

## Winnipeg Yoga

Winnipeg Yoga - In accordance with ancient Hindu philosophy, Kundalini energy is a coil of energy located at the base of the backbone. Through the work and process of development spiritually, Kundalini energy could be awakened. The method of stimulation causes energy to rise along the spinal column, activating the energy centers called chakras along its path. This stimulation is believed to lead to spiritual enlightenment along with physical effects.

It is not known when exactly the concept of Kundalini started, 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 which the Western cultures most usually connect with yoga.

While he was translating two Hindu texts, Sir John Woodroffe considered Kundalini as "Serpent Power." His descriptions during the early part of the 20th century have led to the longstanding image of Kundalini as a snake. The word Kundalini really 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 object that they did not do the idea any justice since they took it out of its cultural context.

There are several people who want to explore the concept of Kundalini by practicing Kundalini Yoga. This is a mixture of meditation, postures and chanting that is meant to awaken the Kundalini power inside the body. Stimulating the Chakras can likewise comprise completing special breathing exercises, consuming particular foodstuff and contemplating certain images. A lot of people feel this is the ultimate type of body and mind exercise in view of the fact that it concentrates on the physical benefits 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 extremely powerful and most 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 procedure. As Kundalini rises through the chakras, it could be an extremely intense experience both emotionally and physically. Various people think that it could likewise be harmful if not done with caution and performed right.

There have been several side effects noted to Kundalini awakening comprising: depression, gastrointestinal problems, anxiety, headache and tingling sensation among others. It is recommended to tell a physician whom you believe and to secure a spiritual leader before seriously embarking on Kundalini work. This will help maintain individual safety because diagnosing whatever medical problems that could probably be connected to Kundalini could prove to be a delicate issue. People who practice Kundalini and practitioners themselves believe that awakening it could have unbelievable advantages in each and every aspect of an individual's life. It is always recommended to discuss with your physician prior to beginning whichever new physical activity.