

## Vancouver Yoga

Vancouver Yoga - According to ancient Hindu philosophy, Kundalini energy is a coil of energy located at the bottom of the spinal column. Through the work and process of development spiritually, Kundalini energy could be awakened. The process of stimulation causes energy to rise along the spine, stimulating the energy centers called chakras along its path. This stimulation is thought to lead to spiritual enlightenment along with physical effects.

It is not established when precisely the idea of Kundalini began, though there are passages in the 8th century Siva Sutras are referenced in the teachings. In Hatha Yoga Pradipika, a Hindu text that was written between the 12th and 15th centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise which the Western cultures most commonly associate 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 resulted in the longstanding image of Kundalini as a snake. The word Kundalini truly translates to mean "coiled up." Well-known Western thinkers C.W. Leadbeater and Carl Jung both talked about Kundalini in their writings. Many 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 some individuals who want to explore the idea of Kundalini by practicing Kundalini Yoga. This is a blend of postures, chanting and meditation which is intended to awaken the Kundalini power inside the body. Awakening the Chakras may also consist of applying special breathing exercises, eating specific foods and contemplating certain images. Many individuals feel this is the ultimate kind of mind and body exercise because it emphasizes the physical benefits of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second chance.

Kundalini Yoga has a reputation of being very powerful and practitioners warn that individuals should not seek to stimulate it on their own without expert guidance. Kundalini stimulation is described by some as being a lengthy and often lifelong learning procedure. As Kundalini rises through the chakras, it could be an exceptionally intense experience both emotionally and physically. Various people think that it can even be harmful if not performed with caution and done right.

Stimulating Kundalini energy has normally come with some noted side effects consisting of: headache, tingling sensation, depression, gastrointestinal problems and anxiety amongst others. It is also suggested that you confide in your spiritual leader or trusted doctor of medicine previous to partaking in Kundalini work. This will help maintain individual safety as diagnosing whichever medical issues that could possibly be connected to Kundalini can prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that awakening it could have fantastic benefits in each aspect of an individual's existence. It is always recommended to discuss with your doctor prior to starting whichever new physical activity.