

Cognitive Dissonance and Spiritual Rebirth: How The Bhagavad Gita and Gitanjali Reframe Crisis During Kundalini Awakening

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Abstract: Kundalini awakening is a robust spiritual process mainly marked by the activation of dormant energy coiled at the base of the spine. While it is defined as a pathway to enlightenment and self-cognizance, the process is regularly accompanied by extreme mental, emotional, and even bodily upheaval. This paper examines how those texts address the concept of cognitive dissonance—a mental state of holding conflicting ideals—and reframe it as an essential precursor to religious transformation

Keywords: cognitive dissonance

