



KUNDALINI

A DOCUMENTARY FEATURE FILM BY 7 DOTS MEDIA



LOG LINE

A wealthy wife and a failing businessman on a quest for answers, a journey in different ways, to a path to higher consciousness. Their hunger for understanding and spiritual being leads them to a phenomenon that has existed since the beginning of man.

It is self evident that all men are created equal, yet some perform extraordinary achievements and others live a life of emptiness never reaching their full potential. There is a force that everyone is entitled to, that can bring the fulfillment his or her lives desire. That evolutionary force is Kundalini. Beyond science, beyond religion; Kundalini is the SOURCE of the FORCE. This untapped powerful resource available for centuries within every human body is still unexplained, mysterious and kept secret till today.



BALANCE



ONENESS



SURRENDER

DIRECTOR STATEMENT



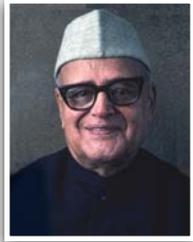
All humans have a powerful resource available within them called 'Kundalini', which is an energy that lies dormant most of the time at the base of the spine. Activating and awakening this force leads to an higher consciousness and brings the true nature of a person. It thus brings peace and harmony in his/her life. However, there are many pitfalls and challenges during the process of unlocking this powerful resource as this knowledge has been kept a secret for thousands of years.

This documentary film is an attempt to bring forth this ancient knowledge of resource that everyone is entitled to. In today's time—survival, joy and peace among people is not going to be merely possible by imposing societal rules and regulations but with an evolution and understanding of higher consciousness within an individual. I feel that it is now time for us to attune with this force within us and find our true nature to live a purposeful life. This documentary depicts the ancient knowledge of Kundalini and stories of real people of today who have unlocked this supreme energetic force.

PRODUCTION STILLS



CAST



PANDIT GOPI KRISHNA
(1903 - 1984) AS SELF

Pandit Gopi Krishna was a yogi, teacher, mystic, social reformer, and writer. He was thirty-four when he underwent his first deep spiritual experience attaining a state of Enlightenment. Over the next twelve years he was to experience many psychological problems, taking

him to the edge of his own sanity. He believed this was all due to the wakening of the Kundalini energy and the impact it had on his body. Twelve years after his first experience, he once again went into a state of Enlightenment, but this time his body was prepared and he was able to go into this state without repercussion. During his lifetime, he traveled widely teaching that at the foundation of most religions was the concept of Kundalini energy. He worked tirelessly towards the promotion of scientific research into the link between Kundalini and consciousness. More information on Gopi Krishna at Wikipedia: http://en.wikipedia.org/wiki/Pandit_Gopi_Krishna.



CHRISM AS SELF

Chrism is a native of California residing in the city of Santa Rosa. He travels the country awakening the Kundalini in groups of people safely and with continued support throughout the many years of the Kundalini awakening experience. Chrism comes from a place of disciplined love and disciplined intention within the parameters of forgiveness,

spiritual balance, service to others and spiritual evolution. Kundalini as it expresses through Chrism is the teacher. More details of Chrism's teaching at Kundalini Awakening Systems 1: www.kundaliniawakeningsystems1.com.



PAUL POND AS SELF

Paul Pond, Ph.D., Director of Research for ICR, has a doctorate in physics and has been involved in Kundalini experience and research for more than 35 years. He has written and spoken extensively on the subject. His focus has been on lifestyle issues, their impact on individual spiritual

experience and the need for a worldwide paradigm that includes and supports Kundalini phenomena. More details at ICR website: <http://www.icrcanada.org/index.html>.



LAWRENCE EDWARDS AS SELF

Lawrence Edwards, Ph.D., LMHC, BCIAC EEG Fellow is trained in meditation, mindfulness and Kundalini yoga, as well as his clinical training in transpersonal psychotherapy, biofeedback, neurofeedback and hypnotherapy. He has been on the

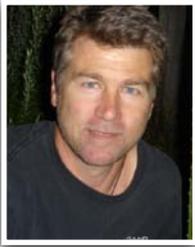
faculty of New York Medical College as a clinical instructor in the Department of family medicine since 1998. He is the Integrative Care Clinical Program Manager at Cincinnati Children's Hospital. He has practiced and taught meditation for 39 years, in the US, Canada and in India, where he also trained for years as monk. He has run meditation centers, an ashram and meditation programs in a variety of settings including hospitals, universities, hospice programs and prisons. Dr. Edwards offers meditation courses, workshops and retreats. His extraordinary background and training have made him a leader in the integration of mind/body approaches from ancient meditative traditions and cutting edge biofeedback technologies. For more information about Dr. Edwards please visit www.optimalmind.net, www.anamcarafoundation.org, and www.thesoulsjourney.com.



BARBARA HARRIS WHITFIELD
AS SELF

Barbara Harris Whitfield is a psych researcher, therapist, near-death experienced and author of six books. She was on the faculty of Rutgers University's Institute for Alcohol and Drug Studies for 12 years teaching courses on Spiritual Awakenings. Barbara was research assistant to psychiatry

professor Bruce Greyson, the director of research for the International Association for Near-Death Studies (I.A.N.D.S.) at the University of Connecticut Medical School, studying the Spiritual, psychological, and physical and energetic after-effects of the Near-Death Experience. She is past president and a member of the board of the Kundalini Research Network and has sat on the executive board of the I.A.N.D.S. Barbara was a key subject in Kenneth Ring's groundbreaking book on the Near-Death Experience, *Heading Toward Omega*. He writes about her again in his latest book *Lessons From the Light*. She presented talks on the Near-Death Experience to a group on Capital Hill in Washington, D.C. and also the United Nations in New York. For more information visit Barbara's website: www.barbarawhitfield.com.



SCOTT PERKINS AS SELF

Scott's initial awakening was around 1994 due to a ski accident as he had herniated disk in his lower back. About a month after this accident, his life started disintegrating and he found himself in a deeply depressed place full of sadness and despair. None of the medication could alleviate the

symptoms and he went through some of the darkest times of his life for several years. These times slowly came to a close as his process of karmic burning evolved. During this time of suffering, there was an internal drive to seek out spiritual things. This was all driven by his awakened Kundalini, unbeknownst to him at the time. Kundalini shakti has been directing his life, subtly and not so subtly and he believes that he is on the road towards enlightenment, a goal he so wishes will come to fruition this lifetime.



LEE LAWRENCE AS SELF

Lee Lawrence is an internationally known medical/psychological intuitive. His scientific research into the existence of the human soul and how it works takes science beyond its current limits. In 1992, Lee had a profound spiritual experience that left him with unusual psychic and paranormal abilities. Being a left brained bean counter, his logical mind could not comprehend what he

was experiencing and thus began his quest to understand the hard science explaining his experiences. He returned to the University, this time as a student and completed a degree in psychology and continued his studies in cognitive neuroscience, anatomy & physiology and studied various religions in depth until he could logically and scientifically understand what he was experiencing; a journey that provided him with an understanding of science beyond the current limits. His understanding of the interaction between the human soul or spirit and the physical body opens new doors for the future of both psychological and physical medical diagnosis and treatment. For more information on Lee's work visit *The Science of Soul*: www.thescienceofthesoul.com.



CHANDI DEVI AS SELF

Chandi Devi has practiced the metaphysical arts for more than 30 years. Over 15 years ago, she became intrigued and committed to the tantric path as the "fast path to enlightenment" and with unwavering diligence and passion dedicated her life to the work. As part of her path, she shares her experiences with and through others by hosting

"The KarmaCafe Spiritual Hour" and co-authored a book on tantra, "From OM to Orgasm: The Tantra Primer for Living in Bliss". More details at her website *The World of Tantra*: www.theworldoftantra.com



GENE KIEFFER AS SELF (VOICE OVER)

Gene Kieffer established the Kundalini Research Foundation, Ltd., in New York, in 1970 at the request of the late Pandit Gopi Krishna of Kashmir. He is a graduate of the University of Iowa School of Journalism and worked for several years in the news department of the *Des Moines Register*. In 1969, he established an advertising and graphics business in New York City, retiring from business in 1990 but continued active in the research foundation up to the present. He is the author of numerous essays as well as several books, of which only 'The Secret Teachings' has been published as yet.



DALE POND AS SELF (VOICE OVER)

Dale Pond has been involved in Kundalini Research for more than 30 years and is the corresponding secretary of *The Institute for Consciousness Research*. In 1975 she was introduced to meditation and spiritual laws and had a transformative experience that changed her life from the inside out. In 1977 she was fortunate to meet Gopi Krishna who shared his understanding of the Kundalini process. Then in 1988 she was blessed with an interior experience that would alter her perceptions about life as we know it and open her up to the hidden realms of our Spiritual Reality. More details at ICR website: <http://www.icrcanada.org/index.html>.



BRADLY CURTIN AS SELF
(VOICE OVER)

Bradly studied drama at the University of Waterloo and at Studio 58 in Vancouver, BC, Canada. After finishing theatre school he went to work in Seoul, Korea. In Korea he performed on several children's TV shows, worked as a voice artist and as an actor. He has returned to

Canada over the years to travel and perform in Fringe festivals across the country. His spiritual interests keep calling to him though- currently he is pursuing his spiritual studies of the Kundalini in sunny California.



TAMI SIMON (NARRATOR)

Tami Simon is the founder of Sounds True, a multi-media publisher dedicated to disseminating spiritual wisdom. Over their 25-year history, Sounds True has produced over 600 titles featuring some of the leading teachers and visionaries of our time, and an ever-expanding family of customers from across the

world. It has been nominated twice for the Inc. 500 list of the fastest-growing companies, and is North America's leading publisher of spoken-word spiritual teachings. More details at SoundsTrue website: <http://www.soundstrue.com/tami-simon>.

FILM ARTWORK



CREW



NITIN ADSUL
(PRODUCER/DIRECTOR)

Nitin is an award-winning producer and enjoys working both on screen and behind the scenes. He was raised in India and always had a keen interest in the film making process and arts. However, his first achievement backstage was in Singapore, when he proposed the idea of

forming The Indian Orchestra group for Marathi music. With a great support from MMS, Singapore, Nitin participated actively with the group during its first year. From gathering artists, musicians, singers, conducting practice sessions, to the final preparation of the event. Nitin moved to the USA in 1999, and is now based in the DC- Baltimore area. He has been acting for the past 10 years, mostly in independent features/shorts, Television shows/commercials and industrials. While working in various projects, from low/zero budgets to medium/high level budgets, he observed the behind scene efforts carefully, with having ambitions to one day produce a project of his own. In 2007 he co produced feature length film entitled 'Prayer Life' and received worldwide DVD Release in 2008 and has won awards at festival circuit. Kundalini documentary is Nitin's debuted film as a director. More details on him at the Nitin Adsul website: www.nitinadsul.com. Visit Nitin at IMDB: <http://www.imdb.com/name/nm1392965/>



RUPESH MAHAJAN
(ASSOCIATE PRODUCER/DIRECTOR OF PHOTOGRAPHY UNIT I)

Rupesh Mahajan is a cinematographer based in Maryland. Rupesh has been in the broadcast industry for more than 18 years and has his own production company. He has worked on several

independent films, and numerous TV programs from sports to talking heads, commercials, and industrial videos. He won best cinematographer award at 72 Hour film festival in 2006. His recent work includes director of photography work on behind the scenes for feature film "Possession" directed and produced by Edurado Sanchez. More details about Rupesh at Mahajan Video: www.mahajanvideo.com. Visit Rupesh at IMDB: <http://www.imdb.com/name/nm2242327/>



VINCENT S. WILLIAMS (DIRECTOR OF PHOTOGRAPHY UNIT 2)

Vincent S. Williams is a film ad television professional based in the Washington, DC area. He is the founder of VSW Media Group and former President and Co-Founder Mindset Entertainment, LLC. He has worked

on more than one hundred short and feature films, television programs, commercials, and music videos. His experience runs the gamut of media production as a producer, director, writer, cinematographer, editor and production assistant. Vincent's production services have been procured by clients such as Bloomberg Television, Tribune Broadcasting (WDCW, CW Network), Communities in Schools, Alpha Chapter, Delta Sigma Theta Sorority, Inc., the Scholarship Academy, Beat Pirate Films, Blazing Sharp Productions, New Media Mill, Fox Broadcasting Corporation (America's Most Wanted, National Geographic Studios), and de Passe Entertainment, to name a few. Mr. Williams is a summa cum laude graduate of Howard University and currently completing his Master of Fine Arts in Film. For more details visit IMDB: <http://www.imdb.com/name/nm2361871/>



CHRISM (NARRATION WRITINGS)

Chrism is a native of California residing in the city of Santa Rosa. He travels the country awakening the Kundalini in groups of people safely and with continued support throughout the many years of the Kundalini awakening experience. Chrism comes from a place of disciplined love and disciplined

intention within the parameters of forgiveness, spiritual balance, service to others and spiritual evolution. Kundalini as it expresses through Chrism is the teacher. More details of Chrism's teaching at Kundalini Awakening Systems 1: www.kundaliniawakeningsystems1.com.



RAJIV SID (ORIGINAL MUSIC)

Rajiv Sid is a musician and composer. Kundalini is his maiden work as a musician.

Born in Bangalore India, Rajiv is a practicing physician. Following Medical school in India, he moved to Miami to train in a residency program. He currently practices Medicine in Arizona. His musical interest in scoring has led him to compose the background score for Kundalini. Rajiv has an avid interest in a wide range of musical genres spanning Classical music, electronica, contemporary pop and R&B.



DARREL E COX
(SOUND EDITOR, COLOR
CORRECTION)

Darrel was born and raised in Moss Point, MS. He holds diploma from Omega Studio's School of Applied Recording Arts and Sciences as recording engineer. He has extensive experiences as an editor on various feature and short films such as "Prayer Life" and "Serenity". He is co-founder of independent film company "EastWest Films" based in Virginia. More details of Darrel at IMDB: <http://www.imdb.com/name/nm2239957/>.



SARAH BAKER
(GRAPHICS ARTIST, WEBSITE
DESIGNER)

An employed illustrator since age 13, Sarah has always been doing something creative. Originally from North Carolina, she majored in Fine Art at the George Washington University and won several awards for her printmaking work. Now a web and print designer, Sarah also does theater, fashion, and film airbrush make-up, as well as illustration and running a nonprofit design group with her friends.



TED MALASKA
(ANIMATION SPECIALIST)

Ted Malaska is a Software Architect with dream of becoming a Computer Graphics Artist and a Game Developer. His artistic interest in animation has led him to produce the animation scenes for Kundalini feature. Demo of his animation work can be viwed at <http://www.youtube.com/watch?v=M5KxSDtupXQ>



MATT FERRAILO
(SPECIAL PHOTOGRAPHY AND
GRAPHICS DESIGN)

Raised in Verona, NJ. , Matt graduated with an Associates Degree for Visual Communications from Katherine Gibbs College in 2007. His specialty is Special effects Photography, Photo editing and Videography. His recent credits include Videographer of The Rock Girl® and The Rock Girl® After Dark.



KATY ECHOLS
(PRODUCTION MANAGER)

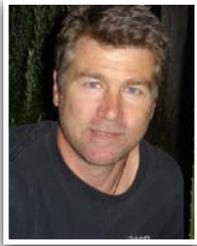
Born and raised in Texas, Katy moved to California in 2006 to pursue her dream of becoming a filmmaker. She attended Chapman University from 2006-2009 and graduated with a BFA in film production. While in school Katy worked on over 35 student and professional productions in the art and camera departments and completed internships in Los Angeles and Melbourne, Australia. While studying production design, she quickly realized the importance of understanding the camera. When an opportunity arose to help out a friend as a camera assistant, Katy jumped at the chance to learn and found a second passion. Since graduating Katy has been working freelance and looks forward to future collaborations with new artists and old friends alike. Visit Katy at IMDB: <http://www.imdb.com/name/nm2749872>.

KUNDALINI EXPLAINED

Kundalini is the powerful life force energy located at the base of the spine in the body of all humans. It is a reservoir of Divinity latent within us all, a resource of energy that when fully awakened allows us to reach our full potential with joy, peace and unconditional love. Never has the time been so critical for each of us to transform our lives and the world we live in. It has been said that to know your body is to know the Universe. Sages and saints of every culture have attested to the existence of a powerful and mysterious life force, depicted as a serpent coiled three and a half times at the base of the spine at the last three vertebrae of the tailbone. Here it lays dormant in most individuals unless and until awakened through spiritual practices, spiritual sexual activity or by a spiritual master. This awakening can happen spontaneously or by accident, intentionally or by chance. Everything in the Universe is energy and the human body is no exception. This source of energy, when utilized properly, can end suffering, increase health, bring blissful experiences, loving relationships and spiritual/psychic gifts. Kundalini is the source of power that the world's most beloved artists, composers, poets and writers may have tapped into. Many philosophers harnessed this power within. For thousands of years, Kundalini experiences have been described in the esoteric teachings of the Hindus, Egyptians, Tibetans, Chinese, Native Americans, Shamans, the Bushmen of Africa, Masons and others. The divine word Kundalini has been referenced in the Bible and the Koran and other spiritual texts throughout the world in the spiritual context that would conform to the teachings given in those sacred documents. There has been an increase in Kundalini awareness among the Western populations since the 1970's. Typically what happens is that Kundalini (Shakti or Divine feminine energy) who resides at the base of the spine in the first chakra (the first plexus of energy) slowly makes her ascent up the spine when she has been awakened. Her role as Divine Energy is to travel to the crown chakra (the top of the head) to unite with her beloved, "Shiva",

the Divine masculine energy or Pure Consciousness, who is inert until the sacred circuit is completed. The sacred union of magnetic/energetic principles is replicated in tantra, the sacred union of the opposite polarities of male/female, Siva/Shakti, feminine/masculine. Shakti's duty is to purify the individual in the soul body, physical body, mental body, physiological body, emotional body as she ascends, giving us her blessings to evolve to our maximum potential. Changes, however, are not always easy and as we undergo this transformation, we may experience much phenomena unfamiliar to us. Some of these are wonderful, some can be terrifying. Hence, it is imperative that we do not attempt to arouse her on our own as we may not understand the potential power that would be unleashed. Although Kundalini reactions are individual, there are some typical experiences, such as feeling heat, cold, having visions, hearing sounds, crying, sleep disturbances, heightened sexual libido, increased health, stamina and out-of-body experiences (OBEs). Having a Kundalini awakened master is essential, for only such a one can give you the protocols for a sane and safe awakening. It is said that we humans use less than 10% of the human potential, and humans can be much more than we ever dreamed possible. Kundalini is the absolute source of brilliance and genius. And it is within you. Spontaneous awakening of Kundalini can be dangerous due to a lack of understanding and if body is not attuned to allow the flow of this supreme energetic force, thus causing mental and emotional imbalance and physical discomfort. Medical industry has extreme limited experience and explanation of symptoms from Kundalini. Why has information about Kundalini not spread to the mainstream yet? What is needed to recognize this power within you? Is there a clinical perspective to Kundalini which recognizes the authenticity of this Divine power? This secret has been kept hidden for centuries, however Kundalini is within every human and it is important for every human to bring attention to it and channel it to find inner peace, harmony, balance and healing in all aspects of life.

CASE STUDY 1



SCOTT PERKINS

Scott recently learned from his teacher that his initial awakening was around 1994, while he was skiing in Utah. It had snowed the night before and they were making their way down one of the mogul slopes.

There was 18" of fresh powder on top of the bumps so they couldn't really see where they were. He hit the top of one unexpectedly, and the impact compressed his spine, shooting a hot flash of energy up his back to about the neck area. After a doctor visit, they told him he had herniated a disk in his lower back. He had much trouble with this for years to come. About a month after this accident, his life started disintegrating. He found himself in a deeply depressed place full of sadness and despair. He started seeing a shrink and he began a heavily medicated treatment on him. He was on sstri's and benzo's for ten years on and off. None of these meds could alleviate his symptoms. He went through some of the darkest times of his life then. He was suicidal for about seven years. He couldn't wait to die the pain was so great. Not having the courage to cause himself a violent death, he tried on several occasions through a mixture of pills and booze. These times slowly came to a close as his process of karmic burning evolved. This was all driven by his awakened kundalini, unbeknownst to him at the time.

During this time of suffering, there was an internal drive to seek out spiritual things. He had a deep longing in his heart to find the truth. He needed to find out why he was living. Why is he here? This became a driving force in his consciousness that led him to a book one day, "The Lost Teachings of Atlantis and The Children of the Law of One" by Jon Peniel. It, at the time gave him the answers he was looking for. He had found bits and pieces of his puzzle before, but this was the first time it was all put together in one book. This was also his first introduction to the Kundalini. It spoke briefly of this energy, but admonished people to not seek it out without the guidance of a teacher, and that it should be the natural outcome of living a spiritual life. Little did he know, he already had it awakened in him.

From the year 2000 up to 2008, he still had not recognized that Kundalini was with him, changing and sculpting his life. He was doing the meditations and energy exercises described in the book, and he started to find some peace, little by little. At one point, he was ready to give it all up and move to a monastery in Colorado that was run by the Children of the Law of One. He chickened out at the last minute, and then a few months later, Jon Peniel passed on to other planes. He would have been his teacher, and all of the monks there were left without guidance until they found another teacher from their order to take his place. He is glad he did not go, he felt like it was divine intervention.

So he just went on with his life, working, looking for balance and peace of mind. He should mention that he have had an addiction to alcohol most of his life. It has led to many disasters for him, emotionally, financially, and spiritually. He was never addicted to drugs per se, but he did use quite a bit of psychedelic drugs, cocaine, and marijuana. The disasters he created through substance abuse landed him in jail a few times and the resultant mandatory AA program. During the last episode of required AA meetings, he was practicing a chakra breathing exercise using color visualization. He would do this in the morning for about 20 minutes as part of his practice. He was then sitting in a noon meeting, and not wanting to participate, he started the breathing again, and with the first breath, his root chakra exploded with light and energy. This wave of bliss filled his entire being. He then took the next breath, moving up to the sacral chakra, and boom! It exploded also. It was more intense and the color of orange was all around him in drops of liquid light. He knew if he were to take the next breath he would be on the floor in ecstasy, and would make a huge spectacle of himself. He did not take that breath and slowly came back to regular waking reality. He felt immensely wonderful the rest of the day, he had never felt like that before.

This experience pushed him to seek out information on Kundalini. Somehow he knew it was related, and found himself looking on the internet for anything he could find. Then in December of 2009 he found the KAS-1 site and signed up for his first shaktipat given by chrism. He started the practices that he advises, the tibetans

and safeties became part of his life. About 3 months after the shaktipat, he started having some very strange phenomena occur around the house. Distant drumming, chanting and harp like music filled the nighttime air. Strange stick designs appeared overnight on the deck outside the bedroom door. One of the designs was pointing to a glass figurine of a frog that was not there the day before. Dreams of bees and snakes came to him at night. At one point, he was sick in bed for a week. For 3 days of this, there were tiny little sparks of golden white light flying around the room. His whole being felt different, his back and neck were hot, his third eye was bulging at the forehead, and his crown was tingling. An entity started knocking at the bedroom door from the deck. It was escalating and scaring him and he asked shakti to make it stop. He prayed and said that he was not ready for this new reality. He then remembered to put his tongue up, and once he did that, things calmed down and he soon returned to normal. During this time he was also experiencing relationship problems, a failed business, (he was unable and uninterested in running it anymore) and massive debt. It all came to a head and he decided he needed to give it all up and ask chrism if he could be his student and move to California to live with him. He accepted his request and in late June of 2010, he moved. He filed bankruptcy and left his life behind to dedicate the rest of his life to the full awakening of Kundalini.

He have had his struggles since moving here, but all in all, it was the right move. He have had many Kundalini dreams that confirm the permeation of it's exquisite energy in his body, he have had his spirit animal come, in the pysical, to the front porch. It was an American Bittern, in the same family of birds as the Ibis, Heron, etc. These birds have been considered sacred for millennia. Shakti has been directing his life, subtly and not so subtly. Sometimes she can be forceful. But he welcome it all, he is here for change and growth. He have begun going OBE while in trance states and many other phenomena are occurring like levitation and spontaneous tears of bliss. This is his story thus far, and he is on the road towards enlightenment, a goal he so wish will come to fruition this lifetime.

CASE STUDY 2



BARBARA HARRIS WHITFIELD

Barbara was born with a deformity of her spine called “Scoliosis.” It didn’t bother her until she turned 30 and then it became the focus of her life. She had fallen into a swimming pool and her foot caught on the side. As she fell, her lower back snapped. She spent the next two years in and out

of hospitals, on pain medication and muscle relaxants but it wasn’t getting better. Finally, the doctors decided that her only chance to get back to a normal life was to have a spinal fusion operation.

At this point, she had no choice but to agree because she wasn’t able to be a mother to her three young children anymore or a wife to her husband.

The two hour operation turned into five and a half hours because there was much more damage than the x-rays showed. Barbara awoke in a Stryker frame Circle Bed which looks like a Ferris wheel for one. It has two big hoops with a stretcher suspended in the middle. The patient can’t move. The bed moves the patient.

Two days after the surgery her blood pressure and blood volume dropped and she started to die. The medical staff hooked her up to all kinds of bottles, pumps, machines and bags and even though her body was weak and held down by multiple tubes, she found herself out in the hall, up near the ceiling. She came back into the room and saw her body in the circle bed.

Barbara felt totally calm, more peaceful than she had ever felt. The next thing she knew she was out in a tunnel being embraced by her grandmother who had been dead for 14 years. She had never thought of her grandmother existing after she had died 14 years earlier. However, as her grandmother embraced her, she realized that what we believe and what is actually true are two different things.

Together, Barbara and her grandmother relived every scene of their life together. Every thought and feeling that her grandmother had, Barbara now had too. And she knew that her grandmother was feeling everything

Barbara felt. As this ended Barbara started drifting away but she knew that her grandmother would always be there, waiting for her when she returned. Then she was back in her body. She tried to tell the staff that she had left the bed but she was told she had hallucinated.

Barbara left her body again a week later. This time she relived her whole life, every scene, everybody else’s thoughts and feelings as well as hers. And at the same time there was a Presence that embraced – enveloped her and let her see her life through It’s eyes and let her feel her life through It’s heart. And then she was back here in this reality—but not in her body. She was behind the nurse’s station and heard them talking about her case. She then had information that she had no way of knowing. Finally when she was back in her body, she told two nurses what she now knew. They sedated her so she learned quickly that she couldn’t talk about these trips out of her body.

It took Barbara years to use the word “God” because before this experience she had not believed in anything beyond physical reality. Again, she realized that what we believe and what is actually true are two different things.

After six months in a body cast and a year of physical therapy, she realized she couldn’t go back to the way her life was before. She was still a mom and loved raising her children but the “superficial” ways of communicating with both adults and children were unfulfilling. She volunteered at the hospital where she had been when she had her near-death experience (NDE) although she still didn’t have a name for what had happened but knew she was searching for truth in her life.

Barbara loved being with people who were dying. She seemed to understand them and working with them was a “joy” to her. They were real. They wanted people who were real to talk truth with them. She went back to school and became a respiratory therapist.

While still a student, Barbara wrote articles and easily got published on a new topic that she called “The emotional needs of critical care patients.” She was then invited to speak at nursing and respiratory conferences.

Finally she met Kenneth Ring, professor of psychology at the University of Connecticut and author of several books on the near-death experience. He interviewed her about her experiences and asked her many questions about Kundalini. All of the symptoms and signs of a Kundalini awakening or arousal fit her perfectly. She had read a few books on Kundalini and identified with this description of energy coursing through the body. And she had some symptoms that weren't described yet in the literature she had read – migraine headaches had pushed her back to Western medicine but the only thing they could offer her were drugs which she now intuitively knew she didn't want to take. She started doing yoga, meditation and changed her diet.

Barbara became a prime subject in Dr. Ring's groundbreaking book *Heading Toward Omega: In search of the meaning of the Near-Death Experience (NDE)*. His theory is that deep NDEs or what he called "Core experiences" are an awakening or arousal of Kundalini or that after having an NDE it can cause a subsequent awakening. He wrote about her again in his latest book *Lessons from the Light*.

Nine years after her NDE, Barbara realized that her stereotypical 1950s marriage no longer could hold the personal growth she was rapidly moving through. The idea that materialism was the only source of pleasure was sad to her and the marriage ended after 23 years.

Barbara moved to Connecticut and became research assistant to Bruce Greyson, MD, director of research for the International Association for Near-Death Studies (IANDS) at the University of Connecticut Medical School studying the aftereffects of the near-death experience—the psychological, emotional and energetic aftereffects plus the value changes. And of course, Kundalini kept coming up. Dr. Greyson then created an instrument that he called "The Greyson Physio-Kundalini Syndrome Index." He and Barbara gave it to their research subjects and just as they suspected—NDErs scored twice as many signs and symptoms of Kundalini as did the people who came close to death and didn't have an NDE or the control group.

Barbara was invited to tell her story and give this new data at the Kundalini Research Network's first big conference in 1991 and she has been a member of their board ever since. That included a term as president. She chaired a research conference for KRN in 1998 in Atlanta.

When she speaks at conferences now, she gives hints about Kundalini and if she sees her audience starting to respond, she goes into the signs and symptoms. Barbara reports a lot of grateful people in her audiences because they are anxious to hear someone talking in a grounded way about this bio-energy and how to work with it. She reassures them that this is our birthright— to grow and transcend what keeps us down so we can soar spiritually and at the same time stay grounded and help with the evolution of this planet.

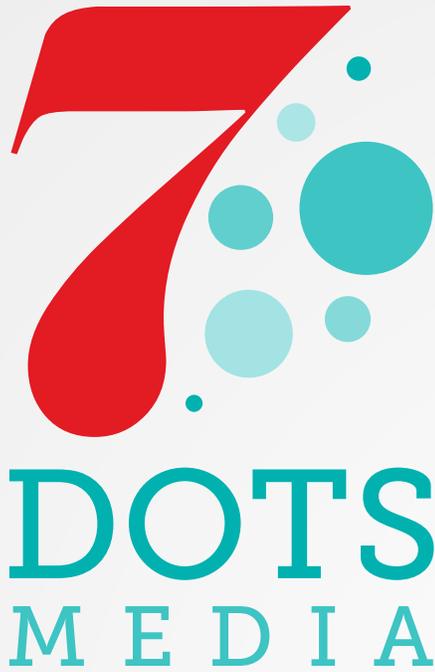
Recently, Barbara wrote *The Natural Soul: Unity with the Spiritual Energy that connects us: What It looks like and how It feels*. And in this new book she concludes that all though many NDErs want to go back to where they were when they died:

"It's not that place we really want or yearn for—but who we were in that place—pure Soul. We can be pure Soul here. We don't have to wait until we die again. This Spiritual Energy that we call Kundalini will show us the way to be pure Soul here. To wake up to this reality of our Soul via Kundalini Awakening—all we need do is ask. This Energy is waiting for us to ask so It can come in and guide us. Then we can experience heaven—here and now. So what we yearn for is our Soul and Kundalini shows us the way."

Currently, Dr. Whitfield and Barbara share a private practice in Atlanta, Georgia doing individual and group psychotherapy for adults that were repeatedly traumatized as children and/or spiritual seekers.

As Barbara looks back on her 67 years of this lifetime, she realizes once again that since her first spiritual experience in the circle bed—she has been guided – gently but obviously by a benevolent ineffable Presence that is just waiting to be invited into all of our lives.

For more writings by Barbara, please go to www.barbarawhitfield.com



ABOUT 7 DOTS MEDIA

Mission of 7 Dots Media is to bring to surface the true-life stories of men, myths and ancient secrets through by entertainment and power of Media.

In today's fast paced world, humans are becoming more and more dependent on advanced technology and modern science for their survival. However, it is becoming evident that to live a life of peace and harmony, we have to follow certain natural laws of universe to bring balance in present time.

Founded by filmmaker Nitin S. Adsul, 7 Dots Media brings thought provoking dramatic stories of real events and people of past and present who understood and worked with natural laws to empower, innovate and help the humankind. 7 Dots Media is committed to bring not only stories based on real facts, but also fictional films about compassion, love, sacrifices and future endeavors in an entertaining fashion to today's audience.

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