

The following are common manifestations of the risen Kundalini:

- **Muscle twitches, cramps or spasms.**
- **Energy rushes or immense electricity circulating the body**
- **Itching, vibrating, prickling, tingling, stinging or crawling sensations**
- **Intense heat or cold**
- **Involuntary bodily movements (occur more often during meditation, rest or sleep): jerking, tremors, shaking; feeling an inner force pushing one into postures or moving one's body in unusual ways. (May be misdiagnosed as epilepsy, restless legs syndrome (RLS), or PLMD.)**
- **Alterations in eating and sleeping patterns**
- **Episodes of extreme hyperactivity or, conversely, overwhelming fatigue (some CFS victims are experiencing Kundalini awakening)**
- **Intensified or diminished sexual desires**
- **Headaches, pressures within the skull**
- **Racing heartbeat, pains in the chest**

- **Digestive system problems**
- **Numbness or pain in the limbs (particularly the left foot and leg)**
- **Pains and blockages anywhere; often in the back and neck (Many cases of FMS are Kundalini-related.)**
- **Emotional outbursts; rapid mood shifts; seemingly unprovoked or excessive episodes of grief, fear, rage, depression**
- **Spontaneous vocalizations (including laughing and weeping) -- are as unintentional and uncontrollable as hiccoughs**
- **Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous noises or like ringing in the ears.**
- **Mental confusion; difficulty concentrating**
- **Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences (if the individual's prior belief system is too threatened by these, they can lead to bouts of psychosis or self-grandiosity)**
- **Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area.**
- **Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion**

- **Psychic experiences: extrasensory perception; out-of-body experiences; pastlife memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions; healing powers**
- **Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.**
- **Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment (including "vibes" from others)**
- **Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness**

Excerpted from: [Kundalini Signs and Symptoms](#)