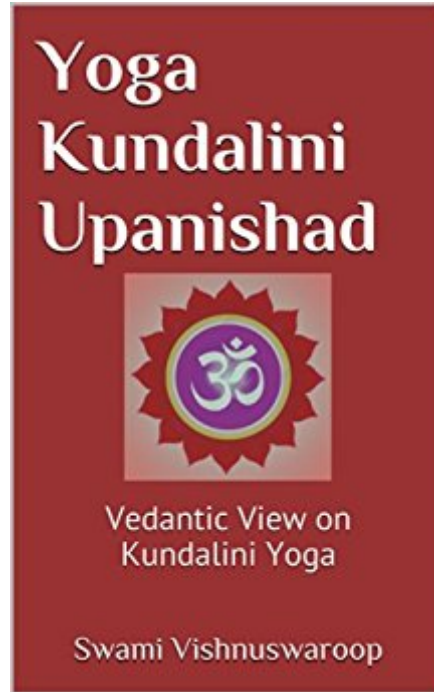


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Yoga Kundalini Upanishad: Vedantic View On Kundalini Yoga



Synopsis

This Upaniśad on Kuśālin Yoga belongs to Kriyāna Yajurveda. There are three chapters in it. In the first chapter, the two causes of Citta Vāṭti, the three methods of controlling Prāṇa â “ moderation in diet, Āsana and Ākṛti Cālīni Mudrā are described. Then Sarasvatī Cālāna, types of Prāṇāyāma â “ Sāṛyābhedi, Ujjāyī, Shāṭali, Bhastrikā, etc., three Bandhas â “ Moolā Bandha, Uddiyāna Bandha and Jālandhara Bandha, obstacles in yoga and protection from them, awakening of Kuśālin through yoga practice, penetration of three Granthis Brahmagranthi, Viśāṭugranthi and Rudragranthi, Kuśālin entering Sahasrāra Cakra (thousand petalled lotus), dissolution of Prāṇa, etc. into Āiva, realization of Self everywhere during Samādhi and subjects like Samādhi Yoga, etc. are described in detail. The second chapter begins with the lucid explanation of Khecari Mudrā. 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 Sādhaka during his Sādhana is described by giving examples of new moon, first lunar date and full moon. Then attaining perfection for the union with macrocosm through Prāṇāyāma, impossibility of Self-realization without practice, knowledge of the Brahman through the discourse of a Sadguru, manifestation of Brahma in the form of Vāk, Vāṭti and Vishva, etc., the nature of Parabrahma and at the end, means to attain Brahma â “ Dhyāna, Jāvanmukti and Videhamukti, etc., topics are explained. Thus, the major subjects of Yoga are presented in this Upaniśad, 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: 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

inÂ Books > Religion & Spirituality > Hinduism > Sacred Writings > Upanishads #195 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Rituals & Practice #331 inÂ Books > Religion & Spirituality > Hinduism > Rituals & Practice

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