

Advice for People with Kundalini Awakening Symptoms

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*The author of this book does not dispense medical advice nor prescribe the use of any method, technique, supplement or food as a form of treatment for physical, emotional or medical problems without the advice of a qualified medical or psychiatric physician, either directly or indirectly. The information in this article **should not** be used as a substitute for professional medical, therapeutic, spiritual, or psychological advice.*

The symptoms, experiences and techniques described in this book are the author's alone. The range of possible Kundalini symptoms is vast and diverse, so the symptoms discussed here are those which the author herself has experienced; they are not intended to be seen as conclusive evidence of active Kundalini, nor does their absence imply there is not activity with the Kundalini. Each individual is going to have his or her own symptoms, some dramatic and some milder, depending upon each person's disposition. Seek professional advice about your symptoms before trying any of these methods.

The information is designed to offer general information from donated sources, published authorities or sources of reliable practitioners in their fields. The information given may be useful for resolving difficulties and imbalances in the Kundalini, but anyone using this advice must take full responsibility for the use of it and use it with discretion and common sense. The author nor any of the publishing authorities can be held liable for any misuse of the information here, for any damage resulting from the information here or for failure to seek proper medical advice.

*At no time and **under any circumstances** should this advice or the contents of this book be seen as an implicit or explicit invitation to experiment with the activation of Kundalini. I cannot stress too strongly how much care must be taken with this phenomena.*

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San Francisco, CA*

**General Suggestions
for Easing Symptoms of Kundalini Awakening**

This awakening is a great boon in life and a rare gift to be given this chance to know the truth of your nature. If you have the symptoms of awakened *Kundalini*, you are blessed indeed. Yet you may not believe that, as you may be living with socially awkward symptoms that can derail your life, your marriage, your family, and your job. You still have to focus on the three dimensional world while the boundaries of other dimensions dissolve without warning, revealing alternate realities, strange scenes, creatures and meanings. You still have to get up each day go to work, or wash dishes, clean the carpet, make your bed, and get food for dinner. Every moment can be a challenge to know where to focus one's attention.

The inner world can be enticing, delicious, fascinating or it may be terrifying and disruptive.

The challenge is that the people around you in the "Consensus Reality World" (3D) do not share your visions and inner sounds. They only see you talking to yourself, seeing things that are not visible to them, and being completely un-attentive to the world that they inhabit. They wonder who you are and what has gone "wrong" with you.

These are some general suggestions and some texts that are helpful to the person with the awakening, and also to the caregivers or family who may be concerned and unaware of what is happening. There is no prescription for exactly how to cool *Kundalini* once She has awakened, so the best one can do is give oneself to the process, relax as much as possible, and find a way to be protected and safe.

An ideal nurturing spiritual environment for a crisis would be where the caretaker has a small cottage or room where a person with the spiritual crisis could be cared for 24 hours a day safely but supervised lightly. Fed and cared for daily, the *Kundalini* awake person would be allowed to go through the crisis without judgment or interference and not asked to perform any social functions or obligations until the person expressed a return to normalcy. Such places might be part of a monastery, temple, ashram or Buddhist center where spiritual awakening is understood and appreciated.

Caretakers should consider a blood evaluation and doctor's analysis to see if the person has shortages of vitamins, minerals including trace minerals, hormones or other physical deficiencies. For serious mental psychosis, suicidal thoughts and total imbalance when there is no such safe spiritual environment available, the safest place is the psychiatrist's office or the hospital.

A crisis like *psychosis* requires medical attention and support preferably with a therapist or doctor who knows about this process. This crisis is the **death of the false ego** which does not imply a death to the body nor the world. We spend our lives believing that this "ego" is who we are, but this is false.

We exist as souls, as pure consciousness within a time capsule and a body form. Our consciousness is unending, immortal and pure.

This feeling of death may be the perspective of the person's ego going through this but it is not real. The person with the crisis needs to be told this in order for them to disassociate with the emotional charge around 'death.' In truth **there is no death** for the soul or consciousness of the person, only the ego's control actually dies. But this creates fear and dread which can be overwhelming to the person during such a crisis.

Repeat to the person in crisis: "*This crisis is the **death of the false ego not YOU**. Disconnect from the ego and be your **SELF**, the inner being of your heart. Witness what is happening, but don't think it is **YOU**."*

It is not going to help in every case, but when I went through this, I wish someone had explained this to me.

Here are some things that might help before symptoms become serious:

1. Speak to Goddess Kundalini:

She is you. She is your own life force coursing through you. Tell Her your problems and difficulties and ask for Her help. She will ease up. Keep asking until you can feel She hears you and you can keep your daily life intact. You might be astonished by how much She can help with a crisis. Many people make a contract with Goddess *Kundalini* by setting up time to let go of any restraints, to dance, to meditate, to twirl, or just to let the *Kundalini* take over for a set time each day on the condition that there is clear time to perform your duties and obligations. Amazingly, this works.

2. Stop energy work:

Once your *Kundalini* has awakened and is clearly active, stop energy work, including meditation and active *pranayama*, or reduce the time spent doing these activities. The *Kundalini* is active, so She does everything. The *Kundalini* operates from inside with

incredible intelligence. Trust that whatever is coming is “for the best.” Limit energy work such as Reiki or acupuncture. Also do not do these things to others as your energy could be harmful to them. The reiki practitioner may not know what to do with your awakened energy field as it is not going to be like those who are unawakened. It is best not to have anyone interfere with your energy until it settles down.

3. Keep busy: Most of your day will seem as if you are in meditation, but if you meditate more, your symptoms and disorientation may get more severe. Better to focus on the outer world to hold on to some kind of ‘normal’ way of life. Give yourself tasks to do like gardening, cooking, cleaning out closets, sewing, building things, indexing things which occupy the left brain. You can meditate again when the energy is calm. Try to journal every day on what you eat, do and how your energy is affected as that helps focus on details and minutia. It becomes a great record of your process also. If you read William Bodri’s book on *The Little Book of Hercules* you can track your progress.

5. Do exercise vigorously:

Something about the activity of the body in a sport or exercise regimen is very calming to the *Kundalini*. Playing ping-pong helped me feel normal as it was a sport of spontaneous skill and quick reflexes. This type of skill allows one to be “in the moment” where there is no time, no past, no future and only the sport in each moment to fill the mind. Do activities that engage the brain such as tennis, running, swimming and so forth. The mind takes a rest. The exercise is soothing and invigorating.

6. Eat hearty foods that ground:

Food can be a great friend during the *Kundalini* process. Some people may not be able to eat, some may want to eat a lot. When you feel floaty and ungrounded, eat solid, starchy vegetables and roots to keep the body grounded. The intensity of spiritual cleansing when I lived in an Ashram just absorbed nutrients at such a rate that I was hungry an hour after eating a huge Indian meal. I hear from other *Kundalini* awakened people that they have the same issue with eating. Try to provide good, hearty nutritional food for yourself and sometimes eat more frequently— See Gopi Krishna’s books (see bibliography).

Some people go to skin and bone as their digestive system is rebuilt. So it is not easy to know what way your food cravings will go. Therefore, be prepared to eat solid, nutritional meals and have a friend or family member prepare a variety of hearty food for the duration of the crisis or spiritual emergency.

7. Eliminate dependencies:

It is important to keep the mind clear and fully conscious. Treasure your clear thinking and ability to focus on your day-to-day living. Take time to journal about your issues rather than finding a numbing substance.

8. Enlist helpers to support you:

Find a friend or friends who will be on the other end of a telephone to listen to something that is bothering you. Arrange for babysitters when you are not feeling well. Pre-warn reliable friends not to judge or try to “cure” you, but to just listen with sympathy and care. Pre-warn friends or family that some nights you might need them to spend the night because you do not feel safe alone. Set up a network of support. Do on-line research or call local practitioners who are familiar with *Kundalini* symptoms and can provide valuable assistance. See the books by Emma Bragdon on the Bibliography.

10.

11. Relax and let go: If there is one piece of advice that **works for all these situations** it is **“Let go!”** If you are holding a concept of who and what you are that you cannot release, you will be working against the *Kundalini* process. Your best perspective is to stay as observer, as witness of what happens rather than active participant. When scenes appear before you, let them play out **without emotional investment**. When strange feelings and ideas come, don't get caught in the drama or tragedy that appears. Try not to add to the emotional content of your experiences, but be without judgment, detached almost indifferent like a journalist or like watching a movie. Think of yourself as a journalist who will report about your experiences after the fact.

12. Spiritual practice: If you have a spiritual teacher continue to read and connect with this as a source of guidance. If you have spiritual books that inspire and comfort you, then spend time reading. Find activities to do with other spiritual people that do not involve shallow meaningless events. Chanting and community dancing help. Choose friends who have quiet habits and who honor your experience. Keep to a peaceful, meditative life or practice without radical shifts or changes. Limit meditation times until you are more able to control your symptoms.

These are resource books that I have been able to find in the United States.

BOOKS:

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- SEE the Bibliography for more sources.*