

# Original Light: The Morning Practice of Kundalini Yoga



## Original Light: The Morning Practice of Kundalini Yoga

by Mike Dow

★★★★☆ 4.6 out of 5

- Language : English
- File size : 7470 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Print length : 360 pages

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In the tapestry of ancient Eastern wisdom, Kundalini Yoga stands as a vibrant thread, a sacred technology designed to awaken the dormant potential within each human being.

Now, with 'Original Light', acclaimed Kundalini Yoga teacher and master Anand Mehrotra invites you on an extraordinary journey into the depths of this transformative practice. As the morning sun kisses the sky, this comprehensive guide unfolds the secrets of Kundalini Yoga, empowering you with the tools to awaken your kundalini energy and unlock its profound benefits.

## **Unveiling the Power Within**

Kundalini Yoga is an ancient art and science that has been passed down through generations. At its core lies the concept of kundalini energy, a primordial force that resides dormant at the base of the spine. When awakened, this energy rises through the body's seven chakras, activating dormant abilities and leading to profound spiritual growth.

## **A Morning Ritual for Transformation**

'Original Light' focuses on the morning practice of Kundalini Yoga, a potent ritual that ignites the body, mind, and spirit. Through a series of kriyas (yoga exercises), meditations, and pranayamas (breathing techniques), you'll embark on a daily journey of self-discovery and empowerment.

Each morning ritual is designed to target specific aspects of your being. From energizing your body to calming your mind and expanding your consciousness, the practices in 'Original Light' are a symphony of tools that will awaken your inner light and guide you towards self-mastery.

## **A Path of Healing and Expansion**

Beyond its transformative power for personal growth, Kundalini Yoga also offers a profound path of healing. By clearing emotional blockages, releasing stress, and detoxifying the body, this practice can restore your health and vitality, leaving you feeling rejuvenated and empowered.

As you dive deeper into the practices in 'Original Light', you'll discover the limitless potential of Kundalini Yoga. It's a journey of self-mastery, awakening, and healing that will forever change the trajectory of your life.

## **A Teacher with Unrivaled Experience**

Anand Mehrotra is a renowned Kundalini Yoga teacher and master with decades of experience guiding students on the path of self-discovery. His deep understanding of the practice, combined with his warm and compassionate teaching style, makes 'Original Light' an invaluable resource for anyone seeking to explore the transformative power of Kundalini Yoga.

## **Embark on the Journey Today**

If you're ready to ignite your inner fire, unlock your hidden potential, and embark on a journey of self-mastery and awakening, 'Original Light' is your guide. Free Download your copy today and begin your transformation with the morning practice of Kundalini Yoga.

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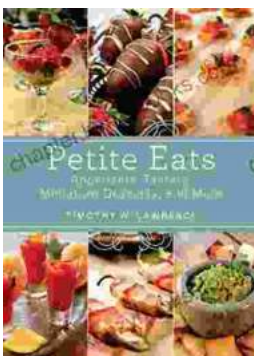


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