

# INTRODUCTION

Since the release of *Conscious Flight into the Empyrean*, *Kundalini Diary*, and *Kundalini Awakening*, three of my books that form *The Kundalini Trilogy*, there has been a constant flow of questions regarding the mystery of Kundalini; how it works and the risks involved in practising Kundalini meditation and yoga. Some readers sent in letters and emails while others came over in person to discuss their doubts and to seek clarifications.

I found it surprising that it was mostly young people between twenty-five and forty years of age who appeared to be awakening to the changes and the stirrings taking place within them. Somewhat confused and ignorant of what has happening, the first person they approached was their doctor, and sometimes, a psychiatrist.

There was a young lady who had attended a Chakra Workshop some years ago, which had led to constant headaches and other physical problems. She had visited several doctors but they could not offer any solution. The only advice I could give her was to go back to the group that had conducted the Workshop and seek their guidance. If properly guided, she would be alright.

In another instance, I remember how shocked I was when a girl from Germany who came to meet me mentioned that a doctor had put her on a course of medicines because of the nature of the experiences she had begun to have. It was quite clear to me that in reality what she was experiencing was an aspect of Kundalini awakening. In another instance, a young lady who had returned from a yoga session she had attended at some spa found to her horror that each time she would start to meditate, she began to make peculiar sounds. Another young man experienced a premature opening of his Ajna chakra. In each of these cases, the energy had been disturbed and not guided. As a result, the symptoms that were being manifested were not being effectively relieved by medical intervention.

People who have read *The Kundalini Trilogy* have responded in their own unique way. For some, the books have helped them to awaken to a new experience without the fear that is generally associated with Kundalini awakening. Others who experienced strange and inexplicable sensations realised that a certain awakening was happening and they had to seek guidance. There were still others who identified with the illustrations in each of the books in the Trilogy and began to understand that though they were going through an experience that was out of the ordinary, there was an explanation for what was transpiring with them. They felt validated and reassured.

This book endeavours to provide answers based on my experience and understanding of the working of Kundalini meditation and awakening. You may relate to some aspect of this book, a question, or experiences similar to those being discussed. Hopefully, these answers will help you on your spiritual journey.

I have also included extracts of talks given by Master Charles Cannon, an American mystic and disciple of Siddha Yoga Master, Swami Muktananda Paramahansa. These comments should provide a contemporary understanding of the subject.

It is assumed that the reader who has picked up this book is at some stage of Kundalini awakening and is looking for reassurance or for answers that will guide the process of awakening. If so, you will find your answer in some section or the other of this book.

Finally, I would like to encourage everyone who is experiencing inexplicable symptoms that cannot be addressed by science to seek a guide or someone who can explain what is transpiring. Through meditation, you can be guided on your journey within. Once you begin to understand the process, the symptoms will disappear and you will experience an opening to another dimension.

My best wishes are with you.