

# KUNDALINI

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## Introduction

From an "Eastern" perspective, Kundalini is the supreme cosmic enlightening energy that resides deep within an individual. Many mystics believe that Kundalini is the most powerful force in the Universe, and brings "enlightenment to our world". Consequently, anything you wish to manifest is possible with an awakened Kundalini.

In ancient religious texts, the Kundalini is often described as a female serpent coiled 3.5 times at the base of the individual's spine. The serpent is sleeping, and is waiting for the individual to awaken her, and for her to rise up the individual's spine.

Kundalini is a Sanskrit word that literally means "snake." Kundalini is also called "serpent power" because this sleeping spiritual force lies coiled at the base of the spine. Once awakened, it rises through the chakras, and finds expression in the form of spiritual knowledge and mystical visions.

In other words, the Kundalini is a reservoir of tremendous energy trapped at the Sacrum on the spinal column, which rests dormant unless raised along the spine where the brain can transform its power into higher spiritual energy.

When a Kundalini awakening occurs a metaphysical circuit is completed through the seven chakras (base, sacral, solar plexus heart, throat, forehead, and crown)) through the spine. During the Kundalini experience all seven chakras (energy centres) experience an unprecedented opening. Consequently, the individual then possesses great vision, intelligence, and strength on all levels of their being (physical, emotional, mental, and conscious).

## Awakening the Kundalini

Awakening the Kundalini typically takes 20-30 years of Kriya or Kundalini Yoga practice before the permanent awakening occurs. However, Kundalini teachers often claim to be able to coach individuals to a full Kundalini awakening within 6 -18 months.

It has been noted that serious meditators and yoga practitioners will have faster results; however, there is no reason why any individual cannot achieve a full Kundalini awakening.

As well as teachers who offer personal guidance, there are also offerings of recorded meditation sessions which are claimed to awaken the Kundalini.

## Danger

Is there any danger?

Dr. Glenn Morris, a noted Kundalini consultant/teacher spoke of the "Dangers" of awakening the Kundalini

*"There is much dumping of adrenaline into the body and frying your system is a real possibility and danger.*

*"If the kundalini is awakened without suitable preparation and guidance, it can also be associated with debilitation, insanity, breakdown of the immune system, and prolonged spiritual pain and suicide.*

*"Kundalini is the mass explosion of dark, raw, sexual, moist, sticky, juicy power. It is distinctly the wild feminine which can't be controlled. It is primitive, messy and overpowering, like birth and can be as frightening as death."*

*(In 1985, Dr. Glenn Morris endured the greater kan and li of nei shen gung fu, sometimes referred to as Kundalini, and in 1986 he was made a member of the Chinese National Institute of Chi Kung. He is soke of the Hoshinroshiryu and 9th dan in Bujinkan Budo Taijutsu and has studied with Dr. Masaaki Hatsumi in Japan. Dr. Glenn Morris died in 2006)*

## **Manifestations**

The following manifestations are commonly associated with the risen Kundalini:

- Muscle twitches, cramps or spasms.
- Energy rushes or immense electricity circulating the body
- Itching, vibrating, prickling, tingling, stinging or crawling sensations
- Intense heat or cold
- Involuntary bodily movements (occur more often during meditation, rest or sleep): jerking, tremors, shaking; feeling an inner force pushing one into postures or moving one's body in unusual ways. (May be misdiagnosed as epilepsy, restless legs syndrome, or PLMD)
- Alterations in eating and sleeping patterns
- Episodes of extreme hyperactivity or, conversely, overwhelming fatigue
- Intensified or diminished sexual desires
- Headaches, pressures within the skull
- Racing heartbeat, pains in the chest
- Digestive system problems
- Numbness or pain in the limbs (particularly the left foot and leg)
- Pains and blockages anywhere; often in the back and neck
- Emotional outbursts; rapid mood shifts; seemingly unprovoked or excessive episodes of grief, fear, rage, depression
- Spontaneous vocalizations (including laughing and weeping) -- are as unintentional and uncontrollable as hiccoughs
- Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous noises or like ringing in the ears.
- Mental confusion; difficulty concentrating
- Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences (if the individual's prior belief system is too threatened by these, they can lead to bouts of psychosis or self-grandiosity)
- Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area.
- Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion
- Psychic experiences: extrasensory perception; out-of-body experiences; past life memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions; healing powers
- Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.
- Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment (including "vibes" from others)

- Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness

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Describing what Kundalini is like is to define what the wind is. It is a movement. It is the movement of Divine Consciousness. This wind is in all of creation. It has been described as the divine consciousness that animates all things. It is the "Life Force". The movement of Kundalini is what we know as "Life". The difference between a corpse and a living being is the flow of Kundalini.

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### **Veritas Afterword**

In Veritas existential metaphysics, there is no equivalent of the Kundalini. All is seen as the interacting flow of universal energy, which is comprised of seven bands of frequencies that flow through and are attenuated over the length of the human spine (coccyx to crown).

Consequently, the various bands, and the frequencies therein, manifest specific properties (physical, emotional, mental, and conscious) which are then used to achieve specific results (deep relaxation, conscious projection, spirit-vision, intuition, healing, rejuvenation, empowering, attracting, understanding, etc).

Such energy can be readily focussed and manipulated through meditation, projection, hypnosis, subliminal entrainment, natural supplementation, diet, elemental symbolism, etc. Unfortunately, Veritas existential metaphysics is objective and does not adapt well to subjective belief structures.

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