

## Kingston Yoga

Kingston Yoga - According to ancient Hindu philosophy, Kundalini energy is a coil of energy located at the base of the spinal column. Through the work and process of development spiritually, Kundalini energy could be stimulated. The practice of stimulation causes energy to rise along the spinal column, activating the energy centers referred to as chakras along its path. This awakening is thought to bring about spiritual enlightenment along with physical effects.

Precisely when the idea of Kundalini started is not known. There are passages in the 8th century Siva Sutras which assume that the reader is familiar with it. In Hatha Yoga Pradipika, a Hindu text which was written between the 12th and 15th centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise that the Western cultures most usually connect with yoga.

Sir John Woodroffe referred to Kundalini as "Serpent Power" in the early 20th century while he was translating two Hindu texts. These descriptions result in a longstanding image of Kundalini as a snake. The word Kundalini really translates to mean "coiled up." Famous Western thinkers C.W. Leadbeater and Carl Jung both talked about Kundalini in their writings. Many of their critics complain that they did not do the idea any justice as they took it out of its cultural context.

There are some people who choose to explore the concept of Kundalini by practicing Kundalini Yoga. This is a mixture of postures, chanting and meditation that is designed to awaken the Kundalini power inside the body. Stimulating the Chakras could also include contemplating some images, applying special breathing exercises and eating particular foodstuff. Numerous individuals feel this is the greatest type of mind and body exercise as it emphasizes the physical advantages of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second look.

Kundalini Yoga has a reputation of being really powerful and practitioners warn that people must not seek to stimulate it on their own with no professional guidance. Kundalini stimulation is described by some as being a lengthy and normally lifelong learning process. As Kundalini rises through the chakras, it can be an extremely intense experience both physically and emotionally. Some people believe that it could likewise be harmful if not done with caution and done right.

Awakening Kundalini energy has normally come together with some noted side effects comprising: anxiety, headache, tingling sensation, depression and gastrointestinal problems among others. It is likewise suggested that you confide in your spiritual leader or trusted doctor of medicine before partaking in Kundalini work. This will help maintain individual safety as diagnosing whichever medical issues which can probably be related to Kundalini can prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that awakening it could have unbelievable advantages in each aspect of an individual's existence. It is always recommended to confer with your doctor of medicine prior to beginning whatever new physical activity.