

# Working with Kundalini for Somatic Therapists

## The Basics

- K is just nature, it's just the body
- It can wake up to differing degrees, it can go dormant
- K/the body will always, always take you to the point where no technique works - that is its function
- What's needed long-term to resolve k's pressure is awakening, letting go of self and all beliefs, living outside of the conditioned mind – this harmonizes k
- It means learning to operate in a *completely* different way
- You are not going to regulate k awakening through SE - it is enormously helpful, but not sufficient

## Somatic Work

- Work with the attention - shifting it away from the trauma vortex - red to blue, trauma to resource
- Orienting through the environment, through relationships, and through supporting clients with discernment about their internal experience
- Because kundalini is so extreme, truly do anything that gives the system a break (as long as it's not harmful)
- Focus on stabilizing and building resilience to make the rest of the work possible
- Touch work or anything else that opens up unconscious material can be supportive but can also be overwhelming – listen to your client's system
- Titration is very important - support clients in not digging up unconscious material they're not ready for. Opening up additional unconscious material will increase k's pressure until the material is resolved.
- Limiting sensory overwhelm is important - grounding products, biogeometry, etc., can be helpful
- Limit triggers when possible
- Following impulses and longings, big ones and small ones (F/F/H and impulse to rest, get away from, desire to be loved, etc.)

- OI-style following - what does the system want to do next? And next? And next? This is how our biology wishes for us to function, at the end of a journey with k.
- Feeling are amplified with k, this includes pleasure - take advantage of this to support stabilization and regulation
- When the energy lets go or the person surrenders it will be pleasant and unpleasant - have the person put more attention on the pleasant (increasing ease, relaxation, relief, and so on) as opposed to the unpleasant (fear, despair, nausea, disorientation, grief, and so on)
- There is a need for empowerment, but it's complicated because using effort to cultivate or access empowerment may not be available - find low effort ways to support empowerment, validate that it's harder for people with kundalini
- Amplify/celebrate "no" and not wanting to begin to open up resistance and blocks and to integrate empowerment
- Outside-in instead of inside-out – using effort while in the egoic paradigm of mind causes additional contraction, and thus physical pain or discomfort for k folks. When effort causes a system pain, seek external supports/create conditions externally to offer system what it needs
- When needed, orient to what's already available instead of trying to create a shift
- We're stabilizing/resourcing, unblocking the flow, building trust in the biology/flow of the energy, expanding the container, etc.

### K-Specific Considerations for Trauma Work

- Trauma amplifies k and creates blocks; k amplifies everything
- K makes it more difficult to contain unprocessed or unconscious psychic material, including trauma
- K and trauma function in the same way but long-term require different goals - both cause powerlessness, disorientation, etc. But egos need to feel empowered and oriented before they can surrender beyond themselves.
- K's function is to disempower - tricky with trauma, helpful to normalize feeling overly disempowered
- K's function is to force a recognition that "I" can't, so that something else (Being, Life, Consciousness, the body) can
- K's function is to crush/depress/freeze the ego - literally to force the egoic self into stillness, which can evoke trauma specifically related to flight and inescapable attack
- Create enough orientation so the person can allow the disorientation of awakening

- K causes a loss of volition (which means it makes egoic choices physically uncomfortable/painful) and egoically feels like losing control - it's important to titrate this part of the process when needed and to support the client in developing trust in the body and the wisdom outside of their egoic self
- The loss of volition also means control-based techniques might not be effective because trying to exert control creates extra stress/pain; find the direction the body/psyche want to flow in instead, or use techniques that are low-control
- Kriyas are the way the body unravels stuck patterns – they are usually good to encourage and trust
- Keep in mind kriyas won't resolve trauma or other karma on their own unless the belief driving the pattern they are trying to release is uprooted, which sometimes happens spontaneously and sometimes doesn't. When it doesn't, it's important to access the pattern in the mind underlying the contraction or block and work with it directly.
- K often causes people to become syndromal
- To sum up, k is often working *against* what is needed for trauma healing and clinicians must take care to meet enough of the client's trauma's needs such that k can do its work

### Other K-specific Notes

- Assess the frontal lobe capacity and the personality of the client to determine how much cognitive and how much somatic work is needed
- The egoic self is in freeze - it is literally frozen fear, and as it opens, fight/flight will intensify as will the capacity for freeze. The range the system can experience can increase dramatically.
- Since K-activated systems have a wider range of experience - they are exquisitely sensitive to change and can settle more deeply than most systems. There is a possibility for larger shifts and larger movements of energy than in other systems. However, if one releases a lot of energy and settles a system deeply through meditation, acupuncture, energy work, kriyas, or even regulation skills, it can be counterproductive. When the system is not ready for such a big leap it will snap back into its old position and will often become MORE resistant to change than it was before the intervention. Change happens best a little at a time, respecting what the system can tolerate and integrate.
- The process can proceed in many ways - it can be more mind-led or more body-led, more masculine or more feminine - listen to what's called for, switch it up when things are stuck
- K opens access to the Ultimate, which can be a resource, but be careful with clients who push themselves to attain these experiences because access to the Ultimate also erodes the ability to contain unconscious material

- K seems to burn through a person's nutrients and resources more quickly when it is most intense. Make sure medical needs are taken care of, as much as they can be and that the person takes vitamins or supplements to replenish depleted stores.
- Know k emergence can intensify psychological conditions and create others, normalizing this will help the client relax and help the intensity pass
- Expect the person to lose memory for a time - it may never come back in the same way
- Increased suicidality is normal at this time. Reframe it as the ego or sense of self wanting to die.
- A need for isolation is normal at this time due to heightened sensitivity
- Intuitive movement can be a really helpful way of learning to trust/follow/enjoy the body
- The energy wants to circulate up the back and down the front - it can be helpful to *gently* encourage this
- Practices such as the inner smile meditation, the six healing sounds, and the microcosmic orbit can help regulate the energy and remove blockages
- Weightlifting can be helpful for grounding and empowerment
- Expect siddhis to emerge at some point
- Don't obsess over chakras or blocks – they will clear as the stuck patterns creating the blocks shift and release
- Find the beliefs that are most stuck, like “I have to feel this” “I have to fix it” or “the world is dangerous,” so that they can begin to loosen and release
- Know when to and when not to take the client away from pain - at some point the person will be resourced enough to surrender, and the pain will be what gets them to do it
- Take care to give the client the right amount of responsibility for navigating their process - yes they need care and support, but ultimately they will have to let go of a lot to truly heal, and a therapist taking too much responsibility can inhibit the client's surrender and creativity
- Pain and autoimmune problems are created when k meets a contraction in the body, which results from an egoic belief/stuck trauma (throat block —> Hashimoto's, etc.)
- Clients need *just enough* trauma healing, then to turn towards the work of awakening
- Being willing to go waaay outside of your own expectations as a clinician to hold space for what they need, and what happens for them - and what's true!!
- It's so important that people come to see kundalini as trustworthy, as intelligent, even as loving
- Bottom line - **the energy knows exactly what to do**