

Kundalini Energy

TRANSMISSION COMPENDIUM



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Patrycja Krobska

Patrycja studied Midwifery, but her passion and heart led her to an MBSR course and a yoga teacher training program. For over six years, she has been working with the body and energy.

In June 2022, she graduated with distinction from the Akashic Records course, becoming a certified therapist. From 2024, she will also be a **facilitator of Kundalini energy transmission.**



Welcome,

Soon, you will embark on a profound inner journey during our Kundalini Activation session. To ensure you have the best possible experience, I have created this compendium—a collection of wisdom drawn from facilitators, books, and, most importantly, my own experiences.

Let this serve as your guide.

Patrycja

WHAT IS...

Kundalini energy?

Kundalini is non-dual energy, harmonizing opposites in divine unity—light and dark, truth and illusion, Yin and Yang, Shakti and Shiva. These polarities together form a whole, just as you are whole. Denying this truth distances you from living authentically and from the immense potential within you.

Kundalini energy is pure vibrations of Love—unconditional and infinite. Love does not judge, demand, or expect.

It is received only to the extent you are ready to embrace it. Love is patient; it waits for you to say "yes," to surrender and let go of the control you fiercely cling to. And when you do, this unconditional, pure energy floods every aspect of your being, healing, releasing, activating, and connecting you to the limitless source of existence.

Trust in Love.



KUNDALINI ENERGY

A Path of Surrender

Kundalini leads you to surrender—to cease forcing, battling, and controlling. It dismantles illusions and fears, guiding you to Truth, which cannot be copied or falsified. Resistance to truth cuts you off from life's fullness and crystalline, pure Love.

The union of Shakti (Kundalini) and Shiva (your crown chakra) is a cornerstone of Hindu philosophy, representing the balance between cosmic energy and consciousness. This sacred union symbolizes enlightenment and liberation—a merging of dynamism (Shakti) with stillness (Shiva).

Spiritual practices such as meditation and mantra facilitate this integration, leading to self-realization and awakening.

Kundalini is described as a life force that harmonizes the dualities of existence. It connects opposites—light and dark, movement and stillness—into a divine unity. It invites individuals to trust in the energy's transformative process, which begins by surrendering control and opening to the energy's wisdom.

Core Themes:

- **Shakti and Shiva:** Representing energy and consciousness, their union is both a metaphor for personal enlightenment and the cosmic balance of the universe.
- **Energetic Manifestations:** During sessions, participants may experience various physical, emotional, and spiritual phenomena, signaling the energy's profound work.
- **Post-session Dynamics:** The effects of Kundalini activation are ongoing, reshaping one's inner and outer world by fostering healing and aligning life with one's highest potential.

Trust the process and honor your personal journey with Kundalini.

WHAT IS...

KAP session?

KAP is a direct transmission of pure life energy that activates the process of Kundalini awakening. **This pure energy of love possesses incredible intelligence and will resonate precisely with what you need most at this moment.** It is a safe, natural process that has nothing to do with Kundalini yoga. It is a journey designed to transcend everything you thought you knew to open a powerful portal, enabling the restoration of your true “Self” in alignment with your highest potential.

This inner journey can be experienced on multiple levels simultaneously. **It is a dance of energy that may manifest in many forms,** from physical sensations such as warmth or tingling, to energetic feelings, visions, or even spontaneous body movements.

It involves emotional and cellular release, an experience of bliss and pure love, a sensation and state of complete unity, expansion, and access to new states of consciousness. This experience elevates your vibrations, cleanses, releases blocked energies, aligns your chakras, and clears your energy channels.

Those who truly and sincerely surrender to this energy may experience profound awakening and transformation.



What happens on the outside is incomparable to what you see within. When the energy awakens within you, it takes you to higher frequencies of consciousness and transcendence. This is the path to rebirth, where you surrender to the intelligence of your essence, which knows how to heal.

It is a journey beyond illusion to experience profound truth, full authenticity, to merge into infinity, and unite with divinity. Know that what happens during the session—whether we have orgasmic flights into the cosmos or not—is not what matters. What truly counts are the integration and the changes that occur in your life afterward. During the session, simply witness the experience, observe it, and allow it to unfold. Let the energy take you on a journey, do not judge it, remain present, and see where it leads you.

You lie down on the mat, and energy infused with love flows into your energetic and physical body. The elevated frequency begins to cleanse and transform. **This is why crying, screaming, trembling, or coughing—manifestations of releasing blocked energies—are natural.**

Some sessions explode with a kaleidoscope of sensations, bringing feelings of blissful peace, orgasm-like states, waves of warmth and cold, sexual energy, joy, or ecstasy. Yet there are also moments when tranquility takes over, and the experiences, though subtle, are equally profound and beautiful. In such moments, the energy is no less intense—it is simply working on a deeper, unseen sensory level.

The effects of this energy will soon reveal themselves. It is said to remain constantly active. Every day after the session, this energy continues to work on cleansing, transforming, and removing outdated structures, breaking down the old to make way for the new. This is the essence of what happens after a session and the result of this energetic recharging. I will repeat this endlessly until it becomes your mantra: this energy works at the matrix level of your existence, at the fundamental zero point where all forms emerge.

Thus, the changes in life and the consequences of working with non-dual energy affect absolutely every sphere of life. For something new to be born, the old must be destroyed. So, what is destroyed? Everything that is not in alignment with its frequency and is ready for transformation.



WHAT DOES..

Kundalini energy do?

Kundalini connects you to the life-giving "current," to the source power you've known since the beginning of your existence, from which you may now feel separated by illusion, patterns, and beliefs. It untangles neural connections and resets your inner programming, bringing you back to your default settings—your highest potential.

As your vibration rises, your body also aligns, down to the cellular and genetic level. It undergoes transformation to fully savor the fruits of life. The source energy knows exactly what it's doing and the right sequence to follow—all you need to do is trust it. This process is unique to each person, as everyone is one of a kind. You don't need to fear being overwhelmed; Kundalini begins with what you're ready to handle. However, to say it's a path filled only with roses wouldn't be entirely accurate.

During the session, the awakening process is initiated, and it unfolds in a way that allows you to understand, to work through your lessons, to confront your shadows, and to make conscious choices. Light and darkness are one. If you don't descend into your depths and confront the darkest places within, you cannot fully step into the light.

“As high as you go you must equally go low”

The essence of consciousness lies in recognizing that all experiences, emotions, and thoughts are part of YOUR process. This is the key that opens the door to unconditional love. In spirituality, one often hears the phrase "everything is one," which means that everything is interconnected in divine balance, existing in non-duality.

Namaste, a Sanskrit greeting, translates to "**the light in me recognizes the light in you.**" Love is the recognition of divinity in all experiences, even the difficult and painful ones. This is where healing begins—standing in truth.

Accepting discomfort is challenging due to our societal conditioning, which separates experiences and emotions into "positive" and "negative." But love means accepting all experiences as parts of the whole, the divine, the truth. Resisting or labeling things as "bad" only strengthens them, leading to exhaustion and the creation of more masks. Acceptance, on the other hand, leads to healing, allowing these experiences to flow, harmonize, and heal.

Remember, **everything is part of the same spectrum of light—all that is difficult, ugly, messy, negative, uncomfortable, and all that is beautiful, blissful, joyful.** You are the prism through which this light passes. What does this mean? Your mind and your eyes create the image, the reality in which you live. The more patterns, lies, and limiting beliefs you carry in your subconscious, the more your reality conforms to those shapes. Conversely, the more love, acceptance, and surrender you embody, the more your daily life transforms into a beautiful poem.

This is why what you experience reflects what you carry deep within yourself. You are the creator; you shape what surrounds you.

The messenger, whether a person or an event along your path, is an invitation for you to harness this power. To take **RESPONSIBILITY for your life and your choices.** Our existence is a continuous series of “YES” and “NO,” “YES,” “NO”—and that’s what it’s all about.

*That's why this process requires
courage.*

*Great courage and taking
responsibility.*

*No spiritual guide will do it for
you.*

YOU CHOOSE!

The activation of Kundalini is also filled with beautiful, profound, and moving moments. I remember my fourth session when an unbounded, childlike joy awakened within me—when I felt lightness, peace, and the certainty that **I AM WHOLE**, that I had returned to the place where life is born.

But before that, **I allowed myself to “die” on the mat, to reset everything I had convinced myself was true, everything that was pretended, even though it seemed authentic to me.** This process is nothing but recognition, and the activation offers a clear perspective on your life. It provides expanded awareness, unlocking patterns and beliefs that, like a distorted mirror, created illusory images of everyday life.

It is healing at the highest level, encompassing both the body and the soul.

CAN EVERYONE SURRENDER TO

A Kundalini Energy Transmission?

Yes and no... Why?

During a course at a school in India, we were taught how crucial it is to prepare for a session. People who work with their bodies, who are aware of the body-mind connection, often find it “easier” to notice and feel what’s happening. However, from experience, I know that even those who have no connection to spirituality can feel the flow of love. For them, too, the process begins.

There is, however, one condition...
LETTING GO, SURRENDER.

Letting go is not a skill you need to acquire—it is something innate within us. Every one of us has this ability; it’s neither exceptional nor magical. When you lie down on the mat in a state of surrender, readiness, and openness, with your vulnerable, unguarded heart, you will experience love. What happens then? Love penetrates you, pours into you, and seeps into every particle of your being—EVERY SINGLE ONE. It works at the deepest level of existence, cleansing the fabric of your personality, activating and deactivating genetic codes, healing, releasing, purifying, and transforming. What happens during a transmission goes beyond our comprehension.

That’s why, if you intuitively feel that this isn’t for you, or you’re not drawn to it, it might simply not be your time yet. But ask yourself—is this resistance connected to a fear of letting go of control?

Not everyone is ready to walk the path of freedom, and that’s okay. I’m not an advocate for persuading friends or family into this process if they’re not in agreement or ready. It’s not about understanding the process. There are people who don’t fully know what’s happening, yet they open their hearts and are beautiful examples of how each of us can say “YES” to love.



What if I Don't Know if I'm Ready?

Even if “unready” individuals attend a session, they too are touched by love. It will feel like a gentle breeze on the skin, softly and tenderly attempting to enter—but only to the extent you allow it.

If you trust and stay on this path, you will eventually experience the same as those who feel and see Kundalini's effects after just a few sessions. **It's all about patience and perseverance.**

KAP is merely an initiation; the rest unfolds in life and depends on you—on your choices. Kundalini will place you in situations that allow for healing, enabling you to begin living in alignment with yourself and your destiny.

WHAT ARE...

Kundalini Transmission Sessions About? What Happens on the Mat?

They are about awakening, standing in truth, and surrendering.

On the mat, you will come face-to-face with blocked emotions, unresolved beliefs, traumas, and ancestral imprints that are misaligned with the AUTHENTIC version of yourself—the one you are ready to embody at this moment as you lie down.

You set the pace... it is you who chooses.

Kundalini energy, the energy of love, pours into the body and heart to begin its dance. It is one of life's most profound experiences. However, not all sessions are cosmic, orgasmic journeys. For some, defensive mechanisms, automatic bodily responses, and inner control create barriers that hinder the flow. Yet even then, Kundalini energy still touches them, like a gentle breeze brushing against the surface, trying to enter. But love will not penetrate deeper without permission—permission that comes from complete surrender and trust.

Love is an infinite ocean of potential, defying ordinary definitions. It transcends everything, stripping away masks and illusions; it is the metaphysical dance of the soul. On the mat, love gently permeates anyone who is ready to receive it, manifesting in both subtle and dynamic forms, deeply touching our inner being. Each session is unique.

Experiences can vary greatly from person to person, and there is no right or wrong way to go through this process. Everyone feels the energy in their own way and at their own pace. The key is to approach the session with openness and readiness to feel whatever arises.



What Might You Feel During a Session?

During a session, the energy may manifest and release in various ways, such as:

- Spontaneous body movements
- Trembling, spasms, swaying
- Small or larger jerks
- Graceful movements of the hands or other parts of the body
- Movements resembling dancing or a snake-like flow
- Yoga postures, mudras
- Internal sensations such as visions or hearing voices
- Goosebumps
- The sensation of energy flowing through the body
- Feelings of cold or warmth in specific areas, most often in the hands or chakra locations
- Pain or discomfort in areas of past injuries or stagnant energy
- A sense of heaviness or stiffness
- Pressure in specific parts of the body
- Peace, relaxation, bliss, ecstasy
- A feeling of heaviness or lightness in the body
- Intense emotions such as crying, screaming, or laughing
- Seeing light or colors
- Eye blinking or clenching hands
- A sensation of overwhelming energy in the hands or within the body
- Changes in breathing, practicing pranayama spontaneously

WHAT HAPPENS...

After Kundalini Activation Sessions?

When your vibration aligns with the frequency of love, everything will rise to the surface. This journey will take you deep into your soul, into truth, to heal and transform EVERYTHING that doesn't resonate with your highest, most authentic expression. If you remain in resistance, frustration, or expectation, you set yourself up for a longer and possibly more challenging process. However, you are a free being—you make the decisions, and you take responsibility.

The heart may shatter into a million pieces to let in more light, more trust, more understanding, acceptance, and more LOVE.

Everyone has their own path, and every path is important and valid—it is YOURS. Your body transforms, adjusts, and rebuilds itself at the DNA level, so after the sessions, you may feel more! Your intuition will heighten, and you'll begin to see your surroundings and events more clearly and with greater understanding. The time after the session is THE MOST IMPORTANT PART OF THIS PROCESS. What happens on the mat is merely 5% of what Kundalini energy manifests.

Kundalini energy penetrates deeply, healing old wounds and integrating fragmented parts of you beyond the limits of your awareness. Its influence will bring lasting results if you show perseverance. However, what requires your attention will surface in your consciousness, so you can confront it and take action. Your decisions and responses will determine the course of events going forward.

That's why nothing happens here on its own, yet everything flows naturally—you are a co-creator of the entire process.

WHAT IS...

Integration of Experiences?

The more frequently someone is exposed to this frequency, the more their nervous system and body become capable of sustaining it.

Let's assume someone is dealing with numerous emotional blockages in their body, unresolved traumas, or painful memories deeply ingrained in their being. In such cases, these experiences may create energetic blockages with low vibrations. Kundalini awakening begins to open these blockages, dissolve them, and release them, enabling full integration and harmony between the mind, body, and soul.

A caterpillar does not transform into a butterfly overnight. **Trust the process and notice the subtle changes within yourself.** The sensations from each session will intensify as you move into higher frequencies and as you become ready to fully surrender to them. Tune into this energy.

If someone feels very little during a session, it's important to remember that energy meets people where they currently are. The Earth's frequencies are rising; we are living in an era of great spiritual awakening and are ready for profound transformation. All it takes is trust, opening your heart, and embracing love.



Even if it takes more sessions for the energy to fully activate, it is always working in your favor. There are various reasons why some people may not experience as intense an awakening as others. Some struggle to let go of control, others are deeply attached to their identity, and some may have deeply suppressed energy or traumas that are difficult to release. Others may protect themselves emotionally, avoiding profound experiences and healing. Align yourself with this frequency and allow the energy to work for you.

Spiritual integration means embodying the gifts you've received, rather than just thinking about them. Regardless of whether your session was filled with intense physical and energetic experiences or not, you were immersed in a field of heightened life energy. Unblockings, transformations, and much more have occurred. Give yourself time to fully absorb all of this, both physically and mentally.

Integration Is Key. Here Are Some Tips for Best Practices:

- Avoid tobacco, tea, coffee, heavy, processed foods, and meat for the next 24 hours.
- Refrain from alcohol, drugs, psychedelics, or medication for the next 48 hours.
- Drink plenty of water to hydrate your body.
- Take time for yourself to rest.
- Spend moments in silence, listening to your thoughts.
- Connect with nature.
- Practice Kundalini yoga.
- Allow your emotions to express themselves—accept them.
- Observe subtle and significant changes in your mind, habits, body, and overall life in the days and even weeks to come. You may feel a sudden urge to change your diet, company, or hobbies. Follow the voice of your heart.

Be patient and kind to yourself.

Remember, this process requires repetition, and you set the pace of your journey—there is no right or wrong rhythm. If you trust this path, the energy will open new doors and dimensions for you, and with regularity and patience, it will penetrate even deeper.



What Does a KAP Session Provide?

- Release of stress and tension
- A deep state of peace
- Understanding and letting go of limiting beliefs, patterns, and programs
- Freedom from trauma, emotional and energetic blockages
- Comfort and surrender
- Mental clarity
- Enhanced intuition
- A sense of new vitality, deep renewal, and rebirth
- Awakening of spiritual powers and gifts
- Unblocking of energy, abundance, and connection to the life force pulsating within you
- Access to the subconscious
- Integration of dimensions within you: a subtle and physical fusion
- Connection with your true SELF
- A strong resonance with the infinite field of possibilities
- Expansion of consciousness and raising of vibrations
- Profound spiritual awakening
- Healing on all levels

HOW TO PREPARE..

To kundalini activation process?

The total duration of the session is approximately 1.5–2 hours.

- During the first 15 minutes, I will provide more detailed information about what you might feel and what will happen on the mat.
- After that, we will begin the transmission, which will last for 1 hour.
- At the end, we will create a space for integration and sharing experiences with other participants. You are not obligated to share; you can simply remain in your own experience, in silence. Often, after sessions, it can be difficult to verbalize or find the right words, and that's perfectly okay.

Guidelines Before the Session

- Do not eat anything for at least 3 hours before the session.
- Avoid coffee, alcohol, drugs, or psychedelics for at least 48 hours before and after the transmission.

What to Wear

- Dress in loose, comfortable clothing, preferably in light colors.

Optional Suggestions

- You can place something over your eyes, such as a small pillow, to help deepen your immersion in the experience.

Positioning During the Session

- You will lie on your back, stomach, or sit—whatever is most comfortable for you.
- Ensure your spine is straight to allow the energy to flow freely.

Kundalini activation Online Sessions

As a facilitator, I do not need to be physically present for the intensified life energy to flow through you. In the quantum field, there is no concept of time or space, which allows us to work with our energy remotely, experiencing and receiving at the same level and intensity as in-person sessions.

The energetic body is easily accessible from any location and does not require my physical presence. Do not let your mind take control simply because I am not physically there. Release thoughts like, “How does this work if she isn’t here?” or “I don’t feel anything.” Let them go.

Each of us is different, more or less sensitive to this energy. While this life force flows through every being on Earth, the masks we wear, our programming, our conditioning, shields, and armor prevent us from fully experiencing it. The transmission helps untangle and dissolve these blockages, allowing you to surrender to the essence of who you are and express your full spiritual potential.

- Prepare a computer or phone with a camera.
- Use wireless headphones or a speaker to ensure good sound quality.
- Find a quiet and relaxing place where you can lie down on a mat.
- Do not use a pillow under your head; keep your spine straight.
- If you feel discomfort in your lower back, place something under your legs for support.
- **Ensure your camera is positioned so that your entire body is visible.**
- You may enhance the session by preparing incense, candles, or crystals.
- Make sure the room is well-lit so I can see you clearly.
- Come to the session with an open mind and heart.
- Trust, surrender, and let go.

This sacred space is for you to connect with your energy, allowing it to flow freely and guide you to new depths of understanding and healing



If you don't know how to respond or what to do, ask yourself: What would love do right now?

I invite you on this beautiful journey. If you have any questions, I am here for you. Come and connect with love whenever you feel ready. Allow it to shed the layers of what no longer serves you, initiating a deep transformation. Remember, it all comes down to the ability to let go—you must allow yourself to release control to fully experience this. For some, surrendering is difficult, but know that at every moment, the energy is working in your favor, at the level that is right for you.

I'm waiting for you!