



A
KUNDALINI
CATECHISM

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GOPI KRISHNA

Do not be afraid to search for God.

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PREFACE

Scientists in general, and biologists in particular, prefer to shut their eyes to what is the obvious explanation for the progress made by mankind thus far, because the implications of continued biological evolution of the human organism are too terrific to contemplate. In the first place, it shatters one of the fundamental concepts of biology - that evolution is not predetermined and has occurred by random mutation of the genes. The second issue raised is, what is the target of this evolution? If the target is a more elevated state of consciousness, the conclusion becomes irresistible that there is a plan in creation, which shatters the materialistic concepts of modern science. The third issue which arises is, if there is a biological evolution of the brain, how does it influence our social, political or religious life, and what steps are necessary to take to conform to this irresistible change in the structure of the brain. The host of social, political, economic, spiritual, and philosophical problems, which the acceptance of this single idea involves, is so vast that the average intelligent mind is incapable of dealing with it. Once the idea is accepted, after clinical verification, there will occur an upheaval in every sphere of human activity and thought. The world will not then be what it is now, and mankind will not continue to live in the same way.

PART I

What is consciousness?

Human consciousness signifies a state of awareness of the world and also of the observer himself. It is the soul or spirit within us that is aware.

What are the different states of consciousness?

Wakefulness, dreaming, deep sleep, and then there is a fourth state also, which in Sanskrit is called Turiya, a state of awareness of superconscious existence.

What are the different levels of consciousness?

There is a subhuman level of consciousness, which is the consciousness of animals, birds, fish, reptiles, etc. Below it is the consciousness of the vegetable kingdom. Above the animal level comes human consciousness, with its self-conscious ego and intellect. There is a still higher form of consciousness attainable by men and women through spiritual exercises, or even spontaneously, by the awakening of Kundalini.

What is Kundalini?

Kundalini is a divine energy represented by the ancient Indian Masters in the form of a serpent, coiled three and a half times, lying asleep until it is awakened, after which it can, in some cases, bestow superconsciousness. Kundalini has been called a goddess, who is guarding a mighty dormant force in the human body, located at the base of the spine. Actually, it is both a force and the controlling mechanism of the force.

What is this force?

As the ancient writers have said, it is the vital force or prana which is spread over both the macrocosm, the entire Universe, and the microcosm, the human body.

What about the atom?

The atom is contained in both of these. Prana is life-energy responsible for the phenomena of terrestrial life and for life on other planets in the universe.

What is the origin of life?

Prana.

Do saints and seers experience prana?

Yes, positively.

That means that Christian and Jewish saints must be aware of it.

Certainly.

When we speak of the grace of God, is Prana, according to you, the grace of God?

Prana is the vehicle of the grace of God.

Does it mean that the grace of God is something spiritual and that Prana, the vehicle of it, is something material?

Prana in its universal aspect is immaterial. But in the human body, Prana creates a fine biochemical substance which work in the whole organism and is the main agent of activity in the nervous system and in the brain. The brain is alive only because of Prana.

Is there only one kind of Prana, or are there different kinds?

There is only one kind of universal Prana, but its manifestation in the body takes different shapes.

What does it mean when someone says that he or she has aroused Kundalini?

When referring to the dormant energy in the body, Kundalini signifies a mechanism at the base of the spinal cord which controls the regulation of a higher form of Prana to the brain.

It seems, then, that there is one universal Prana, but that the manifestation is different according to the different levels of the people?

Yes.

What is this dormant energy at the base of the spine?

It is a higher or more purified form of vital energy in the body, stored in the nerves, which supply the reproductive and the evolutionary systems.

So there are different forms of Prana in a single human?

Yes.

What is the evolutionary system?

It is the cerebrospinal system and the reproductive apparatus both combined. The brain and the nervous system are in a state of constant change. The change is so slight and so imperceptible that it cannot be detected even by the most powerful microscope, or for that matter, by any other instrument devised by science up till now.

So evolution is going on by the change of the brain and the nervous system. But how is this change brought about, spiritually or physiologically?

A human being is spirit and body. For the proper expression of the spirit, the body has all along continued in a state of evolution. The spirit itself is

the prime mover in this evolution, but its wish can only find fulfilment when the body evolves sufficiently to enable better expression of the spiritual within.

What has to be evolved in the body, the nerves and the brain or are other glands and organs involved?

The whole body has to evolve, but the impulse of evolution comes from the brain and the nervous system, which are the connecting link between the spiritual and the physiological world.

Can a person make a free decision to evolve, or does it go on automatically?

The surface consciousness is not ordinarily capable of causing radical physiological changes in the vital organs at will. It is the whole mind with the authority of the Spirit which is able to do so. As such, evolution is proceeding automatically, so far as the surface consciousness is concerned.

How can a person go about arousing Kundalini?

As was said, the human body is in a state of evolution. The ultimate aim of this evolution is to have a higher state of consciousness with an awakened Kundalini. Those men and women who are already evolved to some extent can arouse Kundalini by spiritual exercises such as prayer, worship, meditation, and the like. But in all such cases, the grace of Divinity, which controls human evolution, is essential.

What do you mean by Grace of Divinity?

At the present moment, the laws regulating human evolution are not known to mankind. Much time and the efforts of the illumined men and women of the future will be necessary to discover all of these laws. The spiritual influences at work in causing evolution are so mysterious and so far above human understanding that at the present juncture, until the laws are fully known, we can only call the awakening of Kundalini an act of grace.

Does that mean that after these laws are known there will be no place for divine grace any more?

The question makes a distinction between divine grace and spiritual laws. Both are one and the same.

That means once the spiritual law in all its detail is known, we shall then also know how grace works.

The whole universe and every breath which a person takes is by grace or by spiritual law. It is wrong to limit grace to one aspect of man's existence only and not to his whole existence and being. We cannot exist one moment without grace.

In Christianity there is a differentiation between the natural and the supernatural gifts of the Holy Spirit. Such a distinction, if I understand correctly, is not to be made?

In actual fact, the natural and supernatural are not separate. We generally designate those phenomena as supernatural for which we have no explanation to offer or of which the laws are still unknown. Actually, all things fall in the sphere of natural.

That means that even the purest love for God and humanity is natural.

Certainly.

If everything is natural, do you mean that the soul is also natural?

Yes, all existences, whether they are material or immaterial, are natural.

Is the soul immaterial?

Yes, and the body is material.

Then what is the touching point between soul and body?

The soul is the conscious principle and the body is the temple in which the soul manifests itself. However, an immaterial substance, like the soul, cannot be localized in space. The whole body is permeated by the soul, and that means every cell of the body.

Then there isn't any difference between an enlightened man or woman and one who is not enlightened, in this respect anyway.

That is correct. The soul in both is the same. It is only in the degree of its manifestation that there is a difference.

Can this difference in the manifestation be observed?

Yes, when one is enlightened.

Does that mean scientists can never hope to understand anything about the soul unless they become enlightened?

Scientists can readily observe the phenomena attending the awakening of Kundalini, although a greater manifestation of the soul, proceeding from the awakening, cannot in itself be observed externally. It does, however, become immediately perceptible to the awakened man or woman.

That means the last evidence will rest in the enlightened man or woman alone and that there will be no proof of it for the scientific observers.

Not entirely. Although the spirit cannot be observed by any method known to science, so its greater manifestation can only be observed by the enlightened person himself. Certain extraordinary attributes will develop in

him, or her, as a result of this higher manifestation. These can serve as conclusive proof for any investigator.

What if they see the proof and attribute it to some factor other than the higher manifestation of the soul or spirit?

These attributes are so extraordinary and so uncommon that no fair-minded and reasonable scientist can ascribe them to any factor other than a spiritual development in someone.

What are these attributes?

The enlightened person will have a prophetic vision. He or she will feel the pulse of humanity and diagnose the trends of human evolution at the moment and, also, he or she will be inspired. The inspiration will find expression in a way not possible for common men or women. The enlightened person will also reveal more and more truths from Eternal Wisdom.

That will take a long time. For instance, one cannot know if a prophetic vision will come true or not. Isn't there anything that one could observe from day to day?

You are now confusing the awakening with enlightenment. The characteristics mentioned will be displayed by every truly enlightened man or woman. They were present in all great founders of religions and illuminated seers of antiquity. It should not take a keen observer very long to understand it.

What do you mean by long?

I mean years. For example, it has been more than fifteen years since the idea of striving for illumination or superconsciousness has been a part of everyday thinking in America.

What are the methods to arouse Kundalini?

There are two kinds of methods to arouse Kundalini. The natural method and the forced or unnatural methods, which were devised by men.

What is the natural method?

As evolution is a natural process, there must be some activity of the human mind which accelerates this process. This activity is concentration or direction of the mind intensely on one study or object.

But why is this called the natural method?

From the earliest times, with the development of the rational faculty, man began to observe attentively and think on natural phenomena. This process automatically developed his reason also. This shows that the fixation of attention in deep study, be it of a book, of the heavens, or of any natural

occurrence, is the natural method for accelerating evolution and, side by side with this, of stirring up and awakening Kundalini.

That means when the time is ripe, Kundalini will automatically awaken?

Yes. This is what happens in the case of prophets, seers, mystics, and men and women of genius.

What are the unnatural methods?

Unnatural methods use the stimulation of the nervous system and the brain, or the restraint of breathing, or some such other unnatural process to awaken this power.

Do you think it is necessary to arouse this power by unnatural methods when it comes naturally, also?

It is not necessary to do so in those cases in which the awakening occurs spontaneously. But there are some men and women already ripe for the experience in whom the presence of the evolutionary impulse on the brain becomes so strong that they are prepared to make any sacrifice to look beyond the veil. In such cases, when the pressure of the brain becomes so great that they find no happiness in normal life, it sometimes becomes necessary to use artificial methods to arouse Kundalini.

Can you explain what happens in the body when artificial methods are used to awaken Kundalini?

Meditation is a common feature of all forms of exercises designed to awaken Kundalini. Meditation, combined with restrained breathing, presses on a region in the brain situated below the crown of the head. When this region starts to function, it forces Kundalini to send streams of energy to feed it.

Isn't this the aim of all religions?

Religion is a manifestation of Kundalini. As you know, there is a deep impulse in the human heart which has accompanied man from the earliest days and expresses itself as a thirst for God or supernatural experience. This impulse is the outcome of the activity of Kundalini.

Do you say that religion is a natural urge in man for which there is a physiological basis?

Yes. Modern science has not been able to offer any explanation for the existence of the religious impulse in the human race. Actually, the religious impulse is the evolutionary urge in man and it is one of the basic urges which unfortunately science has overlooked so far. The physiological basis of this impulse is Kundalini in the same way as the reproductive system is the basis for the sexual urge in man.

Does it mean that by evolution mankind will automatically become more and more religious?

Yes. Religious people are the most evolved of humanity. By this I mean that if evolution is normal and in the right direction, the truly religious are the most evolved, but not, of course, the pseudo-religious and the fanatics.

Why had Christ come to earth, according to the doctrine of Kundalini?

The coming of Christ and other illumined prophets is fully in accordance with a celestial Law and is consistent with human evolution. The laws of evolution are so stern that digression from them reacts adversely for mankind. It is therefore apparent that Christ, or for that matter other prophets and seers, by guiding mankind on this difficult path saved it from disastrous consequences attending digression. In this way we can say that they were saviours of mankind.

In the final analysis, religions, then, are one.

All spring from the evolutionary impulse in the human body.

But don't religions come from God?

What does not come from God? The evolutionary impulse also comes from him.

Could one say that the goal of all religions is one, that is, to reach God?

The goal of all religions is certainly one, and that is to have a higher state of consciousness, which is nearer to God.

That means man is not capable of reaching God, but only a state of consciousness nearer to God.

The process of evolution is a continuous one. One cannot say positively at what height man will arrive ultimately, but the next higher stage after human consciousness is a state of higher awareness so extraordinary and blissful that the recipient of this grace is lost in wonder when he or she attains to it.

What do you call that consciousness?

We can call it superconsciousness, the Turiya state, Nirvana, or even a divine consciousness.

Are there other beings in the universe higher evolved than man?

There must be.

What is the difference between the stirring and the awakening of Kundalini?

The activity of Kundalini in the human body is gradually increasing to conform to the evolutionary stature of the race. In Some individuals, it is very slightly active or, in other words, it is just stirring, and in others, no

doubt only a few, it is more awake, sending copious streams of energy to the brain.

Is there a distinct moment of real awakening?

Yes. In the case of one in whom Kundalini is only stirring, a moment of distinct awakening occurs when, with regulated exercises, he or she succeeds, by stimulating the conscious centre in the brain, to force Kundalini to send up a greater stream of vital radiation to the head.

Is it a special moment which one can never forget?

It is a marvellous, never-to-be-forgotten experience. The moment human consciousness expands into a higher consciousness, with the nectar provided by Kundalini, the ego in man is transfixed with astonishment at the change.

Does one then loose one's ego?

If one were to loose the ego completely, one could bring no recollection of the higher consciousness down into ego-bound consciousness of the ordinary man or women. The ego becomes softened and appears just like a small bubble in an ocean of consciousness.

Is the character then also evolved?

Most certainly. The evolution of man to be harmonious includes both intellectual and moral development.

Could you give the different steps of spiritual evolution like Saint Theresa of Avila has done for the Christian mystics?

The mystics and saints of different religions have given different categories and different names to the process of evolution. According to Kundalini scriptures, before the actual awakening a seeker has to purify the mind and body. Then only can he or she aspire to illumination.

Do you make differences, like Saint Theresa of Avila does, between purification of the body, the senses, the mind and the will?

The Processes of purification of the physical and the mental parts of the human body are, of course, different.

Under the mental aspect, do you mean the senses, the mind and the will?

Yes, the body and the mind are so closely interrelated that the purification of one tends to purify the other also.

What happens when Kundalini is aroused and goes from the base of the spine to the crown of the head?

The awakening of Kundalini is attended with certain very pronounced and unmistakable symptoms, the first of which is the ascension of a stream of

radiant energy from the base of the spine into the head, inside the spinal column.

The last portion of the spinal canal has no hollow aperture in it. How does the stream of energy go through it?

The radiant energy is produced in all the region contained in and around the reproductive organs. It moves through the nerves surrounding the last vertebrae.

The vital energy goes around the coccyx and then enters the spinal cord?

Yes, you see, all the nerves of the body secrete a very fine, highly volatile substance called prana. It is not the universal prana but it is its physiological counterpart in the body. A concentrated form of this prana is present in the reproductive system. When this is transformed into energy it ascends in streams of light into the brain.

It has been said that the impulse is given from the conscious centre in the brain and then the energy is sent up from the base of the spine.

Every activity in the body is inter-linked with the activity of the brain. It is when the superconscious centre in the brain is stimulated that pressure is exerted on Kundalini to send up the energy to feed the centre.

Is the stimulation of the superconscious centre in the brain brought about by the purity of heart and mind or by something physiological?

It is a mistake to differentiate between physiological and mental influences in such a case. Both are interconnected. The awakening is a process of evolution. When the mind and body reach a state of perfection, previous to the awakening, a slight effort can stimulate the superconscious centre and lead to an awakening. The heart and mind become purified if the evolutionary processes proceed in a proper way.

The Christian mystics make a distinction between the active and passive purification.

It is a mistake to say active and passive. The body and the mind evolve as a whole. This means that the mind evolves both in its conscious and subconscious aspects. You call conscious purification active and subconscious purification passive. Actually, both are the fruit of the activity of the Spirit to manifest itself in a higher form through the mind and body. The conscious and subconscious purification proceed side by side.

What happens when the stream of radiant energy enters the brain?

It enters the upper region of the brain through the spinal canal. The head is filled with it, and the consciousness of the individual begins to expand in a marvellous manner. It grows wider and wider and, after a while, the observing ego finds itself floating like a bubble on a lustrous conscious ocean of vast dimensions.

Does this extension affect only space or also time?

It would be a misnomer to say that the extension occurs in space. It is only the subjective experience of the conscious principle which sees itself magnified and grown to a proportion quite in contrast with its former limited and conditioned existence as the human ego.

Does the awakening occur step by step or is the whole brain flooded with radiance at once?

This depends on the manner of the awakening. In some, the energy enters the highest centre in sufficient measure to cause a transformation of personality on the first occasion. In others it may occur gradually.

What is the relation between the awakening and Illumination?

When the awakening is healthy and the radiant stream of energy rises through the central canal, the activity of the highest centre is intensified and the indwelling soul comes into contact with its own sphere of existence. When this happens, illumination occurs.

Does that mean when the awakening is healthy, illumination can occur at the very same moment?

It can happen in special circumstances, but ordinarily the awakening is attended by disturbances of the nervous system, resulting from the passage of a higher form of energy through the delicate nerves. It takes some time for the brain and the nerves to get accustomed to this flow of the radiant force.

When this adjustment is made, the individual lives in a state of illumination.

You said before that when the radiant stream of energy rises through the central canal, does this mean it can enter the brain by another passage?

It can also rise through the *Ida* or *Pingala*, which means the nerves on either side of the spinal canal. But in that case, the awakening is not healthy. The energy normally enters through the central canal, called the *Sushumna*, but it may go into a wrong channel in spite of the choice of the individual. There are methods to deal with such conditions provided the person is under the guidance of a competent teacher.

The ideal, then, is to raise it through the central canal?

Not only the ideal, but it is necessary for man's life and sanity that it rises through the central canal. If the awakening is slight, and it rises in one or the other channel, it will cause disturbances of the mind and body and maybe even disease. If the awakening is powerful, it may cause insanity or even death.

How does the radiant energy rise up through the spine, in a straight line, or a spiral or zigzag

It rises through a slightly zigzag path. At the outset, the energy rises to varying distances in the spinal canal and not directly into the brain. Therefore, in the first stages, one can observe the phenomenon in terms of time. But once it finds its way into the brain, no perceptible amount of time is taken by the energy for moving from the base of the spine to the head.

Does this mean that once Kundalini is in the head She does not move any more but is everywhere?

The force of kundalini is actually a radiant stream of vital energy which is constantly moving from the spinal canal into the head. Once the movement is set up it continues permanently in those cases in which the nervous system has attained a certain degree of perfection.

What happens in those cases where the nervous system is not so well developed?

After having entered the brain for some time, the flow of the energy ceases, and then the individual returns to his normal consciousness. After some time, he takes it up again. So his experience is interrupted and he remains in a state of fluctuation between superconsciousness and normal consciousness.

Does the flow of Kundalini depend on the nervous condition of the individual or are there any rules regulating it?

There are perfect laws governing the manifestation of Kundalini. The difficulty is that those laws have not yet been discovered, due especially to the apathetic attitude of modern scholars towards this most important branch of knowledge.

Could you mention some of these laws?

An accurate and exact enunciation of these laws can only come through scientific research. If Kundalini is awakened by an individual whose eugenic factors are favourable, his offspring will also have an awakened Kundalini.

Should both parents have an awakened Kundalini?

One is enough, but the other also should be at a high state of development, and there should be a harmonious development of the vital organs in both. By vital organs I mean the digestive and the eliminatory systems, the glands, the brain and the nervous system, lungs, heart, etc.

What will happen when one of the parents is not only awakened but illumined?

As I have said, a full and healthy awakening invariably leads to illumination. There is therefore no distinction between awakened and illumined in the sense in which it has been mentioned here. If the combination of the partners is perfect, an illumined soul can be born from such a union.

You speak of one partner only. Would it be better if both were illumined?

I am not sure of it because in order to bring up such a child, the mother must be very robust. The awakening consumes a large part of one's bodily energy. The ideal, I believe, would be if both are illumined. But because of our lack of knowledge, we do not know how to maintain the health of the body in a perfect state, when the awakening has occurred. At the present stage, I believe it will be safer if only one partner is enlightened. But in times to come, when the laws of Kundalini are known, the ideal would be to have the awakening in both.

But you have said that some years after the awakening the individual is restored to health. Could they not wait until that time?

Restoration to health does not mean robust health. Of course, when the laws are known, Kundalini would not only endow a human being with better health but also with a longer span of life. For this, however, we have to wait until further facts are known about this Almighty power.

PART II

Do you think that humanity will one day be in a position to produce a superman?

What we call superhuman will be the normal man or woman of the future. They will certainly be mentally and spiritually much superior to the average mortals now.

Will these super beings be saints?

If by saints you mean illumined individuals, then the answer is in the affirmative.

Can an illumined person sin any more?

Our definitions of virtue and vice are relative and differ with different religions. An illumined man or woman will be incapable of doing any act which is against the canons of morality.

Do all the illumined men and women possess genius?

Yes, one who possesses a higher state of consciousness must also possess the gift of genius. Both genius and illumination are the outcome of the activity of Kundalini. When this mighty force enters the conscious centre the individual is then not only illumined but also possesses genius.

Can one direct Kundalini purposefully to the conscious centre or to any other centre in the brain to gain genius?

At the present state of our knowledge, Kundalini, when She enters the sixth centre, that is, the intellectual centre of the brain, stimulates mental activity. When she rises further into the conscious centre she grants illumination. A time may come when it may lie within the power of men to direct the activity of Kundalini at will. But it should always be remembered that this can only come to pass when the individuals attempting it are in harmony with the conscious forces guarding human evolution. The awakening of Kundalini and Her stimulation of the brain can never be at the sweet will of any individual. We will always have to depend on cooperation and benevolence of the Cosmic Conscious Forces that rule the destiny of mankind.

Would a person gifted with Kundalini be a genius in one particular branch of knowledge and art or would he or she be a universal genius?

He or she would be a versatile genius, provided the development after the awakening of Kundalini proceeds on normal lines. The amount of energy going to the brain differs among different individuals both in quantity and quality.

On what does this difference depend?

On one's constitution and the state of development of the cerebrospinal system. The awakening of Kundalini is the culmination of a regular process of evolution. At present, unfortunately, we are entirely in the dark about the Almighty Laws that govern human evolution. If these laws were known, society could be adjusted in a way so that individuals develop in a manner conducive to the proper manifestation of Kundalini.

Could you please describe some of the methods necessary for the proper development of the body and the cerebrospinal system?

Adherence to the moral laws enunciated by all founders of religions, coupled with proper attention to the strength and efficiency of the body would lead to a proper development necessary for a beneficial awakening of Kundalini. But for this the whole society has to be changed. That is exactly what has to be done and ought to have been done long ago, had modern scholars paid due attention to the investigation of religious phenomena, including those associated with Kundalini.

What is the difference between a man of genius and an illumined man or woman?

In the case of an illumined man or woman, Kundalini rises to the highest centre on the top of the brain, called the *Sahasrara*, and transforms the whole personality. In the case of genius, it stimulates some region of the brain of extraordinary intellectual or artistic activity.

Will an illumined man or woman have saintly qualities and a genius not?

An illumined man or woman must possess saintly qualities, because they are a prerequisite for true enlightenment. A genius may or may not. But even in the case of genius, a development of moral qualities is generally found.

How do you explain the eccentricity of genius?

An awakened Kundalini imposes certain heavy responsibilities on the surface consciousness. The individuals in whom the Power is awake must live a regulated and disciplined life to meet the demands of a more delicately constituted nervous system and brain. In view of the fact that scholars have at present no inkling of the factors responsible for genius, the persons who show extraordinary talent are considered to be biologically on a level with normal people. This is a great fallacy.

The men and women of genius and mystics have to follow a higher way of life and a superior code of conduct. In fact, the families in which talent is highly developed ought to live more disciplined lives. Hereditary defects, disharmonious social surroundings, undisciplined conduct and a way of life inimical to the functioning of Kundalini, are the facts responsible for the eccentricities noticed in some men and women of genius. I believe this fact will be corroborated by future investigators, that the greater incidence of mental disorder in men and women of genius is mostly due to the ignorance

of laws about Kundalini. Perverted genius can cause the greatest disaster to mankind in this age of nuclear missiles. To avert calamities, it is therefore necessary for the race, for the sake of its own safety and survival, to thoroughly investigate the power behind genius.

Shouldn't a genius have beautiful surroundings and a harmonious family life?

Yes, it should be the duty of society to afford every facility and opportunity to genius to enable it to blossom to its fullest.

Is it possible to change a power-intoxicated dictator for the better?

Yes. Humanity needs only the knowledge of Kundalini. When it is attained, the watch kept on men in power by scholars and the people will be a sufficient guarantee for their good conduct.

Buddha supposedly changed robbers and murderers into pious men in an instant.

This in varying degrees is also true of other great prophets and saviours. The spiritually advanced souls exercise a great power of upliftment on other individuals less evolved than they. This power can even chasten a wicked man and put him on the path to higher consciousness. The foundation of this power rests on the fact that the evolutionary urge is instinctively at work in everyone, and even in criminals it waits for an opportunity or a powerful influence to start a reformatory process.

How does the spark jump from the awakened Kundalini to the dormant one?

The evolution of mankind is not only in an individual but a collective process. It is not only that one man has to evolve, but the whole of humanity is on the path of evolution towards higher state of consciousness. Therefore, individuals who are highly developed play a most important role in accelerating the development of the lesser evolved. In fact, the appearance of prophets and saviours on the feverishly active stage of humanity is a divine process to kindle a flame which, by its radiance, lights up the hearts of other people so that they are also stimulated to greater efforts at self-realization.

What is the greatest force on earth to develop Kundalini?

There are many factors necessary for the healthy development of Kundalini. The main are 1) an earnest desire to experience God or the Power behind the universe; 2) love and benevolence towards all mankind; 3) devotion to ideals; 4) a disciplined life; 5) Conquest of ego.

Which is more powerful, a group or an individual?

It depends on the quality of the group or the individual. Great ideas come through individuals, and they can change the world. But an individual is also the product of a group. We lack in great prophets in this age because the society is allotting the place of honour to material progress.

But that does not disturb the prophet. And how can it be said in the case of Christ and Buddha that they were the products of a group?

The condition of society is the greatest impetus in the production of religious geniuses. The present world lacks in something that is favourable to the growth of individuals of vision.

How can this drawback in the present social order be overcome?

The first thing necessary to be done is to replace the major incentives of wealth and power, which are the ruling actors in the social order of today. It is not necessary in the existing social systems that a man holding a seat of power or that a multimillionaire should also be developed spiritually and morally. The reverse is often the case. Success in the race for power or wealth demands qualifications which are sometimes the very opposite of those required for the spiritual unfoldment of man. So long as spiritual greatness is not made the ruling force in human affairs, and morality is not honoured above other things, the present society will continue to remain barren in regard to the production of religious genius.

Why are spiritually advanced people generally poor?

Wealth is a hindrance in the attainment of God, because it leads ultimately towards ineptitude and decadence. Moreover, spiritually advanced men and women would never stoop to the accumulation of wealth at the cost of the labour of other people. On the other hand, their benevolence and charity makes them part with what they have to help those in distress. So they cannot be rich.

There must be a change in the current values for the spiritual development of mankind, but who is powerful enough to bring this about?

This change is absolutely necessary for the healthy evolution of mankind. At the present moment, the unbridled license granted by society to those who hunt for power and wealth is militating against the evolutionary forces to such an extent that an awful tension is visible in the subtle planes of life to those gifted with transcendental sight. This tension is likely to lead to serious consequences, like the infection caused by a malignant disease, if it is neglected too long. God will therefore find means to change the existing order, even though it may cost suffering to humankind.

Why has He not done it before now?

The spiritual world is governed by laws as rigid and effective as those which rule the physical universe. Full margin of grace is granted to erring mankind before the spiritual forces act in a cataclysmic manner. The intellect of man, at his present stage of evolution, is too narrow to understand the working of these mighty laws in their entirety.

What are some of these laws?

The rise and fall of nations has occurred as a result of the operation of Cosmic Law. When a nation seriously departed from the path of evolution, mental conditions were created that led to its fall. The rise and fall of families is also regulated by evolutionary laws. I say this on the basis of my own experience, subject to verification by other investigators. Those in whom Kundalini will awaken will intuitively perceive the mode of operation of these laws. Considering the magnitude of the subject It will take generations of savants to explore these phenomena.

PART III

For people who want to reach God will it be better to remain unmarried or to lead a family life?

The first thing you have to understand is to know what you mean by reaching God. He is not far to seek but is already seated in our hearts. What is needed to be done is to increase the efficiency of the brain until a higher stage of consciousness is attained and superphysical existences become perceptible. It is this condition of consciousness which is nearer to God, and one who has attained it is transformed mentally and feels himself or herself one with the all-pervading power that sustains the universe.

Because increased efficiency of the brain denotes evolution, it is easy to imagine that this evolution can only take place when the development is transmitted from the parents to the child. When the laws of Kundalini are known, one of the most important subjects for scholars to handle will be the compatibility of partners in marriage to ensure eugenic factors most favourable for transmission of developed faculties of the mind. At present, science is woefully lacking in this behalf, because the fact that the brain is evolving is not accepted officially, either by biologists or by psychologists as a class, through there are notable exceptions.

It is therefore obvious that Heaven, which has subscribed to the evolution of man for the last millions of years cannot, when he is at the summit of his glory, take a radically different direction and decree that those who are evolved and attain to God-Consciousness should have no offspring to carry on the higher states of consciousness with a more developed brain. In fact, that would be contrary to the program of Heaven.

Many men of genius, Socrates, for instance, did not have any children and others, like Goethe, had mediocre progeny. Does it mean that when the height of genius is reached the development can go no further?

What you say supports my contention that the scholars are woefully ignorant of the laws of Kundalini. For the hundreds of thousands of years that man has still to bide on earth, he has to attain to such heights of consciousness as are beyond our imagination. Contrast the present man with the savage of a period 20,000 years back and mark the difference. That some men of genius had no children or that their children were mediocre is a clear proof of the fact that we have yet much to learn about eugenic factors and compatibility of the partners in a marriage. In some cases of genius and even of mystics the flow of energy to the brain exceeds the limits of the body and there is no residual left for reproductive purposes. Such men of genius and mystics are therefore naturally averse to marriage, and if married would not be able to produce children. But with further knowledge of the subject it will be possible to remedy such conditions.

A mediocre progeny is often due to the fact that the eugenic factors of the parents are not properly matched or even that the parent who has the genius

has not lived a disciplined life himself. The spark, however, is not extinguished and may be kindled to a flame in any generation.

What are the factors that determine compatibility?

This is a still-unexplored field of human knowledge and in the days to come will form a most extensive sphere of research. I am not in a position to lay down any hard and fast rules except to the extent of saying that in determining this compatibility not only the mental attributes but also the stage of evolution and the state of the vital organs will have to be considered. It is only when rigid attention is paid to this subject and our sphere of knowledge is sufficiently extended that a really superior race of human beings will come into existence. This is the aim for which Heaven has created man. As has already been said, it will need the labour of future generations to determine the laws ruling evolution. All that I say, therefore, will need confirmation from other investigators.

How did you come to the conclusion that Kundalini is the evolutionary mechanism in the human body?

The conclusion is simple and follows the direction of the phenomena observed. Transformation of personality, as a result of religious striving and various spiritual exercises, is a well-recognized possibility and is mentioned in almost all the scriptures of the world. This transformation must have a psychosomatic basis in the body which is powerful enough to alter the functions of the cerebrospinal system and other organs to produce a higher state of consciousness. As the phenomena associated with Kundalini point to a radical transformation of personality, it is obvious that the basis of evolution is Kundalini.

I would like to know about this evolutionary mechanism. How does it work?

It is easy to understand that evolution cannot be an extraneous process without having a localized organ for it in the human body. The everyday activity of the human organism consumes a specific amount of energy, and this consumption is more or less according to the amount of the work that the body is required to do. Evolution of the mind presupposes alterations in the brain and nervous tissue as also in the efficiency of the other vital organs in order to meet the additional energy required for a higher activity of the mind. The question is from where does this energy come? Unless and until there is a constant inexhaustible source of energy in the body, designed to feed the areas of transformation of the whole system - the body and mind - a regular process of alteration cannot be possible.

From where does the energy come, and how is it produced?

From the evolutionary mechanism, which is also the reproductive system in the body. Energy from all parts of the human organism is brought to the reproductive region by all the nerves. A small part of this energy rises to the brain and moves in the nervous system for the process of evolution. But when Kundalini is aroused, a large part of the energy is utilized to supply the awakened centre in the brain and also to enhance the efficiency of the vital organs in order to create a higher state of consciousness.

Is the evolutionary mechanism identical with the reproductive system?

The source of energy is the same, but the evolutionary mechanism commands the entire nervous system and the brain. Its sphere of activity extends to the whole of the body, while the function of the reproductive system is more restricted.

Does it mean that there is a central source of energy that can be either directed upward for evolution or downwards for reproduction?

Yes. Kundalini represents the centre of energy which can act both ways. In case of an awakened man, the choice of whether the energy is used for procreation or evolution is his.

What about those who are not awakened?

The choice is not possible for them, because they have not gained access to the evolutionary mechanism.

That means the evolutionary mechanism comes into existence only with the awakening.

No, as has been said, the evolution of human beings is going on imperceptibly, and only a slight amount of the energy is consumed for this purpose. After the awakening, however, the evolutionary process is highly intensified.

What did you mean, then, by saying, to “gain access to the evolutionary mechanism?”

After the awakening, the individual has to cooperate actively with the evolutionary force in bringing about the transformation of consciousness. He has to be a party to the process. One has to lead a normal, self-disciplined life so that the subconscious processes of evolutionary are not retarded, but on the other hand, are expedited by one's behaviour.

Why do all religions stress chastity?

This has been done for a very strong reason. As the same source of energy supplies both the reproductive and evolutionary system, its conservation serves the purpose of evolution.

Does this mean that monastic disciplines and chastity are a help to evolution?

Yes, provided abnormal states of mind and body are avoided. In other words, excessive austerity and self-denial, or anything else that becomes an obsession, is always harmful for the harmonious growth of the individual.

Is the energy that is not used for reproduction automatically diverted towards evolution?

There is a difference between reproduction and the normal sexual activity of an individual. If it were strictly a case of reproduction only, it would not interfere in the process of evolution. But humans are prone to use this energy for the gratification of desire, which interferes in the process of evolution.

Does this mean that if this energy is not used for sexual gratification it would invariably be utilized for evolutionary purposes?

As I have said, unless an individual is awakened, the energy cannot be used for evolutionary purposes beyond a certain limit, but in such a case some of it is re-absorbed in the blood and helps to maintain the vigour of the body. A part of it finds expression in creative activity.

Is this energy also used or lost by too much thinking?

Too much thinking is a form of sustained attention, so naturally it puts a strain on this energy; the same with concentration.

How can one gain energy?

The source of energy at the base of the spine is inexhaustible if judiciously utilized. It is developed, not depleted by proper use.

Since only an awakened soul can judiciously utilize it, what can a normal person do?

A normal person should acquire full knowledge of the science of Kundalini as far as it is available now. And he or she should also try, by proper means, to stimulate this power. For instance, all religious observances laid down by the founders of great religions are in actual fact methods to stimulate Kundalini. By this I mean specifically prayer, worship, devotion, love of God, service to man, benevolence, charity and all those virtues which have been stressed by prophets and saviours tend to stimulate Kundalini and to create a mental condition suitable for its awakening.

Is a certain amount of purity of heart and mind necessary to awaken Kundalini?

Not only a certain amount, but complete purity of heart and mind is necessary.

Does this mean that only one who is already a saint can awaken Kundalini?

Everyone who has developed his nervous system to the required degree can awaken this power, but moral qualities are absolutely necessary.

How does awakening Kundalini affect the life-energy?

As I have said, in the region commanded by Kundalini, at the base of the spine, a highly concentrated form of local bioenergy or prana is brought by

all the nerves and stored for use. When Kundalini awakens, instead of the normal prana a more powerful energy begins to course through the individual's nerves and brain. This creates an enhanced state of perception.

What is the difference between normal prana and the more powerful prana sent up the spine by Kundalini?

The higher prana is lustrous. In normal consciousness, there is no ingredient of luminosity. But when this higher prana pervades the brain and nervous system, a bright effulgence fills the brain and becomes an inseparable part of the transformed consciousness.

Is it still individual prana or is it universal prana?

Universal prana is completely beyond the imagination of human beings. In its original state it is a living substance of tremendous power. Humans and animals live, as it were, on the fringe of universal prana. That is, they are pervaded only by a slender beam of the universal prana. In the awakened man or woman, this beam becomes a little stronger. But there are still incalculable possibilities, because universal prana is infinite in power. It is like going from earth towards the sun and meeting, as we go, more and more powerful rays of light.

Does universal prana enter the body?

Every living organism is sustained by universal prana. By individual prana I mean the subtle biochemical substance which it creates as a link between itself and the atoms of matter. Actually, all bodily functions of living organisms are conducted by universal prana. In other words, by Cosmic Life. Universal prana pervades the whole body, but the body makes use of only a small portion of it.

How does universal prana create this link between itself and atoms of matter?

Prana is immaterial. It is Life-Energy. It is fully conversant not only with the laws of matter but also with the complicated organic forms it has to create. It is in a state of perpetual activity, like the atom and its ingredients, electrons and protons. There is this difference: It is conscious, with a super-intelligence transcending time and space. It can shape and mould matter, according to given laws, and create individual prana and organic formations.

If universal prana is super-intelligent, what is life?

Life is prana, with all its attributes of intelligence and super-intelligence.

Does prana create the link between itself and the atoms from some material substance?

It is better to say, in conjunction with material substances.

There is no intelligence in atoms themselves, then, except what is lent to them by prana?

In the final analysis; atoms vanish into energy. Prana is also conscious energy. Both spring from the same source, that is from the Cosmic *Shakti* or Energy, subsequently taking two forms, the organic and inorganic, to create the universe.

Does everything spring from Cosmic Energy and then return to it?

In the ultimate, both spring from and are the two aspects of the unmanifested Creator. At the time of the manifestation a duality comes into being, Universal Consciousness and Universal Energy. The Universal Energy is subdivided into two parts, the living prana, i.e., *shakti* or life-energy, and mechanical matter. Universal Consciousness always remains unaffected and unchanged. The individual soul is a tiny reflection of it, like the reflection of the sun in a dewdrop. By the power of higher prana, sent up by Kundalini, this reflection becomes brighter, and then man or woman is illumined.

Is this just Hindu philosophy, or does it spring from your own experience?

It is the logical conclusion of my experience. Of course, this subject of cosmogony is too vast to depend on the experience or reason of one person. It will depend on future investigators to add or subtract from my conclusions.

Is one form of energy used for thinking and another for emotions?

All mental activity is due to prana. It is the prana which supplies vital energy to the brain for thinking, feeling, and every act of will.

So we feel with the brain, not the heart?

The brain is the seat of consciousness. It is because the heart is affected by our emotions and, contrarily, because the condition of the heart affects our thinking, that the heart has been considered as the seat of consciousness. Figuratively, the term heart signifies the seat of emotion. Actually, feeling, emotion and will are parts of our consciousness.

What causes the emotions?

There are some substances which when we throw them on the fire lend different colours to the flame. In the same way there are organic compounds secreted by the body, especially the glands, which, when they mingle with prana and flood the brain, cause different kinds of emotions. In its real nature, the soul is eternally pure and free of anger, lust or passion.

What happens during thinking?

During thinking the mind is active and this activity consumes energy supplied by prana. The brain is nourished both but ultimately it is the prana which is the source behind the activity of the brain.

How do thoughts come into our brain?

The brain is the instrument of expression of the Cosmic Mind. The ultimate source is Universal Prana. The activity of the brain, by which the mind-stuff functions in an individual, is nourished by prana and conditioned by the brain.

On what does the quality of thought depend?

On the quality of the brain and the individual prana.

What is mind-stuff?

Mind-stuff is mind-stuff. Its existence as a real entity, deathless and all-pervading, can only be perceived in a superconscious state. Then one can perceive the mind-stuff distinct from consciousness, which is inexpressible and is the Reality behind all phenomena of the universe, the substratum of everything.

What is your opinion about the chakras, the so-called nerve centres mentioned in the ancient books on Yoga?

Because the secret of Kundalini was kept closely guarded, the ancient treatises on the subject are written in a veiled language. Moreover, in ancient times it was customary to write about such subjects in a figurative language. If you read the books on surgery and medicine by ancient Indian authors, you will find that at some places they have made similar figurative statements about the interior of the body. In the case of Kundalini, as soon as the awakening occurs the initiate is astounded by the movement of the lustrous energy through the nervous system. At those places on the spinal cord where there are concentrations of nerves or plexuses, this lustrous energy moves with a circular motion that conveys the impression of a chakra, which means a circle.

How many chakras are there?

The ancient manuals generally list six, from the Muladhara or the root centre at the base of the spine, to the centre between the eyebrows. They are the Muladhara, Svadishtan, Manipura, Anahata, Vishuddha, and Ajna. Some writers include one or two more.

Do the chakras lie in the spinal cord or are they revolving around it?

In their physiological aspects, these chakras are concentrations of nerves at certain places connected with the spinal cord. It is the energy supplied by Kundalini that makes a circular motion and not the nerve concentrations themselves. They are known to physiologists.

Is it true that in some cases Kundalini rises only to a certain chakra without ever reaching the brain or the “thousand petalled lotus?”

Yes, but in every case of awakening a certain amount of radiation reaches the brain also.

PART IV

When does a man loose his small ego?

When he or she is in a transcendental state of consciousness, due to the flooding of the brain by an enormously increased supply of prana. Once having attained that state of transcendental or Cosmic Consciousness the hold of the ego on the mind is considerably lessened. But it can never cease altogether in ordinary life. An utter absence of ego will make survival impossible, and the man or woman would be reduced to a state of a helpless automaton.

What is it that makes the ego?

Ego is a vital part of individual consciousness in man.

Why have certain saints become completely oblivious to the needs of the body and sometimes even had to be fed by others when they attained to higher consciousness and had risen beyond the world?

The evolutionary processes at work in the body can never be intended to make one oblivious to those qualities or those needs of the body which are essential for survival. Nor can it ever be the intention of Universal Consciousness or Heaven that after the attainment of superconsciousness man should cease to propagate, because that would then result in the extinction of the race at the very moment when the aim of nature to evolve mankind to a higher state of consciousness is fulfilled.

Therefore, keeping in view the fact that man has resisted and overcome stupendous odds in arriving at his present state, he will continue to possess all the attributes necessary for his survival in the ages to come when he has attained to superconsciousness. As such, in my view, the exhibition of any trait in any saint or mystic that militates against survival cannot be a healthy symptom of an awakened Kundalini.

How can humanity benefit by the awakening of Kundalini when only very few can arouse it?

As I have stated, Kundalini is the evolutionary mechanism in man. It is slowly but inexorably leading mankind towards a higher state of consciousness. In the normal human being the condition of one's heart is always a matter for careful attention because the heart plays a most important function in keeping the body alive.

If I say that Kundalini performs no less important a function, not only for the individual but for the whole of the race, shouldn't it be a matter of the deepest interest for us to know how it functions? It is at work every moment of our lives in building the brain and the nervous system, and it is therefore most necessary for the safety of mankind that some people deeply interested in it arouse this power so that the world might benefit by their experience.

How can the world benefit?

It is obvious that an evolutionary mechanism functioning in the body must be ruled by some laws about which mankind has no knowledge at present. As you know, there was a time when people had no knowledge about the causes of dreadful contagious diseases like smallpox, the plague, etc. The result was that humanity had to pay a heavy toll of life every year as the price of its ignorance. Since the factors responsible for these diseases have been discovered, physicians are now in a position to prevent and check the ravage of these scourges.

As the guiding star of human evolution and the custodian of the human mind, Kundalini is responsible for creating genius in those cases where it is benign, or madness and dreadful lusts where it is malignant. You can therefore understand of what importance it is for mankind to learn the laws ruling this mighty mechanism. The experience gained from observing cases of arousal will help scholars discover these laws.

What causes a benign or a malignant awakening of the life-energy?

It depends on the individual, on his or her whole organism as well as on his or her past and present condition. These laws can only be discovered gradually.

After we've discovered these laws, will it be possible to produce more men of genius and to cure insanity?

Everyone who is transformed by the action of Kundalini blooms into a genius. When more and more facts about this still-mysterious and mighty force are known, more and more men and women will endeavour to arouse the power. Consequently, humanity will be richer in genius. As for those in whom the power awakens in a malignant way, it will be possible when physicians come into possession of more facts about it to apply methods and other remedies to counteract the effects of an unhealthy awakening.

Are there many people in mental hospitals because of an unhealthy awakening?

Yes, I believe a fairly large number of mental patients are the victims of an unhealthy Kundalini.

If this energy is divine, why should it cause mental problems?

The development of an embryo in the womb is a divine process, but all the same, some children are born deformed or mentally deranged. There are certain subtle laws of life that govern the destiny of individuals which future enlightened men and women will discover and reveal to mankind from time to time. For the purpose of your question, it is enough to say that the evolutionary function of Kundalini is no different from the reproductive function in this respect, that just as in birth we have deformities and derangements, so in the awakening of Kundalini we have the same abnormal and unhealthy manifestations, in some cases.

If the awakening is healthy, does it automatically result in superconsciousness?

The awakening, as I've already mentioned, is of two kinds, one gradual and the other sudden. When the new energy rushes to the brain, it creates a higher state of consciousness soon after the arousal. In this case, the candidate has to exert himself in all directions; primarily he has to be attentive to his food and to keep his mind in a state of equilibrium. If he fails to attend to these essential requirements the result can be disastrous. His stomach should never be empty, for example, and he has to take a light meal after every three hours and sometimes even more frequently to make up for the tremendous expenditure of energy needed for the transformation and the adjustment of the brain and nervous system.

At this critical time, he can be compared to an athlete preparing for a contest. In fact, he has to be much more careful about his diet and behaviour in order to save his life and sanity. The constant presence of the teacher is absolutely necessary at this critical time.

In various Tantras, the ancient manuals dealing with this aspect of Yoga, the use of animal foods is advocated in the case of initiates arousing Kundalini. This fact has brought the *Shakti* cult into disrepute. Actually, this injunction is meant to meet a most important biological need of the initiate through the critical period of the awakening and even later on throughout his life. Because in his case a larger consumption of prana becomes necessary to maintain a highly extended state of consciousness. A regulated supply of concentrated food, suited to his digestion, is absolutely necessary.

It is easy to understand that metabolic processes in an adult, aimed to bring about radical changes in the cerebrospinal system to adjust it to a higher state of consciousness, cannot function at all without proper nourishment to maintain the strength of the body.

Does this mean that some people are in mental hospitals because they didn't eat correctly?

That is possible. In the case of a spontaneous awakening, even if the energy is benignly disposed, serious mistakes made in diet can lead to mental disorder. During this period, the seminal energy is produced in abundance to nourish the brain and the nerves. For this increased production of sex energy to save the brain, nourishing food at proper intervals is of paramount importance. A man or woman, aspiring for superconsciousness, stands in need of the greatest care in respect of diet and other things, and it is absolutely necessary that science should have knowledge of these laws.

How can medical doctors learn these laws?

Humanity has now reached a stage of evolution when all those who are entrusted with its welfare, spiritual or temporal, should be in full possession of the facts relating to Kundalini. Since the race as a whole is evolving towards higher consciousness, by the force of certain still-mysterious laws, it is absolutely necessary for those who would be leaders or healers of men to know these laws so that they can guide the race to safety. It will be necessary, therefore, for all those who perform these functions to arouse their own Kundalini before they undertake such important duties.

But this will take a very long time.

You are mistaken, as are those who believe that in the modern age it will be very rarely that an enlightened man or woman will be available. Within the last seventy-five years, from the first successful attempts to fly a distance of a few hundred feet, mankind is now in a position to launch space craft to a distance of millions of miles. The knowledge and experience of mankind has increased to such a tremendous degree, that once the truth about Kundalini is accepted by science and research is started in earnest, within a few decades dozens of men and women with an awakened Kundalini would be available to offer guidance to the world.

It is not necessary that in the initial stages all physicians and all leaders should have an awakened Kundalini. Only a few will be enough, because they can give guidance to the rest. The main thing is that the science of Kundalini should be known and accepted by mankind.

What do you mean by “accepted by mankind?”

It is extraordinary that although the secret of Kundalini was known thousands of years ago, mankind today is entirely in the dark about it. The first requisite, therefore is that this science should be recognized by other branches of knowledge and also by the mass of mankind. It should be accepted as real and important branch of knowledge, both by scholars and the laity.

But they accept only something they are convinced of.

Most of the people, and even many scientists, are not convinced about the original theory of evolution and do not believe that the development of man occurred as it is enunciated in the said theory. But all the same, it is universally accepted as a reasonable hypothesis and believed in by many biologists.

All that you want, then, is that the theory of Kundalini be accepted by science as a working hypothesis?

Yes, but it will not take long before it becomes a fully established doctrine. In the case of the original theory of evolution the process on which the theory was built took place through enormous spans of time. But in the case of Kundalini, a few cases of awakening, investigated by competent observers, would place this knowledge in the category of exact sciences.

Will that be the meeting ground for all sciences?

In a way, yes, because the ultimate aim of every science is to add to the knowledge of mankind. Since Kundalini is the power behind the development of the brain and the mind, naturally, She will be a connecting link between all the sciences. In fact, once the science of Kundalini is accepted it will automatically mark the beginning of a strongly founded spiritual science.

Even after seeing and observing it, wouldn't some scientists attribute the phenomenon to other causes?

No, the development will be so extraordinary and the process of transformation so full of surprises and startling disclosures that no other explanation would be possible.

If only a few awakened individuals would be enough to guide humanity to safety, will they work together in harmony or each for himself?

The men and women endowed with superconsciousness will bring to bear an altogether different approach to human problems. They will be universal, not parochial, humble not arrogant, self-denying and not acquisitive, peaceful and not aggressive. You can therefore imagine with what harmony and mutual confidence they will work for the welfare of mankind. Imagine Buddha and Christ reborn in the modern age to help mankind in her multifarious problems.

Is it possible that men with an awakened Kundalini can do harm also?

A man with an awakened Kundalini, who has acquired self-control and a harmonious development of his whole being, is incapable of committing any sinful act. All his thinking and action would be of a selfless, altruistic nature, pregnant with love and good will for all human beings. But it is possible that so long as the laws of Kundalini are not known some individuals, born with an awakened Kundalini, and classed among the category of genius, may even do harm to mankind.

Can you specify these men?

Most of the dictators and conquerors, who were endowed with a spark of genius and surpassed their contemporaries in military skill and organization, belong to this category. An awakened Kundalini endows a man with surpassing eloquence, a comprehensive grasp of political or military matters and a magnetic personality. A combination of these factors creates an individual so versatile and so extraordinary in his intellectual calibre that others are led to obey him implicitly.

In view of the fact that the lust for power is a common weakness of man, many individuals gravitate towards these dictators and commanders, either from motives of patriotism, feeling that he can raise the nation above other nations on earth, or for their own personal aggrandizement. The result is that a very powerful circle is formed which brings the whole nation under its influence. This creates a gigantic aggressive machine, of which the consequences are disastrous for itself, the country and for the world.

Then Kundalini can act both in constructive and destructive directions?

Certainly. It is most essential for mankind to know its laws at the present stage of evolution to save itself from destruction.

Is it possible to stop this destructive tendency of Kundalini from the very beginning?

In India, Kundalini is also called Kali, the goddess of destruction. When this subject is thoroughly gone into, the future enlightened men and women will come to the conclusion that it was necessary in order that human evolution should continue to bring into existence individuals who, by revolutions and wars, caused a change in the existing social orders or political conditions of the world.

Dictators and revolutionaries fulfil a certain function.

Yes, as you know, sometimes poisons are used to destroy malignant and poisonous germs in the body. Similarly, dictators and revolutionaries serve as an instrument, though a cruel and hideous one, in the hands of nature to create feverish conditions in the body politic of the world whenever human evolution goes wrong.

Will humanity always need dictators?

Not necessarily. The knowledge of the secret of Kundalini, when accepted and amplified by the experience of other competent investigators, will bring home to humanity the need for strict adherence to the laws of evolution and for adjusting their social and political systems in harmony with these laws. Now the leading intellectuals and rulers of humanity fail to understand and act on the evolutionary laws.

PART V

Can you see a time when the world's leaders will have to awaken their Kundalini to become eligible for leadership?

This will come to pass sooner than you might expect. At this moment mankind is unsafe in the hands of present-day politicians. Considering the progress she has made in physical science and technological skill, it is imperative that superconscious minds be placed in charge of human affairs.

For political leadership one needs more than a pure heart and a good intellect. He or she must have the talent for administration and the charisma to rule. People with less character but better talent sometimes prove to be better leaders than those who were good-hearted but did not know the art of leadership. This is something that touches the very core of the problem. Please don't think that after the awakening of Kundalini all human problems will be automatically solved. The universe is so complicated and human nature so deep that to the last day man will continue to gather wisdom to enable him to live in greater and greater harmony and joy.

The awakening will result in a higher state of consciousness and greater intelligence supplemented by intuition. But for directing this consciousness into all the multifarious channels of human activity, special training and techniques will be needed.

Those most suited for leadership will acquire those positions. In fact, the whole society will be planned on a basis that the men and women of highest character and acumen who have reached the highest states of consciousness will be entrusted with the most important leading positions in every sphere of human activity.

Who will be part of the selecting body for this purpose?

Once the laws of Kundalini and its potentialities are known throughout the world, it will become the most important subject for research and inquiry on the part of scholars. The intellects of the world will then be happy to have as many sages as possible with an awakened Kundalini to give them guidance for human progress. This is an inevitable corollary to the knowledge of Kundalini.

Does knowledge of Kundalini mean that it will be immediately put into practice?

Most surely. This knowledge is of such vital importance to mankind that once it is known not a moment will be lost in putting it into practice.

But the scientists who realize it might not be in the position to put it into practice.

You undervalue the power of mass opinion. The present struggles for liberty and democracy are the direct outcome of the writings of a few talented and intrepid spirits born during the last two centuries. With a hundred years, the whole population of the globe has become democratic in outlook. The existing means of propaganda are so effective that once this discovery is

announced by scientist all over the earth, and the need for following evolutionary laws is brought home to the people, power-hungry politicians will loose their grip and hold on people immediately.

If you really look into it, so-called democracy is a mask behind which a few individuals rule a country. You say that it is because of the writings of some talented people that the world become democratic, but in reality it is not.

Ultimately the power or authority to rule cannot be vested in the masses but only in a few individuals. The question is how they are to be selected. The present method is not perfect, and it will be for the men and women of the future to devise more effective ways so that individuals most suitable for the position come to the top. The superconscious sages of the future will, no doubt, effect radical changes over the present system.

But politicians who want to retain their positions will do everything in their power to suppress this knowledge.

You are entirely mistaken. The world is passing through a most critical phase at this hour, and the people already view the activities of politicians with mistrust. The only difficulty is that there is no other system, and no other people are available to supplant them. When it becomes known that the present political order is a direct challenge to evolutionary laws and the cause of bloodshed and violence, the masses will not tolerate it even for a day. No one can suppress the truth when once the spark is lighted.

Mass media have the power to crush and to suppress anything they like.

Yes, but they can act both ways. They cannot only crush those who speak the truth but also those who would have the truth suppressed.

But the main question still remains as to how the scholars and scientists will be convinced.

The present knowledge has already reached a stage where but a hint is enough to place the top-most intellects on the track. There are so many unsolved riddles at the moment connected with the birth and evolution of man and the present tense and explosive condition of the world that it should not be difficult for the intellectuals to understand the significance of Kundalini. Moreover, experiments conducted by competent scientists, and the symptoms of some classes of mental patients, are enough to convince science about the activity of Kundalini. Once this conviction is gained the rest will be easy.

How long do you think such an experiment would take?

About ten years in the case of individuals ripe for the experience. The men and women who would be willing to undertake this risky experiment out of love for humanity will have to undergo a certain period of preparation and self-discipline before the actual exercises leading to the awakening are undertaken. Calculating the period of preparation, of practice and finally of adjustment to the awakened force, a period of ten years would be, roughly speaking, the minimum required for the purpose.

What are the qualifications required by these candidates?

I am not exaggerating when I say that in the era to come, awakening of Kundalini will be the most important undertaking of mankind. It is not wishful thinking but a logical fact that once the potentialities of this mighty power are known the highest men and women among mankind will deem it a privilege and honour to be admitted to the discipleship of those who have awakened this energy.

The importance that has been given to the exploration in space, to astronomical observation, and to the highest research in science and medicine will be directed towards this new branch of knowledge multiplied a hundred-fold. There is no escape for mankind from strict obedience to this so far hidden law of nature. You can therefore well imagine what would be the calibre of individuals who are selected for this almost superhuman enterprise. They should have sound organs, a perfectly healthy nervous system, a sober mind, chaste conduct and an intelligent brain. They should also be above the common failing of lust for power and wealth.

After completing the course of their education this class of men and women, offering themselves voluntarily for the training, would be admitted to the universities established for this purpose, as was the case in ancient India, and trained by competent professors.

How will these professors be available in the beginning?

As I have already said, the whole process of investigation on Kundalini cannot be completed in a day. The first thing is that the science should be known and accepted. When this happens, and when the attention of the world is directed towards this important subject, it would not be difficult to find one or two awakened men or women at the very outset who would be able to train scores of volunteers possessing the required qualifications. In this way the first group of Masters would come into existence, and thereafter the task will become comparatively easy and the science more and more popular every day.

How will the first candidates for the experience be found to convince the scientists?

At the present stage of evolution there are hundreds, if not thousands, of men and women who are ripe for the experience scattered throughout the world. It is possible that some of them may even have an awakening spontaneously. Once the science is known, any scientist can observe the symptoms and record their experiences. Besides this, there are cases of awakening of Kundalini off and on in the meditation centres in many countries. They can be studied in the light of these disclosures. The third alternative is that some aspirants may offer themselves for observation and under the supervision of scientists and Masters undertake the exercises leading to the awakening. There are so many ways open for observation of these cases that science and religion would have no difficulty in satisfying themselves about the validity of Kundalini. Only they should be in earnest about it.

How will the experience of those who awaken Kundalini convince science and religion of the facts you mentioned?

In the first place, please clear your mind of any misconception in respect of the prevalent notions about Kundalini. It is generally thought that the awakening of Kundalini leads to transcendental consciousness. The conception is that Kundalini is some sort of a supernatural agency which bestows not only Cosmic Consciousness but almost miraculous psychic powers. How far this conception is correct can be judged from the fact that normally there is no method known to science by which a man born with a moderate amount of intelligence can be transformed into an intellectual.

If such a small degree of metamorphosis in an attribute already present in the brain is not within the competence of knowledge, how can mere awakening of Kundalini lead to a transcendental state of consciousness, that is, to a type of consciousness radically different from the normal conditioned human consciousness? Such statements cause deep misunderstanding about the real nature of Kundalini.

The actual fact is that the Kundalini force, from the moment of a healthy awakening, tries to effect a transformation of the cerebrospinal system, increasing the efficiency of the brain to an extent that it becomes responsive to higher states of consciousness. This, as you can readily imagine, is not an easy task. At the present state of our knowledge, it is a colossal achievement, and it takes years to achieve the necessary change in the brain so that the subtle levels of consciousness become perceptible. For all this period the whole body is in a stage of ceaseless change, and this process of alteration is always attended with grave danger.

When the changes have been effected, the candidate will find himself or herself completely altered from what he or she was before the awakening, transformed mentally into an altogether different personality in constant contact with the superconscious realities pervading the universe.

How can this transformative process be observed?

As these disclosures are being made probably for the first time, I must reply to your question in some detail. If you watch the metabolic processes of a baby growing towards boyhood, you will notice that there is a greater activity of the prana in him. This is exactly what happens to one in whom Kundalini is awakened. For any transformation of personality there must occur an alteration in the brain and nervous system. The conditioned human consciousness is shaped by the brain in the same manner as water poured into a vessel acquires the shape of that vessel.

The alteration in the brain is therefore essential before a higher consciousness can manifest itself. Immediately on the awakening, the concentrated prana available at the region Kundalini rises through the spinal canal into the brain and also streams into the other vital organs and nerves to enhance and regulate their activity. This stream of vital energy, flooding the brain in *Samadhi*, is the nectar mentioned in the ancient manuals on Yoga. The aim is that the whole organism and digestive, eliminatory, and

respiratory systems, as also the nerves and the brain, work in complete harmony to enable the body to maintain a brighter flame of consciousness.

The body has to produce a more abundant supply of concentrated prana to feed the hitherto silent zones in the brain that are aroused to activity by the awakening. If this supply of concentrated prana to the brain is not regular or pure, the result might be disastrous. The whole system, from the day of the awakening and for varying periods, according to the constitution of the individual, will remain in a state of feverish activity till some sort of an adjustment between the increased flow of prana to the brain and body is obtained. This is a period of greatest danger for the aspirant, and he or she has to remain under the constant supervision of a master for all this time. The dangers associated with the awakening of Kundalini are most pronounced during this period. Anyone versed in physiology or psychology will observe unmistakable evidence about these transformative processes during the initial stages of the awakening.

Why can it be observed only in the initial stages?

The best period for observation is when the transformation processes are taking place. As is mentioned in the esoteric books on the subject, both in India and China, the reproductive system is clearly affected. This change can be detected by any physiologist. Similarly, there are other symptoms in the body that indicate the activity of some force in the system. Later on, when the body is adjusted, the system acquires its normal behaviour and detection of the activity of Kundalini at later stages becomes more difficult.

What other changes occur?

So far as I have been able to observe, the rhythm of the entire body is changed immediately after the awakening. The pulse becomes quicker and blood courses more rapidly through the body. There is increased activity in the digestive and eliminatory organs. In short, the whole body undergoes a process of rejuvenation to adjust itself to the new Life-Energy or prana sent up by Kundalini.

Is the composition of the blood changed?

I believe so, but the change is extremely subtle. Prana pervades all the body down to the smallest cell. When the quality of prana is altered, it means a subtle change in the composition of all tissues and humours in the body, though that change may not be perceptible at present, because we haven't learned to look for it or have no instruments sensitive enough to detect it.

Will it be possible to measure the stream of energy rising from the seat of Kundalini?

Certainly, it should not be difficult to detect and measure it. When once this important mechanism in the body is known it should be very easy to devise methods and instruments to study and observe the phenomenon.

Then we should be able to measure it in the established sage also?

Provided the necessary techniques are developed. It is easier to observe the phenomenon in the initial stages, however.

What happens in the brain during the awakening?

Extraordinary phenomena occur in the brain. I would not be believed if I were to narrate all the experiences I have undergone and am therefore reserved on the subject. Future investigators will add to the facts I am stating. From the very beginning, the whole head is filled with a lustrous glow and a stream of energy pours into it through the spinal canal. Every part of the brain is flooded with an indescribable light, fantastic visions and super-sensible experiences become a common feature of the heightened consciousness. The individual becomes aware of the immortal and indescribable nature of his own consciousness which, to use a simile, from the faint glimmer of a glow-worm is transformed into the glorious radiance of the sun.

Concentrated vital energy from all parts of the body, even from the toes and fingers, is felt flowing through all the nerves coming together in the spinal cord and then rising as a stream of blissful nectar into the highest centre of the brain. The sensation is indescribable. The brain is now flooded with such a highly powerful and nourishing stream of vital energy that its function is immensely magnified; and soon contacts are established between the individual and most amazing planes of Cosmic Consciousness.

Does the energy coming through the nerves enter the spinal cord at all places or only at the base?

In the beginning, the energy is directed into the brain from the base of the spinal canal. But later on, when the entire network of nerves in the body is stimulated to activity, the energy pours into the spinal canal through all its length and is carried into the brain.

PART VI

When superconsciousness is once attained, does the brain retain this condition permanently?

If the awakening has been healthy and normal and the savant is in good health, for some time in the beginning he or she has most extraordinary experiences. But soon after, due to the reaction of the body, the condition dwindles in intensity. The body has to become fully accustomed to the flow of the new energy and has to create a reserve store of the concentrated prana to be able to maintain such a state of consciousness on a permanent footing.

In many cases, after the first experience, the condition dwindles to an extent that a permanent transformation of the body and the brain is precluded. In others the transformation may lead to varying results. The rejuvenation of the body reaches its fullest expression in only a few cases.

Christian mystics distinguished spiritual engagement and spiritual marriage. What do they mean by this?

“Engagement,” in my view, implies the first varying flow of energy to the brain, marked by ebb and flow. “Marriage” implies the later steady flow of energy to the brain which leads to a permanent state of higher consciousness.

How much time is needed for a person to grow from the first awakening into a fully transformed being?

This depends on the constitution, heredity, and the individual traits of character of the person. Generally speaking, it should take five to seven years. In some cases, especially in those in which Kundalini is awakened by Hatha Yoga practices, the energy does not penetrate to the highest centre all at once but rises gradually from centre to centre into the brain. In such cases, it may also happen that there may not occur a permanent transformation of consciousness. The savant may experience superconsciousness only at the time when the vital energy floods the brain and then, when it ceases, he or she may return to normal consciousness. So there are varieties of Kundalini experience which have to be understood to avoid confusion.

Describe some of these varieties of spiritual experience.

Every genuine superconscious experience is brought about by Kundalini. In many forms of Yoga the awakening is so imperceptible that the aspirant is not aware that anything extraordinary is taking place in his brain or nervous system. He or she feels greater and greater peace and happiness while in a state of meditation without being able to locate the cause of this inner development. He becomes more and more absorbed in contemplation until he attains the state of *Samadhi* or complete absorption. In Hatha Yoga, the aspirant sets about determinedly to awaken the power, and in the course of his meditation the *Muladhara* chakra is often in his mind, and he mentally tries to force the arousal of the power. He at once becomes aware of the awakening when it occurs.

After the awakening, in some cases, the energy goes to the brain from centre to centre, taking years in the process. In other cases it floods the brain immediately after the awakening. In the last-mentioned cases the aspirant is usually ripe for the experience.

Isn't it possible that one experiences what one is concentrating upon? I mean, those who concentrate on the cross, see the cross, those who fervently pray to God feel as if their heart is burnt by the Love of God, or those who concentrate on Kundalini at the base of the spine, feel a radiance rising up through the backbone?

Mystical experience is varied, and much depends on the ideas, beliefs and faith of the aspirant. Broadly speaking, the experience can be divided into two classes: visionary experience of embodied Divinity and religious symbolism, and the other an experience of pure consciousness of a higher kind. The method of meditation and the object on which attention is fixed also plays an important role in determining the category of mystical experience. In the awakened state of Kundalini, the consciousness of internal organs such as the digestive system, the liver and the heart becomes much more acute and there is a possibility of experiencing the conditions as mentioned by you. In other cases visions of deities, say of Christ, Buddha or Krishna, are seen; or sounds may be heard. There may also be clairvoyance and other psychic phenomena. The real object of the awakening is the transformation of personality and the extension of consciousness. These experiences, such as visions, bodily symptoms or spiritual ecstasies are a part of this process.

Once Kundalini has flooded the brain, does She remain there forever?

Both alternatives are possible. The superconscious state may become a permanent feature of the aspirant or the energy, after carrying him or her to a higher condition of consciousness, may also bring him or her back to the normal state until the system is able to maintain the flow of the prana to the brain continuously.

When the mystics speak of ecstasy, does it mean that the energy is flooding the brain at such moments, and when they talk of darkness and dryness, the energy is not mounting to the brain at that time?

Yes, the periods of ascension of the energy are the periods of ecstasy and exaltation and its absence the periods of gloom and even depression. This marked phase in the lives of great mystics is a most pronounced feature indicating the action of some Divine Force on the brain. If it were not so, the experience would be continuous and of the same uniform character in every case. But these fluctuations and ups and downs in the state of consciousness, not only in the case of mystics but also in the case of men or women of genius, fully corroborate my idea that a divine biological force is at work in the body responsible for these conditions, and this force is also affected by the varying states of the body.

How can this force be affected by the body?

If the total activity of all organs of the body and the cerebrospinal system is not co-related in a manner as to create a healthy condition of the concentrated prana that rises to the brain, then Kundalini is not benignly disposed, and instead of becoming blissful, the experience becomes painful and even terrifying.

It is essential that the state of the body is conducive to the production of pure prana. The discipline of both the body and mind, enjoined by all great religions, is intended for effecting this purification. If it were not so, spiritual discipline would not be necessary. The very fact that the purity of the mind and body is an essential condition of all religious striving is clear proof of the fact that the condition of the body and the mind effects religious experience.

Do dreams change after the awakening?

Dreams depend on the state of consciousness. When consciousness becomes subtler, purer and more extended, this transformation is also reflected in the dreams. It is a well known fact that in the case of mystics, saints and seers the dreams partake of spiritual experiences and in many cases were the mediums through which they received answers to their prayers and problems; and also in some cases they received directions for their own spiritual upliftment. This shows that in the mystic personality the dream plays an important role as the change of consciousness penetrates to the subliminal depth and is not confined only to the waking state.

What is your opinion about free will and determination?

If all this universe is the manifestation of one Supreme Existence, then the question of determination does not arise at all, for there can be no other force or will working in contradistinction to the Supreme Will. But the whole universe, from what I have experienced, is a magic play, a drama so bewildering, so amazing and so unique that human intellect cannot find explanations for all the interplay of forces and actions witnessed in it. This question will be answered by other spiritual luminaries in the days to come.

When we sin, then, that too is the will of God?

Anyone who has the imagination to form a picture of the stupendous nature of the universe should at once discard any anthropomorphic conception of the Almighty. Will, desire, longing and the like are attributes of our own mental attributes of God. The universe, both the material and the superphysical, is bound by laws. Though all that happens is His Creation and His Play, relatively, on the human sphere, we have to accept responsibility for our acts.

But only relatively, not absolutely?

Yes, the absolute is beyond the duality of the human and the divine.

Is the awakening of Kundalini a voluntary act or the Grace of God?

Both.

Why do those who arouse Kundalini run any risk when it is a stage in our evolution?

As I have explained, the cerebrospinal system of man is developing towards a higher state of consciousness, but so imperceptibly that it may take hundreds of generations for the average man to become God-conscious. The voluntary awakening of Kundalini releases a hitherto dormant force in the body. The nervous system and the brain are accustomed to a certain potency of nerve energy working in our bodies. When this potency is increased manifold, it is easy to understand that the nerve and other tissues would strongly react to it and offer resistance until they are adjusted to the stronger current. It is also possible that damage might be caused to the delicate tissues of the nerves and brain, if precautionary measures are not taken from the start.

What precautionary measures?

There is no medicine known to man at the present stage of our knowledge that can help a savant at this critical time, but nature has an ambrosia of tremendous potency at her disposal with which she counteracts the effect of the concentrated vital energy. This ambrosia is the transformed sex energy, which is available at the site of Kundalini.

If we ponder deeply, an individual is nothing more than a developed speck of sex energy nurtured in the mother's womb. It is the greatest fallacy to treat sex as something below the dignity of man or something that is not moral or spiritual, for this is the process by which the Creator has ordained the propagation of the race. In fact, sex energy is the spark of the divine as it is the foundation of our life. Nature is most consistent in arranging the evolution of mankind with the same energy with which it is brought into existence.

When the sex energy is transformed, does anything remain for reproduction?

All prophets of mankind have recommended conservation of sex energy. If this conservation were not necessary to attain to God such an injunction would never have been laid. But from immemorial times the link between sex energy and mystic experience has been clearly recognized. It is therefore obvious that as man is still an evolving creature, a part of the sublimated sex energy is used for transformative purposes. Excessive sex indulgence is positively inimical to inner development and as such has been placed under ban by all religious leaders of the world.

At the time of awakening of Kundalini, sexual indulgence can lead to disastrous results and has to be avoided at any cost. Afterwards, when the adjustment is made, a residual is left to carry on the work of procreation in a

strictly restricted manner. An initiate has to be restrained in his sexual behaviour from the very start, and when Kundalini begins to stir has to restrain himself completely.

What about the view of modern psychologists?

The current schools of psychology have absolutely no inkling that there is a psychosomatic organ in man implanted by Heaven for his evolution towards a higher state of consciousness. The ignorance of such a vital fact cannot but make the whole system of psychology incomplete and defective. When once it is recognized that part of the sex energy is used by the cerebrospinal system for evolutionary purposes, the fallacy of modern psychologists in advocating freedom in sex behaviour become at once apparent.

PART VII

In your writings, you consistently state that what you are conveying to the world is of such tremendous importance that it has the power to transform the planet. If this is so, why hasn't it had a greater impact on the public, or, particularly, the intellectuals, to whom your books and essays are primarily aimed?

It is true that the essence of my message has been around for almost 15 years, now, but all the same, the reason it is not considered to be a monumental disclosure is that it is still entirely new to scholars and scientists. They are accustomed to think along other lines. For them, the human brain is a finished product, and the great founders of religions have either been visionaries and dreamers, or special emissaries of God, with certain abnormal mental conditions. To the best of my knowledge, the idea that they were more evolved human beings, that mankind as a whole is slowly rising towards the same paranormal state of consciousness - by a gradual, imperceptible evolution of the brain - is being expressed for the first time in history.

To many Americans, Kundalini is no longer a strange-sounding word, so there must be other reasons that there is not a greater interest.

Time and a tremendous amount of effort are needed for the rank and file of humanity to digest and assimilate this revolutionary idea. Old habits die hard. All my writing is aimed at bringing the learned world out of the groove in which it is moving, towards a new perception of man and the universe. It is a formidable task. Once it is accomplished, there will occur drastic changes in the thinking and life of man.

Why is it that so many scientists and scholars persist in believing that the human brain is static and not in a state of continued biological evolution, as you assert?

It is amazing, I admit, that even those who believe that biological evolution provides the answer to the riddle of life should stop dead when it comes to finding an explanation for the admittedly continued development of the human intellect during the past 50,000 years. How can there be an evolution of the mind without a corresponding evolution of the instrument which gives expression to it? Scientists in general, and biologists in particular, prefer to shut their eyes to what is the obvious explanation for the progress made by mankind, because the implications of continued biological evolution of the human organism are too terrific to contemplate.

Could you clarify that?

In the first place, it shatters one of the fundamental concepts of biology - that evolution is not predetermined and has occurred by random mutation of the genes. The second issue raised is, what is the target of this evolution? If the target is a more elevated state of consciousness, the conclusion becomes irresistible that there is a plan in creation, which shatters the materialistic concepts of modern science.

What other implications are there?

The third issue which arises is, if there is a biological evolution of the brain, how does it influence our social, political or religious life, and what steps are necessary to take to conform to this irresistible change in the structure of the brain. In other words, it then becomes necessary for us to know what is Nature's mandate for the way of life we need to follow in order to conform to this constantly occurring revolution in our system.

The host of social, political, economic, spiritual and philosophical problems, which the acceptance of this single idea involves, is so vast that the average intelligent mind is incapable of dealing with it. This single concept takes away the very ground under the feet of modern science, religion and philosophy in a way that no other concept has previously done.

Once the idea is accepted, after clinical verification, which is sure to happen, there will occur an upheaval in every sphere of human activity and thought. The world will not then be what it is now, and mankind will not continue to live in the same way.

This revolution in the life of humanity should have occurred a century back, when the theory of evolution was propounded. But because of prejudice against religion and the arrogance of the human intellect, the evolutionists were more eager to catch at a materialistic than a spiritual interpretation of the phenomenon of life and, hence, tenaciously held to a vicious theory which cuts at the roots of the idea of intelligence and design in creation.

So what has been the result, as you view it?

The result is what we see - a disoriented humanity, ready to destroy herself. No efforts on our part, dear friend, will change the course of history or prevent the unleashing of the storm which is brewing. Nature will have her way and mankind will learn by suffering what, because of pride and prejudice, she has refused to learn so far by her own intellect.

You sound a little like one of the Old Testament prophets, warning of an apocalypse.

I, too, am reminded of the great Sage, Vyasa of India, who at one place in the Mahabharata out of sheer desperation, born of the apathy of his compeers, writes, "Am I addressing my words to stones, that they do not understand the meaning of what I write?" This apathy is not a new event, but it has been a constant feature of human behaviour from the day when culture first made its appearance. Whenever someone who thought in advance of his times, gave something new to his fellow beings, his words were received with incredulity, derision and antagonism. When accepted, the hypothesis will compel the religious-minded to have an altogether different concept of God and the afterlife. And, at the same time, it will force the scientists to accept that matter and all the visible universe, which appears so real, so concrete and so infinitely vast in time and space, is only a creation of the mind. How can we expect that a view so radically different from our present-day ideas of religion and science can be accepted either by the scholars or the common rank of human beings?

But there are some scientists who do.

Yes. But still, the most learned and the most intelligent of scientists occupied with research on consciousness can never rise above the dimension which he or she is investigating. For this reason they can never look behind the illusive appearance which, they believe, is the world of reality, as an instinct-bound animal can never rise above his instinct to understand how his conduct is governed. If, for an instant, the animal could have the intellectual discrimination of a human being, at that time alone it would be able to understand its limitation. In the same way, the most discerning scientist can never realize his own limitation, unless he has the good fortune to rise above the normal human awareness for a brief spell of time. An idea that would revolutionize the whole current thinking of humanity will need time for its acceptance. This revolution cannot be brought about in a year or even in a hundred years, unless it is helped by Heaven some way.

Do you believe this is inevitable?

Either mankind will continue on its present course, born of the current concepts in religion or science, always in danger of annihilation by the monstrous engines of destruction created by it, or it will change its way of life, with a change in thinking on the issues of religion and science, to live more peacefully and happily in consonance with the laws of the spirit, which will ensure its progress and survival for millions of years to come.

It seems simple enough, and yet it is rarely discussed by the academic community.

I wonder if the scientists and the scholars, with whom you have talked, have understood all of the implications of what I say or even have a clear idea of what I am saying. It would require constant study and ceaseless reflection, for months and years, to grasp the significance of the ideas I am expressing. Most of the honoured scientists, with whom you may have had the occasion to talk, are primarily occupied with the narrow areas of their own interest or those which are profitable to them. It is absolutely necessary that any great intellectual who comes forward to guide and instruct the race should have sufficient knowledge of every important subject before he or she writes on one particular subject.

He or she must be able to see the whole in one perspective and not in the context of his own subject alone. Another instance which I will cite is that many psychologists, who are writing on religion, mystical experience or conversion - or personal transformation, do so without almost any knowledge of the ancient traditions, especially those of India. From my point of view, even the ablest mind would need years of study to make himself conversant with the mystical literature of the world. Without this painstaking study, a grasp of the subject is impossible.

I have seen many writers dabbling in mysticism without knowing what the experience actually unfolds. This is only possible if they read exhaustively the stories of the mystics of all lands and then try to integrate that information with their own specialized knowledge of the mind. This is not

done. What we generally find is that each writer cites some other writer or someone who says he had a mystical experience and whose own writings corroborate this fact. Since they have no time to make a deep study of the subject, their views and comments have little value and should not disturb a mind which has devoted enough time and energy to the subject and has understood its depth.

Is it that simple?

The path is clear. The human brain is still in a state of organic evolution and the acceptance of this fact explains many of the so far unexplained phenomena of the mind. At the same time, the acceptance of this idea makes it imperative for mankind to conform to the demands of this evolutionary change which is irresistible. Resistance implies violation of the Law, and this can have disastrous effects on the whole race.

Is this evolution of the human brain, which you describe as occurring through the instrumentality of a psychosomatic power-reservoir in the body, known as Kundalini?

Yes. And this evolution to a higher dimension of consciousness is ruled by a Spiritual Law, still unknown to mankind, and it is the violation of this Law which is the basis of the present explosive situation of the world. Confirmation of the effects of this violation will mean confirmation of the Law as well as of the still-continuing evolution of the brain.

What about the nuclear physicists who are trying to explain mysticism by referring to the latest theories?

They cite passages from this book or that one, say a Chinese or an Indian text, or a Persian book, to support their ideas that modern physics corresponds to mystical experience. This is another blunder and shows a complete lack of knowledge of mysticism. Mystical consciousness does not make the human mind into a microscope, so that it is able to see matter at its lowest levels - nothing of the sort. Mystical consciousness relates to consciousness, to mind. It shows the mind in its real state, as the reality behind matter. It does not show matter at its finest levels, nor do the modern theories of the physicists in any way explain mystical experience.

Mystical consciousness does not establish a link between the human mind and the finest levels of matter. On the contrary, what mystical experience does is to show the universe of the mind. And when we see that the mind is like an ocean, we find that the physical world is reduced to a shadow or a phantom.

We do not see subnuclear particles or atomic particles, as are sometimes envisaged, or the energies. Not at all. What we perceive is consciousness, a living universe - life! And what is more, the concept of subnuclear energies is a formulation of the mind. It is the mind that shows us the universe as we see it in our everyday life. It is the mind which then tries to reach to the depths of the material universe and tries to postulate such things as molecules, atoms, nuclear particles, quarks, and the rest. These are all

intellectual formulations. According to the mystical philosophers, these are manifestations of prakriti. This prakriti in the mystical state appears to be an illusion, a phantom, a shadow.

So there is virtually no relationship between the mystical experience and the universe as we see it with our normal vision, nor is there any link between what scientists say about the physical world or its constituents. What mystical experience actually reveals is the majesty of the mind - its sovereign and immortal nature, its infinite expanse. There is absolutely nothing which would remind one of what the physicists say about the 'energy fields,' or about quarks, subnuclear particles and the rest. I wonder how any wise scientists can treat the latest theories of physics on a par with mystical experience or even correlate the two.

PART VIII

Many writers have conducted interviews with people who have had near-death experiences. Are their speculations about life after death any nearer to the reality than the 'ultimate reality' described by the physicists?

The problem of survival after physical death is not so easy to tackle as some have attempted to do. We are lost in speculation about the possibility of survival of the mind or consciousness, after the dissolution of the human brain, because the mind, too, is a form of energy. But it belongs to another plane of creation. This energy is so different from all that we know about matter and so remote from our ideas about being, that it is impossible for us to detect it apart from the organic instrument through which it manifests itself, or to have even a clear conception of it in the same way that we conceive of matter or its energies. Our indwelling soul, the only mirror which reflects the cosmos and lends substance to it, is itself unfathomable and undepictable. It is made of a stuff that has no counterpart in the physical universe.

Why do most thinkers and scientists insist on a mechanistic interpretation of life or existence?

Because their knowledge of the brain is very incomplete and because the energy of life is of such a stunning nature that they cannot frame any picture of it at all. When we think of ourselves, of our innermost being, our "I," we are focusing our mind on itself in an attempt to solve our own mystery. But we always return baffled, because we try to fathom a depth which has no dimension, no mass, no form and no property by which we distinguish one thing from another on the material plane.

Will the riddle of life ever be solved?

The answer is beyond the present capacity of material science. It will take humanity ages to solve the riddle of life. In fact, the exploration of this Mystery will provide the most powerful incentive to progress in the knowledge of the mind and consciousness in the epochs to come. The fear of death is the spur which will goad civilized humanity towards finding a solution to the riddle of existence, when the present din and noise, arising from technical advancement, is over. Whatever the reality at the back of the objective universe, we know about it only through the images presented to us by our senses as interpreted by the mind. The interstellar distances, the stupendous expanse of space, the galaxies and nebulae, the suns, moons and planets, the black holes, red giants or white dwarfs, whatever we see or know of the universe, from sub-nuclear energy fields to colossal orbs of light, is a creation of our own mind.

We can know nothing about the universe, nor can we draw any conclusion nor inference, nor build any religion or philosophy or science of physics, chemistry, astronomy, medicine, and so on, except through the

instrumentality of our mind. It is our consciousness which is the fountainhead of all our ideas and concepts, of all our sense of good and bad, of all our beliefs, of all we think or imagine, desire or dream of. The clash and conflict of views about the brain, the soul and the hereafter is nothing but ferment in the mind itself. All these ideas and the logic to prove or disprove them have no existence apart from consciousness. Those who devote their intellect to proving that mind begins and ends with the brain only build castles in the air, for who is there to testify to the correctness or otherwise of what they argue except mind again?

Then the riddle of life is unanswerable?

The drop that personates as our consciousness, with five senses and the intellect, is never able to comprehend the ocean to which it belongs. In other words, the wall of the ego isolates it from the other drops and the measureless mass of water in the ocean. It is only when communication is re-established between the drop, segregated by the human brain, and the undifferentiated mass of water in the ocean, that the glory and majesty of consciousness, as Life, becomes known to the individual. Since the mind of man, with its egoistic individuality, proscribes the last limit in the scale to which life has been able to ascend on our planet, we have no idea whatsoever of what lies beyond the boundary which our own mind has reached at the present level of our evolution.

What about the mind of a mystic?

In the case of a mystic, the frontier is crossed, and a new panorama of consciousness opens to his or her vision. The leading intellects are now very close to this frontier and need but a moderate amount of effort to cross it.

What's holding them back?

Frankly, they are still in the dark about this potentiality. They believe that the limit to which life can rise is that which is prescribed by the normal human mind, a fallacy that is at the root of the present explosive condition of the world. There appears to be no apperception of the fact that other types of brains, far superior to the human model and manifesting far superior types of consciousness, might be a feature of life on other planets, or that there can exist other inconceivable or entirely foreign forms of life, of which we have no counterparts on earth.

So we have to broaden our perspective or let our minds expand before we can begin to appreciate the real position our brain occupies in the scheme of creation?

Exactly. Our very personality, with all its memory, modes of behaviour, ideas and fancies, aptitudes and tastes, is the outcome of this intimate relationship between brain and mind. But we have to remember that the brain is only the apparatus, like a television set, to translate the incredible energy-waves of Life, which come from the broadcasting station of the Cosmic Mind, into moving images and sounds. Without the waves, the instrument would show no animation, think no thoughts and emit no sounds.

And the five senses are not capable of perceiving these energy waves?

Nor would they be cognizable by our mind. When a body is struck down by death, the animating spark of Life continues to live on in its pristine glory and form.

Except then the broken apparatus no longer shows any signs of animation.

You are correct. Although pure, incorporeal Intelligence pervades the entire extent of the universe and even extends beyond, surrounding us everywhere and every moment during our earthly life, we are never able to perceive it, apart from its embodied expression—due to the opacity of our senses. We never perceive the real stuff in its corporeal frame. We only assume its presence through external signs or inference.

The real mystery, then, is to know what form consciousness assumes in the unembodied state, after it is severed from the brain?

It is not possible for an embodied mind to know. This is the point where some of the beliefs expressed in the religious scriptures or spiritual traditions fail to satisfy the doubts that arise in a critical intellect. Those who believe in the survival of the soul, after death, often project a picture of their personality in the full glory and vigour of the prime of life, assuming that it will be their perpetual state of being in the after-life.

Even if that is possible, it can only apply to those who die in their prime and in full possession of their faculties.

Those who pass away at a ripe age, often in a state of mental enfeeblement and senility, what about them? If it is argued that the soul never experiences the nescience of infancy or the senility of age but dwells in a state of eternal prime, the question then arises, what happens to it during the course of its embodiment to eclipse its glory and to overshadow its prime? Why then does it manifest itself as an infant, a child, a senseless idiot, a hardened criminal, a lunatic, pervert, drug-addict or a tottering wreck at the fag end of life? The only answer is that the soul manifests itself in conformity to the growing and then declining capacity of the brain. It means that the soul builds up its earthly mould in accordance with the role which it is predestined to act upon the earth by its karmic inheritance of the past.

What about dreams? Has anyone been able to explain why they occur?

There is no reason why dreams should be an inseparable part of our nocturnal existence. They provide irrefutable evidence that consciousness persists in the dream state and even in dreamless sleep, for when awakened suddenly, people often wake up with a brief remembrance of the last fragment of a dream they had just been witnessing. If the mind were a product of the brain, awareness would be switched off when the body falls into repose and the sensory contact with the world would be lost. But it is neither the brain nor the body but mind which holds the reins of the organism, controlling its movements both voluntary and autonomous from first to last.

In dreams, in extrasensory perception - telepathy, clairvoyance, precognition, psychokinesis, mystical experience, in the inspiration of artists and poets and the performance of geniuses and wonder-children, etc. - nature has surrounded us with a lavish display of extraordinary or uncanny attributes of the mind. By separating the "observed" from the "observer," scientists are hopelessly trying to find only one instead of (several) alternative explanations for the phenomenon of existence, determined objectively by only one set of experiments and norms, applied solely in one particular phase of consciousness.

Then is it only in the normal, wakeful state of mind that a consistent observation of the world is possible?

But science is irresistibly coming to the conclusion that the observed phenomena of the physical world cannot be separated from the observer. Since insentient matter has no awareness of itself, we have to look for another Reality that can function as the "observer" and the "observed" both. As matter is incapable of performing this dual role, we are left with "consciousness" as the only "Reality" to search for. The conclusion is clear, therefore, that the Universe is consciousness divided into the "knower" and the "known," or the "observer" and the "observed."

How does this come about?

It is a miracle, how the One becomes the many. How the drop of our individual being becomes separated from the ocean is the Great Mystery which man is born to solve. Man is not what he appears to be from his exterior or what we can know of him from the observation of his body and his physiology. There has been an inexplicable resistance among scholars to accepting that, side by side with the physical, there are also superphysical forces in nature. There is also a deplorable lack of awareness of the fact that consciousness is evolving and that the body has to keep pace with this evolution.

What kind of a lifestyle do you envisage for the participants in the kind of research project that you would like to see get under way?

They can live like normal human beings in every way, but with a certain measure of discipline and moderation, in a way that does not affect either their mental or physical health. They can have all the pleasures of life, in a moderate way, but they have to cultivate the cardinal virtues, for those are an essential condition of higher consciousness.

They should be kept busy in various activities. And they should have freedom to eat what they choose, provided it is healthy and nutritive in the right sense of the term. They can participate in sports, listen to music or have other forms of aesthetic enjoyment. They can even live as couples, in moderation, with proper, healthy thoughts and ideals. They can live normal healthy lives, but they shall have to be physically strong, mentally sound and imbued with a spirit of self-sacrifice and service to mankind.

What kind of person would be suitable as a candidate for the experiments, in terms of age, disposition and background?

It would be preferable if the candidates were young - say between 18 and 35 - also if they are of a kindly, benevolent disposition, with a passion for religious experience. They should also have a background of a desire from an early age for perfecting themselves, or for reaching a stage where they can dedicate their life to a noble cause. It is people of this temperament; who are not selfish, egotistical, proud, who do not bear malice, and who do not allow any hate to enter their hearts, that would have a greater chance to be successful in this experiment.

Would meditation be taught at such centres?

Meditation should certainly be taught and practiced, because meditation is perhaps the most potent method for the arousal of Kundalini. Along with meditation there are also other exercises which make concentration more intense. The effort should be to give intensive forms of meditation which affect the awakening of Kundalini in a very effective way. But one always has to keep in view the danger of an abrupt awakening. Therefore, every possible effort should be made to arrange the practices in such a graduated form that the risk is minimized.

How long do you think it would take before scientists have the results you would like to see?

As I have already said, I don't think it would be possible to achieve results in even one or two years of intensive meditation, but maybe a period of five or six years would be necessary for those candidates, who already have the seeds of the awakening in them, and whose nervous systems have attained a state of maturity where the awakening is possible in a healthy way. As you know, there are more and more people who are reporting that they have had visionary experiences, sensations of light and sound, electrical sensations in the body, and energies enveloping the whole system.

Could you say again how these relate to the phenomenon of higher consciousness?

The mechanism of Kundalini is operative in all the race. Where the conditions are favourable, especially in the case of the highly talented and gifted individual, the operation is accelerated. In many people, as the result of this activity, which is unknown to them and unknown to science, there are visionary and other experiences which tell them that something new is happening in their mind, but for which they are not able to locate the reason. There are many people who write to us, also, describing experiences of this kind - heat in the system, currents going up the spine, lights before the eyes, sounds in the ears and other symptoms of an awakened Kundalini. These people, once this knowledge becomes widely known, would be able to understand their own condition and also to use the methods that can bear the best fruit for them.

Then what you envision is that this knowledge will spread everywhere.

It has come at the most critical time in the history of mankind. There must be a reason for it. Imagine humanity going on as it is. With knowledge of this mechanism, mystical consciousness can be voluntarily cultivated - of course, always with the grace of the Divine Power. The knowledge of Kundalini, then, will go on spreading in all directions of human life. A new philosophy will come out, a new way of life, a new political system, a new social order, all will emerge out of this experiment in the course of time.

If you were asked to put your philosophy in a few words, would you say that "everything is evolution"?

It would be presumptuous on my part to give a dictum on the universe which is too complicated and too vast to be grasped by any man, even the future enlightened cosmic man, in its entirety. All I say is that man is evolving. The fact that the human mind is evolving towards a transcendental state of consciousness is of the highest importance for mankind. There is no other factor and no other objective that can even remotely approach this momentous issue in the bearing that it has on the present world.

It should be apparent to any impartial observer who has grasped the significance of this evolution that the very fact that man evolves towards a higher state of consciousness carries with it the responsibility that in order to equip himself for that higher stage he has to follow a way of life that is favourable and not inimical to his inner development. This means that side by side with his intellectual development this moral and spiritual growth should also proceed in such a manner that a harmonious personality, combining all three aspects of intellect, morals and will, comes to fruition, resulting in the emergence of what Heaven intends the future human being to be - the enlightened Cosmic Man or Woman.

PART IX

You have described your own spiritual and physiological transformation in your autobiography, but could you go over some aspects of it again?

The first symptom of the awakening that I experienced at the age of 34 was a sensation of light in the head. It was not as if I was seeing the light or that I had an inner vision of light, rather, it seemed as if a stream of liquid light was entering my brain. It has not disappeared during all these years and still persists today.

During the first days, it was distracting, but slowly it began to acquire an enrapturing condition, and now it is fascinating to a degree which I am not able to express. From the very day when I sat down to meditate, and when the power was aroused, it was this stream of liquid light that had started to enter my brain. I felt it moving through all my nervous system, in my stomach, in my heart, in my lungs, in my throat, in my head, and taking control of the whole body. That was a most marvellous experience for me, as if a new life energy had now taken possession of my body.

It was intelligent, purposeful, an energy that knew what had to be achieved and which was aware of all the conditions, rhythms and effects of my body. It knew every organ intimately and behaved in that manner, continuing to sustain me through every day. For months and years, I thought I was perhaps heading for a lunatic asylum. This same experience is mentioned in many ancient esoteric books. It is described in *Sundalarhi*, perhaps one of the most authoritative books on this subject. It is a beautiful piece of poetry, and it has its own authentic value. From the first line to the last, the author, Shankaracharya, expresses his humble submission to the same power to which he attributes his life and all that he has gained, his genius, his breath, and everything that he owns on the earth.

The moment this energy begins to circulate in the body, ones pride falls to the ground and he or she sees for the first time that he is not the master of the body, that there is a life energy, super-intelligent and loving as a mother. That is the reason why this energy is always addressed as a mother, the mother of the world and the mother of the human system. In *Panchastavi*, another very ancient poem on this same subject, it is also called mother.

It is this energy which keeps our body in shape, which digests our food, which, when we sleep, tones up the brain, clears it of poisons, which sustains us in illness and when an accident occurs, and there is a severe injury to the internal organs, at once knows what is to be done. One may be unconscious, but things continue to occur inside the body to sustain life. It is this intelligent Mother energy - a goddess - which maintains the flame of life in every living organism.

According to current concepts in psychology, it is the subconscious mind or the unconscious which maintains the autonomous functions of the body. Actually, it is a super-intelligent energy, and our mind is a product of it. When it enters the brain, like an electric current, the brain begins to function. It enters the heart and the heart begins to beat; it enters the stomach and it begins to digest. It is an energy which is a marvel of marvels. In the ancient books on spiritual awakenings, mind is held to be a product of this life energy, called prana, and it is responsible for the intellect, also. It has to be made clear that prana is the energy that maintains and sustains life in all its forms. It is the holy Spirit, and it is responsible for all the phenomena of life, even for our intelligence.

When it is dormant, then a human being acts as a normal, average person, that is, as we see millions of people acting. But when it awakens, it then accelerates certain processes of evolution, and the attempt is to lead the individual in one lifetime to a higher dimension of consciousness, which is the basis for mystical experience. In the normal condition, prana keeps us tied to this world, just like normal human beings. In this normal condition this life energy enables us to function as a normal person, with our thoughts and feelings. But when it is aroused, it attempts to change this average mortal into a superhuman being, into an individual with a transcendental state of consciousness, and it achieves this purpose by transforming the brain, the nervous system and the internal organs.

It took twelve years of daily remodelling for me to reach a new dimension, where I could be certain that a very radical change had occurred in my interior, and all the while, I was watching it helplessly as it acted in my body. Specifically, some of the changes I noticed taking place were, from the very start, I was day and night living in light. The bioenergy that feeds our brain is not visible in the normal individual, but after the awakening it becomes distinctly perceptible.

Suppose you try to visualize New York City and you then see it in the normal way. But now if I try to visualize New York, I see it bathed in light against a bright background in the back of my head. My imagination is virtually glowing like an ever burning light, and all my thoughts, all my reasoning, all my calculation, is done in this light. So there is a radical change in the mental stuff and one lives in a world of light. The very first verses of *Panchastavi* makes this clear by calling the energy by two names - the abode of light and the abode of sound - and both are present in me. I constantly have music in my ears. Constantly I hear a sound like the murmur of bees, or like bells that are ringing at a distance, or like a stream that is gently flowing. It is beautiful music, always present in my ear, and an effulgent light is always present in the back of my head. It pervades my visual field of perception, both internally and externally; internally in dreams, internally when I am imagining something, and even internally when I turn my attention inward. Or if I close my eyes I see a starry sky glowing, just as on a clear night you see a sky shimmering with starlight. When I turn my vision outward on the world, I see everything bathed in a silvery light, like an enchanted place.

The light and the sound are the two most prominent signs of a spiritual awakening, or in Christian terms, of a spiritual rebirth; also inspiration and revelation. They are considered to be the signs of one being born again. In all the authoritative books on spiritual or mystical experience, these symptoms, including bliss and inner happiness, are mentioned repeatedly. There is an ever-welling fountain of happiness. This is one thing, the other is that it is attended by music in the ears and light in the head, an entrancing and absorbing light. Then there are also deeper insights, knowledge, inspiration and poetry. In some it may be art or it may be sculpture, etc. They come spontaneously. These creative gifts come from inside, even if one has had absolutely no attachment nor any aptitude or predilection for such things.

For instance, I began to write poetry like a child. I felt an irresistible urge. My ears and brain were working together so that ultimately I composed some good pieces of poetry in my own language and in other languages, though I had no knowledge of rhyme or meter. It was only afterwards that I read some books about rhyming, but not before. There is the case of the Indian sage Janaka, who started to write transcendental poetry from the age of eight and astounded his teachers and his parents. It must have been a case of the prana being awakened from birth. Prana awakened is the fount of genius, the fount of creative gifts in man. To what extent it will lead in the future I cannot even dream at present. It can lead to such discoveries of science as are totally beyond our thought at the moment.

There are two phases to the spiritual awakening. The first is when the energy is working to adjust the inner organs and the brain to the new condition. During that period, any physiologist can see an unusual activity going on in the body. For years my pulse rate was about 100, just like a baby's. And then my appetite increased during one period to an enormous extent, so that I could eat about ten times what I was normally eating. But during those days the body had already been adjusted to some extent, and my elimination remained normal. I gained weight, of course. But at the same time, what was more important is that I survived. I survived though I had made a mistake. I had again begun to meditate, though my body was not yet adjusted to the former awakening. Somehow I started to meditate anyway, and I opened the centre in the brain even further. Now, the opening of this centre needs a greater flow of the new bioenergy, otherwise there is either insanity or death.

During the first period, the bioenergy flows into the brain from the reproductive organs. One can easily see the sensations and feel the flow all the time. This I have confirmed from other people also. In the beginning stages, the flow of energy into the brain creates such an irritation of the nervous system that there are constant orgasms going on inward. I was frightened because I thought that something abnormal had happened to me. It is a condition that can be easily observed, if the spiritual awakening is genuine. No observing scientist can doubt it, because it can be easily verified in a laboratory. During the first days of the awakening there is a tremendous pressure on the sexual organs. One can feel them moving with tremendous activity. It is as if an all-out effort is being made to produce as much sexual fluid as possible, to be absorbed into the organs, into the

nerves and the brain, so that the new nerve energy is able to circulate without causing disturbance.

When we have an infection, the body tries to throw it out, and the organs work with increased activity; there is higher temperature and the heart beats faster. It is the same after the awakening. In the beginning stages, it seems as if a foreign element has entered the body, and the reaction follows. Ultimately, there is a battle between the energy and the organs, and they are subdued. The nerves become accustomed to it and then a person again becomes normal. Now I am just like a normal person. I don't perceive the energy flowing through my nerves, because they have accustomed to it. In the beginning, however, the sensations were very acute and I was constantly disturbed.

In the case of insanity and psychosis, one always finds the people affected complaining of sensations - burning, terrible lights, fire, noises. That means the prana is in a morbid state, when the nervous system is not in proper order, or when the heredity is not favourable, or when the person's life is not well disciplined. Then the bioenergy or prana, now flowing, is unable to adjust the body. I passed through almost every stage during the course of my experience. One thing was of great importance: Heaven bestowed on me a tremendous power of mental endurance. Every day I witnessed in my own self something which I could only ascribe to insanity. And yet something was assuring me, "be patient, this will end in a beautiful way. You have to endure this torment for a short time." This happened in dreams especially. When I was terribly agitated, all I had to do was recline on a bed. Then I would feel the silver energy going into my brain and soothing me, and I would soon fall asleep.

Somehow my system was already ripe for the experience. If it had not been so, I would not have survived. This readiness of my system I owe to my father and mother. They were ideal people, so whatever I have gained, I owe more to them than to myself. It somehow seemed that it was a predestined combination. My mother was the third wife of my father. One had died and one was not mentally sound. Then he married a third time, and there was a difference of something like twenty years between the ages of the two. Somehow it created the eugenic factors for my nervous system and brain to adjust itself to this powerful energy, which otherwise could have ended in disaster.

After the awakening my dreams were in fairylands. According to Freud's interpretation of dreams, or books by other authors, dreams appear to be very strange and bizarre occurrences, sometimes causing fear, sometimes creating distractions, etc. In my case, generally, the dreams are in fairylands, in vast spaces, in the sky, on the ocean, of other forms of life, or other beings, as if I live on a borderland between this world and the other. In dreams, the other world, too, is revealed to me. I never have a nightmare, never a frightful dream.

The Roots of the Libido

Sigmund Freud's concept of the libido is of a psychic energy drawn from the libidinous tendencies in human beings, that is, the reproductive energy. But only from a psychic point of view. He does not say that it has organic roots, although that is what Wilhelm Reich emphasizes, that the libido must have roots in the organic structure of the body.

Our organisms depend upon food, and there must be some way by which organic energy is transformed into psychic energy. Psychic energy is not purely chemical energy nor is it purely electrical energy. Science is not aware of how organic energy is transformed into psychic energy. Therefore, Freud's concept of libido was restricted only to its psychic sphere, and he gives no explanation nor description of its somatic base. In the seminal energy of man, i.e., in the seminal fluids, there are two ingredients. One has a subtle, volatile organic base which can at once be converted into a psychic energy of greater potency. It is this energy which streams into the brain in the form of liquid light. The other ingredient is the grosser biological part, and it also goes to the brain through the spinal canal, and there it supplies nourishment to the cells when the process of rejuvenation is going on.

What my experience tells me is that in the whole organic structure of the body, and in the cells, there is a vital element, and the nerves collect this vital element and concentrate it in the reproductive fluids, both in men and in women. When there is a spiritual awakening, a reverse action takes place, separating this vital element from the grosser elements, and as a radiation it then streams into the brain to give rise to the phenomena associated with mystical ecstasy.

For many years after my awakening, this light flowing into my brain presented a different picture of the world to me. I seemed to see everything whitish. It seemed as if the mirror - the observing mirror through which we observe the universe subjectively - had a sort of white dust on it. For instance, if I saw someone, or the clothes he or she was wearing, it appeared to me that there was a thick coat of a white substance on it. I could not understand or account for it for years. Then suddenly it began to get more and more refined, and finally it became a silvery light.

After that, I began to see everything in a silvery lustre, both when I am asleep and when I am talking or thinking. So the whole mechanism and the stuff of the brain has changed. This is the most extraordinary thing that I would like to have scientists investigate and know about. And this is not peculiar to me only. All the pictures of saints and mystics, and of Christ, show a halo around the head. Invariably this shows that the consciousness of the saint, or the mystic, or Christ, or Buddha, is wrapped in light. There are repeated references to this light in the scriptures. The soul is always described as wearing a mantle of light.

This mantle of light is not perceived in normal consciousness. When there is darkness, you only see the darkness, but in the case of the enlightened person, there is light both externally to him or her and also internally. He or she always perceives a halo of light always in his inner being. This which I

call my Self, my soul, the observing mirror in me, is no longer as it was before my awakening. It is now a glorious lamp, a glory, a wonder, always in a state of lustre. This not only appeared suddenly but there occurred a gradual process of refinement. As mentioned, in the first stages, there was only a sort of whitish coat. But slowly, it became refined, which tells me clearly that there is a biological transformation of some new substance after the awakening which, as a radiation, goes to the brain and that some time is needed to refine this radiation until it assumes a very lustrous and entrancing form. This is mentioned in the ancient esoteric texts, and it corresponds to what I experienced. First the reproductive energy went in a grosser form, then more refined, then more refined, and finally in the form in which I see it now.

This change is so radical that there must be something corresponding to it in the blood and in the spinal fluid. I cannot say whether at this stage scientists will be able to detect it, because their knowledge of the human body is still not complete. But I am sure that once research is started they will be able to find differences in the microbiological composition of the blood in the course of a few years, because such a huge amount of the reproductive fluid is absorbed back into the blood, the nervous system, and the brain, that there must be some indication in the system to show that a new apparatus has begun to work. This will be one of the signs of the enlightened man or woman. The other sign, as I have mentioned, can be noticed during the course of the transition, when the rebirth takes place and the life energy begins to refashion the body. Then, one can definitely see signs of increased metabolic activity in the system, in the heartbeat, the pulse, the flow of the blood, the digestion and elimination.

These facts are mentioned in the ancient manuals that describe various spiritual disciplines. For instance, it is clearly said that the digestive energy, digestive fire, is highly increased as soon as the spiritual awakening occurs. They call it the digestive fire, and it is stated that it is highly increased. There is another very positive bit of evidence, also. I am almost certain that an examination of the reproductive organs, both of the male and female, can reveal that the energy is flowing upward. A physiological examination would show that there must have occurred organic changes in the reproductive system, and it will be possible for medical scientists to note them and the altered activity. Above all, there is this upward flow of the sex energy and the upward orgasm. This is an absolutely clear indication that a sage in whom the reproductive system has started to function in the upward direction, will have it as his choice, even when he is meeting a woman, whether the emission should be outward or whether the energy will go upward. Any physiologist can verify it. There is nothing so clear as this fact.

And then there is the surprise, the awe and wonder of an experience that is not normal, that does not come to us in the ordinary course of life. There is also a sense of happiness and a sense of an extension of knowledge, as if we know the whole of the cosmos. In some cases, there are also visions of spiritual beings such as Christ, or Buddha, Krishna, Vishnu, or Allah.

But these other characteristics are almost always present, and in my case, they are perennially present.

The Guardian of Morals and Human Evolution

Prana, as has been said, is the purifying agent of the body and the mind. The most important psychological changes in the character of an enlightened person would be that he or she would be compassionate and more detached. There would be less ego, without any tendency toward violence or aggression or falsehood. The awakened life energy is the mother of morality, because all morality springs from this awakened energy. Since the very beginning, it has been this evolutionary energy that has created the concept of morals in human beings. It is not an expediency of our social structure that is responsible for morality but rather the activity of the life energy, the guardian of our morals. When it awakens, therefore, its first effort is to clean the mind of evil desires and passions, of anger, malice, envy, jealousy, even of excessive ambition and desire. This means there is a biological basis for morals and values, it is a part of human evolution.

I feel tremendous changes in myself that I cannot account for by my own actions. They have been made by the process of remodelling that has been going on in my body. If we look for a moment at the great mystics of the past, the prophets like Christ and Buddha, Shankaracharya, Vyasa, or Mohammed, we find evidence of this in their own lives. It is a desire to speak the truth, a desire to speak to mankind with unbounded love, compassion, mercy, and charity. This is found in all of them.

It is only through the grace of the life energy - this Holy Spirit and guardian of our evolution - that mankind can progress spiritually and morally. This is the reason why in all the revealed scriptures, the Quran, the Bible, Bhagavad Gita, and the discourses of Buddha, a great emphasis is laid on worship, submission and constant meditation on the Divine Power. For the moral progress of mankind, it is absolutely necessary that this Power should be benign. No amount of learning, nor training, nor research on the intellect, can make mankind more merciful, more charitable, more loving, elevated and noble - nothing except the purificatory process of this energy we call prana.

Therefore, in the enlightened man or woman, there is always a change from the gross to the refined, from the animal passions to the ideas of Divine Beings. They have other concepts and other thoughts, but all they have given to the world shows that they have before their eyes these same ideals. They are always giving their heart's blood to mankind, and in the process they suffered - every one of them, including Buddha. They served humankind to uplift her because they knew that no other channel is open to humanity to reform herself and to reach to higher dimensions of consciousness, or higher levels of morality, except through the grace of Heaven, and the grace of Heaven is this life energy, the evolutionary mechanism present in our organic system.