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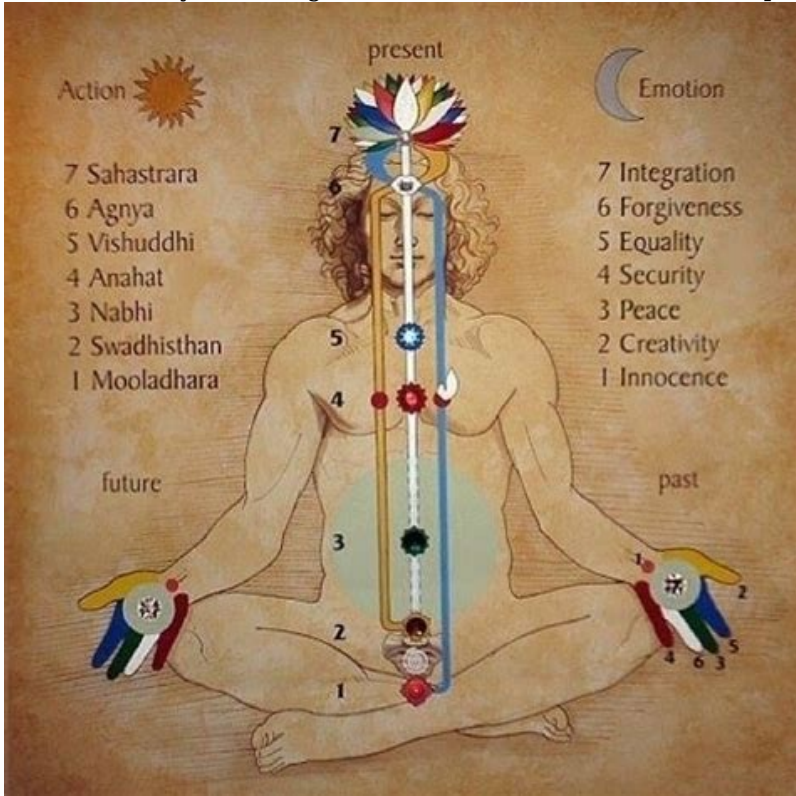
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Layayoga the definitive guide to the chakras and kundalini pdf

The most comprehensive guide to chakra meditation and the ancient science of lay yoga ever created. • One of Yoga's greatest works, available for the first time in the United States. • Full color panels illustrate each chakra. As interest in energy medicine grows in the West, the ancient Hindu tradition of meditating on the chakras is becoming increasingly important to healers and spiritual seekers alike. Although chakras are new to us, they have long been studied in the East and the spiritual science of layoga has the deepest knowledge of these energy centers. An essential aspect of secular yoga is awakening the dormant energy in the body through concentration and breathing exercises and moving that energy through the chakras to reach higher consciousness. Unlike Kundalini yoga, which begins at the lowest chakras and directs energy upward, lay-yoga meditation begins at the Sahasrara, the spiritual chakra that crowns the aura, and draws energy downward to spiritualize each chakra. Laya Yoga has long been considered the most extensive and comprehensive study of the chakras in the West... List of Chapters (Chapter 201): Chapter 1: Cover Chapter 2: Home Chapter 3: Devotion Chapter 4: Acknowledgments Chapter 5: Contents Chapter 6: Illustrations Chapter 7: Introduction to the Second Edition Chapter 8: Preface Chapter 9: Preface Chapter 10: My Introduction to Lay Yoga Chapter 11: Introduction Chapter 12: Part 1: The Basics of Lay Yoga Chapter 13: 1.Laya Yoga and Ashtaga' Chapter 14 Chapter 15: Management Chapter 16: First and Second Stages of Yama (Control) Chapter 17: Third Stage of Yama (Control): Asana Chapter 18: Fourth Stage of Yama (Control): Pranayama Chapter 19: Fifth Stage of Yama (Control): Pratyahara Chapter 20: Sixth, Seventh and Eighth Yama Stages (Control): Dharana, Dhyana and Samadhi Chapter 21: Definition and Explanation of Yoga Chapter 22: 2nd Laya Yoga – its symptomsbThe most comprehensive guide to chakra meditation and the ancient spiritual science of layyoga ever created. \xe2\x80\xa2 One of the greatest works of yoga, available for the first time in the United States. \xe2\x80\xa2 Colored plates represent each chakra. As interest in energy medicine grew in the West, the ancient Hindu tradition of chakra meditation became increasingly important to healers and spiritual seekers. Although the chakras are new to us, they have long been studied in the East, and the spiritual science of mundane yoga has the deepest knowledge of these energy centers. A fundamental aspect of Laya Yoga is to awaken dormant energy in the body through concentration and breathing exercises and to move that energy through the chakras to achieve higher consciousness.



Unlike kundalini yoga, which starts from the lower chakras and raises energy, layyoga meditation begins with the sahasrara, the spiritual chakra, which crowns the aura and lowers energy, gradually lengthening each chakra. Laya Yoga has long been considered the most comprehensive and in-depth study of the chakras available in the West... Chapter List (201 chapters): Chapter 1: Cover Chapter 2: Title Page Chapter 3: Initiation Chapter 4 : Acknowledgments Chapter 5: Contents 6 Chapter: Illustrations Chapter 7: Preface to the second edition Chapter 8: Preface Chapter 9: Preface Chapter 10: My initiation into Laya Yoga Chapter 11: Introduction Chapter 12: Part 1: Basics of Laya Yoga Chapter 13: Ashgaya\ 18 Ashaxbtax18 Laya 4: Yoga from the perspective of mantraChapter 4: Yoga from the perspective of mantra 15: Control Chapter 16: First and second stages of Yama (mastery) Chapter 17: Third stage of Yama (mastery): Asana Chapter 18: Fourth stage of Yama (mastery): Pranayama Chapter 19: Fifth stage of Yama (mastery): Pratyahara Chapter 20: Sixth, seventh and eighth stages of Yama (control): Dharana, Dhyana and Samadhi Chapter 21: Definition and explanation of yoga.Power Chapter 37: Sound Chapter 38: Sound Phenomenon Chapter 39: Four Sound Forms Chapter 40: Parasound Chapter 41: Pashyanti Sound Chapter 42: Madhyam Sound Chapter 43: Matrika Sounds Chapter 44: Vaihari Sounds Chapter 45 : Mantra Chapter 46: Form of Mantra Waikhari Chapter 47: 5 Bhutashuddhi - Rounding Concentration of Mind Chapter 48: Purusha and Prakriti Chapter 49: Development of Creative Principles Chapter 50: Development of Tamas Chapter 51: Bhutashudhi. Chapter 53:6 Bhutashudhi Prānāyama - Purifying Breath Chapter 54: Sahita Breathing Chapter 55: Part 2: The Chakra System Chapter 56: 7 Introduction to the Chakra System Chapter 57: Puranic Passages on the Chakras Chapter 58: The System Chakras Pouranika Chapter 59: 8th Chakra, the Vaidika System, Chapter 60: The Nadi System, Chapter 61: The Chakras, Chapter 62: The Chakra Systems, Chapter 63: The Chakra System Explained by Narayana, Chapter 64: The Yogachudamanipanishad Chapter 65: Maheshvara Explained Chapter 66: The Vaidika Chakra System Chapter 68: The 9th Tantric Chakra System Chapter 69: The Tantric Chakra System Chapter 70: The Tantric Chakra System Chapter 71: The Chakra System Explained by Shiva Chapter 72: The Chakra System Explained by Bhairawi Chapter 73: As Explained by Rishi Narada Chapter 74: As Explained by Mahidhara Chapter 75: As Explained by Brahmananda Chapter 76: As Explained by Janananda Chapter 77: As Explained by Lakshmana Deshikendra Explains Chapter 7:8: A.



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