

The Art of Kundalini



42 CARDS by Arna Baartz

What is Kundalini?

From my point of view, within my experience as someone who has undergone intense physical, emotional and spiritual changes

through the practice of integrating Kundalini energy, I believe Kundalini is who we actually are beyond physical perception.

Kundalini is the perfect merging of spirit and earth, it is the recognition that there is no separation between the two.

Separation is merely a tool we use to explore ourselves in relation to others.

Kundalini energy moves through our physical being just as a thought moves through the mind.

A thought might bring with it a shift in consciousness and perception that allows us to become more mature in our responses.

Kundalini brings with it a new physicality that offers a similar kind of maturity, a knowing in the body that matches the theory within our mind.

Kundalini Awakening might occur suddenly which can be overwhelming for the physical and psychological state or it can occur gently over time.

When working with Kundalini energy it is important to be mindful of your participation in the awakening.

What I mean by this is to be aware of your body and mind, notice the fears and resistances that emerge through your process and relax as much as you remember to.

When you make an affirmation, statement of power or in other words a deliberate intention, KNOW that your mind and your universe will do all it can to bring you your wish.

For example, if you are stating 'I WANT TO CHANGE' or 'I INVITE KUNDALINI INTO ME' be prepared for this to happen.

Tell yourself 'I choose to change at a pace that is right for me', 'I choose to process my emotional blocks with ease and grace' or other calming intentions such as these.

Be the boss of your mind and when uncomfortable or unrecognizable feelings occur in your body be assured that you are safe, this isn't something bad happening to you but your own personal power finding it's way through your system in order to bring you your wish to be whole.

Fear of the discomfort or unknown associated with Kundalini has been known to cause extreme anxiety, so remember to breathe, if you feel funny, breathe and sink, allow the

changes to take place, let your higher self do the work. Surrender, Surrender Surrender.

And if at anytime you find yourself getting out of control say 'STOP' relax again and focus on your breath.

Note From The Artist

Thankyou for loving yourself enough to open this box of cards.

I believe art and colour are powerful mediums for personal development and emotional/physical healing.

For me the deepest healings have been connected to the visual sense, whether through creative visualisation or sitting with artwork where colour and energy triggers emotion in my being.

There is no doubt in my heart and mind that we are vibrational beings and as such we can find healing and joy through participating in *any* act that causes an emotional or vibrational shift.

Viewing humanity from a meditative state, looking past form and into the microcosm, we find ourselves witnessing a swirling cloud of intense and fantastic rainbow colour.

This is who we are, ONE, and in recognising our perfect state, we provide life force to ourselves and to our world.

Enjoy the Journey,

Love Arna



You Are Beautiful

Our beautiful Kundalini Woman has discovered the wisdom and joy of inner beauty. This does not mean that the external body is less than beautiful but more so that the external radiates a beauty that only emerges from within. True, sensual beauty usually does not emerge in all of its glory and abundance until later in life; a being must have gained self-awareness through the many and varied experiences their life has to offer.

This is a state that as we age we are potentially aligned with. It is important for women and men to realise this beauty and express it in a way that allows children and young people to embrace aging rather than fear it. This is our gift to the next generation.

If you chose this card, please take the time to contemplate what 'beauty' means to you.

By doing this you might find that you have some questionable values around beauty that are holding you back from the absolute joy you are not only capable of but deserve to experience.

Stand in front of the mirror and feel the feelings that come up for you as you contemplate your face. Be determined to unlock your self-acceptance in order to embrace your beauty and live your best life



Generosity of Spirit is Key to Your Shine

This is the Kundalini Lady of gratitude. Her gratitude is not about forcing herself to say thank you but more about feeling fascinated by her existence.

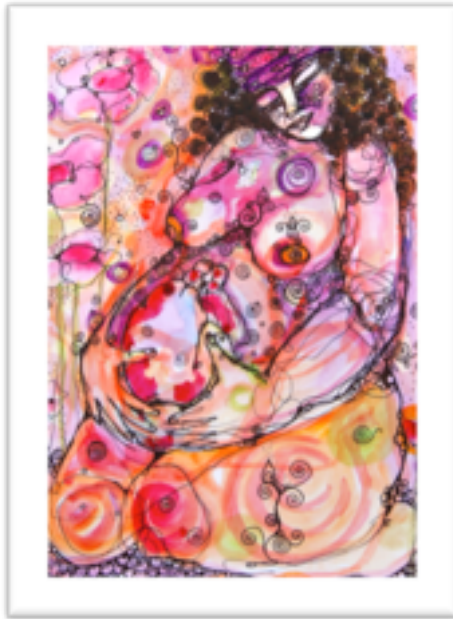
As she allows herself to experience her life from a deeper place of perception her amazement fosters the true development of gratitude in her system. She has realised that she is the bird she is studying, she is the glory of life and she herself a ray of sun with a mind that embodies the universe.

If you have chosen this card today, please understand that to give is to receive.

These actions hold the very same energy.

Notice the way it feels next time you receive a gift or next time you give a gift.

Always accept gifts with love, this then gives another an opportunity to enjoy the satisfying feeling of giving.

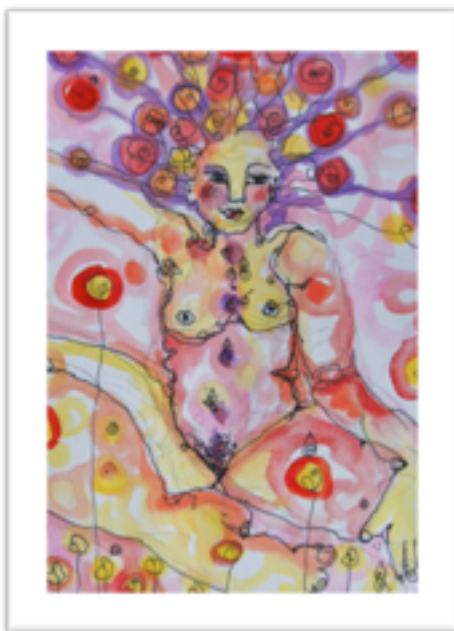


Open Now to Receive the Energy

This pregnant Kundalini Mother is guarding a beautiful gift.
There is a story waiting to unfold, an exciting one, it is blossoming and you are the storyteller. Open now and receive the energy to bring it into being, for the fruit is ripe.

If you have chosen this card, there is a birth on the way, either a dream of yours is becoming a reality, or in fact, a little baby spirit could be seeking a mother.

Keep your awareness levels high for good news!



Take Your Seat of Magnificence NOW!

This Kundalini Magician is a white witch, a goddess, a honeysuckle princess.
She holds the wisdom and healing magic of all healers that have ever existed.
She is the nectar at the centre of all that is and those in her company are in the bliss of physical health. She sits on her seat of magnificence with ease and whispers the answers like honey in your ear.

**If you have chosen this card, you are being reminded that miracles really do exist and magic is the natural power of the phenomenal human brain.
Do not be afraid to ask your questions out loud, you WILL receive the answers; your mind is attune to your needs. On a physical level become conscious of the way you treat your body, ultimately you are in command and wholly and completely responsible for your health.**

We have the power to augment positive brain development and enhance emotional intelligence, herein flows the magic of the universe



You Are Delightful

This Kundalini Mermaid is floating in tandem with the natural movement of the universe. She isn't questioning the perfection of her existence and she never judges her flow, she knows she has nothing to do but simply enjoy her life.

If you have chosen this little mermaid, please drop your judgement on yourself and others for today. Notice when you find yourself having a harsh thought about another and stop it. Say instead 'I don't know their story'. If you are judging yourself, notice, take a breath, breathe out and say 'even though I am having this thought, I accept myself as I am'.

What does it feel like to stay above judgement?



You Flourish In Your Surrender

This vibrant Kundalini Woman feels her emotions in her body and surrenders her self to them. As she does this they transform from pain to ecstasy.

With true surrender and faith what she feared before has become the healing power, flushing through her body to bring her from girl into womanhood.

If you have chosen this card, you are a being that is going through some great and wondrous changes. Surrender completely by relaxing your body into the feelings that you may be experiencing. Kundalini energy can be strong and sometimes frightening if we resist but it isn't here to hurt us.

Kundalini energy integration only happens as a result of our deepest intention.

Drop your resistance to life, you are safe



You are the Star of Your Dreams

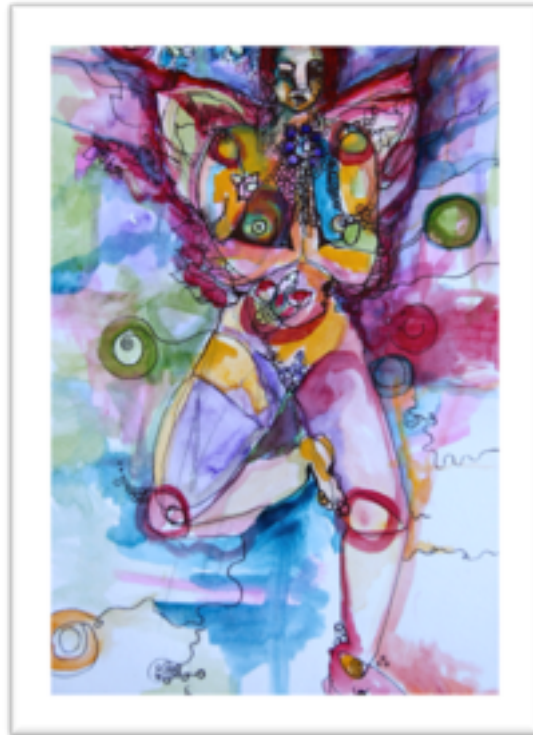
Our Kundalini Lady is aware there is only one star from which we are all born.
We are each an integral part of All That Is, the ultimate being of complete love.
We are constantly dreaming and from our dreams our lives open up before us in a
plethora of exciting adventure and opportunity. She nurtures her wondrous dreams as
though they are her children.

If you have chosen this card, you are being asked to examine your life's potential.

Do you have a dream?

**Or have you forgotten that you are able to create a life according to your deepest
desires. Please take a step today to uncover your dream and make it a reality.**

It is for you to wake up in order to manifest your dreams

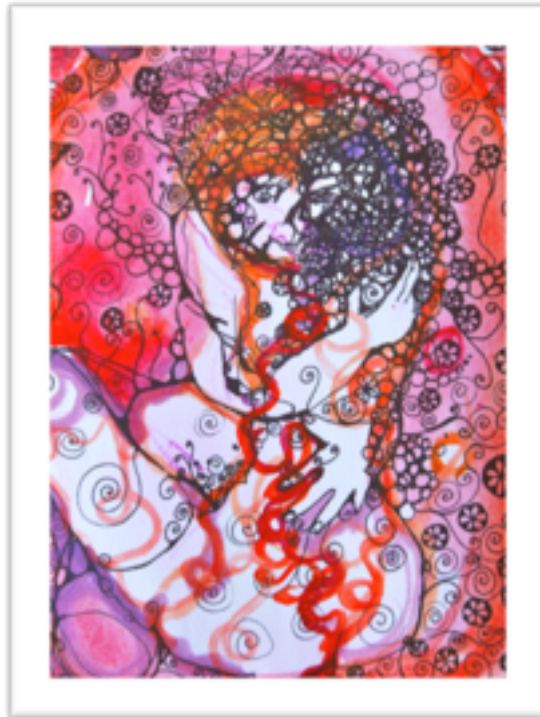


Find Your Breath and Balance in All Things

Balance in all things is a beautiful goal and can be achieved through diligently coming back into the now. This Kundalini Yogi has found the essence of balance through her practice of conscious presence. She is breathing deeply all the way through her chakras and filling herself with pure and vibrant awareness.

**If you have chosen this card, make an intention to practice presence today.
Play balance games and ask out loud for the steps to true balance.**

Focus on your centre line and trust your natural sense of balance



Energy Combined A Powerful Force

Our Kundalini couple have discovered their energy combined is a powerful force with which they can forge a desired destiny. Allowing true intimacy to grow with another is often uncomfortable and can even be frightening. But the question is, have we taken the time to connect with ourselves? Have we looked into the mirror, deep into our own eyes? This painting is a reminder to open the portal to true connection and face our own fascinating beauty square on. When we find the courage to do this we will watch our relationships shift, change and flourish accordingly.

If you have chosen this card, now is a good time to check in on your ability to truly connect with another. Alternatively you may be in a good position to pair up with another and energize a particular project, with optimal results!

Never underestimate that which you can't see, allow yourself to intend for help and guidance whenever you feel you need it

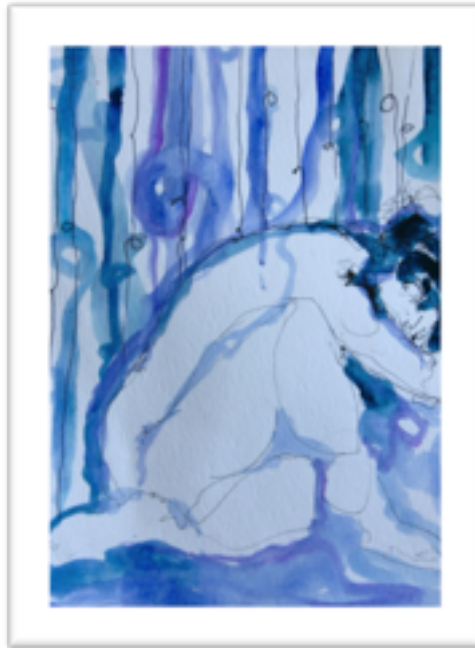


Play Honey Bee This is Your Life!

Our Kundalini Honey-bee is always willing to try new things to find her joy. Her mind is open to unusual concepts and because of this she is continuously evolving. She will play on her hands and knee's, take new directions, give others ideas space to unfold, she is FUN and won't let her old ideas or fixed thoughts keep her rigidly treading the same old mills. She becomes her true self by unwrapping the gift of experience.

If you have chosen this card, today is the day to do something differently. When you might normally go through the house by a certain route, change and go around another way. Play through your day and notice what it feels like to give the universe an opportunity to surprise and delight you.

Each and every new moment holds the power to surprise and delight you



Cleanse, Soothe, Revitalise!

This is a time for quiet reflection and release, for the allowing of old ideas to flow like water off a duck's back. Surrendering yourself to cleansing water is a helpful technique for renewal. Swim or wash your body with conscious intention to release, breathe calmly, allowing emotions to disperse. This Kundalini lady will help you find complete acceptance and soothe you whenever you need soothing, with a gentle reminder to release resistance and allow yourself to experience your oneness again.

If you have chosen this card, please know that a metaphoric cleansing is as powerful a step in your emotional and spiritual growth as any other healing. Set an intention that the next shower or swim you have is one in which you release and cleanse and step out of it renewed. It is also important to remain hydrated as dehydration can contribute to low energy levels and depression.

Our physical body is always renewing, know that every moment you can emerge a brand new person

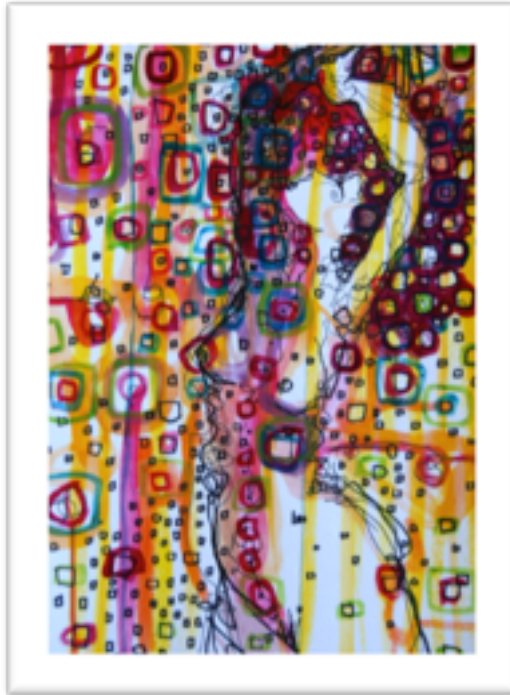


Face to Face You are the Answer

Looking directly at the self one finds the answer to a question or judgment that has until now been directed at another. Sometimes it feels uncomfortable to face the self in this way but it is necessary in order to evolve. Pain is only a perception and if you have the courage to allow yourself to feel it you will shed a weight that is burdening you. This Kundalini Woman is preparing for her emerging as a powerful Goddess, integrated in spirit and body.

If you have chosen this card, it may be time to take a good look at the way you are viewing a particular situation. Although there are two sides to every story, we always think we are on the side of righteousness. This is only because the story has unfolded according to our personal perception, if we take a look at the story from the other person's point of view we may begin to understand why they are so certain *they* are right.

Look into your own eyes and say 'I LOVE YOU'



Experience a Surge of Sensuality

This beautiful Kundalini Woman is allowing creative energy to flow through her body, shifting blocks from her past as it pushes up and out. Her heart, which may have felt heavy with lack of direction before, is now full of colour and her body light as she experiences this surge of life and sensuality. As it gains momentum in her being, she feels blessed and knows her future is bright.

If you have chosen this card you are capable of wonderful things.

Let yourself *really* feel the sensations life has to offer.

You will be gifted in ways you may have never imagines.

Feel your feet on the ground, hold your own hand and notice your touch. Physical sensation brings us into the now



In Perfect Alignment you are Crystal

With purpose and intention this wise Kundalini Woman allows certain experiences to touch her soul and trigger her emotions. In a measured way she clears her system through feeling each feeling as it arises. Soon she is crystal, she is in tune and in alignment and her waters are like fluid glass.

If you have chosen this card, you may very well be on a conscious path to cleanse your soul. Your intention to become the best person you can and live from integrity and truth. You do not need to fear your emotions because each one is a step in the unraveling of drama in your life leaving you free to live in joy and harmony.

Above and beneath all that you know, you are intelligent light

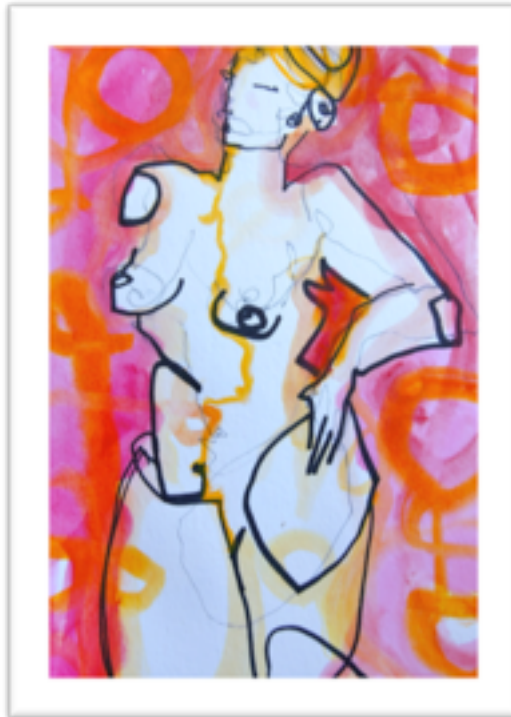


You are this Mysterious Universe

Bursting upward are bubbles of energy.
This Kundalini woman is experiencing herself fully as she allows the universe to manifest through her physical body. The energy rushes are intense and mean only one thing; complete transformation. It is so unusual as to be scary but she knows it is necessary and the way to evolve.

If you have chosen this card you are being reminded that fear is only a feeling and is separate to who you really are. You have the ability relax the body and become the commander of your life.

Take time to listen to your thoughts. Release unsupportive ideas and replace them with soul aligning affirmations

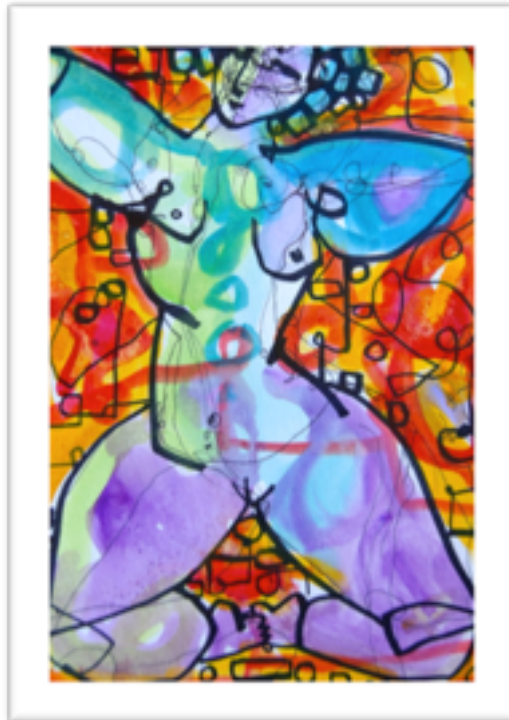


Stand Tall and Speak Out

This Kundalini Woman has found her self worth, she is realizing that her voice counts and now she is using it. She gathers all her energy to stand tall and with calm confidence and courage she speaks her mind.

If you have chosen this card, your spirit is telling you it is time to value your input more and be less afraid to share it with others. You just might make the difference needed to effect positive change. Your words are powerful when backed up by the energy of respect, integrity and gentle humility.

True self-worth stems from a balanced understanding of our the smallness AND the BIGNESS we embody whilst on our Earthly adventure



Angel You, Spread Your Wings

She is a Kundalini Angel and she has found her wings.

They are sprouting beautifully as she remembers who she is.

She has asked for this and chooses for the transformation to be a gentle process.
She is allowing her Kundalini awakening to happen naturally through conscious breath
work and awareness of her subtle resistances.

**If you have chosen this card be as conscious as you can of the feelings in your
body. Relax, relax, relax into your new and potentially, highly attuned state of
being.**

There is nothing more beautiful than an angel on earth



Integrity is Magnet To Your Success

Sometimes our goals and dreams may not be what others expect of us but we must find the courage necessary regardless, in order to nurture ourselves and bring dreams to fruition. Following a dream that disappoints another is about developing your own integrity and communication skills.

If you have chosen this card, become aware of the subtle lies you tell yourself and others. Notice the way they creep into your conversation and/or your personal thoughts. Uncovering this deceit programming is an awesome way to develop your communication and personal awareness. As you eliminate the need to use even subtle deception you will mature in profound ways, enabling you to follow your own path with confidence.

The power that flows from truth becomes the magnet for your success



You are the Colour of Your World

This Kundalini Yogi is deep in her meditation, the colours around her are an indication of her inner world as it shines and moves. It is as though we get a glimpse of her mind even as she slips beneath it. This lady finds relief in the knowledge that physical life is, although amazing and fascinating, not as real as what lies at the core of it all.

If you have chosen this card it is time for you to contemplate this earthly experience as little more than a dream. A first this might be a slightly incredible concept but over time you will begin to see the flaws in the fabric of the human condition. Being present and meditating on your connection with All That Is will open your mind to a world beyond the veil, a world where love is all there is.

Fear is not real, nothing but Love truly exists



Abundance Flocks To You

This Kundalini Woman is abundance personified.

Love flocks to her and she has a wealth of extraordinary energy to share. She offers healing through simple presence. When someone needs her she turns up in their lives and offers a gift.

If you have chosen this card you are being offered a gift of healing and abundance. You are being asked to stop making excuses and allow yourself to experience love. Notice the small things in life and give thanks for the delight you experience and the synchronicities that appear no matter how insignificant you might judge these to be. Through awareness you will grow acceptance and as you do abundance will be yours.

Notice it now and watch it grow



Take Command Of Your Energy

Only *you* can take command of your energy.

This Kundalini Woman takes full responsibility for what enters her realm of existence. She breathes deeply, filling her lungs with life-affirming oxygen and acknowledging her feelings. She moves according to direction from her intuition.

There is no blame toward others or toward life circumstances should she experience an uncomfortable emotional situation. She knows that on some level it is a gift.

And she makes full use of that gift through examining her part in the creation of it.

If you have chosen this card it is time to take command of your chi.

Blaming others will get you nowhere but further into the darkness.

Inside you is a ball of fire, an energy centre that is glowing and connected to All That Is and YOU have the power to acknowledge it's existence and make it work for you. Take up an activity that brings physical, mental and spiritual aspects of self, together as one. Martial Arts, Tai Chi and Yoga are examples of positive steps to taking command of personal chi.

Forget blame and take command of your chi power



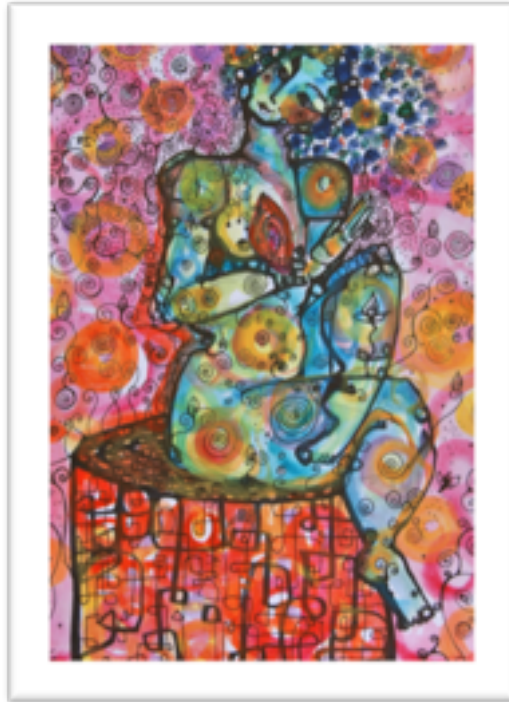
Stillness Beckons, Nature Speaks

Stillness speaks and nature calls.

This Kundalini Woman holds a reverence to nature but not as something separate from herself. Her utmost respect and love for the outside world is in direct relation to her respect and love for self.

If you have chosen this card you may believe you love the Earth and her creatures more than you love yourself but in this you are mistaken. You *are* nature and as you embrace this you will come to know that you, in fact, love yourself in just the same passionate way as you love the natural world you perceive.

Footsteps on the Earth are caresses on your skin



Joy and Innocence Becomes You

This beautiful Kundalini Woman is joyful and innocent; she has experienced much and found peace in her natural human skin. She receives nourishment from the sun and breeze on her shoulders. Fresh air and stillness are food for her soul.

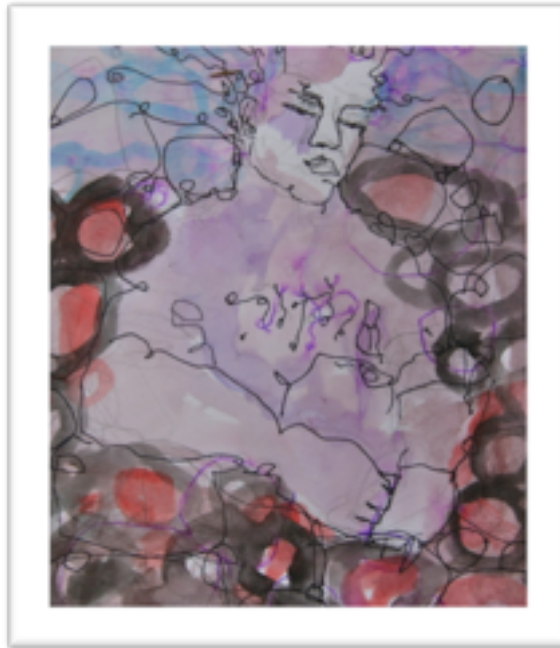
The simple pleasures, a good book, fulfilling conversation, the smell of rain, are all she needs to live a satisfying life. She is full of energy and knows quite well when and how to use it, she is strong and safe and knows without a shadow of a doubt that she is a beautiful soul.

If you have chosen this card, take pleasure in the simple fact that you exist.

Are you spending a lot of time worrying or desiring something else?

There is nothing wrong with having a desire but accepting where you are and finding joy here and now will allow you the platform for change that is being obscured by the unnecessary energy of stress and worry.

Acceptance and joy give way for positive change and adventure



Embrace the Masculine Power

Two aspects merge to bring strength and influence into this being. Breaking free from gender based constraints and allowing the masculine energy to have a voice is the goal of this Kundalini God. With his balanced expression of masculinity he brings new worldly power and energy to those who gaze on him.

If you have chosen this card make time to uncover any feelings you may hold about the male energy. If you have resistance, resentment or anger lurking around the topic of men or masculinity you are blocking off some of your valuable potential and power. Whether you are a man or a woman it is possible to find forgiveness so that you may move forward in all the glory and health available to you. Until now, blocking off masculine energy may have been a safety issue for you, a way to protect yourself from the intensity you perceive there.

Now that protection is no longer needed and you are free to experience the energy as a positive unfolding.

Male and female energy within one body creates perfect balance



Find it in Your Dreams

Dreams are important and this Kundalini Woman knows she can find many solutions to the riddle of her life through examining her dream state. There are metaphors and particular energies that are available for her to decipher. She writes down her dreams allowing her words to flow onto the page and VOILA it all becomes clear.

If you have chosen this card you are being instructed to take more notice of the messages inherent in your dreams. When you write down your dreams you will find your mind clicks in and reveals far more than you thought you could remember. What you might see is a powerful serendipity between your dream life and your waking life in which your subconscious takes you through your previous day or latest experience in a different way. When you tune into this you receive insight into why something might be occurring and where the pattern can be changed or influenced.

Dream study can heighten personal awareness, bringing growth and gifts beyond measure



Absorb Your Musical Universe

This Kundalini Music Maker turns her wayward thoughts into harmony.

She knows her thoughts are the way she weaves her world and so does whatever necessary to keep them in tune, subsequently creating an existence of musical bliss.

If you have chosen this card, you are becoming aware that your thoughts and emotions are creating and recreating your life experiences.

You may be in a transition period where you have realized but still feel it is impossible to change. It can be likened to transition in childbirth seeming most impossible just before the baby is born. Music can be the first step to unlocking stress patterns that may have formed over time. Help your body to relax with music whilst holding the intention of healing and softening. As you soften allow yourself to notice the thought patterns that run through your mind.

Remind yourself that you *can* change these patterns for a more conscious creative input in your life.

The word 'can't' means won't. You can if you choose to. Change and be free!



Allow Timing to Be Divine

This colourful Kundalini Woman has a few tricks up her sleeve!
She holds the gift of right timing and waits for energy to be in alignment before she acts.
Whether it takes a month or a holy instant, when she decides it's time you can be sure
there will be fireworks!

**If you have chosen this card it is time to exercise patience.
If something you want is taking longer than you wish then that is how it should
be. Rest assured all is being done in your powerful angelic world to bring your
desires into manifestation. Take a good look at what it is you think you want,
how does the thought of having it make your body feel? Do you notice any
strange thoughts or resistant feelings in your system? Write down your concerns
and let them go. Counter your continuous inner nagging on the subject with
simple physical presence.**

Show some persistent faith and let the right thing happen at the right time.



Your Ideas are Worthy

Nestled in this Kundalini Woman's essence are a thousand brilliant ideas. She has an amazing mind and she allows her innovative and sometimes peculiar philosophies to be free as birds. She always finds a way to express herself as the need arises and never discounts her idea's until she has explored them thoroughly.

If you have chosen this card you must give yourself more credit.

You are an amazing child of the universe, unique and worthy.

Express your idea's proudly and at the very least you will help others to feel more confident in expressing theirs.

An unusual idea may very well be tomorrow's reality!



Allow the Wind to Carry You

This Kundalini Woman knows that life is unfolding exactly as it should be although nothing is quite as it seems. She doesn't see fear or heartache anymore, she has aligned herself with the highest experience of love and so that is what her external world offers her in experience and form. She doesn't question her safety and looks forward to where the breeze will take her.

If you have chosen this card you are being asked to entertain the idea that you are safe and that everything is as it should be in order to take you into the next experience of positive life creation. Close your eyes and allow the wind to take you, relax and understand that you can trust the process of life if you surrender to your highest good. Your journey is unfolding exactly as it should although there is much you don't understand yet. Your only job here is to relax your body and breathe.

Hold out your hand and feel the touch of love



Sexual Energy is God Energy

This Kundalini Woman is uncovering her sexuality. The powerful realisation that sexual energy is as much God energy as love, compassion, peace and freedom has now created a dynamic acceptance of self. She has the ability to express herself in a truly orgasmic and universal way. This newfound truth energises the rest of her life powerfully.

If you have chosen this card it is time to uncover your sexual power.

If you have pain or discomfort around this thought you must treat yourself lovingly but also know that it is your right to be a whole and dynamic sexual being. Whether you are in a relationship with another or not doesn't matter, this card is about acknowledging your sexuality whatever it is and allowing your natural life energy to run freely throughout your body. When we have issues or stress we are disallowing our personal power and life's chi to run its clear course through our system and so doing blocks of many potential opportunities not only for fulfilling sexual connection but for good health and happiness.

Sexual energy is powerful life energy when allowed to move without judgement



Let the Light Move Through

Inspiration is moving through this Kundalini Woman. She settles in her garden for some quiet time only to find she is now receiving urges and energy rushes that are making her want to move. She will very soon pick up a pen and begin writing and with the release of her story her world will transform, taking on the vision of her wildest dreams.

This is the card of the writer.

You are being urged to reveal your story, uncover the history, write it, tell it, express it and experience the renewal that comes from releasing the past in this way. It doesn't matter if your writing is published or not, what matters is that your story is expressed and your throat is cleared.

Our stories can be fun, peaceful, loving or alarming but they are never who we really are



Open Your Window

This Kundalini Woman is in the powerful position of understanding the laws of Quantum Physics. Realising that fundamentally we are energy and completely connected to All That Is gives rise to a kind of peace that was before unknowable. Meditating on this sense of invulnerable connection is magical and evens offer the gift of youthful radiance. This understanding is like opening a window to the universal laws of truth, which guide and protect always.

If you have chosen this card then connection at the deepest level is possible for you. The laws of the universe are taking on a new shine as you are verging on a discovery of oneness that will bring relief from the perceived gravity of life. Encourage this transformation through meditating on oneness, let your body go soft and dissolve into connection with all around you.

Oneness is bliss and we deserve to remember it



Your Spirit Is Merging

There are many aspects of oneness and the Kundalini Spirits in this card have merged together to embrace an enlightened path. The wish for balance and love has brought them into remembrance of true devotion to others and joy in their existence.

If you have chosen this card you have the opportunity to see others as you would like to be seen. All about you in your life there are moments in which you can practice true connection and love. Hold eye contact, relax your body, listen with your whole attention when you are with another. As you practice, your spirit will open more doors for the experience of true love.

Loving others can teach us how to love ourselves



Meet Your Soul in Nature

The Kundalini Tree Spirit is gentle in her form. She relies on no other to remind her of her beauty. She is in full acceptance of her connection to the earth and to the air about her. Her leaves are extensions of her soul.

And life is unboundedly beautiful when seen through the eyes of softness and judgment free.

If you have chosen this card, you are being asked to look with new eyes. Breathe in and exhale deeply and as you do look around you and see the sparkle of life. THIS is who you are, breathe deeply and remember. Whenever you feel the urge, plant your feet squarely on the ground and imagine you are rooted into the Earth, exactly like the beautiful tree spirit. Each time you do this it is like making a profound intention to be satisfied with your life.

You belong, you are connected and you are loved exactly as you are



Embrace Yourself Entirely

There is not a single aspect of the identity and life experience that this Kundalini Woman isn't accepting. She merges all aspects spinning together and becoming one.

If you have chosen this card you are well on the way to experiencing the very best this life has to offer. If you can imagine it, it is yours. Use your powers of discernment wisely. Remaining true to your own integrity at all times. Life is wonderful as long as you stay relaxed and treat yourself well, loving every little piece of your beautiful being.

Enjoy the miracles you have created around you, they are extensions of your soul



Tend Your Inner Fire

There is a fire burning within the body and soul of this Kundalini Dancer. She expresses the feelings in her body as though she were a small child, allowing herself to move in perfect rhythm with her emotions.

If you have drawn this card you are being reminded that there can be no mistakes when following the deeper rhythms of life. This body IS spirit, it is not separate nor different from spirit and to honour spirit entirely one must honour the body. We are given emotions as a barometer to the soul and when we train ourselves to listen properly, our footpath is clear of obstacles. Take time to settle your body and mind visualise your spirit within, like a light engulfing every cell.

True health begins by treating your body with the same respect you would give spirit



Commit to Yourself

This Kundalini Woman has made a commitment to herself and honours it with determination and grace. It is as though she has made a marriage with her self and in doing so respects the vows of body and soul. Her intentions are made with strength and integrity and will be carried through with ease.

If you have chosen this card, you are being asked to check in on your commitment to self. What exactly are your true, personal values?
Write a list of the values that are a high priority in your life, ask yourself for example, 'what does honesty mean to me, what does respect mean to me' and so on. Raising your internal awareness in this way will help you see where you may be breaking your own vows and once you see this you can easily adjust your approach and feel much better for it. Once committed to your self you may walk with ease and love in this life, never alone.

Commitment to self is a commitment to All That Is

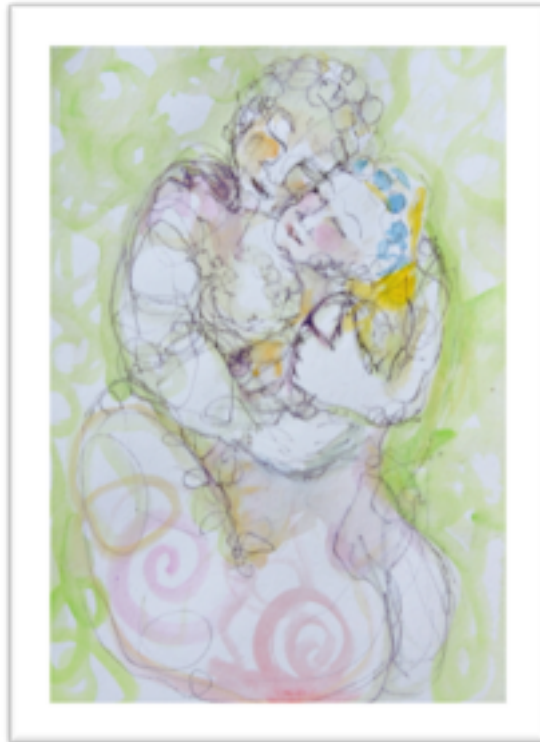


Stretch and Heal

Our Kundalini Healer is fully aware that her body is commanded by her mind. By creating a true dialogue with her body she may address any needs for healing it has. She is always successful in her healing because she knows her body is simply awaiting instruction from her powerful mind. She listens well and responds appropriately always having time for herself just as a parent does for a small child.

If you have chosen this card you are being guided to understand the connection between the mind and body in a profound and significant way. The page has been opened and you are being given the knowledge now, your mind is like God to your body. If you imagine the body as the universe and your cells as all the beings each wishing for the attention and guidance of a loving God, YOUR MIND, you will see how important it is to understand and use your mind powerfully. Look upon you body as your mind's child; never say nasty things to your body. Drop your harsh judgement, treat your body with loving encouragement and nurture it always.

Feed your body love and watch it flourish and perform for you with enthusiasm



Feel Your Oneness

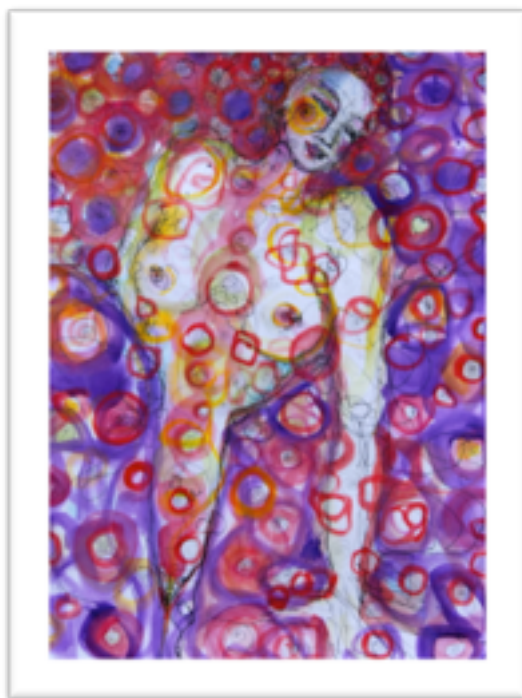
These Kundalini Lovers are grateful to be in each other's presence. They see each moment together as an opportunity to marvel at the perfection in front of them. The skin of their partner is delicate and deserves to be worshipped.

The eyes and mouth of their lover hold secrets they wish to uncover. When they look at each other they see with fascination a Godly creation.

If you have chosen this card you are being reminded of the wisdom of gentle perception. It is easy to get sideswiped by a stimulating external world and take for granted those closest to you, particularly one you have chosen to be with.

Another human being is an amazing and wondrous creature worthy of deep reverence. Every moment with a loved one is precious, breathe into the now and see your lover and/or the special people in your life with new eyes.

Love yourself as you wish to be loved, open the door on a new experience of love



Become Your Goddess

There is potential in all of us to know our Godliness.

This Kundalini Woman is emerging from the darkness of self-delusion into full conscious awareness. This hasn't been an easy path but it is a worthwhile one, she is radiant and new and brimming with awe and gratitude.

If you have chosen this card it is your time to wake up! The dream has been interesting but isn't serving your purpose any longer. You are ready to take command of your life and perceive things in a new and more fulfilling way. As you notice drama occurring around you allow yourself to consider it simply as a story being employed to feed someone's emotional needs. You have the ability to breathe through the moment, relax your body/mind and choose to detach yourself.

Release yourself from the confines of drama for a far more satisfying existence

THANKYOU
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