

# KUNDALINI UNLEASHED

The ONLY  
**4- LAYER APPROACH**  
TO A **POWERFUL**  
AND **BALANCED**  
**KUNDALINI AWAKENING**

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# **4 - Layer Approach To A **POWERFUL & BALANCED** **Kundalini Awakening****



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## **Introduction:**

Never will I forget the first time I experienced the powerful sensation of my kundalini flowing through my body.

Sure, it was as ecstatic as the masters have claimed.... and Yes, it was so powerful that I seriously questioned whether my body could even take it...

But even more notable,

Was the sense of Confidence, Grace, and Mastery I experienced...

What I was experiencing was the unbounded essence of the very potential of my soul.... *present* in my physical body.

**Kundalini** is the energy that will systematically eliminate the barriers between you... and your highest potential, soul - self.

As the kundalini flows through your being, you will get glimpses of this unity... the potential of who you could be... and it's mind blowing!

For me though...

I did it in possibly the most haphazard and irresponsible way you could imagine...

On what Terrence McKenna labeled a, "heroic dose" or psilocybin mushrooms, I pushed with all my might and forced this sleeping giant

awake... *well before*... my body was ready to handle the power it contained.

Though the *experience* itself was incredible... even though terrifying...

The *aftermath* was what made me soon regret my earnestness.

When you force something with such intent... so immaturely, as I did, there is always a price...

The price I payed was a span of not months, but years of complete unbalance...

With all that said... I don't regret what I did...

Now over 8 years later, I am a pretty young man that embodies a very high level of consciousness and now with that new vantage point, I get to create the life that most people don't even dare to dream...

You however, get to experience this kundalini awakening and it's wonderful transformative quality... in a much more balanced way, *eliminating* many of the symptoms that I experienced...

Hence the title of this program... indicating a powerful and yet, "balanced" kundalini awakening.

**WARNING:**

Kundalini is no joke.

It's power and ability to impose changes in you and your life can't be accurately expressed in words.

Many yogi's refuse to shell out the secrets of how to awaken kundalini *because* of it's power.

In fact, for a long time I had the same stance until I decided that anyone who is really interested in such an experience, deserves a safe and affective method of having it.

If I would have possessed this program, I would have avoided a tremendous amount of suffering.

Also, the *energies* of the planet are indescribably different than ever before and allowing people to zoom through the awakening process much easier and faster.

What I have created is the most comprehensive and complete kundalini awakening course I have ever come across.

I made it this way for 2 reasons.

**One...** In order for me to feel safe that everyone that follows this program will have a powerful and balanced awakening, I have to cover all of the angles.

**Two...** Anyone who reads this book in it's completion is very serious and will have the sufficient level of responsibility, maturity, and intuition to have a successful kundalini awakening.

I know a percentage of you, hopefully small, will skip though this to the specific kundalini yoga kriyas and meditations... but understand that if you do that, I do not promise your awakening will be *balanced*...

You very well may be able to awaken the sleeping giant because the practices are *that* powerful, but it will not necessarily be a pleasant experience.

I wish I could simply give you a 5 minute video that will tell you everything you need, but kundalini awakening is a life altering experience that requires a great deal of responsibility, knowledge, and dedication.

I expect you will carefully read the entire PDF first.

Don't worry so much about remembering everything because at the end I will provide you with a simple checklist that is a summary of *exactly* what you are to do in order to accomplish your goal.

Feel free to refer back to this manual as needed throughout your journey as a reference and guide.

### **Before we begin....**

Kundalini is a *spiritual* force and, some would say, *knows* your true intent.

I don't believe you will have a real awakening if you don't assert yourself in a pro-active, responsible, and *pure of heart*, manor.

So, please act responsibly and at the same time, take bold and calculated action towards this endeavor and the reward will be a degree of positive change to your health.... your consciousness... your psychic awareness, and life that can only be *experienced*, because words simply fall short of conveying such profundity.

Are you ready?

Let's do this!

## Chapter 1.) - Intent

By now, many people are waking up to the powerful potential in asserting a consistent focus upon a particular goal. (Using The, “Law of Attraction”)

Doing so, sends a strong enough signal, to the universe, you could say, and through the law of attraction, this focused intent has a possibility for manifesting itself in your earthly experience...

Human beings are *flighty* by nature... you, me, all of us...

We get very scattered very easily and have difficulty focusing on one thing for an extended period of time.

However, there are some very effective techniques for building up and streamlining this signal / focus and making a habit of consistently putting it out there into the cosmos...for accelerated manifestation.

For our purposes, we will use 2 of my favorite methods...

Positive Affirmations & Visualization (either one, when used properly produces mind blowing results)

### **Positive Affirmations:**

Positive Affirmations are simply, sentences or phrases, spoken *out loud*... in the *present* tense that correlate with your desired end goal...

I will provide you with a great example, but feel free to form your own, unique to you...

More Details About Positive Affirmations - [click here](#)



For our purpose, I will keep it very clear and simple, but feel free to read up on the science behind positive affirmations, as well as many valuable tips to make the most out of them, in that link above.

## **How To Use Positive Affirmations To Awaken Your Kundalini:**

For our example, we will use the following affirmation...

PS... Notice that this one is phrased in the, *present tense*... this is an important component of a sound affirmation, so if you choose to create your own, make sure you fulfill this requirement.

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

1. Say this, or another affirmation of your own creation...

- Out Loud
- 10 Times
- Looking Deep Into Your Eyes, In The Mirror
- Every Morning and Evening (10 X Each)

2. Ignore and accept any resistance that surfaces, such as doubt or disbelief. Expect those feelings to surface...

In time they will stop coming up and you will begin to truly believe, very strongly that your kundalini is, in fact awakened.

Regardless, this is sending a very streamline message, 20 X every day, clearly proclaiming that you wish for this to be so... and as a result, it will be.

3. Don't be lazy! Make sure to do this daily until your kundalini energy does awaken... so many people will try positive affirmations or any

other technique for that matter for a week or so and then say to themselves... “hmm, didn’t work... lets move on to the next thing.”

Don’t be that person... stick with it until you get what you’re after...

### **Visualization:**

Each morning spend 3, undisturbed minutes visualizing yourself already with an awakened kundalini...

To do this, simply sit there, or lay down, anywhere comfortable, close your eyes, and do your best to picture yourself as you imagine you will be once your kundalini is awake.

What are you wearing?

How is your hair styled?

How does it feel to *finally* have that powerful and transformative - life changing energy coursing through your physical body in it’s hypnotic, harmonious, and ecstatic way.

Are you smiling?

You probably are because you are so freaking excited to finally have awoken a power... a *force* that will, quite literally, elevate you to a potential that your physical mind can’t even begin to fathom!

Picture all of this in your mind with vivid and rich detail. The emotions, the state of being, every last detail - > Form and *crystallize* this picture... this projection in your mind...

Charge yourself up fully and then just simply, let it go...

Go on about your day.

3 Minutes Per Day... Like clockwork... You won't miss a single day, and the rewards will be fast and plenty!

[Click on this video](#) for more information about using, "charged visualization."

### **More On Intent:**

Beyond taking advantage of these extremely powerful techniques for streaming a strong signal of intent directly associated with your aims of awakening this sleeping giant within yourself... simply allow yourself to fantasize about it throughout your day.

Think about it anytime you can.

Perhaps, listen to music that reminds you of this.

Really, try to make this a predominant goal of yours for the time being and that will allow it to awaken as fast as it possibly can.

Like anything really great and big in life.. You have to really want it.

So, tell me...

How bad do you want this?

Is this just a fleeting goal that seems interesting this week, or is this something your soul is begging for?

If you don't feel a super strong desire, *make yourself* want it badly..

*Remind* yourself of how awesome it is to awaken... Check out youtube for people who exemplify the state of being that you hope to achieve by awakening your kundalini.

Some of my favorites are... Eckhart Tolle, Adyashanti, and Alan Watts.

If you are a female... a really cool and totally enlightened chick is... Peace Pilgrim... she's awesome! If you haven't heard of her, you are in for a treat.

## Chapter 2.) - Purification

A very much overlooked aspect of kundalini awakening is the removal of all that is restricting the pathways of it's natural flow.

Yes technically, one can force this force to awaken prematurely, but that is a mistake... trust me!

You don't want to deal with the insanity I dealt with for nearly a decade. It doesn't have to be that way.

In this chapter I am going to tell you how to purify your body enough to welcome this beautiful force to flow through you with grace, rather than brute force, as I experienced.

There are 3 important components to this purification phase, which you will simply do simultaneously with all of the other suggestions in this program.

1. Fasting
2. Sound and Nutritious Diet
3. Lots of [Pure Water](#)

### **1. Fasting:**

Fasting is an extremely underutilized technique in modern day spiritual practices.

Even though it's been used for thousands of years for increasing spiritual connection, with all of the misconceptions and preconceived notions it has been forgotten about to a large extent.

Fortunately, in recent years, there has been a major resurgence in it's popularity, but not because of it's ability to help increase one's spiritual

connection. No... rather it's because it's been found to be very beneficial for health reasons.

I used to suggest all of my personal training clients use a particular technique, known as, "intermittent fasting."

Intermittent fasting is a very modest and yet highly affective usage of the fasting technique because you can get the benefits without having to go for uncomfortably long periods of time without food.

Rather than white knuckling it through 36 or more hours without any food, one only has to refrain for a period of 16 hours.

So, essentially, it's only a mild adjustment to a normal diet. Including sleep, most people only eat their daily calories within a 10-12 hour feeding window.

To reap all of the awesome benefits of intermittent fasting, you would simply eat all of your calories within an 8 hour feeding window, essentially, "fasting" for the other 16 hours.

I won't go into the details of why it's so affective for fat burning, longevity, and maintaining even energy levels throughout the day, but those are certainly present.

What concerns us, for our purposes is that heightened state of spiritual connectivity.

Intermittent fasting is awesome because it allows you to enter, the spiritually connected, *fasted state*, every day.

This is incredibly powerful because it allows you to become very familiar with this unique state of being. The more you tap into it, the easier it is and the longer you can maintain it.

It is from this, *aligned* state of being that you have the far greater awareness of the subtle energy, such as kundalini, within your body.

You will actually *feel* and *experience* the enhanced spiritual connection when you practice this, and you can consider all of the other notable benefits a bonus.

[Click HERE to watch a video that explains more...](#)

### **How To Apply Intermittent Fasting Into Your Daily Routine:**

- Eat all of your food, each day, within an 8 hour feeding window
- Your feeding window can be anytime that works for you
- Your feeding window can fluctuate based on your schedule
- The way to always do it is to simply NOT eat for 16 hours after your last meal, every day.

### **Helpful Tips To Get Through The Fasting Portion *Easily*:**

- Drink a cup or two of black, organic coffee during your fast to blunt your appetite and give you energy....
- Sweeten your coffee with stevia, a naturally occurring, zero-calorie sweetener.
- Within the last hour of your fast, if you are feeling hungry, have 1 small apple... (this refills your liver's glycogen and will provide you with a noticeable boost of energy, as well as take away your hunger)

**NOTE: 1 X per week, you will perform a 24 hour fast...(more on that later)**

Before you say.... OMG... now way! Please read [this article](#) I wrote that shows you just how EASY this is to do... it really is... and you will feel AMAZING, cleanse your body, and connect with your spirit in a very noticeable and intimate way.

This part is very important so please open your mind to it and you will be very happy you did.

### **To Do List:**

Incorporate Intermittent Fasting into your daily lifestyle by simply eating all of your meals within an 8 hour feeding window each day.

### **Kundalini Nutrition:**

Many of our natural, spiritual abilities have fallen into a state of dormancy due to the crazy amount of impurities in our modern diet.

If people, *collectively*... consumed a pure diet, devoid of pesticides, chemicals, additives, and other toxins, a lot more of us would not be so, *spiritually*... closed off.

Fortunately, the human body is incredibly resilient and will bounce right back into it's optimal state, by simply eliminating components of your diet that are inhibiting your spiritual potential, and *simultaneously*, including items that are conducive to it.

To accomplish this, simply follow the guidelines in the following 2 lists...

### **Foods To Avoid:**

- Alcohol
- Sweets & Deserts
- Processed Foods (anything in a box with more than a few ingredients)
- Bread & Flour Products
- Caloric beverages



- Dairy
- Excessive amounts of condiments ( a little hot sauce, ketchup, and mustard is fine)
- Foods with excessive amounts of sugar

### **Foods To Consume:**

- Fresh Vegetables...(lots of them)
- Fresh Fruit....(lots of them)
- Nuts & Seeds
- Any Potatoes (sweet potatoes or white potatoes)
- Healthy Oils (coconut, olive, flax seed, hemp, etc...)
- Fresh (preferably filtered water...ideally - alkaline)
- If you eat meat (lean chicken & fish from ethical sources)

### **Supplements:**

These are not essential, but if you are interested in taking some, [click this post](#) to read the 3 best ones for your situation. These are 3 supplements I personally took with success.

You are essentially, getting back to nature to an extent. These foods were staples of man kind's diet for thousands of years.

Aside from allowing your kundalini to flow much easier, you can look forward to other benefits as well, such as,

- Increased Energy (All-Day)
- Improved Mental Clarity
- Healthy and Radiant Skin
- Get Sick Much Less Often

- Have Less Allergies

I won't go into much more detail than that. Simply, live from those lists and you will feel absolutely amazing... AND... clear the runway for your new friend, Mrs. Kundalini to make her entrance into your life:)

## **Pure Water**

An average adult's body is composed of 50-65% water and when you make it a point to start drinking high quality water, you will feel a massive difference in your health, and also, your state of mind.

Much of the tap water, especially here in the United States is filled with metals and chemicals that severely inhibit your natural psychic abilities and this translates to few people having active kundalini.

I remember, years ago...around 2011, I was eating a very pure diet and trying to become as spiritually connected as possible...

I notice many others awakening, go through a similar state of purification.

Anyways, I was eating at this new, Raw Food restaurant in Miami, Florida and they had the option to buy this fancy looking water, ["Pristine Hydro."](#)

It even came with one of those 5X7 laminated info cards that explained what it was and how it was beneficial.

This water blew my mind!

Who ever gets excited about water, right? Dude, this water was, hands down, the more pure, refreshing, and amazing water I have ever had!

People would tease me when I would talk about it because few people ever witnessed somebody get so enthused about water!

I had to have more of it I decided.. So, I looked this pristine hydro company up on the internet and saw that they sold the filtration units to the public.

It wasn't cheap, but the way it made me feel was worth it. I have always invested a higher percentage of my income than most on things I feel to be very important, including good food and water. Plus, the tap water in south florida is gross! There is even a very undeniable tint of yellow... and tastes like eggs.

So, for me it was worth it, and it has held up so far until the present...

So... you don't necessarily have to go out and buy one of these pristine hydro units, but you do want your water to contain a few elements...

#### Drink Water WITHOUT:

- Fluoride
- Chlorine
- Any other irrelevant chemicals

## Drink Water That IS:

- Higher alkaline ph (7 or above)
- Spring or Filtered

Drink LOTS of it!

2-4 liters per day depending on your size, and a little more if you are working out.

## **Here's why this is so important...**

It's all about *frequency*. Your kundalini will not flow through a vessel that is of a low vibrational frequency.

Being that over half of your body is composed of water, using a higher quality, higher frequency water is going to make a huge difference in your body's overall vibration.

The health benefits alone are worth the switch, but to have a balanced kundalini awakening, you will want to drink good quality water.

## **Important To Note About Purification:**

Listen....

I know most of you guys are very anxious and amped up about the idea of awakening your kundalini and transforming your life.

I get it...

I understand that all of these dietary and physical preparations are not the most exciting component to this process.

But, please trust me when I say...

Awakening kundalini in a mucked up, low vibration body is not a wise idea.

Did you know that a lot of kundalini guru's won't even awaken other people's kundalini because of the potential havoc it can reach in one who is not ready?

Now, with that said, times are different and the vibration of the entire planet is changing, making it a much smoother transition than ever before.

But... don't neglect this purification portion.

Every day I get emails, messages, and others communicating to me about their kundalini symptoms.

So many of these can easily be avoided by taking these precautionary measures I laid out in this chapter.

Your kundalini doesn't care if your body is ready or not... It will plow through your blockages as it sees fit, which is what causes the long list of potential physical symptoms.

You can easily avoid a significant amount of these and have a really

awesome awakening experience by putting into practice the advice in this chapter.

Not to mention, this advice will take your health, energy, mental clarity, and overall feeling of, day to day vitality to very high levels.

## **Chapter 3.) Kundalini Meditation**

Awakening your kundalini is an accomplishment of such magnitude that words fall short of conveying the amazingly positive implications it will have on your life.

I will attempt to put it into perspective.

Many of us have been trapped on the wheel of karma for dozens or more... lifetimes. Lives that have been filled with extreme levels of earthly challenges.

To awaken this energy implies that you have literally, found the key to freeing yourself from the grip of the karmic cycle and all of it's 3D pain and suffering.

More so...

You may be thinking... "well, that doesn't exactly do much for me now... perhaps when I make it out of here, I can appreciate that."

True... but even in this lifetime, to put it in a very simple way...

Awakening your kundalini is the fast track to making your current existence....AWESOME.... in all ways!

Kundalini will make it so that you reach your fullest potential in all areas of your personality and life.

With that said...

Such great things in life, don't always just fall into our laps. Big accomplishments on the earth plane are totally possible for everyone, but do require dedication and often times persistence.

So, it's very important that you make the commitment to yourself to create the daily habit of meditation... at least for a while until you awaken your kundalini energy.

Daily habits are much easier to create and stick to than something you only do a few times per week.

So, make the decision right now... to create the daily habit of following the meditations I am about to teach you... until your kundalini awakens.

This is easily accomplished by waking up 30 minutes earlier each day.

### **Kundalini Meditation Practice:**

This program involves 3 different types of meditations, all designed to serve a specific purpose.

**#1. Kundalini Stimulation** (Will trigger your kundalini energy to rise)

**#2. Kundalini Clearing** (Will clear the path where the energy flows)

**#3. Stillness Meditation** (Will settle the energy once you are done)

Below are instructions that will teach you how to perform each meditation as well as their... *traditional* parameters & duration.

I will provide you with a specific schedule that does NOT require you perform each meditation for it's *traditionally* prescribed time.

**Kundalini Stimulation**  
(Sa, Ta, Na, Ma - Mantra)

Click To Watch The - [VIDEO](#)



## **Parameters:**

Duration: 31 minutes (you are only asked to do it for 15 minutes)

- Repeat the mantra, Sa, Ta, Na, Ma
- As you recite each sound...imagine the sound traveling in an, “L” shape down through the top of your head... and out your third eye, between your eyebrows.
- As you say each sound, tap the appropriate fingers at the same time... See Video

Repeat the mantra....

- Out loud - 5 minutes
- Whispering - 5 minutes
- In Your Head (No-Sound) - 10 minutes
- Whispering - 5 minutes
- Out loud - 5 minutes

Stretch and relax for 1 minute after.

PS... I have received a lot of questions about this mantra having an eerie similarity to the word “satan.”

However, it’s simply a coincidence

It comes from an even more popular mantra - (Sat Nam) which basically means... “I see your true nature” or, “I recognize the divinity within you.”

Sa, Ta, Na, Ma means... Existence, Life, Death and Rebirth

**Kundalini Pathway Clearing**  
(Spinal Breathing)

Click To Watch The - [VIDEO](#)

**Paramaters:**

Duration: 10 minutes

- Sit upright or lay down, either way, with your spine straight
- Focus on your breathing
- As you inhale...imagine a thin, white string...moving up from the base of your spine...all the way up and angling in towards your third eye, right between your eyebrows...
- Pause...
- As you exhale... imagine that same line moving all the way back, out of your head, down your spine, and back into the base of your spine.
- Repeat for the full 10 minutes

**Stillness Meditation**  
(Silent - "I AM" - Mantra)

Click To Watch The - [VIDEO](#)

**Paramaters:**

Duration: 10 - 20 minutes

- Sit upright or lay down, either way, with your spine straight
- Simply...IGNORE...your breathing and just relax

- Repeat in your mind, the phrase, “I AM” in your mind.
- Make sure there is a distinct 1-2 second pause between the word, I...and the word...AM..
- Optional - For the last few minutes... drop the mantra and just enjoy sitting in silence and stillness
- IMPORTANT - take a few minutes to slowly wake up out of this one.... allow your brain to slowly become re-acclimated with it’s waking state to avoid any disorientation.

## **Meditation Schedule**

**For 6 out of 7 Days...**

### **#1. Kundalini Pathway Clearing - (Spinal Breathing)**

*Duration: 5 minutes*

### **#2. Kundalini Stimulation (Sa, Ta, Na, Ma) (Click For Video)**

*Duration: 15 minutes*

- Out loud - 3 minutes
- Whispering - 3 minutes
- In Your Head (No-Sound) - 3 minutes
- Whispering - 3 minutes
- Out loud - 3 minutes

### **#3. Stillness Meditation (Silent, “I AM” Mantra)**

*Duration:* 10 - 20 minutes

Total Time = 30 minutes

**Day # 7** (Perform after a [24 hour fast](#))

The FULL 31 minute, (sa,ta,na,ma mantra meditation)

recommended to go for a short walk afterwards...

How To Fast For 24 Hours Very Easily - [Click For More Info](#)

### **Best Time Of Day To Meditate:**

The best time to meditate is the time you can be consistent with your practice.

Technically, most teachers will say that...right before the sun comes up, facing east is the ideal meditation time and situation.

However, if you hate getting up early, forcing yourself into a schedule that is not resonating with you will outweigh any benefits gained by doing it at the... “ideal” time.

### **Meditation Success Tips:**

Master The Art Of *Relaxed Focus*:

Like a great many of things here on planet earth that are paradoxical in nature, meditation is no different.

On one hand you must possess intense desire to “break on through” while at the same time you must have a very relaxed and non shall-ant attitude.

Having too strong of a desire creates tension. This tension is a result of not having, presently, something you want, which is a form of resistance of the present moment.

You have to learn how to hone your manifestation skills by learning how to put forth, just the right amount of desire, without producing that inner contraction or resistance.

This takes practice and can not be taught, but having this notion in mind will put you in a great position because you know what to work for.

Essentially, put forth as much intent and desire to achieve a certain state of being...until you feel that inner contraction... Once you feel that, you know you have reached the proper threshold.

Learn to dance on that threshold and you will avoid what takes many, years of trial and error.

### Relax Expectations To Avoid Frustration

This is probably the #1 thing that trips people up early, and even later in their meditation practice.

So many, including myself for a long time, have the expectation that meditation is supposed to come easily and naturally.

On one hand, the meditative state is about as natural as can be, however, most of us have lived our lives so far outside of the meditative state, that it doesn't necessarily come naturally to us.

That's the whole point of it actually, to undo the wiring we have allowed to be imposed on ourselves, by forcing minds to perform the extremely simple and monotonous task, such as focusing on a simple mantra or sound.

So, by accepting that you may, not be a *natural* at meditation from the get go... will spare you a lot of unnecessary guilt, stress, and frustration, which block you from the meditative state.

Go at it like a child learning something new. If you mess up, laugh it off and just keep at it, allowing your meditative state to deepen at it's natural and organic rate.

Have fun.

### Expect Fluctuations In Your Meditation "Depth" & "Performance"

You will find that sometimes you, *so easily*, slip with grace deep into the meditative state.

You will think to yourself... Man! This is so easy! Wonderful, I have really gotten somewhere :)

Then, perhaps the very next day, your mind is racing, body restless, and this causes some agitation.

You may come out of your meditation feeling like you achieved absolutely nothing!

100% normal!

To be expected.

You are a rare seed if this does not happen to you.

**The Key** - Expect it and don't get upset with yourself.

That is why it's so important to impose a schedule upon yourself because there will be days and sometimes longer, where you feel like you are a horrible meditator.

This causes one to want to give up. You have to make the simple decision that you will do this every single day, regardless of your meditative performance.

In doing so, you will... over time achieve states of blissful, meditative depth that only come to the persistent.

### **What does all of this meditation info have to do with awakening my kundalini?**

To raise your kundalini, as mentioned above, you must become meditative enough to sense the subtle energies within your body.

It's not just a matter of doing a meditation, it's all about getting good at it... doing it well... doing it with mastery.

That mastery will not be achieved if you fall into the pitfalls mentioned above, and by knowing of them before hand you will move beyond them very quickly, achieving mastery much faster than most.

That's why investing in a teacher or mentor is so wise for meditation, yoga, or *anything* in life.

Mentors often carve out a particular path.... fall 1,000 times along the way... all so they can help others walk that same path much easier.

That's essentially what our role is here on the planet... We are carving a new path of the potential spiritual depth a human being can possess.

We have stumbled many times... but others will not stumble so much.

You... mastering yourself by awakening your kundalini... and becoming a grounded, meditative, and radiant being, are making it easier on others, wether you choose to teach or not.

You are becoming a shining example of the potential of the human being.

**Important Points From This Chapter:**

- Dedicate Yourself To A Daily Meditation Practice
- Make The Decision To Do It No Matter What
- Allow Yourself The Time To Master The Techniques
- Have Fun



## Chapter 4.) Kundalini Yoga

The word yoga is derived from the term, “yolk”...meaning, “union.”

**Union** with *Brahman*... the absolute... “All that is” ...  
(AKA what people call...GOD)

That is the ultimate goal of any form of yoga. However, as time went on many people discovered many other benefits such as,

- Increased Flexibility
- Increased Strength
- Improved Blood Circulation
- Improved Mental Clarity
- Drastic Reduction In Stress
- Fat Burning
- Improved Cardiovascular Health
- Removes Certain Physical Ailments

All of these other perks have created many different forms of yoga... and a lot of them focus primarily on one of those secondary benefits.

For example, *vinyassa yoga* is great for flexibility, fat burning, and cardio vascular health.

Kundalini Yoga is a niche yoga as well... but focuses solely on the primordial, fundamental purpose of yoga...

Union...

So, one could say, is the most streamline form of yoga for accomplishing it's ultimate aim... enlightenment.

Raising one's kundalini initiates the awakening path... it places you on that road to enlightenment.

That is the business we are in.... Cutting to the chase by doing certain postures, paired with certain breathing patterns, combined with a specific intent... all to initiate the kundalini awakening.

Even further, within the realm of kundalini yoga, there are many sub-focuses you could say...

Some kundalini yoga sets or kriyas focus on certain chakras, physical adaptations, flexibility of certain parts of the body, etc...

We are really going to zero in on our specific aim here which is to awaken you kundalini energy.

This is as much of a streamline path to a kundalini awakening as you can get.

The Kundalini Yoga Set...or *Kriya*, will be short and to the point... taking you only about 10 minutes.

The way you will incorporate this into your schedule is to do it BEFORE you perform the kundalini specific meditations listed above.

This is going to allow for a synergy that you will notice. You will have much greater success with your meditations when you perform them in that order.

**[CLICK HERE](#) to watch your Daily Kundalini Yoga Video**

### **Kundalini Yoga Success Tips:**

#### Allow The Natural Learning Process To Unfold

Anytime we learn something new, there is an unavoidable period of mental activity as we attempt to create new neural pathways.

Basically, when you are attempting something for the first time, you by definition, have to think about it a lot.

Am I doing this correctly? Is my right leg where it's supposed to be? Are my hips aligned? Etc...

This is just fine and a necessary part of the process.

The key is to allow yourself that time with the full understanding that you will soon be able to perform the same postures...without having to think much....

This is what muscle memory is all about.

Once you cultivate the mastery and muscle memory, you will free up your consciousness to become aware of the subtleties going on within your body and energy field.

It is at that point, that you really notice and experience the profound inner shifts taking place within yourself.

You can then become aware of the subtle energy movement within your body, the lightness and healing taking place in your chakras, and the energized, alert, and empowered state of consciousness you cultivate.

So basically, don't get upset when, in the beginning, you find that perhaps you don't immediately notice those benefits above... accept that you are still in the student phase.

*Know* that with dedication, you will make that transition into mastery and the benefits will, I promise you, be worth it.

With that said...again, the meditations and kundalini kriyas are very easy, and within 3-4 days, you will not need to use the video or much thought to carry them out.

## Focus On OWNING Each Posture

I have trained a lot of students and the one thing, just about everyone does in the beginning is they simply.... “*get into* the posture.”

One can be... “in the posture”....and not really... *doing it*.

I want you to...OWN the posture.... rock out the posture... give it your energy and enthusiasm... almost like you are showing off your strength, confidence, and inner harmony.

In the video I will give you tips as I walk you through them, but essentially it’s a simple *shift* in your mindset.

Have the intension of doing the postures well, rather than being content, simply *getting into* them.

Flex your muscles...really stretch our your limbs when asked... breath as deeply as possible when relevant.. just have the mind set of doing the best you can.

Have the competitive mindset almost.... each day you do your yoga, try to have a better performance than the previous.

Stretch further, contract harder, breathe deeper, and exude more confidence and grace.

It’s all about your attitude.

You will be all by yourself so theres no reason you can’t really have fun with it.

This mindset differentiation is why some people get results... with anything... and others don’t.

Several people can read the same book, take the same class, perform the same exercise routine, or hear the same song, but everyone's experience and results vary considerably.

It's all about your attitude.

Tap into your inner bad ass and light the world on fire with your incredibly mind blowing kundalini yoga performance.

### Allow Fluctuations In Your Performance

I won't get into so many details because this is the exact same idea and phenomenon that occurs with your mediation practice. Some days you will possess more flexibility, energy, and enthusiasm than others.

You will not progress consistently in a linear fashion on a day to day basis.

You will, over time, be heading in the direction of improvement, but it's never in a straight line, rather it's like the outline of a staircase.

Plenty of ups and downs with the general, noticeable direction of forward and upward progress.

So don't get upset if one day you do amazing and the next you don't...

100% normal.

What can cause problems for both the yoga and meditation practice is holding on to unrealistic expectations of having a flawless performance every time and the frustration and inner resistance that comes along with it.

Enjoy your successes without attachment and ignore the illusory regressions with non attachment...

## **Common Questions Answered**

### ***What should I eat before I do yoga?***

I recommend you eat nothing.

Yoga is best performed on an empty stomach.

### ***Can I drink coffee?***

Many teachers will say... no way! However I disagree. In one sense, caffeine is of course a stimulant and can create an inner anxiousness in some...

However, it is also a proven supplement that does enhance and improve performance.

It also affects people very differently.

I have experimented with both ways and found success regardless. I honestly don't think it much matters as long as you are not a straight up, coffee fiend, consuming way more than is natural for you.

### ***What If I have previous injuries and certain postures aggravate them?***

Fortunately, with kundalini yoga, the postures are not very athletically demanding so this shouldn't be an issue most of the time.

However, having worked with so many people with various injuries, the safe rule that I was taught and has worked for everyone so far is...

Listen to your body.

If something is, in any way, even slightly, dangerous for you to be doing, you will feel it very obviously...BEFORE it's a danger.

Your body gives plenty of indicators that you are approaching a movement pattern that is not ideal for you.

Just go into the postures as much as you can...with out any pain, and you have, generally speaking, nothing to worry about.

However, if you attempt something and you feel a sharp twinge, pain, or something of the sort, simply back out a bit until the pain is gone.

Remember that threshold for next time.

If a certain posture just bugs you from the get go, simply eliminate it.

Again, success with kundalini yoga, meditation, and so many other things is all about your energy and attitude.

I have worked with a lot of very cerebral and literal minded folks who insist that the system is where the magic lies, and if they can't do it exactly than they are missing out big time...

This is just not true, so don't worry if you can't do a posture or two, here and there. It's not a big deal at all.

Just OWN the other postures as we talked about previously, and you will be solid :)

### ***What If I Miss A Day?***

Sometimes, I find it beneficial to insist upon something even if it's unrealistic.

I read this book once, called the "10X Rule."

It's all about setting and accomplishing goals. The entire book basically reiterated a simple point that I can share with you in a sentence or two.

Whatever goal you have, 10X it! Shoot for 10 times whatever goal you have in mind.

Our mind's commonly place limits on what we can accomplish. Regardless, if you shoot for something 10X what is your first inclination, than surely, you will at least, accomplish that initial goal.

If you hope to Awaken your kundalini in 28 days..... try to awaken it in 2.8 days!

If you want to dedicate yourself to doing this routine for 30 days in a row... Embody the mindset of doing it for 300 days in a row!

So, what I am saying is don't have the mindset of... "what if?" Have the mindset of... I am NOT going to miss a day.

Of course, things happen, so with all that said, simply don't sweat it if you have to miss... but if you agree to wake up earlier and bust out your routine, than under normal circumstances, theres no reason you should excuse yourself from even a day.

10 X it baby!

Here's a great tip to help you string together a lot of consecutive days with any goal.

Buy an old school calendar... One from Walmart or something.

Each day you successfully perform your yoga and meditation practice, write a green slash on that day in the calendar.



As you do this, and the days progress, you will notice a chain being created with all of those slashes.

Make it your job to NEVER break the chain!

Keep the calendar near your yoga area and glance at it as often as possible.

There is something strange about our human psychology... you will see all those slashes.... stretching back into the past.. and if only to not have that space or blemish in your succession of lines on that silly calendar, you will derive sufficient motivation to just suck it up and do it another day.

### ***What does it mean when I feel energy moving through my body?***

This is to be expected and *ignored*.

These postures, though on one level, are fairly simple in nature, they are a very well plotted out system of movements that do have profound affects to your *energy body*.

Many times you will feel heat, energy movement, twitches, and other sensations as a result of the yoga and meditation.

Don't try to influence it... simply ignore it.

It will never hurt you, or get super intense to the point of it being dangerous... never.

It is only when a person *spazzes* out about it that there could be any *illusion* of a problem.

The energy is your kundalini energy moving about and if anything, you should see it a sign of success.

With that said, if you don't feel it right away, that is not a sign of a lack of success either..

Just like all the fluctuations we experience in our body and life... these energy sensation are no different.

Some days you look outside and its sunny!

Other days it's cloudy and bleak :(

The cloudy days don't mean something is wrong with the world though!

Right?

Your energy fluctuations or lack their of, is the same thing.

***What if I have other questions?***

Hit me up @ [growstronger1221@gmail.com](mailto:growstronger1221@gmail.com)

Just please understand I receive a lot of messages each day, so keep your questions very short and to the point...

But, I will take care of you :)

## **Chapter 5.) *After Awakening:***

After 28 days of consecutive practice... [watch this video](#) to see if your kundalini is active.

Not everyone experiences a very... single moment... drastic surge in their kundalini energy.

If you don't get this experience, it does not mean you have not awakened your kundalini.

Just like I talked about above... everyone is different.

Some have crazy energy explosions... and for many, the energy sort of sneaks up on them.

Watch the video above to discern if your kundalini is active.

Once you have established that your kundalini is active, now you can begin to take certain steps to help navigate your awakening process.

There are a great many cycles, facets, and components to the human awakening process.

My entire youtube channel and blog is dedicated to covering as many of them as I can...

You can, of course, always scan through old & new videos and posts for any issues that may spring up.

With that said, there are 3 things that I recommend any newly awakened person do to move through their awakening as smoothly, gracefully, and quickly as possible...

### **3 - Things To Have A Smoother Awakening**

**#1. Be BOLD!** - Awakening wants to happen very quickly. Yet, our rational, conditioned minds are constantly resisting the seemingly, illogical nudges of the human spirit.

Many times you will, “feel” you should go left even when your brain will say.... “Are you crazy?!”

“Why on earth would you even consider going left?”

So, you will ruminate, resist, and bum around for a while....  
Meanwhile, you will start to feel more and more strongly that you are to go left.

You will fight it.

You will reason with yourself over and over as to why going left would be the dumbest move you could possibly make.

Yet, after a while, that resistance will drive you mad... and out of desperation...guess what?

You will end up going left anyways.

Down the line somewhere you will see the brilliance and reason you were guided to go left in the first place.

However, look at all of that time wasted in the state of resistance...

Be bold!

You are bound to fall anyways... awakening will sometimes lead you into what seem like...*mistakes*.

Yet those mistakes are perfect and necessary for you to have sufficient motivation to look at a particular aspect of yourself so you can finally transcend it.

So, in that sense... you can't make a mistake!

Be Bold man... and you will suffer LESS and awaken much FASTER

**#2. Run Towards Your FEARS!** - Ok dude.. you sort of explained yourself above there with the whole, "be bold" notion.. but run... *towards* your fears?

Come on!

Are you crazy!

That's right... I said it!

Here's why.

They aren't real... they have absolutely no power over you... all smoke in mirrors.

As long as you keep running....from them... like most people.. naturally do, you will never discover that essential truth within yourself.

Once you discover the illusory nature of your fears, you are untouchable....impervious to your circumstance...

I know it's not easy because awakening will actually amplify them... big time!

Many times your palpable fears will not even make sense because the apparent cause... is not even a big deal.

Whether the fear seems justified or not... it's there so you will eventually realize that it doesn't need to be.

It's only stifling your life experience, and until you discover that... deeply... and KNOW it... it will always have power over you.

So, anytime you feel afraid....just STOP.

Ask the simple question..... Why?

Wait until you get the answer... and you eventually will, and you will see...

Oh!...yes! ... that fear stems from (fill in the blank\_\_\_\_\_ ) a childhood experience or something.

Then you will see it makes no sense to be flaring up here in the present. That realization that the fear is just a conditioned response to a situation that *resembles* something of your past will solidify all of what I have been saying above...

The fear is an illusion and once you see it as such, it will vanish.

**#3. Release Expectations** - This is another difficult shift for the human mind.

We are always expecting something.

The problem is that by insisting on a certain outcome that our little mind expects...*should*...happen, we often block alternative happenings that are actually far more beneficial to us.

You will find that you are guided to go left many times...

Your mind will reason... "oh, I must be getting guided in this direction because of....THIS"

THIS never plays out.... THAT does.... and you feel disappointment.

The disappointment has nothing to do with THAT... it's there because you expected something else to happen.

This happens until you realize just how poor your thinking mind is at predicting things.

Your higher mind is infinitely more intelligent and far seeing than your little rational mind and therefor it's a waste of time to even attempt to make these assumptions and predictions.

### **Your Awakening Formula**

**Start listening to your gut more.... be bold in doing so.... be fearless when your fears come up... and have zero expectation...**

You will awaken so fast your socks will fall off.

~Namaste

Sincerely,

Victor

*Here's What To Do **NEXT** -*

*Read Your, (Kundalini Awakening To-Do List) & get to work!*