

What's happening to me?



Kundalini rising is a concept from Eastern spiritual traditions, particularly within Kundalini Yoga and some forms of Hinduism. It refers to the idea of a dormant spiritual energy, often depicted as a coiled serpent at the base of the spine, awakening and ascending through the energy centres (chakras) along the spine. This process is believed to lead to heightened spiritual awareness and a profound transformation of consciousness.

1. Typical Symptoms

- Seeing coloured lights, clouds, fog, visions
- Involuntary movements
- Intense emotional experiences
- Altered states of consciousness
- Hearing sounds such as cracking, buzzing, talking
- Unable to sleep
- Restless, mind very active but can't concentrate
- Not eating, not hungry
- Panicky feeling
- Dizzy
- Desperate to be back to 'normal'
- Feel presence of other being/s
- Big temperature changes
- And more

2. Take action

Grounding

- Spend 10 minutes barefoot on the ground outside
- Stop meditation practice
- Vagal breathing, in breath for count of 4 and out breath for count of 8
- Eat porridge, stews with barley (meat is very grounding)
- Yoga, Tai Chi, or QiGong are good

Cleansing

- Shower and imagine clear pure energy brushing down your body, cleansing you physically and energetically
- Cold shower can be very good for this
- Smudge your place by; burning herbs, using Holy water, Clearing and protection sprays, Aqua de Florida water

Connecting back to yourself

- Slow walks in nature
- Take your time, don't make quick decisions
- Sitting with your back to a tree and feeling the deep connection down into the earth and ask for support
- Paddling in a stream
- Being with friends
- Holding a large stone
- Make notes of ideas
- Express yourself, try drawing or painting

3. Understanding

This experience will pass, and you will become more yourself.

A spiritual crisis or kundalini raising is a dramatic opening up to the sacred, to the higher realms. In some

cultures this is celebrated and a well known phenomena, but here in the UK and the West we have lost that understanding, and don't have any framework of reality that this experience fits into. The intensity of the experience will gradually reduce, and you will understand the world in a slightly different way afterwards.

4. Support

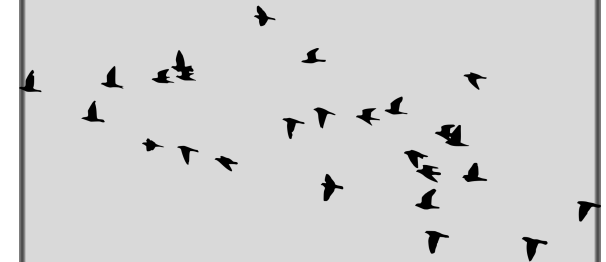
Websites

- Spiritual Crisis Network, UK
- The International Spiritual Emergence Network
- Facebook: Spiritual Crisis Network

Books

- In Case Of Spiritual Emergency by Catherine G Lucas
- Spiritual Emergency : When Personal Transformation Becomes a Crisis by Stanislav Grof

Spiritual Crisis (Kundalini rising)



Client Information Leaflet

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