



# CHANGING OUR CONSCIOUSNESS WITH KUNDALINI MEDITATION

By JJ Semple

The reason human nature varies so greatly among individuals is because it is subordinate to the individual's state of consciousness. The higher the state of consciousness, the nobler the nature. Unfortunately, the aggregate state of human nature at the present time has created a world of financial collapse, war, greed, illness, obesity, drug abuse, wide-scale sexual slavery and racial hatred.

Violent emotions, selfish habits, negative outlooks, addictions, aggressive personalities and faulty mental processes have created a 'lowest-common-denominator' behavioural standard. Often we exhibit negative behaviour out of frustration because we feel like 'cogs in a machine.' Russian philosopher Peter Ouspensky said that in our present state of consciousness we are asleep, we are like machines. In order to survive the changing conditions of overcrowding and diminishing resources, we must eliminate the negative aspects of a nature that make us feel like cogs in a machine.

We cannot change human nature by any orthodox means - not by prayer, nor by good works, psychology, education, philosophy, law, medicine, science or politics. Don't believe me? Ask Mao Tse-Tung, the most dedicated social engineer of the last 100 years. The Cultural Revolution in China attempted to exorcise commercialism, venality, greed and selfishness. It failed miserably.

If we could change our nature merely by prayer or one of the other means cited above, we would have already done so, for people have been trying these approaches for thousands of years. So let us try a new approach, something that has never been done before, namely changing our consciousness.

Remember *2001: A Space Odyssey*, Stanley Kubrick's 1968 cinematic masterpiece with its much talked about black monolith that appears in the midst of a primitive tribe? Walking out of the theatre, I had something no one else in my group of friends had. I knew what the black monolith meant. I was certain it signified a dramatic shift in consciousness, a symbol for man's first instance of self-awareness, a parable describing the discovery, the use and the development of tools. Self recognising other for the first time. Man, in effect, becoming modern man, the moment homo added sapiens to his pedigree. And, if you think about it, the modern space shuttle is but a mere extension of the bone picked up by the primitive tribesman in Kubrick's film. In fact, there has been a greater lapse of time between the origin of man and the discovery of that first tool, than the lapse of time between the discovery of that primitive weapon and creation of the atomic bomb.

In the intervening thousands of years since that primordial moment - the hand reaching down to grab the bone at the same instant the grabber realises its deadly purpose - there has not been another existential leap of consciousness of the same magnitude. No new black monolith. No moment of greater self-awareness spreading like wildfire through the entire race. Sure technology has moved ahead at a rapid pace, but outside of the development of the prefrontal cortex (the region of the brain devoted to higher cognitive functions), the development of the other lobes of the brain has been minimal. It is often said that man's decisions are still governed by his animal brain - emotions and feelings overruling rational centres.

## How do we change our consciousness?

That is the purpose of Kundalini - a powerful, yet dormant mechanism in the body that allows us to realise our full potential. According to Sri Ramakrishna (famous mystic of 19th century India), 'A man's spiritual consciousness is not awakened unless his Kundalini is aroused.' Kundalini is the motivating catalyst behind the transcendent experience and is the key to changing our state of consciousness. Kundalini stimulates neuroplastic activity in the brain, and consequently, the ability to see and experience life beyond the physical dimension.

## How do we know this?

Kundalini shares a subset of effects with the near death experience (NDE). NDErs frequently return from their experience with knowledge of the metaphysical dimension. What is striking is that these types of experiences are commonplace and are very similar in nature. The individual returns with a greater understanding of his or her connectedness, enhanced creative impulses and an intense certainty that there is no death. Moreover, the individual often returns with a feeling of no longer belonging to the physical world or at least a feeling of the severe limitations of this world.

## How does the NDE (Near Death Experience) compare with the Kundalini experience?

People who have experienced one or the other phenomenon share feelings of alienation in regard to the physical world. However, in the case of permanent Kundalini, there are many effects that the NDE does not share. Kundalini triggers a superset of metanormal effects. By stimulating neuroplastic activity, it triggers autonomic self-healing mechanisms, restores health and transforms consciousness. As opposed to the NDE, with Kundalini, brain cell regeneration is a constant. Why? The Kundalini process uses sexual energy to refresh brain cells. Kundalini revitalises the entire nervous system. It is impossible for Alzheimer's disease to exist in a permanently awakened Kundalini body.

What is more, there is a change in the decision-making process. That is what happens with a change of consciousness. The old individual is reborn in a Karmic sense. He or she is able to see and understand, sometimes for the first time, the moral and logical implications of each decision. Gone one-by-one are the old addictions, the old habits and the old emotional prisons. Finally, this new state of consciousness affects an overhaul of the human nature. Over time our perverse emotions vanish. We are no longer cogs in the machine.

## So how do we change human nature?

We don't. We run an 'end run' around it; we change our consciousness. How do we do this? By raising the Kundalini in a safe, permanent fashion. How does this work? Well, it is an active process. You cannot pray for it to happen, you cannot do it by reading philosophy, by undergoing psychoanalysis, or

by becoming a scientist, lawyer or doctor. You have to involve the whole being. Master three powerful meditation techniques: diaphragmatic deep breathing, control of heart rate and the backward-flowing method and there you are, standing at the threshold of a new Being. As Bruce Lee said: 'Kwning is not enough; we must apply. Willing is not enough; we must do.'

Permanent Kundalini is the result of sexual sublimation or redirection of a distilled variety of seminal fluid to the brain. To many, this sounds like a radical process. I would say that far from being radical, it is in fact less radical than the world today. Take a look around and listen to the hatred being spewed forth - we cannot hide from it. We must acknowledge it and change it.

Yet, we cannot change our nature by any traditional means such as education, prayer or any other means mentioned above. None of these activities has the power to affect the brain. Only by arousing Kundalini can we activate a mechanism powerful enough to upgrade the brain. Once imbued with Kundalini energy, the brain begins to expand consciousness. These refinements are passed along to future generations through DNA. As we become more conscious, overtime the brain actually evolves.

If we could change our nature merely by prayer or one of the other means cited above, we would have already done so, for people have been trying these approaches for thousands of years. So let us try a new approach, something that has never been done before, namely changing our consciousness.

The evolution of our brain has allowed us to dominate our planet. To do this, we needed raw emotional power, a type of behavioural nature that could not be deterred by any threat to our survival. Immediate survival was the role of the reptilian brain that psychologists and anthropologists often talk about. Once on the road to dominance, a mammalian brain was added. This evolutionary adjustment added an emotional component - a capability that allowed our species to develop a strong sense of identity based on simple emotions such as surprise, fear, anger, sadness, joy, and more developed emotions like remorse, awe, pride, optimism, shame, guilt and love. All these changes in the brain were the result of an evolving consciousness, all of them eventually passed along to future beings in our DNA.

Now in the next stage of human evolution, do we need such powerful emotions? Can we survive in a world with less tolerance for aggression and less space per individual owning, as part of our beings, emotional states that frequently lead to trouble like war, family breakdown, addiction, crime, greed and indiscriminate killings? More often than not, these emotions lead us to make the wrong decision. In fact, many of the decisions we make, even at the highest levels of commerce, culture and government, are perversely influenced by our emotions. We are like kids playing with their toys.

## What is the difference between human nature and consciousness? Don't they overlap?

Yes, they do. However, consciousness stands above human nature. It is the eternal part we carry with us from one life to another. When we speak of human nature, we speak about emotions, habits, outlook, addictions, personality and mental processes

that are the result of our particular state of consciousness at the present moment. Our nature is simply the façade we adopt as a result of interaction with our environment, a process that begins at birth, largely as a result of cultural programming and conditioning.

The yearning for God and the desire to believe is universal, unfortunately the trappings of religion are cultural. And that is part of the appeal of organised religion, to make the individual feel apart of a larger whole. But to many people, religion, with its promises of an afterlife seem remote and unsatisfying. They thirst for something more immediate. They do not want something believe in: they want to take an active role in their own transformation. Kundalini allows us to transform our beings here on earth. Kundalini does not care about the afterlife: it is ready to serve now. In fact, if Kundalini did not serve a purpose, evolution would have eliminated it. That is how evolution works.

### So where do you start?

Well, you start by killing yourself. Whoa... Close that window. I am not asking you to jump. I am asking you to trade in today's model, the ME that makes you feel like a cog in the machine and replace it with the perfect YOU. The question is, are you ready for it? If you are not, there is no point going any further. I cannot talk to you about what you might like to accomplish if you do not feel the necessity of it.

### How do you know when something is a necessity?

When I was struggling with this question years ago, I ran across these words in the autobiography of Milarepa, the well-known, fully-realised Tibetan being, 'I was filled with remorse for the evil I had done. My longing for the teaching so obsessed me that I forgot to eat. If I went out, I wanted to stay in. If I stayed in, I wanted to go out. At night sleep escaped me. I asked myself unceasingly and passionately by what means I might practice the true teaching.'

I had spiralled out of control - drugs, alcohol and excesses of every sort. Eventually, I hit bottom. It is lonely down there at the bottom and I began to feel the need for answers to life's great enigmas. I found them in a book: *The Secret of the Golden Flower*, an ancient Chinese work on meditation that shows us Kundalini is rebirth engineering in this lifetime. Practicing the meditation in this book became a necessity. Strangely, my practice was more physical in nature than spiritual. And that is just as it should be. We cannot aspire to some lofty spiritual purification in our present state of consciousness. We must first repair our bodies and activate Kundalini. That is the only way to change our beings.

The meditation I am talking about does not lead to some far off, make-believe, unattainable salvation place. Not to heaven or to Oz or to the magic kingdom, but to self-realisation and a change in consciousness here on earth. Like an engineer, you will learn to read the plans for your perfect being and implement them in a practical way.

There are so many false starts, so many byways. Forget about the promises and the easy fixes. Transformation is not easy - only through work is it possible.

All right, let us say you are vaguely attracted to Kundalini and want to learn more. Starting is like coming to a clearing and seeing several paths leading away. You strike out on a path and it feels right and in that instant you realise your present way of life is dead.

Let me illustrate. You are standing in St. Peter's Square, the Pope has just died and you are experiencing many emotions. Being part of a group and the spontaneity of being drawn together with like-minded people, a spiritual bond perhaps. Maybe you are experiencing feelings no one else would understand. You want to preserve them. But hard as you try, the next day you wake up and the feelings are gone. Evaporated.

You are on a plane returning home, you recall the memory and try to bring your feelings back. You want them to be permanent but they are not. You feel defeated.

### Why do so many people seeking spiritual comfort feel defeated?

They feel this way because of the machine-like nature of their beings. Once Kundalini is activated, however, this machine-like behaviour vanishes, never to return. Kundalini engineers an actual physical transformation in the brain and in the Being. It is this physical transformation that reveals the all-encompassing metaphysical nature of the Universe. You will know what you know and you will never forget it. No more machine-like behaviour. Your search for spiritual comfort morphs into a permanent sense of certainty. Your path feels right.

There are so many false starts, so many byways. Forget about the promises and the easy fixes. Transformation is not easy - only through work is it possible. What exactly am I talking about when I use the term 'work'? The 'work' I am referring to in this case is Kundalini meditation, an ancient method of meditation based on a secret principle, the backward-flowing method. Remember, once you decide to move forward you will be dealing with empirical knowledge that you can test in the laboratory of your own body, so there is no way you can fail.

Tolstoy, the Russian novelist said: 'Everyone thinks of changing the world, but no one thinks of changing himself.' That was back in the 1870s. Today, everyone is talking about change. The big stumbling block, however, is our human nature - habits and emotions getting in the way of change. And when you think about it, are you not tired of being manipulated by emotions, tired of feeling like a cog in the machine? I know I was.

Re-engineering your being is the key to changing your nature. By changing your consciousness, your state of being, you will have evolved right here on Earth in this lifetime. It is at this pivotal moment - the safe arousal of permanent Kundalini - when you can say with confidence: 'I have been to the mountain top.' ❖

JJ Semple is the author of 'Deciphering the Golden Flower One Secret at a Time' and 'The Backward-Flowing Method: The Secret of Life and Death'. Visit [www.goldenflowermeditation.com](http://www.goldenflowermeditation.com) or [www.lifeforcebooks.com](http://www.lifeforcebooks.com) for more information.