



Kundalini Awareness



KUNDALINI RESEARCH IN INDIA

by George Tompkins

This is the text of a speech that George Tompkins gave to about 14,000 people at a conference in India in November, 1993.

This is an extraordinary privilege for me, not only to speak about the subject of kundalini, but to address myself to this group. In all of my travels, I have never come across a gathering of people who are more seriously dedicated, who are truly earnest about their aspirations to become better messengers of spirituality. I sincerely wish to offer my pranams to you. I intend to talk to this group a little differently than I have spoken to many groups in India, primarily because of the authenticity involved in this search that I have discovered among you.

When we speak about kundalini we are actually talking about the prana-Shakti as the creative power of the absolute and the architect of all existence, who basically has two forms, one of a cosmic nature where she is spread everywhere and the other where she has her roots deep in our biological structure. This is the root of life and it is the subject of our research to discover what happens when this sleeping prana-Shakti, who is omnipotent, omniscient and omnipresent, awakens.

I have heard people refer to her as our higher intelligence. It would be like saying Einstein is just above average in terms of intelligence. We are dealing with an omniscient factor that knows every aspect of our life, that has powers beyond our wildest imagination. So I always feel it an honor to be able to discuss this basic concept of life that has to do with the awakening of this energy. And I might add, the sovereign aspect of kundalini is something that is not well recognized in the West. There are many people now totally aware of kundalini aspects, but they do not treat it as a sovereign energy.

I would like to just give you a little background. I was a friend of the late Pandit Gopi Krishna. I met him in 1971, in Zurich, at a definite crossroad in my life after I had just sold my business. I am the father of five children. I had the task of raising them and working a business at the same time. In 1970 I left the business and, through the grace of God, I met Gopi Krishna in 1971. He was not a guru, he did not have disciples or students. During the course of the thirteen years that I knew him, he became a close friend, and I became a co-worker with him, along with many other people, in the dissemination of his disclosures about the evolution of the brain.

He has written seventeen books about kundalini, explaining its scope and importance. He said in a letter once, "All of my ambitions, all of my desires, truly my only aim, is to leave a legacy of authentic material about the transcendent plane of consciousness, so that posterity can lay the foundation of a new science." It was strange when I started to read Sri Aurobindo following that, because Aurobindo used the same phrase. He said it was India's role to lay the foundation of a new science for the world. I am absolutely convinced that this science is based on the awakening of kundalini and the metamorphosis that is possible following this awakening.

It was Gopi Krishna's disclosure that the human brain is still in an organic state of evolution, and that this evolution is occurring through the instrumentality of a psycho-physiological, or in other words, a psychosomatic mechanism in the body, known in India as kundalini. He disclosed that this kundalini is responsible for all forms of genius, all extraordinary talents, all psychic gifts, as well as certain forms of insanity and that the brain is currently in an accelerated state of evolution.

Science cannot recognize that the brain is still evolving because we do not have the instrumentation for it. So it cannot realize that our brains are currently evolving at an accelerated rate. All one has to do is look at the children of

today to see how much more advanced they are at a very early age compared to those a few generations ago. This is incredible! The evolution of our nervous system is now proceeding at an advanced rate and is accelerating with each succeeding generation.

The nervous system is basically the key to the distribution of this energy when it awakens. The reason that the brain is in such a state of accelerated evolution has to do with the cumulative use of concentration from generation to generation. It is heredity that determines the capacity of the nervous system to distribute this energy once it awakens. Concentration, whether it be on a secular object or on a spiritual object, is the key that releases the energy. When yoga was designed, we were agrarians. We had the old nervous system. It was a Herculean task to awaken the energy.

Today it is not easy but again, due to our ripe nervous system, it is not the monumental task that it was in the past. In fact, Paramahansa Satyananda refers to kundalini as a gland, and he said that this gland is now ripe to explode. There is a certain section of the race that has a very advanced nervous system and there is a very thin veil between our current state of consciousness and the next plateau, the next development in human evolution. We have only to focus our attention in that direction.

The last part of his disclosure was that this evolution towards higher dimensions of consciousness is ruled by a spiritual law which is still unknown to mankind at this time. It is the violation of this law that is behind the present critical situation in the world today. Time does not permit me to expand upon this, but I will say that we are on the precipice of a massive change, because the current social order, the current way of life, is inimical to the inner process that is taking place in every brain in the world. As nature has done in the past, when we have come into a period where we are not cooperating with our own evolution, she makes sweeping changes. We are about to enter the vortex of this change in the very, very near future.

As I mentioned, Gopi Krishna died in 1984. I mustered enough courage to come to India to explore the research that he wanted to do, and which he outlined in great detail. The only reason I did it was because I looked around and there wasn't anyone else to do it. It was not something I wanted to do. I have never been a professional do-gooder. In fact, I am always a little suspicious of people who are professional do-gooders. But I reluctantly came with an open mind and a willingness to follow the consciousness guiding this project, and my life has been a series of miracles since I arrived.

I arrived in September of 1991, and we immediately started formulating the Kundalini Research Association International, registering it with the New Delhi courts. Dr. Karan Singh, the eminent scholar, philosopher, author and diplomat, here in India, became our worldwide chairman. He was invited here today but due to a conflict, he had to be in Japan, and he asked me to extend his best wishes and his regrets that he is not here.

Early in 1992, I was drawn to the Bihar School of Yoga. I had never heard of it before. Even though I had been to India four or five times with Gopi Krishna when he was alive and several times after he passed away, I had led a sort of cloistered life and I did not really look into many of the institutions in India. Upon my arrival here at the Bihar School of Yoga, I sat with Paramahansa Niranjanananda and outlined the intentions of our research.

I was amazed that Paramahansa Niranjanananda absolutely accepted everything I had to say. He was the first person that I had met in India who did so totally. He not only accepted it, he comprehended it, complimented it and immediately indicated that this was why the Bihar School of Yoga was formed. This was the highest intention of the School, to scientifically validate the purpose of life, the purpose of existence.

Paramahansa Satyananda had talked about and written about this in great detail, but I had never studied any of his books till that time. So Paramahansa Niranjanananda invited me to make my home here, to do the research here. I had explained to him that we were looking for a climate that was neither too hot in the summer nor too cold in the winter to conduct these experiments. I then said to him, "now if you can change the weather, I would really be interested." And obviously he is still working on that!

I immediately went from there to the Vivekananda Kendra Research Foundation in Bangalore, and Dr. Nagarathna gave me the same invitation. He was equally receptive to the hypothesis that we were postulating about the awakening of kundalini. So I took up residence in Bangalore about six months later, and I have been operating out of there since then.

We formed an organizing committee of the Bihar School of Yoga, the Vivekananda Kendra Research Foundation and our Kundalini Research Association International, for the purpose of formulating plans for this research. To date we have not done much about it, mainly because I have been on a public relations tour of India, speaking and promoting the concept to many, many people and I rarely stop traveling. Early next year I plan to be here for several weeks to formulate an organizational plan for the research that we hope to start in 1995.

Now I will explain something about our concept of the research. It is our proposal to select or screen 150 subjects from all over the world, who will take residence in some place in India, which is yet to be determined, and undergo spiritual disciplines to awaken kundalini. The subjects will be monitored by the latest scientific equipment available, by psychologists, parapsychologists, and even psychiatrists. The purpose of this investigation is to document the process of spiritual metamorphosis. The goal of the research is to demonstrate the next level, the next plateau of human evolution.

We are moving from a state of human to transhuman consciousness. As Paramahansa Satyananda says, we are about to become junior gods, embracing all of our divinity. We have high hopes and convictions that we can demonstrate this process and monitor all of the biological changes that take place in the course of this transformation. The objective is to have a certain number of aspirants raise this energy to the seventh center, located in the brain. Although the task used to be Herculean, it is still quite difficult, but we expect that a handful of five or ten out of the 150 will ultimately reach states of transcendence, and we want to monitor that process.

The problem is, science cannot validate transcendence. We are at a point where we can only build a database of people who claim transcendence. Then what can we monitor? The true aim of yoga is to open up silent chambers in the brain. Gopi Krishna wrote about that extensively. I did not realize that at the time Swami Satyananda has laid great emphasis on the fact that when the energy awakens, a burst of activity occurs in the brain. It starts to flower, to blossom. With today's medical or scientific instrumentation this activity is measurable.

Now, what happens when dormant centers of the brain open? A new mode of cognition, of perception is developed. This is what has been known as the opening of the third eye, the eye of Shiva, the opening of the tenth door. This has been known through all of recorded history. We are going to validate that, but our validation will take its most striking form in the fact that mental transformation is a by-product of this evolution towards transcendent states of consciousness. We are going to validate the proposition that genius can be cultivated.

The theory is that all the great saints, the prophets of all times, the extraordinary souls who took the form of Christ, Buddha, Mohammed, Shankaracharya, Guru Nanak, Vyasa, and St. Teresa, were all advanced souls of the human race. We are moving irresistibly towards the same goal. That is only the next plateau in human evolution, on an infinite ladder of evolution. The absolute will always send advanced souls to guide the race. In time, it has been said, we are meant to become gods on other planets. This is through the millennia.

The difference between human and transhuman consciousness has been compared to the difference between animal and human consciousness. This difference is measurable, and our focus is to prove that genius can be cultivated. I am going to quote from Swami Satyananda on this point. He says, "with the awakening of kundalini, the greater intelligence is aroused from its sleep, and you can give birth to a new range of creativity. With this experience, you could become a prophet, a saint, an inspired artist or musician, a brilliant writer, poet, a clairvoyant, a messiah. Or you could become an outstanding leader, a prime minister, a governor or president. The awakening of kundalini affects the whole area of the human mind and behavior."

In my darshan earlier this year with Swami Satyananda, he was very enthusiastic about this research. He gave me his blessings and said, "You know, once you awaken the energy and you live with it for a while, you can learn to direct it to anything. You can direct it to music or language, you can direct it to any form of activity." This is what we hope to evidence in this research. We hope to demonstrate that genius can be cultivated and that there will be a few aspirants in this environment, over five years, who will develop multiple forms of genius. This will eventually change scientific concepts about mind and matter.

Scientists say that the genes determine the breadth and scope of our intelligence, and they are correct. But when the kundalini awakens, even the genes are transformed. Then there are no rules; then we will be able to blossom into all

forms of genius. That is our future, and our destiny. We are all on the same ship, heading for destination unknown. We are all moving towards the same port, only we have to start cooperating with the process. That is what yoga is all about.

There are many forms of research taking place in yoga today, having to do with yoga therapies, with healing. They are marvelous work, but they just represent the branches of the tree of kundalini. Our research will focus on the roots of the tree. It will focus on its highest expression, which is genius and transcendence. There is no doubt in my mind that this is the appointed hour for this sacred knowledge to be revealed.

Once spiritual laws are known, materialistic science will have to act as a unifying principle among all mankind, to bring the goal of evolution before humanity, in a context that it will comprehend. This is very profound yet very simple; it is only man's arrogance that stands in the way. We believe that we have already reached the pinnacle, but we have not even scratched the surface of our potential that Swami Vivekananda spoke about constantly.

This kundalini research is designed to represent the spiritual heritage of India. It is not going to be dominated by any one school, philosophy, or teacher. It is open to all to participate. We refer to it as the Kundalini Project, but this is to represent the great spiritual heritage of India. When this research is proven, Indians will wake up to the great glory and grandeur of their land. Right now there is decay and decadence here, like there is in any other place in the world. But someone said recently at another conference, "you scratch the skin of an Indian, and there is a yogi underneath".

The spiritual heritage is here, and India is the soul of this project. The reason that we are not pursuing it in the West at this time is that India has scientists equivalent to any in the world. There may not be as many, but they are as good. You have a priceless documentary treasure of authentic material about this experience here, much of which has not been translated, and you have yogis unparalleled by any in the world. Western science is still not ready to accept that prana is the agent behind every chemical and biochemical change that takes place in the body. It is too far removed from their heritage. But in India a number of the most eminent scientists are receptive to this concept, and that when kundalini awakens it becomes a higher form of prana. According to Swami Satyananda, it is a higher voltage of prana that opens up dormant centers in the brain.

In conclusion, I have a quote from Sri Aurobindo and then I would like to make a simple request. Sri Aurobindo says, "India of the ages is not dead, nor has she spoken her last creative word. She lives and still has something to do for herself and the human people: That which we must seek now to awake, is not an Anglicized oriental people, docile pupils of the West, doomed to repeat the cycle of the occidental success and failure, but the ancient, immemorial Shakti, recovering her deeper self, lifting her head higher towards the supreme source of light and strength, and turning to discover the complete meaning and a vaster form of her dharma."

We are interested in speaking to anyone who would like to assist or participate in any level of this work, or know anything about this work. Also if there is somebody, or some people here in the audience who have been bestowed with excess wealth and have been praying for guidance as to what to do with this wealth, I will inform you that your prayers have just been answered!