

## St. John's Yoga

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

It is not known when precisely the idea of Kundalini was developed, even if 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 which the Western cultures most normally connect with yoga.

While he was translating two Hindu texts, Sir John Woodroffe regarded Kundalini as "Serpent Power." His descriptions in the early part of the 20th century have led to the longstanding image of Kundalini as a snake. The term Kundalini really translates to mean "coiled up." Well-known Western thinkers C.W. Leadbeater and Carl Jung both talked about Kundalini in their writings. A lot of their critics complain that they did not do the idea any justice since they took it out of its cultural context.

There are somewhat a few followers of Kundalini Yoga who practice the various combinations of postures, chanting and meditation. These actions are designed to stimulate the power of Kundalini inside the body. Awakening the Chakras may even include eating specific foodstuff, contemplating some images and applying special breathing exercises. Lots of individuals feel this is the ultimate kind of mind and body exercise since it concentrates on the physical advantages of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second look.

Kundalini Yoga has a reputation of being very powerful and practitioners warn that one must not seek to stimulate it on their own without expert guidance. Kundalini awakening is described by some as being a lengthy and usually lifelong learning procedure. As Kundalini rises through the chakras, it could be an extremely intense experience both physically and emotionally. Some individuals believe that it could even be harmful if not done with caution and done right.

Awakening Kundalini energy has usually come along with some noted side effects comprising: gastrointestinal problems, anxiety, headache, tingling sensation and depression among others. It is even suggested that you confide in your spiritual leader or trusted physician prior to partaking in Kundalini work. This will help maintain individual safety since diagnosing whatever medical issues that could possibly be related to Kundalini could prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that stimulating it can have incredible advantages in every aspect of an individual's life. It is always recommended to consult your doctor of medicine prior to starting any new physical activity.