

## **Awakening Kundalini The Path To Radical Freedom**

"The words of Lord Krishna to Arjuna in the Bhagavad Gita," writes Paramahansa Yogananda, "are at once a profound scripture the science of Yoga, union with God, and a textbook for everyday living." The Bhagavad Gita has been revered by truth seekers of both the East...

"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. Elevate your consciousness and heal your life. In *Awakening to the Fifth Dimension*, author Kimberly Meredith offers readers something truly revolutionary—a new dimension of healing. Discovering her healing gifts after two near death experiences in 2013, she is now one of the most in-demand medical intuitive healers in the nation, traveling the country to speak at events, appearing at major consciousness and global virtual events, and offering healing to those who so desperately in need. Here in these pages, Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this healing in their own lives. Whether you are wrestling with chronic illness, seemingly untreatable symptoms, or other mental, emotional, or physical ailments, Kimberly's gentle wisdom offers a way forward towards happiness and freedom. Filled with instruction, case studies, testimonials, nutritional advice, and practical methods to raise your consciousness *Awakening to the Fifth Dimension* will empower readers to confront their own health struggles and find true, lasting healing.

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 technique, 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.

3 Proven and Fast Techniques to Awaken Shakti

Kundalini for Beginners

Kundalini Yoga: The Shakti Path to Soul Awakening

Exploring the Energy of Awakening

Your Journey Through Healing and Mindfulness. Open Your Third Eye and Enhance the Intuition. Plus 8 Hours of Guided Meditations

Discovering the Soul's Path to Healing

An Experiential Guide to the Process of Awakening

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.

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

A guide to moving gracefully through the 3-phase process of Kundalini awakening • Explains the three phases of Kundalini awakening, the effects of pre-Kundalini and neuro-Kundalini, and Kundalini's connection to the chakras and the spiritual heart • Describes the physical, emotional, and spiritual effects of Kundalini energy, including the rerouting of digestive fire, which can lead to food allergies and sensitivities • Explores supportive dietary and alternative health modalities, including fasting, paleo, keto, vegetarian, and mono diets, herbal allies, and meditation Kundalini awakenings can have profound physical, emotional, and mental effects, making it difficult to cope with everyday life, yet these powerful awakenings can also allow you to release past trauma, see past the illusions of the false self, and awaken your spiritual heart, enabling you to recognize the divine self. In this step-by-step guide to the 3-phase process of Kundalini awakening, Mary Shutan delivers practical information on how to deal

with such a spiritual emergence in our modern world. Starting with her own story, she describes the nature of Kundalini energy, the reasons for the energy rising, and the connection to the chakra system. Debunking the myths associated with Kundalini awakening, she explains how the first phase of Kundalini rising involves a surging up of fire--the fire of purification. It releases the past, liberates you from past bondages and beliefs, and disrupts the neuro-endocrine systems of the body. The second phase involves expansive experiences of ecstasy, peace, bliss, and emptiness states as the upper chakras open, greater perspective on life comes in, and you connect with cosmic consciousness. The third phase, the opening of the spiritual heart, is a shift from upward-flowing energy to a downward flow of grace into the heart center, leading to compassion, re-anchoring in the world, and the embodiment of light. Exploring how Kundalini profoundly rewires the physical body and the mind, the author describes the rerouting of digestive fire during the rising of Kundalini energy. She explores the relationship between Kundalini and food allergies and sensitivities as well as supportive dietary and alternative health modalities, including fasting; paleo, keto, vegetarian, vegan, and mono diets; herbal allies; and mineral supplements. She also explores sexual practices that may help or hinder the process and meditation techniques to facilitate Kundalini awakening during each phase. Providing detailed guidance for each phase of Kundalini awakening, this experiential guide supports you as you transform not only emotionally and spiritually but also physically and socially into your divine self.

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 Yukteshwar 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 Kundalini Awakening, Empath and Psychic Abilities 2 in 1

Inner Engineering

Kundalini Awakening Mastery

Kundalini Awakening in Everyday Life

Kundalini Awakening for Personal Mastery 2nd Edition

The Evolutionary Energy in Man

Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

***Learn to express your soul's longing, delve into images that awaken***

***your imagination and speak of a truth yet unexplored. Allow Art & Yoga to take you on a journey to your intuitive, creative and authentic self! Yogis will find creative exercises to deepen their experience of yoga, while artists will discover simple, yet profound yoga and meditation practices that will help their creative flow, focus, and intuition. For anyone interested in yoga and the arts, this book explains how to create a daily Art and Yoga practice, providing step-by-step guidelines for producing art and doing yoga as complementary practices individually, in a group, or in community. Along the way, we draw inspiration from the teachings of Yogi Bhanan, nature, artists of the past, and recent developments in healing and spirituality. There is no need to know how to draw, paint, meditate, or do yoga to use this book. The art exercises are designed to make the experience accessible and fun, while also introducing a variety of inexpensive, safe, and easy-to-obtain art materials. Any experience you bring to the process will be helpful. If you teach yoga or art or if you work as a healer, you'll find inspiration and practical ways to deepen your professional practice.***

***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... 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?***

***Guidance from the Divine Within***

***Kundalini Rising***

***Kundalini***

***A Companion for the Inward Journey***

***The Soul's Journey***

***A New Path to Spiritual Awakening***

***Gateways to Higher Consciousness***

In Evolutionary Enlightenment, Andrew Cohen redefines spiritual awakening for our contemporary world—a world characterized by exponential change and an ever-expanding appreciation for the processes of evolution. Cohen's message is simple, yet profound: Life is evolution, and enlightenment is about waking up to this fundamentally creative impulse as your own deepest, most authentic self. Through five tenets for living an enlightened life, Cohen will empower you to wholeheartedly participate in the process of change as your own spiritual practice. Evolutionary Enlightenment not only makes deep sense of life today; it will show you how to play an active role in shaping the world of tomorrow.

? 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!

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! --- 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. A Yogi's Guide to Joy

The Sacred Path to Awakening Your Dormant Energy and Living a Meaningful Life. 8 Guided Meditations For Chakra Healing, Opening the Third Eye, and Developing Psychic Abilities

The Path to Radical Freedom

Highly Effective Guide to Achieve Higher Consciousness, Transcendence & Spiritual Enlightenment-Increase Mind Power, Psychic Intuition, Energy Vibration Frequency and Evolve

The Secret to Unlocking Your Inner Spiritual Power

Kundalini Awakening

A Gentle Guide to Chakra Activation and Spiritual Growth

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.

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 pranayamas 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!

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)

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, meditation, fellowship, wisdom, and love.

Enlightenment Through the Path of Kundalini

A Kriya Yogi's Kundalini Awakening in the Himalayas: A Boundary-Breaking Journey to Self-Realization Graced by Mahavatar Babaji  
Spiritual Nutrition

The Awakening of Kundalini

Learn How to Increase Your Energy and Heal Your Body Using Mind Power and Spiritual Enlightenment, Reducing Anxiety and Awakening Kundalini Energy  
Awakening Kundalini

*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!*

**75% 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

Harness the power of your inner energy! Begin your journey of spiritual awakening! The seven chakras are the concentrated energies that are spread out throughout our bodies, but often those energies become blocked and closed, affecting us both physically, mentally, and spiritually. This can prevent you from pursuing your dreams or achieving inner peace but knowing and taking the time to learn how to open and awaken those main energies can help you overcome illnesses and mental suffering as well as set you on the right path of your spiritual journey. There is a bright ball of energy inside you, and often it can get corrupted but through meditation, you will be able to purify yourself in order to achieve a spiritual awakening which is what many people on a spiritual journey seek. Don't fear the energy within you! Being able to harness such power can come to your advantage if you are taught correctly. Throughout this book, you will be carefully instructed and guided on how to open your chakras. Inside you will find the following topics: Basic understanding of the seven chakras How to identify a blocked chakra Different ways to open up your chakras What is Kundalini Awakening and how to achieve it Benefits and tips on how to meditate Guided meditations for each chakra And much, much more!

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 Kundalini Find 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

*Path to Higher Consciousness*

**KUNDALINI AWAKENING**

*Art & Yoga*

*Highly Effective Methods to Awaken Your Chakras, 3rd Eye & Kundalini Energy-Heal The Body, Increase Energy & Intuition Using Guided Meditation, Reiki & Chakra Healing*

*The Path to Regain the Divine*

*The 7 Easy Steps to a Mind-Blowing Kundalini Awakening!*

*A Direct Path to Enhance Psychic Abilities, Expand Intuition & Mind Power. Activate and Decalcify Pineal Gland. Discover Transcendence & Spiritual Enlightenment.*

**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.**

**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 kundalini is, how we change through a kundalini awakening, how to awaken the kundalini safely and slowly, how to overcome possible difficult symptoms in the process and 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)

**Awakening Kundalini**The Path to Radical Freedom Sounds True

**If you want to have a kundalini awakening! If you want to recognize your kundalini awakening! If you are living a kundalini awakening! keep reading...** Identified by cultures and traditions all over the world as a key to the most profound and transformative experiences that we can have, Kundalini is the power of the divine within, that compels us to evolve and grow. Kundalini awakening is a crucial point in the journey towards our spiritual evolution. But, do you know how to recognize the profound spiritual development that Kundalini offers? **Benefits of Kundalini Awakening: Nervous System - Kundalini strengthens your nervous system. Willpower - Kundalini awakens your inner willpower. Brain Power - Kundalini clears the fogginess of the mind. Creativity - Kundalini brings into balance the left and the right hemispheres of the brain. All Embracing - Kundalini**

*opens the Heart Chakra. Communication - Kundalini opens the Throat Chakra. Inside you find: 18 different types of meditations. More than 7 hours of the best guided meditation. Tips and tricks on how to improve every aspect of your life. It can also be confusing and difficult to understand. But Sarah Williams under the enlightened guidance of Sai Chakra Barti will guide you in the search for kundalini awakening and you will learn to recognize the symptoms of your awakening day by day. If you are here, it's not a coincidence ...If you are ready to know who you are ...if you are here click the - BUY BUTTON - and start with your new awakening!*

*Kundalini Awakening: Attain Spiritual Enlightenment, Transcendence & Higher Consciousness-Increase Psychic Abilities, Mind Power, Tune Into*

*Six Foundations for Spiritual Life and the Awakening of Kundalini*

*Sex Yoga*

*Psychosis Or Transcendence?*

*Kundalini Exposed*

*The Spiritual Awakening Guide*

*The Kundalini Experience*

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"

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.

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

**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

The Ultimate Guide to Awakening Your Chakras Through Kundalini Yoga and Meditation and to Experiencing Higher Consciousness, Clairvoyance, Astral Travel, Chakra Energy, and Psychic Visions

Chakra Awakening For Beginners

Evolutionary Enlightenment

A Guide to a Positive Spiritual Awakening and Overcoming Kundalini Syndrome  
6 Books In 1: Achieve Higher Consciousness & Spiritual Transcendence Using Meditation - Increase Psychic Intuition, Mind Power, Awaken Your Third Eye & Evolve

Awakening to the Fifth Dimension

Disclosing the Cosmic Mystery of Kundalini. the Ultimate Guide to Kundalini Yoga, Kundalini Awakening, Rising, and Reposing on Its Hidden Throne.

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

**Wilber.**

**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 symptoms 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)

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 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.**

**God Talks With Arjuna**

**Awaken Your Kundalini Energy, Achieve Higher Consciousness, Expand Your Mind, Decalcify Pineal Gland**

**Working with Kundalini**

**The Ultimate Guide to Unlocking the Secrets of Spirituality and Relaxation, Achieve Enhanced Intuition and Enlightenment, Expand Mind Power and Awaken Your Third Eye**

**The Kundalini Guide**

**The Kundalini Book of Living and Dying**

*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"!*

*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."*

*NEW YORK TIMES BESTSELLER - Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy. Praise for Sadhguru and Inner Engineering "Contrarian and consistent, ancient and contemporary, Inner Engineering is a loving invitation to live our best lives and a profound reassurance of why and how we can."--Sir Ken Robinson, author of The Element, Finding Your Element, and Out of Our Minds: Learning to Be Creative "I am inspired by Sadhguru's capacity for joy, his exuberance for life, and the depth and breadth of his curiosity and knowledge. His book is filled with moments of wonder, awe, and intellectual challenge. I highly recommend it for anyone interested in self-transformation."--Mark Hyman, M.D., director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author "Inner Engineering is a fascinating read of Sadhguru's insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos."--Deepak Chopra*