

## Saskatoon Yoga

Saskatoon Yoga - According to ancient Hindu philosophy, Kundalini energy is a coil of energy located at the bottom of the spine. Through the work and process of development spiritually, Kundalini energy could be awakened. The process of awakening causes energy to rise along the spinal column, activating the energy centers called chakras along its path. This awakening is thought to cause spiritual enlightenment along with physical effects.

It is not established when exactly the idea of Kundalini began, even if there are passages in the 8th century Siva Sutras are referenced in the teachings. In Hatha Yoga Pradipika, a Hindu text that was written between the 12th and 15th centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise which the Western cultures most usually associate with yoga.

While he was translating two Hindu texts, Sir John Woodroffe considered Kundalini as "Serpent Power." His descriptions in the early 20th century have resulted in the longstanding image of Kundalini as a snake. The term Kundalini truly translates to mean "coiled up." Well-known 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 because they took it out of its cultural context.

There are several individuals who choose to explore the idea of Kundalini by practicing Kundalini Yoga. This is a mixture of postures, chanting and meditation that is meant to awaken the Kundalini power in the body. Awakening the Chakras could also comprise consuming particular foods, contemplating certain images and completing special breathing exercises. Many people feel this is the ultimate form of body and mind exercise for the reason that it emphasizes the physical advantages of spiritual health. Some of the medical professions in the West have recently given Kundalini Yoga a second look.

Kundalini Yoga has a reputation of being really powerful and practitioners warn that individuals must not seek to stimulate it on their own with no professional guidance. Kundalini stimulation is described by some as being a lengthy and usually lifelong learning method. As Kundalini rises through the chakras, it could be an exceptionally intense experience both physically and emotionally. Some individuals believe that it can even be harmful if not done with caution and done correctly.

There have been various side effects noted to Kundalini awakening consisting of: headache, tingling sensation, depression, gastrointestinal problems and anxiety among others. It is suggested to tell a physician whom you believe and to secure a spiritual leader before seriously embarking on Kundalini work. This will help maintain personal safety in view of the fact that diagnosing any medical problems which could possibly be related to Kundalini can prove to be a delicate issue. Those who practice Kundalini and practitioners themselves claim that awakening it could have incredible advantages in every aspect of an individual's life. It is always recommended to consult your physician before starting any new physical activity.