



THE SUBTLE SYSTEM

Involuntary Release of Kundalini Energy.....

Process of Release.....

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The Kundalini energy lies coiled at the base of the spine. Its release may be likened to waves, flames, pulsations or an uncoiling. The uncoiled portion seeks an outlet, normally through the spine up to the top of the head and out what is sometimes called the crown chakra. Chakra, a Sanskrit word meaning "wheel," refers to the various energy vortices on our etheric body.

Sometimes the energy coils upward around the spine, again ending at the crown chakra. In the natural evolutionary process, a number of layers or waves are individually released during a lifetime, depending on a person's growth and readiness. The movement of the wave is so imperceptible most people are not aware of the activity, though they may be aware of some heat (energy movement) in the tailbone area prior to the release. More sensitive people will feel the energy progress up the spine. They may feel pressure or pain as the energy encounters a blocked area; pain may also appear when the energy patterns are not normal.

There are many layers of Kundalini waiting to be released. The action is similar to peeling off the outer edges of an onion. A person can release a few or many layers during a lifetime. People knowledgeable about the Kundalini force may choose to release more, thus speeding their evolution; in extreme cases, liquid fire or extreme heat may be released.

The Kundalini, sometimes called *shakti* (divine spark of life force), begins its ascent from the base of the tailbone, where it is stored. As it rises up the spinal column and goes out the top of the head, it blends with the spiritual energy available in the universe. An energy combination then showers down over the body and travels throughout the system, aiding in refining and cleansing the cells. If the Kundalini is blocked in its upward flow by improper energy patterns or negativity, or by an improperly prepared or cleansed body, it may drop after

several days and then begin a slow, painful ascent up the body again, cleaning and refining as it goes. This process can create much havoc and may cause physical, emotional or mental distress.

A person who releases a number of layers of energy at once may be in a beautiful state for days or even weeks- Such a person may have extra physical strength, beautiful new understandings, feelings of bliss or transcendental awareness, or a feeling of really having made it and achieving enlightenment- He or she may even have a little spiritual pride. For most people, however, this state disappears and the Kundalini begins its cleansing process; then the person wonders why things are now so difficult and where the wonderful "stuff" went. The latter is the usual Pattern of Kundalini release; it is not a matter of the person "messaging up" their growth.

When energy blocks are severe enough, blissful states do not occur; the energy goes immediately into the cleansing. Energy blocks are caused by locked-in attitudes or feelings or old emotional or mental scars. Poor posture and injuries can also create energy blocks.

People who have prepared well by taking care of their bodies and raising spiritual awareness will accomplish Kundalini cleansing more quickly and easily; they realize benefits almost immediately and the Kundalini rising is a beautiful experience. But if the system is not ready for this powerful force, years may be required to complete the process.

Once released, there is **NO TURNING BACK!** It is impossible to reverse the process, though it can sometimes be slowed. If a person decides the growth is no longer desirable and tries to hold back this energy, congestion and illness may result, which may, in extreme cases, lead to death. One must learn to work with it, or in some cases just survive it, while the heavy cleansing takes place. The change is usually not a magical, total overnight operation; the energy may take as long as twenty or twenty-five years to complete cleansing

This is an example of an incorrect flow. There is too much energy going below the person. It should all flow upwards!

and refinement sufficient for the psychic or spiritual gifts to unfold. When a person knows how to work with the energy, has a healthy body, mind and spirit and is ready, change occurs in a much shorter period of time. People in the midst of an active natural Kundalini flow, already using it, take less time to make the new Kundalini available for use.

In each incarnation it is necessary to learn over again to control and use the energy. This is one of the main purposes of childhood; children need behavior and attitude guidance to use their energies appropriately. Permitting their energies to run uncontrolled causes problems in daily living and impedes further growth.

Types of Involuntary Release.....

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Involuntary ways in which Kundalini may be released include drug use, overwork,

a severe blow or injury to the tailbone area; grief, trauma, or excessive fear; excesses in meditation, growth practices, or sex. Excessive sexual foreplay without orgasm may also cause spontaneous Kundalini release. By involuntary I do not necessarily mean unwanted; I only refer to the release of the Kundalini on its own.

The energy not only has an evolutionary purpose, it literally gives us extra energy. The body may draw from it (without our conscious knowledge) to handle extreme situations. Often, when such situations conclude, the flow continues and the person does not handle things well; the person deals now with excessive Kundalini release as well as with the original trauma.

The Aquarian Age is very intense. This intensity speeds our evolution and pushes us into a quantum leap of development in all areas. We have been very open to technological change, which has been especially incredible over the past couple decades. Now similar growth is happening in the personal and spiritual areas; we are, in fact, just at the beginning of major breakthroughs in these areas because so much Kundalini will be released spontaneously as a result of the intensity of the new energies. This will happen whether or not people are cleansed and ready. Those people who genetically are more receptive to the Kundalini and already have a fair amount useable and active will not have that much trouble; they will also be more susceptible to release.

Astrological energies play an important part in a person's openness to extra release. A heavily aspected Uranus seems to be the cause of excessive release in some people. Saturn in the fourth house of the astrological chart may also trigger deep subconscious energies that release Kundalini. Moon in Scorpio also tends to awaken the deep subconscious energies.

Some pregnant women experience extra Kundalini release from the pressure of the fetus on the Kundalini area between the anus and the genitals. Or they experience more psychic ability and awareness. Others experience postpartum depression, possibly caused by improper Kundalini flow released during the pregnancy.

People who have overworked for years may have nervous, physical, emotional, or mental breakdowns and require several months' or years' hiatus to recover; many times this, too, is attributable to excessive Kundalini pulled out by the system to handle the overload. These people later relate that their "enforced rests" were very important to them; they had time to think and change their lives. Kundalini does force us to think and change our very way of being.

Tailbone injuries may place permanent pressure upon the Kundalini reservoir, forcing a person to continually work with the energies and the changes they bring. The positive side is that the person has the extra Kundalini to force the evolutionary growth within. Grief, trauma, fear, hurtful memories all aid in "blowing open" the subconscious, which in turn releases the energies. The emotional states then usually increase out of proportion to reality and people are prone to obsession. If the extra Kundalini is not removed from the subconscious

(belly area) and balanced with the rest of the body, it continues and compounds the obsessiveness. Methods which alleviate the problem through moving and balancing the energies include meditation, five to ten minutes of free form dancing (more later), or forcing oneself to think higher thoughts. Kundalini will look for the most open area or chakra to "escape" through if the body is not ready to receive its energies, blowing open a particular area or chakra. and tending to pull all energies toward that spot, as if to a black hole. Only a redirection of energy releases the obsession.

Release through "recreational drugs" can be especially harmful, blowing open chakras or causing the "burnout" experienced by some drug users. The very reason some people use drugs-for paranormal experiences-may bring about a lack of paranormal ability in everyday life. A positive aspect of drug use is that users may have been opened to higher dimensions and shown mystical possibilities in life. Drug use, however, does not enable a person to achieve this state on his or her own; thus the energies are not under control, not always very useful, and sometimes exceedingly dangerous. People may have experiences but not grow in the use of their evolutionary energy.

When the excessiveness inclines toward meditation, the release of Kundalini generally goes more smoothly, as these people are already working on themselves and are open to change. Visions, mystical experiences, and excessive attention placed upon the pineal gland may also touch this reservoir of evolutionary energy and start new waves moving through the system.

Spiritual initiations from high spiritual levels are given to people who have achieved high spiritual levels in their growth. These initiations usually release at least one more layer of Kundalini. (This has nothing to do with the initiations of earthly organizations, which have their own release of Kundalini). Initiations from high spiritual levels quite often occur when a person is asleep, when there is no awareness of the event. The person only recognizes a change in perceptions and attitudes. Consciously aware of the initiation, however, a person will feel energy one could liken to a lightning bolt coming into the top of the head, which may go only as far as the heart area or all the way to the Kundalini reservoir to release some of its power. The advantage to this type of release is that there is generally more understanding of what is happening within the system. The initiation always brings greater awareness and the person does not feel as alone or crazy when the Kundalini starts doing weird things. But if the person is not physically, emotionally or mentally ready to handle the power, depression, disorientation, illness, the other problems may ensue.

Earth initiations may also trigger kundalini release. When persons have opened to higher levels (or deeper levels) of earth energy a connection (initiation) happens. This opens the person to even greater earth awareness. It comes up through the feet in a very powerful manner and goes up through the entire body and out the top of the head. If it is intense enough and the person is predisposed, the kundalini may be awakened by its power.

It is very important that people develop in all areas of life. More and more people in the counseling, religious, and medical fields are becoming acquainted with Kundalini, can recognize its symptoms, and are able to help with its process. It is an area in which all "help" and health professionals should have a working knowledge.

Symptoms of Release.....

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Kundalini raising that occurs prior to sufficient cleansing and spiritual awareness is considered premature, producing many different symptoms. In addition to short periods of heightened awareness and states of bliss or enlightenment there may be times of extreme dullness or depression, erratic behavior, unexplainable illness, loss of or poor memory, feelings of disorientation with oneself, friends, work or the world in general. If the liver is affected, the skin may take on a yellowish color, an almost dirty look, due to the release of negativity; or some areas of the body may take on a reddish or bluish cast. There may be other shadings relating to energy concentrations of different vibrational rates. (Each vibrational rate has its own color.) A person may look old, tired, or ill but a few hours later look years younger and full of vitality, or the reverse. Another sign of premature Kundalini raising is a blackish look to the nails of the big toes due to excessively activated reflexes in the big toes that relate to the pineal gland. At times there may be a fluttering feeling as the muscles relax and release more energy into the nerve endings. There may be an internal fullness or pressure, a wanting to "vomit" out anything in order to release the extra energy. There may be nosebleeds. Kundalini 4 in its stronger states can tear human tissue. There may be involuntary movements or shaking of the body; illness may ensue from Kundalini cleansings, many times remedied simply by changing the energy patterns. A warning, however: see a doctor when changing the patterns does not help; when a problem appears to be medical, do not hesitate to seek medical assistance. Symptoms are different in each individual because each person has blocks, or energy concentrations, in different areas. It is very difficult to know just how a particular person will react. One may compare the Kundalini, when a large number of waves are released all at once, to a garden hose turned on full force: if the spine is clear and straight, the force flows through to the top of the head unhampered; if blocked, twisted, or bent in some way, the free flow is stopped or hampered and the energy goes into the nearest area. A very sway-backed person, for example, will dump this energy into the belly and solar plexus area, causing intense emotions. A force that continues over a period of time may result in physical damage, stomach upsets, or even ulcers. Energy locked in the chest may make one may think of heart trouble. Blockage in the brain causes loss of memory and/or mental aberrations ..

Because of the varied symptoms and lack of information about Kundalini, the blame for improper and excessive release is generally misplaced. People may

feel hypochondriacal with all their different aches and pains. At times they may feel ill but not actually be ill. They may feel they do not have long to live, but at the same time feel perfectly all right. Confusion is prevalent when unprepared people experience excessive Kundalini release. One woman, under a doctor's care, found she had symptoms of cancer, diabetes and heart trouble, as well as other problems, in a two year period; the symptoms later disappeared by themselves as the cleansing continued. Today she is a gifted trance reader. Another woman was ill for twenty-one years, during which time she was under the care of doctors, who finally told her they could not find her trouble and there was nothing more they knew to do for her. But when the Kundalini finished its work, she found that spiritual healing energies could flow through her hands. Misunderstandings can slow down the cleansing process and add years of concern and troubles. Cold chills or hot flashes similar to those experienced during menopause may come and go, as may psychic gifts. Change of moods, attitudes and dietary, color and style preferences are common. Some people will experience schizophrenic symptoms as the Kundalini releases energy from strong but unintegrated past-life personalities; it may be that there was little relationship between the soul and the personality and the personality remained separate, to be integrated during another life. Kundalini will seek to cleanse all locked-in memories, whether physical, emotional or mental, whether of traumatic or ecstatic events. Spontaneously or through meditations, people can relive experiences from childhood or past lives. Power trips, unexplained anger, base or perverted sexual fantasies or feelings-these are all part of personal demons, hidden away only to be brought to light by the cleansing of the Kundalini. It helps not to be afraid to face the memories locked within. When all blocks are released, the Kundalini flows through unhampered, refining the cells and thus allowing the prana or divine and universal energy to come into the system in pure, strong form.

Exercise of Living or Dying.....

As you explore your feelings about living or dying, you need to be aware whether it is you or your body that wants to call it quits. Sometimes the body is depleted or exhausted and is tired of being a vehicle; if this is the case, good nutrition, rest and better care will give you and your body a new lease on life. But if you find you have really lost the interest and motivation to live, the following may give you some new direction.

1. In as relaxed a state as possible, meditate on all the things you have accomplished in this life; make a list and appreciate them. Then make a list of things to be accomplished. Meditate on this list also. What needs to be done to accomplish the new things?
2. Be aware of the old patterns of your life, the old personality. What changes need to be made for a new self to emerge? What would the new

personality be like in the new life? Get the feeling of the old leaving and the new coming in. The more the body feels the newness, the more quickly and easily it will make the transition. Believe that the newness is already happening.

3. Write a news article about yourself as it might appear in the paper several years from now. It should list your accomplishments and any other things you would like to include. Meditate on different possibilities.

4. Re-examine the death wish. Is there anything there that might give you more insight into the future?

5. Feel again that the old way of living is leaving or dying. Let there be a rebirth into a new way of living and relating to life.