

# Introduction to KAP

KAP, or Kundalini Activation Process, was developed by Venant Wong. He discovered the ability to activate a person's energy system through touch and has passed on this skill to selected students, including myself, whom he has trained as facilitators.

Unlike practices like Kundalini yoga, tantra, or Qigong, which focus on willfully generating energy to ascend from the root chakra to the crown chakra, KAP transmits life force energy through surrender rather than willpower.

KAP energy flows from the crown chakra downwards towards the root chakra, gradually intensifying and eventually moving in both directions. This intelligent energy adapts to what your system needs at any given moment, ensuring a gentle and harmonious experience.

## HOW IS IT DONE?

During a KAP session, you'll lie on a yoga mat, relax your muscles, and close your eyes. Your facilitator will play a curated playlist at a relatively high volume and move around to touch or point to chakras and meridian points on your body. Your role is to surrender to the energy, allowing it to manifest naturally without expectation. While anything can happen during the session, it's important to remain focused on your own experience and not interfere with others'.

## WHAT TO EXPECT DURING KAP

You might experience:

- **Energetic:** A sensation of energy flowing through your body.
- **Visual:** Activation of your third eye, leading to visions, lights, or astral journeys.
- **Emotional:** Various emotions may arise, possibly linked to memories. Embrace them without suppression and express them freely.
- **Kinaesthetic:** Body movements, stretches, and mudras might occur. Avoid judging or interpreting them; simply observe.
- **Blissful State:** In some cases, participants enter a profound state of bliss.

In 10-20% of sessions, participants may not feel any significant changes. However, many report transformative effects in their daily lives, relationships, and professions over time.

Before the session, a demonstration will be conducted, often by experienced participants. Avoid forming expectations, as everyone's experience and timing are unique.

After the session, participants will share their experiences, and the facilitator will answer any questions.

## DOs AND DON'Ts

- You're in control during the session. If needed, simply open your eyes to stop.

- Inform your facilitator of any sensitive areas on your body.
- Do not cover yourself with a blanket, as the facilitator needs to observe subtle body movements.
- Avoid wearing an eye mask; eye movements need to be visible.
- Refrain from using Plant Medicine (including Cacao), alcohol, or drugs close to the session (especially Plant Medicine, which should be avoided at least a week prior).
- A high-vibration diet, like raw vegan, can enhance the experience but isn't mandatory.
- Avoid eating a heavy meal before the session; fasting can heighten your experience but isn't required.

## **AFTER CARE**

Post-session integration is crucial:

- Ground yourself by walking in nature or consuming grounding foods like root vegetables.
- Stay hydrated.
- Headaches post-session are normal due to energy movement and brain rewiring.
- Expect vivid or unusual dreams in the nights following KAP.

## **ONLINE SESSIONS**

The session will take place on Zoom.

Please select a private, quiet space where you won't be interrupted during your session.

Position your camera to capture your entire body so the facilitator can observe your movements.

The facilitator will provide a link to the music. You can choose to use headphones or play it aloud in your space (please keep your microphone muted during the session).

Ensure you have a stable internet connection. If you experience disconnection, please remain in the energy container without interrupting your session.

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