

Kundalini And The Chakras Evolution In This Lifetime A Practical Guide Genevieve Lewis Paulson

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She also discusses different chakra releases and how to heal the body using said kundalini. In the beginning of the book she gives a brief history as to what kundalini is. Kundalini translates to "circular power" and is an individual's "basic evolutionary force".

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This is my sentence: Gods you may be, sons all of you of a high god, . . . [Psalm 82:61] 2 KUNDALINI: THE EVOLUTIONARY ENERGY. The red-orange of the kundalini rises up the spine and mixes with divine energy (union of Shakti and Shakta). The colors turn golden, or sometimes silver. KUNDALINI: THE EVOLUTIONARY ENERGY 3.

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Kundalini is the light, the fire energy that awakens each of your seven chakras. This is a natural progression of a human's evolution to have their energy body awakened to this state of being. Kundalini is the alchemy of the light body, to stir open the power of each chakra.

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The top bindu, brahmarandhra and sahasrara chakras are interconnected one above the other at the top of your skull. When the pran, followed by the energy of self identification, ie Kundalini, runs in these sections of the Brahmanadi and completes the circuit at the top bindu, the brahmarandhra will be accessible.

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The chakras have become a popular topic in New Age thinking, alternative medicine, and yoga, as has kundalini, the serpent power which energizes them. But there is a growing gap between how the chakras are viewed today and how they are regarded in traditional yogic literature. Today the chakras are used mainly for physical healing.

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