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What is Kundalini?

Kundalini is the name of a sleeping dormant potential force in the human organism. (1/13)
#threadseries

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and it is situated at the root of the spinal column. In the masculine body it is in the perineum, between the urinary and excretory organs.
In the female body its location is at the root of the uterus, in the cervix.
(2/13)

This centre is known as mooladhara chakra and it is actually a physical structure. It is a small gland which you can even take out and press.
(3/13)

However, kundalini is a dormant energy, and even if you press it, it will not explode like a bomb.
(4/13)

To awaken kundalini you must prepare yourself through yogic techniques. You must practise asanas, pranayama, kriya yoga and meditation.
(5/13)

Then, when you are able to direct your prana into the seat of kundalini, the energy wakes up and makes its way through sushumna nadi, in the central nervous canal, to the brain.
(6/13)

As kundalini ascends, it passes through each of the chakras which are interconnected with the different silent areas of the brain.
(7/13)

With the awakening of kundalini there is an explosion in the brain as the dormant or sleeping areas start blossoming like flowers.
(8/13)

Therefore, kundalini can be equated with the awakening of the silent areas of the brain.
(9/13)

Although kundalini is said to reside in mooladhara chakra, we are all at different stages of evolution, and in some of us kundalini may have already reached swadhisthana, manipura or anahata chakra.
(10/13)

If this is so, whatever sadhana you do now might start an awakening in anahata or some other chakra.
However, awakening of kundalini in mooladhara chakra is one thing, and awakening in sahasrara, the highest centre of the brain is another.
(11/13)

Once the multi-petalled lotus of sahasrara blossoms, a new consciousness dawns. Our present consciousness is not independent, as the mind depends on the information supplied by the senses.
(12/13)

If you have no eyes, you can never see; if you are deaf, you will never hear. However, when the superconsciousness emerges, experience becomes completely independent and knowledge also becomes completely independent.
(13/13)

Note :-
■Mute tagged while replying