

## ***Kundalini Shakti***

*Kundalini* is the nascent potential energy, frozen and locked away in the physical-energetic-emotional-mental body complex, inhabited by the spiritual light of the soul.

It is the microcosmic counterpart to the macrocosmic energy paradigm, called *Shakti*. This all-encompassing *Shakti*, is the creative matrix of the universe, as well as, the Universal life-force energy – the Universal *Prana*. Each body-mind-soul complex is enervated by an aspect of the Universal *Prana*, the individual *prana*, forming the five major *vayus*, and five minor *vayus*, distributed through the *nadi* system.

*Prana* in the body is the lowest layer of the *Kundalini Shakti*. This lowest level is always active in the human body, for it is the basis of life itself. When, by diligent practice of *pranayama*, the higher layers are awakened and activated, there is a quantum leap in evolution, with the concomitant raising of consciousness. This process is commonly called *Kundalini Awakening*, or the raising of *Kundalini*.

The concept of raising the *Kundalini* is based on the model of *Kundalini* being situated in the 1<sup>st</sup> Energy Center or *muladhara chakra*. When the *Kundalini* is awakened, it rises up the central channel, the *sushumna nadi*. By diligent practice, it is raised from one energy center to the next, until it reaches the seventh, the crown center. A *yogi* is one who has raised the *Kundalini* to the 7<sup>th</sup> Energy Center, the thousand-petalled lotus, and consequently achieved self-realization, attaining the highest potential of soul evolution.

However, it is necessary to humbly remind oneself, that raising the second level of *Kundalini*, a work of many life-times, is not the end of the cosmic evolutionary journey. Other layers await

## *Breathe Like Your Life Depends On It*

to be conquered in higher realms. Rare as the birth of a galaxy, is one who rises even to the third level on this earth.

There have been many misrepresentations about *Kundalini*, especially in recent times, because of the preference for mental speculation, over real practice. Such fantasies by unqualified writers and those who have not perfected their practice, have stoked the fires of fear and doubt.

Some people have misunderstood the ancient texts, and claim that a great *yogic* sage, *Yagnavalkya*, taught that *Kundalini* should not be awakened, but rather removed, as she was a blockage to the attainment of the *samadhi* state of consciousness, or ecstatic spiritual realization.

Another popular myth is that of *Kundalini* Psychosis, supposedly referring to the physical, emotional and mental disorders that occur when *Kundalini* rises prematurely or does not enter the central channel, but wanders elsewhere.

What is called *Kundalini* Psychosis, is more aptly called *pranic* disorder of the Nervous System. The wisdom of those who have the right to speak on such matters, the Masters of *Yoga*, declares that *Kundalini* will not arise prematurely – She is an intelligent force, which will only rise up when the aspirant is ready and She will not go into other energy channels, except for the central channel, or *sushumna*.

So, what is going on? Something serious is happening, and we are not trying to minimize the life disruptions documented. In reality, it is the *prana* or life-force energy which is responsible. Just as a frayed or flawed electric wire gets “fried”, when a higher current is passed through it, just so, when an excessive amount of *prana* is passed through a damaged or flawed Energy Body, negative reactions occur.

*Rudra Shivananda*

How is it possible for the Energy Body to be damaged? The physical nervous system can become damaged through the overuse of drugs, or accidents. Such damage gives rise to concurrent damage in the Energy Body. For their own safety, those with such problems, should not practice *pranayama*, or be in the presence of higher energy levels, such as power centers, or Masters who transmit *prana*.

The only solution for such *pranic* disturbances, is to repair the physical damage, and/or stop the use of drugs. The last thing those suffering from such disorders, should do, is to exacerbate their condition with *pranic* practices. It may take many years, for the normal process of healing to occur. For those few, who can find a living Master of Breath, capable and willing to help, repairing of the Energy Body can be done quicker and safely.

*The Kundalini is drawn upward, through  
the sushumna, like a thread through a needle,  
by the mind, aroused through the  
union of fire and prana.  
As one must apply pressure to open  
a door with a key, so the yogi opens the  
door to liberation by Kundalini.  
Goraksha Shataka 49, 51*