

Awakening to Myself

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SOUL SEARCHING

THE REAWAKENING

Artist Gopika Nath tells us how her life and her art transformed after her kundalini awakened



It was a hot afternoon in May 1994. I was in my studio, looking at the saree I had just finished painting, when my being was suffused with a feeling of extraordinary bliss, and the room filled up with a kind of luminescence that defies being called light. I had no idea what had occurred, but a thought crossed my mind, telling me I was with God. I didn't need to question it; it felt right. That was the beginning of my journey into the spiritual realm. Nothing happened that was visible to anyone, yet so much happened within that changed my life for good.

For a long time, I had no idea what this experience meant, except that it changed my life. This is not to say that life ceased to have tribulations. Quite the contrary. But I was able to handle matters with courage. Being thus awakened, I now lived on a very subtle plane, in which what I sensed and perceived were almost impossible to communicate and justify through words or logic.

The driving desire thereafter, to realign with the essential force in a sustained manner, led to the practice of yoga and meditation. I learned kriya yoga as handed down by Mahavatar Babaji through the Yogada Satsang Society. I learned Reiki in 2001, and practice it daily because I find it comforting. I enjoy learning and experimenting with chakra meditation and other healing practices including EFT/tapping and inner child work. When my kundalini awakened in 1994, I found myself able to grasp the most complex philosophies, reading Sartre and Krishnamurti with ease. I started writing – something I had never done before.

I also discovered natural healing abilities. I was resting one Sunday afternoon, when I heard my elder sister calling out to me in distress. I got up, sat on the edge of my bed, folded my hands and prayed. Miles away in London, she escaped a potentially fatal accident while cooking, with minor burns. Since then, I have healed several others through the power of intent and visualisation techniques. I work primarily as an artist and writer, using these creative media for self-expression, catharsis, healing and self-realisation.

Gopika is a textile artist-craftsperson working on evolving a contemporary language of thread, towards redefining the value of handicrafts in India. A Fulbright Scholar, alumna of Central St. Martin's School (UK), she is also an art critic, blogger, poet, teacher and healer, who lives and works in Gurgaon.

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It was a hot afternoon in the month of May in 1994. I was standing in my studio, looking at a saree I had just finished painting, assessing my handiwork, when I my being was suffused with a feeling of extraordinary bliss, and the room filled up with a kind of luminescence that defies being called light. I was standing in a balcony covered with Perspex walls and roof and the summer light was strong. But even so, the light I perceived just lit up the whole room in a totally different way. I had no idea what had occurred, but a thought flashed through my mind telling me that I am with God. I didn't need to question that thought, it felt right. That consummate union with the Divine was the beginning of my journey into the spiritual realm. Nothing happened that was visible to anyone, yet so much happened within that changed my life forever.

I did not grow up in a spiritually literate world so for a long time, I had no idea what this experience was or meant, except that it changed my life and how I lived. This is not to say that life ceased to have tribulations. On the contrary, but I was able to handle things with courage and greater ease in my humanness. Being thus awakened to myself, I now also lived on a very subtle plane which made living much harder because what I sensed and perceived were almost impossible to communicate and justify through words or logic.

The driving desire thereafter, to realign myself with the essential force in a sustained manner led to the practice yoga and meditation. I learned kriya yoga as handed down by Mahavatar Babaji through Yogada Satsang Society and continue to practice these techniques two decades on. I learned Reiki,

in 2001, and do it daily because I find it comforting. I enjoy learning and experimenting with chakra meditations and other healing practices including EFT/Tapping and inner child work. When my kundalini awakened in 1994, I found myself able to grasp the most complex philosophies reading Sartre and Krishnamurti with ease and I also started writing- something I had never done before. Gradually my work evolved from designing into the work I do today, as a textile artist.

Along with writing and becoming more visually more expressive, I also discovered natural healing abilities. I was resting on a Sunday afternoon and heard my elder sister calling out my name, in a distressed voice. I got up, sat at the edge of my bed, folded my hands and prayed to save her life. Miles away in London, my sister had escaped a potentially fatal accident with minor burns, while cooking. Since then I have healed many others through the power of intent and visualization techniques. I work primarily as an artist and writer, using these creative media for self-expression, catharsis, healing and self-realisation. If asked, I also do distance healing for others.

Gopika Nath