

## Stratford Yoga

Stratford Yoga - Kundalini is a coil of energy or likewise called Skakti, situated at the bottom of the spine, according to ancient Hindu philosophy. Through the method of spiritual development, Kundalini energy could be awakened and this practice causes it to rise along the spinal column and stimulate the chakras or likewise known as energy centers along the way. This awakening is thought to bring about spiritual enlightenment along with physical effects.

It is not established when precisely the concept of Kundalini originated, although there are passages in the 8th century Siva Sutras are referenced in the teachings. In Hatha Yoga Pradipika, a Hindu text which was written between the twelfth and fifteenth centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise that the Western cultures most normally connect with yoga.

Sir John Woodroffe considered Kundalini as "Serpent Power" in the the early part of the 20th century while he was translating two Hindu texts. These descriptions result in a longstanding image of Kundalini as a snake. The word Kundalini truly translates to mean "coiled up." Famous Western thinkers Carl Jung and C.W. Leadbeater both discussed Kundalini in their writings. A lot of their critics complain that they did not do the idea any justice because they took it out of its cultural context.

There are fairly a few supporters of Kundalini Yoga who practice the various combinations of postures, chanting and meditation. These actions are intended to awaken the power of Kundalini in the body. Stimulating the Chakras may even include contemplating certain images, completing special breathing exercises and eating specific foodstuff. Many individuals feel this is the best type of body and mind exercise in view of the fact that it emphasizes the physical advantages of spiritual health. Some of the medical professions in the West have just given Kundalini Yoga a second chance.

The reputation of Kundalini Yoga is that the practice is really powerful and nearly all practitioners warn newcomers wishing to seek to awaken this power should be performed under the supervision of a professional. Awakening Kundalini energy is said to be a lengthy lifelong learning method. As Kundalini rises through the chakras, it can be an exceptionally intense experience both emotionally and physically. Some people think that it could likewise be harmful if not done with caution and done properly.

Stimulating Kundalini energy has often come with some noted side effects consisting of: gastrointestinal problems, anxiety, headache, tingling sensation and depression among others. It is even recommended that you confide in your spiritual leader or trusted physician before partaking in Kundalini work. This will help maintain personal safety in view of the fact that diagnosing whichever medical concerns that can possibly be related to Kundalini could prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that awakening it could have fantastic advantages in each and every aspect of a person's life. It is always suggested to check with your medical doctor previous to beginning whichever new physical activity.