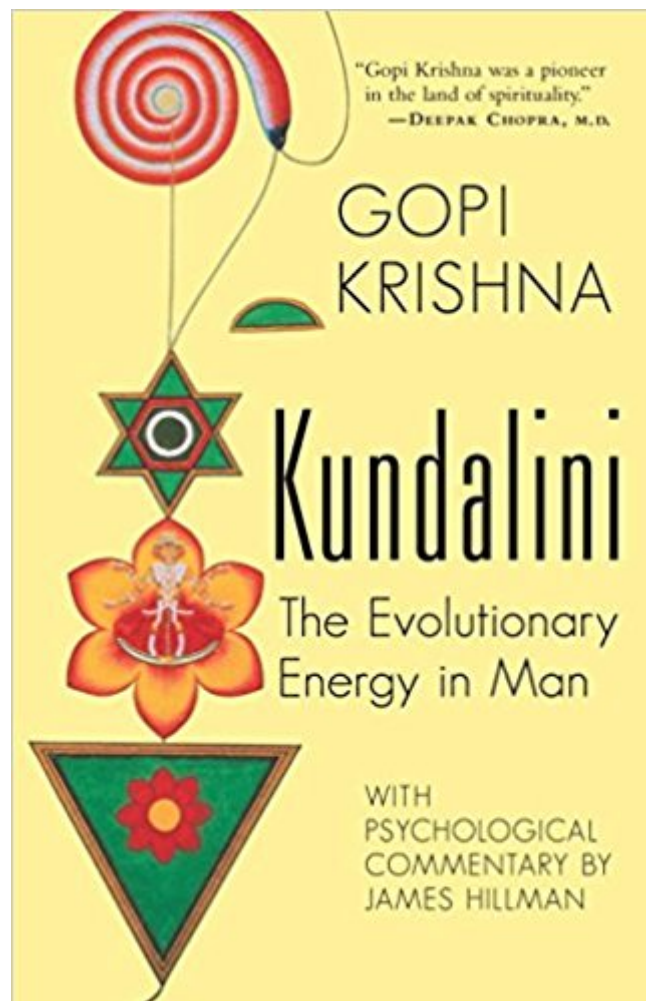




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Kundalini: The Evolutionary Energy In Man



Synopsis

Coiled like a snake at the base of the spine, kundalini is the spiritual force that lies dormant in every human being. Once awakened, often through meditation and yoga practices, it rises up the spine and finds expression in the form of spiritual knowledge, mystical vision, psychic powers, and ultimately, enlightenment. This is the classic first-person account of Gopi Krishna, an ordinary Indian householder who, at the age of thirty-four, after years of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of the book. His detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat and of how, with the help of his wife, he finally stabilized at a higher level of consciousness make this one of the most valuable classics of spiritual awakening available.

Book Information

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Customer Reviews

"Gopi Krishna was a pioneer in the land of spirituality." —Deepak Chopra, M.D. "Gopi Krishna never felt that what took place was personally his. From the beginning he was a mere instrument; therefore, at the end, he is merely a mouthpiece for a vaster truth." —James Hillman, author of *The Soul's Code*

Gopi Krishna (1903–1984) was an ordinary Indian householder who experienced the

awakening of the spiritual force known as kundalini at the age of thirty-four. He subsequently became the inspired writer of numerous books in which he shared his insights with others.

Let me start with a quote from Gopi Krishna viewed on YouTube: "...Social equality, altruistic and humanitarian principles, moral education, universal brotherhood, and removal of barriers between man and man. These are some of the basic factors that contribute to the harmonious progress of human kind". Few would argue that man has not 'evolved' to become a being who demonstrates the higher order thinking skills that allow him to problem solve, express creativity and be equipped with the power to comprehend an ever changing environment. This book describes one man's inadvertent 'awakening' of Kundalini, which he defines as that "universal and inherent spiritual power" that resides in Homo sapiens, for the purpose of moving us towards an even higher level of consciousness or spiritual evolution. Mr. Krishna is very careful to acknowledge the universal nature of this power, an energy that transcends so called religious beliefs. The book acts as a single account of the danger of awakening Kundalini before "her time" (pg. 165), but the author also documents his progress, and his eventual understanding of the changes (both physical and mental) that take place within him. At a time when many are searching for a practice that would cultivate a kind of inner peace that can be made manifest in the external world, Mr. Krishna has written this book. His descriptions of how his awakening helped him to see the world differently, is a testament to the illuminating nature of the power of Kundalini. Reading this book allowed me to further substantiate a connection between the transformational powers of neuromelanin. This chemical resides at key points in the body, and works together with control of breathing and proper nutrition, to result in a beneficial enhancement of the mind, body and spirit.

I have read this book twice. The second time gave a much better understanding. A wonderful text on Gopi Krishna's personal experience about his Kundalini awakening. A regular householder, family man with a government job without any religious indoctrination, bias or discipline which is usually required or associated with this divine experience makes this book accessible to common man. He demystifies the process, openly talks about its dangers via his own experience and adds an intellectual/scientific dimension to his experiences which is quite unique and makes the book more 'objective' in my opinion than some of the others I have read. Additionally, the James Hillman commentary further makes this book invaluable. Hillman couches Gopi Krishna's experience from a depth psychotherapeutic and alchemical perspective. Those not familiar with Jungian tenets and alchemy may find this to be a difficult read. This book is MUST for Kundalini seekers and Kundalini

enthusiasts.

The best information on what happens when it all goes wrong. The western man should beware of engaging in those eastern yogic practices because that is some of the things that can happen. Besides that it is a good read.

A very honest trip through kundalini awakening, the author has avoided to tell us precisely what happened exactly before that very day, but you have a very clear understanding of the process. Carefull attention is required, nothing forced like for Gopi, however his experience show us there will be a lot of awaken people in the future. Be wise don't overdo it, awakening comes with a change in the brain and spinal apparel, consciousness has to shine within your body, needs a good and stable mind and body . Do read Osho rasjneesh books too, as meditation is learning to die going through the process of dying brings real life within you.

This book is a fantastic read! Explained, clarified what I'm currently going through spiritually. I thought for a second that maybe I was losing my mind, but then I read this book and realized that all the crazy, mind bending things I've experienced recently are symptoms of my spiritual enlightenment/kundalini energy rising. Gopni Krishna predicted that man would experience a rise of Kundalini in the future and boy was he telling the truth! Makes me look at those people walking the streets talking to themselves in a whole new light. I think many of them are experiencing this rise, but don't know how to channel it correctly. I have experienced it as well in the form of extreme anxiety and now I am certain that this was merely a symptom of the Kundalini rise. Now I know not to be afraid but instead to just go with the flow and harness it to do creative work! Hope this review encourages/helps someone else out there that has been going through similar experiences. This is a MUST READ!!! A true third eye opener

I had kundalini back in the 70's. If it wasn't for this book I wouldn't have even known at the time what it was.

Many of my friends recommended this book and I finally bought it. I found a few nuggets in there but overall I found the book a bit archaic, and the format with huge paragraphs made it a little difficult to read.

Filled with a very valuable sharing of experiences. I thought it was especially interesting and helpful to see the Psychological perspective as well.

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