

My Kundalini Awakening Journey: A Path to Transformation

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Introduction

My Kundalini awakening has been a journey marked by both delight and challenge. As someone with over 20 years of meditation practice, I thought I understood spiritual growth and self-exploration, yet this awakening took me to depths I could never have anticipated. This journey ultimately inspired me to create Ash Meditation and to develop bespoke healing modalities that integrate the skills, knowledge, and insights I have accumulated over the years. Now, as I continue along this transformative path, I feel humbly empowered to share my story and support others on their own healing journeys.

Background

From a young age, I was drawn to the metaphysical and spiritual realms, although my early life was marred by struggles with addiction. Through the support of a 12-step programme, I overcame these challenges, developing a strong relationship with my higher power and cultivating a dedicated meditation practice. A pivotal moment in my journey came during a retreat at a monastery when someone gifted me a book called, *In the Light of Meditation*, by the Brahma Kumaris World Spiritual University. Captivated by the book's teachings, I soon connected with the Brahma Kumaris and completed their Raja Yoga Meditation course. This experience profoundly shaped my spiritual foundation. While my involvement with the organisation fluctuated over the years, my commitment to daily spiritual practice remained steadfast.

By 2021, I felt a growing dissatisfaction with my corporate career in project and programme management consulting, sensing that my true purpose lay elsewhere. In 2022, I made the decision to leave my profession and dedicate myself fully to my spiritual path. I began teaching meditation classes locally, which quickly became a passion, and eventually led to me becoming a certified meditation teacher and the emergence of Ash Meditation.

Around the same time, I felt an inexplicable pull towards a simpler life closer to nature, which led me to relocate to Ticknall, a quiet village in Derbyshire, and downsize every aspect of my life. Reflecting back, I now realise that these significant life changes were likely influenced by the early stirrings of Kundalini energy within me, guiding me towards alignment with my true path and allowing things to fall into place with a sense of perfect timing.

The Awakening Experience

My awakening truly intensified in late 2023, shortly after I moved to Ticknall. At a spiritual exhibition in London, I met someone who I very quickly came to believe was the love of my life. Initially, this person showed immense kindness, understanding, and love, evoking a depth of feeling I had never experienced before. However, over the course of a few months, their behaviour shifted drastically, revealing aggression, dominance, and manipulation. I later discovered that this person was, in fact, a con-artist who had extorted money from several others across the UK and Europe. An experience that began as one of the most beautiful times of my life quickly became one of the most painful and disorienting.

Looking back, I now believe that both of us were affected by Kundalini energy, albeit in different ways, with my own exaggerated emotions, confusion, and susceptibility to deception manifesting as part of my Kundalini awakening. The intense emotional turmoil from this relationship, coupled with the heightened energy from the intense breathwork sessions I was engaging in and the energy work I was providing, ignited yet another period of profound personal transformation. During my meditation sessions, I began experiencing involuntary shaking and convulsions, accompanied by a powerful, almost sexual energy coursing through my body. As I researched and reflected on these experiences, I came to recognise them as further symptoms of Kundalini awakening.

Despite the pain this relationship brought, I gained insights and inspiration that would shape the next phase of my journey. This experience compelled me to launch my own healing practice, beginning with Reiki and crystal healing, alongside workshop-based sessions to support others on their journeys. It felt as though I was emerging from the sorrow with newfound confidence and strength.

Around this time, I also reached a clear realisation that I had to part ways with the Brahma Kumaris organisation for good. Over the years, I had observed certain behaviours and ideals within the organisation that I could no longer reconcile with my own beliefs. I saw more clearly the aspects that felt hypocritical and exploitative, and I knew that I could not continue as part of a system that espoused values I no longer aligned with. I recognised the importance of walking my own path and following my inner guidance, rather than conforming as a follower of another's doctrine. This decision, too, felt like a symptom of Kundalini awakening—a call to be true to myself and to honour my own spiritual journey.

Challenges Along the Way

The awakening brought with it a multitude of challenges, some of which I have already touched on, but it also included chronic insomnia, confusion, fluctuating motivation, and unpredictable emotional responses. I oscillated between feelings of superiority and inferiority, intense desires for connection, and even a sensation of falling in love with strangers. My moods swung dramatically—from profound compassion and love for all to moments of frustration and irritation. I often spoke out very directly, becoming quite heated in conversations, only to later reflect with a mix of guilt or, at times, burst into laughter at the absurdity of it all.

In my search for understanding and relief, I discovered a Buddhist practice known as higher consciousness healing, which incorporates variations of the well-known loving-kindness meditation along with NLP techniques. This practice, combined with chakra balancing, specific meditation styles, and various grounding techniques, allowed me to manage the intensity of my Kundalini symptoms more effectively. I also attended a couple of support groups organised by the Kundalini Collective, which broadened my understanding and provided valuable insights through shared experiences.

Transformations and Insights

This journey has ultimately led me to develop and offer a new Transformational Healing service specifically for individuals experiencing Kundalini awakenings or spiritual crises. The experience has reshaped my life, deepened my compassion, and strengthened my commitment to helping others navigate their own transformative processes. I now feel more aligned with my purpose and more connected to the power and potential of spiritual awakening.

How It Informs My Healing Work

This Kundalini journey has profoundly influenced my approach to transformational healing. I've come to understand that healing is not merely about easing symptoms but about guiding individuals through the complexities of spiritual growth and self-realisation. In my practice, I incorporate higher consciousness healing, chakra balancing, integrative counselling, and Reiki as tools to help others release energetic blockages, manage intense emotions, and reconnect with their inner strength. Through these methods, I support clients in navigating the challenges of spiritual awakening, fostering resilience, clarity, and a renewed sense of purpose. My journey has shown me the value of a holistic, compassionate approach, and I'm honoured to be able to offer this guidance to others as they embark on their own paths to healing.