

# Emergence

Newsletter of the Australian Spiritual Emergence Network

Volume 4 No. 1 2000

## Knowing Nothing ... A Sacred Journey The Sequel

*A Personal Account by Marie Gundersen*

*The first part of Marie's story was written about one year ago and appears in Volume 3, Number 1 of Emergence. [Ed]*

On December 17th last year, just as suddenly and unexpectedly as it had started 25 years ago, the seeking ended. I saw that beyond the self and the no-self there is only What Is or pure Awareness.

It is now a year since I wrote the article *Knowing Nothing ... A Sacred Journey* where I describe living with an active Kundalini and the loss of personal self. The loss of self happened in 1990. I spent the next 8 years living without emotional or Divine feedback and with the symptoms of an active Kundalini without knowing what was going on. Had I understood, at the time, that I was in a Spiritual Emergence process it would have saved me much mental anguish looking for answers in psychiatric textbooks!

Without a personal self, I couldn't say I was grieving, but that there certainly was grief. There was also a deep-seated feeling of unease associated with the loss of identity that was centred in the solar plexus area.

At my darkest hour, a revelation gave me reassurance that all was not lost and that there was guidance. Towards the end of this stage, I started to notice a faint feeling of the sacred; a presence that gave a welcome change to the inner emptiness or void.

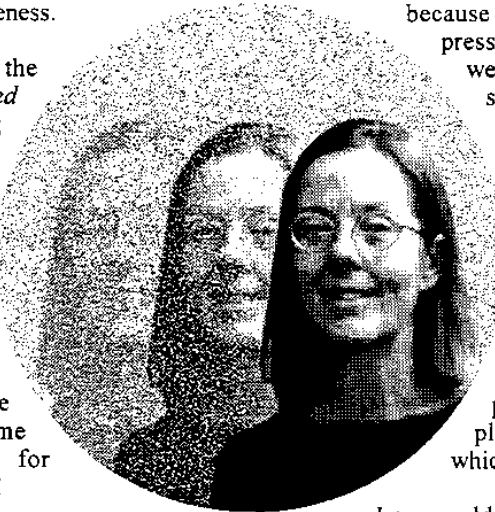
Last year was a turning point in that I met people who also had Kundalini experiences. Sharing our stories was of benefit to all of us. Due to its many and varied symptoms Kundalini is not well understood and needs

further research. I was also very fortunate to meet Lena McGregor (Warragal) who works as a clairvoyant and Pranic Healer in Lismore. I went to her initially because of the vibrational energy and pressure inside the top of the head as well as the anxiety and unease in the solar plexus. In the past this symptom of anxiety would be particularly strong at night. Feelings of oppressive despair and total annihilation would often wake me up in the darkest part of the night only to disappear suddenly just before dawn! Towards the end of the year a new phenomenon appeared — a kind of high-pitched bell-like ringing, a pleasant sound inside my head which I mainly noticed at night.

Lena could also relate to the loss of personal self from her own experience. She congratulated me on my achievement! It was now possible at last, to drop the mind's preoccupation with there being something wrong with me.

For some time my reality had been a fluctuation between the no-self and the faint presence of the sacred. I became aware of the mind trying to recapture or recreate the right conditions for the sacred to stay. The unease surfaced at times. It had been triggered by some external event which reminded me about the lack of identity and inner emptiness. It became a pointer, prompting me to look deeper which I did in a state of surrender and trust in Divine guidance. I had learnt

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from Krishnamurti's teaching that the answer to a problem is in the problem. And so the unease became my object of meditation.

In October last year, I saw that beyond the self and the no-self, my reality was That which appeared from moment to moment in consciousness — or Seeing. (The Seer and the Seen had merged in the no-self state.)

A friend who had heard me describe the state I was in lent me Bernadette Roberts' book *The Experience of No-Self*. This was the first time that I had come across a written description of the no-self, an expression I have since adopted. Her book helped to normalise my own state and I acknowledge her invaluable contribution in writing about the contemplative journey with such detail and insight.

On December 10th, not long after finishing this book, I had a dream where I died. A man announced that my pulse had stopped. I was aware that, as I was about to die my breathing would stop. As I realised that this was the end, I drew my last breath. To let my mother know that this was my very last breath, I placed my hand in hers. While expecting a gasp to follow I woke up. Around this time I noticed that my handwriting had changed, the size of the letters being much smaller than ever before.

During the week that followed the unease started to resurface. The dilemma was: *What is it that sees when there is no Seer?* This was again a spiritual conundrum to be solved experientially, not mentally. The result of this inquiry was most unexpected: on December 17th the Seeing dissolved into pure Awareness! The outcome was immediate clarity and a sense of homecoming to a natural state. I knew without any trace of a doubt that the seeking had ended. The feeling of unease ceased as did the concentration of energy inside the top of the head.

A new physical phenomenon, that I became aware of later that day, was that something had aligned itself behind the centre of the eyebrows. This manifested as seeing with 'one eye' and it felt right. What had disappeared was a vibrational energy behind the forehead that I had felt for many years. This energy had created a sensation of being cross-eyed without in any way distorting the actual physical vision.

This natural 'state' which mysteriously appeared on that day in December is not a state of a resurrected personal identity. There is still 'no-one home', 'nowhere to go', no 'inside/outside' and no sense of self-importance. But all is well! There is no conflict or need to change anything. Pure Awareness is timeless and vibrant, the essence is blissful tranquillity and impersonal love. Timeless because, without the self and its emotional content each moment can be met

spontaneously. The whole being is in a state of alertness and immense sensitivity.

I agree with Bernadette Roberts that the seeker (soul) looks for that which is beyond 'emotional' union with the Divine and is prepared to give God all that we are, our personal self. This means that we will be humiliated and mortified through the experience of no-self but will find in the end that by giving all, all our spiritual needs will be met. The soul yearns for something beyond the changeable nature of mind and matter and will keep looking inwards until it finds that which is whole and timeless, the 'ground' behind the phenomenal world.

I remember how in 1981 I had a strong sense of self identity and often experienced spiritual bliss and gratitude for the simple things in life. At the peak of this period an inner voice was telling me to surrender. It felt as if the brightness of the bliss also highlighted my impurities and shortcomings. The practice of meditation helped increase my awareness and deeper issues surfaced and were resolved. By this time my path had become one of integrating meditation with married life and family commitments.

This resulted in the shedding of the personal self. The years of living with no self were humbling years but supported by faith. When the time was right 'I' emerged as that which is beyond any identification — as pure Awareness.

Lena, who has since validated the outcome of my spiritual process, has encouraged me to tell my story and offer my experience to others. Without a personal self there are no more desires to satisfy or a personal will to act upon. So for a while, I just sat with this thought of going public to see what I was supposed to do with it. I had noticed that whenever I shared what I knew to be true my whole being felt vibrant and energised.

I had also seen that my meditation practice increased my awareness, helped to heal emotional wounds and erased old conditioning. Eventually it gave me direct insight into the nature of who I am. Seeing that others could benefit from exploring a path of self discovery, I have decided to offer group sessions in what I call Active Meditation as well as spiritual counselling.