

Kundalini Awakening Support with Ellie Paskell



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Welcome my friend,

If you've been through or are going through an awakening in which your relationship with your body's energy has changed, you're not alone.

Whether you resonate with the word kundalini or, for you, the process feels unnamable, this booklet is intended to be a support to you while you're in it.

Please take what's helpful and leave the rest; the knowing of your inner voice trumps anything I write so I invite you to listen to your intuition as you read and see what it says.



The information in this booklet...

Has been gathered by me over 30 years of my own kundalini awakening, during which I've spent around 40,000 hours observing the energy in my body, received teachings on the kundalini process, worked with clients and learned from others who are traversing the energetic awakening journey, too.

Since 2012, when the energy became particularly powerful in my body, I've dedicated my days to walking this unpredictable, wonderful path with as much joy and empowerment as possible and hope to support you to do the same.

If there's something you need that isn't addressed in this ebook, you are most welcome to email me to let me know/ask a question at hello@elliepaskell.com.

What is a kundalini awakening?

Kundalini is the name some people give to the life force in our bodies. Many communities and spiritual traditions on the planet have their own word for this energy, such as *prana*, *chi* and *shakti* though, interestingly, none of those words originated in the westernised world.

Kundalini is yet to be recognised by the mainstream cultures and medical systems of the west, meaning that those of us in these parts having an energetic awakening can find it to be a pretty discombobulating experience. How do we navigate something our culture doesn't recognise as being in existence?

If you can relate to that conundrum, it's my intention that this booklet helps you to find a sense of peace and comradeship on your path. May you be comforted to know that there are parts of the world where what's happening in your body is commonly understood and that, at this point in human history, you are one of thousands, perhaps millions, who are waking up the kundalini way.

The process of kundalini awakening has been likened by traditional eastern texts to a coiled snake, rising up through the energy centres of the body.

Some say that all of us are born with this powerful life force 'coiled' or dormant at our tail bone and that, for some, this energy awakens during our life and moves through the body. It's thought that this movement of energy brings embodied enlightenment or 'awakening' to the experiencer but it's important to remember that the nature of your experience will be unique to you and you get to make meaning of it in the way that feels best.

What's Supposed to Happen?

Some people believe that a kundalini awakening should look a certain way. It's been said that, ideally, the energy will ascend up, through the energy centres in the body, awakening them in turn and leaving the person transformed. I believe that any notion of an 'ideal process' is unhelpful and that there are as many different experiences of kundalini awakening as there are humans having them. My journey hasn't looked like an energy flowing uniformly up my spine and I've only met one person for whom it did.

Some people feel the energy rising, some feel it moving downwards or sideways through their bodies... for some the process focusses, particularly, on healing one or two parts of the body while others experience ancestral or emotional healing on their path. Your process is unique and it's my belief that wherever you are right now is where you're supposed to be. You can trust this process and get to take care of yourself in any and all ways you need.

Tools, Strategies and Suggestions



Be Kind to Yourself

Many of us have been conditioned to be harsh on ourselves. The world encourages pushing on, toughening up and 'getting the job done' but kundalini asks us to treat ourselves with love. Harshness is no help.

Imagine walking down the street with someone running behind you telling you what they believe you're doing wrong... imagine having a task master at your side 24/7, goading you to buck up and 'be better'. It wouldn't make you feel good but that's the way many of us relate to ourselves and, when kundalini comes to town, it's time to release unkindness and open to something new.

When the energy's moving there's enough happening in our bodies without having a tyrant in our minds, too. So the invitation, here, is relate to yourself the way you would a friend; offer yourself compassion and enquire what you need.

What would support you to feel 1% more calm, right now? Perhaps taking time in nature, calling a friend or planning to have nourishing evening would work. As ever, I invite you to listen to your body and honour what it says.

Grounding

You may find, when talking to people or reading about kundalini, that you're advised to 'draw the energy up'; perhaps you're directed to meditations that guide you to visualise energy ascending your spine, or to go to a yoga class and keep things moving. But for many experiencers the energy's already powerful enough and what's needed is calm.

Kundalini awakening can bring significant changes to your embodied, cognitive and 'external world' experience, so by slowing down and coming into the now you can find your feet.

How to Practice Grounding

Slowing down and grounding into the earth is a great way to balance the power of kundalini. Ways to ground include:

- Spending time in nature
- Walking and allowing your awareness to be in your legs, hips and feet
- Limiting your screen time
- Dancing, with your awareness on what you feel
- Slowing down by scheduling fewer activities each day
- Putting your bare feet on the earth
- Being in environments that are quiet and calm
- Meditating on your lower abdomen/womb space when dancing or walking

How to Soothe Headaches & 'High' Energy

Experiencing migraines and 'head pressure' is common during a kundalini awakening and there's lots of things that can help to bring the energy down

- Grounding in the ways that feel best (see previous page)
- Staying away from screens, sugar, caffeine or bright and busy environments
- Getting out of your head and into your body; stop talking or ruminating and go do some everyday, physical things; assemble your new furniture, have a walk or chop the veg for a tea
- Stay away from words and logic. Put down your book and move your body
- Avoid meditations that focus on the crown or third eye
- Avoid stressful situations as far as you can

Journeying with Fatigue

Fatigue is common during kundalini awakenings and, in our high paced, productivity focussed world, it can feel like a real challenge. Having said that, I have total faith that, if you're journeying with tiredness, you'll find a way to do so that serves your highest truth and opens doorways to joy.

For myself, even though I've wrestled and riled against tiredness, it's been my greatest teacher. Here are some tips that I hope will be of support to you:

- **Open to seeing the fatigue as a gift.** A person who's sleepy and surrenders to the sleepiness can have a lovely time; resting when your body's tired brings pleasure. So if you're able to do that some (or all) of the time I invite you to go for it. The kundalini is guiding you to rest for a reason and you can trust that. So put on comfy clothes, light a candle and settle in.

- **If resting doesn't seem possible I invite you to have a look at why that is.** What's comes up for you if you think about resting when you're tired? If you're furious at my even asking the question - notice that. Perhaps there's guilt, thoughts, resentments or other emotions arising. What does the part of you that doesn't want to rest have to say? Give them voice.
- **Journaling is a great way to find clarity by letting the different parts of you express themselves.**
 - The part of you that's tired and *wants* to rest, what do they feel, what do they need, what do they know?
 - The part of you that's resistant to feeling tired; what do they have to say? What would they rather be doing than resting? What do they feel, what do they need, what do they know?

You can also bring these parts of you to life by painting, drawing or impersonating them. Let them share what they have to say and then, when they're done, invite your inner mediator in and see what they say the next step is.

I.e. which part of you will have their needs met, first? Perhaps you can find a compromise that gives all elements of you some of what they want. Simply put: what's the next action or inaction that feels guided by love?

- **If your schedule is so full that you simply can't rest when your body's tired, I invite you to gently and deliberately change that.** Start small if necessary. How can you give your body 1% of what they need? Saying no to a lunch hour meeting, foregoing your morning gym session or changing your job may seem drastic but aligning with what your body needs will plant you firmly on your path of health and happiness and, in truth, that's all you're ever aiming for.
- **If you'd like to rest but find that, beneath the fatigue you're too wired, anxious or tense to relax** then learning new ways to unwind will be a great next step. If lying down doesn't work for you, there's a whole host of other things you can try such as gentle yoga, body scan meditations, yoga nidre, walking in nature or warm baths.

And if you'd like access to even more calm kindling techniques, simply email me at hello@elliepaskell.com and I'll send you a beautiful booklet about that.

- **Fatigue can arise when we're subconsciously blocking an emotion.** So the next time the tiredness comes up, try enquiring 'did something just happen/did I think about something that created a feeling I'd rather not feel? Is there anger, sadness or joy happening, underneath?' Going somewhere quiet (the bathroom if necessary) will help you feel what you feel and hear your body's truth.

The Gift of Tiredness

For me, though I HATED the fatigue at the beginning (“what do you MEAN I’m suddenly too tired to do all the things I need and want to do?! Are you kidding?!”) over time, as I slowed down and listened to my body, I found that the tiredness wasn’t arising haphazardly but that it came in particular situations when a part of me was speaking up and saying ‘no’ E.g. ‘No I don’t want to go to that loud, harsh environment.’ Or ‘No I don’t want to please that person at the expense of my joy’). And I discovered that, though these inner ‘no’s often happened on an unconscious level, that – when they did – somewhere in my body, a break pedal was being pumped, creating fatigue.

As time went on, I learned that there were parts of me that had been buried since childhood; my inner freedom monkey had no space, growing up. She couldn’t breathe in the westernised, overly planned-out world and there was only so long she was going to stay schtum.

As a teenager I became excellent at playing by the rules and being a 'success', but the universe/my soul had other plans and, in 2007 when my fatigue arrived, it was time for me to get back on track with my heart and align with what lit me up. No more flat packed, man made life; no more people pleasing, under-eating or doing things to charm others that left me cold.

While my journey with fatigue has been challenging, it's brought me to where I am today; to a life in which I know myself inside out and prioritise joy. If you're feeling fatigue, I wonder what jewels it's bringing to you.

Easing Insomnia

Sleep is, of course, important for your wellbeing so, if the kundalini is meaning you're unable to get any (particularly if this has happened for two nights or more) it's good to make space for some form of rest.

Allow yourself to nap in the day or relax in a calm, quiet environment. Pop some lavender oil in your bath, create a 'nest' of pillows on your bed and, if you're not dropping off, know that resting without sleeping is great for your body, too.

Being Alone vs Being with Others

You might find that the kundalini makes you crave time alone or that, for you, it's the opposite.

At the start of my journey, I needed to be careful about who I spent time with because I needed those around me to speak in non violent ways. My own inner boundary was still fragile meaning I'd hear other people's opinions as facts, and they'd drown out my inner voice.

It's common, however, for there to come a point where kundalini experiencers want to share what's happening with others and if that's true for you, I invite you to check out the resources page of this booklet (p27).

Processing Strong Emotion

The kundalini process can turn the volume of your emotions right up so it's great to be with what you feel in kind, compassionate ways.

- **Let yourself know it's okay to feel what you feel.** Make post its or reminders on your phone that say things like 'all of my emotions get to be here' so that when you slip into the societal norm of wronging what you feel, you'll be reminded to soften and allow what's in your heart.
- **Know that feeling your emotions isn't a 'soft skill' but transformational expertise.** Every war and horrendous happening on the planet, right now, has been instigated by those disconnected from their feelings. So each time you feel a feeling, you're helping humanity grow up by embodying your aliveness. When we get to know our own, powerful life force, we remember how to channel it into wonderful things and create a world aligned with love. So, next time you're crying it out, raging like a rebel or jiggling with joy, give yourself a pat on the back and remember you're part of the remaking of our world.

- **When emotions arise, letting go of thoughts and focussing on the sensations in your body can be a game changer.** Though the mind may tell you that *thinking* your way out of pain is the way, in reality, that'll often keep you stuck. Genuine pathways of healing and peace are to be found, however, when you release thought and bring your awareness to the sensations in your body. Feel to heal, my friend. Feel to heal.
- **Slowing down so you can feel what you feel is a powerful thing.** For me, doing so has been a necessary because, at times, the energetics in my body have been so strong I had to give them space to move. There were times when it took me two hours to get ready to leave the house because the 'energetic whirlwinds' that would arise as I prepared to do so were wild and, though my mind resisted this at first ("what do you MEAN we can only do a fraction of what we used to do in a day??!?!!!") it's been a gift.

Slowing down has meant space to heal, it's means quiet time to hear my heart, to discover who I truly am and allow that version of me to drive the bus.

Holding Your Energetic Boundaries

Increased sensitivity is a common side effect of the kundalini process, enabling many experiencers to feel the feelings and needs of people around them. Though this is a gift of sorts, it's distressing if not under control and the most effective ways I've found to return to centre and stop feeling other people's stuff are:

- Staying grounded
- Saying no to things you don't want to do
- Keeping your thoughts to yourself; i.e. literally. stopping thinking about the other people in the room by observing your belly rising and falling as you breathe, by noticing how your feet feel on the ground or saying a silent mantra
- Focus on the heavy, lower areas of your body such as the pelvis, hips and belly and focus on staying centred in that area when you're talking to others
- Some experiencers also find it useful to visualise themselves surrounded by a white light or a band of protective guides

Spiritual Practice

You may find it supportive to join a spiritual or meditation group during your kundalini process. For me, being in space with people doing simple meditative practice has been wonderful but some of my kundalini buddies find they need to stop all meditation or spiritual practice during their process because it stokes the energy too much.

Food

As ever, when it come to eating and diet, I invite you to listen to your body. What is he, she or they asking for? What kinds of foods would support you to ground down and let the energy flow as it needs?

I've never wanted to eradicate all meat and sugar or stick totally to whole foods but some kundalini journeyers find that's right for them.

Some also find that spicy food stimulates the kundalini too much though, personally, I've discovered that a good dose of chillies helps me to feel my body more strongly and so land solidly on the earth. I've also learned to allow myself to eat bigger portions because being skinny made my kundalini sky rocket and brought migraines and fog.

Ask your body what's right for you. You can only get this right.

About Me, the Writer of this Booklet

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Resources

The Kundalini Collective - is a wonderful group of kundalini experiencers sharing resources, personal stories and artwork. There's also forums for asking questions and sharing on kundalini related topics, plus the opportunity to come to monthly, live peer support groups

Awakening Support - A PDF of resources to support those who going through the spiritual awakening process. Scroll down to the bottom of the page and click the PDF icon

Awakening Guide -a website containing the teachings, research and resources offered by Bonnie Greenwell, a non-dual teacher and transpersonal psychologist who dedicated her life's work to mentoring people in this spiritual awakening, or spiritual emergence, process

Blessings on your journey, my friend.

If you'd like to have a chat with me to discover how I could support you, one to one, simply [click here](#) and we can set that up.