

My Kundalini Experience

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When I was 38 years old I was living in Sydney, my youngest son was ten years old and had wonderful clairvoyant inner vision. I had practiced Hatha and Raja yoga for approximately four years both in Melbourne and then in Sydney. During my practice of Yoga I developed a strong inner awareness or intuition. I remember returning home from the office one Monday evening and receiving a strong impression or thought to get off the bus about six stops before I normally would.

I had learned not to ignore these impressions because they were never wrong. After alighting from the bus I knew that I was meant to go up a particular street, which I did. I came to a very high wall that surrounded a large playing field. I was then impressed with the thought that I should walk around the wall seven times and bless the place and fill it with light, which I did without question. At no stage did I question these powerful impressions. After I completed this task I walked home.

The following Saturday at about 11 am we heard the sound of a magnificent tenor voice coming across the air. Justin said he would like to go and find out where it was coming from. After he was gone for about three quarters of an hour we decided to go and look for him. We followed the sound of the tenor voice only to find that it came from the walled sports ground where we also found Justin.

The place was full of people, mainly from the Italian community, celebrating a special saints day. There was a large statue of the Virgin Mary and the people were obviously very happy. I then understood why I had been directed to bless this place and fill it with light – obviously to make it ready for this event.

Several weeks later my inner voice suggested that I meditate for three or four hours every morning. The next day I arose at three AM and meditated for between three and four hours. Although I was already a vegetarian I was asked to simplify my diet even more.

I continued with my meditation each morning after which I made lunches, tidied up and went on to my office in the city. During this twelve month period I had inner visions. I remember one in which I saw Poseidon or Neptune very clearly. When he spoke to me he said “you are a child of light.” Why Poseidon? I don’t know except to say that I have always had a strong love of the sea.

Another time when I was meditating, inwardly I saw myself as a fish in the sea. I strove as the fish to swim faster and faster but it was never fast enough. Then I became the wind and found that I could travel much faster but still not fast enough for me. Then I became a streak of white light and my movement became even faster. I traveled through the heavens until I came upon a great being of light. This being asked me to stop and pay him homage.

I replied and told him that I was unable to pay him homage although I was the servant's servant and that I must pass on. He told me that I had learned my lessons well and that indeed I must pass on. I continued until I came to what appeared to be endless white light and I became one with it.

Justin and I continued to pray together each night and we spoke the Great Invocation from Alice Bailey's writings together. There were other prayers and children's stories with spiritual messages that two women in Western Australia sent to me because one of our friends had suggested that they were really worth having and they were.

Justin would "see" and speak to me about my auric emanation and tell me of the changes that he could see. I remember that he once told me there were many flowers in my aura. A little later I sat and began to meditate and ask that these flowers be directed to people who needed comforting and healing. I considered them to be a gift from God.

About 12 months after I began my 4 hour daily meditations, when I finished meditating one day I felt that this was to be a special day for me. After I quickly finished my breakfast and morning tasks I showered, dressed myself carefully in special clothes that I was asked to do from my inner prompting. As we left the house Justin told me of the special light that surrounded me although I hadn't shared with him the fact that this was a special day for me.

We caught the bus together, he got off much earlier than I to go to school. I continued into the city and got off so I could walk through Sydney's Hyde Park, which was close to my office. I walked through this beautiful park calling mentally for a blessing for it and all who passed through it. I asked for a blessing for the water that came through the drinking fountains.

I passed the War Memorial, which I had been in many times. I had become aware that it was built on ley lines because I always felt the energies. Any time I touched the balustrade above the sleeping soldier I always felt a kind of electricity tingle through me. I didn't know what this day held for me, only that it was a special day.

I crossed the road opposite the park to the footpath where there were a number of shops. I heard a voice call me and when I turned I saw the man from the florist shop holding out a bunch of roses. I was a regular customer of his and asked him how much they were. He said that he wanted to make me a gift of the roses. I accepted them and mentally asked for a blessing for him. Spirit had obviously touched him.

I floated upstairs to my office and got on with the tasks at hand. At lunch time I went out through Hyde Park, which was now filled with people sunning themselves, playing chess, sitting quietly or walking and talking in this bright sunlit place.

I went over to David Jones where I bought some notepaper that had beautiful roses on, on special. It was November, almost Christmas, and they put my notepaper in a brightly

coloured green bag with a large white dove on it. The dove has always had a special significance for me as it represents the Holy Spirit.

My inner voice directed me to go in a particular direction, back to the War Memorial. When I entered there were about 15 or 20 people inside. My inner voice asked me to kneel and I agreed to do this in spirit. I visualized myself kneeling and was then told that I was married to eternity. I now understand that it means I have intimate and eternal connection with that which exists beyond space and time. However at that time I didn't really know what it meant. But I felt as if I had something on the crown of my head and that feeling continued all day.

When Justin saw me that evening he told me without me mentioning what had happened or what I was feeling, that I had a great multicoloured flame above my head. I knew then that what I was feeling he was seeing. I didn't know what it was or what it meant.

Several weeks afterwards the word Kundalini came into my mind. What did it mean? I had no idea, perhaps it was a star. I asked several friends who belonged to the ESP Society that I was secretary for and they were unable to help.

A week later when I was in the Adyar bookshop waiting to pay for a book I noticed a small book on top of the book trolley with Kundalini written across its front cover. Eagerly I picked it up, paid for it and took it home where I read it as quickly as I could. I then understood much about the process and its latent power in man that I had experienced over the past year.

Six months later when I was living in Italy, Pier Franco, a friend who was the Italian representative for Sant Kirpal Singh, gave me a portrait of this guru, which I then had framed, to place in my meditation room.

One winter's morning I was sitting in bed meditating when suddenly I found myself standing in spirit in front of Kirpal Singh's portrait. Then out of the portrait stepped a golden figure of light. The figure was about 25 feet high and the emanation from it made me think that this was what the atomic bomb must feel like. I then found myself fully conscious and back in bed. I guessed that I had experienced a deep quickening.