

[EPUB] Biology Of Kundalini Exploring The Fire Of Life

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Biology of Kundalini-Jana Dixon 2020-06-10 2nd Edition: A manual for those going through spiritual journeys and kundalini awakenings. Listing symptoms, practices and health suggestions to reassure the reader that transmutation and the evolutionary process of metamorphosis is both normal and essential to the "deeper" experience of being human. Evolutionary biologists and neurologists may find some clues in this book to aid their research.

The Biology of Consciousness-JJ Semple 2014-07-03 Kundalini is a biological actuality, a primordial energy in every human being that is capable of modifying DNA in a single lifetime. It's trans-national, trans-cultural, and, most important trans-denominational. All of which speaks to a unified cosmology of life, that we are really intertwined in so many ways, in spite of the self-imposed barriers we erect to separate us from each other and from the super-consciousness that permeates all of existence. If individuals are to achieve self-actualization during a single lifetime, Kundalini will be the gating agent for this evolutionary leap. Whether it's practicing ancient methods of meditation or newly developed methods, Kundalini is the trigger. Meditation may provide the shortest path, but there are other means of achieving the same results, including cases where individuals do absolutely nothing, but are still visited by a spontaneous Kundalini awakening. The one element all these experiences share across the board is a change in metabolism, induced by a process known as sexual sublimation, even though, in some instances, the individuals neither detect nor feel any sexual activity. Some way or other, the subject's metabolism produces a distilled form of sexual energy that gets released into the brain, activating Kundalini, which, managed correctly, restores health, stimulates creative abilities, alters negative behavior patterns, retards the aging process, and expands consciousness. Normally, human growth proceeds in a linear pattern. However, disease, environmental factors, biochemical changes can create genetic mutations, ultimately modifying DNA. Depending on the type of stimulus, these mutations are either beneficial, harmful, or neutral. Kundalini awakenings bring about major beneficial mutations in their subjects which get passed along in DNA code to the next generation. The Biology of Consciousness examines the idea (for physical scientists, the hypothesis) that consciousness exists outside the body, always has and always will. It is the driver of evolution, among other things, what Gopi Krishna termed "the evolutionary impulse."

Awakening Kundalini-Lawrence Edwards 2013 The universal force known as Kundalini has been shrouded in mystery for centuries, yet it influences our every breath, thought, and emotion. With Awakening Kundalini, one of the West's most respected teachers and researchers in the field explores this spiritual principle in unprecedented depth, with detailed guidance for discovering and working with it directly. In India's spiritual teachings, Kundalini is known as the principle within that compels us to evolve and grow. Traditions across the globe have described it as a force that lies dormant within us and, when awakened, connects us to the energy of creation and profoundly elevates consciousness. With his unique expertise in modern psychology, neuroscience, meditation training, and spiritual traditions, Lawrence Edwards clarifies for readers the many dimensions of Kundalini awakening, including practices and meditations for recognizing its manifestations and preparing the body and mind to enter its expansive, empowering flow. When experienced skillfully, Kundalini can be the most profoundly transformative experience of our lives. Awakening Kundalini makes available a complete and practical resource for tapping into this transformative force, and realizing our ability to live "radically free."

The Kundalini Process: A Christian Perspective-Philip St. Romain 2017-11-09 In this book, author and spiritual director, Philip St. Romain, presents an understanding of the kundalini process that can help Christians recognize its signs and its place in the spiritual life. Following up on his earlier work, ""Kundalini Energy and Christian Spirituality: A Pathway to Growth and Healing,"" Philip uses the philosophy of St. Thomas Aquinas and more modern approaches to human nature to explain how kundalini is a natural process that is designed to integrate all of the levels of our human nature in deep union with God. He notes that this process is at work in all of us at a very low and gentle level, but that it can become intensified in certain conditions, presenting major challenges and blessings for those who experience such activations. This book is sure to help pastors, spiritual directors, and anyone interested in spiritual growth come to a better understanding of the mysterious transformative power that lies deep within all of us.

Seminal Retention and Higher Consciousness-JJ Semple 2015-05-25 Higher consciousness and sexual sublimation (diverting sexual energy to the brain) are inextricably linked in most of the world's meditation methods. So where does seminal retention fit in? Seminal retention techniques can be used by male practitioners who want to continue sexual relations without the deleterious effects linked to ejaculating. While best meditation practices dictate renouncing ejaculation and sexual relations, seminal retention techniques do provide a compromise for males not able or not willing to give up sex. In the East, people have always known about the connection between higher consciousness and what goes on below the waist. Seminal Retention and Higher Consciousness: The Sexology of Kundalini explores this connection, and its sexological implications. First, there's a limited amount of semen in the male body. Neither you, nor I, can change this; it's a biological fact. Second, although you can't replenish what's been lost, you can conserve what's left. Today, it's understandable that young, vital individuals working on kundalini activation techniques want to maintain a normal sex life. Formerly, the only way to avoid the deleterious physiological effects linked to ejaculation was to avoid sex altogether after activating kundalini. That is not acceptable to this generation: The sex drive is too powerful to simply put it on the back burner in favor of abstinence or abstention. Today's seekers want instant gratification, free license to ejaculate at will, at the same time, they pursue higher consciousness. Fortunately, there is a way to reconcile the two, a series of seminal retention techniques I discovered after activating kundalini. But before revealing these secret techniques, let's examine some of the effects various authorities on kundalini had to deal with. First, Gopi Krishna writing in 1977: "At the present time, we can say, that perhaps twice a week to once in two weeks would be a safe measure for indulgence in the sexual act. This is of absolute importance for those who would like to awaken the Serpent Power. "On one occasion, after months of abstention, I prematurely had a contact with my wife. The next moment, because the energy did not come up to feed the brain, I seemed to sink into a pit of horror and terror, so much so that I thought that if nothing happened to save me from this terrible situation, I would die. "People realize these mistakes when they are sixty or seventy years old. There have been many cases in which men of advanced age have repented the folly of their youth." Second, before I mastered retention techniques, I discovered first hand how much the brain needs the elixir and I wrote about it in Deciphering the Golden Flower One Secret at a Time: "My head is imploding and the elixir is being summoned to my brain for life support. I curl up in a fetal position. To no avail, my nerves are like an electrical fire searing the very conduits that enclose them and there isn't enough elixir to cool them. Certainly, if I try to lead a normal sex life, I'll simply exhaust my resources. I can feel the elixir waning and, as Gopi Krishna put it, 'a tongue of golden flame searching my stomach for food.'" I learned the hard way, but you don't have to. Not if you take the time to master the techniques discussed in this book. Yes, I suffered bouts of physical pain, like the ones described above, that led me to seek and ultimately find techniques that not only allowed me to continue sexual relations, but also allowed me and my partners to experiment with new pleasures. In ancient times, sex relations and higher consciousness were a no-no. Today, seekers want both. And they can have them...within reason. The biology hasn't changed; Kundalini still

needs the energy. But, if you can control the energy as it surges up the spine into the brain and not allow it to flow out, you can navigate the tricky waters between sublimation and ejaculation.

The Secret of the Golden Flower-JJ Semple 2018-07-23 The first book to examine and extract the workable teachings from the The Secret of the Golden Flower. Forget dogma and belief systems... This is DIY meditation method, especially for those individuals tempted to brave the solitary path. It's only limits are your ability to envision and strive for a new YOU. Since the publication of Deciphering the Golden Flower One Secret at a Time (ASIN: B001A9TN7Q) in 2008 (DGF), readers have asked for an in-depth guidebook on using The Secret of the Golden Flower (SGF) to awaken kundalini in a manner, and with results, similar to those described in JJ Semple's DGF. The Secret of the Golden Flower: A Kundalini Meditation Method is that book, a much anticipated interpretive guide to the SGF as well as a sequel to his DGF autobiographical kundalini memoir. Kundalini is the formative, biological life force energy in your body. Most people don't realize that kundalini resides within them; they are simply unaware of its actuality and its potential. Which means, of course, that it may never "re-activate" either spontaneously or otherwise, not unless you learn how to induce a Kundalini awakening through meditation practice. Even then, the outcome is never certain. There's a quantum or karmic aspect to the process. Wilhelm, Cleary, and Jung translated the book and commented on its teachings, but not one of them ever practiced the method. This book compares their translations and commentaries with JJ Semple's empirical practice of the method, using his ultimate success in awakening kundalini as the arbiter of its suitability as a method — in essence, the author identifies where the written word deviates from actual practice. He extracts the workable teachings from the esoteric text of the SGF and shapes them into a practical modern method. By cross-referencing both the Cleary and the Wilhelm versions, the author details each version's contribution to the kundalini awakening process. A chapter comparing Golden Flower Meditation (GFM) to the Microcosmic Orbit (MCO) is also included. Says JJ Semple, "Did I take every word and every passage in the Wilhelm version literally? No more than I take every word or passage in the Bible, or in Cleary's translation, literally. I realized that a successful practice depended on problem solving and detective work, that searching for literal meaning was a waste of time. Success would be found in doing, not in fantasizing." In fact, the SGF has two objectives. One, it's a manual for kundalini meditation, even though the term "kundalini" never appears in the text. Put aside what you may have been told or read about the SGF and accept this as fact — one borne out by centuries of realized practitioners who practiced the method, a fact vetted by contemporaries such as Gopi Krishna. Two, it's an explanation of ontology, which the dictionary defines as: "the branch of metaphysics dealing with the nature of being." Neither objective is readily understood without practicing the method. Sure, it's possible to approach the text as an academic challenge, but the best way to reconcile the two objectives is by practicing the method, which, if you are patient, allows you to "grok" the ontological elements as you move forward. The two are not separated in the text; they're mingled together, which, as you might imagine, makes understanding problematic. Says JJ Semple, "Although the ontological portions obscured the practical aspects to some degree, I decided to forge ahead. Ultimately, once the meditation took its course, once the light started to circulate, I was catapulted out of the limiting duality of the physical world into the metaphysical actuality of 'the great One...which has nothing above it.'" In short, he learned that enlightenment comes with practice.

Deciphering the Golden Flower One Secret at a Time-JJ Semple 2007-12 Deciphering the Golden Flower One Secret at a Time is an interpretive companion piece to The Secret of the Golden Flower. For the first time ever, a book dares to reveal the secrets of the world's most influential meditation method, a series of techniques originally compiled in the 9th. Century masterpiece of Chinese alchemy, The Secret of the Golden Flower. The author, JJ Semple shares his many years of first-hand practice with the sacred book's meditation system. One-by-one, he reveals the techniques behind the book's secrets, providing clear instructions on how to use them. Not even Richard Wilhelm, the translator, or Carl Gustav Jung, the famous psychologist, who wrote the original commentary to The Secret of the Golden Flower, were able to plumb the depths of this method. This book is an extraordinary statement about the inevitability of karma and the obstacles one must overcome in the quest for self-realization. The focus of this book is self-healing, bodily rejuvenation, spontaneous appearance of talents aptitudes, or faculties, and slowing down the aging process. It examines a reliable way of inducing these phenomenon.

Kundalini-Gopi Krishna 2018-03-27 Coiled like a snake at the base of the spine, kundalini is the spiritual force

that lies dormant in every human being. Once awakened, often through meditation and yoga practices, it rises up the spine and finds expression in the form of spiritual knowledge, mystical vision, psychic powers, and ultimately, enlightenment. This is the classic first-person account of Gopi Krishna, an ordinary Indian householder who, at the age of thirty-four, after years of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of the book. His detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

Kundalini-Swami Muktananda 1994-01-01 Explaining the need for kundalini awakening, this text describes the experiences that arise once it has taken place and addresses the potential obstacles to attaining the ultimate life goal, liberation.

Thrive In The Chemtrail Holocaust-Jana Dixon 2019-02-15 Anti-aging manual for biosphere collapse.

Our Light Body-Mary Rabyor 2012-04 Human beings are now evolving into a new species, popularized as the light body that starts to grow when our vibration is high enough to activate DNA that exists in our genes. The growing force increases the vibration of all objects over time. When the old body design no longer thrives in the increased vibratory field a species wide metamorphosis triggers. That is where we are today. In early 2006, Mary unexpectedly experienced a kundalini awakening after years of doing meditation. After this, she devoted three years full-time to the kundalini transformation and took daily notes. The core of Our Light Body is Mary's journal for the first year of kundalini transformation with notes, poetry, insights, visions and dreams. The book has chapters with the author's insights about the personality, the higher-self, steps of spiritual awakening, dark nights of the soul, DNA activation, kundalini, human metamorphosis and evolution.

Kundalini Energy and Christian Spirituality-Philip St. Romain 2010-03-31 Account of the awakening of the kundalini process by Philip St. Romain, with reflection on the meaning of this process from the perspective of Christian spirituality. Foreword by Thomas Keating. Appendices by James Arraj. 2nd edition. Original work by Crossroads, NY, 1991.

Kundalini-Om Swami 2016-04-28 You don't have to be a monk to enter the ultimate realm of happiness! Yes, it's true. In his book Kundalini - An Untold Story, Himalayan ascetic Om Swami unveils the enigmatic story of kundalini, the formless aspect of the Goddess or your primordial energy. With workable steps for awakening this energy source, the author explains the esoteric and practical meaning of kundalini and the seven chakras in his usual humorous style. These riveting anecdotes are based on his personal experience gained from years of intense meditation. Take an awe-inspiring journey - something no other book on spirituality can offer - from the origins of kundalini all the way to Swami's own sadhana in the modern age. Om Swami is a mystic living in the Himalayan foothills. He has a bachelor's degree in business and an MBA from Sydney, Australia. Prior to his renunciation of this world, he founded and ran a multi-million dollar software company successfully. He is the bestselling author of A Fistful of Love.

Kundalini Tantra-Swami Satyananda Saraswati 1996 In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realizes that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is

included in this book.

Anunnaki Awakening-Ray Davis 2015-02-16 For millennia, humanity has wondered, "Who are we and where did we come from?" Religions tell us we are flawed, limited, even evil. They promise reward or retribution for believing the right things about the right God and keeping our faces down and our knees bowed. Billions unquestioningly obey. Science skeptically scoffs at these old myths. It has reduced the entire universe - and humanity along with it - to a mathematical and mechanistic accident. Billions consider themselves too smart, too educated to believe in crazy old myths or to see any reality beyond the natural world. Are either of these explanations satisfying or complete? Are we just atoms bumping into other atoms or souls to be saved by the decree of ancient Gods? White House correspondent Maria Love had never considered such questions. Suddenly and unexpectedly, she finds herself thrown into a world where everything we've been told turns out to be wrong. Now, with the help of a member of the Anunnaki elite, she tries to reveal history's greatest deception as the fate of Earth and Nibiru hangs in the balance.

Llewellyn's Complete Book of Chakras-Cyndi Dale 2015-11-08 The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways our understanding of chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: "In one thoroughly researched and beautifully written book you can learn...what it took ancient seekers a lifetime to uncover."—Steven A. Ross, PhD, CEO of the World Research Foundation and author of *And Nothing Happened...But You Can Make It Happen* "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing."—Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems."—Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete...Very impressive."—Margaret Ann Lembo, author of *Chakra Awakening*

The Backward-Flowing Method-JJ Semple 2008 For the first time ever, a book dares to reveal the secrets of the world's most influential meditation method, a series of techniques originally compiled in the 9th. Century masterpiece of Chinese alchemy, *The Secret of the Golden Flower*. The author, JJ Semple shares his many years of first-hand practice with the sacred books meditation system. One-by-one, he reveals the techniques behind the book's secrets, providing clear instructions on how to use them. Not even Richard Wilhelm, the translator, or Carl Gustav Jung, the famous psychologist, who wrote the original commentary to *The Secret of the Golden Flower*, were able to plumb the depths of this method. This book is an extraordinary statement about the inevitability of karma and the obstacles one must overcome in the quest for self-realization.

Spiritual Nutrition-Gabriel Cousens, M.D. 2009-03-03 When we eat, can we feed the soul as well as the body? Can a diet have an impact on spirituality? *Spiritual Nutrition* empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual practices. Drawing on 14 years of clinical experience and research, Dr. Gabriel Cousens discusses nutritional issues that can help answer these questions, including raw vs. cooked food; high vs. low protein; the concepts of assimilation and fasting; alkaline--acid balance; attitudes about food; nutrients, energy, and structure building. In addition, Cousens shares his new dietary system of "spiritual nutrition" that is based on the relationship that the color of the food has to corresponding colors of the human chakra system, hence, the "rainbow diet." For true nourishment, he strongly promotes the connection of diet to meditation, fellowship, wisdom, and love.

E-Book Energy Medicine East and West-David F. Mayor 2011-05-31 *Energy Medicine East and West: A*

Natural History of Qi provides a unique, comprehensive overview of Qi or bioenergy for students and practitioners of energy medicines, Chinese and Oriental Medicine, and all disciplines of Complementary and Integrative Medicine. Mayor and Micozzi start with a comparative historical account of the ancient concepts of Qi and vital energy before covering theories of Qi, a discussion of the organized therapeutic modalities based upon Qi and its applications to specific health and medical conditions. Contributions are included from international experts in the field. The book moves from anatomical and bioenergetic complementarity of Western vital energy and Eastern Qi, through convergence of perspectives and models to demonstrations of how the traditional therapies are being melded together in a new, original and creative synthesis. David Mayor and Marc Micozzi are experienced medical practitioners, authors and editors. David Mayor has been actively involved in bioenergy research, practice and publishing for over 30 years, and is author/editor of *Electroacupuncture: A practical manual and resource* (2007), as well as other acupuncture texts and studies. Marc Micozzi is Professor in the Department of Physiology and Biophysics at Georgetown University School of Medicine, Washington, DC. As author/editor of *Fundamentals of Complementary & Alternative Medicine*, 4E (2011), and 25 other books, he has been writing, editing and teaching on bioenergy, Qi and related topics for 20 years. Endorsements "This wonderful book has assembled some 25 authors expressing well a view of qi which entirely does justice to its nature. Meticulously referenced, it is a milestone to set beside Maciocias Foundations of Chinese Medicine and Deadmans Manual of Acupuncture. Here at last are the beginnings of a true science of qi...There is truly nothing like it in contemporary literature. Alone, it lays the foundation for the beginnings of a modern science of qi."Richard Bertschinger, Acupuncturist and translator, Somerset, UK. "This book offers a timely and thorough examination of the experience and nature of qi, including a series of fascinating philosophical discussions with a direct application to our patients. Required reading for acupuncture practitioners seeking to justify and clarify their clinical reasoning."Val Hopwood PhD FCSP, Physiotherapist, acupuncturist, researcher and educator; Course director, MSc Acupuncture, Coventry University, UK. "Over the last decade most books on Asian medicine paid tribute to the aura of evidence-based medicine - experience counted little, RCTs were convincing. This book, at last, returns to an old tradition of debate, opening up quite a few new horizons. Reading it, my striving for knowledge was married with enjoyment and happiness. This book made me happy!" Thomas Ots MD PhD, Medical acupuncturist specialising in psychiatry, Graz, Austria; Editor-in-Chief, *Deutsche Zeitschrift für Akupunktur*. "To simply review the chapter headings is to know the truly remarkable expanse of this book...a wonderful bridge between the mysteries of the East and the sciences of the West...well documented, well written, and enlarging both. Enlightening...nicely depicts outstanding advances in energy psychotherapeutics, thus ultimately helping to move forward the human condition."Maurie D Pressman MD, Emeritus Clinical Professor of Psychiatry, Temple University School of Medicine, Philadelphia, PA; Emeritus Chairman of Psychiatry, Albert Einstein Medical Center, Philadelphia PA; past President, International Society for the Study of Subtle Energies and Energy Medicine, Lafayette, CO, USA.

The Energy Codes-Sue Morter 2020-03-17 "For those ready and willing to build a new life, here are the tools. Powerful, incisive, extraordinary writing." —Neale Donald Walsch, New York Times bestselling author of *Conversations with God* Transform your life with this bestselling, revolutionary, and accessible seven-step guide—grounded in energy medicine, neurobiology, and quantum physics—to awaken your true health and potential through energy healing. Eighteen years ago, health pioneer and "extraordinary enlightened visionary" (Anita Moorjani, New York Times bestselling author) Dr. Sue Morter had a remarkable and profound awakening. While meditating, she spontaneously accessed an energy field—a level of consciousness—beyond anything she had ever imagined. This dramatic experience changed her life and set her on a mission to discover how to create such radical transformation for her patients. Through years of advanced study and research in energy healing and medicine, she developed the Energy Codes. This life-altering program has now enabled thousands of people around the world to overcome pain, disease, fatigue, anxiety, and depression, and to awaken their innate creativity, intuition, and inner power. Bridging ancient healing practices with cutting-edge science, *The Energy Codes* offers a detailed road map to help you experience deep healing in your life. Grounded in practical, accessible exercises, including yoga, breathwork, meditations, and Dr. Morter's proprietary Bio-Energetic Synchronization Technique (BEST) protocol, *The Energy Codes* "offers deep insights...that brilliantly merge the ever-blending worlds of science and spirituality to help reveal the truth of our being and the depths of our greatness," (Jack Canfield, coauthor of the *Chicken Soup for the Soul* series).

Genie in Your Genes-Dawson Church 2018-09-02 Your genes respond to your thoughts, emotions and beliefs.

The way you use your mind shapes your brain, turning genes on and off in ways that can dramatically affect your health and wellbeing. In this best-selling, award-winning book, researcher Dawson Church reveals the exciting applications of the new science of Epigenetics (epi=above, i.e. control above the level of the gene) to healing. Citing hundreds of scientific studies, and telling the stories of dozens of people who have used his ideas for their own healing, he shows how you can apply these discoveries in your own life. He explains how electromagnetic energy flows in your body and affects your cells, and how the new fields of energy medicine and energy psychology can help cases that are beyond the reach of conventional medicine. He shows how your hormonal, neurological, connective tissue, and neurotransmitter systems all work in harmony to conduct a coordinated flow of information throughout your body. As you take conscious control of the process, you produce a positive effect on your health, becoming an "epigenetic engineer" of your own wellbeing. Practical and scientific, this book has transformed the lives of tens of thousands of people. This new edition is updated with the latest research and clinical breakthroughs.

Dark Light Consciousness-Edward Bruce Bynum 2012-06-19 How to awaken the Ureaus--the serpent power of spiritual transcendence within each of us--and connect to the superconscious of the universe • Reveals the biochemistry of how the body's melanin provides the template for the subtle energy body or light body • Shows how embracing the dark light consciousness of the awakened Ureaus opens a portal to the sacred darkness of the superconscious • Provides illustrated instructions for meditation practices, breathing exercises, and yoga postures to safely awaken Ureaus/Kundalini energy Within each of us lies the potential to activate a personal connection to the superconscious. Called "Ureaus" in ancient Egyptian texts and "Kundalini" in ancient Hindu yoga traditions, our innate serpent power of spiritual transcendence inhabits the base of the spine in its dormant state. When awakened, it unfurls along the spinal column to the brain, connecting individual consciousness to the consciousness of the universe enfolded within the dark matter of space. At the root of creativity and spiritual genius across innumerable cultures and civilizations, this intelligent force reveals portals that enfold time, space, and the luminous matrix of reality itself. Combining physics, neuroscience, and biochemistry with ancient traditions from Africa and India, Edward Bruce Bynum, Ph.D., explores the ancient Egyptian science of the Ureaus and reveals how it is intimately connected to dark matter and to melanin, a light-sensitive, energy-conducting substance found in the brain, nervous system, and organs of all higher life-forms. He explains how the dark light of melanin serves as the biochemical infrastructure for the subtle energy body, just as dark matter, together with gravity, holds the galaxies and constellations together. With illustrated instructions, he shows how to safely awaken and stabilize the spiritual energy of the Ureaus through meditation practices, breathing exercises, and yoga postures as well as how to prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

Living with Kundalini-Gopi Krishna 2017-10-24 This classic first-person account of spiritual awakening was first published under the title Kundalini: The Evolutionary Energy in Man—here expanded with two-thirds new material drawn from the author's writing to make a complete autobiography.

The Science of Yoga-William J Broad 2012-02-07 Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

The Ten Profiles - The Performer (Hurting Officer Profile)-Joey Yap 2010-05-01 Part One: Recognizing the Performer Profile Your general personalities and hidden natures are determined. Part Two: Performer Profile Dynamics and Variations Analyzing the different level to your Profiles - ranging from Healthy to Under Pressure. Part Three: Intimate Performer Profile - The Self with Others Answer the question, "How your Profile engages with intimate other?" Part Four: Social Performer Profile - The Self in the World Go deeper into uncovering the Profile's right to belong in the world. Part Five: Career Path Your work style, from the perspective of Profile. Part Six: Dealing with the Performer Profile Examining the best way to effectively strike a connection with a person of particular Profile. Part Seven: Paths to Growth for the Performer Profile Find out how these extreme qualities are manifested.

Our African Unconscious-Edward Bruce Bynum 2021-09-07 • Examines the Oldawan, the Ancient Soul of Africa, and its correlation with what modern psychologists have defined as the collective unconscious • Draws on archaeology, DNA research, history, and depth psychology to reveal how the biological and spiritual roots of religion and science came out of Africa • Explores the reflections of our African unconscious in the present confrontation in the Americas, in the work of the Founding Fathers, and in modern psychospirituality The fossil record confirms that humanity originated in Africa. Yet somehow we have overlooked that Africa is also at the root of all that makes us human--our spirituality, civilization, arts, sciences, philosophy, and our conscious and unconscious minds. In this extensive look at the unfolding of human history and culture, Edward Bruce Bynum reveals how our collective unconscious is African. Drawing on archaeology, DNA research, depth psychology, and the biological and spiritual roots of religion and science, he demonstrates how all modern human beings, regardless of ethnic or racial categorizations, share a common deeper identity, both psychically and genetically--a primordial African unconscious. Exploring the beginning of early religions and mysticism in Africa, the author looks at the Egyptian Nubian role in the rise of civilization, the emergence of Kemetic Egypt, and the Oldawan, the Ancient Soul, and its correlation with what modern psychologists have defined as the collective unconscious. Revealing the spiritual and psychological ramifications of our shared African ancestry, the author examines its reflections in the present confrontation in the Americas, in the work of the Founding Fathers, and in modern Black spirituality, which arose from African diaspora religion and philosophy. By recognizing our shared African unconscious--the matrix that forms the deepest luminous core of human identity--we learn that the differences between one person and another are merely superficial and ultimately there is no real separation between the material and the spiritual.

Touched by the Light-Yvonne Kason 2019-08-03 Using fascinating case stories, Dr. Yvonne Kason shares the results of her research and experience counselling hundreds of STE experiencers.

Anesthesia-Kate Cole-Adams 2017-12-01 "An obsessive, mystical, terrifying, and even phantasmagorical exploration of anesthesia's shadowy terra incognita." —The New Yorker Anesthetize: to render insensible First there's the injection, then the countdown—and next thing you know, you're awake. Anesthesia: The Gift of Oblivion and the Mystery of Consciousness is the story of the time in between, an exploration of that most crucial and baffling gift of modern medicine: the disappearing act that enables us to undergo procedures that would otherwise be impossibly, often fatally, painful. In the past 150 years, anesthesia has made surgical intervention routine, from open-heart surgery to the facelift. But how much do anesthesiologists really know about what happens when their patients go under? Can we hear and retain what's going on? Is pain still pain if we don't remember it? How does the unconscious mind deal with the body's experience of being sliced open and ransacked—and how can we help ourselves through it all? Kate Cole-Adams weaves her own personal experiences with surgery and its aftermath with the explorations and personal accounts of others, doctors and patients alike—accounts of people who wake under the knife, who experience traumatic reactions, dreams, hallucinations, and submerged memories—accounts that evoke and illuminate the provisional nature of the self. Haunting, lyrical, sometimes shattering, Cole-Adams leavens science with personal experience, and brings an intensely human curiosity to the unknowable realm beyond consciousness.

Handbook for Shaktipat Siddhayoga Initiates-Jan Esmann 2016-12-29 Shaktipat is the extremely rare art where an enlightened Siddha ignites the student's kundalini in such a way that the student's kundalini will take him or her to enlightenment. This is a handbook for students who have received this rare and sacred initiation. It is also an easy but to the point introduction to those who are curious about this path but have not embarked on it. The book discusses the various aspects of shaktipat initiation, of the supreme Self, of spiritual practices and of what is required of the student and the guru. The meditative practices of Shaktipat Siddhayoga (sadhana) are also discussed - as well as basic kundalini yoga addenda. The main practice of Shaktipat Siddhayoga is to surrender to the Grace of the Divine Mother. Other meditation practices are discussed in context of this. The important subtle energy channels are introduced as well as the chakras and the three basic knots blocking our spiritual progress. Karma and Free Will is discussed. Finally is a comprehensive list of psychological defense mechanism as discovered by modern psychoanalysis. Any yogi should know these and scrutinize himself. A dictionary of yogic

terms is also included. Also included is a weblink to when and where you can receive initiation.

Kundalini Exposed-SantataGamana 2018-02-05 Kundalini has been one of the most mysterious and well-kept secrets in the history of spirituality. Not anymore. Forget all Kundalini books. Most of them are either very abstract, occult, esoteric, with hidden information to not "enrage the Masters" or very "Goddess," "physically focused," "Westernized Yoga." Not this one. No compromises with any guru, organization or tradition. No secrets held back. No dogmas or elaborated rhetoric masquerading as true knowledge. No agenda. No BS. No Kundalini questions shall remain unanswered. Not only for "high initiates" or members of "hidden societies." It is for you. In simple and modern language. What you will find in the book: Rare Kundalini wisdom not found anywhere else. Disclosing the different levels of Kundalini awakening, its journey, and relation to Consciousness and Being. Know why awakening the Kundalini is of utter importance. Explanations on how to awaken it, raise it, and melt it into descending to its final reposing place. Real and direct first-hand knowledge-not from reading books or hearing stories. Suggestions for a powerful yet simple Kundalini Yoga routine. Straightforward practical instructions only. The Consequences of Kundalini Awakening and Grounding tricks to lessen any adverse side-effects. Revealing the truth about spiritual experiences and how to go beyond them. Cosmic Kundalini, "I-ego" and pure Consciousness uncovered. Helpful tips on how to prevent the "Kundalini syndrome," for a safe awakening of the Kundalini energy. The complete unveiling of the Spiritual Heart, one of the biggest enigmas in the whole of spirituality, in a clear and understandable way. And much more. This book is not for followers of any tradition in particular, but for those whose heart and mind are open to receive love and wisdom. The Crown Chakra is not the end. This book will teach you how to go beyond it, into your deathless and infinite non-dual awareness, where complete fulfillment, peace, love, and joy live. That's the true Home of the Kundalini. That's your true Home. Are you ready?

Science of the Heart - Exploring the Role of the Heart in Human Performance-Rollin McCraty 2015

Wheels of Light-Rosalyn Bruyere 1994-04-12 A leading figure in the field of healing and mind/body research presents an intriguing, multidisciplinary, and multicultural study of the human energy field. "A most impressive blend of extensive research and expert personal observation".-Meditation magazine. Photos; drawings.

Body Mind Balancing-Osho 2014-04-01 Body Mind Balancing: Using Your Mind to Heal Your Body features meditation methods from one of the twentieth century's greatest spiritual teachers. Many everyday discomforts and tensions arise from the fact that we are alienated from our bodies. With the help of Osho's Body Mind Balancing, readers will learn to talk to and reconnect with their bodies. After just a short time, readers will begin to appreciate how much the body has been working for them and supporting them, and from this new perspective one can find new ways to work with the body and create a more harmonious balance of body and mind. Accompanying the book is a CD featuring the meditative therapy "Reminding Yourself of the Forgotten Language of Talking to Your BodyMind," spoken by meditation teacher Anando Hefley. Developed by Osho, it guides the listener in reconnecting with his or her body and creating a new and greater sense of well-being. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Kundalini Awakening Mastery-Andy Edwards 2019-09-05 6 Books in 1 Boxset HARNESS THE POWER OF YOUR INNER KUNDALINI! BEGIN YOUR JOURNEY OF SPIRITUAL AWAKENING! Included in this collection are some of the top books to guide you through your kundalini growth and awakening. If you are looking to accelerate your spiritual path to enlightenment, then this book collection is exactly what you need! Included books: Kundalini Awakening: Attain Spiritual Enlightenment, Transcendence & Higher Consciousness-Increase Psychic Abilities, Mind Power, Tune Into Your Energy Creation Frequency & Open Your Third Eye Kundalini Awakening: Highly Effective Guide to Achieve Higher Consciousness, Transcendence & Spiritual Enlightenment-Increase Mind Power, Psychic Intuition, Energy Vibration Frequency and Evolve Kundalini Awakening Guided Meditation: Highly

Effective Methods to Awaken Your Third Eye, Attain Higher Consciousness & Spiritual Enlightenment-Increase Energy, Balance Chakras & Heal Your Body Chakra Awakening Guided Meditation: Highly Effective Methods to Heal Your Body, Awaken Your Third Eye, Expand Mind Power & Achieve Higher Consciousness Using Chakra Healing, Balancing & Guided Imagery Chakra Awakening for Beginners: Highly Effective Methods to Awaken Your Chakras, 3rd Eye & Kundalini Energy-Heal the Body, Increase Energy & Intuition Using Guided Meditation, Reiki & Chakra Healing Chakra Awakening: 21 Days of Highly Effective Guided Meditations to Awaken Your Chakras, 3rd Eye & Achieve Higher Consciousness-Increase Energy, Psychic Intuition, Balance Chakras & Heal Your Body

Interdependence-Kriti Sharma 2015-06-01 From biology to economics to information theory, the theme of interdependence is in the air, framing our experiences of all sorts of everyday phenomena. Indeed, the network may be the ascendant metaphor of our time. Yet precisely because the language of interdependence has become so commonplace as to be almost banal, we miss some of its most surprising and far-reaching implications. In *Interdependence*, biologist Kriti Sharma offers a compelling alternative to the popular view that interdependence simply means independent things interacting. Sharma systematically shows how interdependence entails the mutual constitution of one thing by another—how all things come into being only in a system of dependence on others. In a step-by-step account filled with vivid examples, Sharma shows how a coherent view of interdependence can help make sense not only of a range of everyday experiences but also of the most basic functions of living cells. With particular attention to the fundamental biological problem of how cells pick up signals from their surroundings, Sharma shows that only an account which replaces the perspective of "individual cells interacting with external environments" with one centered in interdependent, recursive systems can adequately account for how life works. This book will be of interest to biologists and philosophers, to theorists of science, of systems, and of cybernetics, and to anyone curious about how life works. Clear, concise, and insightful, *Interdependence: Biology and Beyond* explicitly offers a coherent and practical philosophy of interdependence and will help shape what interdependence comes to mean in the twenty-first century.

How Enlightenment Changes Your Brain-Andrew Newberg, MD 2016-03-15 In this original and groundbreaking book, Dr Andrew Newberg and Mark Robert Waldman turn their attention to the pinnacle of the human experience: enlightenment. Through his brain-scan studies on Brazilian psychic mediums, Sufi mystics, Buddhist meditators, Franciscan nuns, Pentecostals, and participants in secular spirituality rituals, Newberg has found the specific neurological mechanisms responsible for an enlightenment experience - and how we can activate those circuits in our own brains. In his survey of more than one thousand people who have experienced enlightenment, Newberg has also discovered that in the aftermath they have had profound, positive life changes. Enlightenment offers us the possibility to become permanently less stress-prone, to break bad habits, to improve our collaboration and creativity skills, and to lead happier, more satisfying lives. Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable, Newberg brings us a new paradigm for deep and lasting change.

Magical Child-Joseph Chilton Pearce 1992-03-01 *Magical Child*, a classic work, profoundly questioned the current thinking on childbirth practices, parenting, and educating our children. Now its daring ideas about how Western society is damaging our children, and how we can better nurture them and ourselves, ring truer than ever. From the very instant of birth, says Joseph Chilton Pearce, the human child has only one concern: to learn all that there is to learn about the world. This planet is the child's playground, and nothing should interfere with a child's play. Raised this way, the *Magical Child* is a happy genius, capable of anything, equipped to fulfill his amazing potential. Expanding on the ideas of internationally acclaimed child psychologist Jean Piaget, Pearce traces the growth of the mind-brain from birth to adulthood. He connects the alarming rise in autism, hyperkinetic behavior, childhood schizophrenia, and adolescent suicide to the all too common errors we make in raising and educating our children. Then he shows how we can restore the astonishing wealth of creative intelligence that is the birthright of every human being. Pearce challenged all our notions about child rearing, and in the process challenges us to re-examine ourselves. Pearce's message is simple: it is never too late to play, for we are all *Magical Children*.

Cat Tales for Mariette-Chair in Irish Scottish and Enlightenment History Michael Brown 2016-10-11 Michael Brown narrates the story of a solitary author (Michael) who is coerced by a friend to visit a mutual acquaintance dying of cancer in the local hospital. Michael reluctantly agrees to visit one time. Set in the dusty Karoo desert town of Aberdeen, South Africa, Tales for Mariette tells of the friendship that forms between Michael and Mariette Van Wyk, as his visits become numerous. The two bond over Michael's sharing of cat stories from his many years of experiencing cats in his life. Michael's wish is to have enough stories to share with Mariette throughout the holidays, and Mariette's life-long wish to experience what cats are like comes alive through cat tales over tea and cookies. These stories magically bring healing and resolution of their pasts to both Michael and Mariette, as well as comfort and insight to Mariette as she takes this difficult journey toward death.

Using Mindfulness to Improve Learning-Billie Krstovic 2019-12-09 Written by an experienced school and meditation teacher, this book is packed with tried and tested mindfulness exercises and relevant follow-up wellbeing, pastoral and academic activities for anyone working with young people. It includes discussions about education and wellbeing, anecdotes from real life experience, numerous testimonies from students and teachers, as well as easy-to follow instructions and plenty of useful in-depth explanations. All activities in this book link to variety of school subjects, including science, maths, philosophy, music, art and sport. Divided into two parts, the book explores: What mindfulness and grounding is How mindfulness and grounding works at home, in daily life and in education How teachers can use mindfulness and grounding in the classroom and how parents can support

it at home What effects can be expected from mindfulness meditation This book is an invaluable resource for secondary teachers, youth workers and parents and can be used in classrooms, pastoral offices, youth clubs or at home.

Wheels of Life-Anodea Judith 2012-12-08 As portals between the physical and spiritual planes, the chakras offer unparalleled opportunities for growth, healing, and transformation. Anodea Judith's classic introduction to the chakra system, which has sold over 200,000 copies, has been completely updated and expanded. It includes revised chapters on relationships, evolution, and healing, and a new section on raising children with healthy chakras. Wheels of Life takes you on a powerful journey through progressively transcendent levels of consciousness. View this ancient metaphysical system through the light of new metaphors, ranging from quantum physics to child development. Learn how to explore and balance your own chakras using poetic meditations and simple yoga movements—along with gaining spiritual wisdom, you'll experience better health, more energy, enhanced creativity, and the ability to manifest your dreams. Praise: "Wheels of Life is the most significant and influential book on the chakras ever written."— John Friend, founder of Anusara Yoga