



# Psychospiritual Support

Enlightened Information for a Better Understanding of Psycho-Spiritual Health



## KUNDALINI



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### Surviving your Kundalini Awakening

17th February 2022 - by David George

Reading time: ( 16 ) minutes: This article is a further accompaniment to our series on Kundalini awakening and looks at some of the specific hardships, challenges and difficult areas of ...

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### What is Spiritual Awakening?

10th November 2021 - by David George

Reading time: ( 14 ) minutes: This article discusses some of the main stages of spiritual awakening and is based on many of the things I personally encountered during my Kundalini ...

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### How to Reverse Spiritual Corruption

11th June 2021 - by David George

Reading time: ( 18 ) minutes: This article explores spiritual methods and practices you can use to reverse and heal from spiritual corruption. Overcoming spiritual corruption allows the body to heal ...

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### Kundalini: Spiritual Tests and Trials

19th May 2021 - by David George

Reading time: ( 8 ) minutes: This article is a look into the spiritual trials and tests presented during a Kundalini awakening, something that is necessary to successfully pass in order ...

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### Healing by Surrendering the Mind and Body

20th November 2020 - by David George

Reading time: ( 12 ) minutes: Surrender is something you hear a lot about in spirituality, especially Kundalini groups but nobody really tells you what it involves or why it's important, ...

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### Advice for Healing the Ego

5th November 2020 - by David George

Reading time: ( 5 ) minutes: This article is intended to be a quick resource guide into learning how to go about healing the ego, something necessary for everybody, but becomes ...

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### A Short Guide to Kundalini Awakening

17th September 2020 - by David George

Reading time: ( 9 ) minutes: This article introduces you to some of the core areas of spiritual awakening such as the serpent, Kundalini, spiritual practice, karma, evolutionary purpose and I ...

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### Pelvic Release Bodywork for PTSD, Anxiety and Trauma

12th July 2018 - by David George - 8 Comments.

Reading time: ( 13 ) minutes: This article explores pelvic release bodywork for removing and releasing trauma as through trapped muscular tension and potential energy stored in the body. What inspired me ...

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### How to Ground your Spiritual Energy

8th June 2018 - by David George

Reading time: ( 8 ) minutes: This is a short guide teaching you how to ground your spiritual energy and is especially useful for energy healers and therapists, psychics or someone ...

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### Introduction to Kundalini Awakening

26th May 2018 - by David George - 2 Comments.

Reading time: ( 12 ) minutes: This article is intended to introduce, dissect and discuss some of the main areas of the mystical phenomena known as a Kundalini awakening from the ...

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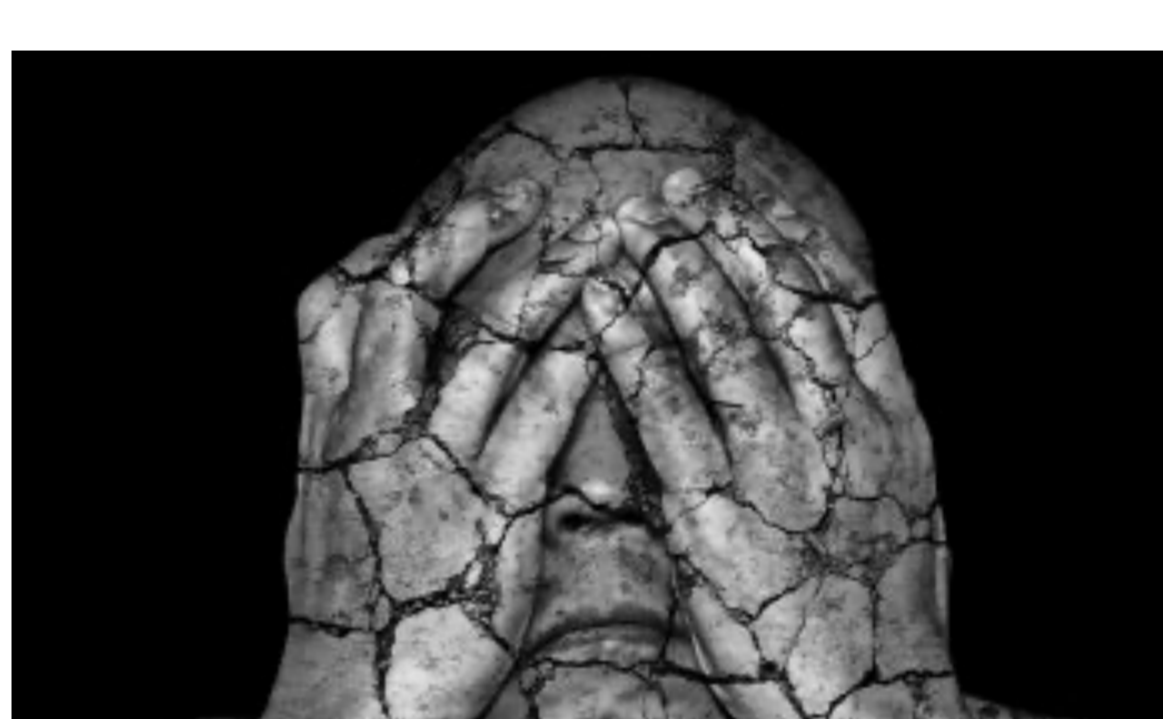
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### How to Recognise and Heal from Vampirism

13th March 2018 - by David George

Reading time: ( 24 ) minutes: This article is a comprehensive break down of what I believe it takes to heal from vampirism. Vampirism is a spiritual affliction this includes things ...

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### Understanding the Ego-Death

4th February 2018 - by David George

Reading time: ( 6 ) minutes: I've come across many definitions and accounts of what an ego-death actually is, what it consists of and what it looks like, but none of ...

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### Root Chakra Healing Crisis

20th January 2018 - by David George

Reading time: ( 8 ) minutes: Root Chakra This post discusses healing the Root Chakra from the perspective of a Shamanic healing crisis using crystal healing, barefoot walking, yoga and Shamanic ...

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### Recognising and Healing Ego Behaviour

11th January 2018 - by David George

Reading time: ( 9 ) minutes: It was the best selling spiritual book The Power of Now by Eckhart Tolle that first brought to my attention the significance of healing and purifying ...

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### An Introduction to Negative Entities and Entity Attachments

6th January 2018 - by David George

Reading time: ( 7 ) minutes: Negative entities exist whether we choose to acknowledge or openly believe in them or not. The worst kind of entity resides in the lower spiritual ...

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### How to Remove Demons Using Exorcism

1st January 2018 - by David George

Reading time: ( 7 ) minutes: Jesus Christ was a master Shaman best know for his work on removing demons, entities and spiritual attachments. Anybody going through a spiritual awakening as ...

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