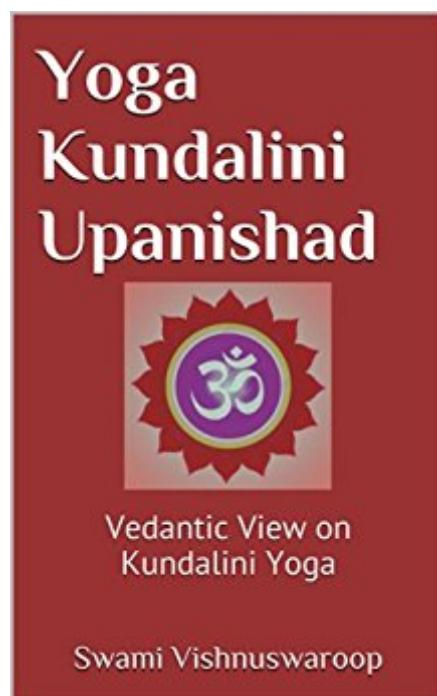


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Yoga Kundalini Upanishad: Vedantic View On Kundalini Yoga



Synopsis

This Upaniā £ad on Kuá £á,•alinÄ« Yoga belongs to KriÅ›na Yajurveda. There are three chapters in it. In the first chapter, the two causes of Citta Vá »tti, the three methods of controlling PrÄ•na â “ moderation in diet, Ä sana and Ä akti CÄ•lini MudrÄ• are described. Then Sarasvati CÄ•lana, types of PrÄ•nÄ•yÄ•ma â “ SÅ«ryabhedi, UjjÄ•yi, ShÄ•tali, BhastrikÄ•, etc., three Bandhas â “ Moola Bandha, UddiyÄ•na Bandha and JÄ•landhara Bandha, obstacles in yoga and protection from them, awakening of Kuá £á,•alinÄ« through yoga practice, penetration of three Granthis Brahmagranthi, ViÅ›á £ugranthi and Rudragranthi, Kuá £á,•alinÄ« entering SahasrÄ•ra Cakra (thousand petalled lotus), dissolution of PrÄ•na, etc. into Ä iva, realization of Self everywhere during SamÄ•dhi and subjects like SamÄ•dhi Yoga, etc. are described in detail. The second chapter begins with the lucid explanation of Khecari MudrÄ•. The features of Khecari, its results, perfection of Khecari by Mantra Japa, sequence of Khecari practice, etc., are described elaborately. In the beginning of third chapter the Khecari Melana Mantra for Khecari Siddhi is described specifically. The vision of a SÄ•dhaka during his SÄ•dhanÄ• is described by giving examples of new moon, first lunar date and full moon. Then attaining perfection for the union with macrocosm through PrÄ•nÄ•yÄ•ma, impossibility of Self-realization without practice, knowledge of the Brahman through the discourse of a Sadguru, manifestation of Brahma in the form of VÄ•k, Vá »tti and Vishva, etc., the nature of Parabrahma and at the end, means to attain Brahma â “ DhyÄ•na, JÄ•vanmukti and Videhamukti, etc., topics are explained. Thus, the major subjects of Yoga are presented in this Upaniā £ad, which makes it unique and complete.

Book Information

File Size: 899 KB

Print Length: 41 pages

Publisher: Divine Yoga Institute, Kathmandu, Nepal; 1 edition (February 5, 2015)

Publication Date: February 5, 2015

Sold by: Ä Digital Services LLC

Language: English

ASIN: B00T9KAB38

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,071,257 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #93
in Books > Religion & Spirituality > Hinduism > Sacred Writings > Upanishads #195 in Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Rituals & Practice #331 in Books > Religion & Spirituality > Hinduism > Rituals & Practice

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