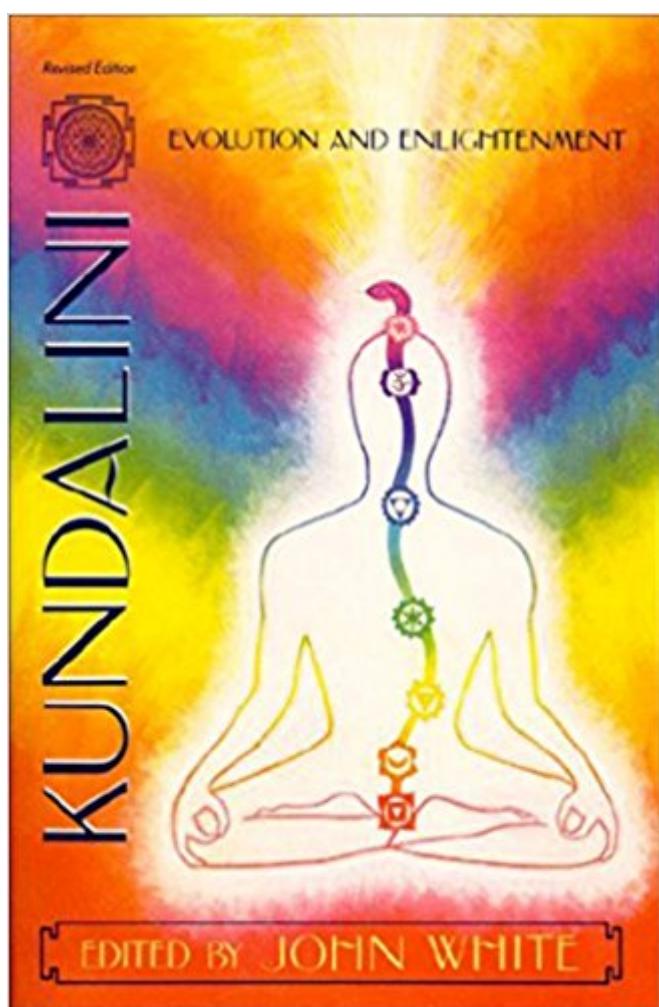


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# Kundalini, Evolution And Enlightenment (Omega Book)



## **Synopsis**

A wide-ranging anthology of the most insightful writings on harnessing the vital life force present in all human beings. With an emphasis on theory and personal practice, this book will appeal to a wide range of people interested in Kundalini concepts.

## **Book Information**

Series: Omega Book

Paperback: 482 pages

Publisher: Paragon House; Rev Paragon House ed. edition (April 24, 1998)

Language: English

ISBN-10: 1557783039

ISBN-13: 978-1557783035

Product Dimensions: 6.1 x 1 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 8 customer reviews

Best Sellers Rank: #399,074 in Books (See Top 100 in Books) #106 in Books > Religion & Spirituality > Hinduism > Rituals & Practice #1047 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## **Customer Reviews**

John Warren White, M.A.T., is an internationally known author, educator and lecturer in the fields of consciousness research and higher human development. He has held positions as Director of Education for The Institute of Noetic Sciences, a California-based research organization founded by Apollo 14 astronaut Edgar Mitchell to study human potential for personal and planetary transformation, and as President of Alpha Logics, a Connecticut school for self-directed growth in body, mind and spirit. He is author of The Meeting of Science and Spirit, Pole Shift, A Practical Guide to Death and Dying, Everything You Want to Know about TM and a children's book, The Christmas Mice. He has also edited nearly a dozen anthologies, including Frontiers of Consciousness, Psychic Exploration and What Is Enlightenment? His writing has appeared in magazines and newspapers around the world, including The New York Times, Wall Street Journal, Reader's Digest, Omni, Esquire and Woman's Day, and his books have been translated into ten languages. He holds a bachelor's degree from Dartmouth College and a master of arts degree in teaching from Yale University. He has taught English and journalism on the secondary and college levels, and has served on the governing and consulting boards of various academic and research

organizations. He has also served on the editorial boards of various scholarly and popular publications. He has lectured at various colleges and universities throughout the U.S. and Canada, and has made numerous radio and television appearances. He and his wife Barbara have four grown children and five grandchildren, and live in Cheshire, Connecticut, USA.

This is a series of articles about Kundalini that cover any and all aspects of this phenomenon. Some of the articles are clearer than others, but almost all helped me to create understanding. I had already read quite a bit about Kundalini, but I still needed to read this book. It's not an instruction book to guide you through the Kundalini experience, but it gives more conceptual understanding of the phenomenon itself.

....because while it's an excellent collection by leading experts on kundalini phenomenon, some of them use their space in the book to evangelize their own particular brands of enlightenment. I've heard enough of that not to want more. Still, the book itself belongs on the shelf of students of both kundalini and Spiritual Emergence. A useful resource.

Was a gift. No complaints.

Simply amazing and So easy to understand and follow, i Couldn't put the book down. I even told everyone at work about it

"Kundalini: Evolution and Enlightenment" was one of many texts sent to me several months ago from my storage unit in Texas. I have just reread it and my opinion of it now is the same as it was when I first read it many moons ago: It is a thick volume packed with loads of information on Kundalini -- but unfortunately, most of the information is faulty. Nonetheless, amid all the specious nonsense in the text, one can find enough useful information to make it a worthwhile read for anyone interested in the subject of Kundalini. The question is: Will you be able to separate the wheat from the chaff in this text? Author John White originally compiled this anthology in 1979, and the edition I have is the 1990 revised one. The text is divided into five sections: What is Kundalini?; A Handful of Personal Accounts , Explorations in Kundalini Research; Kundalini and the Occult; and Sage Advice to the Seeker. Each section consists of articles by various gurus, authors, and researchers -- and there is hardly agreement among them regarding the phenomenon of Kundalini. Again, it will be up to you to attempt to make sense of the disparate information and conflicting

points of view. The sheer number of big names who contributed articles to this volume is staggering. The writers include: Swami Rama, Swami Sivananda, Yogi Amrit Desai, Christopher Hill, Ken Wilber, Yogi Bhajan, Lee Sannella, Gopi Krishna, Marilyn Ferguson, Itzhak Bentov, Sri Chinmoy, and Roy Eugene Davis. Excerpts from, or on, the Kundalini teachings of Swami Muktananda, Sri, Aurobindo, M.P. Pandit, and Alice Bailey are also included. As a resource, or general information, text on Kundalini this volume is worth reading/having. But don't expect the bulk of its information to be accurate or valid.

This book contains many good articles about the kundalini. Unfortunately, there are also a few flops among them, for example the entirely theoretical article of Ken Wilber 'Are the chakras real'. Still, good as a starting point to learn about the kundalini

I put this book right next to Healing the Split by John Nelson as two of the best books on Kundalini. One reason is that they both holistically look at theories, personal accounts and scientific research. They also explore individual/social relationships. Both are very well rounded and grounded books that should always available on the market!

This book provides one of the broadest views on the subject of Kundalini. The various teachers provide their views and experience on the subject. It is perhaps the best book for someone to get acquainted with the concept of Kundalini. I highly recommend this book, as well as any book by Gopi Krishna.

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