

# Enlivening Your Inner Serpent Power

Slumbering deep within you lies a serpent named Bhujagendra coiled 3 1/2 times around the sacral bone at the base of your spine in Muladhara chakra, your inner powerhouse. Awakening this serpent activates your kundalini, giving you powers of higher consciousness, filling your heart, mind, and body with a divine energy that enhances your thoughts, actions, and relationships. #serpentpower #kundalini