



“What do you expect to receive and why do you expect it? I would be interested in everyone’s answer to this. - If you would indulge me. - blessings – chrism”

1. John Rooke

What do you expect to receive?

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I seek Kundalini as the direct path to God, answering a deep longing to return to truth and simplicity. I've wandered over both sides of East and West - I've always wanted a personal god (West) but couldn't figure how I could have one by depersonalising myself (East). I think that Kundalini can help me see that there are no borders. Just God as an enveloping force of love surrounding and subsuming every small and large thing. Sweeping through and vaporising my personal agendas. Once received, no longer a need to look up or seek focus on reference points of God as Him/Her. Hopefully, self-perception will fade to a colorless dot. Cultural labels and personal agendas will fade. Just the Law of Love will remain.....

- I'd like to see Kundalini transform me such that I can see how transient is this grasp of mine on banked memories and on tired and borrowed goals. For old timetables and plans to become featureless seas of ego exclusion. But I'd like fun - lots of spinning Chakras - eyes and ears delighting in the chaotic riches of sensory fulfilment - no entities please!

- I'd like Kundalini to provide meditative detachment (thanks Deb) so that I can dismiss mind as a kite billowing, surfing, sweeping, arrowing, taking in all .. but at the end of its plays, devoid, naked - an empty life-force - a duplicitous gaggle of gestures and postures.

- I'd like Kundalini to displace the froth of illusion that is the construct of my present life, for it to disperse over the edge of the cup that houses my ego, allowing the intoxicating essence of the underlay of truth to rush into the vacuum, contentment to sit languidly and nurture the infusion into universal meaning.

Why do I aspire to expect it?

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From reading many of Chrism's Group postings, I see that Kundalini treats most gently, those that are the simplest, have no pretence, have buried their competitive instincts and bring no filters to their understanding and acceptance ... but are just glowing with wide-eyed wonder and innocence. I'm trying to go back there but it's an awfully long journey! Also a few thousand repetitions of the Safeties!!

John Rooke

2. Reg

I confess i do not really expect very much as i have not proven to be a very talented or diligent soul so far. But some days when i stare at pictures of the universe from NASA or the Hubble I have this inexplicable longing for something I don't quite understand and i am hoping that somewhere in my journey i will have this longing fulfilled. And maybe if i work hard at kundalini it will be so. But i do not have the right to expect this. And i don't know if i ever will be comfortable in such expectation. Hope this makes sense. Thank you for asking.

Love to you all

Reg

3. Scott

What do I expect to receive from the K?

I expect to receive that incredible love and light that is all encompassing with knowledge and compassion for everything, that will lead to the ultimate truth and consciousness, and have it dwell within me. I have searched many religions for truth...but never found answers to all my questions...never felt the whole story was fully told or complete. When I found out about K, my search ended...and a new path has begun. There is light at the end of the tunnel now. I can feel the truth, the love, the compassion within the K. As Buddha said, test everything for truth...this is the true path...the only path...the path of love. Enlightenment would be a blessing. But at least an awakening is what I seek to be able to learn more and give more...to ultimately be closer to God and the Goddess...to be one with all for the betterment of all.

Why do I expect this?

Since i was a child I knew that I was different from others. I was more sensitive, loving and understanding...I knew mine would be a different path. I have given my love to all and helped and defended those around me. I have always gone that extra mile for all and given compassion. I have suffered and grown from that suffering to learn that God judges us by how we treat and love others. I have always felt responsible for others and know that God has chosen this path for me and this will happen. The power, energy and love is within me to continue and complete this journey. I do not expect this...I know this is going to happen...for the love has always dwelled within me. I have been blessed and I am thankful for all the blessings and lessons that God and the Goddess have given me!

Love to you all!

Scott

4. Elektra

A deeper knowledge of myself, of Unconditional Love and Divine Will.

I want to learn and master the alchemical process of transformation and manifestation and use this

knowledge to serve humanity and God. I want to work with the kundalini energy to build the kingdom of heaven on Earth and do my part to raise the vibration of the planet.

It's my journey HOME.

Love and gratitude
Elektra x x x

5. Denny

Hmmm...pondering the question ! This is a rather difficult one for me to answer. I want so much from kundalini but I also want very little. I am happy with what I already have with room for advancements. I would like transcendence into higher realms and frequencies. I would also like to have psychic abilities as well as healing abilities. I would like to be in divine light always. To assist others less fortunate. I would like to grow into the BEST person I can be. This is just a beginning...

6. bradly

I'm expecting to live a more serving life. One with more love and higher guidance where I am following my highest path helping others in a loving and joyful manner. I would like to move 'closer' to God, move higher in my level of consciousness. I don't see it as being given something, but more realizing what I am as I move into a more natural partnership with divinity.

Hmm, why do I expect it? I know it's possible! I can see others around me awakening, and I know it's real. It makes total sense to me to follow this path. And it feels good... Knowing I am in a better position to help myself and others live a joyful, peaceful life is a great feeling.

lots of love everyone,

bradly

7. Chris H

I like simplicity so in short I would like a union with God at the highest vibration of light. Kundalini is my path to this union while living these human experiences as a spirit of light. When the physical body has lived its life, I would like to be at an evolved spirit to remain on earth as light to guide and help others to find their path to God.

Blessing
Chris_H

8. Diane

To be closer to God, work with God and become a better person.

Diane

9. Laura Joyce

For me it's best not to have expectations. I am trying to approach this without the ego. I truly believe that when I receive the K it will be a gift to be used for the betterment of people and the planet and that God will guide me towards that. Some day's I get in the way and this takes a lot of work but this is what I am working towards. I do have a concern that I don't become obsessed and start focusing on the phenomena so I am trying to be careful and remain grateful. I think that all of us are different in that each person will receive what they are meant to. Some will see sprits other may read minds, some will heal others will lead and some will have all of these gifts. All I know is that I need to remain grateful and work towards being the best person I can be today. I have no idea what God's plan for me is regarding the K but I do know that it's a gift that has brought me closer to him and I feel very blessed. This was an excellent question...

In Love and Faith

Laura Joyce

10. Angelina

To know the Divine within. . .

Love, Angelina

11. dhyana

Expectations can be dangerous... What I see that the Kundalini might give me is myself, unlocking what is within me, and freeing me from the limitations I now experience.

Love, dhyana

12. Ali

for us it will be better; this is kundalini family; feel joy, love, dream, heal; shine here..this is for universe; shakti; God.. love it.. it will go on forever...love ali

13. Brandi

I can't say I have expectations. I desire to heal, to grow, to be a stronger conduit for service, to be more loving.

14. Linda

I saw this post this morning before going to bed, but wanted to think on it a while before replying. At a quick glance this morning I can see most that have already replied have come close to the same conclusion as me. :) I am replying before reading though, because I didn't want to be influenced by what anyone else has said.

The way I see it, my main goal is to know God more fully, as much as humanly possible. To me, Kundalini is a path I have been lead to by the God source itself as a response to my desiring/longing to know, to draw closer. I knew when I had read the safeties for the first time that I was in the right place, just where I needed to be. I have known for a long time that service to others is also a mean to knowing God more fully. Looking back over my life I can see that things have come and gone in waves, reaching out, going within, reaching out, going within, it's all been for the purpose of getting closer and to knowing, experiencing God. To me, each person I meet...connect with is a golden treasure given by the God source. Each and every person who has shared a part of themselves with me, reveals to me a different facet of God and is a special blessing, a gift for me, that then empowers me to reach out and share with others from what I have received. Just being here, connecting and getting to know all of you wonderful K activated or awakened people is an honor and privilege, in which I am in deep gratitude for, BTW.

I see Kundalini as a God given gift, a gift that will help me to become a more effective vessel/temple of God. Kundalini is a step toward God realization and is a means of empowering me for reaching out, to helping others who are still struggling to find their way.

Love to you all,
Linda

15. glen

I do not expect anything to be given to me per se. For me the kundalini path has just evolved from my interactions with entities and my search for answers. The moment I read the word kundalini for the first time I was deeply moved emotionally to the degree I was unable to read further for several weeks and then only a paragraph at a time. There has never been a time when I consciously resolved to become activated or decided to pursue k as a path. Rather the path chose me - or was waiting for my choice.

Right Intent and Surrender have been the corner stone's for my journey. Unconditional love and the knowledge that all is good and everything for a reason have provided the sense of security within my surrender.

I am merely following my God given birthright to progress in my evolution. I could choose to pursue more egocentric desires (an easier decision to make) but ultimately we all ascend. There are only our choices and the implications thereof. And if those choices are for the betterment of others then we sort of get swept along with it. I cannot help but love others and will gladly step aside if I can assist another within their evolution. And it just so happens that one cannot honestly help another without helping themselves. It truly is a wondrous universe.

16. Katherine

Dear Chrism,

I have always known that God existed, but never thought that I was worthy enough to be close to him as I am now. I thought that was only for others, maybe classified as 'special people'. I thought that I could know Him from afar...always dreamed and had strong desires to be close to Him, but never thought I could. It wasn't really until I learned of the word Kundalini that I learned that I could be close to God. When I joined this group, I found with joy that not only could I learn to know God on a deeper level, but also be very close to Him with hard work. Nothing should be given, but earned! Gifts come from work such in this case loving others more intimately regardless who they are, being able to forgive others and yourself regardless of what was done or said, to be honest, truthful, to be able to give gratitude for all things both good and bad. I always knew there was more to God than what I ever heard about in church, but could never find the answers to the questions I long desired to know. I want to be on an intimate level with God, fully knowing him and doing what he wants me to while I am here on this earth. I know that in order to do that I must act a certain way, not because I have too, but because I want too. I want to give my service to others, I want to love all people unconditionally, I want to be honest with myself and those in my life and who pass through it, I want to walk in the footsteps of my Jesus Christ. These actions that I have implemented into my life, the actions known as the 'safeties' here on the group are a way to achieve my desire to know God on an intimate level and live my life the way God intended me to. To be filled with the Holy Spirit/Kundalini is a tremendous gift given to me. I have learned to live a more loving life, to treat others with kindness and love, respect and grace, to treat others the way I want to be treated. To help others who need my help regardless of who they are or where they come from. I don't expect anything from Kundalini, but I am filled with gratitude to have the privilege of my Kundalini awakened because it has helped me find myself, find who I truly am, and to help me express it through so many ways! My favorites are love, kindness, respect, and giving! Heck, in all ways! I have no favorites. This has to come from within me, not Kundalini. It has to be something I want, I desire, not Kundalini. I am grateful for K, I cherish my every moment of K because it is a gift from God signifying his love for all mankind and that HE is a living breathing part of each of us and all creation. Kundalini is a path of growth and spirituality, a path that one must work at. Kundalini is apart of me and I give all to K, but expect nothing in return, but am gratefully gratified for K's presence.

Love,
Katherine

17. Laurangelic

It is difficult to put into words the emotions that flow through me when I experience, the touch and breath of the "Beloved" as Rumi phrased it.

I was raised in a very fundamental Jehovah's Witness home, and believed I knew and understood the bible and what it meant. There were times in the beginning when I was sure I was being chased by demons, who "hated that book" when I later found that what he really meant was my/our interpretation of it. When I understood what the word "Gnosis" truly meant, I could see beyond the man's writing, into the divine inspiration of it, and it's "hidden meaning. I also found that there are many beliefs and paths that lead each person into their own unique understanding of what and how the Divine energy works and is. Constantly I have to remember "Once I did not know" And my understanding may be different than someone else's. The spirits that love and guide them, love them and understand them just as much as the one's who love, understand and guide me.

I have said that I inadvertently awakened my Kundalini, and my "awakening" was brutal. It is often said that when spirit chooses you, there are three ways out; insanity (not an option, and certainly no way out) death or acceptance. I chose to accept and learn as much as I could, and not run in fear of what was placed before me. The spirits that have encircled my life had in fact saved it, and changed the path I was on. In return I try to live a balanced life with wiser choices. Once you know you cannot unknow..

This "Beloved" is my best friend, the one that is always there, through the good or the bad times, teaching me, opening doorways and perceptions to knowledge that is ancient, and sometimes appears to be unique. Through "the others I have learned about goddesses/gods and our ability to draw them in, learn from them and live side by side. Its an exciting story!!!
What I have received is the unknowable.. But I do not expect it, I am simply thankful that it is..

Blessings,
Laurangelic

18. Nick

Hi chrism

For me it seems really simple, I just want to get a start of how to know, become aware of me, in my full essence, for in knowing me, I will be able to help others know themselves, so that we all realise the individuality of ourselves and the oneness of all, remembering the journey is the fun part whilst maintaining focus on the almost incomprehension-able (as I write this) destination of all truth.

As to why, maybe I am unfulfilled and have an insatiable and unquenched thirst for knowledge of my self, to know, to understand that which I do not understand, which is me.

nick

19. Paul

I expect a transformation in my life... to go beyond the little "i" as you say. I want find a way that is "right for me" to make a difference in this world and to accomplish my higher purpose in this life, even though I know little of it as of yet. I want these changes to become an ever present reality, so that others that I know can also, in their own time, be transformed. 'not much to ask eh?
:-)

Blessings all
Paul

20. Cuneyt

I respect to the Kundalini as Divine.
I surrender and accept whatever it realizes in myself. I trust its wisdom and positive quality. Therefore, I don't want to limit it or lost time by requesting anything derived from something else. I only suppose to see the wisdom and enlightenment in things whatever happened. After that, I gain the knowledge. Once I gain the knowledge, I already don't need to aim it anymore. Beyond this, I am not able to request anything I cannot know. It means to me that I already own all things I need to. This is not static case. If I need to move, I shall look at the things God already given, and see and discover my needs to move to the next stage.
Love and regards Cuneyt

21. Fashji

I expect a lot and very little. K has already enhanced my healing abilities a great deal, yet I believe it is only a key to the door of enlightenment. Practice and due diligence are also necessary parts of the equation.
Fashji

22. Drea

Well... I'm a bit new to all this so I don't know a whole lot about the kundalini. But, so far with what I have experienced I think I'm in for expecting a lot of things from within my shadow to surface from the kundalini. In other words, I have no clue what to really expect to receive into consciousness from the kundalini because my shadow consists of a lot of things I am unaware of seeing in myself or reality yet, so who knows what's going to really rise or be received. I do know that these specific things surfacing will be coming in equally as being good and bad.

I think I am more concerned about how my ego will take the kundalini because currently my ego is still creating dualities. It still is fantasizing over what I want, need, and desire. It likes to dwell into things it is used to being around. It's our egos that get us to always expect how we want or need things to be. We tend to polarize things by expecting things because we tend to expect more on

one side of the pole then the other to take place which would end up resulting in a war between opposites. So its always best to either a) expect nothing by omitting the good and bad or b) expecting both good and bad things to unfold.
I hope that makes sense.

It's easier said than done though, I'd have to keep repeating that over to myself while going down this path...

Yah, I get a bit psychological sometimes lol.

23. Valarie

I think "expect" is a strong word...closer to hope but after being here 10 months, I've moved from even that to just "wait and see" or you could say "allowing". I will accept whatever It/She wishes me to have, which has already been an opening of myself to things I didn't even know I was closed to. I am aware of its presence now, I never had this before. Insights are coming slowly. I think I hope to eventually have the blinders/blinkers off and know more than the reality I have always thought was all there was. I hope to be of service in every way I can without injury to myself (still a bit selfish about that one!). And ultimately, to merge or at least commune with the Divine.

There is much more I'm not thinking of right now...this is a very complex subject. But for now, I'm happy allowing K to do whatever needs to be done and I'm all for "slow"!!

Love to all,
Valarie

24. CV

I expect it to give me back my TRUE SELF. (I lost it somewhere along the way!)
CV

25. Tom

Hello Chrism,
You catch me feeling so timeless though... How can I expect, with no time to expect across? Why would I want to expect when I can just be, wrapped inside this wondrous present? In more everyday modes my expectations are miles high, but I'm temporarily so much better without them. Thank you!!
Tom

26. Claudia

I expect nothing but I want everything! Well, everything that I understand is possible through K awakening, which are gifts for the service of others.

More than anything else, I want the ability to heal...I would love to be able to alleviate some of the pain and suffering I see around me...but I understand that with this gift would come the responsibility to learn to discern when NOT to heal...to see when pain and suffering have an important purpose and bless the pain and suffering for the sufferer's higher good.

I hope that the K will bring me closer to God...and make me the best person I can be.

Blessings & love,
Claudia

27. Travis

I expect an all pervading feeling of love and well being, a calmness that comes from being centered in ONE SELF, a knowingness that this limitless feeling is the essence of all creation and a deep compassion for all that exists stemming from that knowingness. I expect a guiding inner wisdom to consistently reveal the truth of reality in the face of illusion and to be able to celebrate and rejoice in the infinite creative potentials of being inside of this truth by selflessly extending it to all. I expect an ever present knowingness that the status quo is really just a laughing matter that all of creation is truly a glorious mirthful laughing matter and a deep appreciation and desire to help myself and all others amplify this feeling of love, reverence, and celebration of all that truly is. I expect this because there have been times when I have experienced this truth and there has been no doubt during these times whether things really are as they are. There is no question when one is connected to the source of limitless power, love, and creative potential, just a knowingness of the one divine essence. Love, Travis

28. Dan

What I expect is an extrapolation on what I have already experienced: a significant reduction in my desire for alcohol and greater body awareness. I expect them because I think the trends are clear and they seem to be logical steps.

What I hope for is greater clarity of creative purpose and the will/confidence to extend myself. And I would pray that those efforts served the greater good. I kind of expect that humanity will have a new appreciation of its own oneness and its oneness with nature. It seems such a grand adventure to be able to participate at this accelerated time in humanity's development. It's like living in a science fiction novel, and you can even pick the author. I hope for a deeper and more present appreciation of this opportunity.

Love,
Dan

29. Sel

Freedom.

Sel

31. Genevieve

All my life I have wanted a connection with God...I have always wanted that spirituality of being One with the Whole....when I started researching the metaphysical, I read and practiced just about everything to get than enlightened connection...I do have some psychic abilities but I have not gotten to the place where I have yearned to be....until I found the Kundalini Awakening Seminar ad in Vision Magazine....then I started researching the K- and guess what I got connected with all you wonderful people and I know in my heart, this is the place where I will be guided to make that much sought after connection with the ONE! With it, I want to heal others and help bring them into enlightenment....then and only then can mankind finally be happy with each other and have a genuinely joyful existence in this life...I want to be a part of that. Thank you chris and all of you wonderful spiritual persons for sharing your experiences and knowledge with us newbies!
Love, Light and Blessings,

Genevieve

32. Lisa

An Awakening, an understanding of ourselves and the universe. Evolving into a more complete and advanced human being, connected to our spirituality or divine source.

~ And I'm waiting to turn into Wonder Woman, I have the costume ready to go!

lisa :)

33. Stephen

To not just pay off my debts--but ELIMINATE them!

Woops,
Wrong web-site!

Actually, I kind of adapted a "wait and see" attitude with Kundalini.
I think "the good stuff" we receive is not TOTALLY of our doing (it's a BIG joint venture).

SO....

I just open the doors and "wait and see".

Works for me, anyway....

:)

Stephen

34. eileen

i do not want to say i expect anything yet i pray for guidance – i truly feel i have been called to work with k yet am not entirely sure of what i am to do so i keep surrendering for guidance - so far i have been guided to move cross country and to downsize my life and to work with chrism - that is an answering of my prayers for guidance yet i know there is more to come so i will be patient and wait for more directives

since my activation was unsolicited and i found this site i feel there is a reason for me being here and for k being here in my life so i anxiously await the knowing and future guidance

eileen

35. Cathy

Dear Chrism,

I took some time to think about my response to this question. In short, I want to return to my true self, as created by God/Source. In order to deal with this materialistic world, we pick up habits and ways of thinking that are alien to our true natures. I think the Kundalini is the way back. I have an image of a snake crawling out of old skin as I write this. I hope this doesn't sound lofty or superficial :)

Blessings,

Cathy.

36. Kris

I find this a bit of a tricky question, because expectations don't seem to be the way to receive anything at all.

For myself i have one big hope: to guide, bring, teach me the big mystery and ultimately, if it's possible enlightenment. Yep let's be honest ,just for now as a starter, that's what I've been longing for .And for many, many years. In order to be so guided i love to be taken apart, i really do not mind.

What have i gotten this far??? This is a question which to me is much more interesting to know from other activated people.

As for myself:

some blissful moments

sex with the cosmos (i can t describe it any other way)

some insights in previous lives

hand mudras which manipulate peoples energy, magical given opportunities

far less energy then i had when not activated
incredible sex drive, sex with the essence of my beloved wife
a bit more intuitive
directing energy in a simple, but conscious way
some pains
a lot of insecurity (my sanity)

SO WHAT ABOUT YOU

LOVE TO ALL GOOD PEOPLE OUT HERE

37. Ben Hagen

This is a question I am not sure how to answer. I wouldn't know how to live without being K active as it is as much a part of my life and natural as breathing. I for one have never expected kundalini to give me anything and have actually ran from many of the possibilities that kundalini can bring about. I only found out later that I could run but couldn't hide from what was to be.

I think I was activated at a rather young age and know of no other way as the vibrations and energies were a part of my life growing up. But I'm one of those hardheaded people that doubt most things and go out on the wild side to try everything to learn. Then do it again just to see if it will happen again. I learned by circumstances as at those times there wasn't a chirm or any type of teacher around except the knocks of life. Chirm calls it surrendering to kundalini and I would only add to that the stilling of the inner-voice, to be silent and listen to what is within and about you.

That inner-voice is a dialog saying "I am" which is not a bad thing as it keeps you "you" and defines what you are and is the outward definition of Ego. As one begins to silence that inner-voice, kundalini becomes the teacher. 42 years after discovering I could activate K in others I have come to a conclusion that kundalini gives you nothing but only wakes you to what you already have, the rest is up to you.

My question would be: what is life like without the K life force energy?

38. Rodney

Hi Chirm

When I first joined this group I didn't expect anything. Now I suppose, like Val, it is more of a hope that I will experience similar to the others. Why do I expect it? well we are told that if we do the safeties and the Tibetans, pray and meditate express inner joy practice forgiveness and give service without thought of reward then there is every chance this will happen.

I try to do these things and find some easier than others. For instance; "forgiveness" I have forgiven every person that has wronged me and my family, practically every day since last May, haha but I still get angry sometimes. I tried standing them in front of me and telling them I forgive them, like one of the girls said, this seems to work better. Even so, I feel like belting their ear holes and saying "keep still while I am forgiving you" hahaha.

Seriously though I have spent over 40 years reading metaphysical and spiritual literature, and I am now on this group of likeminded people, who are kind, caring, thoughtful and sincere, and when I came here you said, "welcome Rod it is no accident that you are here" and I think you are right, so I am on the kundalini awakening group, expecting to awaken my kundalini.

kindest regards
and lots of love
Rod

39. Stag Spurling

Dear Chrism,

Thank you for the thought provoking question. At first, I was taken aback, I didn't think I had expectations, so I asked myself if I have no expectations from Kundalini why did I join a Kundalini Awakening group. I realize my expectations were Kundalini Activation/Awakening would be a life transforming event transforming me into a saint or a madman (or possibly both). This was my impression from my readings in yogic literature. My background before this group is primarily yoga. I joined the group to find a middle path. I think it's a Chinese saying: Head in the clouds, feet on the ground. To that end, I try to put life's content into a K context while viewing phenomena from a witness consciousness. I think expectations could actually hinder spiritual growth, so it's good to be asked what expectations we have. Thank you again for the great question! Many Blessings to You, Stag

40. Jonathon Rowland

Hi chrism

Another delayed response! I believe we are 'complete' - you would term it 'one with all that we are'. However many/most of us have been sidetracked with the material and mundane things of life and have neglected to develop that spiritual aspect of our being to our own detriment and that of those around us. So although we are one we have not integrated the full capabilities that go with that 'oneness'. As such I seek that enlightenment and understanding of why I am here, what is my true purpose, where am I heading?

I expect it because I believe that that is our true nature, where we should be, but that for reasons I do not yet know or understand many of us have failed to achieve. To not release and achieve this full potential would represent not realizing completeness in this life, of neglecting fully developing ourselves and then being passengers instead of agents of change for the better.

I have been actively involved in war, I have seen the darker side of humanity, I live in a country and on a continent being torn apart by greed, corruption and incompetence and innocent lives being destroyed. I see that trend spreading globally. I want to help change that and reverse that trend, but I cannot do so until I have changed myself and learned that which I need to know to help effect the greater change. The solution is a spiritual one and I yearn to be at one with God, whatever he may be, and to help others successfully make the same journey. Until I get there I am limited in what I can give back!

Blessings

Jonathan

40. Bret Arenson

Since I didn't ask for the Kundalini this is question perhaps not appropriate for me in a way. However when I got the K (even though I didn't call it that or know what to call it or what to think of it) I had many thought and hopes for what it might be. I think these thoughts mostly came up so I could try and divest my attachment to them.

In any case I think I may find a public rapport for my art which comes directly from the Kundalini experience and a few appropriate choices on how it should be manifested. And hopefully someday this will enable me to support myself on this endeavour by itself. But mostly I really want to devote as much as I can to the depths I am able to find in myself and with that to create excellent art with as much authenticity as I can. I would expect this as I see it is a possibility which has already shown fruition and there is no reason to expect it will not culminate even further in the future.

I just read what I wrote and I suppose what I expect comes from what I can do with it and how deeply I can engage with it. So another question might be "What can one give to oneself through the Kundalini?"

Bret

41. Shahin

Q - What do you want from K?

A - I want sat chit ananda, unlimited power, knowledge and happiness, a permanent connection to the Unified Field, being in Samadhi 24/7/365/95

K will open the door of the building. Then I assume, one needs to go up to level 1 then up to level 2 then ... to level n, (n is infinite)

Have a happy day

Shahin

42. Thomas Brooks

I see that which we call the Kundalini as the very creative energy that is responsible for the existence of the universe and our presence in it. I see it as the feminine energy of G-d, as in gestation of us, of everything. I realize that it serves a dual purpose in a sense, perfection of the individual development so that we can be 'born' again, and also, as part of that process, the

perpetuation of the species as it expresses through the 'lower' chakras.

What I expect is really nothing concrete, as beyond what I just said I don't think we can know ahead of time what will happen or what it is like. I think that Kundalini has already been active to an extent in me, in all of us, but not full blown yet. So, my hope is for it to move in that direction so that my manifestation can be as complete as possible. I no longer have the expectations I used to years ago, so I probably won't get what I expect. I'm used to that LOL.

You said I am close; I hope I can live up to that statement and do my part well to "get there".

All that is, of course, my opinion, at my present level of understanding.

thomas

43. Nicole

Sun Jun 29, 2008 7:17 am (PDT)

Wow, I was just typing an answer to you Chrism when my computer restarted and showed this blue screen. Maybe a message from Kundalini, lol. What if I don't expect anything and wasn't looking to activate Kundalini in the first place? How can Kundalini change my life for the better? What if my life is so boring it's downright suffocating? It's our life controlled by Kundalini and we have no control and we can't want anything? Does Kundalini really know what's good for us? What if nothing is happening good or bad? I'm looking forward to your answers Chrism. From a truth seeker to another.

love, Nicole

43. Dhyana

I find that I don't "expect" anything from Kundalini. My heart's desire is to follow in the footsteps of my Lord Christ. It has been a transformational experience from the very beginning and I don't expect it to change any since being led to Kundalini, just that now I find myself in uncharted territory. I always loved swimming in the depths, so this is another exciting part of the Journey. I know He's holding my hand and my Life, so I'm embracing it as a child trusting and simple, surrendering to the unfolding that He promised.

Love, dhyana

44. Chris H

I believe the kundalini energy is a first step or doorway to evolution. I believe enlightenment is the evolution of humanity. I only wish to evolve in this physical reality, to master my emotions, thoughts, desires, fears and so on . I believe to master this life with kundalini as the first step to

help my evolution will prepare me for the next realm of my existence. To evolve and grow past this lower realm and to always and never stop evolving.

44. Chris H

im not expecting , im journeying alongside ..
seeking the path to alaya..
the path to home,
a place that is everywhere and nowhere..
but i find it the most from within, and reflected in the consciousness i feel around me...

wishes paula.....

45. Paula

The K found me, I was not seeking this. At first I just wanted it to go away, but I know that it was part of my path and now I would not want it to go away (not that it will, lol!).

My only desire (or expectation) of the K is to be able to be of service to others. I intend to use the gifts I have been given to help others, never for profit or egoic reasons. I am in the midst of finding ways that I can be of further service.

I have already received, and continue to receive, healing from the K. My belief is that I am being healed from things that keep me from being of good use for the K. Perhaps if my injuries were not detrimental to my path, I would still have them.

I don't expect anything at all, but I am very happy and grateful for all I receive. I thank you, Chrism, from the bottom of my heart for providing a place to work safely with the K and for helping us to use our gifts in service to others.

46. David

My desire is to attain enlightenment. Of course, I don't really know what that means, but I know it's the thing I've heard all the sages and saints talking about. I've had this goal for a very long time. It's not my only goal - there are secondary considerations re certain karmic obligations and love, but it's a big driving force. Coming to this site seeking K is part of this.

That's my end goal - what about my expectations? I expect that K will speed everything up and intensify everything. Thoughts and actions that might not have borne fruit for several lifetimes will yield results tomorrow. Burning through karma (and creating it, if I'm not careful) at a phenomenal rate.

In a way, I came here to put myself in an untenable position spiritually, a kind of sink or swim position. Either I do what needs to be done to allow K to do what she desires or I sink into various inner hells. A crossroads kind of thing. For the rest of my life.

My expectations are, that if I do the right things, I will have an extraordinary inner life, and will be able to take my awareness inward and upward into realms and dimensions of unimaginable joy, happiness, bliss, ecstasy, etc. Eventually. I expect to have to go through a bunch of purifying experiences as well, before the layers of illusion and karma are burned away.

So my real expectations are for inner transformation.

To answer some of the other questions posed in the post - sure, I wouldn't mind getting rich, but - that's not my goal in seeking Kundalini. If I did get rich I could do some interesting things with the money (after taking care of my family, karmic obligations, etc.) that would benefit other souls.

Regarding new sets of skills. One does have to navigate the ocean of existence, i.e., the outer and inner worlds. Skills are needed. I expect that if I do the right things to support a balanced K experience, the necessary skills will come. Some such skills I already have: ability to rely on intuition, turning inward to stillness to seek answers, etc. I expect that as K does her thing, if I continue a good spiritual practice, these abilities will also grow.

If I get the Kundalini but don't get what I expect, what then? I like think I'd try to do a systems analysis of my journey and my practice to determine what I can do differently (or not-do, as the case may be) to allow the Kundalini to work her transformative magic. Sometimes not much happens on the outside or in the noticeable realm, while the stage is being prepared behind the scenes. So I'd have to temper my in-born tendency toward impatience with this perspective as well.

Once again, my gratitude for this site, for the Shaktipat, for the gifts.

Love, blessings, thanks,

David

47. Prasad

Hello all...

I had read a bit of K before I came to the group...I was so afraid of K itself thinking that's related to black magic.....I was enlightened about it by my guru...

I have been feeling by kundalini I can get more skills by which I can experience and learn many things that are beyond the belief by the human body....this was sort of a dream to me since I have been reading lots of mythological stories on saints and gods.....

But my ultimate goal is to reach the goddess.....reach her feet and ask her...."Oh mother take me at your feet and bless me with salvation.....let me go of this ignorant life and make me one with u"

and if I don't get what I want???

I may not get skills ...I may not become a great person with great powers...I may not get K-itself.....But I'm sure one day this soul shall reach my mother.....what more??

Regards Prasad