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# 11 DEFINITE SIGNS OF KUNDALINI AWAKENING!

by Ajlandy Spiritwalk

**11 DEFINITE SIGNS OF KUNDALINI AWAKENING!**

Kundalini energy is the energy of your being which sits at the base of your spine, in the root chakra. It is the energy of your sexuality, your creativity, your life force energy and your will to live. When this energy is activated, people usually dream of serpents or goddesses which are the signs of this energy becoming activated.

Many kundalini awakening symptoms result from changes to your nervous system. It is easy to confuse kundalini awakening symptoms with mental illness symptoms, and vice versa. Many mental illness symptoms are a type of healing and of your body trying to maintain homeostasis or to increase your energy.

Kundalini awakening can be overwhelming and terrifying, also it's very primal and incredibly powerful. As the energy moves up your spine, like a coiled snake, the experience can be very blissful or it can be very painful. It depends on how much fear you have, how far you have allowed it to move in the kundalini's awakened, and how much surrender you have.

Kundalini awareness happens all along the awakening process, before you are awakening, at spiritual awakening and afterward leading to full bloown kundalini transformation. Symptoms are produced at signs of physical changes manifesting in the body after each event of quiet mind happens, no matter how long that internal was.

Today we at Spiritlution.com discuss 11 Signs That You Are Experiencing A Kundalini Awakening

### 1. PHYSICAL AILMENTS

During a Kundalini Awakening many individuals suffer from many physical ailments. Certain individuals will experience physical and energetic symptoms at this point.

Pimps or vital energy moves through the body and clears out physiological blocks, a person may experience intense involuntary jerking movements of the body, including shaking, vibrations, spasm and contractions.

An deeply held unwinning and blockages in the smooth flow of energy are released, the person may re-access memories and emotions associated with past trauma and injury.

Sometimes our nervous system is unable to handle the amount of energy that is attempting to move, and this can show up in a myriad of ways.

Certain symptoms include Muscle twitches, cramps, Energy rushes, immune electricity circulating the body, intense heat or cold

and involuntary bodily movements which come more often during meditation, rest or sleep.

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A Kundalini awakening often generates unusual physiological activity as intense movement of energy releases tension in the body. Intense hyperactivity, rushed apparent heart problems, pains in head and spine, gastrointestinal disturbances and nervous problems.

For certain individuals the experience is slow and steady, for others it's intense and immediate. The important thing is not to choose over the symptoms, but find ways to allow the energy to move by healing the body and opening up the channels of energy.

### 2. KUNDALINI PSYCHOSIS

WITHOUT GROUNDING, Individuals may experience many negative side effects in the beginning stages of Kundalini. Among the many possible side effects, Kundalini psychosis also known as Kundalini syndrome is one of the most common.

Kundalini psychosis occurs when too much hot or Yang Chi makes up the spine to the brain and gets stuck there.

Symptoms include intense heat and/or pressure in the head or heart, visual and auditory hallucinations, paranoia, disorientation, obsessive thinking, and insomnia. These symptoms can persist for days, weeks, or even longer.

Many individuals have been institutionalized in psychiatric hospitals and treated, mostly unsuccessfully, with strong medicine and psychotherapy during this stage of Kundalini.

But Because the root of this disorder is actually energetic, the most effective cure for Kundalini psychosis is to lead the energy back down from the head to the sacral or solar of the feet.

This is accomplished by opening the Muruamoto Orbit.

Earth energy, I'm not magnetic, helps elevate the energy downward. The rapidity and effectiveness of this cure can be dramatic; often symptoms are reduced almost immediately, and total cures can be brought about within two or three weeks, if not days.

### 3.Root Pantibution. (A NEW TIDE)

Spiritual awakening affects a direct challenge to the primacy of ego consciousness and the myth of separation. It brings with it a challenge to more beyond the unconscious responses ruled by drives and instincts and remove ego consciousness from the centre stage of the psyche.

It comes as no surprise that such a challenge produces a period of confusion and turbulence. People find themselves beset by inexplicable emotional states as they move to new and unsorted terrain.

The emotional roller coaster may swing from feelings of anxiety, guilt and depression, through to compassion, love and joy, with accompanying bouts of uncontrollable weeping.

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This is all part of the purification process and one should not be alarmed.

Old negative thoughts and pain begin to dissolve as The awakening energy that you've unlocked is it cleansing your old paradigms.

No timeline can be applied to the purification and healing process as Everyone is different. Everyone is moving to a different level of awareness as well.

Ultimately, the purification process dies down, and you move into other phases of awakening that is more joyful and blissful. Many of the Kundalini Awakened process that is healing you and allowing you to finally be you in your beautiful and loving Fullness.

### 4. Reverse Aging Process

Once all of the intense changes occur within the mind and body, Kundalini does gain the ability to reverse aging. This is the ability that everyone has to use but most people don't because they don't have the power to sustain during this process.

Kundalini does calm the body, both mind and spirit - leaving room for aging as and wearing on down.

Kundalini becomes a fountain of youth in it's effect on aging in a number of ways, including better digestion and sleep.

As your body, mind & soul becomes revived to almost stars, the normal amount of melatonin produced with in your body increases as well.

Melatonin is a very beneficial hormone which slows the aging process, energizes the immune system and rewards the natural damage to cells characteristic of aging.

Melatonin can also help those who are aging get more restorative sleep, have more energy, and it can improve memory. Melatonin is also known to be a very very, the hormonal production of melatonin due to Kundalini it's huge benefit to our bodies.

### 5. Increase in IQ Level

During your Kundalini awakening you will experience an amazing Activation of dormant brain glands.

All individuals have a certain amount of dormant or underutilized brain areas. Every human brain ever mapped scientifically has shown at least some inactive cells and neurons.

During this process, the awakening also allows for the stimulation of electrical states of neurons in inspired areas of the brain.

This activation includes enhanced motor skills, memory recall and concentration.

During this stage, you will experience the occurrence of hemispheric synchronization, where the left and right hemisphere begin to operate at the same frequency.

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In this state, the brain hemispheres are balanced and can communicate freely with one another.

### 6.The Awakening of Psychic Abilities

With kundalini awakening comes powerful psychic abilities. Certain individuals may even experience precognition, telepathy, psychokinesis, occurrence of auras and healing abilities.

Kundalini can also cause Altered states of consciousness heightened awareness, spontaneous trance states & mystical experiences.

The main psychic abilities that you may experience:

Clairvoyance, Clairaudience, Clairsentience & Claircognizance.

As you become more receptive to information received psychically, you advance mentally, emotionally, and spiritually at a much faster rate.

Greater communication with yourself as well as greater communication with others can occur as you become more open to psychic insights. The potentials are very appealing.

### 7.Compassionate & Empathic

During Kundalini Awakening, an individual may shift into altered states of consciousness where they experience the Oneness with the world. In this world of separation and duality a deep power and serenity with a profound knowing of wholeness.

Our compassion for our self leads to compassion for others. We wake up to the suffering of others, and because our heart has been opened, we feel it more intensely.

This naturally leads to a desire to help, to give to others the help we've received along the way. The special souls of the interconnectedness of all beings becomes an inner knowing, learned or just a thought.

Knowledge has become wisdom through our experiences, and we're desire to use our wisdom and compassion in the service of others.

Once we feel more united into our own body, we feel a closer connection to Mother Earth, that which nourishes us. Kundalini awakening is the ultimate healing process. It's the ultimate path to spiritual enlightenment and divine. The task becomes, how do we continue to practice self care, while we also set to protect and preserve what is sacred to us.

During this stage of Kundalini you will experience an incredible feeling of Oneness, bliss and Ecstasies of transcendent joy, love, power and compassion.

### 8.Increased Extrasensory perception

During your awakening you will become conscious. If connected with Internal Energies, Intuition and Inner Truth.

Not only are we more aware of what's happening around us, but we become more sensitive and attuned to the thoughts, feelings, and energies within us.

We know when our old habits are starting to sound enticing, or when our heart is beginning to shut down. We are more attentive to our emotions, and begin to develop a relationship with our next, our Inner Teacher.

What other people say or think about or becomes less important to us, because our inner compass is more and more activated.

We become our own leaders by becoming aware of that we need to do to move forward, and learning the skills to take care of ourselves.

As perception expands outside of consensus reality, people experience a typical visual phenomena, including visions of lights, symbols, entities, or review of past life experiences.

### 9.Spiritually Enhanced Sexual Intercourse

From the very beginning of humanity, sex has been the most natural way to discover our spiritual connection with the Divine.

Through this orgasmic release and spiritual communion with the Divine, the deepest state of trust, love and relaxation is experienced. It is from this space where we can find a true feeling of absolute unshakable inner peace.

Kundalini lives the mind from any assumptions or judgments about yourself, your partner or the process or we as you invite in a more expanded state of enlightened consciousness.

This beckons a truly spiritual awakening where you and your partner can create a sensual sensual moment together, where every breath you share, roots your relationship together in the most enlightened and intimate way.

You belong to someone on earth and create spiritual connection with your partner or your heart, enlighten your consciousness and liberate your soul from our society's sexual oppression.

This is an experience of deep transformation inside your being, where each moment can feel as if you are about to die in a cosmic orgasm, and be reborn with the most earth shaking experience of your life!

You will discover this powerful sexual divinium when your Kundalini hormone activated! The energy can transcend all pain into pleasure and all sickness into healing. It is the key to unlock the door to your greatest possible enlightening experiences in this life.

### 10.Universal understandings

During your Kundalini Awakening #1 ACTIVATION you will have many Enlightenment experiences while benefiting from direct Knowing of a more expansive reality, transcendental awareness, Visions, Vivid dreams, insights, synchronistic events and you will being seeing the world differently and many changes in perspectives and beliefs occur as well.

You experience a change in perception and see nature differently with vivid colors. You have the sensation of time standing still and see the interconnectedness between objects in the world.

It is like seeing the world moving in a symmetrical way, instead of seeing still objects.

You experience healing symptoms and feel waves of energy, flashes of light and many other kundalini symptoms.

Cosmic Energy begins flowing in your mind to clear aspects about how you see yourself and how you see the world.

### 11.The Discovery of Destiny & Soul Purpose

The final indication of the kundalini awakening is discovering your Soul Purpose as well as connecting with your destiny.

When we have worked on ourselves to heal our past, when we know the tools to clear the energy in our body on a regular basis, and when we have made a connection to our heart and our Soul, we are ready to discover our purpose.

In a cosmic opening, you receive information about your purpose and lessons for this lifetime. As your soul energy opens, you may remember some past lives.

We can express who we are, and feel our connection to the Divine more and more. We can begin to do what we came here to do.

Maybe that means we become a yoga teacher. Or we write. Or we create art. Or we run a non-profit organization. Or we become a great parent. Or we volunteer in our community.

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By giving from the heart, we reconnect to that source, elevating our soul and fulfilling our destiny.

It can show up in unconscious ways, but when we are living out our destiny, we feel a sense of power and energy. A willingness to do whatever it takes to be of service and show up with our gifts. And the Universe tends to support us in doing this, giving us opportunities to share what we have learned and experienced.

The point of a kundalini awakening isn't only to be able to use people's name or have esoteric powers, but to show up and be of service to our world. To become who we were meant to be. To live in integrity with our own spirit.

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## 162 comments

I had a Kundalini Awakening in October of 2019, and I am struggling.. in my the very least. The amount of people that talk about this stuff, let herself have through it themselves is plentiful. It's not easy, and it using how well it's in.

Eli — December 31, 2021

This is extremely accurate in many

Kenneth — September 25, 2021

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