be done under the guidance of a guru to ensure proper initiation and guidance.

For example, the mantra "Om" is known to have powerful effects on the chakras. Chanting "Om" can remove the fear of death, strengthen the physical body, and have healing effects. The speaker also mentions the mantra "Soham" as a powerful meditation practice followed by Lord Shiva himself, which emphasizes self-identification and being in the present moment. By chanting these mantras and practicing sadhana, one can

activate and awaken the chakras, leading to spiritual growth and experiences.

In summary, chakras can be activated through sadhana and mantras by practicing specific techniques, unfolding petals, and awakening the chakras. Chanting specific mantras associated with each chakra can facilitate the activation process. It is important to have proper guidance and initiation from a guru when engaging in these practices.

What is the unique journey from the root chakra to the third eye for each individual?

The unique journey from the root chakra to the third eye is different for each individual and involves the activation of nadis (energy channels) and the straightening of the spine to access different dimensions and experience magic. This journey includes the unfolding of petals and the awakening of spiritual experiences and knowledge through the activation of the chakras. It is through this internal journey that Aghori Sadhus have gained knowledge from different planets.

How do Aghori Sadhus gain knowledge of different planets through their internal journey?

Aghori Sadhus gain knowledge of different planets through their internal journey by tapping into the energy of past experiences and embracing death. They practice a unique form of spirituality that involves using yantras, which are mystical diagrams, to connect with the divine. Through their intense and secretive practices, they attain a higher level of consciousness and access different dimensions. It is believed that Aghori Sadhus have gained knowledge from different planets through their internal journey. The speaker mentions that Aghori Sadhus have gained knowledge of different planets through their internal journey and their encounters with demons and spiritual experiences. However, further details on the specifics of how they gain this knowledge are not provided in the given document snippets.

What is the difference between functioning and non-functioning chakras?

The difference between functioning and non-functioning chakras lies in their activation and the experiences they enable. Functioning chakras are those that have been activated through sadhana (spiritual practice) and chanting mantras. These activated chakras unfold their petals and awaken spiritual experiences and knowledge. The activation of chakras allows individuals to access different dimensions and magic.

On the other hand, non-functioning chakras have not been properly activated. They may remain dormant or closed, limiting the individual's spiritual growth and experiences. It is through sadhana and proper spiritual practices that chakras can be activated and functioning.

What are the potential negative consequences of practicing tantric techniques without knowledge and understanding?

Practicing tantric techniques without knowledge and understanding can lead to potential negative consequences. As mentioned in document snippet, opening the chakras in tantric practices can result in accessing different dimensions. However, if done without proper knowledge and understanding, it can lead to negative consequences such as losing one's mind. The document also emphasizes the need to let go of the ego and not get entangled in superpowers, as the goal of tantric practices is spiritual growth and not acquiring extraordinary abilities. It is important to go beyond these powers and understand oneself as just an instrument.

Additionally, document snippet advises against cutting the tongue, as painful tantric rituals should be approached with caution and there are alternative ways to go beyond the body in Tantra. Overall, without proper knowledge, understanding, and guidance from a guru, practicing tantric techniques can lead to dangerous consequences, hindering spiritual growth instead of facilitating it.

Watch the Entire Episode

https://www.youtube.com/watch?v=rGUv7hMqo_w&list=PLbI3RZ2z4PzDGLLf9vylek96fbk-3FzYb&index=1&t=23s

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