



PREPARATION & AFTER CARE GUIDE

Hello beautiful wonderful being!

*Thank you so much again for saying YES to the Kundalini Energy Activation Journey experience with me. Here is a **preparation & after care guide** that walks you through how to prepare for the session, what to expect (or should I say **expect & then not expect**), & how to take care of yourself & integrate your experience after.*

***Part 1** is for prep, **Part 2** is for after care.*

If you are joining for an in-person session, you can disregard the points about laptop & earphones!

Let's jump right into it xx

PART 1: PREPARATION

WHAT IS KUNDALINI ENERGY? 🐍

Kundalini energy, or Shakti energy, in its simplest form is **Divine life-force energy** that creates & animates all of life. It exists out in the Cosmos, inside our Earth & right within our bodies. Within our bodies, it is usually lying dormant, curling 3 ½ times at the base of our spine. When our Kundalini energy is activated, it begins its ascent up our spine & chakra system to purify, cleanse & balance. It acts like a spiritual fire burning away **all that is not True & all that is not YOU**. Its sole purpose is to clear the path & rise to the Crown chakra, where it can meet with its Divine counterpart *Shiva* to create **inner union, wholeness & liberation in your being**.

When our Kundalini is awakened & moving within us, She begins a **profound process of walking us home to who we REALLY are**. Through her ascent & movement in the body, She will bring out old traumas, trapped emotions & unconscious programming + patterns to be looked at, felt, & deeply released from our energetic & physical bodies. The **whole point is to rewire our nervous system, let go of false identities, fears & the past & be in an unconditionally loving relationship with ourselves & life itself**.



Tangibly in your day to day, these inner changes can manifest as...

- Feeling an inexplicable sense of **calm confidence** - where you are no longer afraid of speaking what's on your mind, claiming what you desire & just simply being yourself around others without masks & pretenses
- Having a **higher level of self-awareness** when mind chatter kicks in - where you can discern what the mind is saying to you & lovingly being in response to it rather than identifying with the thoughts & fears. There is a clear separation between **who you are & what you think**
- **Expanded self-compassion** where you deeply honour your humanness like when you feel sad, you've made a mistake, you feel confused... without making yourself wrong. This allows you to move through the emotional waves of life & get back on your feet faster
- **Profound clarity on your purpose** & how you want to be living your life, & an effortless decision to make that your reality
- **Heightened creativity** where you may activate gifts of creation & expression like making art & music that feel exciting for your Soul
- Being able to **see the bigger picture of everything & no longer getting easily irritated by people & things**
- **Deeper trust in yourself & life, & therefore way less overthinking around taking action** in your life & business. This can look like actually creating what's on your heart to create, walking away from a job that no longer serves, ending a relationship you've known isn't right for you etc
- **A greater amount of life force energy in your body** that allows you to do more of the things that bring you joy rather than feeling drained & exhausted
- **A liberation of your sexual energy**, that lets you experience greater connection & self-expression when making love
- **Being a magnet that draws to you a lot of synchronicities & miracles on a daily basis** as your energy is of a higher frequency & in alignment with what you desire
- ... & so much more



My Personal Transformation with Kundalini Shakti

In my personal journey, I've **experienced every one of the above changes AND... the changes continue to unfold & deepen.** I personally always felt a deep connection to Kundalini Shakti (God(dess)) yet was taught false ideas and pictures of our existence/ the universe/ God(dess). As I never resonated with the concept of "one religion" I went on a self discovery journey from the age of 12. Every year I received more insights, wisdom, truths and teachings that felt right and true to me. When I was 20 I went to a Shamanic Women Circle. The Facilitator of this experience was a channel of Kundalini Shakti (which I didn't know during that time - but I felt it! It was THE MOST indescribably life-changing & transformative experience. I felt warm and cold energies flowing through my body. I felt safe, seen, peaceful and surrendered to the moment. I noticed tears running over my cheeks and screams leaving my body - yet I was still within. This experience made me realize that I am not my body, not my emotions, not my feelings: I am the one who is experiencing it all. I am the one who is connected to pure loving consciousness and even more so in my deepest truth and being I AM this pure loving essence of life. From this point onwards I've experienced hundreds of gentle and strong Kundalini Awakenings. I always felt guided, protected, seen and supported by life, my angels and ancestors, spirit guides etc.

Nevertheless the path itself was not always easy. During my awakening I experienced a lot of fear, self doubt, relationship challenges (business, family and romance) and constant CHANGE. Throughout my entire life I went through very intense and painful phases where I got the chance to choose trust and love again and again. Life always got better and better when I allowed myself to surrender to the loving all. However when I was resisting change or trying to force a specific outcome, I would feel out of alignment and lost.

In 2023 I was invited to hold space at a Breathwork Session. I felt very grateful and excited and little did I know that this Session would become my very clear Initiation of being a Facilitator and Vessel for Kundalini Energy! During the Session I observed the beautiful movements and sounds that my body expressed, I was singing in toning in LightLanguage, people would move their bodies in snake like motions when I would come close to them and be present with them. I had NO IDEA what I was doing but I knew it was deeply healing for everyone receiving this energy, including myself. After the Breathwork Session my entire Being was vibrating. I never experienced so much energy running through my body ever before. I felt alive, in my power, deeply



connected to source, open-hearted and humbled at the same time. After almost 6 months of integrating this experience I asked my partner at that time “do you remember what happened during the breathwork session? What was that? What have I done at this moment? I feel so called to learn more about it and to innerstand what I was doing.” He casually replied: “Well, isn’t it called Kundalini Activation?” Once I heard these words I knew: “Life called me to become a vessel of love and I am here, committed to the service of LOVE & LIGHT “. I began my Kundalini Codes Activation Training the same day and immediately integrated everything I had learned into my online courses and in person retreats. The healing effects I saw within myself and others as well as the positive feedback I received from my clients strengthened my trust and faith in Kundalini Shakti, the universal Mother herself. A few months later, after the very unexpected breakup of my partner at that time who I loved more than I ever loved before, my heart was broken open. So open, so sore, so hurt that I was **finally letting go of all the fear, shame, sadness & powerlessness** I’d walked with for years. There was nothing else to lose, nothing else to fear, nothing else to hide. All I could do was trust in life, trust in love and have faith that **LIFE IS FOR ME** and always wants the best for every single one of us! With the support of Kundalini Activation Journeys I was **set FREE**, & now in hindsight, was worth ALL the temporary discomfort.

Through working with Shakti, **I’ve healed through so many layers, specifically:**

- **My relationship with myself where I am now truly my own best lover, best friend & I have my own back no matter what.** In the past, I used to self-abandon at the first sign of challenge & was my biggest critic especially in discomfort. Now, there is nothing but devotional love to all of my humanity, even when I “have my feels”, “fail” & “make mistakes”
- **Completely rewiring my patterns around perfectionism, needing to prove my worth, starting & stopping on my dreams because of fear & hiding who I am.**
- **My relationship with my parents & forgiving my family.** This has since allowed me to reconnect with my parents and siblings at a deeper level and actually cultivate new relationship of unconditional love with them through my unconditional self-love



- **My previously wounded inner Masculine polarity, which led me into unhealthy relationship dynamics.** Since my full Kundalini awakening, I've more **fully embodied an integrated inner Divine Masculine & Feminine dynamic**
- **Releasing the need to constantly push, hustle & do,** & instead, leaning more into enjoying the BEAUTY of life itself
- Letting go of my deeply rooted fears around being seen, **& propelling me forward to make showing up as who I am online & offline**
- **Healing my scarcity fears & previously disempowering relationship with money.** Shakti has taught me how to disconnect who I am & my worth to money & to source my personal power regardless of what's happening financially in a moment.

Who I am today is a cumulative result of how Kundalini energy / the loving all has brought me back to my True nature.

There's so much less doubt, fear, overwhelm & so much more Love, knowing, trust & gratitude. I am able to **self-source my personal power in the most difficult challenges, & keep my heart open even life tosses sour lemons my way.** There is an expanded capacity to be with the full range of uncomfortable emotions like sadness, shame, disappointment, anger & pain... without story & making myself wrong.

Kundalini set me free to be me, as it showed me how much I've got me! And she did so before I even knew of her "existence".

The Uncomfortable Initiation of Kundalini

Although the benefits & results of activating our Kundalini energy are extraordinary... **the process can be a big initiation.**

Through this process, **it can be uncomfortable & confronting** as who we've known ourselves to be up until now begins to fall away to make room for **who we really are.** This is often known as an **ego dissolution.**

It is important to recognize that **uncomfortable does not mean unsafe.** Although Kundalini energy can bring up our deepest shadows, past traumas & repressed fears, it only does so with the intention that **we fully address what has been & release it with**



LOVE so that we no longer carry the imprints of the past in our bodies. When we are in the “Dark Night of the Soul” phase of the healing process where there is a clearing & release process of the old patterns, emotions & stories, **receiving proper support & guidance is very helpful to prevent self-identification** with the emotions & experiences being had.

Once we can practice **being the non-judgmental & unconditionally loving witness to our healing process, THIS** is where old patterns are deeply liberated & we can live our lives as who we really are rather than who we’ve known ourselves to be.

Addressing the Notion that Kundalini is “Dangerous”

There is often concern about **whether Kundalini energy is dangerous**. The real true “danger” of awakening Kundalini is that it will **help us Remember all of our power, Divine nature & essence of Love...** which threatens the systems that have kept that away from us for control.

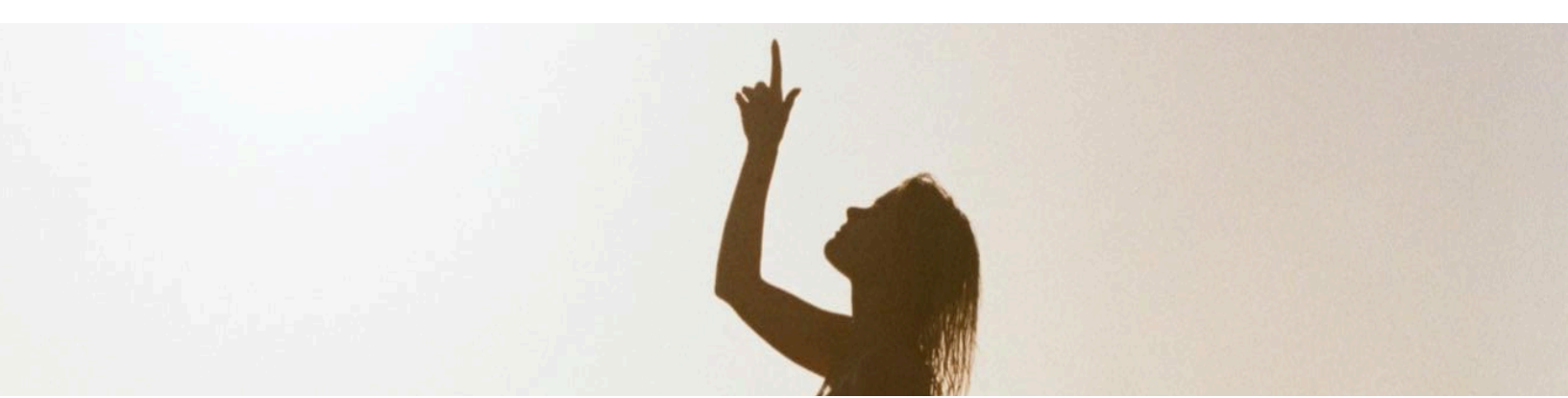
It is true that you may read various accounts of people who have had “negative” experiences with their Kundalini awakening, such as having mental breakdowns & being hospitalized.

These happenings are **rare**, & often occur as a result of

- 1) An **ego-driven forced awakening of the energy** (ie. thinking that by force awakening Kundalini it will mean instant enlightenment) in **a body that is not mentally, physically & emotionally prepared to hold it**
- 2) **Unintentional & accidental awakening of the energy** (ie. through a traumatic accident where there is physical impact to the base of the spine or a traumatic emotional events like sudden losses) in **a body that is not mentally, physically & emotionally prepared to hold it**

What happens is that when someone is unprepared to hold the shadows that Shakti may bring up, this can **trigger immense fear in the body & lead to further unpleasant experiences**.

Which is why in my body of work, I devote myself to educating on the proper foundations for working with Kundalini energy, specifically **cultivating an**



unconditionally loving relationship with self & prioritizing inner healing with compassion.

The keys to prevent extremely unpleasant experiences from happening are...

- Allow for a **gradual opening of the energy** from an intention of **love, devotion & surrender** instead of trying to force an outcome at all costs
- Keep strengthening the physical, mental & emotional bodies through practices like **Kundalini Yoga & embodiment**, & subconscious mind reprogramming tools
- Stay committed to **inner work, shadow work & deepening a relationship of unconditional love with yourself**
- **Reach out & ask for support if you're ever feeling afraid & uncertain** about what you're experiencing

Kundalini energy activation is **NOT** a magical pill that will take all your problems away in the snap of your fingers or grant instant enlightenment as a destination. **It will however most definitely guide you onto a path of complete self & Soul liberation,** and that journey will require you to **descend into your body to FEEL & heal.**

There's so much I can speak to this but I'll leave this part at this. **If you have any questions or concerns about Kundalini energy, please feel free to reach out to me via Instagram DM @lightfulyou or email: info@lightfulyou.com.**



WHAT IS A KUNDALINI CODES ACTIVATION JOURNEY?

Now that we know the foundations of Kundalini energy, let's look at what you've just signed up for!

Within a **Kundalini Codes Activation** journey, conditions are held for you to activate your Kundalini Codes through **lay down surrender, brain-wave shifting sound, Light Language & a frequency Prana-Kundalini/ Prana-Shakti brought into resonance**. This is a **practice built upon the Inner Dance by Pi Villaraza**, & that opens up your connection to the Divine Mother while offering an embodied experience of Grace. This also **further facilitates the flow of prana in the body so that when Kundalini Shakti is activated in Her own timing**, there is the fuel for Her to move, unwind, purify & expand your body to hold higher states of consciousness.

Kundalini **Codes** represent the **dormant information within you for igniting your innate Kundalini**. This methodology is rooted in the belief that **we all ALREADY HOLD the codes within us** to wake up our innate Kundalini Shakti intelligence & reverse the process of ignorance.

In a Kundalini Codes Activation Journey, **you will only ever be given what you are ready to receive**. There is **no forced activation of your Kundalini**, just a gradual opening to this Divine Intelligence that your body is available to hold.

When it comes to awakening & working with our Kundalini energy, there are 2 paths: **right hand (Masculine) path & left hand (Feminine) path**.

The right hand path looks like **self-directed practices like Kundalini Yoga, intense concentration, meditation** etc. While the left hand path looks like **surrendering & relaxing into the Divinity within you while also being attuned to a frequency of Kundalini energy**.

One is not better than another & in my Truth Alchemy work, **I teach & share a holistic approach that integrates both the right AND left hand paths**. Aside from facilitating these Kundalini energy activation journeys, I also guide **Kundalini Codes embodiment**



experiences which is a self-directed embodiment experience built off of **Kundalini Research Institute Kundalini Yoga** teachings. In my opinion, integrating BOTH together allows for a beautiful holistic journey. However, some people may prefer the **surrender-based practice** to the physical effort of a Kundalini Yoga class, to which these **Kundalini Codes Activation Journeys** are a perfect choice for working with Kundalini.

For now, let's focus on what the Kundalini Codes Activation Journey entails specifically.

In our group sessions, **3 main things are happening to create the conditions for a gradual opening of your Kundalini life force**

- 1) Lying down in surrender**
- 2) Brain-wave shifting music**
- 3) A frequency of Prana-Kundalini energy held in resonance**

Let's unpack each:

1) Lying down in surrender

How often do we ever lie down on a yoga mat in full surrender for 60 mins? And no, sleeping does not count. This simple act of lying down with the **intention to relax & surrender** sets the foundation for these journeys as it activates the **parasympathetic nervous system** & allows us to start dropping from our minds into our bodies. When our awareness is in our body, we naturally start to FEEL more & can listen to the Divinity that exists within us, aka Kundalini Shakti. The activation of the **parasympathetic nervous system** also reduces the magnetism in the body & gives rise to our inherent ELECTRICITY.

2) Brain-wave shifting music

The playlist you'll hear is **specifically designed to induce an altered state of consciousness that is often experienced as psychedelic & dream-like, which promotes spiritual realizations & healing**. In this dreaming awake state, our habitual conscious state is suppressed & space is created for new inner discoveries. It is done by alternating music from different brainwave states (delta, theta, alpha, beta, delta etc), which **mimics our natural sleep cycles & development of consciousness**.



This music will activate our parasympathetic nervous system at times so we **relax deeper into a state of in-between** & it will also activate our sympathetic nervous system at times to **support the activation of our energy & the unfolding of an inner healing dialogue.**

3) A frequency of Prana-Kundalini energy held in resonance

I channel a frequency of Prana-Kundalini energy (life-force) which is expressed through Light Language in my hands & body. This frequency is then held in our group field in resonance & directed to YOU, so that your body can receive as it transitions into an altered state of consciousness.

Since we are all intricately connected in the same energy field, this energy can reach you instantaneously across time & space no matter where you're in the world.

What this means is that **like a tuning fork, I am holding a frequency of Truth & Remembering for us and your body will attune to what it is ready for at that point in time.**

It's important to highlight I am NOT giving you anything that you don't already have. I am simply serving as a conduit of a frequency of Prana-Kundalini & a flow of chi that helps your body Remember **what already exists within you.** Sometimes I call this also a ***transmission of energy***, which just refers to **bringing in a resonance of Kundalini energy into our shared field** so that your body can attune to it.

The result of these 3 main conditions lead to the gradual & spontaneous activation of your Kundalini energy in a way that is safe & supportive for your unique path.



WHAT YOU CAN EXPECT (& THEN FORGET ABOUT)

Here's a fun paradox. I will now walk you through some of the common things that can happen in a session so that **your conscious mind knows what to expect + feels happy & safe**. Then, I'll ask you to forget about it because the whole point of a surrender based practice is to **not have any expectations**. You can know what to expect, but then also completely allow the Divine to work through you in the highest way meant for you for a session.

Some common things that can happen in a session & across sessions include:

Feeling of energy & electricity moving through your body

As the magnetism & heaviness of the body falls in the lying down position, the electricity that already exists in your body heightens. Therefore you may feel electric surges & movement through your body. With the resonance of Kundalini energy held & your Kundalini energy beginning to respond, you may also feel **energy movement & ripples through all parts of your body & especially at particular chakra points**.

Spontaneous physical movements, shaking, jerking, hand movements (mudras) & yoga asanas

Movement happens for several reasons.

Firstly, **as your Kundalini energy gets stimulated, shaking & jerking occurs as Shakti begins to move through your body & release old patterns & emotions from the physical & energetic bodies**. The first time this happens it may feel scary as your body is doing something outside of your conscious control. It's important to breathe deep & surrender to the movement. If ever you do want to stop it, you can always consciously stop the movement.

As your brain-wave states shift & Kundalini energy is activated, you may also enter what is known as a **mu brain-wave state** that is normally suppressed through our conscious thinking & voluntary actions. When the **mu wave** is activated, it can propel the body into **spontaneous yoga asanas** like shoulder stands, head stands, plow pose, downward dogs etc. The Truth is, these ancient poses are already known in our body & subconscious & hence why when Kundalini is activated, the body Remembers & will express it without question.



It's also very common to **experience the heart opening Fish pose** where your spine is arched & breastbone lifted, as the energy invites us to open our hearts.

When accessing higher states of consciousness, you may begin to connect with higher realms that then allow you to **channel healing mudras through your hands that support your expansion.**

I am not the one controlling your body/ forcing any movements. Any movements that occur is a **natural expression of your body** & my role as a facilitator is to **intuitively listen to your body & support what the energy is asking for, for your highest opening & healing.**

Vivid visions, colours & sights

You may experience seeing **vivid visions of the past or the future (ie. past lives & future possibilities)** & bright colours & shapes similar to psychedelic visuals. Some visuals you may know exactly what they mean & some you may not & that's OK. You can practice allowing whatever is revealed to you to be revealed & trusting that you will receive what you're meant to.

Changes in body temperature

The activation of Kundalini energy is known to bring about **sharp changes in body temperature like feeling very cold and then feeling a lot of heat.** This is all normal. If you need a blanket while you feel really cold, you can have one close by to grab.

Emotional releases, movement & expressions

It's absolutely normal to experience all kinds of waves of emotions in this process. Within a single session, you may **feel deep sadness & cry loudly** and then **feel profound bliss & laugh until your abs hurt.** The journey **invites the body to process the emotions that have been stagnant & to allow in more bliss & joy into your experience.** So it's totally safe to trust & hold space for any emotions that arise & surrender yourself to them.



Spiritual guidance & wisdom

It's **very common to receive a visit or two from your spiritual team, Higher Self, ancestors & other Divine light beings during these sessions.** You may receive downloads through your thoughts, visions or feelings, & get answers to important life questions & decisions. You may come to huge spiritual realizations & hear whispers of your Soul that you haven't heard before... & be clearly guided on your purpose.

Non-duality & Oneness with all

As the Kundalini energy works through your body, it's also possible to enter into a **non-dual space.** This means experiencing **no separation from anything & Remembering** in your being the essence of **what it means to be One.** When this happens, it's hard to put into words... but you'll understand in your body what it's like to feel nothing but complete Unconditional Love.

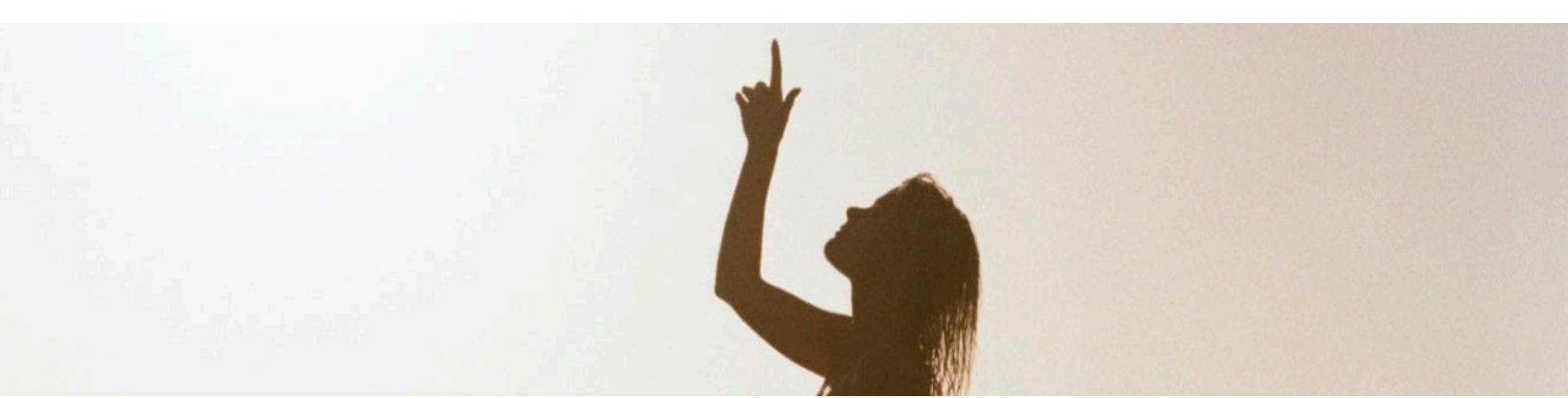
... now with all that said, you could also feel...what seems to be...NOTHING... at all...

You've laid there for the hour & truly...you've tried. But all you've experienced are the thoughts running through your mind & you really didn't feel nothing at all. **Guess what! That's TOTALLY normal & a part of it too.**

Everyone is different & **it may take a few more sessions for your mind to surrender & your energetic body to let go more.** Give yourself so much love & compassion. You didn't do this process wrong - **there's literally no way you can do it wrong.** Letting go & surrendering is one of the hardest things for us to relearn so if anything even if you felt nothing, **you've already made tremendous progress in healing the wound of feeling like you always need to do something by doing nothing.**

And **just because you FELT nothing, doesn't mean nothing happened.** Especially in the first session, it **takes time for your body to attune to the energy & shifts can already be happening at a more subtle level** that your mind can't detect yet.

PS. Falling asleep is totally accepted. You'll likely hit some nice REM in the journey & give your body the space to deeply rest & heal!



If you're ever afraid or uncertain in a session, please **deep breathe & affirm to yourself "I am safe. I am safe. I am safe. I am in control of this experience & I'm choosing to let go."** Because you are so held by myself & the Divine through this process.

OK now that you know what to expect, it's time to forget it all & just TRUST that whatever is meant to happen in your session is what's meant to happen!



PREPARING FOR YOUR SESSION

Here are some notes on how to prepare for your 1st group session.

Spend some time calming & grounding yourself before the session. Take some deep breaths, expanding your belly, your heart & your throat on the inhale, then exhale, lowering through your throat, your heart & your belly. Settle your awareness into your body & notice what you're feeling. Especially if you've had a stressful day, take some more breaths & **remind yourself how safe you are.**

Try to come on as empty of a stomach as possible. If it's noon/ evening time for you & you need to eat lunch/dinner before, **please eat something light so that the energy can move better in your body**

Have a set up where you can lie comfortably on a flat surface like a yoga mat or a rug. You can bring a pillow/ cushion to rest your head on & have some blankets close by if you get cold. But we'll start without covering with blankets in case movements come through

If you **have an eye mask, bring it to deepen your journey as blocking out visible light** lets you go more profoundly inward

Make sure you have headphones/ earphones for the most immersive musical experience. **Wireless earphones** are ideal so you don't get tangled in wires. However if you only have wired earphones/ headphones, that will be totally fine as well. **You can log into Zoom through your phone for the music & use your computer for the camera. Have your camera positioned & angled** so that I can see your entire body lying down to focus holding the resonance of Kundalini energy for you.



PART 2: AFTER CARE

Every session will feel different. Some sessions you may leave feeling extremely **high, blissful & happy** while some you may leave feeling more **raw, vulnerable & straight up sad or pissed off.**

Everything is OK. Everything is RIGHT. Everything is welcomed.

The biggest piece of the after-care recommendation I have is...

LISTEN TO YOUR BODY + THE WISDOM WITHIN & HONOUR WHAT IT'S ASKING FOR.

If after a session you want to go out & dance, **listen to that nudge.**

If after a session you want to cry some more & eat ice cream, **listen to that nudge.**

If after a session you want to breathe in nature & reflect, **listen to that nudge.**

If after a session you just want to pass out & sleep 13 hours, **listen to that nudge.**

It's difficult to encapsulate an exhaustive list of all that could come up post session as **each person's experience will differ not just from person to person but from session to session as well.** What you'll find below are some overarching pointers that you can adapt based on what feels the most True for you.

What I can say for sure is that once the **Divine Intelligence of Kundalini Shakti is awakened within you, She has the clearest compass of where to go, what to do & how to take care of yourself.**

You'll also start witnessing **synchronicities occurring at rapid speed, inner nudges showing up more often & manifestations brought into reality faster.** That's because as your inner frequency is shifted through this practice, **so does your outer reality.**

First of all, to best integrate the energy that has been activated, I recommend...

- **Giving yourself a lot of space & time after a session to be with what you've experienced.** Especially if you've had a really deep session, it's best to **spend the next few hours by yourself, breathing, feeling & staying hydrated + rested**



- **Devoting to a regular spiritual & inner practice like silent meditation, Kundalini Yoga + embodiment, breathwork** etc so that you have a way of reconnecting back with yourself. You can also **simply relisten to the playlist from our session lying down, & recalling how it feels to have the energy moving within you.**
 - Here you can find my LightfulYou Podcast with free Meditations that can support you to ground, relax and ease into the now [LightfulYou Podcast](#)
- **Grounding into the Earth**, to solidify the activated energy into your body & keep you rooted. You can do this by going outside, walking barefoot on the Earth, hugging a tree or just lying down on a patch of fresh grass. If it's not easy to find some nature to immerse in, you can also visualize roots extending from the base of your spine & feet, going into the center of the Earth & supporting you.
- **Getting into & strengthening your body in whatever physical practice best serves you** such as running, dancing, gym workouts etc so that your physical vessel can be expanded to hold greater amounts of energy.
- **Rest lots & “do” less.** Give yourself permission to sleep more & spend more time doing **nothing**, but simply **being**. When you tap more into the state of presence & being, your life force has more space to be activated within you.
- **Prioritize joy & investing time in things that are fun & nourishing for you.** The more joy you allow yourself to feel, the more you naturally Remember your True nature. Especially after a session, empower yourself to do the things that make you laugh, lift you up & infuse you with pleasure. Whether that's eating a delicious piece of cake, reading a juicy romance fiction, spending quality time with a loved one, snuggling with your pet or whatever else that allows you to feel loved & happy, give that to yourself!



Second of all, here are some common things that you may notice coming up post session(s) & how to lovingly respond.

A call for self-introspection & quiet time

Especially if you are in the beginning phases of your healing journey, these sessions **may leave you feeling a bit more raw & needing to process what's been moved through.** You may want to spend more time in nature, deep breathe, introspect & journal out your thoughts. **Honour that call & turn inward.** This is also where the invitation to deeper **inner healing work, shadow work & emotional release work** may come up.

As mentioned above, the **more time you spend going inward in practices like meditation, breathwork, sound bathing & yoga, the more you'll cultivate the movement of Kundalini Shakti within you & stay connected to Her.**

You may **notice a higher sensitivity around other people & energies,** & so it may be preferable to **spend the first few days after a session more to yourself.** Again, tune into what best serves your heart & body.

Body asking for extra rest or feeling like it doesn't want to sleep

It's common for your body to ask for either of these things when it comes to rest. After deeper sessions where you've moved a lot externally & internally, you may feel extra tired & want to sleep a couple more hours. **Please give yourself that extra rest as your body is asking for more space to integrate.**

Alternatively, you may also find that you have so much energy that you don't want to sleep. If the energy becomes too much that it's interfering with your sleep, you can always **ground it by visualizing sending the energy through the base of your feet into the Earth, soaking in an epsom salt bath & eating more root vegetables like carrots & potatoes.**



Changes to your diet

After a session, you may notice your body asking for some diet changes. It could **guide you to eat more lightly, eat more vegetables & fruits, less meat & less caffeine...** or it could guide you to the complete opposite like **eating a greasy burger when you haven't craved one for months!** Again, **listen to what your body** is asking you for as it has **an intelligence beyond the mind of knowing what will best serve you.** Sometimes it may be **asking for heavier foods as a way to ground your energy.**

Intense emotions arising & past beliefs, pattern + memories resurfacing

This is an important one to highlight again. As Kundalini Shakti leads us into a deep cleansing, shedding & healing process, She often brings up highly uncomfortable emotions like **sadness, fear, anger, frustration, grief & shame** that have been repressed, so that we can meet them with love & release their imprint from our bodies. Along with these emotions, **may come past memories, patterns & beliefs that you thought you've let go of as well.**

Shakti also tends to **open your heart** through this practice, so you may **notice stronger feelings & greater tenderness than usual.**

It's key to practice **holding space for yourself to FEEL all these emotions without story.** Very often, the emotions can come literally out of the blue with **no logical reason** to them. It can be tempting to judge them as "bad" or to question whether you are "going backwards" on your healing journey. That's when it's important for us **NOT to attach a story or meaning to these experiences & simply to let them be felt & moved through our bodies.** It's all a part of the clearing process.

One of the greatest gifts in the Kundalini healing process is **learning how to cultivate a relationship of unconditional self-love as we become our own best friends again through these uncomfortable moments.**

This is where I've personally really embodied **having my own back no matter what.**

Please reach out for support if you're feeling overwhelmed by these emotions & clearings. This is literally what I'm put on this planet to do & I would love to hold space & guide you however I can.



We **do not need to self-identify with these emotions or experiences.** We get to see the greater picture that these emotions, old patterns & memories are all surfacing to be released **SO THAT we can experience True liberation in our body.**

Things begin to fall away in your life

As you begin to shed layers of past conditioning, false identities & old attachments, **you will very likely witness things falling away from your life. Sometimes, it can be abrupt.** Things like a relationship you've been questioning suddenly ending, an unexpected new career opportunity to replace the job you've had for years, a sudden turn of events that leave you needing to look for a new place to live etc.

This is a **very natural reorganizing process of your external reality as your internal reality shifts. When what is no longer True burns away from within you, what is no longer True must also fall away outside of you.**

When this happens, **it can be inevitably tough.** Please **give yourself plenty of space, compassion & love, & know that this is all happening for you even if it feels challenging in the moment.**

Questioning of who you are

Another effect of the rewiring of old patterns & false identities is that you may start to question **who you REALLY are.** When you start to see **who you have been** as a result of past programming that is now falling away, it can feel overwhelming to confront the bigger question of: **“So who am I...if I am NOT these programs, patterns & habits?”**

Trust me... I've totally been there & understand the vastness of that question.

In short...

You are that which you are.

You are Infinite.

You are everything & nothing at the same time.

You are all that has been, all that is & all that ever will be.

You are endless possibilities manifested as a unique expression at a point in time.

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And in this lifetime, you get to become all that you desire to be.

When it feels overwhelming... deep breathe & remember that the answer to this question is not meant to be fully understood in a second.

It's meant to be **experienced, felt & embodied** throughout your entire life so there's no need to find a definitive answer right away.

You are on an ever unfolding journey of discovering the experience & expression of that which you Truly are... & with time, **you will understand ALL of it, especially in hindsight.**

When this all feels a little bit too much, just give yourself a break. This journey of healing, Remembering & becoming spans throughout our whole life.

There is no rush.

There's no need to "figure it all out".

There can't ever be a "wrong".

There may be times when you need a break from all the inner & spiritual work & that's totally OK. Again, **the best Divine teacher lives within you** so tap inward & follow what it is whispering to you.

And that's it for now!

...

I'm always here to help you navigate through the after-care! You can **find me on Instagram @lightfulyou & send me a DM with any questions post session.**

If you desire further support on this journey & are not yet a part of the the LightfulYou Coaching; LightfulFem Circle or LightfulSelf(care) online gathering these **spaces would be an amazing place for community, guidance & support on your Kundalini awakening journey.**

I love you so much & again, am beyond grateful to walk this path of Remembrance with You 🐸💕