

## Halifax Yoga

Halifax Yoga - In accordance with ancient Hindu philosophy, Kundalini energy is a coil of energy located at the bottom of the spine. Through the work and process of development spiritually, Kundalini energy could be stimulated. The method of awakening causes energy to rise along the backbone, stimulating the energy centers known as chakras along its path. This stimulation is believed to result in spiritual enlightenment together with physical effects.

Precisely when the concept of Kundalini started is not established. There are passages in the 8th century Siva Sutras which assume that the reader is familiar with it. In Hatha Yoga Pradipika, a Hindu text which 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.

Sir John Woodroffe regarded Kundalini as "Serpent Power" during the the early part of the 20th century while he was translating two Hindu texts. These descriptions lead to a longstanding image of Kundalini as a snake. The term Kundalini truly translates to mean "coiled up." Famous Western thinkers C.W. Leadbeater and Carl Jung both discussed Kundalini in their writings. Lots 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 quite a few followers of Kundalini Yoga who practice the several combinations of meditation, postures and chanting. These actions are meant to awaken the power of Kundalini within the body. Stimulating the Chakras could even include completing special breathing exercises, eating particular foods and contemplating certain images. Lots of people feel this is the greatest form of body and mind exercise as it focuses on the physical benefits of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second look.

Kundalini Yoga has a reputation of being extremely powerful and practitioners warn that one should not seek to awaken it on their own without professional guidance. Kundalini awakening is described by some as being a lengthy and normally lifelong learning method. As Kundalini rises through the chakras, it can be an extremely intense experience both emotionally and physically. Various individuals think that it could even be harmful if not performed with caution and done right.

There have been some side effects noted to Kundalini awakening consisting of: anxiety, headache, tingling sensation, depression and gastrointestinal problems among others. It is recommended to tell a medical doctor whom you believe and to secure a spiritual leader previous to seriously embarking on Kundalini work. This will help maintain individual safety because diagnosing any medical concerns which can possibly be connected to Kundalini could prove to be a delicate issue. Individuals who practice Kundalini and practitioners themselves believe that stimulating it can have fantastic advantages in each and every aspect of a person's existence. It is always recommended to check with your doctor of medicine previous to beginning whatever new physical activity.