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### **What is Kundalini Reiki?**

Kundalini is an energy that exists in everyone's body, usually in a dormant state. This means that most people never feel it and never know it is there. But in a very few people, perhaps one in one thousand, this energy becomes aroused, activated. This can be a happy event or it can be scary and disruptive, depending on whether you aroused your kundalini on purpose or by accident.

Circumstances that stimulate Kundalini awakening are many and varied, but are usually triggered by such things as extended periods of meditation, yoga, fasting, stress, trauma, psychedelic drugs, or near death experiences.

When the glandular system is activated and the nervous system is strong the energies of the two systems combine to create a movement or flow in the spinal fluid a sensitivity in the nerve endings. The brain in its totality receives signals and integrates them, this is the essence of kundalini.

If you find yourself dealing with uncomfortable Kundalini awakening symptoms, you should:

- 1) ***Purify the body.*** Abstain from recreational drugs, tobacco, alcohol, and caffeine, prescription drugs. Avoid food additives, high sugars, or greasy foods. Eat well, especially protein which is generally grounding. Get massage and vigorous exercise.
- 2) ***Reduce stress.*** If you are in for a major spiritual transformation, make time for the necessary changes in your life. You may need to devote more time to your spirituality or health.
- 3) ***Find Support.*** Find other who have knowledge of this experience.
- 4) ***Educate yourself.*** Read about Kundalini, Kundalini awakening, and learn about Chakras.
- 5) ***Treat underlying psychological issues.*** As Kundalini brings up unresolved issues, this is the best time to deal with them. It will make the ride smoother.
- 6) ***Examine your spiritual practices.*** If you have not been practicing meditation, yoga or some spiritual practice, it may be time to begin. You might need to stop meditating for a while if it increases unpleasant Kundalini awakening symptoms. See what increases or decreases the unpleasant effects.
- 7) ***Practice grounding.*** Kundalini is most difficult when the energy is moving upward without enough energy moving downward to balance. Investigate the possibility of the first chakra issues that need to be resolved in order to give a firmer base. Practice grounding exercise daily.

Some people have experienced the rising of the Kundalini within them without their knowledge. Symptoms such as Unexplained illness, Erratic behavior, A feeling of losing it and difficulty coping with everyday life, chills or hot flashes, evidence of multiple personalities, excessive mood swings -depression or ecstasy, times of extreme dullness or brilliance, loss or distortion of memory, visual effects such as seeing light flashes, orbs or colors or geometric shapes and much more.

People who have experienced this will greatly benefit from Kundalini Reiki, as this will assist in the cleansing of blockages that have been created due to the pre-mature release and rise of the Kundalini in the first place. It gives them tools to keep the chakras in a state of balance, strength and the cleansing process will release the symptoms expressed here.

What blocks our growth? Attachments to the familiar and to the past, fear of change and the unknown, limited and restrictive beliefs, self-destructive habits, and the inability to let go of old feelings and wounds the feeling that something is lacking or wrong with us.

When the Kundalini energy awakens, it moves in a serpent-like fashion as it rises from the bottom of the body up to the head, right where the crown chakra is. As the energy moves upward, it releases all blockages and frees all other energies that are dormant in the body.

The Kundalini energy, on its own, is a powerful healing force. Quite abruptly, it can release your body's bonds with an illnesses both physically and mentally. More so, it can purify the body, and is especially helpful with addiction problems. It can also drastically reduce stress. With its ability to transform your spirit, you can be an entirely new individual in just one healing session.

Let us remember that divinity has no boundaries in its reach and effectiveness. Love is one of the strongest emanations of communication from the divine. When we love in an all-pervasive non-judgmental way, we open ourselves as conduits for the divine nature to express itself through the Kundalini. For thousands of years Oriental medicine has included the kundalini model and used it in healing modalities such as acupuncture.

When the Kundalini is awakened, the positive and negative qualities of the person will be magnified to a very high degree. Kundalini energy is like fertilizer. Whatever seeds are in the ground will be stimulated to grow. So whatever ancient seeds a person possesses, whether good or bad, will be magnified. This is why a person going into the spiritual path experiences intense inner battles. Therefore, it is important to practice inner purification.

Kundalini Reiki is an energy of fire. The essential quality of this energy is that it ignites the fire in us which is able to bring to the surface our enthusiasm and openness at the right moment. It helps us to dissolve the fear that we're going to fail at something. All this is very much connected with other emotions as well. The fire wakes them up in us and forces us to deal with them.

Kundalini Reiki concentrates on chakras in the body in order to generate flow of energy upward (energizing) and downward (cleansing) along the spine. The spinal cord is a long column of nervous tissue that acts as the pathway for transmitting information between the brain and the body at the speed of light. It is encased by a series of bones, the vertebrae, which allow for flexibility of the back and protect the very delicate spinal tissue.

Different levels of the spinal cord control different parts of the body. There are 31 segments in the spinal cord and each controls different parts of the body. For example, cervical level 1-2 (C 1-2), the highest and closest to the skull, controls breathing; C 5-6 (the most common injury site) located at the bump where your neck meets your back, controls fingers and hands. At each segment, nerves leave the cord, nerves that are responsible for specific parts of the body. Nerves from the body also enter the cord at each segment, providing sensory information about specific body parts to the brain.

The spinal cord also conveys information between the brain and spinal cord and vice versa. Large bundles of nerves, called tracts or columns, run, for example, from the motor centers in the brain down the spinal cord and connect to pools of motor neurons that are responsible for movement.

Kundalini reiki activates the dormant potential of the brain. The pineal gland must secrete to experience the Kundalini. The pineal gland is the master gland, the seat of the soul. We must also tap the reserve energy that is stored near the navel point. The pure energy at the navel connects us to the Earth. This pure energy must uncoil and connect with our pineal gland. When the two energies connect we have the power to attain self-realization we have the capacity to discover our relationship to total universal consciousness.

**To book a Kundalini Reiki session, please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at [ghcenter@hotmail.com](mailto:ghcenter@hotmail.com).**