

EPISODE 7

IDA AND PINGALA

Hello everyone. Whether or not you are still on the path that you may or may not have ever been on. This is episode lucky number seven of my podcast ManWomanSexGod. And my name is Michael Folz

And the reason that I am singling this episode out is because I consider it one of the most important ones of this podcast. Further, I will go so far as to suggest that if you really ‘get’ what I am about to share with you right now it might well change your entire understanding, both of reality and of how humanity is really supposed to work.

So, with that portentous introduction, let’s review what we learned last episode. Namely, we found out where the images of serpents going around poles, which were so strangely ubiquitous in ancient times, came from, not to mention serpents tempting people to eat fruit from trees in the middle of the garden.

But you may have noticed that I didn’t say anything about that other symbolism from the episode before that. So... What about those pillars?

Remember them? Those black and white columns that Isis, the High Priestess and guardian of hidden Truth, was protecting. The otherwise quixotic entrance pieces at the major temple complex at Baalbek. The poles held by the lion and the unicorn in the lady and unicorn tapestries. Where do they all fit in?

Well, as you might have guessed, they also have something to do with the spine and the nervous system. And, just as with the kundalini, whereas most traditions kept this knowledge secret and hidden, in India practitioners of yoga came right out and explained what was going on.

Although now it does get a little bit more obscure. After all, if you’re more than a little bit into yoga, or even New Age-type thought, you might well have heard about chakras before. What’s more, it’s plausible that you’ve also heard about the kundalini. Although I’ll caution you that, with both concepts, what you might have read or heard about either of them is often garbled at best, and can either kind of trivialize both of them, and/or be downright misleading. For instance, when describing

chakras, books often associate each one with some color or some distinct geometric form, like a square or a triangle. Well, maybe, way back when, before it was whispered down the valley, maybe some of this made sense. But to me it's kind of beside the point, even nonsensical. Because when you actually feel the energy at one of those points, that's what it is: Energy. Kind of a buzz, an awakening, as it were, at that node. And there's nothing magical or New Age-y about it.

Likewise, kundalini is often presented as some sort of benign, totally positive energy. Which you can experience simply by following some relatively easy exercises from some name-branded yoga product. Uh-uh. This is really serious stuff. And if yours were awakened, then the odds are pretty high that it wouldn't result in wonderful energy or magical powers, but rather in anxiety, trauma, and all of those other dreadful symptoms which the kundalini syndrome lists.

Now the reason for this misinformation, as I said earlier, is because so few people have actually had the experience of chakras opening up or kundalini rising. And in fact in 1935, when in India our friend Gopi Krishna went from one supposed yoga master to another, not a single person had a clue as to what he was actually going through. Namely because even in India everybody was just repeating stuff that they had heard or read.

So from this point on you're going to have to trust me a bit. Because some of what I am going to say isn't always covered in those books which talk about chakras and kundalinis. Now this doesn't mean that I'm making any of it up. Indeed the basics of what I am about to say are just as intrinsic a part of yoga theory as are those chakras and that kundalini.

And although some of my insights which follow from those basics may sound original, well, that's because they might well be. But remember when I was talking about Einstein ending up logically deriving the weirdness of time dilation simply from fully grasping the absolute nature of the speed of light. In the same way, all of the next few episodes logically follow, once you fully grasp the yoga basics which I am about to tell you.

Okay. Also, going forward, I will from now on mostly be giving the 'spiritual' explanation for these phenomena. This doesn't mean that 'psycho-chemical' explanations can't also exist. But by now I'm getting tired of repeating that truth in every episode. And therefore by now you should be able to come up with your own alternative understanding should you be uncomfortable with the 'spiritual' one.

Anyway, here is the first big reveal. Because it turns out that one of the bedrock ideas of yoga is that there are two (almost ethereal) 'threads' within the spinal column. And in Sanskrit these are

called the Ida and the Pingala. And it is along these that your life force flows. Now clearly the existence of these ultra-thin cords hasn't been confirmed or even suggested by Western science. Nonetheless yoga is absolutely sure that they exist.

Further, according to yoga, the Ida thread corresponds to Female Energy and the Pingala corresponds to Male Energy. Kind of like yin and yang. Although in this case the connection is somewhat more profound.

For this is what yoga teaches:

That these two threads, the Ida and the Pingala, are actually two parts of a single circuit. And the way it works is that the Pingala, the male energy, is your life force as it goes down the spine, from the Third Eye down to the lowest chakra. And the Ida, or female energy, is that same life force coming back up the spine and returning to the Third Eye. In other words—and this is really important for you to understand—the Male energy always 'wants' to go down, whereas the Female energy always 'wants' to go up.

Okay. Now if and when one reads about this in a book about yoga, the natural reaction is to think that the terms 'male' and 'female' are used simply to differentiate one from the other. And that labeling them A and B, or X and Y, might have worked just as well. Or that 'male' and 'female' are just being used in some kind of vague, general, or poetic sense, much like cartoon dogs are usually depicted as male and cartoon cats are usually depicted as female.

Uh-uh again. The theory of yoga is quite serious about the male and female thing. And so am I. In fact, this is one of the most critical points that I am going to introduce in this podcast.

So I'd like for you to think about this for a moment. Because it is exceedingly profound.

Because 'male' and 'female' are not just metaphors, or symbols of energies that have only passing resemblance to men and women. They are the whole deal. In other words, what the concept of the Ida and Pingala literally means is that the being of each and every man in the world actually 'resides' in that Pingala thread. And, conversely, each and every woman in the world 'resides' in the Ida one.

So that according to yoga the result is that men and women actually do have inherently different natures. Qualitatively different ones. After all, even though most of us have grown up in a culture which has constantly told us that gender is an artificial construct—that, if it weren't for culture and tradition, men and women would essentially be the same—and even though just about everything in postmodern life, from academia to the military now, has been twisted into this bizarre pretzel shape

because of this weird ass theory, most of us still intuitively understand that male and female do live in different worlds. Which is why those 'Men Are From Mars' books were so popular. And why even politically progressive comedians would never dream of getting a laugh with a joke like, 'Say, do you ever notice how men and women pretty much all act exactly the same?'.

In fact, this actually this is such a large postmodern issue that it's no doubt time to take a short break to deal with this worldly matter.

Because unfortunately many of us who have grown up in this culture which has constantly told us that gender is an artificial construct have, consciously or unconsciously, bought into it. So that if this is potentially a problem for you, let's spend a minute or two on the topic.

First, be aware that every literate civilization that ever existed before the 18th Century, not only in the West, but in China, India, the whole works, and also every single non-literate culture which has ever existed, all the way back to the Neolithic, from Native American all the way around the world to Native Polynesian, all held that human males and human females were intrinsically different critters.

Now when your brain hears this, it might well respond, 'yes, but that was before science showed that this was not the case'.

Except that science has never remotely showed any such thing. Further, modern science, whether you look at brain structure, biology, behavioral science, or evolutionary parameters, has shown just the exact opposite. Namely, that men and women *are* intrinsically different critters.

So how did this idea that gender was some sort of social construct arise? Well, if you drill down into it, the germ of the idea goes all the way back to the 18th Century, and it arose from certain specific men whose primary motivation—once you strip away all the hoo hah—was to promote promiscuity.

Anyway, drilling down into it all was pretty much the central reason for that Dial It Back Or Die podcast. So, once again, I will refer you to that. And, specifically, if you would like to learn more of the science which explains our innate sexual differences, then I would urge you to check out Episodes 46 through 49.

As for right now, though, assuming that you don't have the time for that broader discussion, if it is the case that you do think that 'male' and 'female' are gender constructs, then I would ask that for right now, and for the next few episodes, you put this postmodern, Western belief system aside for a while. Because I think that you will find that the insights which will be presented in the next few episodes will be well worth the effort.

In fact, the whole rest of this podcast isn't going to make any sense to you unless, at least for this podcast, you accept the whole yin/yang thing.

So let me repeat: From the yogic point of view, the reason men and women are innately different is because their life force energy, their background consciousness, their being, as it were, as expressed in its going down the Pingala for men, or going up the Ida, for women, is intrinsically different. Is qualitatively different.

In other words, male energy naturally wants to go down, from the higher chakras (the head) to the lower ones. Female energy, on the other hand, naturally wants to go up, from the lower chakras to the higher ones.

Think about it. Please. Because this entirely natural dynamic necessarily means that men and women are also going to have, in several important ways, completely different attitudes as to how to live life and how to achieve happiness and fulfillment. And, as we shall shortly see, because of 'living' on these different threads, they will to a large extent remain oblivious as to why the other sex does not think and behave as they do.

So how does this play out in practice? Well, let's start with the men. For instance, few of us would argue from our everyday experience that many, if not most, men are not somehow always drawn towards sex and power. And sex and power are governed not so coincidentally by those two lowest chakras. But when you read biographies of men who have succeeded in amassing great power or having multitudinous sexual conquests, none of them ever seem to be very happy creatures.

So most men intuitively understand that even though they naturally do want to go down there, they don't really want to go down there. They'd rather stay up in their head, and do something useful and creative with their life. And that it is only through self discipline, through cold showers and the like, that men can keep their focus, and not be consumed by lust and power. And therefore be able to finish all of those ideas, plans, creative visions. Not to mention build all those buildings that they build.

In other words, what men need to do if they want to be at all content is to *concentrate*, to keep their attention up there in their heads, and to not let to fall/rush downwards, as is its wont. As is its nature. Thus, in order to accomplish anything in life, in this critical sense men have to act un-natural.

And that's why accomplishment, whether it is winning the Nobel Prize or simply finishing that masonry project well, is so important for men. Because it shows them that they've succeeded in staying upright and in not falling down.

And this is why there has always been a pretty consistent constellation of 'manly' virtues found in just about every culture which has ever existed: Courage. Bravery. Integrity. Honor. And what they all have in common is that sense of focus and concentration. Of keeping true to some higher goal, and not giving in to fear (the stomach chakra) or, worse yet, the lowest, most selfish urges for sex in and of itself, or for personal power. Basically, when you think about it, all the boy scout virtues.

On the other hand, however, females exist on another plane. Or planet, if you read those Mars and Venus books. For their energy naturally wants to rise upwards. Which means that, according to yoga, in their natural state females want to be, do, and feel *good*. Now here's where it might get tricky for you. Because so much in our present culture, whether it be movies, fashion, or beer commercials, tries to present women as actually really wanting to be sexual. And/or as really delighting in being kick boxers or action heroes. But, again from our everyday experience, I think that most of us would agree that most women we have known in the real world would much rather be happy and loving and loved than be sexual or assertive.

Or, in yogic terms, if given the choice of being in the heart chakra or the sexual or power chakras, for the vast majority of women the decision wouldn't even be close.

And the way that women experience this higher state is by *relaxing* their life energy upwards. It is by being calm, by letting go, by acceptance. As we shall shortly see, this has to be done in a specific, precise way, or else things can go terribly wrong. But it should be immediately apparent that the proper method for a female to get high and holy and to feel that she is in her best state is the direct opposite of the way that a man needs to be. Or maybe we should use the word 'converse' or 'obverse' instead of 'opposite', since, again as we shall shortly see, the two approaches, like the two sides of that familiar yin/yang symbol, in the end turn out to be complementary.

But this innate sexual difference for women in how to be the best she can be explains why just about every culture that has ever existed has also had this constellation of feminine virtues: Modesty. Humility. Selfless Service. Grace. For what these all have in common is that theme of letting go, of acceptance. Of in a sense becoming as 'small' as possible, of becoming as close as possible to zero.

Without any awareness of ego whatsoever. Or need for achievement or renown. Just pure, calm, loving being.

Now I totally agree that this is not the vision of modern, or more specifically postmodern, woman. But you really, really need to understand the real implications of this idea of the Ida current having to relax and having to be receptive in order for it to rise upwards to the heart chakra. Because not only the entire fate of the world rests upon you understanding it. But so does any hope of you, whether you are male or female, having any kind of religious experience.

But let's hold on for a minute. Because I know from experience that when I explain all of this to people I sometimes get those blank looks.

For I do expect that some of you will have intuitively understood what I have said to be true. This could be because it clarifies and illuminates ideas that you've already been exposed to. Or it could be that you've always believed there to be a Mars/Venus dichotomy, no matter what the outside culture's propaganda says. And what I've just suggested is a remarkable way to explain it. Finally, even if what I've just outlined came as a total surprise, it could well have struck some unknown chord within you.

On the other hand, though, I perceive that there are a couple of reasons why some people might be having difficulty with my explanation of the male/female phenomenon.

The first has to do with the concept that our spinal column is all that important in determining who we are and what we do. After all, to the extent that we ever think about it, most of us would say that our sense of who we are is in our head. That's where our thoughts take place. And most of what we are ever aware of are those thoughts. And if I'm worrying about how I'm going to pay the rent, that takes place in my head, not in the stomach chakra that supposedly covers such concerns.

More specifically, most of us haven't remotely experienced anything like male energy wanting to rush downward, or female energy wanting to relax upwards. If I'm a man, I may get easily aroused by the picture of a luscious babe, but I don't actually feel anything transferring from my head down to my groin. Nor do women commonly report any relaxed energy moving leisurely up their spine.

The yogis would respond that this is because, as with the kundalini, the vast, vast majority of us lack the spiritual sensitivity to be aware of any of this. We're all way too absorbed in coming up with the rent money, not to mention the thousands of other worries and desires that we are prone to. Further,

they would point out that just because you're not aware of something doesn't mean that it isn't happening.

To this I would add the insight that fish are never actually aware that they are swimming in water. By that I mean that if you are male and have always inhabited the Pingala thread, then by definition the tension of, so to speak, keeping it together and not losing your concentration is all that you have ever known. From your point of view that is therefore the reality for everyone else in the world. Likewise if you are a female on the Ida thread then you will consider it universally normal for everyone to want to be collaborative and welcoming. For the ideal social situation to be one where everyone is relaxed and accepting. For you to ever see the world from the male point of view, you would have to actually switch positions to the Pingala. But, except for rare situations, such as with an exceptionally talented actor, that hardly ever happens. And even with those actors, they just somehow do it. They get there, but they can't really analyze how they did it.

In other words, each of us is stuck on our own side of the mirror.

Still, though, there are a few everyday experiences which might help you see what I am trying to explain.

For instance, for male energy there is the simple example of sex. After all, when I see that sexy picture I might not be aware of my energy physically traveling down my spine. But a minute ago my attention was up here. And now all of a sudden all of the attention is down there. And in fact for most people the existence of a 'sex chakra' is probably the most easily grasped example of the whole kundalini theory.

But what about evidence for the female cord? Here I can give a few suggestions.

The first has to do with the observation that so many young girls want to be fairy princesses or the like. When you think about it, though, there is no even rough equivalent in what boys want to be. And what does a fairy princess represent? First of all, she is *good* (which is another thing that science has shown that most young girls, irrespective of other fantasies, and irrespective of postmodern B.S., want to be). But the fairy princess is more than that; she is the *essence* of good. Moreover, she is by definition totally ethereal. So there is something in at least many young girls which naturally makes them want to rise up, as it were, to the realm of the angels.

Next I would point out the phenomenon, especially among teenage girls, of the fluttering of the heart. Now back when I was in school girls would fill their notebooks with endless repetitions of 'Mrs. Billy Watkins', or the name of whatever other boy they currently imagined as their boyfriend. And that

was surrounded by endless hearts and flowers. But they weren't really thinking of having sex with Billy or of bearing his children or cleaning up his living room. No, they were striving to evoke that fluttering of the heart.

Even today, when feminism has taught girls not to want to act that way, and when the hypersexualization of society has made them think that sex is what they have to do with Billy if they want him to like them, a seemingly retro musical act like the early Taylor Swift, with her songs evoking a much more innocent time of teenage love, has been incredibly popular.

Girls (and women, too) really want that heart to flutter. And, again, there are no equivalent feelings or desires in boys (and men). But, not so incidentally, the fluttering heart is also a perfect way to describe the first openings of the heart chakra.

Or consider flowers. Now every Valentine's Day there are confused, befuddled men walking around florist shops. They have absolutely no idea what the deal is with flowers—after all, they're going to be dead soon—but they know that somehow, if they give them to their wife or girlfriend, she's going to go 'Ahhh!'

So what is the deal with flowers? Well, a flower is pretty. But it's also a gentle unfolding. And something in women intuits that this is also how one opens the heart chakra. Which is where all of our true joy emanates from,

Then there is the way that we walk down the street. As I've already said, we all more or less think that our consciousness is in our head. But for men that's pretty much the only place that it is. Our bodies are usually seen as little more than vehicles which carry our heads around. For most women, however, there is much more everyday awareness of their entire bodies. It's as if their being was distributed throughout the whole system, as opposed to being kept locked up on top.

Finally there is dancing. And I am certainly not the first to note that very few white, heterosexual men have the inclination or ability to dance very well. This can be easily explained if we understand that men are on that Pingala thread, and that they instinctively know that letting their attention go down into their body, as happens while dancing, would also release it to go uncontrollably down, down, down towards that lust for sex and power. Thus they end up being pretty stiff.

For women, however, the opposite occurs. Because for them dancing is actually *loosening their body's energy*. And, given the dynamics of that Ida thread, when said energy loosens it naturally wants to rise upwards. So that for women totally losing (and loosening) themselves in dancing, instead of

evoking feelings of sexuality (which it certainly does for the men who might be watching), usually feels more innocent and uplifting.

And here there is an analog, of a sort, with the masculine experience. Because just as almost all females like to dance, whereas comparatively few males do, so, too, do most men enjoy participating in and/or watching serious athletic endeavors, whereas comparatively few women do. I mean, how many women do you know who immediately check the sports section every morning? Again, though, this difference is easily explained if we understand that men tend to see the body as something that needs to be controlled and disciplined. And what are athletic events other than places where we determine which men have proven themselves to be the best at doing that?

But women tend to see their bodies as something that they are part of. As something that they are slowly trying to rise up from within. Nor is there any kind of competition to achieve that. This is why they dance.

Anyway, in a nutshell, that was an explanation of those pillars. And, as I've already mentioned, if you want to believe in this classical feminist belief of culturally determined gender differences (as opposed to what yoga says are innate sexual differences) you are of course free to do so. But you won't be able to understand the rest of this podcast.

What's more, if you're of a mind to, say, accept the scientific reality that men's brains and women's brains are wired differently, and to even accept that women's evolutionary need to give birth to and rear incredibly complicated human babies also makes them intrinsically different, but you somehow still want to hold on to the idea, nonetheless, that women should strive to be strong and independent and assertive, well, then you're probably also not going to get much out of the rest of this.

Because here's the real bombshell:

Because the reason for these last three episodes hasn't just been to show how clever I am in deciphering ancient symbology. It has been to set you up for this:

Because it turns out that the feminine principle, as I have been describing it—you know, the meek and modest selfless woman living so as to become a vessel of grace—is actually the real ultimate essence of the human condition. Spiritually speaking, it is the only real justification for why we are here.

Further, that the rising of the female consciousness, the female spirit, up that Ida thread is, once it successfully gets to and fully opens the heart chakra and beyond, it then refines itself into what could be called the higher octave of the feminine consciousness. It is the exact same thing as the state of grace. And—for both men and women—it is also nothing more nor less than the exact same thing as the religious experience.

There. Got it?

Okay. And now let's examine this idea further.

Although by 'now' I really mean the next episode. Because the time is up for this one.

Which means of course that it's also time for my friend the engineer to... cue the music.