



# Kundalini: Yoga For The West

*By Swami Sivananda Radha*

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In this classic guide to Kundalini Yoga, the enigmatic Eastern teachings of Kundalini are translated into a form accessible to the Western mind. Providing practical exercises, questions and meditations, the reader is guided through the chakras, exploring each level of consciousness in detail. Using clear and comprehensible language, Swami Radha offers thorough explanations and insightful reflections for incorporating the ancient teachings of Kundalini into modern everyday life.

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