



## Kundalini Meditation: The Path to Personal Transformation and Bliss

By Kathryn McCusker

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Kundalini Meditation: The Path to Personal Transformation and Bliss, Kathryn McCusker, The term 'kundalini' is an ancient Sanskrit word referring to the powerful life force present in us all. The purpose of kundalini meditation is to open up this life force, helping it flow through each of the seven chakras, the energetic centres of the body. When kundalini is fully awakened you will feel amazing levels of energy with electric-like currents flowing up and down the nerves. You will experience inspiration and insight during meditation and doubts and anxieties will disappear. Your body will feel as light as air and your mind calm and serene. You will be at one with the divine. This book explains, in guided stages, how to awaken kundalini. First you must become aware of the energy channels running along the spinal cord - the nadis - and the chakras or energy centres which are strung along the nadis like jewels in a necklace. Next, by practising purification rituals, breathing exercises called pranayama, meditation, yoga poses and mudras (hand positions), you can ensure that kundalini is drawn up through the spine, opening each chakra in turn and causing...



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