

Transcript

00:00:07 Merrily

This is the Casual Temple podcast and you're listening to episode #2 and I'm your host, Merrily Duffy. My mission with the Casual Temple podcast is to introduce the world to a variety of ways. You can develop a relationship with spirit. We will hear from everyday people about their magical practices, psychic phenomenon, energy healing as well as hear about their amazing, mystical and paranormal.

00:00:27 Merrily

Experiences this week, my guest is Michael, who joins the podcast to talk about his kundalini awakening experiences, what happened before, during and after that experience, and his ongoing kundalini awakening and spirit.

00:00:38 Merrily

Good morning. Well, thank you all for joining us here at Casual Temple. Our guest today is Michael, who is here today to talk about his ongoing kundalini awakening experience. Let's give Michael a warm welcome to the show. So Michael, where we will start today is sort of where your spiritual journey began and kind of.

00:00:58 Merrily

Take it off from there.

00:01:00 Michael

Thanks, Marley. It's great to be here with you and casual temple listeners.

00:01:06 Michael

So I.

00:01:09 Michael

Guess I got my spiritual start in my in childhood.

00:01:15 Michael

I grew up in the Midwest and I come from very conservative. The religious, religious family and was kind of in that atmosphere and in that environment.

00:01:35 Michael

The majority of my childhood and teenage years.

00:01:44 Michael

Kind of, I guess a little.

00:01:47 Michael

During that time, definitely in my childhood too, I was very intuitive and as I know now, very psychic too. And I had some.

00:02:02 Michael

Experiences that.

00:02:05 Michael

Frightened me a bit at the time, so I kind of buried that part of myself and because I was in such a kind of conservative environment, kind of suppressed a lot of parts of myself, actually. And as I was kind of growing up and coming out of that environment.

00:02:28 Michael

A left it all behind when I.

00:02:33 Michael

Moved out of.

00:02:35 Michael

My parents house and moved away from the Midwest and to the West Coast and.

00:02:42 Michael

00:02:45 Michael

As I kind of was more coming into my own, I just left pushed aside all spiritual things for a number of years, kind of after I had left the the church.

00:03:04 Michael

And kind of all through my 20s and most of my 30s.

00:03:08 Michael

Because I I was not spiritual at all, I went through kind of the.

00:03:13 Michael

Not quite atheist, more agnostic phase and concentrated pretty solely on my career. I worked in tech and just.

00:03:29 Michael

It was kind of just a really concentration on survival at that time in my life and survival at the time was.

00:03:38 Michael

Getting working the job and climbing my career. And that's that's pretty solely what I was focused on for a number of years.

00:03:55 Michael

Kind of, I would say.

00:04:01 Michael

In my later 30s, I started doing yoga.

00:04:06 Michael

And it was pretty.

00:04:09 Michael

Fitness based yoga. There wasn't much of A spiritual aspect to it at all and was doing it kind of on my own and sometimes with the group and.

00:04:26 Michael

I think kind of as I was getting more into it.

00:04:31 Michael

I did realize, and I think I read somewhere, that there was a form of yoga called Kundalini yoga.

00:04:40 Michael

Although I didn't kind of look into it too.

00:04:42 Michael

Much I probably thought at the time it sounded kind of too esoteric. My just knew kind of generally that it may have been kind of more spiritual or energy based, but I didn't do too much research into it at the time.

00:05:01 Michael

And kind of.

00:05:04 Michael

Flash forward I guess to I think it was or it was during the pandemic kind of in that limited time like 2020 or it actually was specifically in February of 2020.

00:05:26 Michael

One, when the I woke up in the middle of the night and had a spontaneous kundalini awakening.

00:05:37 Merrily

So how I know I've?

00:05:40 Merrily

Read other accounts and heard other accounts of sort of the actual experience of it as what? What exactly was it? And did you know at the time what you were experiencing or like, how did you handle it, I guess?

00:05:56 Michael

Yeah, I did not know what I was experiencing at the time I.

00:06:05 Michael

I've always kind of had trouble sleeping and would wake up at weird times, so that wasn't quite unusual.

00:06:14 Michael

During this specific week, though, I was waking up pretty consistently. At the same time during the night, it was always around 3:00 AM.

00:06:22 Michael

And the night that it happened, I.

00:06:29 Michael

Woke up at 3:00 AM again and felt very.

00:06:36 Michael

Energy starting in my root chakra or what? I know now is my root chakra and then I just thought that, you know, kind of knew that it was like in.

00:06:46 Michael

My pelvis area.

00:06:49 Michael

And I didn't know what was happening though. I just laid in bed and just was thinking like what? What is happening right now? I'm not not sure what's going on.

00:07:05 Merrily

MM.

00:07:09 Michael

Yeah. Remember laying in bed.

00:07:14 Michael

Wondering what was happening.

00:07:17 Michael

And at the time, I didn't have a consistent meditation practice either, like I had been doing yoga and that was kind of just my first, like kind of.

00:07:30 Michael

Foray into this area.

00:07:46 Michael

There's. I think there's one other thing that.

00:07:48 Michael

I won't mention.

00:07:50 Michael

That happened kind of before this to you that I think was a factor into it it starting so during the pandemic a few months before.

00:08:05 Michael

I woke up and this happened. I had taken a class based on Julia Cameron's book, the artist's wife.

00:08:17 Michael

And it's uh.

00:08:21 Michael

Self help book kind of based around creativity, not necessarily spiritual practices. Although creativity is very spiritual of course, but I had wanted to do it because I wanted to find an outlet that is more creative, was more creative for me.

00:08:41 Michael

And I wasn't sure.

00:08:43 Michael

How to, how to go about that?

00:08:47 Michael

I had.

00:08:50 Michael

Done some creative things like musically when I was like a young adult, but because I had been so focused on my career, I kind of pushed everything else aside and was kind of wondering, you know, like what, what can I do in that area? So I joined the group that was going through the artist way.

00:09:10 Michael

And part of the.

00:09:15 Michael

Basic and the practices that you start doing right away in that book is what's called on the morning pages.

00:09:25 Michael

And morning pages are.

00:09:30 Michael

Waking up every morning and the first thing you do is get out a notebook and write 333 pages of consciousness.

00:09:40 Michael

So very, very much like intuitive writing, but in this case how it was approached is like you're getting everything out of your head and you have a blank slate kind of for the rest of your day.

00:09:54

So I was.

00:09:55 Michael

Doing this pretty consistently for a few months before this happened and and so I do think that just kind of the meditative aspect of the intuitive writing, maybe coupled with the yoga that I was doing.

00:10:13 Michael

Kind of brought me into definitely a more spiritual state than I had been in, you know, for the 15 years prior to that.

00:10:23 Michael

So I really felt that I kind of had more more of an open mind maybe or was ready to be more receptive to things, to spiritual things and things that.

00:10:41 Michael

We're going to happen to.

00:10:41 Merrily

Me. Yeah.

00:10:43 Merrily

Yeah, that's very articulate. I don't think I've heard people kind of explaining the lead up to that or what they suspect was the lead up to something like that. So it's very interesting. So how did you know after the facts was I'm assuming you Googled some things because?

00:10:58 Merrily

I do that too.

00:11:00 Merrily

You're like I'm seeing this or experiencing that.

00:11:03 Merrily

So what?

00:11:05 Merrily

Did you find that you were like ohh? I think it was this. Do you remember that specifically?

00:11:10 Michael

Yeah. So yeah, I think I'll to answer that. I'll go back into my experience and and what was happening. So I had woken up at 3:00 AM, felt that energy start at the IT might tell this in my book chakra and.

00:11:29 Michael

Did not know it was happening. It was say it was like pleasurable too. So I thought maybe this is just like something that you know normally happens. But it also felt like.

00:11:47 Michael

Deeper than that, though, it felt.

00:11:53 Michael

Just different is probably the best way that I can explain it and kind of as I sat there and focused on the energy, I noticed that it started to travel up what I thought was just like my spine at the time and it seemed to kind of.

00:12:12 Michael

It seemed to pause as it was kind of traveling up throughout my spine and it would kind of intensify. And as it intensified, I just felt like I needed to get out of bed and then I.

00:12:32 Michael

Got out of bed and went into my living area, kind of where the yoga mat was and just felt kind of called, I guess to.

00:12:43 Michael

Get the yoga mat out and kind of lay on the floor and go into what I know now are is called crias. I guess so like not.

00:12:59 Michael

Yoga poses but just movement that is directed by the energy. And I just kind of spontaneously started doing that and.

00:13:13 Michael

As I was doing it at HPL, kind of the energy pausing and then kind of intensifying and then DE intensifying, continuing to travel up my spine and go up. What I know now are the chakras.

00:13:32 Michael

But what I thought then was just kind of my spine and then kind of felt it go all the way up. And then when it reached into my head.

00:13:42 Michael

I felt a really definite change in consciousness.

00:13:49 Michael

I felt.

00:13:52 Michael

Much more expensive like it was not just me and myself and my ego anymore. I was.

00:14:03 Michael

Very connected to what felt like everything, the universe and.

00:14:11 Michael

Yeah, it was just kind of a.

00:14:12 Michael

Feeling of.

00:14:15 Michael

Expensiveness and and oneness. That was pretty wonderful.

00:14:19 Merrily

And this was all in the same night, like one entire thing.

00:14:23 Michael

Yeah, probably maybe 30 to 45 minutes.

00:14:29 Merrily

Wow, that's a long time. Oh, my gosh.

00:14:34 Merrily

So I think you mentioned so but.

00:14:37 Merrily

So prior to this, you had never heard of.

00:14:40 Merrily

A kundalini awakening at all. Or no?

00:14:42 Michael

Right. I didn't. The closest I'd heard. Yeah, was I I knew there was a form of yoga called Kundalini yoga. I didn't know what it was, though.

00:14:50 Merrily

OK, so I was gonna be like, so how did it compare? Because it sounds like they're different. You know, I've read quite a bit about other people's things, some of the automatic yoga poses is like, a thing that actually happens. Have read also that some people, like, start doing mudras with their hands and stuff like that to get the energy.

00:15:10 Merrily

Moving around, so that's pretty cool that.

00:15:13 Merrily

You experienced that?

00:15:15 Merrily

And and then I'll also just mention that I was doing kundalini meditation, maybe like 15 years ago. And then I started doing Kundalini yoga here in in Seattle.

00:15:29 Merrily

With a group and and I did notice like because we would do the Koreas, the Korea exercises and the way our teacher, his name is Sadu Simran. He's no longer with us. He passed from COVID. But he would say like the reason to do all these Koreas is to to gradually move the energy.

00:15:49 Merrily

So maybe like because some people, when they do have sort of the spontaneous like really kind of?

00:15:54 Merrily

Sometimes it like really messes with them psychologically and physically, so I don't think that happened to you, but you can tell me.

00:16:02 Merrily

The other one.

00:16:04 Michael

Yeah, that's that's interesting. I've heard sometimes they could kind of get stuck, too. That didn't happen to me. But I can see how that might be kind of unsettling.

00:16:18 Merrily

I'll say that also one of my experiences with sort of that energy movement I was doing and it was during the pandemic because we were doing online classes with the same teacher and there was a movement where we were doing like moving. You're kind of like on your four all your fours on all fours.

00:16:36 Merrily

And then doing this breath technique and I felt it.

00:16:39 Merrily

Like it was gonna.

00:16:40 Merrily

Push through my heart chakra and.

00:16:42 Merrily

I was like, no, I.

00:16:45 Merrily

Knew if it did that.

00:16:46 Merrily

I saw what was going to happen like I had some sort of like weird precognition of like I was going to be like falling and sobbing on the ground for like hours. I saw that was it.

00:16:56 Merrily

I was like, Nope, Nope.

00:16:59 Merrily

And then I told it I was like, look.

00:17:01 Merrily

You know, it's not going to happen today. I was like, this seems to be I was like, very bossing it around like this seems.

00:17:07 Merrily

To be gradual, this is too.

00:17:07 Michael

Too much. Too much, yeah.

00:17:08 Merrily

Much I can't do.

00:17:10 Merrily

I got bills to pay. Like, come on, you.

00:17:12 Merrily

Know so yeah it.

00:17:15 Merrily

So I think that is I guess why some people do the kundalini yoga is to kind of get used to sort of that energy movement. But mine was like very strange but.

00:17:28 Merrily

Cool. So.

00:17:30 Merrily

What would you say, if anything, after this experience changed in your life? Or did anything change? Or how did you manage it after figuring out it was cool?

00:17:42 Michael

Awakening. Yeah, so afterwards I wanted to find out what happened to me. So I did as you mentioned. And I'm sure a lot of people do Google a lot. And I think pretty quickly kind of after I was looking into it, I realized that.

00:18:02 Michael

It was the kundalini awakening. I didn't. I never felt that it really could be anything else. I think that was the thing I found the soonest. And that was the thing that made sense to me.

00:18:16 Michael

00:18:17 Michael

And as I read kind of other people's experiences that sounded exactly what I had experienced.

00:18:25 Michael

And regarding changes in my life, I will say that it did bring up a lot of.

00:18:37 Michael

Things that I had buried, I realized that like at the time.

00:18:44 Michael

I had really compartmentalized a lot of things in my life, so I've been focusing a lot in my career. Like I talked about and I kind of separated that out from like the rest of my life and from, like, my personal life and from friendships. And they were all very separate things. And then.

00:19:03 Michael

After this happened, I felt like.

00:19:06 Michael

All of these things can't really be separate anymore that I need to do some kind of, you know, integration into.

00:19:16 Michael

Into me and kind of what I am and like I'm I'm not living, you know, for separate lives and like like one life. And they're all it all needs to come together. So that is kind of what I remember feeling directly afterwards.

00:19:37 Michael

Do remember feeling?

00:19:42 Michael

Very more cosmic, I guess.

00:19:47 Michael

More connected to the universe more, it seems like part of a universal kind of consciousness, I guess.

00:20:02 Michael

And that did kind of.

00:20:07 Michael

Bring up questions to me as to, OK what you know or what do I believe now what?

00:20:19 Michael

Previously, like my spiritual experience kind of had been limited to, you know, conservative Christianity. And I knew that I didn't believe that anymore. But I really had to kind of then kind of figure out, OK, what, what do I believe and what makes sense to me?

00:20:41 Michael

So there was, yeah, I guess a period of soul searching, I'll say after it.

00:20:52 Michael

Yeah, really kind of time of like heads down.

00:21:04 Merrily

00:21:05 Merrily

I've also heard so.

00:21:08 Merrily

During that, did you note it? I've also heard it's very similar in a lot of ways like these sort of spiritual experiences kind of mirror each other. Like similarly to sort of NDE's like near death experiences, they sort of have similar kind of stages that people are going through.

00:21:24 Merrily

And I've also.

00:21:25 Merrily

Heard with Kundalini Awakening that people come.

00:21:28 Merrily

Out of it with like.

00:21:29 Merrily

Special powers and abilities. And did you notice anything like that for yourself?

00:21:35 Michael

Yeah, kind of. In addition to like the cosmic feelings or universal consciousness, I did notice.

00:21:44 Michael

That my intuition seemed to be turned up.

00:21:50 Michael

I knew that I had kind of always been more intuitive. I didn't always trust it before, but.

00:22:01 Michael

This experience and the feelings I had kind of afterwards led me into kind of more of a trust into that part of myself and into.

00:22:13 Michael

Deepening of a connection with my intuitive self and intuitive abilities and and that's how that's what led me eventually to psychic awakenings in Seattle, where we met and yeah.

00:22:32 Merrily

Uh, cool.

00:22:36 Merrily

So it sounds like for you it was just sort of enhancing your already you know you were already very intuitive. So it sounded like it just kind of pumped that up a bit for you in addition to having that cosmic awareness.

00:22:52

I'm sorry.

00:22:58 Michael

Trying to think of like.

00:23:00 Michael

Specific examples of.

00:23:08 Michael

Nothing is coming to mind. I guess it's just. I remember feeling kind of bit more turned on that way.

00:23:19 Merrily

Yeah. And I think also especially with like intuition and sort of learning that thing of.

00:23:25 Merrily

You're getting like when you for me it happens like I'm like in a conversation with somebody.

00:23:31 Merrily

And I'm hearing what they're saying, but I'm getting information of like, what they're saying is not matching sort of the information I'm getting. And I'd say the the skills that we learned, that psychic awakenings really kind of helped me understand, like the information I'm getting is very is actually probably more true than what the person is actually saying out of their mouth.

00:23:54 Merrily

And I've noticed that too, yeah.

00:23:54 Michael

Yeah, I really.

00:23:56 Michael

Sorry, I was going to say like I really.

00:24:01 Michael

Respond to to that to kind of growing up, I had always been.

00:24:08 Michael

I had always kind of almost been very blunt to A to a degree that was.

00:24:18 Michael

Like Cosby, friends sometimes, and I had to learn how to more control that that part of myself, but kind of looking back, I realized that ohh I it's because I I didn't know how to monitor kind of the intuition I was getting. And so I would just say things.

00:24:20 Merrily

With us, yeah.

00:24:39 Michael

As they were. Yeah. And that would not be welcome all of the time. The part of. Yeah. Part of like, yeah. What you what you said as we learned at like great things was how to how to control that that part.

00:24:54 Merrily

Oh gosh, when you just said that I had, like, some PTSD a little.

00:24:57 Merrily

Bit when you're.

00:24:59 Merrily

Yeah, definitely. I was very much the person that or the kid that would just blurt out information or things that were very obvious. I was like and then I would get confused because I'm like, this is obvious like why why am I getting in trouble?

00:25:15 Michael

That, that's funny. I just saw something on mine the other day where someone was saying, like, that's how I figured out that I was psychic. Was that?

00:25:29 Michael

Basically like thought these people were so stupid. Like, why aren't they like getting this like simple information and like, oh, I'm getting information from other sources. That's how I'm like understanding it.

00:25:42 Michael

And that's why.

00:25:43 Michael

Like they're getting information too, but they're not getting like information the same way or the same information. They're not getting. But understanding that to you is really helpful. But I thought, yeah, she put that very.

00:25:54 Merrily

Well, yeah. That's like amazing cause I never thought about it until you said it. And then I thought about it and then you had that example because I yeah, that's perfect because I was just like.

00:26:03 Merrily

Of course. Come on. Like this isn't magical, but I guess. And in some way, it sort of is.

00:26:09 Michael

Yeah. Cool so.

00:26:14 Merrily

I guess you know cause you went to psychic.

00:26:16 Merrily

Awakenings was there like.

00:26:19 Merrily

Person that either helped you through the process or was there like a book that really.

00:26:23 Merrily

Helped you or?

00:26:26 Merrily

Anything like that to kind of manage it in in a way?

00:26:32 Michael

Yeah. So while I was kind of going through it at the beginning, I talked to a couple of people that I found online who kind of offered their.

00:26:44 Michael

Where services is being someone to talk to you while people are going through a good lean awakening. And I found that helpful a bit. I didn't really connect too much with the people that I talked to, but they were. They were helpful at just having someone there to talk to about it.

00:27:03

OK.

00:27:09 Michael

I will say so.

00:27:13 Michael

Kind of.

00:27:15 Michael

Right after my first experience a couple months later, it was like two or three months later or three months later. Actually, I went to Hawaii on vacation, and while I was there towards the end of my trip, it happened again.

00:27:36 Michael

So I woke up around the same time during the night.

00:27:42 Michael

It was like 33 AM and again kind of felt the energy starting in my root chakra and what was different this time though, was kind of when it hit my head instead of instead of ending kind of shortly after that, it stuck around for much longer.

00:28:03 Michael

So it was like 12 hours that time. So yeah, as opposed to, you know, the first time where everything was kind of over like within.

00:28:15 Michael

45 minutes at the most when stuck around a lot longer and I remember like waking up or I think I just stayed awake throughout the day and and kind of just kind of meditated with the energy and and felt it throughout the day.

00:28:32 Merrily

So you had a kundalini awakening in Hawaii.

00:28:35 Merrily

Yeah, not bad. So were you just?

00:28:40 Merrily

Like awake the entire time and just trying to meditate or manage the energy. Is that kind of what was going on?

00:28:49 Michael

Though definitely the first time I went back to bed, you know, like an hour after it happened, because the energy had ducting left my body after that the second time.

00:29:06 Michael

I now that I knew what it was I had done the Googling and I talked to you one person. And OK, I thought like, OK, let's, you know, see what this is, see if I can, like, meditate with this and, you know, try to determine like.

00:29:28 Michael

What it will show me because?

00:29:33 Michael

One of the uh or.

00:29:37 Michael

I had like a lot of questions after I had my first one or definitely two major questions. You know, it was like the first one was like, what is happening. The second one is like, why is it happening to?

00:29:49 Michael

Me and after I figured out what was happening. I.

00:29:57 Michael

Kind of wanted to figure out why is it happening to me. So the second time it happened, I meditated with it and.

00:30:09 Michael

Did kind of the cries again, and that's kind of.

00:30:16 Michael

When I.

00:30:21 Michael

The information or got kind of feeling that.

00:30:25 Michael

I kind of needed to integrate more aspects of myself and because I like compartmentalize so many things, I needed to kind of go within and and understand kind of myself more.

00:30:45 Merrily

So what if you're willing to share? Because these are obviously a kind of personal what aspects?

00:30:50 Merrily

Do you think?

00:30:52 Merrily

You were kind of reticent to integrate that you kind of kept shoving aside, I guess. So what's coming to mind?

00:31:06 Michael

Kind of caps spiritual things separate from my like personal relationships from like my friend relationships. And I just kind of felt like I was living these separate lives based on kind of what what was happening.

00:31:25 Michael

At the time and.

00:31:30 Michael

I yeah. Just kind of felt like.

00:31:35 Michael

I don't think the whole answer was integration, but it was definitely part of the answer was integration.

00:31:46 Michael

Integrating like just.

00:31:50 Michael

Or maybe just kind of understanding how to be more honest and vulnerable. Think that was a big one too.

00:32:03 Merrily

Yeah, that vulnerability is the one that kind of kind of gets me to. It's kind of hard. It's tough. You're like, oh, man, this means I got to ask for help.

00:32:07 Michael

Yeah, it's tough, yeah.

00:32:12 Merrily

Yeah, it's kind of it's tough.

00:32:17 Michael

But sorry, yeah, going into actually.

00:32:23 Michael

People that I sought out afterwards.

00:32:29 Michael

In addition to kind of talking to a few people or online, I went to see Ayurvedic practitioner here in Seattle. I had kind of an initial interview with him and kind of told him that I think I was going through Kundalini awakening and.

00:32:49 Michael

He invited me to come into his office and talk to him about it more, and it was the first time I had seen non western medical doctor other than.

00:33:06 Michael

Like acupuncture or something like that. And it was really great. He did kind of. Uh, what I know now.

00:33:19 Michael

Are kind of.

00:33:21 Michael

Like intuitive, you know, kind of almost like hypnosis, like exercises.

00:33:27 Michael

To kind of inform better inform like his opinion of what was happening. And that was actually that was really helpful. I saw him a few times and.

00:33:40 Michael

And he was always very helpful and receptive and always.

00:33:49 Michael

Wanted to like address like all of me too, and not just the part that was the Kundalini Awakening, but actually was like this is just like a side effect of, you know, something else that's happening right now.

00:34:05 Merrily

Maybe saying maybe something also physical that's happening or some.

00:34:10 Merrily

Like what was the something else I?

00:34:12 Merrily

Guess is the question.

00:34:14 Michael

Yeah, not no, not physical, I guess, but just more of kind of maybe like an integration thing too.

00:34:24 Merrily

Oh OK. Gotcha.

00:34:27 Merrily

Now have a practical question, because the the arithmetic piece because I I saw more of an Arabic.

00:34:34 Merrily

As like Counselor, I don't know. He wasn't a doctor, but he was.

00:34:37 Merrily

Just like.

00:34:39 Merrily

He basically told me what my dosha was. You know that kind of stuff is is did you kind of have to go through that too like?

00:34:41 Michael

Yeah, yeah.

00:34:44 Merrily

He kind of talked about.

00:34:45 Michael

Yeah, yeah, yeah, yeah. He talked about it a bit and. Yeah. And I found out what my door still was. And he. Yeah. Yeah.

00:34:59 Merrily

OK. Also one more practical question because I also got sort of like the diet plan with like your dosha like.

00:35:09 Merrily

Do you follow that diet plan?

00:35:12 Michael

I didn't get the diet plan, no.

00:35:13 Merrily

OK.

00:35:14 Michael

I did. I did get some like liquid.

00:35:19 Michael

Things to take.

00:35:20

For a while.

00:35:24 Michael

Not quite sure what they were actually because they are in Indian or in India. Sorry I don't read in the he explained what they were, but I just don't recall what they were right now. OK? And I tried them for a while but kind of fell off the wagon there. Yeah.

00:35:43 Merrily

Kind of similarly with myself and the the diet plan because it is pretty strict. I don't know if you've looked at your dosha plan but.

00:35:49 Merrily

It's like, whoa.

00:35:51 Merrily

It's kind of strict.

00:35:54 Merrily

Cool. Well, thank you for asking or for providing sort of the the practical side of that.

00:36:01 Merrily

So it sounds like this might have already sort of answered the question I had about.

00:36:07 Merrily

Like your ongoing kunley experience, you've shared sort of cooling events. Do you consider that you're ongoing or is there other sort of smaller pieces that are folded into sort of these bigger events of you having the energy rushing and that kind of thing?

00:36:22 Michael

Yeah. So I would say those are like the two big events, but since then I would say kind of with almost a regularity like every three months, I will wake up at the same time 3:00 AM and.

00:36:43 Michael

Have like a mini linear awakening, so the energy is like not as intense as it's been those two times, but I can still feel it there in the probably last maybe like to 20-30 minutes.

00:36:58 Merrily

So it's it's not as intense, maybe as yeah.

00:37:01 Michael

Right.

00:37:04 Merrily

Well, I don't know. You probably already know this, but like 3:00 AM is sort of like that magic hour of of like, sort of the doorway every night. I don't know if you've heard about that.

00:37:14 Michael

Right, right.

00:37:15 Michael

Yeah, yeah.

00:37:18 Merrily

Have you? So I'll just kind of veer off a little bit.

00:37:20 Merrily

Have you had any other experiences in that time frame like that 3:00 AM, meaning like contacted any sort of spirits or received any messages because that tends to happen as well.

00:37:34 Michael

Yeah. So interestingly, I would I would wake up around that time when I was a child too, and I remember.

00:37:48 Michael

Seeing what I guess now are like energies, kind of like in the form of Spears. When I was pretty young a few times and.

00:38:03 Michael

I remember it.

00:38:04 Michael

Happening. Maybe when I was like 8-9 years old and and then kind of flash forward to like my late 30s.

00:38:20 Michael

I'll wake up around that time at different nights. Not usually. Not when the quickly me awakening is happening, but different nights, and I will feel like like there are kind of unknown entities around as well.

00:38:40 Michael

Which I not sure who they are.

00:38:47 Michael

So I definitely.

00:38:49 Michael

Would like to kind of understand more who they are and do more work into that. But yeah, it's always around that 3:00 AM time is when that happens.

00:39:02 Merrily

Not to totally go back into your childhood, but just curiously, when you were seeing those fears, did you tell anybody or you're just like, this is weird? I don't know.

00:39:11 Michael

Nope, I kept it to myself. Yep.

00:39:14

OK.

00:39:15 Merrily

Smart kid I.

00:39:15 Merrily

Guess you're like.

00:39:17 Merrily

There's nobody safe I can tell. So yeah, yeah.

00:39:21 Merrily

I guess side sort of side question to that did was anybody in your family if it weren't your parents was there like an aunt, Uncle, cousin, that was kind of a weird, a weird cousin or weird aunt maybe.

00:39:35 Michael

So yeah, my grandparents on my mom's side.

00:39:40 Michael

Actually, when I was little.

00:39:46 Michael

I'm not sure how.

00:39:50 Michael

How it came about. But they bought me dozing rods.

00:39:53 Michael

Well, cool. And I didn't really know what to do with them because I was like 5 years old or something. I just thought they were cool and I think I I like actually, like, went looking for water, but I didn't know, like actually how to use them. But I think just like wandered around outside of them. But.

00:40:12 Michael

I mean, looking back now, they've since passed, but I I think my my grandmother was very psychic and very intuitive and probably knew that I was as well because we kind of.

00:40:26 Michael

Had a strong connection when especially when I.

00:40:29 Michael

Was younger, yeah.

00:40:31 Merrily

Oh, that's cool. That's so funny to me that they just kind of handed you some dousing rods like have at it. You're just like, can you? How does this?

00:40:35 Michael

Yeah, yeah.

00:40:39 Merrily

Work. Yeah. Oh, that's too funny.

00:40:40 Michael

Right, great.

00:40:46 Merrily

OK, cool. So do you have any sort of advice for somebody that's either going through community awakening or?

00:40:55 Merrily

Oh gosh, I should have asked this question first. Actually, I'm gonna back up.

00:40:59 Merrily

Do you feel like?

00:41:01 Merrily

You kind of touched on this already that.

00:41:04 Merrily

There you kind of might have a sense that something's going to happen. I don't that like.

00:41:09 Merrily

Maybe before it happened you were like there was sort of a feeling of an expectation of something was going to happen or was it just it was literally out of the blue kind of.

00:41:19 Michael

Yeah, I'm not sure. Thinking back, I'm.

00:41:21 Michael

Not sure if I had a feeling it was because it was during like the pandemic when just everything felt kind of weird. In general. I am not. I can't say for sure that I had a feeling of anything.

00:41:38 Michael

That anything is going to happen ahead of time.

00:41:46 Michael

Yeah. I mean, looking back, I'm like, maybe I did, but I can't say for sure.

00:41:51 Merrily

OK. Yeah. I think it's usually a surprise for people.

00:41:57 Merrily

But do you have sort of advice you know? So if somebody else is Googling and then they can see like here, maybe your experience that what you know you would offer them.

00:42:09 Michael

I think what I would say is if you do have someone in your life that you can talk about it with.

00:42:18 Michael

Or even if not talk about it, but if.

00:42:25 Michael

Like issues come up or like it brings up things that you've suppressed before, definitely.

00:42:35 Michael

Talk to someone. Talk to like a trusted friend or trusted adulterers.

00:42:46 Michael

Because yeah, eventually like that is, I think what?

00:42:52 Michael

Helped me the most was understanding.

00:42:57 Michael

No, I'm not too crazy. But yeah, talking to kind of other people that had had similar experiences and understanding that I'm not alone, that was very helpful.

00:43:12 Merrily

Yeah, that always seems to kind of ease it a little bit. So instead of feeling so isolated with it.

00:43:19 Merrily

Especially during the pandemic, my goodness like it was already sort of an isolating time.

00:43:24 Michael

Right, right.

00:43:26 Merrily

But maybe not if you're an introvert.

00:43:28 Merrily

It's kind of OK. It's a little OK.

00:43:33 Michael

Yeah, well, I thought it was like I was so happy for the first like, year.

00:43:40 Michael

And I was like, OK, I'm kind of ready to get back to people at least occasionally. Again. Yeah, yeah.

00:43:46 Merrily

Right, exactly. I'll sold that back in.

00:43:51 Merrily

Yeah, it was definitely. I'll just mention just about that sort of 2020 time period. So my I have like blood work done in like 2019, right. And I had like high cortisol levels and my doctor was like we got to work on these cortisol levels.

00:44:00 Michael

OK.

00:44:05 Merrily

Anyway, in like 2020, I think it's 2021.

00:44:09 Merrily

Like June 2021 had my blood work done again and my cortisol levels.

00:44:13 Merrily

Dropped dramatically and I wasn't. I was not exercising, you know, just pandemic. Whatever. Probably wasn't eating the best. But yeah, my cortisol levels.

00:44:22 Merrily

Like, we're like on the very low.

00:44:24 Merrily

End of of.

00:44:25 Merrily

Of the range and I was like, I know exactly what this is because I don't.

00:44:28 Merrily

Have to go out all.

00:44:29 Merrily

The time social I know exactly that this is it.

00:44:32 Michael

No stress or stress, yeah.

00:44:34 Merrily

Yeah, and no stress. Socializing, stress. Yeah, exactly.

00:44:40 Merrily

That's pretty funny, I guess.

00:44:42 Merrily

If you're a little bit, we did talk about sort.

00:44:44 Merrily

Of sort of the orbs and things that you saw as a child, and was there any sort of other?

00:44:51 Merrily

Their experiences when you're a kid because, like a lot of times, those, at least for me, I'll speak for myself that it kind of gets wrapped up in sort of dreams or daydreams. But some of them are like, no that.

00:45:02 Merrily

Was that one was different. Like that was real. And do you have any sort of experiences that you were that were strange that you didn't remember?

00:45:12 Michael

Yeah. So like when I was very not very young, but.

00:45:18 Michael

I guess.

00:45:23 Michael

878910 that age I always had like a lot.

00:45:27 Michael

Of imaginary friends.

00:45:29 Michael

And and you know, looking back and wonder like where they where they, I'll actually like imaginary or where they're, you know, different energies there I think.

00:45:40 Michael

Probably more the latter, that there was, you know, always some kind of energy around me. Maybe maybe interacting with me, but the other thing I'll say is too so.

00:45:52 Michael

I kind of touched on the beginning that I grew up in a kind of conservative religious household. The particular brand of, you know, Christianity that I experienced was Pentecostal.

00:46:09 Michael

Which I mean it does have a lot of, you know, yeah.

00:46:14 Michael

Energy component to it. So I did kind of, you know, grow up seeing people, you know, get slain in the spirit and you know kind of affected by by the Holy Spirit.

00:46:31 Michael

I you know, as a, as a kid, I just thought that all was really weird, but. And then, you know, as I, you know, after I left the church, I kind of didn't want anything to do with it, even though, you know, looking back, I can maybe, you know, appreciate it now a bit more.

00:46:51 Michael

Kind of for

00:46:54 Michael

For different things than you know.

00:46:56 Michael

I thought it was back then.

00:46:58 Merrily

Yeah, that's a good point. I never thought about it that way because, uh, yeah, my dad was anyway, so I I was baptized Catholic because my dad is Irish Catholic. My mom is Filipino, so definitely Catholic.

00:47:12 Merrily

But they were like kind of that lacks Catholic, didn't really go to church. And then my dad, after my mom and he got divorced. Then he was kind of playing around with, like, going to different churches. And then one of them was like a Funda. I think it's just a fundamentalist Christian Church.

00:47:29 Merrily

But they were speaking like speaking in tongues and that sort of stuff.

00:47:34 Merrily

I'm pretty sure that.

00:47:35 Merrily

Was fake though, but I understand but.

00:47:38 Merrily

But the thing I was trying to get at.

00:47:39 Merrily

Is sort of.

00:47:41 Merrily

Like maybe the experience you had as a kid is definitely real, right? They're getting, you know, but it's unfortunate that it's sort of bound up and sort of this ideology, you know, that that gets, like, a handle on it and kind of says they own it.

00:47:52 Michael

Right.

00:47:55 Michael

Right. Yeah, a very.

00:47:58 Michael

Yeah, exactly. Yeah.

00:48:00 Michael

And ideology that's very patriarchal that.

00:48:07 Michael

No kind of suppressive of everything, that's not. You know that very strict kind of interpretation of Christianity here.

00:48:17 Merrily

Yeah. So that's something that's something I'm going to be chewing on a little bit about. Like, yeah, I guess it is real for for those two those kind of folks too and.

00:48:29 Merrily

You know, I guess kind of what do they call?

00:48:33 Merrily

Reconcile that with sort of maybe my own experience, you know, cause mine is also real. Yours is real but like so is.

00:48:34 Michael

Right.

00:48:39 Merrily

Theirs and right.

00:48:41 Merrily

Kind of annoying. Yeah, at least for me.

00:48:45 Michael

No, I hear you. Yeah, I agreed.

00:48:49 Merrily

I am sorry. I did. Oh, I was going to sort of relate a little bit about sort of a child's childhood stuff because it is like I had.

00:48:59 Merrily

Anyway, so I have this this pecan tree.

00:49:03 Merrily

In I lived like my family, lived in Louisiana until I was five years old, and there's like this pecan tree in the backyard. And I love that freaking tree. It was beautiful, like it was probably ancient too, because this is like Louisiana. So it was. It was huge and ancient, but it was on the air.

00:49:20 Merrily

Force base. Love that treat.

00:49:24 Merrily

But you know, I kind of remember talking around the tree. I wasn't, you know, right now I don't consciously remember that there were entities or anything, but I've gotten now two different psychics, two different sources that have told me, like.

00:49:38 Merrily

You have like fairies and gnomes around you, and I'm like in that same order. They're like fairies and gnomes. And I'm like, yes, fairies and gnomes that are around you trying to connect with you.

00:49:44 Michael

Various enums. That's great.

00:49:49 Merrily

And I'm like.

00:49:51 Merrily

How do I do that?

00:49:53 Michael

That from the country they followed you? Yeah, yeah.

00:49:55 Merrily

Yeah, they're part of the country or, yeah.

00:49:57 Merrily

At least some for sure.

00:49:59 Merrily

They might very well might have followed me around, but.

00:50:03 Merrily

Yeah, I do think that's also funny, but.

00:50:07 Merrily

Yeah, because I was like, why was I so?

00:50:08 Merrily

Obsessed with that?

00:50:09 Merrily

Freaking tree and like.

00:50:11 Merrily

But yeah, I think there is like stuff in childhood where it's sort of.

00:50:15 Merrily

Some of it kind of dissipates and you just remember certain things, but anyway, apparently it's coming back because I've got two different people telling me that they're kind of around.

00:50:27 Merrily

Well, thank you for that. I guess So what is?

00:50:30 Merrily

So we're kind of wrapping it up a little.

00:50:32 Merrily

Bit, but what is?

00:50:34 Merrily

Either I say a mantra or a motto or something that kind.

00:50:38 Merrily

Of helps you.

00:50:40 Merrily

Get by or.

00:50:41 Merrily

You know that you think about often.

00:50:48 Michael

I think like.

00:50:53 Michael

Kind of more recently I guess.

00:51:00 Michael

Because we've been we together have been through the Clairvoyant awareness program and there's been, like, so many cool things that have happened during it.

00:51:14 Michael

I I think kind of the thing that I've been thinking about most recently is just that like.

00:51:22 Michael

Cool things are going to keep happening like.

00:51:27 Michael

And just like how you know unexpected.

00:51:33 Michael

The experiences that happened were they're just going to be more of them in the future and that's really exciting, so I think.

00:51:43 Michael

Yeah, that's something I've really been thinking about was just that.

00:51:47 Michael

Excitement kind of for the unexpected.

00:51:50 Merrily

I like that.

00:51:53 Merrily

Instead of maybe you know sometimes being afraid of the unexpected kind of like, oh, looking forward to the.

00:51:57 Michael

Right.

00:51:58 Merrily

Unexpected. Cool. I like that. Yeah, thanks.

00:52:05 Merrily

So what is your current area of focus either in sorry, your either your spiritual life right now or kind of where you want to go move forward with any of the skills that you've learned?

00:52:20 Michael

So I am still figuring that out.

00:52:26 Michael

I had or I have put up a website so if people would like to visit that they're just landing page right now. But there is a contact form there. It's w.intuitiveworkings.com.

00:52:46 Michael

Intuitive workings is plural and and so when I figure out more what I would like to offer, it will be listed there.

00:52:57 Merrily

Awesome. That's a great name, by the way. I'm surprised it wasn't taken. That's a.

00:53:02 Merrily

Great name.

00:53:03 Michael

I know it came to me when I was meditating and then I got so excited. I was like, I have to say it's available and surprisingly it was. And then like.

00:53:10 Merrily

It's assigned. Ohh yeah, for sure. Oh my gosh. Yeah.

00:53:12 Michael

Met for the year.

00:53:16 Merrily

OK, cool. Oh, So what is? Or who is somebody that inspires you?

00:53:23 Merrily

Today and right now.

00:53:26 Michael

00:53:29 Michael

So you sent me these questions ahead of time and I was telling you earlier that I didn't think about all of them except this one. I'll say. I did try to think about this one, so.

00:53:40 Michael

And honestly, the people that came to mind were like you and the seven other people that would just came through the Clairvoyant awareness program with.

00:53:55 Michael

Because it was just such an intense.

00:54:00 Michael

Experience and we saw each other grow so much during the past year in so many in so many ways, and we just celebrated last night was our graduation. And it was, yeah. The only thing that I could think of was just.

00:54:20 Michael

How inspired I was by?

00:54:24 Michael

Seeing everyone just kind of grow into their own as psychic readers and and healers.

00:54:31 Merrily

Yeah. Yeah, that's great. Yeah, it is very inspiring. Even though man, during some of it, you're just.

00:54:37 Merrily

Like I don't know.

00:54:39 Michael

Right.

00:54:40 Merrily

Yeah, I don't.

00:54:40 Merrily

Know it is tough. I know. I you know, two people listening. If you ever go through.

00:54:42 Michael

It's tough.

00:54:48 Merrily

Program like this and you're like, Wow Woo. It sounds all airy fairy. Well, no.

00:54:52 Merrily

You get to deal with.

00:54:53 Merrily

A lot of problems that you didn't think you were ever gonna deal with in a very.

00:54:56 Merrily

Short amount of time. It's very.

00:54:58 Merrily

Harrowing. But it's wonderful. Yes. Here's. Here's this. Here's this. Here's this. Here's this. Yeah. Yeah, it's a lot. But the blessing is is having, like, a lot of people around that are also going through. It uses it a bit, a bit sure.

00:55:00 Michael

All your farmer comes up.

00:55:01 Michael

To deal with.

00:55:12 Michael

Exactly, yeah.

00:55:16 Michael

And I will say like.

00:55:19 Michael

I think one of the things that I have.

00:55:22 Michael

Been thinking of starting to do is.

00:55:26 Michael

Josephine McCarthy's course called Korea. It really appeals to me in that it's kind of intensive.

00:55:29 Merrily

Yeah, yeah.

00:55:39 Michael

Self study course. I really like that it's completely free and like there's no gate gatekeeping around any of the information. Yeah, and I really like that. It's a self study and go out here on pace.

00:55:58 Michael

And that, you know, they're.

00:56:02 Michael

That part of the program is that, you know, kind of keep detailed notes you could.

00:56:10 Michael

Be mentored in the future by someone more advanced in the program and I.

00:56:13 Michael

Think that's really.

00:56:15 Michael

Attractive. And I I I think something that I would like to do eventually is like be a mentor to someone starting out in that kind of field in the.

00:56:27 Michael

Future, so yeah.

00:56:29 Michael

Yeah, that really appeals to.

00:56:30 Merrily

Me, would you mind?

00:56:33 Merrily

Like the website like spelling out the website.

00:56:39 Michael

I'll have to do that. I always.

00:56:42 Michael

Have to tape it out.

00:56:43 Merrily

I know it's a weird word. Sorry, Josephine.

00:56:50 Michael

That's Korea. It's QUAREIA.

00:56:58 Michael

Www.oria.com.

00:57:01 Merrily

Well, where did you hear about this program?

00:57:09 Michael

It was just a Google search. I think it just came up as I was thinking about what to do next after our program.

00:57:18 Merrily

Oh, wow, cool. Yeah, I know that Josephine's been interviewed on the glitch bottle a few times. So if you haven't heard those, or if you've.

00:57:24

OK.

00:57:28 Merrily

Never heard her and she's always entertaining like she is hilarious. But also like she knows her stuff and she's anyway. She's amazing. I do have a couple of friends. I'll probably be connecting with them on this podcast, but they were.

00:57:44 Merrily

Being aquaria as well.

00:57:47 Merrily

And and they were really enjoying it. I admire people who do quera because I looked into it and.

00:57:54 Merrily

I was like.

00:57:58

As well.

00:57:59 Merrily

So much for me personally, but I admire people. Yeah, that are.

00:58:01

That's a lot.

00:58:03 Merrily

Doing it because it's.

00:58:04 Merrily

She is a wonderful course because she has really thought a.

00:58:07 Merrily

Lot about it.

00:58:11 Merrily

Well, cool. Well, thank you for sharing that. I know we already sort of talked about your contact information, but if you wanted to share that one more time as we are officially wrapping up here.

00:58:22 Michael

Yeah, so my website is www.intuitiveworkings.com.

00:58:29 Merrily

Cool. Thanks Michael for joining the show and I look forward to hearing more about your adventures in the future and yeah.

00:58:38 Michael

Thanks, Merrily. It's been great talking.

00:58:40 Michael

To you.

00:58:44 Merrily

That was an interview with Michael where we discussed his ongoing Kundalini awakening experience and to learn more about Michael and his practices, please visit his website intuitiveworkings.com to learn more about the casual temple podcast. Please visit our website casualtemple.com. There's a Casual Temple YouTube channel.

00:59:03 Merrily

And you can follow me on Instagram with username at Merrily Duffy or at Casual Temple. Please be sure to leave a review and share this episode with the people in your life who would enjoy this content. Do check out the other episodes of the Casual Temple podcast on Your Preferred podcast app and thank you so much.

00:59:19 Merrily

For listening.

