



Kundalini the Power of Awakening: An Exploration of Kundalini Energy, Kundalini Awakening and the Spiritual Quest (Paperback)

By Gabriel Morris

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Note: The focus of this book is not on how to awaken the kundalini energy. The book is intended to educate the reader about the role of kundalini, the life force energy within us all (even if you haven't experienced a full awakening), provide helpful tips and suggestions for those undergoing challenging kundalini symptoms, and explore the spiritual path and awakening process in general. In essence, kundalini is simply energy. Specifically, it is spiritual energy which resides in every human being. Kundalini means literally coiled serpent. Figuratively speaking the coiled serpent represents a reservoir of spiritual energy that lies at the base of the spine in the root chakra, coiled up because in most people it is latent or potential spiritual energy, which the person is for the most part unaware of. Through yogic or other spiritual practices this energy can be awakened in an individual, in which case the energy begins flowing upwards from the root chakra through all the chakras along the spinal column, invigorating and cleansing them; and finally culminating in unification with the...

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