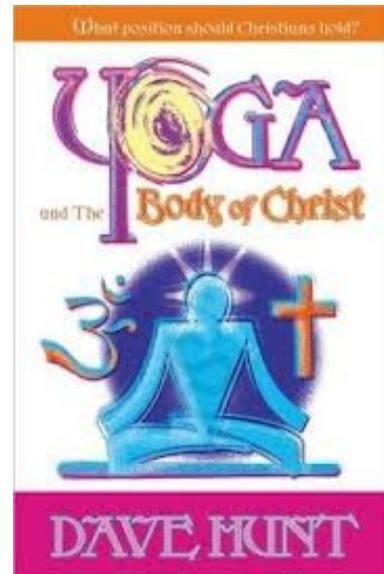


~ 7 ~
YOGA'S KUNDALINI
"SERPENT POWER"



We have seen more fully in the last chapter the amazing fact that the dragon and the serpent have been worshiped and honored all over the world for thousands of years and are still honored today. The source of the power of the incredible deception behind this strange affection is declared in the Bible in a passage that could be referring to the past when Satan came to the Garden of Eden—and certainly refers to a final event yet future:

And there was war in heaven: Michael [the archangel] and his angels fought against the dragon...and his angels.... And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world...was cast out into the earth, and his angels were cast out with him. (Revelation 12:7, 9)

To summarize what we have documented thus far, in spite of the advertisements and talk about health and fitness, yoga's real goal is to awaken the Kundalini power, coiled like a serpent at the base of the spine, ready to spring up to manifest itself through the alleged "chakras" (centers of the universal force) of the body. The texts by ancient yogis warn that the "Kundalini serpent force" often manifests itself in frightening and destructive ways. Unfortunately, those texts are scarcely known to yoga enthusiasts today and are certainly not heeded by their instructors.

The Serpent's Promise

Kundalini is the "enlightenment" that the practice of yoga is designed to "awaken." One yoga enthusiast writes, "The cobra that opened its fan over Buddha's head is the metaphor for the field of energy, which, other mystics report, emits out from the head during and after sustaining the Kundalini. There are hundreds of religious metaphors for the process when the serpent (sexual) energy is raised to the head."¹

Might the promise of this godlike "serpent power" be the same promise with which the Serpent deceived Eve by offering her godhood? Certainly, the "self-realization" of "oneness with the universe" and with Brahman, which is the promise of yoga, is at least an unmistakable echo of the Serpent's lies in the Garden. Another enthusiast links Kundalini to "spiritual disciplines":

Kundalini yoga concentrates on psychic centers or *chakras* in the body in order to generate a spiritual power, which is known as *kundalini* energy.

Kundalini is the potential form of *prana* or life force, lying dormant in

our bodies. It is conceptualized as a coiled up serpent (literally, "*kundalini*" in Sanskrit is "coiled up") lying at the base of our spines, which can spring awake when activated by spiritual disciplines."²

Typical of hundreds of others, another popular website declares: "Kundalini Yoga is the most powerful Yoga ever known and is considered as the mother of all the styles of Yoga. It centers on awakening the Kundalini...serpent power.... Kundalini Yoga was brought to the West by Yogi Bhajan in 1969.... Kundalini Yoga rewards Yogis with spiritual transformation and unity consciousness."³ Again, we have the open admission of the "spiritual" nature and goal of yoga and its relationship to the Serpent. What could have influenced Congress to commend this to the world?

"Spiritual awakening" through arousal of Kundalini force coiled at the base of the spine is the promise of yoga. But the awakening in the Bible is to truth, wisdom, understanding, and eternal salvation—something that "energy," whether of Kundalini or any other kind, can no more give than can a bolt of lightning. The emphasis in Scripture is upon *knowing truth, not feeling ecstasy*. God declares, "Let him that glorieth glory in this, that he understand-eth and knoweth me..." (Jeremiah 9:24). Likewise, Jesus said, "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free" (John 8:31-32). Of course, there should be feelings, but only based upon the truth. Love is not a feeling that comes from a magic touch. Love is directed to God and others as a result of knowing Him and His love for us.

The "Serpent" and Yoga

In *Up With Eden*, Ken Wilbur points out that in religions around the world, the serpent has consistently been portrayed as the symbol of perennial wisdom and eternal life. There can be no doubt that the Serpent who came to Eve is identified everywhere (except in the Bible) with the occult and is honored as embodying that mysterious force that occultists of all kinds seek to enlist in the accomplishment of their selfish desires. The Bible alone identifies the serpent with Satan and declares that those who seek his occult powers will eventually find themselves entrapped as his slaves and lose their souls. Both the Bible and the occult world of Eastern mysticism (of which yoga is a major part) agree that the serpent represents a very real and powerful spirit being—they only disagree on whether that being is man's friend or foe.

It seems incredible that in spite of the almost universal revulsion with which serpents are held—and in spite of the biblical identification of Satan as "that old serpent, called the Devil, and Satan, which deceiveth the whole world" (Revelation 12:9)—this slippery, repulsive, deadly enemy of mankind is highly honored in nearly all religions. Yoga, as we have seen, is no exception. Nor does Satan shrink from being identified as a snake, in spite of the fact that to call someone a "snake" is to deliver the ultimate insult.

The deception is obviously very powerful. Either the Bible is false in all it says, or what these intelligent and highly educated people are experiencing is the very power of Satan, which Scripture says will be turned loose in the Last Days because of the hardness of men's hearts against the true God. As Paul declared, "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils..." (1 Timothy 4:1). Could the Apostle Paul, in this prophecy of the Last Days, have been referring to the very delusion with which many gurus have led astray otherwise intelligent and educated Westerners, some of whom grew up in Sunday schools and had some knowledge of the Bible but have turned from that faith to follow doctrines of demons?

Awakening Kundalini

Christina and Stanislav Grof (to whom we referred in Chapter Four as the founders of The Spiritual Emergency Network— SEN) co-edited a book titled *Spiritual Emergency: When Personal Transformation Becomes a Crisis*. Instead of suggesting that there must be something greatly amiss with any transformation that causes a "crisis," the book contains fourteen papers by doctors and other experts on the following types of spiritual crises:

1. The shamanic crisis; 2. Awakening of kundalini;
3. Episodes of unitive consciousness ("peak experiences");
4. Psychological renewal through return to the center;
5. The crisis of psychic opening; 6. Past-life experiences;
7. Communications with spirit guides and "channeling"; 8. Near-death experiences; 9. Experiences of close encounters with UFOs; 10. Possession states.⁴

Surely, any practice that leads to "possession states" ought to be avoided! But transpersonal psychologists today treat all these and other "crises" as normal occurrences along the journey to "psychic opening and personal spiritual growth." Yoga is supposedly a shortcut to this goal. Clearly, something is radically wrong!

Promoting their book, the Grofs' website declares: "Spiritual experience can feel like bliss, but it can also feel like hell. It can cause hallucinations, seizures, pain, panic attacks, mania, severe depression—all the symptoms of physical and mental illness. When people suffer this way, they may feel like they're going crazy, and their doctors may agree. But the authors of this book think that in many cases, such a diagnosis is mistaken. They urge the adoption of a new category of clinical diagnosis, spiritual emergency."

Incredibly, it doesn't seem to occur to these people that yoga itself and related Eastern mystical practices are the *cause* of these horrifying "spiritual emergencies." Christina Grof has apparently found nothing wrong with the Siddha Yoga of her now deceased idol, Baba Muktananda, being apparently blind both to the personal evil of this man and to the destruction about which the yogis in the East have warned from the practice of yoga for thousands of years. Those ancient Hindus knew nothing of Christianity and the deliverance it brings from sin and Satan, but today's psychologists, raised in the West where the gospel of Jesus Christ is openly proclaimed, have no excuse.

Why the Trauma?

Why should "personal spiritual transformation" create a crisis that could even drive one mad? Obviously, there must be something fundamentally wrong with any method of "spiritual transformation" that leads to crises of such proportions. Westerners accept as desirable and "non-religious," or at least "religiously neutral," the mystical sense of "oneness with the universe" that the breathing and physical positions in yoga are designed to induce. A little honest reflection, however, would tell anyone that there are distinct categories of existence, and that it would be a huge step downward for an intelligent human to unite with earth, sun, and stars, or even with some alleged impersonal universal power. The delusion is akin to Eve's acceptance of the Serpent's lie that she could become a god by eating some fruit.

Those who seek self-realization in the form of unity consciousness end up hugging trees in their attempt to be "one with nature." They would be quickly enlightened (but unfortunately too late) if they tried to pray to a hurricane or "unite" with a river of flowing lava! The professional psychologists involved in SEN as "crisis counselors," who boast that

they have "investigated the stages and characteristics of spiritual growth," are blinded to the obvious truth by their prejudice against Jesus Christ and the Bible. Clearly, the problem is a willful rejection of the "Spirit of truth" (John 16:13) in order to follow Satan, the father of lies (John 8:44), whom the Bible describes as "the spirit that now worketh in the children of disobedience" (Ephesians 2:2).

What a contrast these "spiritual emergencies" present to the experiences of the men and women of God whose lives are recorded in the Bible! Christ gives peace and rest, not inner turmoil and terror. For his loyalty to Christ, Paul suffered beatings with thick rods, scourgings with the cat-of-nine-tails, shipwrecks (a full day and night he spent swimming for his life with nothing to hold onto), imprisonments, being stoned and left for dead, etc. Yet he never had a "spiritual crisis" like those commonly experienced by practitioners of yoga and other forms of Eastern mysticism. Instead, in all his trials he remained joyful and triumphant. Paul declared, "Rejoice evermore. Pray without ceasing. In every thing give thanks..." (1 Thessalonians 5:16-18).

From prison, under false accusation and facing death, Paul wrote, "Rejoice in the Lord always.... Be [anxious] for nothing; but in everything by prayer...with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:4-7). The Holy Spirit fills the Christian with "love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance..." (Galatians 5:22-23).

It would put the SEN psychologists (and all other psychologists as well) out of business if their clients met Jesus, so they must oppose the truth of God in order to justify their profession. Jesus Christ offers not only to forgive our sins by having paid the penalty that Infinite Justice demanded but to live in our hearts. Nor does Christ, who indwells those who believe in Him, allow any "spiritual crisis" in those whose life He has become — and Christ certainly needs no psychological counseling! The Christian only needs to allow Christ to live His life in him or her.

A Common Scarce of Delusion

It is no coincidence that the same experiences that assault the consciousness in yogic trance are quite common among users of psychedelic drugs such as LSD. Both create altered states of consciousness, which, as we have already explained (according to neuroscientists), loosen the normal connection between the human spirit occupying that body and the brain. With the normal connection loosened, another "spirit" can interpose itself and tick off the neurons in the brain, thereby creating a universe of delusion that is indistinguishable from real life to the subject experiencing it. Thus, several LSD users who have all "dropped acid" together may at times all experience the same mind adventures simultaneously. Here is proof that the delusion they are experiencing independently of each other, and yet together, has a common source outside of the brain — obviously an intelligent source that can create in the minds of those open to it what seem to be out-of-body experiences, UFO encounters, dying and rebirth episodes, and other mystical events.

Muktananda was the master of Kundalini, who "awakened" it for multitudes, or so they thought. As we have seen, he franchised it as Siddha Yoga. A former bodyguard for Baba, and one-time head of security for his successor, testified:

The purported purpose of Siddha Yoga was to awaken the Kundalini energy, which, through its subtle upliftment, caused the sweetness and bliss I felt and a gradual purification and eventual recognition that the self was everything, bliss and love. I never heard anyone talk about the disappearance of self, only about filling the self with love.

People were always talking instead about their experiences, such as seeing lights, feeling ecstatic bliss during meditation, or seeing Baba coming as a vision in a dream and imparting some special something,⁵

The purpose of the mystical and ecstatic experiences is to draw the seeker further into the morass of evil that eventually claims the soul for eternity. Some escape, but not many. The influence is powerful, like being drugged, and there seems to be a point of no return beyond which only those who truly cry out to the God of the Bible ever recover.

LSD, Mysticism, and Yoga

In 1956, while still in Prague, Stanislav Grof became a voluntary subject in a psychiatric study that required him to ingest LSD. He writes:

My first LSD session was an event that...profoundly changed my professional and personal life. I experienced an extraordinary encounter and confrontation with my unconscious psyche.... This day marked the beginning of my radical departure from traditional thinking in psychiatry.... I could not believe how much I learned about my psyche in those few hours.... I was hit by a radiance that seemed comparable to the...supernatural brilliance that according to Oriental scriptures appears to us at the moment of death [which] catapulted me out of my body. I lost first my awareness of the research assistant and the laboratory, then the psychiatric clinic, then Prague, and finally the planet. My consciousness expanded at an inconceivable speed and reached cosmic dimensions.... The Divine took me over in a modern laboratory in the middle of a serious scientific experiment conducted in a Communist country with a substance produced in the test tube of a twentieth-century chemist.⁶

Clearly, the delusion must be very powerful for an intelligent man involved in "scientific experiments" to believe that the delusive state induced by drugs could ever be the source of truth about *anything*, yet this was what Carl Jung came to accept, as did Freud (a cocaine user) and many others. The ultimate end for all of them has been destructive, as history records.

He seems to imagine "the Divine" as some force underlying the universe. Grof's "encounter with his psyche" under the influence of LSD presents quite a contrast to the sans-drugs sober revelations received by the forty proven prophets who were inspired to write the Bible over a period of some 1,600 years.

Although most of the biblical prophets never knew one another and lived in different cultures and times in history, the Bible is a single book, with each part in perfect agreement with all of the rest. Instead of being influenced by a "Divine Force" and learning about their own psyches in an altered state, the writers of the Bible all claimed conscious revelation from the One True God, Creator of the universe. In fact, the personal, loving God who inspired the Bible condemns the use of drugs, which He calls "sorcery."⁷

For Grof, this LSD trip was the beginning of what he calls "a fantastic intellectual, philosophical, and spiritual adventure that has lasted" more than forty years to the present time. He goes on to explain that under subsequently higher doses of LSD, he had mental "experiences that were indistinguishable from those described in the ancient mystical traditions and spiritual philosophies of the East. Some of them were powerful sequences of psychological death and rebirth. Many clients also reported visions of deities and demons from different cultures and visits to various mythological realms. Among the

most astonishing occurrences were dramatic and vivid sequences that were subjectively experienced as past-incarnation memories."⁸

"Past-incarnation memories"? Yoga is inseparable from the theory of reincarnation. This is one of the most obvious lies that the demonic world has produced, as we will see. The theory of reincarnation will be dealt with in the final chapter.

The Psychedelic Connection

For a number of years, Grof, sinking ever deeper into occult delusion, devoted his life to "psychedelic work with patients of various clinical diagnoses." He believed that the records he kept mapped out new territory for Western psychiatry. Then he realized that he had merely "rediscovered what Aldous Huxley experienced [under the influence of mescaline, as we've already mentioned] and called 'perennial philosophy,' an understanding of the universe and of existence that has emerged with some minor variations again and again in different countries and historical periods." This is the "understanding" that multitudes have come to through the practice of yoga—and it agrees with the psychedelic experience. Moreover, as we have seen, it coincides precisely with the occult philosophy with which the Serpent seduced Eve.

Why should Huxley, Grof, or anyone else believe that drugs open the door to a "higher reality" when experts in that field say that drugs destroy normal brain function? In fact, such thinking is a dangerous delusion. Psychiatrist Peter R. Breggin, one of the world's foremost authorities on psychedelic drugs, declares:

Psychiatric drugs do not work by correcting anything wrong in the brain.... There are no known biochemical imbalances and no tests for them. That's why psychiatrists do not draw blood or perform spinal taps to determine the presence of a biochemical imbalance in the patients. They merely observe the patients and announce the existence of the imbalances... to encourage patients to take drugs.

Ironically, psychiatric drugs cause rather than cure biochemical imbalances in the brain. In fact, the only known biochemical imbalances in the brains of patients...are brought about by the psychiatrists themselves through the prescription of mind-altering drugs.

Psychiatric drugs "work" precisely by causing imbalances in the brain —by producing enough brain malfunction to dull the emotions and judgment or to produce an artificial high....

...nearly all psychiatric symptoms, including...hallucinations and delusions, can be produced by these drugs.... Unfortunately, drugs that affect the brain and mind can seriously impair your mental function before you recognize that anything is the matter.... If you feel euphoric or "high" from taking the drugs, you may think that you are doing "better than ever" when, in fact, your judgment has been impaired.... [Eventually] the brain places itself in a state of imbalance in an attempt to prevent or overcome overstimulation by the drugs....

In its attempts to overcome the effects of psychiatric drugs, the brain becomes distorted in its functioning. And as already emphasized, the brain cannot immediately recover its original functions once the drugs are stopped. In some cases, the brain may never recover.⁹

Unaware of the deception he had succumbed to, and of which he had become a major promoter, Grof declared that the "different systems of yoga, Buddhist teachings, the Tibetan Vajrayana, Kashmir Shaivism, Taoism, Sufism, Kabbalah, and Christian mysticism are just a few examples" of this so-called "perennial wisdom."

Once again, we have yoga explained as a religious/ mystical practice with roots sunk

deep into religious occultism worldwide. This is exactly what one would expect if the Genesis account of Satan's seduction of Eve through the promise of godhood were true. Indeed, the primary lies the Serpent told Eve are commonly experienced by practitioners of all mystical experiences in every culture and time in history worldwide: (1) God is an impersonal force rather than personal; (2) death is unreal; (3) mankind possesses an innate ability to achieve godhood; and (4) "enlightenment" is the doorway thereto.

Yoga, Psychology and the "New Age"

In the early days of his experimentation, Grof found little sympathy among his colleagues in Czechoslovakia for his new passion to explore and learn from altered states of consciousness. The academic side of the psychiatric world was not yet ready to face the unsettling truth of entering, through drugs, a nonphysical realm that was apparently as real as the material universe. But in 1967 he received a scholarship that allowed him to move to the United States to carry on his "psychedelic research at the Maryland Psychiatric Research Center in Baltimore." On his subsequent lecture tours in America he "connected with many colleagues — consciousness researchers, anthropologists, parapsychologists, thanatologists, and others— whose work resulted in a scientific perspective that resembled or complemented [his] own."¹¹

It was at New Age mecca, Esalen, in the Big Sur south of San Francisco, that Grof met Abraham Maslow and Anthony Sutich, with whom he founded the new field of Transpersonal Psychology. It was there also that he met his wife-to-be, Christina. She had experienced—twice in childbirth and once in an auto accident—some of the very states of consciousness that were Stanislav's passion to explore. Her experiences included (without the use of drugs) uncontrollable shaking, visions of white light, feelings of union with the universe, and of dying and rebirth, just as Stanislav and his early patients had encountered under the influence of LSD.

These experiences continued to become more intense through the spiritual exercises she engaged in under the direction of Hindu guru, Baba Muktananda. In his many trips from India to the West, Muktananda initiated many thousands into the practice of Siddha Yoga, just as Yogi Bhajan was doing. Apparently manifesting an even greater spiritual power, however, "Baba" could send a person off into an altered state of consciousness through "Shaktipat," a mere touch with his hand or feather.

As we have already seen, Shakti (after whom this mysterious power is called) is one of the names of the terrifying female Hindu goddess also known as Kali and Durga, who has garlands of freshly-severed hands around her body and drinks human blood from a fresh skull. Her world-famous temple in Calcutta reportedly has the bodies of sacrificed virgins, as required, entombed in its foundation. Christina describes her meeting with Muktananda, the dispenser of Shakti's power, as "like falling in love or meeting a soul mate."

She describes her first experience *of Shaktipat*. "Suddenly I felt as though I had been plugged into a high-voltage socket as I started to shake uncontrollably.. .a multitude of visions flooded my consciousness...! experienced.. .being born. ..death. ..pain and ecstasy... love and fear.... The genie was out of the bottle. ..my whole life changed.... I was increasingly impelled by some unknown inner force to meditate and practice yoga, and I recognized Muktananda as my spiritual teacher."¹¹

After reading about Stanislav's thousands of experiments with LSD, Christina (who had not used LSD) commented, "...the descriptions I was reading [of LSD "trips"] exactly matched many of my spontaneous experiences of birth, death, rebirth, and

spirituality as well as the wide range of emotions and physical sensations."¹² The means of achieving the altered state (crisis, terror, drugs, yoga or other forms of Eastern meditation) is of only minor importance. It is the altered state of consciousness itself that opens the door to the occult — which the ancient yoga texts describe as being taken over by various Hindu gods.

In fact, both Stanislav through LSD, and Christina through Hinduism and yoga, were experiencing what they would only later learn was the "awakening of Kundalini, the serpent power." The connection between yoga and other facets of the occult — and the central role yoga plays — should be emerging for the reader by now.

The Power and Deception of Kundalini Yoga

In Chapter One, we saw how Yogi Bhanan was highly honored by Congress. It follows, then, from what we have just seen, that it was really Kundalini Yoga (which Yogi Bhanan introduced to the West) that the United States government unwittingly praised! His followers declare today:

Kundalini Yoga is the yoga of the Aquarian Age, and we are blessed to deliver it. As for the future, here's what our Teacher [Yogi Bhanan], the Master of Kundalini Yoga, has to say:

"Yoga with its every system is going to prevail. By the year 2013, forty to sixty percent of the people will be practicing yoga.... In the coming years, changes in technology, psychology, and sociology shall be huge. In this chaos of the information age it will be difficult for people to cope with their day to day lives. The body, mind, and spirit have to be organized to meet these challenges. The word is going to spread that 'Yoga is the way.' This ancient science has saved mankind before, is saving it now, and shall save it in the future.""

Obviously, those who believe they have found salvation in Kundalini Yoga have no need of Jesus Christ to be their Savior. Nor is there, according to the yogis, anything like heaven or hell in the future for anyone. Instead, human destiny is simply to escape the illusion of physical existence, of karma and the wheel of reincarnation, to realize that there is no sin, that punishment is not from a personal God for having defied His Law but from an impersonal force called "karma," and, in fact, that one *is* God and can create one's own universe with the Kundalini power realized through yoga.

The hope Yogi Bhanan sets forth of universal salvation sounds wonderful for those who ignore or are ignorant of God's Word. If true, it would certainly be a strong reason for everyone to begin to practice yoga. His grandiose claims are simply not true. Precisely when and how in history did yoga "save mankind"? There is no record of anything of that nature ever having occurred. If the yogi was so deluded about the past, what about his promises for the future? Could the yogis be promoting the very "doctrines of demons" concerning which Paul warned?

Investigating Kundalini

In response to the word "kundalini," Google has nearly 5 million entries—and more than 70,000 websites appear when one enters "dangers of kundalini"! There are, of course, thousands of warnings written by critics who advocate having nothing to do with either yoga or Kundalini. On one of them we read, "The author of this website has intimate and personal knowledge of the 'Kundalini Awakening' experience. If you

explore the links on this site you will see that the experience is often debilitating, disabling, and sometimes life threatening. The experience can drive you literally insane and can continue for years."¹⁴

It is not only the critics, however, but the advocates of Kundalini by the hundreds if not thousands who likewise sound the alarm. Some of the strongest warnings come from those who have experienced Kundalini for many years, and who still advocate it, but who couple their encouragement to get into yoga with solemn reminders of its dangers. One Kundalini enthusiast writes:

When the Kundalini awakens, tremendous power is unleashed. The resulting expansion of consciousness affects every element of our being, from our biological functions to our personal relationships to our concept of reality to our influence in the world. We are irrevocably changed in ways we could not have imagined and in ways we may never fully comprehend.

For some of us, the risen Kundalini gives us our first or most unmistakable contact with the Spirit.

Before my Kundalini rose, I thought the resurgence of Goddess religions was mostly a feminist backlash against millennia of a masculinized God. Now I understand it all quite differently. Kundalini is Shakti, the Great Mother Goddess, the living energy that daily makes her vibrant presence known in my body and my psyche. She is as fierce and powerful as she is mysterious and enticing....

If Kundalini is to be invoked, it must be with care and better still, with reverence and humility. We are treading sacred waters here. To plunge in recklessly is to risk self-annihilation.¹⁵

Sacred waters? Again the spiritual side of yoga comes to the surface — and as part of the warning. *Shakti, the Great Mother Goddess* is the "living energy" awakened by Kundalini? This consort of Shiva the Destroyer is sometimes seen with her heel on his neck, apparently stronger and more to be feared than he. This is "goddess power" in action. Kali and Durga are some of her other names, and Hindus say "her beauty is in her terror"! A fitting description, indeed, of the Kundalini that yoga is designed to arouse within!

Warnings from Unexpected Sources

Even Swiss psychiatrist C. G. Jung, who was one of the earliest responsible for introducing Eastern mysticism to the West and was himself heavily involved in the occult, wrote:

One often hears and reads about the dangers of Yoga, particularly of the ill-reputed Kundalini Yoga. The deliberately induced psychotic state.. .is a danger that needs to be taken very seriously indeed.. .and ought not to be meddled with in our typically Western way. It is a meddling with Fate, which strikes at the very roots of human existence and can let loose a flood of sufferings of which no sane person ever dreamed... hellish torments....¹⁶

Yet Yogi Bhajan and other gurus who brought yoga to the West declare that Kundalini is the savior. If so, why should it be so dangerous to arouse it? And why should it be "ill-reputed"? Jung must have known something from his experience both in the East and as a psychiatrist that would cause him to issue such a warning. One can only wonder, then, why those who are drawn into yoga by advertisements concerning its alleged health and spiritual benefits are not given this kind of essential information. Is the truth (as is the immorality of the yogis) suppressed for commercial reasons?

It doesn't take much investigation to verify the fact that even after the dangers

inherent in yoga and the evil of the yogis are known, their followers cover up the truth and continue to entice others to join their movement. Rare are those who tell the truth, such as in this stern warning from Puran Bair, American Sufi Master. Sufism is part of Islam. (Seyyed Hossein Nasr, one of the foremost scholars of Islam, in his article, "The Interior Life in Islam," contends that Sufism is simply the name for the inner or esoteric dimension of Islam.) Bair, who continues to teach yogic meditation, declares:

There is a great danger in raising Kundalini in the first place: it may not turn off or the state it produces may become addictive. Having taught upward meditation for decades, I have seen many cases of aborted careers, broken marriages, dissociated psyches and neurological illnesses that I believe were caused by kundalini.¹⁷

With so much personal wreckage attributed to Kundalini, why would Bair or anyone else persist in pursuing it? Yet Christina Grof (founder of the Spiritual Emergency Network) claims that her life was transformed for the better by the arousal of her "kundalini." Convinced that this was beneficial, she writes: "My meeting with Swami Muktananda really blew the lid off everything. He served as a catalyst to awaken what I had been resisting, which was kundalini (the universal life force)."¹⁸ She apparently remains oblivious to the fact that yoga itself is a major source of danger and evil.

An Impressive Clientele

University professors and psychiatrists sat at Muktananda's feet in admiration and wonder—and more than one had his Kundalini allegedly awakened by this incredibly evil man. For example, consider the "shaktipat" experience of Professor Michael Ray of the Stanford Graduate School of Business, who was introduced to the Siddha Yoga of Swami Muktananda through his psychotherapist and came to a new view of human potential and its application to the business world. At that time, the Swami was the guru to many business leaders and Hollywood stars. Ray's life was transformed when an assistant to Muktananda ran a peacock feather across the "third eye" in the center of his forehead. Ray relates:

I saw a bolt of lightning, like a pyramid of light. I began literally bouncing off the floor and trembling. I cried. I felt tremendous energy, love, and joy.

What I had experienced, I later learned, had been shaktipat, or spiritual awakening of kundalini energy inside me....¹⁹

Psychiatrist Gerald Jampolsky is famous for his use of A Course in Miracles in his psychiatric practice and in his books and lectures around the world. The Course was dictated by an entity that claimed to be "Jesus" but could not possibly have been. Jampolsky believes he was prepared for the message of the Course through shaktipat administered by Muktananda with a mere touch:

It seemed as though I had stepped out of my body and was looking down upon it. I saw colors whose depth and brilliance were beyond anything I had ever imagined.

I began to talk in tongues. A beautiful beam of light came into the room and...I was rilled with an awareness of love unlike anything I had known before.... When I started reading the Course, I heard a voice within saying, "Physician, heal thyself; this is your way home," and there was a complete feeling of oneness with God and the Universe.²⁰

A love "unlike anything I had known before"? Unquestionably, there was a "power" of some kind in Muktananda that convinced multitudes. One remembers the awakening from this delusion by a former follower. Troubled that he had been so deceived, he asked himself in bewilderment how Muktananda could be "both a saint and a devil at the same time"!

We can prove by irrefutable evidence from archaeology, history, and hundreds of prophecies fulfilled that the Bible is one hundred percent true in all that it tells us about God and the way of salvation through Jesus Christ. Jampolsky's experience of "oneness with God" through the magic touch of an undeniably wicked guru was the very antithesis of what the Bible teaches of God and reconciliation of sinners to Himself through the sacrifice of Christ on the Cross.

I well remember interviewing a former drug user who was on his way to becoming an accomplished yogi. Close to reaching "enlightenment" while high on yoga, he was confronted by the universe with which he desired "oneness." It appeared to him as the most beautiful woman he could ever have imagined, offering sexual union as the ultimate good. At that moment, an indescribable terror came over him. He cried out to Jesus Christ, who rescued him from drugs, yoga, and the accompanying delusions.

Shaktipat and "Staying in the Spirit"

As previously mentioned, there are hundreds of warnings written by critics who, like this author, advocate having nothing to do with Kundalini. Of greater interest, perhaps, are the hundreds if not thousands of caveats by *advocates* of Kundalini. Some of them have experienced it for many years, yet they nevertheless offer some of the most severe warnings.

The experiences of Michael Ray and Gerald Jampolsky, like those of so many others whose Kundalini has been awakened, were much like the delusion that has convinced thousands of charismatics that they have received a "special touch from the Holy Spirit" through Kathryn Kuhlman or at a Benny Hinn "miracle" service. The same phenomenon has been reported at the former Toronto Airport Vineyard, as well as at the worldwide "revival" (now barely a sputter) that at one time flowed out of the Brownsville Assembly of God in Pensacola, Florida—or from the numerous other televangelists and faith healers who act in the name of Jesus but disobey His word in the process. One cannot escape the similarity between *shaktipat* and what the charismatics, both Catholic and Protestant, call being "slain in the Spirit."

At the touch of the evangelist, usually on the forehead, the subject falls backward into the arms of "catchers" standing by. In this trancelike state, he has a variety of occult experiences, from flashes of light to a sense of well-being and love; from uncontrollable weeping or laughter and violent shaking to "speaking in tongues." Evangelist and healer Kathryn Kuhlman made "slaying in the Spirit" a household term among charismatics in the '60s and '70s. Televangelist Benny Hinn claims to be Kuhlman's successor, having picked up "the anointing" from visits to her grave, which he says still lingers there. The "charismatic" experiences received from televangelists are scarcely distinguishable from the Kundalini arousal bestowed by a guru.

The author, although believing in miracles for the present (God and His power have not changed), rejects the unbiblical performances of today's pretenders

and has exposed them in other books.²¹ It has only been appropriate in this volume to tell the truth about Kundalini in both its physical manifestations and spiritual effects. It is up to the reader to recognize and admit the obvious connection with certain extreme charismatic manifestations and to act upon the facts. We hope and pray also that many involved in yoga will consider very carefully the truth presented herein before the delusion has reached the point of no return.

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 3. <http://www.abc-of-yoga.com/styles-of-yoga/kundalini-yoga.asp>.
 4. <http://www.realization.org/page/docO/doc0026.htm>.
 5. <http://www.itisnotreal.com/practices.html>.
 6. Christina Grof and Stanislav Grof, M.D., *The Stormy Search for the Self* (New York: G. P. Putnam's Sons, 1992), 21-22.
 7. Revelation 9:21; 18:23; 21:8; 22:15. The Greek word translated "sorcery" in the New Testament is *pharmakeia*, from which we get the word "pharmacy," or "drugs."
 8. Grof, *Stormy*, 23.
 9. Peter R. Breggin, M.D. and David Cohen, Ph.D., *Your Drug May Be Your Problem: How and Why to Stop Taking Psychiatric Medications* (Reading, MS: Perseus Books, 1999), 41, 43-47.
 10. Grof, *Stormy*, 24-25.
 11. *Ibid.*, 11-12
 12. *Ibid.*, 13.
 13. <http://www.kundaliniyoga.com/clients/ikyta/webshell.nsf/WebParentNavLookup/62DB48EF3856D82287256A090079DC7A?OpenDocument>.
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 20. Bill Friedman, Ph.D., "Interview with Gerald Jampolsky, M.D.," *Orange County Resources*, 3, from Jampolsky's book, *Teach Only Love*.
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