

## Kitchener Yoga

Kitchener Yoga - Kundalini is a coil of energy or otherwise called Skakti, located at the bottom of the spine, according to ancient Hindu philosophy. Through the process of spiritual development, Kundalini energy could be stimulated and this particular practice causes it to rise along the spinal column and activate the chakras or energy centers along the way. This stimulation is believed to bring about spiritual enlightenment together with physical effects.

It is not established when precisely the concept of Kundalini was developed, though there are passages in the 8th century Siva Sutras are referenced in the teachings. In Hatha Yoga Pradipika, a Hindu text which 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 commonly associate with yoga.

While he was translating two Hindu texts, Sir John Woodroffe referred to Kundalini as "Serpent Power." His descriptions during the early 20th century have resulted in the longstanding image of Kundalini as a snake. The word Kundalini actually 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 for the reason that they took it out of its cultural context.

There are several individuals who want to explore the concept of Kundalini by practicing Kundalini Yoga. This is a mixture of chanting, meditations and postures which is designed to stimulate the Kundalini power within the body. Stimulating the Chakras could likewise include contemplating some images, completing special breathing exercises and eating specific foods. Lots of people feel this is the ultimate form of mind and body 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 chance.

The reputation of Kundalini Yoga is that the practice is really powerful and most practitioners warn newcomers wishing to seek to awaken this power should be done under the supervision of a professional. Awakening Kundalini energy is believed to be a lengthy lifelong learning process. As Kundalini rises through the chakras, it could be an extremely intense experience both physically and emotionally. Various individuals believe that it can even be harmful if not done with caution and performed properly.

Awakening Kundalini energy has normally come with some noted side effects comprising: depression, gastrointestinal problems, anxiety, headache and tingling sensation among others. It is even recommended that you confide in your spiritual leader or trusted physician before partaking in Kundalini work. This would help maintain personal safety since diagnosing whatever medical problems that could possibly be related to Kundalini could prove to be a delicate issue. Individuals who practice Kundalini and practitioners themselves believe that awakening it can have fantastic benefits in every aspect of a person's life. It is always recommended to consult your doctor before beginning any new physical activity.