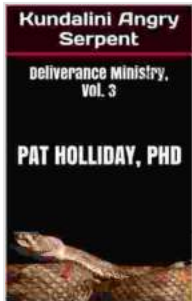


Kundalini: The Angry Serpent and How to Deliver Yourself from Its Grip



Kundalini Angry Serpent (Deliverance Ministry Book 3)

by Dan Hamilton

★★★★☆ 4.4 out of 5

Language : English
File size : 682 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 234 pages



Kundalini is a powerful energy that lies dormant at the base of the spine. It is often depicted as a coiled serpent, and when awakened, it can cause a variety of physical, emotional, and spiritual symptoms. These symptoms can be both positive and negative, and can include:

- Increased energy levels
- Enhanced creativity
- Heightened spiritual awareness
- Physical sensations, such as tingling, heat, or pressure
- Emotional swings
- Mental confusion

- Spiritual crises

Kundalini awakening can be a challenging experience, but it can also be a transformative one. If you are experiencing symptoms of kundalini awakening, it is important to seek help from a qualified professional. This professional can help you to understand what is happening to you and to develop a plan for your spiritual growth.

What is Kundalini?

Kundalini is a Sanskrit word that means "coiled serpent." It is a powerful energy that lies dormant at the base of the spine. When awakened, kundalini rises up the spine, through the chakras, and into the crown of the head. This process can cause a variety of physical, emotional, and spiritual symptoms.

Kundalini is often depicted as a coiled serpent because it is believed to be a powerful and potentially dangerous force. If kundalini is not awakened properly, it can cause a variety of problems, including:

- Physical injuries
- Mental illness
- Spiritual crises

It is important to note that kundalini awakening is not a necessary part of spiritual growth. However, for some people, it can be a powerful and transformative experience.

Symptoms of Kundalini Awakening

The symptoms of kundalini awakening can vary from person to person. However, some of the most common symptoms include:

- Increased energy levels
- Enhanced creativity
- Heightened spiritual awareness
- Physical sensations, such as tingling, heat, or pressure
- Emotional swings
- Mental confusion
- Spiritual crises

It is important to note that not everyone who experiences these symptoms is experiencing kundalini awakening. However, if you are experiencing these symptoms and you are concerned that you may be experiencing kundalini awakening, it is important to seek help from a qualified professional.

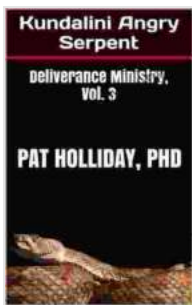
How to Deliver Yourself from Kundalini

If you are experiencing symptoms of kundalini awakening, it is important to seek help from a qualified professional. This professional can help you to understand what is happening to you and to develop a plan for your spiritual growth.

There are a number of things that you can do to help yourself to deliver yourself from kundalini. These include:

- **Grounding yourself:** This involves connecting with the earth's energy. You can do this by walking barefoot outside, sitting in nature, or swimming in a natural body of water.
- **Meditation:** Meditation can help to calm the mind and to reduce stress. It can also help you to connect with your inner self and to understand your spiritual path.
- **Yoga:** Yoga is a physical practice that can help to balance the body and mind. It can also help to awaken kundalini energy in a safe and controlled way.
- **Breathwork:** Breathwork is a breathing technique that can help to release stress and to promote relaxation. It can also help to awaken kundalini energy.

It is important to remember that kundalini awakening is a journey, not a destination. It can take time to learn how to manage kundalini energy. However, with patience and perseverance, you can learn to use this energy for your own spiritual growth.



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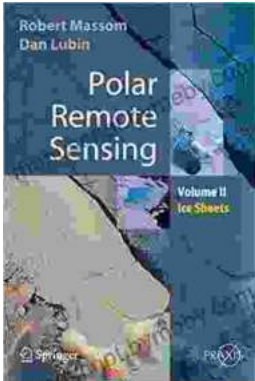
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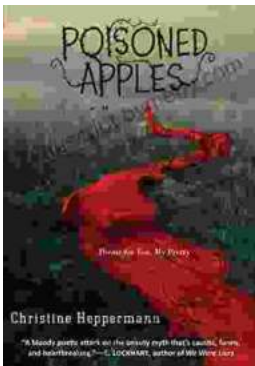
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