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## Online Library Awakening Kundalini The Path To Radical Freedom

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### D1SED3 - WALSH CONWAY

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Kundalini has been one of the most mysterious and well-kept secrets in the history of spirituality. Not anymore. Forget all Kundalini books. Most of them are either very abstract, occult, esoteric, with hidden information to not "enrage the Masters" or very "Goddess," "physically focused," "Westernized Yoga." Not this one. No compromises with any guru, organization or tradition. No secrets held back. No dogmas or elaborated rhetoric masquerading as true knowledge. No agenda. No BS. No Kundalini questions shall remain unanswered. Not only for "high initiates" or members of "hidden societies." It is for you. In simple and modern language. What you will find in the book: Rare Kundalini wisdom not found anywhere else. Disclosing the different levels of Kundalini awakening, its journey, and relation to Consciousness and Being. Know why awakening the Kundalini is of utter importance. Explanations on how to awaken it, raise it, and melt it into descending to its final reposing place. Real and direct first-hand knowledge-not from reading books or hearing stories. Suggestions for a powerful yet simple Kundalini Yoga routine. Straightforward practical instructions only. The Consequences of Kundalini Awakening and Grounding tricks to lessen any adverse side-effects. Revealing the truth about spiritual experiences and how to go beyond them. Cosmic Kundalini, "I-ego" and pure Consciousness uncovered. Helpful tips on how to prevent the "Kundalini syndrome," for a safe awakening of the Kundalini energy. The complete unveiling of the Spiritual Heart, one of the biggest enigmas in the whole of spirituality, in a clear and understandable way. And much more. This book is not for followers of any tradition in particular, but for those whose heart and mind are open to receive love and wisdom. The Crown Chakra is not the end. This book will teach you how to go beyond it, into your deathless and infinite non-dual awareness, where complete fulfillment, peace, love, and joy live. That's the true Home of the Kundalini. That's your true Home. Are you ready?

Your Kundalini Awakening Experience Starts Right Here As a spiritual seeker, you attracted this concept of Kundalini awakening into your life as part of your own spiritual journey. This book is meant to serve as an all-inclusive guide to the knowledge of a Kundalini awakening so that you will have the capability to awaken it, and recognize its presence in your life. It is my hope that by the end of this book, you will depart with knowledge of Kundalini's historical context, a thorough understanding of what it means, why it is important, how it is awakened, and a strong comprehension of the results, advantages and even the potential side effects of this type of awakening. This book will also examine some of the scientific facts that support Kundalini's existence, and its potential to assist you, in your journey through life after experiencing this awakening for yourself. This book presents not only the great advantages of a Kundalini awakening, but it also describes the potential dangers, as to provide a fair and balanced approach. It features the facts found throughout history, an explanation of what the experience is like, and a comprehensive approach in regards to how you can channel and retain the awakened state within you. I hope to provide you with a clear understanding of how and why this experience might be relevant to you. I will also address some of the observations that have been seen over the course of thousands of years, ever since this energy was first mentioned in religious texts. I will also provide tips and suggestions for how to prevent a potentially harmful spiritual awakening, which might occur if you are not prepared for this powerful experience. Let this book serve as your personal guide throughout your spiritual journey. Here Is A Preview Of What You'll Learn... Kundalini History and Origin The Meaning of Kundalini Kundalini Awakening Benefits and Power How to Awaken Kundalini Kundalini Tips and Suggestions The Signs of a Kundalini Awakening Life After a Kundalini Awakening Potential Side Effects of Kundalini And Much More Knowledge is the First Step Towards Kundalini Awakening, and You Can Start Right Now With This Book

PRAISE FOR "SEX YOGA!" "This book is life changing!...It skipped the fluff and succinctly told me that which I needed to know...It will take you to a height of ecstasy that you never imagined possible...Worth every penny. I'll be enjoying this technique time and time again." (MariaKaterina) "This ebook changed our lives. My husband and I...have been working with the technique taught in this material and are having...amazing kundalini orgasms and a more beautiful and loving relationship." (Laura Peters, Amazon reviewer) "It took me on a blissful, mind-expanding journey! I have read many books on kundalini, tantra and related sacred sex topics, but find Sex Yoga by S. F. Howe to be the most helpful material of all...Don't let anything stop you from experiencing this liberating technique for yourself." (Max Wolf) "The information in this ebook is the most powerful I have ever encountered in the arena of sex and spirituality. I had the most incredible orgasm of my life applying this technique!...give it a try, and you will never be the same, I guarantee it." (Jeff Michaels) "I can't remember the last time I read anything this spiritually promising for people like myself who are interested in using their sexual energy to expand their consciousness. This technique appears to be much easier than tantra. I can't wait to try it!" (Emma Garcia) "Take your time with this material as a quick perusal of the seven steps is unlikely to reveal the power of what is being presented. This is sex for the strong and the brave. I'm truly blown away." (Leon Mayer) PRODUCT DESCRIPTION Author's Note: 6/2018 - Release of Expanded Second Edition by S. F. Howe2013 - Release of First Edition by S. F. Howe writing as Keira Brighton. Sacred Sex At Its Best... What you will receive in Sex Yoga is the little-known, yet simple and complete technique for experiencing the ultimate orgasm. I call it the kundalini orgasm - a prolonged, ecstatic sexual build-up that culminates in an orgasmic explosion of Light/energy out through the top of your head and into the farthest reaches of the cosmos as you blissfully merge with the All That Is. This priceless experience is accomplished naturally and easily when you learn how to flow your own sexual energy through the seven chakras or power centers of your body. You may practice this technique alone or with a partner, although I recommend that you begin alone if only to familiarize yourself with the steps and the incredible rapture of this mind-blowing sexual/spiritual adventure. This is life-changing knowledge that I am sharing with you. I not only reveal everything you need to know to begin exploring and mastering this extraordinary tech-

nique, but you will also learn: \* How the spiritual transformation you have been yearning for is literally at your fingertips\* What kundalini really is and why you need a kundalini awakening\* How to harness your own sexual energy to awaken your highest spirituality\* What your chakras are and why they are your fast track to enlightenment\* How the 7 Step Sex Yoga Technique eliminates pressure and stress from lovemaking\* Why the kundalini orgasm results in incomparable love and bonding with your partner\* How you can experience the heights of sexual ecstasy and spiritual bliss at any time, even without a partner in your life! Do be patient with yourself and/or your partner as you practice the steps and increase your awareness and sensitivity to this process. Your efforts will be richly rewarded! Scroll up ... and click on "Add to cart" to purchase Sex Yoga right now. Can you imagine what it would be like to live a life of spiritual enlightenment? Can you see yourself aware of the infinite, creative potential and innumerable ideas all at once? What would it be like to have a perfect understanding of your feelings, thoughts, emotions and to feel, not only connected to all the Earth and all her people, but to the whole Universe? Each of us has the power to awaken the divine within. We all have a secret power lying dormant waiting to awaken and arise, coiled like a snake at the base of our being. It is the stuff of legend, but the truth of life that honors the call to spiritual enlightenment and living in the frequency of creation. It is this force that brings you in contact with pure-consciousness. This powerful, primal energy is known as Kundalini and awakening this dormant life force is just the beginning of walking the path of enlightenment. Inside this book you will find: The history and mystery of Kundalini and its benefits on the mind, body, and spirit The origins of Kundalini yoga and the journey of awakening your life-force How to prepare your mind, body, and spirit for Kundalini awakening Everything you need to know about how Kundalini feels in both body and mind What chakras are and how they are connected to awakening your primal energy How to clear energy blocks and imbalances in your chakras to move Kundalini through you Meditations and yoga postures to awaken the dormant energy to bring you to higher consciousness Opening your third eye to awaken and strengthen your psychic abilities And more... START NOW AND CHANGE YOUR LIFE FASTER THAN EVER!

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

★ 55% OFF for Bookstores! NOW at \$ 33.97 instead of \$ 43.97! LAST DAYS! ★ Have you recently come across the concept of Kundalini awakening and are curious to activate yours to increase your physical and mental energy, become stronger and wiser and break free from the chains of anxiety, and other mental and spiritual problems? If you've answered YES, keep reading... Your Customers Will Never Stop To Use This Amazing Guide! You Are About To Discover How To Unlock And Unleash The Full Power Of Kundalini Awakening! By virtue that you are here, it is likely you are already sold to the idea of Kundalini awakening and are curious to awaken yours but have all manner of questions... How do I awaken my energy to overcome anxiety, be positive and confident? What does Kundalini awakening entail? Is Kundalini awakening safe? Where do I begin? If you have these and other related questions, this audiobook is for you so keep reading... Here's a bit of what you'll discover: - What kundalini is and what kundalini awakening refers to - How kundalini meditation can benefit you - Why you need to discover your own kundalini and how to do it - How to increase your healing energy - How to heal your body through Kundalini yoga and meditation - How to unlock your mind power in simple steps - The psychology of enlightenment and why spiritual enlightenment is important - How you can reduce anxiety with yoga - How to practice breathing exercises to reduce anxiety - How kundalini energy can help you and how to increase it ...And much more! Yes, you can awaken your Kundalini, and effectively deal with emotional pain, anxiety and other problems, even if you feel lost and stuck right now! Click Buy Now to find out! Buy it NOW and let your customers get addicted to this amazing book!

★55% Discount for Bookstores! NOW at \$29.95 instead of \$42.95★ Do you want to enhance your intuition and psychic abilities? Do you want to have a great way to connect with your spiritual self? Perhaps this book can help you. Your customers will be delighted to use this amazing book Kundalini awakening refers to primordial life force energy contained at the base of the spine. This book has many pieces of information on how to activate your kundalini energy or Shakti. Welcome to a wonderful journey that will lead you to discover the mysterious and intense Kundalini Awakening, you can go to the limits of the potential of your being by opening the Third Eye and enhancing your psychic abilities. Thanks to this book: History of Kundalini Yoga Philosophy Physical, Mental and Sexual Benefits of Kundalini Yoga Practice The energy of Prana and Meditation for the 7 Chakras How to prepare Body and Mind for Kundalini Awakening Breathing Techniques and Pranayama Meditation The effects of Kundalini activation on the Body, Emotions, and Mind Many Meditations for Kundalini energy The Sacred OM and Gayatri Mantra Meditation This book will help you learn more about the primor-

dial life force contained in the body. It also provides excellent ideas on how to develop your intuition. Kundalini yoga guides in the book can help you to gain access to your spiritual self. This book presents a dynamic humanization solution through Chakra models that gives us a map that we can use and can be associated with each key area of your life. In this book, you can find all sorts of helpful instructions like breathing techniques, meditation, stress reduction, and much more. With many meditation exercises provided in the book, you can also experience Kundalini Awakening. Release your negative thoughts inside your mind and achieve inner peace. This is a fantastic book that offers useful information about the primordial life force. Buy it NOW and let your customers become addicted to this incredible Book

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.

Do you suffer from erratic, unpredictable or generally inadequate energy levels? Do you wish you can find abounding energy to reinvent yourself, physically and mentally, to change the very way you live your life? Have you ever wondered how some people always seem to be full of energy, simply bursting with life? They have the same amount of sleep that you do, they work the same hours, they have all the same responsibilities and commitments as you, but yet, they have so much more energy than you. How does that happen? In Kundalini Awakening, you are introduced to Kundalini or what is called Serpent energy, a tremendous amount of energy that is hidden within you, at the base of your spine, only to be released when it is awakened. When this divine and spiritual energy is released, it transcends from a dormant state to energy that brilliantly transforms your physical, mental and spiritual state of being. Through the book, you will understand Kundalini energy as a phenomenon, also learning how to identify and release it from within you, to reap its life-changing benefits. Here's just a preview of what awaits you, when you read Kundalini Awakening; Serpent Energy: Introduction to Kundalini, a dormant serpent energy, ready to uncoil History: Learn about Kundalini, a discovery and practice that dates back thousands of years Chakras: Introduction to 7 main Chakras, your body's critical energy centers Nadis: Introduction to nadis, the energy pathways that lead to and from chakras Energy Manipulation: How to work on your Chakras and Nadis? Kundalini Yoga: Kundalini yoga, for each of your 7 Chakras Releasing Kundalini: Meditation & Exercises to unleash your Kundalini This book is meant to help you find Kundalini from within yourself, the tremendous source of energy that at present lies dormant at the base of your spine. Releasing Kundalini is an often misunderstood process. Through Kundalini Awakening, you will first understand the importance of being in the present, a state of mind that is critical and essential to successfully awakening Kundalini within you. The book teaches you the philosophical mindset you will need to adopt to successfully awaken your Kundalini, then teaching you the exercises and meditation you need to perform, once you have prepared your body and mind for Kundalini. Seek a potent form of energy hidden deep within you, lying dormant at the base of your spine. Unleash and uncoil the Kundalini in you, the serpent energy that is awoken only when called for. Grab your copy now!

"What happened to me that early morning during the Christmas of 1937 changed the course of my life and outlook. I sat in a small room in a house on the outskirts of Jammu. I was meditating. Practice had accustomed me to sit in the same posture for hours without discomfort, and as I sat breathing slowly and rhythmically, my attention was drawn towards the crown of my head, contemplating an imaginary lotus in full bloom, radiating light. I sat unmoving and erect. My whole being was so engrossed in the contemplation of the lotus that for several minutes I lost touch with my body and surroundings. The only object of which I was aware was a lotus of brilliant colour, emitting rays of light. During a spell of intense concentration I suddenly felt a strange sensation below the base of the spine, at the place touching the seat, while I sat cross-legged on a folded blanket spread on the floor. The sensation was so extraordinary and pleasing that my attention was forcibly drawn towards it. My heart beat wildly, and I found it difficult to bring my attention to the required degree of fixity. The sensation extended upwards, growing in intensity. Then, suddenly, with a roar like that of a waterfall, I felt a stream of liquid light entering my brain through the spinal cord. What had happened to me? Was I hallucinating? Or had I by some strange fate succeeded in experiencing the Transcendental? I had read glowing accounts, written by learned men, of great benefits resulting from concentration and of the miraculous powers acquired by yogis through meditation. Was there, after all, really some truth in the repeated claims of the sages and ascetics of India, made for thousands of years that it was possible to apprehend reality in this life if one practised meditation in a certain way? Little did I realize that from that day onwards I was never to be my old normal self again. I had unwittingly and without adequate knowledge, roused to activity the most powerful power in man. I had stepped unknowingly upon the key to the most guarded secret of the ancients, and thenceforth for a long time, I had to live suspended by a thread, swinging between life and death, between sanity and insanity, between lights and darkness, between heaven and earth." An extraordinary autobiographical account of what happens in the mind and body when Kundalini gets spontaneously aroused... one of the clearest journals documenting spiritual transformation and mental evolution onto a higher plane of consciousness.

★ 55% OFF for Bookstores! NOW at \$ 29.95 instead of \$ 54.95! LAST DAYS! ★ Through the pages of this book you will discover: What is a Kundalini Awakening, and how does it happen? How to recognize the symptoms of Kundalini energy (which you may have had in the past, mistaking them for hallucinations or illness) The best diet for Kundalini awakening (and what foods to avoid) We will definitively answer the question: is Kundalini Yoga a safe practice? How to recognize a REAL Kundalini Yoga teacher and not be fooled by charlatans. How to balance your chakras to keep your energy flowing well How to best organize your spiritual life with your daily life to enjoy the journey without having to become an ascetic 14 guided meditations to awake all your chakras and your third eye. Buy it NOW and let your customers get addicted to this amazing book

ENLIGHTENMENT THROUGH THE PATH OF KUNDALINI is written for everybody who wants to learn about the mysterious phenomenon of kundalini and use it to reach the pinnacle of human development - enlightenment. The book is equally written for those who are going through an involuntary awakening and seeking help to alleviate their symptoms and make the best of this event. You will learn: What is kundalini and how does it help to reach enlightenment How we change through a kundalini awakening How to awaken the kundalini safely and slowly How to overcome possible difficult symp-

toms in the process How to use the kundalini energy to reach enlightenment Tara Springett has been in her own kundalini process for nearly 30 years. She is a qualified Buddhist teacher since 1997 and a qualified psychotherapist since 1990. Tara has been helping clients from all over the world to successfully overcome symptoms of the kundalini syndrome since 2011. [www.taraspringett.com](http://www.taraspringett.com)

The path towards ascension is often portrayed as a dangerous and impossible task rife with problems and difficulties. It doesn't have to be that way. Why do I need to awaken my Kundalini energy? Awakening of the Kundalini chakra is essential to achieve the state of spiritual awakening and ascension that allows us to evolve into a higher state of existence. Kundalini is the latent sexual and creative energy residing in all humans. For centuries, the most ascended masters and yogis have spent decades perfecting and developing the techniques to utilize this energy for the good of mankind. Building on this spiritual research of centuries past, this book has compiled for its readers a simple, easy and guided path towards complete awakening of their kundalini with exercises, precautions and warnings that you will need along the way. With this comprehensive guide to kundalini awakening, you can learn to identify, activate, sync and train your latent kundalini energy to bring positivity to your life on the path towards enlightenment and ascension. With the use of advanced tantric and yoga techniques paired with a firm theoretical understanding of the process of kundalini awakening, you can master this ancient practice to bring positive changes to your life and for others around you. Not only does the book guide you through each and every single step towards your awakening, it also provides some very necessary precautions, warning and suggestions that you will need along the way to achieve successful awakening without having to suffer the problems and issues that most beginners or even advanced practitioners encounter. The book gives you a hands-on comprehensive guideline for achieving your advanced spiritual state in the easiest and safest way possible leading on to teach some very necessary and useful spiritual techniques and abilities for your daily life by tuning your energy and chakras to the positive limitless energies of the universe. The book includes: Tantric Meditation And Yoga Techniques From Beginner To Expert Level Comprehensive Explanation Of Core Concepts And Idea Necessary Preparations And Precautions Complete Program Of Training And Activation Easy To Follow Guidelines And Examples Easy To Incorporate Exercises Into Daily Life Will the Book help me hone and develop my spiritual abilities? The guide contains all you'll need to know in order to bring your spiritual and psychic abilities to their maximum potential and usefulness. Try the Kundalini awakening. Get a copy of the book today!

Note: The focus of this book is not on how to awaken the kundalini energy. The book is intended to educate the reader about the role of kundalini, the life force energy within us all (even if you haven't experienced a full awakening), provide helpful tips and suggestions for those undergoing challenging kundalini symptoms, and explore the spiritual path and awakening process in general. "In essence, kundalini is simply energy. Specifically, it is spiritual energy which resides in every human being. Kundalini means literally 'coiled serpent'. Figuratively speaking the coiled serpent represents a reservoir of spiritual energy that lies at the base of the spine in the root chakra, coiled up because in most people it is latent or potential spiritual energy, which the person is for the most part unaware of. Through yogic or other spiritual practices this energy can be awakened in an individual, in which case the energy begins flowing upwards from the root chakra through all the chakras along the spinal column, invigorating and cleansing them; and finally culminating in unification with the uppermost crown chakra at the top of the head."From "Kundalini and the Power of Awakening" In the fall of 1994 at the age of 22, Gabriel Morris spontaneously underwent something known as a "kundalini awakening" while meditating one evening. He experienced a sudden rush of energy rise up his spine that exploded into his mind, leaving him reeling and wondering what had just happened. But that wasn't the end of the experience. Far from it. Over the next several days he found himself engulfed in an intense onslaught of inner symptoms: bright lights flashing before his eyes, electric shocks throughout his body, a burning sensation at the base of his spine, and much more. Although he had been practicing yoga and meditation for two years, he was unfamiliar with the term "kundalini" and had no idea what had just occurred. As the challenging symptoms persisted, this led him on a quest to discover what had taken place, how to find balance with these overwhelming inner energies and where this profound spiritual experience was taking him. Eventually he wrote a book that chronicled in detail both his experience of kundalini awakening, and his cross-country hitchhiking adventures at the time: "Kundalini and the Art of Being". He also wrote a short essay encapsulating more briefly his experience and understanding of kundalini energy titled "What is Kundalini?", published on Spiritvoyage.com and in the Sedona Journal of Emergence (August 2010). Later he continued where that essay left off, which turned into "Kundalini and the Power of Awakening: An Exploration of Kundalini Energy, Kundalini Awakening and the Spiritual Quest". (The essay "What is Kundalini?" is Chapter 1 of the book). "Kundalini and the Power of Awakening" compiles many of the powerful lessons learned by Gabriel Morris in his more than 20 years on a spiritual path to understand the nature of reality and the potential of his own mind, body and soul. It includes descriptions of his own personal experiences, discussions of the spiritual quest and the nature of consciousness, suggestions for those experiencing kundalini rising and other spiritual awakenings, and much more.

Do you spend your days feeling like something is missing in your life? Do you make lists of all of the opportunities you've missed and the disappointments you've felt because of it? Does your energy level drop drastically in the middle of the day? Are you seeking something important in your life, something that will give you the sense that you have a place in this world and you do belong somewhere? Do you want to feel like an essential part of the universe? If any of these sound familiar to you, then this book is for you... Kundalini for Beginners is the book that you need to turn your life around. The contents of this book will give you all of the information that you need to awaken your Kundalini energy and send it coursing through your body... In this book you'll learn how to: Find the missing purpose in your life Take advantage of your opportunities Relieve your feelings of disappointment Enjoy elevated levels of energy Take your place in the universe Feel like you belong The Kundalini energy in your body is locked in a small space at the base of your spine, waiting to be awakened and used to fulfill all of your deepest desires. Everyone is born with the energy of the Kundalini, but it lies dormant until the person makes the conscious decision to awaken it. If you have deficiencies in your present life, then you'll definitely benefit from awakening your Kundalini energy... When you awaken your Kundalini energy, you will experience: A calm mind and a peaceful heart Clarity of thought with no harboring of old beliefs or feelings Renewed interest in the things life offers you Increased empathy for the universe and the people around you You might find it necessary to make specific changes after your Kundalini awakening. Your new awareness of the divine will cause you to look at your present life in a different light. You might find that some of the things you possess are no longer welcome in your life. Changes will be made, and your life will be different. The information in this book will show you the changes you can expect and the changes you may need to make for yourself. All of the sections in this book are filled with the information that you need to work your way entirely through your Kundalini experience...

Once you've completed the awakening process, you'll be transformed into your real purpose in life, your true self-realization. This will begin another part of the process, and this book will guide you along the path to your higher self. All of these marvelous happenings, and more, are waiting for you at the end of your Kundalini awakening. Begin your incredible journey to full self-actualization today! --- Grab your copy of Kundalini for Beginners now! ---

"Experience the presence of the Divine in your own soul with this guide to using Kundalini (or spirit) energy for spiritual awakening. Kundalini for Beginners introduces you to the philosophy and techniques of the "Shortest Path to God." Learn how to activate and assist in the role of Kundalini, and channel this energy in transcendent ways. Discover the five stages of self-realization, and the exceptional experiences that accompany each stage of spiritual transformation." -- back cover.

This book offers you the liberating path of Kundalini Yoga. It will show you how to realize the ground of being and to awaken your deepest spiritual potential. This book outlines the terrain of the Kundalini journey and is packed with many traditional and innovative techniques, to raise the Kundalini up through all of the seven major energy centres, and how to then seal and embody this force within you. This book contains accounts of real Kundalini awakening experiences and will give you all you need, to begin this exciting and far reaching journey.

Are you looking for ways to accelerate your spiritual path to enlightenment? Do you want to start your journey and awaken your spirituality? Do you want to gain the knowledge you need in order to live the life you truly deserve? The world is turning into a much more powerful place as more and more people start to experience their own spiritual awakening. Kundalini Awakening grants us an exit if we are feeling tired and stuck; it gives us a chance to receive a higher level of consciousness. You get to recognize and cultivate the energy that lives inside of you that will lead you to new experiences and knowledge you never knew you would achieve in life. The process of awakening the Kundalini can be longer than usual. It isn't easy, but it is worth it when you tap into the higher levels of your life. Inside Kundalini Awakening: The Ultimate Guide to Unlocking the Secrets of Spirituality and Relaxation, Achieve Enhanced Intuition and Enlightenment, Expand Mind Power and Awaken Your Third Eye, you will find the true definition of Kundalini Awakening, a guide, and explanation to chakras, and so much more, with chapters on: Twin Flame Connection and Kundalini Energy What Is The Difference Between Kundalini And Spiritual Awakening? And so much more... This audiobook is perfect for anyone who is a beginner who wants to discover ways to unlock enhanced mind power and improve their lives through spiritual exercises. Are you ready to realize your higher capabilities and become enlightened? Grab a copy today!

The universal force known as Kundalini has been shrouded in mystery for centuries, yet it influences our every breath, thought, and emotion. With Awakening Kundalini, one of the West's most respected teachers and researchers in the field explores this spiritual principle in unprecedented depth, with detailed guidance for discovering and working with it directly. In India's spiritual teachings, Kundalini is known as the principle within that compels us to evolve and grow. Traditions across the globe have described it as a force that lies dormant within us and, when awakened, connects us to the energy of creation and profoundly elevates consciousness. With his unique expertise in modern psychology, neuroscience, meditation training, and spiritual traditions, Lawrence Edwards clarifies for readers the many dimensions of Kundalini awakening, including practices and meditations for recognizing its manifestations and preparing the body and mind to enter its expansive, empowering flow. When experienced skillfully, Kundalini can be the most profoundly transformative experience of our lives. Awakening Kundalini makes available a complete and practical resource for tapping into this transformative force, and realizing our ability to live "radically free."

When we eat, can we feed the soul as well as the body? Can a diet have an impact on spirituality? Spiritual Nutrition empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual practices. Drawing on 14 years of clinical experience and research, Dr. Gabriel Cousens discusses nutritional issues that can help answer these questions, including raw vs. cooked food; high vs. low protein; the concepts of assimilation and fasting; alkaline-acid balance; attitudes about food; nutrients, energy, and structure building. In addition, Cousens shares his new dietary system of "spiritual nutrition" that is based on the relationship that the color of the food has to corresponding colors of the human chakra system, hence, the "rainbow diet." For true nourishment, he strongly promotes the connection of diet to meditation, fellowship, wisdom, and love.

Waking up spiritually is a life-altering event that shifts the world view, and changes the perception of what it means to be human. It is a significant grace in anyone's life, bringing the potential for profound peace, unconditional love and intuitive wisdom. However, spiritual "seekers" rarely have a clear understanding of what it means to become Awakened or Self-realized, nor do they recognize the natural tendency to become stuck in various cul-de-sacs along the way, or know how to cope with the challenges that arise in this process. Awakening is both sudden and gradual, often beautiful and ecstatic, but it can also be disorienting as the "seeker" falls away. Few spiritual systems or therapists are able to offer guidance to those in this process, and this can lead to confusion, detours and lengthy periods of darkness before embodiment and freedom are established. "The Awakening Guide" reveals how the search for love, wisdom and wholeness unfolds for those who meditate, and also those who have sudden awakenings to expanded consciousness, radiant emptiness, Oneness and the realization of Self. This might happen following breathing or energy practices, transmission or diksa, traumatic or near-death events, drug experiments, biofeedback, or spontaneously while walking down the street. Consciousness shifts. Wham! Another reality is opened, and the world you know changes before your eyes. Consciousness is invited to recall itself as Source. An initial awakening is seldom permanent, and many seekers are disappointed to discover that this first flash of insight was only a glimpse, and the subsequent months and years require trust, patience and a commitment to living in Truth if they hope to be stabilized in an awakened state. This inspirational book, written by a non-dual teacher and therapist who has explored the path of spiritual awakening for more than 40 years, and witnessed the spiritual emergence of over 2000 people, is a companion to support a new perspective as an old identity falls away. It offers some guidelines for awakening, descriptions of the varieties of experiences that have been called awakening, comments by people who have had glimpses of awakening, and a revelation of the primary issues and resolutions an awakened person may need to face. It is a companion to Dr. Greenwell's book "The Kundalini Guide."

Magical, paradigm-shifting, terrifying, and awe-inspiring, the spiritual awakening process is at the core of every human's quest for freedom, love, and happiness. In this groundbreaking book, spiritual counselors Luna and Sol detail the many stages, paths, and pitfalls connected with this sacred evolutionary process. By reconnecting with your Soul, you will discover how to experience the joy, liberation, and peace that you have been searching for

all along. In these pages, you will discover: 1. What is happening to you 2. Why you're experiencing a spiritual awakening 3. The many spiritual awakening symptoms and stages 4. The three inner worlds of the spiritual journey 5. What to do when your awakening becomes a spiritual emergency 6. Signs you're experiencing Soul loss 7. How to retrieve and integrate any fragmented pieces of your psyche through self-love, inner child work, and shadow work 8. What spiritual "traps" you need to be mindful of 9. How to communicate with your Soul Through the inner work practices of Inner Child Work, Self-Love, and Shadow Work, this book gives you the tools to initiate your own deep psychological healing. By removing the blocks and walls that surround your Soul, you will be able to access deep levels of joy, creativity, energy, courage, peace, fulfillment, freedom, and love. The Spiritual Awakening Process is a psychospiritual manual that is composed of various articles that we have published on lonewolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time of life.

Do you feel like there is something inside of you waiting to come out? Are you interested in reaching a higher level of consciousness? Are you tired of feeling stuck? If you answered yes to any of these questions, then this book is for you. Awakening the Kundalini energy that lives inside of you will raise your consciousness and open you up to a new experience that you never knew existed. Having an awakened Kundalini is a gift, one that can help you reach new levels on your spiritual path, which all leads to enlightenment. The process of Kundalini awakening can be long, and it isn't easy. But, it is a wonderful thing and well worth the work. If you want to reach a higher level of life, then don't wait any longer. By the time you finish this book you will have the knowledge to take a step past the questioner so that you can release your ego and allow the truth to shine through. This book will present you with lots of information that will help you to awaken the sleeping serpent inside of you. Inside this book you will find: The basics of Kundalini Explanation of Chakras Basic Meditation techniques How fasting can help your awakening The basic makeup of all things Psychic skills Auras And much more... Get this book today and discover a whole new world!

The first modern, comprehensive resource on spiritual awakenings, this pragmatic, clear guide covers everything from the first step on a spiritual journey to enlightenment, and the different types of spiritual awakenings, from mild to dramatic, we may go through. Using the concept of the twelve layers that cover an awakened state Mary Mueller Shutan addresses every step of the spiritual journey, starting with the Self and showing how family, ancestral, past lives, karmic, archetypal, and other larger layers such as societal, cultural, global, and cosmic energies condition us to sleep and obscure our realization of an awakened state. Instructions for how to navigate through each of these layers and how to recognize where we are in our spiritual journey are included each step of the way along with common physical, emotional, and spiritual symptoms that may be experienced. By addressing post-awakening states, oneness, dark nights of the soul, ego death, near-death and severe illness, psychic abilities, addictions, dietary changes, the God self, personal and collective shadow, and psychosis vs. awakening we understand the experiences we may go through while struggling with spiritual awakenings. This practical book opens new understandings of how to live in the world while going through an awakening process, and offers the revolutionary idea that we are meant to be humans, to have a physical body with physical, sensate experiences and emotions. We are meant to live in the world and be a part of it even as fully awakened individuals. This guide proposes a look at the possibility of leading a grounded, earth-bound life of work, family, friends, and other experiences in an awakened state.

What is Kundalini Yoga? Kundalini Yoga is the ancient practice of yoga to awaken Shakti or shaktipat. This Kundalini Yoga book teaches the control of prana or pranayama as taught by Sri Swami Sivananda Saraswati for kundalini awakening. "Kundalini is the known as the coiled serpent power or energy dormant at the base of the spine" (at the lowest chakra called the Muladhara). Learning yoga is about more than poses and exercise but meant to lead the genuine truth-seeker to Spiritual Awakening For complete health and fitness. Kundalini Yoga encompasses the eight limbs of yoga which includes asanas, concentration, meditation and Samadhi Your sadhana practiced religiously leads one to become a master over ego and ignorance. Thus, the true practice of yoga is the union of soul and spirit and this should be the first question on the spiritual path: "How May I Come To Know God?" God may go by many names in many religions. But God is not a "man" up in the sky Essentially, all religions state that God is Omnipresent, Omniscient and Omnipotent. So it doesn't take a stretch of the imagination to conclude that if God is truly everywhere and everyplace then He must accordingly be within you Intellectually, we may accept this fact but many of us have no idea how to reach the God that may be within us. This is a question that was first positioned ages ago and there are those that have answered the question for themselves and then provided a roadmap for others to find the same. Hence, came the Birth of Yoga. Yoga is the union of soul and Spirit. It is the means to this union and the state of Union. Over the ages have evolved many types and branches of yoga that may be more suited for the individual and yet they are all branches of the same Tree Kundalini Yoga is known as the shakti path to Soul Awakening or Self-Realization. Kundalini is equated with the intelligent female force that governs Mother Nature. The same power that brings the universe into manifestation is the same energy dormant within man that can be tapped into to reunite consciousness tied to the physical form and the ego with the Cosmic Consciousness the soul Awakens to in the deepest samadhi Through continued practice it will lead one to liberation from attachment to the physical body. It is a proven system for realizing one's spiritual destiny. Sincere and regular effort is required of any yoga path but they all lead to true happiness, inner peace and the dynamic joy of the soul. ""Many rivers... One Ocean; many branches... One Tree; many paths... One Destination; many stories... One Truth "" 1 S.O.U.L. Publishing"

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.

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; Bar-

bara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber.

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.

For many of us Westerners, Yoga is the image of an inscrutable individual sitting in a pretzel-like, cross-legged position with eyes closed, palms up, seemingly oblivious to his or her surroundings. For others, the mysterious form of an individual appearing to defy the laws of nature-standing on their head for no apparent reason. Termed the "Lotus" position and sirshasana respectively, these physical positions represent two standard asanas; postures fundamental to yogic discipline... Discover the hidden knowledge of Kundalini Feel the immense healing power of the rising Kundalini within you by using Eastern secrets and specific Asanas; postures taught by yoga instructors for Chakra balancing. Termed "Kundalini awakening", it is this process that underlies the yogic experience, and in the broader sense, represents the pathway to self-realization, spiritual awakening, timeless wisdom, and self-healing... Get comfortable with your Chakras In Kundalini Awakening, Rising and Yoga for Chakra Balancing, Rohan Kalwani mixes history, science and eastern tradition to efficiently teach you how to feel your natural healing energy and true peace on your journey to enlightenment. The "chakras" (more accurately, cakras) is a hierarchal system of seven major energy/psychic centers climbing up the spine through the core of the body, from the base of the spine to the top of the head... Unlock the secrets of ancient tradition, yoga and meditation today Your path to enlightenment and spiritual awakening will not be easy, but Rohan will first guide you through history and then explain how you can use many yogic principles and meditation techniques based on science and Eastern traditions. An essential element of the yogic experience, for both pupil and master, is achievement of a visual understanding of the metaphorical journey the Kundalini makes as it climbs up through the chakras... Take this important first step and feel your internal flame You deserve to know your true internal power. Using knowledge passed down by masters of Eastern traditions, scientific and medical research will help you control your Chakras and ignite your internal flame. With time and space now non-existent, visualize the flame suddenly shooting skyward-penetrating the top of the head-exploding into a brilliant violet beam that reaches into the heavens. Now stop and realize: You are meditating... A rewarding and remarkable introduction to self-healing awaits you Rohan gives you a pathway for meditation and a clear historical foundation, which will help to solidify your understanding of a complex subject. Rohan gives you the true facts and true knowledge for you to take the next step. Soon after beginning practice, the yogi will begin to feel positive change. They will notice that their stress level has dropped...They will notice that they are able to think more clearly...they will notice that their energy level has jumped...They feel better...They look better... You'll receive all of these benefits from Kundalini Awakening, Rising and Yoga for Chakra Balancing: What is yoga? [a genuine and legitimate explanation] What are chakras? [faithful to the yogic traditions and true principles] The elements of yoga The way of the yogi The science of chakra balance and self-healing Let the healing begin Resources [on kundalini, yoga and chakras] Tags: kundalini, kundalini yoga, kundalini awakening, kundalini rising, kundalini for beginners, chakras, chakras for beginners

Kundalini Awakening delivers a universe of easy benefits for readers seeking to find relaxation, harmony, and inner peace. Kundalini Awakening demystifies the complex science of Kundalini in a compelling content of: · A full understanding of the seven Chakras, from the first Root Chakra located at the base of the spine to the brain's Crown Chakra · The power of mantras and complete instructions for their use · Breathing techniques for relaxation and stress reduction · Meditation exercises using the guided imagery and the magnificent full color Chakra paintings of Zachary Selig that clarify the color coding of the Chakras Kundalini Awakening presents a dynamic humanization solution through Chakra models framed in meditations to address the challenges in our world and the way we interact with ourselves.

Many people have heard of the extraordinary phenomenon of kundalini awakening, and a growing number have had firsthand experience -- in some cases, involving disturbing physical and psychological effects. This classic work documents numerous case studies to demystify the process and reassure "victims," who sometimes fear for their own sanity.

The Kundalini energy force that naturally resides in all of us is a sleeping giant of our potential, meant to be cultivated to rise up from our roots to crown a golden canopy atop our heads. To live at our best, feeling satisfied and whole at all times by awakening the Kundalini takes a structured approach. These techniques invite us to bring a deeper sense of awareness into the goings on of the physical body, the mind or mental body and on through the threshold of the subtle body. For some, including myself, even just using these three techniques proves the destination is where you choose to get off, though the path goes as far as you choose to take it. Download your copy NOW! Click the buy button! Tags: Kundalini yoga, kundalini awakening, kundalini rising, kundalini tantra, kundalini for beginners, guide, spiritual

Supercharge your well-being and develop psychic abilities with the help of this powerful guide! Are you looking for a simple, step-by-step formula for kundalini awakening? Want to decalcify your pineal gland, discover transcendence, and form a deeper connection with yourself? Then keep reading! Kundalini awakening is a powerful spiritual practice that is surging in popularity across the modern world. Designed to help you form a better connection with the universe and your higher self, kundalini is a powerful and highly effective way of supercharging your emotional, spiritual, and psychological well-being. Now, this guide breaks down everything you need to know about kundalini awakening. With an exploration of the third eye, the secrets of prana, and even how to develop your intuition and psychic abilities, this audiobook is your all-in-one guide to the world of kundalini. Here's what you'll discover inside: What is kundalini, and how does it work? How to open your third eye and become a more spiritual person Unlocking the secrets of the 5 Buddhist pranās Mantras, meditation, and how to develop your intuition Making sense of premonitions and clairvoyant abilities The science behind intuition How to channel your psychic abilities The 5 steps to becoming enlightened And much more! Packed with a wealth of essential advice and insightful strategies, inside you'll find everything you need to know about kundalini awakening and how to develop the psychic abilities that you don't even know you have. With reference to enlightenment, meditation, and the ancient wisdom of Buddhism, now it's never been easier to begin your journey to spiritual health and enlightenment. Buy now to discover the secrets of kundalini awakening today!

There is a spiritual energy dormant below the base of the spine. In the East it is called the Kundalini- but by whatever name it is called, it is the common denominator in all major religions. People with awakened Kundalini experience death even before dying through visions and out-of-body spiritual experiences. These people are known as the "twice born." The Kundalini Book of Living and Dying shows how to awaken Kundalini and experience the

power of spiritual rebirth. A twice-born person simultaneously enjoys the best of this world and the next - through an inner journey that conquers fear of death. That inner journey travels the world of meditation and unconscious dreams, as well as actual near-death experience. This book describes: the seven divisions of the universe and details of the astral plane, the properties of the soul, experiences and anecdotes of people showing the power of the awakened soul, scientific evidence of the soul's existence, as well as various methods of achieving higher consciousness through Kundalini awakening. As one practices the techniques and exercises that awaken Kundalini, one becomes twice born - the chain of repeated births is broken and one may enter the Kingdom of God. The Kundalini Book of Living and Dying offers a spiritual practice that is the most direct path to self-realization. More than enlightenment, the awakened Kundalini is the triumph of eternal life over the fear of death.

Can you imagine what it would be like to live a life of spiritual enlightenment? Can you see yourself aware of the infinite, creative potential and innumerable ideas all at once? What would it be like to have a perfect understanding of your feelings, thoughts, emotions and to feel, not only connected to all the Earth and all her people, but to the whole Universe? Each of us has the power to awaken the divine within. We all have a secret power lying dormant waiting to awaken and arise, coiled like a snake at the base of our being. It is the stuff of legend, but the truth of life that honors the call to spiritual enlightenment and living in the frequency of creation. It is this force that brings you in contact with pure-consciousness. This powerful, primal energy is known as Kundalini and awakening this dormant life force is just the beginning of walking the path of enlightenment. Inside this book you will find: The history and mystery of Kundalini and its benefits on the mind, body, and spirit The origins of Kundalini yoga and the journey of awakening your life-force How to prepare your mind, body, and spirit for Kundalini awakening Everything you need to know about how Kundalini feels in both body and mind What chakras are and how they are connected to awakening your primal energy How to clear energy blocks and imbalances in your chakras to move Kundalini through you Meditations and yoga postures to awaken the dormant energy to bring you to higher consciousness Opening your third eye to awaken and strengthen your psychic abilities And more...

Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

WARNING! Kundalini Is A POWERFUL Energy...You Must Read This Book TODAY To Be Aware Of the Dangers And The Benefits! You're about to discover how to safely start working towards a permanent awakening of Kundalini. The awakening of this mystical energy, spoken of in secret for thousands of years, is the goal of meditation traditions around the world. This book will take you on an exciting introductory journey to unlocking your secret spiritual power. Here Is A Preview Of EXACTLY What You'll Learn... Find out for once and for all: What is Kundalini? Does awakening Kundalini really lead to these benefits?Increased sexual attraction, slower aging, superhuman strength, psychic abilities and more? Find out in this book! The History of Kundalini (where it was first spoken of in the East ...and how that secret travelled to the West) Carl Jung thought it was essential for achieving greatness in life, find out why in this book Discover EXACTLY what is necessary for Kundalini to manifest in your body SAFELY 3 Paths To Kundalini- The Ascent, The Liberation and the Descent What You Need To Do To Awaken Kundalini- the steps that must be taken to awaken Kundalini Grounding Exercise : Find out how to perform this and why it is the first stage to awakening Kundalini Working with and opening the first 3 chakras: The Root Chakra, The Sex Chakra and The Navel Chakra find out how to connect with these, work with them and prepare them for Kundalini awakening The Mudra and the Mantras- sacred exercises for helping raise Kundalini How To Raise Kundalini Safely- don't suffer from the "Kundalini syndrome"! KUNDALINI MEDITATION: The 6 Step Guide To Effective Kundalini Meditation KUNDALINI YOGA: 7 Kundalini Yoga Exercises To Perform KUNDALINI PRAYERS/MANTRAS:10 Sacred Prayers Traditionally Associated With Kundalini Awakening Find out why tying a knot in your mind is an effective meditation technique Dancing, Walking and Listening To Music...can these really enhance the Kundalini experience? Mistakes Made With KundaliniFind out the 5 MAJOR MISTAKES made when trying to awaken Kundalini...avoid these at all costs! DANGERS TO AWAKENING KUNDALINI...find out the 7 Dangers when trying to manifest Kundalini...be aware of these on your path towards Kundalini awakening and much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! Check Out What Others Are Saying... An interesting and informative book on the awakening of Kundalini. I particularly liked the exercises and the dangers to avoid. A must buy for all those beginning their path towards awakening.Ronnie, Scotland

THE SOUL'S JOURNEY: GUIDANCE FROM THE DIVINE WITHIN propels the reader onto a breathtaking visionary quest as the soul's longing to know the Divine is answered by the loving power of Grace. Dr. Edwards uses his personal mystical experiences to gradually unfold the tasks to be mastered and the lessons to be learned as we tread our individual path to the Divine. His wisdom is grounded in both direct experience as well as in the knowledge of Jungian archetypal psychology, Eastern and Western mysticism and mythology. The book presents a rich interweaving of personal trials and challenges, insights from poet saints and mystics, uplifting experiences of the Divine being discovered in everyday life, and lofty overviews of the spiritual terrain from different vantage points. The reader will have the good fortune to find their faith and their enthusiasm for treading their path delightfully boosted by what they encounter in this book. Joseph Chilton Pearce, noted author and lecturer on human development whose books include THE MAGICAL CHILD, THE MAGICAL CHILD MATURES and EVOLUTION'S END: "You have a treasure chest of experience - so rich a story.... The only one worth telling - the only game in town." Dr. Marion Woodman, the highly regarded Jungian analyst, author of numerous works and co-author of DANCING IN THE FLAMES: THE DARK GODDESS IN THE TRANSFORMATION OF CONSCIOUSNESS: "I find your descriptions of your experiences fascinating. I really feel that blackness - radiant blackness [of Kali] - you describe. Also your descriptions and explanations and in-depth experiences of the chakras are excellent. Many thanks for sharing this with me. I know it can be of value to many who are working so hard to bring East and West, body and mind together." Stanley Krippner, Ph.D., professor of psychology, author of Spiritual Dimensions of Healing and editor of Dreamscaping: "...Edwards' first person accounts are riveting. [His] descriptions of his Kundalini states are eloquent, including colorful descriptions of his imagery (olfactory and tactile as well as visual and auditory) and profound insights into the human condition. Edwards skillfully guides his readers through a pathway on which he

has been an experienced traveler." (AHP Perspective, Sept/Oct 2001)

A ""Kriya Yogi's Kundalini Awakening in the Himalayas"" offers readers a deep trek not only to the Himalayas but to an extraordinary woman's spiritual awakening. Her initial aspiration to learn mountaineering had turned into a spiritual quest to attain enlightenment. She began reading books on quantum physics and metaphysics, and found no answers, before eventually stumbling upon Autobiography of a Yogi, by Paramahansa Yogananda (1893-1952), where she learned that the path of Kriya Yoga had been given to humanity to realize our immortality through self-realization and the evolution of consciousness and got initiated into this science by Baba Paramahansa Hariharananda Giri, a direct disciple of Sri Yuktेशwar and a peer to Yogananda. She experienced her final Awakening, where she became ONE with the Universe at the cave of Mahavatar Babaji that Yogananda cites in his book. She took the treacherous Siddhartha Road to Awakening that spanned over 25 years of her various spiritual practices

The path towards ascension is often portrayed as a dangerous and impossible task rife with problems and difficulties. It doesn't have to be that way. Why do I need to awaken my Kundalini energy? Awakening of the Kundalini chakra is essential to achieve the state of spiritual awakening and ascension that allows us to evolve into a higher state of existence. Kundalini is the latent sexual and creative energy residing in all humans. For centuries,

the most ascended masters and yogis have spent decades perfecting and developing the techniques to utilize this energy for the good of mankind. Building on this spiritual research of centuries past, this book has compiled for its readers a simple, easy and guided path towards complete awakening of their kundalini with exercises, precautions and warnings that you will need along the way. With this comprehensive guide to kundalini awakening, you can learn to identify, activate, sync and train your latent kundalini energy to bring positivity to your life on the path towards enlightenment and ascension. Not only does the book guide you through each and every single step towards your awakening, it also provides some very necessary precautions, warning and suggestions that you will need along the way to achieve successful awakening without having to suffer the problems and issues that most beginners or even advanced practitioners encounter. The book includes: Tantric Meditation And Yoga Techniques From Beginner To Expert Level Comprehensive Explanation Of Core Concepts And Idea Necessary Preparations And Precautions Complete Program Of Training And Activation Easy To Follow Guidelines And Examples Easy To Incorporate Exercises Into Daily Life Introduction to Reiki Healing Proper Use Of Herbs, Crystals, Symbols And Energies Techniques And Hand Positions For Reiki Healing Will the Book help me hone and develop my spiritual abilities? The guide contains all you'll need to know in order to bring your spiritual and psychic abilities to their maximum potential and usefulness. Try the Kundalini awakening. Get a copy of the book today!