



Kundalini Yoga for the West: A foundation for character building, courage, and awareness

SWAMI SIVANANDA RADHA

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Kundalini Yoga is the path to freedom. Swami Radha has translated the esoteric teachings of Kundalini into a practical guide for self-investigation. This classic yogic text is a resource for personal development, with the tools for discovering our true source of knowledge and inspiration. Using reflection exercises, meditations and breathing techniques, Swami Radha takes us step by step, chakra by chakra, through an exploration of consciousness. Who am I? What is the purpose of my life? In the practice of Kundalini Yoga, you ask yourself many questions and must always be willing to investigate your answers. As you become stronger at looking for possibilities, you may accept the challenge of discovering the mystery deep within yourself, the innate power that is called Kundalini.

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