

## Kundalini Tantra Satyananda Saraswati

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Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force.

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Satyananda Saraswati (25 December 1923 – 5 December 2009), was a sannyasin, yoga teacher and guru in both his native India and the West. He was a student of Sivananda Saraswati, the founder of the Divine Life Society, and founded the Bihar School of Yoga in 1964. He wrote over 80 books, including his popular 1969 manual Asana Pranayama Mudra Bandha

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In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

Tantra is an ancient science dealing with many different systems for increasing the speed of human evolution. It predates all of the world's existing religions, and provides the esoteric basis on which many of these religions were later based. Tantra provides practical techniques applicable by men and women of every temperament and spiritual level, and aims at turning every action of life into an act of sadhana, or spiritual practice. The practices included in this book are based in tantra, though many of them have been forgotten for thousands of years. The task of rediscovering them and putting them in a form which can be understood and practised by people of this age has been done solely by Swami Satyananda Saraswati, as his personal contribution to a civilisation searching for a deeper understanding of the basis of life.

On yoga and self-realization; author's letters to his disciples, 1959-1962.

Offers the reader different systems of meditation from cultures world wide.

Critical interpretation with text of Hindu Tantric text.

Kali is the Goddess who takes away darkness. She cuts down all impurities, consumes all iniquities, purifies, Her devotees with the sincerity of Her Love. Now we can worship Her according to the ancient tradition. Kali Puja is a treasure house of Her Wisdom. It contains abundance Kali's tools for living: Her sattvic worship, Her Hundred Names, Her Thousand Names, Her Armor, the mantras for offering bhanga, alcohol, animal sacrifice and how to give birth to spiritual children. These offerings have great spiritual significance when performed with the mantras which explain the meanings and appropriate circumstances for such worship.

Contains the theory of the tattwas and detailed instructions for the practice, including the tantric tools of yantra, mantra and mandala. Tattwa shuddhi is an advanced practice, which may be performed as a sadhana in itself or as an adjunct to kundalini kriyas and other higher yogas.

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