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This is What
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ACTUALLY Looks
Like KUNDALINI
AWAKENING /
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~~Kundalini The~~
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2 SELF
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STABILIZATION This
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Awakening

~~ACTUALLY~~ looks Like

~~Danger~~ in

~~Kundalini/Spiritual~~

~~awakening - TYPES~~

~~OF GHOSTS~~ Signs of

Kundalini Awakening:

Major Signs and

Symptoms

If you try Kundalini

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Kundalini Awakening
- What Will Really
Happen if Kundalini
Energy is Awakened?
(kundalini shakti)

Kundalini: Awakening
the Shakti Within
with Raja Choudhury

What is a Kundalini
Awakening (1)

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first experience -
awakening Journey
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Energy Report:

November 6 2020

~~Are Eggs VEG or~~
~~NONVEG? || Hindu~~
~~Vegetarianism~~

Kundalini Awakening
- (What is Kundalini?)

5 Signs of Kundalini

Pre Awakening

Kundalini Awakening
took me to the

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hospital How to
Awaken Kundalini
Safely, Instantly
& Easily Now?

Awakening Explained
in Simple Words

~~What is the final
result of full
Kundalini~~

~~Awakening?~~

~~EXTREME~~

~~KUNDALINI~~

~~AWAKENING!~~

~~WARNING! DO NOT~~

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READY! MEDITATION
BINAURAL BEATS DO
NOT Awaken the
Kundalini~~

What happens after
the kundalini is
awakened? Kundalini
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by the Ancient Yogis
Kundalini and How to
Awaken Your
Kundalini What Is A
Kundalini Awakening

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Myths Debunked!]
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Vandana speaks of
Kundalini Awakening
Experience How have
~~I changed after~~
Kundalini
Awakening? 20 years
~~later~~ Awakening
Kundalini The Path
To
With Awakening
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West's most
respected teachers

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Kundalini The Path to Radical Freedom
and researchers in the field explores this spiritual principle in unprecedented depth, with detailed guidance for discovering and working with it directly. In India's spiritual teachings, Kundalini is known as the principle within that compels us to evolve and grow.

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by Lawrence Edwards
(ISBN:

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Main Awakening
Kundalini: The Path
to Radical Freedom.

Awakening Kundalini:
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Freedom. Lawrence
Edwards PhD. The
universal force
known as Kundalini
has been shrouded in
mystery for centuries,
yet it influences our
every breath, thought,
and emotion. With

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Awakening Kundalini, one of the West's most respected teachers and researchers in the field explores this spiritual principle in unprecedented depth, with detailed guidance for discovering and working with it directly.

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The Path to Radical
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There exist many
methods of
awakening the
Kundalini including;
meditation on the
chakras, certain types
of yoga, brainwave
entrainment, and
energy transmission
from one whose
Kundalini is active

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(this is known as
shakti-pat), among
any other ways.

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methods of
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Kundalini including;
meditation on the
chakras, certain types
of yoga, brainwave
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energy transmission
from one whose
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Energy Within You to
Heal, Grow And
Illuminate Your Inner

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Light In Service to the
World 7 Keys to
Awakening Your
Kundalini is a free
event now playing
through The Shift
Network. Choose your
preferred date and
time below to access
this mini-workshop
with spiritual teacher,
Raja Choudhury

The Three Suns: The
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What To Do While
Experiencing a

Kundalini Awakening

1. Join a Kundalini yoga class. You will be able to clear any energetic blocks in your solar plexus. You will learn to...
2. Cultivate a daily practice of yoga and meditation to

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decrease stress and anxiety. 3. Develop good eating habits, let go of ...

Kundalini Awakening
| Kundalini
Awakening Stages ...
How to Awaken Your
Kundalini Energy
Open Your Sushumna
Nadi and Cease
Thinking. According
to Dr. David Frawley,
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“The awakening of kundalini requires that... Dedicate to Your Spiritual Practice. You can attempt to experience a kundalini awakening by practicing tantra, yoga, as... Study With a ...

What Is Kundalini
Awakening? - Gaia

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With Awakening
Kundalini, one of the
West's most
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and researchers in
the field explores this
spiritual principle in
unprecedented depth,
with detailed
guidance for
discovering and
working with it
directly. In India's
spiritual teachings,

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Kundalini is known as the principle within that compels us to evolve and grow.

Awakening Kundalini:
The Path to Radical
Freedom: Edwards ...
Kundalini is the
power of divine
within that compels
us to evolve and
grow—identified by
cultures and

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traditions all over the world as a key to the most profoundly transformative experiences we can have. With its ability to connect us to the energy of creation and elevate us to a higher state of consciousness, Kundalini awakening is crucial to the deepening of our

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spiritual evolution.

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Edwards, Lawrence (Author)] { Paperback
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to Radical Freedom
Edwards ...

S haktipat, the
Sanskrit term for
Kundalini awakening,
means “ descent of
grace. ” It is an act of
grace, an act of the
Divine that releases

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the dormant potential
power of the Absolute
residing within us.

God blesses God so
that God may know
God. Your true Self
blesses you so that
you may know your
Self.

Kundalini – The
Soul's Journey
A Kundalini
Awakening is a

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miracle that we're born with. It rests within us in the root chakra, and it waits for us to say YES and follow its path towards awakening. 10 Years Later - What Happened? I continued to practice and understand the Kundalini ever since those first 3 months of practice.

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Kundalini The

Kundalini Awakening:

Learn From My Story

To Awaken Kundalini

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The Path to Radical

Freedom: Edwards ...

In Awakening

Kundalini, Dr.

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Lawrence Edwards,
who has devoted his
life to understanding
and teaching about
Kundalini, presents
an essential guide to
harnessing this
boundless energy.

Awakening Kundalini
– Sounds True

Awakening Kundalini
Endorsements: "This
book is a

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revelation—a grace-filled opening loving message for the heart that is a service to all of us, beginner, Initiate, Sage. It is a book about awakening that inspires awakening.

The universal force
known as Kundalini

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has been shrouded in mystery for centuries, yet it influences our every breath, thought, and emotion. With Awakening Kundalini, one of the West's most respected teachers and researchers in the field explores this spiritual principle in unprecedented depth, with detailed

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guidance for
discovering and
working with it
directly. In India's
spiritual teachings,
Kundalini is known as
the principle within
that compels us to
evolve and grow.

Traditions across the
globe have described
it as a force that lies
dormant within us
and, when awakened,

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connects us to the
energy of creation
and profoundly
elevates

consciousness. With
his unique expertise
in modern
psychology,
neuroscience,
meditation training,
and spiritual
traditions, Lawrence
Edwards clarifies for
readers the many

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dimensions of
Kundalini awakening,
including practices
and meditations for
recognizing its
manifestations and
preparing the body
and mind to enter its
expansive,
empowering flow.
When experienced
skillfully, Kundalini
can be the most
profoundly

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transformative
experience of our
lives. Awakening
Kundalini makes
available a complete
and practical
resource for tapping
into this
transformative force,
and realizing our
ability to live
"radically free."

ENLIGHTENMENT

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THROUGH THE PATH
OF KUNDALINI is
written for everybody
who wants to learn
about the mysterious
phenomenon of
kundalini and use it
to reach the pinnacle
of human
development -
enlightenment. The
book is equally
written for those who
are going through an

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involuntary
Path To Radical
awakening and
Freedom
seeking help to
alleviate their
symptoms and make
the best of this event.
You will learn what
kundalini is, how we
change through a
kundalini awakening,
how to awaken the
kundalini safely and
slowly, how to
overcome possible

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difficult symptoms in the process and how to use the kundalini energy to reach enlightenment. Tara Springett has been in her own kundalini process for nearly 30 years. She is a qualified Buddhist teacher since 1997 and a qualified psychotherapist since 1990. Tara has been

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helping clients from
all over the world to
successfully
overcome symptoms
of the kundalini
syndrome since
2011. www.taraspringett.com

ENLIGHTENMENT
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OF KUNDALINI is
written for everybody
who wants to learn

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about the mysterious phenomenon of kundalini and use it to reach the pinnacle of human development - enlightenment. The book is equally written for those who are going through an involuntary awakening and seeking help to alleviate their

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Symptoms and make
the best of this event.
You will learn: What
is kundalini and how
does it help to reach
enlightenment How
we change through a
kundalini awakening
How to awaken the
kundalini safely and
slowly How to
overcome possible
difficult symptoms in
the process How to

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Use the kundalini energy to reach enlightenment
Tara Springett has been in her own kundalini process for nearly 30 years. She is a qualified Buddhist teacher since 1997 and a qualified psychotherapist since 1990. Tara has been helping clients from all over the world to

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successfully
overcome symptoms
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syndrome since
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What is Kundalini
Yoga? Kundalini Yoga
is the ancient practice
of yoga to awaken
Shakti or shaktipat.
This Kundalini Yoga
book teaches the

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Kundalini The
Pranayama as taught
by Sri Swami
Sivananda Saraswati
for kundalini
awakening.

"Kundalini is the
known as the coiled
serpent power or
energy dormant at
the base of the spine"
(at the lowest chakra
called the
Muladhara). Learning

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Kundalini The
yoga is about more
than poses and
exercise but meant to
lead the genuine truth-
seeker to Spiritual
Awakening For
complete health and
fitness, Kundalini
Yoga encompasses
the eight limbs of
yoga which includes
asanas, concentration,
meditation and
Samadhi Your

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sadhana practiced
religiously leads one
to become a master
over ego and
ignorance. Thus, the
true practice of yoga
is the union of soul
and spirit and this
should be the first
question on the
spiritual path: "How
May I Come To Know
God"? God may go by
many names in many

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religions. But God is not a "man" up in the sky Essentially, all religions state that God is Omnipresent, Omniscient and Omnipotent. So it doesn't take a stretch of the imagination to conclude that if God is truly everywhere and everyplace then He must accordingly be within you

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Intellectually, we may accept this fact but many of us have no idea how to reach the God that may be within us. This is a question that was first positioned ages ago and there are those that have answered the question for themselves and then provided a roadmap

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for others to find the same. Hence, came the Birth of Yoga.

Yoga is the union of soul and Spirit. It is the means to this union and the state of Union. Over the ages have evolved many types and branches of yoga that may be more suited for the individual and yet they are all branches

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of the same Tree
Kundalini Yoga is
known as the shakti
path to Soul

Awakening or Self-
Realization. Kundalini
is equated with the
intelligent female
force that governs
Mother Nature. The
same power that
brings the universe
into manifestation is
the same energy

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dormant within the man
that can be tapped
into to reunite
consciousness tied to
the physical form and
the ego with the
Cosmic
Consciousness the
soul Awakens to in
the deepest samadhi
Through continued
practice it will lead
one to liberation from
attachment to the

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physical body. It is a proven system for realizing one's spiritual destiny.

Sincere and regular effort is required of any yoga path but they all lead to true happiness, inner peace and the dynamic joy of the soul. "Many rivers... One Ocean; many branches... One Tree;

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many paths... One
Destination; many
stories... One Truth ""
1 S.O.U.L. Publishing"

Kundalini Awakening
delivers a universe of
easy benefits for
readers seeking to
find relaxation,
harmony, and inner
peace. Kundalini
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demystifies the

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complex science of
Kundalini in a
compelling content
of: · A full

understanding of the
seven Chakras, from
the first Root Chakra
located at the base of
the spine to the
brain's Crown Chakra
· The power of
mantras and
complete instructions
for their use ·

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Breathing techniques
for relaxation and
stress reduction ·

Meditation exercises
using the guided
imagery and the
magnificent full color
Chakra paintings of
Zachary Selig that
clarify the color
coding of the Chakras
Kundalini Awakening
presents a dynamic
humanization

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Kundalini The
Chakra models
Path To Radical
Freedom
framed in meditations
to address the
challenges in our
world and the way we
interact with
ourselves.

You have within you
a latent energy
waiting to transform
your life. Known as
kundalini, this

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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

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Rising brings together
24 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

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weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery.

Contributors include:
Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly;

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Gurmukh Kaur
Khalsa; Shanti Shanti
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MD; and Ken Wilber.

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Enlightenment,
Transcendence &
Higher Consciousness-
Increase Psychic
Abilities, Mind Power,
Tune Into Your
Energy Creation
Frequency & Open
Your Third Eye
Kundalini Awakening:
Highly Effective Guide
to Achieve Higher

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Consciousness, The
Transcendence &
Spiritual Enlightenment-
Increase Mind
Power, Psychic
Intuition, Energy
Vibration Frequency
and Evolve Kundalini
Awakening Guided
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Effective Methods to
Awaken Your Third
Eye, Attain Higher
Consciousness &

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Balance Chakras &
Heal Your Body
Chakra Awakening
Guided Meditation:
Highly Effective
Methods to Heal Your
Body, Awaken Your
Third Eye, Expand
Mind Power &
Achieve Higher
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Intuition Using
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Guided Meditations to
Awaken Your
Chakras, 3rd Eye &
Achieve Higher Consc
iousness-Increase
Energy, Psychic
Intuition, Balance
Chakras & Heal Your
Body

Do you feel like there
is something inside of

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Are you waiting to come out? Are you interested in reaching a higher level of consciousness? Are you tired of feeling stuck? If you answered yes to any of these questions, then this book is for you. Awakening the Kundalini energy that lives inside of you will raise your

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Kundalini The
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Freedom
consciousness and
open you up to a new
experience that you
never knew existed.

Having an awakened
Kundalini is a gift,
one that can help you
reach new levels on
your spiritual path,
which all leads to
enlightenment. The
process of Kundalini
awakening can be
long, and it isn't easy.

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But, it is a wonderful thing and well worth the work. If you want to reach a higher level of life, then don't wait any longer. By the time you finish this book you will have the knowledge to take a step past the questioner so that you can release your ego and allow the truth to shine

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through. This book will present you with lots of information that will help you to awaken the sleeping serpent inside of you. Inside this book you will find: The basics of Kundalini
Explanation of Chakras Basic Meditation techniques How fasting can help your

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awakening The basic
makeup of all things
Psychic skills Auras
And much more... Get
this book today and
discover a whole new
world!

The first modern,
comprehensive
resource on spiritual
awakenings, this
pragmatic, clear guide
covers everything

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From the first step on a spiritual journey to enlightenment, and the different types of spiritual awakenings, from mild to dramatic, we may go through. Using the concept of the twelve layers that cover an awakened state Mary Mueller Shutan addresses every step of the spiritual

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Journey, starting with the Self and showing how family, ancestral, past lives, karmic, archetypal, and other larger layers such as societal, cultural, global, and cosmic energies condition us to sleep and obscure our realization of an awakened state.

Instructions for how to navigate through

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Each of these layers and how to recognize where we are in our spiritual journey are included each step of the way along with common physical, emotional, and spiritual symptoms that may be experienced. By addressing post-awakening states, oneness, dark nights

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of the soul, ego death,
near-death and severe
illness, psychic
abilities, addictions,
dietary changes, the
God self, personal and
collective shadow,
and psychosis vs.
awakening we
understand the
experiences we may
go through while
struggling with
spiritual awakenings.

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This practical book opens new understandings of how to live in the world while going through an awakening process, and offers the revolutionary idea that we are meant to be humans, to have a physical body with physical, sensate experiences and

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emotions. We are meant to live in the world and be a part of it even as fully awakened individuals. This guide proposes a look at the possibility of leading a grounded, earth-bound life of work, family, friends, and other experiences in an awakened state.

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There is a spiritual energy dormant below the base of the spine. In the East it is called the Kundalini- but by whatever name it is called, it is the common denominator in all major religions. People with awakened Kundalini experience death even before dying

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through visions and out-of-body spiritual experiences. These people are known as the "twice born." The Kundalini Book of Living and Dying shows how to awaken Kundalini and experience the power of spiritual rebirth. A twice-born person simultaneously enjoys the best of this world

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Kundalini - The
through an inner
journey that conquers
fear of death. That
inner journey travels
the world of
meditation and
unconscious dreams,
as well as actual near-
death experience.
This book describes:
the seven divisions of
the universe and
details of the astral

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plane, the properties
of the soul,
experiences and
anecdotes of people
showing the power of
the awakened soul,
scientific evidence of
the soul's existence,
as well as various
methods of achieving
higher consciousness
through Kundalini
awakening. As one
practices the

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techniques and
exercises that awaken
Kundalini, one
becomes twice born -
the chain of repeated
births is broken and
one may enter the
Kingdom of God. The
Kundalini Book of
Living and Dying
offers a spiritual
practice that is the
most direct path to
self-realization. More

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than enlightenment,
the awakened
Kundalini is the
triumph of eternal life
over the fear of death.

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