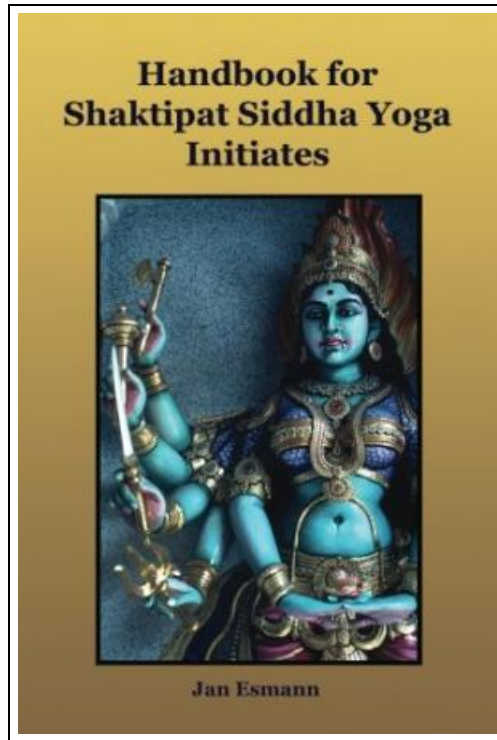


Handbook for Shaktipat Siddhayoga Initiates (Paperback)



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Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Jayda Lehner Jr.)

HANDBOOK FOR SHAKTIPAT SIDDHAYOGA INITIATES (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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.



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