

Moncton Yoga

Moncton Yoga - In accordance with ancient Hindu philosophy, Kundalini energy is a coil of energy situated at the bottom of the spinal column. Through the work and process of development spiritually, Kundalini energy could be stimulated. The method of awakening causes energy to rise along the backbone, activating the energy centers known as chakras along its path. This stimulation is thought to lead to spiritual enlightenment along with physical effects.

Exactly when the idea of Kundalini originated 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 that was written between the 12th and 15th centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise which the Western cultures most commonly connect with yoga.

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

There are somewhat a few followers of Kundalini Yoga who practice the many combinations of chanting, meditation and postures. These actions are designed to awaken the power of Kundalini inside the body. Stimulating the Chakras can likewise consist of eating particular foods, contemplating some images and completing special breathing exercises. Many people feel this is the greatest kind of body and mind exercise because it emphasizes the physical advantages of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second look.

The reputation of Kundalini Yoga is that the practice is extremely powerful and nearly all practitioners warn newcomers wishing to seek to awaken this power must be performed under the supervision of an expert. Awakening Kundalini energy is said to be a lengthy lifelong learning process. As Kundalini rises through the chakras, it could be an extremely intense experience both physically and emotionally. Several people think that it could even be harmful if not done with caution and done right.

There have been several side effects noted to Kundalini awakening comprising: anxiety, headache, tingling sensation, depression and gastrointestinal problems among others. It is suggested to tell a doctor whom you believe and to secure a spiritual leader before seriously embarking on Kundalini work. This will help maintain individual safety in view of the fact that diagnosing whatever medical concerns which could probably be related to Kundalini can prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that awakening it can have unbelievable benefits in each and every aspect of an individual's life. It is always suggested to discuss with your doctor before beginning whichever new physical activity.