



# Awakening Your Kundalini Serpent

- The word *Kundalini* is a Sanskrit word meaning 'coiled', which refers directly to the energy of the serpent. This energy is your female primordial life force and is infused with enormous creative and destructive powers.
- For example, it brings light to shadows within each of your energy points, which are also known as chakras).
- Kundalini energy is symbolically represented as a coiled serpent that resides in the root chakra at the base of your spine.
- When the serpent is asleep, she is coiled upon herself 3 ½ times.
- The serpent can represent past, present and future and when uncoiled, awakens your highest consciousness to commune with the divine.
- She moves through each chakra activating and awakening your life force and the wisdom of each chakra.
- If you are blocked or have shadow issues to resolve, she will stop her trajectory upwards as you process and work with the patterns, projections, and repressed emotions that are stuck in that chakra.
- Embrace the journey of the serpent as there is so much wisdom in it for you.

- Do not be afraid: call upon Goddess Freya and Goddess Lakshmi to guide you, for if you ignore the shadows and the patterns that arise, the serpent will remain stuck at that chakra and will likely go back to the base to become dormant once again.
- If you want a full, juicy, ecstatic life, work with this sacred and potent life force energy.
- To discover how you awaken her, ask her directly what she needs from you.
- The most important part of this process is setting your intention, focusing on your breath, and creating a sacred space each time you begin. This is an extremely powerful energy, and I strongly urge you to not try and force this awakening but to go at your own pace: allow it to be rhythmic and organic.
- I have been working with this energy for years, and it has been a slow and gradual unfolding process. Enjoy the sacred journey.

## *Name Your Serpent*

- Watch the homework video: Embody your Sacred Seductress.
- Create a sacred space before you begin by using intention and calling upon your guides.
- Allow yourself to be guided to the music and movement that will awaken and inspire your serpent to rise.
- Allow her to make your primal signature sound.
- Do kundalini yoga with Gurmukh. While she does not talk about the serpent energy, her yoga teachings can raise this energy. I recommend you set your intention for the serpent to rise before doing the yoga. I usually use the first segment of the yoga practice, and it keeps me strong and vital and assists my life force to flow freely.
- Journal your insights, patterns, projections, pain, struggles, joys, and blissful moments. Remember, it's all sacred awakening.
- Please note: that if you are not feeling called to participate in this exercise, it's a sign you are not ready, so please honor your sacred no.