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Presentation of Paper for Sound Healing Certification through the

Globe Institute of Sound and Consciousness

Attention: David Gibson

Title: A Kundalini Awakening and the use of sound healing

When it began for me

I have been practicing Centering Prayer for the past 5 years and I began to notice that during the Centering Prayer meditation 1-/1/2 years ago that I would have involuntary movements and sound happening at the same time. The kriya movement occurred more frequently and intensified. Kriyas are an expression of release through your body's intelligence. As I experienced the involuntary movements with sound, I was not yet aware that I was having a Kundalini Awakening! I think that my soul and spirit commanded this awakening. From my personal journal writing daily, I know that starting in late 2017 and to this present moment, emotional stuff and old beliefs were coming up as I started to feel dense and dark. The dreams I recorded reflect a cracking open of my psyche and soul. The pain started to emerge and to express itself. I remember times when I felt so dense and dark in my body that I could hardly walk. I am a walker—I walk every day for health and wellness. I finally did some research to educate myself about what I was experiencing. I found reputable websites by Leila Eden, Christina Lopes, and I found people in my area who have been through this. I met in person with these people for support and have talked on the phone as needed. Knowledge is the key to being able to process through this experience. Surrender is the only option to help one get through the purification and releasing process. I learned that there are stages to a Kundalini Awakening and they are: 1. **The switch goes on**—ego starts cracking, soul starts to open and major acceleration in energy is activated; this can last days or weeks; 2. **Bliss**—consciousness expands upward, feel connected emotional scale is re-set, heart center opens; 3. **The Dark Night**—deep healing, heal painful past, purging of ancestral and past lives, and wounds in this lifetime; is a difficult stage; ego dissolves; can last months or years; 4. **The Void**—everything stops, all has been purged, feel deep rest, you are a new person, it can feel very disconnected; 5. **Grounded-ness**—all the energy experiences will get grounded in the earth, sense of connection to universe returns but is more stable, sustainable, manifestation powers increase; lasts years; 6. **Purpose & Mission**—accumulated so much wisdom, a blueprint is activated, you start to walk a new path, follow your soul dharma; can take years; I learned that a Kundalini Awakening can be more intense if one has had prior trauma such as childhood sexual abuse, which I experienced. The purification and releasing process of a Kundalini Awakening felt very unstable as nothing feels certain and it felt like standing on shifting sands. This is because all of one's prior mental thought processes are being reconstructed, as is the ego. The entire process is to re-create the ego and to be re-born as a new human with advanced consciousness.

What is a Kundalini Awakening and where does it come from?

The word Kundalini comes from the Sanskrit root of 'Kundala' meaning 'coil'. The image of the serpent curled/coiled up at the base of the spine while resting conveys the idea of kundalini. The word 'Shakti' comes from the root 'shak' meaning 'to have power' or 'to be able'.

The union of Shakti and Kundala create spiral energy that is evolutionary. Kundalini Awakening has its own sense of direction. Its natural flow is up the spine and out the top of the head.

What I have learned from this transformational experience?

• During the Dark Night when the emotional overwhelm was so intense and strong, I learned how to surrender and be with the pain; it also brought a feeling of depression; I had to keep telling myself that I will be a new person and I will get through this;

• I learned that what I knew from the past/previous life I was living and the techniques used with confidence, were no longer very effective.

• Connections with Spirit Guides increased and deepened my trust in myself and the Divine.

• This Kundalini Awakening felt like I was dying at times but I knew that what was dying was the old ego and old beliefs;

• While my entire life was being purged and purified, and the ego was dying and being re-created, I had to accept new ways of being and doing and having through gaining new awareness;

• Being in the sound healing program at the same time, also, contributed to my awakening!

What sound techniques I used to support and ground myself through this process

• I tried everything to see what would help me in any given moment during this process;

• Centering Prayer meditation, whatever length of time I was able to do;

• Chanting mantras in Kirtan form using a string of mala beads to complete 108 repetitions; as a result of singing these chants in Sanskrit many times daily, I learned many chants based on deities and felt a healing;

• Drumming of gently grounding rhythms to help release the feeling of overwhelm;

• Movement to music; I sang my soul song; sounding the deep feelings while crying;

• Shaking medicine and making sounds to release overwhelm;

• Humming and making the sounds of how it all felt; put 11" Himalayan bowl on belly to relax tension;

• I am a Christian Mystic who has awakened to what faith really is and feel a deepening trust in God;

• Read and studied about the Kundalini Awakening as knowledge and understanding are essential to acceptance and surrendering; Genevieve Lewis Paulson and her book 'Kundalini and the Chakras' continues to be a grounding source of expanded awareness of this awakening process;

• Played my grand piano using improvisation to express how I was feeling;

What I know and am sure about at this point

• That the Kundalini Awakening process is not finished yet;

• I am feeling better now because I feel that my awareness is telling me that I am living from my soul and I am better able to accept the releasing/cleansing as it arises;

• I have noticed that I have a greater compassion for myself and others, especially when in the company of people who have not traversed this awakening process and I have greater acceptance of others and where they are at in their own journeys; I will be better able to hold intention and sacred space for the clients I will help using sound healing techniques!

Improvisational Piano Composition will be played to express the feelings, frequencies, and intensity of Kundalini Awakening using sound, music and rhythms to depict the stages of the awakening process. (will be 2-3 minutes long)