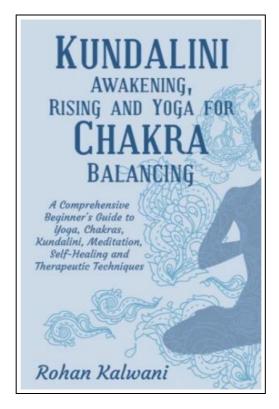
# Kundalini Awakening, Rising and Yoga for Chakra Balancing: A Comprehensive Beginner's Guide to Yoga, Chakras, Kundalini, Meditation, Self-Healing and Therapeutic Techniques (Paperback)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. For many of us Westerners, Yoga is the image of an inscrutable individual sitting in a pretzel-like, cross-legged position with eyes closed, palms up, seemingly oblivious to his or her surroundings. For others, the mysterious form of an individual appearing to defy the laws of nature-standing on their head for no apparent reason. Termed the Lotus position and sirshasana respectively, these physical positions represent two standard asanas; postures fundamental to yogic discipline. Discover the hidden knowledge of Kundalini Feel the immense healing power of the rising Kundalini within you by using Eastern secrets and specific Asanas; postures taught by yoga instructors for Chakra balancing. Termed Kundalini awakening, it is this process that underlies the yogic experience, and in the broader sense, represents the pathway to self-realization, spiritual awakening, timeless wisdom, and self-healing. Get comfortable with your Chakras In Kundalini Awakening, Rising and Yoga for Chakra Balancing, Rohan Kalwani mixes history, science and eastern tradition to efficiently teach you how to feel your natural healing energy and true peace on your journey to enlightenment. The chakras (more accurately, cakras) is a hierarchal system of seven major energy/psychic centers climbing up the spine through the core of the body, from the base of the spine to the top of the head. Unlock the secrets of ancient tradition, yoga and meditation today Your path to enlightenment and spiritual awakening will not be easy, but Rohan will first guide you through history and then explain how you can use many yogic principles and meditation techniques based on science and Eastern traditions. An essential element of the yogic experience, for both pupil and master, is achievement of a visual understanding of the metaphorical journey the Kundalini makes...

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