

# KUNDALINI COMPLEX PROBLEMS • FIX BACK TO UNIFIED BALANCE (FWOO1)

◀ Fringe Wizard ◇  Video ▶  Audio ▶

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– Wizard Ji! My kundalini energy is behaving in the most troubled manner! – So you joined one of those jackass courses? Huffing and puffing your butt to your brains yes?

Why would you chase an energetic high without clearing your circuits first? Do your groundwork. Get in touch with your body and mind. Pacify your nerves with deep natural breath. Energy is there without the force of pressure. Naturally.



*#FringeWizard*

*#KundaliniSyndrome*

*#InnerHarmony*

*#BodyMindCultivation*

*#BreathWork*

*#ClarityAndPeace*

*#InnerEnergy #NaturalEvolution*

**Greetings! What seems to be the problem?** – "Wizard Ji, it seems that I am having the Kundalini confusion problem. Too much energy and it is resonating everywhere in my body and mind, creating so much trouble in my life."

So you joined one of those jackass Kundalini courses, did you? Seems like a good idea at a time, did it? Going in cold without any respectable prep. Huffing and puffing like the big bad wolf. Breath of fire, bellows, trying to lift your butthole to your brains. So what exactly were you expecting?

If you turn on the mains without having cleared your circuits, that is exactly what will happen. Sparks flying around, cross-wired currents, short-circuits all around. That's exactly what happens when you go in with an unprimed system, playing with your inner energy. And what do you get out of that? Momentary highs,

transitory super-states in a particular tunnel. What good will that do to you?

If you ever hope to return to a baseline coherent state, evolve into a well-rounded individual, start with basic breathing. Breathing in... Holding for a bit. Breathing out... and pausing for a bit. Easy as it goes. Natural breathing. Calm your mind. Calm your nerves.

Then establish your presence in the body. In all that is. Feel your breath. Feel your heart-beats. Feel your nerves. Feel your skeleton. Come to terms with what you are. Establish your baselines. Reflecting on your body – and then reflecting on your mind, as it joins with the body. Is my body in balance? Is my mind in balance? Are they full of clarity? Are they in peace?

Be patient, my friend. Cultivate the field, only then plant your seeds. Only then worry of your irrigating currents. Your irrigating currents turn into irritating currents if you are not prepared.

When your inner ecosystem is reconciled, baseline stable and harmonized, you will see that energy rises of its own accord from the interactions of the different clear parts of your being. Then and only then, if you feel

there is a need for a particular super-state of energy, you may direct your attention therewards. Otherwise, why would you do that?

If you transgress the path of natural evolution, you become but a half-ass deity bound for explosions in the sky, fireworks in high heavens. Icarus with wings melting, approaching the sun. Temper your ambitions. Get over your reactivity and cravings.

Do not seek for volcanic eruptions from your root. Seek for the current that descends from up high. Earth and fire from below must be conjoined with water and air from above. Then, you will be reconciled. The work of alchemy is in union.

Do not chase the experience. Be present in what is. All will be well. If you have questions for the Wizard – the Wizard is online...



<https://ananda.icu/talks/fringe-wizard/fw001-kundalini-complex-problems-fix-back-to-unified-balance>