

Kundalini Spirit

Quotes from Kundalini Yoga Website:

Kundalini is none other than Shakti, the female consort of Shiva, who is one with Brahmin and Vishnu in the Hindu trinity. Hindu writers see this energy as the counterpart to the Christian experience of the Holy Spirit!

“Shakti the Serpent bids you ‘Sat Nam!’ and welcome to Kundalini Yoga, the mother of all yogas and the most powerful yoga known.” As brought to the West in 1969 by Yogi Bhanjan, it produces results 16 times faster than ordinary yoga. Its power comes from the Kundalini, an enormous reserve of untapped potential within each of us. It is normally depicted as a coiled or sleeping serpent, located in an area towards the base of the spine. By gradually and safely awakening this serpent and employing its power, you will benefit greatly from an elevation in consciousness, promotion of physical well-being and an expansion of awareness. You will feel more relaxed and at ease with yourself. Your life will be transformed into one which is happy, healthy & harmonious.

Shannahoff-Khalsa (2004) describes several Kundalini Yoga techniques in his Kundalini Yoga Protocol. Most techniques include the following features: cross-legged positions, the positioning of the spine (usually straight), different methods to control the breath, the use of mantras, closed eyes, and mental focus (often on the sound of the breath). The author emphasizes that the techniques are not meant to be a substitute for medical care and advice.

Mantra: is a religious or mystical syllable or poem, typically from the Sanskrit language. They are primarily used as spiritual conduits, words or vibrations that instill one-pointed concentration in the devotee.

Manifestations:

Laughing and weeping are as unintentional and uncontrollable as hiccoughs
Involuntary body movements, jerking, tremors, shaking, muscle twitches or spasms
Spontaneous vocalizations, (dogs chickens, lions)
Guidance through inner voices, visions, dreams
Spontaneous trance states, Mental confusion, difficulty concentrating, Being "drunk in the spirit"
Energy rushes, electricity circulating in the body, Many fleshly sensations
Experiencing the smell of flowers, incense
Out-of-body experiences

How one receives Kundalini awakening-

Through the laying on of hands during “Shakti-pat” initiation. Mantra’s spoken

Who can give Shakti-pat?

Anyone who has received the ability from the Guru or one of his disciples

Emma-O', derived from the Sanskrit Yama is the Japanese Buddhist Lord of Jigoku, or Hell. Emma judges souls and places them in hells appropriate to their crimes. In this context there are a total of eight hells. These have been described by people who were for one reason or another released from punishment. The hells are a popular subject for Japanese scrolls. Emma's primary enemy is Jizō, always a supporter of the dead souls against Emma and usually the victor over his dark adversary. As Jizō's popularity has grown and Emma's diminished, Emma has become a demon.