



Kundalini: The Secret of Life

By Swami Muktananda

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Explaining the need for kundalini awakening, this text describes the experiences that arise once it has taken place and addresses the potential obstacles to attaining the ultimate life goal, liberation.

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Editorial Review

About the Author

Swami Muktananda introduced the Siddha Yoga path all over the world, creating what he called a "meditation revolution." He is the author of *Play of Consciousness*, his spiritual autobiography

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Within every human being lies a divine energy called Kundalini. This energy has two aspects; one manifests this worldly existence, and the other leads to the highest truth.

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