



So, when you hear “Spiritual chills” what does it mean?

Spiritual chills is just another term the long list of previously established terms like like Euphoria, Ecstasy, Qi, Prana, Vayus, Aura, Tummo, Orgone, Mana, Bioelectricity, Life force, Pīṭī, Frisson, Rapture, Ruah, Ether and many more.

These terms all explore different facets of this occurrence but always comes back to the same point.

They’re all branches from the same tree, this tree can simply be defined in English has your Spirit.

For those who don’t know yet or are unsure how to recognize it, Spiritual chills can most easily be observed when you get goosebumps from a positive outside or internal stimuli (a lyric from your favourite music, an inspiring song, movies, memories, compliments, a loved one, time with friends, praying, praising God, meditation, receiving a confirmation, feeling motivated to strive, gratefulness) and most importantly feel a cold or hot euphoric / blissful wave flowing inside your body.

This euphoric wave is your spiritual energy and is separate from physical goosebumps which are only a reaction to its activation.

It can be learned to be brought up on demand consciously, for long durations and without the physical reaction of goosebumps and can give one the ability to do incredible feats with it.

Again, tutorials for these feats will all be shared in future posts but first it’s important to go step by step with these pillar tutorials to successfully achieve them.

This energy comes from your spirit. It’s present in everything in the universe.

When it activates on its own in your body, it's because whatever you are doing, have heard or encountered, either moved you so deeply or landed right on target. So much that it activated your spiritual body. And ultimately caused ripples on it to the point of having your spirits energy be brought up enough for a physical reaction of goosebumps to happen,

Let's keep in mind that there are other ways that goosebumps can come from you for perfectly normal reasons like adapting to the temperature or being startled, but in this case, I am only referring to that physical experience because it is the easiest way for anyone to take a step back and remember they've experienced it before and then bring it up again.

Other physical reactions are teary eyes and sweating. Now, if you're ready, let's start with the other tutorials that should be understood and accomplished 1 by 1 before moving to the next.