

Kundalini Rising Exploring The Energy Of Awakening Kaur Khalsa Gurmukh

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Kundalini & the Power of Awakening Lulu.com

You have within you a latent energy waiting to transform your life. Known as kundalini, this legendary power is believed to catalyze spiritual evolution. But is kundalini real? And if so, how can we engage this energy to awaken our consciousness? For centuries, the secrets of kundalini have been guarded by masters and buried in esoteric texts around the globe. Kundalini Rising brings together 24 illuminating essays by some of today's most prominent voices to demystify this mysterious phenomenon. From personal accounts and yogic practices, to brain research and historical perspectives, this compelling anthology weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery. Contributors include: Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD; Andrew B. Newberg, PhD; Stuart Perrin; John Selby; Stuart Sovatsky, PhD; Swami Sivananda Radha; Dorothy Walters, PhD; John White; Whitehawk; Barbara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber.

Kundalini Energy Mary Rabyor

6 Books in 1 Boxset **HARNESS THE POWER OF YOUR INNER KUNDALINI! BEGIN YOUR JOURNEY OF SPIRITUAL AWAKENING!** Included in this collection are some of the top books to guide you through your kundalini growth and awakening. If you are looking to accelerate your spiritual path to enlightenment, then this book collection is exactly what you need! Included books: Kundalini Awakening: Attain Spiritual Enlightenment, Transcendence & Higher Consciousness-Increase Psychic Abilities, Mind Power, Tune Into Your Energy Creation Frequency & Open Your Third Eye Kundalini Awakening: Highly Effective Guide to Achieve Higher Consciousness, Transcendence & Spiritual Enlightenment-Increase Mind Power, Psychic Intuition, Energy Vibration Frequency and Evolve Kundalini Awakening Guided Meditation: Highly Effective Methods to Awaken Your Third Eye, Attain Higher Consciousness & Spiritual Enlightenment-Increase Energy, Balance Chakras & Heal Your Body Chakra Awakening Guided Meditation: Highly Effective Methods to Heal Your Body, Awaken Your Third Eye, Expand Mind Power & Achieve Higher Consciousness Using Chakra Healing, Balancing & Guided Imagery Chakra Awakening for Beginners: Highly Effective Methods to Awaken Your Chakras, 3rd Eye & Kundalini Energy-Heal the Body, Increase Energy & Intuition Using Guided Meditation, Reiki & Chakra Healing Chakra Awakening: 21 Days of Highly Effective Guided Meditations to Awaken Your Chakras, 3rd Eye & Achieve Higher Consciousness-Increase Energy, Psychic Intuition, Balance Chakras & Heal Your Body Our Light Body Motilal Banarsidass Publishe

Have you been feeling exhausted and plain down lately? Have you been having trouble sleeping or seem to have digestive stress frequently? Have you been feeling unusually anxious for no apparent reason? Have you been having trouble relating to your friends and your family? If you can relate to any of these questions, then chances are your symptoms could be due to chakra imbalance. Chakras are the body's natural energy points, and they are meant to help you balance out your body's natural flow of energy. However, when they get blocked, they can lead to the symptoms we have described above, in addition to a host of other conditions. Many times, doctors can't really find a physiological cause for these symptoms. And while they don't have an actual physiological manifestation, they are rooted in your energy imbalances. In fact, when we become overloaded with negative energy, it can be hard to let positive energy flow freely. In addition, by examining the chakras, their imbalances and the symptoms that are associated with them, we will discover ways in which it is possible to restore their balance and help the body's natural flow of energy to return to its normal state. Here is a list of the topics that we are going to cover in this book: The definition of chakras and their functions The reasons why chakras can become blocked The ways in which you can recognize chakra blockages The symptoms that come with chakra blockages The use of aromatherapy to help you unlock your chakras Techniques such as positive affirmations and visualization to help you unblock your chakras The benefits of charging yourself with positive energy Effective ways to eliminate negative energy from your life The use of yoga as a means of releasing your negative energies The importance and usefulness of meditation and mindfulness in your daily life ... among

many others! So, if you have been feeling any of the ill effects of our stressful, modern lifestyle but can't seem to get a grip on a viable solution, then this book will certainly help you find the balance you seek. Moreover, you'll find that by putting these techniques into practice, you will begin to see immediate results. Best of all, none of these techniques involve the use of drugs or any other kind of substance. So, this makes the techniques outlined in the book highly sustainable over long periods of time. What are you waiting for? Come on in and take a look at how balancing your chakras can help you become the best possible version of yourself. After all, you have nothing to lose. The solutions to your current ailments are right here. So, do take the time to check out the techniques that we have laid out for you. So, when you're ready to have a better life, come on in and learn more about how you can achieve that today.

Kundalini Rising Vij Books India Pvt Ltd

You have within you a latent energy waiting to transform your life. Known as kundalini, this legendary power is believed to catalyze spiritual evolution. But is kundalini real? And if so, how can we engage this energy to awaken our consciousness? For centuries, the secrets of kundalini have been guarded by masters and buried in esoteric texts around the globe. Kundalini Rising brings together 24 illuminating essays by some of today's most prominent voices to demystify this mysterious phenomenon. From personal accounts and yogic practices, to brain research and historical perspectives, this compelling anthology weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery. Contributors include: Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD; Andrew B. Newberg, PhD; Stuart Perrin; John Selby; Stuart Sovatsky, PhD; Swami Sivananda Radha; Dorothy Walters, PhD; John White; Whitehawk; Barbara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber.

Kundalini Awakening Sounds True

Using the exercises in this book, the dedicated seeker can learn to tap into hidden reserves of energy, and do so safely and efficiently through the Kundalini.

Awakening to the Fifth Dimension Simon and Schuster

Kundalini Awakening is the ultimate guide that will teach you how to unlock your hidden powers and live a more meaningful life. For years, this ancient knowledge has been kept a secret. It is now time to unveil the techniques and practices that will unleash your true power... In this book you'll learn: The basics of Kundalini Awakening The 7 main Chakras of the body Prana and how to control it The 4 mighty elements and their qualities The Akasha Meditation guidelines How to develop your Intuition Chakra Healing Secret Meditation techniques Enhance your mind power Astral travel Fasting How to raise your vibration How to see the Aura Enlightenment Best practices Road to mastery And So Much More! What's discussed in each chapter: - Chapter 1 is about the basics of Kundalini Awakening. Find out more about this ancient mystery and how you can tap its amazing power. - Chapter 2 talks about the different Chakras of the body. Chakras are energy centers that have many functions and attributes. - Chapter 3 is about prana. Everything in the universe is made of prana. Without prana, life cannot exist. Learn more about this amazing energy. - Chapter 4 discusses the world of the elements and about their attributes and fine qualities, as well as how you can use them to your advantage. -

Chapter 5 talks about the akasha. Akasha is that mysterious force from which all the elements come from. - Chapter 6 is about how to practice meditation to enhance your Kundalini experience. - Chapter 7 teaches the secrets of the intuition. Learn how you can use and develop your intuition and connect to a higher power. - Chapter 8 is about chakra healing. Learn how you can heal your chakras naturally and through meditation. - Chapter 9 discusses the different psychic abilities and the proper training that you can do to develop these abilities. - Chapter 10 is about astral travel. Learn how you can separate your spiritual body from your physical body and travel the whole universe. - Chapter 11 teaches how you can connect to your higher-self, also known as the god-self. - Chapter 12 gives 5-minute meditation sessions that are excellent for beginners. - Chapter 13 teaches 30-minute meditation sessions. These are good for those who already have experience in the practice of meditation. - Chapter 14 talks about the aura. Learn how to sense and see auras. - Chapter 15 is about vibration. Learn how you can raise your vibration and be protected from psychic vampires. - Chapter 16 explores the power of the mind. Learn more about your mind and the infinite power that you possess. - Chapter 17 discusses the meaning of true enlightenment and how you can achieve it in your life. - Chapter 18 is about the practice and importance of fasting. - Chapter 19 teaches the best practices to help you succeed in life. - Chapter 20 teaches the road to mastery from a beginner to adept. This book will change your life and free yourself from negative energies. NOW is the time to make a change and live a happier life! Grab your copy of Kundalini Awakening now! *The Psychology of Kundalini Yoga* Mystic Wolf Media, Inc If you are looking for the secret way to Awake your Powerful Chakras, then keep reading... There seems to be an innumerable amount of Crystals out there; every time I dig deeper into the Healing with Crystals, I find something new. The ones listed below are just a few important ones you can incorporate into your Healing Techniques. If you find you are drawn to certain ones for their physical appearance, you may want to look deeper into the reason that might be. Crystals have silent messages for us. When they communicate their desire to be in your life, they are letting you know something that you may or may not know about yourself. Naturally occurring crystals, of course, have a more powerful presence when healing and functioning in general. If a crystal is rubbed over, shiny and smooth, you may want to consider how it got that way. Crystals, in their raw form, give off more fervent energy than that of the worked over glossy ones. When the Energy field of a Crystal is disturbed or used in any way, the energies tend to change and mutate, especially when being heated or chemically treated. There are some that are gently shined, and most sellers will indicate this. If they do not know, you should consider looking elsewhere. When purchasing a good specimen, try to see it in person or ask for specific pictures to ensure the quality is up to healing standards. Health is a very delicate balance. If you are conducting Self-Healing, it is advised that the tools you are using have a standard on

them. Just as if you were to take weak antibiotics, the chances that they are going to be effective diminishes. Charging or enchanting your crystals is a great way to bond with their energy, ensuring that the connection of healing goes deep. Here what we are going to cover about the subject - The Principles of Kundalini Yoga - The History of Kundalini - The Benefits of Kundalini - Meditation - Famous Kundalini Gurus - The 4 Elements - How is Kundalini Yoga Different from Other Types of Yoga? - Prana - The Source, Akasha - Kundalini and the Chakras - Kundalini And 7 Main Chakras - Enhancing Psychic Abilities - How to Heal Your Chakras - Astral Travel and Clairvoyance - Activate and Decalcify Your Pineal Gland and much more... Crystals want to interact with us and help us. Just think of it as the mother earth helping you. She made them for us to heal ourselves. Remember to research how responsibly they were sourced. Like blood diamonds, crystals have their casualties. Don't let people or our mother be that casualty. Place these crystals directly on the Chakra Points when conducting a healing session on yourself or others. Do you want to discover more? Then Scroll Up and Click the Buy Now Button to Get Your Copy!

Kundalini Energy and Christian Spirituality Createspace Independent Publishing Platform

Kundalini can transform your mind, body, and soul and help you find true happiness. With this book, you will learn how to awaken your kundalini, let go of fear, and cultivate pure contentment. Join Kundalini expert Shannon Yrizarry as she shares tips and techniques for breathwork, meditation, incantations, mantras, mudras, working with herbs, spiritual nutrition, chakras, crystals, essential oils, incense, astrology, and dream work. Kundalini Energy teaches you how to strip away your burdensome material attachments while providing simple techniques to harmonize the energy of your body and connect to the power of universal consciousness. These amazing spiritual practices support your efforts to clear negative karma, strengthen your immune system, work through anxiety and depression, and improve your vitality.

The Power Unknown To God Sounds True

Kundalini Awakening will give you all of the insight you need to awaken your Kundalini energy, balance it, and explore life post-awakening. In this comprehensive guide, you'll discover important insight on the background of Kundalini energy, including where it began and what it's referencing. You'll also receive valuable advice from Kundalini Gurus and Masters, tips on how you can awaken Kundalini further, and practices you should use to invoke your awakening... This book is designed to support you in your entire Kundalini lifestyle change. If you're ready to come home to your true nature and experience life in its entirety, this book will provide you with all of the information and support you need to get there... In this book you'll learn: Spiritual Awakening The science of the Third Eye Astral Projection Vibrational Energies Mastering Our Minds Achieving Peace of Mind Understanding of Kundalini Reiki Healing Cleansing of the Auric Field Positive and Negative Effects of Our Environments The Meaning of Chi The Power of Kundalini The Ability to Achieve Inner Peace Grounding Our Vibrational Waves Importance of Human Trial Knowledge of Various Mudra The Healing Power of Mantras History of the Sikh Gurus Levels of the Astral Plane Animal Teachings and Healing The Power of Healing Plants Residual Energies All Spiritual Planes and Dimensions Communication with Spiritual Guides Focusing on Our Vibrational Energies And So Much More! This book will change your life and free yourself from negative energies. NOW is the time to make a change and live a happier life! Grab your copy of Kundalini Awakening now!

[nomadic sojourns journal, volume 1](#) Bantam

Kundalini Rising Sounds True

Working with Kundalini Princeton University Press

In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such

a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

Independently Published

NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

[Kundalini Awakening](#) Shambhala Publications

2nd Edition: A manual for those going through spiritual journeys and kundalini awakenings. Listing symptoms, practices and health suggestions to reassure the reader that transmutation and the evolutionary process of metamorphosis is both normal and essential to the "deeper" experience of being human. Evolutionary biologists and neurologists may find some clues in this book to aid their research.

The Big Book of Chakras and Chakra Healing Health Harmony

Do you suffer from energy levels which are unstable, volatile or simply inadequate? Would you like to spend plenty of energy to reinvent yourself, mentally and physically, and change the way you live your life? Have you ever noticed how some people are so full of energy, almost bursting with life? They have the same amount of sleep you do, they work the same hours, they all have the same responsibilities and commitments as you do, but still they have so much more energy than you. How does

this happen? Can you imagine what a life of spiritual enlightenment would be like? Can you see yourself aware of the endless creative potential and the myriad ideas? What would it be like to have a perfect understanding of your desires, thoughts and emotions and feel connected not only with the whole world and its inhabitants, but with the entire universe? Planted in every human being is a powerful reservoir of psychic energy which, when roused to activity, can lead to transcendental states of consciousness, genius, and supernormal psychic powers, including Revelation. Every one of us has the power within to awaken the divine. We all have a secret power lying dormant waiting to wake up and come up, coiled at the base of our being like a serpent. It is the stuff of legend, but the fact of reality that follows the call to spiritual enlightenment and to live on creation level. It is this power that takes you into true consciousness communication. This strong, primal energy is known as Kundalini, and awakening the latent life force is only the beginning of the journey to enlightenment. In Kundalini Awakening, you are exposed to Kundalini or what is called Serpent Light, a vast amount of energy which is locked within you, at the base of your heart, only to be unleashed when it is awoken. When this divine and supernatural force is released, it transcends the physical, emotional, and spiritual state of being from a dormant state to energy that beautifully transforms. You can appreciate Kundalini energy as a force through the book, as well as learning how to recognize it and unleash it from within you to enjoy its life-changing benefits. Read more about Kundalini, chakras, prana, and how to use it to understand your higher ability. If your aim is to enrich your spirituality and enhance your mind and psychic abilities-perhaps even gain enlightenment-then this book will guide you towards them. In this book you will learn; What is Kundalini and what is its function Benefits to ascension kundalini The role of kundalini in mystical experience How to Awaken Kundalini and direct it consciously How to use Kundalini to achieve a Radiant state of Energetic, Physical and Mental health Pranayama breathing exercises For Kundalini Awakening Posture Poses and Asanas Technique and Practice, Kundalini and Sex Kriyas clearing How develop Meditations for Awakening Mantra practice Biggest mistakes people have made and how to avoid them and much More... Look for a potent form of hidden force deep inside you, lying dormant at the base of your spine. Unleash and uncoil the Kundalini within you, the energy of the snake which is only released when it is asked for. If you are ready to reap the benefits of balance, clarity and inner strength, look no further. Choose this wonderful introductory guide to the fascinating and enlightening world of Kundalini Awakening. Scroll to the top of the page and select the BUY NOW button

Chakra Awakening For Beginners Sounds True

Only for bookstores! Now at \$ 23.95 instead of \$ 32.95? Do you feel overwhelmed by your negative thoughts or energies? Would you like to improve every aspect of your life through Kundalini Awakening? Then the Kundalini Awakening guide is for you. Your Customers Will Never Stop to Use This Awesome book every day! Do you want to gain enlightenment and heal your body? Do you want to increase your psychic intuition and mind power? Are you ready to get started with kundalini awakening now and feel better? This book will guide you on your journey of awakening and discovery. It will open up your understanding of your infinite potential. You will explore the Kundalini yoga practices. And you will gain knowledge and understanding of your own elegant energy system known as chakras. You will also learn techniques, postures, and meditations to maintain and evolve your natural psychic abilities and intuition, just waiting to be accessed through awakening. You now have all the things that you need to create a change in your life. It is up to you to put your newfound knowledge into actual practice. Feel free to review the pages of this book and make your reflections. There is so much more to know and discover as you begin to shift your consciousness into alignment. You can become a truly awakened master of your spiritual life force, and I hope you continue to explore Kundalini energy and the benefits of awakening that power. Not only will you learn how to change our everyday outlook on the world, but also this book will help teach us how to begin bringing about peace of mind, body, and soul in our daily lives by applying proper exercises that specifically target specific issues within the spirit and body. Kundalini awakening offers many physical and

spiritual transformations that will have long-lasting positive effects in our lives. Here is a little preview of what you will learn from this book: The basics and understanding of kundalini Awakening What Kundalini awakening is and what the best and the easiest way to achieve it is What Prana is and how it works Auras and how to see them How to Gain Enlightenment with Spiritual Transcendence Using Meditation How to move a manipulate energy Chakra Healing Secret meditation techniques with awakening kundalini How to Elevate a higher state of consciousness with kundalini How to Increase Psychic Intuition and Mind Power How to Improve health, quality of life, and your emotions and enjoy the benefits Would You Like To Know More? Are you excited? Buy it Now and Let your customers get addicted to this Amazing Book?

Kundalini Yoga Publications Trust

Unleash your spirituality and achieve enlightenment with the help of this profound and inspiring spiritual collection! Have you always been searching for an all-in-one, definitive guide to developing your spiritual knowledge, unleashing your inner power, and connecting with the universe? Do you want to channel your true potential and connect with your higher self? Or are you looking for real methods for understanding the ancient wisdom of Eastern cultures? Then keep reading. This incredible spiritual collection unveils the wisdom of ancient cultures, exploring deeply-held spiritual practices and unlocking the secret to achieving enlightenment. Over the course of six powerful and eye-opening books, you'll transform your spiritual growth and learn to flourish by harnessing the limitless potential that the universe holds. Here's what you'll find inside: Book One: Buddhism for Beginners The teachings of the Buddha have existed for thousands of years, and they continue to touch the hearts and souls of people to this day. This practical guide offers a comprehensive beginner's introduction to essential Buddhist teachings, along with how you can use mindfulness and meditation to transform your life. Book Two: Crystals for Beginners Have you ever wondered about the hidden energies inside earth's most mystical rocks? Inside, you'll unveil the amazing healing properties of crystals, including 30+ ingenious crystal healing methods for abundance, health, creativity, stress relief and more. Book Three: Kundalini Awakening Stir your inner fire and learn to flourish by unlocking the Kundalini hidden deep inside your soul. With practical exercises for awakening your Kundalini and achieving life-changing spiritual growth, this brilliant guide draws on yoga and pranayama to help you experience the benefits of Kundalini for yourself. Book Four: Third Eye Awakening Far from being another pop-culture phenomenon, your third eye holds surprising potential which will help you shift your mindsets and look at life in a whole new way. This detailed handbook provides you with everything you need to know about awakening your third eye and achieving enlightenment. Book Five: Chakras Blocked, unbalanced, and damaged chakras can wreak havoc on your health. But now, this guide explores how you can heal your 7 chakras to experience lasting physical, mental, and emotional wellbeing. Covering each chakra and how it can help you, this book is perfect for anyone who wants to understand more about this foundation of Eastern religions. Book Six: Reiki Healing Have you ever wanted to heal yourself and others by harnessing the energies of the universe? Now you can. This thorough guide breaks down Reiki healing in a way that anyone can understand, uncovering how you can begin practicing this highly-effective skill and improve your overall wellbeing. This collection holds the key to achieving inner peace, balancing your energies, banishing negativity, and so much more. Whether you're searching for answers to life's most pressing questions, or if you want to embrace your spiritual side and awaken your inner fire, this breathtaking collection will show you the hidden secrets of Eastern traditions.

Kundalini Awakening Kundalini Rising

The eruption of kundalini energy from its secret nest at the base of the spine has been revered by some as bringing ecstasy and

enlightenment, and disparaged by others as simply disabling, terrifying and dangerous. Mystics may call it a method of transformation. Skeptics consider it imaginary. All who have experienced it know it as a mystery and a profound life-altering experience. This book, based on 25 years of interviews with over 2000 people who have had this awakening, describes seven categories of phenomena that may occur, tells the eastern perspective of kundalini science, offers guidance on coping with the erratic energies and shifts of consciousness that happen, and reveals the inward path to self-realization that follows the deconstruction initiated by a kundalini arising. If you think you might be in this awakening process, you engage in spiritual or energy practices, or you have activated energies following a near-death experience or trauma, this book is your companion and guide.

Kundalini Tantra Llewellyn Worldwide

Coiled like a snake at the base of the spine, kundalini is the spiritual force that lies dormant in every human being. Once awakened, often through meditation and yoga practices, it rises up the spine and finds expression in the form of spiritual knowledge, mystical vision, psychic powers, and ultimately, enlightenment. This is the classic first-person account of Gopi Krishna, an ordinary Indian householder who, at the age of thirty-four, after years of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of the book. His detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

Inner Engineering Jaico Publishing House

This is a direct path to higher consciousness. It is the process of conscious cooperation with evolution. Within each of us there lies a vast Potential of energy and power which, when properly understood and directed, will lead to previously unimagined heights of perception and awareness. This is a book of inspiration, and into life are given for those who wish to cooperate with evolution. Swami Radha has presented clear directions for exercises and practices.

Kundalini Rising Independently Published

The awakening of the kundalini or the cosmic energy in a human body is a rare phenomenon which defies the logic and rational explanation by modern science. The author has narrated his direct experiences with this energy in great detail in this book. It gives a fascinating insight into what happens when this cosmic energy gets activated in a human body. Hence, the kind of literature presented in some of the portions is rare to come across and truly mind boggling. This book also addresses some of the profound questions facing the mankind about its very existence. This book is meant for all sections of the humanity irrespective of their religious, philosophical, cultural, professional and educational background. The secrets revealed in this book can be of immense help to anyone in pursuit of the lasting peace and happiness.