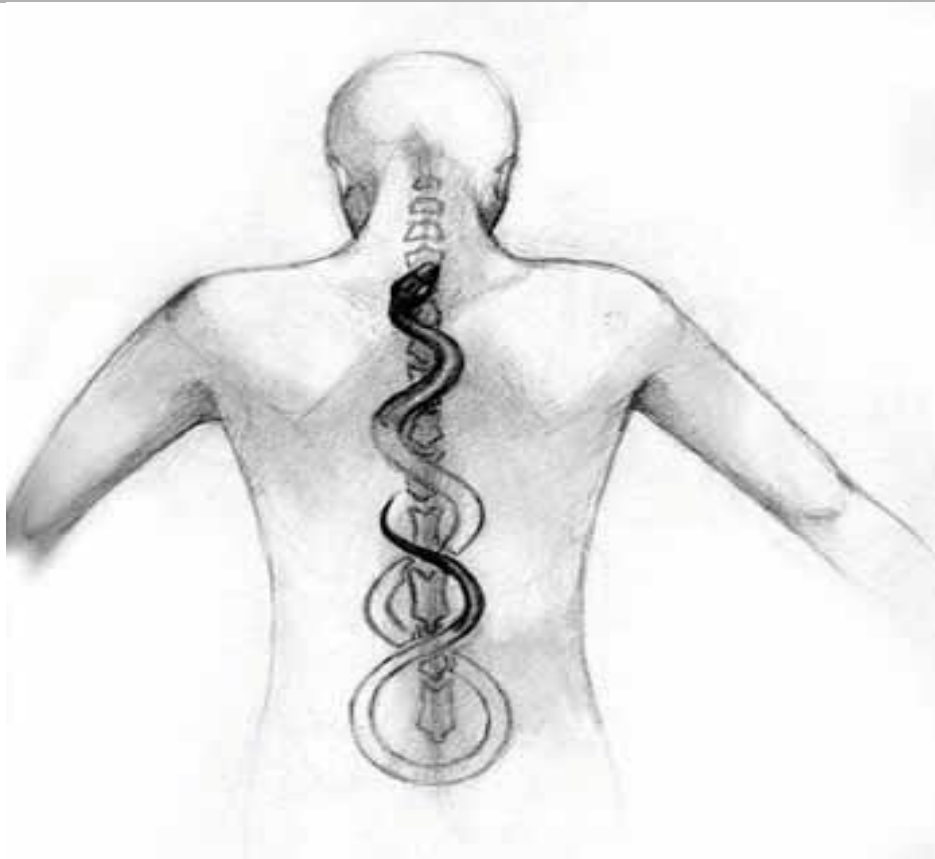




Healing the heart of humanity one soul at a time

Kuṇḍalinī *The Serpent of Fire*



कुण्डलिनी

“If you have anything really valuable to contribute to the world it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every other living creature.”

~ Bruce Barton



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Introduction

According to Tantra, the human being is a miniature universe.

According to the philosophy of Tantra, the entire universe is a manifestation of pure consciousness. In manifesting the universe, this pure consciousness seems to become divided into two poles or aspects, neither of which can exist without the other.

One aspect, Shiva, is masculine, retains a static quality and remains identified with unmanifested consciousness. Shiva has the power to be but not the power to become or change.

The other aspect, Shakti, is feminine, dynamic, energetic and creative. Shakti is the Great Mother of the universe, for it is from her that all form is born.

All that is found in the cosmos can be found within each individual, and the same principles that apply to the universe apply in the case of the individual being.

Kundalini Shakti is a sexual energy; Kundalini Shakti is conceived as a goddess, then, when it rises to the head, it unites itself with the Supreme Being (Lord Shiva).

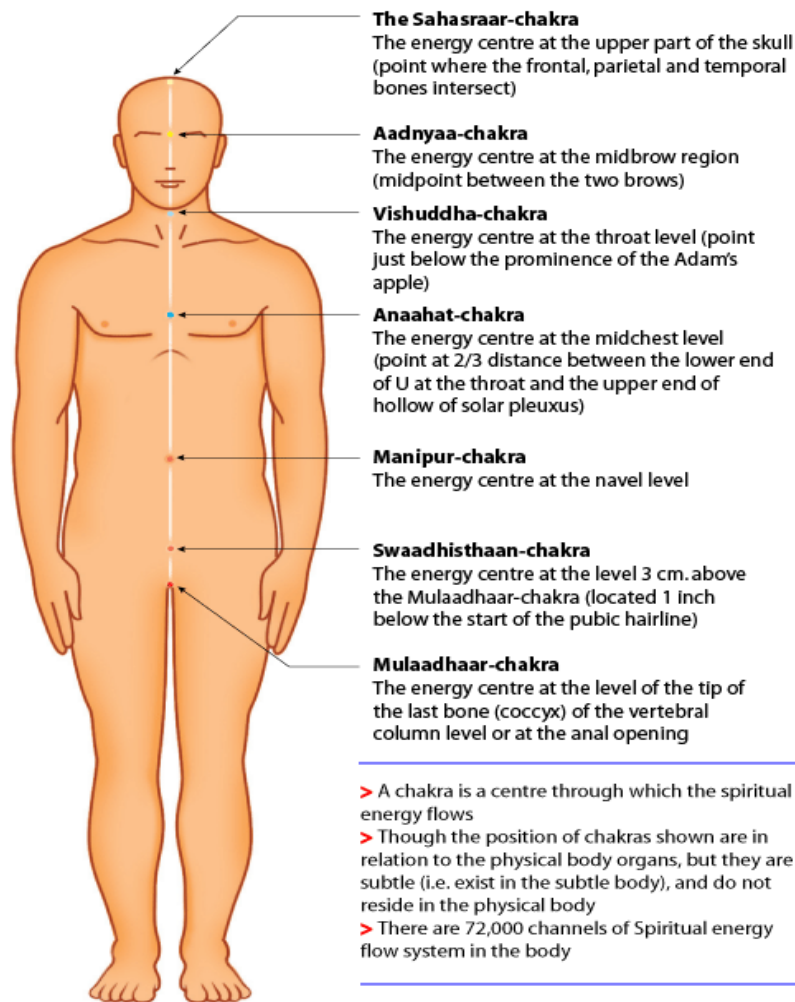


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The aspirant becomes engrossed in deep meditation and infinite bliss. This raw energy is the secret “tool”, which, when awakened, has the power to transform an individual from ordinary to exceptional.

Kundalini - The Spiritual Energy flow system

The position of the Spiritual Energy (Kundalini) chakras



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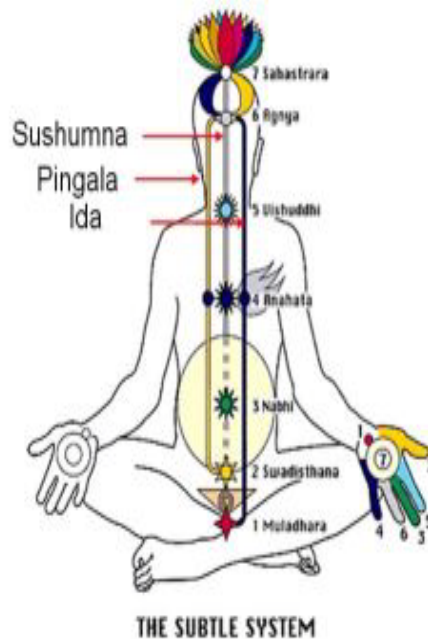
Where Kundalini Is Located?

“Each soul is potentially Divine. The goal is to manifest this Divinity within by controlling nature, external and internal. Do this either by work or worship or psychic control or philosophy- by one or more all of these- and be free.

~ Swami Vivekananda

Kundalini Arousal

Through the Sushumna Nadi



Kundalini is conceived by the Hindus to be a coiled up energy residing at the base of the spine in the root chakra. In most people this energy is asleep but it can be aroused through a number of practices involving for example yoga, meditation and Deeksha, which is the transmission of energy from an awakened person.

When the energy is aroused it ascends through the spinal column in the Sushumna channel passing through each of the chakras on its way to the brain. If the energy rises through the Ida or Pingala channels instead it may cause severe mental disturbance.



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The *kundalini*, depicted as a serpent coiled three and a half times, lies dormant at the base of the spine, blocking entrance into the *sushumna*, the central channel that runs from the first chakra- the *muladhara*, to the seventh chakra- the *sahasrar*, located at the crown of the head. The two intertwined serpents, wrapped around the *sushumna*, are represented in the medical profession as the caduceus. This symbol represents the *ida* (feminine energy, the left channel) and *pingala* (masculine energy, the right channel). These are the two subtle pathways of energy that allow the awakened *kundalini* to ascend from the base of the spine to the crown of the head.

The object of the Tantric practice of Kundalini-yoga is to awaken this cosmic energy and make it ascend through the psychic centers, the chakras that lie along the axis of the spine as consciousness potentials. This union is the aim of Kundalini-yoga: a resolution of duality into unity again, a fusion with the Absolute. By this union the adept attains liberation while living what is considered in Indian life to be the highest experience: a union of the individual with the universe.

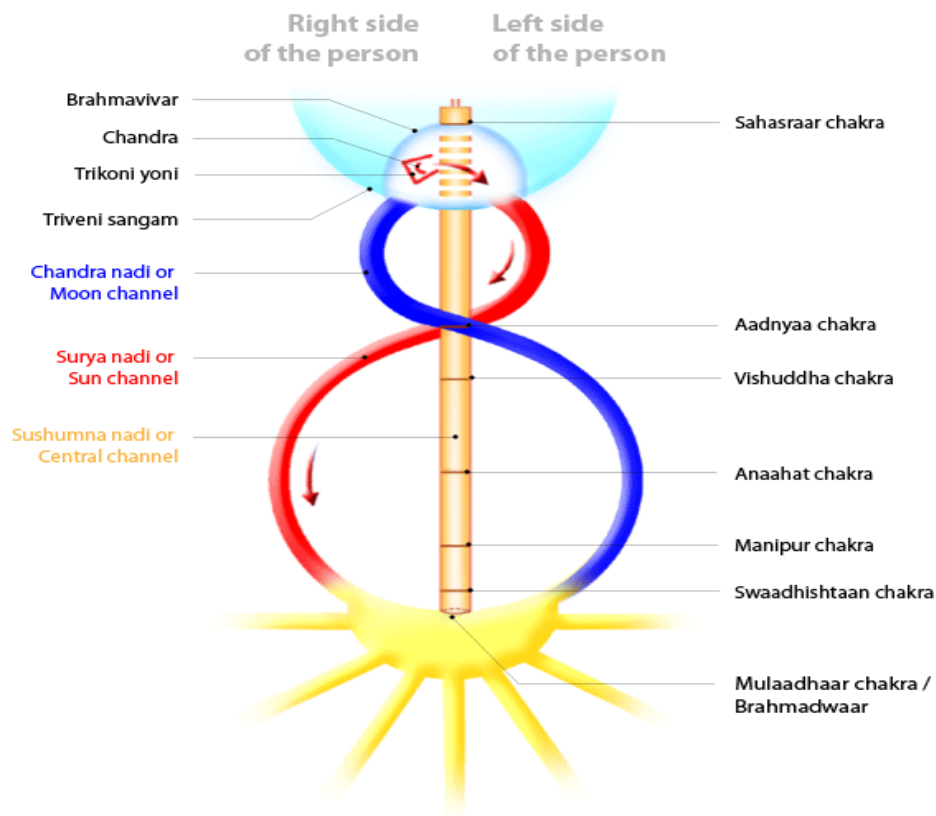




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Why Do We Want to Awaken Kundalini?

The Kundalini System with dormant Central channel



“To need nothing is divine, and the less a man needs the nearer does he approach to divinity”

~ Socrates

The awakened *kundalini* enables humans to reach their full potentiality in every area of life. This can result in a person achieving mega success and supreme inspiration to become the greatest that they can be, whether they are writers, artists, sculptors, teachers, doctors, scientists, healers, composers, lawyers, or in any other profession or business. It may manifest in the form of improved



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health and receiving great respect and gains in finances and career. It can improve our health and maintain our youthful vitality. It can keep our bodies and minds ever youthful. It can improve our personal relationships and elevate our consciousness. It affects us on all levels of our being-- the physical, emotional, mental and spiritual, by purifying us on a cellular level.

It is possible to awaken your Kundalini through different forms of meditation or yoga, though the process should be undertaken slowly. Raised properly, Kundalini energy has the potential to spring forth as active kinetic energy that may result in altered states of consciousness.

Once you have tapped into your Kundalini, what you experience will be unique to you

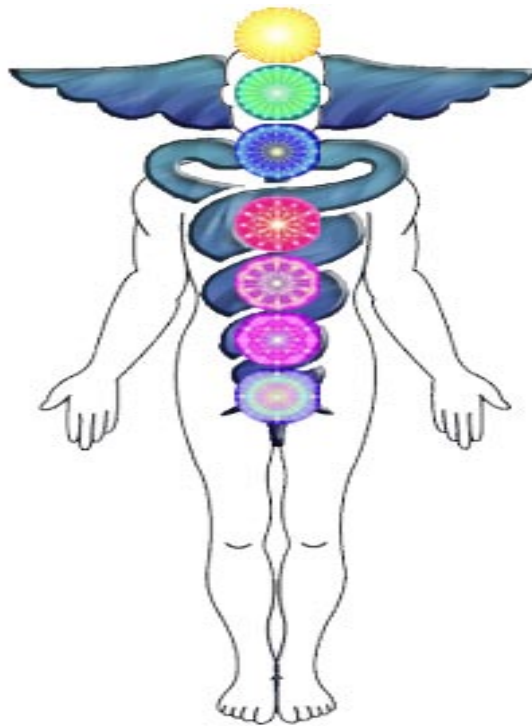
Some people experience the rising of the Kundalini upward through the chakras as spreading warmth and a feeling of extreme well being.



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Activating the Kundalini

This section is from the writing of Pierre van Eijl¹



Why to activate the kundalini? Many people have very outspoken ideas about kundalini energy and its value. They think a strong flow of kundalini energy through their bodies makes them enlightened, one with God... And indeed kundalini energy can help a lot to boost somebody's spiritual development, to have dazzling spiritual experiences and even to have experiences of unity. But having a strong flow of kundalini energy doesn't make somebody necessarily a better person. Personal and spiritual growth is a process; life itself and the way its challenges are met, determines one's growth and how 'enlightened' we become.

Kundalini energy can help spiritual development. An harmonious flow of kundalini energy can help together with a form of self healing and healing, to accomplish astonishing steps of spiritual growth.

¹ From the work with Pierre van Eijl / Kundalini Network, The Netherlands:
www.home.wxs.nl/~eijl0000/par11activation.html



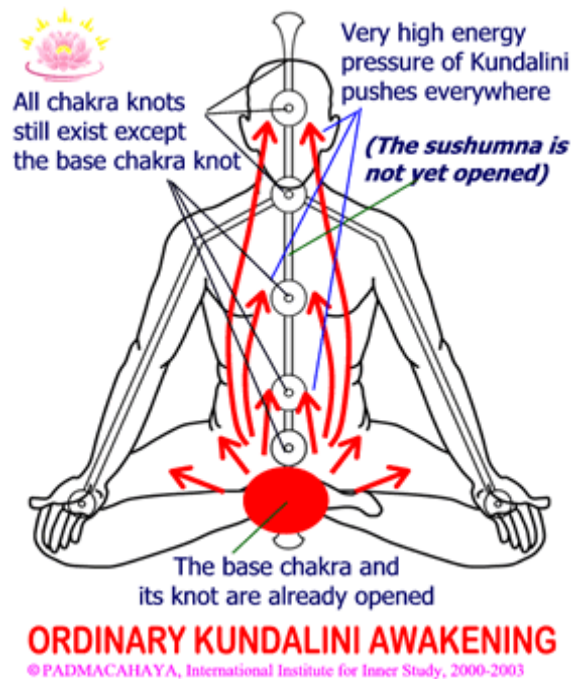
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A strong flow of kundalini energy usually brings often people out of balance (as occurs sometimes with a 'spontaneous kundalini awakening') and it is quite a challenge to regain that balance.

On this page I have described an activation meditation you can do to stimulate your kundalini system in a harmonious way. It helps to generate a kind of spiritual development that is manageable so your energy system doesn't get out of control.

During the next weeks you can use the following meditation exercise daily. Depending of your personal sensitivity you can feel the kundalini energy as a very subtle flow through your (energy) body.

Kundalini Activation Exercise

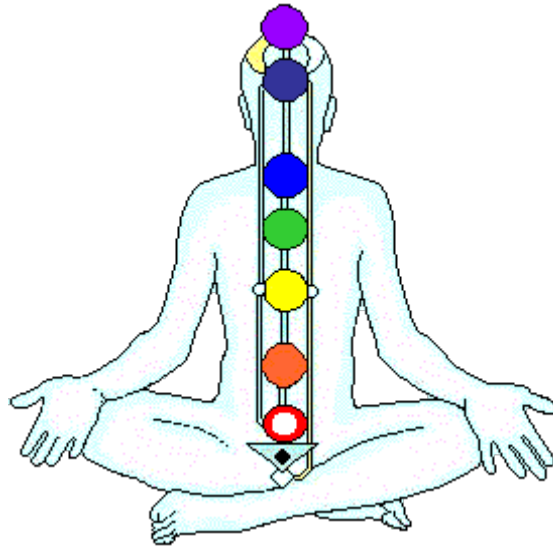


- 1) Sit comfortably on a chair with your feet firmly on the ground. You can keep on your shoes. Visualize a root is coming out of each of your foot and your tailbone going into the earth. Imagine these roots go deeper and deeper until they reach the core of this planet. Now you can attach the roots to the core. Use your own imagination to bind or stick the roots there. These roots help to stabilize your energy body and your aura around you. This is necessary



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to accomplish an effective meditation on the kundalini and it helps to strengthen your balance.



- 2) Close your eyes and visualize the kundalini symbol: a rod with two channels intertwined; also called the caduceus. The rod symbolizes the central kundalini channel through your backbone (at least partially) and through your head toward your crown. The intertwined channels start at your tailbone and go up to the centre of your head. The wings are symbol for the transcendence to which kundalini activation in combination with spiritual development can lead. Visualize the kundalini symbol as gold shining. This is a mystical way to bring you in close contact with your own kundalini system in your energy body. And don't forget: every body has this energy system but because of his meditation you make in a conscious way contact with it!

- 3) Imagine cleaning mentally this golden symbol with a sponge and water in a nice color: transparent yellow, orange, red, green, blue or whatever you link. In stead of a sponge you can use another cleaning device you like more. You even can use pink as the color of spiritual love. It sounds simple but with this cleaning your purity your own kundalini energy system which helps to arrive at an optimal flow of kundalini energy.



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- 4) Visualize your name in this symbol. That helps to 'own' in a conscious way your kundalini and helps to get rid of irritating or annoying energy of other people.



- 5) Visualize today's date in the symbol. Thoughts and memories with an emotional load out of the past that are no longer relevant for the present can solve more easily now and can't disturb your kundalini any longer. Your symbol may appear now more radiant and more familiar to you.
- 6) Then we have the critical activation step: imagine you bring your clean and gold shining kundalini symbol in your tailbone area. If you do so, you can sense an energy change in your back. May be you had to adjust your physical attitude so this kundalini energy can flow as freely as possible though your back and the rest of your body.



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Stay with your attention at this feeling of flowing energy and sense how this flow goes further and further through your body. Each part of your body can be touched by this energy and is a stimulant for your spiritual development.

As you have felt this energy in a sufficient way in your body you can 'cool down' the kundalini system with the following exercise. The regular use of this exercise enables you to get a form of mental control over his very important system of energy.

Kundalini Cool Down Exercise

- 1) Visualize a globe above your head filled with cool, blue energy. Let this energy flow down (earthwards) to the crown of your head. Note the cooling effect this has.

- 2) Imagine a hollow tube running down your back, the central channel of the kundalini. Let the blue energy from globe and your crown flow down this hollow tube to your tailbone. In its passage downwards this energy will cool also the intertwined channels around the central channel

- 3) Now let the cool, blue energy continue its passage into the tailbone until it feels completely calm there.

- 4) Finally, dissolve the globe and all other pictures, feel your feet again, breathe deeply and relax your body. Slowly and gently emerge from your state of meditation.



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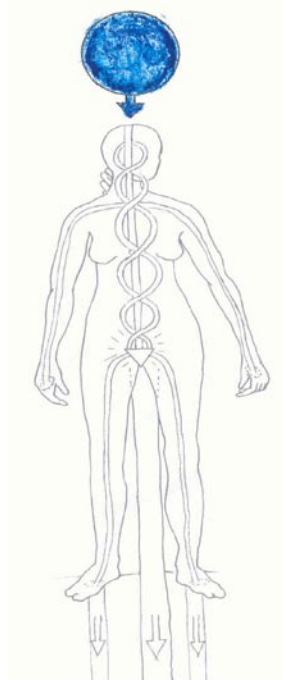


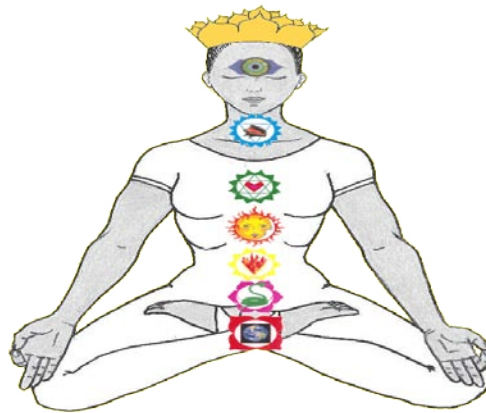
Figure: Calming the kundalini with cool blue

From personal experience of its results, I can recommend this meditation. In case of an over active kundalini it may be necessary to repeat the cool down meditation several times.



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Frequency of Exercise



You can do these activation exercise daily and after two or three weeks you can feel a subtle change in your energy. The kundalini system becomes mildly activated and the time has come to learn a new spiritual exercise for a next step in your spiritual development.

If for one way or another activation exercises don't feel good, stop it or slow down the intensity of your activation meditations and give more emphasis on the cool down part.

If you have the feeling your spiritual development is going too fast give yourself a break, do not meditate for a couple of days, go out for a long walk or swim so your body can again stabilize itself.



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A Word of Caution

While it is exciting to experience the phenomena associated with Kundalini awakening, that is not the goal. It is awesome to have mystical experiences, to witness flashing lights, have visions and hear music, bells, drums and bees, for example, but rather meaningless in the scheme of things. The phenomena can actually create ego fascination, which is detrimental to your spiritual health and should be avoided at all costs.

The purpose of Kundalini awakening is give us ultimate knowledge and power. The aim of Tantra is to awaken and control this latent, mysterious force. The awakening is the "easiest" part because it is just the start. Then the real work begins! This "gift" can be just as easily taken from us, or can cause havoc in one who is not prepared or conditioned to receive and maintain this powerful force.

Kundalini cannot be manipulated without incurring some risks. She is "high maintenance" and is not recommended for the frivolous or curious. Hence, the admonition is to find an initiated master if possible, and commit yourself to spiritual practices and meditate daily.