

# Kundalini Complications

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With increasing numbers of individuals being led to believe that a Kundalini awakening is a risk-free undertaking and an expressway to happiness and perfect health, many of those who make enough progress, will be saddled with serious or limiting complications they were not prepared to endure.

In Carl Jung's preface to the Tibetan Book Of The Dead, he touched briefly upon the complications when he used the phrase "the ill-fated Kundalini Yoga."

Another questionable claim is that Kundalini "cleans house" and fashions us into superior beings with all manner of supernatural powers and an unerring moral compass. These claims are only anecdotal and have no basis in empirical proof. In links on this website you will read stories of Kundalini Awakened (and alleged to be enlightened) Spiritual Masters who in the course of their lifetimes turned out to be less than superior in their actions against others.

Some people claim that awakening Kundalini is the only way to Realization yet highly respected and revered Spiritual Masters like Kirpal Singh (See his "Words On Kundalini" in the Articles section of this website), and the Sahaj Marj Spiritual Masters, assert otherwise; from [The Sahaj Marg Companion](#) by Clark Powell, one reads:

"There are dozens of yogas in the East and the West, and if you feel attracted to these forms,

you should go to a proper teacher of that tradition. Some abhyasis do have experience of the inner sound or shabda of nada-yoga, the various light-visions (lakshya) common to taraka-yoga. Though kundalini may be awakened in Sahaj Marg practice if Master deems this to be necessary for an abhyasi's appointed work, kundalini as such involves power and has nothing to do with spiritual realization."

This gives rise to questions about whether or not just trying to force an inner energy to shoot up one's spine is enough for the hallmarks of spiritual growth--Love and Compassion--to blossom in an individual's life. It may be that more is needed than Kundalini, spiritual power, or the practicing of techniques alleged to make you enlightened. Maybe simply trying to be a loving, compassionate being is more important in the here and hereafter, and a safeguard against the seductions and downfalls of spiritual power.

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