

## **Personal experience with the Kundalini energy and spiritual backgrounds**

### **Summary.**

We have arrived at a time, which is for many people a milestone to come to independence. Life program of man is be geared to be enabled to become gradually independent from earthly events, what is done step by step. Here, the Kundalini energy of man plays an essential role. This energy is discussed in more detail in this book.

In overall terms it is to note, that currently the Kundalini energy in man will be awakened to a greater extent. It ensures on the one hand that the Aura can develop and it cleans the body system on the other hand. Depending on the strength of its awakening symptoms of different strengths and types are arising that worry people, if they do not know what is going on in their body system. So, because of such symptoms some people have been told by the doctor that everything is okay with them. Or it has come on the other side to diagnoses such as psychosis and/or schizophrenia.

In a study, the psychotherapist Dr. Bonnie Greenwell from international "Kundalini Research Network" had investigated symptoms in schizophrenia and in Kundalini crisis. According to her study, it can be seen which symptoms occur both in Kundalini crises and in schizophrenia, but also which symptoms are typical only in schizophrenia or only in Kundalini crises. The unenlightened doctor doesn't know what is happening there. Among other things, for such reasons, the synergy between medicine and spirituality is more necessary than ever.