

After Kundalini Awakening:
DEALING with family and friends

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When you find that your family or friends are complaining about you and getting angry around you for no reason you can understand, it may help to consider the possibility that your energy field has changed because of your *Kundalini* awakening. It will help to read "A New Earth" by Eckhart Tolle who talks about this situation of imbalance with partners without talking about *Kundalini*. He calls it being "aware" and it is true that one aware one (A) and one unaware one (UA) are going to have some conflicts. People who are "aware" or their *Kundalini* has awakened begin to disassociate from and dissolve the ego... the part of us that has pain, defense mechanisms, childish needs etc. Tolle calls this ego, "the pain body."

The ego of the unaware one (UA) will be aggravated by the "non-ego" of the aware one (A). The ego must have something to reflect from, to echo, to compare itself to, to feel "better than." I often feel the ego "pokes" others to find areas it can dominate or control. If the aware partner (A) has no ego and is conscious, then the other person's ego (UA) will be angry and frustrated that there is no "echo" or reflection from the partner. Some of his deeper painful memories from the "pain body" will come up and create friction and distress. It would be like dragging up all this negativity and lack. The unaware one (UA) will think it is because of the aware partner (A), but it is just the vacuum created by his ego not having anything to fight against or control. This is why it is often also difficult not only for marriages, but for office relationships and family relationships when one person is awakened. The egos are looking for a sounding board for their pain issues, and there is "no one home." There is no one to play "echo."

Relationships are give and take. Before an awakening we may not even be aware of the ways we give to our partner or family nor how we take from them. This situation perhaps is comfortable and familiar before the awakening, and in some way we felt loved because we were less conscious and more needy. A part of our pain body was being satisfied. Feeling that 'abuse' is love is sadly common in our culture as children are often only loved if they lose their independence and autonomy to their controller/parents. But as the *Kundalini* scours our subconscious and cleans it out, our needs change and the ego and its dependencies and blind spots become less dominant. When a person is in a relationship before the awakening, he or she may not realize that the ways that relationship operated were dysfunctional or abusive. But after the awakening, the awakened person (A) is not going to want to continue that same connection because the *Kundalini* rejects such negativity. When the *Kundalini* begins to dissolve our boundaries, our defense mechanisms, ego patterns, and ways of functioning unconsciously are dissolved. You could say they are healed. Once the *Kundalini* begins her cleansing, the eyes of the heart see more clearly how we are manipulated and deceived by others and we reject it. Those who are still operating in the pre-awakened mode (UA) will not have changed, so they will assume the problem is not with their little bag of pain, but with the awakened one (A).

I had to face this issue of dysfunctional relationships with my own family. Many years ago I was in a car with a relative who was letting her "worry mind" dump on me, and at a certain point a very loud and strong yell came out of my heart and forced her to stop. Some part of my heart just would not allow it to continue any further. My voice had so much power and was so strong that I almost did not know it was my voice. She recovered

quickly from the shock, and then it looked to everyone as if I had been the rude one and had offended *her*. In fact she was offending the Goddess Shakti *Kundalini* and was being scolded to stop!

This event basically put a permanent wedge between me and my family who could not understand my behavior, and I could not explain it. It meant that I never had the same relationship with them again; we were forever in two different worlds, for the family bond was irreparably harmed by my breaking some invisible, unspoken rule about never yelling at this relative. At the time it happened, I was in such a state of bliss that I really did not understand the significance of this *Kundalini* yell until years later. When I looked back on that event, I see that it separated me from a dysfunctional family quite effectively. I did not have to suffer the indignities of having a “worry mind” dumped on me again, and since I could not explain any of it to them, the whole matter was considered to be “Ruth’s fault because of that yoga nonsense!” That is where it remains to this day, but what loss to me? I learned so much from this incident, and it gave me a freedom from their control and interfering that I would never have had any other “friendly” way.

The outcome of this implies that after *Kundalini* awakening, one needs to be somewhat resigned that many relationships will go through a transformation; some may get better, some not. It is almost as if a veil comes between you and the ones not awakened. I find that children have few problems with this. It is mostly with the adults who have entrenched thinking patterns, prejudices, beliefs and stereotypes in their heads who create the most friction. They are programmed to expect certain responses, reactions and reciprocation, so when it is not forthcoming from the awakened person, they are going to be confused and often angry. It is an option to leave the relationship or make some distance from it. However, I believe knowing this information about imbalanced relationships that often go through changes after one partner has a *Kundalini* awakening can help one tolerate the friction and mitigate the effects on the other partner who does not understand. After all being “awake” should mean something.

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