

## Brandon Yoga

Brandon Yoga - Kundalini is a coil of energy or otherwise called Skakti, situated at the bottom of the backbone, according to ancient Hindu philosophy. Through the method of spiritual development, Kundalini energy could be stimulated and this method causes it to rise along the spinal column and stimulate the chakras or also known as energy centers along the way. This stimulation is said to cause spiritual enlightenment along with physical effects.

It is not known when precisely the idea of Kundalini originated, 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 which the Western cultures most commonly connect 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 discussed Kundalini in their writings. Many of their critics complain that they did not do the idea any justice as they took it out of its cultural context.

There are fairly a few supporters of Kundalini Yoga who practice the various combinations of meditation, postures and chanting. These actions are meant to stimulate the power of Kundalini within the body. Awakening the Chakras may also comprise completing special breathing exercises, eating particular foods and contemplating certain images. Numerous individuals feel this is the best kind of mind and body exercise since it concentrates 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 extremely powerful and the majority of practitioners warn newcomers wishing to seek to awaken this power should be done under the supervision of an expert. Awakening Kundalini energy is believed to be a lengthy lifelong learning procedure. As Kundalini rises through the chakras, it can be an extremely intense experience both emotionally and physically. Some people believe that it can likewise be harmful if not performed with caution and done properly.

There have been some side effects noted to Kundalini awakening comprising: tingling sensations, depression, gastrointestinal problems, anxiety and headache amongst others. It is recommended to tell a medical doctor whom you believe and to secure a spiritual leader prior to seriously embarking on Kundalini work. This will help maintain individual safety since diagnosing whichever medical problems which can possibly be related to Kundalini could prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that stimulating it could have unbelievable benefits in every aspect of an individual's existence. It is always suggested to consult your physician previous to starting any new physical activity.