

KUNDALINI RISING

Stretching back into the corridors of time, Asian religions have spoken of a mystical force called the 'kundalini'.



The medical symbol is actually a symbol for self healing. The staff is the spine, the two serpents are the two way flow of kundalini energy, and the wings are the awakened brain connected to spirit, enlightenment.

'Kundalini' literally means coiling, like a snake. In the classical literature of hatha yoga kundalini is described as a coiled serpent at the base of the spine. The image of coiling, like a spring, conveys the sense of untapped potential energy.

This energy is described as a sleeping serpent coiled three and a half times at the base of your spine. In fact, her name comes from the Sanskrit kundala which means 'coiled'. A storehouse of creative energy awaiting the command to spring into action, Kundalini is the active property, unconscious in most, which functions under the direction of Universal Law, DNA, and the subconscious mind. In Eastern legends she is a Goddess, and to know her is to possess the wisdom of a creator.

When uncoiled, streams of creative energy known as prana are released, drawing energy from the inner levels of consciousness for mental creation or for physical procreation. This outpouring of energy would drain the mind unless there was a means to return the used energy back into the inner levels of consciousness from whence it came. Thus the activation and use of Kundalini shares an independently intimate relationship with the mind's centers of recycling often referred to as chakras.

Kundalini rising experiences vary a lot from person to person. They can happen in a sudden, drastic whoosh, or in repeated bursts extending over a longer period of time. Or both. The important thing about recognizing it, is to remember that it is very powerful, a radical change in one's energy.

The awakening of this energy should only be attempted by someone who is in balance especially with their energy fields. If the person is dysfunctional - this surge of energy can cause permanent damage to their energy fields making it difficult for them to function in the third dimension.

The process should be gradual as one raises one frequency through meditation - or the like.

After the Kundalini rises the action of the chakras must be set into motion so energy can be replenished for future creative endeavors. Exploration of the nature of the chakras brings the knowledgeable practice necessary for continued fulfillment of desires. Pursuit of the raising of the Kundalini eventually unveils the state of desirelessness which is the spiritual destiny of man.

Perhaps more meaningfully kundalini can be described as a great reservoir of creative energy at the base of the spine. It's not useful to sit with our consciousness fixed in our head and think of kundalini as a foreign force running up and down our spine. Unfortunately the serpent image may serve to accentuate this alien nature of the image. It's more useful to think of kundalini energy as the very foundation of our consciousness so that when kundalini moves through our bodies our consciousness necessarily changes with it.

The concept of kundalini can also be examined from a strictly psychological perspective. From this perspective kundalini can be thought of as a rich source of psychic or libidinous energy in our unconscious.

In the classical literature of Kashmir Shaivism kundalini is described in three different manifestations. The first of these is as the universal energy or para-kundalini. The second of these is as the energizing function of the body-mind complex or prana-kundalini. The third of these is as consciousness or shakti-kundalini which simultaneously subsumes and intermediates between these two. Ultimately these three forms are the same but understanding these three different forms will help to understand the different manifestations of kundalini.

Knowledge of how to awaken the kundalini, what it does, and what to do after its awakening was a closely guarded secret among spiritual masters of the East. Those spiritual masters had very good reasons for keeping secret their knowledge of this power.

The kundalini feels like a warm liquidy magnetic energy when it rises up the spine.

Once awakened, you will find that the kundalini gradually rises and then slowly subsides within the spine.

Throughout history many names have been given to this power: orgone, esprit, loosh, prana, elan vital, and bio-electricity are some of these names. In humans, kundalini is present as a coiled mechanism lodged invisibly in the base of the spine, close to the last vertebrae. It has been referred to as the "coiled Serpent" lying in deep slumber, in it's spinal resting place awaiting activation.

Kundalini usually releases only enough bio-electricity to give a person enough energy for her/his daily round of needs. This energy is directly related to one's personal storehouse of sexual energy. Kundalini takes sexual energy in its raw form and converts it into fine spiritual energy of an extremely high frequency, which then allows the fruition and activation of paranormal activities such as good quality OBE's, telepathy, matter/energy conversion, and communication with entities that inhabit the vast areas of our multi-dimensional universe.

Physical symptoms connected to the opening of the kundalini may include crackling noises at the base of the neck, and unexplained headaches.

Kundalini energies are often triggered by a blow to the head or other physical trauma.

Releasing the Kundalini energy too quickly can have serious emotional effects on a person.

- **Feeling unconditional love and connection with spirit.**



OPENING THE KUNDALINI WITH MEDITATION



Kundalini is most often awaken through Yoga meditation - which include

Mantra Yoga, Hatha Yoga, Laya Yoga or Kriya Yoga. I have prepared a meditation to help you on your path should Yoga not be available to you.

To prepare for this meditation - you might want to tape record the words on this page to listen to as you move through the meditation. Please speak slowly and softly.

Allow lots of time for the meditation - as you will need to relax when you are finished.

You may want to listen to music . . .
be in a quiet place . . .
or be in nature.

Find a quiet place free of distractions. . .

Adjust the lighting and room temperature. . .

Adjust clothing . . . footwear . . . eyeglasses. . .

Sit down or lie down . . .
Find a position that is comfortable for you . . .

Quiet your mind . . . Still your thoughts . . .

Relax your body . . .
Your face . . . your jaw . . . relaxing . . .
Your shoulders . . . your neck . . . relaxed
Your arms . . . your hands . . . feel at peace. . .
Your torso . . . your hips . . . letting go . . .
Your legs . . . your feet . . . totally relaxed . . .

Focus on your breathing. . .
Inhale slowly and deeply through your nose. . .
Retain the breath as long as is comfortable. . .
Exhale through the mouth slowly and completely. . .
Repeat for two more breaths . . . or as is comfortable.

Concentrate on your breathing.

You may want to practice a technique called "alternate nostril breathing." Alternate nostril breathing calms the mind and energizes the third eye chakra. Alternate nostril breathing is performed in the following manner. Rest the base of the palm of your right hand on your chin and your three middle fingers on your forehead; if necessary rest your elbow on a table.

Gently press closed your left nostril with your little finger and breath in through your right nostril. Now, close your right nostril with your thumb, and slowly breath out through your left nostril.

Next, breath in through your left nostril, while your thumb holds the right nostril closed.

Finally, breath out through you right nostril while your left nostril is held closed by your little finger. Repeat the process over and over until your mind clears of thoughts and is relaxed.

Once your mind is quiet and relaxed rest your hands on your lap or a table and start slow deep breathing through your nose. Eventually, you will slip into a an alpha state.

If you have enough residual energy from the breathing exercises, your third eye or crown chakra will awaken, you will see brilliant flashes of light in your mind, be brought instantly out of trance state, and feel alot of bliss.

While practicing any of the above exercises, you should feel no strain at all.

Now focus your attention on your chakras.

Starting from the top of your head see your crown chakra opening . . .
Feel your connection to spirit.
Bring in the white light . . .
Feel in enter the top of your head and slowly moving down through your spine.

The white light opens your third eye chakra . . .
you may expericnes vibrant colors especially in blue, and violet . . .

The white light moves down to your throat chakra . . .
releasing your blockages . . .
You feel like you want to chant or sing . . .
Allow the tones to resonant from your throat . . .

Do this as long as is comfortable . . .

The white light now enters your heart chakra.
You experience a feeling of unconditional love and understanding . . .

The white light enters your solar plexus . . .
Your fear . . .anger . . tensions . . .realased

See the white light enter your spleen chakra . . .
releasing pain and guilt in the sexual areas . . .

The white light now enters your Root Chakra . . .
the seat of your kundalini energy . . .
It begins to activate the energy of the base (root) chakra . . .

Feel the energy suddenly emerge from your Root Chakra . . .
Spiraling up through the base of your spine . . .
as if it were a coiled snake.

The coiled snake represents the spiraling DNA . . .
opening . . . activating . . . to higher levels of consciousness . . .
It is primal energy . . . bright to the fore.

See this energy leave through your crown chakra at top of your head . . .

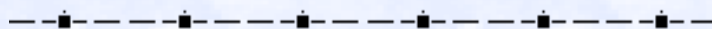
Experience this energy. . .

Intergrate it with your entire being . . .

When your are ready . . . come back into your physical body . . .

Relax and balance for a while.

You might want to drink some water.



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RESULTS OF OPENING THE KUNDALINI

- Opening your [Clairvoyant](#) and [Clairaudient](#) abilities.
- Feeling connect to all things in the universe
- Your mind feels expanded in its quest for higher awareness and knowledge.
- Allowing your ego to step aside and connecting with spirit