

KASIAMANA

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SESSIONS

Kundalini Bodywork & De-Armouring

Kundalini Bodywork is a holistic practice that changes the bodies vibration by working on 3 levels at the same time, the physical, mental and emotional, or the heart, mind and sex.

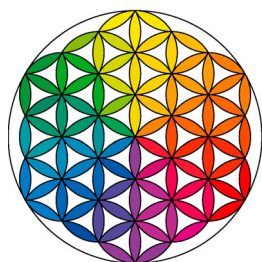
Dense emotions and chi are literally taken out of the body transformed and then pulled back in as we clear the pathway of Kundalini integrating masculine and feminine energies to unify in the 3rd eye.

THE PRACTICE INCLUDES

energetic bodywork
emotional/body de-armouring
shadow work
non-dual psychology
pranayama & breathwork practices

Kundalini Bodywork works with you wherever you are at, be it depressed and wanting to transform a lot of trauma and sadness in your life into pleasure and joy, or be it mostly healed after years of self development work and desiring to level up with higher versions of yourself, attracting and manifesting what you desire in life.

The practice is primarily given as a one-on-one therapy but it is also possible to work with small groups when adequate training, education and intention work is provided to the group first. Group work generally focus on Kundalini Activations as they are understood in the West: filling the body with chi and prana to clear the path of Kundalini, activating the whole energetic body (Level 1 work) to then welcome higher states of consciousness into the body, embodying our higher self so that we may experience heightened states of consciousness (Level 2 work). It is important to focus on transforming major trauma's before activating someones energy.



The work combines Tantric and Taoist practices with western science while being deeply rooted in Buddhist philosophy.

Sessions generally last between 1 to 3 hours. It's suggest after the introduction session to book between 3 and 6 more sessions.

You are encouraged and taught in sessions to create your own self practice as you learn to use your breath and energy (sexual energy) to transform your vibration.

Your Potential Consciousness

Kundalini Bodywork teaches us universal law and programs universal law into the body so our outside environment really reflects our in.

Kundalini Bodywork is a holistic & integrative therapy that prepares the body for Kundalini to rise and supports those living life with an active Kundalini. Through body de-armouring, non-dual psychology, shadow work, and tantric and energetic practices we move through and create our own of process kundalini activation.

In tantric practice we learn that arousing yourself sexually and then using the breath as a vehicle, you automatically begin to feel the Kundalini force.

Kundalini is a creative energy, the energy of self expression. It is simply your potential consciousness.

We teach you how you can be prepared for this experience. You are given techniques to purify the body and the etheric body. The preparation is important.

Yoga is the Science of Expanding Consciousness. Our ability to perceive the truth as it is, without distortion. Ability to perceive depends on the sensitivity of our nervous system and Yogis experimented with techniques to manipulate the nervous system, to allow consciousness to expand.

The truth is that sexual energy is a healing energy - spiritual and sexual energy are two sides of the same coin.

