

Kundalini Awakening Outline

(To Do List)

Daily Routine:

#1. Upon Waking Up:

Recite Affirmation - “My Kundalini Is Awake and Flowing Through My Body In A Powerful & Harmonious Way.”

Repeat 10 X...Out Loud... Looking Into Your Eyes In The Mirror

#2. Upon Waking Up: (After Affirmations)

Perform Visualization Technique (From Chapter - 1) - 3 minutes

#3. Kundalini Yoga & Meditation Routine - (on an empty stomach)

Click The Blue Link To View Instructional Video:

Perform The [Kundalini Awakening Yoga Set](#) - aprox. 10 minutes

Perform - [Kundalini Pathway Clearing](#) - 5 minutes

Perform - [Kundalini Stimulation](#) - 15 minutes

Perform [Stillness Meditation](#) - 10 minutes

#4. Before Bed:

Recite Affirmation - “My Kundalini Is Awake and Flowing Through My Body In A Powerful & Harmonious Way.”

Repeat 10 X...Out Loud... Looking Into Your Eyes In The Mirror

Purification Guidelines:

#1. Intermittent Fasting - Consume all of your meals (calories) within an 8 hour feeding window, every day...

#2. Healthy Diet - Choose food items from the, “food list” given in chapter #2... and avoid foods on the, “do not eat” food list, also from chapter 2.

#3. Pure Water - Drink 2-4 liters of high quality water daily...(high alkaline, devoid of metals and chemicals)

For ONE Day Each Week:

After a 24 hour fast... (follow guidelines from [THIS](#))

Perform all requirements as you normally would, but *extend* the..(Kundalini Stimulation Meditation to the Full 31 Minutes)

Sa, Ta, Na, Ma Mantra Meditation:

- Out loud - 5 minutes
- Whispering - 5 minutes
- In Your Head (No-Sound) - 5 minutes
- Whispering - 5 minutes
- Out loud - 5 minutes

Stretch and relax for 1 minute after.

Go for a nice walk, outside afterwards if possible...

And Remember.... to have fun.... relax... and ALLOW :)

Namaste,

-Victor