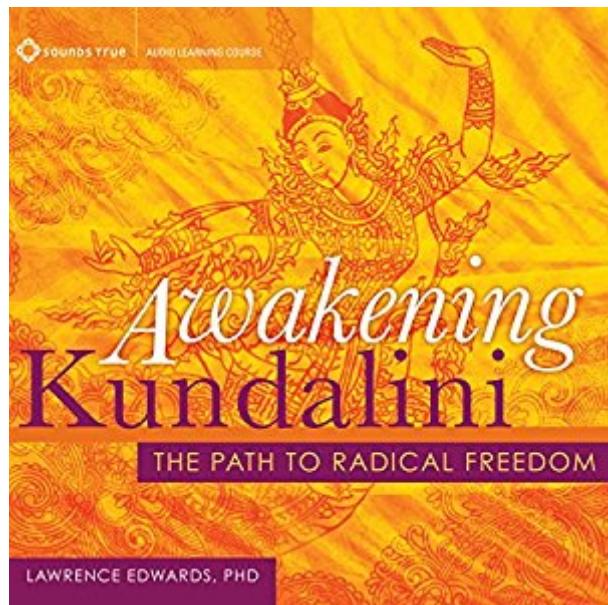


The book was found

Awakening Kundalini: The Path To Radical Freedom



Synopsis

Kundalini is the power of divine within that compels us to evolve and grow - identified by cultures and traditions all over the world as a key to the most profoundly transformative experiences we can have. With its ability to connect us to the energy of creation and elevate us to a higher state of consciousness, Kundalini awakening is crucial to the deepening of our spiritual evolution. But the deep spiritual unfolding that Kundalini offers can also be confusing and difficult to grasp - so how can we approach this universal power with preparation and wisdom?

Book Information

Audible Audio Edition

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Customer Reviews

I am a businessman in my day job, but have been meditating and attending retreats and various meditation programs for more than 10 years. I am struck by the wide range in the levels of energy (Shakti) that I experience at the different programs. Listening to these cds brought me to a deep meditative state that I have only rarely experienced while participating in a live program. What a gift to be able to achieve this state in my home. On an intellectual level, the teachings are clear, concise and very informative about Kundalini. For now, I find that listening to a teaching for 20 to 30 minutes followed by 45 minutes of meditation gives me the grace I receive when meditating in a group setting - but without the travel time. What a gift!

Lawrence Edwards is just amazing, he speaks about kundalini, but what I heard was kundalini herself speaking to me. He is truly the embodiment. What a delight. I listened to one CD per evening before I went to sleep. I felt deep in my heart everything he spoke about. I felt so much joy listening to his

voice, so much love was coming out of my heart. My sleep was so peaceful, getting up in the morning I had so much energy, I felt kundalini was living me. I could not wait for the evening to listen to next CD. every CD was a gem. I will be listening to these CDs again and again. I recommend them very, very much.

This CD set is a source of invaluable information and wisdom for all serious students of yoga and meditation. Dr. Edwards presents an essential guide to understanding Kundalini.

In this beautifully recorded presentation, Lawrence Edwards achieves what few others have accomplished. With meticulous clarity and the wisdom distilled from a lifetime of study and experience, he offers the key concepts of the Kundalini process in terms all can grasp and comprehend. Kundalini, shaktipat, chakras, mantra---each is given careful definition and placed in the larger context of the evolutionary awakening process. He shows us how Kundalini itself is a vital ingredient in the ongoing cosmic process of condensation and then expansion of universal consciousness. With humility and skill he describes the manner in which limitless awareness is "stepped down" into the manifestation we know as our "reality." Each of us arrives with the question, "Who am I?" Edwards then describes the journey back home, where the restricted consciousness of the seeker is liberated step by step, or perhaps instantaneously, into limitless awareness once more. Edwards is that most rare of beings, an authentic spokesperson for the divine. His presentation is a guidebook for the contemporary seeker desiring to unite with a larger truth and to experience the self in its fuller expression. Here is a repository of ancient truths and modern practices by a truly accomplished adept. In all, this offering is a bursting fount of wisdom for all of us longing to answer the central question, "Who am I?" This offering is one no serious pilgrim on the path should ignore. Christian, Muslim, Buddhist, Jew--all will find riches to enhance their journey embedded in these passages. Each segment is a jewel presented with love, humility, and devotion, a tribute to the Goddess Kundalini herself as well as her human practitioners. Investment in this set will pay rich dividends to all who are open to its message. Dorothy Walters, PHD, author, "Unmasking the Rose, A Record of a Kundalini Initiation"

Finally! A comprehensive, intelligent and well organized guide to the Kundalini experience. Dr. Edwards simultaneously demystifies what is meant by Kundalini and fills the listener with awe and reverence for this force. His obvious passion for this subject is contagious

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