

Kundalini



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著者:Gopi, Krishna

出版者:Random House Inc

出版时间:1997-2

装帧:Pap

isbn:9781570622809

Coiled like a snake at the base of the spine, kundalini is the spiritual force that lies dormant in every human being. Once awakened, often through meditation and yoga practices, it rises up the spine and finds expression in the form of spiritual knowledge, mystical vision, psychic powers, and ultimately, enlightenment.

This is the classic first-person account of Gopi Krishna, an ordinary Indian householder who, at the age of thirty-four, after years of unsupervised meditation, suddenly

experienced the awakening of kundalini during his morning practice. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of the book. His detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

作者介绍:

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评论

What a humbling and mystical experience. All the detailed depictions of his searches for awe and wonder are simply exquisite and deeply personal. Hillman's depth-psychology commentaries also lend beautiful context for the more materialistic westerners.

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书评

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