

Kundalini and Diet

When Kundalini is active in the body, it uses as its fuel the ojas, which is a subtle fluid in the marrow of the bones, where the stem cells are located.

Ojas can be depleted through illness, “excessive” sexual activity (especially in men), and stress. For strong meditation and optimum kundalini activity, we need to keep our ojas strong.

Light proteins are good for ojas.

- Milk and ghee (clarified butter) if you can handle dairy. Ghee can be obtained in health food stores, or you can make your own by heating a few sticks of butter and skimming off the white foam from the top until the melted butter is completely clarified.
- Ghee is an important food in ayurvedic medicine, and is very good for lubricating the body, and cooling excessive heat. It is rejuvenating and nourishing. However, it should be taken in moderation – 2-3 tablespoons daily.
- Almond and other nut milks are good if you don't eat dairy.
- Eggs
- Small amounts of lamb. (The Chinese medicine prescription for increasing the kidney yin energy, which is also depleted through excessive activity and heat in the body.)
- Root vegetables and other grounding foods.
- Avoid tofu, since it leaches vitamins.
- Ayurvedic tonics such as Chawan Prash are staples for supporting the body and helping support kundalini. They increase energy.
- Almond or other nutmilks when there is a loss of energy.