

# My Kundalini Awakening

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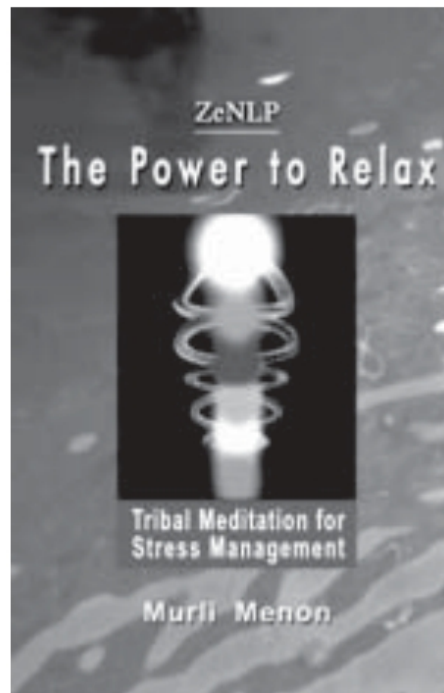
On 1 January 1995, I had one of the most traumatic experiences of my 28 years of existence on planet earth and this particular experience has transformed my life forever. I was returning home after a New Year's party at Jayanagar in Bangalore, when I had a head-on collision with a truck. I was wearing a helmet, yet had a serious head injury, which resulted in organic damage to the right fronto-parietal lobe of my brain. This hemorrhage prevented blood flow to my right brain resulting in complete paralysis of the left side of my body. Doctors at Manipal hospital were brave enough to declare me a vegetable for life, as blood flow to my right brain had been obstructed for eight hours and I went into coma. The subsequent surgical interventions meant total dependency on powerful anti-epileptic drugs for the rest of my life!

After about a week of drifting in and out of coma, I regained consciousness. However, the left side of my body continued to be dead weights. Slowly but surely, I recovered from paralysis by combining Zen meditation with NLP (Neuro Linguistic Programming). I was regularly practicing meditation and creative visualisation before my accident. I knew that mind power could cure any disease including amnesia, epilepsy and paralysis. By practicing ZeNLP, I regained back my health in a short span of three months. I decided that as I had been given a new life, I would dedicate it to the cause of environment protection. I made a list of goals and put them in writing. I decided to research all published material on injury to the right fronto-parietal lobe of the brain and its physical, psychological and neurological effects on the human body.

Waking up at 5 am, I started going for hour long walks in the park, and as I took endless turns jogging, I kept chanting powerful positive suggestions to myself. I also started going to our neighbourhood cyber-cafe and downloaded and printed out all scientific and medical texts about injuries to the right fronto-parietal lobe.

I spent eight to ten hours each day, studying these printouts over endless cups of green tea. At the end of three months, I found that medical science could not explain the functions of two of the most important glands in the brain.

The first is the pineal gland (described by Churchill-Livingstone Medical Dictionary as a small reddish-grey coloured structure on the dorsal surface of the brain whose function is not fully understood). Modern medicine considers the pineal gland as a vestigial organ and has still not been able to determine its exact function. The second gland is the amygdala (described as an almond shaped mass



of grey matter in the temporal lobe, which has no significant function). Over and above this, medical science has not been able to decide the function of the tail-bone or coccyx.

Once the process of evolution from ape to human was completed, tails became vestigial organs and disappeared due to its disuse by humans. However, the tail-bone or coccyx is still present in humans. The appendix is also a vestigial organ in humans and surgical removal of the appendix causes no physical or

psychological defects among humans. In fact, many patients are recommended to remove this vestigial organ surgically. However, surgical removal of the amygdala, pineal gland or coccyx caused serious emotional, mental and psychological disturbances among patients. Thus, it was clear that the pineal gland, amygdala and coccyx had a vital function in human evolution and their presence signified that humans are still evolving. By branding these glands as vestigial organs medical professionals are trying to divert attention from the limitations of medical science!

However, the more I researched about the functions of the amygdala, pineal gland and coccyx, the less I found about them. I continued my research during most of 1996 and found that I started getting repeated dreams about the human brain and its unlimited potential. This made me shift the focus of my research to dreams and their significance to the brain. I found that lack of sleep affects the brain and dreams are important for physiological, neurological and psychological development of the brain.

On the first anniversary of my accident, I decided to spend the New Year's Eve at a forest resort, which is an eight-hour drive from Bangalore. The Bilagiri Rangan Hills or BR Hills is a reserved forest, which is approximately 300 km south of Bangalore. On 30 December 1995, I took the KSRTC (Karnataka State Road Transport Corporation) bus to BR Hills and arrived there at around 8 pm. Early morning, I decided to take a trek around my guest-house, when I found a group of tourists proceeding into the forests for sightseeing. One of the passengers of the jeep happened to be my student and he asked me to join them in their safari.

Unknown forces were propelling me into an adventure, which would last a lifetime. I hopped on to their vehicle and found myself in lush deciduous forests. The tourists were trying their best to spot elephant tracks but could only spot a few stray deer and solitary