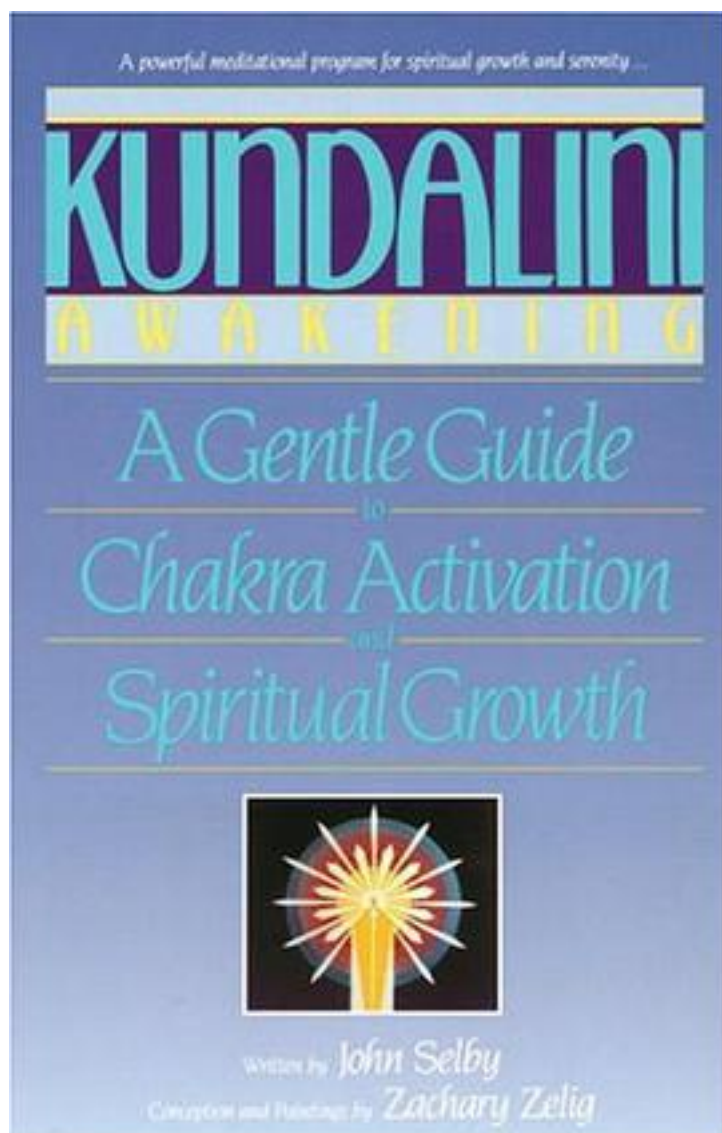


Kundalini Awakening



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Books on the subject of Kundalini yoga--practiced only by the most advanced yogis and spiritualists--have generally focused on theory and history. But now comes the first book to offer readers techniques for bringing Kundalini energy into everyday life. Includes breathing exercises, chants, and visual symbols and paintings.

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