

The Most Effective Cure for Kundalini Psychosis

Kundalini sometimes makes people crazy because it gets trapped in the head. A Taoist energy practice called “the microcosmic orbit” can prevent this from happening or fix it after it occurs.



By Mantak Chia

The following excerpt comes from *Awaken Healing Light of the Tao* by Mantak Chia. A newer edition of this book is called *Healing Light of the Tao*.

WITHOUT GROUNDING, the practitioner may experience many negative side effects from energy practices. 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 rushes up the spine (or right or left psychic channel) 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.

Energy jams in the brain and causes it to overheat, which can cause hallucinations. Energy jams in the heart and causes it to overheat. Hot energy travels up to the head.

Some people have experienced Kundalini psychosis spontaneously without having done any energy practices at all. Others have activated it accidentally through recreational drug use. There are also some who have triggered Kundalini psychosis as result of doing meditation practices that do not emphasize balanced energy circulation. Hakuin Zenji, the father of the Japanese Rinzai school of Zen Buddhism, wrote in his famous book *The Embossed Tea Kettle* about the “Zen illness” that frequently afflicted his monks and nearly killed him. Hakuin finally went to a Taoist hermit for a cure.

In modern times, people who experience Kundalini psychosis usually do not know what is causing the problem and are often diagnosed as psychotic. Many have been institutionalized in psychiatric hospitals and treated, usually unsuccessfully, with strong medication and psychotherapy. 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 navel or soles of the feet. This is accomplished by opening the Microcosmic Orbit.

Bringing the energy down is much easier if one learns grounding techniques. Earth energy, Yin and magnetic, helps attract the energy downward. One can also draw the Yin earth energy upward; this cools the heat in the head and increases the kidneys’ Yin power. 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.

Other Side Effects

Other problems that can occur from lack of grounding include overheating, high blood pressure, headaches, heart palpitation or arrhythmia, lack of focus on the details of life, distractedness, or a general sense of “spiciness”. All these symptoms can usually be effectively prevented through the simple technique of opening the Microcosmic Orbit and learning to connect to the energy of Mother Earth.

You may need to practice more to vent any excess energies (or negative emotional energies) that tend to stick in the heart or in the head when the Microcosmic Orbit is first opened.

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Mantak Chia is the only person who has been named *Chigong Master of the Year* twice by the *International Congress of Chinese Medicine and Qi Gong*.

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Recommended Books

Enlightenment Through the Path of Kundalini

By Tara Springett

This is the masterpiece of spiritual books on kundalini. It illustrates the basic concepts of kundalini, chakras, purification of chakras, and the effect of chakras on our health. Tara Springett explains this complex subject in a very simple way. Her experience in the spiritual journey helps her to be a psychotherapist, counselor and medication teacher. She explains the subject with the help of numerous case studies. Her union with a higher power ordered her to write the book. The book is the outcome of her communication with a divine being, White Tara, which opens the way to the deepest metaphysical secrets of universe. Read this book to balance the sea of love and blissful life force which exists in the divine essence of every human being. Your journey toward the deity-state will be easy by following the path shown by Tara Springett. —Shirish Bhoodhar

[See it on Amazon.](#)

Living with Kundalini: The Autobiography of Gopi Krishna

By Gopi Krishna

This book is a greatly expanded (two-thirds more material) version of Gopi Krishna's autobiography. It contains the most famous published account of a Kundalini explosion, a dramatic event that sometimes occurs to people who practice certain kinds of Yoga. Gopi Krishna was a government bureaucrat who, while meditating in 1937 at the age of 34, suddenly perceived a roaring stream of light rising into his head from his spine. For months afterward he suffered a variety of painful physical and mental symptoms including some that seem akin to psychosis. These symptoms gradually subsided into a condition which he regarded as higher consciousness. The work is particularly fascinating because Gopi Krishna was a modern, skeptical, secular man who described his experiences with the skill of a novelist and without mysticism. For a first-person account of a similar experience which was inspired by this book, see [this article](#) by one of our contributing editors; he explains how he made it happen.

—Editor, realization.org

[See it on Amazon.](#)

The Kundalini Guide: A Companion for the Inward Journey

By Bonnie Greenwell, PhD

Ruth Angela, an Amazon reviewer, writes:

“This book has everything explained, clearly and succinctly for the person looking for clarity about Kundalini awakening. I highly recommend it to anyone who has no idea what Kundalini is or what an awakening means. But it is also very useful for those who have awakened and need to fill in some basic facts and details about the phenomena.

I met Ms. Greenwell recently, and she has a deep and common sense understanding of this topic having had years of interviews with people who have been through this life-altering process. She lays it all out for everyone to understand with examples and a review of commonly asked questions. It could be a primer on the topic. The focus is on practical down-to-earth advice and information. The same information could be in some ancient Indian text, but to a Western reader it would be incomprehensible. Bonnie Greenwell has rectified this problem by covering the thousand questions one would have on this subject in simple straight-forward language. Her first book “Energies of Transformation” was a great help to me and many others who wanted to find out more about this topic. But this new book has condensed everything into a easily absorbed format that can be read both as informational and for future reference. Start here if you really want to get a clear picture of the phenomena of Kundalini.”

[See it on Amazon.](#)

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thank you so much for this :)

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Mr. Objective • 3 years ago

Energy work and meditation makes my life-long, severe kundalini side effects even worse. Is there any real and safe exercises that will safely and permanently shut off kundalini ?

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Freddie Yam → **Mr. Objective** • 3 years ago

Did you try the technique described in this article? Did you try any method that moves energy down out of the body or that focuses your attention on the belly or the areas below the belly and even below the body?

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Mr. Objective → **Freddie Yam** • 3 years ago

The youtube video about the microcosmic orbit only talks about meditations to INCREASE energy. Nothing in there about how to move kundalini back down from the head to the lower parts or somehow get rid of it.

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Realization.org → **Mr. Objective** • 3 years ago • edited

This article is about Kundalini problems caused by energy getting stuck in the head. The author believes that the microcosmic orbit solves that problem because it circulates energy around and around the body. That's why it's called an orbit.

The basic version of the orbit sends energy up the back and down the front of the torso.

I mention, down the front of the torso.

You can see this in some of the animations in the video.

Moreover, the microcosmic orbit has a grounding component. It grounds you by connecting your body's energy flow with the earth's energy flow. This is spelled out in more detail in chapter 7 of the book *Healing Light of the Tao* from which this brief excerpt was taken. The pictures of astronomical objects in the video may be intended, in part, to get this idea across.

In addition, this article mentions (1) grounding to pull hot energy down and (2) the benefit of pulling cold energy up. You can find out more about this in the author's book, *Healing Light of the Tao*.

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Jeremiah Bullfrog → **Realization.org** • 3 years ago

I have read that when there is an energy imbalance, and internally energy stacks up in the heart and head, that it is not wise to do any mental manipulation of internal energies, chuck 'em. Would it not be a safer course of action to do some simple standing practice with awareness on the lower dantian? And allow things to slowly, naturally come back into balance?

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Realization.org → **Jeremiah Bullfrog** • 3 years ago • edited

Jeremiah, when you focus attention on the lower parts of the torso (belly and lower), energy tends to be drawn to those areas, and that almost always helps with problems of this kind. That's often the simplest, safest, easiest way. Whether this solution has anything to do with "balance" -- I have no opinion about that.

1 • | • Reply • Share •

This comment was deleted.

M.S.S. Shanker → Guest • 3 years ago

The People who have Strong Aura can influence other peoples' Chakras or Cleanse or Clear the disturbances in their Aura. That is why when we go to temples or Churches or Holy places a lot of people who have greater spiritual capacities visiting those places will help the people unknowingly with their positive vibrations. In the beginning or Initial Stages of Practices who have little trouble with their Chakras or mental imaginations or in the process of attaining a proper meditative state, visiting these places will set the Person on the Right Track. So that his/her journey will be smooth.

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Payam SoB • 2 years ago

How often and how many times a day should we do microcosmic orbit meditation?

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Payam SoB • 2 years ago

What else can we do to treat Kundalini syndrome?

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Beth • 2 years ago

I had a very active meditation practice for twenty years, and last year experienced terrible "kundalini syndrome." What I now believe is that this syndrome was actually a spiritual attack.

I want to reiterate that Satan is actively working against those who love God. He used my love of God to trick me; when I was in meditation, he spoke my name in a voice that sounded like thunder. He made me think that God had spoken my name. He can imitate voices—even the voice you would expect from God. He imitated the voice of Jesus as well, claiming that he was Jesus. This led down a road of absolute terror; where he would make me feel all kinds of things in my body—"kundalini syndrome".

I prayed the Lord's Prayer and simply stated, "Jesus will you help me?" This enabled Jesus to begin the process of extricating the devil from my life. When I prayed these words, I stopped feeling the terror. I believe he needs our invitation and permission to begin his process, and it is a process. Satan does not give up quickly—he disappears for awhile, and comes back when you least expect it. Just remember to ask Jesus for help. Also, go to a psychiatrist; they won't believe that you are hearing real voices, but the medicine they can prescribe will help. It won't erase the presence of bad spirits, but at least it will be a little easier to ignore them.

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Adi Kanda → **Beth** • a year ago

Thank you for sharing this Beth. I have a loved one who has gone through the same experience.

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