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Kundalini is a biological actuality that induces phenotypical variations, in spite of any environmental or cultural influences such as, religion, social status, political affiliation, body type, or education. These influences do not determine an individual's aptness or ability for activating Kundalini. And that is its universality.

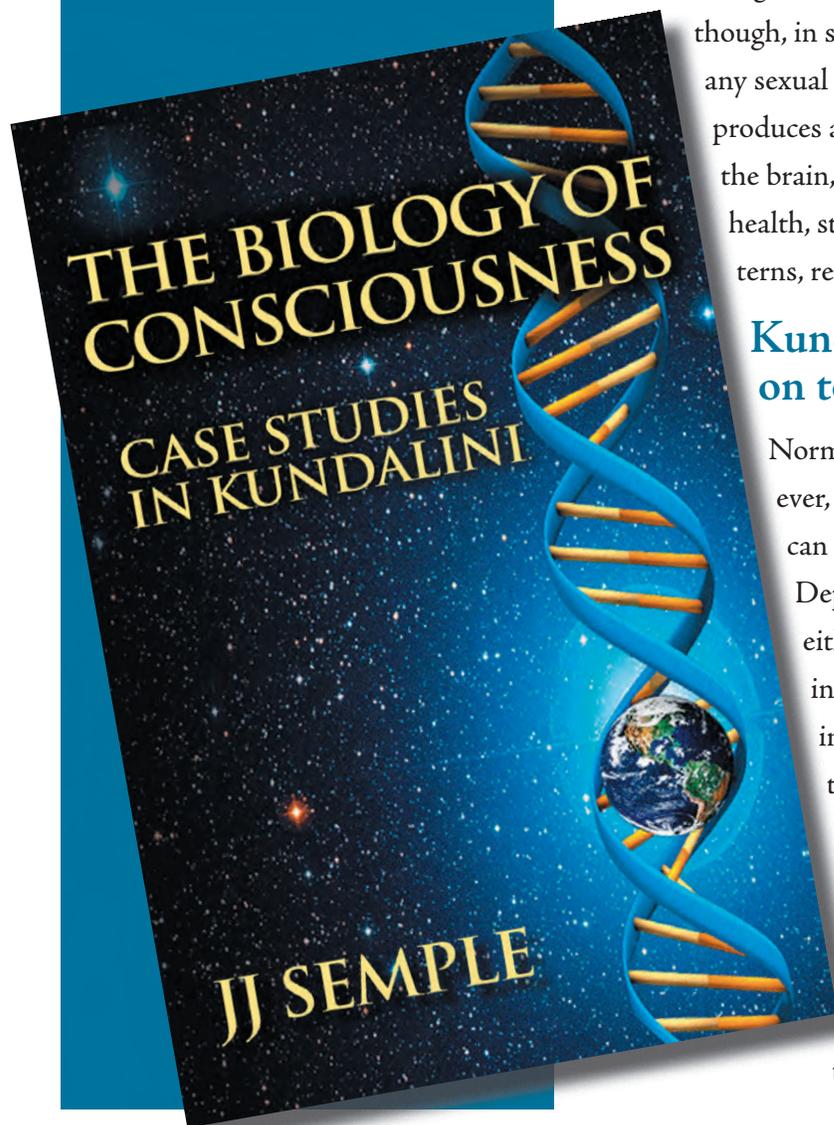
A Fascinating Collection of Cases Studies on a Variety of Different Kundalini Awakenings

Kundalini Modifies an Individual's Evolutionary Path in a Single Lifetime

If individuals are to achieve self-realization during a single lifetime, Kundalini will be the gating agent of this evolutionary leap. Whether it's practicing ancient methods of meditation or newly developed methods, Kundalini is the trigger. Meditation may provide the shortest path, but there are other means of achieving the same results, including cases where individuals do absolutely nothing, but are still visited by a spontaneous Kundalini awakening. The one element all these experiences share across the board is a change in metabolism through a biological process known as sexual sublimation even though, in some instances, the individuals neither detect nor feel any sexual activity. Some way or other, the subject's metabolism produces a distilled form of sexual energy that gets released into the brain, activating Kundalini, which immediately restores health, stimulates creative abilities, alters negative behavior patterns, retards the aging process, and expands consciousness.

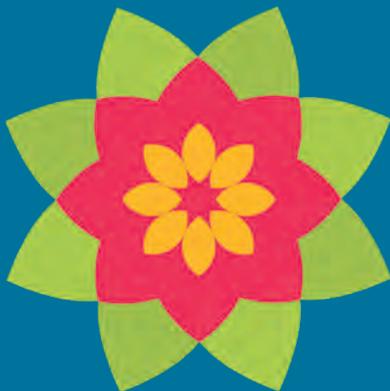
Kundalini Modified DNA Gets Passed on to the Next Generation

Normally, human growth proceeds in a linear pattern. However, disease, environmental factors, biochemical changes can create genetic mutations, ultimately modifying DNA. Depending on the type of stimulus, these mutations are either beneficial, harmful, or neutral. Kundalini awakenings bring about major beneficial mutations (cited above) in their subjects which get passed along in DNA code to the next generation. Gopi Krishna labeled Kundalini "the evolutionary energy in man" because the Kundalini mechanism uses mankind's biochemical (sexual) energy for evolutionary purposes. "Over many generations genetic codes of organisms can change significantly, resulting in a selection of a beneficial mutations and this is how a species evolves."



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Kundalini is like music. If you're a musician, you can take your music to Japan and successfully integrate with Japanese musicians, even though you don't speak Japanese. So too with Kundalini: it's trans-national, trans-cultural, and, most important trans-denominational. All of which speaks to the ONEness of life. That we are really intertwined in so many ways, in spite of the self-imposed, man made barriers we erect to separate us.



Case Studies in Kundalini

Kundalini awakenings are triggered by a variety of causes. *THE BIOLOGY OF CONSCIOUSNESS: Case Studies in Kundalini* features cases induced by meditation, Yoga, drugs, Shaktipat, spontaneous eruption, and emotional crisis. Each case describes the *before, during, and after* of an experience.

One case is included, not for its description of the subject's actual Kundalini awakening, but for its pertinence in shedding light on the importance of managing life in the aftermath of a Kundalini activation. It's one thing to awaken Kundalini; another to live with it. In many cases, subjects are not prepared. They may lose their emotional rudder, especially in cases where the awakening experience occurs unexpectedly or the subject is young, inexperienced, or emotionally unstable to begin with. An awakening may be over in seconds or minutes; living with the effects of Kundalini lasts a lifetime.

That's when some form of self-remembering training helps the subject cope with psychic contents or behaviors that may be causing real-world instability or dysfunction.

The Biology of Consciousness

By JJ Semple



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About JJ Semple

- Author of *THE BACKWARD-FLOWING METHOD: The Secret of Life and Death* & *DECIPHERING THE GOLDEN FLOWER ONE SECRET AT A TIME*
- Author of two award winning screenplays: *EVERYONE WANTS TO MAKE MOVIES* and *LITTLE DAN*.
- Founder of ARAZON School, Paris, France.
- Along with noted Kundalini authority, Gopi Krishna, a pioneer in the field of Kundalini research.
- Lecturer: *The Science of Spirituality, The Biology of Consciousness*
- Creator of the *Golden Flower Podcast* (available on iTunes)