

Guía Práctica De Kundalini Yoga

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Dive into this comprehensive practical guide to Kundalini Yoga, designed to introduce you to its transformative practices. Learn foundational techniques, powerful meditations, and effective breathing exercises that promote spiritual awakening and holistic well-being. Whether you're a beginner or seeking to deepen your kundalini yoga journey, this resource provides clear, step-by-step instructions to enhance your practice and experience its profound benefits.

These textbooks cover a wide range of subjects and are updated regularly to ensure accuracy and relevance.

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Guía práctica de kundalini yoga

Todos poseemos la poderosa fuerza evolutiva de Kundalini, que nos puede aportar estados mentales superiores, poderes físicos y la conexión con la conciencia cósmica. Este libro le enseñará cómo liberar kundalini de un forma gradual, segura y controlada por uno mismo.

Manual de kundalini yoga

What Kundalini Is and Why We Need It Kundalini yoga is an accessible practice for sharpening your mind, finding balance in your daily life, increasing your body's strength, and developing a connection to the divine. Filled with quick one-, three-, and eleven-minute exercises, this book is designed to help you begin or embolden your own personal Kundalini practice. Explore simple breathing techniques to bring the hemispheres of the brain into equilibrium. Work through postures (also known as asanas) that move your body into proper alignment. Discover mantras to amplify your intentions and activate the energy center of the chakras as well as mudras to direct the intention of your practice and create lasting change. In easily digestible chapters, Erin Elizabeth Downing shares Kundalini basics, nutritional wisdom, tips for balancing the masculine and feminine energies of the body, and much more. You will discover more than fifty hands-on practices for specific physical and spiritual needs, such as detoxifying your body, pushing past blockages, and expanding your vital life-force energy throughout your body.

Kundalini y los Chakras

KUNDALINI Desbloquea el poder secreto de Kundalini con esta guía para principiantes. ¿Buscas una práctica poderosa y transformadora que pueda ayudarte a conectarte con tu yo interior y experimentar mayores niveles de despertar espiritual? ¡No busques otra cosa que Kundalini yoga! Kundalini es una energía poderosa que reside en la base de la columna vertebral y, a menudo, se la conoce como la

serpiente enroscada o la diosa durmiente. Cuando despiertas, esta energía puede proporcionar una experiencia profunda y transformadora, desbloqueando un sentido más profundo de conexión contigo mismo y el mundo que te rodea. En esta completa guía para principiantes de Kundalini, aprenderás:

- La historia y los orígenes de Kundalini, y cómo esta poderosa práctica se ha utilizado durante siglos para lograr mayores niveles de conciencia y transformación espiritual.
- Qué es el despertar de Kundalini y cómo puede desbloquear todo tu potencial y ayudarte a acceder a un sentido más profundo de conexión y propósito.
- Una práctica de yoga paso a paso diseñada específicamente para ayudarte a despertar tu energía Kundalini y experimentar los profundos beneficios de esta antigua práctica.

Ya seas un principiante o un yogui experimentado, este libro te ofrece el conocimiento y las herramientas necesarias para aprovechar el poder transformador de Kundalini. Con explicaciones claras y accesibles, y una práctica de yoga paso a paso que es fácil de seguir, podrás desbloquear todo el potencial de tu energía interior y experimentar una conexión más profunda contigo mismo y con el mundo que te rodea. Entonces, ¿por qué esperar? ¡Ordena tu copia de esta poderosa guía para principiantes de Kundalini hoy y comienza tu viaje hacia mayores niveles de conciencia espiritual y transformación!

Keeping Up with Kundalini Yoga

The book you are looking at is a manual on the path of Kundalini Yoga. It is an exploration of history, practice and philosophy of this beautiful and brilliant yoga. We explore Kundalini Yoga apart from the tradition of Bhajan, we find its soul in the tantras of the Kaubjika tradition and its current practice as a part of ancient Hatha Yoga. This book began as a handout to help my students grasp the knowledge they were receiving and to give them a set of practical guidelines to follow during their training. However, it has since evolved into an exploration of the secrets of Indian mysticism and the roots of yoga. In this book, we will explore the history, philosophy, and practice of yoga in the light of its historical sources and scriptural heritage. I chose this path not because I am interested in digging through the ashes of the past, but because I want to search for the fire that is hidden within. The goal is always to truly animate one's body, heart, and spirit. After all, what is now ashes wishes to be fire once more. We all have the responsibility to elevate our own unique fire from the past and make it shine as a light for everyone else. I hope that every seeker can profit from this precious gift which offers a gentle way of understanding Kundalini Yoga - perhaps in such a way as you have never understood it before. May the goddess bless you.

Kundalini

Este libro didáctico, completamente ilustrado, sobre esta antigua ciencia, resulta una guía estupenda para los interesados en aumentar su energía, liberar tensión, sentirse felices, saludables y en armonía con el mundo. Esta obra incluye: los principios del kundalini yoga, técnicas de respiración dinámica, posturas clásicas y mantras; una guía completa de meditación; consejos yoguicos para la salud y recetas de la antigua India.

Kundalini Yoga Demystified

Unleash your potential to live the life you've always wanted. Kundalini yoga engages your unique sources of energy—those that empower your spirit as well as your body. Drawing from the riches of ancient yogic tradition, The Kundalini Yoga Experience offers a system of physical poses, breathing techniques, and focused meditations that, when practiced together, will bring you increased physical health and strength, emotional balance, and a deeper sense of your own spirituality. With regular practice, you'll be surprised at how strong, healthy, and fulfilled you feel. Experiencing the power of Kundalini is your birthright—embrace it!

Kundalini

This wonderful blue book is for You. Every yoga class you will find inside this book is a vast journey. A journey through the wonderland of your own consciousness. Embrace this journey into the vibrant world of Kundalini and Hatha Yoga, as we gently uncover its techniques and trace its roots to the timeless Hatha tradition. The author, having delved into the depths of Kundalini Yoga under the tutelage of esteemed masters from a genuine Indian lineage, has dedicated years to the transmission of both Hatha and Kundalini Yoga. These classes and kriyas are not only born of his own revelations but are also deeply intertwined with the vision of his mentors. He has meticulously crafted and curated these lessons, drawing inspiration from the classical Hatha and Kundalini Yoga practices, to kindle and

nourish the spirits of all yoga practitioners. Integrate, modify, or expand upon these exercise sets within your Hatha classes, allowing them to continually rejuvenate and enliven your teachings. For it is only when your practice and understanding remain vibrant and novel that it can truly serve others, bearing fruit in their lives. Embody this practice with heart

Light on Kundalini Yoga

Introduction to Kundalini Yoga and Meditation is a brand new 2 volume guide suitable for students of all levels. Guru Rattana combines the essence of Yogi Bhajan with her own knowledge and unique insights, gained from 40 years of personal practice, study and teaching. Her wisdom will illuminate your path, taking you deep within on an amazing journey of transformation and self-discovery, to a destination of self-love, inner peace and oneness with all. "This introduction is beyond perfect. This is True Kundalini! You have taken everything from my heart and understanding, and placed it in print with your yogic history! YES!!!! It creates awe." - Siri Bandhu Kaur, Ottawa
Begin and Deepen Your Practice describes in detail the techniques used to awaken the Kundalini. It includes the basics to be learned by beginners and perfected by more advanced students, including understanding the mind and meditation guidelines for practicing Kundalini Yoga, how to design your personal practice, tips to optimize your progress. You will find kriyas and meditations to deal with stress, addictions, depression, sleeping, spinal health, mental clarity, activating your navel center, and opening the heart. You will discover how to direct your attention and guide your inner journey to health and happiness. Guru Rattana is also author of Transitions to a Heart-Centered World, Relax and Renew, and Sexuality and Spirituality. Her more recent books are The Destiny of Women Is the Destiny of the World, The Inner Art of Love, The Gift of Womanhood, The Power of Neutral, and Your Life is in Your Chakras (expanded edition 2014). She began studying with Yogi Bhajan in 1977. A KRI certified Kundalini Yoga teacher, she has taught in 15 countries, including many Kundalini Yoga Teacher Training Courses.

Kundalini yoga

Kundalini, the primordial energy resides in all of us, lying dormant at the base of our spines. Very few know the secret of how to arouse it from its slumber. But now with the world familiar with yoga and its efficacy, the custodians of this knowledge have thought it prudent to open the doors to hitherto secret practices and reveal the what, why and how of Kundalini practice. Kundalini Yoga for All will take you through this journey with explanations of the various stations you will encounter. Starting with cleansing and tuning your body to the step-by-step guide of your daily Kundalini yoga practice, this book will empower you to experience your highest potential in brain, body and awareness to meet all challenges of life with equanimity and experience bliss which is every human's birthright. Take this exciting journey within to discover the divine energy, so you can enhance every sphere of your life-professional, personal and spiritual.

The Kundalini Yoga Experience

For thousands of years, many have wondered at the tales of the mysterious force called the serpent power or the kundalini, yet the method to attain this power has been hidden, misunderstood, or sometimes, intentionally sabotaged. Now, like a refreshing spring breeze, Samael Aun Weor wipes away the dust and reveals the sacred mysteries of our most ancient and holy science. With a firm foundation in scripture and practical knowledge, the method to awaken and develop the root energy of life is made clear and accessible to all. It is no longer necessary to theorize or debate: through the practice of the techniques in this book, one can "know." 'You will find terrific secrets within this book, secrets that never in the history of life were published.' - Samael Aun Weor
Includes an excerpt about sexual energy from the important Yoga scripture 'Siva Samhita.' Topics include: The Universal Fire; The Degrees of Power of the Fire; The Two Witnesses; The Yogic Matrimony; The Seven Chakras; The Chakra Muladhara; The Chakra Svadhishtana; The Chakra Manipura; The Chakra Anahata; The Chakra Vishuddha; The Chakra Ajna; The Chakra Sahasrara; The Seven Seals; Internal Meditation; and more.

Kriyas and Classes in Kundalini Yoga

This is an approachable, lucid and engaging guide to the philosophy of Tantra, and its techniques for raising kundalini. The authors have many years experience in spiritual practice and study as initiates under the direct guidance of Goswami Kriyananda, in the lineage of Shellji and his guru, Paramahansa Yogananda. Kundalini: Tantra Yoga in Practice is a workbook with a wide range of clearly detailed and

illustrated techniques for developing an effective personal kundalini practice. It is suitable for beginners, and as a class guide for Hatha Yoga teachers who wish to introduce and integrate kundalini meditation into their offerings. Presented here are down-to-earth methods based on classical Tantric tradition and agamas.

Kundalini Yoga

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.

Yoga esencial

This book expounds the science of consciousness and quickly reviews the concepts of chakras, mantras, yoga, and awakening of the kundalini energy as the foundation of realization.

Introduction to Kundalini Yoga

If you want to discover the secret to unlocking your inner spiritual power, then keep reading... Would you like to feel more at peace and live in a state of bliss? Do you want to discover what some say slows down aging and increases creativity? Would you like to experience an increased spiritual connection and maybe even develop psychic abilities? No matter where you are in relation to this startling Sanskrit term, you've come to the right place. In this book, you'll learn about the many aspects of the kundalini, from what it is to its most complicated applications. The format of the book is easy to take in as most chapters are divided into several lists that touch on the main ideas, their application, and nothing else. Here's just a tiny fraction of what you'll discover: What the kundalini is & where it comes from What kundalini & shakti energy can do How the chakras are related to kundalini What (and who) could be holding your awakening back How to troubleshoot your awakening Common myths about kundalini dispelled How kundalini awakening relates to astral projection & travel The biggest mistakes people make in their awakenings & how to avoid them Over 20 awakening techniques & tips ...and much, much more! If you have a burning desire to discover more about kundalini, then scroll up and click "add to cart"!

Kundalini Yoga for All

This is about Kundalini Yoga

Kundalini Yoga

Kundalini Yoga is the path to freedom. Swami Radha has translated the esoteric teachings of Kundalini into a practical guide for self-investigation. This classic yogic text is a resource for personal development, with the tools for discovering our true source of knowledge and inspiration. Using reflection exercises, meditations and breathing techniques, Swami Radha takes us step by step, chakra by chakra, through an exploration of consciousness. Who am I? What is the purpose of my life? In the practice of Kundalini Yoga, you ask yourself many questions and must always be willing to investigate your answers. As you become stronger at looking for possibilities, you may accept the challenge of discovering the mystery deep within yourself, the innate power that is called Kundalini. "Kundalini Yoga for the West is one of the few books on Kundalini Yoga written by a Westerner that strikes me as being authentic. I always admired Swami Radha for being very faithful to the tradition, yet finding ways to translate that wisdom into Western terms using psychology and imagery that we are familiar with. There are not many teachers who have that capability. Kundalini Yoga for the West is an outstanding accomplishment. I love referring to it, and I always recommend it to people." - Georg Feurstein, Yoga Research and Education Center "The importance of Swami Radha's work is becoming more apparent with every passing year. This book, a wonderful achievement, is a gift to all seekers. It is significant, relevant, and timeless." - Gene Kieffer, Founder/Director of the Kundalini Research Foundation

Kundalini

The practice of Kundalini yoga aims to unlock and awaken the radiant transformative energy that exists within every person. This book is the perfect introduction to the fundamentals of a Kundalini

practice. Taught for thousands of years and brought to the West by Yogi Bhajan, Kundalini is a powerful mind-body style of yoga. When practiced regularly, Kundalini yoga can strengthen the nervous system, balance the glandular system, and harness the energy of the mind, emotions, and body, and is surprisingly simple to learn. While general yoga technique focuses on exercise postures and breathing, Kundalini takes the process a step further by integrating yoga into everyday life activities. This definitive guide, fully illustrated with photographs, is an accessible introduction to the ancient practice of Kundalini yoga, with information on poses and positions, diet and lifestyle, breathing and stretching techniques, chanting and meditation exercises, and general guidelines that can help anyone—beginner or advanced—gain the greatest benefit from the practice of yoga.

Kundalini Yoga

India is the mysterious land chosen as her own by Kundalini, The Mother of the Universe. In India there are Yogis who perform such marvelous feats that Doctors, Scientists and Chemists are unable to solve nor understand them. This work serves as an anthology of material on Kundalini Yoga. Throughout the book the reader will find many quotes from great yogis and other authors such as Arthur Avalon. Contents: The Yoga and its Object Location of Kundalini What the Kundalini is; When She Awakens, What Then? Asanas and Mudras The Power of the Pranayama Yoga The Power of Dharana, Dhiyana, and Samyama Yoga Samadhi Yoga Introduction to Lalita Sahasranama The Lalita Sahasranama Why We Worship Siva Rev. Leadbeater Off the Trail

Kundalini Yoga

For new and experienced students, practical guidance in kundalini yoga for happiness, health, and fulfillment Kundalini is a universal life force within each of us that, once awakened, holds the power to transform every facet of our lives. Kundalini yoga is the art and practice of activating this radiant energy. With Essential Kundalini Yoga, Karena Virginia and Dharm Khalsa present the core principles and practices of this revered tradition in an inviting and accessible guide. "Kundalini yoga opens joyous space for connecting deeply with the energy states of our being," write Karena and Dharm, "It brings vital health to the body and opens our consciousness to new potentials of awareness." Created for the modern practitioner, this book offers clear, comprehensive instruction in the key insights and practices of kundalini yoga. From philosophy and lifestyle, to working with anatomy and physical asana, to activating our energy bodies, Essential Kundalini Yoga is a uniquely practical and in-depth manual. Highlights include: Gorgeous photos illuminating step-by-step instructions Detailed instructions, explanations, and illustrations for core kundalini practices—mantra, pranayama, bhandas, asana, kriya, meditation, and more Seven traditional kundalini yoga routines, including a pituitary gland series for intuition, yoga for the immune system, and detoxing for radiance Understand the science of the practice, including its effects on the glandular system, spine, nervous system, and skeleton Meditations, mantras, and yoga poses to activate each of the chakras and bring health to your energetic body Remedies for common emotional challenges—dealing with fear, shame, and depression, among others Kundalini secrets for getting better sleep, aging gracefully, enhancing fertility, cultivating vitality, and more Rooted in tradition and infused with a sense of infinite possibility, Essential Kundalini Yoga is a joyful invitation for practitioners of all levels to awaken the vital energy within and receive the gifts that emerge from connecting more deeply with your own potential for creativity, abundance, and joy.

Kundalini

Ignite the Dormant Energy Within: Embark on a Spiritual Journey with Kundalini Yoga! Unlock the transformative power of Kundalini Meditation, a gateway to transferring the awakened energy to the upper chakras and aligning your being with higher realms of consciousness. Within the vast realm of yoga, I present to you Kundalini Yoga—a practice that holds the key to awakening your dormant potential. Kundalini, deeply rooted in Vedic culture, refers to the dormant energy coiled at the base of the spine, awaiting activation. Through the process of spiritual ascension, this vital energy ascends through the chakras, leading to profound transformation and spiritual glory. Prepare to witness miraculous shifts as your body operate on an entirely new level. Kundalini Yoga, known as the "Yoga of Awareness," transcends the physical realm, encompassing mental and spiritual dimensions. In this sacred practice, we sit with serene composure, engaging the core and upper body through precise, repetitive movements. Chanting, meditation, and singing elevate our consciousness, expanding our awareness beyond the confines of everyday existence. The benefits of Kundalini Yoga are as boundless as the cosmic energy it harnesses. Experience a reduction in stress levels, equilibrium in your glandular

systems, increased lung capacity, and the fortification of your nervous system. This transformative practice has even been known to enhance memory, unlocking your mind's full potential. Within the pages of this comprehensive guide, unlock the science behind Kundalini Yoga and immerse yourself in its transformative power. Discover who can embark on this enlightening journey and unearth the multitude of benefits awaiting you. Learn the art of proper Kundalini awakening and arm yourself with essential knowledge before stepping onto this sacred path. Delve into the mystical realms of Kundalini Breath of Fire, a potent practice that ignites your life force and unlocks the energy residing within you. Explore Kundalini Yoga kriyas and poses, each designed to awaken the spinal column, nurture the central nervous system, and activate the main energy channel, Sushumna Nadi. With these practices, you will cultivate radiant energy flow, maintain the flexibility of your spine, and embrace everlasting vitality and youthfulness. In This Guide, You'll Discover: The Science Behind Kundalini Yoga Who Can Perform It? Kundalini Yoga Benefits Tips for Proper Kundalini Awakening Things You Need to Know Before Starting Kundalini Breath of Fire Kundalini Yoga Kriyas and Poses Kundalini Meditation Kundalini Awakening Symptoms Beginner's Common Mistakes and How to Fix Them Common Myths and FAQs Prepare to witness the metamorphosis that awaits you—a life filled with boundless energy, profound relaxation, and an awakened presence. Through the practice of Kundalini Yoga, you will radiate a magnetic aura, effortlessly attracting the blessings that once eluded you. So why wait? Claim your copy of this transformative guide now and discover your true potential.

KUNDALINI YOGA By SRI SWAMI SIVANANDA

Cuando estoy en el momento presente todo lo que necesito saber ya lo sé, todo lo que necesito tener ya lo tengo, todo lo que necesito sentir ya lo siento. Terapia para uno mismo, dirigido a aquellas personas que quieran transformar algunos aspectos de su vida, es una obra sobre la meditación a través de Kundalini Yoga que pretende ayudar a los lectores a potenciar su cerebro mediante la práctica de la meditación. No solo los ayudará a liberarse del miedo y de la ansiedad, sino que los preparará física y mentalmente, acercándolos a su esencia. «Este libro, como muchos de mis proyectos, nació mientras estaba meditando. Está diseñado como un manual práctico de autotransformación, para que seas tu propio terapeuta en esas áreas que todos tenemos ocultas y de las que nos cuesta a veces hablar, pero que continuamente se ponen de manifiesto en nuestras relaciones. Bajar al sótano, reconocer nuestra sombra, abrazarla, aceptarla y darte cuenta de que no eres perfecto es un trabajo que no todos están dispuestos a realizar. Para trabajar como terapeuta de uno mismo, tenemos que profundizar en el autoconocimiento, superar el miedo a mirar nuestra sombra, abrirnos al amor a uno mismo para luego poder ayudar a los demás con humildad. Esto implica pasar a la acción. Terapia para uno mismo no es un libro de lectura, es un manual práctico de autoconocimiento y de de acción. Recuerda: «Un deseo no cambia nada, una acción lo puede cambiar todo».

Kundalini Yoga for the West

"It is very important that we come to a clear understanding of what kundalini is and what it is not. This becomes especially important in the light of the greatly increased interest in the West in the practice of various kinds of yogas. Much harm can come in the attempts to 'arouse kundalini' if there is not the corresponding practice of progressive freedom from egocentrism. Mary Scott has done an admirable job in clarifying the subject by delving into the context in which the notions of kundalini and chakras were developed. In addition to the sympathetic reading of Aurobindo and Woodroffe, who seems to have been one of the few Westerners who tried to understand the Tantras in their Indian expositions as expounded by the Tantrik masters themselves rather than impose extraneous theories of one's own, the author brings a great deal of common sense and her own personal experience of being a searcher as well as a psychotherapist. If taken seriously, this book should provide a great challenge to the general methodology of contemporary sciences. Highly recommended for scholars and lay persons alike." --Prof. Ravi Ravindra

Kundalini Yoga

Ease your stress and tension by incorporating Kundalini yoga into your daily routine. Kundalini yoga is a physical, mental, and spiritual discipline for developing strength, character, and consciousness. Practitioners of Kundalini call it the yoga of awareness because it enables you to experience deeper levels of being by harmonizing both your body and spiritual energy. Unlike other yoga exercises, Kundalini yoga consists of fewer straining positions, which makes it accessible for a wide range of fitness levels. Incorporate small moments of peace throughout your day by practicing these simple

positions and breathing exercises. This guide offers step-by-step instructions on the basics of Kundalini yoga. With over 200 rich full-color photographs, yoga expert Athanasios Megarisiotis shares the seated postures, breathing techniques, hand positions, and most frequently used mantras. Kundalini is viewed as an advanced form of yoga and meditation that is used to cultivate the spiritual potential within all who practice it. It teaches that a stronger spiritual potential will help each practitioner uphold important values like speaking the truth, being compassionate, and being more aware of the needs of others.

Kundalini: The Mother of the Universe

Clarifying information on: -Yoga's 8 Steps -The nature of Kundalini -Self-supervising a 5 part kundalini session for subtle body transformation including details on sensual interest retraction (Pratyahara) -Advanced breath infusion (Bhastrika) -Overcoming troublesome functions of mind -Detecting the supernatural Naad sound as a source of concentration during meditation.

Open Your Heart With Kundalini Yoga

This manual exists to serve you and to help you uplift yourself and others. It is designed for both the new and the experienced student, focusing on the essential practice of Kundalini Yoga as your personal spiritual discipline.

Essential Kundalini Yoga

Introduction to Kundalini Yoga and Meditation is a totally new 2 volume manual, designed for teachers and students of all levels. Guru Rattana seamlessly combines the essence of Yogi Bhajan with her own knowledge and unique insights, gained from almost 40 years of personal practice, study and teaching. Her wisdom illuminates your path, taking you deep within on a heart-centered journey of transformation and self-discovery, to a destination of self-love, inner peace and oneness with all. This second volume - Inner Awareness and Self-Initiation - helps you embrace and enhance your personal journey. Its enlightening exploration of the Ten Bodies and Chakras systems offers a lucid understanding of the physical, mental, emotional, and subtle energetic aspects of the awakening process, and shows you how to evolve from ego to soul consciousness. There are discussions on: *the dynamics of daily sadhana*the phases of spiritual awakening*mantras, meditation, and finding your Guru Mantra*activation and refinement of your inner sensory system*how to be your own therapist in dealing with your human issues

Yoga For Beginners: Kundalini Yoga

A practical and inspiring introduction to the key components of Kundalini Yoga, giving you all the tools you need for a calm, happy and radiant life. In this fully illustrated introduction to the wonders of Kundalini, yoga teacher Kathryn McCusker teaches us how to activate the infinite power present in us all. Lying dormant at the base of the spine, Kundalini energy can be awakened by a range of techniques, from yoga poses, meditation and breathing exercises to mantras, mudras, body locks called bandhas and more. Moving through the spine, this energy re-balances each of the body's seven major chakras (energy centres), calming our nervous system, balancing the mind and re-energising our entire being. Stage by stage, this insightful book shows how to make Kundalini practice a part of even the busiest life, no matter how much or little yoga or meditation you've done in the past. It begins with an easy-to-follow account of the subtle body, the energetic part of you that includes the chakras and Kundalini itself. There is advice on all aspects of preparation, from motivation and setting up a practice space to using diet and ritual to purify your body and mind. Step-by-step exercises then illustrate the key stretches and yoga poses, there is a chapter on the vital art of pranayama (breath control) and another explains how to deepen your practice through the use of mantras (sacred sounds), mudras (hand gestures) and yantras (sacred diagrams). Finally, the twelve guided meditations in the last chapter, each one an effective combination of the techniques already explained, empower you to address specific issues you may like to enhance in your life, whether balance, creativity, love, anxiety, anger or fatigue. Designed to be easily integrated into daily life, the nurturing guidance in this book allows absolutely anyone to draw on the Kundalini power already present in their body to achieve lasting health and happiness.

Terapia para uno mismo

"In a time when there is so much literature available about the paths of yoga, it is important to have a book such as Kundalini Yoga. Though brief in its compass, it elucidates the main lines of the practice

and the experience and helps to prepare us for the inner efforts which will aid us in achieving our long-sought goal of oneness and mastery in life."--Amazon.

Kundalini Yoga for the West

The manual Self Experience, Kundalini Yoga as Taught by Yogi Bhajan, shares 20 yoga sets and 15 Meditations to help you experience your highest Self. Yoga means "union." It is the experience of Infinity in our own finite form. Kundalini Yoga offers us the discipline through which our self can experience our Self. It is a path that will lead us onward to find the bliss that is at the core of being human. It is the Divine Circle of life that the soul longs for the experience of the Creation through its human life and the human longs to merge again with Infinity. It is the Union of the self and the Self that we seek and that, paradoxically, can make us fully human. The manual Self Experience, Kundalini Yoga as Taught by Yogi Bhajan, shares 20 yoga sets and 15 Meditations to help you experience your highest Self. Between the yoga sets and meditations in this manual are yoga set to Work on the Hypothalamus, Work on the Psyche Through The Spine; The Sun Wheel Meditation; Preparing Yourself Physically, Mentally & Spiritually; Experiencing the Psyche, Healing the Physical, Mental and Spiritual Bodies; Relief from Stress and Strengthen Intuitive Projection.

The Kundalini Concept

Depth Over Time offers a vision of the freedom and liberation available to anyone who is willing to make spiritual growth the primary focus of their life. Much more than just a discussion of philosophy, the book provides readers with the tools to undertake a profound spiritual transformation within themselves, to gain the direct realization that "God dwells within you, as yourself." Depth Over Time covers the most important aspects of the practice of Kundalini MahaYoga. Discussions include the topics of Grace and individual effort, our relationship with God, the wish to grow, the teacher-student relationship, selfless service, surrender, cultivating stillness, and the critical need to consciously choose spirituality, moment by moment. Throughout the book, Swami Khecaranatha reiterates that spiritual practice does not just happen during formal, closed-eye meditation. Swami Khecaranatha explains the philosophy and practices of this Tantric tradition in terms that Western students can readily understand, yet his message conveys the essence of the highest teachings of the ancient Kashmiri Shaivite tradition. He makes it clear that attaining liberation and living in Divine Presence is not just the purview of saints, but a real possibility for anyone willing to devote his or her life to the pursuit of unconditional freedom.

Kundalini Yoga

Kundalini Yoga Home Practice