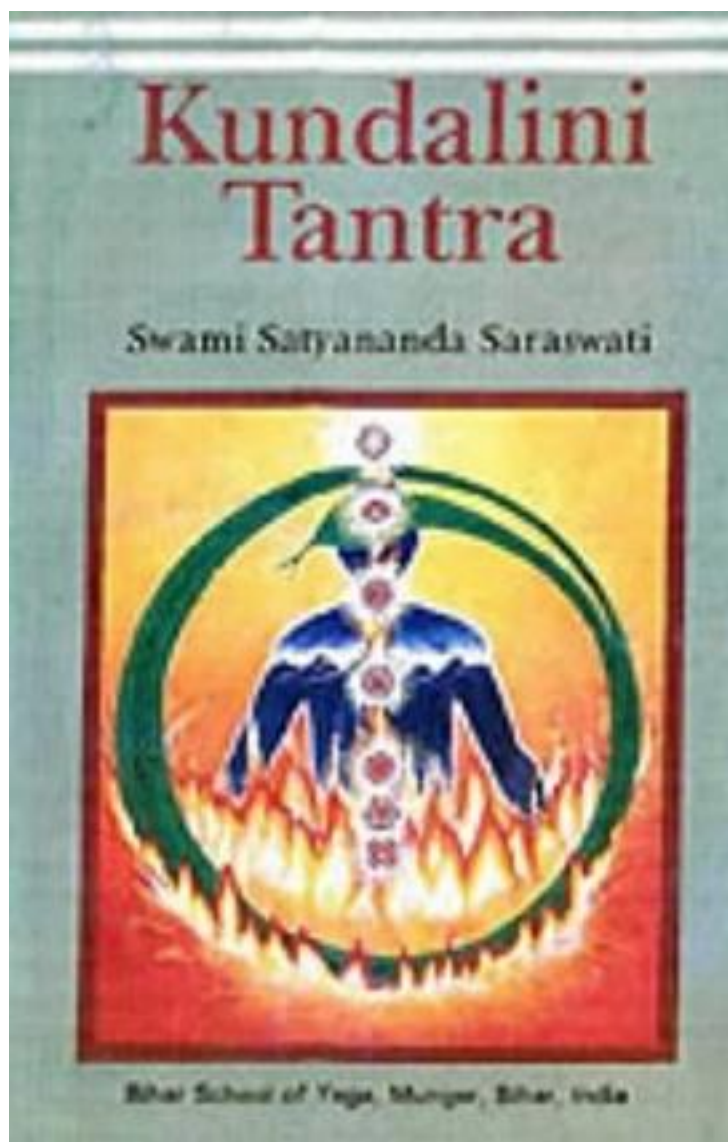


Kundalini Tantra



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著者:Swami Satyananda Saraswati

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This Book presents a systematic and pragmatic approach to the awakening of kudalini, which arouses greater intelligence from it's sleep and you can give birth to a new range of creativity.

作者介绍:

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标签

瑜伽

昆达里尼

spirituality

评论

昆达里尼瑜伽的经典，诸多昆达里尼修法多处于此。注：不推荐在没有通过冥想培养内在寂静的情况下单量昆达里尼瑜伽。也即，在没有定力情况下，不要去玩弄拙火。

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书评

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