

Kundalini Release Signs

Kundalini Shakti is the spiritual potential in all humans. She is the Mother Divine.

No Rising: KS remains coiled 3 ½ times in Muladhara around Svayambhu linga. Ordinary people at Walmart. All sheaths, but KS focus is on physical.

Kundalini Arousal: when vayus stimulated strongly enough, She attempts a release, but recoils again, unable to achieve release. (serpent= bujangi). She cannot break the cap of Svayambhu linga and no cannot rise. May have brief experience of light, surge of energy, feel good, mind gets a charge of insight and clarity (sattva), but it doesn't stay. Elemental techniques, occult practices can stimulate, but don't lead upward through Shushumna. Can be inspiring though! Can get infatuated with catalyst and go off course into addiction...searching....

Kundalini Release: One time event, KS uncoils and leaves Muladhara through one of 6 nadis in which She can travel. She doesn't go back to being recoiled in Muladhara ever again. Person has increased inner focus, feel energy and mental sheaths and can work there. Dream states, sort through unconscious clutter, etc. More likely to hear inner promptings of intuitive knowledge. (dragon fly or dragon patangi)

Most texts describe release through Shushumna Nadi. If conditions are right and subtle body is vital and clear enough, she may enter Shushumna. Many mistake release for pranic movement. The work of the vayus is felt- clearing the way – unloading the gunk, simplifying, cleaning out, etc.

Kundalini Rising: Going upward through one of 6 Nadis through whatever route She finds herself after release. 6 routes with various levels of risings. Also there are defected risings – go off course. Higher (Makara at Ajna and beyond = Spacewalker (kechari)

Causes of Kundalini Release and Rising

Involve methods and circumstances that create strong mental focus, and emotion and direct the sufficiently vitalized vayus in specific ways (speed and heat). Spiritual practice, life trauma and shock are most common ways.

- Spiritual Practice: austerities, practices, concentration, prayer, abstinence...
- Life Trauma: physical and emotional intensity, weird unexplained experiences...
- Karma: previous lifetimes, ripenings, Grace, Blessings of a Saint...

Signs of a Kundalini Rising

Some basic signs of a Kundalini rising or activity a person might experience include:

(<http://kundalinicare.com/features-if-a-kundalini-rising/>)

- feeling different, not fitting in
- a deep dissatisfaction or a yearning for inner development
- inner sensations of light, sound, current, or heat
- a heightened inner or outer awareness; increased sensitivity
- feelings of energy flowing or vibrating within
- special abilities, capacities, and talents
- non-ordinary phenomena; altered states
- spontaneous bodily movements or breathing patterns
- emotional fluctuations; psychological issues coming forward

- atypical sensations or sensitivities
- an interest in spiritual growth or in metaphysics or the esoteric
- compassion and a desire to help others
- a sense that something non-ordinary, transformative, or holy is happening within
- personal development, and optimally, spiritual transformation and realization

Kundalini Shakti's efforts to improve her status can affect the subtle body (mind and energy), causing a variety of experiences, including ***subtle body activities that feel physical***. People can have a Kundalini release at some point in their lives, or they can begin this lifetime born with an active Kundalini process. They may be aware of something special going on, or they may not realize it until the process ripens later in life. Kundalini process can be experienced as pleasant and gentle or as dramatic and uncomfortable. One need not be having a "spiritual emergency" to be having a deep Kundalini process.

Kundalini risings offer a limitless array of possibilities, and each is unique. A Kundalini rising does not necessarily result in automatic holiness, virtue, genius, special abilities, extraordinary experiences, or peculiar discomforts. Many people have risings that produce few remarkable manifest characteristics other than some form of sensitivity and yearning and a talent or quality that stands out to some degree. Such an individual is more aware of the subtle aspects of life and is unsatisfied enough to seek more from life. This may develop into an intense longing that urges the individual to find purpose, meaning, and spiritual life, if they are not unduly distracted into less satisfying temporary substitutes in the meantime.

With correct guidance, an experiencer can properly support Kundalini Shakti's efforts for spiritual advancement, and progress can be safely improved, yielding personal transformation and spiritual growth. If a person does not know how to correctly support their process and if they engage in unhealthy and unspiritual lifestyle behaviors, their vital energy may become dissipated or misdirected. This can stress the subtle body, possibly yield eventual uncomfortable consequences and postpone spiritual progress.

Some incomplete risings can be difficult because Kundalini Shakti's efforts to improve her status can affect subtle body activities that feel physical and may be uncomfortable. Blocked risings or risings through cul-de-sac routes may yield distressing and non-ordinary symptoms and will thwart further spiritual development until the block or misdirection is corrected. Individuals might also use or misuse any special abilities provided by their risings. If the gifts provided by an arisen Kundalini Shakti are harnessed for non-spiritual purposes, the resulting dissipation or misdirection of vital energy and likely ego inflation can postpone further spiritual progress.

An uncomfortable rising can result when Kundalini Shakti emerges spontaneously by means of non-spiritual catalysts (such as life shock) in an unprepared individual whose subtle body is weak, toxified, or unbalanced and who may have no frame of reference for interpreting and responding to the experience as potentially spiritual. An emotional reaction to the rising itself can further disturb the subtle body. Kundalini Shakti will work to resolve limitations in the individual's system. The experiences produced by her effort may be uncomfortable and considered problematic. It may be labeled a "spiritual emergency". It may be wrongly pathologized by others who do not understand spiritual experiences because the process may meet enough criteria to be deemed a diagnosable disorder or syndrome. Kundalini process is not a pathology, however, and it is considered a blessing to be sought after by spiritual aspirants.