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By Deborah Mokma

## Deciphering the Golden Flower One Secret at a Time

*Deciphering the Golden Flower One Secret at a Time* is a personal account of the author's experience of a Kundalini awakening. His story begins with a childhood accident that robs him of two of his most precious talents—singing and mathematics—both of which he was particularly gifted in. After years of difficulty and frustration at not being able to achieve at his previous levels he finds an obscure Taoist text, *The Secret of the Golden Flower*, which eventually leads him to discover the nature of his deficits and the path back to health.

Under certain circumstances, Kundalini awakens and releases stored and blocked energies—which can be quite intense, occasionally painful, and often leads to mental states that can be extremely disorienting. Although a dormant energy within most people, there are many who experience Kundalini awakenings unexpectedly, while others pursue them with yogic breathing techniques and practices. Described by Anodea Judith, Ph.D. as “the agent of self-transformation on the physical, mental, emotional, psychic and spiritual levels,” Kundalini can be as physically transformative as it is spiritual.

JJ Semple's account of the changes he experienced during the meditation practice which led to his dramatic awakening helps the reader understand just how healing an arising Kundalini can be. JJ explains:

“The problem is that classifying Kundalini as a means to 'spiritual' enlightenment limits its benefits to a realm many people have neither the time nor the inclination to explore. What's more, many people are put off by terms like 'higher consciousness' and 'enlightenment.' On the other hand, if they knew that Kundalini had therapeutic health benefits, they'd be eager to learn about it.”

With its empirical discussion of the physiological nature of Kundalini, *Deciphering the Golden Flower One Secret at a Time* offers a fascinating look into this multi-dimensional phenomenon.