

# Kundalini



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In the Western world interest in many forms of spiritual practice is widespread and growing. Tantra, the Indian cult of self-knowledge and liberated joy, is one of the best known. At the centre of its philosophy is the principle of awakening the viatl energy (Kundalini) that lies latent in each of us in order to channel it into spirital growth. Envisualized as a coiled serpent, the energy must be aroused through meditation. It then rises up through the energy centre (chakras) to unite with pure consciousness at the crown of the head. This book looks at the core experience of Tantra, the Kundalini

awakening. Using both Indian sacred texts and modern accounts of Kundalini experience, the author explains its basic principles and techniques, and illustrates his text with a collection of ancient and modern Tantric art drawn from a wide range of original manuscript sources.

作者介绍:

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