

## Owen Sound Yoga

Owen Sound Yoga - Kundalini is a coil of energy or also called Skakti, situated at the base of the spinal column, according to ancient Hindu philosophy. Through the method of spiritual development, Kundalini energy can be stimulated and this particular process causes it to rise along the spine and activate the chakras or also known as energy centers along the way. This stimulation is thought to bring about spiritual enlightenment together with physical effects.

Exactly when the idea of Kundalini began is not established. 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 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 usually 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 truly translates to mean "coiled up." Well-known Western thinkers Carl Jung and C.W. Leadbeater both talked about Kundalini in their writings. Many of their critics object that they did not do the idea any justice because they took it out of its cultural context.

There are a number of individuals who choose to explore the idea of Kundalini by practicing Kundalini Yoga. This is a combination of chanting, meditations and postures that is meant to awaken the Kundalini power within the body. Stimulating the Chakras may also comprise applying special breathing exercises, eating particular foods and contemplating some images. Lots of individuals feel this is the greatest kind of mind and body exercise in view of the fact that it focuses on the physical benefits of spiritual health. Some of the medical professions in the West have recently given Kundalini Yoga a second chance.

The reputation of Kundalini Yoga is that the practice is really powerful and most practitioners warn newcomers wanting to seek to stimulate this power must 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 emotionally and physically. Several individuals think that it could likewise be harmful if not done with caution and done properly.

Stimulating Kundalini energy has normally come with some noted side effects consisting of: gastrointestinal problems, anxiety, headache, tingling sensation and depression amongst others. It is likewise recommended that you confide in your spiritual leader or trusted medical doctor previous to partaking in Kundalini work. This will help maintain individual safety in view of the fact that diagnosing whichever medical concerns which could probably be connected to Kundalini could prove to be a delicate issue. People who practice Kundalini and practitioners themselves claim that stimulating it can have unbelievable benefits in each aspect of a person's existence. It is always suggested to consult your physician previous to starting whichever new physical activity.