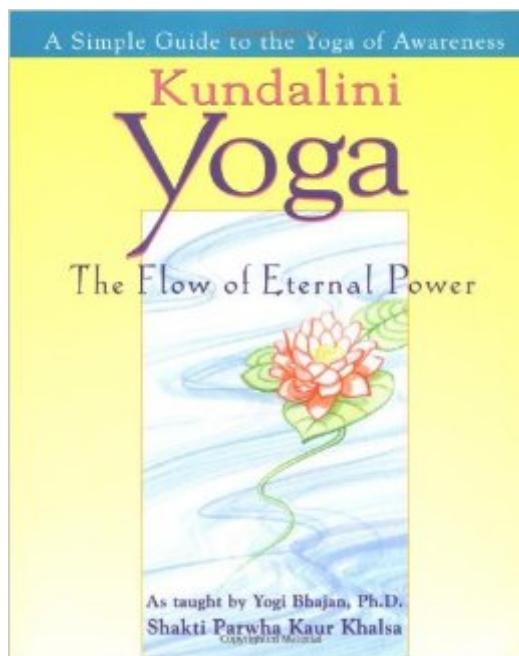


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Kundalini Yoga: The Flow Of Eternal Power



Synopsis

Taught for thousands of years--and revealed to the West in recent decades by the master Yogi Bhajan--Kundalini Yoga is surprisingly simple to learn. And practiced regularly, it can strengthen the nervous system, balance the glandular system, and harness the energy of the mind and emotion as well as the body. While general yoga technique focuses on exercise postures and breathing, Kundalini takes yoga concepts a step further by integrating them into everyday life activities. This definitive guide, fully illustrated with photographs, is an accessible introduction to this ancient practice, with information on poses and positions, diet and lifestyle, breathing and stretching techniques, chanting and meditation exercises, and general guidelines that can help anyone--beginner or advanced--gain the greatest benefit from yogic practice.

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Customer Reviews

...and take some of the other advice with a grain of salt. The woman who wrote this book was one of Yogi Bhajan's earliest students - I believe that she is in her sixties or seventies. I mention this because I would advise anyone to read this book the same way they take advice from an older person of a different generation...I started reading the book in 1999, after I had done a little bit of Kundalini - and I will admit that I got turned off - by the advice to take cold showers, some of Yogi Bhajan's quotes about women etc., etc. Then I promptly quit doing yoga, bought a house (a fixer-upper) and got a stressful job. Almost exactly one year later I realized that I needed to calm my mind and my body because I was a wreck. I took a few Kundalini classes, but really needed

something that I could practice at home. So I dug out this book - and went straight to the exercises. Flow of Eternal power presents the exercises in sets which you can make last from 20 minutes to an hour and a half. I bought a digital kitchen timer so that I could hold the poses for the prescribed period of time and off I went. Well, THE KUNDALINI EXERCISES MADE A BIG DIFFERENCE AND I STARTED TO FEEL 100% BETTER. So, my advice is take what is offered and use it to your benefit - leave out what you don't feel comfortable with (actually the cold showers can be pretty invigorating and the advice about caring for oneself is pretty cool too).

It's hard buying books when you don't have the opportunity to flip through them first. Honestly, if I found this in the local bookstore I probably would not have chosen it. I was expecting something more academic or pragmatic and the style of this book is so laid back and free flowing. Despite myself, I've come to appreciate the format. It's joyful and light, with lots of illustrations and cartoon like drawings in the margins. It does give some good information specifically for women, which is why I wanted this book in the first place. Lots of books about yoga or Eastern philosophy forget that all that is good for men is not necessarily beneficial for women, and this book makes a point to make this clear. Also, a surprise: good foot massage diagrams and the yogi tea recipe. If one is looking specifically for info about Kundalini or yoga, this may not be the best book for left brained information. It is however, an enjoyable book that includes helpful information about all aspects of life, from waking in the morning to broaching the mystery of death.

This book is a complete course in Kundalini Yoga. It covers breathing, chanting, the chakra system, plus a wealth of less frequently found information on diet, foot massage, communication, a chapter specific to women, and even some yogic recipes. I especially appreciated the strong focus on spirituality and the analogy of life as a movie. This is not a typical yoga book. It is much deeper and more thorough than any other I've read. The author's sincerity comes across clearly--as does her sense of humor. While reading, I felt as if I had a live yoga teacher right there with me. I will read this book many times.

So many books on Kundalini Yoga are bogged down with confusing information and subject matter that it can discourage most students. This book is excellent for both beginning and advanced students. It contains a wealth of information put together in a loose, light-hearted, and easy to understand format. You get everything here: philosophy, exercises, breathing techniques, mantras, cooking recipes. Regarding several criticisms I've seen of this book - I'd have to say please

remember that this teacher is one of Yogi Bhajan's first students, and she may occasionally speak from a different generation than we're used to. It's not necessary to agree with every last sentence of the book to benefit from it. I recommend this inspiring book to anyone interested in improving their life and learning more about Kundalini Yoga!

This book is incredible. The proof is in the DOING, not in the reading. It's an operating manual for the human body, mind and consciousness. Chock full of lots of really practical techniques to feel better, clear and settle the mind and stay healthy and relaxed. I tried the techniques Shakti gives in this book and they REALLY WORK. Try 'em yourself! It's not a philosophy book. It's kind of a "cookbook" full of recipes for living a healthy happy and whole life. Very well written in a lively, warm colloquial style. Full of clarity, love and wit. Highly recommended!

I just wanted some reality, not opinion, not philosophy. I can hear opinion from the beginning of time until the end, but that doesn't give me any help. This book does. It gives concrete suggestions and techniques which work! I'm so tired of religions that tell you to believe or just follow, then after you die maybe you'll find out if it's right. Philosophers and psychiatrists have as many competing ideas as leaves on trees. It's an endless maze for those addicted to intellect. I lean more toward experience, so this book really hit a home run with me. This system of meditation and yogic practice lets me see for myself if it's real. I have my own internal experience, not what someone told me. Thanks to Ms. Khalsa for putting this into an accessible, light format. Easy reading and easy to follow. PS The cold showers are kind of knarly, but after it's over I have to admit I feel incredible and my skin glows. Zeke

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