

# The Kundalini/Raw Foods Connection

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When you start eating raw, you take a huge leap of faith. When you meditate for the first time, you enter the twilight zone. Uncertainty is the common attribute these two Life Force Sciences share. It breeds a reliance on empirical strategies. That's the Kundalini~Life Force/Raw Foods connection. Trusting your body to heal itself. Discovering your unique path to self-realization.

## Sharing a Pranic Connection ...

The Kundalini~Life Force/Raw Foods connection is based on Prana, the natural Life Force substance we need to perfect our beings during our life on Earth. If we don't know how to extract Prana from our environment, our bodies will begin to degenerate prematurely. Very simply, we need to ingest only the purest elements into our bodies—pure food, pure water, pure air. Prana exists in all living elements. Due to social conditioning, however, most people know very little about Prana, and still less about how to extract it. So how do we extract Prana from our surroundings?

Whether you knew it or not, when you started eating Raw Foods, you were betting that you could do a better job managing your health than the Health Care system. A big gamble, especially since the whole weight of the system—the medical establishment, social programming, government policy—opposes self-healing. Nevertheless, something inside you believed you could do it. Some impulse told you to go ahead. Perhaps you didn't realize that the Raw Foods you ingested were converted to Prana. Well, now you know it, and that was a great first step on the road to self-healing. The next step in your self-healing program involves Golden Flower Meditation (GFM), the alchemical process of distilling Prana from the air you breathe. The basis of GFM is the *backward-flowing method*.

Information about the *backward-flowing method* is even harder to get than information about Raw Foods. Not only has there been an information blackout, the whole idea of meditation is counter-intuitive. Sit quietly in a room, contemplating your navel? Fat chance! Especially when all your friends are at the gym building up their Abs. *I don't care how much it costs; I need to get into the*

*gym!* Sorry, that's not the way it works. Meditation is the most powerful exercise on the planet and the *backward-flowing method* is its most powerful technique. The goal of the *backward-flowing method* is the permanent activation of the Kundalini~Life Force. To learn more about it, read *The Backward-Flowing Method: The Secret of Life and Death*.



# Kundalini and the Secret Teachings ...

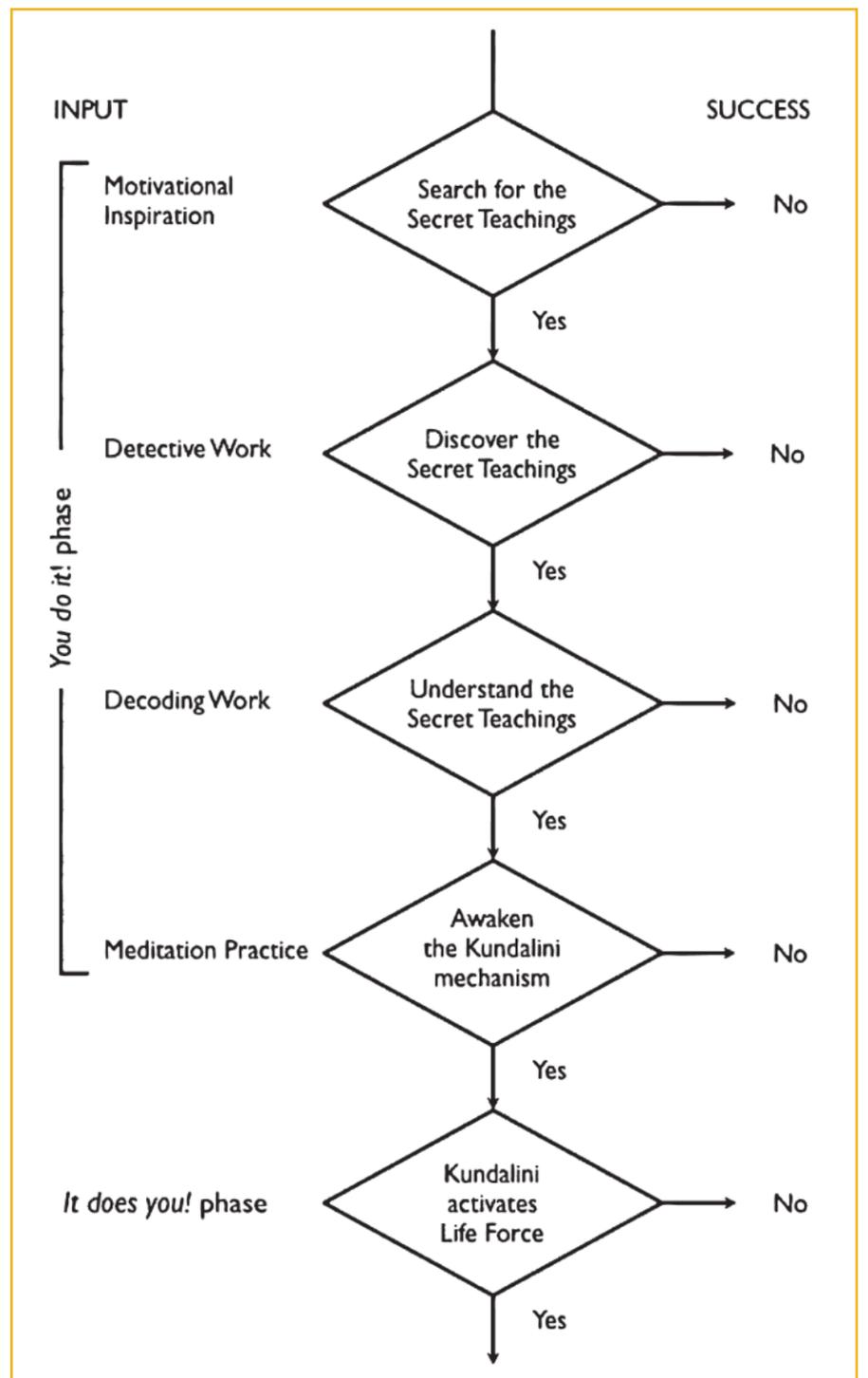
Suppose you get it together, that you use GFM and the *backward-flowing method* to activate your Kundalini-Life Force in a safe, permanent manner. And you stick to a Raw Foods diet. What's in it for you? What benefits can you expect?

If you'd like to connect the dots between the various aspects of the Secret Teachings, *The Backward-Flowing Method: The Secret of Life and Death* is a must. Author JJ Semple analyzes alchemical practices across cultures and throughout the ages, demonstrating decisively that the *backward-flowing method* is the Secret of Life. He traces its origins to *The Tibetan Book of the Dead* and *The Secret of the Golden Flower*, detailing the results and benefits of practicing this truly revolutionary technique that:

- Triggers autonomic self-healing mechanisms capable of correcting neural degeneration and muscular damage;
- Rejuvenates the body, slows down the aging process;
- Reverses self-destructive and addictive behavior;
- Heightens and enhances consciousness to effect release from Karmic bondage;
- Allows you to face death without fear and facilitates the transition into the next state of being.

How do you get there? Take a look at the flowchart. Imagine a similar chart tracing the path of a typical American doctorate level education. The process is long—getting a PhD is a grueling process—but the information is readily available. Want to study chemistry? No problem. Ten thousand college catalogues at your disposal. Get good grades in high school, find a college that suits you and you're on your way. On the other hand, informing yourself about the Secret Teachings is not so easy. There is no approved curriculum, no regulating body, no accepted practices, no *Secret Teachings for Dummies* guidebooks. You're on your own. All you have is your own inspired motivation, some hint that there may be something out there—something drawing you in bit-by-bit. Beyond that you have no idea what's in store for you.

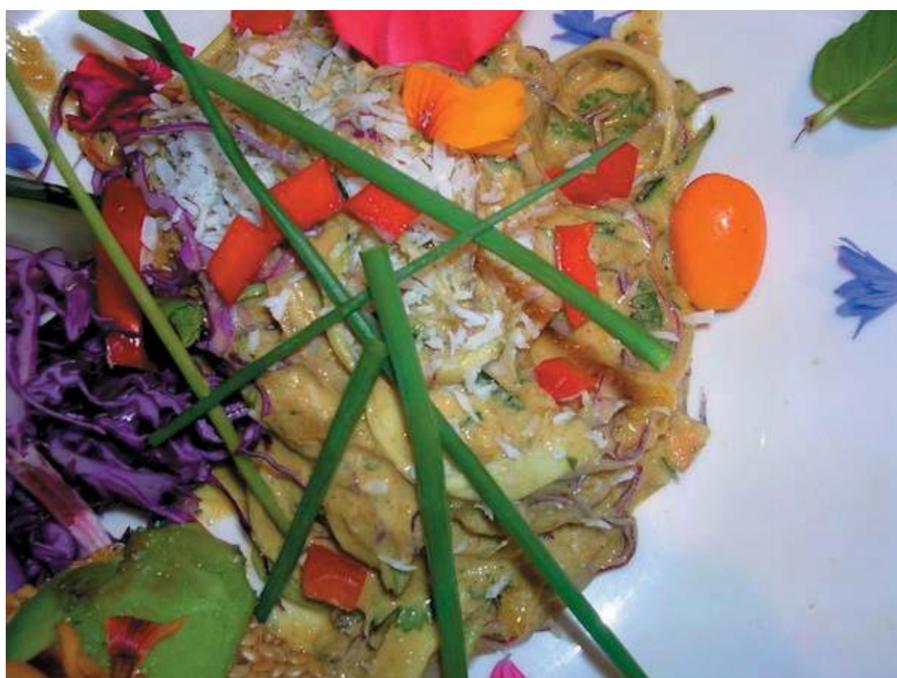
On the chart you will notice there are two phases, what Ram Dass called the *You do it!* and *It does you!* phases. In the first phase, you do all the work. You find the requisite inspiration, be it conscious or unconscious, deliberate or accidental. Whatever! It's up to you to find it. The detective work, the decoding, the practice are also up to you. It's only during the last phase that things get really interesting—thanks to the *backward-flowing method*. That's



when your hard work begins to pay off—the reward phase: when *It does You*. Your job is to make it through the obstacles to *It does you!* phase.

## Steps to a Cleaner Life ...

Breathing is the basis of meditation, of athletic prowess, of sex, of gardening, of public speaking. Raw Foods are the basis a healthy body, a body free from degenerative disease. Together they constitute the foundations of Life and the preparations for Death—the highest degree of spiritual refinement.



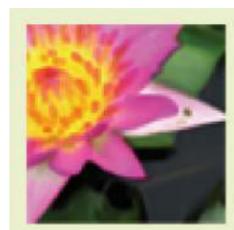
How? Very simply when you enter the *It does you!* phase, autonomic self-healing mechanisms begin to transform you from the inside out. During this period you'll need to watch over you body while it revitalizes you. This means a strict Raw Foods diet. For the rest of your life, the Kundalini-Life Force will “upgrade” your body, endowing your entire being with exceptional aptitudes—untapped resources and extraordinary faculties—previously hidden deep within you.

For example, the Life Force helps you overcome addiction. How does it accomplish this? Most methods of fighting addiction are based on reprogramming or behavior modification—a process that “trains” the addict to replace

his bad habits with good ones. GFM, on the other hand, doesn't use conditioning, reprogramming, or behavior modification. It uses sublimation, which is fundamentally an alchemical process. Implemented successfully, it changes the cravings that the addict feels. As you progress with the meditation, you'll find you no longer “need” to indulge your habits.

“As a Yoga or Meditation teacher or student, you can't afford to ignore the *backward-flowing method*, the basis of Golden Flower Meditation and the Secret of Life and Death.”

GFM also helps you prepare for Death. Sound fantastic? You've probably wondered about the *after death* state. Is there anything after death? Well, the Kundalini-Life Force will show you that the body dies, but the spirit does not. Yes, I'm talking about the Vedic notion of reincarnation and *The Tibetan Book of the Dead*. Once you realize that death is only a transitional state, there's no longer any reason to fear it. GFM activates the Kundalini-Life Force, which, in turn, equips you with the tools to understand the true nature of death. During the lifetime practice of GFM, you will learn to circulate the Clear Light, the same light observed in many near death experiences. You will retain an awareness of the Clear Light, even after death. This is true mindfulness, a state of permanent awareness. You will use the Clear Light as a beacon to navigate the *after death* state.



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