

# The following are common manifestations of the risen Kundalini:

(Criteria is based upon symptomatology as determined by El Collie's Shared Transformations).

Your name:

Date:

Muscle twitches, cramps or spasms.

- extreme
- experiencing
- no

Energy rushes or immense electricity circulating the body.

- extreme
- experiencing
- no

Itching, vibrating, prickling, tingling, stinging or crawling sensations.

- extreme
- experiencing
- no

Intense heat or cold.

- extreme
- experiencing
- no

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.)

- extreme
- experiencing
- no

Alterations in eating and sleeping patterns.

- extreme
- experiencing
- no

Episodes of extreme hyperactivity or, conversely, overwhelming fatigue (some CFS victims are experiencing Kundalini awakening).

- extreme
- experiencing
- no

Intensified or diminished sexual desires.

- extreme
- experiencing
- no

## Kundalini Awakening Systems 1

Headaches, pressures within the skull.

- extreme
- experiencing
- no

Racing heartbeat, pains in the chest.

- extreme
- experiencing
- no

Digestive system problems.

- extreme
- experiencing
- no

Numbness or pain in the limbs (particularly the left foot and leg).

- extreme
- experiencing
- no

Pains and blockages anywhere; often in the back and neck. (Many cases of FMS are Kundalini-related).

- extreme
- experiencing
- no

Emotional outbursts; rapid mood shifts; seemingly unprovoked or excessive episodes of grief, fear, rage, depression.

- extreme
- experiencing
- no

Spontaneous vocalizations (including laughing and weeping) -- are as unintentional and uncontrollable as hiccoughs.

- extreme
- experiencing
- no

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.

- extreme
- experiencing
- no

Mental confusion; difficulty concentrating.

- extreme
- experiencing
- no

Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences (if the individual's prior belief system is too threatened by these, they can lead to bouts of psychosis or self-grandiosity).

- extreme
- experiencing
- no

## Kundalini Awakening Systems 1

Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area.

- extreme
- experiencing
- no

Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion.

- extreme
- experiencing
- no

Psychic experiences: extrasensory perception; out-of-body experiences; pastlife memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions; healing powers.

- extreme
- experiencing
- no

Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.

- extreme
- experiencing
- no

Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment (including "vibes" from others).

- extreme
- experiencing
- no

Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness.

- extreme
- experiencing
- no

Other Symptom 1:

Other Symptom 2

Other Symptom 3

Other comments: