

Surrender to Love

Personal Account by Skye Summers



I met Skye Summers at a SEN discussion group in Lismore a few months ago. She told the group that this was the first time that she had felt safe in talking about her Kundalini experiences. When I asked her if she would write a personal account, she told me that she had already written a small booklet documenting her story. This article is an edited version of her journal-style account.

Skye told me that although she only began writing in 1992 her process actually began in 1984. At that time her marriage of 15 years broke up and she became so depressed that she spent three months in a psychiatric hospital where she received many drugs and also shock treatment. The shock treatment did, in fact, work and she "woke up one day, put a back pack on and went", leaving everything. She spent four years living in her car and camping on the beach until she found Nimbin, feeling that she had come home. There she began doing meditation and yoga in a shack in the bush. [Ed]

In November 1991 I first noticed the vibrations and they have grown stronger each day. It began when I noticed unusual sensations between my legs. A pressure that vibrated was forcing itself on me. It was activated whenever I relaxed. Then it felt like I was being taken over by an energy force till all I could feel was an energy body and no awareness of my physical body.

The pressure did not hurt. It tingled, buzzed and vibrated and felt stimulating! Although not unpleasant, it was certainly not enjoyable. I was scared! I felt powerless in not having any control over the sensations and I was frightened that I might be heading for insanity.

It was hard enough during the day but I dreaded the nights. It would get dark and I would need to lie down and rest. I would feel very frightened, as I knew "IT" would start as soon as I relaxed. The more I relaxed the stronger the force would become. It would spread, filling my legs with vibrational energy, pushing them down and forcing them apart. It was like an invisible energy arm pushing its fist against my anus. It throbbed and pushed, a pulsating, vibrating energy ball forcing its way into me, up to my jaw. I felt pressure at the back of my head and across my brow. My arms and breasts filled with vibrations, my lips tingled and my tongue became alive. It felt like another body, an energy body, trying to fit itself inside my body.

It was difficult to allow this intrusion to my very being. It was horrifying, I felt like a victim who knew her rapist would attack anytime and anywhere, as soon as she relaxed. I would sit cocooned in blankets so that I knew nothing could really touch me.

I wondered if I was experiencing a cosmic gift. I had been suffering from arthritic pain for over thirty years. The surprising thing was that as I relaxed the pain turned into vibrations, thus freeing me from my burdensome painful body. Should I be scared of a gift? I was too frightened to relax and accept it. I desperately needed to understand what was happening to me. I searched for a label, an explanation. I needed to know what it was, so I would know how to deal with it.

An effective way of handling the feelings was smoking pot. It helped to rise above the fear. I would smoke pipe after pipe trying to calm myself down so as not to panic. I worked through my self-made, self-talk plan, struggling through each moment till eventually I would surrender to the inevitable. I realised that resistance was futile and I had to let the energy through.

As I relaxed, I would adjust my response to the energy, replacing fear with acceptance. It was difficult but I had to change my perception and interpretation of the experience and try to see it in a positive light. I would sink into acceptance of the feelings and fall asleep, only to wake up time and time again to find myself still trapped in the dark of night and engulfed in energy vibrations. I had to continuously reinforce my self with self-talk. I often bordered on panic in not knowing what was happening to me.

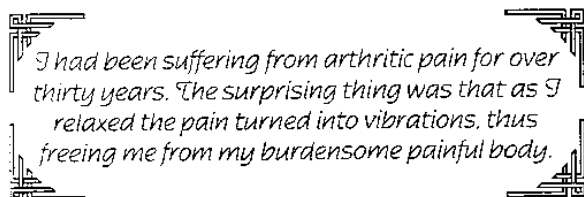
May 1992: I found the label that I needed through Pan, a naturopath. He explained that what I was feeling was Kundalini energy, the energy of the life force. He told me to let the energy expand and let it do what it wants to do, as it is a creative life force. He assured me I was quite safe,

it was there for me to experience. He assured me that after I had been through it I would understand it. I was not to dwell on what ifs or anything that might induce fear.

Pan introduced me to the idea of using the breath as a tool. He suggested that I let the force flow through me like a breath. If I panicked I was to focus on my breath, letting the breath control itself, not be scared just listen to my breath. He told me to listen to my intuition and find out what it was telling me to do.

I was very confused so I set out to find out what kundalini, chakra and all the other stuff meant. Kundalini, according to a dictionary, was referred to as 'serpent power' and likened to a serpent coiled at the base of the spine. It could be aroused naturally or as a result of specific yoga practice. When the energy is aroused it travels upwards along the spine and strikes like a serpent into the brain. What happens when the serpent strikes depends on how it has been aroused. Correct exercises to follow the energy through the correct spinal channel results in enlightenment, if not the result is madness. This brought back the fear. Was I going mad?

I examined my morals, behaviour, attitude and motives to see if I had any reason to expect the worst. I had to self-talk to refocus and look for the positive side. Pan had said that I would wake up to the implications of my existence and attain and maintain a higher consciousness. He warned me that this was not something you go after once; that this is an exercise that lasts a lifetime.



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I felt cheated in not being given a choice. I had no idea where I was heading when I began this path. I had practised yoga for physical reasons (to loosen my joints), not spiritual. I had not realised that the goal of the yogi is to connect with God and the Universe.

May 1994: The amazing thing is that I do not feel like eating. I am not hungry for food anymore, only for sugar. I find myself buying and eating less and not feeling any the worse for it. My friends continually criticised: "You can't live on nothing, you will get sick." I believed them at first. However as the years went by I ate less and felt better. Thus, I had to question my beliefs around food.

I wasn't quite prepared to trust what Pan had told me so I went to a GP for help. He suggested acupuncture to help clear the energy pathways and psychotherapy to

help clear emotional blocks. He referred me to a psychiatrist for psychotherapy.

June 1994: I went to a psychiatrist. On the first visit all she did was take some history. On the second visit about a week later she used rapid eye movement therapy. I followed her hand as she moved it from side to side. After a few seconds I was to focus on my feelings and thoughts. I felt pressure in my head and the need to cry. I was aware of emotional blocks. This process was repeated several times. The pressure increased but I could not cry. I felt that crying might release the pressure that the blocks were causing.

She suggested three things that might be causing the vibrations: anxiety, marijuana smoking, and delusional disorder. When I asked what delusional disorder was she said that this would be the diagnosis if I was hallucinating the vibrations. She offered me drugs to lower my dopamine levels because she felt it might change my perception. She suggested that a part of my brain might be dysfunctional and creating a false reality.

If she would have focussed on my emotional reaction to having been in physical pain for so many years, instead of urging me to take drugs, I might have been able to release the blocks. I felt that this was the root of my emotional problems.

She did not appear to be interested in my feelings or much I had to say and persisted in giving me a prescription for Melleril [*an anti-psychotic —Ed*]. I tore it up as soon as I left. I decided to attack the problem: pain.

July 1994: My next step was to receive massage, spinal adjustments and acupressure. After this treatment I felt light-hearted for hours. Finally free of pain I had a taste of who I really am.

August 1994: I have changed since I first experienced the vibrations. I have slowed down. I never think of going out to 'have a good time'. What is a good time? My life is a good time. I have lots of friends and visitors now that I am not hunting for that special person. I find something special in everyone.

Since I began practising unconditional love my relationships have been much more successful. I have been consciously rejecting my negative emotions and behaviour. I now see the goodness in all. I have recognised that the energy is for healing, myself and others. I have had confirmations of my efforts, mostly through counselling and relieving pain. I now realise I am not just a body; I am a spirit too.

December 1994: I went to see Lena McGregor, a spiritual healer. Lena suggested that smoking cigarettes was killing me. She said that the smoking was cutting

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off my circulation and that is why I became paralysed whenever I lay down. She reached out her hand and asked me to give her the cigarettes. Tears filled my eyes as I tentatively gave Lena my precious smokes.

This was very confronting! I did not want to quit. Being well aware that smoking was my emotional crutch, I was frightened that I would crumble. I felt like I was giving her my security blanket, something I could use for comfort anytime. They were always there for me. Now I was alone.

Was I choosing to live? The tears increased when I realised that I was not sure whether I wanted to live. I did not feel suicidal. I said to her that I did not like being in my body and I was tired of the constant pain. My life had become a pain management program.

In giving her my cigarettes, I was in fact making a choice to live. All that day I was full of emotion and indecision. Lena had opened Pandora's box. It was not just a smoke; it was a doorway into a different state of consciousness. It was a friend, a comforter, something to hold onto and depend upon.

I bought some more cigarettes and felt content again. I had concluded that it was better to smoke than turn neurotic. I had sunk into a depressive state. I began to feel negative about everything. I did not feel life was worth the struggle and death offered a welcome release.

I was shocked at the reality of what cigarettes meant to me. I had enough to put up with in experiencing spiritual emergence, menopause and chronic pain. Why should I torture myself by giving up one of the things that was holding me together, I justified. That was all it took to become positive again. One puff and I felt like a junkie after a hit. High again.

I felt a rush of love fill me. I cried in humility and wonder. I had found a new love, inside of me: sacred love. I felt totally happy about life, my environment and myself. I had let the love through and was expressing it.

Four weeks later I saw Lena again and she said I looked better. I told her that I had not stopped smoking. She said she could see my body filling with energy that was coming to me, not from me. She said it was rising too fast and tried to reverse it and bring down the energy. It seemed that cigarettes were no longer affecting me.

January 1995: On New Year's Eve I had an unusual experience. I was feeling alone, yet full of joy and happiness for no apparent reason when I imagined that

John Lennon spoke to me. He said, "You may say I'm a dreamer, but I'm not the only one". He also said, "This is the year of recognition." and "We have a long way to go." I felt a rush of love fill me. I cried in humility and wonder. I had found a new love, inside of me: sacred love. I felt totally happy about life, my environment and myself. I had let the love through and was expressing it.

September 1995: The vibrational rate increased in density, spinning me out into near panic. Was this the kundalini serpent striking at my brain? Was I heading for insanity? I went to friends complaining that my head felt like it was about to explode. I asked what they could do to help.

She sat with me on the worst night, so I knew I was safe. She listened and kept me earthed by focusing on the present and going through it with me. Her loving acceptance of the reality I was in really helped me.

I was rescued by my friend Lynda. She sat with me on the worst night, so I knew I was safe. She listened and kept me earthed by focusing on the present and going through it *with* me. Her loving acceptance of the reality I was in really helped me.

My head never did explode. I learned to accept the higher rate of vibrational energy. I knew I would have to accept it or flip out and be sedated by heavy psychiatric drugs. In retrospect, I believe this episode was due to the energy hitting my crown chakra.

The filling up sensation that makes me feel as if I am going to explode is due to me filling up with universal energy. I was told to make up a healing list and when the sensations are overwhelming, instead of storing up the energy, I can release it via the imagination by meditating and directing the energy to heal people. In letting the energy through I have let the love through.

June 1996: I have become aware that I am not just a body with a spirit, but I also have a mind. I have recognised the power of the mind. I can make up my mind or I can change it. I believe by employing mind over matter principles it is possible to experience a new way of being.

I now believe that the sensation of vibrations is my awareness of the life force. I now know that it is this energy which sustains me and not food. I eat very little and I am very much alive and well. I can actually feel my body being energised by prana, a powerful vibrational energy that I used to fear. I am not eating any vegetables, fruit, cooked meals, or other foods that I had been led to believe were essential for a healthy life. I DO eat, but it is at night and currently only Weetbix.

April 1998: I no longer fear the vibrations. The pressure is unnoticeable most of the time as I keep busy with many creative projects, expressing and releasing the energy. I know without doubt that the energy vibrations are sustaining me. I rarely feel tired. I usually sleep for a few hours after being creative all night.

August 1998: I was told that I have glaucoma and that it could cause blindness within a few years if not treated. I felt I'd been told that I was going to die. Glaucoma is caused by high eye pressures, so I immediately told my mind to lower the pressures. I believe this is possible through mind mastery and faith.

Everybody urged me to use the drops, just in case. Because I fear blindness, I did start to use the drops. Two weeks later I rid myself of fear and doubt. My mind said NO and I refused to accept this reality. I threw away the drops as taking them would imply doubt. I had no doubt.

Three months later I went for an eye check up. My pressure levels were low and my field of vision was unaffected. One year later the levels were even lower. Two years later the specialist said that I didn't need the drops.

July 1999: I am still not eating much food, without any ill effects. Nutritional tests reveal that I am lacking in nothing. Nothing else had changed. My weight remains the same and my eye pressures are down, without drops. I am excited about the possibility of living without anything. This would offer a freedom I have not yet imagined. I have only five things to go: milk, chocolate, tea, cigarettes and pot.

I have been celibate for over ten years. Sex is not part of my new reality. I never have feelings of that nature. I did not decide to be celibate. It was the same as food – I just did not feel like it anymore. I feel that I have transmuted the sexual life force energy into a higher vibration. This happened after awakening the Kundalini and through practising unconditional love.

July 2000: I was heading for being crippled and in a wheelchair, blind from glaucoma and incontinent from a prolapsed bladder. I am now healthy and happy and feeling high. The arthritic pain that plagued me for thirty years has gone. There is no longer IT and me. I am totally at one with the energy which I now know is love. Free of fear and doubt, I know that love has set me free.

Serpent Power

