

This is topic **Kundalini and the Holy Spirit** in forum **Kundalini Issues and Spiritual Emergencies** at **Shalom Place Discussion Board**.

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Posted by **Phil** (Member # 1) on August 18, 2001 11:40 AM August 18, 2001 11:40 AM:

Sooner or later this topic needs to be discussed directly, although it is touched upon in almost every thread on this particular forum. And to start of the discussion, let me first say that I'm still learning, and have reached no final conclusions about it all.

With that proviso, here are some observations:

1. There are two "directions" that interplay in the spiritual life.
 - a. the human reaching for God.
 - b. God reaching for the human.
2. It seems to me that Eastern religions build upon the dynamism of the human reaching for God, while the Judeo-Christian-Islam traditions emphasize God reaching for the human. These are generalizations, of course, but I think they have merit.
3. The kundalini experience of an energy latent in most people, which becomes awakened/ignited, opens the metaphysical energy centers (chakras), and culminates with union with God in the 7th center is a superb expression of the Eastern dynamism. The kundalini process is an "ascent" from almost sub-human levels of concern and intelligence to "super-human" levels. As such, it has been called an "evolutionary energy" by Gopi Krishna and others, who view kundalini as the key to awakening and developing the fullness of our human potential and awakening us to a sense of cosmic consciousness and union with God and creation. The essay in this forum by Jim Arraj on a Christian philosophical understanding of kundalini explores this line of thinking much more fully and proposes kundalini to be a form of enlightenment, or natural union with God.
4. The Christian description of the Holy Spirit is of a "descent" from above mediated by Christ, Who gives the Spirit to transform a person unto his own Blessed consciousness. As one of the Persons of the Trinity, this Spirit is also present in all of creation, flowing through the Word and returning to the Father, and so it is present in all the world religions and responsible for the fruits of the Spirit wherever they are manifest. Flowing through Christ, the Incarnation of the Word, the Spirit works to build a new humanity in the likeness of Christ.
5. The intermingling of the human evolutionary spirit of ascent (kundalini) and the descending Spirit of blessing (Holy Spirit) are sure to intermingle in Christians who are eager for growth in the Spirit. We shouldn't be surprised to find an ignition/awakening of the kundalini dynamism in Christians who generously open themselves to grow in the Spirit through charismatic prayer, centering prayer, and other prayer forms that invite the Spirit to work.
6. It is possible at times to be in touch with the kundalini dyanmism without sensing much of the Spirit. The converse is also true. Obviously, both are often experienced together, and can be

mutually complementary. But in my experience, at least, there is a difference between the two that is possible to discern.

7. The gift of the Spirit might be viewed, then, as a means by which the kundalini process is awakened in some Christians, and the Intelligence by means of which the kundalini dynamism is integrated so that the Christian grows into the fullness of his/her evolutionary destiny in Christ. This can be experienced in the life of individuals, to some extent, but moreso in the human family through time.

8. Therefore, it is easy to see how Christians who experience kundalini process during the course of their growth in the Spirit can often conclude that kundalini and the Spirit are one and the same.

9. However, one must note as well that there are many who evidence kundalini awakening without manifesting the fruits of the Spirit, and others who manifest the fruits of the Spirit without kundalini awakening.

10. Christians have much to learn from the yogic traditions on kundalini in Hinduism concerning how this energy works and how to integrate it. Care must be taken, however, to avoid viewing the differences in teachings on the Spirit and kundalini as merely semantical. As tempting as it is to equate the Hindu teaching on Shakti with the Christian teaching on the Holy Spirit, for example, such a conclusion might not be accurate. One key criterion is to ask whether those the other tradition would agree with one's assessment: e.g., would a Hindu agree that the way Christians describe the Spirit is the same as their understanding of kundalini? would Christians (the Church) agree that the ascent of Shakti through the chakras and central channel to union with Shiva above the head is a good way to understand the working of the Spirit in a Christian's life? Clearly, more dialogue between these traditions is needed before these questions can be answered.

Let's hear your thoughts and responses to these points, or any others that you'd like to ask.

Phil

[08-18-2001: Message edited by: Phil]

Posted by **CeCe Light** (Member # 13) on August 19, 2001 09:52 AM August 19, 2001 09:52 AM:

I think in order to find some answers in relation to this particular thread which is as I understand it is, discernment over "how" east meets west with regard to the workings of Kundalini and The Holy Spirit (as to find correlation,) the very understanding of the goal of each should be addressed and explored to try and find the common ground of which each shares.

As all religions use various words to interpret what I can only understand as an "epiphany," perhaps we should explore what the word means in essence, then go on to other such topics which can possibly shed light upon each through their correlations/correspondence.

In short, the word "epiphany" means "to show forth, bring appearance to, manifest." People use the word lightly today in trying to convey that they have had this enormous insight about something which has affected their lives on a deep level, a level at which has naturally caused a "change" inside them.

In Christianity, the word is referred to the revealing of Christ to the Gentiles as God in Manifest

form. Jesus turned Christ or man turned Divine.

Either way you look at this, the word "epiphany" has at its base the understanding or "knowing" of something or another.

With the workings of Kundalini as being the "Cosmic Life Force" acting as the Natural Creative Intelligence of which humanity could not exist without, lets look into its purpose and compare it to The Holy Spirit's in accordance to The Roman Catholic's explanation of its purpose, then we'll go back to the word "Epiphany."

They say the purpose of Kundalini is to awaken the evolutionary spark in man, hence humanity, for the purpose of growth in each.

But for what purpose is it to be used? And here is where I find the common ground of Kundalini's function and The Holy Spirit's, as both share the final goal, at least here on this planet that I know of, to grow in spirit to point of recognition/realization of a thing that the Hindu's refer to as "Self" and the Christians refer to as "Christ," or as Phil relates through his 4th observation, "A Christ Consciousness" in so many words.

Is there a difference between the two, or just a different way of conveying the same phenomenon? As each seems to be the Ultimate Goal of both Hinduism's purpose and Christianity's purpose. To manifest this consciousness by way of activation of both Kundalini function and Holy Spirit's function.

So here we have what is understood as The Epiphany with this consciousness of both the Self and Christ being the Ultimate Goal in man. You'd have to at least agree such would manifest change in anyone's life when one has seen firsthand the true nature of both.

To me personally, I feel they are one in the same as each seem to share the same attributes/fruits when manifest in healthy form.

In Christianity it is said that one lives and breathes in Christ.

In Hinduism, it is said that one lives and breathes in the Self.

And if the universe in which we occupy at present have both these bodies of which we are contained as individuals, being the same, then it stands to reason it is our universe which offers the consciousness at our disposal with which to draw upon in that we obtain one day this consciousness as both Kundalini and The Holy Spirit's goal.

I recall a quote Jesus was known to offer..

"That of which I can do, You can do better."

(a hint that his consciousness was for all?)

...and maybe He was right. As the teachers of both Hinduism and Catholicism both either infer or outwardly profess this as each religion's ultimate goal for their followers.

To Know Thy-Self." A self different than normally experienced. To know fully, whether it be through Catholicism's understanding of Christ, or the Hindu's understanding of Self. Each when attained in consciousness, offer attributes or fruits of a Divine Nature as already been referred to as gifts of Kundalini and gifts of Holy Spirit.

Sounds like an "epiphany" to me when coming into this consciousness, as what one once considered their nature has as a result of attainment through Christ or Kundalini changed into a

more expansive sphere of vision.

To see you are not separate from this whole, but the whole itself having within your grasp all that the Christ had through His consciousness/ His vision - what Hinduism calls "The One.

I have often said elsewhere, and speaking through a perspective of the personality, that one is truly enlightened when they come to the realization that they are but the only one here on this planet, as all others is but they themselves offering reflection in that they one day realize this.

The One, The Christ, The Self. Their Nature.
An "Epiphany."

How it is one comes to this understanding, whether or not this energy "ascends upwards or descends downwards" seems irrelevant except of course to a scientist who thinks he/she can equivocate physical alchemy to the spiritual.

Personally, I see it as just interpenetrating bodies "within" that we have which when the spiritual alchemist through mental means change through those epiphany's, just transmute a lower energy into a higher one at a gradual pace quite naturally and even sometimes unbeknownst to them - as entails the very creative purpose of both Kundalini and The Holy Spirit for the sake of one coming to know God, themselves and their relation to Him.

So in light of this "Self" or "Christ Consciousness" being the same as the goal of both Christianity and Hinduism as every man/woman's destiny to realize, perhaps now we can at least have as a fundamental ground the purpose of each named energy, whether it be called Kundalini or Holy Spirit and use this as a base toward correspondance/semblance in both religions.

CeCe

[08-19-2001: Message edited by: CeCe Light]

[08-19-2001: Message edited by: CeCe Light]

Posted by **Phil** (Member # 1) on August 19, 2001 12:48 PM August 19, 2001 12:48 PM:

Thanks for your reply, CeCe.

Eventually I'll respond to some of your specific points, but for now I'll say that my general impression is that you seem to be proposing that the primary differences between Christianity and Hinduism are largely semantical as both have the same goals and describe the same kinds of experiences, only using different symbol systems. I realize that's an over-simplistic summary of your post, but that's sort of what I was left with.

Actually, most of what I would probably say in response is already in my opening post on this thread. As you didn't really address these points, it's hard to know where you stand with them-- especially 6 - 9.

Again, thanks for being part of this discussion, even though we might end up disagreeing on some things.

Phil

Posted by **Concerned Catholic** (Member # 2) on August 20, 2001 08:21 AM August 20, 2001 08:21 AM:

Phil and others,

I'm trying my best to follow these discussions, but I have no experience with which to relate them. It sounds like you're all in touch with something that I need to be open to, but it sounds pretty frightening, too.

I've been in a Catholic charismatic prayer group for years (decades), so I'm pretty familiar with what I consider to be the experience of the Holy Spirit, the gifts of the Spirit, fruits of the Spirit, etc. There have been times when I've had physical sensations correlated with extended periods of prayer, but I always associated this with what the classical writers would call an "overflow to the senses." As I read your descriptions of kundalini, much of what is described strikes me as that, but not all. Clearly, there's something going on here that the Church doesn't seem to know much about.

Phil, in your point #10, you mentioned that one litmus test is whether someone from another tradition would react to descriptions given them about their own. As I listen to some of what CeCe writes about Shakti, chakras, and the like, I have a hard time saying "yes" to that. Not that I'm the best piece of litmus paper around, but I'm surely not comfortable with equating the Hindu idea of realizing Self with Christ consciousness. I have a few other problems with this, but am looking forward to continuing to read the exchanges.

Chris

Posted by **CeCe Light** (Member # 13) on August 20, 2001 09:28 AM August 20, 2001 09:28 AM:

"you seem to be proposing that the primary differences between Christianity and Hinduism are largely semantical"

"Semantical?" You mean I could have used just one word to say all that?

"Actually, most of what I would probably say in response is already in my opening post on this thread. As you didn't really address these points, it's hard to know where you stand with them-- especially 6 - 9."

If by the lack of a physical reply you mean my not responding through physical reply, I would have to agree with you, but in reality, there is no such thing as not responding, for inside a seemingly lack of physical response lie the response itself, so in this essence, I have responded, by not responding, which seemed to have escaped your notice.

And this is the problem with so many, as I come often when invited by an individual, they ask questions, I respond, and they refuse to open themselves up to "Hearing" - for it is not my problem if one chooses "tenitis" over truth, which by the way, should answer "questions" 6 & 9, as that is just as much a "fruit" of the Spirit/Kundalini as anything else.

Posted by **linda** (Member # 25) on August 20, 2001 10:53 AM August 20, 2001 10:53 AM:

Phil,

I think the analysis you've provided is very astute, but I can only approach this conundrum from an experiential standpoint. In wrestling with seven painful years of an imbalanced kundalini awakening and its aftermath, all I can say is that I've never felt much similarity between the Holy Spirit and the spiritual energy of the various eastern paths I've experienced. Over the years, I've been in small prayer groups with leading Christian and Catholic charismatics as well as in small meditation groups (including prayer and chanting) with renown eastern spiritual leaders over the years, including the Dala Lamai, Songyal Rinpoche and Guru Maya. Since my kundalini awakening has left me incredibly energy sensitive, I do seem to have the ability to discern the energies much like the noises made by instruments in an orchestra. (I've had confirmation of my insights by others, so I'm not saying this of pure egotism.) Keeping with that metaphor, I've found the vibratory quality of the Holy Spirit beyond anything, for humans, the equivalent of a dog whistle which we can't hear, with a healing frequency so high that it can't even be discerned, except for the sweetness that almost everyone feels and sometimes white lightning quality that is the gift of some Christian healers. I truly feel as if, through the Holy Spirit, that we are linked to a community of saints in some incredibly higher realm, truly dimensional. The eastern energies, which vary, seem much denser and stickier in comparison, sort of like an oboe, and also with a more metallic feel than the Holy Spirit. Perhaps it is the density of the eastern path of humans reaching up to God, as in your analysis, versus the Christian analogy of God reaching down.

This is why it is also dangerous to mix the energies of the various paths through following a mishmash of practices and rituals. The subtle energy centers in most people's bodies won't be able to handle it.

I know that the politically correct position is that there are many paths to God, which is true, i.e. Matthew Fox's "One River, Many Wells." But Mother Mary has told the Medjugorje visionaries that while that is true, some paths led us closer to God than others, with Christ bringing us closer to God than ever.

True Christians are sealed by the Holy Spirit. I don't think they need to even think about an upward rising kundalini experience. For those of us who have had to wrestle with the kundalini, there are all kinds of reasons why this other energy has come into our lives, egotism, I believe, a common factor on our spiritual path being one reason. For me, the kundalini has been a form of punishment. I look fondly back on the days when I was sealed and not dealing with any of the purification elements I am forced to deal with now.

Posted by **Phil** (Member # 1) on August 20, 2001 11:55 AM August 20, 2001 11:55 AM:

Wow, this thread has picked up! Wonderful! 😊

First, CeCe, I'm not sure what your comments about a lack of physical reply mean. And I did acknowledge that my initial reply to your post was very general and that I was sharing general impressions. As for "tenitis versus truth" and not "hearing" you and the like, I'm not sure what that's all about. We're trying to dialogue here about kundalini and the Holy Spirit and so your thoughts are welcomed, but not considered definitive. Neither are mine nor anyone else's, for that matter. Let's try to keep that perspective.

Chris and Linda, I've had a time in my life when I was involved in Charismatic renewal, and that's when I developed some of my own understanding of how the Holy Spirit works in Christianity. One of our big struggles in renewal was to not give the message that we were the only way Christians could experience the Holy Spirit even as we invited people to "come and see." I ran into some good teaching in renewal, and some very bad ones, too. Some, as you know, are quick to condemn all things Eastern, but that seems extreme, and it's not even what the Church (Catholic) teaches.

Linda, it sounds like you've had a rough time with kundalini and that you've come to some experiential distinctions between kundalini and the Holy Spirit. Do you think some of your Hindu/yogic friends would agree with these distinctions--especially with kundalini being more "stick" and "dense"? It seems to me that there's a lot written about White Light in the kundalini literature, which resonates with your description of the Holy Spirit. Perhaps the energies you're calling "dense" and "sticky" are some lower vibrational forms of chi, or prana, which have been intensified by the kundalini process, but not yet integrated? Just a thought.

I'm not sure what you mean by "egotism" being a reason why some Christians have had kundalini awakenings. As CeCe and others have expressed, it's been a great blessing to them. Others like myself who've experienced kundalini as a "mixed blessing" have not gone looking for it and didn't know a thing about it for quite awhile. Perhaps you can tell us more about this.

My sense, Linda, is that if you have been sealed by the Spirit, then that seal remains, even if there are other energies to wrestle with. God is with you in your struggles.

Phil

Posted by **linda** (Member # 25) on August 20, 2001 03:30 PM August 20, 2001 03:30 PM:

Yes, Phil, other yogic practitioners have also described the energy of various eastern traditions as more dense or "sticky," very much a part of the group energy, lower chi, etc. that may be a part of it. However, in the smaller, meditation sessions that I've described with various eastern teachers, I've noticed that the energy is still very different than my experience with the Holy Spirit. The color "white" of the light has very little to do with it, it is the frequency or vibratory rate of the energy. (which, by the way, is quite the rage in western medicine right now, studying the vibratory rates of the body and diseases and various treatments.) I have watched, and then discussed with some eastern practitioners, how the frequency of the energy coming into them and the group changes, and how it impacts their own body and consciousness. I have also discussed this with two charismatic Catholic priests who regularly conduct healing masses and are conscious of how the energy changes running through their body as they recite mass. I saw the changes in the energy around them at specific points during the services and made notes and then discussed it with them afterwards and our results concur. All I can say is that the eastern and western traditions are very different in the vibratory rate that I've experienced. And when you talk about the lower chi, just think of your average healing mass, with the sick and elderly. Not exactly a high chi rate, for the most part, or boasting participants following the physical purification that the eastern traditions stress? Yet, I've seen the higher frequencies sustained easier and longer during those masses, and with more miraculous results, than I've ever seen in any eastern group.

Re the ego issues - Frankly, and I'm not being politically correct again (and may I remind anyone reading this board that I'm a professional journalist, and spoken to medical and spiritual leaders around the world re kundalini), I think we're rewarded according to our efforts. Our culture in

particular is particularly willful in our attempts to become more spiritual, almost obsessive in some sects. That can result in unhealthy ritual and practice that can lead to an imbalanced kundalini awakening. Mine was a result of ignorance, being exposed to shaktiput and never being told that I was actually asking a new energy into my life, and that the purification process would happen, without my consent. I was never told to practice any form of spiritual protection, ritual or renewal. That, combined with a traumatic physical event, triggered the kundalini and I was not given good advice or spiritual guidance in the beginning months or years, I should add. (I'm not sure it was there to be found out outside of a Sanskrit mantra and some light yogic positions), which made the situation even worse. As a result, I was spiritually, physically and mentally unprepared for a kundalini awakening.

I completely disagree with you Phil about the sealing of the Holy Spirit no matter what. Of course, God and higher guidance are always with us. But when the etheric body becomes unbalanced and the kundalini shoots through various pranic pathways, you get all the weird and sometimes painful imbalances that are described in other messages boards on your site. I know, I've experienced both the bliss and the hellish aspects. I've rarely read, except for some of the medieval Christian mystics, of someone with a Christian "Born Again" charismatic experience going through such physical and emotional trials. I suppose the only counterpart in the Christian tradition has been recounted in "The Dark Night of the Soul." I believe - and have seen - the Holy Spirit as a seal that works healing through the mind body and spirit in a much more balanced and loving way than the rising kundalini.

The kundalini - which I've heard some practitioners actually coin as a "nuclear" force - can trigger wild pranic energy that actually can tear through the chakras, destroying the protective screens over those subtle energy bodies. (These configurations are recounted in various books. I refer western readers to "Vibrational Medicine" by Gerber, a western MD on the cutting edge, as one source.) This is the reason behind the imbalances and well as emotional and physical blocks and the pounding of the kundalini energy through the pranic pathways, known as nadis. There's over 600,000 of them in the body, so this accounts for a lifetime of various symptoms. I refer you to past issues of the Journal of Transpersonal Psychology, which recounts plenty of cases where people with kundalini awakenings have ended up in straight jackets in mental hospitals. This is not a benevolent energy if it isn't guided correctly. DO you ever think of the Holy Spirit as anything other than benevolent?

Yes, it can be a grace if you have been steadily preparing for a kundalini rising, or, taking a different tact, if that grace is part of your karma. More power to anyone for whom that is the case. For many of us (particularly I think of discussion groups I've attended at various KRN conferences where people have described enduring years of horrendous physical and mental symptoms as a result an imbalanced kundalini awakening), the kundalini results in a complete upheaval and is far from a blessing most of the time as far as our earthly existence goes. Sure, I've probably picked up some bonus points on the soul level, but day to day, this has been a complete struggle that has challenged my well being on every level. And the biggest problem is so little is really known, particularly in the west. I found reading Gopi Krishna's account one of the most depressing times of my life. This is what I was going to have to live through?

Nor am I living proof that complete allegiance to the Christian path is the healing one. It is currently taking the joint inputs and efforts of a Tibetan Buddhist holy man who practices with the Dala Lama, a charismatic Catholic priest who has been trained in Rome, and a well regarded kundalini yoga teacher to get me through this. I have been forced to embrace elements of all traditions, no answer lies in just one from my experience.

Posted by **Phil** (Member # 1) on August 20, 2001 06:07 PM August 20, 2001 06:07 PM:

Excellent post, Linda! Thanks for taking the time to share your experiences with us.

As I don't have your experiences working with Eastern traditions, it's difficult for me to comment on the density and "stickiness" of various energies, but, as I indicated in my opening post, I do discern a difference between the blessing of the Holy Spirit and the movements of pranic energy associated with kundalini awakening.

The Christian mystical tradition abounds with examples of people struggling with a wide variety of energy phenomena, many of which strongly suggest kundalini arising/awakening. I have a chapter in my book on this, but would be happy to provide specific examples, if needed. I bring this up because such struggles are by no means indicative of a lack of being "sealed by the Spirit," at least as I understand the term in Sacramental theology. It means that one is claimed for Christ and given to share in His Spirit. This sealing does not by any means shield us from the sufferings of this world, whether self-induced or otherwise. People sealed by the Spirit suffer like anyone else--including those with unbalanced pranic energies--only we do so with the assurance that God is with us and that, in the end, all things will be made new! This assurance is claimed through faith, and doesn't depend on whether or not we feel so good. That's all I meant.

Prayers and best wishes concerning your ongoing journey toward healing and wholeness.

Phil

Posted by **CeCe Light** (Member # 13) on August 20, 2001 09:28 PM August 20, 2001 09:28 PM:

"As CeCe and others have expressed, it's been a great blessing to them."

Phil, thanks for the optimism but some clarification is needed here as I do not want you or others to misunderstand exactly what was entailed in my great blessing.

First of all, if you go back and read what I wrote of my experience, you will notice that the phenomenon I experienced concerned what I can only understand as being a BRIEF SPONTANEOUS EXPERIENCE of COMPLETE HEALING, as you do not come to feel whole, (or "done") without the sense of FREEDOM I felt back then while going through this incredible state on all levels. I received that gift because I needed it back then. I knew it, and so did God. I was asking, and God simply answered.

But I think it important to know that I didn't even know I was asking as my asking back then came through other channels which did not have a thing to do with words.

It came through desire, and through this desire came anything with which could then help my then sorry state of consciousness in that I may acquire more understanding with which could possibly contribute to this healing, whether it be a self-help book to read, an article, a psyche workshop, psychotherapy or spiritual instruction, so on and so forth.

The very experience of this spontaneous healing was the blessing yes, for God wanted me to know how much He loved me and I needed it then because I did not feel loved by anything, anyone AT THAT TIME.

But if you go on to read further on the experience I share with all, I say also that this presence was weaning me, so to speak, for its departure in the way I felt it while still in its midst. It was loving

and showed me it cared for me enough to even wean.

I said I cried, and I did, and I cried because I wanted to go with it and it wouldn't let me, and that is when it spoke to me whatever it was - it had a voice and I heard it clearly, clearly, clearly...

...and it said that it "had to leave now. It was a gift, and that what I experienced through this gift would all be mine some day to own, but that I had to work for it first. It will always be here with me."

And it was.

For Christ's sake Phil - this is what I mean by "hearing me" as no one wants to hear the message given to me as pertains to all of humanity, as that message was not just for me, but for all. Everyone!

When this presence told me that "it" (meaning complete healing) would be mine someday, but the requirement to "it" being mine to own (of which when owned no thing could take away,) it would take a lot of work on my part.

I didn't understand what work it meant, but I had faith in its words spoken, went on with my life as usual, which really sucked at the time, ever keeping at the forefront of my mind its promise. This took work. This took strength. This took courage. All the stuff I did not even know I had. When I wanted to kill myself, I refrained. When I wanted to kill others, I refrained. When I wanted to continue my ill psychological state, it wouldn't let me, because "She" said she'd always "be here."

So because She was always here, She was relentless. I had grown to hate Her and wanted to kill her too, but I couldn't as She was much stronger than I.

When I wanted denial, she insisted upon acknowledgement, and not only did She insist on acknowledgement when I wanted denial, She insisted upon my "appreciation" of both "denial's" and "acknowledgement's" function.

How friggin dare Her! I hated Her so.

She invaded my psychological world, a place I was once comfortable where repression and suppression embraced me. When I insisted upon illusion, She insisted upon Reality, and forced me to look at my life as it was then with an objective eye, the way She saw it, which made me hurt, hurt, hurt.

She invaded my emotional world and made me see that I had feelings I didn't even know existed, ugly ones, the ones I did not want to acknowledge.

When I wanted to show Her my good side, She insisted upon the bad first, and I hated Her, hated her, hated Her - wished Her dead, but She was strong, relentless.

Then as if this battle with Her weren't enough already, She entered my Spiritual world - and I said no way! Screw you, you @\$%^&*** - @\$%^&* - @\$%^&*(...and then some...)

(Good thing you got that filter on Phil, you know me! 😊)

Called Her everthing under the sun. I purged and purged for 15 years after Her visit.

My psychological world was in chaos.

My emotional world was in chaos.

My Spiritual world was in chaos.

My Physical world was in chaos, as not only was I ill there for many years, having a variety of ailments, but She ate right through my Gall Bladder, the organ responsible for the distribution of Bile for digestive purposes - as it seems I had at that point had some trouble with all the @\$% I had been eating on various levels.

In the interim, She caused, through this new reality She was offering me which She called a gift,

an 8 year estrangement with my family of origin, as I thought it best to stay away from them too since this impulse to kill them as a result of what She showed me came to the fore.

"You're good?" I asked.

All I would see in response was what I could only understand "then" as a sadistic smile.

"Just look at what you caused!" I continued... "I'm an emotional wreck, a physical wreck, a mental case, I have no family, no friends, my kids hate me, my husband thinks I'm a royal pain in the ass, I'm lonely, needy, isolated, my shrink labeled me a schizo yesterday, my dog just **** on the living room carpet, and I still don't know who the hell this God is. Thanks for the visit, and the blessing may I add...by the way, before I leave you this time, I just want to say, I give. Just do me a favor and don't be so hard on me now that I'm willing to cooperate with this blessing, okay?"

Okay.

...and She has been talking to me since, showing me the way to peace, showing me how to integrate Her vibration into my own so the tango between the two of us is beautiful.

...She is relentless, yet loving, but most of all, there, because I called Her, and not anyone else, therefore, all the consequences of this call and Her reciprocatory answer is never without struggle on our part, for it is we who asked for Her presence thinking in earnest a blessing would be easy, but it is not, as each time one asks for blessing it is unfortunately intertwined with the gradual psycholoical, emotional, physical and spiritual steps which one day will lead you to truely own the blessing because you have once again "earned" it through Her wrath toward integration.

"Others like myself who've experienced kundalini as a "mixed blessing" have not gone looking for it and didn't know a thing about it for quite awhile. Perhaps you can tell us more about this."

Bull. To admit this is to admit being a victim. As you may have not asked in direct words, but in your search to understand the things of the spirit you did go looking for it and so awakened Her inside.

You should understand something Phil, as She, Our Lady, has shown no mercy upon me so that I may know Her through integration, I have nothing to offer here in this forum but both the merciless and mercy-filled works She has shown me, as I have internalized Her fully, so don't expect any wishy washy (politically correct) bull here while in Her presence.

and as concerns.... "so your thoughts are welcomed, but not considered definitive."

Know this now. Healing is no joke. I take it as seriously as Our Lady does.

Know my stand on this clearly, that through Her I have come to know that both the Kundalini and The Holy Spirit are one in the same energy. That's my stand.

Since I am Catholic I will refer to this energy as Our Lady instead of Shakti yet by no means do I hold it against anyone who has come to understand Her through other names, as names to me are not as much important than the named item's function to heal.

...and although my "thoughts" may not be considered definitive, respectfully, by you or others, they are to me - due to the source of which I have faith in the giving of them.

...and on that note, I bid you a swell night.

Who said healing was phucking easy anyway?

...and by the way, get the filter off my posts, as Our Lady needs me to work through no restrictions

for relating purposes to others!

Even the un-politically correct.

Posted by **greenthumbs** (Member # 27) on August 20, 2001 10:13 PM August 20, 2001 10:13 PM:

Howdy!

I'm new to your site, but I have been through a couple of Phil's seminars,(gained from each!) one being on contemplative prayer, and the other being about the 12 steps to Spirituality....My opinion is, that prayer, no matter how you package it, is a matter of focus; focusing your mind on Budhha,Jesus Christ, The Holy Spirit, or the spinning wheel of the carnival hypnotist. I hate to reduce it to such a shallow perspective, as I love being Catholic....any opinions?

Posted by **kristi** (Member # 15) on August 21, 2001 08:55 AM August 21, 2001 08:55 AM:

Wow! A very good thread going here.. and though I am not well versed on the subject as so many of you here are, (as I have only been working with the kundalini since last November) there is some bit concerning my own experience I would like to offer.

First, is that my experience and knowledge of others in a kundalini process, tells me that many do not go "consciously" looking for it. That, instead, as Cece mentions of it, it is often born of pure desire to know and understand.

As a young child born into a hurtful and dysfunctional family, I had a deep yearning for peace, happiness and understanding. I wanted to know why the world hurt. Now, I had very little concept of God growing up, only dearly believed and hoped that my prayers were heard and would be answered.

Answered, they were, when I was about 14 years old, and thrown powerfully into the midst of a kundalini awakening - I was continually being catapulted into varying spiritual experiences, as a then "born-again Christian" (energetics, charismatic channeling, seeing of auras, inordinary states of consciousness, etc.) that I simply could not integrate. This, I thought, I did not ask for. Hindsight, being 20/20, I do know now that my young heart craved for and was "open" to spiritual truth. When the healing started then, I was not at all ready for it, it scared me greatly, and was absoltely too much for my young psyche to be able to deal with. I prayed, and prayed, and prayed fervently to God that it be removed from me. My prayer was answered.

I went on to associate heavily with the practical world and cannot say I followed any particular religion. But as they say, what God starts, He finishes. And so, twenty years later, my heart never too far away from the same level of desire for spiritual truth, She returned to me - again, in a powerful way. Initially with a state of bliss, and when the powerful cries first began to bellow from me, I knew I had entered the state of healing that I ran from as a child. And during the first few months of the cries which visited me frequently, tugging at my heart, for cleansing, I felt a very tangible presence with me, acknowledging my pain - promising me that I would one day find the peace my heart so desired. Soon though, this presence left me to "work through" these issues on my own. This is where it began to get scary. Meeting myself is not something I wanted to do, as it has been/is hurtful and ugly. But do it I know I must - as I cultivate faith in this process of renewal

to realize my true nature, be that called an awakening to the self or Christ Consciousness - to me they are one in the same.

As far as kundalini and the Holy Spirit being one in the same, or different, I am not yet convinced either way - but tend to lean to the side of believing that they are one in the same. I seem to disagree with the idea that the Holy Spirit reaches down while the self reaches up. Seems to me that the Great Divine exists everywhere in the universe, that we all are intrinsically a part of it (as I "knew" this to be the truth during a very powerful and enlightening experience), that our openness, willingness, and desire to know this is what causes us to manifest it inside of us.

So, in my own experience, did the "Holy Spirit" come down to me, or did I reach up to it? I think it was always right there, touching me and I it. And I tend to believe that many differentiate between the two in that there are many different sorts of experiences that the Holy Spirit/kundalini may bring, some full awakenings, others not. And too, in the course of a full awakening, some more blissful and some not. Historically, the Holy Spirit, is a "soothing" concept, so it seems apropro that many would assign it to the less than "easy" tasks of integrating this primordial (yet forever new and expanding) energy into our lives.

Kristi

Posted by **Phil** (Member # 1) on August 21, 2001 12:19 PM August 21, 2001 12:19 PM:

Ok, lots of good discussion happening here!

greenthumbs, welcome! Maybe you'll do better with your question about prayer in the Christian Spirituality forum. It's sure to get buried in this one shortly.

CeCe, what you've shared is a good example of the Night of the Senses as articulated by John of the Cross and recently Thomas Keating. I'm not sure what part you consider kundalini, nor why it could be all the same calling your guidance Mother Mary instead of Shakti--especially if you didn't journey through the Hindu route. It seems to me that there are enormous differences between the two. I respect the experience and struggle out of which you share your convictions about kundalini, the Holy Spirit, and the spiritual life, so please don't take these questions or feedback as criticism. I'm very glad you're here sharing this with us.

As for my stating that I wasn't looking for kundalini, I stand by that statement. Looking for union with God: yes! But desiring the awakening of the kundalini process? No! That's what I meant. Many others would say the same, I'm sure.

Kristi, that was very early in life to be introduced to such power! It sounds like you, too, have experienced powerful healing as a consequence of this process. Concerning this thread on the Holy Spirit and kundalini, I see where you're coming from on this, and respect your opinion.

Sometime soon I'll say a little more about energy, form, sin, the Spirit, etc., and maybe that will help focus the discussion some more.

For now, let's just keep going on this thread topic, exploring experiences and understandings of the similarities and differences between kundalini and the Holy Spirit.

Phil

[08-21-2001: Message edited by: Phil]

Posted by **kristi** (Member # 15) on August 22, 2001 06:23 AM August 22, 2001 06:23 AM:

Phil, and others,

Over the course of my life, there have been many stirrings within me that caused me to feel as though I was being guided by the "Holy Spirit." For, even though I was not born to a family that cultivated religious faith, I layed to sleep each night as a young child holding a deep prayer for love and understanding in life. And as the years passed, no matter the ill feelings my life created in me, I absolutely could not express these toward those who could be said to be the blame of them - it was as though something within me would not allow me, told me it was wrong. Instead, as I thought on these things, my body was always rushed and coursed head to toe with what I have always described as a profound sensation of surging and tingling emotional energy filling every corner of my being, leaving me to feel great compassion amidst the backdrop of the hurtful feelings (this being the emotinal energies I must now resolve). And there have been many other instances where I felt as though the Holy Spirit were calling me, such as the energy I would feel when studying scripture, as though I was being pulled toward greater truth - in one instance this was as though a divine beam of light had descended on me pulling my head and chest skyward just after I felt a great movement of spiritual energy permeate my being. It left me feeling profoundly blessed. And quite often, when I connect with others, in great love, compassion and understanding, I feel a spiritual presence move through me. There is more, but perhaps it is because I am at a bit of a loss to discern between the two as it feels that, in my life, the two have been interspersed, so to speak. And so, I do remain open-minded as to whether or not the Holy Spirit and kundalini are one in the same, or different and how it is that the two interact with one another - the role that the Holy Spirit plays in the life of a kundaliniist. To those who do see them as being separate, I ask how it is that you discern between the two...

Kristi

Posted by **Phil** (Member # 1) on August 22, 2001 10:02 AM August 22, 2001 10:02 AM:

quote:

Originally posted by kristi:

Phil, and others,

. . . To those who do see them as being separate, I ask how it is that you discern between the two...

Kristi

Kristi, how wonderfully cared for by God you have been! I can certainly understand why you raise the questions you are about distinguishing between kundalini and the Holy Spirit. As I noted in one of my points in the opening post on this thread, for some the two blend so imperceptibly that it's probably impossible to tell where one ends and the other begins. Others like myself and Linda have shared that there are times when we can distinguish a difference between the two.

In some of the conferences I've been to on kundalini, where I gave talks on this from a Christian perspective, I was chided by the audience and even some of the conference leaders for suggesting a need to be careful about jumping to quick conclusions about whether these are the same.

Consider, for example, the following:

1. Some of the radical differences in how people who have kundalini awakenings describe their experiences compared to people who receive the Holy Spirit in Christianity.
2. The witness of Taoism, which works with this same energy, only in a thoroughly de-mythologized and de-personalized context. There are no references to Shakti, Shiva, devas of all kinds, and other features which are so present in the Hindu descriptions. Yet can we really doubt that the Taoists and even Buddhists are working with the same energy process? I don't. But there is nothing in their descriptions which tell of a deep love relationship with God and reverence for Christ as always accompanies the gift of the Holy Spirit.
- I know several people who were adepts in Taoist mysticism then converted to Christianity, and who give strong testimony to the differences. They still do some of their Taoist exercises, but not to develop their relationship with God.
3. There is the testimony of many who've gone deeply into Eastern religions and discovered something there radically different from a God of love. The Spiritual Counterfeits web site describes some of these experiences. See [this interview](#) with its founder for an example. The site is somewhat fundamentalistic, but it meets a need. Some of these stories also come out of the TM movement, and even of students studying Zen. This is not to deny that many also find God on these Eastern pathways. Obviously, that is the case.
4. The issue of mediation. Eastern teachers on kundalini stress the importance of having a Master, and in some yogic branches, receiving shaktipat or energy touch from a guru is considered a very important way to awaken and integrate the energy. In Christianity, mediation of the Holy Spirit comes through Christ, and so has a reference to Him. Some Christians who have studied under Eastern masters and received shaktipat from them attest to a profound disordering of their energies--almost a conflict between the movements of what they had discerned as the Spirit, and what they are told is kundalini.

All these and many other factors raise questions for me about the wisdom of saying these are the same things. I'm open to exploring the issue in the interests of discernment, and am baffled, quite frankly, by the resistance I find among Christians on the one side, and Easterners on the other hand to do so. Sure, it would be simple to say that these are all the same things, just using different terminology. But is that really true? That is my question.

Hope this helps.

Phil

P.S. I also have a difficult time with the position that kundalini/Eastern religion is of the devil.

[08-22-2001: Message edited by: Phil]

Thanks Phil!

I have read again this thread and the material found at the link you provided (which I intend to visit again) in greater contemplation.. there is much consideration and attention I need to focus toward the spiritual events in my life to arrive at an understanding of this within me. I believe, in my first email to you, I mentioned that I found the experiences mentioned by those practicing the eastern traditions

"unsettling, to say the least." I did first look at the eastern systems, as they have the most information concerning the awakening of kundalini - and while I know there is much to be gained by continuing to give attention to these areas, I find myself greatly steered away from personally "identifying" with them. I was in quite a crises state from March through May of this year - and it was prayer/faith that delivered me from those scary depths. Within me there is a refusal to believe that the kundalini process has to be a painful/traumatic experience...

Kristi

Posted by **Phil** (Member # 1) on August 23, 2001 11:47 AM August 23, 2001 11:47 AM