
How and Why Kundalini Emerges

How does it emerge?

- Randomly (walking down the street, etc)
- Evoked (through kundalini yoga, breath work, or Shaktipat)
- Through spiritual experience (one or multiple)
- Through ingesting plant medicine
- Through trauma
- Through deconstructing the ego over time (through spirituality, somatic work, or general personal inquiry)

What is it?

- It's simply life energy
- It can emerge at different levels of subtlety
- It can sometimes emerge and then go dormant
- If you've done somatic work, most likely you've already released some of this energy
- The energy that is released is the energy that's trapped in our egoic structure
- The contractions in our ego, which are created by beliefs and unprocessed emotions, cause mirror contractions in the body
- The energy trapped in these contractions is what is released when the energy we call kundalini opens

Why does it emerge for some people and not for others?

- Ego structure influences who kundalini emerges for:
 - Too much tensility - ego is too rigid, and tends towards hypervigilance and hyperorganization
 - Too little tensility - ego is fragmented, and tends towards dissociation and disorganization
 - Medium tensility - ego is flexible without being porous, and organized without being rigid
- The energy emerges in a sudden burst when there is a gap in egoic functioning/organization (i.e., the ego stops creating the world it believes in, all beliefs fall away for a moment)
- Trauma, spiritual experiences and egoic structure all play a role in determining whether, and to what degree, the energy emerges
- Those with the least tensility are most likely to experience a sudden burst of energy because they experience more gaps when this could occur
- Those with too much tensility are more likely to experience a gradual opening of the energy that has been trapped in the egoic structure
- Trauma can shock the ego into retreat, and can create an ego that doesn't maintain its structure very well, creating opportunities for trapped unconscious energy to emerge
- Spiritual experiences are more accessible when an ego is less tensile, and also cause the ego to let go
- When this happens, some degree of the energy that's been trapped within the ego is released and begins to seek resolution
- Some of this energy usually resolves on its own, and some does not
- What does not resolve on its own will cause pain until we surrender to the wisdom of the energy and our body
- K can also emerge as a result of something completely unplanned - if someone is not looking for a spiritual experience but stumbles into one, if someone is new to spiritual practice, these are circumstances where egoic tensility does not matter as much
- As with everything, there's an element of mystery in how this energy opens - I can't fully explain it