

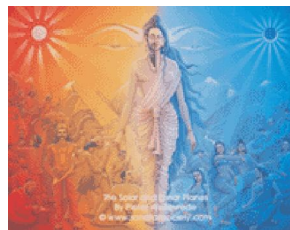
> Yoga and Meditation > Yoga Traditions > Kundalini Yoga

Kundalini Yoga

Kundalini energy is one's dormant spiritual energy. The Kundalini energy in its' dormant state is visualized as a snake coiled up in the first chakra at the base of the spine, the [Muladhara chakra](#).

When an aspirant of Kundalini [Yoga](#) starts activating the Kundalini energy through various kinds of [pranayamas](#), the [nadi](#) system is vitalized.

The roused Kundalini energy moves upwards in the central nadi, the [Sushumna](#), passing through each of the lower chakras to reach the seventh, the [Sahasrara Chakra](#). This process is known in Kundalini Yoga as the piercing of the chakras and represents the merging of the female with the male.



The release and ascent of the dormant spiritual Kundalini energy in Kundalini Yoga enables the aspirant to transcend the effects of the elements and achieve consciousness that brings liberation from the ever-changing world of illusion ([Maya](#)).

Laya Yoga is also called Kundalini yoga, because the raising of Kundalini energy to unite her with the supreme consciousness is the main objective, which is reached through deep meditation (dhyana).

For a better understanding of Kundalini Yoga, also read [The Chakras](#).

[Kundalini yoga classes & teachers](#)

Introduction to Kundalini Yoga and Kundalini energy extracted and synthesized from the "[Chakras](#)" book, which offers detailed information on working with Kundalini energy, as well as related information on the human brain, an overview of main scriptures on Kundalini Yoga, the 5 states of mind, the 5 related pranas, the 24 categories of non-sentient existence, the 5 sheaths of consciousness, the 14 major nadis,... as well as clear information on the awakening of Kundalini energy through purification of body and mind through daily Kundalini Yoga practices and meditation techniques. [Click here for all extracts from this book.](#)

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Unique print-on-demand : posters, t-shirts & yoga wear, calendars, greetings cards, tiles, boxes, wall clocks...

"If you feel that you are not enlightened, you can always try to be." Quote of [Harish Johari](#), Rasas lecture Belgium 1997



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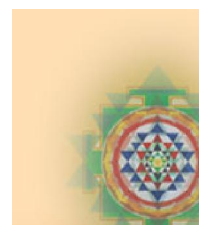
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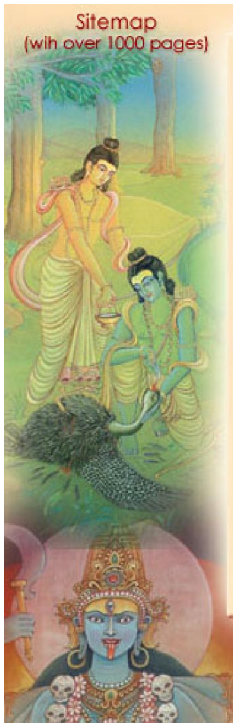
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for teaching





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