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02 Introduction to Spiritual Awakening

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as the Serpent Power, the Inner Woman, and the essence of Shakti, kundalini energy can be a force of tremendous awakening or deep enslavement. The key is to be mindful, practice spiritual discernment , trust in your soul ' s strength, and seek help where needed.

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More recent books *The Kundalini Guide* and *The Awakening Guide*, were published in 2014 and offer comprehensive and concise support for people in the awakening process. In June 2018 her latest book on kundalini and non-dual self-realization was released: *When Spirit Leaps: Navigating the Process of Spiritual Awakening*. It's available in bookstores and on Amazon.

The Kundalini Guide

Although for some people kundalini awakening is primarily gentle or energetically blissful, it can be challenging for others to accept and live with the challenges of this process, and nearly impossible to make it stop once the energy has opened as far as the throat chakra.

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blog — The Kundalini Guide

Kundalini yoga is a practice fervently exercised by many yogis to achieve divine ecstasy. The awakening of the Kundalini, the cosmic force which resides in each of us, should not be an objective in itself but the achievement of a spiritual awakening smoothly carried out. What is it exactly and what are the symptoms?

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