

# Kundalini Guide

*Spiritual Emergence or Kundalini awakening bring many shifts in energy and consciousness, working through the chakra system. Chakras have unique characteristics and hold unconscious material that will be unloaded as the spiritual potential unfolds. It is helpful for experience to understand how Kundalini works in order to better manage life-changing things in order to better manage the process.*

## Essays

10 THINGS YOU CAN  
DO TO HELP (/10-  
THINGS-YOU-CAN-DO-  
TO-HELP-YOUR-  
KUNDALINI-PROCESS/)

HELPFUL RESPONSES  
(/HELP-FOR-INITIAL-  
AWAKENING/)

SPIRITUAL PRACTICES  
& TRANSFORMATION  
(/SPIRITUAL-  
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.....

If you feel you are in a spiritual awakening process, or possibly in a spiritual emergence or crisis, you may feel you have enough to worry about with the physical challenges that arise, or psychic shifts that are throwing you into unfamiliar territory. But what is really important to understand in this awakening process is that it is your subtle energy field that is erupting and unraveling and producing all the changes.

# Guide To Raising Kundalini Process

**Katrin Zwirglmaier**



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