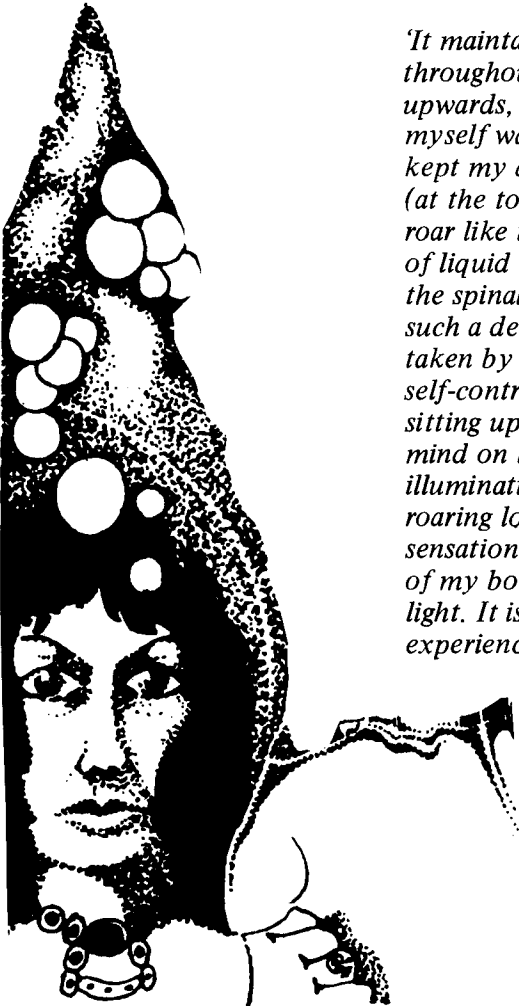


Jerome Liss

TAPPING THE BODY'S MYSTERIOUS VITALITY AFTER SEVENTEEN YEARS OF MEDITATION

The most extreme instance of the vicissitudes one may encounter upon unlocking the body's mysterious suppressed energies comes from an account by Gopi Krishna in his book *Kundalini: The Evolutionary Energy in Man*. After 17 years of devoted yoga meditation, Gopi Krishna began to experience a sudden vital energy enter through the base of his spinal cord.



'It maintained a rigidity of the tension throughout. The sensation again extended upwards, growing in intensity and I felt myself wavering; but with great effort, I kept my attention centred around the lotus (at the top of his head). Suddenly, with a roar like that of a waterfall, I felt a stream of liquid light entering my body through the spinal cord. Entirely unprepared for such a development, I was completely taken by surprise, but, retaining self-control instantaneously I remained sitting up in the same posture, keeping my mind on the point of concentration. The illumination grew brighter and brighter, the roaring louder, I experienced a rocking sensation and then felt myself slipping out of my body, entirely enveloped in a halo of light. It is impossible to describe the experience accurately.

I felt the point of consciousness that was myself growing wider, surrounded by rays of light. It grew wider and wider, spreading outward while the body, normally the immediate object of its perception, appeared to have receded into the distance until I became entirely unconscious of it. I was now all consciousness, without any feeling or sensation coming from the senses, immersed in a sea of light, simultaneously conscious and aware of every point, spread out as it were, in all directions without any barrier or material obstruction. I was no longer myself, or to be more accurate, no longer as I knew myself to be, a small point of awareness contained in the body, but instead was a vast circle of consciousness in which the body was but a point, bathed in light and in a state of exaltation and happiness impossible to describe.'

Gopi Krishna was in awe of this new energy stirred up within his body, an energy more blissful than anything he had ever hoped for, but one which as he writes here, turned out to have consequences more dire than a living nightmare.

'Little did I realise that from that day onwards, I was never to be my old, normal self again, that I had unwittingly and without preparation, or even adequate knowledge of it, roused to activity the most wonderful, stern power in man, that I had stepped unknowingly upon the key to the most guarded secret of the ancients and that thenceforth for a long time I had to live suspended by a thread, swinging between life on the one hand and death on the other, between sanity and insanity, between light and darkness, between heaven and earth.'

This 'guarded secret of the ancients' is the Kundalini power.

The energy turns bad

On the second day Gopi Krishna had another blissful experience.

On the third day, his body was in an exhausted condition. He did not meditate but stayed in bed instead, feeling uneasy about the abnormal state of his mind and the exhausted condition of his body. That night he was practically sleepless.

The next day he tried to meditate, and because of the depleted state of his body, found he had little power to concentrate his attention.

He experienced 'a thin stream of the radiant essence' which, despite the vivifying and elevating effects on the first two occasions, now automatically poured into him 'with a sinister light that instead of uplifting had a most depressing influence.'

That evening he retired to bed.

'The moment my head touched the pillow a large tongue of flame sped across the spine into the interior of my head. It appeared as if the stream of living light continuously rushing through the spinal cord into the cranium gathered greater speed and volume during the hours of darkness. Whenever I closed my eyes, I found myself looking into a weird circle of light in which luminal currents swirled and eddied moving rapidly from side to side. The spectacle was fascinating, but awful, invested with a supernatural awe which sometimes chilled the very marrow of my bones.'

Thus, Gopi Krishna's experience of bliss turned into a living nightmare. It is as if the exhausted condition of his body (and probably the unpreparedness of his spiritual state) depleted the body channels whereby energy can be positively contained. Thus, like a river so powerful it breaks through its banks to flood the plains and destroy the vegetation, this once blissful energy now overwhelmed Gopi Krishna to swamp his experience with agitation, anguish and despair.

'Sometimes it seemed as if a jet of molten copper, mounting up through the spine, dashed against my crown and fell in a scintillating shower of vast dimensions, all round me. I had lost all feeling for my wife and children. The fountain of love in me seemed to have dried up completely. It appeared as if a scorching blast had raced through every pore in my body, wiping out every trace of affection.'

This uncanny and terrifying experience lasted for months.

'Whenever my mind turned upon itself I always found myself staring with growing panic into the unearthly radiance that filled my head, swirling and eddying like a fearsome whirlpool; I even found its reflection in the pitch of darkness of my room during the slowly dragging hours of the night. Not infrequently, it assumed horrible shapes and postures, as of satanic forms gesticulating to me in the darkness. This happened night after night for months, weakening my will and sapping my resistance until I felt unable to endure the fearful ideal any longer, certain that at any moment I might succumb to the relentlessly pursuing horror and, bidding farewell to my life and sanity, rush out of the room a raving maniac.'

Gopi Krishna clung to life. He was seen by several older men who had long experience with yoga meditations, but none were able to help in his particular plight. Only by resolution of his will, and with the tender and devoted nursing care of his wife, was he able to surmount and resolve these tumultuous and now destructive body forces. Gopi Krishna concluded that by unleashing these powerful body forces and resolving their destructive effects he had come out stronger and more energetic, and experienced life with a greater vitality than he had before the onset of the experience.

Many years later Gopi Krishna again meditated and again aroused the power of these mysterious body forces to the point of risk. He was then once again overcome by their total power to the point where his life was endangered for a number of months. Once again, however, he was able to resolve the destructive aspect of these forces and profit from their positive, vitalising powers.

Psychosis is a very strange form of vitality

I believe Gopi Krishna's experience is parallel to the power and torment of psychotic experiences. Gopi Krishna was wise enough to keep himself at home and relied upon his own resources as well as upon the trusted and loving care of his wife. Upon reading his account, one can only admire and respect his deep-willed resolution.

A number of young people today undergo a transformation from a state of psychic and bodily suppression (known as being 'schizoid'), into a new state known as 'psychosis'

where the new energies are overwhelming and frequently, but not always, tormenting. My impression is that there is a period of isolation during which this change takes place. The person may be up all night, every night, listening to music, sitting on the edge of his bed, or just lying flat and peering up at the ceiling. This may be a period of 'natural meditation' during which a person focuses continuously on his own thoughts and achieves a heightened state of energy comparable to certain types of meditation. The new energy release is tormenting, not only because the person's own body and mind channels are not ready, but because the social container too, of family and 'therapeutic' authorities, are also not ready to help the person fully undergo, with total respect, the sudden opening and transformation of his life energies.

I have presented the cautions and risks regarding entering new body energies with some reluctance. I hope this information will be useful in aiding people to guide themselves and find the proper guides for themselves. I also know, however, that this material can be used by some people to forcefully suppress other people's attempts to re-enter themselves and rediscover the lost vital forces which come up through that anguish.

This article has been extracted from a forthcoming book to be published under the title *THE NEW THERAPIES, FREE TO HEAL*.

THE PORNOGRAPHY BANDWAGON

Dear Sir,

What David Holbrook does not reveal when he quotes from me out of context, in support of his campaigns to suppress pornography, is that the disagreements between us are at least as large as any areas of agreement. He has muddled, in my view, a generally accurate perception of the seamier side of commercial sex, with an attempt to stop the rot by the methods of Mary Whitehouse and Ross McWhirter. In a Totnes magistrate's court he quoted, without permission, from a review of mine of the film on Reich, so as to suggest I supported his action to stop people seeing it.

Pornography means, quite simply, the portrayal in words or images of what people do together sexually. Whether what is portrayed is 'healthy sex' or 'sick sex' will depend on some kind of value judgment. I know what turns me on and what turns me off, but I don't arrogate to myself the right – as the porn-breakers do – to decide what other people should read or look at.

Masturbation is one kind of personal experience, reflecting a life history. It is the day-dream of the body, and everyone's birthright. Whether it expresses love or hate, care of the body or contempt for it, largely depends on character-structure. But taste in this area has now become manipulable by the moguls of the porn-industry. Once other people's masturbation fantasies become commodities you can purchase on the open market, it follows that as with other commodities there is a constant need to market new products: anal buggery is the in-fantasy one year, deep throat techniques the next. Sexual hunger ensures a demand which maintains the supply.