

From Individual to Universal: A Story of Kundalinī Awakening

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In her article, the author provides a description of her spontaneous spiritual experience of the Kundalinī awakening accompanied with the interpretation of selected aspects of this transformative experience in particular with regard to its central elements conceptualized in the notions of consciousness, the subtle body, chakras, and Kundalinī.



About the author

Monique Rebelle is a spiritual teacher, painter, and an author. Born in Poland, she dedicated her life to art at the age of fourteen. In 1992 she experienced a spontaneous Kundalinī rising. Subsequently Monique has spent twenty-five years evaluating her experience and eventually began providing spiritual teaching. She authored the book *Transcendence Calling: The Power of Kundalini Rising and Spiritual Enlightenment*. Her email address is info@moniquerebelle.com.

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1 Introduction

I was born in Poland. Although being grown up in a catholic country, I had no religious affiliation, nor interest in having one. On the other hand, I had a curiosity about life and desire to know the truth. I left Poland on my own as a teenager with an idea of finding the truth through art.

When my spontaneous experience happened, I was thirty five – a mother living unhappily without her child, a “starving artist” on a shoestring budget, renting a dusty attic in a not-that-great part of Los Angeles. By then, I had a history of unusual experiences, psychic premonitions, telling dreams, powerful insights and inspirations, and intense emotions. For

years I kept focus on my artwork, which was my own investigation into the unknown, my life philosophy and my subconscious spiritual practice.

At some point of my journey, after years of struggle, months of depression and at the verge of suicide, I went through an experience I had no previous idea existed. I hadn’t even known the word Kundalinī before, I hadn’t believed in chakras, and I had only a vague idea about spiritual awakening.

The experience changed it all at once.

2 The Sudden Experience of Kundalinī

2.1 A Mental Struggle

That morning I woke up sensing the nervous breakdown closer than ever before. I could not find peace. I was well aware that thirteen years, that I had given myself to succeed, had gone by and I had not realized my goals. I had failed. Next to that earnest realization, nothing else mattered. I started to have suicidal thoughts. Initially, they would come and go, but eventually there was nothing but suicidal thoughts and strong inclinations to fulfill the urge right away. I hated myself and blamed myself for failing. At the same time, the idea was horrifying. I had always been a positive person who considered suicide an unacceptable solution. Now, as I found myself in an emotional state of unbearable discomfort, it felt that the only way of coping was to end the torture. At around 2:20 pm I was determined to get razor blades, however, there were none in my place. On the way to the store, as I came downstairs from my attic studio and walked down the hall to exit the house, I took a glance at the bathroom door and suddenly decided to take a shower. I was not at all in a mood for it but contact with water had been soothing to me. I was still trying to do whatever I could to stop myself from what I thought was the only right thing to do.

I climbed into the tub, turned on the water, and... quickly collapsed in resignation. It took all my energy to comply with the order I had given myself entering the bathroom: not to allow negative emotions to take over my mind.

Throughout the years I had trained my mind to paint in any emotional state. I often felt very sad or frustrated but learned to push through it and work anyway. My actions were instinctive, yet surprisingly effective. Sometimes, I could even observe the emotional charge I felt, disappearing into the painting with my paint brush serving as a bridge between me and the canvas. Now, without a painting in front of me, I needed to consciously focus on the technique I practiced so far without thinking. At first, I decided to find out the nature of the emotion that had such control over me. What was that force wanting me to destroy myself? Where exactly was it? What was it doing to me? It was extremely painful, but I knew that in order to deal with it, I needed to feel it com-

pletely. I set out to identify it. A thought *depression* came to my mind and I saw it as a step forward. Depression was covering me like a dark, dense cloud, but at the same time I figured that the cloud was limited by its name and therefore it was not boundless.

I realized I could possibly step out of it. When painting, I was simply moving my focus away from my emotional state onto the canvas, but now I had nothing to move it into. I still desperately had to do something and I forcefully made that step taking my focus away from the emotion. I was aware that the emotion was just nearby, I could not deny it, but at the same time I found myself in a space I had never known before. It was like an emotional vacuum – a very particular state accompanied by a vision of a desolate landscape without a focal point. There was no more pain and no joy either – there was nothing. I called it *emptiness*. Seconds later, the wave of agony hit me again. This time I knew what to do, and I repeated the process of stepping out of the dark cloud. I ordered my mind to focus on not letting the emotion back in.

It worked again several times, each time a bit longer. The first few times I couldn't breathe during the process, because breathing was bringing the emotion back in, but soon I was able to focus on breathing slowly, and the emotion was not coming back. I laid in the tub without any emotion, just breathing.

In that state of "emotional emptiness" I could clearly see what was happening with my mind. It did not stop processing because emotions were not there. My mind kept on going, obsessively tracing back in time to figure out what did I do to end up this way. Then I realized, that even if grave mistakes were found, I could not take back time and fix them. They were no more repairable. Over and over my mind kept on getting back to the same solution: The end to my life.

That became the final answer and there was no more mental struggle and no more emotions. I surrendered.

After a minute or two with my eyes closed, I was ready to get up and proceed with the plan. Then I opened my eyes.

2.2 A Kundalinī Awakening

Right in front of me, on the background of the white wall of the tub, a rope of lambent rainbow light was moving slowly. It was somewhere between one and two inches in diameter, its speed was constant. I stared at it as it kept on twisting and turning quite beautifully. It seemed to originate from my crotch, looped around my legs, sometimes reaching above the edge of the tub, then spreading around my body in wider loops. I continued examining it in a detached, somber manner, but the longer I observed it the more frightened I became. The terrifying part was, that I could very clearly tell that what I was looking at, was not of the world I knew – it came from somewhere I had no knowledge of. It was completely beyond my experience and comprehension. I could not trace any connection between my state of being and the beautiful, serpentine ray of light glowing and dancing peacefully. My reality was senseless, hollow, doomed, and yet I found myself surrounded by a dense flow of rainbow light, clearly visible and gliding gently. I kept on watching in shock as the light slowly swirled around me and in instinctive reaction I jumped up in horror before I knew I was doing it. I was rushing out of the tub as fast as I could, but when the door was half-open and I was taking a step out, I noticed, in disbelief, that the rainbow was still around me! Just as I initially thought, it was coming out of me. I saw it circulating through me and I realized I could not separate myself from it – it was a part of me! Seeing that made me think of two options: I could either freak out and screaming as loudly as possible, release the terror I felt by jumping out into the empty hall, or I could conquer my fear. A moment later I decided to stay in place saying to myself, *“no matter what happens, I am going to watch this.”* I closed the sliding glass door and sat down in the tub again. This time I crossed my legs and faced the wall with the window.

2.3 Uncovering the Present Moment

I was calmed down and waited quietly. Seconds went by and I began to doubt if anything else was going to happen, when suddenly my vision began to fill with pictures, images in motion, comparable to short video clips. I saw a small child, then heard that child’s thoughts in my head. As the imagery continued, I began to recognize the situations the child encountered. With a great surprise, I realized that the child was me. I was looking at myself (from the past) standing below myself as a present observer, from a distance of about six feet. Childhood, youth, and adult life – the episodes from my life appeared one after the other. Each scene had to do with a specific thought, an important decision about some aspect of my life. Some of the images I remembered well; they had been in my awareness as I was growing up. Others appeared to me as if some unknown source of information supplied my memory, but once I saw them, I could also recall them as true scenarios from my past.

Within just a few minutes, I was able to review all the events of my life, recall my exact thoughts along with their development, and see the chain of events and decisions as something that brought me to where I was in the present moment. It is difficult to explain how I was able to follow the thoughts that spanned the course of my life, but my mind had no problem with it. During the entire process, I remained completely aware of what was going on.

It was really about those initial thoughts, that developed into feelings, opinions, stances, and conclusions that created who I was. I watched them one by one and followed their development until they were carried into the present. At the very moment, when the thought I followed reached the present, it would become resolved and it would just vanish! The thoughts in that process were comparable to bubbles of oxygen in water, moving up to reach the surface then subsequently vanish. I saw my life in detail, comprehended every second and all became clear. I realized that my life was resolved! There were no more questions or doubts – no thoughts lingering in my mind. All of them finalized and dispersed. Now I could still observe new thoughts coming up. There were just a few, all connected with my observation of

2.4 A Gift of Eternal Love

the process. With ease, my mind was resolving them on its own, with me just watching. As the thoughts again vanished one after another, I felt my consciousness rapidly transforming.

My whole identity was shifting. Who, I thought I was, became obsolete. Now I saw it as a dried-up shield of mud, separating from me, falling away. The sweeping motion altered the substance of mud. It turned into a dense, almost solid smoke, dissolving into nothingness. What used to be an integral part of me, detached, fell apart, then disappeared. The realization came with a sudden, tremendous release and lightness. That what I was NOT was gone! There was no longer any need to put any labels on myself – I existed in full capacity with myself conscious of the changes taking place.

That experience taught me that my attention is in fact capable of following one thought at a time, observing its track and its final resolution. The thought, once completely clear in meaning, function, and logic, just disappears. I could do it with any thought and the result would be the same: full clarity and exponential expansion of mental capacity. I also realized that every vanishing thought results in a gain of uplifting light and clarity of the mind.

I now had access to all my thoughts as they freely appeared. The scope of my mental vision became boundless. I did not need to be anybody or to think of myself as somebody. Liberated, I was engaging in watching my own passage into something I could not yet give a name to. I had no more problems – they were all gone. I realized that what was gone was the Ego, while my consciousness was now simply present and observing.

I felt so horrible just minutes before, and my life was so unbearable. Guilt and regrets were hunting me, I was lost, could not find the way out, ready to end my life. And then the miracle happened.

I saw clearly that the miracle was not reserved for me alone, and what I experienced had a universal potential. I said to myself cheerfully: *"If this happened to me, it could happen to everybody!"* Feeling so much more joy and lightness, I could perceive an infinity of concepts readily accessible all the time, and I knew that there was no question that needed to remain unanswered. My mind opened with full awareness and could investigate any chosen issue correctly, down to its final resolution. At that moment there was nothing left to solve and no need to experiment with it anymore.

My attention shifted and focused on observing the process as it continued. There was no rainbow, but a whitish radiance that soon became sprinkled with golden sparks. It felt like the light and the tiny gold speckles were flowing through me. I became weightless as a beautiful golden light was descending on me like a gift and I became ecstatic – feeling like being lifted up and levitating above the bottom of the tub. I also began to feel support and care given to me, which was so surprising, as I never asked for anything like it or ever thought it was even possible.

I had a distinct sense that there was an entity nearby, I felt its closeness and it was wonderful. The presence was beautifully attractive, safe and its energy was giving. I felt it approaching and I leaned toward it without control, but control was not needed. Slowly and gently but without any hesitation, the presence took hold of me. It felt like I was falling in love without any intention of turning back. Several seconds later, in a very distinct moment, I felt a physical touch right in my heart. I did not imagine it, I actually experienced it. I could never have even dreamed what happened next, when the presence bestowed its love on me. I knew that I had always, somewhere deep inside, hoped and blindly searched for that love, but I had never been able to even imagine it. The presence reached all the way into my heart with true love, and an overwhelming, unmistakable sense of fulfillment took me over. It was more real than any love, I had ever felt before. I was loved truly, and I loved truly, leaving nothing behind. It was all love, in every way, not only a sweet, beautiful feeling but also a passionate fire. The Presence knew me intimately, my every thought, every emotion, and completely loved me. I felt it strongly, without any doubts. I was very present, and I knew where I was and what was going on. It felt like the target was hit and that feeling would never go away. Love had found me, and I had found it. I was home forever. Nothing was given up, everything was gained.

I realized that the state of ecstasy was permanent and always accessible, and although at the time it was given to me intimately and exclusively, that love is there for every being all the time. I could see that just like me, all beings are loved eternally, ecstatically, beautifully, and even madly. Love is always there for everyone to receive, just as we are, in any state and any circumstance, at any time.

The space and colors surrounding me were flowing, translucent greens and pinks of infinite depths. I was now free to love, right to love, and full of love for the whole world. I realized that I was here to give love endlessly, just as it had been

given to me. The preciousness of that realization became sacred. With my whole being, I held that sacred love as the meaning of my life, as the meaning of all life.

I began to send my abundant love to all beings who were living their lives feeling unloved. It happened naturally – my heart poured out love. As that took place and I witnessed it, I eventually comprehended that it was precisely what Buddha and Jesus taught and did. Now, I knew the secret. They had received that same love and spent their lifetimes giving it and teaching it. My desire for peace and love in the world was not just a naïve, silly fantasy of an inexperienced youth. Rather, I concluded, love is the wisest, deepest truth of life and came to an understanding that Christianity began with acknowledgment of that universal love.

It became clear to me, that although love is always there for us, we are too busy, or rather attached to our physical, emotional, and mental realms, to feel that love. I started to think about the problems of the world, about how blinded we are by the material reality.

By the time I experienced the revelation about love, all my potential needs and desires were satisfied in surplus, and I was united in love with the real source of love. Now, without any personal needs and completely fulfilled, I could see clearly and lovingly, the rest of humanity, with all the people and their problems and suffering, and I knew that I had been given wisdom that could help the world. *“This is what it is all about!”* I thought. Love was flowing in abundance from my heart naturally, without me making any decisions about it. I felt my open, compassionate heart giving love to the world.

2.5 An Expansion of Consciousness

Moments later, I humbly contemplated the magnitude of the sacred truths that were revealed, when suddenly I began to hear music. At first, I thought it was coming from somewhere in the house, but soon I realized that the growing sound of a heavenly orchestra was only around me. The concert was full, monumental, beautiful, and so arousing, I was soon mesmerized by it. The air turned blue and was getting still bluer and denser. The choirs of angelic voices sang in notes too high for humans to reach, and as low as the Buddhist chants and lower. The harmonies were spell bounding, and I was swaying, entranced.

As the music continued, I noticed the air getting even darker blue and shapes coming out of darkness. Soon I could see illuminated images of figures scrolling in front of me. They were passing slowly and as they reached my eye level, each of them introduced themselves and deeply gazed into my eyes. I accepted their greetings and felt they were acknowledging my state and knew more about it than I did. I understood their appearance meant introduction into their realm. At that time their individuality did not matter, nor did mine. Our connection was about their work and the purpose of my induction into the world they existed in. Without words I was given access to shared knowledge that was guarded by the group I was now a part of. I had no words for what was going on, but at the same time, I knew it without words. With reverence I watched the figures slowly fade into darkness, when the next stage of my transition began.

2.6 Immortality Revealed

The vision appeared out of a dark purple background, but I had no idea what I was looking at. In front of me was a neon green grid of thin laser lines disappearing into infinity. The lines crossed evenly, and every crossing had a little neon blue light with a white, pulsating center.

As I kept on asking, investigating the meaning of the image, an intuitive answer came with certainty: I was looking at the matrix of creation! The pulsating lights contained coded information about each life, past and future. They were sources of each individual life story. I wanted to know if my life was there too, and I began searching the infinite grid, hovering over the matrix of creation. Eventually, soon after diving into the unknown, I suddenly felt one of the blue lights had my essence. There it was, in that tiny blue capsule! I looked around and realized that the substance of each life is created beyond the frame of time we are accustomed to. It was already there before we could see it or identify it. It existed in another dimension.

It was a rather somber discovery that all lives have a coded destiny that is simply formulated on a grid, but it would quickly become of minimal importance. A few moments later it was replaced by an eruption of conscious energy that could not be described by words. It was not a vision, and its appearance was not external. It was inside of me, an immense, tremendous realization that eventually formed into a statement. Whatever I had experienced or imagined before disappeared compared to the magnitude of this new realization. I felt arising from the inside, like an atomic explosion, but silently – *a free and boundless being*. Then, the statement I AM came from the depths of my existence. Something immense emerged and spoke and it was not possible to add anything to it. That state of glorious recognition lasted for a while. I was acutely aware of all that was happening and what had happened up until that moment, and new realizations did not contradict one another as I was in a state of full awareness and comprehension. I could see at once through all the

worlds I had visited so far. My existence now presented itself on the background of eons of time, throughout the lifetimes. I was a single unit of consciousness existing independently of any measure. The illusion of the material world became thoroughly clear and my soul – the Self was forever released from earthly concerns. It was clear that the sense of individual identity remains with the soul throughout lifetimes and that all souls have similar characteristics.

The eruption of conscious energy I described above, led to the next stage, and allowed me for a particular discernment that in turn led to another astounding realization. I noticed that soul, while timeless, appears on the background of physical reality as a creator of itself, in a burst of creative impulse. That moment of discernment illuminated my very reason for being. It became clear that the deep, irresistible pull into the creative process, is the intrinsic nature of all souls. All the pains of mortal life were worth that clarification.

Following the observation about the soul creating itself was another discovery: Existence comes into being continually expressed by that blissfully sublime, yet unimaginably potent force. All is created simultaneously, in every moment anew, just by the energy of a thought.

The sphere of thoughts is instantly comprehended and arranged into concepts that are, in that state, still abstract.

Four years prior to the present experience, I had an epiphany about the abstract dimension while painting. I realized what had happened then. I existed in that sphere again, this time clearly one of the thoughts, observing my own becoming.

I began wondering what gives soul the energy to create itself, when the question eagerly appeared, “*what creates all of life?*” The answer came in fast and clear, promptly after the question, and my mind was blown again.

2.7 Union with the Ultimate Consciousness

The answer was *inspiration*. I naturally grasped that thought and in the same moment became it. My awareness, in an instant, expanded in all directions, reaching everywhere.

I perceived that I AM the creator in the moment of creating. I connected with the Ultimate Consciousness, the Only One God, Brahman and I became IT in omnipresent lucidity and bliss. I became present in the moment of being created by consciousness and I was creating that consciousness by the same action. As soon as that realization became complete, everything was flushed away by the brightest Light that suddenly engulfed me. Soaring like a comet in that boundless illumination, I tried to find more thoughts, but there was not a single thought left. There was only very bright Light.

The state of full consciousness exists in the absence of all thought. Just by being in the state of constant, inexhaustible inspiration, in peaceful ecstasy of potential creation, all life is realized. I say “potential” because it is the essence of consciousness that creates unlimited potential. The experience of life is a result of our multidimensional perceptions.

That stage of union with the Ultimate Consciousness was light and blissful awareness: no thoughts, no changes, no

time. It was not possible to think or measure anything, yet the awareness was absolute, beyond any knowledge. The precious sacredness that was initiated with the discovery of ever-present love was carried to the state of unity and peace in full capacity of being.

When the process was complete, I just sat motionless, until I knew it was time to get up and get out of the tub.

All was clear, but I could not find words to describe it. I went upstairs to my studio. Although I was very aware what happened but would not be able to express it – my mind was blown. The lid was blown off the top of my head, I did not want or need to think. I had no program to follow or a dream to fulfill. I knew I was going to do something, but I did not care what it was, because I was free. Whatever I did was already complete. In place of any mental analysis of what took place, I had only awe and total reverence. The scope of what I experienced was beyond any possible rationalization – I was more than amazed and wonderstruck. The recognition of the unbelievable greatness that presented itself to me demanded nothing short of complete devotion and surrender. “*This is how religions are born,*” I said to myself.

3 What I Have Learned from my Experience

The transformative experience described above opened my understanding to a variety of spiritual topics including human subtle body and its subtle energies. What exactly have I learned from my experience? The following interpretation represents only a small part of my major insights.

3.1 The Subtle Body

In my experience, as my consciousness was “traveling” upwards the spine, it was passing through what I recognized as “dimensions of perception”. In my understanding, the dimensions are ever-present fields and chakras serve as the gates to them. Through these dimensions of perception we experience life from different perspectives and thus come to different conclusions about life.

3.2 The Kundalinī Energy

I went through the full Kundalinī rising experience without knowing anything about it. Kundalinī is considered to be resting at the bottom of the spine in the sacrum area in the physical body, between the first and second chakra of the subtle body. According to my understanding, as it creates the body, from being a formless entity without any characteristics, it becomes survival, sexual, and creative. When Kundalinī is awakened and risen – moving through each chakra and finally reaching above the top of the head – spiritual enlightenment takes place. I understand that it is not yet the permanent state of enlightenment, as for that our consciousness needs to reside permanently in the heart center. Accordingly, to my observations during interactions with my students, partial Kundalinī awakenings are more common, but can cause various physical, emotional, mental, and other problems. During a partial Kundalinī rising the current is unable to break through heavily congested or undeveloped chakra(s). Therefore, in my teachings, I focus on clearing the lower chakras and cultivating the upper ones, and not on arousing Kundalinī.

I have experienced that Kundalinī can arise and become visible uncoiling outside of the body. During a full, complete process of ascendance, its current enters the chakras and clears up all the congested and stagnant energy. Thus, Kundalinī arousal can revitalize human body and empower it with a lot of extra energy. My abundant, seemingly tireless physical energy after the experience was astounding me for years.

3.3 Dimensions of Perception

My consciousness moved through seven dimensions, and I realized that each of them is operating on a different principle. Many of my observations align with the existing information about the Kundalinī energy and chakras, as well as the process of Kundalinī rising.

The root chakra is the gate to the *first dimension*, which opens to us the realm of material reality we experience. That intricate reality includes our bodies and all the physical world. It is the “flesh and blood” of our being.

The second chakra is the gate to the *second dimension* related to the realm of emotional experiencing. In my experience Kundalinī is able to move through the second chakra when there is no “emotional content” in it. At the beginning of my spiritual experiences, I actually instinctively arrived at that state of “emotional emptiness”. The full Kundalinī current cleared up all the lingering emotional blockages forever. Thirty years later still, none of my deep, heavy emotional problems ever came back.

The *third dimension* accessible through the third chakra is, in my understanding, the dimension of will and goal oriented, discursive thinking. I perceive Ego as a dominance of the first three chakras in our subtle body system.

From a practical point of view, when the emotional, i.e., second chakra was emotionally neutral and with my mind being trained to focus and surrender, Kundalinī could enter the third chakra and clear it up. When this happened, all my thoughts arrived to the present moment and subsequently vanished. In this way Kundalinī passage through the third chakra released the hold of Ego and freed my mind.

The *fourth dimension* is, based on my experience, the dimension of sacred love, that is, the source of all love we experience, both personal and universal. I also learned that all concepts originating from the power of goodness belong to that dimension. Like all other dimensions, sacred love exists beyond the construct of time and can be accessed through its gate chakra, which is the fourth one. In the first part of the passage through the fourth chakra, I experienced receiving the grace. After I received the grace, I became aware that all

is loved and in love forever. I also found, that after a full Kundalinī rising, practice is still needed to bring consciousness to settle in the *heart center*. Passage of Kundalinī through the fourth chakra initiated the element of sacredness that continues as Kundalinī goes higher.

The *fifth dimension* I found to be an exchange of energy. Energy can be exchanged via various ways. We mostly experience it through sound, but there are also other ways we can receive and give energy. I realized that spiritual healing needs the fourth chakra participation but is facilitated by the fifth chakra.

To my understanding, the *sixth dimension* has many layers, such as visions and intuitive explanation of visions, perception of the known reality as an illusion, understanding of the hierarchy of chakras, realms of archetypes (including deities), conceptualization of all religions and various esoteric systems, and so on. I experienced that the process of Self-realization takes place in the last layers of the sixth dimension. This is when we realize we are eternal and exist beyond any earthly measures.

The *seventh dimension* appears to me as the *witnessing consciousness* – observing and discerning wisdom.

The process of Kundalinī movement through the seventh chakra was most incredible. As my Self-inquiry continued, Oneness with what I call Ultimate Consciousness took place without thoughts and in complete, all-encompassing Light.

4 Conclusion

The transformative experience of my life has taught me that *consciousness is not human, nor non-human*. Consciousness transcends human reality and creates it at the same time. As such, it is always accessible. The key to it is hidden in our “ordinary” human consciousness. But even that doesn’t seem ordinary to me. Through the lens of my transformative experience human consciousness appears to me structured – multidimensional.

My experience has also showed me the way, how to uncover its structure. The “path” goes through our subtle body when Kundalinī travels up. When Kundalinī is able to make the transit through all the major seven chakras, one’s individualized consciousness unites with the Ultimate Consciousness. At that very moment, individuality is transcended and the real (unimaginable to us) consciousness reveals itself.