



Kundalini Yoga (Paperback)

By M.P. Pandit

LOTUS PRESS, United States, 1993. Paperback. Condition: New. Language: English . Brand New Book. The science of yoga includes many disciplines of power and realization. Of these, none is perhaps more famous than the Kundalini Yoga. The search for inner awakening and unfolding of hidden powers has brought man to the threshold of the last frontier: himself. This book expounds the science of consciousness, and quickly reviews the concepts of chakras, mantras, yoga, and awakening of the kundalini energy as the foundation of realization.



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