

## Prince George Yoga

Prince George Yoga - According to ancient Hindu philosophy, Kundalini energy is a coil of energy situated at the base of the backbone. Through the work and process of development spiritually, Kundalini energy can be awakened. The process of awakening causes energy to rise along the spinal column, stimulating the energy centers known as chakras along its path. This awakening is believed to lead to spiritual enlightenment along with physical effects.

It is not established when exactly the idea of Kundalini was developed, although there are passages in the 8th century Siva Sutras are referenced in the teachings. In Hatha Yoga Pradipika, a Hindu text that was written between the twelfth and fifteenth centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise that the Western cultures most usually associate with yoga.

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

There are fairly a few followers of Kundalini Yoga who practice the several combinations of meditation, postures and chanting. These actions are meant to awaken the power of Kundalini inside the body. Stimulating the Chakras can even consist of eating particular foods, contemplating certain images and completing special breathing exercises. Many individuals feel this is the greatest type of body and mind exercise because it focuses on the physical advantages of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second chance.

The reputation of Kundalini Yoga is that the practice is very powerful and the majority of practitioners warn newcomers wanting to seek to stimulate this power must be performed under the supervision of a professional. Stimulating Kundalini energy is believed to be a lengthy lifelong learning procedure. As Kundalini rises through the chakras, it can be an extremely intense experience both physically and emotionally. Several individuals believe that it could even be harmful if not performed with caution and done properly.

There have been several side effects noted to Kundalini awakening comprising: tingling sensations, depression, gastrointestinal problems, anxiety and headache amongst others. It is recommended to tell a medical doctor whom you trust and to secure a spiritual leader prior to seriously embarking on Kundalini work. This would help maintain individual safety as diagnosing any medical issues which can possibly be related to Kundalini can prove to be a delicate issue. People who practice Kundalini and practitioners themselves claim that awakening it can have fantastic advantages in each and every aspect of an individual's life. It is always recommended to confer with your doctor of medicine prior to beginning whatever new physical activity.