

## Kundalini Yoga Whole Way Library

An introduction to the yogic breathing and mind-body techniques of Kundalini yoga explains their potentially beneficial applications for such disorders as depression, ADHD, and chronic fatigue syndrome.

Introduces the philosophy and poses of yoga with the help of photographs, stories, and movement games.

Introduction to Kundalini Yoga and Meditation is a brand new 2 volume guide suitable for students of all levels. Guru Rattana combines the essence of Yogi Bhajan with her own knowledge and unique insights, gained from 40 years of personal practice, study and teaching. Her wisdom will illuminate your path, taking you deep within on an amazing journey of transformation and self-discovery, to a destination of self-love, inner peace and oneness with all. "This introduction is beyond perfect. This is True Kundalini! You have taken everything from my heart and understanding, and placed it in print with your yogic

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history! YES!!!! It creates awe." - Siri Bandhu Kaur, OttawaBegin and Deepen Your Practice describes in detail the techniques used to awaken the Kundalini. It includes the basics to be learned by beginners and perfected by more advanced students, including? understanding the mind and meditation? guidelines for practicing Kundalini Yoga? how to design your personal practice ? tips to optimize your progress.You will find kriyas and meditations to deal with stress, addictions, depression, sleeping, spinal health, mental clarity, activating your navel center, and opening the heart. You will discover how to direct your attention and guide your inner journey to health and happiness.Guru Rattana is also author of Transitions to a Heart-Centered World, Relax and Renew, and Sexuality and Spirituality. Her more recent books are The Destiny of Women Is the Destiny of the World, The Inner Art of Love, The Gift of Womanhood, The Power of Neutral, and Your Life is in Your Chakras (expanded edition 2014). She began studying with Yogi Bhajan in 1977. A KRI certified Kundalini Yoga teacher, she has taught in 15

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countries, including many Kundalini Yoga Teacher Training Courses.

The volumes in this set, originally published between 1978 and 1992, draw together research by leading academics in the area of the occult and provide a rigorous examination of related key issues. The collection examines occultism from a broad range of disciplines, from shamanism and the occult tarot, to the esoteric and spiritualism. It includes volumes across the disciplines of religion, covering new religious movements, spiritualism, ritual and magic practices. The three books that comprise this set include investigations into the evolution of occultism, as well as the history and practices of the occult as a religious movement. This collection brings back into print insightful and detailed books and will be a must-have resource for academics and students, not only of religion and anthropology, but also of history and psychology.

Routledge Library Editions: Yoga  
In Form and Function

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The Hue-Man

Kundalini Rising

Kundalini Yoga Demystified

Fly Like a Butterfly

An untold story

Explore the physiology of 30 key yoga poses, in-depth and from every angle, and master each asana with confidence and control. Did you know that yoga practice can help lower your blood pressure, decrease inflammation and prevent age-related brain changes?

Recent scientific research now backs up what were once anecdotal claims about the benefits of yoga to every system in the body. Science of Yoga reveals the facts, with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the surface of each pose, safe alignment and much more. With insight into variations on the poses and a Q&A section that explores the science behind every aspect of yoga, this easy-to-understand, comprehensive book is an invaluable resource to achieve technical excellence in your practice and optimize the benefits of yoga for your body and mind.

For new and experienced students, practical guidance in kundalini yoga for happiness, health, and fulfillment Kundalini is a universal life force within each of us that, once awakened, holds the power to transform every facet of our lives. Kundalini yoga is the art

and practice of activating this radiant energy. With *Essential Kundalini Yoga*, Karena Virginia and Dharm Khalsa present the core principles and practices of this revered tradition in an inviting and accessible guide. “Kundalini yoga opens joyous space for connecting deeply with the energy states of our being,” write Karena and Dharm, “It brings vital health to the body and opens our consciousness to new potentials of awareness.” Created for the modern practitioner, this book offers clear, comprehensive instruction in the key insights and practices of kundalini yoga. From philosophy and lifestyle, to working with anatomy and physical asana, to activating our energy bodies, *Essential Kundalini Yoga* is a uniquely practical and in-depth manual. Highlights include: Gorgeous photos illuminating step-by-step instructions Detailed instructions, explanations, and illustrations for core kundalini practices—mantra, pranayama, bhandas, asana, kriya, meditation, and more Seven traditional kundalini yoga routines, including a pituitary gland series for intuition, yoga for the immune system, and detoxing for radiance Understand the science of the practice, including its effects on the glandular system, spine, nervous system, and skeleton Meditations, mantras, and yoga poses to activate each of the chakras and bring health to your energetic body Remedies for common emotional challenges—dealing with fear, shame, and depression, among others Kundalini secrets for getting better sleep, aging gracefully, enhancing fertility, cultivating vitality, and more Rooted in tradition and infused with a sense of infinite possibility, *Essential Kundalini*

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Yoga is a joyful invitation for practitioners of all levels to awaken the vital energy within and receive the gifts that emerge from connecting more deeply with your own potential for creativity, abundance, and joy.

This nine-volume set reprints valuable early works introducing the philosophy and practices of Yoga to a Western audience, and provides key analysis by some of its leading practitioners. Indian, Taoist and Buddhist yogas are examined, and their relation to the West, including Christianity.

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

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past blockages, and expanding your vital life-force energy throughout your body.

Yoga for Real Life

Exploring the Energy of Awakening

The Kundalini Yoga Book

The Psychology of Kundalini Yoga

The Nine Keys

Life in the Vast Lane

Yoga and the Hindu Tradition

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

***In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of***

***creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.***

***From basic postures to more advanced meditation, this guide explains how yoga can contribute to your general well-being. Whether you are mum-to-be or tackling midlife challenges, find postures to help you meet life with peace of mind and renewed vitality.***

***Demonstrates poses, meditations, breathing exercises, and mantras to introduce Kundalini yoga and its seven chakras, spiritual centers that are connected to major body organs.***

***A Modern Guide to What It Is and How to Practice  
Sadhana Guidelines***

***Routledge Library Editions: Psychiatry  
Kundalini***

***Create Your Daily Spiritual Practice***

***The Flow of Eternal Power: A Simple Guide to the Yoga of Awareness as taught by  
Yogi Bhajan, Ph.D.***

***Premka: White Bird in a Golden Cage: My Life with Yogi Bhajan***

***The yoga in this book is a sample of the vast wealth called Kundalini Yoga. Here you will learn about the form of yoga based on the teachings of Yogi Bhajan, Ph.D., who took***

*kundalini yoga from India and brought it to the West in 1969. Master yoga teacher and author Shakta Kaur Khalsa demonstrates how kundalini yoga works for everyday life and every single person. You do not need to be in perfect physical shape or share any particular belief system. Kundalini yoga will work for you if you can just breathe and move your body. In this form of yoga, the most important thing is experience. Your experience goes right to the heart of your being. By approaching kundalini yoga with openness and respect, and by following the steps described in this book, you can change and enrich your life.*

*Psychiatry is a medical field concerned with the diagnosis, treatment and prevention of mental health conditions. Routledge Library Editions: Psychiatry (24 Volume set) brings together titles, originally published between 1958 and 1997. The set demonstrates the varied nature of mental health and how we as a society deal with it. Covering a number of areas including child and adolescent psychiatry, alternatives to psychiatry, the history of mental health and psychiatric epidemiology.*

*Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered around clean, calming foods.*

*"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I*

*felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through." - Tommy Rosen, on his first yoga experience Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes • Looking at the roots of addiction; your family history and "Addiction Story" • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your mission, living on purpose, and being of service to others Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.*

### **RECOVERY 2.0**

*As Taught by Yogi Bhajan : Unlock Your Inner Potential Through Life-changing Exercise Handbook for Shaktipat Siddhayoga Initiates*

*Science of Yoga*

***THE KUNDALINI YOGA CHRISTIAN MASTER IS***

***The Kundalini Yoga Experience***

***Harmonizing Your Inner & Outer Space***

Learn the practical science to work directly with the root energy of all existence, and experience for oneself the reality of the ancient and mysterious Divine Mother Kundalini, spoken of in all the world's great religions. Includes practices of meditation, transmutation, astral projection, pranayama, and the long-hidden Jinn Science.

On the surface it may appear that yoga is yoga is yoga, but take a closer look and you'll discover myriad different yoga systems and lineages. There are dozens of yoga styles to choose from, and while yoga is for everyone, not every style is the perfect fit for every person. But how do you choose between mysterious-sounding names such as Ashtanga, Kundalini, Bikram, and Kripalu? As Meagan McCrary discovered when she began exploring different classes, finding the right style is essential for establishing a steady yoga practice. *Pick Your Yoga Practice* is the first book to describe the most prominent yoga styles in depth, including teaching methodology, elements of practice, philosophical and spiritual underpinnings, class structure, physical exertion, and personal attention. Those new to yoga will discover they have options and can confidently attend a class of their choosing, while experienced practitioners will expand their understanding of the

vast world of modern yoga, and perhaps find themselves venturing into new territory. Ashtanga \* Iyengar \* Kundalini \* Integral \* Kripalu Bikram \* Jivamukti \* Sivananda \* Ananda Viniyoga \* Svaroopaa \* Power \* Forrest \* ISHTA Anusara \* Moksha \* AcroYoga

You don't have to be a monk to enter the ultimate realm of happiness! Yes, it's true. In his book *Kundalini – An Untold Story*, Himalayan ascetic Om Swami unveils the enigmatic story of kundalini, the formless aspect of the Goddess or your primordial energy. With workable steps for awakening this energy source, the author explains the esoteric and practical meaning of kundalini and the seven chakras in his usual humorous style. These riveting anecdotes are based on his personal experience gained from years of intense meditation. Take an awe-inspiring journey – something no other book on spirituality can offer – from the origins of kundalini all the way to Swami's own sadhana in the modern age. Om Swami is a mystic living in the Himalayan foothills. He has a bachelor's degree in business and an MBA from Sydney, Australia. Prior to his renunciation of this world, he founded and ran a multi-million dollar software company successfully. He is the bestselling author of *A Fistful of Love*.

*The Nine Keys: A Guide Book To Unlock Your Relationships Using Kundalini Yoga and the Enneagram* weaves together two ancient technologies in a modern application to improve your relationships. The Enneagram is a tool for compassion that explains why

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people behave the way they do. The Nine Keys outlines nine distinct habits of attention and illustrates how these different habits influence your interpretation of events. And it highlights how misunderstandings occur and how these differences can be bridged. Kundalini Yoga, the yoga of self-awareness, offers practical tools to address our somatic experience in the world. This simple, powerful form of yoga emphasizes breathwork and strengthening the nervous system, addressing the changes that need to occur to keep your body in a relaxed, expansive state, thereby lowering stress and anxiety.

Health and Radiant Beauty for Every Stage of Life

Kundalini Yoga as Taught by Yogi Bhajan

Routledge Library Editions: Occultism

Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health

24 Volume Set

The Women's Health Big Book of Yoga

Volume 1 - Begin and Deepen Your Practice

A guide to Kundalini yoga fundamentals explores meditation, exercise, and diet, demonstrating techniques and explaining how to raise consciousness and improve health.

Interest in yoga is at an all-time high, especially among women.

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Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being. The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul. Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime. Shares step-by-step instructions on the basics of Kundalini yoga, explaining how its less-straining positions and meditative focus on stress reduction renders it an accessible and beneficial discipline regardless of fitness level. Offers suggestions and instructions on implementing feng shui principles into home and office interior and exterior design, explaining how such changes can help create prosperity and inner peace.

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A Guide Book to Unlock Your Relationships Using Kundalini Yoga and the Enneagram

Understand the Anatomy and Physiology to Perfect your Practice

Essential Kundalini Yoga

Pick Your Yoga Practice

Notes of the Seminar Given in 1932

A Woman's Book of Yoga

Kundalini Tantra

***Premka: White Bird in a Golden Cage is a compelling and beautifully unfolding tale, offering a haunting look into a teacher/student relationship. This intimate memoir, written by one of Yogi Bhasan's prized teachers and exalted students, is full of devotion, love, dedication, betrayal, loss and the healing unification of the self. It also reads as a love letter to a unique time in history-the '60s in Los Angeles and New Mexico, where love, music, art, spiritual exploration, often led to self-transformation. As a historical treatise and a spiritual mystery, this book offers unique insight into the origins of the Western Sikh***

*movement and the proliferation of Yogi Bhajan's kundalini yoga.*

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

*The Kundalini Yoga Book by master yogis ANA BRETT and RAVI SINGH is your ultimate guide to this dynamic inner and outer yoga system. Ravi and Ana share these techniques in their much loved fun, accessible and non-dogmatic style. Supercharge your life with dozens of beautifully*

*photographed workouts to help you profit from your practice, streamlined, symmetrical, inspired, and on top of the world. The Kundalini Yoga book is designed to help you get your essential practice in no matter how busy you are. Each chapter features easy to follow instruction as well as insider information about the benefits of each exercise. Nourish yourself with food for the soul as well as cutting edge alignment tips. Draw inspiration from Ana and Ravi's candid and entertaining stories about their own path and process. In addition, the ancient and modern history of Kundalini Yoga (based on years of research) is presented.. THIS BOOK IS ABOUT THE KUNDALINI YOGA SCIENCE FROM A CHRISTIAN BIBLE PERSPECTIVE.*

*Feng Shui*

*Techniques for Developing Strength, Awareness, and Character*

*Sexual Health: State-of-the-art treatments and research  
Yoga, Meditation, Mantras and Breathing to Empower and Transform Your Life*

***Kundalini Yoga Meditation: Techniques Specific for  
Psychiatric Disorders, Couples Therapy, and Personal Growth  
The Essential Guide to Complete Mind/Body Fitness***

Stage by stage, this insightful book shows how to make Kundalini practice a part of even the busiest life, no matter how much or little yoga or meditation you've done in the past. It begins with an easy-to-follow account of the subtle body, the energetic part of you that includes the chakras and Kundalini itself. There is advice on all aspects of preparation, from motivation and setting up a practice space to using diet and ritual to purify your body and mind. Step-by-step exercises then illustrate the key stretches and yoga poses, there is a chapter on the vital art of pranayama (breath control) and another explains how to deepen your practice through the use of mantras (sacred sounds), mudras (hand gestures) and yantras (sacred diagrams). Finally, the twelve guided meditations in the last chapter, each one an effective combination of the techniques already explained, empower you to address specific issues you may like to enhance in your life, whether balance, creativity, love, anxiety, anger or fatigue. Designed to be easily integrated into daily life, the nurturing guidance in this book allows absolutely anyone to draw on the Kundalini power already present in their body to achieve lasting health and happiness. Explains how to use Kundalini yoga meditation to treat psychiatric disorders including, panic disorders, depression, chronic fatigue syndrome, and autism and asperger's disorder.

"Kundalini yoga presented Jung with a model of something that was almost completely lacking in Western psychology--an account of the development phases of higher consciousness.... Jung's

insistence on the psychogenic and symbolic significance of such states is even more timely now than then. As R. D. Laing stated... 'It was Jung who broke the ground here, but few followed him.'"--From the introduction by Sonu Shamdasani Jung's seminar on Kundalini yoga, presented to the Psychological Club in Zurich in 1932, has been widely regarded as a milestone in the psychological understanding of Eastern thought and of the symbolic transformations of inner experience. Kundalini yoga presented Jung with a model for the developmental phases of higher consciousness, and he interpreted its symbols in terms of the process of individuation. With sensitivity toward a new generation's interest in alternative religions and psychological exploration, Sonu Shamdasani has brought together the lectures and discussions from this seminar. In this volume, he re-creates for today's reader the fascination with which many intellectuals of prewar Europe regarded Eastern spirituality as they discovered more and more of its resources, from yoga to tantric texts. Reconstructing this seminar through new documentation, Shamdasani explains, in his introduction, why Jung thought that the comprehension of Eastern thought was essential if Western psychology was to develop. He goes on to orient today's audience toward an appreciation of some of the questions that stirred the minds of Jung and his seminar group: What is the relation between Eastern schools of liberation and Western psychotherapy? What connection is there between esoteric religious traditions and spontaneous individual experience? What light do the symbols of Kundalini yoga shed on conditions diagnosed as psychotic? Not only were these questions important to analysts in the 1930s but, as Shamdasani stresses, they continue to have psychological relevance for readers on

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the threshold of the twenty-first century. This volume also offers newly translated material from Jung's German language seminars, a seminar by the indologist Wilhelm Hauer presented in conjunction with that of Jung, illustrations of the cakras, and Sir John Woodroffe's classic translation of the tantric text, the Sat-cakra Nirupana. ?

"The goal of this material is to provide Kundalini Yoga teachers and Kundalini Yoga practitioners with basic knowledge of the structure and functions of the human body."--xi.

Everyday Kundalini

Yoga for Women

An Invitation to Radiant Health, Unconditional Love, and the Awakening of Your Energetic Potential

I AM A WOMAN

Yoga for Children

Introduction to Kundalini Yoga

Exploring and Understanding Different Styles of Yoga

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

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.

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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.

The practice of Kundalini yoga aims to unlock and awaken the radiant transformative energy that exists within every person. This book is the perfect introduction to the fundamentals of a Kundalini practice. Taught for thousands of years and brought to the West by Yogi Bajan, Kundalini is a powerful mind-body style of yoga. When practiced regularly, Kundalini yoga can strengthen the nervous system, balance the glandular system, and harness the energy of the mind, emotions, and body, and is surprisingly simple to learn. While general yoga technique focuses on exercise postures and breathing, Kundalini takes the process a step further by integrating yoga into everyday life activities. This definitive guide, fully illustrated with photographs, is an accessible introduction to the ancient practice of Kundalini yoga, with information on poses and positions, diet and lifestyle, breathing and stretching techniques, chanting and meditation exercises, and

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general guidelines that can help anyone—beginner or advanced—gain the greatest benefit from the practice of yoga.

Shaktipat is the extremely rare art where an enlightened Siddha ignites the student's kundalini in such a way that the student's kundalini will take him or her to enlightenment. This is a handbook for students who have received this rare and sacred initiation. It is also an easy but to the point introduction to those who are curious about this path but have not embarked on it. The book discusses the various aspects of shaktipat initiation, of the supreme Self, of spiritual practices and of what is required of the student and the guru. The meditative practices of Shaktipat Siddhayoga (sadhana) are also discussed - as well as basic kundalini yoga addenda. The main practice of Shaktipat Siddhayoga is to surrender to the Grace of the Divine Mother. Other meditation practices are discussed in context of this. The important subtle energy channels are introduced as well as the chakras and the three basic knots blocking our spiritual progress. Karma and Free Will is discussed. Finally is a comprehensive list of psychological defense mechanism as discovered by modern psychoanalysis. Any yogi should know these and scrutinize himself. A dictionary of yogic terms is also included. Also included is a weblink to when and where you can receive initiation.

Unlock Your Inner Potential Through Life-changing Exercise

Kundalini Yoga

Bringing Body, Mind, and Spirit Together

Creative, Sacred & Invincible

The Yellow Book

### Kundalini Yoga As Taught by Yogi Bhajan : Unlock Your Inner Potential Through Life-changing Exercise Dk Pub

Sadhana brings us into an intimate alignment with the reality of who we are: as a creature of the Creator and as a human being. First published in 1974, Kundalini Yoga Sadhana Guidelines has become the best-selling Kundalini Yoga manual of all time. Within these pages, you'll find the inspiration to keep returning breath-by-breath to your Self and to your practice. Sadhana is everything we do on a daily basis as our self-discipline and our commitment to our higher self. It is a spiritual practice in which we confront the tendencies of our mind and ego and, out of love, we invite in the dimensions of our soul, spirit, and intuition. In its essence, it is a process of refinement, development, and mastery. As we learned from eastern traditions, a sadhu is a being who has disciplined himself.

Likewise, the definition of a yogi is a person who has totally leaned on the supreme consciousness, which is God. The purpose of sadhana is to arrive at the place where we go beyond our ego and its limitations. Morning sadhana-done before the sunrise-is a special time when we sit before the altar of our own consciousness and have the opportunity to clean up our inner world before we engage in the outer world-our jobs, our families, our

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responsibilities. This manual exists to serve you and to help you uplift yourself and others. It is designed for both the new and the experienced student. It focuses on the essential practice of Kundalini Yoga. A material that offers lectures, essays, insights, and a series of exercises that one can experience and improve one's own personal practice.