

A woman with long dark hair, wearing a black dress with a vibrant floral pattern and a long white lace shawl, stands on a red rock cliff. She is looking upwards with a smile. In the background, there are red rock mountains under a cloudy sky. In the top left corner, there is a decorative illustration of a branch with leaves and small gold stars.

KICKASS KUNDALINI

A self-care guide to stable, functional and awesome awakening

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Myree

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About Myree Morsi, MA



Myree is passionate about your awakening and supporting you to have a safe, meaningful and sustainable journey with your Kundalini process. She has more than two decades of experience as a healer, counselor and coach who specializes in supporting people as they learn to embody consciousness.

Myree has been psychic and naturally shamanic since early childhood, and was gifted with a shamanic connection to nature. She began intensive spiritual practice in meditation and yoga as a teenager, which eventually heightened these abilities, and she dedicated them to healing others. She has a capacity to “see” the process of Kundalini and Shakti in someone’s system.

In 2004, amidst her own wild Kundalini journey, Myree began having deep insights into the nature of true self. Her Kundalini process completed in 2009, leaving her with a brand-new reference point. Since then she has explored what it means to continually integrate vast consciousness into a physical and energetic system that had suffered

extensive trauma and acute PTSD. Today, she lives free of anxiety. Her journey continues to deepen and expand, and has left her with a most precious gift—causeless joy.

Myree’s special interest is the intersection of trauma, Kundalini, awakening and embodiment. Trauma presents specific challenges as it can prevent the physical and energetic systems from absorbing consciousness and expanding in functional and stable ways. Myree loves supporting people who walk this path and brings a sense of humour, safety and compassion to the places her clients get stuck. She has been in those places, too.

A true bhakti yogi, Myree has been inspired by Amma, Adyashanti, Ramana, and the quiet crones and wise folks she has met along the way.

Contact Myree through her website:
myree.com.au

Praise For Myree's Kundalini Work

Myree has been passionately supporting people on their awakening journey and through Kundalini crises for many years.

“I had been struggling with symptoms of a Kundalini awakening for some time. I struggled along on my own and made a lot of my symptoms worse by reading a lot and overstimulating myself. One of my gorgeous friends said she thought I had had an awakening and told me about Myree. Myree has been such a source of support and knowledge for me. The class has been so helpful in helping me to understand what is happening to me and how to stabilise the energy. I feel so much more balanced and relaxed and comforted to know that there are others out there like me who are going through the same amazing process. If you have experienced an awakening or are in the process of awakening, this course is a must-do! I truly don't know where I would be without it. Thank you from the bottom of my heart, Myree! xxx”

Krystal, Melbourne

“Myree sets the energy for this course in a wonderfully grounded and open-hearted way. She clearly values her students in their individuality and diversity, and does not try to change or fix anyone, only to honour and support us as we grow. I've received much simple joy from participating in her class, which has brought more grace into my life and my Kundalini awakening.”

DT, Nevada, USA

“This course is for me a beautiful balance between theory, structure and experiential practices. Myree creates a very loving, compassionate, safe healing space and container, where people can be met exactly where they are. The community gives an opportunity to connect, learn from each other, and hear the diversity of all experiences as well to recognise that we are all going through the same (though unique) process. For me, that was really empowering and very deep and healing. Myree is very generous with her love and care, and shares material to further integrate all the healing and shifts that occurred during the course. I feel deeply grateful that it is possible to do this online (and not have to travel across the ocean) to hear, experience and learn from Myree's wisdom.”

Esther, Sweden

“This was a really rich and wonderful course! Myree has had so much experience with Kundalini-activated folks and has such a generous heart—every class was a joy. There was a lot of content there that I hadn't found elsewhere on the Internet. It was super practical and concise. It also gave me a structure and stages to explain Kundalini and my practical needs to my Mum and my Dad who I'm living with. They're a bit bewildered by me and sometimes frosty. This course gave me the confidence to lay out and explain why I'm not doing the things normal 26-year-olds do. I now see and work with Kundalini as a friend and want to help her rather than fight her. My only wish is I'd found this course about 2 years earlier and it would have prevented some enormous stress and grief. This course is incredibly valuable to anyone finding the awakening process challenging.”

Alex, England.

“I found Myree through one of my favourite oracles: The Internet! I was looking for a Kundalini expert to help me on my journey with Kundalini. From my very first session with her, I found her knowledge and ability to “see” to be quite valuable. I have left every session with a greater sense of wholeness and well being. I have also worked with Myree in a group format, both in person and online. I highly recommend her courses as well as her individual work. She is very down to earth and approachable. Thank you Myree!”

Mel, California, USA

Introduction

This is a simple, introductory guide to support you with the awakening and journey of Kundalini through your body and energetic systems. It is not a replacement for medical advice. If you have a serious health or psychological illness, I encourage you to seek appropriate medical support as needed.

This guide is written from the perspective that Kundalini is a positive, loving neutral energy.

It is intended to support you to cultivate a “Kickass Kundalini” awakening process—one that is steady, safe, sustainable, and importantly allows you a healthy balance between the demands of your awakening process and the requirements of your busy, modern life.

This guide is a preview of my signature online course, Kickass Kundalini. I created the course with love and profound honour for who you are and the vital, courageous and powerful journey of transformation you're on. I have the deepest respect for you. I am excited for your awakening and all it calls you to. Learn about the course at myree.com.au/kickass-kundalini.

With deepest love,

Myree



1

Your awakening is precious! And so are you!

The purpose of this little guidebook is to remind you that you have the power to modulate and surf the waves of Kundalini awakening in as stable a way as possible. Sometimes, however, the process can also be intense and requires steady, sensitive and loving care to allow it to take its course naturally. So I've also included plenty of specific tips and suggestions on self-care just for you.

I cannot possibly cover the full scope of what Kundalini is (and I just want to keep writing rather than draw this little guide to a close!) I also imagine that many folks who have arrived at this book have already done explored Kundalini so you may already know some of this information, and some may be new to you.

My deepest wish is for you to know you are a powerful being and that you are able to craft a loving relationship with your Kundalini and balance it with your body and everyday life. Your loving, excellent self-care and good choices



are crucial to ensure your wellbeing and to minimize stress as much as possible as you awaken so you emerge from the process without burnout. (If you have experienced burnout, self-care can help you recover going forward.) ♥

“My deepest wish is for you to know you are a powerful being and that you are able to craft a loving relationship with your Kundalini.”

2

Here's the deal with power

Your self-care and relationship with your Kundalini journey is one of your most important sources of power. Yes, my friends, POWER!

You have a lot of personal power in this awakening, even though you are also being asked to surrender at the same time. You have power to influence, impact and heal through the choices you make every day.

This power is reflected in the way you care for your body, what you eat and drink, the places you hang out, the energetic environments and people you expose yourself to, the media and online content you ingest, the body-care and exercise rituals you undertake, and so much more. In every moment think of these as your sources of power that support both yourself and your awakening.

“Your self-care and relationship with your Kundalini journey is one of your most important sources of power.”



And they can make a huge difference in your experience. They may not always be the solution to a difficult process or phase, but crafting a beautiful and aligned self-care foundation beneath this process is always going to help and create

ease, even if you cannot see it in those most irritating, agonizing or tiresome moments of Kundalini progress. Never forget: your self-care is one important source of your power in your awakening. ♥

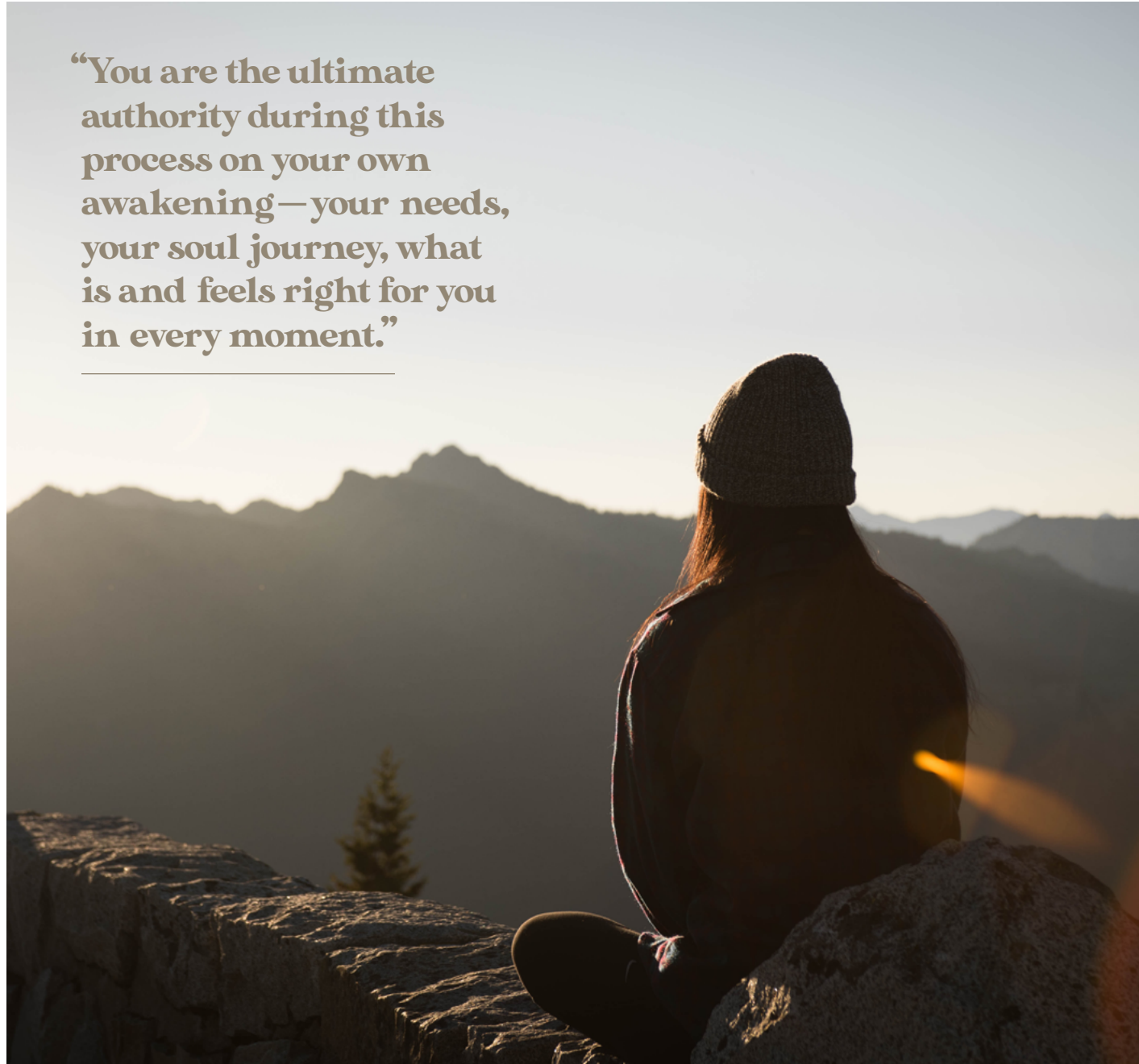
3

You are your ultimate authority

That's the other half of this deal. You are the ultimate authority on your own awakening—your needs, your soul journey, and what is and feels right for you in every moment. You can receive guidance, love, support, and healing from others. You can read books, listen to podcasts and watch YouTube videos. All of this is excellent.

But be discerning, because you are the authority on you! At the end of the day, trust your gut and your intuition about what is uniquely right for you. And know that what is right can change from one day to the next. One day, that rose oil that soothed your heart expansion for months may not have the right vibration anymore and may no longer be necessary. Or suddenly you need to eat meat again after months of being vegetarian. Become available to your deeper knowing, tune in, and trust. Learn to listen to your body as a compass, turn to your intuition for insight, and even tune into Kundalini herself. ♥

“You are the ultimate authority during this process on your own awakening—your needs, your soul journey, what is and feels right for you in every moment.”



4

Your intuition is your best friend

Though this guide is full of suggestions, tips, and general advice, please check in with your intuition about what is right for you and how to best apply any of this information to your own life. Throw out what does not serve you.

As you gather and glean from many sources about the Kundalini process, keep checking in with your intuition; listen to your body's signals, your feelings, your heart, and your inner wisdom.

Sit and meditate on deep questions that arise about your Kundalini self-care and be open to the answers you receive. Journal and write down your answers and wisdom so you can refer to it in the future.

Your intuition is one of the most important pieces of software for your Kundalini awakening. In many ways, Kundalini and the awakening process endlessly hone and refine your intuitive function and force you into a deep relationship with it as part of the process of waking up. You may find yourself in situations where the only answer is within you. Where the people around you may have no understanding of the depth of



“Your intuition is one of the most important pieces of software for your Kundalini awakening.”

the awakening you are experiencing (because you have to take the pill to exit the Matrix) and how best to serve you. So turn to that infinitely connected, intuitive software within and call on it to support you.

Awakening wants you deeply connected to your soul, your higher wisdom, and the cosmic consciousness. It wants you to be empowered and independent so you can both fully wake up and simultaneously express all of who you are in wholeness. It wants your light, joy, and awareness to shine through that beautiful personality of yours. Your intuitive compass helps keep you on this path.

Your ever-deepening intuition serves your Kundalini evolution, which in turn serves the ultimate goal of getting “woke” into deep, vast awareness of who you really are and all the beauty you contain. Each step you take intuitively is a movement, a subtle commitment to being more available and prepared for this shift.

Once that deep union with your true nature has occurred and that profound shift of awakening has taken place, your intuition will be your primary guide on how to integrate this radical transformation and new consciousness and how to care for your body through one of the biggest changes it will ever undertake. ♥

5

Your attitude and your awakening

Your attitude around the Kundalini process is everything. And you have power over this. Though it is not always easy when your symptoms are awful or making life difficult. If that is happening, then it may be good to seek out guidance and support. There may be a painful or challenging interaction going on between Kundalini and your system that can be remedied. Believe me, I am not suggesting you endure unnecessary suffering.

Nevertheless, it is helpful to craft a loving, positive, and eventually trusting relationship with Kundalini. She is asking you to surrender to her healing, her power, her intelligence, her support, and ultimately to your deepest nature as consciousness. Usually, as people start to stabilize in the process this happens naturally. Especially when you experience some of her positive benefits, unfolding wisdom, new awareness or even bliss. You begin to have a sense of where she is taking you and what the gifts of that are.

The more comfortable and relaxed you can be with this transformational energy weaving her magic and healing you within, the easier it can be.

“A helpful attitude to Kundalini is one of surrender to the process. It has qualities of being able to relax, trust, open up, and a relinquishing of the fight, struggle, force or resistance to the Kundalini process.”



At first this can be challenging. When an unexpected, organic, powerful and intelligent energy, power and consciousness suddenly awakens within us and starts to move, flow, and cause all sorts of unexpected symptoms, it can be frightening. I speak with many people who are initially terrified.

During the first month to a year after a Kundalini ignition or rising, I find that people generally shift

from a state of distress or shock to more acceptance of the awakening process. This often is because they've explored and researched to build a clear picture of what they're experiencing. Having this mental framework of what is happening can be incredibly relieving and supportive. Through knowledge and awareness you begin to relax and accept this transformational energy process and understand that it is natural, positive, and evolutionary. When you calm down and naturally

become adjusted to the process, it allows a lot of healing to occur. This phase can take from three months to a year as individuals educate themselves, explore their inner experiences, find ways of managing the process, and start to feel safe.

It's important to be calm because Kundalini is using your nervous system as a conduit of energy and consciousness. If you are stressed, terrified, anxious or attempting to control the process (and this is natural if you are new to it or have trauma in your body), you tighten up, contract and thus reduce her access to your nervous system. When you are contracted and tight, Kundalini needs to work so much harder to complete her tasks in different parts of your system and get through the obstructions to access those areas. This can cause an intensification of energy, heat, tension, and other adverse symptoms. Honestly, because I was carrying so much trauma and didn't know how to relax in the early phases of my awakening, I experienced all of these symptoms. I had to teach myself to relax and go with it.

It's clear how this cycle can, for some people, spiral out of control until they feel frightened, anxious, and overwhelmed by Kundalini and fight her process at every turn. Most of us have been here in one moment or another. It is normal.

A helpful attitude toward Kundalini is one of surrender to the process. Surrender means being able to relax, trust, and relinquish the fight, struggle, or resistance to the Kundalini process. The more you gradually learn to surrender and open, the easier things can get—even in the rough moments. You can stay soft in your heart while the Shakti fires are purifying.

In a Kundalini process, you are being asked to be sensitive to both the practical needs of Kundalini and to your own. You can do this by listening within, and using your intuition to solve problems and honour both Kundalini and the demands of your life. Work with the process as best you can, learning as you solve each problem, or as Kundalini herself shows you the way forward. Take one positive step at a time. This is all you need to do.

It can be helpful to keep a journal, noting techniques, insights, ideas, adjustments you make, and any messages from Kundalini that are helpful so you can refer back as needed. This can help you track your lifestyle and self-care adjustments and reveal patterns of what works for you and what does not. When things become too intense, experiment with what you can adjust to support your process. And contemplate: Have you done anything to agitate her?

It is an experiment. Some days we care for our Kundalini beautifully and it flows with ease. Or we try something and it truly does not work out well for us. And then we recover our balance and begin to experiment again. And all of this is ok.

Learn, contemplate, and note what works for you. Keep refining. Sometimes things that work for you now may no longer work in the future, and this can be surprising.

So, in the next few chapters, I give you my best fundamental tools and tips for kickass Kundalini self-care. ♥

6

Take out the excess fuel

If you are suffering from intense Kundalini symptoms, especially internal body heat, anxiety, depressions, or insomnia, and are struggling to cope with your life, it can be a very useful experiment to remove substances from your diet that aggravate Kundalini and can make her ferocious.

Kundalini can be a fiery elemental process and the following substances are considered fuel for her fire. Consuming these is like throwing kerosene on a campfire, making it burn vibrantly and intensely, only the heat of this fire is occurring within your body.

You may find significant or subtle improvement by experimenting with removing (or reducing) the following from your diet:

- Sugar
- Caffeine
- Alcohol, especially red wine as it is very heating
- Chocolate
- Recreational drugs (unless medicinal or essential for managing pain, etc.)
- Cigarettes
- Spicy foods

I have seen people going through a rough Kundalini process—deeply depressed, anxious, and even suicidal—suddenly improve, or have many of their negative symptoms disappear when they gave up things on this list, especially sugar, chocolate, and caffeine. For others, removing the fiery substances creates a more gentle improvement that allows them the space to begin to consciously relate to their Kundalini symptoms in new ways.

It gives them some breathing room to be with their awakening and begin to balance their life. Once I worked with a woman and suggested she remove fueling foods from her diet as an experiment. She contacted me two weeks later and told me that after dropping her addiction to chocolate and coffee, her Kundalini had miraculously and completely calmed down and she was able to see clearly her next steps forward. ♥



“You may find significant or subtle improvement from experimenting with removing Kundalini aggravating foods from your diet.”



Dietary changes

Some people also feel compelled to stop eating animal products and meats, but that is very personal. Others benefit from the high protein and grounding that eating animal products provides. Many find that a healthy diet with organic and more whole foods and little or no processed foods makes a big difference to their wellbeing during Kundalini.

Personally, I made the biggest progress when I added in a lot of greens, smoothies, and super foods. This suited my body type. I made this change instinctively and intuitively and people came into my life at the time to give direction to the dietary changes I was making. I was intuitively giving my body all the nutrients and support it needed with the enormous organic changes happening within. Within a year of this shift my Kundalini completed. ♥

8

Spiritual practice can add too much fuel to the fire

Yep, even your beloved yoga and meditation can sometimes be too much. In the same way that substances and foods can amplify the Kundalini process and make it painful, so, too, can too much spiritual or energetic practice. Use your intuition to guide you to the spiritual practice that is right for you, along with how much and when to practice it.

If you are experiencing challenging symptoms, heat, surging Shakti or a difficult Kundalini process (or a difficult Kundalini initiation), it might be time to take a break from all spiritual and energetic practices and see if your system settles down. This includes yoga and meditation (yes, yoga and meditation!), tai chi, chi gung, Reiki, mantras, chanting, and any practice that has a strong intention or purpose to support or purify you energetically or spiritually.

The reason is these practices can add more purification to your system than you may need or can cope with at a particular time. They can stimulate Shakti to release at a more rapid rate than is helpful or manageable. Furthermore, they may sing Shakti out of her established, calm and

steady flow from the pelvis and encourage her to flow up your body in an unstable, accelerated way, leading to unexpected or destabilizing Kundalini pain. And that may not be what you need in that moment.

It can be very helpful to pause all of these practices and let things settle down within you. This will allow you to create a clearer and more stable internal space in which to then observe what practices now work for you and what dosage is just right for your body. Use your intuition and experiment to evaluate.

In this clear space, gradually reintroduce the practice and keep a close eye on exactly how much of it works for you in that moment. Trust your awareness and intuition, and don't rely on outside manuals or routines; your system will guide you to what you need. Be flexible, intuitive, and careful.

And remember, you are the authority on your process. What you sense is right may be very different from what a spiritual leader, Lama, or external guide suggests. Trust yourself.

You may go through periods of time when meditation or other practices are not working for you and you need to take a long break. And then suddenly a meditation might start to call you strongly and, when you try it again, it is perfect once more. Things change as Kundalini progresses

through your body. What serves you at one point may not at another, and then return to being beneficial again.

It is crucial to know that at times even quiet, still meditation can be over-stimulating. I went through periods in my Kundalini process where meditation set my body on fire and I couldn't do it at all, though I was still able to do chanting and yoga.

Other times, I had to take a complete break as meditation and yoga sometimes over-stimulated the purification and spiritual process and turned my Kundalini into a high-speed Ferrari, complete with roaring energy surges, insomnia, and intense stress. Please be mindful. Just because it's yoga and meditation doesn't mean it is right for you in that moment.

That said, I did have a simple 20-minute yoga practice and mantra chant I continued all through Kundalini to this present day. I love Sadhana and it is not uncommon for me these days to spend two to four hours doing spiritual practice. It fuels my soul. I am a dharmic junkie.

Also, as you purify, your subtle body and system will consequently have more space to move energy more easily and powerfully through the body. So you may find you have stronger responses to energy practices than other people and also be very sensitive to the changes these practices facilitate.

“So experiment and know as Kundalini changes your system and purifies you, what you need may vary and change again and again. As always, use your intuition.”

Once, when integrating after the end of Kundalini, I went to a one-day chi gung workshop a friend was teaching. Its powerful exercises set my energy spinning rapidly through the Kundalini-cleansed subtle channels and I felt so keyed up. My body was left profoundly over energized, intensely edgy and very uncomfortable. When I collected my partner from the airport the next day I had to explain to him that I might seem anxious but I was, in fact, just buzzing way too fast. What may have affected the other students minimally had a big impact on my purified body. My friend asked her master teachers for advice and I had to laugh when she was embarrassed to share their advice: A few of them said they had no idea and another said I should see a psychiatrist. I just rested for a few days and the energy settled on its own; I was completely fine. Understandably, I have stayed away from chi gung and still smile at this experience.

So experiment and know that as Kundalini changes your system and purifies you, what you need may vary and change, again and again. As always, use your intuition. ♥

9

Wow, I'm feeling very sensitive

It is normal to go through phases in awakening when you feel intensely sensitive. Your aura is experiencing great change and it is not as strong or robust in its ability to protect you from external influences. Your senses and nervous system are simultaneously being highly sensitized so that you can become astute in your spiritual and perceptual abilities and thus guide your awakening accurately. Eventually this sensitivity will settle down as Kundalini progresses and completes.

During this phase, however, it can feel painful to visit places where there are strong collective energy fields, such as shopping centers, large venues, sporting arenas, and places that have a heavier atmosphere like pubs and clubs.

This is normal and okay. Listen to your needs; be creative about how you can fulfill them without exposing your sensitive system to environments and atmospheres that are painful, negative, or overwhelming. You may feel called to spend more time in nature, in your own company and with close friends and family. ♥



**“Your sensitivity
will eventually settle
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progresses and
completes.”**

10

Gee, I cannot handle that person anymore

When you become more subtly aware and sensitive you may also notice clearly people and places that are now toxic to you. It will become apparent which friendships are no longer aligned. It is normal to go through periods of transition where certain relationships fall away and friendship groups no longer vibe for you.

Trust that as you grow and progress, you will become more radiant and magnetic to aligned and positive relationships that support both you and your awakening. ♥

“Trust as you grow and progress, you will become magnetic and radiant to aligned and positive relationships that support both you and your awakening.”



11

Too much transmission, too much Shakti

We live in a privileged time where it can be wonderful to sit with spiritual teachers in person, watch lots of spiritual YouTube videos and absorb wisdom, insight, guidance, and transmission from our elders. We have access to spiritual knowledge and experiences in a way that is unique to our age. And is it helping awakening spread like wildfire, thankfully.

Just a little note: Absorbing transmission and Shakti from spiritual teachers is the same as digesting anything good for you. You still need to be aware when you have received the right amount of energetic transmission from a teacher, or YouTube video, etc. and when to take a rest and let your body digest what it has received. Having too much transmission in your body may sometimes result in the same issues as too much spiritual practice. Your body and psyche and energetic system need rest and space to take it in, change radically and evolve.

We can even overdo ingesting spiritual energies of our elders. In the old days (well, not that long ago) we were naturally restricted from taking in too much transmission simply because the teachers

were less available, harder to reach, and spent limited time in public. Now, it is a free for all (yay!) and we need to use our wisdom and intuition as our personal guide, yet again. ♥



**“Having too much
spiritual transmission
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practice.”**

I have never rested so much

One of the hallmarks of entering Kundalini is an irrefutable need for rest, naps, and recuperation time. You may feel pulled to simply stop, breathe, be, and contemplate. It may look like you're crashing on the couch and binging on Netflix while deep, subconscious and energetic processes depressurize in your body. There are days you just sleep, sit on the porch sipping tea, rest under a tree or wander aimlessly around the house.

The depth of change that is taking place at every level of your body means your system must occasionally or often stop to allow healing, repair, release, and integration to happen. Powerful chemical, cellular, and energetic shifts require the energy resources you would normally dedicate to accomplishing things in your life. So the process simply stops you.

Honour your callings as best you can to rest, take down time, and be away from intense demands when possible. For parents, that may be 10 minutes in the bathroom, or for those at work a five-minute tea break. Sneak rest in where you can and rest deeply on days off. Kundalini stabilizes into natural rest cycles—periods when you need to rest and times when you are free to be more active and

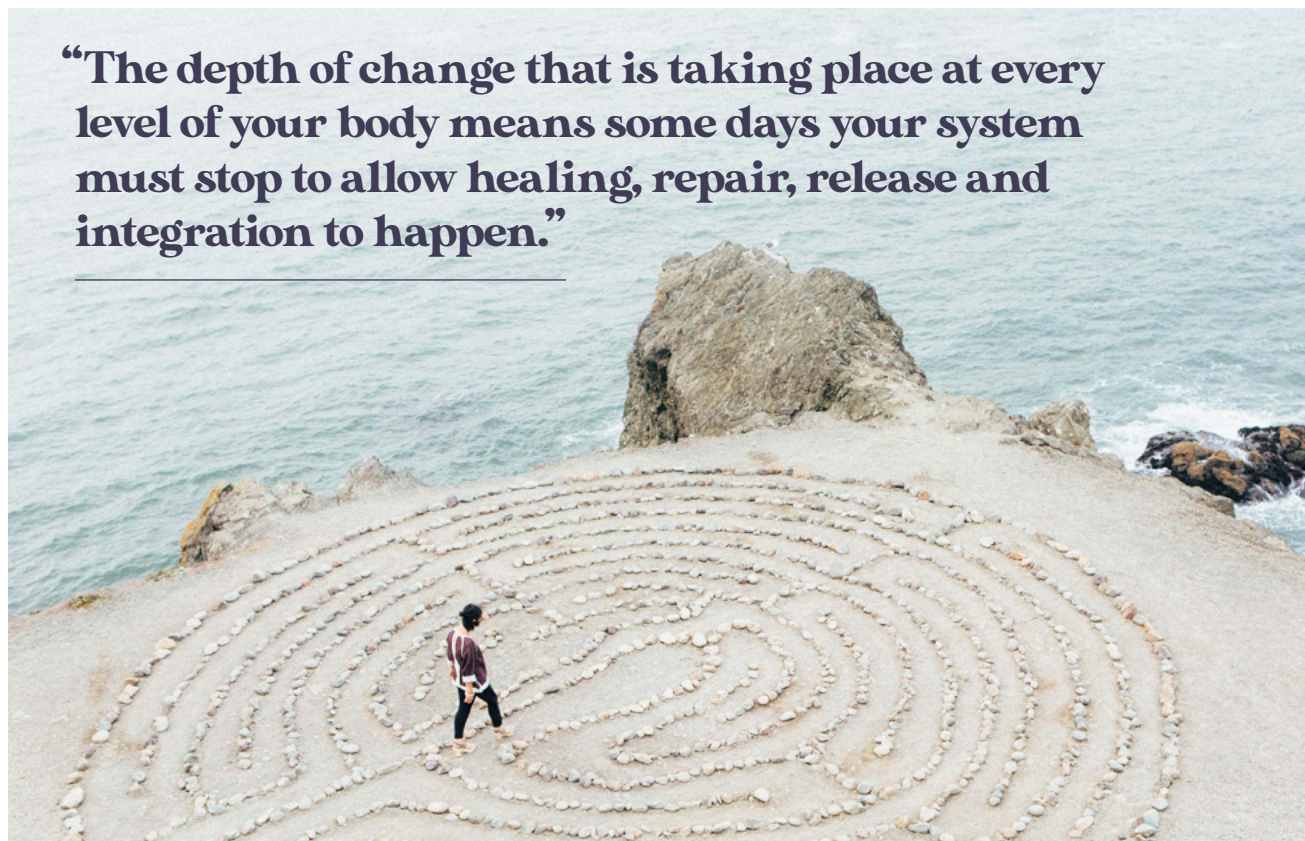
accomplished. This is the normal ebb and flow of the awakening cycle. I encourage you to lean into this cycle intuitively to discover what it needs from you each day.

Please note that if you are called to rest and instead you drive, push, stress (and sometimes life gives us little choice), you may experience acceleration of Shakti processes and the adverse symptoms I mentioned earlier. You are driving Shakti deeper

into action and not allowing her to do the repair, recovery, processing and integration that needs to happen in that moment.

See if you can calm and centre in your busyness and take time to rest when you can. If you don't, you may find the symptoms intensifying and feel anxious, hot, spacey, edgy, over-stimulated, or so depressed that you are simply forced to stop and allow your system to return to balance. ♥

“The depth of change that is taking place at every level of your body means some days your system must stop to allow healing, repair, release and integration to happen.”



13

Nature is the most soothing medicine

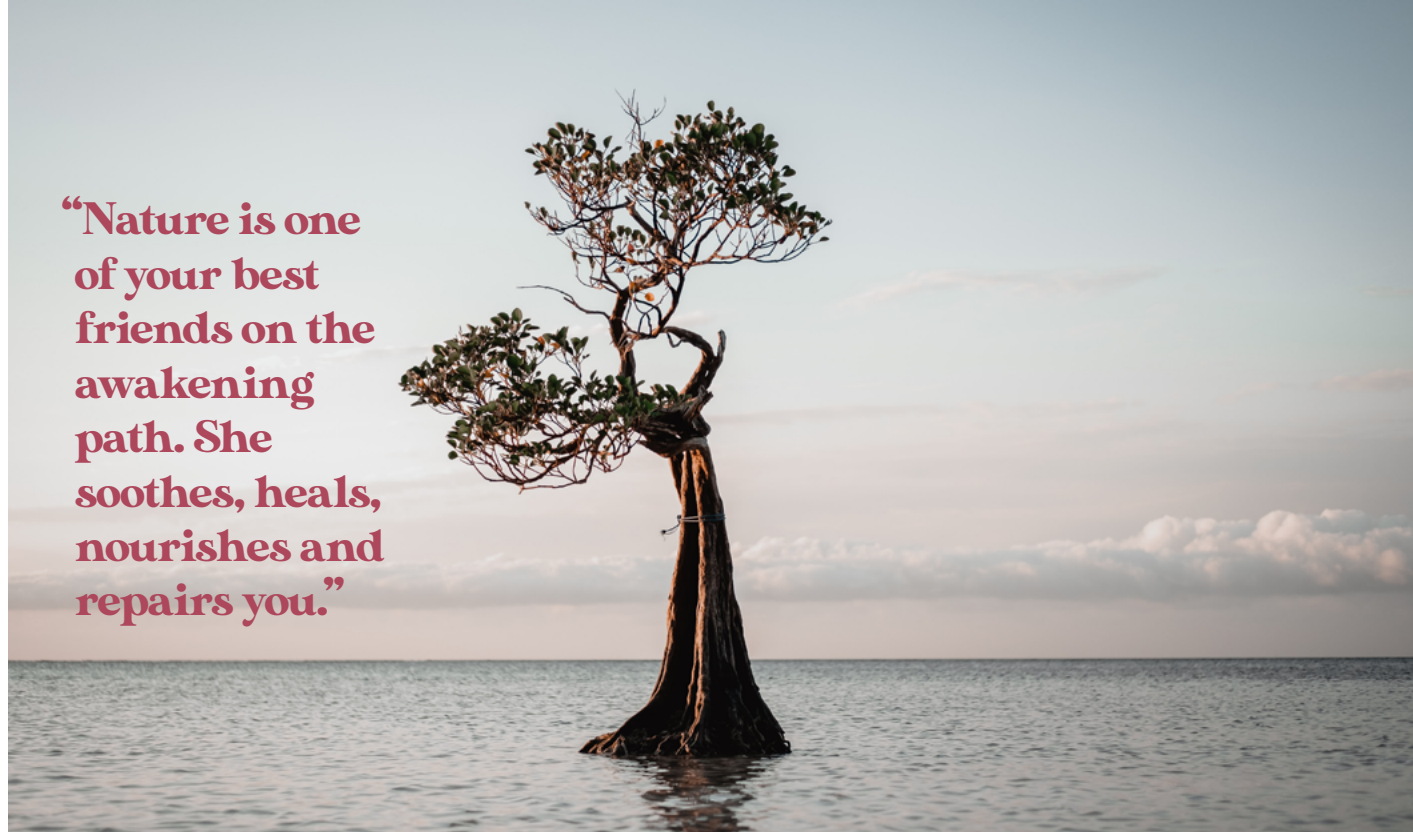
Finally, nature is one of your best friends on the awakening path. She soothes, heals, nourishes, and repairs you. Nature gives you access to high-level frequencies that are extremely healing, balancing, and organizing. She is literally food for your system.

The energies of nature and the sacred atmosphere she emanates are brilliant medicine. Having time away from the intensity of human civilization can be very stabilizing and centering for awakening. Taking space from EMFs, radiation, the collective pain body, and other people's energy/thoughts and pain can give you a chance to recalibrate.

Once upon a time people going through awakening permanently retreated to forests, caves, mountains, rural monasteries, and remote huts. The refined atmospheres of these sacred places, and the reduced interference of human collective fields gave them space to dedicate and attune to their spiritual advancement. They had room to cultivate an intense spiritual focus. And it simply felt a lot better for their sensitized systems.

We do not live in deeply ascetic times. We are

“Nature is one of your best friends on the awakening path. She soothes, heals, nourishes and repairs you.”



awakening in the buzz of everyday life. This is the beautiful and at times tricky task of modern awakening.

Instead find a park to hang out in, a forest to walk in, and trees to rest against. Go on a Sunday drive, have a picnic. Holiday in the wilds. Meditate beside the ocean or a lake. Go hiking or camping. Rest in your garden. Plant flowers. Buy houseplants (I have 30 in my apartment). I cannot say how powerful and nourishing nature can be for your entire being.

In my Kundalini process, rain, hail or shine I would be walking my beautiful dog in the local state forest in the mountains where I lived. It really

kept me sane through huge transitions. I made the 20-minute drive there and back every day no matter how tough things were internally (except of course when my inner knowing said to rest for the day, recuperate on the couch, or simply sit in the garden).

Many people find they need to leave cities and live in the countryside during intense phases of the awakening. They no longer enjoy or thrive in city environments. If you notice that calling within you, pay attention and it's ok. It is normal. Not everyone can realistically leave the city, but there are many ways of adding more nature into your life on a weekly basis. ♥

14

The bounty and magic of your awakening

Kundalini brings us so many precious gifts, ones that will unfold and deepen for the rest of our lives, and then activate new ones! It is my deepest intention that by refining your self-care you will have the wellbeing to easefully receive and integrate her gracious offerings.

I am always in awe of the beauty and magic of awakening and the exquisite transformation, healing, insight and freedom that I see her bring those I serve in my community. She lights up people's hearts, radiates from within and brings them to a place of joy, wholeness, understanding and contentment in who they are.

By nurturing ourselves well, we can create ease and give our bodies the support and space essential to integrate immense, positive changes in at every level of our being.

Kundalini is helping us to become the person we came here to be, to live from our hearts, to activate our deepest destiny and highest calling. She brings us back to who we really are.

“Kundalini is helping us to become the person we came here to be, to live from our hearts, to activate our deepest destiny and highest calling.”

Here are a few of the countless blessings you may receive in your awakening:

- Inner peace
- Wisdom and knowing
- Internal spaciousness
- Freedom
- Clarity and ease
- Self-love and acceptance
- Awakened awareness
- Unconditional love and universal compassion
- Relief from internal critical voices, conditioning and ancestral influences
- Healing and resolution of trauma, anxiety, depression and internal suffering
- Alignment with your highest consciousness and soul purpose
- Connection to subtle realms of consciousness and the wisdom and information that dwells there
- Activation of latent gifts and abilities that are aligned with your path
- Support from higher realms and spirit dimensions such as awakened beings, angels and guides to help walk your path and navigate Kundalini
- And so many more gifts...

Your awakening is the biggest opportunity of your life to share your light, love and exquisitely honed presence through simply your being here on the planet. You become a gift both to yourself and to us all. I celebrate you. ♥



And so much more...

There is so much more I could add to this little guide—this is simply a little touchstone. My deepest hope is that I've given you a framework to better understand some of the challenges and learning curves of Kundalini along with ways for you to support yourself through this precious and profound transformation.

Kundalini does progress and you will find yourself experiencing more and more of her grace and gifts.

You are in my heart. I am joyous for you and delighted that we have met on the awakening path.

With love and blessings for your awakening,

Myree

“Kundalini does progress and you will find yourself experiencing more and more of her grace and gifts.”

Go Deeper with Myree

I'm honoured to have helped 1,000s learn how to joyfully learn how to dance between the worlds of personal awakening and everyday life, and I'm here to help you do the same.

This guide is an introduction to the life-changing tips and tools I wish I had during my awakening, and my wish is it supports you to begin shifting from struggle to stability in yours.

But why stop there? My bigger wish is to not only help you stabilise your Kundalini awakening, but befriend it! I put over 30 years of my awakening experience into my signature course: a comprehensive deep Signdive upmadeto accesswith you in my heart and mind.

Sign up to access 26+ hours of profound content, coaching and support. It's self-paced, online, interactive, and a safe space in a loving, global community.

Make your awakening your superpower!

myree.com.au/kickass-kundalini

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Disclaimer

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.



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