



# **Kundalini Yoga for the West: A Foundation for Character Building Courage and Awareness**

*Swami Sivananda Radha*

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**Kundalini Yoga for the West: A Foundation for Character Building Courage and Awareness** Swami Sivananda Radha

Kundalini: Yoga for the West is a practical guide for building character, increasing awareness and discovering one's inner potential. Exploring each chakra, Swami Radha asks questions for reflection and presents clear directions for exercises and practices on such subjects as mind and consciousness; the senses; sex, birth, and death; and the emotions and finer feelings. For the thoughtful and serious student, the book provides a comprehensive, step-by-step program for understanding Kundalini yoga.

As Swami Radha says in A Word from the Author, "the purpose of this book is to give the tools by which those who wish to cooperate with the process of evolution can do so. There is no mystification about the awakening of Kundalini, yet this process leads to the mystical experience."

The book is richly illustrated. The hardcover edition of the book includes glossy color prints of the chakras, while the paperback edition includes black and white line drawings.

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