



Kundalini is the energy that exists in a latent state in man at the base of the spinal column. When this force is “awakened”, it springs upwards (or downwards if the person is practising the headstand position "Shirshasana"). It moves along the central axis of the body (the spinal column) towards the crown or lotus on the top of the head (Sahasrara chakra). Yoga tradition mentions the existence of 7 energetic centres (chakras), whose levels comprise the steps or phases of the process of creation. When rising from one level to another, Kundalini is given different names, according to the chakra where it settles. For instance, in the heart chakra (Anahata), Kundalini is called Hamsa and in the chakra in the middle of the forehead (Ajna) it is called Bindu. Sometimes Kundalini can ascend so much that it goes beyond the top of the head. Here it creates a mystical state of consciousness of indescribable ecstasy with duality no longer existing.

Kundalini is present in the body of every man as the aspect of Transcendental Power that precedes and penetrates the whole Macrocosmos. This power exists everywhere in the

Universe, even in a tiny atom, “coiled” in the nucleus. Matter, life, consciousness and the supra-consciousness are only different degrees (that also manifest as different frequencies of vibration) of the revelation of the dormant power of Kundalini. Divine power (MahaVidya) embodies itself into individual souls, attaining limits in time and space, but also into matter, becoming coiled into itself, or in other words becoming asleep. The transcendental state is only realized when Kundalini completely ascends from the base to its ideal location at the top of the head and beyond it.

Awakening and Raising Kundalini

As in all ancient spiritual teachings of the world, Integral Yoga regards the human being as a genuine reflection of the macrocosm. Unobstructed, unlocalised universal power is present in man in a place corresponding to the base of the spine in the anal region. It is associated with the earth element, the sense of smell and the general distribution of vital force (prana) in the body (muladhara chakra). When Kundalini ascends towards the top of the head, beatitude is experienced and a very intense light is perceived. The light that accompanies Kundalini’s awakening is one of the essential spiritual experiences as revealed by mystical persons of all religious traditions.

In 1971, Gopi Krishna confirmed the following: “Every time I focus the eye of mental knowledge upon my inner being, I invariably perceive an intense light inside and outside my head, as if a shining and extremely subtle substance has ascended the spinal column and spread inside and outside the skull, filling it up and surrounding it with indescribable radiation”.





