

## Kundalini A Gentle Force

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Kundalini A Gentle Force - Kindle edition by Santosh Sachdeva. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Kundalini A Gentle debbieshomeshop.com: Santosh Sachdeva. Kundalini A Gentle Force is a touching revelation of the mystical experience, brought to us by a modern woman of the debbieshomeshop.com: Santosh Sachdeva. Kundalini as 'The Gentle Force' Kundalini relaxes and assumes a gentle flow once the blocks are cleared, moving freely and energizing the whole body. Kundalini is an essential life force energy that rises up the spine, enlivening the body physically and spiritually. It's one element of spiritual enlightenment, but alone does not constitute enlightenment. Shakti becomes Kundalini Shakti, or simply Kundalini. Kundalini becomes the energy of Prana, which flows in patterns or channels called Nadis, and concentrates itself by forming intersections known as Chakras. The subtle energies condense and become known as earth, water, fire, air, and space, forming our experience of the gross world. Kundalini energy is just the basic force of life, the energy of awareness, that exists in all of us. When we experience kundalini "symptoms", that energy is knocking on the door to get our attention and awareness so that we can make positive changes.

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