

Kundalini -- An Untold Story: A Himalayan Mystic's Insight into the Power of Kundalini and Chakra Sadhana

By Om Swami

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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 insightful and 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 kundalini can offer -- from the origins of kundalini all the way to Swami's own sadhana in the modern age.

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Editorial Review

About the Author
Om Swami is a monk who lives in an ashram in the Himalayan foothills. In search of the Truth, he renounced the world and went to the Himalayas, where he practiced intense meditation for prolonged period. Om Swami has a bachelor’s degree in business and an MBA from Sydney, Australia. His blog, omswami.com, where he writes every week, is read by millions all over the world.

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