

Healing ADDENDUM to
The Guru's Gift :On Becoming Human
By Ruth Angela ©2011

PART 1

SUGGESTIONS for EASING SYMPTOMS:

This awakening is a great boon in life and a rare gift to be given this chance to know the truth of your nature. If you have the symptoms of awakened *Kundalini*, you are blessed indeed. Yet you still must live with socially awkward symptoms that can derail your life, your marriage, your family, and your job. You still have to focus on the three dimensional world while the boundaries of other dimensions dissolve without warning, revealing incredible scenes, creatures and meanings. You still have to get up each day and wash dishes, clean the carpet, make your bed, and get food for dinner. Yet you are living simultaneously in ancient Rome, seeing battles and hearing voices of long-dead people, some of whom may be frightening. Every moment is a challenge to know where to focus one's attention. The inner world is enticing, delicious, fascinating or terrifying and captures many emotions. It is often hard not to want to stay there. But the people around in the Three Dimensional (3D) world do not share your realm. They only see you talking to yourself, seeing things that are not visible to them, and being completely un-attentive to the world that they inhabit. They see you as drugged, drunk or deranged.

These tips might help:

These are helpful tips about what can be done to soothe the Kundalini as she snakes through your nervous system and scours away lifetimes of anguish, sorrow and anger. They are my suggestions and also those of some texts I have read. I offer these to you, the person with the awakening, and also as guidelines to the caregivers or family who may be frightened or concerned. These ideas are based upon my own experiences and upon those experiences of other persons who have entrusted me to help them.

Some methods will work right away, but some may not work at all. There is no prescription for exactly how to cool Kundalini. The psychiatrists' drugs will slow this nervous system dance and can halt the symptoms, allowing one to lead a "normal" existence to all appearances. Unfortunately, then dependence ensues for once these drugs are gone, the symptoms could return or the opportunity for awakening may be gone. *Kundalini* is not easily cooled once she awakens, and there is no easy way to stop the process once it has started, so the best one can do is give oneself to the process, relax as much as possible, get support from sympathetic therapists and doctors.

In my experience the severe symptoms are within the first six months, and after that they become more manageable. However, they can go on for years on and off.

In ideal nurturing spiritual environments, the caretaker would have a small hut or room where a person with the spiritual crisis would be cared for 24 hours a day without trying to manipulate or medicate. Fed and clothed daily, the person would be allowed to go through the crisis without judgment or interference and not asked to perform any social functions until the person expressed a return to normalcy. We expect the same from those with life-threatening illnesses, yet why is this not acceptable for mental illness? Unfortunately, most people today have to work to sustain themselves, and if they have a spouse and children, these duties must be continued. My advice is to experiment one at a time with these suggested methods, evaluating them one by one rather than at the same time. For serious mental psychosis, suicidal thoughts and total imbalance when there is no safe haven available, the safest place is the psychiatrist's office or the hospital. A crisis requires medical attention and support. But if the symptoms are not that serious, these methods may help.

1. *Speak to Goddess Kundalini:*

She is you. She is your own life force coursing through you. Tell Her your problems and difficulties and ask for Her help. She will ease up. Keep asking until you can feel She hears you and you can keep your life intact. You might be astonished by how much She can help with a crisis.

2. *Stop energy work:*

Once your *Kundalini* has awakened and is clearly active, stop energy work, including meditation and active pranayama. The *Kundalini* does everything without your needing

to do anything. When I was expecting my child, I read all the books about what to do as an incubator for the egg, and really all I had to do was eat and sleep well. The baby grew by divine decree and I really had little to do with it. Even the birth process was all completed by the body's incredible hormones, so I just watched the process unfold. This is how the *Kundalini* operates. She takes care of the task at hand, and the human going through it, must just relax and try not to obstruct the process. However, sometimes fear about going mad or reliving very disturbing lifetimes can create blocks and then the symptoms create a problem. But unfortunately there is no guidebook on what may come up to be cleared.

3. Limit yoga practices.

These were designed to raise *Kundalini*, but once she has come, limit them until the energies are more under control. You may return to these practices when the energy balances again, but do not do them until the *Kundalini* has quieted down. This includes things like *Tai Chi*, *Kung Fu*, *Jin Shin Do*, or any practice which is based on the flow of *chi*, *ki*, or *prana*. I do not advise therapists to give you energy work such as Reiki or acupuncture. They are trained to work on non-awakened people, and may not know what to do with your energy field. Even *Tai Chi* was very hard for me as I kept wanting to fly during the class. I felt very, very dizzy and light headed even though I took the class some years after I had had the *Kundalini* awakening. Everyone was "sure" that this *Tai Chi* was what I needed to balance. They could balance with it, but not me. I was not in the same place that they were. These practices are not designed for awakened *Kundalini*. Also my horoscope based on my birth date was inaccurate after *Kundalini* awakening. It seems that once the *Kundalini* rises, you have stepped into another dimensional frequency, and you are erasing karma. If you want to get a reading, find someone who understands *Kundalini*.

4. Stop Meditating:

Most of your day will seem as if you are in meditation, but if you meditate more, your symptoms and disorientation may get more severe. Better to focus on the outer world to hold on to some kind of sane way of life. Give yourself tasks to do like gardening, cooking, cleaning out closets, sewing, building things, indexing things which occupy the

left brain. You can meditate again when the energy is calm. Keep your meditation space clean and available in case you need to benefit from its shelter.

5. Do exercise vigorously:

Something about the activity of the body in a sport or exercise regimen is very calming to the *Kundalini*. I remember playing ping-pong with my spouse when I was having an imbalanced period and it was fabulous. I felt so normal while playing as it was a sport of spontaneous skill and quick reflexes. This type of skill allows one to be “in the moment” where there is no time, no past, no future and not even anything in the present to fill the mind. The mind takes a rest.

6. Eat hearty foods that ground:

Food can be a great friend during the *Kundalini* process. Some people may not be able to eat, some may want to eat a lot. Just focus on the body level. Eat well, get lots of exercise and workouts. Do activities that engage the reptilian brain such as tennis, running, swimming and so forth. Eat solid, starchy vegetables and roots to keep the body grounded. Slow down the meditations or even just stop. I know when I went to India and we chanted and meditated for five days all night and day, I could not find enough food to eat. The chanting and intensity of spiritual cleansing just absorbed nutrients at such a rate that I was hungry an hour after eating a huge Indian meal. I hear from other *Kundalini* awakened people that they have the same issue with eating.

On the other hand, my teacher ate very little and got very, very thin during his cleansing process. Some people go to skin and bone as their digestive system is rebuilt. So it is not easy to know what way your food cravings will go. However, the days when I could barely keep myself from flying off the ground, I would eat root vegetables such as potatoes, carrots and celery and these would help me feel grounded. I found rice and vegetarian food too light and less grounding. Meat was grounding, as was coffee and chocolate. I believe that each person should be prepared to eat solid meals and have a friend or family member prepare a variety of hearty food for the duration of the crisis or spiritual emergency.

7. Stop doing drugs or addictions:

Any kind of addiction or drug, including nicotine and caffeine, is going to make your *Kundalini* symptoms more severe. There might be a tendency to take up an addiction to

ease the symptoms. It is important to keep the mind clear and fully conscious. There are entities that will be looking to possess your body if you are not in it. Treasure your clear thinking and ability to focus on your day-to-day living. See a therapist for help with these problems, but try to keep the conscious mind aware and awake all the time. Even if you feel floaty and remote, write down what you feel in a journal and try to keep grounding the energy into the 3D realm through the left brain.

8. Find a core place within:

Find something inside that does not change but is constant and reliably yours. It might be your heart for example, or your breath. Stay centered as much as you can inside that core place. I found that if I focused on my head I would get more spaced out. But focusing on the heart and pulling my conscious mind back there when things got weird helped.

Always have a sacred space for meditation where your energies are preserved by sacred objects, pictures of saints or gurus, crystals and candles. This can be a sanctuary.

9. Enlist helpers to support you:

Find a friend or friends who will be on the other end of a telephone to listen to something that is bothering you. Arrange for babysitters when you are not feeling well. Pre-warn reliable friends not to judge or try to “cure” you, but to just listen with sympathy and care. Pre-warn friends that some nights you might need them to spend the night because you do not feel safe alone. Set up a network of support.

10. Vitamins & nutritious food:

Stock up your larder with solid, nutritious food. When you are going through such an experience be sure to get a good supply of food. Get a variety of minerals and vitamins and herbs that may be useful. Food that is light but full of nutrients is best. Get a supply of protein for smoothies which are easy to make and nutritious. Think of hummus, nuts, fruit, legumes etc.

11. Essential oils: Essential oils can be very soothing and healing during periods of crisis. My guru recommended them for times when there was too much heat especially for the crown chakra. I do not know all the types of symptoms and the oils that help, but there are practitioners, such as Ayurvedic doctors, who do understand this subtle healing method. I would definitely look into this, but in my opinion, avoid blended oils and use well-prepared, pure and reliable sources. Test them out to see their effects. My

experience with oils says that what books say may be helpful, may not work for me, so I experiment to find the best one that really soothes and seems to be helping.

12. Prescription drugs: When on prescription drugs continue taking them as prescribed or ask your doctor/caregiver about going off them for a short period of time. These could affect your experiences. Serious withdrawal effects can be experienced with some medications and they should never be stopped cold turkey. I stopped drinking caffeine which is not a prescription drug, yet I had some disturbing experiences of feeling that my brain was on fire. I took a tea called Gotu Kola for that and it helped a lot. I have also used Indian herbs as replacements for prescription drugs, so Ayurvedic doctors can also be useful in replacing drugs which are artificial and have side-effects.

13. Relax and let go: If there is one piece of advice that works for all these situations it is “Let go!” If you are holding a concept of who and what you are that you cannot release, you will be working against the *Kundalini* process. Your best perspective is to stay as observer, witness of what happens rather than active participant. When scenes appear before you, let them play out without emotional investment. Don’t get caught in the drama or tragedy that appears like I did with the murder scene I relived over and over. Just imagine you are at the movies and this is someone else’s story you are watching.

PART II

Resources for those in the throes of *Kundalini* Crisis:

These are resources that I have been able to find. They may be out of date. Please do your research for a therapist in your own area of the world.

ON LINE Sources: A. <http://www.spiritualemergence.info/> Provides information about therapists and methods. Based in Northern California and appears to be non-profit and manned by volunteers. Responses take a week.

B. <http://www.virtualcs.com/se/resources/senciis.html> Founded by David Lukoff, but may not be current as last copyright is 2000.

C. <http://www.emmabragdon.com/books/WhattodoinSEY.pdf> Explains what to do for a spiritual emergency.

D. http://spiritualemergency.blogspot.com/2006/01/guidelines-for-making-it-through_10.html Includes a list of ideas for dealing with the crisis.

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METHODS that help:

Transpersonal therapy, Emotional Freedom Technique, EMDR,

PART III

Before and After: On Becoming Human

Before I had this experience conveyed in this book, I was “unawakened.” It means that I did not know my sovereignty as a human being. I did not know that I was a mini-universe with abilities and knowledge that could co-create with God. I did not know that what I thought and felt could be influenced by other people’s feelings and ideas. I assumed because thoughts came into my mind that they were “mine.” However, I remember a time when I had wondered about this as a 12 year-old in school. My teacher, Mr. Skinner, used a way of teaching that let the answer hang in the air and I was the one who always caught the answer! He thought I was brilliant, but I knew that the answer floated into my head, and I had wondered if I was mind-reading him at the time. Now I know that was true. What I have learned about being a true “human being” is that we are very rare in the universes. We are shrouded and blocked from knowing who we really are and the game is to discover this through a succession of lifetimes. Each lifetime we begin again to discover parts of ourselves. If we focus on love...