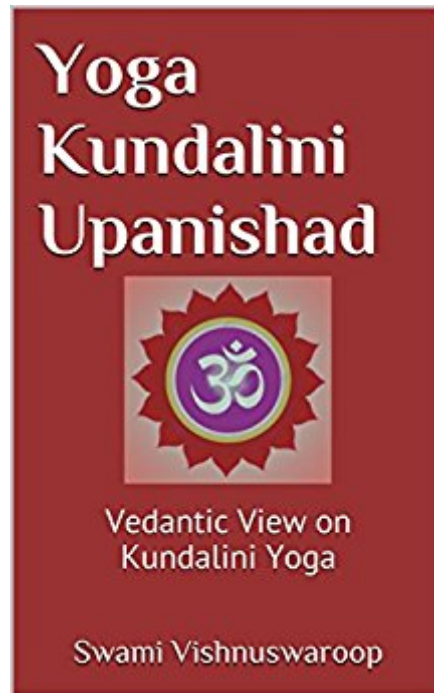


The book was found

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 “ Moola 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

[Download to continue reading...](#)

Yoga Kundalini Upanishad: Vedantic View on Kundalini Yoga YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Kundalini: Kundalini Awakening Mastery, Proven and Fast Working Techniques to Awaken Kundalini Energy Now! Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) TRIYOGA UPANISHAD: Yoga Kuá ¢á,•alinÄ«, Yoga DarÄ»ana and NÄ•davindu Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Mundaka Upanishad: What is that, knowing which, everything becomes known? The Pursuit of Power and Freedom: Katha Upanishad I Am That: Discourses On The Isa Upanishad Finger Pointing to the Moon: Discourses on the Adhyatma Upanishad Isha Upanishad Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation Mantras para la Vida: Utiliza los Mantras de Kundalini Yoga como herramienta vital (Spanish Edition) Kundalini Yoga: Unlock the Divine Spiritual Power Within You Original Light: The Morning Practice of Kundalini Yoga Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) Kundalini Yoga: The Flow of Eternal Power The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together

[Dmca](#)