Sadhguru: If you activate this dimension of energy, other dimensions of life will open up.

0:00 / 0:00

Kundalini Yoga Awakening the Divyata Within

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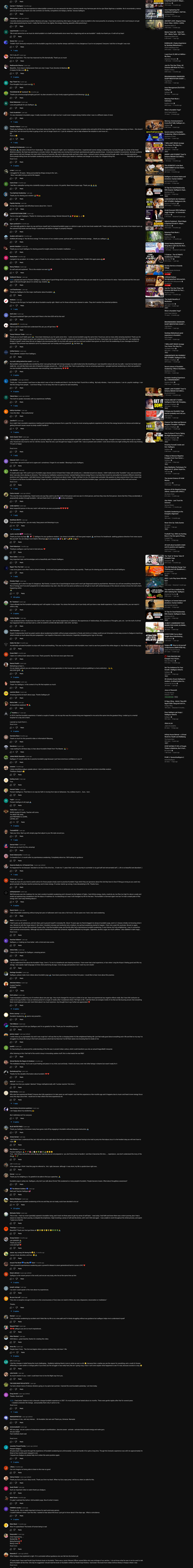
@Sri-Lanka-Darshan 1 year ago

"Is Lord Shiva? Lord Vishnu? Lord Brahma? Lord Indra? Lord Ganesha? Lord Kartikeya? Lord Hanuman? Lord Buddha? Lord Mahavira? Lord Jesus? Lord Muhammad? Lord Nanak? Lord Zoroaster? Lord Confucius? Lord Lao Tzu



Reply

Lavender 201 3 months ago
I know that I need to educate myself more now. Thank you much! I am not yet ready for kundalini yoga
Reply

Carissa Wyles 1 year ago
Can confirm - 7 years ago I ignored everytime I read not practice without a guru. I ended up losing my mind for some time. It was rough. I wasn't ready for it. I have healed, but it doesn't always go that way. I'm happy now starting from the ground, but sometimes I still crave for a taste of the magic again.
1 reply
Reply

Dhruv Munshi 2 years ago
Never knew there are 114 chakras in us. Had an idea that we have only 7 chakras
329 Reply
33 replies

Francis Dee 1 year ago
That was explained very good 👍
1 Reply

N C 10 months ago
Kundalini awakening happened to me, no practicing. Luckily I've always had an 'open' mind. I disagree that you can't incorporate it into your 'normal' life. It's a wonderful thing... what you do with it is up to you. Life has no real physical teachers. We are all students. Until we take our last breath.
28 Reply
8 replies

Capt. Peter 4 months ago
this is best short lecture of kundalini that i ever heared. thank you sadhguru
Reply

BMR Experiments 1 year ago
With Blessings & Guidance of Sathguru ❤️
Reply

j3s 1 year ago
I wanted to do Kundalini so I watched this video, but I am now educated on it do thank you
Reply

Daniel Grech 2 years ago (edited)
Namaskaram Sadhguru, I wanted to ask you about the rising of the Kundalini up the spine last year at Inner Engineering but I didnt get the chance to. So happy to see this title! My Kundalini has slowly gone from the base of my spine and is now in the middle of my back when doing Shambhavi Mahamudra Kriya. 🟡 The next title I would like to see you talk about is an out of body experience which I have had once. Please share. Thank you 🙏🙏🙏
17 Reply
7 replies

Eve Osiris 10 months ago
I have done kundalini and I have been insane. Glad I watched this before starting up again.
Reply

Becky Music 11 months ago
Hello and thanks for the video. Can the kundalini energy help the body heal from physical trauma ? It's something I've been thinking about. Peace and love
Reply

Amanda ORegan 1 year ago
I'm going through a major kundalini awakening now and thought that I was losing my mind, severe vibrations , uncontrollable from spine up in a waving motion in my back during meditation, severe heat coming to the body, change in vision seeing colors vibrantly . Seeing time in a slower way/ noticing bees and their wings flying, it's insane!
Reply

beatriar 2 years ago
kundalini should not be pushed , forced ! it should come naturally ,for all those that force it . i would say ask yourself this question and be honest ; you like being pushed or forced?, may love be our guide . Love to all that is
515 Reply
30 replies

Tiex 4 months ago
Now i now what happened to me at that day . That was a quick raise of Kundalini. I felt a light piercing me. At that whole day I was so energy filled... And after that day I was falling apart. I was confusing everything, could not understand who is in the mirror and so on. That day changed my life forever.
Reply

Hybrid MMA 1 years ago
Dear Sadhguru , Ive had an accidental awakening (long story) and it is an extremely powerful experience I couldn't begin to understand let alone explain. Do you have any suggestions on what to do ?
5 Reply

SpeakingTruth 1 years ago
Sadhguru, I have had a kundalini awakening with energy traveling up my spine. It was after I was assaulted by my ex husband. I'm Native American Lakota Sioux. I never practiced kundalini yoga. I do meditate and started meditating in June 2015. I had my spiritual awakening in May 2018 and had kundalini awakening in Sept 2018. My life fell apart. I knew that I had to walk away from my marriage and my life. I became homeless. I moved into my sons house with his family. I did 6 months of inner healing. I was sick physically from depression. I overcame fear, healed my inner child and forgave people and myself. If I never practiced anything and only meditated how did the third eye open and how did the kundalini awaken and rise?! It changed my life. I divorced my husband an. Read more
6 Reply

Ozora Lapa Vivo 1 year ago
We are lucky that we Born in sadguru era ❤️❤️
7 Reply

TELEGRAM ME @ **leorhart3** 4 months ago
Thanks you universe,angel,almighty god and my dear ancestors for your lovely support,guidance and blessings 🙏🙏
Reply

Eisel yang 2 years ago
I am actually amazed why a lot of people are so excited to awaken their kundalini right away.Its a long process, take your time and have patience. Its a life long process.
5 Reply

Shambala 777 1 year ago
My respect Sadhguru 🟦🙏🟦
Reply

Shakti Shree 3 years ago
Too good explanational of various aspects of life by Sadguru
Reply

🎁 Mere Pyare Sadguru 🎁 11 months ago
हर जगह है तेरी नर सगाहर है 🎁 sadgurunaman
Reply

Life Guru Quote 3 years ago
WINNERS are not people who never FAIL, but people who never QUIT.
17 Reply
3 replies

Sahba Hussain 2 years ago
This is beautiful
Reply

Marcos Guimaraes 3 years ago
Profundo e simples....
Reply

Shakhti Chatunveb 1 year ago
Guruji, I will continue, from where you ended, yes we can open our crown chakra, but only 2 things are needed, 1. Complete surrender to God. 2. Extreme devotion by forgetting yourself... and it will happen for sure...Har Har Mahadev.. 🙏🙏🙏
Reply

Baljit Singh 2 years ago
Very well described
Reply

Until The Sun Dies 11 months ago
As I hear it the cord can be tightened, loosened, cut and reconnected.... Because all paradoxs can be reconciled!! Link those timeliness and be grateful. <3 We love the story of your life more than you know.
Reply

Aravind 2 years ago
Truth spoken, did the kundalini yoga without any guidance, the life blossomed from within and for 2 months the experiences were absolutely wonderful and magical. However, things started to change after that and took me 6-7 months to recover from an insane situation.
5 replies

Steve King 6 months ago (edited)
Very well said
Actually there is more to reality then what we see.
The powers are enormous and the universe has all the powers which you can Capture and live like a superman.
But as the sadhguru said...
Read more
Reply

tanja 1 year ago
I had a kundalini awakening, started in 2012, through galactic intervention, i wasn't spiritual concious, my entire physical endocrine system shut down, from pituitary gland down to thyroid adrenal glands and ovaries 5/2 deficiency and my gallbladder and uterie removed, katalyst was going into shock during a emergency xecearian section, medics call it a very rare illness Sheehan syndrome, now 9 years later and after years of a physical, mental and emotional very eradicating and inward process, and my 2017 flash of remembering, a euphoric flash where past present future fell together like a perfect puzzle, im still on my way searching answers in This living maze of concouseness that keeps scitching ❤️🌶️🙏.
5 Reply

Luz Baron 3 years ago
He is so right in a way, I always thought about that. What would I do if being totally awaken? I already did not want to be here in this world since I was around 14 years old or less. Imagine is I rise my kundalini? Gee, they will take me to the psychiatric hospital all over again.
5 Reply

wfmbu 1 year ago
I wasn't even trying to do this I was just mediating one night to clear my mind and all the sudden I started swaying. It was involuntary, I didn't even know this was a thing until today
16 Reply

Bogdana Tsiavela 6 months ago
I jumped and my life changed completely as he said.
Reply

Vishnu Alamanda 2 years ago
If you want to know everything, Sadhguru knows, there are only two ways:
1) Make Sadhguru as your personal guru(constant mentoring and observation) which is impossible, because he is a busy man, he doesn't have time for any seperate person.
2) Get Enlightened!
5 Reply

Nolan Emmanuel Villegas 2 years ago
That's true because he is a good man with many knowledge you can learn from him
5 Reply

Caspar Zwart 2 years ago
I am always surprised to see that spiritual knowledge such as this advice from Sadhguru comes in only AFTER I have been going through it all. I jumped in trust, I jumped in insanity and maybe devotion is next? I can confirm that without guidance your life falls apart rapidly. Matter of days
5 Reply
5 replies

Wylton Wariess 9 months ago
It's not as dangerous as you think Sadhguru. I once experienced a cosmic journey with the power of Kundalini Shakti, I got this divine power by chance.
through the practice of vipassana meditation in a Buddhist way
At Sradbsatana, my mind moved through the Sharaira at full speed. See hundreds of billions of stars passing by quickly. One heart wants to continue the journey The other one was afraid that I had gone and would not return.
Read more
Reply

M B 1 year ago
In Dr. Joe Dispenza's seminars, this usually happens, either the Kundalini is awakened or there is too much energy moving, he has as a basis the supernatural breathing, which is the Mula Bandah of Kundalini, it is for an unblocking of the first Chakra and thus unblocking all reaching the 7th chakra.
If you want to unblock the first 3 chakras through kundalini, you can do Sat Kriya every day, with 3 minutes is more than enough, it is very powerful, read about Sat kriya, it also helps the awakening of kundalini.
5 Reply
1 reply

Corporal Tran 1 year ago
You are amazing 🟡 Thank you 🙏
Reply

jikon space 2 years ago
Inner engineering: Go inwards, feel subtle sensations, shine from within. For a joyful life. The universe will follow your inner world. :-)
229 Reply
4 replies

Ben Dannison 2 years ago
I don't know if I was ready for my kundalini awakening. It was in many ways traumatic. Nonetheless, I don't think that I would consider it to be a "bad" thing for me. Although it could have probably been handled better, I don't regret it (and besides, it happened and there is nothing that I can do to go back and change it). It freed my mind.
5 Reply
1 reply

Mrunja Monica Gohel 3 years ago
If I was given the choice between having my Beautiful Man here with me in this life by my side.... Or experiencing my Kundalini Rising...
I would DEFINITELY CHOOSE MY GORGEOUS MAN
But it did happen the way it did. I know that it is Chris and he did know about Kundalini Rising.... I am so happy that I told him about it.
5 Reply

Spudinator 5 months ago
Im definitely not ready but its ok. I understand that Im not ready yet. So so much more to learn. I need to stop expecting so much to happen after 1 year of meditation and just enjoy the feeling
Reply

Rajesh Gopinath 3 years ago
A million thanks! 🙏🙏🙏🙏🙏🙏
5 Reply

A YouTuber 10 months ago
This was recommended to me now I hope when it's time to meet at 2 I have prepared enough and will have expert guidance 🙏
Reply

Patricia Braga 3 years ago
NOTHING COMES TO YOU UNLESS YOU ARE READY - This is a Universal law.
2.5K Reply
153 replies

Visha K 3 years ago
Im feeling proud to be born in sadhguru's state (Karnataka)
13 Reply

Garret Hunt 2 years ago
Yeah a sudden Kundalini Awakening is no joke.. thankfully I had a spiritual awakening 12 years prior to my kundalini awakening... otherwise I don't think I could have handled it. It was so intense. I am so thankful, though. It definitely has changed my whole life.
5 Reply

Mirjana cutuk 11 months ago
I have been so attracted to Kundalini yoga and is one of my favourite form of yoga.
I followe Refeel yoga chanel where they do mainly Kundalini yoga. lots of things come up such as stagnant emotions, and certain energy that need time in meditation.. but never the less, I like it a lot and want to go on a course.
Reply

M K H 2 years ago
I Bow to Master.. Sadhguru!)). I just had it.. it was INTENSE.. I WAS AWARE.. FOLLOWED EVERY INSTRUCTIONS.. N IT STARTED..
Reply

Christchal Espinosa 1 year ago
I would jump into the abyss or bottomless pit just to experience what's it's like to feel this energy 🟡 💋
5 Reply

Julius Pascolido 2 years ago
When the master speaks, u listen
11 Reply

PBAC 2 years ago
what's dangerous about Kundhalini is that some of the symptoms are dangerously close to nerve damage
10 Reply
3 replies

William-94 2 years ago (edited)
Its good to have insight from valid source. 🟡 🙏
Reply

Romina Lamberti 1 year ago
I'm going through Kundalini Awakening for three years now. It's been brutal.
2 Reply
3 replies

Dj 1 year ago
Thank you I need this information so much 🙏🙏
Reply

Amanda Zeller 5 months ago
Thank You!!!
I am only about half way through this video, but I need to ask: Other than Yoga, what can cause Kundalini to rise?
Something like what you have thus far described has happened to me recently. And at other times before in my life. Seemingly, preceded by trauma. What you say here suggests that, Kundalini Rising can be The Cause. .
Read more
Reply