

Kamla Allen Appreciation

As a child I was baptized in Catholicism. I went to Catholic elementary school, but I couldn't really reconcile my spiritual feelings with what I was learning in Catholic school. And so from a very early age I could tell that this wasn't my path.

My father took me at age eleven to a Zen retreat. It happened to be with a special Zen master, Yasutani Roshi, a very famous Zen master at the time. He was very kind to me, very encouraging, and I thought, "Wow! This is what I want to do. I love Zen Buddhism! I'm going to do this."

So by the age of 14 I was starting to meditate and go to retreats. I continued studying Zen up to my mid-thirties. I had a spiritual realization in Zen along the way, which did not feel quite gelled for me. It certainly wasn't integrated in my daily life and my understanding. So I continued to do Zen training but I started to explore different paths, different teachers, and one such path was Tantric Buddhism.

One day somebody said, "You know, there's a couple of really cool teachers, Saniel and Linda Bonder. They're having a presentation in the city you're in, and I think their Dharma is a kind of contemporary tantric path." So I said, "That's great, I'll go." I went to the presentation and found them to be very genuine, authentic people, very loving, very approachable. They spoke to me as the real deal.

I began reading Saniel's books. I devoured them one right after another and started to go into the workshops and the classes. And in 2006 I had what's called in this work a "Second Birth" realization, at what was then called a Transfiguration Retreat. It was a whole-being Self-realization at the time.

I immediately felt an end to my existential anxiety! It was a total shift, a total difference in perspective, and a cessation of the seeking that I had been doing all along the way, along with some really wonderful additions to my life.

But it took many years of my being in Second Birth to really feel like I ended my struggle. My struggle at some point ceased after all along the way dropping conditioning, past trauma and such. And of course things still come up, but for me it's more of a sense of discovery and wonder than what it was before, which was a sense of suffering.

So I became a Mentor for four years in the former Waking Down Teachers Association, and I also was a practicing clinical psychologist from 1979 onward.

At one point I sought coaching from Saniel, because I felt like I wanted to contribute in a bigger way, in a more expansive way. Saniel really helped me

pinpoint an area of my specific gift, which he called "an oracular transmission." I developed and taught a class called "Accessing Your Inner Oracle," which helped people learn how to drop into this deep field and access wisdom from a greater perspective.

When I taught this, I really became more confident in how to control my own ability to access this state. So at this point I'm now working on or developing or letting it percolate a little bit, letting it develop further, into something different or something I want to do further in this area.

What I think Saniel and Linda's work has meant to me, and why it has been a special path to awakening for me, is their all-encompassing availability — and Saniel, you spoke about it a little bit awhile ago, and you too, Linda — you spoke about how accessibility in the group creates a vortex of transmission. Another aspect for me is that the sangha of the group, the way it's utilized, combined with Saniel and Linda's insight and their guidance and wisdom, seems to create this vortex of transmission that really propels you along in your process. It did for me.

And also their divinely loving acceptance has been really helpful for me as well.

Their availability for me is not just physical. It's in all aspects of their being. And that's allowed me to be more available to myself in each stage of my awakening process. Their very real acceptance and love has allowed me to transcend the subtle and not so subtle striving that permeates a lot of the spiritual paths.

This has allowed me to embrace a whole-being confidence in my process. It's also allowed me to deeply relax into myself.

And finally, that group vortex of realization that speeded up my process has allowed me to understand each of the stages of my awakening as they've unfolded in my second life.

So, I am very grateful for all that I've received on this path, and from my teachers and friends, Saniel and Linda. My life has been immeasurably blessed by them. Their presence in my life and their guidance as it continues over the years has really blessed my life.

I could say that my suffering has for the most part ceased. That which arises now, like I say, is a journey more of discovery than anything else. Because I'm free from my own self-preoccupations, I would say I'm able to give to other people around me more from an unfettered space of love.

I greatly bless them on the planet and in all our lives, and I thank them so very deeply.