

Kundalini Rising: Exploring the Energy of Awakening

By Gurmukh Kaur Khalsa, Sivananda Radha et al

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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 twenty-four 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. Reading about kundalini can actually help catalyze the awakening process. It is as if once we understand the energy that lies within us and the pathways through which it can travel in our subtle body, we have an ability to visualize and flow with the process with heightened sensitivity.

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Editorial Review

Review
"Kundalini Rising: Exploring the Energy of Awakening is the contemporary voice to guide a new generation of seekers through the uncertainty of life's most intimate journey. This is the book that you'll hand to your children with pride while wishing someone had done the same for you years earlier to answer your questions of awakening!" --Gregg Braden in New York Times

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