

Realization



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When Kundalini Breaks the Last Block

Kundalini activity made the author happy and healthy for over a year — until the night it broke through the last block and entered his head, causing a devastating neurological illness.



By A.D.

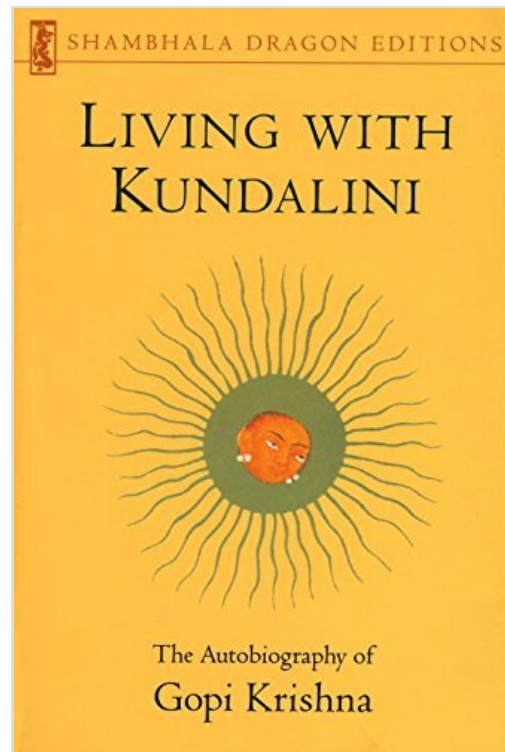
FOR OVER A YEAR BEFORE THE TERRIBLE event I was happy and content. For physical health, I was doing regular yoga postures and relaxation. I also did Ba Gua exercises and meditation. This helped me gain a tremendous sense of vitality and high energy. Sleep was deep and invigorating. I had a large appetite and great digestion; food was organic and vegetarian. I also had great concentration and memory. I had a strong awareness of people, the universe, and myself. I was also very aware of my emotions; I felt sensitive and sensual. My mind and body were working extremely well. I was doing really well at university. No doubt, I was having a great time; I was conquering the world.

Kundalini Was Blocked

I believe my great health was partly due to Kundalini activity that

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occurred once or twice a week in the middle of the night. Typically a feeling of warmth and movement at the base of my spine would wake me from sleep. After a few split seconds it would erupt as a strong ball of electrical energy and then speed quickly along nerves in a manner that could be directed by thought. At the same time I would lose perception of space and time, and enter a distorted sense of reality with extremely loud rushing noises. As this occurred, I would become paralyzed, unable to move a muscle. I would feel the Kundalini energy encounter and push hard against what I would call resistance or blocks or knots in the nerve it was travelling along. This would often cause strong or extreme pain. If I concentrated on the block that was being “burnt” the pain would intensify. The only way to exit this state and make the energy return to its dormant condition was to move some muscle — any muscle — in my body. This was very difficult as I would have to gather up and use all possible will power. When I managed to do this, the energy would rapidly return to its home. After this, I wouldn’t be able to feel any part of my body, so I would twiddle my toes to regain awareness of it. I suppose the nerves had to re-establish their connections. After this happened, I could fall back asleep as if nothing had happened, and the energy would not erupt again that night.



I did much reading and spoke to a few people on the subject and came to the conclusion that what was happening to me was just one of the body’s natural ways of eliminating blocks in the nervous system. This was confirmed by the fact that my

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overall health was improving and I was achieving a great nerve sensitivity and awareness of my body. I also came to understand that Kundalini is just one element for personal growth and that cultivation of virtues is also important.

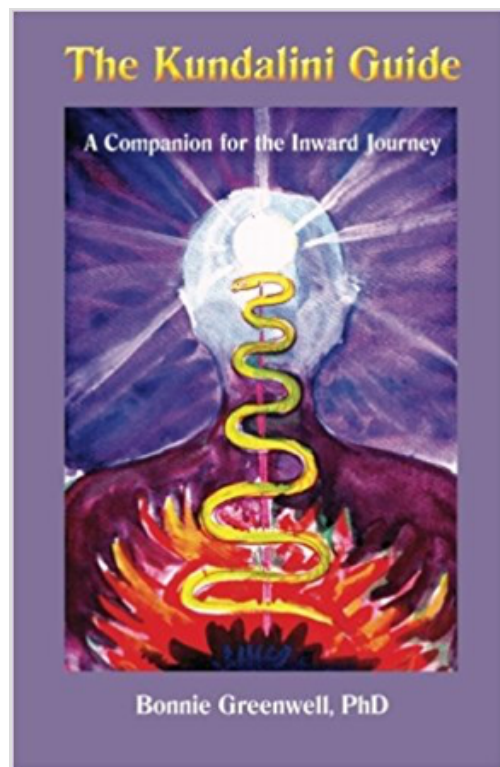
However, two things worried me. Firstly, on several occasions, the energy seemed to enter the spinal channel and extend vertically instead of moving in a compact ball as it usually did in the nighttime experiences. To use serpent imagery, it was like a snake stretching out and standing up instead of a snake that moves while remaining coiled. This would lead to a completely different experience characterized by chakric expansion and mystical awareness, usually accompanied by bliss depending on the position reached by the top of the snake's head. On these occasions I experienced heart orgasms generating compassion, prologed genital orgasms without ejaculation, brain orgasms causing intuition of spiritual laws, and sensations of the body becoming gigantic whilst the point of consciousness became tiny.

Most if not all of the literature I encountered referred to Kundalini activity occurring in this way and so did my Yoga teacher. However, what seemed to be happening to me in the nighttime experiences was that the energy would try to enter the spinal channel but be blocked because the channel was closed. Instead it would force itself out through a different nerve or channel. I couldn't find any information on this type of occurrence, but I did discover in Feuerstein's acclaimed book *Tantra* that when the energy took the form of a snake standing on its tail in the central channel, it would be harmless.

The other worry was that after a period of months, the energy seemed to have dissolved most blocks in my body. This meant that when it awakened it would usually rush straight to my head unimpeded. When it did this, it would reach a block or knot in the middle of my head that seemed to be protecting the brain from the energy. It felt as though the ball of energy was pushing against this

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block very forcefully, and this was extremely painful. I finally decided that this was potentially dangerous because the energy might enter the brain and cause some kind of brain injury. However I wasn't too sure; maybe the energy was meant to "burn" through this block like the rest of the blocks in the body. One time when the pain became unbearable, it suddenly dissipated in the strange form of an orgasmic wave of pleasure starting from feet to head.



I didn't know what to do. There was not much I could do. It's not as if I was playing with Kundalini. It would just awaken naturally in my sleep. I did realise that I could stop the awakening altogether if I rapidly and deliberately moved my body in the split second after the Kundalini woke up just before it erupted. This would stifle the energy but was difficult to do as I would be just waking up and be in a slow-reacting, lethargic state. I also realised that the more power the Kundalini had, the more speed it had, the more easily it woke me up, and the more pain it caused when it reached my head or any other block. This seemed to be regulated by the amount of semen in my body, for when there was a lot of it the energy would stir frequently in the sacrum throughout the day and usually erupt at night. If I masturbated, then there would be no fuel for the Kundalini and it would stir less and erupt at night only after one or two days when the semen had built up again. However, I didn't want to emit semen all the time because it drained me mentally and physically.

What was I supposed to do? Was I in danger? Did I need to masturbate to stop the energy from erupting or from having too much power? If so, how should I determine when the Kundalini had too much power? My attempts to answer these questions were fruitless, and, just as I got to the stage where answering these questions became really, really important to me, something

terrible happened.

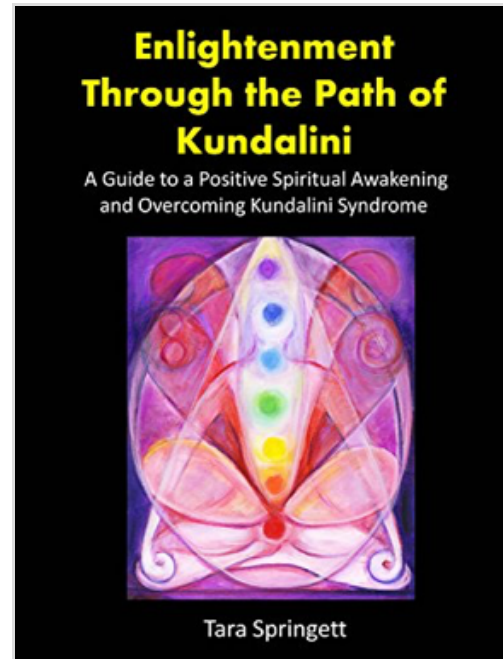
Something Terrible Happens

On May 5, 1999 the energy woke me up. I did nothing to stop it and with a great amount of energy and power it rocketed straight up to the brain where it broke the block in the middle of my head. I felt it explode in the frontal lobe and I lost consciousness for a split second. Then it went to another part of the body and came back to the brain exploding there two more times. As it sped around my body, I somehow managed to move a muscle and break the paralysis so the energy returned to the base of the spine. As usual, I couldn't feel any part of my body but this time the lack of

sensation felt much more serious, as if my whole body had disappeared. I twiddled my toes and regained awareness of my body, but it felt strange and different, a little numbed, as if the signals weren't coming in as strongly as usual. I felt as though the whole central part of my chest and torso had lost a lot of their presence, particularly the sensations coming from within my body — the stomach and intestines. My penis became limp and dead. I noticed that both my nostrils were wide open and extremely dilated. Not only did my body feel different, but as I stood up and looked at the world around me, external things seemed different, strange, unreal, foreign, weird, and dreamlike. This was a big shock to me. I became frantic and had a panic attack.

Still in a frantic state, I had breakfast and went to university. In the lecture I couldn't concentrate. My thoughts were racing, the world was strange and disturbing. I tried a Yoga class but that was hopeless. I tried talking to a few people but I couldn't think properly and could only articulate simple phrases. I

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bought some lunch even though I had no appetite. I couldn't finish it because my stomach gave no feedback on how full or hungry it was. That night I got only three hours sleep with nightmares and because my nose was so dilated, I had a couple of bloody noses. The next day, still in a frantic state, I saw a doctor who sent me to a youth psychiatric hospital for assessment. There I realised that I couldn't cry because I wasn't producing any tears. I also realised that my whole body had lost its responsiveness to sensitive touch; even my feet and armpits weren't ticklish anymore. Also, I tried to do some running but got hit with sudden tiredness; all my stamina was gone because my metabolism had been affected. I realized that food was taking longer to move through my intestines because bowel movements were less powerful and of lower volume. Food started building up in the intestines because I was eating more than excreting. After about one or two months my abdomen reached its current level of distension. Associated with this was frequent smelly wind. Indeed I had slow transit constipation. After three weeks I was prescribed an anti-psychotic medication, Risperidone. I stayed on this medication for 10 months which stabilised me mentally.

Persisting Symptoms

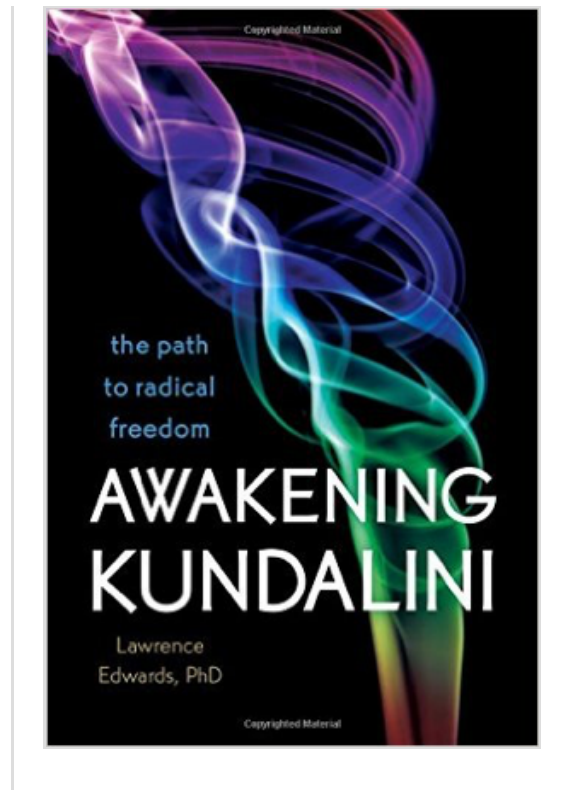
There were many more symptoms. I will list all of them and their status as of Friday, 28 April 2000.

The following symptoms still exist:

- Decrease of skin's responsiveness to sensitive touch, a slight numbness.
- The body feels dull and sluggish.
- Yoga, Tai Chi, and dancing have lost their appeal.
- No ticklishness in feet, and little in armpits.

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- Tendency to develop dark patches under the eyes.
- Face not smooth anymore; tendency to develop small bumps and pimples.
- Loss of even skin tone on face and body.
- Inability to feel hungry or full; lack of appetite.
- Inability to feel thirst.
- Slow transit constipation with major bloating and frequent wind.
- Swollen lips.
- Bad breath.
- Increased fat even though I'm eating much less.
- Depersonalisation and derealisation. The environment constantly seems unreal and spaced-out; it feels like being stuck in a dream.
- Sense of time feels awkward. No sense of moving forward or accomplishment, even after sleeping. No sense that a new day has arrived when I wake up.
- Inability to feel tiredness, fatigue, or differing energy levels. Just a constant flat dull feeling, even when walking, yawning, waking up, or going to sleep.
- The body acts like a robot separated from the mind.
- Constant yawning, even after sleep.



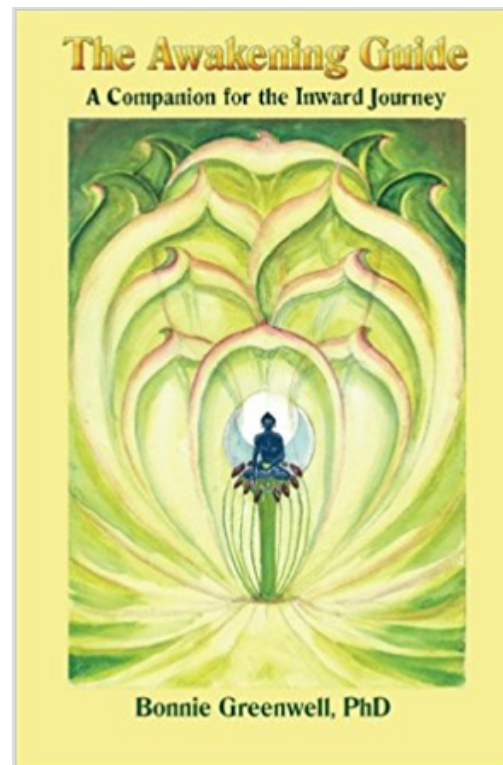
- Emotions are less intense.
- Frequent sneezing.
- Occasional throbbing pains on soles of feet and palms.
- Frequent anxious dreams.
- Fidgeting and restlessness in hands (dyskinetic movements caused by medication).

Improved Symptoms

Thankfully, the following symptoms have improved or gone away:

- Difficulty thinking, tracking words while reading, concentrating.
- Difficulty thinking of jokes and being humorous.
- Simultaneous dilation of both nostrils.
- Obsessive thoughts.
- Inability to perform cardiovascular exercise.
- Feeling of detachment from mouth and voice.
- Loss of power to most major muscles. (Restored with chiropractic.)
- Limp penis.

Recommended book



- Racing thoughts.
- Panic attacks.
- Insomnia.
- A feeling that all actions were difficult and required deliberate effort.
- Greatly diminished bodily sweat, even under armpits.
- Lack of tears.
- Lack of moisture and mucus in nose.
- Lack of semen production.

As anyone would imagine, my life has dramatically changed since the terrible event. I don't socialise anymore because it's not as rewarding and it's more difficult. I've lost all enthusiasm, momentum, and vision in my life. Exercise is difficult and less enjoyable. I'm only studying one subject but even that is less enjoyable and is still a struggle. Unless my mind and body heals, I doubt I'll ever do and be the things I wanted from my professional, personal, social, economic, physical, and spiritual life. This is a major blow since I was ambitious and a high achiever. I'm not depressed, although it can be a little upsetting that things aren't happening the way I would have liked them to be. However, I somewhat accept my new reality.

The Kundalini still erupts occasionally, but it doesn't have as much power now as it did before and is therefore unable to enter my brain again.

Author's 2015 Update

Fifteen years after writing the preceding words, the author sent us the following email:

"I've still got challenges, the awakening is as strong as ever and the Kundalini is responsive in waking life, not just sleeping, but nothing really negative or positive to say. I think things could be very positive within a few years as I

keep burning through ego, karma and ignorance. Still a work in progress.”

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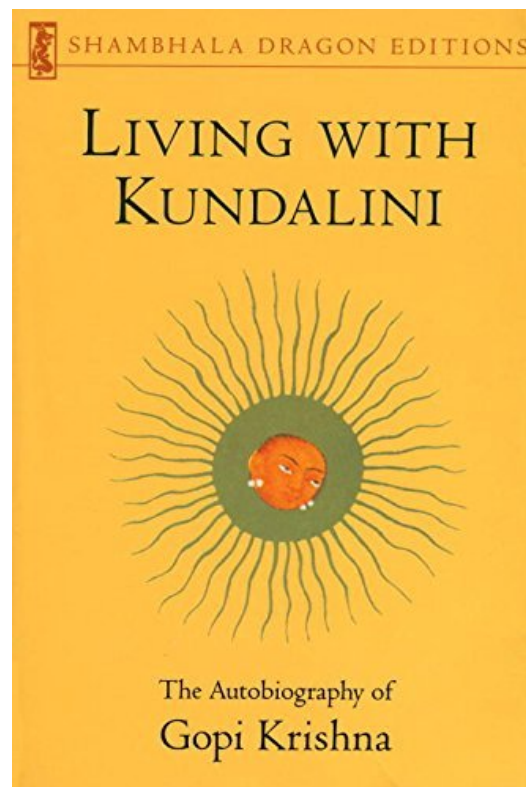
By Mantak Chia.

Recommended Books

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.](#)

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Comments

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Listen Love • 3 years ago



Wow, thank you for sharing this. I experienced Kundalini energy for the first time (that I know of) recently while meditating. It felt like a snake-like spirit possessed me and escaped out of my mouth into the night sky. As it escaped, my body was seized up and completely out of my control, like that moment when you vomit or sneeze. My eyes were squeezed shut, my mouth and throat opened really wide, and my tongue stretched out and felt long and pointy. This happened repeatedly every fifteen minutes or so, irregularly, for a few hours. Sometimes it would end in a yawn, sometimes not. It felt like my body was purging something that it didn't need, and it felt really good. There was no pain at all.

Reading your account, my uneducated wild guess is that your body is trying to purge something, but it is only able to do it when you're not in control, which is why it does it when you're asleep. But then you wake up in the middle of it and block it from coming out, hence the pain.

When you wrote, "As it sped around my body, I somehow managed to move a muscle and break the paralysis so the energy returned to the base of the spine," I interpreted that as you regaining control to block the energy, and the energy giving up and returning to the base of the spine. Maybe someday the energy will be able to escape and you will go back to normal.

This is just a guess, as I am very inexperienced. I am sharing this mostly to throw out an idea in case it might help. Best of luck to you.

^ | v • Reply • Share ›



Freddie Yam → Listen Love • 3 years ago

I also had an experience once where my tongue stretched out. A friend thought there was a hostile entity in her energy body and asked me to try to remove it. I asked the Goddess for help, and a strange kriya happened. My entire body tensed up, my face turned into a grimace, my mouth opened wide, my tongue protruded and bent down as far as it would go, and a sort of death ray shot out of my mouth. Enormous energy poured out. It felt like my mouth was a flame thrower destroying the entity. This lasted about thirty seconds. For the next four days I was so tired I could barely move. I think my tongue moved like that to get out of the way of the energy. Based on this experience, I think this must be the reason why Kali is shown in paintings with her tongue out, although I've never seen it explained like that in books. Do you think your tongue protruded to get out of the way of the escaping spirit?

1 ^ | v • Reply • Share ›



Listen Love → Freddie Yam • 3 years ago

Wow! Yes, I think the body opens up everything to let the energy out. My mouth and throat opened as well. As for the tongue... in my case, I'm pretty sure I was possessed by a serpent. My tongue felt longer than it is in reality, and pointy and tough in flesh. I was sitting cross-legged, and,

before each "seizure," my torso would writhe gently, like it was easing the energy out.

I'm now reading The Cosmic Serpent to help me understand this experience. I highly recommend it, if you like that sort of thing.

^ | v • Reply • Share ›



Jerry → Listen Love • 2 years ago

Hi, i am seeing a lot of people who awaken their Kundalini too soon, without knowledge on how to advance and handle the rising, these people suffer because they don't know what is happening to them, Gopi Krishna is a great example, even if in the end he achieved Gnosis/Godhead
<http://www.om-guru.com/html...>

The greatest enemy here is fear (along with not having mental poise and fortitude, and blockages in the chakras), some people may stop meditating out of fear and that worsens the situation. To find out how to advance and raise your Kundalini safely, you need to learn about the ancient Magnum Opus or Great Work, here.

<http://www.angelfire.com/em...>

<http://www.angelfire.com/em...>

<http://www.angelfire.com/em...>

Good luck.

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Max • 3 years ago

Have you considered CranioSacral Therapy. It seems that you think about the image of who you are instead what you are.

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kuldeep kumar bakshi • 3 years ago

kundalini is active since 1998 with undescribable symptoms which blew me into smithereens .such severe symptoms beyond the imagination of medical science.from toe to head every cell of my body reacted and still reacting violently.

^ | v • Reply • Share ›



Realization.org Mod → kuldeep kumar bakshi • 3 years ago

Could you tell us more about your symptoms?

^ | v • Reply • Share ›



Jerry → kuldeep kumar bakshi • 2 years ago

Do not fear and keep meditating, stopping your meditations and yoga routine out of fear when your Kundalini rises can be extremely painful. The roar has scared many.

<http://www.om-guru.com/html...>

<http://www.angelfire.com/em...>

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boston bb • 3 years ago

Wow..I've thankfully not experienced any of that. The hardest is involuntarily mudras, sometimes involuntary yoga poses, rippling energy throughout my body. Thank you for sharing.. the best to you All.

^ | v • Reply • Share ›



Angie Matthews • 3 years ago

Thank you for sharing. I've been trying to understand what sensation I'm feeling through my spine and neck (sometimes radiating outward towards my shoulder blades and shoulders). When I feel this sensation, it is a very cold, tingling energy. It happens in times of emotional stress or when I have a "rift" with a loved one. It also happens when I am feeling personal growth. I don't want to put a judgment on it, like "good" or "bad." It just is. And I'm trying to figure out what this is and what this may signify, what I can do with it, what I can learn from it. Thank you again for sharing your experience...it helps me in my own journey.

^ | v • Reply • Share ›



devendra • 3 years ago

It is all about beliefs. If a person is blessed with kundalini, he can be recovered from any trauma, if he didn't lose senses. To recovery from side effects of kundalini raising up through wrong channel you need guru. Those who say it is irreversible they don't know power of kundalini. It can heal almost things. Even though you can play with physics' rules. but you need guru to do so. To rest the kundalini in muladhara is prior thing then open central channel and raise up kundalini again and heal all damages occurred. If kundalini can't rearrange your nervous system then it is useless to go for awakening it. It is like, for one gold coin some one try to defuse a tnt bomb which is wrongly wired.

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Bruno Ivan Amadori • 3 years ago

Ok, I'm experiencing the same thing. I hear voices when this energy enters my body and it oscillates in waves, trying to get through my head. It feels scary. I didn't get to the point of letting go of control and surrendering to the energy. I wasn't sure that this was K but now I am. Thanks for your post.

^ | v • Reply • Share ›



Jdkdj • 3 years ago

Hang in tight and meditate frequently, let go of every tension and your body and life will recalibrate :)

^ | v • Reply • Share ›



Jdkdj • 3 years ago

Stages in Kundalini can be a build up of stress in your body that needs to leave through the spine, let Kundalini do its thing and trust it

^ | v • Reply • Share ›



Navneet Parmar • 2 years ago

Could u check out reiki tummo

Or open heart meditations

It helped lot of people

I am also one of students

May God guide u bless u with pure love and light

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Sarah Frances White • 2 years ago

Hi AD, thankyou for writing this article. My experiences have been similar and I would like to communicate more. If so please email me at Sarah_miners@hotmail.com. With very best wishes Sarah

^ | v • Reply • Share ›



Satva • 2 years ago

It is important to realize that kundalini, among other things, is a cleansing energy which will expel toxins from the body and open up channels that are blocked. It is common for students of great teachers coming from great mystical traditions to have full blown kundalini flowing in the body with little to no issue at all. The reason is that they follow a systematic process that is multi faceted which enables a smooth process. There is also the grace of the teacher/guru which is very subtle, yet none the less, very powerful and helpful. Many of the students are not even fully aware of what is happening to them because life is reasonably good and the inevitable problems are small and short lived.

Kundalini flowing in an unprepared system is very problematic. A Mystic explained to me that doing certain yoga practices without the proper foundation is like building a house on top of a swamp. Eventually the foundation of the home cracks and the swamp gets in. For this reason most teachings that awaken kundalini are done systematically. The moral trainings are essential prerequisites for most, others may already have a sound foundation of moral principles and this is not as critical...but still very useful. Then there is the cleansing of the system through prayer, vegetarianism, clean water, service

(preferably to a cause that helps the greater world), mantra, meditation, pranayama (breathing practice), yoga, prayers, devotion, visualization, continence, stretching, massage, etc. It is a process.

Mental illness can occur when kundalini pushes toxins into the brain stem. The effects can be devastating. There are breathing practices that can be done to fix this, but the help of a real adept is needed as a guide. Pharmaceuticals to calm the mental issues can create more issues because you are in essence adding more toxins into a system that is actively trying to get rid of toxins. Eventually kundalini will work the toxin out of the brain stem and the mind will return to a more workable state. The time frame unfortunately can be quite long for some.

Ultimately the whole reason for kundalini awakening is not to become a psychic, or a "superman" as Gopi Krishna described. Ultimately the goal of life is to return to our connection and oneness with the Divine. Kundalini sensitizes the nervous system to a point where one has a greater experience of what is already there. God is with us all the time, in every moment, every thought, every up and every down. We simply have to reconnect to that which is always lovingly connected to us, but we do not perceive because we are lost in the world which has also been lovingly created for our enjoyment.

Because this is the ultimate place we are all going, actively reaching out to God as much as possible is very helpful. Giving your love freely to God is the most powerful practice of all. By God's grace, many issues are just lovingly dissolved so you can move along. There are 8 limbs to Patanjali's yoga sutras, most ignore many of the limbs to their detriment. Bhakti yoga to me is most important. To my master, the most important thing any student could do, if it were only one thing (of the many he recommended) would be service to the world, next to him, with that spirit of Bhakti..(loving devotion) He said this is what will ground you and allow you to be useful in this world of illusion.

1 ^ | v • Reply • Share ›



Jason Williams → Satva • 2 years ago

I would appreciate your comment; I activated my kundalini and discovered I'm mercury toxic from multiple exposures of the years. So that's what's happening to me? Kundalini is removing these heavy metal toxins? I feel like kundalini is trying to push these metal toxins through my central nervous system... Any feed back Would be appreciated ,Thank you.

^ | v • Reply • Share ›



JTP → Jason Williams • 2 years ago

Have a look at this site on how to support the body during the transformation: <http://www.biologyofkundali...>

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Billy Bobby • 2 years ago



Hi all! Some of you do indeed describe some unnerving things. Hopefully I can help anyone reading. Hopefully I'm not causing greater distress.

Years back I had my kundalini activated unwittingly. A combination of cannabis and religious-spiritual intellectualizing basically did the trick.

I prefer to add that KARMA is the determiner of this kind of occurrence.

At first back then I was deeply slothful and gluttonous. I was a smoker (nicotine) and had great immaturity and emotional baggage, as well as a lack of proper devotion to God (prayer is CRITICAL). As well, I cared not for discipline or self-control and indulged carelessly in sexual behaviors.

After some things went bad with the economy (2008) I was grieved by a sense of hopelessness in all things so I hooked myself to morphine and all the symptoms of spirit were shut off.

In a random fluke I ended up finding Jesus Christ (HOLD ON, I'M NOT SELLING ANYTHING)... because my life was on the line...

So I got sober from opiates but turned to medical marijuana to help me cope...

I became very religious and started praying constantly, learning the Bible and all that. So last year I also quit the marijuana...

Regarding Christ, I was too educated for fundamentalism, and it was about five months ago that I started reading Yogananda and Lao Tzu's works...

Shortly after I was deep into studying all kinds of religious texts and added a hardcore self-dissociating meditation to this (insights I can't describe)... and I then gave up the cigarettes, and I swore I was on the path to INFINITY (A slight Messianic Complex, caught in time lol)

But the kundalini symptoms (mild) were acting wildly, still are, and I had a hunch that's what was going on.

Anyways, here's what I'm pretty sure will help a spiritual/kundalini OVERLOAD...

- 1) Exercise physically
- 2) Cease meditation for the time
- 3) Stop ejaculating! The purpose is to rise above all desires, to become fully liberated, no longer confined to lust, anger, greed, etc.
(Obviously that's a hard thing to fathom for probably the majority of males in our out of control, habit prone generation.)
- 4) PRAY
- 5) Don't overthink the symptoms but imagine "it's all good."
- 6) Let Christ be your teacher if you have no guru... and if that's too old-fashioned then let GOD be your goal and protector

GOD is your goal and protector.

(Don't fall into the habit of turning yourself into a science project. There is GOD and you have a soul.)

7) Reduce all stimulating activities (chemicals, lascivious music, electronics, etc.)

8) Try minimizing your contact with egotistic, self-obsessed types (worldly)... that might sound judgmental but it is indeed prescribed in the Bhagavad Gita...

(The Spirit is essentially trying to merge with "you." Worldly people will tend to confuse a person seeking enlightenment.)

Again, it should be emphasized that one has already struck oil. Your body is being flooded with spiritual energy from the astral, ethereal, and causal realms (not sure what those are lol), so if your physical body and your personal intellect are having trouble that's because they're trying to digest/integrate these energies but your practice(s) has more and more energies streaming in...

Obviously how much you need to reduce and what things need to stop or be performed depends on your judgment. It could be that some people might need to stop meditating and will be alright, then they settle down and can start again. Others might be so extreme they need to go get lost in a factory and do some mundane handiwork with the fingers all day long.

I hope this helps someone. Don't freak out over these symptoms. Just relax, you have diagnosed it before it became too overwhelming. Heck, even if you had light oozing out of your ears and thought you were Krishna you'd be able to recover. :-)

Blessings to you all!

1 ^ | v • Reply • Share ›



Valar → Billy Bobby • 4 months ago

Stop masturbating sheah right, that's really practical advice :/ And you single out men, as if women do not have the same desires. (They do.) And do you really think that being "out of control and habit prone" is confined to this generation? What about EVERY previous generation? Read some history.

People frequently get annoyed with the grossly impractical advice doled out by spiritual practitioners, and this is impractical advice. Desires are bad, we must transcend them, etc. So no sexual relationships again, by inference? Damn. That's a good way to throw about 95% of people off the spiritual path. Not practical, not going to work, not fair to all those people.

As Buddhist scholar and translator Alan Wallace says, "I see so many stupid aphorisms caused by bad translations. Life is suffering. The Buddha never said that. The purpose of Buddhism is to have no desires. The Buddha never said that either. Nonsense. You'll never get hungry again. You'll never want to achieve liberation. You'll never want to meditate, because that's desire. And if want to be without desires - how are you going to get there? By desiring it. That's a Catch-22

if I ever heard one."

And from personal experience, after many years of dealing with kundalini and on a purely pragmatic level, I think masturbating can help to relieve kundalini, depending on the circumstance, and help ground you. Jack Kornfield, in 'A Path with Heart', agrees.

^ | v · Reply · Share ›



Dario · 2 years ago

Hello, does anybody know, can exorcism help in these situations?

^ | v · Reply · Share ›



JD → Dario · a year ago

Pray to Jesus Crist.

^ | v · Reply · Share ›



Jerry · 2 years ago

Hi, I am seeing a lot of people who awaken their Kundalini too soon, without knowledge on how to advance and handle the rising, these people suffer because they don't know what is happening to them, Gopi Krishna is a great example, even if in the end he achieved Gnosis/Godhead <http://www.om-guru.com/html...>

The greatest enemy here is fear (along with not having mental poise and fortitude, and blockages in the chakras), some people may stop meditating out of fear and that worsens the situation.

To find out how to advance and raise your Kundalini safely, you need to learn about the ancient Magnum Opus or Great Work, here.

<http://www.angelfire.com/em...>

<http://www.angelfire.com/em...>

<http://www.angelfire.com/em...>

Good luck!

^ | v · Reply · Share ›



Valar · 2 years ago

It sounds like the author was overzealous in his pursuit of awakening. I distinctly recall an earlier version of this article where the language made the zealotry more obvious. He got many warning signs to back off on the yoga and release the energy sexually until things settled down. There was also a more obvious egoic motivation to not back down. However, to be completely fair to him, he received no good advice from any of the sources that were available to him at the time. His yoga teacher didn't know any better and everything he read told him the process was a natural unfolding. (This was all more

and everything he read told him the process was a natural unfolding. (This was all more clear in the earlier version, though it is also somewhat evident here.)

This is why there has been a dramatic rise in yoga and meditation-related psychological problems in the past four decades - the spread of these disciplines in the West has not been accompanied by a corresponding increase in the knowledge of what to do when something goes wrong, or might go wrong. For instance, no one should ever attempt to 'raise their kundalini', as some of the people in the comments are apparently trying to do. That is a forcing of a process that tends to unfold naturally during the course of proper yogic or meditation practice under a competent guide. Attempts to do as much through kundalini yoga or some other mechanism are asking for trouble.

Yes, this man might be burning through karma, but 15 years is a very long and exhausting time to work away at things without coming to a major resolution of some sort.

I myself pushed too hard in dealing with kundalini, refused to back off when warning signs presented themselves and it caused problems. I likewise had many complications that accompanied my spiritual crisis and kundalini syndrome, including a benzodiazepine addiction, panic disorder and preexisting OCD that became much stronger after the crisis.

This man could benefit a great deal from an experienced energy healer. I have benefitted enormously from energy healers and would not be in the relatively functional state I am in today without their help. Skilled healers can work wonders with calming raging kundalini, clearing out blocked chakras, healing the brain and body etc. (But not reiki - it's not a good method. You should avoid it.)

Competent healers in this field are not easy to find, however. I was extremely fortunate. This healer specializes in treating kundalini - among a host of other serious ailments - and has been of tremendous benefit to me: www.easternhealingarts.com

His website is comprehensive. If you check it out, please read it carefully. These essays are very helpful in understanding kundalini problems and what might be going on with you: <http://www.easternhealingar...>

3 ^ | v • Reply • Share ›



Realization.org Mod → Valar • 2 years ago

Hi Valar. Just to clarify one point, you wrote, "I also recall an earlier version of this article where the language made the zealousness more obvious." This article has never changed except for the addition of the paragraph labeled "2015 update." We have never changed a single letter or word in the original text. You can check this for yourself by looking at the original May 2000 version on www.archive.org. The link is <https://web.archive.org/web...>

^ | v • Reply • Share ›



Valar → Realization.org • 2 years ago



Valar → Realization.org • 2 years ago

I vividly recall an earlier version where he described his lifestyle before the crisis more elaborately, and also his encounter with doctors and the medication he took afterwards. Regardless, the sense of being too headstrong in his pursuit of yogic awakening and dismissive of the serious warning signs is present to some degree here. But again, to be completely fair to him, he received no good advice from any source.

^ | v • Reply • Share ›



Realization.org Mod → Valar • a year ago

The article you see above is the only version that has ever appeared on this website. The text has never changed. If you check earlier copies of this page at archive.org, as I just suggested, you will see for yourself that I'm telling you the truth.

^ | v • Reply • Share ›



Valar → Realization.org • 4 months ago

I am absolutely certain I read an earlier version of this article. 100%. It was not on this website, however. I read it in 2006. The author may have changed it because it cast him in a less positive light. I will look around some more, and if I find it, will let you know. I would have no reason to make this up, and my memory has not been affected.

^ | v • Reply • Share ›



Colin → Valar • a year ago

Do you perhaps have a blog or something where you write more about your knowledge on this subject? I have an anxiety disorder & panic attacks... and I meditate twice daily to keep it in check...and watching the thinker... but i realized some of my meditations appear to have a relation to developing Kundalini (no forced breathing, just relaxing and being present in body).

^ | v • Reply • Share ›



Valar → Colin • a year ago

I have thought of writing a blog or something along those lines, but my mind is still too agitated to do so :)

Anxiety and panic disorders can be incredibly difficult for meditation alone to overcome. (However, it should be noted that my abuse of addictive medication made everything MUCH worse.) I have only made the progress that I have with the use of every tool I mentioned, and even then it has been very slow.

It should be easier for you, as apparently you have not abused drugs. But

you probably need more tools. An exercise routine would probably be beneficial, and perhaps the right medication for anxiety (not benzos). Have you considered contacting the healer I mentioned? Another healer who is very good and does work from a distance is:

<https://www.facebook.com/St...>

I am also on the waiting list for treatment with repetitive transcranial magnetic stimulation (rTMS), a rapidly developing technology that is becoming available in many areas.

You may contact me by email if you wish at lhatherton@gmail.com.

^ | v • Reply • Share ›



Christian Koncz → Colin • 5 months ago

Are you still experiencing those problems? I had some issues after my own Kundalini awakening experience and they included anxiety and panic attacks. I think I'm out of the woods now, but it took about half a decade to recover from that. Not that I mind, because I gained great spiritual insight and the ability to communicate and interact with beings from higher realms, but things like my career, friendships and relationships turned into dust.

1 ^ | v • Reply • Share ›



Valar → Christian Koncz • 5 months ago

Hello, yes I still have problems with the flowing of kundalini and blockages. I take about 10%-20% of the amount of Valium I took when I was addicted daily in order to control the flow. There seems to be a very close relationship between the agitation of one's nervous system and the power of kundalini, and specifically the GABAergic system, which has a huge regulatory function in the body.

I just started taking CBD oil in an effort to see if that calms my nervous system and also helps with the physical pain in my back and hips due to the muscle tightness induced by the enormous amount of existential anxiety that is wrapped up in my lower chakras.

Things have calmed down at a painstakingly slow rate, but at least there is change. I haven't had a full-blown panic attack in a year, and the smaller bursts of panic that used to be routine at night are much less common.

For me, this whole process has taken 12 years. It was triggered by a hellish psychedelic experience in 2006 and grossly prolonged by

a rather psychedelic experience in 2000 and greatly prolonged by the benzo addiction. Many times I thought of committing suicide. One thing I have learned is that the role of our biology - brains and nervous systems - not just in kundalini but in spirituality and enlightenment in general cannot be underestimated. A lot of people make no progress because they essentially try to 'brute-force' everything with traditional meditation alone, and that can be like pushing a boulder uphill. We need better tools to work with our biology instead of trying to steamroll over it.

"Turned to dust" indeed. It is a powerful and very upsetting insight when you realize what a house of cards our idea of a 'normal' life is built on. And for those of us who do gain such insights, there is little recognition of what we have learned by society. We place almost no value on inner knowing or fundamental well-being, because we have no science of mind. We do not acknowledge subtle energies, other realms, non-human entities etc. due to our materialist dogma. Our most sophisticated tool for self-exploration is meditation, a rather crude and inefficient preindustrial method, 50 years after landing people on the Moon. It is very strange.

It is very frustrating for me that all of the upheaval and shifts has not resulted in a conscious breakthrough or decisive insight of any kind. Progressing on faith and no real reward for all this work has often been gruelling, but such has been the nature of it all.

^ | v • Reply • Share ›



Christian Koncz → Valar • 5 months ago

I'm sorry to hear you had so many issues with your Kundalini activating. I'm afraid psychedelics can do that and it often results in an imbalanced activation of the Kundalini. We are not supposed to raise the serpent until we are psychologically, psychically and karmically ready. In my own case the Kundalini awakening was triggered by cosmic events, I was 33 at the time and it was in December 2012, so I guess I don't have to explain what the significance of those events are. I had a blockage in my heart Chakra (that is the one responsible for fourth density in Law Of One terms, if you are familiar with the RA material) and it broke through exactly at the time the planet was moving into fourth density. I was sent help in the form of a higher being, who appeared in my room radiating with white light, removed the blockages and allowed my Kundalini to shoot up straight into the crown. I experienced many debilitating problems after that, which I now realise were my way of paying my karmic debt. Now, I'm interested in the details of your own Kundalini activation. so I'd like to know some more detailed

with Kundalini activation, so I'd like to know some more detailed info.

- Did the Kundalini shoot all the way up to the Crown Chakra? How long did it stay there? What exactly did you experience during this time? Was there heat or a chill? Which side of the body was more active, the left or the right? Did the serpent break through your skull (energetically) and was there any sound or sensation of light?
- Did this experience result in any psychic abilities on your part, such as telepathic communication, contact with higher beings, lucid dreams, the ability to make your thoughts manifest in real life very rapidly?
- If you were contacted by any higher beings, can you tell me their names and what kind of message they had for you?

I really have nothing to add regarding the medical and neurological aspect of Kundalini, this is all new to me. Whilst of course I realise it's important, I prefer to focus on the spiritual side of things.

Regarding what you said about insights, I totally agree, it is very frustrating. I used to be an atheist materialist and after my Kundalini awakened I was tossed into this world of spirits, aliens, gods or whatever else you want to call these non-human entities. There is not one person I can talk to about this without looking like I've gone insane. The secrecy I need to keep around this issue is a huge burden.

I'm not sure if I agree with the meditation part, it seems to be the best tool available to us, apart from psychedelics, which as you have seem, can be quite dangerous. My particular concern is malevolent spirits taking advantage of the weakened psychic defenses of a person on psychedelics. The ancient Aztecs were communing with evil gods under the influence of Ayahuasca and look where it got them. They sacrificed millions on their pyramids for nothing and the Spanish defeated them easily, despite all the supposed higher wisdom they were receiving. If the supposed wisdom and advice comes from a malevolent entity, it is worse than useless, it will actually harm you.

Anyways, Interested to hear your responses to my questions, maybe I experienced something similar that can be of help.

^ | v • Reply • Share ›



Christian Koncz → Valar • 5 months ago

That is interesting. I got the panic attacks too, but they subsided once I moved out of the big city. I'm largely fine now, but it was a difficult 5 years. Still, I feel the

benefits outweigh the negatives on balance. I also got help from spiritual beings, without whose help I would probably have died or ended up in a mental institution. I got close anyway, developing panic attacks and agoraphobia. All that whilst I lived in London, the biggest city in Europe. Moving away and into a small town definitely helped, as did spending a lot of time in nature. How are you feeling these days? Are you better?

^ | v · Reply · Share ›



Valar → Christian Koncz · 5 months ago

Did you get my response? I can't see it anywhere on here.

^ | v · Reply · Share ›



Christian Koncz → Valar · 5 months ago

Ah yes, It did not come up in my Disqus feed for some reason but I can see it now. I will read it and reply shortly.

1 ^ | v · Reply · Share ›



Sree Kalpana Mohan · 2 years ago

The snake forms keeps changing. In the beginning it was a small brown snake confined only to the head. Later it became like dark large snake. Then it became five headed and later ten headed. Till this form it was confined only to my head portion. Nowadays, it is a large black snake almost equal to my whole body. I wonder why these forms are changing..

^ | v · Reply · Share ›



Jenny → Sree Kalpana Mohan · a year ago

Hi! How do you know? Can you see it?

^ | v · Reply · Share ›



Katya Turner · a year ago

I am very familiar with this experience and what it looks like is that you fell off of the 5d plane into a 3D plane (soul contract) and now are on the way to gain "yourself" back. Along with all the sensations and presence you used to experience.

^ | v · Reply · Share ›



Christina McKay → Katya Turner · 2 months ago

Hi,

can you please elaborate more? i started spinning during meditation like a magnet pull and i let it be. then it started happening when i wasn't meditating. now my whole body feels like electricity and i feel like i have vertigo. my equilibrium is off. i have a 1 year old son and it has been very difficult to do my mom duties without feeling completely overwhelmed or exhausted i am not sure what is happening but i do know it has something to do with my kundalini

^ | v • Reply • Share ›



disqus_I0kS31z7ZK • a year ago

You are piercing through the veils of illusion. What you describe as a terrible event, I perceive as an awakening.

The reality we live in is a big projection of thoughts/ a hologram if you will. So feeling as if things are not "real" is quite appropriate.

Spend time in nature, paint, listen to music. Ask for your guidance system to assist you in easing the symptoms. Focus on the beautiful evolutionary process you are experiencing. Fear is a program used by the false matrix to put those who are waking up back to "sleep"; to make you doubt yourself and your tremendous progress.

Namaste 💜

Love, light and conscious evolution

"The mind is everything what you think you become"

The Buddah

^ | v • Reply • Share ›



Ertan Saygi • a year ago

That was a bliss man and you seem to miss it...I experienced similar things as you mentioned, I panicked when that blissful state hit me (empty brain, wheels are not turning, total silence inside) but it was blissful...If you did not resist it you would not feel most of the symptoms. The key is to let go...It works its way...No need for medicine. It makes it worse.

You still want to preserve your previous life goals after awakening...You can't keep that.

I hope you have come onto terms since then...Let it go...

PS: "Sense of time is awkward" is not a symptom. It is awkward. You may even remember your future :) Because it's your body and mind constructing time.

^ | v • Reply • Share ›



JD • a year ago

The spirits that are being merged with you through kundalini are demonic spirits. By allowing them to enter into you, you allow your mind and body to be controlled and used by those evil spirits. There is much deception going on.... Stop practicing yoga and pray for deliverance from the evil spirits.

^ | v • Reply • Share ›



JD • a year ago

Pray to Jesus Christ. I know how some people will automatically react negatively to this recommendation, but try before dismissing. Demonic spirits fear Jesus and will leave

recommendation , but try before dismissing . Demonic spirits fear Jesus and will leave. You will heal and become freed from those debilitating symptoms. Jesus is the only way to salvation and true awakening that you seek.

^ | v • Reply • Share ›



Colin → JD • a year ago

Then why are the majority of Christians not awakened at all? In fact, most seem to live pretty crummy & problematic lives. And why does Christianity not teach ANYTHING about spirituality or metaphysics or even law of attraction at all? Why do countless prayers from countless people go unanswered... Why do I see christian bums on the street?

^ | v • Reply • Share ›



JD • a year ago

The spirits that are "merging" into you through kundalini are demonic spirits coming into your body. By practicing kundalini you have opened the portal in your brain (pineal gland) that was sealed by God for your protection after the fall of humanity. By opening it in this world, which is under Lucifer and all the fallen angels' control (for the time being), you allow those evil spirits to enter into you and control you. The ideas and promises presented in kundalini yoga are very deceptive. Lucifer is the master deceiver. He is the father of deception.

^ | v • Reply • Share ›



sunnync • a year ago

Sounded like you REALLY needed to ground and center yourself. Yes you will go through cycles of feeding, strengthening, growth then purging. The cycle will repeat over and over again until your blocks have been cleared. It seems more pronounced as the Kundalini reaches your head. You need to be kind and gentle to yourself and allow yourself plenty of rest. It will pass. I stay away from any sources that cause the reader to have fear of the Kundalini. The more you resist or fear the Kundalini, the worse your "symptoms" will be.

^ | v • Reply • Share ›



Archana Patel • a year ago

<http://worldspiritualfounda...>

My suggestion is to find a guru who will make this experience blissful. When kundalini energy awoken by guru's intention has completely different experiences. Everyone feel differently due to their karma. Please check above link and life won't be same for you. I wish all of you best!! 🙏

^ | v • Reply • Share ›



Mel • a year ago

Watch some Mooji.

^ | v • Reply • Share ›



Noel Vermander • a year ago

Well masturbating and spilling your cup causes the serpent to descend , not smart , that how you create a demon. You need to repent , mix frankincense, myrrh and almond oil and anoint yourself daily after a shower and cast that out. Do not attempt kundalini unless you practice chastity. The oils will loosen that yoke , this is why you need to listen to the words of Christ , there is a reason for the oils he speaks of" God bless.

^ | v • Reply • Share ›



Steven Budden → Noel Vermander • a year ago

Probably not. Samael Aun Weor seems to have borrowed many teachings from Gurdjieff and others. The religious sexual shaming has been a way to control people, historically. Check out the suppressed works of Wilhelm Reich for another perspective. Cultures without sexual shame or repression had very little crime, so 'shameless' sexual expression didn't exactly 'create demons.' We don't know 'the words of Christ.' We only have edited ancient documents which might contain some original quotes. "Do not attempt kundalini unless you practice chastity." In one sense, one doesn't need to 'attempt' anything... it is likely that organic activations happen also according to the planetary grids and astrological influences, even during times of external orgasm. Suggested read: Astrology and the Rising of Kundalini: The Transformative Power of Saturn, Chiron, and Uranus." Some ancient (and contemporary) taoists who always withheld from climaxing) learned to steal the life force of men and women through some of these practices, so refraining from 'spilling your seed' and 'masturbating' doesn't automatically create angels either. It's important to not oversimplify; we are all on different journeys, karmically, genetically, ancestrally, spiritually, etc.

^ | v • Reply • Share ›



Rachel • a year ago

Kundalini isn't the most evil thing I have ever in counter is the worst please people read about what has happened to people is all lies your soul will not be there no more is everything he described the symptoms are the worst thing is selling your soul basically to the devil that's what is called kundalini more the soul is lost to the demons in this world I was a happy woman & that took my soul I had to see and search myself for a long time I always believed in God this kundalini will take you to different journeys make you think crazy even that last stage you think you are your own God smhhh I saw all the demons attached to me & I was saved by Jesus & our Heavenly Father & I'm still rebuke those demons don't do it is all a trap is like he says the truth & then lie about his better now your deceiving like the devil may God bless you & I pray Jesus saves you

^ | v • Reply • Share ›



Vera Hrubá • a year ago

Yoga is not enough. You have to exercise in a very intense way to strengthen your body

and muscles - you need to prepare hardware for the software. Take it as a gift, because this is just a beginning of your ride. But it depends on what you expect. If you thought that you will be using kundalini for your own advantage, in the world reflected in ego, then your understanding of kundalini is questionable, you were not playing with matches, but with an atomic bomb. Power means responsibility, nothing else. And seriously - limp penis is the last thing you need to think about then kundalini burns out your brain and turns you into a "vegetable"... ego...

^ | v • Reply • Share ›



Brian Doyle → Vera Hruba • 9 months ago

Nice to see someone else actually gets it. Something that has been bothering me if you don't mind me discussing. Is that I was born with a muscular system that is relaxed all the time, no L5 vertebrae and an abnormal nervous system for a continuous flow of energy. I also understand the more energy you have the longer it takes to awaken fully in adulthood, and time is of no importance to it. My aura is also crystal, reflective. Going back to the world of ego you were talking about, I tend to reflect others' energy back at them when they look at me, like a mirror. I tend to cause energy manifestations to, others can see them sometimes. My element is earth, 5 yin. And my spirit guide ironically is a great white shark. Maybe you can help me figure out wtf.

^ | v • Reply • Share ›



Valar → Vera Hruba • 4 months ago

I would agree that 'regular' yoga is not enough - but my intense hot yoga sessions work wonders in clearing out and balancing kundalini, better than any other workout I've done since my kundalini issues began, actually.

^ | v • Reply • Share ›



Nitarsh • 8 months ago

My first awakening of sorts was a very feeble pressure sensation around the third eye center. But then a full blown awakening when I first went to my Guru (Yogiraj Gurunath) about a month after the first awakening. My Guru has given some practices which include (Pranayama, Dharana, Dhyana etc) which has over the last 1.2 years given me greater sensation of the energy flow and depth of meditation etc. He has also come in my dreams and assisted me (like others) in removing some blocks.

The main thing is that He also acts as a sort of shock absorber of sorts when dealing with blocks. Somehow he seems to absorb the worst of the pain of the blocks. Like some physical injuries that I have gotten have somehow not affected me as much as it should (no fractures etc) and also healed in double time.

There are those amongst his disciples who have gotten greater levels of awakening from him, but He has explained that it depends on the individual's state and capacity.

All in all, I think I am exceedingly fortunate in having a SatGuru guide me through this process. Hope you find yours in time. All the best!

^ | v • Reply • Share ›



Lew • 8 months ago

I would suggest to you that this was an entity/entities attempting to tap ur energy at night

^ | v • Reply • Share ›



Frederick Brown • 6 months ago

Unfortunate that this person had to experience this trauma. It is a lesson. I have had similar experiences and I eventually learned the lesson. Patience. People get very enthusiastic about enlightenment without weighing the risks. The risks are not to be avoided, but rather obeyed and respected. In many of the energy cultivation practices people unknowingly awaken what they cannot control and that lack of control frightens them into actually creating a terrible experience, because the energy is actually reflecting the mind like a mirror. This is why the wise work on the release of the ego before engaging the raw energy. Without the ego's influence the raw energy IS ENLIGHTENMENT itself. It is not a thing or a person as we may imagine it. It is Spirit , Life, untamed and Limitless. It literally can destroy the ego-body. The body reflects the mind and vice versa , so what happened in this case was the burning of the ego body, literally destroying its function. Without a self attached, the raw energy would actually morph the human body into something words do not come close to describing. Something too marvelous. Because the ego has lessened or vanished the raw energy evolves the creation and creature. One must also be mindful of the practice, because the practice itself is also possibly ego solidified. I would encourage practices that encourage ego dissolution and unconditional love and patience for true lasting progression. Not all asana, pranayama, internal technologies, and paths are equally beneficial. Be well and whole whoever may find and read this post.

Poetandwarrior.com

^ | v • Reply • Share ›



sunnync • 5 months ago

As my Kundalini Awakening has advanced, I have learned some valuable lessons. Trying to resist or stoping the Kundalini from working on you is not going to do you any good. Fear and resistance is what causes people to have so many unpleasant symptoms and experiences. The kundalini is not your enemy and its not trying to harm us. Quite opposite, its trying to heal and purify our bodies and put us on the path toward enlightenment. Which is the next step in our human evolution. People experiencing Kundalini would have a much smoother awakening if they approached it with love, acceptance, and surrender. Instead of reacting in fear, relax and allow the energy to flow within you. Once the Kundalini begins to rise, it will be active in different degrees throughout the rest of your life. So working on your physical, mental and spiritual bodies will help the process go smoother. Better to strive to live in harmony with it and know in the end, its trying to help you.

^ | v • Reply • Share ›



Mike Davis • 2 months ago

The depression lack of emotion and limp penis and constipation and no enthusiasm or joy in life definitely comes from risperidone or risperdal apparently doctors are prescribing this poison to everyone... it doesnt cure ANYTHING it makes everything worse

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3 comments • 2 years ago



em vi em — Yes, I suspected that you might have been unaware of the situation with the forum. So that it's solved now, thank you :)

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2 comments • 2 years ago



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