

Vital Energy by Nessy TM

Could it be a ...

False
Kundalini
Awakening?



@reallygreatsite

Vital Energy by Nessy™



WHEN ENERGY MOVES TOO SOON

Understanding the body's natural reaction
to premature awakening.



@VitalenergybynessyLLC

Vital Energy by Nessy LLC © 2025 | www.vitalenergybynessy.com

Vital Energy by Nessy TM



WHAT IS A “*FALSE*” AWAKENING?

A false Kundalini awakening happens when powerful energy is forced or triggered too soon — before your energy channels and nervous system are prepared to hold it.

It feels intense, but it's often unbalanced and destabilizing rather than divine.



@vitalenergybynessyllc

Vital Energy by Nessy LLC © 2025 | www.vitalenergybynessy.com

Vital Energy by Nessy™



PHYSICAL SYMPTOMS

*When Kundalini rises before the body is ready,
the nervous system becomes overstimulated.*

- Electric sensations, trembling, heat waves
- pressure in the head or spine
- Heart racing, dizziness, or exhaustion
- restless sleep or insomnia
- feeling ungrounded or spaced out



@vitalenergybynessyllc

Vital Energy by Nessy LLC © 2025 | www.vitalenergybynessy.com

Vital Energy by Nessy™



EMOTIONAL & SPIRITUAL SIGNS

When Kundalini rises too soon, emotions surface rapidly — old wounds, fears, and unresolved memories may flood to light.

- Anxiety, panic, or emotional overwhelm
- Sudden sadness or mood swings
- Feeling “too open” to other people’s energy
- Difficulty focusing or confusion
- Fear of losing control



@vitalenergybynessyllc

Vital Energy by Nessy™



ENERGETIC IMBALANCES

Sometimes the upper chakras awaken before Kundalini has fully risen from the root.
This creates expansion without grounding — light without stability.

- Overactive upper chakras while the root is unstable
- Feeling detached from the body
- Uncontrolled psychic experiences
- Spiritual ego or false sense of enlightenment



@vitalenergybynessyllc

Vital Energy by Nessy LLC © 2025 | www.vitalenergybynessy.com

Vital Energy by Nessy™



WHY IT HAPPENS?

*When Kundalini is pushed instead of invited,
the body reacts with chaos instead of harmony.
Trauma, stress, and unhealed emotions block the natural flow.*



@vitalenergybynessyllc

Vital Energy by Nessy LLC © 2025 | www.vitalenergybynessy.com

Vital Energy by Nessy™



HOW TO REBALANCE?

- Ground yourself daily (walk, breathe, eat nourishing foods)
- Rest from intense practice
- Work with an experienced energy healer or Reiki practitioner
- Focus on heart & root chakras
- Trust the timing — awakening is gentle.



@vitalenergybynessyllc

Vital Energy by Nessy™



YOU DIDN'T FIND THIS
— IT FOUND YOU.

*If you've watched this far, it's not by accident.
Your energy may be calling you — whispering that it's time to
come home to yourself.*

Kundalini rises when the soul is ready to remember.

*When you move with trust instead of force,
awakening becomes a graceful unfolding — not a rush.*

*Thank
you
Nessy*

Follow for more grounding awakening guidance



© 2025 Vital Energy by Nessy LLC™. You may share this guide for personal or educational use, provided credit is given to Vital Energy by Nessy™.