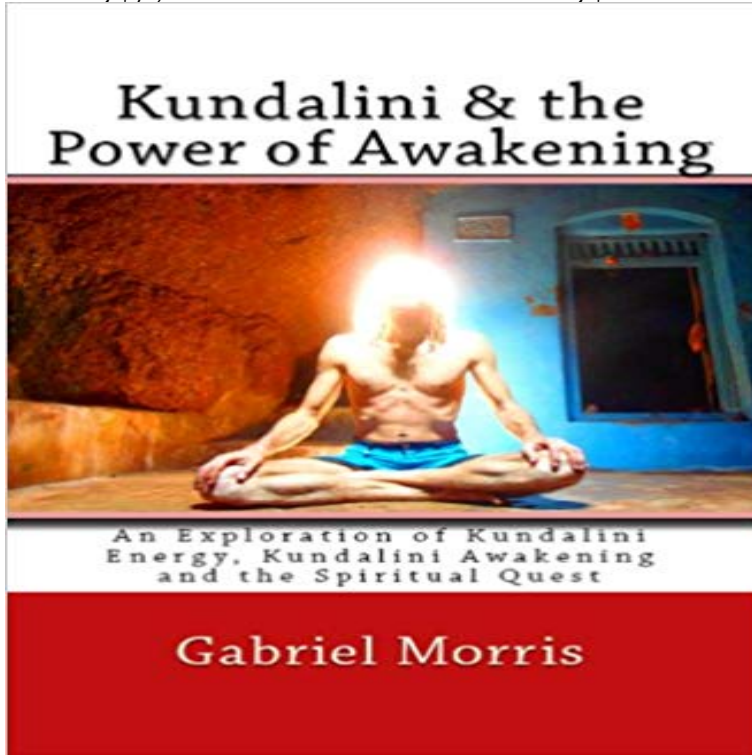


Kundalini and the Power of Awakening: An Exploration of Kundalini Energy, Kundalini Awakening and the Spiritual Quest



Note: The focus of this book is not on how to awaken the kundalini energy. The book is intended to educate the reader about the role of kundalini, the life force energy within us all (even if you haven't experienced a full awakening), provide helpful tips and suggestions for those undergoing challenging kundalini symptoms, and explore the spiritual path and awakening process in general. In essence, kundalini is simply energy. Specifically, it is spiritual energy which resides in every human being. Kundalini means literally coiled serpent. Figuratively speaking the coiled serpent represents a reservoir of spiritual energy that lies at the base of the spine in the root chakra, coiled up because in most people it is latent or potential spiritual energy, which the person is for the most part unaware of. Through yogic or other spiritual practices this energy can be awakened in an individual, in which case the energy begins flowing upwards from the root chakra through all the chakras along the spinal column, invigorating and cleansing them; and finally culminating in unification with the uppermost crown chakra at the top of the head. From Kundalini and the Power of Awakening In the fall of 1994 at the age of 22, Gabriel Morris spontaneously underwent something known as a kundalini awakening while meditating one evening. He experienced a sudden rush of energy rise up his spine that exploded into his mind, leaving him reeling and wondering what had just happened. But that wasn't the end of the experience. Far from it. Over the next several days he found himself engulfed in an intense onslaught of inner symptoms: bright lights flashing before his eyes, electric shocks throughout his body, a burning sensation at the base of his spine, and much more. Although he had been practicing yoga and meditation for two years, he was unfamiliar with the term kundalini and had no idea what had just

occurred. As the challenging symptoms persisted, this led him on a quest to discover what had taken place, how to find balance with these overwhelming inner energies and where this profound spiritual experience was taking him. Eventually he wrote a book that chronicled in detail both his experience of kundalini awakening, and his cross-country hitchhiking adventures at the time: Kundalini and the Art of Being. He also wrote a short essay encapsulating more briefly his experience and understanding of kundalini energy titled What is Kundalini?, published on Spiritvoyage.com and in the Sedona Journal of Emergence (August 2010). Later he continued where that essay left off, which turned into Kundalini and the Power of Awakening: An Exploration of Kundalini Energy, Kundalini Awakening and the Spiritual Quest. (The essay What is Kundalini? is Chapter 1 of the book). Kundalini and the Power of Awakening compiles many of the powerful lessons learned by Gabriel Morris in his more than 20 years on a spiritual path to understand the nature of reality and the potential of his own mind, body and soul. It includes descriptions of his own personal experiences, discussions of the spiritual quest and the nature of consciousness, suggestions for those experiencing kundalini rising and other spiritual awakenings, and much more. Gabriel Morris is a world traveler, spiritual seeker and published author of a range of books including: Kundalini and the Art of Being (Station Hill Press, 2008), The Mystery of Woman: A Book for Men (Soul Rocks Books, 2012), Following My Thumb (Soul Rocks Books, 2012)

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