

Safety protocols for Kundalini activation or treatment

If you are in process with Kundalini, or intend to be, please read through these safety protocols and begin to practice them daily. Read them three times on three different occasions that you can begin to see and feel how they start to help you find and understand the very qualities you seek within yourself. After reading the safeties begin to practice them daily. Find the time sometime in your day or night or both and as you do so your experiential knowledgebase will expand. Please bring the "Locks" into your daily life.

THE SAFETIES SHOULD BE PRACTICED SIMULTANEOUSLY WITH THE 5 TIBETAN RITES.
(Refer to: <http://www.kundaliniawakeningsystems1.com/the-tibetans.html>)

For more information:

<http://groups.yahoo.com/group/Kundalini-Awakening-Systems-1/>

<http://www.kundaliniawakeningsystems1.com>

THE SAFETIES

TONGUE UP - This completes the cranial circuit allowing excess energy to bleed down the sides of the neck. Cultivate the position of the tip of the tongue resting on the fleshy mound right behind your upper front teeth . Make this a new habit.

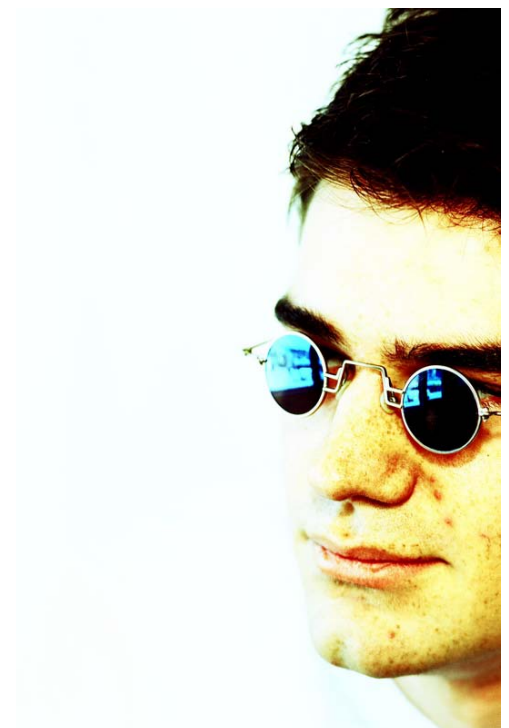
EYES UP - This is the position of looking towards the brow of points, one and a half inches above the bridge of the nose. Most comfortable when the eyes are closed. This will draw or pull the Kundalini upwards. This is an eye lock.

FINGERS IN POSITION - This is the thumb tip and forefinger tip joined (pressed together) with the other fingers spread out wide. This is a finger lock.

WATER - As the Kundalini rises it will stimulate and activate the kidneys and the adrenal glands. The adrenals and the kidneys can become hot. Really hot and feel as if they are expanding. The adrenals will release amounts of adrenochrome, or the body's version of speed. This can be very disconcerting, and can help you to fear. So plenty of living water i.e. water that is from a spring or another source that isn't chlorinated or from the tap of a city, but if the city water is what you've got - drink it. Also plenty of watermelon if you can get it as this can be very soothing for the kidneys.

PROGRAMMING (TV, MOVIES, BOOKS, MUSIC, FRIENDS, FAMILY, CHURCH)

- In our culture we are seeing and reading and hearing, from various sources, many negative and fear evoking forms of entertainment, news and communications. This is not helpful when a person is newly activated with the Kundalini. Fear, excessive lust, hateful attitudes, can be quite painful and damaging to the new Kundalyn energies and many unfortunate events can be created by the Kundalini exposed to such energies. So, no scary movies, or books or radio shows unless you want to experience them in real-time with you as the unwitting star. Music that is angry or hateful or hurtful even if the melody is sweet need to be curtailed. Inter familial problems are sometimes hard to dismiss. Try as much as possible to bring love and peace and forgiveness into your daily and nightly life. I know this sounds difficult but just make it a priority and it will be extremely beneficial to you and your Kundalini, setting the best pattern for the energy to follow in its transformation of your life.



FOOD CHOICES - Pay attention to the new tastes and desires your body begins to have. If you have been a vegetarian and you start having an interest in beef. well, try to find some organic beef and eat it, love it and bless the animal that has given the ultimate gift for you. The Kundalini needs what is in that meat in order to advance your activation. It wants and needs that kind of protein, surrender to this. Or if the opposite is true you're a meat eater and the Kundalyn Energies wish for you to become vegetarian - don't hesitate! Find yourself a great organic market or farmers market and make like a rabbit! Really, you will be much happier I promise. This is only for a short time and then it may switch back as your activation progresses into an awakening. The Kundalini will let you know in no uncertain terms.

FORGIVENESS - Emotional blockages are a main cause of pain and instability within the Kundalini awakening process. Issues of grief, guilt, loss, abandonment and fear can and do manifest within the context of the Kundalini as pain. It is also an attachment for energies that feed off of these conditions. Resolving these difficulties after many years or a lifetime of experience is often difficult and seemingly impossible. First you need to develop the intent and then to follow that intention with action. However many years and in many cases lifetimes that a person has been wracked with pain and anguish there is and has been a way towards resolution. It's called forgiveness. Not always towards a perceived assailant or of another person but also for ones own self. Forgiveness is a Divine aspect of love.



RECAPITULATION - Realizing that we are all here on this physical plane to learn and to come into direct contact with others who have qualities different from our own, forgiveness gives us a platform for tolerance, another Divine aspect of love. In the context of the Kundalyn energies, this is a very important practice that must be done daily and with the most sincere and heartfelt expression. It lays the foundation for most if not all of the special gifts and skills that come with an awakening.

Recapitulate all peoples who have done harm to you. All people whom you have harmed. Think back upon your life experiences and for the moment pick out the highlights of hurts that have been inflicted upon you and by you. Now consciously forgive them and yourself. There may still be Karmic repercussions but this will go a long way towards ameliorating them. So practice this daily and new

remembrances will come to mind getting in line for the forgiveness. This requires an honest acknowledgment of activity from both the receiving and of the inflicting aspects of our experiences with others. Honesty towards one's self is another ingredient that must be attained in order for this to work.

Regardless of where the blame is, forgiveness must be reached for and given. Not a small task to be sure but an essential one. As the forgiveness encounters the heavy vibrational construct of the emotional blockage, Divine love is seeped into the matrix, causing in many instances an emotional outburst of relief and release of burden. The blockage is relieved and the Kundalini continues its invigoration throughout the body.

For optimal results this must be done daily and constantly throughout your conscious periods. For example if someone cuts you off on the freeway forgive them as quickly as you condemn them. Do this immediately and it will begin to smooth your condemnations to the point where you will be happy to let them in and wish them well upon their way. Take this in stages and don't force too much upon yourself all at once but keep the intent strong and healthy in your heart and mind. This will have an almost immediate effect in your life passage as well as being an energetic snowplow for the Kundalini. As in most things practice makes it become second nature, so practice. This concept applies to all of your human interactions. Love and forgiveness are the rules.

INNER JOY - When you experience a situation in which you find yourself in very unfamiliar territory the first impulse is to go into fear. I want you to begin to cultivate a memory of when you have been joyous; exuberantly joyous. I would have you practice this during the day when you experience something frightening. Immediately supplant this reaction with the inner joy, just the memory of it will change your perception and therefore the energy of the situation. Put a "post it" in your car on the dash if that's where these events happen for you or at work somewhere. Or on the refrigerator at home where you can remind yourself of this new reversal that you are incorporating. You can write "I.J." on it just as a reminder. This is to begin a new form of acceptance of different mind states that will help you on the Kundalini path.

TRUST - Trust the process that is happening to you. Know and understand that God is watching everything. Spirit is watching everything. You are safe in the arms of the Divinity as long as you practice the love and forgiveness that are part of what we teach. If you stray into areas of negativity, willfully, and with malice afore thought, well, then that is what you will receive. In real time. So trust the Kundalini. It has your best interests as part of its agenda or you would not have been allowed to activate or even to have known about this.

HONESTY - As you feel the energy work its way within you be honest with yourself about what is happening. Watch out for denial. If you start falling into denial you can miss information that the Kundalini is trying to impart to you so be aware of how you are honestly feeling. Watch yourself closely without becoming obsessed. When you feel sensations of a presence or object traveling inside your spine do not chalk it up to a sore back or that last tennis match or the tight clothing. Unless of course it is. Be clear and honest and see if it fits the descriptions of what you have learned here and if you have questions go on the web and ask the seminar chat room or list to clarify it with you. We will be monitoring and responding to any such inquiries.

LOVE - Actively love what is happening. Express this active love by being actively forgiving and interested in being of service to others. Not in a slavish or demeaning way but in a confident and strength based, loving way. Help that kid or senior citizen or fellow mortal without endangering yourself preferably. This allows the Kundalini to activate your systems much cleaner and more quickly. I know it sounds hokey but love is the strongest quality and just as the negative can turn around and bite so does the love turn around and embrace - even faster!

Love causes the energy to move rapidly and as you practice this quality you will find that negativity just doesn't seem to come your way as much and then almost never. Service to others or for others is an essential practice for the Kundalini of this lineage. Others who have activated without these teachings have and are suffering terribly and my heart goes out to them. They will learn though in their own good or bad time. They will learn what you are learning right now. This is one of the best safeties you can practice because as I mentioned before you are being observed, really, and those who are observing will not allow you, who are now a part of their lineage, to be harmed for the practice of love. A protection has been placed around you for the purpose of giving you the opportunity to take this evolutionary step called the Kundalini. As you practice, communications and assurances will be given by this source to help you on the path. Remember your "thank you's".



GRATITUDE - Be grateful for the ideas and thoughts and wisdoms that begin to flow into your mind sometimes like a flood. Be grateful for the Kundalini as it is bringing you to a new and greater understanding of the "All that is ". Be grateful to your family and friends and perfect strangers for what they bring to your life and the opportunities that come your way. Say to yourself in your mind and heart that you are grateful for these gifts and even greater ones will come your way. This is the nature of the path you are walking. Diligence and integrity are richly rewarded.

PRAYER - This can be one of the more difficult of the safeties to practice. Especially if you were not raised in an environment respectful or embracing of prayer - like myself. There are many misconceptions about it but I won't go into those here. I will only say that it is very important and must be practiced. Christ is real, Mary is real, Yahweh, Buddha, Allah, Zeus, Cybele, to name a few. All of them are real. And yes, I know this is a "real" stretch for some of you and it was for me too. However we feel about this culturally this is just how it is behind the veil. I'm not saying to pray to all of them but if you don't already have one - Pick one that you like or pick GOD and pray. Pray for healing for a friend or a stranger or a family member. Pray for yourself. Pray for the Kundalini to take you where it is you want to go or to become what it is you want to be. These folks can be very, very helpful. Do not disregard this because you are unaccustomed to it. Stretch yourself and make this a part of your practice.

MOVEMENT - Dance or do Tai Chi or Yoga. These activities nurture the energy in your body, filling the cells and stretching the muscles. Actively practice hands on healing, volunteer, be active, and move! Play or walk but do not sit and be a couch potato. That can lead to a stagnant energy response, and you don't want that - trust me.



SINGLE NOSTRIL BREATHING - If you get too hot simply place your thumb or finger over your right nostril and breathe through the left continuously and with medium force. This activates the Lunar channel (Ida) and will immediately cool your heat. If you get too cold then cover your left nostril breath in a similar fashion and you will warm up. This activates your Solar channel (Pingala).

COMPRESSION PRAYER/ALTERNATE NOSTRIL BREATHING

Breathe in through the left nostril with right nostril covered or blocked Breathe in with the mantra for example "The love of Christ" or "Krishna" "Buddha" or "Allah" or "I am one with the all that I am" Find one that works for you but do not leave out a recognition of God however God is to you.

Use the Law of Trinity. Say the mantra three times upon the intake of the breath through the left nostril. At the top of the breath, Hold and say the mantra three times again. At the beginning of the exhale switch nostrils by covering the left and opening the right and exhaling through the right with the mantra "the love of god" three times, timing the sequence with a "love of God" at the beginning of the exhale and the third one at the end of the exhale. This also applies to the inhales.

Now with the left nostril covered and the right nostril open, inhale with the mantra three times through the right nostril. Hold say to yourself the mantra three times and then switch nostrils and cover the right and exhale with the mantra through the left nostril. This equals one cycle. This is called Triangular breathing.



Looks like this:

(Right nostril blocked) **“The love of Christ..... .The love of Christ..... The love of Christ”**

(Holding at top of breath) **“The love of Christ..... .The love of Christ..... The love of Christ”**

(Switching nostrils and covering left and exhaling out the right)

“The love of God..... .The love of God..... The love of God”

(Keeping the left nostril blocked inhale through the right)

“The love of Christ..... .The love of Christ..... The love of Christ”

(Holding at top of breath) **“The love of Christ..... .The love of Christ..... The love of Christ”**

(Switching nostrils and exhaling through the left)

“The love of God..... .The love of God..... The love of God”

And so forth for 15 cycles to start.

PLEASE BEGIN TO EAT ROOT VEGETABLES

Carrots, beets, radishes, turnips, jicama,
potatoes, onions, celery root, garlic,
ginseng, ginger.

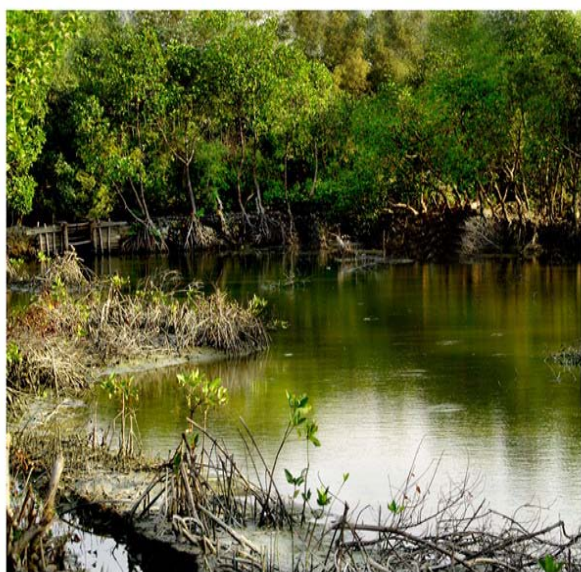


PLENTY OF WATER AND WATERMELON

... to ease the strain on the kidneys.

Juices of the roots are also good.

FOR THE MORE SERIOUS AMONG YOU WHO CAN SAFELY DO SO, PLEASE BEGIN A THREE DAY FAST -



First day: nothing but water

+ prayer and meditation as much as possible with breaks

Second day: nothing but juices of these roots

+ prayer and meditation as much as possible with breaks

Third day: nothing but juices of these roots

+ prayer and meditation as much as possible with breaks



The Practice

Every day or night or both

5 Tibetans: Start slow with no more than 6 repetitions for each Tibetan

Forgiveness's: Recapitulations, forgiveness of self and others

Gratitude's: For the good and the bad as teachings are acquired with both

Surrendering: Opening completely to the energy with love and joy and the desire to be at one with the kundalini as it is revealed to you

Prayers to the Shakti: (Goddess energy) and personal deity for awakening

Compression Prayer with alternate nostril breathing:
15 cycles (no more) with tongue up, eyes up and fingers locked

Meditation