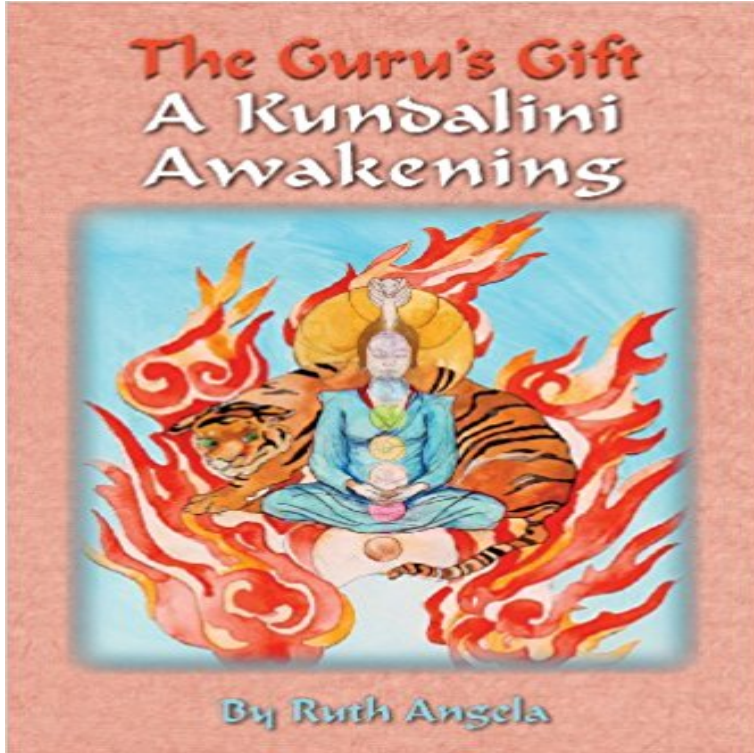


The Gurus Gift: A Kundalini Awakening



When a dramatic Kundalini awakening occurred in 1979 from the influence and guidance of a great guru, this Yuppie housewife's life was thrown into a whirling spiral of mysticism and magic. Using the guru's mantra and practices, Ruth entered a world of wonder and bliss. Spinning off the ground, reading others' thoughts, reading languages never learned, and dancing ecstatically were daily delights that eventually devolved into a hero's journey of cleansing the subconscious of its hidden dragons. As the cleansing process scoured her psyche, nights without sleep, days spent in a living dream, and great winds of depression brought out revengeful ghosts, sucking all the life from the soul. She was on the classical hero's journey towards self-realization, described by Joseph Campbell in *The Hero with a Thousand Faces*. It had begun in bliss and then became a living nightmare. In 1979 no one in my culture knew anything about such crazy behavior. No one understood this lonely, confusing process where boundaries of time, awareness and self cease to exist. Finally this journey culminated in a climactic but classic ego death spiral. After visiting the guru in person, receiving his invaluable assistance, the ghouls and merging realities stabilized and Ruth was once again, the reliable, sensible, sane wife, mother and graduate student. In 1993, still puzzled and embarrassed by the trauma caused to her family, Ruth began researching Kundalini, and 20 years later has been able to

explain logically what took place in those intense 18 months. Her wide-ranging research has led to this comprehensive explanation of some of the most wonderful and miraculous attributes of being born a human. The book will bring comfort to those going through this phenomena (or their families and caretakers) that can lead to their integration and emergence. For the truth is, Kundalini awakening is an enormous benediction. It is in fact as natural as puberty or menopause; it is human evolution, and as such should not to be suppressed or shamed but lauded and praised. It is our Mother of All (Kundalini) coming back to claim Her lost child, for She is the cosmic ONE within.

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