



LIFE FORCE BOOKS

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***** AUTHOR Q & A *****

Deciphering the Golden Flower One Secret at a Time – by JJ Semple

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A Search for the Secret Teachings

Q: Can you sum up your book in one sentence?

A: *Holden Caulfield meets Gopi Krishna*. One reviewer dubbed it Henry Miller meets Gopi Krishna, but I find Holden Caulfield truer because that's my background—the eastern establishment, prep schools, alienation, stiff upper lip, and all. That's where I was raised, and that's what has alienated me the most. But after Kundalini, nothing perturbs me. I'm at peace with the East...but I live in the West.

Q: How did you approach writing this book?

A: Well, I had all this, what I call “accumulated material” from my Kundalini experience, but I didn't know how to approach it from a “put-it-down-on-paper” standpoint. So I waited. I deliberated. Should I write it as a “How-to” book? A memoir? Or as fiction? It took me a long time. Eventually, I decided to write the best possible narrative and try to mold it into a detective story to make it flow. Am I satisfied with my approach? Not entirely, but the critics seem to like the writing, and that is gratifying in this era of self-publishing where so many books are criticized for being poorly produced, poorly written books. *Deciphering the Golden Flower One Secret at a Time* isn't one of them.

I also struggled with where to begin. Should I begin at the beginning, or at the moment I discover Kundalini? As one reviewer so ably stated, “Self-realization begins at birth; it is the journey as much as it is the destination.” I decided to begin at the chronological beginning, that readers would understand the early events affected the outcome, that I could just step into Kundalini without a backstory.

Q: Why a detective story?

A: When I was five years old I had an accident that affected my growth. I didn't realize what had happened at the time, but after the accident my body started to implode, causing a kind of torquing deformation of my whole body. The only clues I had at the time were that after the accident I lost my most precious talents – singing and mathematics. I didn't make a connection at the time, never connected my loss to the

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accident; in fact, I more or less let it pass. But it kept nagging me—why I was unable to excel at anything. It wasn't until a stranger gave me a copy of *The Secret of the Golden Flower* many years later that I began to realize there was a connection between my accident and the loss of my talents. At first, meditation bored me. It took me a year to get into it. Eventually, I started to practice the method. There were a lot of secret techniques I had to figure out. More detective work. Within six months, however, the meditation was changing my body, restoring it to its “perfect state.” As it was before my accident. I had never heard of Kundalini. This was 1972-73 and I was in France. Gopi Krishna's book wasn't available to me. Yet, not only did I finally realize what had happened to me, I found the one way of correcting my deformity. Kundalini is that powerful.

Q: Sounds complicated. A childhood accident. A method of meditation that corrected a deformity. Many years before you realize how it had affected your growth...

A: ...many years of misadventure, I might add, lots of self-destructive behavior. You know, the stuff that fiction is made of.

Q: It sounds like fiction.

A: One critic said the book was an excellent memoir, but should have been written as fiction to better project its psychological truth.

Q: How did you react to this?

A: Well, first of all, to me, the phrase “psychological truth” is basically saying that it “all happened in my mind.” I accept his skepticism. In fact, I welcome it. It forces me to recognize the barriers I must overcome in presenting this to the world. I realize that many people feel the same way. Many doubt the power of Kundalini, even those who have read Gopi Krishna. I accept it. It happened to Gopi Krishna. I guess it will continue to be that way until someone with an activated Kundalini shows off some extraordinary powers: walking on water, flying, etc. I will have to develop suitable arguments and proofs to make my case.

There are the pre-disposed and the skeptics. I understand this. But what I write about, the method I discovered, can only be proven empirically. That is, by learning and practicing the techniques of Golden Flower Meditation, which are based on the “backward-flowing method,” one of the most written-about, but least-understood techniques in all of meditation practice. If you don't actually practice the meditation, you will achieve nothing. You won't even understand what I'm talking about. It's like the prisoners in Plato's Cave Allegory, stuck in a limited dimension. Golden Flower Meditation opens up another dimension. People in the cave can't understand descriptions of this new dimension. Their perception is limited to knowledge of the cave and the images they see there. Understanding Kundalini and the resulting Life Force process has to be approached empirically, one step at a time, learning as you progress into a new dimension filled with metaphysical phenomena. As with anything—becoming a writer, a pilot, a diver, a dancer—experience is paramount; talk is nothing. A lot of detective work is involved.

Let's break it down from a different perspective. Timothy Leary once said the body was a chemical factory. Take the story of the East German athletes of the 70s.

Without their permission or knowledge, they were systematically doped with steroids in the misguided attempt to win medals for a relatively small, unknown Communist country. Well, the authorities succeeded. They turned their athletes into superhuman

overachievers; they also ruined their lives and their health. But the point is: chemicals regulate the systems of the body. There are chemicals within the body that are more powerful than anything man can invent. Imagine that by using our own organic resources we were able to create a chemical compound more powerful than LSD and steroids combined, and that this mixture would be capable of not only rebuilding the body in a benign and restorative fashion, but would also open the doors of perception to a point beyond the scope of any man-made or natural drug, beyond our humdrum materialistic imaginations.

This is what awaits us. It is well within in our reach. We only have to learn and apply the techniques of Golden Flower Meditation to make it happen – techniques the ancients understood and used in beneficial ways.

Q: How do you get this across to the skeptics?

A: I'm not sure. It's like any idea. A lot of trial and error. Look at the New Coke. They floated an idea. It didn't work. They tried it another way, then another... As long as it takes. Until you build a base of acceptance.

For me it's about writing. I'm finishing a new book that takes an all-together different approach to the subject. It's entitled: *The Backward-Flowing Method: The Secret of Life and Death*. Rather than a narrative, this book is exposition.

Q: Two questions: Are you saying that Kundalini is like New Coke and what's this about death?

A: Kundalini has been lost to us. It's not a New Age fad like crystals; it's down-in-the-trenches grunt work. It's not in fashion, so the haul may be a long one. We need to understand it as the ancients did. Gopi Krishna called Kundalini an "upgrading mechanism." I call it a "warranty for our world-weary bodies," one we can avail ourselves of at any moment.

As for death, most people are scared to death of dying. But preparing for death is something that should be done while you're alive. Sounds funny, I know. My new book, *The Backward-Flowing Method: The Secret of Life and Death*, not only explores the Secret of Life as laid out in the Secret Teachings, it takes a fresh look at preparing for death, sort of an alternate take on *The Tibetan Book of the Dead*. In other words, it instructs you on the art of dying, preparing for the inevitable while you still have time.

Q: Okay, so how do we get there?

A: Assuming that one is predisposed?

Q: Assuming that one is predisposed.

A: First of all, not everyone should practice Golden Flower Meditation. The work I've done is aimed at creating a method that will produce the same results time after time over a given number of subjects. In other words, I've discovered a safe, standardized, and repeatable assembly line approach for activating Kundalini.

Q: Which begs the question: Why should someone do this?

A: We're talking about results now, what a person can expect from applying my Golden Flower Meditation method, what Kundalini can do for the individual? Okay, but I'm going to read from a list because I don't want to leave anything out. Here's what restorative Golden Flower Meditation did for me:

- Corrected my physical defects, rebuilt and healed my body,
- Allowed me to overcome all addictions,
- Put an end to my self-destructive behavior,
- Rejuvenated my body as it aged, keeping it at least 10 years younger than my actual chronological age,
- Heightened and enhanced my consciousness by triggering various metanormal effects and powers,
- Refined my being to the point where I was able to effect a release from Karmic bondage,
- Showed me that the ego persists after death and provided me with the tools to face death and transition into the next state of being. And this is perhaps the key feature of Kundalini: acquiring the ability to prepare for the inevitable moment of death while still alive.