

**AWAKENING
KUNDALINI
WITHOUT LOOSING YOUR MIND**



HARRIET GOUDARD

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HARRIET GOUDARD

A Light Network Activator,
both for individuals & group
circles, reconnecting people
with their own power &
healing potential.

MY STORY

I've always had a burning
sense deep inside that I had
to be doing what I do now,
it's just that, in the
beginning, I didn't realise
that what I was doing, or
what my Soul really kept
drawing me back to
throughout each chapter of
my life, was a "thing" at
all.



DEAR CONSCIOUS CREATOR OF THE NEW EARTH

Welcome to the beginning of the rest of your Life!

I am so happy to be working with you in this way and offer the following information as a distillation of my experiences and learnings along my, at times very winding, Path.

This document is both a written document and an energetic transmission; know that some of the aspects, elements and suggestions may resonate deeply with you now, with others at later dates - and some maybe not at all.

As always, **work with your body as a guide** and consciously **only retain that which resonates** with you and your vibration in that moment, allowing the rest to fall into the wind for transmutation into light.

I honour you deeply for the work that you are doing - for yourself and the collective. Know that you are truly seen and held in the Divine embrace.

Know that you are enough, that you are everything.

With love always,

Harriet x

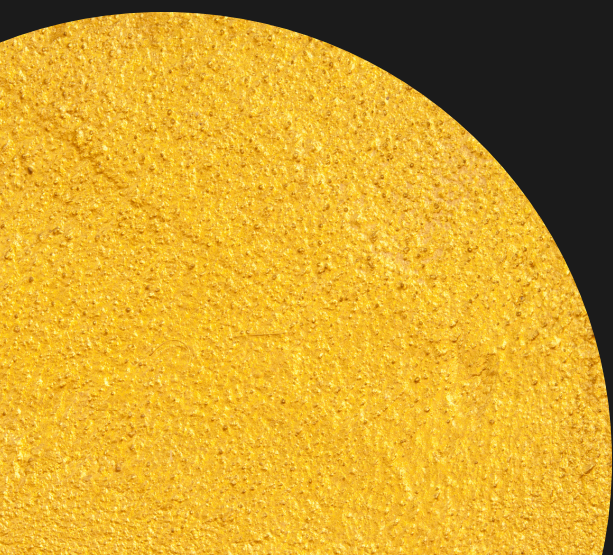
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Awakening your Kundalini can happen suddenly and spontaneously, or gradually over time.

There are many reasons that it may happen, or not happen, in this current incarnation.

Trust that everything is exactly as it should be.



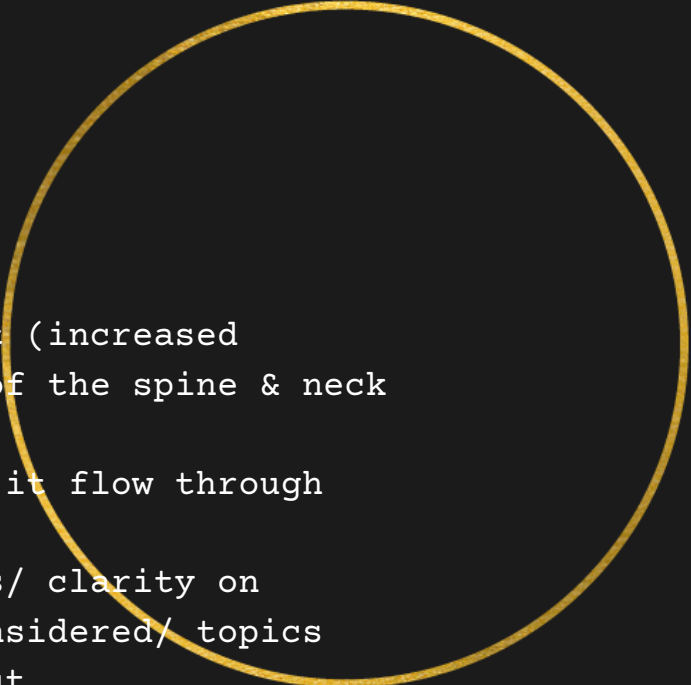
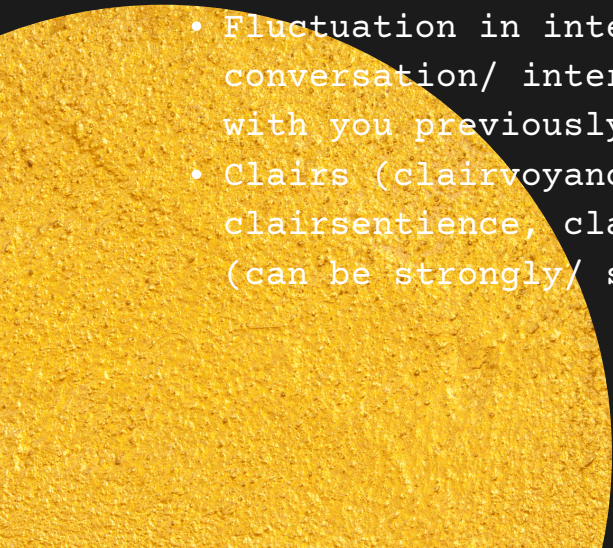
KUNDALINI AWAKENING SIGNS & SYMPTOMS


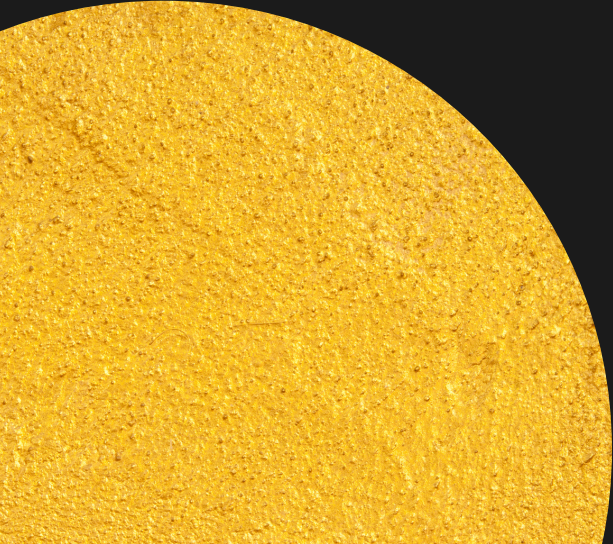
OCURRING DURING MEDITATION, ACTIVATION & SPONTANEOUSLY

- Sensations of strong energy/ sensations/ pulling/ racing running up & down the spine (many of my 121 clients experience this in session)
- Sensations of hot "liquid" dripping back down around the head & face areas
- Hot & cold flushes (particularly cold since 2020, due to the high plasmic loads coming through)
- Random rashes & scratches on any parts of the body
- "Burns" appearing on parts of the body & peeling skin on those "burned" parts
- Heartbeat & rushing noises in ears, along with periodic ringing sounds, or buzzing
- Increased/ periodic headaches & migraines (keep a diary of when & where these appear, as can be exacerbated by hormones - guys & girls)
- Feeling of one side of the body being more "alive"/ active/ buzzing/ activated/ sensitive/ tingly/ hot/ cold than the other (usually starts on the left, then flips to the right) & resulting physical imbalance/ rebalancing/ weight distribution that takes place as a result
- Confusion, disorientation & "out of body" feelings & dizziness (particularly in social situations that would historically have been "normal")
- Random heart palpitations, or changes to pulse rate

KUNDALINI AWAKENING SIGNS & SYMPTOMS CONT'D

- Increased sensitivity to noise/ smells/ tastes/ touch
- Increased sensitivity to one's environment/ geolocation (this could be due to the fact that you are a Gridworker coming online)
- Sleeping patterns changing/ not wanting/ needing to sleep/ needing to sleep a whole lot more!
- Sleeping positions changing a whole lot (new preferred positions & places - this can be due to increased sensitivity to geopathic stressors in the house environment)
- Need to cleanse/ purify one's self & one's environment (particularly where you sleep)
- Spontaneous need to sing/ talk/ speak/ air one's Truth/ move or exercise differently
- Spontaneous need to move one's energy through someone/ something else's field (hugs/ grounding practices/ Shamanic animal & plant communion)
- Desire to go vegan/ or restrict diet - or desire to eat meat again (equally, listening to the body)
- High levels of emotional processing (this is normal, as you essentially open your channel to processing ancestral karma through your own system)
- Intuitive yoga poses/ stances/ mudras/ movement & flow (highly encouraged, if you don't already have a practice)

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- Spontaneous spinal readjustment (increased cracking/ popping/ stretching of the spine & neck & associated aches & pains)
 - Increased creative output (let it flow through you as priority)
 - Increased spontaneous downloads/ clarity on certain topics you may have considered/ topics you never even knew/ heard about
 - Vivid dreams/ increased ability to lucid dream (check out the Dreamworker's Diary for support with this practice)
 - Increased contact with extra-terrestrial/ other dimensional consciousnesses
 - Increased awareness of other spirit guides/ life energies connected to person/ in surrounding areas & other people/ places/ things
 - Increased positive synchronicities (including practitioners/ mentors showing up on your path when you need support)
 - Reduced sense of fear in external things/ situations/ people
 - Change in social habits/ ability to see current global situation from distanced perspective (from a less emotionally charged position)
 - Fluctuation in interests in social/ media/ conversation/ interests (even if they have been with you previously for lifetimes)
 - Clairs (clairvoyancy, clairaudience, clairsentience, claircognisance) coming online (can be strongly/ suddenly)

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- Having to "face off" dense/ dark/ undesirable spirits/ energies from one's space/ field
 - Out of body experiences in waking/ resting state & liminal sleep state
 - Increased opportunities for Astral travel
 - Increased sense of unconditional love/ bliss/ peace/ freedom
 - Increased connection to Nature/ the Universe
 - Reduced need for sex/ romance
 - Increased connection to others (people/ animals/ plants/ places) who support your changes/ awakening & path
 - Increased ability to affect others through your field alone (reduced requirement for words)
 - NB: This list is approximately linear, based on my experiences, but it does depend exclusively on the individual
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SUPPORTING THE RISING KUNDALINI THROUGH PURIFICATION OF THE VESSEL

DIET

Remove red meats, alcohol, tobacco and drugs, including caffeine, sugar, chocolate, tea and prescription drugs from the diet if possible (these elements may be consumed ceremonially, or medicinally, at a later date, once the body's microbiome has come back into balance).

Avoid all processed foods where there is dead energy and select the best possible oils and fats for the food that is being cooked. For example, olive oil denatures into a carcinogen when it reaches high temperatures and sesame oil should not be heated at all. Coconut oil is a natural vermifuge.

Fats and salts, contrary to some beliefs and as per the Ayurvedic principles, are essential for the healthy absorption and expulsion of toxins from the body all the way down to the cells. Do your own research and select the fats and salts that suit you and your body best and revise this regularly.

You may wish to adopt an oil pulling and self-massage routine with the same, or similar oils.

Be prepared to adapt your diet as your being enters different phases of growth and surrender and you need to support your own unfolding.

SOURCING PRODUCE

Eat fresh, organic produce, which has ideally been grown or raised with the highest intention and care (sometimes labelled as “Biodynamic” or “Demeter”), cultivated as locally as possible so that it is more energetically in tune with you and your energetic requirements, based on where you are located on Gaia’s own energetic grid.

Superior to this even, are food products that have been raised and grown by you. In growing our own produce, including the keeping of free-range chickens and natural beekeeping, we transmit our conscious intention and heart-felt vibration onto the entire lifecycle of the production, from calibrating the seeds and animals to our lives and those of our immediate family group, through to conscious harvesting, in sync with the moon cycles - and hence not unduly stressing any part of the living plant, or animal - and composting our own refuse to enrich the soil in the coming years and deepen our connection with the Earth element.

Through the teachings of permaculture, we learn that, as is true for human society in true balance, plants and animals grow best in symbiotic harmony.

There are certain vegetables that grow together and benefit each other hugely in doing so and many so called weeds, are in fact other plants that come in to support the balancing of the organism of the entire plot, or vegetable garden.

As is true of the human condition, over-controlling tends to lead to sterility and the loss of our full creative expression.

THE WATERS OF LIFE

Hydrate freely and regularly with around 80oz (just over 4 pints, or 2 ¼ litres) of the best quality water you can source.

This is ideally fresh spring water from source, structured water, or at least filtered tap water, removing the chlorine, fluoride, heavy metals and other chemicals and pesticides from the water itself before consuming.

Hydration is essential for our spiritual development, as it is through the excretion of water that we may upgrade our energy system and DNA - and become better attuned observers, capable of witnessing our emotions as they ebb and flow through our system.

THE BODY'S WISDOM

The best possible advice in how to care for your body is to learn to listen to the innate wisdom of your own body and feed it according to what it needs in that moment.

This includes fasting periods, if your body calls for this. This can include a vegan working with white meats, game and fish medicinally, if required for best servicing their human vessel.

Learn more about opening a dialogue with your body through Shamanic Journeying.

MOVEMENT

Strengthen your mind, focus and body with a balanced regular practice including gentle movement and physical exercise, according to your body's requirements. This both activates the body and circulates the blood, removing toxins and allows us to gently stretch the deeper fascia and connective tissues, in Yin yoga for example, opening the energy meridians for the chi to flow unencumbered.

Through tuning into your body's unique wisdom, you develop an intuitive practice that may look very different each day, or over the cycle of a month.

Forms of exercise that activate the lower body - and hence the lower three major chakras (Root; perineum/ pelvis/ base of feet, Sacral; lower belly/ hips & Solar Plexus; diaphragm) are particularly beneficial when commencing the ascension journey (although should not be overlooked until the Siddhic stage).

Movement that stimulates these regions, for example, walking, running, yoga, belly dancing, horse riding and so on, assists with the freeing up of stagnant, blocked or unequal energy in these regions - including in the organs associated with each of these energy centres.

These blocks then come to the surface, to be moved through, or processed and integrated.

Massage yourself regularly, either in self-massage, or with another - stimulating and reviving all of the nerve endings of the body in the hands, feet, ears, cranium, sexual organs and down either side of the length of the spine

Tune into each of the body parts and associated energy fields and hear what they have to tell you.

Learn to move your own healing energy, chi, or prana around the body with your conscious awareness for your own self-healing journey.

Vipassana meditation offers a deeper portal into this work, which also serves to further clear and clean the blockages from the body and lightbody. Recognising the flow of energy in the body, down to the layers of the organs, is the gateway to Shamanic (animal and plant) communication.

SKIN AND THE ELEMENTS

Our skin is one of our portals out onto the world. The largest organ of the body and both our physical container and master-protector, the skin will be nourished by our conscious consumption of foods and water, but also seeks nourishment from the outside, the Elements and the Lightbody.

Be sure to expose your skin to direct sunlight (not through glass, which absorbs the healing UV rays) on a daily basis, ideally through being out in communion with Nature.

This serves to increase your intake of the lightcodes beaming out from the Sun, which will in turn synchronise your being with the Universal template and help to bring to the surface your truest essence and role in the current continuum.

Standing, or sitting outdoors, invite the wind to carry away any negative thought forms, or limiting beliefs that might be holding you back - envisaging these as dust clouds releasing from the body. Know that these clouds are being drawn by the wind into the light for transmutation...

Wash yourself regularly with clean, fresh and uncontaminated (filtered or spring) water wherever possible, working with the Sea and salt baths medicinally. Avoid excess soaps and remove any chemical cleaning products from your routine (both when you wash yourself and your bathroom), which are unnecessary, degenerate the microbiome and build up as toxins in the organs via absorption.

Ensure that the feet are cleansed regularly, in order to stimulate the natural and regular release of toxins from the base of the feet.

Experiment with walking barefoot on the Earth. Root your feet into the soil, mud, grass, or rock that you find outside. Feel the reverberations of the ancients who have made their way across this land for millennia and recognise the silent state of listening that Gaia offers you, as you tread lightly across her surface.

Allow yourself to be held by each element, feeling both its activating force and its nurturing potential in all of your cells. Commune with the elements that carry and clarify the imprints of our very own consciousness, our essence - gatekeepers to the consciousness of the collective. Offer them your gratitude for supporting us in this way.

SLEEP AND REST

Ensure that you set yourself up adequately for a good night's sleep every night. Sleep is not cumulative, so it is essential that regularity comes into play in order to support the body's work, both physically, mentally, emotionally and energetically, or spiritually, in the best possible way.

Often, as Lightworkers and Gridworkers, we have responsibility within the energetic grid to move through large segments of information, or energy, necessary for the next collective upgrade.

These can come in periods of intense change and it is important to understand that the body can be overly stressed, or unusually tired during these periods.

Rest after consuming food, ideally focusing on the digestion.

In the evenings, leave no less than two hours between finishing eating and going to bed. Refrain from eating before bathing, or meditating and thereby focus your full conscious awareness on the activity being undertaken.

Work with your own flow over the period of the day and the month to ebb and flow between activities, to best bring efficiency into your labour.

CULTIVATE TRUTH

In order to fully live our Truth, to be aligned with our Truth and our truest expression at a soul level, we must actively buy into and permit this Truth to come through us.

This is a huge step towards the embodiment of our truest essence.

We draw situations, people and places within the matrix to us that echo whatever aspects of ourselves are still not quite whole (you can see this quite clearly when working with horses). Working with these aspects of the matrix as mirrors for our own frequency, helps us in the development of our own Truth, to being True to ourselves and others - and not living in denial.

This also is true for what we are taking in through the five beautiful portals of our senses; through the news, media, films and shows, radio, books and the conversation and discussions we choose to surround ourselves with.

The negative and fear-invoking forms of black magic, aka "entertainment" and "communications" are not useful for those who have not surpassed the empathic - and very open - stage.

We must become aware of the fact that whatever we invest our energy into, we literally nurture into being. So, for untruths as for horror films, particularly when we are in the process of energetic, or Kundalini activation and awakening, should be avoided.

Use your discernment as to what resonates with you as an individual, retaining right sovereignty over your own energies.

For some, this could include the cessation of listening to death metal and for others this could be simply choosing not to listen to a podcast any more, or being available after a certain time.

Tune into your body to glean your own truth in that moment and what you wish to bring into your field - and share your energy with.

Intention with integrity is all there is!

INNER JOY, LOVE, PEACE & FORGIVENESS

Cultivate the experience of being joyous, peaceful and acting from a place of unconditional loving kindness regarding new things, activities and people of all races, genders, orientations and religions - as well as the things, people, topics, discussions and conversations we may already be familiar with.

Undoubtedly, during your awakening, the Divine will bring you many opportunities for growth and learning, change, integration and refinement.

This is often referred to as "Shadow Work" and this could look like fear, grief, loss, abandonment and so on, particularly if you have experienced sexual trauma in childhood (if this is the case, I would highly recommend visiting a psychotherapist to clear any self-sabotaging patterns you may still hold onto prior to intentionally raising the Kundalini).

Cultivating forgiveness for any emotional block, or pattern, is essential - for both yourself and the abusers - in order to step objectively up and out of the stronghold it has on you.

Blame and victimisation are two facets of how we can give our power away and essentially become victims of our own thought patterns.

Cultivating loving kindness for oneself has the capacity to be incredibly healing, starting almost immediately.

Once consciously committed to, this is an instant upleveling of the frequency of your field, which in turn works to cleanse your emotional body and physical body.

It is essential to enter into any journeying practices from a place of joy, love and peaceful excitement, ready to offer yourself, or others, forgiveness for whatever shows up.

Open yourself to receiving and experiencing true Love; serve others and do not count the return.

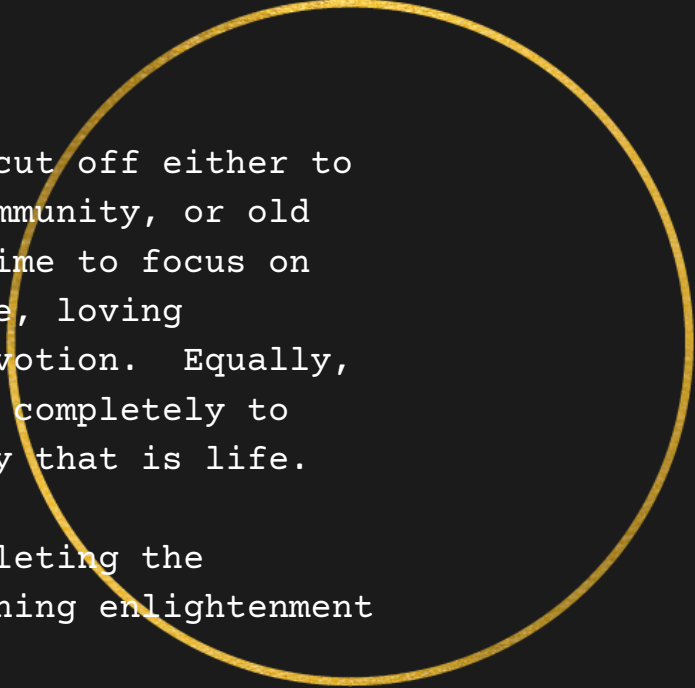
COMMUNITY

We are all hankering for genuine, supportive community and friendships at this time, both with whom to share our journey and to support and instigate our next breakthroughs.

As well as spending your time with those with whom you are 100% supported in speaking your Truth and being yourself, it is highly beneficial to surround yourself with others who can act as mirrors for your frequency and who will test you in standing in your Truth, however this may sound.

I have learnt to share at least 10% of my journey in interactions, in good grace, as and when the energy wants to move through me in company.

This helps to move the energy through, develop your voice and shape your ideals, as well as sharing Truth with others who might be drawn to doing a similar thing - **without being bound by, or invested in, the outcome.**




At times, it may be necessary to cut off either to some extent, or entirely, from community, or old friends. This may give you more time to focus on those with whom you have a genuine, loving connection and a friendship of devotion. Equally, you may feel the need to withdraw completely to enter more deeply into the mystery that is life.

In any case, know that upon "completing the circle", you will find that attaining enlightenment is only half the job.

The other half is to apply it in service to the world and the people of the world! This will develop naturally and you will find time to connect back into your community and perhaps again with old friends, who you will see through a new set of kind and loving eyes.

Perhaps you'll be surprised as to which of your old friends actually understand more of the internal work you are doing when you reconnect.

You have been thrown together by the powers of the Universe, so no meeting is without some level of Divine intervention, offering a chance for learning, growth and change.



In community coming to realise the beautiful synergy, or symbiotic interplay existing between all of the living things in the world and then the Universe will offer us the largest spiritual "upgrade" we have ever witnessed as a race.

DIVINE WILL

Allowing yourself to open up to the Divine can be an interesting paradox.

Do we have control over our lives, our fate, our destiny - even our own bodies?

What we do know is that life always provides, be it through bringing up shadows for processing and eventual integration, or sustaining life in the most unlikely of places.

Allow yourself to be seduced into the Divine mystery that is all around you, cultivating that joyful presence wherever possible until that is a feeling you can feel welling in your Heart when you bring it your conscious awareness.

You are safe, you are held and the Divine is all around you. As soon as this becomes a palpable experience for you, perhaps just through the increased event of synchronicities, this is like the domino effect, rippling out into the Universe. We begin to follow the golden threads all around us and see that as we seek, we sow - and this becomes almost instantaneous.

Alignment feels good. Doing things that are not in alignment feel bad in the body. Work with the body to determine and define and fine tune this.

LIMITLESS GRATITUDE

The last, but probably the most important on The Path; limitless Gratitude.

Practicing gratitude with our nearest and dearest gently opens the path of our Heart to the higher dimensions. The higher dimensions are attainable through the feeling, or sensation, of Gratitude herself.

Both in your everyday life and within your practice and sacred space, it is essential you offer Gratitude for all those present and who are positively supporting you.

In life and learnings, you may also extend this Gratitude to those who haven't necessarily been the epitome of positive support - but through the grace of whom you have been able to integrate valuable lessons.

This in itself is both a key and a recognisable stage of personal and spiritual development and one that might not be comfortable to hear, particularly if you had a particularly traumatic childhood, for example. I very much appreciate that, however, at the pinnacle of this learning, the breakthrough itself, comes only through the door of Gratitude, practiced from a place of loving forgiveness.

More generally, I personally like to offer a prayer at the end of each day, bringing in the names and forms of all of those people who have helped me, the family members I am so blessed to have, along with the support of my teachers, ancestors, guides and allies, Gaia, the Divine as well as myself and my soul, for having brought me this far on this journey called life.

If you are in the process of awakening or activating your Kundalini, you might also like to include offering your gratitude to her through prayer, or devotion, in her many forms.

SUPPORT

Share your journey with other, likeminded Souls in Sanctuary, designed exclusively for you.

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If you benefit from the info & would like to contribute you can do so here

