



## Instructions to Awaken your Kundalini

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Thank you for making time for yourself to increase your vibration and consciousness. The instructions below will prepare you to receive the most powerful healing and life transformational experience of a Kundalini Awakening!

These enlightening instructions, prep exercise and the guided meditation are meant to be a temporary external guide so that one day you can drop them all and have your own Kundalini experience anytime you desire on your own. As you continue to practice these meditations there will come a day when you will transcend them and need to drop them all. This is a great day!

It's good to know that whatever experiences you have from doing this meditation are the right experiences that will assist you on your path of spiritual awakening. The more you can remain open and receptive to the experience you're having in each moment, the more your energy centers (chakras) will open and allow this all-loving all-powerful divine Kundalini energy to flow through you. Remember, no matter what happens, it's all perfect and fits into the grand master plan. The Universe is highly intelligent and never makes mistakes.

The Kundalini is the most awesome, life shifting healing source of spiritual awakening energy in this Universe. It has the ability to instantly awaken your ego from its deep slumber so you can discover this sweet intimate connection with the unlimited creative God-Source you truly are. As the Kundalini rises up your spine, it will be helping you burn through the illusions of lack, desire, and limitation. Do not judge your experience no matter what it is, and do not grip tightly onto *any thoughts* your mind creates. These thoughts can seem crucially important at the time, yet ultimately they are all illusions of the mind. So just relax and *let them all go*. This relaxed open approach will help the Kundalini energy to flow!

Before you listen to the guided meditation you'll want to "prep" your body so that you can receive the most positive blissful Kundalini experience. I suggest you experiment with doing this prep exercise before, during, and after listening to the guided meditation. The preparation is a way to prime the "pump", bringing in

more energy, while the guided meditation focuses the mind bringing the Kundalini in to awaken each chakra.

By doing *just* the Kundalini preparation exercise alone, you may have your own transformational experience that creates a clear expansive consciousness. At the end of this document are the actual guided instructions that will prepare your body to receive the Kundalini Meditation.

## **What are the benefits of prepping your bodymind?**

Preparing your bodymind to awaken your Kundalini is like upgrading all the 60 watt light bulbs in your house to 1000 watt bulbs. This extra wattage opens the nerve currents and energy centers throughout your body, allowing you to handle the 1000+ volts of Kundalini energy. The higher the electric capacity your body can handle and resonate with, the greater your capacity is to receive the blissful healing power of the Kundalini energy and its expanding consciousness. You'll know your body is fully prepped if a warm breeze blows and the sunshine strikes your skin in the right way and it sparks a zillion orgasmic sensations that instantly course through your body and mind.

By prepping your body, you're also consciously upgrading your physical frequency so you may experience a spiritual awakening which will completely liberate you from all suffering. It's as if you were blind your entire life and now you can see the entire world in its true colors. The ordinary day out at the mall becomes an extraordinary adventure in deep personal spiritual growth. Every possible spiritual benefit you can imagine comes with the awakening of your Kundalini.

I highly recommend that you work with your Kundalini in a loving, gentle and unforceful manner. Imagine you are opening a valve that contains more energy than the Sun. When you're playing with a great fire like this one you can easily get burned, so work with Her respectfully, lovingly and gently. It's important to know that the real power you'll find is not in using an aggressive controlling approach. The more soft, receptive, playful and childlike you can become, the easier it will be to experience the subtle sensual Kundalini healing vibrations!

## **Where does the Kundalini energy come from?**

The Kundalini energy is the purest form of Universal God-Source energy, intelligence and consciousness. The entry point is interesting in that it rises from the root chakra and sex center at the base of your spine. This is your cosmic springboard that catapults the Kundalini up your entire back and out the top of your head! The more open, free and expressed you can be with your sensuality and sexuality, the easier it is for the Kundalini to reveal her divine gifts to you.

Awakening your Kundalini begins with allowing your greatest possible sensually alive energy to move through you. *Do not resist* the sensual sexual feelings that come with the experience. Let them grow and expand! It's very important to let go of any judgments or resistance you have to your sexuality to allow the Kundalini to do her thing. Remember, you are naturally a sexual being and you

were literally born from an orgasm (hopefully two). This orgasmic energy is at the root of your very DNA and to suppress it is to close the door to a full Kundalini awakening experience. It's important to heal, open and energize ALL of your chakras. If one chakra is blocked you cannot deeply relax and feel truly whole, fulfilled or complete. This is the grand master secret towards having a spiritual awakening and stepping onto the experience of Samadhi.

## **How can tell you're having a Kundalini Awakening?**

If you are new to all of this and simply don't know what to expect, be patient, persistent and always keep an open mind. When you begin to feel your Kundalini stirring inside, it may first feel like a warm tingling sensation near your tailbone, groin area or all around your buttocks. You may feel an intense heat all the way up your spine and having LOADS of energy! You may also feel your entire body vibrating or other parts of your body tingling with energy as well. If you start feeling uncomfortable because your muscles are twitching wildly, or you feel like bugs are crawling all over your skin, the key is to remain calm, relaxed, and surrender to the experience. Breathe slowly and deeply through the experience. These sensations are often blocked energies showing up in the body which are trying to clear and push on through.

Every body is unique. Sometimes doing this meditation you may see lights, shapes or radiant beings with your eyes closed. If you should experience a great heat traveling up your spine and having TONS of energy, relax and open up to it.

Be still and silent, open yourself to being as vast and expansiveness as the infinite Universe. Let yourself receive any feelings of great joy, elation, or ecstasy that comes with this tremendous energy.

When the Kundalini stirs the mind it can also cause you to start seeing shapes, colors, lights, project amazing visions into the future. This can be VERY captivating and may create a life changing transformation for you. It may open you to seeing your soul's destiny, life mission and purpose here on Earth. You may find yourself completely taken by the utter blissful sensations and think you'll become a Kundalini addict. My advice to you is this:

Enjoy the visions and insights you have, yet do not get caught in them. Any phenomenon of the mind is still a limiting thought that is projected by the mind. Like watching a great movie on a screen in a theater, you wouldn't throw away everything in your life for those few images you see. The mind can create a myriad of tantalizing stories that can entice you to do some very wild and crazy things. This is all part of the awakening process, yet my advice is to remain as cool, centered and grounded as you possibly can. The movies of your mind are still just movies. When the mind gets obsessed about any idea, just realize that this is just a small limiting thought that is happening, and simply let go and let God. Watch them, enjoy them, and yet keep your attention on who is witnessing this great movie. Where is the movie actually coming from? Once you can see the source of your thoughts passing (in between your ears) you'll be able to drop deeper into your body and embrace a fuller spiritual experience of life.

## **What are the secrets to accessing your Kundalini?**

Accessing the Kundalini energy is a very delicate process. Imagine touching something so subtle and light like silk from a silkworm. The more sensitive you can become, the easier it will be to feel its subtle presence and super sensitive movements. Since it is very intimately connected to our sexual energy, it's vital to enjoy the sexual pleasures of life and have intercourse as much as you want! Women, it's ok to have as many orgasms as you wish, and men you can too; just keep your little swimmers from escaping! This will keep your energy potent and strong so you can tap into the 10,000 watt Kundalini experience.

For the Kundalini to fully awaken in your body, it's very important that you remain physically, mentally and emotionally healthy. If you're taking a road trip you wouldn't choose to drive your old rusted '57 Chevy junker that's struggles to start in the morning. To arrive safely at your destination, it's key to have a strong clean machine that runs on high octane foods! The main secret here is staying away from all toxic substances, and eating foods that make you feel lighter than heavier. If in doubt what to eat ask yourself, "Did it grow out of the ground?" Be sure to drink plenty of pure water and have enough exercise so that your body resonates at its highest frequency. As long as your body is even moderately healthy, toxin free, and have a positive open-minded attitude about life, the Kundalini will rise quickly and easily for you.

One of the greatest secrets of all is letting go of your mind on the deepest possible level. Anytime you're being overly attached to your body, mind, or future results you are bound to create blocks and more suffering! This is about having a powerful spiritual experiencing where your mind (and body) feel super light, loving, conscious and as expansive as the Universe. The key is always to relax deeper into the infinite Source within your innermost being. Every time the mind wanders simply bring your attention back to the breath and feeling your sacred presence in your body. Take note what the mind was imagining and then release it into the Universe.

The Divine Kundalini Energy wants to move through you and give you a powerful healing experience, so let it! It's a gift you can receive by learning how to surrender to it. It simply feels good to let go of control, relax fully, and open up to the Universal Source. The secret here is learning how to use your breath to take you deeper inside. The breath is perhaps your most powerful tool for calming the mind and enticing the Kundalini to rise up your spine. The great thing is that your breath is always with you, so you can use it to help you let go of anything at anytime.

## **What to do if you start having a painful experience?**

If your body becomes extremely uncomfortable you always have the choice to stop the meditation, get up and do something completely different. Yet, the invitation here is to breathe deeply, relax completely, and welcome any blocked painful energies to move on through. The Kundalini loves to go deep into the cracks and crevices of your being and clean house, which makes this meditation such a powerful healing experience.

If you are trying too hard to have a certain experience everything can backfire. You may experience so much pressure and blocked energy coming through you that you FEEL like you could explode! If you should encounter any serious pain at all, then SLOW DOWN and STOP the meditation. Walk around, drink some water and do something different. It can help to simply stretch your body and shake it out your legs and arms to move the stuck energy through. Or you may need to sit very still and breathe very slow, long deep breaths INTO the area of pain, allowing the painful energy to move through you. Always follow your intuition just know that each experience you have is the *right* experience for that moment of your soul's journey.

If intense pain should arise the answer is not to panic, yet to remain curious about what is happening. It's simply the body's way of communicating to you there is a blocked energy there that needs special attention. Pain is body's way of saying "let go" and trust life. The roots of most pain are usually associated with old traumatic emotional memories that have been *trying* to resurface, release and be healed for many years! You may want to take a few days or longer to explore and liberate any emotional pain from your past that is incomplete. Simply dive into the core of this experience and give it love with all your heart so it can be fully released and completely healed.

### **How often should you prep your bodymind for a Kundalini Awakening?**

The preparation time to physically create your body's peak voltage state varies with each person. It may take anywhere from 3 minutes to 3 hours for you to reach your peak potentiality. It really depends on how advanced you already are on your spiritual path. By prepping your body for 20 minutes daily you'll be able to consistently grow in your ability to receive the Kundalini energy in a very enjoyable way.

You'll know when your body's reached a higher voltage capacity when you are feeling naturally relaxed, expansive and overflowing with energy! Each day you practice this preparation exercise builds another receptive layer upon the last day. Eventually you'll build up enough "wattage" and receive a full blown Kundalini awakening which is a super spiritual life transforming experience.

You may want to do this meditation in the morning since it can give you sooo much energy that it'll totally energize and transform your day. If you do the meditation at night it may keep you up all night, or perhaps it will give you the best loving making experience you've ever had in your life! Whenever you choose to the Kundalini meditation will be the right time for you.

As with anything in life, the more often you practice something the better you'll get at it. The key here is doing *daily* practice of this meditation so as to maintain a higher daily voltage throughout the week. Reaching your peak potential energy also depends on how positive your attitude is about life. A happy positive attitude towards yourself, others and this world is a good barometer that shows how high your Kundalini energy can consciously flow.

The Kundalini always awakens within us at the right time and place. It will not come a moment sooner or later. If you feel over or under prepared for your Kundalini experience... let go, relax and breathe! This process of awakening your Kundalini is unpredictable because it will help you transcend your ego and its many many deep expectations. This spiritual path is about total freedom from the identity you've created, and discovering the true Infinite Source is who you really are. Just give yourself over to the Universe with 100% trust and let Divine Grace handle all the details.

If you are an advanced meditator, who has been practicing yoga, meditation and Kundalini exercises for lifetimes, it's even *more* important that you let go of any attachment you have to any outcome. The secret is to do whatever works for you. Whatever feels expansive, joyful and blissful is the right thing to do. No matter what, do not judge it! The key to mastering life is first mastering the mind. The secret to mastering your mind is having infinite patience, unstoppable love and a consistent curiosity. Don't give up if you don't experience anything on the 1st day, week or month. Awakening your Kundalini will happen when your soul is ready. The spiritual experience is gives you will change your life forever and there is no turning back.

Having a full blown Kundalini Awakening helps to raise your vibration and free the mind from the ego, yet this is still not the soul's final destination. Enlightenment has very little to do with phenomena of the mind and your ego's agenda. The real goal here is the pathless path which is living everyday in an enlightened state of Samadhi which is like a perpetual surrender to Source which feels deeply in awe and constantly in bliss. You might say this Samadhi state is kind of like a grounded Kundalini awakening, where heaven and Earth meet and merge in the middle.

All in all, it's good to know at the core of your being you are a Kundalini Master. You can call upon this source of infinite energy to rise as often as you desire and create some outrageous things in your life. With Kundalini you have the power to experience anything and make anything possible! The invitation is stick with this practice for 30 days in row and move through your resistance to grow. Soon you'll discover this to be the most heart opening, enlightening, healing, spiritually fun, sensually awakening experience of your life!

***Always enjoy yourself and allow your most free and enlightened self to shine through!***

## **Your Kundalini Prep Exercise**

*NOTE: Please practice this before you listen to the guided meditation. Integrate the physical movements while listening to the guided audio meditation for optimum results.*

Start with creating a quiet space for yourself where you can relax and dive deep inside.

Sit on the floor or on a cushion  
in a comfortable cross-legged position  
and take a few moments to relax your body.  
Let your mind come to rest by letting go  
of any past or future agendas.

After you feel settled, slowly begin rotating  
the lower torso of your body in a counter-clockwise  
motion allowing the upper half of your body  
to naturally follow the bottom half.

Begin moving your torso slowly and consciously,  
as if you are "stirring the pot" sensually grinding  
the base of your spine into the floor.  
Do whatever feels good, freeing and expansive for you.

Let your neck, shoulders and arms relax.  
Allow your hands to remain fixed on your knees,  
legs, hips or the floor for balance.

As your body is churning, imagine the grinding movement  
is pulling up a golden light energy from the Earth  
into the base of your spine.

As your body breathes for you, imagine each inhalation  
pulling up more golden light energy from the Earth into your spine.  
Let your bodymind find a rhythm where your rotation  
and breathing are in harmony.

Allow this gentle stirring to find a natural effortless pace  
where you can just let go of your body and  
watch it rotate automatically on its own accord.

Allow the Kundalini to build in the sex center,  
and let the heightened sexual energy grow  
and flow into that center as much as possible.  
When it gets too big let it flow gently up your spine.

Anytime you feel like it say a long "AHHHHHH" sound  
out loud to receive extra sensual benefits.

Do not effort to force the breath, movement or sound.  
If it doesn't feel right for you then simply let go  
and let the body naturally do its thing.  
The key is to allow the mind to relax into the  
hypnotic movement of your breath and the grinding.

As the flow of energy increases at the base of your spine  
allow it to move up the spine out the top of your head  
and shower all over your body.

Become a cascading fountain of light!

Each inhalation is pulling energy up your spine,  
and each exhalation is releasing the energy throughout your body  
and showering light out the top of your head  
cascading down all around your skin.

Your inhalation, exhalation, AHHH sound,  
and cork screw of cosmic light energy will  
naturally find their own harmony and rhythm.  
Don't try to push or pull the energy up your spine,  
the Kundalini will rise on its own accord.  
Simply use the breath to allow it to flow and let yourself  
become LOST in the natural synchronicity of the breath,  
body movement and the sound of AHHH.

Continue diving into this churning hypnotic experience  
for 20+ minutes always doing what feels good inside.  
Let your body be the guide and feel free to *let it move*  
and express itself however it wants to!  
Liberate yourself as much as possible!  
The more free and wild you can be  
with this experience the better!

The key is to liberate the body from any  
restricting feelings or subtle tensions its holding onto  
and allow the Kundalini to melt and heal these tensions.  
This is an experience of allowing, accepting and letting go  
which is about completely trusting the Universe.

There is a lot going on inside you so try not  
to worry if you're doing everything perfect.  
Just enjoy yourself, be present, open and receptive to the  
divine consciousness awakening within you and HAVE FUN!!



Lots of love & blessings,  
Jafree Ozwald  
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***"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle! ~Albert Einstein***