Many people have heard of the extraordinary phenomenon of kundalini awakening in which a person's body is swept by muscle spasms, indescribable sensations & sharp pains running throughout the body. He feels his body tearing within. Then suddenly he laughs & is overcome with bliss. When allowed to progress to completion, this process may culminate in deep psychological balance, inner strength, and emotional maturity.
Most Helpful Customer Reviews

SO Grateful For This Book!

By Reb S. on June 9, 2008

Format: Paperback  Amazon Verified Purchase

I acutally bought a copy of this book 10 years ago, read it, and thought it was a load of baloney. (And was secretly freaked out by the thought that it might NOT be baloney). Then, since I didn't want to consider the possibility, I got rid of the book. Now, 10 years later, a year after my OWN chakras 'waking up'(and freaking the heck out of me!) I was directed to this book again and am now drinking it up, absolutely relieved that it exists, because the process it's describing is EXACTLY what's happening to me. (So much for my baloney theory!) It's too bad the book is out of print now, but kudos to all of the other sellers who are still making it available. Talk about the right book at the right time. If you suspect your energy is raising itself to a higher level (or you're not sure what's going on) check out this book. It may help a lot! It definitely has helped me. (And, in truth, the fact that I read it years before I went through this experience actually helped me to recognize it when it started happening to me).

Comment  Was this review helpful to you?  Yes  No

Lucid, readable, useful.

By Craig Chalquist, PhD, author of TERRAPSYCHOLOGY and DEEP CALIFORNIA on October 11, 1999

Format: Paperback  Amazon Verified Purchase

I recommend this as an intro into the understanding of what Grof and Grof have dubbed "spiritual emergence," an increasingly common pattern of psychobiological activity often misdiagnosed as psychotic. -- Craig Chalquist, M.S., creator of the Thineownself self-exploration site.

Comment  Was this review helpful to you?  Yes  No

An excellent book -- a "must" for medical doctors.

By kabir@zenhouse.com on July 21, 1998

Format: Paperback

Customer Reviews

4.7 out of 5 stars

5 star  7
4 star  1
3 star  1
2 star  0
1 star  0

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Robert M. Foster

Kult
If you are working in the medical field - especially if have to diagnose - use this book to get an idea about a natural development which up to now occurred very infrequently but which is going to be happening more often during the next years.

Comment  Was this review helpful to you?  Yes  No

4 of 5 people found the following review helpful

Been there and done that
By Robert M. Foster on July 15, 2009
Format: Paperback
I read an earlier edition of this book, before I went on a retreat to see a spiritual teacher, with the intention of becoming enlightened, by the kundalini process. I was in a hurry. I now teach kinder and gentler and slower ways. Anyhow, somewhat to my surprise, I went through the process. Now everything continues, to make more and more sense. It was about starting to become enlightened, so I am continually learning. Unfortunately for me, my doctors unlike the author, at the time, were not enlightened, about things like this. I did learn how ignorant they were, though. [...]

Comment  Was this review helpful to you?  Yes  No

1 of 1 people found the following review helpful

Kundalini experienced
By Kult on May 6, 2012
Format: Paperback  Amazon Verified Purchase
This is a good book for anyone who has experienced or thinks they have experienced a Kundalini awakening, spontaneously or otherwise. The author does a good job of presenting the data in a rational, semi-scientific manner. Anyone experiencing some of the bizarre and esoteric side-effects of an awakening will find this book grounding and a good source of reference points along their journey.

Not the definitive story on Kundalini, but a useful tool nevertheless.

Comment  Was this review helpful to you?  Yes  No

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Spiritual Emergency: When Personal Transformation Becomes a Crisis (New Consciousness Readers)  by Stanislav Grof  Paperback  
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