

Awakening Kundalini The Path To Radical Freedom

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The Kundalini Experience - Lee Sannella 1987
Many people have heard of the extraordinary phenomenon of kundalini

awakening, and a growing number have had firsthand experience -- in some cases, involving disturbing physical and psychological effects. This

classic work documents numerous case studies to demystify the process and reassure "victims, " who sometimes fear for their own sanity.

The Kundalini Poems - Dorothy Walters

2018-10-26

Mystical poetry of divine love and spiritual union.

Kundalini Awakening - John Selby

2009-07-22

Kundalini Awakening delivers a universe of easy benefits for readers seeking to find relaxation, harmony, and inner peace. Kundalini Awakening demystifies the 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
- 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 solution through Chakra models framed in meditations to address the challenges in our world and the way we interact with ourselves.

Kundalini Awakening Mastery - Andy Edwards 2019-09-05

6 Books in 1 Boxset HARNESS THE POWER OF YOUR INNER KUNDALINI! BEGIN YOUR JOURNEY OF SPIRITUAL AWAKENING!

Included in this collection are some of the top books to guide you through your kundalini growth and awakening. If you are looking to accelerate your spiritual path to enlightenment, then this book collection is exactly what

you need! Included books: Kundalini Awakening: Attain Spiritual 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 Consciousness, Transcendence & Spiritual Enlightenment-Increase Mind Power, Psychic Intuition, Energy Vibration Frequency and Evolve Kundalini Awakening Guided Meditation: Highly Effective Methods to Awaken Your Third Eye, Attain Higher Consciousness & Spiritual Enlightenment-Increase Energy, 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

Consciousness Using Chakra Healing, Balancing & Guided Imagery Chakra Awakening for Beginners: Highly Effective Methods to Awaken Your Chakras, 3rd Eye & Kundalini Energy-Heal the Body, Increase Energy & Intuition Using Guided Meditation, Reiki & Chakra Healing Chakra Awakening: 21 Days of Highly Effective Guided Meditations to Awaken Your Chakras, 3rd Eye & Achieve Higher Consciousness-Increase Energy, Psychic Intuition, Balance Chakras & Heal Your Body *Anodea Judith's Chakra Yoga* - Anodea Judith 2015-09-08
As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga. In

this long-awaited book by acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike. Praise: "Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for

liberating, transforming, and balancing our energetic body and life, it is a gift to the world."—Shiva Rea, founder of Prana Vinyasa and author of Tending the Heart Fire "For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE. Enjoy the ride!"—Margot Anand, author of The Art of Everyday Ecstasy
Kundalini Tantra - Swami Satyananda Saraswati 1996

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. Evolutionary Enlightenment - Andrew Cohen 2011-09
In Evolutionary Enlightenment, Andrew

Cohen redefines spiritual awakening for our contemporary world—a world characterized by exponential change and an ever-expanding appreciation for the processes of evolution. Cohen's message is simple, yet profound: Life is evolution, and enlightenment is about waking up to this fundamentally creative impulse as your own deepest, most authentic self. Through five tenets for living an enlightened life, Cohen will empower you to wholeheartedly participate in the process of change as your own spiritual practice. Evolutionary Enlightenment not only makes deep sense of life today; it will show you how to play an active role in shaping the world of tomorrow. Book of Enlightenment - Anadi 2014-09-26

A unique manual of spiritual insight and revelation which takes the reader beyond accepted boundaries of non-duality and enlightenment. Book of Enlightenment is the most complete exposition of the teaching of Anadi. It is a revolutionary compendium of spiritual knowledge addressed to those commencing their inner journey, as well as those who have already reached higher levels of spiritual realization. The purpose of this book is to reveal the multidimensional evolution of human consciousness from the state of ignorance to the state of wholeness. It is a book of spiritual guidance directed to uncompromising seekers of truth.

Standing as Awareness - Greg Goode

2009-09-20

Inspired by Sri Atmananda (Krishna Menon), the Direct Path is a

“pathless path.” It simply articulates the being of you and the world as loving, open, clear awareness. If this truth is realized as your experience, then nothing need be done. The path disappears, and life is lived in sweetness and celebration! But if there are still questions or doubts, the Direct Path contains unique and powerful resources that stabilize this truth as your everyday reality. This is a revised edition of the book, expanded to add chapters on the Direct Path in addition to its selection of dialogs from a decade of “Nondual Dinner” gatherings. The first three chapters unfold the basics of the Direct Path, such as standing as awareness, being in love with awareness, and exploring awareness. Included are several experiments that help establish your

everyday experience as awareness, always and already. The dialogs cover questions such as the desire for enlightenment experiences, the relationship between the brain and awareness, the question of “nondually correct” language, the belief in physical and mental objects, the idea of having a sage’s experience, and more.

Quit Like a Woman - Holly Whitaker
2019-12-31

NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, *Whole30*

co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the

insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to

create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, Quit Like a Woman is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.
The Master Game - Robert S. de Ropp
2003-04

Explores the human psyche and the specific techniques through which one can achieve the highest possible levels of consciousness.

Own Your Self - Kelly Brogan, M.D.

2022-01-11

New York Times best-selling author presents a radical alternative to psychotropic meds: discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self. For years, we've been telling ourselves that our difficult feelings-sadness, rage, shame, intensity, worry-are somehow "not okay." And, all too often, we've relied on the promise of pharmaceuticals to tamp them down. The fact is, though, that these feelings are a vital part of our experience. They are real. And those of us who feel them most strongly are

the canaries in the coalmine-sensitive to things that are seriously wrong in the world today. In a book that's both provocative and promising, holistic psychiatrist Kelly Brogan, M.D., author of *A Mind of Your Own*, shows us that we don't have to medicate our mental, emotional, and physical pain away-that the best way out is through. She explodes the mistaken belief that our symptoms-from mood changes to irritability to fogginess and fatigue-are evidence that we are sick or broken. Then she charts a new path to get real, get well, and get free. The journey includes: • Coming to a new appreciation of the meaning behind symptoms, and whether you are a canary in the coal mine • Learning the 2 major risks of medication that most doctors are not trained to

disclose • Exploring the 5 reversible physical drivers of so-called mental illness • Starting the process of radical physical healing with inclusive details of Dr. Brogan's history-making 30-day protocol • Taking an emotional inventory of energy drains and toxic relationships • Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine • Identifying the most likely places you have given your power away • Understanding what the science has to say about psychedelics as a tool for awakening • Navigating health challenges with curiosity and the proper tools • Guidance, support, and many Travel Tips shared from the trenches! Our experiences, Dr. Brogan argues, aren't problems or

pathologies; they reflect what we need to accept, acknowledge, and transform in order to truly become who we are. *Own Your Self* is a journey of healing, and also something more: a journey of coming home to ourselves.

The Esoteric Path of Marriage - Maha Brown 2016-09-06

Imagine forging a relationship that is a vehicle for your Spiritual Liberation; an enlightened relationship that allows you to walk the path of Spiritual Enlightenment with a partner. *The Esoteric Path of Marriage* sets out a blueprint for relationship in the coming age, comprised of practical guidance, universal truths, insights, stories and spiritual practices to help lead marriage to its highest purpose: a relationship that heals mental,

emotional, sexual and spiritual wounds and guides the partnership to the ultimate freedom, union with the true Self. Whether this is your first exploration of the inner-Self or you have long been on an inward journey; this book will transform you and your relationship with your partner. Single? It will open up your ability to have more conscious, new paradigm, Enlightened relationships in the future.

Awakening Kundalini - Lawrence

Edwards, Ph.D. 2013-10-01

The universal force known as Kundalini 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 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, 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 the many dimensions of Kundalini awakening, including practices and meditations for recognizing its manifestations and preparing your body and mind to enter its expansive, empowering flow. When worked with skillfully,

Kundalini is the most profoundly transformative power in our lives. Awakening Kundalini makes available a complete and practical resource for tapping into this force, and realizing your ability to live "radically free."

Kundalini, Evolution and Enlightenment - John White 1979

A wide-ranging anthology of the most insightful writings on harnessing the vital life force present in all human beings. With an emphasis on theory and personal practice, this book will appeal to a wide range of people interested in Kundalini concepts.

Living in a Mindful Universe - Eben Alexander 2017-10-17

What is the relationship between the mind and the brain? In *Living in a Mindful Universe*, Dr Eben Alexander, author of the international

phenomenon *Proof of Heaven*, shares the next phase of his journey to understand the true nature of consciousness and how to cultivate a state of harmony with the universe and our higher purpose. 'Dr Alexander's life-transforming NDE during a coma had shattered all of his former beliefs about the nature of consciousness, the roles of the mind and brain, and the meaning of life and death. Living in a Mindful Universe illuminates the many steps he took to expand his understanding of a much larger, richer, and deeper cosmos' Bill Guggenheim, coauthor of *Hello from Heaven* When eminent neurosurgeon Dr Eben Alexander experienced a startling near-death experience, he was plunged into the deepest realms of consciousness and woke a changed man, certain of the

infinite reach of the soul and a life beyond death. In *Living in a Mindful Universe*, the #1 New York Times bestselling author of *Proof of Heaven* and *The Map of Heaven* shares the next phase of his journey to understand the true origins of consciousness and uncover ways to cultivate a state of harmony with the universe and our higher purpose. Questioning, thoughtful but also practical, *Living in a Mindful Universe* demonstrates how we can tap into our greater mind and the power of the heart to enhance many facets of our lives, including healing, relationships and creativity.

The Awakening of Kundalini - Gopi Krishna 1975

The Psychedelic Leap - Richard L Haight 2018-01-12

Bestselling self-help author and "pharmaceutical purist," Richard L. Haight—master instructor of martial, meditation, and healing arts—takes multiple terrifying leaps of faith to face his darkest inner demons. In the process, Haight discovers a perspective that catalyzes tremendous personal transformation, with or without psychedelic.

The Longing in Between - Ivan Granger 2014-11

A delightful collection of soul-inspiring poems from the world's great religious and spiritual traditions, accompanied by Ivan M. Granger's meditative thoughts and commentary. Rumi, Whitman, Issa, Teresa of Avila, Dickinson, Blake, Lalla, and many others. These are poems of seeking and awakening... and the longing in between. -----

Praise for The Longing in Between
"The Longing in Between is a work of sheer beauty. Many of the selected poems are not widely known, and Ivan M. Granger has done a great service, not only by bringing them to public attention, but by opening their deeper meaning with his own rare poetic and mystic sensibility." ROGER HOUSDEN author of the best-selling Ten Poems to Change Your Life series
"Ivan M. Granger's new anthology, The Longing in Between, gives us a unique collection of profoundly moving poetry. It presents some of the choicest fruit from the flowering of mystics across time, across traditions and from around the world. After each of the poems in this anthology Ivan M. Granger shares his reflections and contemplations, inviting the reader to new and deeper

views of the Divine Presence. This is a grace-filled collection which the reader will gladly return to over and over again." LAWRENCE EDWARDS, Ph.D. author of Awakening Kundalini: The Path to Radical Freedom and Kali's Bazaar

Kundalini - Pandit Gopi Krishna
2019-03-07

"What happened to me that early morning during the Christmas of 1937 changed the course of my life and outlook. I sat in a small room in a house on the outskirts of Jammu. I was meditating. Practice had accustomed me to sit in the same posture for hours without discomfort, and as I sat breathing slowly and rhythmically, my attention was drawn towards the crown of my head, contemplating an imaginary lotus in full bloom, radiating light. I sat

unmoving and erect. My whole being was so engrossed in the contemplation of the lotus that for several minutes I lost touch with my body and surroundings. The only object of which I was aware was a lotus of brilliant colour, emitting rays of light. During a spell of intense concentration I suddenly felt a strange sensation below the base of the spine, at the place touching the seat, while I sat cross-legged on a folded blanket spread on the floor. The sensation was so extraordinary and pleasing that my attention was forcibly drawn towards it. My heart beat wildly, and I found it difficult to bring my attention to the required degree of fixity. The sensation extended upwards, growing in intensity. Then, suddenly, with a roar like that of a waterfall, I felt

a stream of liquid light entering my brain through the spinal cord. What had happened to me? Was I hallucinating? Or had I by some strange fate succeeded in experiencing the Transcendental? I had read glowing accounts, written by learned men, of great benefits resulting from concentration and of the miraculous powers acquired by yogis through meditation. Was there, after all, really some truth in the repeated claims of the sages and ascetics of India, made for thousands of years that it was possible to apprehend reality in this life if one practised meditation in a certain way? Little did I realize that from that day onwards I was never to be my old normal self again. I had unwittingly and without adequate knowledge, roused to activity the

most powerful power in man. I had stepped unknowingly upon the key to the most guarded secret of the ancients, and thenceforth for a long time, I had to live suspended by a thread, swinging between life and death, between sanity and insanity, between lights and darkness, between heaven and earth." An extraordinary autobiographical account of what happens in the mind and body when Kundalini gets spontaneously aroused... one of the clearest journals documenting spiritual transformation and mental evolution onto a higher plane of consciousness.

Transcendence Calling - Monique Rebelle 2018-05-03

Monique Rebelle experienced a miracle that stopped her from ending her life and marked the beginning of a new, happy life. She takes us through some

of the key events from her childhood and youth, describes the transformational kundalini rising process, and introduces a new, revelatory take on chakras, kundalini energy, and self-realization.

Lucid Dreaming - Robert Waggoner 2008-10-01

Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected. He was able to interact consciously with the

dream observer - the apparent Inner Self - within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how

experienced lucid dreamers can advance to a new level. Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who is interested in consciousness, identity, and the definition of reality.

The Soul's Journey - Lawrence Edwards
2000

THE SOUL'S JOURNEY: GUIDANCE FROM THE DIVINE WITHIN propels the reader onto a breathtaking visionary quest as the soul's longing to know the Divine is answered by the loving power of Grace. Dr. Edwards uses his personal mystical experiences to gradually unfold the tasks to be mastered and the lessons to be learned as we tread our individual path to the Divine. His wisdom is grounded in both direct experience as well as in the

knowledge of Jungian archetypal psychology, Eastern and Western mysticism and mythology. The book presents a rich interweaving of personal trials and challenges, insights from poet saints and mystics, uplifting experiences of the Divine being discovered in everyday life, and lofty overviews of the spiritual terrain from different vantage points. The reader will have the good fortune to find their faith and their enthusiasm for treading their path delightfully boosted by what they encounter in this book. Joseph Chilton Pearce, noted author and lecturer on human development whose books include THE MAGICAL CHILD, THE MAGICAL CHILD MATURES and EVOLUTION'S END: "You have a treasure chest of experience - so rich a story.... The only one worth telling

- the only game in town." Dr. Marion Woodman, the highly regarded Jungian analyst, author of numerous works and co-author of DANCING IN THE FLAMES: THE DARK GODDESS IN THE TRANSFORMATION OF CONSCIOUSNESS: "I find your descriptions of your experiences fascinating. I really feel that blackness - radiant blackness [of Kali] - you describe. Also your descriptions and explanations and in-depth experiences of the chakras are excellent. Many thanks for sharing this with me. I know it can be of value to many who are working so hard to bring East and West, body and mind together." Stanley Krippner, Ph.D., professor of psychology, author of Spiritual Dimensions of Healing and editor of Dreamscaping: "...Edwards' first person accounts are riveting. [His]

descriptions of his Kundalini states are eloquent, including colorful descriptions of his imagery (olfactory and tactile as well as visual and auditory) and profound insights into the human condition. Edwards skillfully guides his readers through a pathway on which he has been an experienced traveler." (AHP Perspective, Sept/Oct 2001)

The Mastery of Self - Don Miguel Ruiz, Jr. 2016-01-01

The ancient Toltecs believed that life as we perceive it is a dream. We each live in our own personal dream, and all of our dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim to believing that we have no control over it. "The Mastery of Self" takes the Toltec philosophy of

the Dream of the Planet and the personal dream and explains how a person can: Wake upLiberate themselves from illusory beliefs and storiesLive with authenticity Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place--at the grocery store, stuck in traffic, etc.--and in any situation or scenario that confronts us. The Ruiz family has an enormous following, and this new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. This new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world.

Kundalini and the Art of Being - Gabriel Morris 2006-11-30

This memoir of the mid-1990s is the story of a young man's spontaneous

awakening of his Kundalini energy-the mysterious serpent power locked at the base of the spine. The author is thrown into a near-psychotic state while on the road, wandering around the western U.S. He spends summers at Rainbow Gatherings in New Mexico and Colorado, going from place to place as he works to integrate this disturbing and powerful spiritual awakening. Documenting the survival of a youth culture that began in the 1960s, this book is a guide to a way of life and a wise and genuine account of a profound spiritual experience.

Sex, Drugs and (Mostly) Yoga - Field Notes from a Kundalini Awakening -

Kara-Leah Grant 2018-11-29

"Is it possible... is it possible that Kundalini awakening could look like psychosis?" After ditching

university, Kara-Leah Grant spent her twenties traveling the world in search of adventure, creativity and a tribe of like-minded souls. Sex, drugs, yoga and music festivals were simply part of the fun, until they weren't. Diagnosed as bipolar after leaping topless onto a moving logging truck in the wilderness of British Columbia, Kara-Leah returns to New Zealand to heal her soul, face her past, and uncover the deep truths of her innermost being. This is the story of healing, recovery and liberation. "Part punk rock; part enlightening journey: this is a fiercely personal and harrowing story about one woman's quest to seize control of her mental health, her life and ultimately, her future." - Mountain Life Magazine, Whistler, Canada.

Kundalini Rising - Various Various
Authors 2009-09-01

You have within you a latent energy waiting to transform your life. Known as kundalini, this 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 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 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; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD; Andrew B. Newberg, PhD; Stuart Perrin; John Selby; Stuart Sovatsky, PhD; Swami Sivananda Radha; Dorothy Walters, PhD; John White; Whitehawk; Barbara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber.

Awakening from the Dream - J.L.
Harter 2014-12-23

This work represents both an ending and a beginning and that is much the way life is....endings and beginnings. Dreams begin and end.

Lives begin and end. There is one thing, however, that has no end and that is our Consciousness. Within this work I explore Life in the context of a Dream and the impact of our eventual awakening within that Dream. We all carry the seeds of awakening within us and at just that right moment, we will all awaken from The Dream.

Dharma in Hell - Fleet Maull
2017-03-10

"Prison activist and meditation teacher Fleet Maull shares his journey of transformation and service amidst the anger, violence, darkness and despair of a maximum security federal prison"--Back cover.

Kundalini - Sri Chinmoy 1974

In route to his own realization, Sri Chinmoy attained mystery over the kundalini and occult powers. In this

book he reveals the qualities, characteristics, sounds and colors of each of the seven chakras(energy centers in the human body).

The Kundalini Guide - Bonnie Greenwell 2014-04

The eruption of kundalini energy from its secret nest at the base of the spine has been revered by some as bringing ecstasy and enlightenment, and disparaged by others as simply disabling, terrifying and dangerous. Mystics may call it a method of transformation. Skeptics consider it imaginary. All who have experienced it know it as a mystery and a profound life-altering experience. This book, based on 25 years of interviews with over 2000 people who have had this awakening, describes seven categories of phenomena that may occur, tells the eastern

perspective of kundalini science, offers guidance on coping with the erratic energies and shifts of consciousness that happen, and reveals the inward path to self-realization that follows the deconstruction initiated by a kundalini arising. If you think you might be in this awakening process, you engage in spiritual or energy practices, or you have activated energies following a near-death experience or trauma, this book is your companion and guide.

The Spiritual Awakening Guide - Mary Mueller Shutan 2015-08-11

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

Fully Human Fully Divine - Craig

Holliday 2013-11

There is a value in seeing how spiritual awakening and being human meet in an ordinary life, in relationship with our partners, kids, families and friends, with our busy lives, in illness, transitions, death, careers and in every area of our lives. This book is a call to awakening and embracing and transforming our humanity. It is a radical guide to spiritual awakening in the modern world. Not written from the monastery or ashram, but from someone who has lived in the pain of samsara, from someone who after years of seeking and meditation found surrender in the depths of pain, while life was falling apart around him. Craig Holliday is both a nondual teacher and a therapist. He teaches in a way that instructs us to not run

from life, but to face life head on through embracing every moment as it is. Through this absolute embracing, we are given the gift of discovering that our Beauty-our innate Divinity is right here within us; that our very humanity is the doorway to our freedom. Craig has spent 20 years intensely seeking, meditating and studying with some of the world's greatest nondual teachers. Beyond his spiritual training, he has also bridged the gap between eastern spirituality and western psychotherapy. After years of trying to transcend his humanity through meditation and spirituality, his search brought him to the study of psychology and the emphasis on working with our humanity instead of simply trying to transcend it. Through this combined work of

psychology and nondual spirituality, Craig offers a seamless transmission of nondual spirituality which fully acknowledges our humanity and our overwhelming Beauty and Divinity. His work is dedicated to the discovery of our innate Divinity in every aspect of our lives. He works in a way that addresses our everyday human suffering as a doorway to our inherent freedom. Craig offers Satsang, workshops, retreats and meets with individuals from around the world via Skype. For more information about Craig visit: craigholliday.com If you want to examine with me, what it means to be awake and how to work with a huge amount of karma and egoic conditioning-read on. If you want to know how to work with repetitive difficult emotions, with anxiety and

pain, with a career, kids and relationships read on. If you want to examine what life before, during and after awakening is; what enlightenment is beyond ancient mythological or a dogmatic understandings read on. If you are compelled to examine with me, what it means to be human and Divine-not in some philosophical sense, but in the context of a down to earth awakened practicality, join me in this.

The Path of Spiritual Breakthrough - Jeff Carreira 2021-12

In *The Path of Spiritual Breakthrough*, meditation and awakening teacher Jeff Carreira takes you on a journey through some of the farthest reaches of mystical revelation. For many years Jeff was a devoted spiritual seeker pursuing rigorous extremes of practice. What

he experienced was a succession of extraordinary events that gradually left him free of existential doubt and perpetually open to new and higher dimensions of reality. In these pages you will explore the sacred path created by your own profound breakthroughs. You will learn how to illuminate your way forward guided only by the light of your deepest inner revelation. There comes a time on the path when you can no longer follow any preconceived notions or ideas. At this point you must autonomously step out beyond any doctrine or teaching and follow the light of your own heart's longing. In this book, you will find a source of wisdom and insight that gives you the confidence and courage to trust the truth inside yourself and uncover the path of your unique spiritual

fulfillment.

In Search of the Miraculous - Osho
1996

Osho writes in a style which is clear, simple and often humorous.

Kundalini Wonder - Dorothy Walters
2020-04-30

Kundalini Energy and Christian Spirituality - Philip St. Romain
2010-03-31

Account of the awakening of the kundalini process by Philip St. Romain, with reflection on the meaning of this process from the perspective of Christian spirituality. Foreword by Thomas Keating. Appendices by James Arraj. 2nd edition. Original work by Crossroads, NY, 1991.

Reiki for Spiritual Healing - Brett Bevell
2009-09-15

A Doorway to Spiritual Awakening In this groundbreaking guide, Reiki Master Brett Bevell reveals how to focus the energy of Reiki—traditionally used for healing the body—toward healing the spirit. By showing how to work with the Higher Self to send Reiki treatments across many lifetimes, Bevell provides the tools for clearing karmic and spiritual blocks at the moment they were created. Through the introduction of new Reiki symbols and techniques for forgiveness, accessing the angelic realm, and more, seekers will be able to take ownership of their connection to the Divine and engage in real change in their lives.

Radical Inclusivity - Jeff Carreira
2014-02-15

In this book Jeff Carreira explores the experience of Radical

Inclusivity. These experiences arise out of the direct recognition that everything is always included as part of some larger whole. That larger whole is itself included in yet another whole. This recognition of profound holism gives us a glimpse into a new possibility in consciousness and a way of thinking that moves us beyond dualistic comparison of opposites. The writing style is personal, fluid, fast moving, and at times poetic because a new consciousness can best be articulated through words that point us to a reality that lies beyond words. This book is meant to initiate an inquiry that will inspire you to embark on a profound investigation of your own experience.

The Dance of Stillness - David Rivers
2011

Richard M. Moss, David Spero, Master Charles Cannon, and Swami Shankaracharya. This book contains intimate encounters with four modern spiritual mentors who have each undergone a radical process of "energetic" spiritual awakening, often termed Kundalini Awakening and who each teach with a strong emphasis on the awakening of the deeper energies inherent in Consciousness. In a way the spiritual teachers featured herein are the modern equivalent of the ancient Tantric Masters of the East. Energetic Spiritual Awakening is the movement of the innate spiritual energy (Life Force) dwelling within all human beings. It is, quite literally - the Dance of Stillness, the descent of grace, bringing about in its wake the dissolution of the small sense of

self (ego) into the Infinite Ocean of Being (True Nature) and the subsequent full embodiment of that Divine Awakening in daily life. As the process of conducting the intimate interviews featured in this book unfolded, (during a month long trip to the USA from Australia) a unique pattern emerged. During pivotal periods of their awakenings, each of the teachers had been graced with a profound encounter with the Divine Feminine. While the Divine Feminine, as such, is not the specific focus of this book, it does

form an intrinsic part of the total weave, and is indeed a deep undercurrent theme in the spiritual journeys of each of the teachers featured herein. In this uncommon book you will come to see that there is no one set fixed pattern to the awakening process. You will gain a glimpse into the mystery of the Divine Feminine, Mother Shakti, as She unfolds her power within these four unique spiritual aspirants. Bringing in her wake, the dissolution of the small sense of self, into the fathomless ocean of Life Itself, Here Now!