

Kundalini Yoga Sadhana Guidelines

THE KUNDALINI YOGA CHRISTIAN MASTER IS Trauma to Dharma Introduction to Kundalini Yoga Sadhana guidelines. Il manuale fondamentale per chi pratica Kundalini yoga Snickers The Body Temple Introduction to Kundalini Yoga The Art Science and Application of Kundalini Yoga The Kundalini Yoga Experience Kundalini Yoga for Youth & Joy Kundalini Yoga Mudras for Awakening the Five Elements Kundalini Yoga The Eight Human Talents Breathwalk Meditations for Addictive Behavior Kundalini Yoga, Sadhana Guidelines Everyday Kundalini Premka: White Bird in a Golden Cage: My Life with Yogi Bhajan Chakras Essential Kundalini Yoga Kundalini Meditation Manual for Intermediate Students The Aquarian Teacher Original Light Kundalini Inner Engineering Kundalini Tantra Yin Yoga Tantric Numerology Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth Kundalini Owner's Manual for the Human Body Man to Man Invincible Living The Crazy Wisdom of Ganesh Baba The Mind The Yogi Assignment The Psychology of Kundalini Yoga Yoga Sadhana Panorama The Teachings of Yogi Bhajan

THE KUNDALINI YOGA CHRISTIAN MASTER IS

Tantric numerology has its roots in ancient yogic and tantric teachings, and is very applicable in today ' s world. It describes the ten emanations of the human psyche: the soul body, negative mind, positive mind, neutral mind, physical body, arc line, aura, pranic body, subtle body, and radiant body. As the times change so must our relationship to our self. We have moved from an agricultural to a technological culture, and our inner psyche needs to expand and grow in relationship to our external world. Kundalini Yogis believe that this can be done through the awareness of the ten bodies. The knowledge of the traditional seven-chakra system was supportive to human development in the past, however, with the increased pressure on our psyche to relate on a more subtle level, we need to expand on the current model of awareness. That is what this book is about.

Trauma to Dharma

Every human walking around on the planet has been pained. Trauma comes in all shapes and sizes and leaves its residue in our mind, body, and Soul. And while we cannot change what has happened to us, we can choose how it will transform us. We can choose what happens next. This is not just a how-to guide, but a me-too guide. In these pages, Dr. Azita Nahai, PhD, shares her deeply personal approach to transforming your life's pain into purpose. This new template for healing marries science and the soul by incorporating key tools and concepts from both evidence-based research and Kundalini yoga. Based on Dr. Nahai's 6 Principles of Awareness, this step-by-step plan offers coping strategies and exercises that shaped her own healing journey and will help you dive deeper into yours. By following this guide, you will change the way you relate to your pain and awaken to your greater purpose. Your dharma is just that: living a life of purpose, mission, and meaning-not in spite of your pain but because of it. Trauma to Dharma(R) will help you refashion your wounds into wisdom and turn the shit that life has thrown at you into fertilizer.

Introduction to Kundalini Yoga

Sadhana guidelines. Il manuale fondamentale per chi pratica Kundalini yoga

Snickers

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

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

The Body Temple

Deepen your practice and find balance--Yin Yoga comes home Expand your yoga journey with a guide to essential yin yoga poses to practice at home, whether you're a beginner or an experienced yogi. Yin yoga is a style of hatha yoga informed by Chinese Daoist practices, with a focus on the meridians and proper alignment. The poses are passively held for 1 to 5 minutes to help strengthen joints, ligaments, and fascial tissues. This user-friendly reference offers just enough philosophy to get you straight to the practice. Artwork and detailed instructions explain how to perform 25 different yin yoga poses and how to string them together into 30 different sequences. The practices are designed to last 10 to 45 minutes, so you can choose how much time you want to spend on the mat. Yin Yoga offers: Reduced stress and anxiety--Yin yoga activates the body's rest and digest response, which lowers your heart rate, increases circulation, and stabilizes breathing for better relaxation. Perennial poses--Seasonal sequences let you tailor your yoga practice to the time of year. Mind and body--The long holds and contemplative nature of yin yoga are also great training for a meditation practice. Unlock the power of yin yoga with a customizable practice you can do anywhere.

Introduction to Kundalini Yoga

The Art Science and Application of Kundalini Yoga

The Kundalini Yoga Experience

Mudras are hand gestures commonly used in yoga and meditation practices to direct the energy and expand consciousness. This vibrantly colored deck presents 33 mudras and 7 chakra cards that were selected for their benefits in promoting health and healing. Each card includes instructions for the pose,

an explanation of specific benefits, and an affirmation to help focus your intentions.

Kundalini Yoga for Youth & Joy

A fascinating look into our human nature through the eyes of Yogi Bhajan, Master of Kundalini Yoga. It details the interplay of the positive, negative, and neutral parts of our mind with our nine aspects and twenty-seven projections. Yogi Bhajan's lectures provide a practical approach to the Science of Humanology, and encourage you to meditate to enlist your mind as your friend and servant rather than your master. The meditations apply to the various aspects we embody, such as Defender, Manager, Artist, Producer, Strategist, Teacher. You can select from 42 meditations, including: Creating Art by Projecting into the Future; Pursuing the Cycle of Success; Deep Memory of a Past Projection; Interpretations of All Facets of Life; Pursuing the Cycle of Artistic Attributes; and Creating Art by Environmental Effects.

Kundalini Yoga

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."

Mudras for Awakening the Five Elements

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.

Kundalini Yoga

- Revised and expanded edition of the classic work on chakras by the renowned Indian scholar and tantra practitioner.
- Over 35,000 copies of the original edition sold.
- Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy. In the ancient science of tantra, the human body is

viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being. In *Chakras*, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its field, *Chakras* provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, *Chakras* is an invaluable, practical source of information and techniques.

The Eight Human Talents

If you have struggled to love your own body, been crippled by feelings of low self-esteem and self-worth, or battled an eating disorder, this book is a gift to heal you and your sense of self. Written for both the total beginner and the advanced yogi, "The Body Temple: Kundalini Yoga for Body Acceptance, Eating Disorders, and Radical Self-Love" guides you through a nurturing practice of yoga, meditation, mantra, and miracles.

Breathwalk

The technology of Kundalini yoga was brought to the West by Yogi Bhajan. Its aim is to maintain and tune up the human body to achieve peak performance at every age and stage of life. Among its effects are: an awakening of the ten bodies; automatic endurance in the body; balancing the vayus; energizing the system; accustoming the body to stress and strain; finding the cause of sickness; working on the lower spine; enhancing circulation and energy; relieving inner anger; empowering the brain; overhauling the nervous system; using the left and right hemispheres of the brain; achieving mental balance; cleansing the colon; removing stress; toning the liver and kidneys; making the skin radiant; maintaining the spleen; achieving equilibrium in the stomach; tuning up the glandular system and inner organs; building stamina; balancing the pineal, pituitary and hypothalamus glands; and a complete workout of the total self.

Meditations for Addictive Behavior

Kundalini Yoga, Sadhana Guidelines

THIS BOOK IS ABOUT THE KUNDALINI YOGA SCIENCE FROM A CHRISTIAN BIBLE PERSPECTIVE.

Everyday Kundalini

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

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

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

Chakras

Imagine having a cat who thinks she is a queen. She will expect you to give her your food and open doors for her at her whim. She will go places she shouldn't go and expect you to love her anyway. And she will wake you up in the middle of the night so she can hog your pillow. This is the story of *Snickers: The Cat Who Would Be Queen*. Visit with Snickers and see how she controls her royal subjects. Have fun watching her steal your potato chips and eat your apple pie. Fall in love with her beautiful kitty face as you read about her shenanigans. All of the images in this book are of the queen herself. You will want to read the story and look at the pictures again and again. And don't be surprised if your kitty starts doing the same things!

Essential Kundalini Yoga

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*.

Kundalini Meditation Manual for Intermediate Students

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.

The Aquarian Teacher

Original Light

The time has come. We want to be, we should be, and we have to be-men. Yogi Bhajan No one has ever talked to-men-about-men like this before! These no holds barred lectures tell a man how to master being a man. Everything you ve always wanted to know is here: how to succeed as a man, how to communicate as a man, how to make love to the woman in your life, the relationship between sex and spirituality, potency and projection, consciousness and creativity.Plus special foods, diets, and exercises especially for men.

Kundalini

Jung's Seminar of Kundalini Yoga, presented to the Psychology Club in Zurich in 1932, has been widely regarded as a milestone in the psychological understanding of Eastern thought and the symbolic transformations of inner experience. With sensitivity towards a new generation's interest in alternative religion 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 pre-war Europe regarded Eastern spirituality as they discovered more and more of its resources, from yoga to tantric texts.

Inner Engineering

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 Bhajan'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.

Kundalini Tantra

A guide to the ancient art of Kundalini Yoga with information on poses, diet and lifestyle, and breathing techniques

Yin Yoga

Tantric Numerology

From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out. With Invincible Living, Guru Jagat shares a

radical way of understanding yoga—not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yoga—which forgoes complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your desk—can reset your life and well-being, regardless of your age or background. Designed explicitly for everyday people, not ashram-going or gym-bodied yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. There's no need to have a bendy back or toned arms. You don't even need a mat: just a quiet space to clear your head, and as little as a minute out of your day. From beauty and self-care to work and relationships, *Invincible Living* tackles both the mind—from mood elevation and stress reduction to renewed mental clarity—and the body—from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagat's fresh, handmade-meets-hipster style, *Invincible Living* is a fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga. *Invincible Living* includes 100 color photographs and illustrations.

Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth

Kundalini Yoga is a powerful and transformative spiritual process that works with your body's subtle energy centres and allows you to access your spiritual inner self. Drawing on ancient yogic systems and techniques, Kundalini Yoga helps you to channel your Kundalini energy and empower you on your path to a lifetime of fulfilment. Kundalini Yoga reveals the significance of your birthdate and provides exercises and meditations to work on your yogic bodies and your seven chakras, which will help you to unlock the Kundalini energy within. It teaches you the key components of the practice and guides you safely through the essential steps. The interactive style of the book leads you to your yogic number profile and enables you to choose an appropriate yoga meditation for you. It also helps you to assess which chakra you should currently focus on and recommends a personal yoga practice.

Kundalini

In today's world of quick fixes, we strive for ease and comfort. It is easy to slip into complacency and go to sleep in our own lives. *Meditations for Addictive Behavior* provides a complete guide to Kundalini Yoga techniques developed by Yogi Bhanan to assist in spiritual awakening and the recovery from addiction. These meditations can help break destructive tendencies and reawaken the self. Individuals, teachers and counselors will find this book and inspiring introduction to life-changing habits. -- from back cover.

Owner's Manual for the Human Body

In *The Eight Human Talents*, Gurmukh, an internationally renowned Kundalini Yoga teacher, explains ancient methods for creating true health of the body, mind, and spirit. She shares the remarkable stories of healing and recovery she has observed in almost thirty years of teaching Kundalini Yoga to everyone from school teachers and waiters to Hollywood celebrities like Cindy Crawford, Courtney Love, and Madonna. Her teaching has helped world-class athletes and paraplegics; she has also worked with infants and seniors. Anyone can benefit from these simple yoga and meditation techniques, which can revolutionize your physical, mental, and spiritual well-being. The yoga she practices invokes eight chakras, energy centers of our bodies that are the seat of the eight the human talents. These eight uniquely human talents include Acceptance, Creativity, Commitment, Compassion, Truth, Intuition, Boundlessness, and Radiance. Each human talent has a corresponding shadow emotion, namely,

Resentment, Guilt, Anger, Fear, Denial, Depression, and Grief. When there is an imbalance in one of the chakras and an overabundance of its shadow side, we sometimes see the creation of illness. If you have ever longed to increase your creativity, intuition, compassion, health, and prosperity, *The Eight Human Talents* is for you. If you ever wished that you could escape the fear or anger that cripples you, this book will give you simple, practical tools to change your life profoundly. All that is required is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh makes Eastern wisdom accessible to everyone. *The Eight Human Talents* will inspire you with stories from her own life and the lives of students who have used these teachings to transform their physical, emotional, and spiritual health. Gurmukh's gentle, wise, and witty counsel has helped thousands of students to make a quantum leap toward happiness, and she can help you, too!

Man to Man

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!

Invincible Living

Breathing and walking comprise two of our simplest activities, yet they are also two of our most powerful actions. By bringing them together in a systematic and meditative way, we can enhance our physical, emotional, and spiritual fitness. We can tap our vitality to fully enjoy and excel in our lives. With a series of easy to follow, transformational exercises that combine breathing and walking in very specific ways for specific benefits, *Breathwalk* teaches us: how to alleviate exhaustion, anxiety, sadness, and other problems to heal physical, mental, and spiritual conflict in our lives to enter a zone of total fitness within our own bodies and minds. In this simple program that anyone can follow, two of the world's leading experts in meditation and kundalini yoga reveal the power and flexibility of this technique for the first time. Centuries old traditions come together with modern scientific research in an effective and enjoyable holistic way to exercise. This practical, insightful guide is a breath of fresh air that can change your life for the better every time you take a step. From the Trade Paperback edition.

The Crazy Wisdom of Ganesh Baba

An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit--by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor. "The brave heart of a yogi is defined by actions that make the world a better place." Live with authenticity, practice patience, let go of negativity—these are some of the core tenets of a yoga lifestyle, on and off the mat. Yoga is about much more than twisting yourself into shapes—the heart of this ancient practice is an inner journey, one of reflection, spiritual awakening, and ultimately a calm, clear mind. *The Yogi Assignment* is a 30-day introduction to these life-affirming and simple, yet revolutionary, principles. Led by master teacher Kino MacGregor, this journey will challenge and uplift your body, mind, and spirit. Each day offers a practice and meditation that will help you confront your emotional, physical, and mental limitations and inspire real change in your life. MacGregor is a fierce, loving guide who encourages you to look deeply within to find your wellspring of inner strength and courage.

The Mind

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.

The Yogi Assignment

The core teachings and riotous life of the psychedelic yogi Ganesh Baba • Presents the teachings of Ganesh Baba ' s " Crea " Yoga, which he derived from the tantric practices of traditional Kriya Yoga • Explains the basic exercises for following the Crea (creative) Yoga practice • Includes many anecdotes from the colorful life of this " psychedelic " baba Shri Mahant Swami Ganeshanand Saraswati Giri (ca. 1895-1987) was known to all who loved and studied with him simply as Ganesh Baba. At the age of four, he was brought back from death through an initiation by Lahiri Mahasaya and through this initiation descends from the same Kriya Yoga lineage as Paramahansa Yogananda. He became a swami under his guru Sivananda and later went on to run the Anandamayi Ma ashram. Drawn to the life of the Naga Babas, he became the head of the Ananda Akhara, Naga followers of Lord Shiva who consider cannabis and other entheogens to be the gift of the gods. The unique set of principles and exercises Ganesh Baba developed from the tantric practices of traditional Kriya Yoga and Shivaism became the core of his personal teachings of Crea (for creative) Yoga. Ganesh Baba ' s message of systematic synthesis of the spiritual and secular was carefully developed for and embraced by contemporary students in the 1960s, especially those whose path included the use of entheogens. This book contains the core of Ganesh Baba ' s Crea Yoga teachings, from the beginning stages of conscious control of one ' s posture, breath, and attention to finally extending one ' s awareness to the farthest reaches of the cosmos. Eve Baumohl Neuhaus shows that the life of this scholar and crazy saint was as instructive as his teachings. She includes many personal reminiscences of this inspirational and challenging teacher from her own life and those of fellow students, which demonstrate that Ganesh Baba ' s extraordinary life was in keeping with his own role as the embodiment of Lord Ganesh, the remover of obstacles.

The Psychology of Kundalini Yoga

Yoga Sadhana Panorama

Satsang with Swami Niranjanananda. A wide range of topics include mind management, yoga psychology, self evolution, and the application of yogic knowledge. The advanced meditation of Laya (dissolution) is discussed at length and class transcriptions are included.

The Teachings of Yogi Bhajan

The Kundalini Yoga tradition speaks of a call to the Divine that awakens “ The Original Light of the soul. ” In gatherings across the globe, Snam Kaur and her fellow musicians have shared that radiance through sacred chants. With Original Light, this beloved devotional singer guides us into the heart of the path, with the Aquarian S dhan as a foundation to understand the tradition's daily principals, morning practices, and sacred chanting experiences. Kundalini, the universal life force, has for centuries been shrouded in misconception and lore. Many of us have heard of it, yet to directly experience it may seem unimaginable. But in fact, Snam Kaur assures us that, through Kundalini Yoga, the capacity to experience it is within all of us—a natural and limitless source of physical health, stillness, joy, energetic strength, and loving connection with others and all of creation. Original Light was written for those seeking a compassionate and supportive guide to creating a vibrant and sustainable daily spiritual practice. Here, Snam shares with honesty and gentle humor her own stories, challenges, “ aha ” moments, and many practical pointers gained from her lifelong journey in what she calls “ soul work. ” Readers first explore the philosophy and foundational principles of Kundalini Yoga as taught by its founder Yogi Bhajan, and then learn the five morning practices of the Aquarian S dhan , including: The Wake-Up Routine—establishing a sacred space, bathing and purification, healthy diet and elimination guidelines, and more Jap J —from 15th-century sage and founder of the Sikh tradition, Gur N nak, this sacred recitation is both a map and a direct expression of our union with the Divine Kundalini Yoga Kriyas—nine energizing posture and movement sets for creating a somatic space for your spirit Aquarian S dhan Mantras—seven devotional chants as the sun rises to open the doors of liberation and experience bliss and ecstasy through sacred sound Gateway to Divinity—the closing transition stage that integrates your own spiritual tradition and helps you to focus your energies and set your intentions for the day ahead For those of all faiths, Original Light provides an ideal introduction and resource to improve our health, find greater freedom and stillness within, and illuminate each moment of the day.

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