

HOW TO VERIFY ENLIGHTENMENT

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By John White
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An Interview with Gopi Krishna on How to Verify Enlightenment

JOHN WHITE: *Gopi Krishna, you are calling for the scientific investigation into the nature of an experience called Kundalini. What does the word “kundalini” mean, and what is its linguistic history?*

GOPI KRISHNA: Kundalini in Sanskrit means “coiled up,” from the word “kundala.” It refers to a force at the base of the spine which is considered to be coiled up or in a dormant form, and which can be aroused to activity by certain disciplines. In my case, I had no knowledge of this force, and suddenly it leaped to activity after regular meditation lasting seventeen years. At the first onset, I felt totally bewildered, since I had neither any experience nor had read any books about it.

I was astounded, and then I started to read a bit about it and found that its roots are dug deep in antiquity. I discovered that the force must have been known to the Egyptians, because of the existence of the serpent on the headdress of the Pharaohs, and also because of the name of their goddess, Isis. They signify a close relationship with this Kundalini, or serpent power. There are also other names, one of which is Shakti. Shakti means energy, and Prana Shakti means the vital energy or the bioenergy as scientists now call it.

It was also known as the oudic force or astral force, or chi; actually, by many names in the past, and I have been able to trace a very direct connection between the Tantric Shakti, the Shakti of the Indo civilization which flourished nearly three thousand years before Christ, and with the Sumarian and Assyrian civilizations.

JOHN WHITE: *So it was due to an awakening of this latent or potential energy in you, after seventeen years of practicing meditation, that you were first forcibly made aware of its presence in human beings, and this led you to do scholarly research for understanding of what was happening to you?*

GOPI KRISHNA: Yes, it was a staggering experience, because once the energy had awakened, it continued to act in my body. That was the most wonderful part about it. But during the first few years, I was totally in the dark and was guided only by intuition as to how to act. At one stage, I had very abnormal conditions of my mind. Then I started to read in one book, Arthur Avalon’s *The Serpent Power*, and my eyes fell by accident on a sentence that said the *Sadhaka* [initiate] is not allowed to keep his stomach empty but is given a light meal every three hours. I then acted on this advice, and it helped me to survive.

JOHN WHITE: *What were some of the symptoms you experienced after the awakening?*

GOPI KRISHNA: The first symptom was a sensation of light in my head. It was not as if I was seeing the light or that I had an inner vision of light, but rather, it seemed as if a stream of liquid light was entering my brain. It has not disappeared but still persists even to this day. At first it was distracting, but slowly then it began to acquire an enrapturing condition, and now it is fascinating to a degree which I am not able to express. It is this stream of liquid light that started to enter my brain from the first day—when I sat down to meditate and when the power aroused—and I felt it moving through all my nervous system, in my stomach, in my heart, in my lungs, in my throat, in my head, and taking control of my whole body. It was an intelligent, purposeful energy, which knew what had to be achieved.

JOHN WHITE: *Is Kundalini the evolutionary mechanism responsible for the development of higher consciousness?*

GOPI KRISHNA: Let us call it the reproductive system. It also is controlled and guided by Prana, so it is both the mechanism and the energy responsible for evolution.

JOHN WHITE: *If I understand you correctly, you are saying that Kundalini energy is the biological basis for creativity and genius, and you are offering a biological explanation of these otherwise mysterious phenomena for which Freud proposed only a sort of psychological metaphor.*

GOPI KRISHNA: This is correct. The concept of Freud about libido is of a psychic energy drawn from the libidinous tendencies in human beings, that is, the reproductive energy, but only from a psychic point of view. He does not say that it has organic roots. This is what Wilhelm Reich emphasizes, that this libido must have roots in the organic

structure of the human body. We know that our body depends upon food and that there must be some way by which organic energy is transformed into psychic energy. Psychic energy is not purely chemical energy; nor is it purely electrical energy. It is something about which science is still in the dark. Scientists are also unaware of how organic energy is transformed into psychic energy.

Freud's concept of libido, therefore, was restricted only to its psychic sphere. He gives no explanation and no description of its somatic base. What I say is that in the seminal energy of man, in the seminal fluids, there are two ingredients: one has a subtle, volatile organic base which can be converted into psychic energy of greater potency. And it is this psychic energy of greater potency which streams into the brain in the form of liquid light. And there is also a grosser biological part which also goes to the brain through the spinal canal, and there it supplies nourishment to the cells when the process of rejuvenation is going on.

JOHN WHITE: *Your proposal of the nature of Kundalini, therefore, is a concept that unifies otherwise diverse sciences--physics, biology, and psychology - and offers a bridge which can be investigated by science for connecting physics, psychology and biology?*

GOPI KRISHNA: Yes. My experience tells me that in the whole organic structure of the body and in the cells, there is a vital element and that the nerves collect this vital element and concentrate it in the reproductive fluids. And that when Kundalini awakens, a reverse action takes place. That this vital element is separated from the grosser elements, and as a radiation it then streams into the brain to give rise to the phenomena associated with mystical ecstasy.

QUESTION: *What, exactly, is Enlightenment?*

GOPI KRISHNA: Answering this question requires a bit more background. For many years after my own awakening, the light going into my brain presented to me a different picture of the world. I seemed to see everything whitish. It seemed as if the mirror-- I mean the observing mirror through which we observe the universe subjectively--had a sort of a white dust on it. For instance, if I saw a person, or the clothes he or she was wearing, it appeared that there was a thin coat of a white substance on it. I could not understand, or account for it, for years.

Then, suddenly, this whitish coat began to become more and more refined. And finally it became a silvery light. After that I began to see everything in a silvery luster, both when I am asleep and when I am talking or when I am thinking. Therefore, the whole mechanism and the stuff of the brain was changed. This is the most extraordinary thing that scientists should investigate. And this is not peculiar to me only. All the pictures of saints--the pictures of Christ, the pictures of great mystics everywhere--show a halo around the head. Invariably, this is this light. It shows that the consciousness of the saint, or the mystic, or Christ, or Buddha, is wrapped in light. There are many references to this light in the Vedas.

In the books on Hatha Yoga, Kundalini is described as light and sound, and in the Vedas and the Upanishads, Atman is described as wearing a mantle of light. This mantle of light is not perceived in the normal human consciousness. You see a light only when there is actually a light before you. In darkness, you only see the darkness.

But in the case of the enlightened person, there is light both externally to him, and also internally. He or she always perceives a halo of light in his inner being. This which I call my self, my soul, the observing mirror in me, is no longer as it was before my 34th year. Now it is a glorious lamp, a glory, a wonder, always in a state of luster. This condition did not appear suddenly, but there occurred a gradual process of refinement.

In the first stages, there was only a sort of a whitish coat. I have mentioned this in my autobiography. But slowly it became refined. This tells me that there is a biological transformation of some new substance after the awakening of Kundalini which, as a radiation, goes to the brain, and that some time is needed to refine this radiation until it assumes a very lustrous and entrancing form. This is mentioned in the Hatha Yoga books, and it is even mentioned in *The Serpent Power*, by Arthur Avalon. There are three nadis, channels, or conduits, in the spinal cord--the gross, the more subtle and then the subtlest--through which the prana flows. This corresponds to what I experienced. First, the reproductive energy went in a grosser form, then more refined, then still more refined and finally in the form in which I see it now. This was my internal experience.

JOHN WHITE: *How would someone else, simply observing you, have any real indication that you are enlightened if the only sign is your inner perception of luster pervading the field of vision? Are there any external signs, clearly observable by others, of enlightenment?*

GOPI KRISHNA: This change is so radical that there must be something corresponding to it in the blood and in the spinal fluid. I cannot say whether at this stage scientists will be

able to detect it, because their knowledge of the human body is still not complete. But I am sure that once the research is started, in the course of a few years scientists will be able to find differences in the microbiological composition of the blood of the enlightened person. The reason is because such a huge amount of the reproductive fluid is absorbed back into the blood, the nervous system, and the brain, that there has to be an indication of it in the system to show that a new apparatus has begun to work. I am positive about it! That is the reason why I am so eager about having scientists take up the research.

There has to be something in the blood and the brain--in the cerebrospinal fluid--to indicate that there is a new element present in the body of the enlightened person. This will be one of the signs. Another sign, as I have mentioned in my books, can be noticed during the course of the transition, when the Kundalini is awakened and starts to refashion the body. Then one can definitely see the signs of increased metabolic activity in the system--the heartbeat, the pulse, the flow of the blood, the digestion and elimination. These facts are in the books on Hatha Yoga.

For instance, it is clearly stated that the digestive energy--the digestive fire--is highly increased as soon as the Kundalini awakens. There is also other very positive evidence. I am certain that an examination of the reproductive organs, the genitals, can reveal that the energy is flowing upward. A physiological examination would show that the activity is so greatly enhanced that there must be obvious indications that organic changes have occurred in the reproductive system. It would be possible for physiologists to note the altered activity and the organic changes that have occurred.

Above all, there is this upward flow of the sex energy, called *Urdhava-retas*, and the upward orgasm. This is an absolutely clear indication that a sage, in whom the reproductive system has started to function in the upward direction. Even when he is [making love to a woman] he will have the choice of whether the emission should be outward or whether the energy will go upward. This can be verified by any physiologist. There is nothing so clear as this fact.

What puzzles me is that without entering into the details, some scientists should just summarily dismiss what I am saying. I once discussed this with a famous neurosurgeon in Germany. He said that if this most important feature of mystical ecstasy could be verified, it would put this entire phenomenon on a scientific footing. When I met him again in Munich, with a number of other very bright scientists, I felt a real receptivity for the idea. I did not feel any great resistance. Only it has yet not been taken seriously enough to begin scientific research.

If we now take mystical ecstasy as it is actually described by the great mystics of the world, I mean all of what they themselves say, *the light* is invariably a feature of mystical ecstasy. That is, the flow of the sex energy, Light is a common feature of all mystical ecstasy. When you read the description of a mystic, you will find him saying, "I was in a world of light. There was a luster around me."

This, therefore, is the *first* experience. Then there is the surprise, the wonder, of an experience which is not normal and never comes to us in the ordinary course of life. There is also awe and a sense of happiness. There is also a sense of the extension of knowledge, as if we now know the whole of cosmos. And in some cases there are visions of spiritual beings, such as Christ, Buddha, Krishna, Vishnu, or Allah. These are some of the characteristics of enlightenment that are almost always present. They are perennially present in my case.

JOHN WHITE: *What psychological changes would be observable in an enlightened person? Would a psychologist be able to determine or measure them?*

GOPI KRISHNA: Kundalini is the purifying agent of the body and the mind. The most important psychological changes in the character of an enlightened person would be that he or she would be compassionate, more detached, and have less ego. An enlightened person would not have violence, aggression or falsehood.

Kundalini is the mother of morality. All morality springs from Kundalini. Since the very beginning, it has been the evolutionary energy that has created the concept of morals in human beings. It is not an expediency of our social structure that is responsible for our morals but rather the activity of Kundalini. Therefore, we can say that Kundalini is the guardian of morals. When it is awakened, its first effort is to clean the mind of evil desires and passions, of anger, of malice, of envy, of jealousy, even of excessive ambition and excessive desire. This means that there is definitely a biological basis for morals and values. It is a part of human evolution.

I feel tremendous changes in myself which I cannot account for by my own actions. They have been carved by the process of remodeling that has been going on in my body. If we look at the lives of the great mystics of the past, the prophets, we see evidence of this. They all desired to speak the truth, to speak to mankind with unbounded love, compassion, mercy and charity. This you will see in all of them. Kundalini is the storehouse of all the virtues. If Kundalini were to go wrong, humankind may become highly intelligent--much more even than now--but she could also become a monster. By this I mean that men and women could become highly intelligent, even geniuses, but they would be monsters in

their actions.

It is entirely possible that in the cosmos there might be such species, monstrous species, highly intelligent. This possibility should not be ruled out. There could be evil beings who are highly intelligent and have great prowess and be skilled in everything but are evil-doers and monsters.

So, if man were to depend on his own efforts to create a moral race, to create a race of human beings who are highly moral, it would never succeed. We see that it is proved by the doings of the 20th century. There have never been such massacres in history as there have been in the 20th century. Imagine, six million people massacred in Germany; perhaps five million people when there were communal riots and communal clashes in India at the time of the partition; three million people in Pakistan now; and it is said 125 million people in Russia during the years of Stalin.

We reached the height of our intellectual powers in the 20th century, and yet at the same time mankind has been the bloodiest in history. It is only the grace of Kundalini, the grace of this energy, this holy spirit, which is the guardian of our evolution. It is through her grace only that mankind can progress spiritually and morally. This is the reason why, in all the revealed scriptures, such a great emphasis is laid on worship and submission and constant meditation on the divine power. For the moral progress of the race, it is absolutely necessary that this divine power be benign. No amount of learning, no amount of training, and no amount of research along the lines of the intellect can make the human race more merciful, more charitable, more loving, more elevated, more noble, except the purifying process of Kundalini.

In the Enlightened person, there is always a change from the gross to the refined, from the animal passions to the ideas of divine beings. They have other concepts, other thoughts, and other ideas, of course, but from all that they have given to the world, it shows that they have before their eyes the highest ideals. They were always giving to mankind their heart's blood, and they suffered in the process, every one of them. They knew that no other channel is open to humankind to reform herself and to reach to higher dimensions of consciousness, or higher levels of morality, except through the grace of heaven, and the grace of heaven is Kundalini.

JOHN WHITE: *You are saying that the qualities of a saint are part of what an enlightened person is. But what about creativity? How does a genius, for example, differ from an enlightened person?*

GOPI KRISHNA: Here we have to take into account the human mind and personality in their normal sphere. We see that some people are saintly, some are more evil, some more selfish, some are highly intelligent, some are less intelligent, some are geniuses. Suppose that one of these persons becomes enlightened. The attempt of Kundalini, as the illuminating energy, will be to refashion the brain and the mind of this individual so that he or she conforms to the model of the superman. He or she is highly intelligent, a genius, compassionate and has the virtues of all the great prophets that have appeared in history. But, since human beings are not all alike--some have one frailty, some have another, even in the enlightened state of our culture--our state of the body and of the mind also play some part.

It may not be possible for the remodeling processes to create a perfect man or woman who is a genius, who is enlightened, who is entirely compassionate and loving and who has all the virtues of an illuminated individual. There might be differences in one aspect or the other. We have to say that the same evolutionary energy in bringing man up from the sub-man, or from the animal, has not created one single pattern, but there are different varieties of people.

The same holds true when we go into the next higher stage. It will not be a uniform class of men and women, There will be variations. Some may be more illuminated, some may be greater geniuses, some may be more loving, etc. There will be differences, but, decidedly, the enlightened men and women would be superior to the normal.

JOHN WHITE: *In speaking of the Kundalini process, you have used terms that seem to apply only to the masculine sex, such as seminal fluid and the erection of the male organ during this process. Is this an experience that is closed to women, or does the process apply equally to both sexes?*

GOPI KRISHNA: It is a parallel process. In the case of males, there is the phallus which is erect. In the case of women, there is the activity of the vagina and the organ of generation. The same activity as we can see when they are in actual sexual congress with a man, and also the inner orgasm is the same. This I have verified in at least three cases of women.

There are definitely internal orgasms; the genital organs are in a state of excitement, tumescence as in the case of man during the process. In fact, in one case the lady was even ashamed to tell me. She said, "Can this be the way to God? As you are saying, I am experiencing the most abominable sensations inside."

I said, "What are the sensations?" She said, "I can't even speak of them; they are the usual sensations associated with sex." I said, "That is the way to God. You are on the right way." The same thing happens with both sexes. I have verified it. For instance, there was this woman who came to me from California. Asked her, "What did you experience inwardly?" She at once told me. I replied, "You are right." Although I had not mentioned it in my books [at that time], she at once said it, and I could see that it was a genuine case. So, in the women the same things happen as in men.

I often refer to the man because it is not always possible to use both the sexes together since their reproductive mechanisms are a bit different. So I simply take one sex. We can presume that the female has the same kind of symptoms, in a parallel way, which are suited to the other sex. What I say applies to both; in both cases the evolution is going on. In fact, according to the Indian tradition, the evolutionary energy is more active in women than in men. Yes, it is more active in women than in men.

JOHN WHITE: *What about those groups or people who see celibacy as absolutely necessary for spiritual advancement?*

GOPI KRISHNA: I think the time has come when we have to clear many of the superstitions coming from the past. We know now that the creator is not a human being. He has not only the mind and the brain of a man, he is a colossus who has created all these universes, and he would not create man and plant this instinct in him just to let him torment and torture himself by following the path of celibacy. And then, if evolution is the purpose of life and man has to attain a higher dimension of consciousness and to live for eons on earth as a new species of highly-gifted individuals, endowed with cosmic consciousness, then the very idea of celibacy is a revolt against nature.

It then means that no evolution beyond the human level is possible or should be attempted. It is a negative philosophy. It is a philosophy of despair. Man is in a state of transition. He has not yet become a perfect man. A perfect man means an enlightened man, a prodigy, a super human being, a yogi, and this is his transitional period. And now if he tries to stop his propagation, it means he is working against the will of God and you will find that in many, many cases, monastic life has led to obsession, even in the case of the spiritual realm.

They have been too obsessed; they have been too fanatical, even after enlightenment, it is dangerous. There can be a possibility that in some people, when the Kundalini is awakened, the entire energy may go to the brain, and he may not have any desire for a sexual contact with a person of the opposite sex. But the normal enlightened person should be as sound sexually as a normal man.

JOHN WHITE: *You seem to be saying that the reproductive apparatus is also the mechanism by which evolution proceeds, and that for this reason celibacy is contrary to the nature of evolution. Is it, nevertheless, your view that there may be some value to celibacy at some point in the Kundalini process since it is a virtue or a moral duty upheld by many spiritual traditions?*

GOPI KRISHNA: There is a difference in the meaning of celibacy and continence. Celibacy means a life led more or less without sexual gratification, an unmarried life, a life of continence. Such a life is not in accordance with the laws of nature. But control of sex and mastery of the sexual appetite, and also continence for varying periods, is a necessity for one who is awakening Kundalini through Yoga.

The reason is, so far as I have been able to judge, there is some dormant region of the brain which awakes to activity, and this increased activity of the brain needs a more powerful form of psychic energy--not the normal psychic energy which we are using--but a more potent form of psychic energy. Call it bioenergy, if you wish. This is supplied by the reproductive organs.

During the first phases of the awakening, the brain must be fed by all fed by all the energy that can be manufactured by the reproductive organs. In fact, during this period, the awakened person is virtually in a state of insanity. He or she is already on the threshold of higher consciousness, but her body, her vital organs and her nerves are not attuned to this high dimension of consciousness.

The result is that this energy is now needed to feed the brain to keep it in a state of sanity. This I experienced on myself. In fact, such marvelous events occurred, which I have not written down in my memoirs because I thought they would not be believed, so I have eliminated them. But such marvelous events actually occurred. There is such a suction of the energy through the spinal canal that sometimes one is frightened. But this suction is essential to save the brain, because every ounce of energy -- I mean bioenergy - possible from the body is pressed into service to save the brain till the adjustment of the nervous system and brain is complete. *During this period, even one emission can be fatal.* This has also been mentioned by Arthur Avalon in *The Serpent Power*. He cited an authoritative Indian book in support of this, but I have verified it from my own experience.

JOHN WHITE: *Can you be specific about the time frame during which this extremely critical situation exists?*

GOPI KRISHNA: The moment when, in the practice of yoga, we see light streaming into the brain, or when Pranayama reaches an advanced state and there occur periods of loss of body awareness. We should then presume that the Kundalini is more or less active. During these periods, if the condition is clearly perceptible -- sometimes it is imagined, and that is a different matter -- but if it is clearly perceptible, and there are also corresponding changes in your digestive system, the eliminatory system, your pulse, you should then at once come to the conclusion that Kundalini is awakened and from this period on sexual intercourse should be avoided. In fact, the appetite is dead during this period naturally, as a safeguard, and there is no longer a sexual desire, because all energy is being sent up. In some cases, there may persist the desire for sex, but it has to be controlled for some months. And then there occurs again powerful upsurges of the sexual desire automatically. Then one should know that the adjustment has been done to a more or less extent, and he or she can now indulge in this process again. But even in such cases, caution is also needed for some time.

JOHN WHITE: *So a person in the transhuman state has the conscious ability to control the flow of the Kundalini energy and can choose to allow it to pass out through sexual emission or to go into the brain?*

GOPI KRISHNA: I must explain the position more clearly. Once the Kundalini is aroused, and the channel is open to the brain through which the sex energy now goes up, after a period of time the balance of the body is restored. This means that the energy continues to go up, and at the same time the sexual or reproductive system is again capable of performing its function. If this person again meditates, say after a few years, or again tries to still expand his or her consciousness, then there will be another period when Kundalini will be working very forcibly, sending up the stream of sexual secretions into the brain. But again there will be an adjustment, and again the sexual power is restored. When once it is restored and in this case the man is established in the enlightened state, he can now choose to spend the energy in intercourse and have a child, or he may send it upwards. In other words, he may have intercourse but also send the energy upward into his brain. Then there is no emission outward, but the orgasm occurs inside, and the energy streams up into the brain. This can be distinctly felt and this is mentioned in numerous ancient authoritative esoteric books.

JOHN WHITE: *You are proposing something for the scientific community which, on the face of it, is totally contrary to established views in physics and biology, to propose that there is a fifth form of energy in nature beyond what science officially recognizes, and to propose that sexual energy can be reversed and brought up the spinal column into the brain. This apparently flies in the face of established views. What would you say to a physicist or biologist who says that is impossible?*

GOPI KRISHNA: What could I say to a religious fanatic who thought all the wisdom of the world was contained in one book? I would go my way. It is a very paradoxical position. In fact, it is really unbelievable. Science still knows almost nothing about the brain; science still knows almost nothing about how our biological energy is transformed into psychic energy; science still knows nothing about psychic energy. We think, we talk, we walk, we do every other thing, but we never know what this energy is.

It has been found that it is not electrical energy; it is not chemical energy; it is not gravitational energy. It is something of which science has no knowledge. And now, even with this partial information, if anybody chooses to think that this is the final thing in nature and nothing beyond it, what can I say to such fanatics. I can, however, predict that during the investigation of the brain, even with the methods already well known to science, they will come across surprises which will change their whole concept of nature.

As we know, even during the course of normal investigation of the brain, scientists know virtually nothing about the brain as yet; nothing about the energy with which we talk, think, and calculate. This lack of knowledge has been a blunder of science, during the past two centuries, and the result is the present explosive condition of the world. It is really a paradoxical position. For instance, ask any psychologist or any psychiatrist to explain the nature of this energy, and how it functions. Just ask this one question, how is organic energy transformed into psychic energy? He will not be able to answer. And yet, these same scientists presume certain things which are mere speculation.

Once serious research on Kundalini is begun, these really huge edifices, if not all at least many, will fall to the ground. It will then be found that one life-energy animates all the forms of creatures on earth. It is a bewildering and staggering energy, something which our intellect cannot grasp. This will be the first result of an investigation of Kundalini.

Scientists do, of course, know that there is a definite connection between the brain and the sexual organs. Recent research has shown that there is an area in the brain which, when

touched, gives the sensation of an orgasm. Scientists won't have to seek far, therefore, because in any case of enlightenment they will see the energy going upwards. Any physiologist can measure this in some way.

At the time of the orgasm, it will not be going outward, because the energy is being absorbed. There is a way to mark this, I think Reich has done it, because there is some electrical discharge, or something of that sort, coincident with the orgasm. This means that scientist can verify that the orgasm has occurred, even though there is no emission. They can see that no emission has taken place and that the energy has been sucked up.

I do not think a greater proof is needed for scientists to agree to what I am saying. And it is not only in my case. I can cite at least ten cases or more from the West in which this phenomenon of an inward orgasm has been noticed, prelude to the awakening of the Kundalini.

JOHN WHITE: *This ties in directly with the imagery that mystics throughout history, in all spiritual traditions, have used to describe their mystical experiences. The imagery based on sex and sexual experience. You, are proposing that there is a biological linkage which will explain mystical experience, insanity, biological mysteries, mysteries of physics, and psychic research. This is a revolutionary concept, but you say that you have definite indications for science on how the testing and research can proceed in all these areas?*

GOPI KRISHNA: I have written, to a large extent, about the areas and the methods, and also what changes can be expected on the arousal of Kundalini, and now it will be for the scientists to perform those experiments. They have given some thought along these lines in India, how to approach the subject, what experiments to make, and also there is a huge amount of documentary evidence in the mystical literature of India which anyone can examine at any time.

There is not only the Indian tradition, but read the Taoist books of China; read the Sufi literature, and even the Western mystical accounts and you will see that sexual ideas and sexual imagery is intermixed with their descriptions of higher consciousness or with their mystical experiences. The reason is because this sensation, the orgasm, which occurs as the climax of sexual union, also occurs in the brain on the arousal of Kundalini—just in the *Sahasrara*, the highest center in the brain, and it continues to occur for some time. Finally, in place of the orgasm you now have a bubbling fountain of happiness. It is for this reason that mystical experience is designated by the words *Sat Chit Ananda* -- meaning existence, consciousness, and bliss. It is now a bubbling fountain of joy.

The substance used is the same but is now transformed into *Ojas* or psychic radiation, which feeds thought, which feeds our consciousness. And then the whole consciousness is transformed and the transformed individual blooms as one who is now in touch with another dimension of life, a dimension which is full of joy and light. Nothing is the same again.

BOOKS BY GOPI KRISHNA

Living With Kundalini
(An Autobiography)

The Biological Basis of Religion and Genius

The Secret of Yoga

The Awakening of Kundalini

The Riddle of Consciousness

The Dawn of A New Science

Secrets of Kundalini in Panchastavi

Yoga, A Vision of Its Future

The Real Nature of Mystical Experience

The Shape of Events to Come

Kundalini in Time and Space

Reason and Revelation

The Present Crisis

The Way to Self-Knowledge

From the Unseen

The Wonder of the Brain

Kundalini for the New Age
(Selected Writings)

A Kundalini Catechism

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