

Appendix II

Toronto & Kundalini

Some comparisons between the experiences of the Toronto Movement and the Occultic Eastern Kundalini Yoga.

	Toronto Blessing	Kundalini
<u>PURPOSES</u>	Healing Spiritual progress Experience love & peace Deliverance	Healing Spiritual progress Experience bliss Liberation
<u>TRIGGERS</u>	Spontaneous-no warning Repetitive music Letting control of mind go Feeling of despair	Spontaneous Repetitive music Wandering mind Feeling of despair
<u>PHYSICAL SIGNS</u>		
Body	Body curls (pre-natal) Trembling Numbness in parts	Bends forward or back Trembling Partial paralysis
Mouth	Clenched jaws Increase saliva	Clenched jaws Increase saliva
Eyes	Rolled back Twitching/moving Can't open eyes	Rolled back Rotating Can't open eyes
Face	Wrinkles up	Wrinkles up

	Brows knit	Brows knit
Breathing	Constricted breathing Breathing patterns change	Constricted breathing Breathing patterns change
Actions	Rolling on floor Body twists Body raises up and down Crawling on floor Patterned movements	Rolling on floor Body twists Body raises up and down Creeping Hands move in patterns
Voice	Unable to speak Speaking in tongues Unusual sounds (animal)	Loss of speech Speaking in tongues Unusual sounds (animal)
<u>INTERNAL</u>		
Sensations	Heat Energy flow in body Tingling Pressed to floor Head to feet sensations Orgasms	Heat Energy flows Tingling Pressed to floor Head to feet sensations Sexual excitement
Visions	Lights Visions of angels	Lights Visions of dietics
Mental	Phenomena passed on Awareness of being Christ Periods of in-activity Revelations	Absorbing of symptoms New Awareness Period of in-activity Existential insights
Emotional	Giddy Laughing Crying Emotional releases Restlessness	Giddy Laughing Crying Emotional releases Restlessness

**REASON FOR
EXPERIENCE
VARIATION**

Amount of change needed	Amount of balance
Expected results	Conditioning
Past history	Past history

SYMPTOMS

Linger for months	Linger for months
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(Also a feeling of anger can be experienced in the Toronto Blessing and in Kundalini Yoga.)

Sources on Toronto:

- Christian History*, Issues 23, 45.
- Mainstream*, Summer 1994.
- SCP Newsletter*, Fall 1994.
- Media Spotlight*, Special Report, 1995.
- Personal observations & interviews.

Sources on Kundalini:

Mookerjee, Ajit, "Kundalini: The Arousal of the Inner Energy," *Destiny*, 1991.

Interviews.

(DesVoignes, Greg, *Holy Laughter & Company, A Toronto Blessing...Or Kundalini Curse?* Christian Research Ministries, Spokane, WA 99208 USA.)

