



COFFEE AND A COOL BREEZE: A Summer Journal

Tom Bayly

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Life's more serious curveballs, you don't see coming. You are not prepared and you do not know what to do. And, sometimes, when the curve is real nasty, you buckle. This book tells the story of the great curveball thrown into my life. The buckle, in my case, is what has been called Kundalini Syndrome. The term refers to the troubles that can come along with a spontaneous Kundalini Awakening. It seems cliché to say something about how the big curveballs and challenges in life are the real opportunities to learn and to grow as a person. Especially considering that some things in this world are so awful that they couldn't possibly fit into a comforting expression. However, in my own story, I've found this cliché to be accurate.

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