



KUNDALINI ACTIVATION

THE ULTIMATE GUIDE



WELCOME TO KUNDALINI ACTIVATION

Dear Beautiful Soul,

I am so thrilled to welcome you into this sacred experience of Kundalini Activation! Whether you're curious or have already signed up, this is your opportunity to connect with your innate life-force energy, align with your true self, and embrace profound healing and transformation.

Kundalini Activation is a gentle yet powerful process where non-dual Kundalini energy is channeled through your crown chakra, flowing intuitively through your energy system. This sacred practice clears blockages, awakens dormant potential, and harmonizes your body, mind, and spirit. Each session is unique, meeting you exactly where you are and giving you what you need in this moment.

Whether this is your first experience or a continuation of your journey, know that you are supported every step of the way. Prepare to surrender, trust, and allow this beautiful energy to guide you into greater alignment, balance, and peace.

Thank you for saying yes to this transformative experience. I'm honored to hold space for your healing and awakening.

With love and light,
Anya Dillon

WHAT IS

KUNDALINI ACTIVATION PROCESS

Kundalini Activation is the process of gently awakening your life-force energy, often referred to as the "serpent energy" coiled at the base of your spine. This energy, known as Shakti, represents your inner potential, creativity, and divine power.

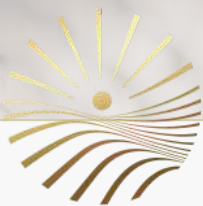


During a Kundalini Activation session, this dormant energy is gently awakened, rising through your energy centers (chakras), clearing blockages, and activating your mind, body, and spirit.

Unlike some practices that require years of disciplined effort, such as Kundalini Yoga or certain meditative techniques, this process is rooted in surrender and trust. You don't have to "do" anything, simply lie back, relax, and allow the energy to flow naturally.

The energy itself is intelligent and knows exactly where to go, what to clear, and how to heal. All you need is an open heart and a willingness to receive.





ACTIVATE YOUR

KUNDALINI

Imagine reconnecting with a part of yourself that feels deeply powerful and true.

Imagine activating your soul's gifts and realigning yourself with your soul's path and mission.

Kundalini Activation is not just about energy; it's about rediscovering your divine essence.

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WHY IS THIS EXPERIENCE

SO UNIQUE

A JOURNEY TO SURRENDER

Unlike other practices that rely on effort or will, this process invites you to simply let go. It's a path of ease, allowing the energy to rise naturally.

INTELLIGENT ENERGY

Kundalini energy is deeply intuitive. It meets you exactly where you are and gives you what you need, whether that's healing, insight, or a deeper sense of peace.

SAFE AND SUPPORTIVE

This practice is designed to work gently with your system, activating your energy without shocking your body. It's a sacred, nurturing experience that honors your unique journey.



WHAT YOU MIGHT EXPERIENCE DURING YOUR

KUNDALINI SESSION

Each person's experience with Kundalini Activation is beautifully unique. The energy flows differently for everyone, and every session can bring something new. Here are some possibilities:

PHYSICAL SENSATIONS

You might feel tingling, warmth, or waves of energy moving through your body. Some people experience spontaneous movements, such as stretching, shaking, or even yoga-like postures. These are natural releases of blocked energy.

EMOTIONAL RELEASE

Tears, laughter, or feelings of joy and peace often arise as old emotions surface and are cleared. It's a cathartic and liberating process.

VISUAL AND SPIRITUAL EXPERIENCES

Many participants report seeing colors, lights, or sacred geometries, while others feel a deep connection to the divine or receive powerful insights.

STILLNESS AND BLISS

You may find yourself in a state of deep calm and serenity, feeling completely at peace and aligned with your true self.

Even if your experience feels subtle during the session, the energy continues to work within you for several days afterward, creating shifts in your life, emotions, and awareness.





WHAT IS

LIGHT LANGUAGE

Light Language is a non-linear form of communication that comes through as sounds, tones, or even song-like vibrations. It bypasses the logical mind and speaks directly to your soul and energy field, activating dormant DNA and awakening deeper layers of wisdom within you. These sacred sounds carry high frequencies designed to clear, balance, and realign your energy

You may hear light language during the session as part of the activation. It's not something to understand intellectually but rather something to feel and experience intuitively. Allow the vibrations to wash over you, trusting that they are working on a deep energetic level to assist your transformation.

Your light language might also “come online” during kundalini activation sessions. This might take multiple sessions, based on what your soul is ready for.



HOW TO PREPARE FOR YOUR

STUDIO SESSION

SET AN INTENTION

Take a moment to reflect on what you want to release or receive.

DRESS COMFORTABLY

Wear loose clothing and bring layers, as your body temperature may fluctuate.

PACK ESSENTIALS

- Yoga mat, blanket, eye mask (provided)
- Water bottle to stay hydrated
- Journal

LIGHT EATING

Avoid heavy meals for at least 3 hours before the session. Stick to something light if needed. Light snacks will be provided after the session.

AVOID STIMULANTS

Skip caffeine, alcohol, or substances for 24 hours before the session.

ARRIVE EARLY

Arrive 5 minutes early to settle in and relax.



WHAT TO EXPECT

DURING THE SESSION

Lie down comfortably, relax, and listen to the music.

Be open to any sensations or emotions that arise, everything is part of the process.

Trust the energy to flow exactly where it's needed.

AFTER THE SESSION

The energy doesn't stop when the session ends; **it continues to integrate into your system for 3–7 days afterward.** You may notice shifts in your emotions, physical sensations, or even your thought patterns.

Stay Grounded

Spend time in nature, walk barefoot on the earth, or eat grounding foods like root vegetables.

Reflect and Journal

Writing about your experience can help you process insights and emotions that arise.

Rest and Hydrate

Give yourself time and space to fully absorb the effects of the session.



VIRTUAL EXPERIENCE



CREATE A SACRED SPACE

Create a sacred space where you can relax and feel comfortable. Light a candle, burn sage or palo santo, and set an intention for the session. This helps you align with the energy and enhances your experience.

PREPARE YOUR SPACE

- Lie down on a mat or bed, keeping your head aligned with your spine (**avoid pillows**).
- Use an eye mask if possible, it allows you to go deeper into the journey.
- Wear comfortable clothes and keep a blanket handy, as your body temperature may drop during the session.

AUDIO MATTERS

The music plays a critical role in guiding the energy, so ensure you have high-quality **headphones (preferred)** or a good speaker.

ELIMINATE DISTRACTIONS

Turn off your phone or set it to airplane mode. Remove wearable devices like iWatches to stay fully present in the moment.

HYDRATION IS A KEY

Drink plenty of water before and after the session to support the energy flow and help your body integrate the experience.





KUNDALINI

AFTERCARE

You've just experienced a powerful energetic transmission; one that gently stirred, activated, and cleared layers within your body, mind, and soul.

This guide is here to support you as you move through the integration process with grace, compassion, and presence.

What You May Experience in the Days Ahead:

- Emotional releases (tears, joy, sudden insights)
- Physical sensations (tingling, tiredness, increased energy)
- Vivid dreams or spiritual downloads
- Shifts in perception, behavior, or boundaries
- Deep peace, clarity, or occasional resistance

Remember: everything is part of the process. Trust what arises.



INTEGRATION



Hydrate Deeply

Water helps move energy through the body. Drink plenty of clean, living water in the next 48–72 hours.

Ground into Your Body

Spend time in nature, walk barefoot on the earth, eat nourishing whole foods, and prioritize sleep.

Rest + Reflect

Your nervous system is adjusting to the new frequency. Give yourself permission to slow down, say no, or take extra space.

Journal the Journey

Write down any thoughts, sensations, dreams, or insights. Even small reflections can reveal deep transformation.

Take a Salt Bath

A warm bath with sea salt, epsom salt, or rose petals can help clear energetic residue and soothe the body.

Avoid Overstimulation

Try to minimize screen time, loud environments, alcohol, or substances for a few days to let your system recalibrate.





KUNDALINI


AFFIRMATIONS

“I trust the energy is working for my highest good.”

“I allow myself to rest, receive, and integrate with ease.”

“My body knows how to heal, release, and return to harmony.”



A woman with long, wavy brown hair is lying on her back on a wooden floor. She is wearing a light-colored, short-sleeved top and shorts. She is surrounded by several large, white, round pillows and a white fringed blanket. The background is a dark, textured wooden floor.

BOOK A COMPLIMENTARY

DISCOVERY

Your awakening doesn't end here, this is just the beginning. If you feel called to go deeper, I offer private and group Kundalini Activation sessions, Soul Journeys, Sacred Retreats, Quantum Healing, and Akashic Readings to continue supporting your expansion.



ABOUT ANYA

Anya Dillon is a multidimensional energy healer, Kundalini Activation Facilitator, and transformational guide, devoted to helping individuals awaken their divine essence and align with their highest potential. As the visionary behind Radiant Flo, she creates a sacred space for both women and men to activate life-force energy, balance sacred feminine and masculine energies, and embody their true radiance.

With a background as an Occupational Therapist and over a decade of spiritual growth and trainings in various healing modalities, Anya bridges traditional medical knowledge with holistic healing, offering an integrative approach to transformation.

Through Kundalini Activations, Sacred Retreats, Moon Gatherings, Quantum Healing, Akashic Readings, and private Soul Journeys, Anya holds space for deep healing, guiding individuals to release blockages, awaken their soul's wisdom, and step into their highest embodiment.

[CURRENT OFFERINGS](#)

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