



## Section 10B... Heresies In The Church



◆ [Index To Counterfeit Revivals Church](#) OR [Heresy In The Church](#)

[Site Directory](#)

[Site Search](#)

[Search The Bible](#)

[Heart of The Matter](#)



### [Comparison Between Kundalini and the Counterfeit Revivals](#)

Compiled by Carol Brooks

**ON THIS PAGE**

[What Is Kundalini?](#)

[Chakras](#)  
[Shakti](#)

**How Kundalini is Awakened**  
**What Is Shakti Pat or Divine Touch?**  
**The Requirements for a Receiver**  
**Is It Contagious?**  
**So What Does An Awakened Kundalini Feel Like**  
**Physical Manifestations**  
**Is It Dangerous?**

**Kundalini in the World's Religions**  
**Kundalini, The Christian and Fr. Thomas Keating**

**A New Thing? You have To Be Kidding!**

**The Comparison**

## What Is Kundalini?

Kundalini Has been described as a concentrated form of *prana* or life force, lying dormant in our bodies, conceptualized as a coiled up serpent (In Sanskrit *kundalini* is literally *that which is coiled*)

Another source describes it as

“a concentrated field of intelligent, cosmic invisible energy absolutely vital to life; beginning in the base of the spine as a man or woman begins to evolve in their first incarnation; fed by the chakras along the spine and by the cosmic energy entering through the feet from the earth; as wisdom is earned in each incarnation, this electromagnetic, ultrapotent energy moves slowly upward through the spine; it is directed by the speed of the soul mind as the soul-mind meets the requirements of each chakra, according to the needs and thinking of the individual; eventually this energy is unspiralled through the medulla oblongata, pituitary gland, pineal gland and through the crown chakra to unite with the silver cord; one will ascend to the higher realms to finish evolutionary cycle...” [1]

However since the concept of kundalini is almost inseparable from that of

the *Chakras* and *Shakti*, a basic understanding of both is essential to understanding kundalini.

## Chakras

*Chakra* is the Sanskrit word for wheel. Bodily Chakras are often depicted as circles, spaced at intervals along the spine. Ancient Indian tradition holds that there are seven Chakras, or energy centers.



“Chakras are part of the ancient belief system associated with yoga. These traditions were handed down orally for thousands of years before being codified by Patanjali in his Yoga Sutras, several centuries before Christ”. [2]

So is it possible that Chakras have some base in fact? ... Maybe

“Contemporary spiritual literature often notes that the chakras, as described in the esoteric kundalini documents, bear a strong similarity in location and number to the major endocrine glands, as well as nerve bundles called ganglions” [3].

According to the ancient yoga system of India, Chakras play a very important part of the human energy system. The goddess Kundalini is said to awaken and unfold each chakra as she ascends through the spine, ensuring the free flow of life energy (prana or qi) throughout the body, thus balancing the chakras and promoting general health and well-being. When she has risen to the crown chakra, located at the top of the skull and associated with elevated spiritual consciousness, then all chakras have been opened [although lower chakras are thought to be just as important as higher] and a person is said to experience enlightenment. The goddess is also said to unite with the Shiva, or the male polarity when she arises to the crown chakra.

In an article by Anne Lewis on the *an-Ahata School of Universal Yoga* site.. [Anne Lewis is an international author, a nutritional counselor and one of Australia's most distinguished and well-respected Yoga teachers who runs

## Tibetan Rites workshops in Sydney]

A chakra is a spinning vortex of energy created within the body. The word chakra comes from the Sanskrit word for 'wheel' or 'disk' and originated within the philosophy of the ancient Yoga system of India and Tibet...

...Centuries ago, the Yoga masters realised that the human being consisted of more than just the physical body; they believed that the physical, mental, emotional and spiritual aspects of the individual were inter-related. The masters also believe that the spinning vortexes of energy overlap and correspond to various physical organs and glands and that these chakras can be regulated and harmonised, resulting in the unleashing of an individual's full potential of health, happiness and spiritual awareness.

There are seven major chakras arranged vertically along the spine, starting at the base of the spine and ending at the crown of the head. While the chakras do exist within the physical body, exhibiting a strong influence on such aspects as body shape or health, they are not made of any physical components themselves. For instance, a physician could not operate on a chakra any more than on an emotion, yet both can, and do affect us physically.

The chakras correspond to major areas of your life, such as survival, sex, power, love, communication, perception and understanding. To use a practical analogy, the chakras can be seen as your internal 'floppy disk' that stores your programming about how to function in life. The base chakra, for instance, contains your survival program, such as what and when you eat, and when you need to sleep, exercise and protect yourself....

...Chakras are often referred to as lotuses, for they open and close like a flower and, in Tantric Yoga, they are shown with a varying number of petals. The petals range from four at the base chakra to one thousand or more at the crown.

When a chakra is closed, the life force energy or prana cannot travel through that part of the body. If this is the case, you may feel a lack

in your life in its related area: for example, the throat chakra relates to communication. Therefore if it's blocked or closed, communication is difficult and, on the physical side of health, a blocked chakra may manifest itself as a sore throat or tight neck....

... Mythologically, Kundalini is a serpent Goddess who lies asleep at the base of the spine, coiled three and a half times around the base chakra, awaiting unfoldment. When she is awakened through any of a number of techniques, she unfolds and rises through the shusumna channel, piercing and awakening each chakra as she goes. When she has risen to the crown chakra, then all chakras have been opened and a person is said to experience enlightenment. [4]

## Shakti

In an article called *The Secrets Of Shaktipat*, Ravindra Kumar, Ph.D. explains it in these words..

The term "Shakti" is very popular today, but is usually misunderstood. Shakti can be understood by thinking about electricity. The fan will function as long as electricity powers it; the moment electricity is withdrawn, it stops working and become useless. The same is true of humans. We are alive as long as Shakti powers us. The moment Shakti life force withdraws, we die.

When Cosmic Energy or Universal Shakti comes into contact with Its residual Shakti, called Kundalini, hitherto lying dormant in the individual, it awakens, activating the sleeping Kundalini. The awakening of Kundalini is a sure sign of active Shakti (although even in its inactive state it still supplies the energy that keeps us alive). The individual consciously feels the oneness of one's own Shakti Kundalini with the Universal Shakti, just as a drop of water feels the union when it contacts the ocean [5]

## How Kundalini is Awakened

The article goes on to say

“Traditionally, Kundalini energy can be awakened through three main practices:

Asanas (yogic postures), mudras (hand positions), and pranayama (breath-control exercises)

Grace of the Guru

The accumulated results of devotional practices through several lifetimes.

Awakening Kundalini through the grace of a Guru is traditionally seen as the best and most natural way of stirring this energy. When Kundalini energy awakens through the grace of the Guru, yogic postures, mudras, and breath control exercises do not need to be performed...” way. [6]

In other words a short cut to an awakened kundalini is through a Guru or so called holy man..

However, for those who think that Yoga and Meditation are safe for the Christian, carefully note what Philip St Romain, author of *Kundalini Energy and Christian Spirituality* (the title alone is enough to make one gag), and who is described as “at once a practicing Catholic devoted to the life of prayer and the recipient of experiences described by the sages of India”, says.. [Emphasis Added]

“Kundalini energy in its pure, undifferentiated form is experienced only after the personal and pre-personal dimensions of the unconscious mind have **emptied their contents**. Of course, kundalini is the energy "pushing" this cleansing process, and so the emptying of the unconscious is itself a "colored" experience of kundalini energy.

It may be said, then, that practices that facilitate the breakdown of Egoic defenses can help to awaken kundalini. **The most effective method is a combination of meditation and yogic postures such as those taught in Hatha Yoga.** Also effective are laying on of

hands in prayer, certain drug experiences, praying in tongues, near-death experiences, certain ritualized sexual practices (Tantric sex), and intensive chanting and/or dancing. If these practices only temporarily puncture the seal of repression between the conscious and unconscious mind, the kundalini energies will erupt until the repressive mechanisms are "repaired." Such an arousal, then, is short-lived in comparison with a full-blown awakening, in which at least part of the repressive seal is permanently ruptured. [7]

## What Is Shakti Pat or Divine Touch?

Wikipedia sums it up

Shaktipat or Śaktipāta is a Sanskrit word in the Hindu spiritual tradition that refers to the act of a guru or spiritual teacher conferring a form of spiritual "power" or awakening on a disciple/student. Śakti translates as spiritual energy and "pāta" as descent(to fall down). Shaktipat can be intermediated by the spiritually enlightened master either by transmission of sacred word or mantra, a look, a thought or by touch. The touch is usually given to the ajna chakra or third eye of the disciple. Shaktipat can be transmitted in person or at a distance, through an object such as a flower or fruit, or via telephone or letter.

So the touch is given to the "ajna chakra or third eye of the disciple". In other words to the forehead.

"Few Christians realize that for thousands of years gurus have operated with gifts of healing, miracles, gifts of knowledge, and intense displays of spiritual consciousness as they stretch out and connect with a cosmic power which, though demonic in origin, is very real. The meetings which mystic Hindu gurus hold are called 'Darshan'. At these meetings devotees go forward to receive spiritual experience **from a touch by the open palm of the hand, often to the forehead**, by the guru in what is known as the Shakti Pat or divine touch. The raising of the spiritual experience is called raising Kundalini.....

## The Requirements for a Receiver

**Kundalini:** The unique perspective of Siddha Mahayoga is that because kundalini is an intelligent force it will, upon awakening, naturally direct the practice of the student. All that is required is that the student completely surrender to this force. As a result of kundalini's unfoldment spontaneous purifying movements, called kriyas will occur...

## Is It Contagious?

The website *Enlightened Beings* says the following [Emphasis Added]

"Perhaps the most important thing to know and remain aware of, is that a Kundalini Awakening contains the most unbelievable expanded states of comprehension of Reality, enlightenment and absolute ecstasy. Not to mention that you've just befriended the greatest healing energy available inside you and **extremely contagious to all human beings.**" [8]

Unfortunately, most people do not seem to realize just how contagious the Kundalini energy is, nor how easily it is passed by a touch or by some other method from one already 'on fire'. **"The mere presence** of a single being whose shakti is strongly active can awaken the shakti of those around him. Similarly being in the presence of many people whose shakti is awakened to some degree can awaken one's own shakti. [9]

An interesting excerpt from kundalini-teacher.com [Emphasis Added]

The transmission of Grace from Guru to seeker to awaken or enhance Kundalini, is called Shaktipat. Someone with the ability to do this is called a Shaktipat Master....There are degrees of Shaktipat Mastery. From "oops, I'm contagious, how did that happen?" to "here is your full awakening, all knots pierced and major blockages removed." ... but it always depends on the receptivity of the recipient, and what they can handle. The title of Shaktipat Master, is a little misleading. ...Nobody really "Masters" Shakti. **She does as She pleases, and we just try to stay out of the way.** The Shaktipat Master is a vessel for



transmission, **Goddess is the source....**I do not care for the term "Kundalini Master", because it suggests mastery of Goddess, ... control of it, and that is an ego illusion. **One does not Master Kundalini, one steps aside and allows it to do its work through you,** as the vessel... I do accept the title of Shaktipat Master... which at one end of the spectrum, simply means that one's Kundalini is contagious. [10]

## So What Does An Awakened Kundalini Feel Like?

Turning again to *Enlightened Beings* we read

A Kundalini awakening can be an experience that feels like the greatest blessing in the entire world, or the worst curse you have ever encountered. It simply depends on one thing. Whether you know that you are an infinite soul that will never die, OR you still believe you are this physical non-spiritual mortal body. Your perspective is everything when it comes to a million watts of energy pouring through you. The bigger and more inclusive your perspective is on each experience, the easier it will be for your bodymind to accept the Kundalini".

And

Awakening your Kundalini can be like tapping into a million watts of electricity where your body may only have the capacity of a 100 watt bulb at the time. So you'll want to prepare your bodymind so that you can open up to 100 million watts or more. Remember, this is a physical, mental, emotional and spiritual merging with the most powerful healing Divine creative sensual energy in this Universe. So you'll want to go about it slowly, respectfully and consciously. [11]

## Physical Manifestations..

The end results of an awakened Kundalini are

Along the process of kundalini, there can be extreme emotional outbursts without any apparent cause or source. This is simply the effect of karma releasing. [12]

And

Kriyas [literally activities] are spontaneous movements that occur after kundalini awakening. After a period when the devotee has reached a certain spiritual elevation they begin to shake, jerk, or hop or squirm uncontrollably, sometimes breaking into uncontrolled animal noises or laughter as they reach an ecstatic high. These manifestations are called 'Kriyas'. Devotees sometimes roar like lions and show all kinds of physical signs during this period. Often devotees move on to higher states of spiritual consciousness and become inert physically and appear to slip into an unconsciousness when they lose sense of what is happening around them. This state is called 'samadhi' and it leads to a deeper spiritual experience.'

In his book *Kundalini: The Arousal of the Inner Energy*, Ajit Mookerjee, an "acknowledged expert on Eastern art and the sacred texts of India" says

"The ascent of the Kundalini as it pierces through the chakras is manifested in certain physical and psychic signs.

Yogis have described the trembling of the body which precedes the arousal of Kundalini, and the explosion of heat which passes like a current through the Sushumna [the supposed channel by which this energy rises through the body]....inner sounds are heard... the head may start to feel giddy... the yogi visualizes a variety of forms... pure light...numerous signs and symptoms may be experienced... as creeping sensations... tingling sensations all over the body; heaviness in the head or sometimes giddiness; automatic and involuntary laughing or crying; seeing visions of deities...

The chin may press down against the neck; the eyeballs roll upwards or rotate; the body may bend forward or back, or even roll around on the floor... the mind becomes empty... there is spontaneous chanting of mantras or songs, or simply vocal noises

The eyes may not open in spite of one's efforts to open them. The body may revolve or twist in all directions. Sometimes it bounds up and down... sometimes the hands move... some speak in tongues... Sometimes the body feels as if it is floating upwards and sometimes as

if it is being pressed down into the earth... It may shake and tremble and become limp, or turn as rigid as stone.

In the process of the arousal of Kundalini, Muktananda went through an experience of extreme sexual excitement. Not everyone will experience all or even most of these signs. The Sakti [foundational consciousness] produces whatever experiences are necessary for the disciples spiritual progress according to his samskaras [impression or fruit of Karmic action] or habit pattern formed by past action". [13]

Although the effects of an awakened kundalini can vary from person to person, both in form and intensity, the following are common manifestations of the risen Kundalini according to the Kundalini Gateway site.

Muscle twitches, cramps or spasms.

Energy rushes or immense electricity circulating the body

Itching, vibrating, prickling, tingling, stinging or crawling sensations

Intense heat or cold

Involuntary bodily movements (occur more often during meditation, rest or sleep): jerking, tremors, shaking; feeling an inner force pushing one into postures or moving one's body in unusual ways. (May be misdiagnosed as epilepsy, restless legs syndrome, or PLMD)

Alterations in eating and sleeping patterns

Episodes of extreme hyperactivity or, conversely, overwhelming fatigue

Intensified or diminished sexual desires

Headaches, pressures within the skull

Racing heartbeat, pains in the chest

Digestive system problems

Numbness or pain in the limbs (particularly the left foot and leg)

Pains and blockages anywhere; often in the back and neck

Emotional outbursts; rapid mood shifts; seemingly unprovoked or excessive episodes of grief, fear, rage, depression

Spontaneous vocalizations (including laughing and weeping) -- are as unintentional and uncontrollable as hiccoughs

Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous noises or like ringing in the ears.

Mental confusion; difficulty concentrating

Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences (if the individual's prior belief system is too threatened by these, they can lead to bouts of psychosis or self-grandiosity)

Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area.

Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion

Psychic experiences: extrasensory perception; out-of-body experiences; pastlife memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions; healing powers

Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.

Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment (including "vibes" from others)

Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness [14]

## Is It Dangerous?

The above list of manifestations of the risen Kundalini on the Kundalini Gateway site is accompanied by the following warning [Emphasis Added]

"Many people know that the risen Kundalini flings open gates to all sorts of mystical, paranormal and magical vistas but few realize it can also dramatically impact the body. A large percentage of Shared Transformation subscribers have reported long bouts of strange illness as well as **radical mental, emotional, interpersonal, psychic, spiritual and lifestyle changes**. Over and over again we hear stories of frustrating, sometimes desperate visits to doctors, healers, counselors, etc. who neither understood nor were able to help with the myriad pains and problems catalyzed by raging Kundalini"

And this tidbit [Emphasis Added]

"We have also been asked why we do not put more emphasis on **union with the Divine and God-realization, which are very much central to spiritual awakening**. Since everyone experiences and interprets their mystical experiences differently and very personally, to make sure no one will feel excluded, we just speak of "awakening consciousness" or "transcendent states" on the ST Web pages". [15]

Kundalini teacher also warns that "Some caution is recommended when dealing with Kundalini" since "he cannot control Goddess". [Emphasis Added]

"Legally and morally, I have to tell you: "Fools rush in where Angels fear to tread." Kundalini has been called the most powerful force in the universe. Respect it, or it will kick you to pieces. I don't think Kundalini itself, kills anyone but resistance to the process can result in trauma that moves people to suicidal behavior.

Don't seek awakening unless you are genuinely ready to **turn your whole life over to your Higher Power, have it taken from you,**

**and reshaped, redirected and rebuilt.** "Not my Will, but Thine be done." Kundalini eats your ego based free will, replaces it with the will of your Soul. This is a door that once opened, does not close again. There is no putting the Genii back in the bottle.

Like the Borg say, on Star Trek:

Resistance is futile, you will be assimilated

...into the collective consciousness... into the Self. Bliss! Resistance, is worse than useless, it is dangerous, and the cause of most all kundalini based problems. There is growing evidence that many bipolar disorders and psychoses may be undiagnosed kundalini...

**Surrender is the imperative of Kundalini."** [16]

Also in the words of a first hand experience of kundalini

"Someone in my yoga class told me about a famous Indian guru who was offering a three day retreat in Honolulu. I signed up for the workshop, and met Swami "Baba" Muktananda, who changed my life. He was a Siddha Yoga disciple of Bhagawan Nityananda, and had shaktipat, the ability to awaken spiritual energies in other people. During one meditation, he gazed at me awhile, then forcefully slapped me several times on the forehead. I felt like I had suddenly been plugged into a high voltage socket. My body began to shake with a powerful force moving through me, and I was flooded with visions. I sobbed, experiencing birth, death, pain, ecstasy, strength, gentleness, love, fear, depths, and heights, like a genie finally let out of a bottle. Dark days followed..."

".. the electrical tremors, shaking, involuntary rapid breathing, and spontaneous visions continued. I was also having constant pain throughout my body, excruciating headaches behind the eyes, and spontaneous visions of other times and places. Psychic events and coincidences began to manifest on a daily basis. In May, 1976, I sank into five days and nights of mental darkness".

"...In 1977, I happened upon two books about the Kundalini awakening, and suddenly understood what had been happening to me. I learned how to facilitate the progress of this awakening through certain activities and foods. By 1980, I founded the Spiritual Emergence Network, and was telling my story in Stan's workshops. My Kundalini odyssey lasted several more years, 12 in all..". [17]

If that isn't bad enough, read Muktananda's own description of events relating to his own spiritual enlightenment, a path he endorses for his disciples. It is quoted at length so the reader may have a better understanding of the frightening reality that is frequently involved on the Eastern path. [[Details](#)]

In the online book *Kundalini Energy and Christian Spirituality* [section *What Are Some Ways to Cope with and Integrate Awakened Kundalini Energies?*] Two points (I and 18) that author Philip St Romain made caught my eye..

1. Don't panic! Fear only colors the energy darkly. There is nothing to fear if you cooperate with the process (or at least don't frustrate it too much).

18. When you don't know what to do to cooperate with the process, it is better to do less than too much. For example, it is better to cut back on meditation than to meditate too much. It is easier to awaken a sleeping serpent than to tame an angry one. [19]

And he would have us believe that this is of God? In Scripture there are several references to people being told NOT to fear.. not because 'the energy would be coloured darkly', but **because God is on their side**. In every case God is reassuring. The words of David are especially telling. Note the emphasized words.. especially the "beauty of Jehovah". No darkly colored stuff here.

"Jehovah is my light and my salvation; **Whom shall I fear? Jehovah is the strength of my life; Of whom shall I be afraid?** When evil-doers came upon me to eat up my flesh, Even mine adversaries and my foes, they stumbled and fell. Though a host should encamp against me, **My heart shall not fear**: Though war should rise against me, Even then will I be confident. One thing have I asked of Jehovah, that

will I seek after; That I may dwell in the house of Jehovah all the days of my life, **To behold the beauty of Jehovah**, And to inquire in his temple". [Psalm 27:1-4]

In *the Signs and Symptoms of a Kundalini Awakening*, Romain says that one of the signs is a

"sense of going down into an abyss, or "black hole." [19]

I don't know about you but this makes me very very uncomfortable..

## Kundalini in The World's Religions

The Kundalini Support Network states that...

"Shaktipat is by no means exclusive to the Hinduism religion which at over 4500 years old is probably the world's oldest organized religion. Shaktipat appears in all the world's major spiritual traditions under different names and is often hidden, obscured in Eastern and Western Alchemical literature. Shakti kundalini is a normal, biological cross cultural universal phenomenon that is inside all of us".  
[20]

Although Kundalini is mainly associated with Hinduism, it is related to several other occult practices like Qi Gong, and is thought to have parallels in many of the mystical and gnostic traditions of the world's great religions like the ritualized dhikr ceremonies and the Whirling Dervishes of the Sufis and the Tummo practices of Tibet. Kundalini is a prominent practice in Japan's Aum Shinrikyo group [notorious for the 1995 sarin gas attack in the Tokyo subways] and Shamanistic practices in Ayyavazhi (also a Hindu sect).

Incidentally, the shamanistic initiatory crisis, or rite of passage, observes symptoms similar to the kundalini process, where the initiate might sing or dance in an unconventional fashion. Interestingly they also call this being "disturbed by spirits".

Even more telling is the fact that *The Shakers* is a mocking description



referring to the rituals of trembling, shouting, dancing, shaking, singing, and glossolalia (speaking in strange and unknown languages) of what is supposed to be a Protestant religious denomination. [While glossolalia or tongues is a legitimate Biblical practice within certain boundaries, the others are not... and more resemble Kundalini than Biblical practice]. [**See The Christian and Tongues**]

## Kundalini, The Christian and Fr. Thomas Keating

In the introduction to the online book '*Kundalini Energy and Christian Spirituality*' *A Pathway to Growth and Healing* the author, Philip St Romain, says the following [Emphasis Added]

"Since the spring of 1986, I have been experiencing various psychological and physiological phenomena such as those attributed to kundalini in the Hindu and Taoist literature. Through the years, the process has intensified, bringing many positive and painful experiences. All this has happened to me in the context of Christian, contemplative prayer.

**The purpose of this book is to describe the kundalini process as experienced by a Christian.** As far as I know, this is the first book of its kind, which makes it **significant in terms of the relationship between Christian and Eastern mysticism.** The implications of kundalini relative to physiology, psychology, and spirituality will also be discussed. I believe these reflections will be of interest to spiritual directors, pastoral counselors, contemplatives, New Age readers, and those interested in Christian-Eastern dialogue.

And, in the acknowledgment section, says

"My correspondence with the Catholic contemplative Bernadette Roberts was also helpful. More than anyone I had ever read, she described experiences of contemplation that resonated with my own. I see the working of kundalini all throughout her journey"

Which makes me wonder how many of the experiences of Catholic (and other) mystics and Contemplative are due to an awakened Kundalini

Yet, the foreword to the book was written by a catholic priest... Father Thomas Keating. He writes in part

“This book is the first description that I know of in Christian literature about the awakening of kundalini energy in a purely Christian context. Kundalini has long been known in Taoist, Hindu, and Buddhist spirituality. The fact that this complete awakening occurred in the context of a classical development of Christian prayer makes it an important contribution to East/West dialogue. Given the newness of the kundalini experience in Christian circles, however, any theological interpretation is bound to be tentative.

Reading the Christian mystics from the perspective of his own experience of kundalini energy, **the author sees many examples of its working in the lives of Christian saints and mystics.** Since this energy is also at work today in numerous persons who are devoting themselves to contemplative prayer, this book is an important contribution to the renewal of the Christian contemplative tradition. It will be a great consolation to those who have **experienced physical symptoms arising from the awakening of kundalini in the course of their spiritual journey,** even if they have not experienced it to the full extent described by the author. His compelling testimony is a powerful affirmation of the potential of every human being for higher states of consciousness.

The awakening of kundalini energy and its various stages clearly enhances our understanding of how the body takes part in the spiritual journey. Spiritual writers of our tradition have long known that the body must be carefully prepared if it is to receive the higher communications of divine grace. For example, St. John of the Cross considered bodily ecstasy a weakness that gradually subsides in the process of transformation”...

...Kundalini is an enormous energy for good, but like all human potentials, it could also be used for selfish motives and thus become a source of serious harm...

In Christian spirituality, the unfolding of the stages of prayer described

by St. Teresa of Avila in the Interior Castle may be the fruit of the kundalini energy arising under the guidance of the Holy Spirit. Kundalini may also be an active ingredient in the Dark Nights of St. John of the Cross

Keating goes on to speak about the need for the church to have interfaith dialogue so that we can be "properly guided" into a safer kundalini experience:

"In order to guide persons having this experience, **Christian spiritual directors may need to dialogue with Eastern teachers in order to get a fuller understanding.** The importance of the "Document on the Non-Christian Religions" comes into focus here. The document states, "the Church therefore has this exhortation for her sons [and daughters]; Prudently and lovingly through dialogue and collaboration with the followers of other religions and in witness of Christian faith and life, **acknowledge, preserve and promote the spiritual and moral goods found among these men and women**] as well as the values in their society and culture."

However none of the above is particularly surprising. During the twenty years (1961–1981) that Thomas Keating was abbot of St. Joseph's Abbey, a Trappist monastery in Spencer, Massachusetts, they "held dialogues with Buddhist and Hindu representatives, and a Zen master gave a week-long retreat to the monks. A former Trappist monk who had become a Transcendental Meditation teacher also gave a session to the monks".

[\[Read More\]](#)

All of which bring us to

## A New Thing? You Have To Be Kidding!

When *Kundalini teacher* said that he was legally and morally bound to issue warnings about Kundalini he used the words "Fools rush in where Angels fear to tread". While I am certain that angels (the real ones, not Todd Bentley's demons dressed up as angels of light) actually would not have any problems taking on "the goddess", I am equally sure that many thousands of fools are rushing into spiritual quicksand. Christians that flock

to Toronto, Brownsville and Lakeland do not seem to realize that the manifestations at these places are not a "New Move of God" but have existed for thousands of years. They are a "Very Ancient Move of Satan".

Todd Bentley, John Arnott and the like think they are hot stuff running around screaming "Bam" and "Fire" , yet

For thousands of years gurus have operated with gifts of healing, miracles, gifts of knowledge and intense displays of spiritual consciousness for thousands of years.

For thousands of years they have connected with a cosmic power which, though demonic in origin, is very real.

For thousands of years devotees have gone forward to receive spiritual experience (Darshan) **from a touch by the open palm of the hand, often to the forehead**, by the guru in what is known as the Shakti Pat or divine touch.

For thousands of years, as a result of the Shakti Pat, these devotees have had a raising of the spiritual experience also called raising Kundalini.....

For thousands of years the manifestations of an awakened kundalini among people of other religions has been exactly the same as the results of being 'Slain in The Spirit' in so called Christian meetings.

Not convinced? Let's do a little recap in the form of a visual comparison of kundalini and the antics at the so called revivals.

## The Comparison Video..

They say a picture says a thousand words... In which case this video, comparing the spiritual manifestations of other religions and the new false revivals taking place inside the church, has to be worth at least a million.

>

## End Notes

[1] The Donning International Encyclopedic Psychic Dictionary. June G. Beltz

[2] Encyclopedia of Alternative Medicine by Peter Gregutt

[3] [www.crystalinks.com/kundalini.html](http://www.crystalinks.com/kundalini.html)

[4] Understanding the Chakras. By Anne Lewis. [www.anahatayoga.net/Well7](http://www.anahatayoga.net/Well7)

[5] [www.llewellynjournal.com/article/358](http://www.llewellynjournal.com/article/358)

[6] [www.llewellynjournal.com/article/358](http://www.llewellynjournal.com/article/358)

[7] Philip St Romain, Kundalini Energy and Christian Spirituality... A Pathway  
and Healing.

Chapter 6.

[http://www.kundaliniawakeningsystems1.com/downloads/kundalini\\_and\\_ch](http://www.kundaliniawakeningsystems1.com/downloads/kundalini_and_ch)

[8] [www.enlightenedbeings.com/kundalini-awakening.html](http://www.enlightenedbeings.com/kundalini-awakening.html)

[9] [endtimesdeception.com/?p=509](http://endtimesdeception.com/?p=509)

[10] [kundalini-teacher.com/initiations/shaktipat.php](http://kundalini-teacher.com/initiations/shaktipat.php)

[11] [www.enlightenedbeings.com/kundalini-awakening.html](http://www.enlightenedbeings.com/kundalini-awakening.html)

[12] <http://kundalini-teacher.com/symptoms/laff.php> [[kundalini-teacher.com/initiations/shaktipat.php](http://kundalini-teacher.com/initiations/shaktipat.php)]

[13] The Arousal of the Inner Energy, by Ajit Mookerjee. Pgs 71, 72.

As quoted in *A Toronto Blessing... Or Kundalini Curse?* By Greg DesVoies

[14] [www.kundalini-gateway.org/ksigns.html](http://www.kundalini-gateway.org/ksigns.html)

[15] [www.kundalini-gateway.org/ksigns.html](http://www.kundalini-gateway.org/ksigns.html)

[16] [kundalini-teacher.com/warn.php](http://kundalini-teacher.com/warn.php)

[17] Christina Grof. <http://www.creativespirit.net/learners/counseling/docu3>

[18] [www.inplainsite.org/html/eastern\\_gurus\\_say.html#Muk](http://www.inplainsite.org/html/eastern_gurus_say.html#Muk)

[19] Philip St Romain, *Kundalini Energy and Christian Spirituality... A Pathway to Growth and Healing*.

Chapter 6.

[http://www.kundaliniawakeningsystems1.com/downloads/kundalini\\_and\\_ch](http://www.kundaliniawakeningsystems1.com/downloads/kundalini_and_ch)

[20] [www.kundalinisupportnetwork.com/shaktipat.html](http://www.kundalinisupportnetwork.com/shaktipat.html)

---

## The Comparison Chart

is based on one prepared by Antti Huima in August 1996. The information from that chart was derived from the Kundalini FAQ, the Siddha Mahayoga FAQ, and general knowledge about the so-called Toronto Blessing movement. The Kundalini FAQs were found at <http://www.spiritweb.org/> which has since closed.

### Kundalini

#### The Requirements for a Receiver

**Kundalini:** The unique perspective of Siddha Mahayoga is that because kundalini is an intelligent force it will, upon awakening, naturally direct the practice of the student. All that is required is that the student completely surrender to this force. As a result of kundalini's unfoldment spontaneous purifying movements, called kriyas will occur...

**Surrender is the imperative of Kundalini.**". [kundalini-teacher.com/warn.php]

### Counterfeit Revival

#### The Requirements for a Receiver

**CF:** The receiver is asked to surrender to the "power of the Holy Spirit" and to receive without questioning. "Another thing that *hinders* is people *pray all the time*. Praying in English or even praying in tongues. Mention the Holy Spirit and they start praying in tongues, you know. Our experience is that that will hinder substantially your ability to receive. And so I say to people, '*Look don't pray.*' It's hard to pour out and to pour in at the same time. It's like a bucket that's got a hole in it because you are pouring out in prayer. Stop and receive and let the Holy Spirit fill you. Be like a sponge and desire the Lord with everything that's within you. Every case that does that, they

are on the floor receiving. People pray for you, that's your time to receive. Pray on the way out, you can pray later. *Don't take control, you can take control later. The whole deal is, you lose control, He takes control.* He gets you out of your comfort zone, makes you feel vulnerable, right? You can analyze it later can't you?" (*John Arnott, at Holy Trinity Brompton, England, February 14, 1995*)



## **What are the Signs of an Awakened Kundalini?**

Briefly, according to classical literature the signs of an awakened kundalini can be grouped into: mental signs, vocal signs and physical signs. Mental signs can include visions that range from ecstatically blissful to terrifyingly frightful. Vocal signs can include spontaneous vocal expressions that range from singing or reciting mantras to making various animal sounds such as growling or chirping. Physical signs include trembling, shaking and spontaneously performing hatha yoga postures and pranayamas.

From a more subjective perspective the more pleasant experiences associated with a kundalini awakening may include: waves of bliss, periods of elation, glimpses of transcendental consciousness. The less pleasant experiences associated with a kundalini awakening may include: trembling, sharp aches in areas associated with the chakras, periods of irrational anxiety, sudden flashes of heat. The following manifestations are also mentioned. **singing, reciting mantras, animal sounds**, trembling, shaking, yoga postures, **waves of bliss, elation, altered consciousness**, aches, anxiety, and feeling of heat flashes.

## **Counterfeit Revival Manifestations.**

Inspired singing in the spirit, other inspired utterances. It is conceivable that while yogis recite mantras, the Christians manifest something more typical to them. Animal sounds. Strange (or prophetic) postures in general; Compulsory movements. Inward joy, laughter, trembling, shaking, , prophetic glimpses; reception of inward understanding of spiritual issues. Weeping. Crying. Anxiety because of the childhood traumas now being healed. Feeling of heat or cold.

There are striking similarities between the manifestations of an 'awakened Kundalini' and the Toronto Blessing

### **So How Do I Awaken Kundalini?**

Broadly speaking there are two radically different direct approaches to awakening kundalini. One approach requires initiation by a guru and relies upon a technique called shaktipat, or 'descent of shakti.' It is variously called: Siddha Mahayoga, Kundalini Mahayoga or Sahaja Yoga (Spontaneous Yoga)... While not every long-term student necessarily shows signs of kundalini awakening it is amazing how many people have had instant awakenings of kundalini through initiation from Siddha gurus...

**Shaktipat** means 'the descent of power' (literally: kundalini). The most common form of shaktipat is a touch by the guru on the individual's forehead. This is exactly the method that is used greatly to impart the 'anointing', for example, by Rodney Howard-Browne. This is also the most common way to receive the power.

### **Can one receive Shaktipat just by being in the presence of those with awakened Shakti?**

There is no doubt that shakti is contagious. The mere presence of a single being whose shakti is strongly active can awaken the shakti of those around him. Similarly being in the presence of many people whose shakti is awakened to some degree can awaken one's own shakti.

**The 'anointing'** is known to be contagious by nature and easily transferred from one to another. John Arnott compared it to a 'spiritual virus'. For example when the members of a group of people holding one another's hands fall simultaneously).

### **What are Kriyas?**

Kriyas, literally 'activities', are spontaneous movements that occur after kundalini awakening. These include bodily activities such as trembling, shaking and spontaneous yoga postures; vocal activities such as yelling, or spontaneous chanting and mental activities such as visions. These kriyas eliminate the blocks to kundalini rising within the spine or central channel.

**The common explanation** for the 'kriyas' happening in CR meetings is that the God is doing some inward work on the people's lives and that it results in the outward manifestations... more generally, that the touch of the power from God results in the manifestations. Also one alleged purpose of the manifestations is to remove blocks from people's lives (such that pride, self-control etc.) that sustain the Spirit from moving freely in one's life. So we see that the supposed purpose and reason for the manifestations is (below the surface of religious terms) **exactly the same.**

### **Are these kriyas some sort of self-hypnosis or some sort of New Age phenomenon?**

Ultimately the validity of any spiritual tradition rests in its ability to transform the beings of its followers. The real value of Siddha Mahayoga is said to be in transforming the minds of those who practice it.

**Counterfeit Revival** advocates say that they cannot understand why these phenomena are happening. They continue by saying, however, that the phenomena belong to a genuine work of the Spirit is clear because of the transformations appearing as a result in the minds of the believers. **So we see that the experience is justified by the same means.**

### **Who should give shaktipat?"...**

Giving shaktipat is a science and it is helpful, if not essential, to be instructed in that science...

Therefore, it is desirable that the guru be empowered to give shaktipat by his own guru and has been trained in an unbroken lineage back to a great master who was fully aware of the science of shaktipat. In this way some quality control is maintained. In theory 'anyone on fire' can give shaktipat, i.e. anyone who's kundalini is already awakened.

**In general, 'the anointing'** is known to be easily transferred further from anybody 'already on fire'. However, usually short courses are held for direct intercessors before they go on to minister people.

The method for distributing the TB anointing is different from the traditional view of Christian intercession, where the focus is on God and His work needs no control, surveillance or intervention from people. In the TB the intercessors are instructed to watch people and their bodily manifestations to know what the spirit is doing. In this way, The TB ministry resembles science more than traditional intercession.

In Toronto meetings, usually only appointed ministers are allowed to pray for people. This is because of some quality control. In a sound Christian assembly, all are required and allowed to pray for others, not just appointed ministers.

**So what happens after shaktipat?  
What's the practice of Siddha  
Mahayoga?**

The unique perspective of Siddha Mahayoga is that because kundalini is an intelligent force it will, upon awakening, naturally direct the practice of the student. All that is required is that the student completely surrender to this force. As a result of kundalini's unfoldment spontaneous purifying movements, called kriyas will occur...

Even to reach the point of simply surrendering to shakti takes some practice for people. Some aids in cultivating surrender are chanting and selfless service. These practices open the heart and make one more susceptible to the influence of shakti.

**In Toronto Blessing** the receiver is asked to surrender to the 'power of the Holy Spirit' and to receive the good work ("purifying kriyas") of Him without questioning. *So this is exactly the same initial condition that is required for the awakening of kundalini.*

Also, chanting spiritual songs is done abundantly in Toronto meetings. This is supposedly to pray to God, but at least as a side-effect it *moves people to light trance* (this is widely known in the psychology) and so enables one to receive counterfeit spiritual experiences.





## More Comparisons

Compare the word of BHAGWAN SHREE RAJNEESH (Originally from India who later became known as the Oregon guru) and R. BROWNE from Toronto. (Incidentally the word *Bhagwan* means god)

**1. RAJNEESH:** "the former Oregon guru tells one of his followers in his book, "Dance Your Way To God," just be joyful . . ."

R. BROWNE: It is typical teaching that RHB tells people God likes to have fun with His children and wants them to laugh; this laughter is equated with "the joy of the Lord."

**2. RAJNEESH:** "God is not serious . . . this world cannot fit with a theological god . . ."

R. BROWNE: "One night I was preaching on hell, and laughter just hit the whole place. The more I told the people what hell was like, the more they laughed." "The Holy Ghost . . . might have you do something that no one's ever done before, and he might have you do something that's totally unique. But don't question, and don't argue, and don't ask, and don't try to devise and to plan it out but just follow the prompting of the leading of the Spirit of God and, oh, great and wonderful things shall be done, for God will move in diverse ways and with diverse anointings in these last days."

**3. RAJNEESH:** "drunk on the divine"

R. BROWNE: "We're drinking of that new wine. It's the wine that is divine."

**4. RAJNEESH:** "Rajneesh encouraged his followers to come and "drink" from him.

R. BROWNE: "Take another drink . . . the bar is open. . . . Be filled! We loose the power! Have another drink!"

**5. RAJNEESH:** "Bahgvan's spiritual "wine" was often passed along with a single touch to the head."

R. BROWNE: This same phenomena is typical of Rodney Howard-



Browne in his services.

**6. RAJNEESH:** "Many of his Sannyasins would fall to the floor in ecstasy after their encounters with Rajneesh."

R. BROWNE: This same phenomena is typical of Rodney Howard-Browne in his services.

**RAMAKRISHNA**, an Indian saint, daily went into 'samadhi,' a trance in which one involuntarily falls down unconscious and enters a rapturous state of super-conscious bliss (ananda), complete with beautiful visions and often involving astral projection. These states could last anywhere from a few minutes to several days and were often accompanied by uncontrollable laughter or weeping. He could send others into this state with a single touch to the head or chest.

**SWAMI BABA MUKTANANDA** would transfer what was called "guru's grace" to his followers through Shaktipat (physical touch). This "grace" triggered the gradual awakening of the Kundalini which in turn produced various physical and emotional manifestations. Manifestations included uncontrollable laughing, roaring, barking, hissing, crying, shaking, etc. Some devotees became mute or unconscious. Many felt themselves being infused with feelings of great joy and peace and love. At other times the "fire" of Kundalini was so overwhelming they would find themselves involuntarily hyperventilating to cool themselves down.

**SUBUD.** According to "The Encyclopedia of American Religions" by J. Gordon Melton, the central element of the Subud faith is the practice of "latihan." Latihan is the way one surrenders to the power of God. It is a group process. The Encyclopedia says, "the latihan proper is a time of moving the consciousness beyond mind and desire and allowing the power to enter and do its work. . . . often accompanying the spontaneous period are various body movements and vocal manifestations - cries, moans, laughter and singing. These occur in the voluntary surrender of the self to the power. During this time, people report sensations of love and freedom and often, healings. All reach a higher level of consciousness.





## **Index To Counterfeit Revivals**