



Willem Fonteijn

GGZ Group, Netherlands

Integrating the process of kundalini awakening in personal life and psycho-therapeutic practice

The process of kundalini awakening has a profound impact on yogis and meditators around the world. Different reports circulate varying from disturbing disintegrating experiences to blissful ones. This keynote addresses my own experience of spontaneous awakening during an intensive Vipassana retreat. It took years to digest the truth of this experience. And while doing so, a natural integrating in my Psycho-therapeutic practice evolved. For me and for my patients the impact is tremendous beneficial and comforting. The central insight is to cultivate the internal observer and apply him or her on dysfunctional emotional patterns. In this keynote, I will reveal some highlights of my personal journey that illustrate the beneficial influence of kundalini awakening on my family life. We will explore what is known from the literature and I will present case stories from my own psychotherapeutic practice that illustrate how cultivating the neutral observer stance in patients help them to solve dysfunctional emotional issues. We will conclude this keynote by discussing the implications for training professionals in the mental health field.

Biography

Willem Fonteijn is a clinical psychologist. He published more than 20 papers in reputed journals and has been serving as a trainer for CBT. He is an enthusiastic mindfulness practitioner and works and lives in Amsterdam.

willefonteijn@gmail.com