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concept that energy at the base of the spine (also known as the root chakra) needs to be released through the seven chakras of the body and then out through the crown chakra above the head. How to Practice Kundalini Meditation Kundalini meditation is the safest option to raise the energy consciously. How does it feel when the Kundalini arises? The experience varies from person to

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experience in meditation I am happy there is someone who can respond to my curiosity and answer to queries in the path of Siddha Yoga. I am a practitioner of Siddha Yoga for last 15 years.Q & A: Hinduism, God, Yoga, Soul, Kriya, Kundalini ...She offers her expertise to you through her second book Kundalini Meditation - Questions and Answers, Vol. 2. Her credentials for the task are impeccable.	Santosh herself went through a Kundalini awakening and recorded her experiences meticulously in previous books.Appreciation - Santosh Sachdeva Kundalini MeditationAnswer: In the first question and answer above, change "six-packs and hairs" with flying or the other activity/power that you expect from meditation and imagine the answer. Of course, there are out of	body meditation experiences, but definitely, you can never fly with your physical body.Kundalini Experiences, Kundalini Awakening, Kundalini ...Kundalini is a snake that resides in the human body. Because of this human beings are alive and it connects the universe by breathing. Yes, it is recommended to have the guru because of the...Is Kundalini meditation dangerous? Yahoo
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You can learn meditation from a book or a DVD, but you have to remember that the book or DVD can only take you up to a point. If you want to grow deeper in your meditation,

you will experience more growth by attending a Sahaja Yoga class. The advantage of a class is hands-on advice from instructors and immediate answers to your personal questions.

How to

Practice

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Meditation

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person to person, but some general observations are a feeling of heat along the spine, euphoric sensations throughout the body, and a sense of the gentle breeze on the palms. Kundalini meditation evokes a highly creative energy that you must surrender to with absolutely no ego.

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Kundalini
meditation is
part of
Kundalini yoga
and is meant
to move
energy
through the
body. It is
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spine (also
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through the
seven chakras
of the body
and then out
through the
crown chakra
above the
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