

KUNDALINI – A PERSONAL EXPERIENCE AND DEFENCE

by Sam Fryman

Following posting my recent book “What Is Intelligence?” one critic has commented that he or she rated the book very highly until the mention of what this critic clearly regarded as the “far-fetched” (shall we restyle it) *kundalini theory*.

Whatever anyone thinks of Sam Fryman (whoever he may be in reality) he hopes however that even his detractors agree he is not a liar, he is not a dishonest person.

His books have not been written to make a name for himself, because he feels to be famous is right now as a human being about the very worst thing that could possibly happen to him.

Neither has he any desire to make money from the works he has written as this also would just put him on the level of all the other exploiters who want to put themselves on the platform, make a name for themselves and live a comfortable self-important life, by writing some clever and arguable even “wise” words at the expense of those who have real jobs in the real world like those who milk the cow, lay a brick or nurse the sick.

On the contrary, all he sees himself as is a reasonably good communicator on behalf of beings who are on the whole far superior in intelligence and understanding to himself, whose thoughts and works he has studied in depth and carefully for over a quarter of a century, which he knows that most people trapped in the capitalist society and world will not have the time, energy or opportunity to do.

But he feels in the face of such unjustified criticism (that is, it is justified *until* he reveals these facts he is about to, which he would rather not have done) it is high time to lay his cards on the table.

So now, Sam Fryman is going to make a personal confession which should hopefully clear up the problem (or possibly rather *intensify it* in some cases) of the commenter and reader (and those of like mind) who has said of his book “What Is Intelligence?”:

“Very good until that kundalini 'theory' nonsense.”

Because we are not concerned with merely that one *honest* critic, but with the likelihood that many others are thinking similarly, but not being so vocal.

So here is the *evidence*, is the *proof*.

For the *fact* is that Sam Fryman himself experienced a kundalini awakening around a decade ago, and that is why he is able to write (very quickly and easily, it should be pointed out, without any vanity) his books, whereas presumably his critics generally speaking are not so capable.

At first, when his kundalini awakened, he thought he was just suffering from some awful illness and visited several different doctors to try and sort this problem out, including doctors who were relatives and friends and therefore he could question at length without any fear and get the greatest and most honest assessment from.

But they were either baffled, or as a means of avoiding their ignorance, or out of even a genuine desire to help, they said he had a problem with stress, and that was what the condition really was.

But the problem with *that* “theory” was that he was getting a few symptoms that didn’t quite fit in to the medical theories.

For example, on several occasions he got what can only be described as “spontaneous non-genital orgasm” lasting on average about twenty minutes at a time.

Though Sam Fryman is not remotely claiming to be “a saint”, he feels it is necessary to point out this also has occurred to many saints and similar types, many times over history, and described as “ecstasy” or “ravishment”, but presumably our critic knows nothing of this, or would like to ignore this *undeniable fact*, since it cannot fit in with any of his or her medical or scientific theories.

Gopi Krishna writes about his own experience of this in either of his two autobiographies, the shorter and easier to read of which is “KUNDALINI – THE EVOLUTIONARY ENERGY IN MAN”, first published 1970, but again our critic does not seem to be aware of or want to know about this *undeniable evidence*.

But as we clearly accept this is a rare experience happening right now (and less in former eras) to anybody on our planet, let us be clear about just what we know *personally* and are talking about.

Imagine you are watching the ball game on a Saturday or Sunday afternoon and all of a sudden your body starts going warm and “glowing” and it increases in intensity until the only thing that you can compare it to is that sexual experience we are all surely familiar with, but the difference is, it doesn’t last a mere few seconds, it lasts for *twenty full minutes non-stop*.

And because it is so unbelievable in comparison to every experience you ever had previously, and you haven’t even considered taking a hallucinogenic drug in years, you have to conclude that there is something very strange happening in your body indeed.

But these mere physical thrills are not enough perhaps to convince a serious “doubting Thomas” type sceptic like our friend who made the critical comment.

(what he or she needs to realise however, is that this phenomenon is wholly commensurate with the kundalini theory’s explanation that the sex energy can work two ways – either *downwards* as in the normal sexual orgasm, or *upwards* to the brain, creating the same effect (only far longer lasting) without any stimulation of the genitals or ejaculation).

So then we should mention that the supposed outcome of a *true* kundalini transformation is an expansion of the mental powers – especially in terms of enhanced oratorical and literary abilities.

And old SF (Sam Fryman) wishes to tell his critic and everyone else, this appears to be, in so far as rationality can assess it, to be what happened to him.

That is, for example SF tried to write novels for many years and could not ever get beyond a few pages.

But around a decade ago, after this “kundalini nonsense” hit him, all of a sudden he was able to write novels (his first writing efforts) without any great difficulty, so he could write one every two or three months without any great effort, which feat he was not remotely able to achieve before, as we have said.

Most of his books, including the aforementioned “What is Intelligence?” were written in just a few weeks, frequently writing ten thousand words or more non-stop each day without hardly a break.

But in the early days, he experienced in particular a period where his brain actually started “speeding up”, i.e. producing and spinning ideas in a non-stop flow, which creative ability he did not appear to have before to anything like that degree, and does not even generally speaking possess now to that original level.

In particular he actually discovered on one particular day, that his mind was *involuntarily* inventing “jokes” every few seconds for hours on end, as if he were on some psychedelic drug, yet *he wasn't*.

So there is much more to tell – unfortunately not about having web fluid secreted from his wrists and able to swing from one tall building to another like “Spidey” – but we hope that the sane and intelligent reader will now appreciate that Sam Fryman may well have once been a “yogi” of sorts, but is really not any longer quite like “the average bear.”

He also wishes to point out that he got into this “kundalini state” after about twelve years or more of daily meditation and similar practises, just like the yoga books said could happen, just like happened in Gopi Krishna’s case, though in his case, far more dramatically.

This kundalini is we are now therefore saying, casting aside our reticence and perhaps “false modesty”, not merely any *theory*.

It is what the author knows to be true from his own experience.

Additionally, he has had brief experiences of “intuitive knowing” which have revealed to him the *truth* of what he has written of and commented about, though he will not claim *total certainty* for this, because in the final analysis, all experience is subjective, and to a true rationalist *nothing whatsoever* including many or all of “scientific theories” can be regarded as anything more than *opinion*, for example, regarding the origin of the universe, which we are *authoritatively told* (i.e. as if it were incontestable fact) now happened around thirteen billion years ago, due to this so called Big Bang, though nobody knows what things were like *before* the Big Bang, or above all *why* the Big Bang decided to happen at that particular moment, or indeed at all; but of course, when you are a modern scientist, and people ask *why*

something happened, you generally declare the whole question as invalid, and merely the wrong thinking of some lesser mortal with an inferior brain.

But Sam Fryman's only real claim to "spiritual expansion", as he sees it, was a fleeting sudden awareness that in actual fact happened to him long before the more recent "kundalini awakening" - when he was around thirteen years old, but has left a lasting impression ever since.

(the *kundalini awakening* however, seems to have provided *the equipment, the machinery* for expressing what he found previously "inexpressible").

i.e. he had a kind of "vision" or "clear intuition" of what the nature of reality was really about, and that the understanding that our life and universe is fundamentally an eternal *consciousness* rather than a honeycomb of dead rocks and particles put together by random chance.

He had not read one scrap of "Eastern Philosophy" then, and was just an average foolish schoolboy feeding on the vanity of coming top of the class in almost every school subject, and thinking *erroneously* he was therefore a more special or better human being than everyone else, because the teachers more or less all told him so.

Sam Fryman himself often wishes that this kundalini had never happened, that it were not true, for right now *at the very moment of writing* he has energies whirling round his body and all sorts of strange sensations inside him (some of them, *not* very pleasant at times), which just weren't there before a decade ago.

Has our critic any conception of what it is like to feel one is (internally) glowing like a fire, without any drink, drugs or whatever, we would like to know?

And to have a body in a state of bliss for minutes on end that causes one to suddenly think whilst laughing all the while -

"Hang on - who needs women when I am going into ecstasies without a single one of them being even remotely present, when my body is on fire like a sensual hot orgasmic coal?"

So again, we ask - has this critic closed his eyes and suddenly found energy pulsating through his body, and feeling like he is floating on air, and energy pouring into his head and feeling himself expand in every direction like he was some kind of being out of a Star Trek or science fiction story?

We really don't think so, so we submit our *opinion*, that because this critic has never had such an experience, nor one of this "underlying unity" in Nature, he or she does not know what he or she is talking about.

So all this happened to SF before he ever heard of Gopi Krishna or even suspected he had this "kundalini."

And as he read Gopi Krishna's autobiography after being put onto it by *a lady* who had been through much the same as Sam Fryman (and was continuing to do so) many

years before, he could identify with almost everything Gopi Krishna said, but of course he was not aware of kundalini as this “evolutionary energy” evolving his brain, or alternatively giving him hell, as Gopi Krishna also explained in his book, due to the fact that Gopi Krishna had experienced a *major transformation* in his consciousness, gone to the very end of this process, and thus had a very clear vision; whereas SF does not claim to have had anything but a relatively *minor* transformation, though it is still it appears a very rare thing on our planet at this stage in our collective evolution.

So we have mentioned Gopi Krishna’s autobiography as further “evidence.” i.e. either Gopi Krishna is a liar, or he is deluded, or it is all true.

And there is we submit *no* scientific way of proving that he is other than sane, and his fifteen something books and numerous speeches indicate a very logical, well read and sober individual, as did his life experience which was assessed by many thousands of people who spent time with him personally, and judged him to be a very together, modest and utterly *normal* individual, who had an ordinary job in the civil service up until his retirement and was a good husband and father to several children.

So Gopi Krishna reported exactly this same phenomenon as SF got to a lesser degree – i.e. he in fact reported *constant orgasms* in the early phase of his far more powerful awakening, not just a few occasional ones like SF got.

(incidentally, we would like to pre-empt the idea that SF stands not for “Sam Fryman” but for *science fiction*, so at least any would-be critic cannot claim it as their own invention, just as one witty critic described David Icke’s *The Biggest Secret* as “the best British science fiction since Doctor Who”)

Gopi Krishna also reported further a much more comprehensive state of bliss however, than the mere physical state of bliss with which most of us are familiar due to ordinary sex experience.

Yet he said this non-sexually induced state of lasting bliss he entered was far greater than even a thousand sexual experiences simultaneously.

As did Ramakrishna, and as hinted at by Christ when he said “the kingdom of heaven is within you” and is “like a treasure buried in a field that you would sell everything else you own to get.”

As also repeated in one way or another by a thousand or more spiritual figures throughout history such as J Krishnamurti in the 20th century, and in “religious” or “spiritual” scriptures has been re-echoed over and over again by Moses, Jacob Boheme, Saint Teresa of Lisieux, Saint Teresa of Avila, St John of the Cross and all the rest.

But our critic is clearly a modern “rationalist” who wishes to ignore all these *rumours*, which for those who have actually experienced them, we regret to inform him or her, due to our own personal experience we are forced to regard to at least some extent as *facts*.

And as we have said in our several books, as has Gopi Krishna, on this basis, the information we want to warn the general public of in particular is that *too much* sex is going to starve our *evolving* brains of nutrients.

If we are lucky, due to this excess sex and also *overindulgence in our of control emotions* such as *anger* and *hate*, we will just get somewhat depleted and unhappy; but if we are not lucky, we will whilst the doctors and researchers scrabble around fiddling with genes and drugs with not a real clue as to the *simple underlying causes* - i.e. seriously misused and overstrained bodies and minds - develop serious physical or mental illnesses.

Parkinson's disease and many others may well turn out to have been triggered merely by too much sex and general "riotous living" in those who develop these things, especially at a young age, but it may be decades or centuries before the "linear" (i.e. test tube and microscope, rather than *holistic*) scientists come to realise this, unless they start asking some rather rude questions about what we do privately with our bodies and start correlating detailed statistics of who is getting ill and what they are getting with these two factors –

- a) out of control emotions
- b) frequency and degree of sexual activity over duration of time

which we recommend *must* be done, even if only with a relatively small statistical group to establish *if this is true or not*.

Note, that this kind of experiment also depends on *type* – generally speaking a high IQ, creative, artistic (and therefore more *evolved*) being, will have to be tested as a group of that *type* as opposed to other kinds of beings – we are *not* all the same, physiologically speaking.

But this sex behaviour area must be examined scientifically, because, SF knows *by personal experience* as did Gopi Krishna that having sex activity at the wrong moment, or excessively can cause "ructions" in our body.

The author is not going to describe his own experiences in detail, but can confirm Gopi Krishna's report that by interrupting the flow of sex energy up to the brain, in a *kundalini active person*, this can create a state of near death weakness and mental terror which may take minutes, hours or even weeks, months or years to fully subside.

In some especially sensitive people, Gopi Krishna says it could produce *instant insanity (or scarily even death)*, as if somebody ran a blow torch over the insides of some electronic equipment, which understandably never worked quite the same ever again.

Because our critic friend knows nothing much about *the brain* - because scientists actually don't know much and therefore *he or she can't* either - he or she is "blissfully ignorant" of this connection between sex activity and brain functioning.

One of the serious problems with research on this subject, is that many people have likely died (Gopi Krishna says so) due to this “kundalini awakening” gone wrong, or else do not know what has happened to them and have ended up drugged out of their brains under “the tender care” of some psychiatric facility or other, or too mentally deranged and damaged to express what happened to them in the first place.

It is quite likely that well known figures such as Peter Green of Fleetwood Mac, or Syd Barrett, formerly of Pink Floyd, had this kundalini problem, and “went off their rocker” so to speak for this very reason, which as we can see, the doctors and our rationalist critic are not yet remotely aware of, do not remotely understand, and thus regard as “nonsense.”

But we are not being a dogmatist here, and demanding *belief*, like some religious fundamentalist or zealot, we are saying – here is a *very powerful explanatory theory* which explains not only the appearance of religions and prophets - i.e. these people, like for example David Icke, who had minor or major (in the case of Christ, Buddha, Ramakrishna, etc) *kundalini awakenings* (David Icke also claims this *kundalini awakening* of himself in his writings), as it also explains the mentally ill – i.e. brain damaged or having “poisoned evolutionary energy or *prana*” in their brains; and it also explains the eccentricity and instability of geniuses i.e. because their brains are being bombarded by this on the one hand *enlightening, mind expanding*, but on the other hand, potentially unbalancing and terrifying energy.

We should add briefly it also explains prodigies and idiot savants, in the latter case, the kundalini blasts through the brain awakening (“irrigating” as Gopi Krishna puts it) one area (causing the outstanding but isolated talent or genius), and “burning out the circuitry” in the rest, due to the too powerful sudden flow.

In our earlier books, we compared this awakening when experienced as an adult in particular with “good” and “bad” drug trips, which unlike *suddenly active kundalini*, likely millions of people alive today have experienced, which proves that *the state of the psyche and brain* is the factor which determines if our life generally speaking is on a “good or bad trip”, when some energy like the drug is introduced to it, or as we have said, this *natural kundalini* energy enters it.

So yes, we could simply in theory write off all these cases of so called “kundalini awakening” as “nonsense” and so on, but the trouble is that this energy is more awake and advertising its presence - by virtue of their amazing and alternately eccentric behaviours - in genius types, such as Van Gogh, Tchaikovsky, the sadly recently deceased British soccer legend George Best (who amazingly had more or less a “state funeral” last year in Belfast), and most *genuine revolutionary* scientists throughout history such as Newton, Tesla and so many others.

Its presence is either like a *genie* or a *demon* of a kind, and we see that this “schizophrenic” behaviour is found to some degree in most of the above mentioned people, but not necessarily so.

This is where so called “religion” comes in.

Religion therefore becomes not some set of rules and regulations by some killjoy who wants none of us to have any “naughty fun”, but a set of *safety guidelines* coming from a *higher state of awareness* found in some major transformation case such as Christ or Buddha, telling us how to use our bodies and brains and order our social structure, so we don’t get into trouble and horrors – *personally* and *collectively* - like we have got now.

For example, if the individual is not correctly brought up, and the society is not good for him or her, we may grow a Hitler, who was to some degree what Gopi Krishna describes and most historians would agree “an evil genius.”

This, as well as mental illness, and inner torture, which Gopi Krishna has detailed in his own autobiographies, is the *dark side* of evolution.

And the broader picture since *we are all evolving* is that when our society throws away the *safety guidelines* of “religion”, set down by the various prophets and founders of religions, the intellectuals in society who are leading and ruling it start to develop an insensitive deluded state, like Hitlers of one magnitude or another, and start doing crazy things like Emperor Nero or Caligula before them, and thousands and millions get maimed and killed in needless wars, launched by the psychopathic (i.e. cold, unfeeling, power mad, insensitive, unsympathetic) leaders whom this kundalini, this *brain evolution* has gone malignant in.

The point is, as those who are properly experienced in life know, we can have someone who *talks* an absolutely great game, and seems to us like a wonderful chap or chappess, but then we find out they are a child molester, or enjoy torturing little children or animals, or even the human population in general.

We do not see this *psychopathic twist* in their mentality, until like Emperor Nero they start burning down their own city or *bombing someone else’s*.

But because like in Orwell’s *1984* we have been hypnotised into accepting that wars and race hate are *the normal state of affairs*, we tolerate all this going on, that is, we tolerate mentally warped people running society in a tyrannical, bloodthirsty and unjust manner, and we do not see that as we have also been hypnotised by “science” into believing that no God exists, and religion and mysticism and this “kundalini theory” is a load of rubbish, and therefore *moral or religious principles* are *rejected* as being what we should base our society on.

For example, those Muslims the West has (have *we* really, or is it just our “leaders”?) decided are living in the middle ages, and need bombing out of their “misguided extremism.”

Our leaders slaughter and maim tens or hundreds of thousands of them “on our behalf”, “to protect us” (from weapons of mass destruction that turn out to not exist) and then they hold up a little limbless boy and give him some plastic arms and legs to convince us all we are such good people really.

So little does our critic friend apparently understand all this – i.e. that when we get rid of the laws of “religion” or “prophets” we end up with the despots we have now - but

then he or she presumably has *no solution* to this current social horror we are facing, other than no doubt the old “come the revolution brothers, let’s kick out these bad guys”, which as George Orwell for example has explained in his wonderful *Animal Farm* just perpetuates this same state of *chaos and dictatorship in disguise*, which is masquerading as “democracy”, “communism” or whatever you care to mention.

We never have asked in our works for “blind belief.”

We are saying – we can’t prove there is a god, but what there *definitely* is, is this energy in the body, called by yoga practitioners who discovered it *thousands of years ago*, *kundalini*, which as we have said has all these strange effects, like producing spontaneous orgasms that last half an hour or whatever and have *no ejaculation of fluids* associated with them, just as Gopi Krishna said, just as the yoga books said, and all the saints and prophets whom the modern rationalist has been hypnotised (without any proper study or awareness of their lives) into mocking, just as people like David Icke are mocked; and therefore *not listened to* by the mass of the people.

We are not saying David Icke is all right or all wrong, but he certainly has got some serious points that everyone who considers themselves educated should be aware of.

But our critic friend no doubt imagines that all the knowledge that is worth knowing has been discovered in the last hundred and fifty years of “science” whereas there were civilisations like the Mayans and Dogons who had *precise to several decimal places* astronomical data (this is well documented by archaeologists) which has only been “discovered” by our modern scientists in the last fifty years or less.

But of course, *evidence* that does not fit with modern science, the so called “rationalists” (rather, as often as not, *reality evaders*) seek to discredit or regard as aberrant, like the Bell “action at a distance” particle experiment we mentioned in our recent work - “What is Intelligence?”

So when we say *kundalini* – which we can *personally* feel stirring at the base of the spine *just like all the yoga books and case histories (some available on the Internet) say* - can evolve the brain to a higher state of awareness, we are not painting any fiction, but rather *fact* as we know it.

We know that this force has created in us as wells as beings like David Icke, Krishnamurti, Gopi Krishna, Mahatma Gandhi and so on, an ability to use our intelligence we didn’t have before.

But as we said, we are not conducting any “brainwashing” or “indoctrination” campaign here.

We are saying that it appears to us *based on our own little experiences and glimpses* that “higher states of consciousness” as displayed for example by Christ, Buddha, Gopi Krishna and all the rest are *genuine*, and were all caused by this kundalini activity i.e. this energy at the base of the spine sending energy up to the brain, which either enhances intelligence and creativity, or else causes problems in the recipient’s mind and brain.

For let alone kundalini, but has this critic person whom we are addressing (amongst all other such ones) ever experimented with meditation techniques and yoga in general for around twenty years, as SF did?

Again, we think not, and therefore, though we mean him or her no malice, we would say he or she is not equipped to so freely criticise.

So our purpose here has been to add a few *first hand* “facts” and “personal experiences” in the hope of persuading this lady or gentleman and his or her likely many disciples across the world that this denial of the spiritual laws is wrong, and will have only bad consequence for everyone (as we see before our eyes, increasingly more so, every day).

But we are not claiming this as *dogma*.

We are saying, *be scientific, be rational*, just as Gopi Krishna did, we are demanding *research*.

We are saying, we have got an experience that doctors cannot currently explain.

We also warn the reader however not to consider bowing down to or accepting *anybody* “on trust” who claims this kundalini awakening as some kind of badge of superiority.

It is also our considered opinion after long discussions with many “kundalini claimants” (though by no means *all*) that so called “kundalini awake” people are not necessarily the brightest members of our society. Some people may be *born* with a “genetically inherited intelligence” which far surpasses what a *limited* kundalini awakening can produce in most individuals in their current lifetime.

For there are also those who are just claiming it as a tool to gain power over others, maybe make some money out of it, by for example posing as a “guru” or “healer” and taking a lot of money off others for their “wisdom” and “occult powers” (mostly if not all *fake* ones).

This is why in particular SF nor Gopi Krishna ever made any money to speak of, or intend to out of their writings on this subject.

Because otherwise, people could say “ah, this is just some new exploitative fad – he is in it for the money.” (he is just one of those hypocritical revolutionary pigs from *Animal Farm*, he is merely as Patrick McGoochan’s *Prisoner* might say “the New Number Two”).

So we would like to assure all readers that we have made no serious effort at getting these works on kundalini published in a commercial fashion, and would only consider doing so, to spread the information far and wide, and would refuse any financial compensation for them *ever*.

So then, our critic must ask him or herself, just why did SF and Gopi Krishna bother to write these books? What is their problem?

And their problem is *human suffering* – in SF’s case both *his own* and *that of the world in general* - for any half-sane person can see that the two things cannot easily be distinguished and separated.

As Krishnamurti says “we are the world.”

We are all either laughing or crying together, and right now there is a whole lot of crying going on.

If we can’t hear it, it’s because we are so plugged in to our entertainments and celebrity gossip and sex, drugs and rock and roll that we have drowned it out.

But the *sensitive* people in society cannot shut it off. It pains them. It is hard for a truly sensitive person now to even watch the TV news, such is the horror, about which they feel almost completely helpless.

So you see, the powers that be, see to it that we are bludgeoned into *insensitivity* by making sure there are plenty of wild experiences in our environment including prescription and non-prescription drugs and the most widely freely available sexually stimulating material in still and motion picture format that has *ever* been available in the whole of human history on the planet.

Women fear sex obsessed men, because they know *in a good number of cases* they are capable of rape, sadism and in some cases child molestation, as indeed are some *women*.

We all think sex is great until we see the horrors that it can create in our relationships with our fellow humans when it gets out of hand, as the authorities have allowed to happen.

i.e. wait till your boy or girlfriend, husband or wife or *young son or daughter* goes off on some wild sex trip with your neighbour, best friend or boss at work, if you think this “sexual liberation” is such a good thing.

Wait till some sex crazed teenager molests your children (one teenager raped four *pre-teen girls* in “merry England” last year) or your mother or even grandmother under the duress of this unprecedented promotion of sex never before seen in recorded human history, if you don’t yet agree with us.

Or wait till you end up in prison on some fraudulent charge, with a jury of brainwashed morons all saying “guilty” and you end up being gang-raped or forced to give oral sex to some prison bullies *of either gender*.

(the recent revelations of the abuse by soldiers in Iraq - just ordinary, average people put into a life and death situation they shouldn’t be in, and hypnotised into being perverts, you see – will surely convince you about the *gender* part, i.e. women are *equally* capable of abuse as men, *if given the chance*)

So we are living in a world full of horrors, but most of us carry on in denial that it's happening, and keep hiding away in our little neck of the woods hoping the madness won't come any closer to us.

But day by day we see it coming closer *everywhere*.

But government has no solution, except taking away all our freedoms, creating some sort of draconian Orwellian state, and conducting more wars to "protect" *us* from *them*.

And *the people* have let this happen to themselves, because the "thinkers" – the scientists and intellectuals – have stopped *thinking*. They have got themselves the slogan, like our critic:

"Religion *nonsense*; luxuries, cars and high tech equipment *good*; scientific achievement, booze and sex *great*."

But what is the use of this scientific achievement, when it has created a polluted, out of balance world, where deep and meaningful human relationships are discarded in favour of our TV sets and computer screens, and we live in fear of the horrors such as nuclear and biological weapons, earthquakes, tsunamis and unexplained epidemic diseases, and having some mad scientists genetically modifying us, and maybe making our food too dangerous to eat?

But the scientists have no answer

Why?

Because they rejected religion and mysticism as nonsense, like our critic friend.

And we do not blame them for rejecting the relatively meaningless modern *ritualistic forms* of so called "religion" with its deluded, demented and sometimes perverted preachers.

But we are just saying – *hang on just one minute please*.

We are asking - *do you think that Christ or Moses or Mohammed fully (or even partly) endorse* all that has been done "in their name" many hundreds or thousands of years after they are long dead?

The truth is they were no doubt beings like Gopi Krishna, or J Krishnamurti, who worked only for love, peace and understanding, and likely "never threw a punch in anger" except perhaps in self-defence or that of some bullied person.

So we are just saying - *please, you have disregarded all this information* contained in a thousand yoga books, as well as the major spiritual books as *nonsense*, but *without actually exercising your rational mind upon it*.

And now, we have given you "the missing piece" (thanks to Gopi Krishna), the *key*, which explains where all this "crazy stuff" came from.

This kundalini is *a biological phenomenon*.

It can produce orgasms without any touching of the sex organs, it can make a fluent writer out of someone who struggled for decades with “writer’s block” (i.e. SF himself, for example), or if you don’t know the rules (i.e. laws of its operation), or awakened it accidentally *by force*, you may get a trip to hell and back (which SF has also had, you see, as well as Gopi Krishna).

What we need is not cries of “nonsense”, “poppycock”, “cobblers”, “mumbo jumbo”, “delusion”, etc. we are saying :

Here are some facts, some true experiences a good number of people have had.

If you are a real *rationalist* or scientist, you should not, surely, *dare not*, ignore *facts*.

So that is *all* we are asking.

First *consideration, listening*. Then *investigation, research*.

Find out what orgasms do to the body and brain.

See how someone who has a lot of sex compares in mental performance with the same person when they undergo moderation of (avoid total celibacy, it could be dangerous for *some*) their sex desire – e.g. cut *any* sex activity from once or more daily to two or three times a week or fortnight as Gopi Krishna suggests is “safe” and “normal” behaviour in that regard *for most people*.

Equally, find out what *powerful emotions* do to body and brain, especially in the more sensitive and intelligent people in society – i.e. the intellectuals and academics – whom we need to be *rational* and *sane* the very most.

As the brain is too complex to submit to our molecular, cellular or hormonal theories right now, use *statistics* to uncover how *what we do* is affecting this “black box.”

See how behaviour X or Y when carried out or not so over a few weeks, months or even years affects person A or B in terms of their brain functioning as tested in various ways, and *their subjective experience* of life, their rating of “happiness”, or “creativity” (which generally *should* increase with sexual *moderation*) or even how such behaviours affect well known chemicals such as *serotonin* levels..

Will our critic friend therefore please realise that what we are saying is *a million miles away* from some kind of religious fanaticism or zealotism, and that on the contrary, when (or if, as you please) this *kundalini theory* is *scientifically proven* all the *real* fanatics and zealots will slowly realise just where all their “prophets” and “saviours” were “coming from” and what their “gospels” were really intended to achieve?

That is – the “Ten Commandments” and gospels of Christ for example, were intended to be pathways to lead us through this “narrow gate” – i.e. to achieve “higher consciousness”, to discover “the Kingdom of Heaven within us”, for little do our

modern doctors and scientist yet realise, this can only be done *safely* by evolving our brain, and that in turn can only be done safely by *having a virtually unblemished psyche, having our negative emotions more or less totally under control.*

i.e. we are alleging for example, that those who indulge in anger, hate and so on, will eventually get physically or mentally ill – but not due to some “god on high” “punishing” them.

But rather due to the fact that the modern evolved and increasingly therefore *complex, finely balance, and sensitive* brain, simply cannot cope *physiologically* with all these “mental thunderstorms” on a long term basis, and starts going “haywire.”

Finally, we want to warn those “intellectuals” that according to Gopi Krishna - and again, SF himself has been able to at least partially verify the truth of this – that they may believe they would have nothing to do with so called “meditation” and mysticism, but actually *intellectual study, and the attendant concentration of it* is itself actually a form of meditation, which is quickening the pace of the evolution of the brain, i.e. activating this kundalini.

Therefore, too much of that also could be damaging to the mind, both as straightforward overtaxing of the brain, and also stimulating these kundalini energies which will start invading the brain and causing various mental states, including “delirium” of various kinds, and things like “obsessive compulsive disorders” which we are well aware that so many “higher intelligence bracket” people have got.

We advise them take it easier, don’t whip the brain into submission for any more intellectual medals, pips and stripes. Get a non-cerebral hobby like flying kites, playing the drums (but *not* from sheet music, making it “intellectual” again), rowing a boat, or hill walking or whatever that gives the awake brain a few hours off each day, or at least on a regular basis.

Watch out for signs of strain and aberration, and *slow down.*

So we feel we have now said enough on this topic as reason seems to suggest is wise at present.

i.e. if the above does not alter the position of the “dyed-in-the-wool” sceptic, we doubt there is anything much else we can say.

Some people will never be open to these things, in some cases, because this would open their minds to a whole field of ideas – e.g. ghosts, the occult, etc. – which they would find too scary, and security threatening, and indeed, we do agree with them to some degree.

Sam Fryman’s works are for people who are *mentally, psychological brave*, and so those who would rather hide in the darkness of “pure rationality” (not that there is really any such thing) like Mr Spock, we do not wish to disturb with further (for them) shocking revelations, which it is at least partially in our power to provide.

Just as Gopi Krishna himself did not report a great deal of his own inner experiences, saying that were he to do so, he would not be believed.

But the trouble is it really *does* matter what we “believe” or “don’t believe” because our thoughts make up our world.

If we “believe in” God, or the laws of the prophets (in their *original format and meaning* as intended by *the prophets themselves*, not necessarily the versions of the “holy books” we have now), we have a peaceful world.

If we “believe in” materialism and vanity, we have what we have got now.

The choice is ours alone of what we shall choose – not to “believe” - but to base our existence and *place our bets upon*.

We are only suggesting here - *listen to what the man (or in some cases woman) says*.

The man being *in their original thoughts and meaning* Christ, Mohammed, Moses, Buddha, Lord Krishna, Gopi Krishna, Ramakrishna, Saint Francis, Saint Theresa, St John of the Cross, Confucius, Lao Tzu, David Icke (to some degree), and all the “Hindu Sages” who wrote the Upanishads and Vedas, such as the sixteen year old prodigy Shankaracharya, Patanjali (“father of yoga”), the female “seer” Lalleshwari (cited by Gopi Krishna), and Arab mystics such as Kabir.

They all had this *kundalini*, as did great geniuses of our modern age such as Leonardo Da Vinci, Newton, Einstein, likely Bach and numerous others, but sometimes awake unceasingly from birth, so that their body was accustomed to it from youth, and didn’t cause the same havoc as the awakenings of Gopi Krishna, David Icke and the lesser light of Sam F, and therefore did not get mention in their autobiographies or life stories, except perhaps in the case of “unexplained illnesses” such as even Darwin himself had.

So sadly, we have to confess that we can’t win everyone round, and that is at least for now the best we can do as by way of defence.

As we have said – the only way to properly assess this issue as with any other phenomenon in Nature is *with true rationality, open minded assessment and research* - and any person who considers him or herself a “scientist” or “rationalist” who does not *first* investigate this *evidence* of millennia, and the undeniable first hand clear accounts of modern beings such as Gopi Krishna (and Sam F’s own little two penny worth as detailed here) is surely neither truly open minded, rational nor scientific, and even worse, in their insistence upon stubborn ignorance of “the spiritual dimension of consciousness” is doing their little bit – whether they realise it or not - to keep the entire world in darkness and suffering, by consolidating the heartless, soulless and ultimately *evil* regime that we have in place ruling over us now.

Best wishes to all.