Signs of Kundalini awakening and activity

Do you meditate?
  How often?
  For how long?
Do you practice...
  Hatha yoga?
  Tai chi?
  Chi gong?

This list of signs of Kundalini awakening was compiled from several reputable sources, listed below. There are several duplications, as many of the authors mentioned the same things. I included the repeats because perhaps a different way of wording may be helpful to identify the signs in you. The more signs you have, the more likely you are to be experiencing a Kundalini awakening. (See also the document “Pranotthana or Kundalini?”)

~Christine Dehlinger
www.AwakeningSupport.com

1) Bonnie Greenwell, PhD
   *Energies of Transformation: A Guide to the Kundalini Process*

2) Yvonne Kason, MD
   *Farther Shores: Exploring How Near-Death, Kundalini and Mystical Experiences Can Transform Ordinary Lives*
   http://www.amazon.com/Farther-Shores-Exploring-Near-Death-Experiences/dp/0595533965/ref=sr_1_1?s=books&ie=UTF8&qid=1371327542&sr=1-1&keywords=yvonne+kason

3) El Collie
   http://www.elcollie.com/

4) Ted Esser, PhD
   http://www.tedesser.com

5) Gopi Krishna
   *Kundalini: The Evolutionary Energy in Man*
   http://www.amazon.com/Kundalini-Evolutionary-Energy-Krishna-Gopi/dp/1570622809/ref=sr_1_1?s=books&ie=UTF8&qid=1371328462&sr=1-1&keywords=gopi+krishna
Please check (v) any that you have had, and X any you are currently having.

Pranic movements, energy fluctuations
- Intense involuntary body movements, shaking, vibrations and jerking
- Sensations of electricity, tingling and waves of energy flooding the body
- Sensations of energy, heat, and/or light that rise up the spine or rush up through the body towards the head. It may feel like a rushing, flowing, trickling exploding, jumping vibrating, burning, piercing, or like an electrical current
- Involuntary jerking of one or both arms or legs, sometimes associated with rapid rushes of energy
- Abdominal contractions or spasms, or spontaneous pumping of the diaphragm, sometimes associated with energy rushes up the spine
- An arching or jerking of the back, usually associated with energy rushes up the spine
- An arching back of the head and neck, often accompanied by a rolling upwards of the eyes and a fluttering of the eyelids, may be associated with energy rushing up the spine and sometimes into the brain
- A vibration or fine tremor in the arms or throughout the entire body, or a fluttering of the diaphragm
- Sensations of energy rushing, trickling, jumping, spiraling, or flowing through the body or up the spine
- Sensations like currents of energy
- Unexplainable fluctuations in physical energy, from highly energetic to lethargic
- Unexplainable periods of fatigue or increased susceptibility to illness
- Periods of exceptionally high physical energy that may include strong urges to exercise strenuously or run for long distances
- Episodes that are sometimes described as feeling “speedy” or “revved up.” Sometimes accompanied by dizziness or light-headedness.
- Periods of exceptionally high mental energy, and mental clarity
- Periods of low mental energy or mental states sometimes described as “mental” dullness,” often characterized by an inability to think as quickly, efficiently, or clearly as normal
- Unexplained fluctuations between extremely high and low mental energy
- Energy up the spine
- Energy rushes or immense electricity circulating the body
- Involuntary bodily movements (occur more often during meditation, rest or sleep): jerking, tremors, shaking; feeling an inner force pushing one into postures or moving one’s body in unusual ways. (May be misdiagnosed as epilepsy, restless legs syndrome (RLS), or PLMD.)
- Involuntary body movements (smooth or jerking)
- Shaking
- Vibrations (even feeling as though one is experiencing an earthquake)
- Feeling electricity, fire or rushes of energy flooding the body
- Feelings of tingling, itching, burning or tickling on the skin or in the body
Physiological problems
- Heart problems
- Gastrointestinal disorders
- Eating disorders
- Pains in various parts of the body, especially along the spine and in the head
- Heat or burning
- Itching
- Out of body experiences
- High sensitivity
- Hyperactivity
- Lethargy
- Skin eruptions: Rashes, dry skin, boils, eczema, acne, hives, warts and shingles

Yogic phenomena
- Involuntary asanas
- Involuntary mudras
- Involuntary chanting or toning or speaking Sanskrit words
- Yogic breathing such as Breath of Fire
- Spontaneous vocalizations (including laughing and weeping)

Psychological upheaval
- Intensification of unresolved issues
- Fear of death, or fear that you’re going to die
- Fear of insanity
- Mood swings
- Waves of anxiety, anger, guilt or depression
- Waves of profound compassion, unconditional love
- Heightened sensitivity to the moods of others
- Feeling a need to recognize and resolve emotional problems
- Periods of increased irritability or an increase in moodiness or inexplicable mood swings
- Anxiety
- Confusion
- Mental dulling (brain fog)
- Fixation with spiritual experiences that interferes with daily functioning
- Decreased capacity to love. Feelings of being incapable of feeling affection or love for one’s spouse, family member or friend
- Fear of losing control
- Fear of possession, that you are being taken over or controlled by evil spirits or entities, or fear of the devil
- Cycles of depression that alternate with cycles of normal/high-level functioning
- Intensification of unresolved psychological issues
- Emotional distress
- Gender identity/sexual orientation crisis
- Tension or conflicts in relationships because of the changes you are going through
- Emotional outburst
- Rapid mood shifts
- Seemingly unprovoked or excessive episodes of grief, fear, rage, depression
- Mental confusion
- Difficulty concentrating

**Growth**
- Maturation of the personality. You may abandon irresponsible and immature behaviors and exhibit new independence. You may have a newfound clarity of thought, personal strength and social responsibility.
- Spontaneous abandonment of self-destructive habits. You may develop a strong inner urge for a healthier lifestyle – giving up smoking, excessive alcohol use, recreational drugs or a sedentary lifestyle.
- Re-evaluation of jobs. You may decide to modify or leave work situations that are unsatisfactory, stress-producing or emotionally unfulfilling.
- Re-evaluation of relationships. You may find yourself examining relationships with family, friends and partners, and attempt to improve communication and understanding, and to resolve conflicts that have been simmering for years. You may choose to break off dysfunctional relationship or those with negative energy, or you may simply choose not to be around people with negative energy.
- Resolution of psychological blocks. Repressed memories of unresolved psychological issues and conflicts may arise in your mind, become clear and eventually be resolved. This often happens much more rapidly than normal.
- Setting healthier interpersonal boundaries. You may find yourself aware of your own codependent relationship patterns, or find that you have been denying or minimizing abusive relationships. You might begin to set more clear, healthier boundaries in relationships and break away from “victim” and “rescuer” roles.
- Belief in the existence of a higher power. You might develop a conviction about the reality of some type of omnipotent, omnipresent, omniscient and loving power behind the universe. (It doesn’t matter what you name it.) If you already have this belief, it may become much stronger.
- Loss of the fear of death. You may no longer perceive death as the end of life, but as a transition from physical to spiritual form. You may come to believe in reincarnation, viewing death as a positive transition. At the same time, suicide will become an unacceptable choice.
- Increased humanitarianism, love and empathy
- Increased altruism
- Increased morality
- Decreased materialism
- Increased spiritual focus and deeper spiritual insights
- A belief in the reality of your spiritual experiences

**Extrasensory experiences – “positive” and “negative”**
- Atypical perceptions: Lights, symbols, images of entities, visions
Reviewing what appears to be other lives

Auditory input: Hearing voices, music, phrases or continual inner sound also blue

Olfactory sensations: Sandalwood, perfume, flowers or incense

Perceptions of inner light, radiating light, and/or a luminosity in the outer world, or the sensation of being engulfed in an overwhelming brilliant white light

Perceptions of an inner sound – a humming or ringing – often likened to the rushing of wind, the distant roar of a waterfall, the rushing of wings, ringing of bells, the buzzing of bees, or the chirping of crickets.

Increased intuitiveness

Light experiences, that one’s consciousness is filled with light

Psychic messages

Enhanced clairsentience – the ability to feel the emotion or pain that another is feeling

Premonitions

Frequent synchronicities

Past-life memories

Painful clairsentience, that of feeling other’s emotions

Excessive clairvoyance, receiving too much information and you are unable to stop or block it.

Intrusive past-life memories – too rapidly, too intensely or too frequently

Horrific visions, those which are recurrent, persistent and that cause mental distress

Enhanced intuition and psychic messages

Channeling disorders – when you are unable to take conscious control of a channeling experience. (These can mimic schizophrenia or mania, so get it checked out.)

Psychic assault or telepathic invasion – unable to block invasive techniques being used by an unscrupulous or immoral person with psychic abilities

Changes in dreaming

Changes in visual perception

Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous noises, or like ringing in the ears

Altered states of consciousness: Heightened awareness, spontaneous trance states, mystical experiences.

Out-of-body experiences, astral traveling

Past life memories

Direct awareness of auras and chakras

Contact with spirit guides through inner voices, dreams or visions

Healing powers

Exquisite awareness of one’s environment (including “vibes” from others)

Visions of lights, symbolic images, flames, spiritual guides
Parapsychological experiences
- Precognition abilities
- Healing abilities
- Reading the minds of others
- Unusual synchronicities
- Electrical sensitivity
- Psychokinesis: Movement of physical objects by the mind without use of physical means
- Spontaneous experiences of inspired creativity or revelation
- Inspired creativity: Feeling an urge to keep journals or write poetry or stories, to draw or paint, to express self through music
- Increased creativity: New interests in self-expression and spiritual communication through music, art, poetry, etc.
- Intensified understanding and sensitivity, insight into one’s own essence

Spiritual experiences
- Samadhi. The absorption of consciousness into a condition of unitive awareness, bringing on sensations of deep peace, wisdom, and sometimes experiences of light
- States “less than” samadhi which bring tranquility, joy and overwhelming waves of bliss (often during and after meditation)
- Prayer or meditation related mystical visions
- Bliss
- Union
- Higher guidance
- Divine inspiration
- Expansions of consciousness
- Negative visions
- Evil presence
- Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion
- Deeper understanding of spiritual truths
- Enlightenment experiences: Direct Knowing of a more expansive reality. Transcendent awareness

Undiagnosable body pains, sensations and pressures
- Pressure or “pulling” sensations in the pelvic area. May be associated with the root chakra
- Low, central back pains or burning sensations. May be associated with the first two chakras
- Low back pain or burning sensations on one or both sides of the lower spine. May be associated with K rising up the pingala, which is located on the right, or the ida which is located on the left, rather than through the sushumna or central nadi. Might also be associated with kundalini meeting a block in either nadi.
- Sharp, piercing, sword-like pains pushing up the spine. May be associated with Kundalini rising up the sushumna
- Central abdominal pressure or pain, with or without nausea. *May be associated with the third, or solar plexus, chakra.*
- Central chest pains or pressure, sometimes mistakenly confused with a stomach disorder or even a heart attack. *May be associated with the heart chakra.*
- Mid-back pain or pressures. *May be associated with the heart chakra.*
- Tightening of the throat or esophagus, sometimes described as feeling as if there was a constricting band around the throat. *May be associated with fifth, or throat, chakra.*
- Pressure or pain between the eyebrows or on the forehead. *May be associated with the “third eye” or sixth chakra.*
- Pressure or pain at the crown of the head, sometimes described as feeling as if the skull is too small or as if something were pushing forcefully up through the crown of the skull. *May be associated with the seventh, or crown, chakra.*
- Unusual headaches and sensations of pressure in the head, jaw, ears, or temporo-mandibular joint. *May be associated with general Kundalini activity.*
- Marked, unusual sensations of energy or pressure in the center of the brain. *May be associated with activity of the brahma randhra.*
- Cranial pressures
- Muscle twitches, cramps or spasms
- Itching, vibrating, prickling, tingling, stinging or crawling sensations
- Intense heat or cold
- Headaches, pressures within the skull
- Racing heartbeat, pains in the chest
- Digestive system problems
- Numbness or pain in the limbs (particularly the left foot and leg)
- Pains and blockages anywhere, often in the back and neck
- Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area

**Metabolic changes**
- Increase in appetite, from slight to very marked
- Craving for specific foods, especially for high-protein foods, dairy products, fresh fruits, or vegetables
- Aversion to specific foods, often to concentrated sugars, alcohol, red meat, caffeine, or fried foods
- Perception of a need to eat more frequently or more regularly, for example every two to three hours
- Desire to eat smaller meals at each sitting
- Loss of appetite and/or development of nausea, a nervous stomach, or overacidity of the stomach
- Fluctuations in appetite
- Increased frequency of bowel movements, for example increasing from an average of once a day to several per day during times of high energy
- Increased bowel gas related to the increased bowel activity
- Episodic racing of the pulse and pounding of the heart
Intolerance to heat or sensations of intense body heat, often described as “burning up” hot flashes or night sweats
Cold or chills.
Alterations in eating patterns
Changes in sleep patterns
Frequent middle-of-the night wakening, often between 2:00 and 4:00 a.m.
Need for more sleep per night than previously
Increased desire for naps in the middle of the day
Insomnia or inability to fall asleep during periods of high energy
Decreased requirement for sleep during periods of high energy
Profound fatigue, especially just after periods of very high energy activity, or sometimes just before such periods
 Interruption of sleep by night sweats or hot flashes
A feeling of being “hung over” or excessively groggy when sleep requirements are not met or the regular sleep schedule is disrupted
Alterations in sleeping patterns
Episodes of extreme hyperactivity or, conversely, overwhelming fatigue

Changes in sexual energy
If this topic is too sensitive for you to share, you may skip this section.
Sensations of activity in the genital area, or unusual, intense sexual arousal that is not associated with normal sexual stimulation
Spontaneous orgasms that seem to be directed inward and upward rather than outward
Periods of mildly to markedly decreased sex drive
Periods of markedly increased sex drive, often to the point of distraction or discomfort
Periods of marked sexual tension similar to being pre-orgasmic but unrelated to sexual activity
Unusual fluctuations in the level of sex drive
Temporary confusion about appropriateness of one’s regular sexual partner
Fluctuations in the size of the erect penis; it often become larger during times of increased sex drive and smaller during times of decreased sex drive
Episodes of swell or engorgement of the labia in women, generally during times of increased sex drive
Unusual increases or decreases in the amount of ejaculate produced by men or vaginal secretions in women
Unusual sensations in the sexual organs, often described as an internal, upward sucking sensation
Unusual pelvic pumping sensations – sensations of activity in the sexual organs
Menstrual irregularities in women
Spontaneous orgasms related meditation, prayer, or spiritual contemplation
Sexual orgasms centered in the spine or head. (Orgasms of this type may vary in intensity and are similar in sensation to genital orgasms. The orgasmic sensation is simply located in another part of the body.)
- Sexual orgasms associated with an out-of-body experience, psychic experience, or mystical experience ¹
- Gender identity/sexual orientation crisis ²
- Poor ability to control increased sexual urges ²
- Intensified or diminished sexual desires ³

*Is it a physical or medical issue or Kundalini? Always consult with a qualified medical doctor when you have unusual physical symptoms in order to rule out any physical problems.*