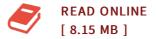




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By Erik Hegelstad

AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. This book of quotations and poetry is a result of a life changing event where the author experienced a collapse while working as a Subsea engineer in the oil industry. A month after this existential crisis he started to meditate and shortly after started to experience what he later found out to be what is known as Spontaneous Kundalini Awakening. Kundalini (shakti) is described as a coiled force (energy) that resides at the base of the spine and may be awoken to initiate an opening and purifying process of the chakras (energy centers of the body), leading to enhanced sensory perception. It is by many described as a divine physical sensation, but at the same time involves a challenging cognitive process. Although Kundalini awakening is acknowledged in Eastern cultures it is still not recognized in Western society, where it typically within the field of psychiatry is dismissed as a delusionary experience. This phenomenon needs to be taken seriously and explored further to support those who experience it. Unfortunately for many it is still ignored despite the undisputable fact that the founder of...



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