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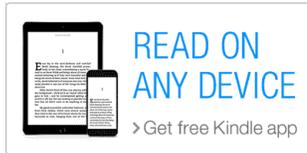
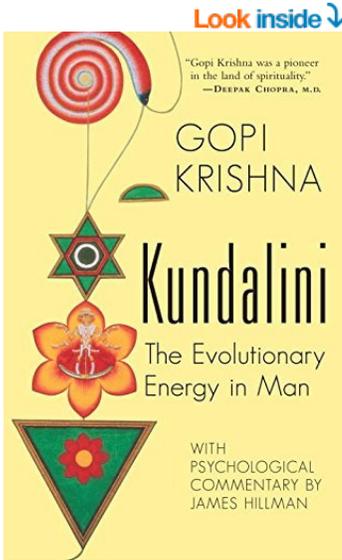
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by [Gopi Krishna](#) (Author), [Gene Kieffer](#) (Foreword)

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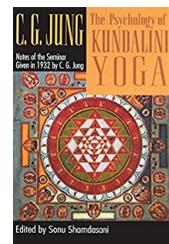
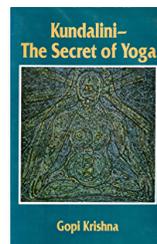
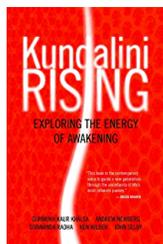
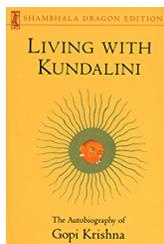
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"Gopi Krishna was a pioneer in the land of spirituality."—Deepak Chopra, M.D.

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About the Author

Gopi Krishna (1903–1984) was an ordinary Indian householder who experienced the awakening of the spiritual force known as kundalini at the

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Biography

Gopi Krishna was born in 1903 to parents of Kashmiri Brahmin extraction. His birthplace was a small village about twenty miles from the city of Srinagar, the summer capital of the Jammu and Kashmir State in northern India. He spent the first eleven years of his life growing up in this beautiful Himalayan valley.

In 1914, his family moved to the city of Lahore in the Punjab which, at that time, was a part of British India. Gopi Krishna passed

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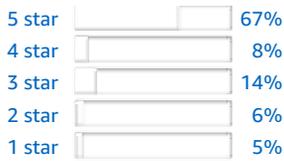
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Mankind's gateway into Spiritual Evolution

By [JL Britten](#) on June 2, 2013

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Let me start with a quote from Gopi Krishna viewed on YouTube: "...Social equality, altruistic and humanitarian principles, moral education, universal brotherhood, and removal of barriers between man and man. These are some of the basic factors that contribute to the harmonious progress of human kind".

Few would argue that man has not `evolved' to become a being who demonstrates the higher order thinking skills that allow him to problem solve, express creativity and be equipped with the power to comprehend an ever changing environment. This book describes one man's inadvertent `awakening' of Kundalini, which he defines as that "universal and inherent spiritual power" that resides in Homo sapiens, for the purpose of moving us towards an even higher level of consciousness or spiritual evolution. Mr. Krishna is very careful to acknowledge the universal nature of this power, an energy that transcends so called religious beliefs. The book acts as a single account of the danger of awakening Kundalini before "her time" (pg. 165), but the author also documents his progress, and his eventual understanding of the changes (both physical and mental) that take place within him.

At a time when many are searching for a practice that would cultivate a kind of inner peace that can be made manifest in the external world, Mr. Krishna has written this book. His descriptions of how his

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The best information on what happens when it all goes wrong

By [slouis](#) on November 3, 2015

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The best information on what happens when it all goes wrong. The western man should beware of engaging in those eastern yogic practices because that is some of the things that can happen. Besides that it is a good read.

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experiencing kundalini

By [R.Bin](#) on November 24, 2002

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A very honest trip through kundalini awakening, the author has avoided to tell us precisely what happened exactly before that very day, but you have a very clear understanding of the process.

Carefull attention is required, nothing forced like for Gopi, however his experience show us there will be a lot of awaken people in the future.

Be wise don't overdo it, awakening comes with a change in the brain and spinal apparel, consciousness has to shine within your body,needs a good and stable mind and body . Do read Osho rasjneesh books too, as meditation is learning to die going through the process of dying brings real life within you.

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I knew I wasn't losing my mind!

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It's all BS, mine almost gone and I feel normal again! :)

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Five Stars

I bought this for a friend.

He raves about it. I have no idea.

Published on April 23, 2015 by Patrick J. McInerney

Five Stars

Excellent

Published on November 17, 2014 by Damian Clark

Kundalini Krapola

I first read this book more than forty years ago after I had intensely awakened Kundalini and was suffering from a Kundalini disorder. [Read more](#)

Published on August 8, 2014 by L. Ron Gardner

Five Stars

Great book!

Published on July 11, 2014 by Phillip Julien

A must read on the Understanding of Kundalini!

I have read this book twice. The second time gave a much better understanding. A wonderful text on Gopi Krishna's personal experience about his Kundalini awakening. [Read more](#)

Published on October 6, 2013 by Serena

By [Amante](#) on October 29, 2011
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This book is a fantastic read! Explained, clarified what I'm currently going through spiritually. I thought for a second that maybe I was losing my mind, but then I read this book and realized that all the crazy, mind bending things I've experienced recently are symptoms of my spiritual enlightenment/kundalini energy rising. Gopni Krishna predicted that man would experience a rise of Kundalini in the future and boy was he telling the truth! Makes me look at those people walking the streets talking to themselves in a whole new light. I think many of them are experiencing this rise, but don't know how to channel it correctly. I have experienced it as well in the form of extreme anxiety and now I am certain that this was merely a symptom of the Kundalini rise. Now I know not to be afraid but instead to just go with the flow and harness it to do creative work! Hope this review encourages/helps someone else out there that has been going through similar experiences. This is a MUST READ!!! A true third eye opener <3

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classic

By [greeg martensite](#) on July 1, 2015
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I had kundalini back in the 70's. If it wasn't for this book I wouldn't have even known at the time what it was.

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Difficult to read

By [Bronte Jung](#) on March 30, 2012
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Many of my friends recommended this book and I finally bought it. I found a few nuggets in there but overall I found the book a bit archaic, and the format with huge paragraphs made it a little difficult to read.

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Unique and valuable perspective

By [TLAnt](#) on February 25, 2014
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Filled with a very valuable sharing of experiences. I thought it was especially interesting and helpful to see the Psychological perspective as well.

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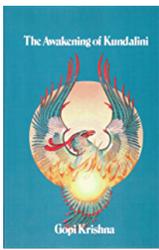
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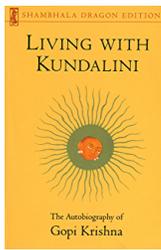
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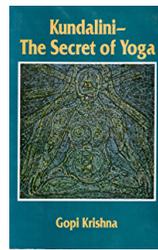
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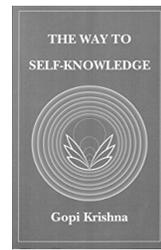
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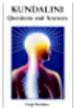


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