



Original Light: The Morning Practice of Kundalini Yoga

Snatam Kaur

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The Kundalini Yoga tradition speaks of a call to the Divine that awakens “the Original Light of the soul.” Through meditation, prayer, and sacred song, those of all faiths can connect with this illuminating source—Kundalini, the universal energy of awareness and healing that awakens within. With *OriginalLight*, kirtan (devotional chant) singer Snatam Kaur takes us into the heart of the path, as taught in the Aquarian Sadhana, its primary guide to daily practice.

Readers explore Kundalini Yoga’s key principles, enriched by Snatam Kaur’s stories and insights as a lifelong practitioner. She then teaches its five stages of practice, including preparation, sacred recitations, breathing fundamentals, energizing yoga sets, meditations, morning chants, and more.

This invaluable resource offers for the first time Snatam Kaur’s personal instruction—a direct transmission from her teacher and Kundalini Yoga’s founder, Yogi Bhajan—to anyone inspired by yoga or devotional singing. Includes two CDs with guided chants and practices.

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From reader reviews:

Nathan Ramsey:

Have you spare time for a day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a move, shopping, or went to the particular Mall. How about open or even read a book called Original Light: The Morning Practice of Kundalini Yoga? Maybe it is to become best activity for you. You realize beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with the opinion or you have various other opinion?

Jennifer Rogers:

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get great deal of stress from both lifestyle and work. So , whenever we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we inquire again, what kind of activity are there when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, the book you have read is definitely Original Light: The Morning Practice of Kundalini Yoga.

Gary Ritchie:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you could have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Original Light: The Morning Practice of Kundalini Yoga, you may enjoy both. It is fine combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

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